

CENTRAL AMERICA

NEW!
GUANACASTE
BELIZE AND
TIKAL TOO

EXPLORE
IN DEPTH OR
IN LESS TIME

PLUS
FREE AIR &
EXCLUSIVE
OFFERS



Belize Barrier Reef, BELIZE

17.21° N, -87.60° W

YOUR FIRST SIGHT OF A BELIZE REEF MIGHT BE YOUR FIRST TIME EXPERIENCING A VIBRANT SYSTEM

You know the charge you get when you come upon something wild and unexpected, something rare and beautiful? We live for those moments. We sail to the ends of the earth to find them, to discover them anew, and conjure them for our guests.

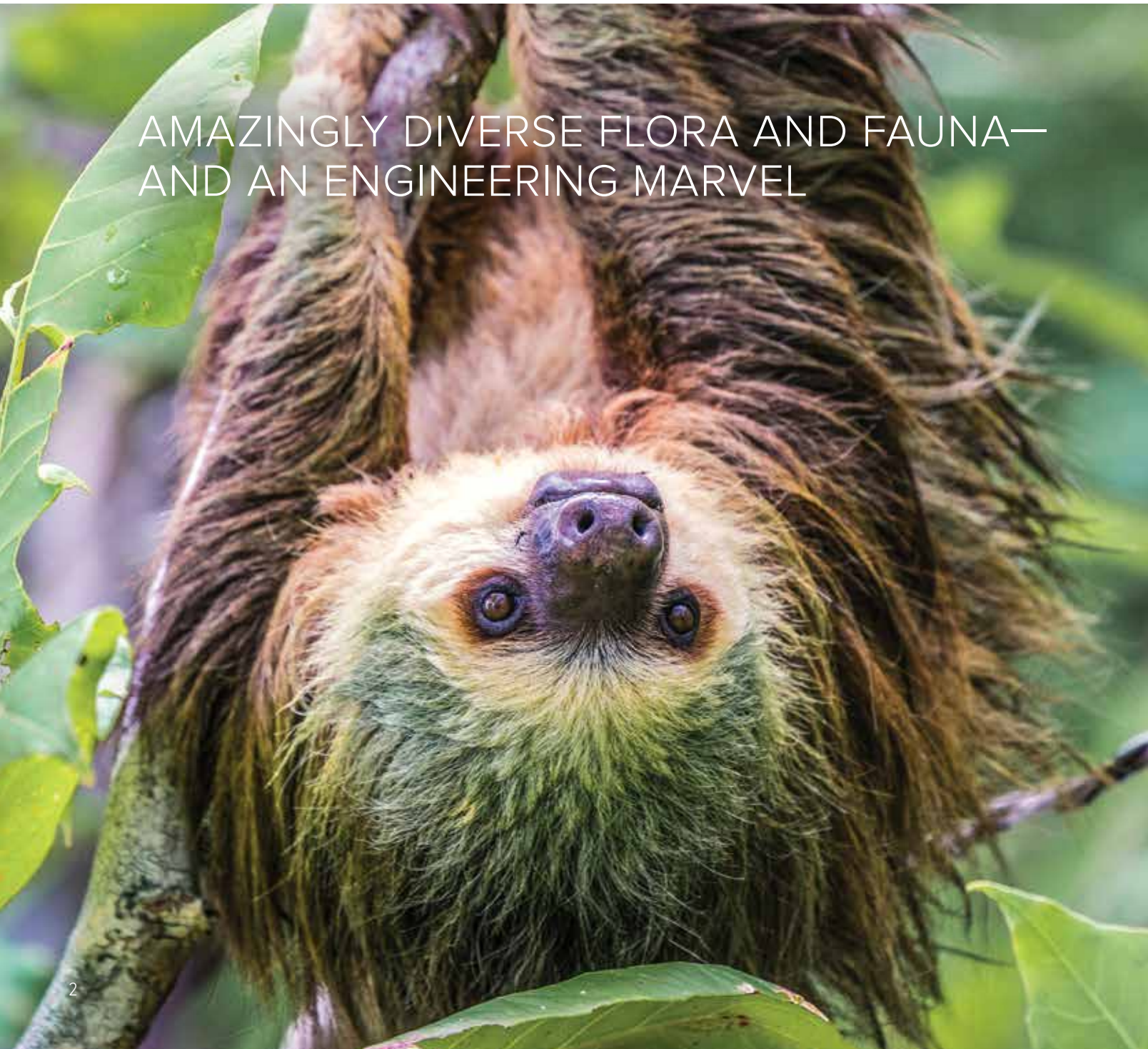
THAT'S THE EXHILARATION OF DISCOVERY

TABLE OF CONTENTS

- 2** Where Awesome Is
- 4** Our Ships
- 6** Go Your Own Way
- 8** All About Teamwork
- 10** Undersea Overview
- 12** National Geographic Expertise
- 14** Wild Belize Escape
- 18** Belize to Tikal
- 20** Costa Rica & the Panama Canal
- 24** Monteverde Extension
- 26** Monteverde, Arenal & Tortuguero Extension
- 28** Cloud Forest to the Caribbean Extension
- 30** Costa Rica Escape: Guanacaste **NEW**
- 34** *National Geographic Quest*
- 36** *National Geographic Sea Lion*
- 37** Special Offers
- 37** Reservation Information



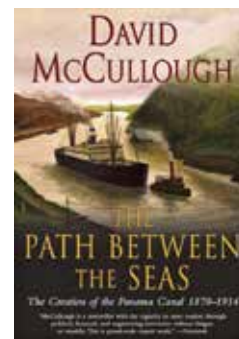
AMAZINGLY DIVERSE FLORA AND FAUNA—
AND AN ENGINEERING MARVEL





MUCH OF BELIZE REMAINS GENUINE WILDERNESS, WITH large expanses of dense tropical forest, miles of wild rivers, and the largest, healthiest coral reef systems in North America. *National Geographic Quest* and *National Geographic Sea Lion* are perfect platforms to explore these crystalline waters and isolated cayes, some inhabited by seabird colonies, others mere patches of sugar-white sand with a scatter of palm trees. Snorkel the Belize Barrier Reef, home to hundreds of species of fish, marvelous sea turtles, graceful rays, and gentle manatees. Visit the Cockscomb Basin Wildlife Sanctuary, the world's first jaguar sanctuary. Or head into the lush green heart of Costa Rica's Osa Peninsula to discover hidden pools and waterfalls. Witness the Panama Canal, an authentic miracle to those who care about the environment—with man-made Gatún Lake at its center and the Panama jungle flanking it.

Explore more: venture to the ancient Maya ruins of Tikal to see stone temples, swathed in jungle, teeming with exotic species. Or join us on a brand-new six-day escape to the Guanacaste region, to explore uninhabited isles, wildlife-rich jungles, and friendly surf towns.



“The artist Joseph Pennell... found the shapes of the gates and walls towering above him so ‘stupendous’ that he was almost unable to draw. Walter Bernard, editor of *Scientific American*, returned from a visit to the Isthmus to write an article on ‘The Mammoth Locks’ in which he conceded that it is impossible even to consider the subject ‘without drifting into a superlative mood.’ Another visitor would recall ‘the feeling that follows a service in a great cathedral.’ ”

— DAVID MCCULLOUGH
The Path Between The Seas: The Creation of the Panama Canal

SHIPS THAT TAKE YOU TO THE HEART OF CENTRAL AMERICA'S WILDEST REGIONS

TO OFFER GUESTS AUTHENTIC, UP-CLOSE EXPERIENCES IN THE most remote places, we've built a fleet of expedition ships to venture where larger cruise ships cannot. They are equipped with landing craft to explore, and land, in pristine wild places where there are no docks, ports, or piers. It's this kind of access that lets our guests discover what they might otherwise miss: quiet, kayak-able inlets, fascinating hikes surrounded by exotic birds and flowers, the largest barrier reef in the Northern Hemisphere, secluded white-sand beaches, and more. We are thrilled with our new ship *National Geographic Quest*, designed to give guests an intimate, inclusive experience. You can choose the itinerary that interests you, assured that our purpose-built-in-America expedition ship promises a feeling like no other. Unparalleled access is what gives you incredible stories to share, a priceless stock of memories, and the best photos of your life.

▶ See our NEW ship, *National Geographic Quest* expeditions.com/QUEST

“Our brand-new sister ships, *National Geographic Quest* and *National Geographic Venture* are designed to give a complement of 100 guests the same intimate, inclusive experience the 62-guest *National Geographic Sea Bird* and *National Geographic Sea Lion* (opposite, upper right) have provided for 35 years. They've introduced a generation to Alaska, Baja, British Columbia, the San Juan Islands and more—and to the profound joys of up-close, personal exploring with expert naturalists, and a collegial expedition community.”

— SVEN-OLOF LINDBLAD
CEO & Founder

▶ Learn more about the *National Geographic Sea Lion* expeditions.com/SEALION

OUR SHIPS



EXPLORE CENTRAL AMERICA WITH THE FREEDOM TO ENJOY IT YOUR WAY

EACH DAY, WE PROVIDE A FRESH DESTINATION, PLUS ALL kinds of choices of what to do. Hike, paddleboard, kayak. Snorkel, arrange to dive, hang out with your photo instructor. But should you decide to sleep in, have a slow breakfast, and get a massage, nobody will look at you funny. You're on vacation. *Your* vacation. Our schedules are flexible and our itineraries more a function of what's to see than where we need to be. So, if you want to work up a sweat on your walk, snorkel every time it's offered, or sit and breathe it all in—do it. It's your adventure. Our generous staff-to-guest ratio means you can always find a naturalist whose interests and approach you share, whether you're an avid bird watcher or are on a quest to spot a spider monkey. Just follow your interests and we'll help you get where you want to be.

There is no U in “group.”

Okay, maybe there is—but only if you want there to be. Our idea of group travel means never being herded like cattle. Each day, you choose what activities interest you, which members of the expedition team you want to join, and what other guests you want to hang out with. You may all be on the same ship but you aren't in the same boat.

GO YOUR OWN WAY





OUR EXCLUSIVE SPECIALISTS ENHANCE YOUR EXPERIENCE

FROM MARINE LIFE TO WILDLIFE AND MAYA CULTURE, our team—naturalists, undersea specialists, photography experts, even knowledgeable locals—will do whatever it takes to make sure you miss none of the marvels of the reef, rain forest, and ruins. Our staff is always accessible—on deck, and during activities, cocktails, and meals.



“ I traveled with my son and the two of us really enjoyed having access to the Bridge. Being able to spend time watching the Captain and officers navigate, or hanging out with the naturalists, admiring their ability to spot and identify birds so swiftly added so much to our experience. Because of this privilege, we felt we really got to see ‘inside’ Costa Rica. My son got some great photos too.”

— BEN D.,
Guest

THE FULL PERSPECTIVE: SEEING WHAT LIES BENEATH

BECAUSE WHAT'S ACTUALLY UNDER THE WATER IS VITAL

to your experiences on Central America's oceans, seas, and rivers, we've committed the technology and personnel resources to offer what few others can—an exploration of the vivid and surprising world beneath our ship. Depending on which voyage you choose, an undersea specialist may shoot video of the teeming marine environment of the Belize Barrier Reef, for instance, or the Costa Rican coast. You'll get to see this amazing world on TV screens in the comfort of the lounge. With our specialist as your guide, you'll discover strange and surprisingly colorful flora and fauna—unusual life forms that are only found beneath the surface.



Tools for Exploration Travel

In addition to a fleet of expedition landing craft, kayaks, and stand-up paddleboards, our expedition ships are outfitted with complete snorkel gear, including shortie wetsuits, plus hydrophones to eavesdrop underwater and splash-cams for an up-close view of the sea life underneath.





WHAT WILL YOU CREATE WITH OUR
CERTIFIED PHOTO INSTRUCTORS
TO ASSIST YOU?



WHILE YOU'RE DISCOVERING CENTRAL AMERICA, YOU'LL have the benefit of a Lindblad-National Geographic certified photo instructor (CPI) at your side and at your service. He or she can help you with anything from camera settings to the basics of composition. Now, every guest—from smartphone users to advanced DSLR hobbyists—can stand side-by-side with skilled photographers, pick up tips in the field, and take great photos. Our CPIs are also trained naturalists, so they'll help you better understand wildlife behavior. Whether you're choosing a shutter speed to capture a waterfall or framing a Scarlet Macaw against a lush jungle backdrop, in-the-moment tips from accomplished pros will help you return home with your best photos ever.



EXCLUSIVE ONBOARD GEAR LOCKER

Dive into the onboard B&H Photo Video Gear Locker to field test new glass, camera bodies, and more—free. Plus, ask your Expedition Specialist about pre-voyage discounts and benefits.

NATIONAL GEOGRAPHIC EXPERTS

The Lindblad Expeditions-National Geographic alliance has provided unique opportunities for our guests to travel with engaging and accomplished National Geographic experts. In addition to giving informative talks onboard, these experts are active participants along with you, sharing lunch, dinner, or the deck rail with you throughout the voyage.

GREG MARSHALL

Wild Belize Escape: Wildlife, Reefs & Rivers

If his name rings a bell, it's probably—the National Geographic Crittercam. He invented it! Join him on **Feb. 23 & 28, 2020.**

TAYLOR EDWARDS

Costa Rica & the Panama Canal

A leading expert on tortoise genetics whose Ph.D. work led to the description of a new species of tortoise and the preservation of a crucial habitat in Mexico. Join Taylor on **Dec. 8 & 15, 2019.**

LUISA ARNEDO

Costa Rica & the Panama Canal

A primatologist, Luisa has studied the behavior and vocal communication of two of the most endangered species of primates in the neotropics, the white-bellied spider monkey in Colombia and the northern muriqui in Brazil. Join her on **Mar. 23, 2020.**



INTO THE BLUE: EXPLORING
BELIZE'S VIBRANT REEFS





DISCOVER THE TROPICAL WONDERS OF BELIZE ON A VOYAGE

exploring the full length of the Belizean Barrier Reef—once endangered but now a UNESCO World Heritage Site. Cruise coastal rivers in Zodiacs, and explore the lush jungle on foot, tackling trails with an expert naturalist who'll point out colorful birds, tree frogs, monkeys, and other wildlife. Even visit the Cockscomb Basin Wildlife Preserve, the world's first jaguar sanctuary.

Want even more? Make the most of your trip with an extension that ventures into the rainforest to the ancient ruins of Tikal, once the hub of Maya civilization. Walk among the incredibly well-preserved stone temples, palaces, and ceremonial structures of this archaeological site, delving deep 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. See page 19 for the extension itinerary.

NEW IN 2020!

Our visit to Cockscomb includes an unparalleled insider's view into the world of the jaguar. Visit with a jaguar researcher and learn about the preserve's ongoing projects to protect and learn more about this mysterious and elusive animal. Plus, enjoy an exciting opportunity to participate in a field excursion to locations where "camera traps," the preferred tracking method, have been installed. Keep your eyes peeled for tracks of the largest "cat" in the New World.

EXPEDITION HIGHLIGHTS

Kayak and paddleboard turquoise lagoons • Board Zodiacs to cruise wildlife-rich coastal rivers • Explore the Belizean jungle, in search of toucans, green iguanas, and myriad bird species • Spot turtles, rays, and rainbow-colored fish while snorkeling or diving the coral gardens of the Belize Barrier Reef • Join a naturalist for a hike in Cockscomb Basin Wildlife Preserve, the world's first jaguar reserve, and meet with one of the researchers working to protect this iconic creature

▶ Visit [expeditions.com/BELIZE](https://www.expeditions.com/BELIZE) for itinerary.

INTO THE WILD

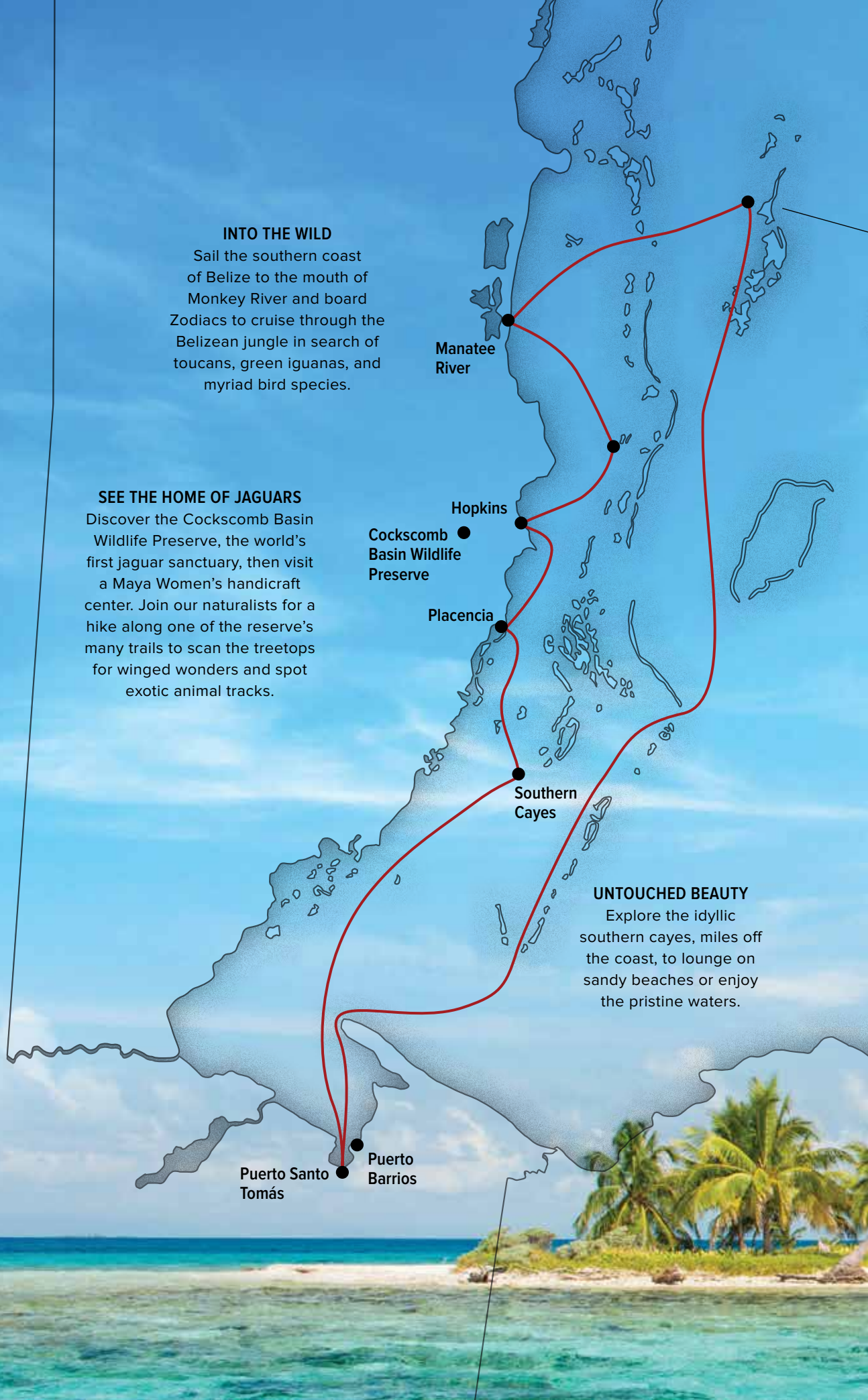
Sail the southern coast of Belize to the mouth of Monkey River and board Zodiacs to cruise through the Belizean jungle in search of toucans, green iguanas, and myriad bird species.

SEE THE HOME OF JAGUARS

Discover the Cockscomb Basin Wildlife Preserve, the world's first jaguar sanctuary, then visit a Maya Women's handicraft center. Join our naturalists for a hike along one of the reserve's many trails to scan the treetops for winged wonders and spot exotic animal tracks.

UNTOUCHED BEAUTY

Explore the idyllic southern cayes, miles off the coast, to lounge on sandy beaches or enjoy the pristine waters.



Manatee River

Hopkins

Cockscomb Basin Wildlife Preserve

Placencia

Southern Cayes

Puerto Santo Tomás

Puerto Barrios

THE NORTHERN CAYES

Explore the turquoise waters of the northern cayes and go snorkeling, paddleboarding, diving, or kayaking inside the fringing reef. Look for harbor parrotfish, butterflyfish, octopus, and much more.

DIVE INTO A NATURAL WONDER

Explore the Belize barrier reef, second only to Australia's Great Barrier Reef in terms of biodiversity. Don a mask and fins, and dive into turquoise waters to encounter sea turtles, swirling schools of tropical fish, and harmless nurse sharks.

ITINERARY: A VOYAGE TO BELIZE: WILDLIFE, REEFS & RIVERS

**6 DAYS/5 NIGHTS—ABOARD *NATIONAL GEOGRAPHIC QUEST*
FROM: \$3,970**

(SEE PAGES 34-35 FOR DETAILS)

EXPEDITION DETAILS

2020 Dates:

Feb. 13, 18, 23, 28

ITINERARY AT A GLANCE

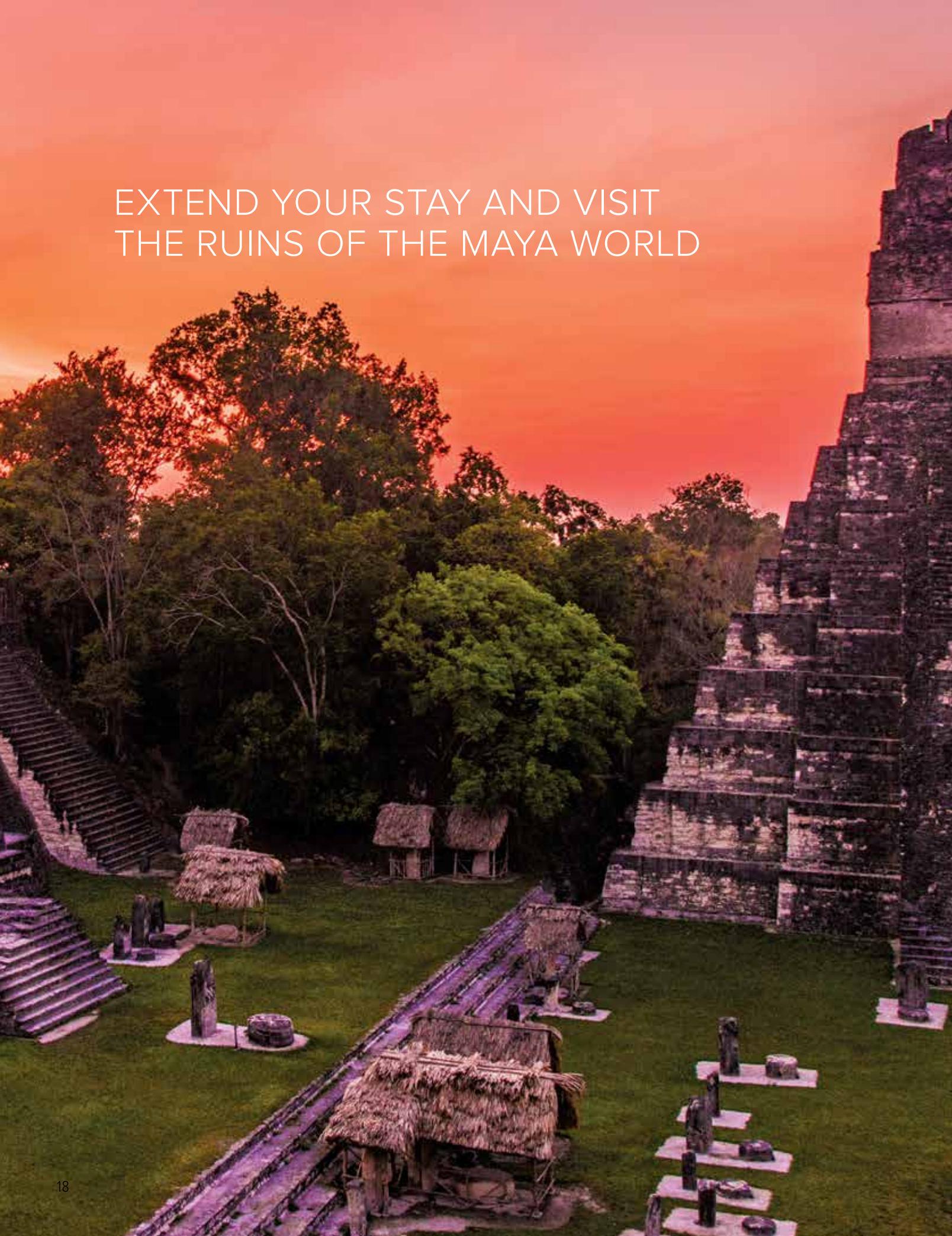
| | |
|-------|---|
| Day 1 | Guatemala City, Guatemala/Puerto Barrios/Embark |
| Day 2 | Northern Belize Barrier Reef |
| Day 3 | Sittee or Manatee River/Central Belize Reef Exploration |
| Day 4 | Cockscomb Basin Wildlife Preserve |
| Day 5 | Southern Belize Barrier Reef Exploration |
| Day 6 | Puerto Santo Tomas, Guatemala/Disembark |

▶ Visit expeditions.com/BELIZE_ESCAPE for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist.

EXTEND YOUR VOYAGE AND VISIT THE RUINS OF THE MAYA WORLD

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. Plus receive FREE ROUND-TRIP airfare. See page 18.

EXTEND YOUR STAY AND VISIT
THE RUINS OF THE MAYA WORLD



STAY WITH US A LITTLE LONGER AND EXPLORE THE EXTENSIVE MAYA ruins of the Petén region, once the hub of Classic Maya civilization. Spend a full day at Tikal, among extensive well-preserved stone temples, palaces, ceremonial platforms, terraces, and roads cloaked in lush, wildlife-harboring vegetation. And discover seldom-visited Yaxhá, the third largest ruins of the Maya world, beautifully sited overlooking Yaxhá Lake.

ITINERARY: BELIZE TO TIKAL: REEFS, RIVERS & RUINS OF THE MAYA WORLD

9 DAYS/8 NIGHTS—ABOARD NATIONAL GEOGRAPHIC QUEST
FROM: \$5,760 (SEE PAGES 34-35 FOR DETAILS)

EXPEDITION DETAILS

2020 Dates:
 Feb. 13, 18, 23, 28

SPECIAL OFFERS:

- Book by Jul. 31, 2019 and receive FREE ROUND-TRIP economy group airfare between Miami/Guatemala City, plus upgrade to Business Class for just \$550. Or, save \$350 as an air credit. See page 37 for details.

ITINERARY AT A GLANCE

| | |
|-------|---|
| Day 1 | Guatemala City, Guatemala/Puerto Barrios |
| Day 2 | Northern Belize Barrier Reef |
| Day 3 | Sittee or Manatee River/Central Belize Reef Exploration |
| Day 4 | Cockscomb Basin Wildlife Preserve |
| Day 5 | Southern Belize Barrier Reef Exploration |
| Day 6 | Puerto Santo Tomas, Guatemala/Disembark/Flores |
| Day 7 | Tikal, Guatemala |
| Day 8 | Yaxha |
| Day 9 | Flores/Guatemala City/Home |

- ▶ Visit [expeditions.com/BELIZE](https://www.expeditions.com/BELIZE) for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist.

SEE EVEN MORE—ADD A PRE-VOYAGE EXTENSION TO ANTIGUA, GUATEMALA

Start in Guatemala City, and transfer to Antigua, where you'll visit the Monastery of La Merced, the Main Plaza, and Arco de Santa Catalina. Check in to the beautiful Camino Real Antigua Hotel, located in the Colonial City within blocks of the Central Plaza. You'll also tour a jade factory and take in a traditional dance performance, accompanied by live marimba music.

- ▶ Visit [expeditions.com/ANTIGUA](https://www.expeditions.com/ANTIGUA) for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist

THROUGH COSTA RICA AND PANAMA: NATURAL AND MAN-MADE WONDERS





WE TAKE TRAVELERS WHO LONG TO DELVE DEEP INTO THE remote and gorgeous landscapes they seek. On this comprehensive expedition, we seek out spectacular vistas, iconic wildlife, and pervasive wildness like no one else can. Our expert teams, knowledgeable and passionate, plus our intimate, state-of-the-art ship, designed to navigate shallow coves and coastal waters, truly gets you right into nature. To top it off, you will experience an extraordinary transit of the Panama Canal, with our ship as your platform for examining the details of the lock systems that make it one of the world's most fascinating and enduring man-made marvels. And you have the option to enhance your experience and continue exploring on two pre- or post-voyage extensions, or a separate nine-day land excursion.

SPECIAL OPPORTUNITY

Enjoy an extraordinary experience with the iconic sea turtles of the Pacific—join us on a visit to Latin American Sea Turtles (LAST) Association at Playa Blanca on the Osa Peninsula. Assist researchers with data collection. Hear engaging presentations by the LAST staff, including the head biologist who has dedicated her life to the conservation of these animals. And by special invitation, assist and observe as rehabilitated, healthy turtles are released back into the Pacific—a truly poignant moment. *Available on select departures.*

▶ Find more details and dates at expeditions.com/seaturtles

EXPEDITION HIGHLIGHTS

Head into the lush green heart of the Osa Peninsula to discover hidden pools and waterfalls • Kayak, paddleboard, swim, or snorkel within beautiful Coiba National Park • Visit a private garden, lush with orchids created and run for 25 years by two American expats • Marvel at the Panama Canal systems • Discover the region's kaleidoscopic flora and fauna

▶ Visit expeditions.com/WILD for itinerary.

ITINERARY: COSTA RICA & THE PANAMA CANAL

8 DAYS/7 NIGHTS—ABOARD *NATIONAL GEOGRAPHIC QUEST*

FROM: \$6,170

(SEE PAGES 34-35 FOR DETAILS)

EXPEDITION DETAILS

2019 Dates:

Nov. 24; Dec. 1*, 8, 15*, 22, 29*

2020 Dates:

Jan. 5, 12*, 19, 26*; Feb. 2; Mar. 23*

*These departures travel in reverse order, from Panama City to San José, making all the same stops.

SPECIAL OFFERS:

- Book by Jul. 31, 2019 and receive FREE ROUND-TRIP AIRFARE between Miami and San Jose/Panama City on select departures (see page 37), OR instead, choose a complimentary two-day extension in Panama City.

ITINERARY AT A GLANCE

| | |
|-------|--|
| Day 1 | San José, Costa Rica/Puerto Caldera/Embark |
| Day 2 | Corcovado National Park |
| Day 3 | Golfo Dulce, Costa Rica/Osa Peninsula |
| Day 4 | Golfo Dulce |
| Day 5 | Coiba National Park, Panama |
| Day 6 | Gulf of Panama Islets/Panama Canal Transit |
| Day 7 | Gatún Lake/Panama Canal Transit |
| Day 8 | Colón/Panama City/Disembark |

- ▶ Visit expeditions.com/WILD for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist.

COSTA RICA

Puerto Caldera

THE ADVENTURE BEGINS

Explore Puerto Caldera, a bustling port city known for its rolling Pacific swells, perfect for surfing.

Pacific Ocean

A WALK IN THE FOREST

Join naturalists for hikes through Corcovado National Park to spot endemic wildlife such as brightly plumed birds and chattering monkeys.



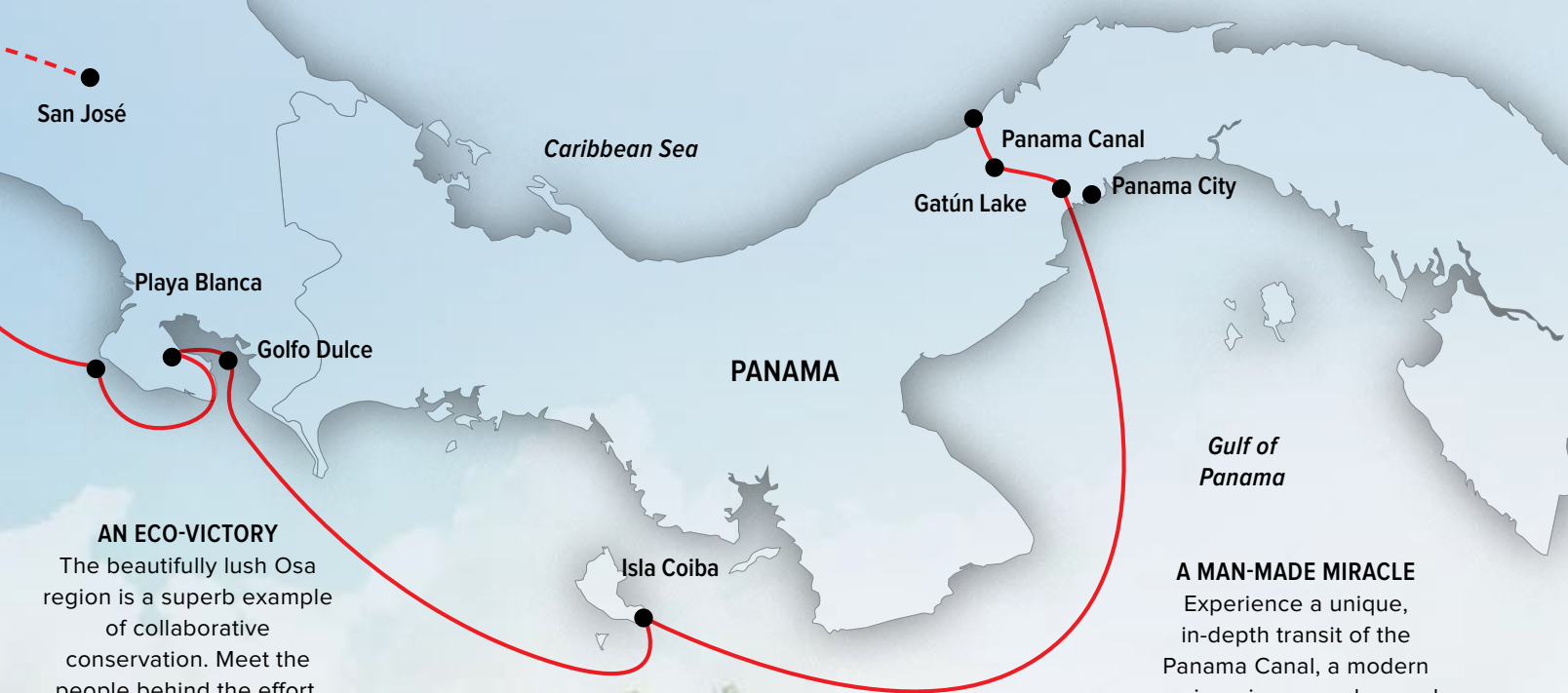
ONE WITH NATURE

Snorkel, paddleboard, or kayak amid the numerous islands of Coiba National Park, a UNESCO World Heritage site.



**MONTEVERDE & ARENAL //
ADVENTUROUS EXTENSIONS //
LINGER LONGER**

Experience more of Costa Rica's diversity when you choose to add on an exploration of inland Costa Rica—the Monteverde cloud forest; Lake Arenal and the volcano; or Tortuguero National Park, a lowland region on the Caribbean coast. Read ahead to find out more!



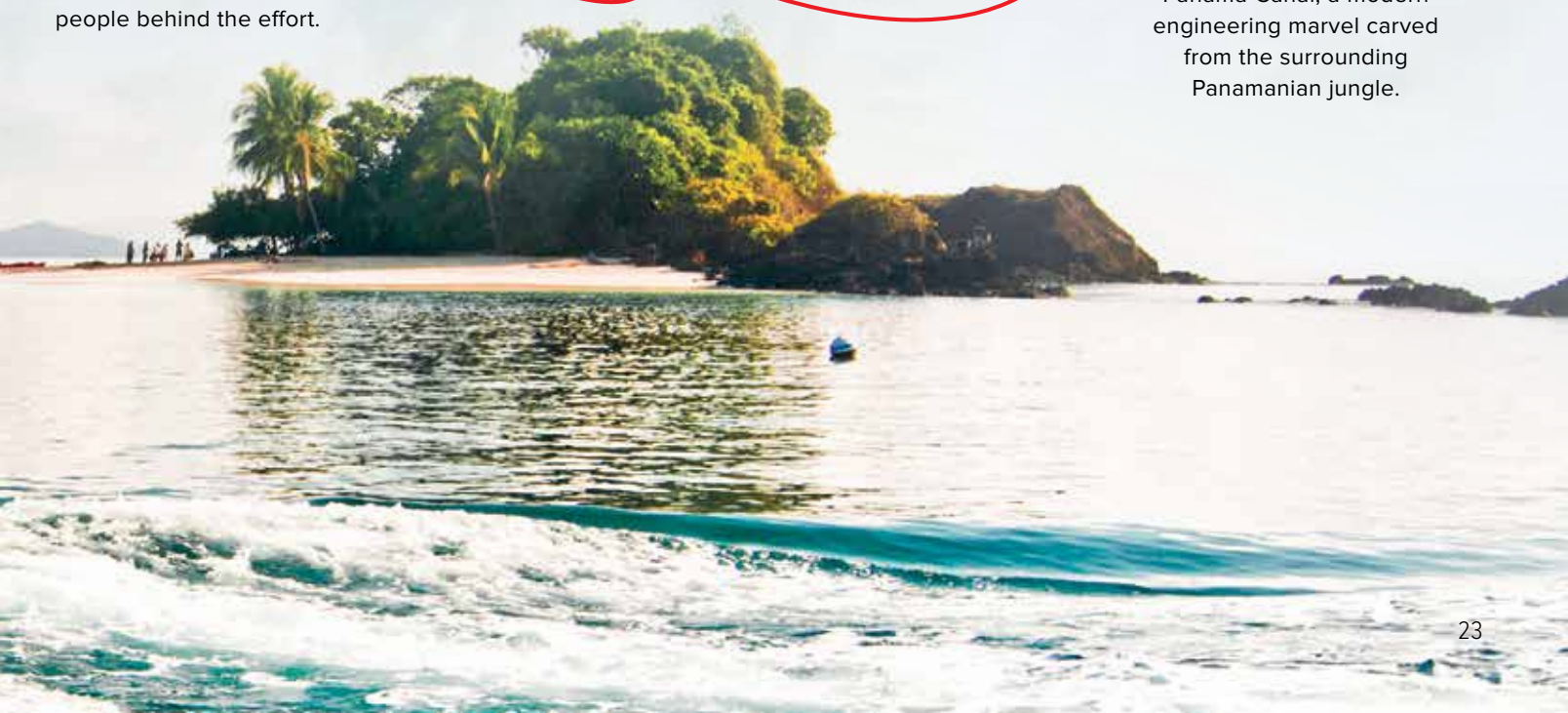
AN ECO-VICTORY

The beautifully lush Osa region is a superb example of collaborative conservation. Meet the people behind the effort.

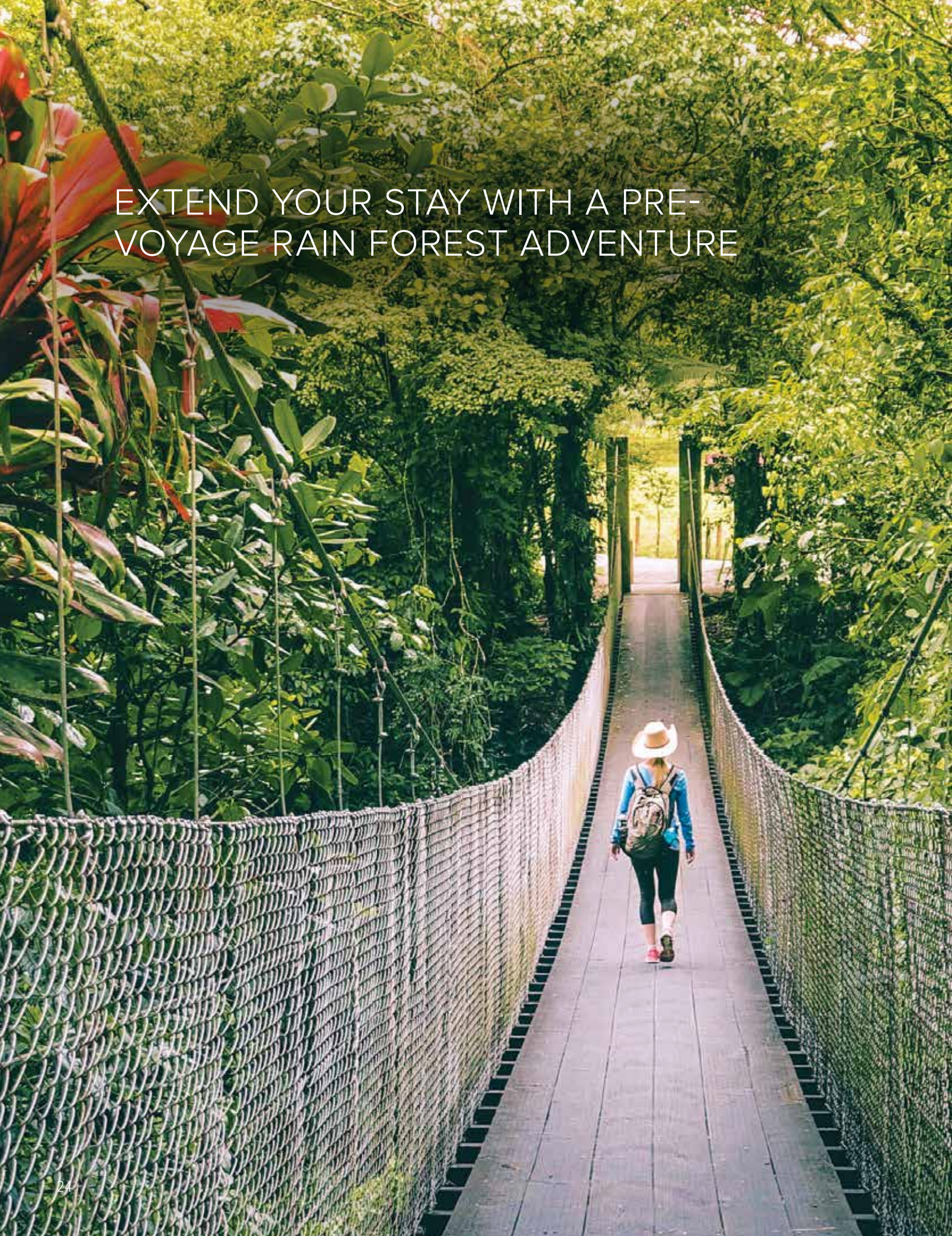
Gulf of Panama

A MAN-MADE MIRACLE

Experience a unique, in-depth transit of the Panama Canal, a modern engineering marvel carved from the surrounding Panamanian jungle.



EXTEND YOUR STAY WITH A PRE-
VOYAGE RAIN FOREST ADVENTURE



A SCENIC DRIVE WILL TAKE YOU TO MONTEVERDE CLOUD FOREST.

Bathed in cool, year-round moisture, this private reserve is covered with mosses and 300 species of orchids. Walk trails rich with butterflies and bird life. Ascend the Skywalk, a series of suspension bridges, for a bird's-eye view of the rain forest canopy and the chance to see resplendent quetzals. Learn about life in the early Monteverde community from an original Quaker homesteader. Spend each night at a charming, family-owned lodge. Then board your ship for *Costa Rica & the Panama Canal*.

ITINERARY: MONTEVERDE CLOUD FOREST + COSTA RICA & THE PANAMA CANAL

**11 DAYS/10 NIGHTS—LAND EXCURSION ABOARD
NATIONAL GEOGRAPHIC QUEST**

FROM: \$8,060

(SEE PAGES 34-35 FOR DETAILS)

EXPEDITION DETAILS

2019 Dates:

Nov. 21; Dec. 5, 19

2020 Dates:

Jan. 2, 16, 30

ITINERARY AT A GLANCE (see inset map on page 24)

| | |
|----------|--|
| Day 1 | San José, Costa Rica |
| Days 2-3 | Monteverde Cloud Forest |
| Day 4 | Monteverde/Puerto Caldera/Embark |
| Day 5 | Corcovado National Park |
| Day 6 | Golfo Dulce, Costa Rica/Osa Peninsula |
| Day 7 | Golfo Dulce |
| Day 8 | Coiba National Park, Panama |
| Day 9 | Gulf of Panama Islets/Panama Canal Transit |
| Day 10 | Gatún Lake/Panama Canal Transit |
| Day 11 | Colón/Disembark/Panama City |

▶ Visit [expeditions.com/MONTEVERDE](https://www.expeditions.com/MONTEVERDE) for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist.

MAKE THE MOST OF
YOUR STAY WITH
EVEN MORE WILDLIFE





AFTER YOUR PANAMA TO COSTA RICA EXPEDITION, DISEMBARK IN

Puerto Caldera to bird watch and search for American crocodiles. Later, visit the Bat Jungle exhibit or hear from an early Quaker settler. Enjoy a visit to a butterfly farm and a tour of the Monteverde reserve. Get a new perspective on the region as you sail across Lake Arenal. Check into your hotel and relax in the naturally heated pools. You'll also walk the Mistico Arenal Hanging Bridges, strung through two miles of dense rain forest canopy. Then, a charter flight will take you to Tortuguero, a spectacular lowland forest on Costa Rica's northeast coast. Tour the wildlife-rich canals of Tortuguero National Park in small, guided boats. Later, check into a rustic lodge at the water's edge for dinner. Finally, enjoy a visit to the Sea Turtle Conservancy to learn the area's history and go for a stroll through the car-less village.

ITINERARY: PANAMA TO COSTA RICA + MONTEVERDE, ARENAL VOLCANO & TORTUGUERO

15 DAYS/14 NIGHTS—ABOARD *NATIONAL GEOGRAPHIC QUEST* + LAND EXCURSION

FROM: \$10,810

(SEE PAGES 34-35 FOR DETAILS)

EXPEDITION DETAILS

2019 Dates:

Dec. 1, 15, 29

2020 Dates:

Jan. 12, 26; Mar. 23

ITINERARY AT A GLANCE (see inset map on page 24)

| | |
|------------|--|
| Day 1 | Panama City, Panama/Colón/Embark |
| Day 2 | Gatún Lake/Panama Canal Transit |
| Day 3 | Gulf of Panama Islets/Panama Canal Transit |
| Day 4 | Coiba National Park |
| Day 5 | Golfo Dulce, Costa Rica |
| Day 6 | Osa Peninsula |
| Day 7 | Corcovado National Park |
| Day 8 | Puerto Caldera/Monteverde |
| Days 9-10 | Monteverde/Arenal |
| Days 11-12 | Arenal/Tortuguero |
| Days 13-14 | Tortuguero/San José |
| Day 15 | San José |

▶ Visit [expeditions.com/ARENAL](https://www.expeditions.com/ARENAL) for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist.

GO FROM THE CLOUD
FOREST TO THE CARIBBEAN

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. Search for American crocodiles on the Tarcoles River before venturing to the nearby Bat Jungle exhibit. Check into a family-owned retreat with expansive grounds and picturesque views of the cloud forest. After a visit to a butterfly farm, search for monkeys and hummingbirds. Cross Lake Arenal in small boats for a fresh perspective on the volcano there. On the lake's far side, check into an elegant hotel surrounded by gardens and pastures with grazing animals and views of the smoldering volcano. A short flight takes you to Tortuguero, a spectacular lowland forest on Costa Rica's northeast coast. Tour the wildlife-rich canals of Tortuguero National Park in small, guided boats, spotting monkeys, caimans, and myriad bird species. Enjoy a visit to the Sea Turtle Conservancy to learn the area's history and go for a stroll through the car-less village. All days end with a delicious meal, including a dramatic farewell dinner.

ITINERARY: EXPLORING COSTA RICA: CLOUD FOREST TO THE CARIBBEAN

9 DAYS/8 NIGHTS—LAND-ONLY EXCURSION

**PRICING: \$4,960 PER PERSON DOUBLE OCCUPANCY;
\$5,480 SINGLE OCCUPANCY**

(SEE PAGE 35 FOR DETAILS)

EXPEDITION DETAILS

2019 Dates:

Dec. 7, 21

2020 Dates:

Jan. 4, 18; Mar. 29

ITINERARY AT A GLANCE (see inset map on page 24)

| | |
|-------|------------------------------------|
| Day 1 | San José |
| Day 2 | San José/Tarcoles River/Monteverde |
| Day 3 | Monteverde |
| Day 4 | Monteverde/Arenal |
| Day 5 | Arenal Volcano |
| Day 6 | Arenal/Tortuguero |
| Day 7 | Tortuguero |
| Day 8 | Tortuguero/San José |
| Day 9 | San José |

▶ Visit [expeditions.com/TORTUGUERO_LAND](https://www.expeditions.com/TORTUGUERO_LAND) for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist.

A woman in a black and white striped bikini is swimming in a clear, turquoise pool of water. The water is crystal clear, revealing a rocky bottom with many small, smooth stones. In the background, a waterfall cascades down a dark, mossy rock face. The surrounding environment is a lush, tropical dry forest with large, weathered rocks and hanging vines. The lighting is bright, creating a vibrant and refreshing atmosphere.

NATURAL WONDERS UP CLOSE
IN THE TROPICAL DRY FOREST



COSTA RICA IS KNOWN FOR ITS RAIN FOREST 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 rain forest—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 canyoning 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 kinkajou, howler monkeys, and sloths—and maybe even the tracks of a puma or jaguar. 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 dry tropical forest.

EXPEDITION HIGHLIGHTS

Go canyoning, horseback riding, or hiking • Join an archaeological tour or hike a volcanic area in Rincón de la Vieja National Park • Immerse yourself in the incredible biodiversity of Santa Rosa National Park via foot, kayak, or paddleboard • Grab a snorkel and see the diversity continue below the water • Learn about complex ecosystems, seabird migration, and animal behavior from experienced naturalists

▶ Visit [expeditions.com/GUANACASTE](https://www.expeditions.com/GUANACASTE) for itinerary.

WATERWORLD

The Bat Islands have been a UNESCO World Heritage site since 1999. Weather permitting, grab your snorkel and fins for a chance to see awe-inspiring rays, turtles, and tropical fish.

SERENE SANDS

The remote Zapotal Beach is a great spot to put on a snorkel, explore via kayak or paddleboard, or simply soak up some sun.

MAGICAL MANGROVES

Board expedition landing craft to explore the maze of mangroves just north of Tamarindo. Glide through the still waters of the estuary in search of crocodiles, monkeys, and sloths.

Bat Islands

Santa Rosa National Park

National Park
Rincón de la Vieja

Rincón de la Vieja Volcano

Zapotal Beach

Tamarindo

HOT SPRINGS AND HISTORY

Head to the Rio Negro hot springs and mud baths to relax, or explore via horseback, canyoning, or zipline. Even learn about 14 archaeological sites, including petroglyphs and tomb markers, that have been found around Hacienda Guachipelin.

A PRISTINE PARK

Go ashore at the National Park Rincón de la Vieja, which surrounds the Rincón de la Vieja Volcano, one of six active volcanoes in Costa Rica. It measures 6,286 feet high and its caldera is nine miles wide, bridging the Continental Divide. Venture out to seek volcanic activity.

Curu Wildlife Reserve

Isla Tortuga

Pacific Ocean

FLORA AND FAUNA FIESTA

Enjoy the spectacular Curu National Wildlife Refuge, part of the Tempisque Conservation Area of tropical dry forest. Seek out the more than 232 species of birds, 78 species of mammals, 87 species of reptiles, and 500-plus species of plants.

ANIMALS GALORE

Explore a secluded cove in Santa Rosa National Park, home to 250 species of birds—including toucans, ospreys, and parrots—as well as 115 species of mammals, ranging from white-tailed deer to armadillos to howler monkeys.

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



6 DAYS/5 NIGHTS—ABOARD *NATIONAL GEOGRAPHIC SEA LION*
FROM: \$3,740

(SEE PAGE 36 FOR DETAILS)

EXPEDITION DETAILS

2019 Dates:

Nov. 30, Dec. 5, 10, 15, 23, 28

2020 Date:

Jan. 2

ITINERARY AT A GLANCE

| | |
|-------|---|
| Day 1 | San José, Costa Rica/Embark |
| Day 2 | Bat Islands/Santa Rosa National Park |
| Day 3 | Rincón de la Vieja National Park |
| Day 4 | Zapotal Beach/Tamarindo |
| Day 5 | Curu National Wildlife Reserve/Isla Tortuga |
| Day 6 | San José/Disembark |

▶ Visit expeditions.com/GUANACASTE for a complete day-by-day itinerary. Or call to speak with an Expedition Specialist.

COSTA RICA

Puerto Caldera

San José

ISLANDS IN THE SUN

The uninhabited offshore islets called Tortuga provide perfect white sand on palm-lined beaches, along with lush, tropical deciduous vegetation.



NATIONAL GEOGRAPHIC QUEST

CAPACITY: 50 cabins accommodating 100 guests
REGISTRY: United States. **OVERALL LENGTH:** 238 feet.

Sister ships *National Geographic Quest* and *National Geographic Venture* (launched 2018) are the latest additions to our fleet. Designed with over 50 years of expedition heritage and built in the U.S.A., both ships will set 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.

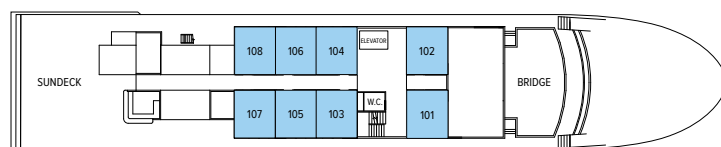
MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast and lunch are wide selection buffets with chef-action stations, while dinners are primarily served plated. Menu emphasizes local fare.

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

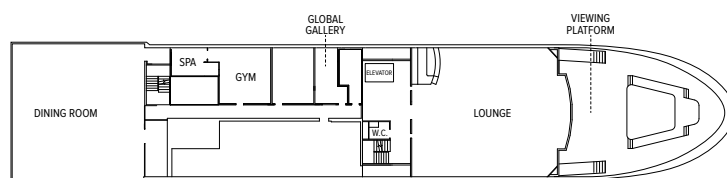
EXPEDITION EQUIPMENT: A fleet of 8 Zodiacs and 24 kayaks, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, and paddleboards.

SPECIAL FEATURES: Guest internet access, elevator, Lindblad-National Geographic certified photo instructor, a 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.



OBSERVATION DECK



LOUNGE DECK



UPPER DECK



MAIN DECK



Left to right: Captain Cook raises a glass; *National Geographic Quest*; our lounge is the hub of the expedition community; viewing platform; Category 5 cabin; Category 4 cabin with lower single beds (which can be converted to a Queen) and a private step-out balcony. Select cabins connect via an inside doorway.

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

Prices are per person, double occupancy unless indicated as solo.

| ITINERARY | YEAR | CAT. 1 | CAT. 2 | CAT. 3 | CAT. 4 | CAT. 5 SUITE | CAT. 1 SOLO | CAT. 2 SOLO | ADVANCE PAYMENT | NOTE |
|---|-----------|---|----------|----------|----------|--------------|-------------|-------------|-----------------|--|
| A Voyage to Belize: Wildlife, Reefs & Rivers – Page 16 | 2020 | \$3,970 | \$4,230 | \$4,510 | \$4,770 | \$5,520 | \$5,820 | \$6,220 | \$750 | Sample Airfares: Round-trip Miami/Guatemala City: Economy from \$550; Business from \$850. |
| Belize to Tikal: Ruins, Reefs & Rivers of the Maya World – Page 18 | 2020 | \$5,760 | \$6,180 | \$6,600 | \$7,030 | \$8,180 | \$8,460 | \$9,270 | \$750 | Sample Airfares: Round-trip Miami/Guatemala City: Economy from \$550; Business from \$850. Optional charter flight Flores/Guatemala City from \$275. |
| Costa Rica & the Panama Canal – Page 22 | 2019/2020 | \$6,170 | \$6,790 | \$7,200 | \$8,020 | \$8,950 | \$9,260 | \$10,190 | \$750 | Sample Airfares: Miami/Panama City, San José/Miami (or vice versa): Economy from \$700; Business from \$1,500. |
| Costa Rica & the Panama Canal Holiday Departures: Dec. 22 & 29 – Page 22 | 2019 | \$6,290 | \$6,920 | \$7,340 | \$8,180 | \$9,130 | \$9,440 | \$10,390 | \$750 | Sample Airfares: Miami/Panama City, San José/Miami (or vice versa): Economy from \$700; Business from \$1,500. |
| Monteverde Cloud Forest + Costa Rica to Panama – Page 24 | 2019/2020 | \$8,060 | \$8,680 | \$9,090 | \$9,910 | \$10,840 | \$11,150 | \$12,080 | \$1,000 | Sample Airfares: Miami/San José, Panama City/Miami: Economy from \$700; Business from \$1,500. |
| Panama to Costa Rica + Monteverde, Arenal & Tortuguero – Page 26 | 2019/2020 | \$10,810 | \$11,430 | \$11,840 | \$12,660 | \$13,590 | \$13,900 | \$14,830 | \$1,500 | Sample Airfares: Miami/Panama City, San José/Miami: Economy from \$700; Business from \$1,500. |
| Exploring Costa Rica: Cloud Forest to the Caribbean (Land-only Excursion) – Page 28 | 2019/2020 | \$4,960 per person double occupancy; \$5,480 single occupancy. Call or visit our website for details. | | | | | | | \$750 | Sample Airfares: Round-trip Miami/San José: Economy from \$400; Business from \$1,100. |

Prices quoted in this brochure are valid as of the time of printing, are subject to modification, and are not guaranteed until booking and required deposit is made. See our website at expeditions.com for the most up-to-date pricing.



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 face outside with windows, private facilities, and climate controls.
EXPEDITION EQUIPMENT: Bow camera, hydrophone, kayaks, fleet of paddleboards, splash-cam, underwater video camera, video microscope, wet suits and snorkel gear in Baja California, and expedition landing craft.
SPECIAL FEATURES: Guest internet access. An undersea specialist, a certified photo instructor, and a video chronicler are on board all voyages.
WELLNESS: The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and outdoor stretching area.

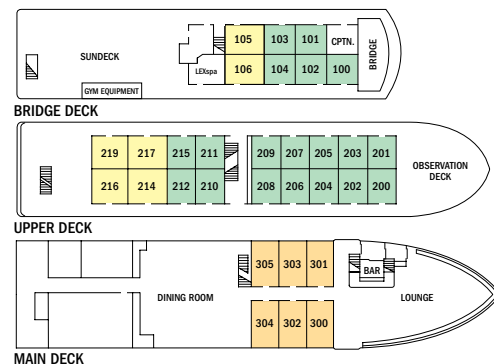
CATEGORY 1: Main Deck #300-305—Conveniently positioned between the dining room and lounge, these cabins feature two single lower beds, and a large view window.

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



Prices are per person, double occupancy unless indicated as solo.

| ITINERARY | YEAR | CAT. 1 | CAT. 2 | CAT. 3 | CAT. 1 SOLO | CAT. 2 SOLO | ADVANCE PAYMENT | NOTE |
|---|---------------|---------|---------|---------|-------------|-------------|-----------------|--|
| NEW! Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks – Page 32 | 2019/ 2020 | \$3,740 | \$4,370 | \$4,930 | \$5,620 | \$6,550 | \$750 | Sample Airfares: Round-trip Miami/San José: Economy from \$1,100; Business from \$400. |

Prices quoted in this brochure are valid as of the time of printing, are subject to modification, and are not guaranteed until booking and required deposit is made. See our website at expeditions.com for the most up-to-date pricing.

SPECIAL OFFERS

FREE AIRFARE & \$550 BUSINESS

UPGRADE—BELIZE TO TIKAL: Book *Belize to Tikal: Reefs, Rivers & Ruins of the Maya World* (9-day itinerary) by Jul. 31, 2019 and receive FREE ROUND-TRIP AIRFARE between Miami/Guatemala City, plus opt to upgrade your flight to Business Class for just \$550. 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 \$350 air credit. New bookings only and not combinable with other offers. Call for details.

FREE R/T AIR OR TWO-DAY PANAMA CITY

EXTENSION: Book *Costa Rica & the Panama Canal* by Jul. 31, 2019 and receive FREE ROUND-TRIP economy group airfare between Miami and San Jose/Panama City. Or, choose a complimentary two-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 two-day extension in Panama City and \$450 air credit. Call for details.

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

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!

Photo Credits: Willy Alfaro, Steffen Binke/Alamy, Marc Cappelletti, Alexandra C. Daley-Clark, Rab Cummings, Matthew Driver/Alamy, Fernando Alonso Herrero/Istock, Cindy Hopkins/Alamy, Ralph Lee Hopkins, imageBROKER/Alamy, istock, Sven-Olof Lindblad, Michael Melford, Emily Mount, Jeffrey Munoz, Michael S. Nolan, Heikki Pulkkinen/Alamy, Floriano Rescigno/Alamy, Marco Ricca, Seaphotoart/Alamy, Kevin Schafer, Max Seigal, Shutterstock, Ian Strachan, Rikki Swenson, John Trax/Alamy, David Vargas.

RESERVATION INFORMATION

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

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, all shore excursions except flightseeing, sightseeing and entrance fees, special access permits, transfers to and from group flights, 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.

Not Included: Air transportation (except where shown as included), extensions, passport, visa, immigration fees, meals not indicated, travel protection plan, items of a personal nature such as alcoholic beverages, internet access, voyage DVD, flightseeing, laundry. Gratuities to ship's crew are 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.

Reservations: To reserve your place, an advance payment is required at the time of reservation. A per-person deposit begins at \$750 and is dependent upon itinerary.

Final Payment: For expeditions aboard all ships, payment is due 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. and Canadian residents only, and 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 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 as of publication date and are subject to change. 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 costs.

Cancellation Policy: Cancellation penalties may apply after payment is received. Please visit www.expeditions.com/terms for complete cancellation policies.

Unused services or items included in our programs are non-refundable.

©2019 Lindblad Expeditions

Lindblad Expeditions and the Eye are the trademarks of Lindblad Expeditions. All rights reserved.

NATIONAL GEOGRAPHIC and the Yellow Border are the trademarks of the National Geographic Society.

All rights reserved.

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

Lindblad Expeditions, Inc., 96 Morton Street, New York, NY 10014

Phone: 212.261.9000 • Fax: 212.265.3770

For additional information and online reservations, visit us on the Web: www.expeditions.com

Account Number: 

1.800.EXPEDITION | WWW.EXPEDITIONS.COM

 Printed on 10% recycled content paper with soy-based inks. We recommend that you pass this along for others to enjoy or recycle.

CAM-059



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

Snorkel, kayak, hike, horseback, and zipline! Explore active volcanos, look for kinkajous, sloths, and puma tracks—in a rare tropical dry forest habitat. See pages 30-33 for details.