



COMMONWEALTH
CLUB TRAVEL

With Distinguished Guest
Lecturer **Ambassador**
ROBERT E. GRIBBIN

AFRICA'S GOLD COAST

PASSAGE FROM
SENEGAL TO GHANA

Aboard the Expedition
Cruise Ship *DIANA*

September 14 - 29, 2026



Mother carrying her child, Banjul, Gambia

Dear Club Traveler,

Join us as we sail from Senegal to Ghana with calls in Gambia, Guinea-Bissau, Sierra Leone, Liberia, and Ivory Coast. Experience the Africa that few people have a chance to see, a vast continent of awe-inspiring beauty, natural drama, hope, promise, friendship, and generosity. Many past travelers say that a trip to Africa changed their lives - broadening their understanding of the world in extraordinary ways. Our cruise along West Africa's coast, featuring seven countries, is a unique and fascinating itinerary.

We are pleased to feature guest speaker **Ambassador Robert E. Gribbin**. He will share his experience and expertise in a series of lectures and discussions throughout the voyage.

Your vessel for this extraordinary journey, the Swan Hellenic *Diana*, is a state-of-the-art, new-generation expedition cruise ship, launched in early 2023. Accommodating guests in beautifully appointed staterooms and balcony suites, *Diana* features several lounges, a restaurant, outdoor café, spa, library and beauty salon, and is equipped with the latest safety and environmentally friendly technology.

We are sharing this trip with travelers from World Affairs Council of Philadelphia, and our group size is 26 maximum travelers.

Join us for this once-in-a-lifetime educational travel adventure.

Warm regards,



Kristina Nemeth
Travel Director



Traditional architecture of Senegal's Gorée Island, a UNESCO World Heritage Site.

DISTINGUISHED GUEST LECTURER

ROBERT E. GRIBBIN



Ambassador Robert E. Gribbin's experience of Africa began in the late 1960s, when he spent two years building rural water systems as a Peace Corps Volunteer in Kenya. He became a Foreign Service Officer in 1973 and returned to Africa with diplomatic assignments

in Bangui, CAR and Kigali, Rwanda as well as tours in Kampala, Uganda and Mombasa, Kenya. In 1992, Gribbin was appointed US Ambassador to the Central African Republic. He then served as Ambassador to Rwanda from 1995-99. He was a four-time delegate to UN Human Rights Commission, also thrice to UN General Assembly. Since retiring Ambassador Gribbin has undertaken short term assignments as chargé d'affaires in Sierra Leone, Nigeria, Burundi, Djibouti, Chad and Mauritius plus other postings in South Sudan, Democratic Republic of the Congo, Ghana, and Liberia.

Gribbin is the author of a memoir *In Aftermath of Genocide: the U.S. Role in Rwanda* and five novels; all set in Africa. He is married to Connie Chapman. They have two adult sons and five grandchildren. During our cruise Gribbin will lecture on early European contact with West Africa, slavery, colonialism and the struggle for independence, the cold war in Africa, the curse of oil, and on current politics, conflicts, disease and terrorism.



Baboons in Makasutu Culture Forest in Banjul, Gambia



THE NEW 192-GUEST EXPEDITION CRUISE SHIP *DIANA*



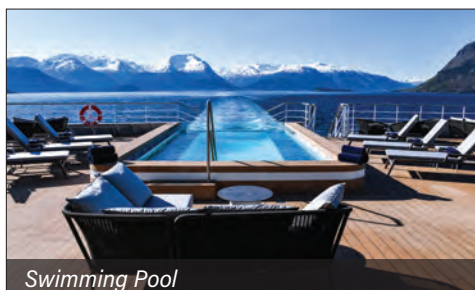
Oceanview Stateroom



Balcony Suite



Swan Restaurant



Swimming Pool



Observation Lounge

Built in Finland, and launched in April 2023, Swan Hellenic's *Diana* is a new generation expedition cruise ship. Although at 12,100 tons the ship is large enough to accommodate more than 350 passengers, *Diana* will accommodate a maximum of 192 guests in 96 spacious staterooms and balcony suites. The low guest density results in one of the most generous indoor and outdoor space-to-guest ratios among cruise ships.

Featuring the latest advances in technology and engineering, *Diana* is among the world's first environmentally responsible ships. Equipped with hybrid engines and a unique water filtration system, *Diana* leaves a minimal footprint. For cruising in Polar regions, the ship meets the stringent requirements of the new Polar Code with its high PC5 Category A ice strengthened hull and other advanced features. A computer-controlled Dynamic Positioning System allows the ship to maintain position without anchoring. Operated by a complement of 135 experienced European officers and international crew members, *Diana* will

carry a fleet of Zodiacs, versatile landing boats, and kayaks. Powerful stabilizers provide a smooth ride.

Diana's interior spaces exude sophisticated elegance, with most rooms opening to panoramic views of the sea. All staterooms and suites face outside and are equipped with private facilities, climate control, TV, Wi-Fi and USB connections and other amenities. Of the ship's 96 staterooms, 76 have balconies. Public areas include a spacious observation lounge equipped with state-of-the-art facilities for lectures and presentations; a club lounge; a restaurant that accommodates all guests at one seating; an outdoor café/bar that surrounds the heated swimming pool; a wellness area with gym, spa, and sauna with an adjoining outdoor jacuzzi; library; beauty salon; and an infirmary that is attended by a full-time doctor and nurse. The ship also features expansive open-deck areas. Two elevators connect all decks. Attentive service is provided on a 24-hour basis. The outstanding cuisine is complemented by fine wines at lunch and dinner.

For further information and reservations, please call **Commonwealth Club Travel** at (415) 597-6720 or e-mail travel@commonwealthclub.org

ITINERARY



Monday, September 14, 2026
DEPART THE UNITED STATES

Tuesday, September 15
DAKAR, Senegal

Arrive in Dakar and transfer to *Hotel Pullman Teranga* (or similar). This evening, gather with your fellow travelers for a welcome dinner. (D)

Wednesday, September 16
DAKAR/EMBARK

Once a small settlement on the Cap Vert Peninsula, Africa's



Monrovia, Liberia



Cape Coast Castle, Elmina, Ghana

westernmost point, Dakar has grown into a vibrant metropolis. This morning, we visit the UNESCO World Heritage Site of Gorée Island, a center of the West African slave trade. Our tour includes the Historical Museum, the Slave House, St. Charles de Borromée Church, and the Castle Fortress, with stunning views across the channel back to Dakar. Embark *Diana* for an overnight in port. (B,L,D)

Thursday, September 17

DAKAR

Tour the main sites of the city—Place de L'indépendance, the Presidential Palace, and the Great Mosque—before exploring the Museum of Black Civilization which celebrates the rich history, art, and global influence of peoples of African descent. Its striking architecture and expansive exhibits make it one of West Africa's most important cultural landmarks. Sail on *Diana* in the late afternoon. (B,L,D)

Friday, September 18

BANJUL, Gambia

Founded by the British early in the 19th century, Banjul is Gambia's capital and commercial center. Travel to the Makasutu Culture Forest, a private nature habitat of beautiful woodlands and waterways, where we will enjoy the scenery on a nature walk and a local cruise on Pirogues. (B,L,D)

Saturday, September 19 & Sunday, September 20

BIJAGOS ARCHIPELAGO, Guinea-Bissau

Spend two days exploring the Bijagos Archipelago, a cluster of 88 pristine and seldom visited islands, of which only 23 are inhabited. Their impressive biodiversity and abundant flora and fauna have been recognized as a UNESCO Biosphere Reserve. In the true spirit of exploration, Saturday's visit takes us to the remote Carache Island, renowned for its untouched beaches and lush mangroves. On Sunday morning, we travel to Caravela Island, where local guides will introduce us to residents who will share the rich history and culture of the island. (B,L,D)

Monday, September 21

AT SEA

Today you may attend lectures from Ambassador Gribbin and briefings from the expert expedition staff, simply relax and enjoy cruising the open sea, or perhaps treat yourself to some of *Diana*'s many amenities. (B,L,D)

Tuesday, September 22

FREETOWN, Sierra Leone

Today, explore the Sierra Leone Museum and its wonderful collection of masks and drums and browse the city's colorful markets. After lunch, visit the nearby Tacugama Chimpanzee Sanctuary before returning to the ship. (B,L,D)

Wednesday, September 23

AT SEA

Today you may attend lectures from Ambassador Gribbin and



Senegal's Gorée Island, a UNESCO World Heritage Site

briefings from the expert expedition staff, simply relax and enjoy cruising the open sea, or perhaps treat yourself to some of *Diana's* many amenities. (B,L,D)

Thursday, September 24

MONROVIA, Liberia

Arrive today in Monrovia, the capital of Liberia, named after United States President James Monroe. Our tour of the city begins with visits to iconic sites and monuments to the country's history and hard-fought freedom, such as the Centennial Pavilion and the EJ Roye Memorial Building. Visit the National Museum, which features excellent exhibits of Liberia's famed tribal masks, sacred to the Dan people, as well as other cultural artifacts of the region. Spend time at the Mamba Point Arts Center before having lunch at the Mamba Point Hotel. Afterward, stop at Unification Park, a new sports complex for families and children on the waterfront that includes cultural performances, arts, and crafts. (B,L,D)

Friday, September 25

AT SEA

Enjoy a day at sea, attend lectures by Ambassador Gribbin and briefings from the expert expedition staff. Also use the time simply to relax and enjoy cruising the open sea, perhaps treating yourself to some of *Diana's* many amenities. (B,L,D)



A canopy walkway rises above the forest floor of Ghana's Kakum National Park.

Saturday, September 26

ABIDJAN, Ivory Coast

In the morning, travel to the nearby town of Grand-Bassam, Côte d'Ivoire's first capital, which in the words of the UNESCO "bears witness to the complex social relations between Europeans and Africans, and to the subsequent independence movement." In the afternoon, visit the Italian-designed St. Paul's Cathedral, one of Africa's most elaborate churches; and the National Museum of Abidjan, showcasing statues, masks, jewelry, tools, carved doors, tom-toms and musical instruments from every region of the country. (B,L,D)

Sunday, September 27 & Monday, September 28

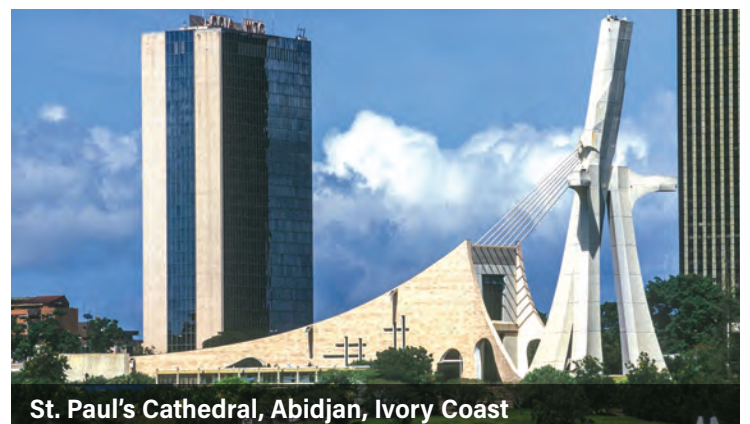
ELMINA, Ghana

After sailing to Elmina, you will disembark and drive north to Kakum National Park. In Kakum's extensive rainforest, we will encounter a marvelous diversity of wildlife, including 250 species of birds, around 600 varieties of butterflies, 40 mammals, and 4 species of primates. On Monday, visit Cape Coast Castle, a historic fort on Ghana's coast and a UNESCO World Heritage Site, recognized as one of the most important sites of the transatlantic slave trade. (B,L,D)

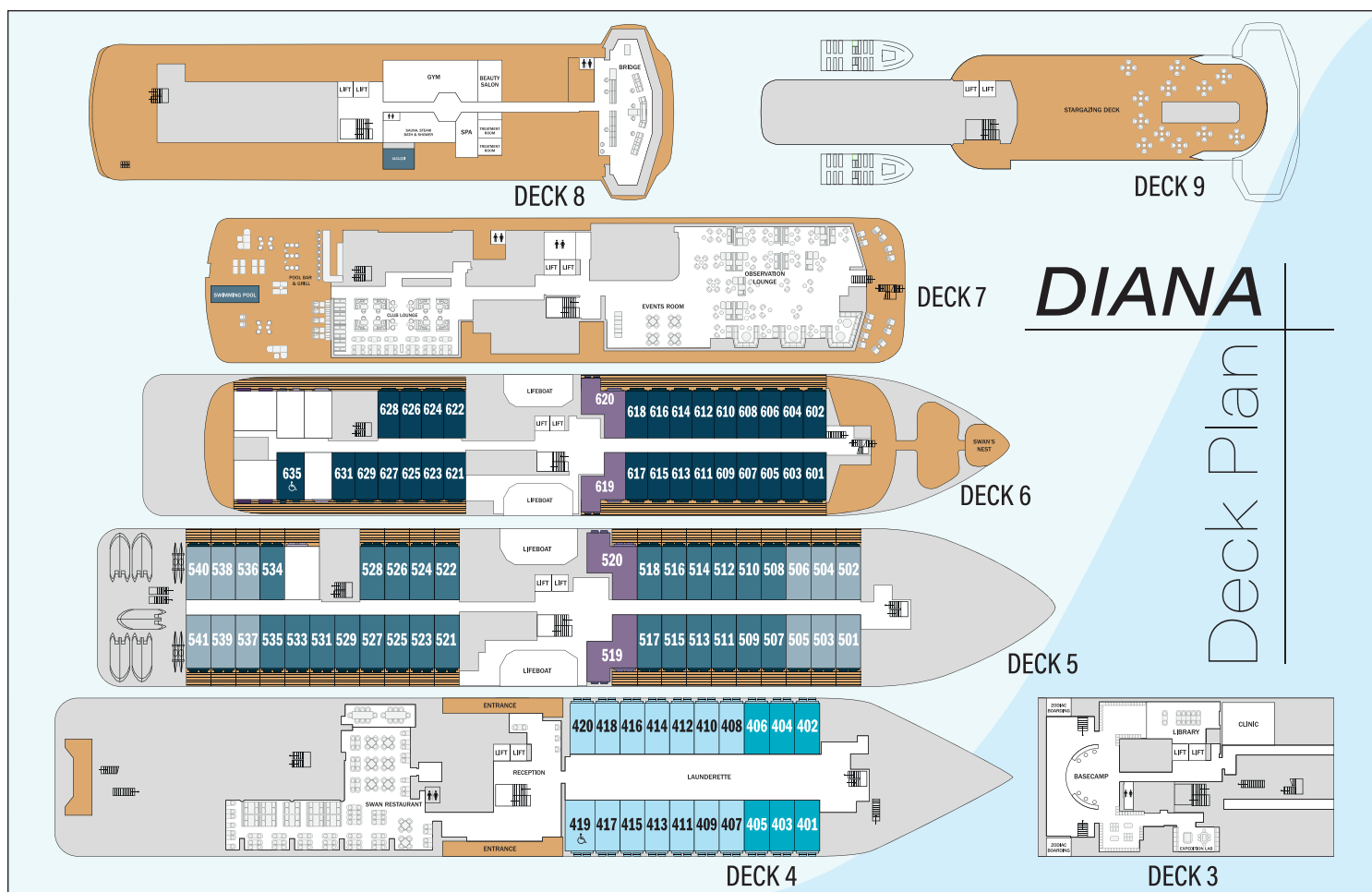
Tuesday, September 29

TEMA/DISEMBARK

After breakfast aboard, disembark and transfer to the airport for flights homeward. (B)



St. Paul's Cathedral, Abidjan, Ivory Coast



All accommodations aboard *Diana* are spacious staterooms and balcony suites. They are elegantly decorated, face outside, affording sea views, and include a queen-size bed that can be arranged as two twin beds, a spacious bathroom, mini-refrigerator, safe, ample closet space, climate control, telephone, TV, Wi-Fi, and USB connections, as well as other amenities.

CATEGORY	DESCRIPTION	RATES PER PERSON / DOUBLE OCCUPANCY
E	Oceanview staterooms with two large oval windows. 206 sq. ft. Deck 4. Staterooms 401–406.	\$ 14,990
D	Oceanview staterooms with two large oval windows. 206 sq. ft. Deck 4. Staterooms 407–420.	\$ 15,590
C	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 501–506, 536–541.	\$ 17,590
B	Suites with balcony & living room area. 300 sq. ft. Deck 5. Suites 507–518, 521–529, 531–535.	\$ 18,190
A	Suites with balcony and living room area. 300 sq. ft. Deck 6. Suites 601–618, 621–635.	\$ 18,790
AA	Suites with large balcony, separate bedroom & living room. 474 sq. ft. Decks 5 & 6. Suites 519, 520, 619 & 620.	\$ 23,990

FOR SOLO TRAVELERS | A limited number of cabins are available for single occupants in Categories C, B, and A at 150% of the per-person, double occupancy rate.

LOYALTY REWARD PROGRAM

Travel on this cruise program and enjoy savings of **\$400 to \$900** per person on your next voyage with **COMMONWEALTH CLUB TRAVEL** and **THALASSA JOURNEYS** aboard a Swan Hellenic ship. Savings are determined by the stateroom category booked and is applicable when you reserve your trip within 30 days of the completion date of **AFRICA'S GOLD COAST**

This saving cannot be combined with other offers and is subject to change.

PROGRAM INCLUSIONS

The rates are all-inclusive. There are no hidden costs and no additional charges such as shore excursions or embarkation and port charges. Other than the international airfare and expenses of a personal nature, all else is included. Specifically, the rates include:

- One night at the *Hotel Pullman Teranga* (or similar) in Senegal.
- Cruise aboard the *Diana*, as described in the itinerary.
- Group airport/hotel/pier transfers at designated times, and handling of luggage on arrival and departure dates.
- Lectures and discussions with Ambassador Robert E. Gribbin and the onboard team of experts.
- Complete program of tours and excursions as mentioned in the itinerary with professional English-speaking guides.
- All meals aboard the ship, with a selection of wines, beer and soft drinks during lunch and dinner.
- Welcome and farewell cocktail receptions aboard the ship hosted by the captain.
- Open bar with select alcoholic beverages.
- Coffee, including espresso and cappuccino, tea and soft drinks throughout the day and night.
- 24-hour room service.
- Gratuities to the ship's crew, guides, porters and drivers.
- Basic Wi-Fi aboard the ship.
- The services of an experienced Thalassa Journeys Trip Director.
- All local taxes and service charges, including port and embarkation taxes.
- Complete pre-departure material.

NOT INCLUDED: International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the itinerary or the above inclusions.

ACTIVITY LEVEL

This program includes walking at a leisurely pace for 2-3 hours; however, there will be some inclines and uneven surfaces. Historic sites, such as ancient ruins and fortresses, may have stairs without railings and are often without seating or shade. Do be aware that weather conditions can be quite hot and sometimes humid.

REGISTRATION

CCWA 26D-0914

I (we) wish to reserve _____ place(s) on **AFRICA'S GOLD COAST**, September 14-29, 2026 with Commonwealth Club World Affairs. I/We understand that a deposit is \$1,500.00 per person is required. Enclosed is my check for \$_____ (\$1,500 per person).

Alternatively, indicate below if you prefer to make your deposit via credit card.

☐ I/We wish to pay the deposit by credit card and authorize Thalassa Journeys to contact us for credit card details. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card.

To reserve your place on tour, please call **Commonwealth Club World Affairs at (415) 597-6720** or e-mail **travel@commonwealthclub.org**, or fill out the following form and send to:

Commonwealth Club World Affairs
110 The Embarcadero
San Francisco, CA 94105

We require membership in the Commonwealth Club World Affairs to travel with us.

Please check one of the following options:

☐ I am a current member of the Commonwealth Club World Affairs.

☐ I will visit commonwealthclub.org/membership to sign up for a membership.

PLEASE SELECT STATEROOM CATEGORY IN ORDER OF PREFERENCE

1st choice ☐ _____ 2nd choice ☐ _____ 3rd choice ☐ _____

☐ Double Occupancy

☐ Single Occupancy (Inquire for rates)

PREFERRED BED CONFIGURATION Double ☐ _____ Twin ☐ _____

DR./MR./MRS./MS.

FIRST

LAST

DR./MR./MRS./MS.

FIRST

LAST

ADDRESS

CITY/STATE/ZIP

TELEPHONE (DAY)

(EVENING)

Each participant must sign below: I/We have read the "General Information" section and agree to its terms.

SIGNATURE

DATE

EMAIL

SIGNATURE

DATE

GENERAL INFORMATION

PAYMENT SCHEDULE: A deposit of \$1,500 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure. Payment can be made by personal check or charged to a credit card.

CANCELLATIONS & REFUNDS: All cancellations are subject to a \$300 per person administrative fee. Cancellations received 71-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 70 days of departure are subject to 100% cancellation penalties. Requests for cancellations must be made in writing. No refunds will be made for any part of this program in which you choose not to participate.

INSURANCE: We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement.

ITINERARY: The itinerary, accommodations and arrangements are subject to change at the discretion of Thalassa Journeys.

RESPONSIBILITY: Please read carefully the following terms and conditions, which constitute the sole, legally enforceable agreements between the traveler and Thalassa Journeys. Thalassa Journeys acts solely as agents for the traveler with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the traveler's safety and satisfaction, but, we neither assume nor bear any responsibility or liability for any injury, death, damage, loss, accident, delay or irregularity arising in connection with the services of any ship, airplane, train, automobile, motor coach, carriage or other conveyance, or the actions of any third-party, involved in carrying the traveler or in affecting these tours. We are not responsible for damages, additional expenses, or any other losses due to cancellation, delay or other changes in air or other services, sickness, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, acts of God or other causes beyond our control. All such losses must be borne by the traveler, and tour rates provide for arrangements only for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the traveler shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as we are able to recover on the traveler's behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the traveler beyond the foregoing. We reserve the right to make alterations to the tour's itinerary and to substitute hotels, transportation methods, or lecturers if this is required. We reserve the right to cancel, delay, or reschedule any tour prior to departure, and, so long as this is not due to any of the aforesaid causes beyond our control, the traveler shall be entitled to a full refund of all monies paid to that point if he/she so desires. No refund shall be made for any unused portion of any tour. By forwarding their deposit(s), the traveler certifies that he/she and/or their dependents, minors or others covered thereby do not have any mental, physical or other condition of disability that could create a hazard for them or other travelers. We reserve the right to decline to accept or to decline to retain any person as a member of any tour should such person's health, condition or actions adversely affect or threaten the welfare or safety of other travelers or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or stored at the traveler's risk entirely, and, we shall bear no liability or responsibility for any damage or other loss thereto. Resolution of any disputes arising hereunder shall be effected exclusively in the state or federal courts presiding in Florida, pursuant to applicable Florida law.

RATES: Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.

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TRAVEL@COMMONWEALTHCLUB.ORG**

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Join Distinguished Guest Lecturer **Ambassador Robert E. Gribbin** on **AFRICA'S GOLD COAST**: Passage from Senegal to Ghana



Bijagos Archipelago, Guinea-Bissau, a UNESCO Biosphere Reserve