# COSTA RICA & THE PANAMA CANAL

NEW! STAND UP PADDLEBOARDING

COSTA RICA BY LAND

EXCLUSIVE

A PANAMA CANAL TRANSIT & GATÚN LAKE OVERNIGHT

### WITH

COMPLIMENTARY 1-NIGHT PANAMA EXTENSION OR FREE AIR OFFER

ABOARD THE NEWLY RESTYLED NATIONAL GEOGRAPHIC SEA LION 2015-16





## VOYAGE EXCLUSIVE The Panama Canal Centennial has begun!

The Panama Canal is in its 100th year of operation. We celebrate by extending an invitation to you: Be our guest on select departures for a one-night, two-day stay in Panama City to see the city's newest developments, including the Canal Expansion project before it's flooded! Find details on pages 6 and 19.

#### DEAR TRAVELER,

The 1914 opening of the Panama Canal introduced a new term: Panamax, the maximum size (length and width) of a ship able to transit the Canal. In 2016 the completion of the Panama Canal Expansion will usher in a new metric: post-*Panamax*—a size one and a half times the current maximum ship width and length, and capable of carrying over twice as much cargo. Capping off the celebration of the Panama Canal's 100th birthday, the completion of the mammoth Expansion project will usher in a new chapter for Panama.



Our expedition season is perfectly timed to see the Canal Expansion—an

impressive construction site if there ever was one— before the locks are flooded. And, we've created a special opportunity for you—to spend time, and an overnight, in Panama City, with our compliments. We'll visit the new Canal Expansion Observation Center for a front-row seat on the construction site, visit the much-lauded, new Frank Gehry-designed Biodiversity Museum, and enjoy the scale and the ambience of Panama City as it is today. Or, if you prefer, you may choose our Free Air offer. You'll find details on page 19.

We'll also make the most of the 'bucket-list' experience of transiting the Panama Canal in a special way — spending two days in the Canal Zone, to drop by the Smithsonian Biological Research Institute on Barro Colorado Island and meet some Smithsonian staffers. Then, we'll leave the man-made behind, to explore spectacular wild stretches of Costa Rica and Panama. We'll snorkel, swim, kayak along the shores of wild islands, venture up rain forest-canopied rivers in expedition landing craft— and inaugurate the fleet of new paddleboards onboard, an experience available to beginners and veterans alike. Top experts—the naturalists, biologists, photographers aboard —will help you see, do, and learn more. And you'll benefit from the onboard Lindblad-National Geographic certified photo instructor who'll help you capture it all in your best photos ever.

And speaking of choice, this year we're delighted to add a new option, which you can choose to experience independently, or in conjunction with our ship-based expedition: a new, land-based journey (pg. 20). We'll travel from the cloud forest of Monteverde to the Caribbean, to the car-free town of Tortuguero, with its airstrip and roads carved from the jungle. We'll tour the canals of Tortuguero National Park on small boats searching for wildlife, and kayak for deeper exploration. Typically, visitors stay in lodges with rows of connected rooms. However, we have secured a prime location with private bungalows to add a gracious dimension to your Costa Rican experience.

Whatever you choose, you'll find it satisfyingly comprehensive, and well-curated by our smart, engaging staff. I hope you're inspired to join us soon.

All the best

Sven-Olof Lindblad

Front cover: Three toed sloth © Gregory Basco. This page: Sunrise, Osa Peninsula, Costa Rica

Ship's Registry: United States

# THE WONDER OF COSTA RICA & PANAMA EXPEDITION-STYLE

Costa Rica & Panama is a land of beauty and contrasts: the natural splendor of Costa Rica and the tropical wildness of Panama, plus the industrial-scale, clockwork engineering of the Panama Canal, a man-made marvel in constant use for nearly 100 years. Explore it all as part of a seamless narrative—and from a privileged perspective. Our expeditions draw from over 30 years of exploring this region. Expect early morning expedition landing craft forays—freshly roasted Costa Rican coffee in hand—or walks in the forest followed by a cocktail hour Recap in the ship or lodge's lounge. Spending time among howler monkeys, communicative parrots, and delicate



butterflies is always entertaining, often edifying. And our carefully honed itineraries and talented expedition teams enable discoveries that will live in your heart forever.













# A PANAMA CANAL TRANSIT THAT IS DEEPER & RICHER

Crossing the Panama Canal by ship is a life-list must—and our Canal transit offers the best possible experience. We cross over two days, allowing us to see the workings of the locks by day—and also dramatically lit by night, an experience often cited by guests as a highlight of their expedition. Since we overnight in the Canal Zone on the lushly fringed Gatún Lake, we have a special arrangement to visit Barro Colorado Island,



site of the Smithsonian Tropical Research Institute that has been in continuous operation since 1923. Hike the island's verdant rain forest trails with a Smithsonian guide, or explore its edges by expedition landing craft, and search for the primates studied by some of the world's top tropical scientists.

Left: Barro Colorado Island, where we visit the Smithsonian Tropical Research Institute; guests experience the National Geographic Sea Lion transiting the Canal. Top: We have the opportunity to observe the dramatically lit Canal at night.

# ENJOY A COMPLIMENTARY 2-DAY STAY IN PANAMA CITY OR FREE AIRFARE

Choose the complimentary two-day stay in Panama City to experience a docent tour of the Canal Expansion Observation Center, where you can see the construction site of the massive new Canal locks, one of the world's most important infrastructure projects. Discover, learn, and experience some of the cultural highpoints of burgeoning Panama City, as well. Join our staff to explore the acclaimed new Frank Gehry-designed Museum of Biodiversity, a 43,000-square foot spectacle of steel and concrete that is



a tribute to the history of the isthmus and its wildlife. And we've made arrangements for a private dinner at the Atlantic and Pacific Co. restaurant where you can observe the daily operations of the Canal while dining. Or, if you prefer, choose free round-trip airfare from Miami instead of the 2-day extension.



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Aerial shot of the new Expansion Observation Center.

and the second



# LET US TAKE YOU DEEPER INTO BIODIVERSITY



Costa Rica & Panama's rain forests, rivers, beaches, and undersea house incredible biodiversity. It's a land bridge framed by ocean and crowded with jungle that you'll discover on an authentic expedition. See troops of omnivorous, white-faced capuchin monkeys and even spider monkeys, the largest monkey in the New World. Venture up winding rain forest rivers aboard expedition landing craft and hear the howler

monkeys long before you see them amid the swaying treetops. Over 300 species of birds live here, and one of the advantages of traveling with our expedition team is their habitat knowledge. We know when wildlife at each site is most active, and we plan our explorations for maximum wildlife viewing. Photo enthusiasts of all skill levels benefit from our instructors and National Geographic photographers, who ensure your camera settings are just right, to capture a monkey floating through the canopy or an army of leafcutter ants marching across the forest floor.

# TOOLS FOR EXPLORING NOW INCLUDE STAND UP PADDLEBOARDS

National Geographic Sea Lion is the perfect platform for exploring, self-sufficient, with a suite of cool tools aboard. A fleet of expedition landing craft let us venture far from tourist infrastructure to explore remote, jungle-framed beaches, and allow for quick, effortless disembarkation to take advantage of spontaneous encounters with dolphins or whales. Single and tandem kayaks are an ideal way to experience wildness, personally, at water level—circumnavigate a tiny uninhabited island, explore mangroves, or paddle along an idyllic beach. Video microscopes, hydrophones, and an underwater bow cam let us see the undersea life we'd otherwise miss. And now a fleet of paddleboards invite everyone, from rookies to pros, to get exercise by exploring a peaceful cove or if skilled, to head into the surf for more fun and exertion.











Main image: Guests exploring by expedition landing craft. Clockwise from top: Guests trying stand-up paddleboarding; kayaking is a great way to explore; take advantage of the opportunities to snorkel.









Clockwise from top left: Newly restyled lounge; category 3 cabin freshly redesigned; enjoy a casual dining experience with culinary delights which include locally sourced products; explore via expedition landing craft from the ship.



# THE PRIVILEGE OF WILDNESS IN COMFORT & STYLE

Life aboard our newly renovated 62-guest expedition ship National Geographic Sea Lion is warm and welcoming. Refreshed cabins feature all new furnishings, windows, lighting, and more. Walls glow with vivid new photographs of wildlife and scenic vistas. And the lounge, handsomely re-designed and re-configured, graciously accommodates our nightly Recap—a convivial gathering of the expedition community to revisit the day's events and swap stories over hors d'oeuvres and cocktails. And meals are now doubly rewarding in our newly appointed dining room. Like the ship's connectedness to the outdoors, each meal is a window of sorts, reflecting the regional cuisine and sourced locally whenever possible. Enjoy line-caught fish, in ceviche and other dishes, superb Costa Rican coffee and more. Breakfast, lunch, and dinner aboard earn rave reviews from guests, as does the attentive care, service and expeditionary spirit of our hotel staff and chefs.

# OUR EXCLUSIVE EXPEDITION PHOTOGRAPHY PROGRAM

Expedition photography is in our DNA; our ships have traveled with top photographers aboard since Lars-Eric Lindblad's pioneered expedition travel in 1966. Every departure provides you with the services of an onboard Lindblad-National Geographic certified photo instructor. Each is a naturalist, with a talent for photography, who has undergone special training-to assist you with your camera settings, the basics of composition, and to provide tips on capturing the incredible wildlife behavior you'll see daily. Plus, onboard slideshows and photo-sharing presentations radiate the fun-even guests who don't consider themselves 'photographers' get caught up in the joy of "aim & create." So whether you use a smartphone, point-and-shoot, or a sophisticated DSLR, count on returning home with improved skills and your best shots ever.



Susan Seubert An award-winning travel and editorial photographer, Susan has shot more than 20 features for National Geographic Traveler. Shoot with Susan on the February 13, 2016 departure.





Kike Calvo

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Award-winning photographer and expert drone pilot, Kike (short for Enrique) has published several National Geographic books. Join Kike on the December 12, 2015 departure.



**Michael Melford** 

A National Geographic Society photographer for over 25 years, Michael has produced eight books and shot stories in wild places all over the world. Travel with Michael on the March 12, 2016 departure.



Jeff Mauritzen

A National Geographic naturalist and photographer who has covered over 50 countries for a wide variety of publications. Shoot with Jeff on the January 9, 2016 departure.



# NATIONAL GEOGRAPHIC

## EXPLORE COSTA RICA & PANAMA WITH A NATIONAL GEOGRAPHIC PHOTOGRAPHER

Thanks to our alliance with National Geographic, top photographers accompany Photo Expeditions, giving you the rare opportunity to share the adventure with, be inspired by, and learn from top pros. On the departures featured here, you'll have the benefit of our certified photo instructors plus these top National Geographic photographers, with significant careers to their credit. Love the images in National Geographic magazine? Interested? Then, call for 2017 Photo Expedition dates and reserve your place.





Lindblad Expeditions and National Geographic have joined forces to further inspire the world through expedition travel. Our collaboration in exploration, research, technology and conservation will provide extraordinary travel experiences and disseminate geographic knowledge around the globe.

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# ENHANCE YOUR EXPEDITION WITH A TOP TEAM

Our Costa Rica & Panama expedition team is made up of engaging naturalists, photographers, historians, and filmmakers. They live and breathe life in the tropics and are the key to helping you learn, see, and do more. Your team consists of an expedition leader and four naturalists, including a Lindblad-National Geographic certified photo instructor to provide inthe-field instruction. Additionally, a wellness specialist leads aerobic hikes, morning stretch class, and offers spa treatments. And a video chronicler aboard films the story of your adventure to provide you with a lasting record of your unique expedition.







Gustavo Abarca Expedition Leader

Since 1992 Gustavo has led expeditions in Costa Rica. A lifelong learner and educator, he has studied biological sciences and continues to study natural resource management and conservation as well as coordinate study-abroad programs.



**Isabel Salas** Naturalist

One of the country's foremost experts on the mantled howler monkeys of Costa Rica, Isabel has taught biology courses for universities including Duke, Iowa State, and the University of Costa Rica.



Jose "Indio" Calvo Naturalist/Certified Photo Instructor

An avid birder and expert photographer, Jose is a skilled and patient teacher of photo techniques and excellent at helping guests make great photos in the rain forest.



James Napoli Video Chronicler

A New Englander who studied at Boston University and Northeast College of Communications, Jim is a regular contributor to CBS's Sunday Morning and his footage has been showcased on several networks.



Christian Moreno Naturalist/Certified Photo Instructor

A civil engineer by trade, Cristian has been leading expeditions and serving as a naturalist in Panama since 1995. He is an avid diver with extensive undersea knowledge of the region.

# COSTA RICA AND THE PANAMA CANAL

8 DAYS/7 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION PRICES FROM: \$6,190 to \$10,490 (See page 27 for complete prices.)

mmerse yourself in natural wonders along the Pacific coast of Costa Rica and Panama on a voyage aboard the *National Geographic Sea Lion.* Venture into the forests of Manuel Antonio and Corcovado National Parks; search for monkeys, frogs, sloths and brightly colored birds; and take an optional horseback ride on a pristine beach. Cap off your voyage with a crossing of the legendary Panama Canal.

#### **EXPEDITION HIGHLIGHTS**

- > Discover hidden pools and waterfalls deep within the jungles of the Osa Peninsula.
- Explore the tiny islands of the Gulf of Panama and snorkel off Isla Coiba.
- > Enjoy special access to the protected forests of Barro Colorado Island.
- Examine the fascinating lock system that made the Panama Canal one of the greatest engineering achievements of its era.

#### **EXPERIENCE & EXPERTISE**



Every expedition sails with a veteran expedition leader and a handpicked team of four local naturalists including a Lindblad-National Geographic

certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of the expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff and guest speaker bios for this expedition.

Keel-billed Toucan

#### DAY 1: U.S./SAN JOSÉ, COSTA RICA/ HERRADURA/EMBARK

Upon arrival in San José, transfer by land to Herradura and embark our ship National Geographic Sea Lion. (D)

#### **DAY 2: MANUEL ANTONIO NATIONAL** PARK

Spend the morning in Manuel Antonio National Park, a UNESCO World Heritage site, where thick forests fringe white-sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly colored birds. This afternoon follow the Pacific coastline south and stop for a refreshing swim or a hike. (B,L,D)

#### **DAY 3: OSA PENINSULA**

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



#### DAY 4: GOLFO DULCE

Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica. Visit Casa Orquídeas, a tropical paradise of ornamental palms, bromeliads, heliconias, and orchids, closed to the general public and reached by boat only. Keep your eye out for tanagers, parrots, and toucans. Later, explore the placid bay, ideal kayaking, stand up paddle boarding, expedition landing craft rides and swimming. (B,L,D)

#### DAY 5: COIBA NATIONAL PARK. PANAMA

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 paddle boarding, or simply relax on the beach. (B,L,D)

#### DAY 6: GULF OF PANAMA ISLETS/ PANAMA CANAL TRANSIT

Today, explore the tiny islets of the Gulf of Panama by expedition landing craft or kavak. 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

Board our expedition landing craft to visit Barro Colorado Nature Monument in Gatún Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute on Barro Colorado Island since 1923, researching its 120 mammals and diverse tree species. It is also the site of a National Geographic-supported project that tracks tagged animals using automated radio signals and wireless technology. Join local guides for a walk through the forests. This evening, continue through the complex lock system of the canal. (B,L,D)

#### DAY 8: COLÓN/PANAMA CITY/U.S. After breakfast, disembark in Colón and

transfer to the airport in Panama City for your flight home. (B)

#### **EXPEDITION DETAILS**

DATES: 2015 NOV. 28; DEC. 5\*, 12 0, 19\*, 26 2016 JAN. 2\*. 9 🗖. 16\*. 23. 30\*: FEB. 6, 13\*10, 20, 27\*; MAR. 5, 12\*10

Photo Expeditions. Please call for 2017 dates and rates. \*These departures travel from Panama City to San José.

#### SPECIAL OFFER:

#### Choose Free Airfare or 2-Day Panama City Extension

Book by Nov. 30, 2015 and choose from free round-trip airfare from Miami OR a Panama City extension exploring the Panama Canal Expansion Project, the World Heritage site of Casco Viejo and a visit to the BioMuseo on select January and February 2016 dates. Plus, enjoy a private dinner overlooking the Canal Zone and more. Also, book the Nov. 28 or Dec. 12. 2015 departures and receive a \$500 air credit. New bookings only. Call for details.

#### **NEW ACTIVITY!**

National Geographic Sea Lion will now have stand-up paddleboarding available, creating a new way to explore Costa Rica & Panama.

#### NATIONAL GEOGRAPHIC PHOTOGRAPHERS

Travel with Kike Calvo on Dec. 12, 2015; Jeff Mauritzen Jan. 9, 2016; Susan Seubert Feb. 13, 2016; Michael Melford Mar. 12, 2016.



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# NEW LAND-ONLY! EXPLORING COSTA RICA: FROM CLOUD FOREST TO THE CARIBBEAN

#### 9 DAYS/8 NIGHTS

2015/16: \$4,290 PP DOUBLE OCCUPANCY AND \$4,790 SINGLE OCCUPANCY.

iscover the breadth of biodiversity of wild Costa Rica on a land-based expedition through forests, mountains, and the verdant Caribbean coast. Experience the varied landscapes, from a mist-shrouded forest, to an active volcano and the low-lying Caribbean canals—each biosphere with its unique wildlife. Fine lodges will serve as your base camp on a cohesive, curated journey.

#### **EXPEDITION HIGHLIGHTS**

- > Experience the mist-shrouded cloud forest on a naturalist-led hike through Monteverde Cloud Forest Reserve.
- ▶ Walk suspension bridges in the shadow of active Arenal Volcano, and then relax in springs warmed by volcanic activity.
- ▶ Visit the remote, car-free town of Tortuguero and venture into the rain forest via green-canopied canals.
- ► See a great variety of landscapes, wildlife, and biodiversity on a land-only expedition.



#### DAY 1: HOME/SAN JOSÉ

Fly to the international airport in San José, Costa Rica and transfer to the Doubletree Cariari hotel by Hilton. Meet your naturalist guide and enjoy a welcome dinner at the hotel. (D)

#### DAY 2: SAN JOSÉ/CARARA NATIONAL PARK/ MONTEVERDE

After an early breakfast at the hotel transfer to Carara National Park, where the less dense rain forest makes for easy bird sightings. Enjoy lunch at a local restaurant before venturing to the nearby Bat Jungle exhibit or hearing from an early Quaker settler of Monteverde. We'll check into a family-owned retreat with expansive lawns and picturesque views of the cloud forest. (B,L,D)



#### DAY 3: MONTEVERDE

Begin the day at a butterfly farm where we'll have the opportunity to see dozens of local species in a short time. After lunch, we'll tour the Monteverde Cloud Forest Reserve and search for monkeys, hummingbirds and possibly the rare resplendent quetzal among other species. (B,L,D)

#### DAY 4: MONTEVERDE/ARENAL

We'll enjoy breakfast at the hotel and then visit a family-owned, third generation coffee farm. A local guide will share the culture of coffee farming in Central America, and we'll have a chance to pick coffee cherries during a tour of the grounds. After the tour, drive to Lake Arenal and cross in small boats for a fresh perspective on the volcano. Dine at a restaurant on the lake's far side before checking into an elegant hotel surrounded by gardens and pastures with grazing animals. Every room offers a panoramic view of the smoldering Arenal Volcano. (B,L,D)

#### DAY 5: ARENAL VOLCANO

Walk the Arenal Hanging Bridges strung more than two miles through the rain forest canopy. In the evening, relax in thermal pools naturally heated by the volcano. (B,L,D)

#### DAY 6: ARENAL/TORTUGUERO

Take a charter flight to Tortuguero, a spectacular lowland forest on Costa Rica's northeast coast. Check into a rustic lodge at the water's edge; tour the wildlife-rich canals of Tortuguero National Park in small guided boats, spot monkeys, caiman and myriad bird species. Enjoy dinner at the lodge. (B,L,D)

#### DAY 7: TORTUGUERO

Set out by boat or kayak to explore more of Tortuguero National Park's canals. Enjoy the lodge's pool and optional spa before visiting the Sea Turtle Conservancy to learn of the area's history. Stroll through the car-less village before dinner in town. (B,L,D)

#### DAY 8: TORTUGUERO/SAN JOSÉ

En route to San José we'll stop to visit Sibú Chocolatier, maker of some of the world's finest organic chocolate. Here we'll learn the Aztec & Mayan history of the cacao plant and enjoy a workshop on preparing chocolate. The day ends with a farewell dinner. (B,L,D)

#### DAY 9: SAN JOSÉ/HOME

Transfer to the San José airport for flights home. (B)



#### EXPEDITION DETAILS DATES: 2015 DEC. 11, 25 2016 JAN. 8, 22; FEB. 5, 19; MAR. 4, 18



# COSTA RICA TO PANAMA PLUS MONTEVERDE CLOUD FOREST

11 DAYS/10 NIGHTS-ABOARD NATIONAL GEOGRAPHIC SEA LION

PRICES FROM: \$7,780 to \$12,280 (See page 27 for complete prices.)

DATES: 2015 Nov. 25; Dec. 9, 23 2016 Jan. 6, 20; Feb. 3, 17; Mar. 2

here is an aura about Monteverde's cloud forest—the mist drifting past silhouettes of majestic trees, the cool quiet and the haunting music of a bird called "Solitaire." The cloud forest is a secretive place, revealing its magic to the trained eye of our naturalists, who will help you observe all facets of this marvelous habitat. On our Costa Rica expeditions, you will have a ground-level experience by walking the forest trail and then head up into the canopy to take a Skywalk—a series of suspension bridges—for a bird's-eye view. Add Monteverde prior to your *National Geographic Sea Lion* sailing for an in-depth perspective.

#### **EXPEDITION HIGHLIGHTS**

- ▶ Walk trails with butterflies and birds, and watch for the rare resplendent quetzal.
- Ascend a series of suspension bridges for a bird's-eye view of the forest canopy.
- Monteverde's cloud forest is sprinkled with moss, 300 species of orchids, and abundant wildlife.

#### **EXPERIENCE & EXPERTISE**



Every expedition sails with a veteran expedition leader and a handpicked team of four local naturalists including a Lindblad-National Geographic

certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of the expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff and guest speaker bios for this expedition.

#### DAY 1: U.S./SAN JOSÉ, COSTA RICA

Depart Miami mid-morning via American Airlines on a non-stop flight to San José, Costa Rica. Upon arrival, a short drive brings us to the Doubletree Cariari. (D)

#### DAY 2 - 3: MONTEVERDE CLOUD FOREST

A scenic drive, up the mountain takes us to Monteverde Cloud Forest, an acclaimed private reserve. Bathed in cool, year-round moisture, the forest is covered with mosses and 300 species of orchids. Walk trails rich with butterflies, insects and birds and watch for the rare resplendent quetzal. We ascend the Skywalk, a series of suspension bridges, for a bird's-eye view of the rain forest canopy. Later, learn about life in the early Monteverde community, which was established by the Quakers in the 1970s. Eleven families left Alabama and came to Costa Rica in search of peaceful living. We spend the night at a charming, family-owned lodge. (B,L,D)

#### DAY 4: MONTEVERDE/HERRADURA/ N.G. SEA LION

Continue our exploration of Monteverde and travel to Herradura to embark our ship. (B,L,D)

#### DAY 5: MANUEL ANTONIO NATIONAL PARK

Spend the morning in Manuel Antonio National Park where thick forests fringe white sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly colored birds offering picturesque views. (B,L,D)

#### DAY 6: OSA PENINSULA

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

#### DAY 7: GULFO DULCE

Today we visit Casa Orquídeas, a privately owned garden accessible only by boat and special invitation, where we see a profusion of orchids; and look for tanagers, parrots and gaudy toucans. Later, explore the forested bay of Golfo Dulce, ideal for kayaking, stand up paddleboarding, expedition landing craft cruises and swimming. (B,L,D)



DAY 8: ISLA COIBA, PANAMA Isla Coiba is one of Panama's most remote national parks, where you may hike the tropical, moist forest trails. The area is also perfect



# Keel-billed Toucan

for swimming, snorkeling amid tropical fish and trying stand up paddleboarding. Our staff will assist both novice and expert snorkelers alike. For those preferring a drier clime, our naturalists take underwater footage, which animates our evening gathering in the lounge. (B,L,D)

#### DAY 9: GULF OF PANAMA ISLETS/ GATÚN LAKE

Explore a cluster of islands in the Gulf of Panama via expedition landing craft or kayak. It's a wonderful introduction to the region's varied bird life. Observe large numbers of roosting and nesting seabirds: magnificent frigate birds, brown pelicans and blue-footed boobies of Galápagos fame. (B,L,D)

#### DAY 10: PANAMA CANAL TRANSIT

After breakfast, board expedition landing craft for Barro Colorado Nature Monument in Lake Gatún. The island is inaccessible to most travelers and, by special arrangement, local guides from the Smithsonian Tropical Research Institute accompany us through the tropical forest that so challenged the builders of the Canal. Reboard National Geographic Sea Lion to continue our crossing. A daylight transit cannot be guaranteed since cargo ships have priority over passenger ships. The Canal, however, is dramatically lit at night. (B,L,D)

#### DAY 11: COLÓN/DISEMBARK/PANAMA CITY/HOME

Disembark after breakfast in Colón and drive to the airport in Panama City for flights home. (B)

# PANAMA TO COSTA RICA PLUS MONTEVERDE, ARENAL VOLCANO & TORTUGUERO

#### 15 DAYS/14 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION

PRICES FROM: \$10,180 to \$14,980 (See page 27 for complete prices.)

DATES: 2015 Dec. 5, 19 2016 Jan. 2, 16, 30; Feb. 13, 27; Mar. 12

loud forests, volcanoes, and the sea: the ultimate allure of a Panama and Costa Rica expedition. This journey offers an amazing variety of experiences, including an in-depth transit of the Panama Canal; and time on land in Monteverde Cloud Forest and at Arenal Volcano. Explore the area aboard the versatile expedition ship *National Geographic Sea Lion*, go kayaking, use expedition landing craft, or try snorkeling. On this Central American expedition you get to explore the Pacific and Caribbean sides of Costa Rica for our most in-depth experience among the region's iconic wildlife and varied landscapes.

#### **EXPEDITION HIGHLIGHTS**

- Cloud forests, volcanoes and the sea create the ultimate expedition combination.
- Search for monkeys, iguanas, endangered scarlet macaws, and American crocodiles.
- Venture up Tortuguero's narrow, rain forest-lined canals to search for monkeys, caiman, rare birds, and more on the Caribbean side of Costa Rica.

#### **EXPERIENCE & EXPERTISE**



Every expedition sails with a veteran expedition leader and a handpicked team of four local naturalists including a Lindblad-National Geographic

certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of the expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff and guest speaker bios for this expedition.

Scarlet Macaw in flight.

#### DAY 1: U.S./PANAMA CITY, PANAMA/ COLÓN/N.G.SEA LION

Depart U.S.in late morning via American Airlines on a non-stop flight to Panama City. On arrival, drive to Colón to board *National Geographic Sea Lion* and set sail for the first part of our Panama Canal transit anchoring in Gatún Lake. This unique interruption makes us one of the few ships that make the crossing in two days, as well as the only ship permitted the exclusive opportunity to explore impressive Barro Colorado, which we visit tomorrow. (D)

#### DAY 2: GATUN LAKE/PANAMA CANAL TRANSIT

Board our expedition landing craft to visit Barro Colorado Nature Monument in Gatun Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute on Barro Colorado Island since 1923, researching its 120 mammals and diverse tree species. Meet some of the scientists and learn about their work before we re-board to continue our crossing. Often we have the opportunity to cross part of the Canal during the day, and another when it's dramatically lit at night. (B,L,D)

#### DAY 3: GULF OF PANAMA ISLETS/ PANAMA CANAL TRANSIT

Continue through the complex lock system of the Canal. Later, explore the tiny islets of the Gulf of Panama by expedition landing craft. Here we might spot frigatebirds, brown pelicans, neotropic cormorants, and brown boobies. (B,L,D)

#### DAY 4: ISLA COIBA NATIONAL PARK

Isla Coiba is one of Panama's most remote national parks, where you may hike tropical, moist forest trails, swim, snorkel amid tropical fish and try stand up paddleboarding. Our staff will assist both novice and expert snorkelers





alike. For those preferring a drier clime, naturalists take underwater footage, which animates our evening gathering in the lounge. (B,L,D)

#### DAY 5: GOLFO DULCE, COSTA RICA

Today we make our first landfall in Costa Rica. At Casa Orquídeas, a privately-owned garden accessible only by boat and special invitation, see a profusion of orchids; and look for tanagers, parrots and gaudy toucans. Later, explore the bay of Golfo Dulce, ideal for kayaking, stand up paddleboarding, expedition landing craft cruises and swimming. (B,L,D)

#### DAY 6: OSA PENINSULA

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

#### DAY 7: MANUEL ANTONIO NATIONAL PARK

Spend the morning in Manuel Antonio National Park where thick forests fringe white sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly colored birds offering picturesque views. (B,L,D)

#### DAY 9: MONTEVERDE

Visit a butterfly farm and tour the Monteverde reserve. (B,L,D)

#### DAY 10: MONTEVERDE/ARENAL

Start the day with a visit to a third-generation coffee farm, and then sail Across Lake Arenal. Later, check into an elegant Hotel and

relax in thermal pools heated by Arenal Volcano. (B,L,D)

#### DAY 11: ARENAL

Walk the Arenal Hanging Bridges, strung through two miles of dense rain forest canopy, then experience the traditional sugar-making process. (B,L,D)

DAY 12: ARENAL/TORTUGUERO Take a charter flight to Tortuguero, a spectacular lowland forest on Costa Rica's northeast coast. Check into a rustic lodge at the water's edge; tour the wildlife-rich canals of Tortuguero National Park in small guided boats and spot monkeys, caiman and myriad bird species. Enjoy dinner at the lodge. (B,L,D)

#### DAY 13: TORTUGUERO

Set out by boat to explore more of Tortuguero National Park's canals. You can choose guided boats or go by kayak for a more personal exploration. In the early afternoon, you'll have free time to enjoy the lodge's amenities such as the pool or optional spa treatments before visiting the Sea Turtle Conservancy. There you'll learn about the history of the region and important conservation work taking place on Tortuguero's beaches. Later, stroll through the car-less village to see small shops before dining at Miss Junies, a restaurant with a rich heritage and Afro-Caribbean flair. (B,L,D)

#### DAY 14: TORTUGUERO/SAN JOSÉ

Visit Sibu Chocolatier and enjoy a workshop on preparing chocolate. After lunch, drive to your hotel. The day ends with a farewell dinner. (B,L,D)

#### DAY 15: SAN JOSÉ/HOME

Transfer to the San José airport for flights home. (B)

## TOP 10 REASONS TO EXPERIENCE COSTA RICA & PANAMA WITH LINDBLAD AND NATIONAL GEOGRAPHIC

**1. EXPERIENCE MATTERS.** With 20+ years in the region, we have had more time than anyone to learn how to deliver the most extraordinary expedition possible. We also own and operate the *National Geographic Sea Lion*, giving us experience and ownership that other operators here just don't have. You'll feel the difference.

2. MORE FLEXIBILITY, CHOICES, AND OPPORTUNITIES

**TO EXPLORE.** We've put our experience to use in scheduling swimming, snorkeling and walking/hiking excursions at our favorite sites, at the best time of day, with flexibility built-in for those magical wildlife moments you won't want to miss. Kayak or take expedition landing craft to otherwise unreachable spots.

**3. EXPLORE THE HIDDEN GEMS.** Costa Rica and Panama offer wildness, enormous biodiversity, and beauty— but much of it is tucked away in secluded coasts or offshore in hard to reach locations. Approach beaches from the water, see a greater variety of natural wonders than any land-based excursion.



#### 4. LEARN MORE FROM EXPERIENCED NATURALISTS.

How many times has a stellar guide made all the difference in your travels? We've hand-picked a team of them, a core group of Costa Rican and Panamanian naturalists (1 for every 12 guests) so that

you'll learn more and make an incredible connection with these fascinating islands.

**5. A LINDBLAD-NATIONAL GEOGRAPHIC CERTIFIED PHOTO INSTRUCTOR ON EVERY DEPARTURE.** A specially trained naturalist, your photo instructor will provide assistance with your camera and instruction in elements of composition—to help you take your best photos ever. Certain departures are dedicated Photo Expeditions, with National Geographic photographers aboard, for an in-depth photo experience.

6.UNIQUE PANAMA CANAL TRANSIT. The Panama Canal is so much more than a



series of locks, and we take in this engineering marvel over two days instead of one. We explore the Canal Zone and, by special arrangement with the Smithsonian Tropical Research Institute, are permitted to overnight in the middle of our Panama Canal transit to explore Barro Colorado Nature Monument.

**7. TOOLS FOR EXPLORATION.** Our fleet of 5 expedition landing craft, 8 single kayaks, 6 paddleboards, and 12 double kayaks allow us to explore remote locations that would be otherwise impossible to reach. Video microscopes, hydrophones, and other tools give you the opportunity to have an unmatched, in-depth understanding and appreciation of all we'll discover.

8. WELLNESS INSPIRED BY NATURE. Our Wellness program, balances activities ashore and aboard. Our wellness specialist leads morning stretch class on the sundeck or on the beach. And complimenting the tonic of wildness, we offer massage therapy and body treatments in the LEXspa.

#### 9. SEAMLESS TRANSITION TO A LAND-BASED

**EXPLORATION.** Add an inland exploration of Costa Rica before or after your coastal expedition. Join our top tier expedition team in exploring Monteverde, Tortuguero, and Arenal.

#### **10.EXCLUSIVE VIDEO CHRONICLE OF YOUR EXPEDITION.**

A video chronicler aboard every voyage captures all the moments of your unique expedition. Professionally shot in HD and edited during the voyage, it's available for purchase at disembarkation.

## NATIONAL GEOGRAPHIC SEA LION

CAPACITY: 62 guests in 31 outside cabins.

REGISTRY: United States. OVERALL LENGTH: 152 feet.

PUBLIC AREAS: Our ship features a library; global market; lounge with full-service bar and facilities for films, slide shows, and presentations; Observation Deck; partially covered sundeck with chairs and tables, and LEXspa. Our "open bridge" provides guests an opportunity to meet our officers and captain and learn about navigation.

MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide selection buffet and lunch is often served family style. Menu emphasizes local flair.

CABINS: All face outside with windows, private facilities, and climate controls.

EXPEDITION EQUIPMENT: Bow camera, hydrophone, kayaks, snorkeling gear, splashcam, video microscope, and expedition landing craft.

SPECIAL FEATURES: Guest Internet access. A video chronicler and doctor on board all voyages in Costa Rica/Panama.

WELLNESS: The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and outdoor stretching area.

CATEGORY 1: Main Deck #300-305—Conveniently positioned between the dining room & lounge, these cabins feature two single lower beds, and a large view window.

CATEGORY 2: Bridge Deck #100-104; Upper Deck #200-212, 215—These welllocated cabins include two lower single beds & a view window.

CATEGORY 3: Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219—These cabins feature a seating unit with table and two large view windows. Upper Deck cabins include two lower single beds which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two lower single beds only.





Insets clockwise from top: Expedition ship National Geographic Sea Lion can access hard to reach locations; twin beds can be pushed together to form a double bed in Category 2 cabins on the Upper Deck; a comfortable Category 3 cabin freshly redesigned.

NOTE: Sole Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in certain categories at one half the double occupancy rate.

SHARED ACCOMMODATIONS: Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.

# THE PRIVILEGE OF WILDNESS IN COMFORT AND STYLE

Our twin ships have been transformed: the lounge, bar and dining room have been handsomely renovated. And every cabin category has been refreshed with warm cherry veneer, our signature bed linens, sleekly framed photos and more. Now, each ship sets new standards for expedition hospitality and comfort.

Prices are per person, double occupancy unless indicated as solo. Please call for 2017 dates and rates.

ITINERARY	YEAR	CAT. 1	CAT. 2	CAT. 3	CAT. 1 Solo	CAT. 2 Solo	Advance Payment	NOTE
Costa Rica & The Panama Canal	2015/16	\$6,190	\$6,990	\$7,920	\$9,290	\$10,490	\$750	Sample Airfares: Miami/Panama City, San José/Miami or vice versa: Economy from \$560; Business from \$880.
Monteverde + Costa Rica to Panama	2015/16	\$7,780	\$8,580	\$9,510	\$11,080	\$12,280	\$1,000	Sample Airfares: Miami/San José, Panama City/Miami Economy from: \$560; Business from \$880.
Panama to Costa Rica + Monteverde, Arenal & Tortuguero	2015/16	\$10,180	\$10,980	\$11,910	\$13,780	\$14,980	\$1,000	Sample Airfares: Miami/Panama City, San José/ Miami: Economy from \$560; Business from \$880.

## TAKE ADVANTAGE OF OUR SPECIAL OFFERS

#### CHOOSE FROM TWO SPECIAL OFFERS

**CHOOSE COMPLIMENTARY AIRFARE:** Book by Nov. 30, 2015 for free round-trip air from Miami to San José, Costa Rica and to Miami from Panama City, Panama (or vice-versa, depending on the direction of your voyage). This offer is subject to availability and must be ticketed by Lindblad Expeditions. In the case that Lindblad's group flights are no longer available at time of booking, we reserve the right to issue a credit certificate. Offer valid for new bookings only. Certain offers may not be combinable; call for full details.

**OR CHOOSE A COMPLIMENTARY PANAMA EXTENSION:** Book by Nov. 30, 2015 for a complimentary Panama 2 Day/1 Night Pre- or Post- Extension on select 2015/2016 departures. See the construction of the new Panama Canal Expansion Project Observation Center; Tour the UNESCO World Heritage site of Casco Viejo, plus explore the Frank Gehry BioMuseo, and more. Also, book the Nov. 28 or Dec 12, 2015 departures and receive a \$500 air credit. New Bookings only. Call for full details.

#### **EXPEDITION SAVINGS WITH FAMILY & FRIENDS**

**BRINGING THE KIDS:** We believe sharing an expedition with your kids or grandkids is a life-enhancing experience. So take \$500 off for each child under the age of 18.

#### IT'S EVEN MORE FUN WITH FRIENDS

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

# OUR COMMITMENT TO CONSERVATION AND STEWARDSHIP IN CENTRAL AMERICA

A core value of Lindblad Expeditions-National Geographic (LEX-NG) is to positively impact the areas we explore. The LEX-NG Fund does this by supporting conservation, research, education, and community development projects in regions we visit. In Central America, our current grantee, MarViva Foundation, addresses ocean



conservation priorities and the sustainable use of coastal and marine resources along the Eastern Tropical Pacific. Together with our guests, we have donated nearly \$215,000 to MarViva. All funds go to local, community-based initiatives to support responsible fisheries. For more about this project or any of our global stewardship efforts, visit expeditions.com/conservation.

#### JOIN US ONLINE





## WHAT'S INCLUDED

#### ABOARD SHIP

- ✓ All meals and non-alcoholic beverages
- ✓ Cappuccinos, lattes & complimentary refillable water bottle
- ✓ 24-hour coffee, tea & soda on demand
- ✓ Hors d'oeuvres & snacks during lounge recap
- ✓ Fitness equipment with towels, water
- ✓ Fully stocked library
- ✓ The guidance and company of our expedition staff

#### ASHORE

- $\checkmark$  Meals on land, as indicated in itinerary
- ✓ Sightseeing & entrance fees
- ✓ Special access permits, park fees, port taxes
- ✓ Transfers to and from group flights
- $\checkmark$  The expertise of our expedition staff

#### ABOARD SHIP

- ✓ All excursions
- $\checkmark$  Expedition landing craft & kayak explorations
- $\checkmark$  Snorkeling, masks, and fins where relevant
- $\checkmark$  Lectures & presentations in the lounge

#### **RESERVATION INFORMATION**

**Costs Include:** All accommodations aboard ship or in hotels per itinerary or similar, all meals and nonalcoholic beverages aboard ship, meals on land as indicated, air transportation where indicated as included, shore excursions, sightseeing and entrance fees, special access permits, transfers to and from group flights, use of snorkeling equipment and use of kayaks (where available), tips (except to ship's crew), taxes and service charges, services of a ship physician, and services of our expedition staff. In addition, the Monteverde + Costa Rica to Panama itinerary includes three hotel nights and all meals. The Panama to Costa Rica + Monteverde, Arenal Volcano & Tortuguero itinerary includes seven hotel nights and all meals. All three itineraries include porterage and services of a local naturalist guide.

Not Included: Extensions; horseback riding; passport/ visa fees; baggage/accident/travel protection plan; items of a personal nature such as alcoholic beverages, voyage DVD, email and laundry; gratuities to ship's crew at your discretion.

Airfare: For all programs, airfare is an additional cost unless otherwise indicated. Sample airfares are subject to change. We will gladly assist in making your air arrangements for a \$50 per person service fee.

#### **TERMS & CONDITIONS**

Reservations: To reserve your place, an advance payment is required at the time of reservation. The per person advance payment amount varies by program, and is outlined in our brochures, as well as on our website. Payment is accepted by Visa, MasterCard, American Express, Discover, or by check. Receipt of your initial payment indicates your acceptance of our complete Terms and Conditions. We require written notice at the time of reservation for any physical condition, diet, or treatment requiring special attention. Once your reservation is confirmed, we urge you to use your personalized online account for important information to help you prepare for your voyage. Managing your documents online will facilitate fast and accurate communication, and allow you to provide us with pertinent details we require, in order to complete your reservation. Your online account gives you access to your Expedition Guide, which includes valuable information specific to your voyage. You can also use your online account to make easy payments, view recommended flights and reading material, packing list, and so much more.

Final payment: Final payment is due 90 days prior to departure.

Travel Protection Plan: We strongly recommend that you take advantage of our Travel Protection Plan. This plan offers comprehensive coverage to protect you from cancellation fees, costs incurred due to trip delays/interruption, and damaged or lost baggage, and provides medical assistance and evacuation during your travels. Our Travel Protection Plan is available for U.S. and Canadian residents only, and may be purchased any time prior to final payment due date. Travel Protection premiums are non-refundable once plan is purchased.

Smoking Policy: Smoking is allowed only in designated outdoor areas.

Responsibility and Other Terms & Conditions: Among other things, limitations of Lindblad Expeditions' and the National Geographic Society's liability for loss of property, injury, illness or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure, and are also available on our website at www.expeditions.com/terms, or upon request. By registering for a trip, the guest agrees to all such terms and conditions. Note: Itineraries and prices listed in this brochure are valid as of publication date, and are subject to change. Under normal conditions, the total expedition cost is guaranteed at the time of booking. However, the published price is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event we determine that current costs create an unsustainable financial model, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to pass on these costs to you, to cover such unexpected increases. We will always provide a transparent accounting of the reason for such an increase in costs.

#### CANCELLATION POLICY

Number of Days Prior to Expedition Start	Per Person Cancellation Fee				
120 or more days	\$350				
119–90 days	Advance payment cost				
89–60 days	25% of total fare				
59–45 days	50% of total fare				
44–0 days	No refund				

\$350 will be rewarded in the form of a Lindblad Expeditions Travel Certificate. This cancellation policy applies to expeditions as well as pre and post extensions. The effective date of a cancellation will be the date on which your notice is received. Note: Airline cancellation policies vary by carrier, as well as the type of fare used to issue your ticket. Any revisions you make within the cancellation penalty period, such as departure date or choice of voyage, are subject to cancellation fees. Additional Terms and Conditions may apply. For complete terms, please visit our website at www.expeditions.com/terms.

#### United States Tour Operators Association \$1 Million Travelers



Assistance Program Lindblad Expeditions, as an Active Member of USTOA, is required to post \$1 Million with USTOA to be used to reimburse, in accordance with the terms and conditions of the USTOA \$1 Million Travelers Assistance Program, the advance payments of Lindblad Expeditions customers in the unlikely event of Lindblad Expeditions bankruptcy, insolvency or cessation of business. Further, you should understand that the \$1 Million posted by Lindblad Expeditions may be sufficient to provide only a partial recovery of the advance payments received by Lindblad Expeditions. More details of the USTOA Travelers Assistance Program may be obtained by writing to USTOA at 345 Seventh Avenue, Suite 1801, New York, New York 10001, or by email to information@ustoa.com or by visiting their website at www.USTOA.com.

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#### **SELECTED HONORS & AWARDS**

- » Condé Nast Traveler's Readers' Choice Award—Top Small Ship Cruise Lines, 2014
- » Condé Nast Traveler's 2014 Readers' Poll—Top 20 Small Cruise Ships in the World, 2014
- » Condé Nast Traveler World Savers "Doing it All" Award, 2013
- » Condé Nast Traveler Readers' Choice Award—Top 25 Cruise Lines, 2013
- » Condé Nast Traveler "Gold List", 2013, 2009, 2008, 2007, 2006, 2005
- » Virtuoso "Sustainable Tourism Leadership-Supplier" Award, 2013
- Travel + Leisure "World's Best" Award for Small-Ship Cruise Lines, 2013, 2012, 2011, 2010, 2009, 2008
- » Travel + Leisure "World's Best for Families" Award for Small-Ship Cruise Lines, 2012, 2011, 2010, 2009
- »Cruise Critic Editor's Pick Awards "Best for Adventure," 2013, 2012, 2011, 2010
- » Climate Champion Award to Sven Lindblad by Clean Air-Cool Planet, 2009
- Conservation Achievement Award for Corporate Achievement from National Wildlife Federation, 2008

GO TO WWW.EXPEDITIONS.COM/AWARDS FOR AN EXTENDED LIST

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