

COSTA RICA AND THE PANAMA CANAL

Current route: San Jose, Costa Rica to Panama City, Panama

8 Days | National Geographic Quest | 100 Guests | Expeditions in: Jan/Feb/Mar/Dec | From AU\$8,280 to AU\$15,590 *



Voyage through the Panama Canal, a marvel of historical engineering, and gain special access to the Smithsonian Tropical Research Institute in the Canal Zone. Discover pure wildness—you'll snorkel an undersea paradise, and spot monkeys and sloths in the rain forests of Costa Rica and Panama on this coastal expedition.

www.cruiseconnections.co.nz

1B Roberta Ave, Glendowie, Auckland **E:** enquiries@cruiseconnections.co.nz

Tel: 09 972 2030 or 0800 500 180



DAY 1: San José, Costa Rica/ Puerto Caldera/Embark

Upon arrival in San José, transfer by land to Puerto Caldera and embark our ship *National Geographic Quest*. (D)

DAY 2: Corcovado National Park

Anchor off the Osa Peninsula to see some of the most pristine lowland rainforest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, take an optional horseback ride on the coast, or trek through the rainforest for a chance to see four species of monkeys—howler, spider, squirrel, and capuchin. (B,L,D)

DAY 3: Golfo Dulce / Osa Peninsula

Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica as our nimble expedition ship takes us into the remote upper reaches of this placid bay. Go ashore on the western side of the bay, in the pristine waters of Playa Blanca, on the Osa Peninsula. Head inland to meet and share with inspiring local families living in remote communities and working with cocoa, heart of palm, and sugar cane. Hike mature rainforest or kayak in peaceful waters in Golfo Dulce, the only tropical fiord in the continent. By special arrangement, visit the Latin American Sea Turtles (LAST) Association on the Osa Peninsula and assist researchers with data collection and hear presentations by the staff at LAST including a talk by the dedicated researchers, working so hard to positively impact sea turtle conservation. At the end of our visit, we will be invited to participate in the release of rehabilitated, healthy turtles back into the Pacific—a truly poignant moment. In the evening, enjoy drinks ashore and a beautiful sunset. (B,L,D)

DAY 4: Golfo Dulce, Costa Rica

As our Golfo Dulce exploration continues by Zodiac, paddleboard and kayak, we encounter Pacific Costa Rica's dazzling avifauna as we watch for golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets, constantly chattering in flight above the jungle treeline. The flora is a kaleidoscope of tropical color with bromeliads, heliconias and orchids set against the verdant green of the tropical forest. Later, jump into the cool, refreshing waters of the bay. (B,L,D)

DAY 5: Isla Coiba National Park

The first stop in Panama this morning is at the remote Isla Coiba, one of the many islands of Coiba National Park, a UNESCO World Heritage site. Once a penal colony, the island has long been protected and accessible by special permit only. Among its many endemic species are the Coiba Island agouti and the mantled howler monkey, as well as four varieties of sea turtle. Discover rich marine life while snorkeling, go kayaking or hiking, try stand-up paddleboarding, or simply relax on the beach. (B,L,D)



2022 Departure Dates:

11 Dec, 20 Dec 🔄, 27 Dec

2023 Departure Dates:

3 Jan 🔄, 15 Jan, 22 Jan 🔄, 29 Jan
5 Feb 🔄, 12 Feb, 19 Feb 🔄, 26 Feb
5 Mar 🔄
7 Dec, 14 Dec 🔄, 21 Dec, 28 Dec 🔄

Important Flight Information

Please confirm your arrival and departure dates prior to booking flights. Some departures may travel in reverse.

Advance Payment:

AU\$750

Cost Includes:

Accommodations aboard ship; meals indicated; non-alcoholic beverages aboard ship; excursions; services of Lindblad expedition leader, naturalist staff, expert guides and a ship's doctor; park fees; use of kayaks and snorkeling equipment; all port charges and service taxes.

Cost Not Included:

Air transportation; horseback riding; personal items such as alcoholic beverages, emails, voyage DVD, etc.; discretionary tips to naturalist staff and crew.

DAY 6: Gulf of Panama Islets/Panama Canal Transit

Today, explore the tiny islets of the Gulf of Panama by Zodiac or kayak. Here we might spot frigatebirds, brown pelicans, neotropical cormorants, and brown boobies. Set sail for the Panama Canal this afternoon. Stretching more than 50 miles, the canal was a colossal engineering feat completed in 1914. It is still traversed by some 14,000 ships every year. As cargo ships tend to pass through the canal during the day, we'll most likely begin our crossing at night, when the canal is dramatically lit. (B,L,D)

DAY 7: Gatún Lake / Panama Canal Transit

By special arrangement, *National Geographic Quest* will anchor in Gatun Lake near the Barro Colorado Nature Monument overnight. Today, choose hikes and Zodiac cruises at the Smithsonian Tropical Research Institute facility on Barro Colorado Island, or take a boat ride to the mouth of the Chagres River and hike on the Panama Rainforest Discovery Center trails. This evening, continue through the complex lock system of the canal. (B,L,D)

DAY 8: Colón/Panama City, Panama/Disembark

After breakfast, disembark in Colón and transfer to the airport in Panama City for your flight home. (B)



Special Offers

\$560 SPECIAL SAVINGS

Book Costa Rica & the Panama Canal and receive a \$560 air credit. New bookings only and not combinable with other offers. Call for details.

TRAVELING AS A GROUP

Save 5% when traveling as a group of 8 or more people. Take advantage of these great savings, while enjoying traveling with your friends and family. This savings is applicable to voyage fares only, and is not valid on extensions or airfare. Deposit, final payments, and cancellation policies for group travel vary from our regular policies.

COMBINING OFFERS

Certain offers may be combinable, up to two savings opportunities, except where noted otherwise. For example, travel with a group of 8 or more on back-to-back expeditions, and take advantage of both savings.

BACK-TO-BACK SAVINGS

Save 10% on any consecutive journeys taken on board one of our expedition ships. This savings is applicable on voyage fares only, and are not valid on extensions or airfare.

4TH GUEST TRAVELS FREE

4th person travels free on select departures. Book by October 31, 2022. Bookings of three full-paying guests may bring a fourth person for free on select departures. Offer applicable only on bookings of two double-occupancy cabins, and second cabin must be in same category or lower as first cabin. Valid for new bookings only, subject to availability, not applicable on airfare or extensions, and is not combinable with other offers. Call for details.

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* See our website at <https://au.expeditions.com/> for the most up-to-date pricing, which may vary by departure date. Prices are subject to modification, and are not guaranteed until booking and required deposits are made. For best pricing, book early.

(1) Travel Protection Plan

Lindblad Expeditions highly recommends that all guests purchase travel insurance for the duration of your voyage. For more information on Covermore Insurance, visit our Travel Insurance page (<http://au.expeditions.com/book/travel-protection-plan/>)

To obtain a quote or have your policy issued please complete the online application or contact an Expedition Specialist at 02 9033 8777.

(2) Cancellation Policy

Review our cancellation policy: <https://au.expeditions.com/cancellation-policy/>

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