

GO FARTHER

CENTRAL AMERICA

17.20°N, 87.53°W

17.20°N, 87.53°W

9.15° N, 79.84° W

ABOARD NATIONAL GEOGRAPHIC QUEST &
NATIONAL GEOGRAPHIC SEA LION | 2022-2023

DISCOVER THE HEALING 'TONIC OF WILDNESS' IN CENTRAL AMERICA—HERE'S WHAT YOU'LL WANT TO KNOW

OUR SIGNATURE EXPEDITION EXPERIENCE is more elevated than before. We're operating with smaller groups and a higher staff-to-guest ratio: 1 naturalist to every 8-10 guests in the Zodiacs and ashore. That means more personal attention and a more intimate experience. Additionally, there are few places in the world more naturally social distanced than the areas we explore on these itineraries such as the Osa Peninsula, the Panama Canal Zone, and Coiba Island in Panama; or the Belize Barrier Reef, where we will likely be the sole explorers of the remotest regions in a massive expanse of blue!

ABOARD SHIP THINGS ARE ALSO BETTER THAN EVER. The brass is polished, the wood is gleaming, the carpets are shampooed, the ships are all shined up and already welcoming back guests. And after more than 15 months, our staff and crew are raring to be getting back to what they do best—creating an unforgettable experience for you. Come see for yourself! Both *National Geographic Quest* and *National Geographic Sea Lion* have been sailing since June and will be arriving in Central America in December.

THIS WINTER IS AN ESPECIALLY EXCITING TIME TO VISIT. Daily reports are coming back from our Summer 2021 voyages in Alaska and Galápagos, and they are a joy to read. Kicking off a new year with a return to pure nature—unfettered wildlife, pristine ocean, colorful sand beaches, wide-open spaces—is clearly just what the doctor ordered after this unprecedented year and a half.



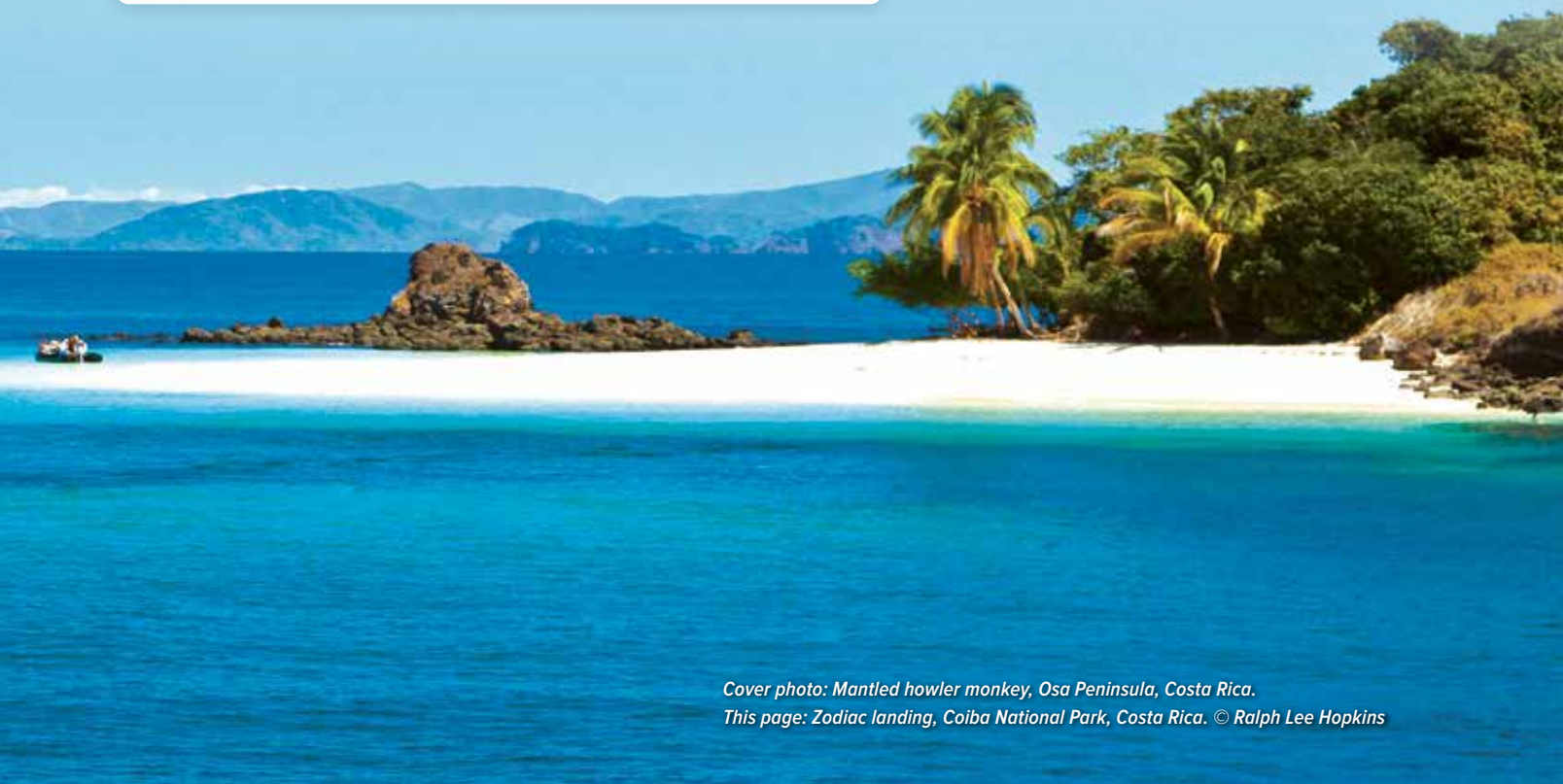
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Exploring is an essential part of who we are, as is prioritizing the well-being of our guests. We want you to have a rewarding experience, to be able to let go, knowing you are in good hands. We have developed health and safety measures that make traveling with us in the era of Covid-19 possible, while keeping our trips inspiring and memorable. We look forward to rediscovering the world with you.

We recognize that the situation at home and around the world is constantly evolving. To provide you more flexibility, we have modified our booking policies. Find full details on our website.

Please visit expeditions.com/book-assured

Please find complete health and safety protocols at expeditions.com/protocols. Or launch the QR code to see a crisp, clear animation that shows our protocols in action—from airport to our ship and home again.



A full-page photograph of a tropical river scene. The river is narrow and surrounded by dense, lush green foliage and trees. In the lower right, a small motorboat with three people is visible, moving away from the viewer. The people are wearing life jackets and hats. The water is calm, reflecting the surrounding greenery. The overall atmosphere is serene and wild.

THE WILD HEART OF THE AMERICAS

Bridging the Americas and dividing the oceans, this narrow strip of land is cut with rivers, spiked with peaks and draped in green. Though it makes up just .003% of the world's landmass, it is home to a staggering 5% of all the Earth's biodiversity packed into its jungles, rivers, and reefs. At its heart are tropical forests overrun with troops of raucous clamoring monkeys, and colorful birds flitting through the canopy. Its mountain streams and spring-fed pools all lead the way to an ocean rife with color, coral, and life. To enter it is to discover a land where tropical wildness still reigns above all else.



VAST WILDNESS, ON
A PERSONAL LEVEL



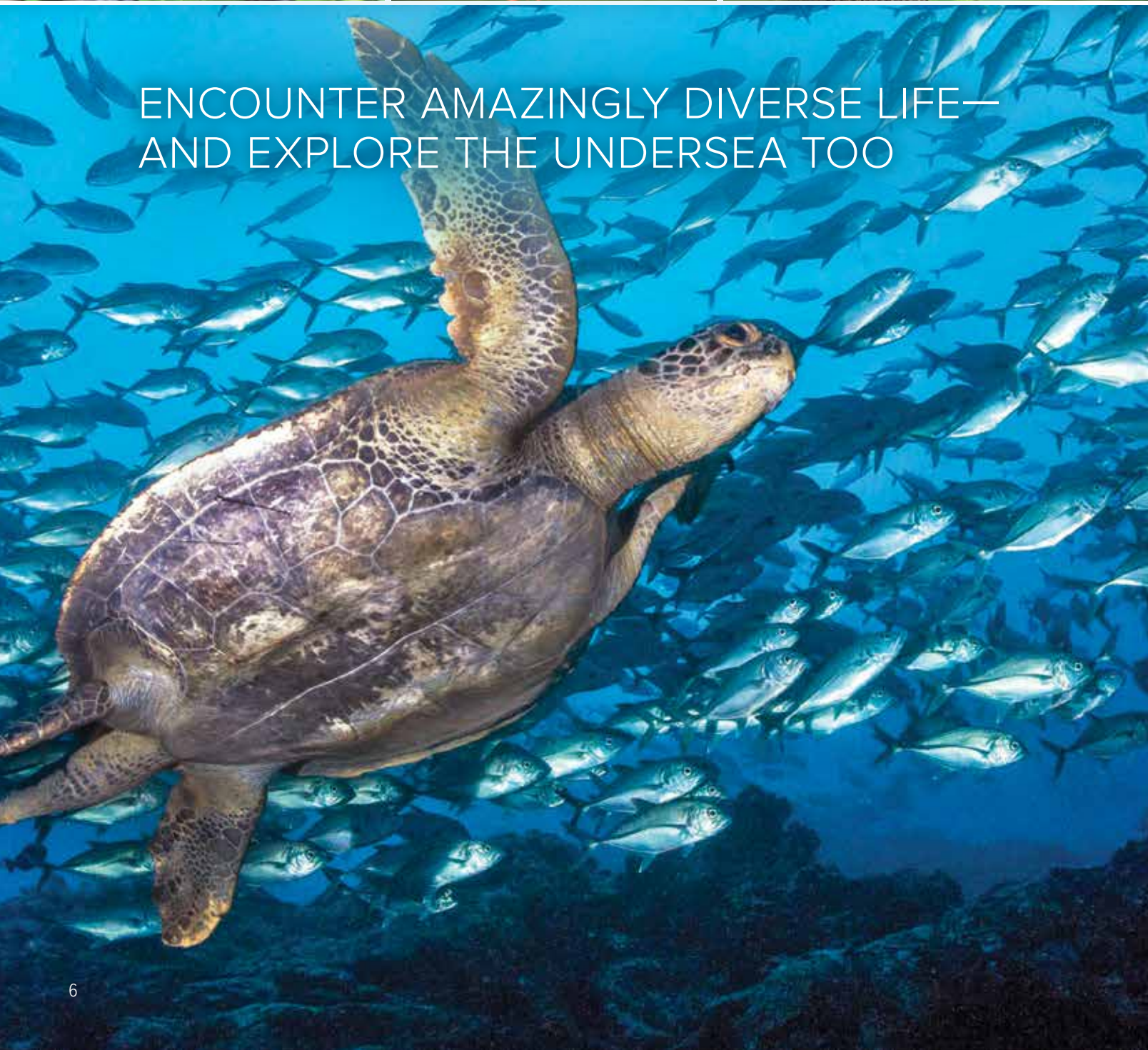
CORCOVADO'S BEACHES STRETCH FOR 23 UNDISTURBED MILES.

It encompasses 12 major ecosystems from palm forest to mangrove swamp to highland cloud forest. It is home to roughly 140 mammals and much rare life, including unusual creatures like the harpy eagle, which was listed as extinct in Costa Rica in 1986—until one was spotted here in 2003. Its jungles shroud the land in mystery. It is, of course, a powerful draw to nature lovers. But most arrive via the park's ranger stations, while we launch Zodiacs from our ship on the ocean side of the park, and cruise in the pre-dawn light to land on its palm-fringed beaches and hike into the jungle, blissfully immersed in the waking forest, and far from the others also drawn to its rare wilderness. It is ecologically stunning, and evident why National Geographic dubbed it “the most biologically intense place on Earth.” Opt for a swim in a waterfall pool or a trek along the river, either way you'll see incredible wildlife: monkeys, birds, basilisk lizards, snakes, and coatis. Witness the wonders of Corcovado National Park on our 8-day **Costa Rica & the Panama Canal** itinerary (page 16.)





ENCOUNTER AMAZINGLY DIVERSE LIFE—
AND EXPLORE THE UNDERSEA TOO





THE DIVERSE ECOSYSTEMS AND HABITATS

of Central America harbor a wide spectrum of neotropical fauna and flora and a panoply of sea life.

The wildlife of Costa Rica and Panama's rainforests and coastal national parks is legendary. Howler monkeys, kinkajous, sloths, spider monkeys, and elusive jaguars. The birdlife of herons, motmots, scarlet and great green macaws, and tiny hummingbirds. And hidden in the leaves and on the jungle floor, tapirs, anteaters, blue morpho butterflies, poison dart frogs, and leaf-cutter ants marching over fallen logs.

On our Guanacaste itinerary we explore the linked national parks—Santa Rosa and Rincon de la Vieja, combined into the larger Guanacaste Conservation Area. With the cooler, more temperate forest types of Rincon de la Vieja combined with the

archetypal tropical dry forest habitat of Santa Rosa National Park, and the marine beauty of the reefs and crystalline coastal waters, the full biodiversity of Guanacaste is on display.

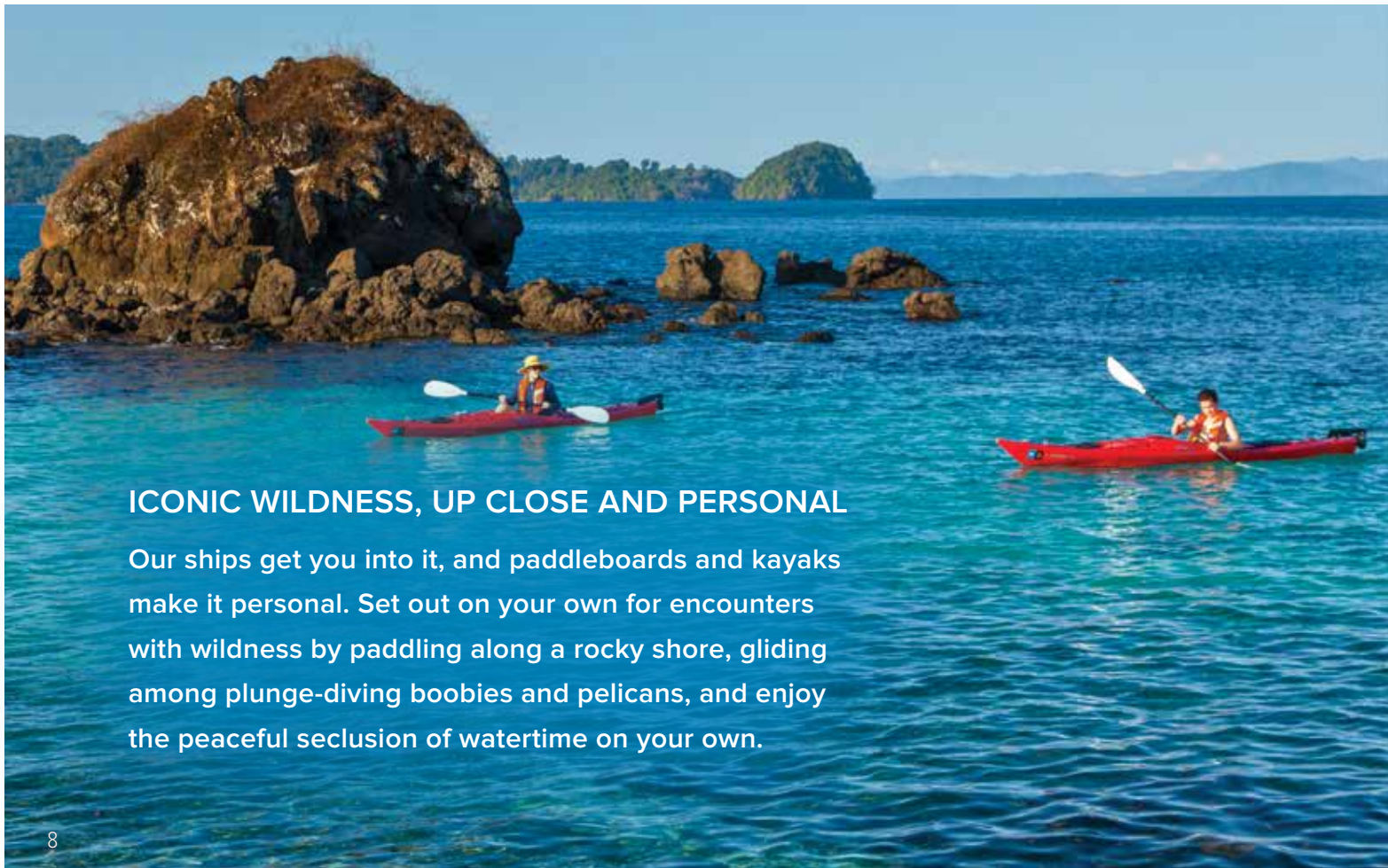
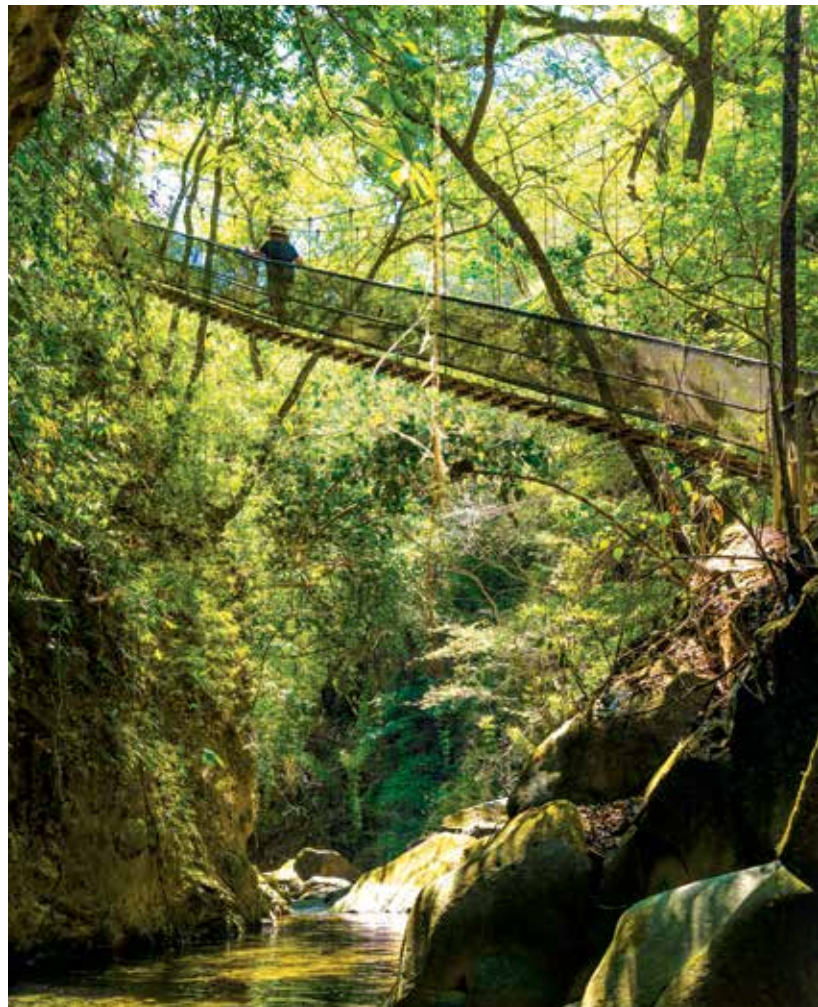
In addition to the longest barrier reef in the Western Hemisphere, Belize has protected more than a third of its land, including the 7,000 acres of highlands and lowlands, rivers and waterfalls known as Mayflower Bocawina National Park. Within these surroundings more than 230 species of birds chatter overhead and an array of unusual mammals thrive. It is also the critical habitat for the mystical jaguar, a symbolic icon of Belize.

Knowledgeable and passionate naturalists, plus our intimate, state-of-the-art ship, designed to navigate shallow coves and coastal waters, provide an unmatched experience of this region's biodiversity. It's the optimal way to discover its kaleidoscopic flora and fauna.

AWESOME WAYS TO EXPLORE

ENJOY IT YOUR WAY

Explore Central America with the freedom to see it your way. Each day, we provide a fresh destination, plus all kinds of choices to make it as active or as relaxing as you like. Hike, snorkel, horseback ride, or simply sit on a secluded beach and relax.



ICONIC WILDNESS, UP CLOSE AND PERSONAL

Our ships get you into it, and paddleboards and kayaks make it personal. Set out on your own for encounters with wildness by paddling along a rocky shore, gliding among plunge-diving boobies and pelicans, and enjoy the peaceful seclusion of watertime on your own.

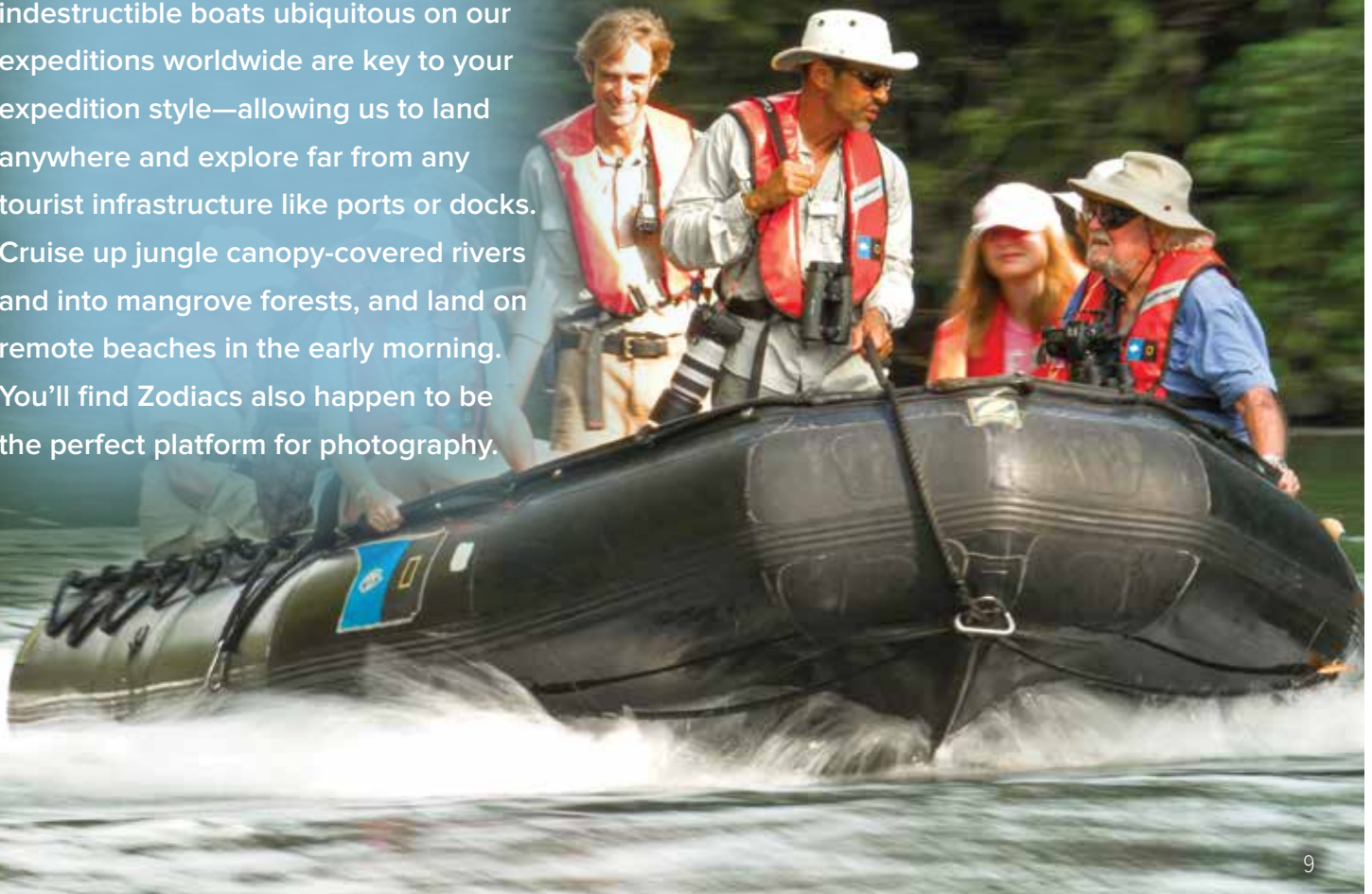


SEE THE UNDERSEA FOR YOURSELF

Don a mask and snorkel, provided aboard and yours for the duration of the expedition, and leap off a Zodiac and into warm tropical waters to explore vibrant reefs. Located in the shallow, sun-warmed waters, colors pop and an incredible ecosystem thrives.

AFTER ALL, IT'S AN EXPEDITION

Zodiacs, the black rubber and nearly indestructible boats ubiquitous on our expeditions worldwide are key to your expedition style—allowing us to land anywhere and explore far from any tourist infrastructure like ports or docks. Cruise up jungle canopy-covered rivers and into mangrove forests, and land on remote beaches in the early morning. You'll find Zodiacs also happen to be the perfect platform for photography.



An aerial photograph of a coral reef in clear, turquoise water. The reef is composed of various coral species, appearing as a mosaic of brown, green, and yellow patches. A scuba diver is visible on the right side of the frame, swimming over the reef. The text "INTO THE BLUE: THE BELIZE BARRIER REEF" is overlaid in white, sans-serif capital letters in the upper left quadrant.

INTO THE BLUE: THE BELIZE BARRIER REEF

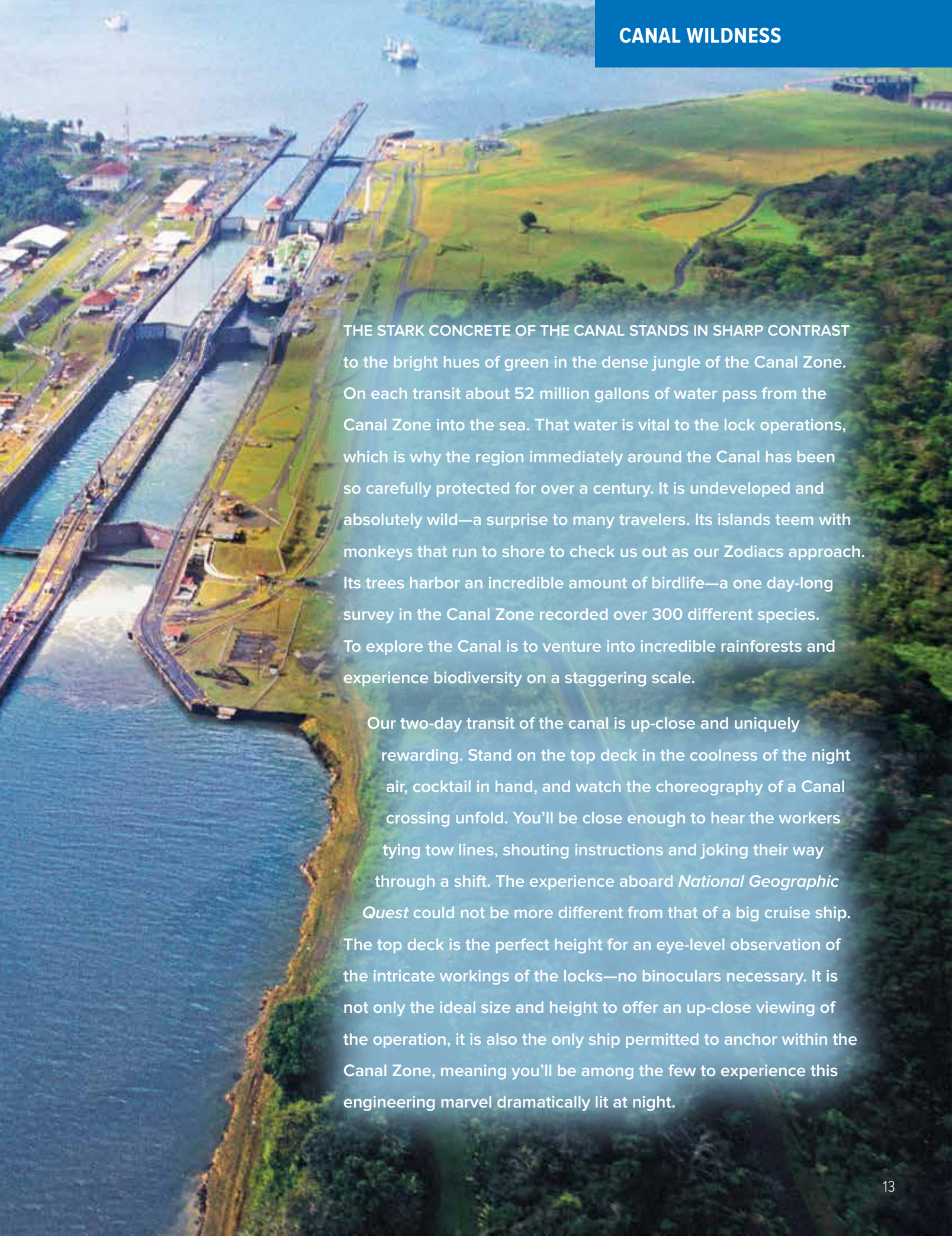
IN 2009 THE BELIZE BARRIER REEF, BELIZE'S ONLY UNESCO WORLD Heritage Site, was placed on the List of World Heritage in Danger, due to threats like offshore oil extraction, hurricanes, and coastal development. Belize vowed to take landmark action to revitalize and safeguard the fragile ecosystem, and in 2018 the World Heritage Committee removed the reef from the list. Today, this thriving reef supports a wealth of marine life, including more than 500 species of fish, marvelous sea turtles, graceful rays, gentle manatees, and over 90 varieties of coral.

Our active itineraries explore this natural wonder from all angles, starting with a jaw-dropping aerial view as you fly into the country. The intimate *National Geographic Sea Lion* will be your base and is equipped with everything you need to get up close with this breathtaking reef. Skirt the shores of white-sand beaches in a kayak, watch a galaxy of fish drift below you on a stand-up paddleboard, or don a snorkel to greet the watery denizens face-to-fin. Diving is also available (at additional cost) for more adventurous explorers. In between activities take in the reef's mesmerizing shades of blue from the ship's deck or an idyllic spot on the beach.



An aerial photograph showing a large bridge under construction over a body of water. The bridge deck is visible, with several lanes of traffic. To the left of the bridge, there is a lush green area with trees and a small body of water. In the background, there is a residential area with houses and a large hill. The text "A VEIN OF CONCRETE THROUGH A HEART OF GREEN" is overlaid on the image.

A VEIN OF CONCRETE
THROUGH A HEART OF GREEN

An aerial photograph of the Panama Canal locks. The concrete structures of the locks are prominent, with water flowing through them. The surrounding area is a mix of green fields and dense tropical forest. A small boat is visible in the water near the locks.

THE STARK CONCRETE OF THE CANAL STANDS IN SHARP CONTRAST to the bright hues of green in the dense jungle of the Canal Zone. On each transit about 52 million gallons of water pass from the Canal Zone into the sea. That water is vital to the lock operations, which is why the region immediately around the Canal has been so carefully protected for over a century. It is undeveloped and absolutely wild—a surprise to many travelers. Its islands teem with monkeys that run to shore to check us out as our Zodiacs approach. Its trees harbor an incredible amount of birdlife—a one day-long survey in the Canal Zone recorded over 300 different species. To explore the Canal is to venture into incredible rainforests and experience biodiversity on a staggering scale.

Our two-day transit of the canal is up-close and uniquely rewarding. Stand on the top deck in the coolness of the night air, cocktail in hand, and watch the choreography of a Canal crossing unfold. You'll be close enough to hear the workers tying tow lines, shouting instructions and joking their way through a shift. The experience aboard *National Geographic Quest* could not be more different from that of a big cruise ship. The top deck is the perfect height for an eye-level observation of the intricate workings of the locks—no binoculars necessary. It is not only the ideal size and height to offer an up-close viewing of the operation, it is also the only ship permitted to anchor within the Canal Zone, meaning you'll be among the few to experience this engineering marvel dramatically lit at night.

LINGER TO EXPLORE A MODERN WONDER OF THE WORLD AND ITS WILDNESS

OVER 100 YEARS AGO THE PANAMA CANAL FULFILLED TEDDY ROOSEVELT'S

vision of America's future—a beneficent power in the new world order that distinguished itself from the old powers of Europe. And just five years ago Panama completed the larger new Panamax lock system, which is capable of moving ships over twice the tonnage the original locks were designed to handle. For most travelers, transiting the Canal is a once-in-a-lifetime event.

Our expedition takes the time to explore it in depth, delve into its fascinating history, see the feats of engineering up close, plus explore these surprising wild highlights of the Canal Zone.

THE LONGEST-STUDIED RAINFOREST ON EARTH

Barro Colorado Island is the most studied tropical rainforest in the world, with research going back before the construction of the Canal began, and it's been managed by the Smithsonian since 1923. *National Geographic Quest* is the only ship allowed to call here to learn about the research, explore the forest trails, and cruise along the shore by Zodiac.

GO HIGH, GO LOW

Get a birds-eye view of the rainforest surrounding the Canal Zone perched on platforms above the rainforest canopy at the Panama Rainforest Discovery Center, and then descend into the jungle walking boardwalks wending their way through misty jungles alive with monkeys, birds, and butterflies.



PEAK BIRDING

Along Pipeline Road a bird count organized by the Audubon Society tallied 385 bird species in a 24-hour period. It is a record that stands to this day. Hike along this famous path cut in the jungle and see many bird species for yourself.

COSTA RICA & THE PANAMA CANAL

8 Days/7 Nights—Aboard *National Geographic Quest*

PRICING FROM \$6,620 per person

Book by Nov. 30, 2021 to guarantee 2022 prices for 2023 departures.

Visit expeditions.com for all categories, current rates, and details.

Immerse yourself in the natural wonders of one of the most biodiverse regions in the world. On our voyage along the Pacific coast of Costa Rica and Panama you'll venture into the rainforest to discover hidden pools and waterfalls; search for monkeys, sloths, frogs, and brightly colored birds; and take an optional horseback ride on a pristine beach. To top it off, you will experience an extraordinary two-day transit of the Panama Canal, with our ship as your platform for examining the details of this fascinating and enduring man-made marvel.

EXPEDITION HIGHLIGHTS

- ▶ Explore the tiny islands in the Gulf of Panama, and snorkel, paddleboard, or swim off coral-fringed Isla Coiba.
- ▶ Examine the fascinating lock system that makes the Panama Canal one of the greatest engineering achievements of its era.
- ▶ Meet and support inspiring local families on the remote Osa Peninsula.
- ▶ Hike into the lush green of world-renowned Corcovado National Park to spot endemic wildlife, including tropical birds, reptiles, and several species of monkeys.
- ▶ Anchor overnight in the Canal Zone and make an exclusive stop at the Smithsonian Research Institute.

OSA PENINSULA TURTLE RESEARCH EXPERIENCE

Enjoy an extraordinary experience with the iconic sea turtles of the Pacific—join us on a visit to Latin American Sea Turtles Association, assisting researchers with data collection and observing rehabilitated turtles released back into the wild.

Three-toed sloth.

DAY 1: U.S./SAN JOSÉ, COSTA RICA/ PUERTO CALDERA/EMBARK

Upon arrival in San José, transfer by land to Puerto Caldera and embark our ship. (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: OSA PENINSULA

Go ashore in the pristine waters of Playa Blanca. Head inland to meet and share with inspiring local families living in remote communities and working with cocoa, heart of palm, and sugar cane. Kayak in peaceful waters in Golfo Dulce, the only tropical fjord on the continent. In the evening, enjoy drinks ashore and, hopefully, a beautiful sunset. (B,L,D)

DAY 4: GOLFO DULCE

Spend the day exploring the mangrove-fringed Golfo Dulce, on Costa Rica's southwest coast. Visit stunning Rio Seco Rainforest, accessible only by boat, in remote and wildlife-rich Piedras Blancas National Park. Later, explore the placid bay, ideal for kayaking, stand-up paddleboarding, Zodiac 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 turtles. Discover rich marine life while snorkeling, kayak, hike, stand-up paddleboard, 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 Zodiac. Here we might spot frigatebirds, brown pelicans, neotropical



Canal nighttime transit.

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 Gatún 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 through the many Islets of Gatún Lake 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/DISEMBARK/PANAMA CITY/U.S.

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

EXPEDITION DETAILS

DATES: 2022 Jan. 2, 9*, 16, 23*, 30; Feb 6*, 13, 20*; Dec. 11, 20*, 27 2023 Jan 3*, 15, 22*, 29; Feb. 5*, 12, 19*, 26; Mar. 5*; Dec. 7, 14*, 21, 28*

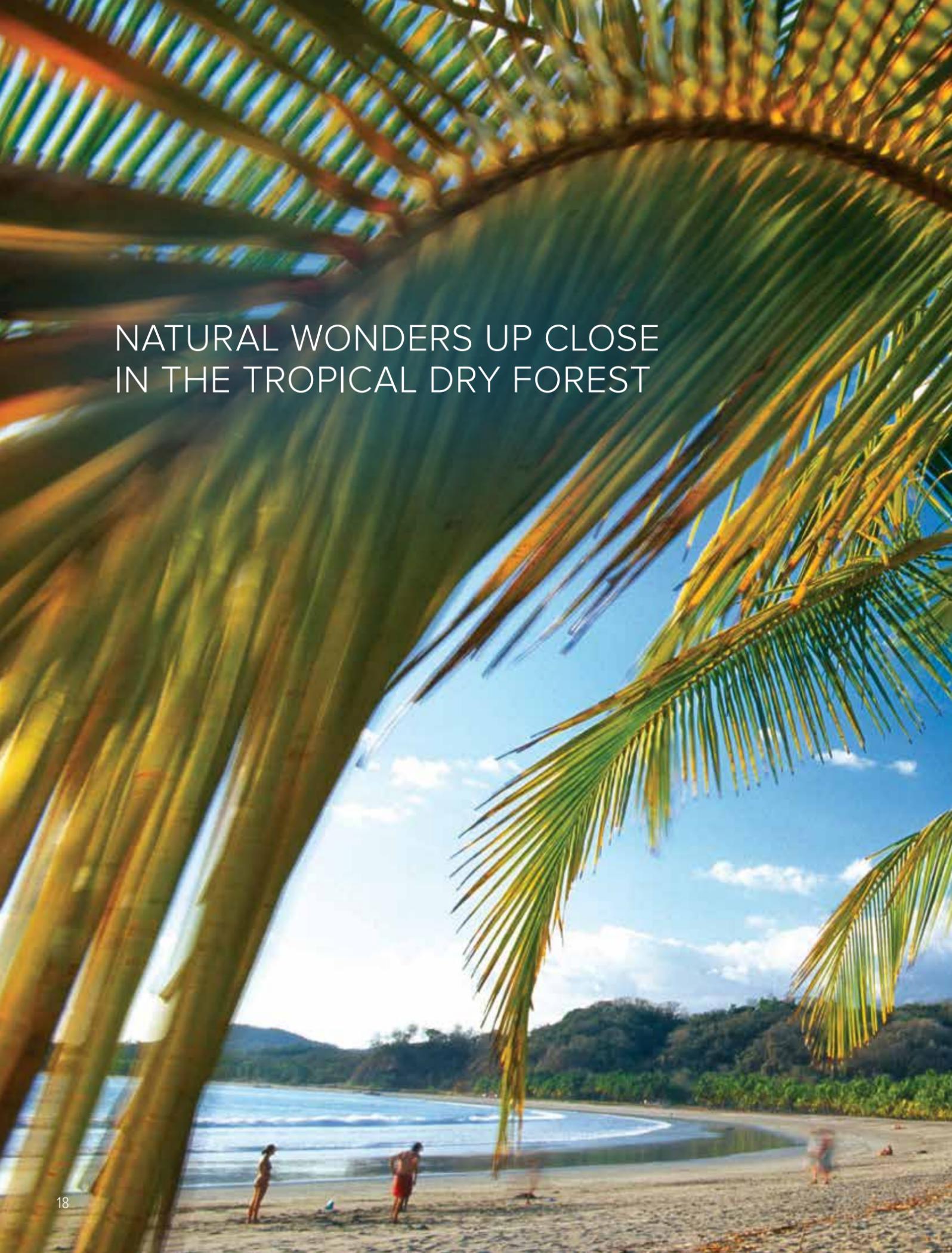
*These departures travel in reverse.

SPECIAL OFFERS:

- Book now and receive **FREE ROUND-TRIP AIRFARE** between Miami and San José/Panama City on select departures, or instead choose to save 50% on a three-day extension in Panama City.
- Travel solo and waive the solo premium on solo cabins on select 2022 departures. See page 29 for offer details.



Mantled howler monkeys.



NATURAL WONDERS UP CLOSE
IN THE TROPICAL DRY FOREST



COSTA RICA IS KNOWN FOR ITS RAINFOREST BIODIVERSITY, from exotic plants to brilliantly colored birds to exquisite aquatic species. But it's also home to one of the largest tropical dry forests in Central America. This ecosystem, one of the rarest in the Americas, contains substantially less water than the rainforest—but it's still teeming with flora and fauna. We're now offering the chance to spend six days in Guanacaste, a beautiful Costa Rican region of tropical dry forest with unique landscapes, climate, and wildlife.

From towering active volcanos, to intricate mangrove and coral systems, to pristine beaches, the scenery is remarkably varied in Guanacaste. Choose the activities that you like best: try ziplining for the first time, horseback riding through open country near a volcano, kayaking and paddleboarding, or simply soaking up the sun on some of the Pacific's most attractive stretches of sand. Take a hike to spot rare species such as kinkajous, or more common ones, like capuchin and howler monkeys. Dine on a beach under the stars at Isla Tortuga, and call at a local hacienda in the shadow of an active volcano to learn about the ways of life from friendly locals. Strap on a snorkel to spot rays, turtles, and a colorful array of tropical fish. No matter your choice, you'll take home indelible memories of a rare opportunity to go deep into the tropical dry forest.

NEW

WILD COSTA RICA ESCAPE: GUANACASTE'S CORAL REEFS & VOLCANIC PEAKS

6 Days/5 Nights—Aboard *National Geographic Quest*

PRICING FROM \$3,990

Book by Nov. 30, 2021 to guarantee 2022 prices for 2023 departures.

Visit expeditions.com for all categories, current rates, and details.

*Rincón de la Vieja National Park,
Guanacaste Conservation Area.*

Discover the treasures of one of Costa Rica's richest regions, Guanacaste. Snorkel and kayak among untouched corals and palm-lined beaches in the Guanacaste Conservation Area. Hike, ride horseback, and zipline amid mist-shrouded volcanic peaks in Rincón de la Vieja National Park, where the tropical dry forest meets the more humid montane ecosystem. Experience the wildness and bask in the *pura vida* that infuses this ecologically rich region.

EXPEDITION HIGHLIGHTS

- ▶ Spend 3 days exploring the incredible tropical biodiversity of the UNESCO designated World Heritage site, Guanacaste Conservation Area encompassing Santa Rosa and Rincón de la Vieja national parks.
- ▶ Sail along the pristine coastline of Costa Rica's Guanacaste region, snorkeling crystal-line waters, and exploring by kayak and paddleboard.
- ▶ Discover diverse tropical forests abundant in wildlife on foot, on horseback, and soaring by zipline.
- ▶ Spend an afternoon enjoying Isla Tortuga's palm-shaded beaches before a barbecue dinner on the sand.
- ▶ Explore the volcanic landscapes of Rincón de la Vieja National Park, soaking in hot springs and searching for exotic wildlife, from tapirs to toucans.



Coco Beach, Playas del Coco, Guanacaste Province, Costa Rica.

DAY 1: U.S./SAN JOSÉ, COSTA RICA/ PUERTO CALDERA/EMBARK

Upon arrival in San José, transfer by land to Puerto Caldera to embark our ship. (D)

DAY 2: ZAPOTAL BEACH/ PAPAGAYO PENINSULA

Drop anchor off Zapotal Beach, where we spend the morning soaking up the sun or snorkeling. Or, choose to hike along a 4-wheel drive track, taking us into a gallery forest. After lunch, we cruise north to the Peninsula Papagayo and explore the healthy mangrove system at the head of Bahía Huevos. (B,L,D)

DAY 3: SANTA ELENA PENINSULA/ GUANACASTE CONSERVATION AREA

Today, we are off exploring the Santa Elena Peninsula, in the World-Heritage Designated Guanacaste Conservation Area. A prime example of preserved tropical dry forest, we watch for abundant wildlife. Back onboard, and depending on conditions, we may choose to explore Junquillal Bay Wildlife Refuge, or Cuajiniquil Bay. While venturing out by kayak or taking a relaxing Zodiac cruise, we immerse ourselves into the tropical environment, alive with color. Yellow and black great kiskadees sally from exposed perches looking to capture a flying insect for an evening meal and orange-fronted parakeets chatter overhead. Predators such as mangrove hawks may take wing setting out on a late afternoon hunt, while ringed kingfishers, richly colored in brick red and deep blue, wait patiently, watching the shallows for a fish's silvery flash. (B,L,D)

Please note: *National Geographic Quest* will sail to Nicaragua overnight, where necessary immigration requirements will be completed prior to returning to Costa Rica on Day 4.

DAY 4: PLAYAS DEL COCO/RINCÓN DE LA VIEJA NATIONAL PARK

Our adventure continues as we set off inland to explore Rincón de la Vieja National Park. This mountainous region is also a part of the Guanacaste Conservation Area and encompasses more than 34,000 acres. The area, with its forests carpeting the sides of two active volcanoes, is alive with geothermal activity as gurgling, bubbling mud pots spout, and steam rises above the canopy. Choose between several enticing options today, including a hike or a swim below the Las Chorreras Waterfall. Or, choose to ride horseback or soar through the canopy by zipline. Here, we keep an eye out for exotic wildlife, with the possibility of encountering mantled howler monkeys, and regionally special birds including the noisy and conspicuous white-throated magpie-jay. (B,L,D)

DAY 5: CURÚ NATIONAL WILDLIFE REFUGE/ISLA TORTUGA

Today we explore Curú National Wildlife Refuge, Costa Rica's first private national wildlife reserve, looking for white-faced monkeys, collared aracaris, and with luck, scarlet macaws. Later, cruise to Isla Tortuga. Choose to stand-up paddleboard, kayak, or simply relax on the beach. As the sun sets on our Guanacaste adventure, a waterside barbecue dinner awaits—the perfect way to finish our voyage. (B,L,D)



DAY 6: PUERTO CALDERA/ DISEMBARK/SAN JOSÉ/U.S.

Disembark after breakfast in Puerto Caldera. Drive to the airport in San José for flights home. (B)

EXPEDITION DETAILS

DATES: 2022 Feb. 27; Mar. 4, 9; Nov. 21, 26; Dec. 1, 6 2023 Jan. 10; Mar. 12; Nov. 27; Dec. 2

SPECIAL OFFERS:

- Book now to receive **FREE ROUNDTRIP AIRFARE** from Miami to San José on all departures.
 - Or travel solo and waive the solo premium on solo cabins.
- See page 29 for offer details.



Curious white-nosed coati.

A full-page underwater photograph featuring a large sea turtle swimming towards the camera in the foreground. The turtle has a brown and orange patterned shell and a light-colored head. In the background, several divers are visible, some wearing masks and fins, swimming in the clear blue water. The bottom of the frame shows a dense field of green seagrass. The overall scene is vibrant and captures a moment of marine life interaction.

DISCOVER BELIZE'S LIVING REEFS
AND ANCIENT MAYAN RUINS

**DISCOVER THE TROPICAL WONDERS OF BELIZE ON A SIX-DAY VOYAGE**

exploring the full length of the Belize Barrier Reef—once endangered but now a UNESCO World Heritage Site. Explore the crystalline waters by Zodiac, kayak, or paddleboard, and land on isolated cays, some just mere patches of sugar-white sand with a scatter of palm trees. The snorkeling here is magnificent, and scuba diving is available for certified divers. We'll also explore the lush jungle on foot, tackling trails with an expert naturalist who'll point out colorful birds, tree frogs, monkeys, and other wildlife. And in Mayflower-Bocawina National Park, we'll look for the tracks of the mystical jaguar, and learn about jaguar conservation from naturalists and local experts.

Explore Belize on its own, or go even further and venture into the rainforest and ancient ruins of Tikal, once the hub of Maya civilization. Spend a full day among its incredibly well-preserved stone temples, palaces, and ceremonial structures of this archaeological site, delving into its culture and mystery. Round out your expedition with a hike into the Maya Biosphere Reserve, where the sacred giant ceiba trees grow, and a sunset boat ride on Lake Petén Itzá.



WILD BELIZE ESCAPE: WILDLIFE, REEFS & RIVERS

6 Days/5 Nights—Aboard *National Geographic Sea Lion*

Book by Nov. 30, 2021 to guarantee 2022 prices for 2023 departures.

Visit expeditions.com for all categories, current rates, and details.

Much of Belize remains genuine wilderness, with large expanses of dense tropical forest, miles of wild rivers, abundant bird life—and the largest, healthiest coral reef systems in North America. Discover tropical wonders on a voyage along the country's remote southern coast. Snorkel the colorful corals of the Belize Barrier Reef, explore the lush jungles on foot, and cruise coastal rivers in Zodiacs. Extend your voyage and venture to the ancient Maya ruins of Tikal to explore the stories and archaeological sites of the stone temples swathed in the rain forest teeming with wildlife.

EXPEDITION HIGHLIGHTS

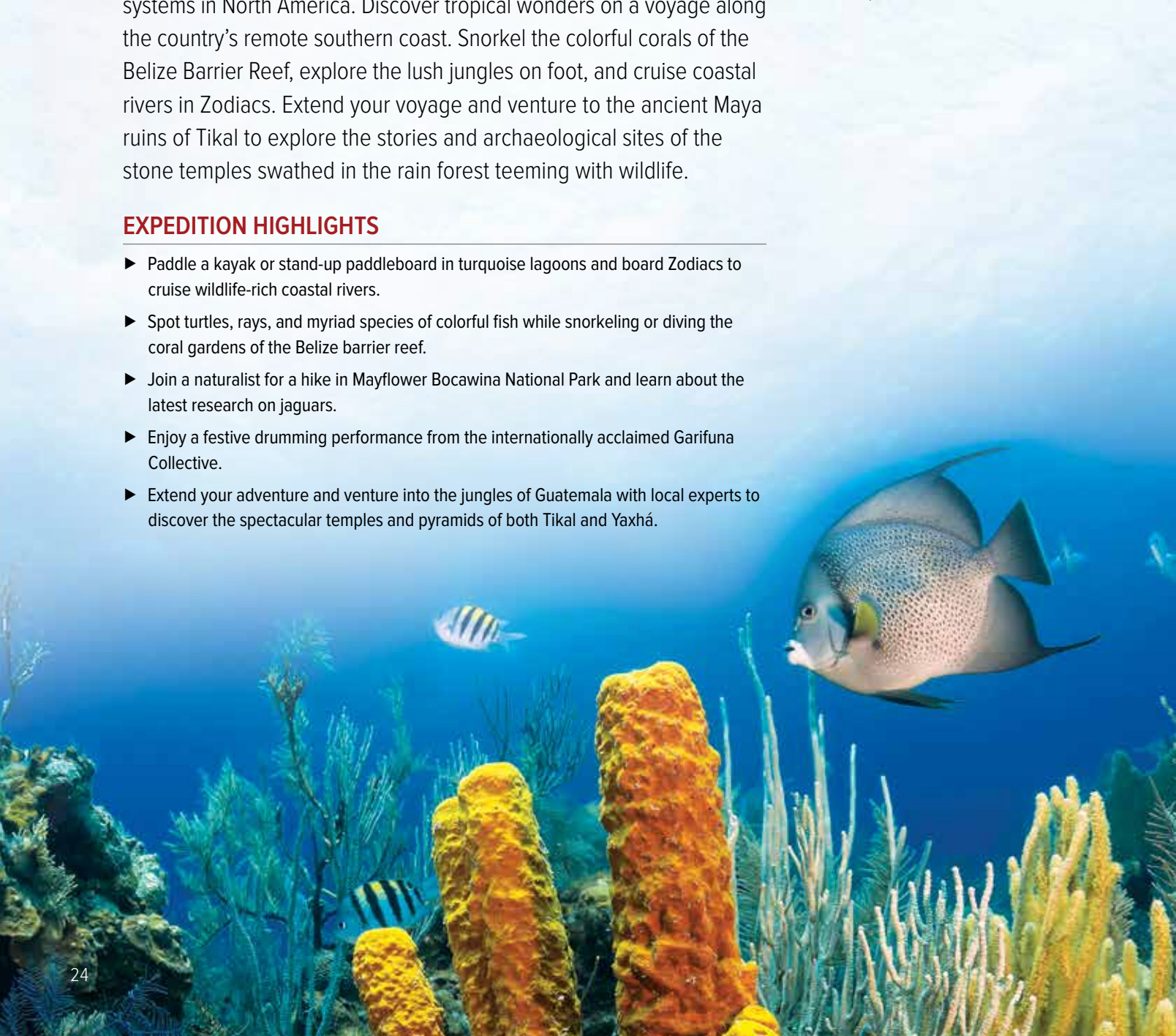
- ▶ Paddle a kayak or stand-up paddleboard in turquoise lagoons and board Zodiacs to cruise wildlife-rich coastal rivers.
- ▶ Spot turtles, rays, and myriad species of colorful fish while snorkeling or diving the coral gardens of the Belize barrier reef.
- ▶ Join a naturalist for a hike in Mayflower Bocawina National Park and learn about the latest research on jaguars.
- ▶ Enjoy a festive drumming performance from the internationally acclaimed Garifuna Collective.
- ▶ Extend your adventure and venture into the jungles of Guatemala with local experts to discover the spectacular temples and pyramids of both Tikal and Yaxhá.

NATIONAL GEOGRAPHIC EXPERT

Archaeologist and explorer **Fabio Amador** will join the **January 10 & 15, 2022** departures.

Learn more about staff and guest speakers at expeditions.com/experts

Below: Tropical coral reef in Belize.



DAY 1: U.S./BELIZE CITY/EMBARK

Arrive in Belize City and transfer to the *National Geographic Sea Lion*. Settle into your cabin as we set sail on the Caribbean Sea. (D)

DAY 2: BELIZE BARRIER REEF

Awaken in the northern cays of the Mesoamerican Reef, a barrier-reef system that stretches more than 600 miles and harbors incredible marine biodiversity. Edged with mangroves and scattered with idyllic tropical isles, these turquoise waters give us much to explore during our full day here. If weather and conditions permit, visit Half-Moon Caye to see its red-footed boobies and magnificent frigatebird colony. Later we'll find a calm spot to paddle a kayak or stand-up paddleboard. Or don a mask and fins to snorkel among sea turtles, swirling schools of tropical fish, and harmless nurse sharks. (B,L,D)

DAY 3: MAYFLOWER BOCAWINA NATIONAL PARK

Spend the morning discovering the lush rainforests and waterfalls of Mayflower Bocawina National Park. On a variety of hikes with our naturalists, photograph unusual tropical flowers, watch for colorful bird species, and identify the tracks of tapirs and jungle cats. A series of camera traps are set up throughout the park to capture images of the elusive jaguar, so revered in Maya culture. Meet local scientists



and researchers to see some of this footage and learn about ongoing studies of jaguar behavior. Tonight an internationally acclaimed drumming group, the Garifuna Collective, joins us on board to perform their spirited music. (B,L,D)

DAY 4: MONKEY RIVER / BELIZE BARRIER REEF

Rise early to board Zodiacs at the mouth of Monkey River and cruise inland through the Belizean jungle in search of toucans, green iguanas, and myriad bird species. Few experiences rival hearing the first throaty roar of a mantled howler monkey echoing across the canopy. Explore the southern cays of the Belize Barrier Reef this afternoon and enjoy more opportunities to kayak and stand-up paddleboard, or go snorkeling amid vibrant corals teeming with tropical fish. For scuba divers, incredible dive opportunities abound (at additional cost). (B,L,D)

DAY 5: BELIZE BARRIER REEF

Our second straight day on the reef brings



us into the central cays. Here coral patches dot the shallow coastal lagoon, which harbors parrotfish, butterflyfish, octopuses, and countless other marine species. We'll drop anchor nearby and spend the full day within the fringing reef, discovering natural wonders both in the water and out. (B,L,D)

DAY 6: DISEMBARK/BELIZE CITY/U.S.

Return to Belize City overnight and disembark after breakfast to transfer to the international airport for your flight home. (B)

EXPEDITION DETAILS

DATES: 2022 Jan. 10, 15, 20, 25, 30;
Feb. 4, 9 2023 Jan. 10, 15, 20, 25, 30;
Feb. 4, 9

ENHANCE YOUR VOYAGE AND VISIT THE RUINS OF THE MAYA WORLD

9 Days/8 Nights—Aboard *National Geographic Sea Lion*

Stay with us a little longer and explore the extensive Maya ruins of the Petén region, once the hub of Classic Maya Civilization.

DAY 6: BELIZE CITY/EL REMATE

DAY 7: TIKAL NATIONAL PARK

DAY 8: YAXHÁ

DAY 9: EL REMATE/BELIZE CITY/U.S.

See complete itinerary at
expeditions.com/belize

EXPEDITION DETAILS

DATES: 2022 Jan. 10, 15, 20, 25, 30;
Feb. 4, 9 2023 Jan. 10, 15, 20, 25, 30;
Feb. 4, 9

SPECIAL OFFER:

Book any 2022 departure of the six- or nine-day itinerary by **November 30, 2021**, and receive **FREE ROUND-TRIP economy group airfare** between Miami/Belize City. Or travel solo and waive the solo premium on solo cabins. See page 29 for offer details.





NATIONAL GEOGRAPHIC QUEST

CAPACITY: 100 guests in 50 outside cabins.

REGISTRY: United States. **OVERALL LENGTH:** 238 feet.

National Geographic Quest is designed with over 50 years of expedition heritage and built in the U.S.A. She sets a new standard in exploration and comfort.

PUBLIC AREAS: Global gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; observation deck; mudroom with lockers for expedition gear, and a partially covered sundeck with chairs and tables. Our “open Bridge” provides guests an opportunity to meet our officers and Captain and learn about navigation.

MEALS: Served in a single seating with unassigned tables. The menu features locally inspired fare.

CABINS: All cabins face outside with windows or portholes, private facilities and climate controls. Category 4 cabins have step-out balconies.

EXPEDITION EQUIPMENT: A fleet of 8 Zodiacs and 24 kayaks, paddleboards, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, snorkeling gear and wet suits for all guests (where applicable).

SPECIAL FEATURES: Guest internet access, elevator, Lindblad-National Geographic certified photo instructor, video chronicler and undersea specialist.

WELLNESS: The vessel is staffed by a Wellness Specialist and features a gym with an elliptical machine, treadmill, exercycles, handweights and resistance bands. Treatments in the LEXspa are available by appointment.

SELF-DISINFECTING SHIPS: Lindblad Expeditions became the first self-disinfecting fleet with the rollout of the ACT CleanCoat™ system in 2019. This photocatalytic cleaning process activates when illuminated, continuously breaking down unwanted microbes such as bacteria, viruses, mold, and airborne allergens. The positive environmental impacts of this non-toxic, chemical-free system are many: less plastic in the supply chain and waste stream, and more than one million gallons of water saved annually. The system lowers our carbon footprint and creates a cleaner, healthier shipboard environment for guests and crew alike.



From top: Enjoy expansive views and regional fare in the informal dining room; gather to watch for wildlife or enjoy an evening cocktail with friends in the open air, partially covered sun deck.



Clockwise above: the lounge, with 270° views, is the hub of the expedition community; Category 5 cabin is our most spacious; Category 4 cabin with lower single beds (which can be converted to queen) and private step-out balcony.

CATEGORY 1: Main Deck #301-306 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

CATEGORY 2: Main Deck #307-315 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

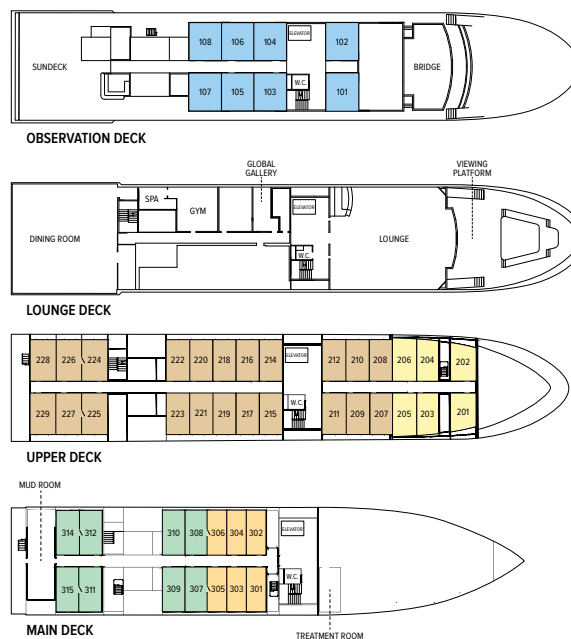
CATEGORY 3: Upper Deck #201-206 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two large view windows.

CATEGORY 4: Upper Deck #207-229 Cabins feature two lower single beds that can convert to a Queen, a writing desk, sliding glass door, and small, private balcony.

CATEGORY 5 (SUITE): Observation Deck #101-108 Cabins feature two lower single beds that can convert to a Queen, large view windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

NOTE: Solo Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

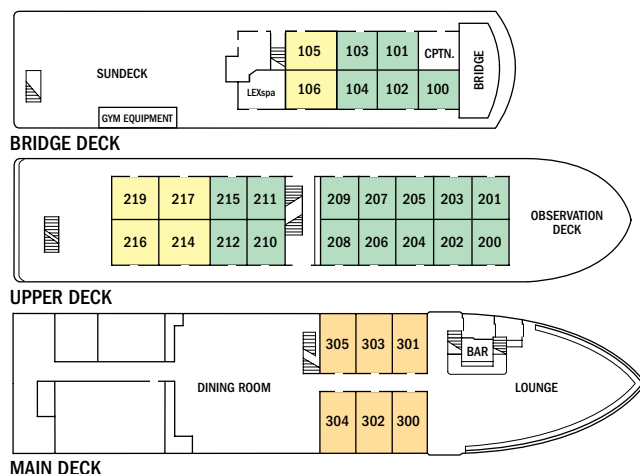
Connecting Cabins via internal doorway access: Main Deck: #312-314, #311-315, #306-308, #305-307; Upper Deck: #224-226, #225-227



SEE MORE ONLINE: Learn more about *National Geographic Quest* at expeditions.com/quest



Clockwise from top: National Geographic Sea Lion anchors close to shore; Category 5 cabin; relaxing on the covered upper deck.



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 sun deck 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. Breakfasts are wide-selection buffets, and lunch is often served family-style. Dinners are primarily served plated. Menu emphasizes local fare.

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

EXPEDITION EQUIPMENT: A fleet of 5 Zodiacs and 20 kayaks, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, bow camera, video microscope, paddleboards, and snorkeling gear for all guests (where applicable).

SPECIAL FEATURES: Guest internet access, Lindblad-National Geographic certified photo instructor, video chronicler, undersea specialist, and ship physician.

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

SELF-DISINFECTING SHIPS: Lindblad Expeditions became the first self-disinfecting fleet with the rollout of the ACT CleanCoat™ system in 2019. This photocatalytic cleaning process activates when illuminated, continuously breaking down unwanted microbes such as bacteria, viruses, mold, and airborne allergens. The positive environmental impacts of this non-toxic, chemical-free system are many: less plastic in the supply chain and waste stream, and more than one million gallons of water saved annually. The system lowers our carbon footprint and creates a cleaner, healthier shipboard environment for guests and crew alike.

CATEGORY 1: Main Deck #300-305—Conveniently positioned between the dining room and 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 well-located cabins include two lower single beds and 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.

Note: Solo 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.

TAKE ADVANTAGE OF OUR SPECIAL OFFERS

FREE AIR OR PANAMA CITY EXTENSION SAVINGS: Book *Costa Rica & the Panama Canal* by Nov. 30, 2021 and receive FREE ROUND-TRIP economy group airfare between Miami and San Jose/ Panama City on select departures of *Costa Rica & the Panama Canal*. Or, choose a 50% savings on a three-day extension in Panama City, subject to availability. Offer not available on holiday departures. Complimentary air is based on economy group flights and must be ticketed by Lindblad Expeditions. In the case that Lindblad's group flight is not available at time of booking, you will receive a \$450 credit. New bookings only and not combinable with other offers. When booking *Monteverde* or *Monteverde, Arenal & Tortuguero* extensions, choose between 50% savings on three-day Panama City extension and \$450 air credit. Call for details.

FREE ROUNDTrip AIRFARE: Book by Nov. 21, 2021 and receive free round-trip airfare on select departures of *Wild Costa Rica Escape* (Miami/San José), *Wild Belize Escape* (Miami/Belize City), or *Belize to Tikal* (Miami/Belize City). Complimentary air is based on economy group flights and must be ticketed by Lindblad Expeditions. Baggage fees may be additional. In the case that Lindblad's group flight is not available at time of booking, you will receive a \$450 credit. New bookings only and not combinable with other offers.

RESERVATION INFORMATION

For Terms & Conditions: For complete terms and conditions please visit expeditions.com/terms

Pricing: For best pricing book early. Prices quoted in this brochure are valid as of the time of printing, are subject to modification based on select departures and availability at time of booking, and are not guaranteed until booking and required deposit is made. Under normal conditions, the total expedition price is guaranteed at the time of booking. However, our expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs 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 adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in pricing. Visit expeditions.com or call for the most up-to-date pricing.

Pricing Includes: All accommodations aboard ship or in hotels per itinerary or similar; all meals and nonalcoholic beverages aboard ship; meals on land as indicated, accompanied by nonalcoholic beverages; 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 wetsuits (where applicable); use of kayaks and/or stand-up paddleboards (where applicable); tips (except to ship's crew); taxes and service charges; services of a ship physician and services of our expedition staff. Unused services or items included in our programs are non-refundable.

Not Included: Air transportation (except where specified as included), extensions, passport, visa, immigration fees, meals not indicated, travel protection plan, scuba diving (where applicable), items of a personal nature, such as internet access, voyage chronicle, and laundry.

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

Reservations: To reserve your place, an advance payment is required at the time of reservation. Receipt of advance payment indicates your acceptance of the terms and conditions. Visit expeditions.com/terms for complete details.

Final Payment: For expeditions aboard *National Geographic Sea Lion*, final payment is due in full 90 days prior to departure. Payment schedules may vary for certain longer voyages due to high demand for these voyages. We reserve the right to cancel your reservation if payment has not been received by final payment due date.

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, medical assistance, and damaged or lost baggage, and provides medical assistance and evacuation during your travels. Our Travel Protection Plan is available for U.S. residents only and

SOLO TRAVELER OFFER: Book by Nov. 30, 2021 and waive the solo premium on solo cabins (Categories 1 and 2 only) on select departures of all Costa Rica, Panama, or Belize itineraries. New bookings only. Subject to availability. Solo premium waiver not applicable on pre- or post-extensions. Please call for details.

TRAVELING AS A GROUP: Book a group of 6 or more and save 10% on *Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks*. For all other itineraries, 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.

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.

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, including kids under 18, and take advantage of both savings!

may be purchased any time prior to final payment due date. If you are not satisfied for any reason, you may return your plan within 10 days after purchase. Your premium will be refunded if canceled within 10 days, provided you have not already departed on the trip or filed a claim. When so returned, the coverage under the plan is void from the original date of purchase.

Responsibility and Other Terms & Conditions: Certain provisions concerning, among other things, limitations of Lindblad Expeditions' and National Geographic Expeditions' (a division of National Geographic Partners, LLC) 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 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 as of publication date and are subject to change.

Smoking and Vaping Policy: Smoking and Vaping are allowed only in designated outdoor areas.

Cancellation Policy: Call for details or visit expeditions.com/book-assured.

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For Reservations:

Contact your travel advisor or Lindblad Expeditions

1.800.EXPEDITION (1.800.397.3348)

Reservation Hours: Monday – Friday 9am – 9pm ET

Saturday & Sunday 10am – 5pm ET

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Book by Nov. 30, 2021 and capture free air on select departures.

PLUS: SOLO TRAVEL SAVINGS

Waive the premium on select 2022 departures. See page 29.



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