

# COSTA RICA & PANAMA

NATIONAL GEOGRAPHIC

PANAMA CANAL: A MARVEL OF ENGINEERING ENSCONCED IN WILDNESS

DISCOVER GUANACASTE ON A WINTER ESCAPE

PLUS—EXTEND YOUR STAY IN PANAMA CITY

ABOARD NATIONAL GEOGRAPHIC QUEST | 2021-2022





#### Dear Traveler,

If the Panama Canal were no more than its series of locks, it would still stand as one of man's most impressive achievements. On their own the locks—which began operation over 100 years ago, ushering in a new era of global commerce—are well worth a visit. However, the canal is also full of 48 miles of incredible wildness. Its rich biodiversity and



lush rainforest surprise some travelers who expect only to find steel and concrete. Our two-day transit of the canal is unique, as is our ship.

We see the workings of the locks by day and then dramatically lit in the coolness of night. Our ship, *National Geographic Quest*, is the perfect height to observe the lock mechanisms at eye-level. In fact, the ship gets so close to the locks that we can hear the workers casually chatting back and forth as they lead us through. We also have time to experience the wildness of the Canal Zone. We'll climb to treetop platforms to get a look at the jungle from a new perspective, Zodiac cruise to islands where monkeys clamber along the shore as we approach, or go for a refreshing swim in serene waterfall pools.

Then, we'll leave the man-made behind, to explore the spectacularly wild stretches of Costa Rica and Panama. We'll snorkel, swim, paddleboard, and kayak along the shores of secluded islands. There'll be chances to venture up rainforest-canopied rivers, meet the people of this eco-paradise and learn about their ways of life, and explore vivid undersea gardens.

Whichever expedition you choose, you'll find they are all ideal tropical escapes in winter. And you'll go with top experts—naturalists, biologists, photographers—who will do whatever it takes to ensure you uncommon and unforgettable experiences. I hope you'll join us.

Best regards,

Sven-Olof Lindblad

# 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.

**PRISTINE WILDNESS** 

3

# VAST WILDNESS, ON A PERSONAL LEVEL

### CORCOVADO NATIONAL PARK

#### 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.





# ENCOUNTER AMAZINGLY DIVERSE LIFE-AND EXPLORE THE UNDERSEA TOO



THE DIVERSE ECOSYSTEMS AND HABITATS of Costa Rica and Panama 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 Islas Murcielagos, also known as the Bat Islands, the full biodiversity of Guanacaste is on display.

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 Costa Rica 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 ship gets 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.

**GO YOUR OWN WAY** 



#### 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.











## AUTHENTIC ENCOUNTERS WITH PEOPLE PROTECTING AN ECO-PARADISE

#### COSTA RICA IS DEEPLY INVESTED IN PROTECTING

the natural resources that are such a driver of their economy. Over 25% of the country is a nature preserve, and 99.2% of their energy is renewable. You'll discover it on a personal level. You may meet coffee farmers who grow their beans in the shadow of the jungle canopy, creating new habitats for birds. Or you may meet a gold miner who walked away from the mines to protect land where he now demonstrates the practice of panning for gold in the rivers flowing out of the mountains—the same clear waters that have become gold to Costa Rica's green-based economy. In Guanacaste, the beautiful Hacienda Guachipelin is a vibrant backdrop for unique local encounters—experience the renowned cowboy culture, gather ingredients in the ranch's greenhouse with the resident chef before savoring a farm-to-table meal, and watch a ceviche master prepare this traditional seafood dish.

In addition to being environmentally friendly, National Geographic has recognized Costa Rica as one of the happiest countries in the world. Discover the warmth of the region's people and revel in their spirit of *pura vida*.

# A VEIN OF CONCRETE THROUGH A HEART OF GREEN

ACCENT

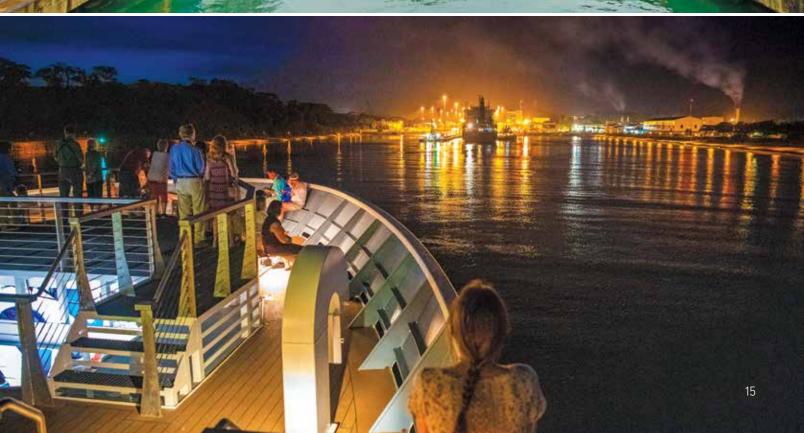
THE STARK CONCRETE OF THE CANAL STANDS IN SHARP CONTRAST to the bright hues of green in the dense jungle of the Canal Zone. On each transit through the Canal, about 52 million gallons of water pass from the Canal Zone into the sea. That water is vital to the lock operations, which is why the region immediately 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.

### AN UP-CLOSE, UNIQUELY REWARDING CANAL TRANSIT

STAND ON THE OPEN TOP DECK IN THE COOLNESS OF THE NIGHT AIR. cocktail in hand, and watch the choreography of a Canal crossing unfold before you. You'll be close enough to hear the workers tying tow lines shouting instructions to one another and joking their way through a shift over the din of mechanics, and the filling or draining of the locks. Most people who transit the Canal do so aboard big cruise ships, ensconced in air-conditioned glass rooms, trading binoculars back and forth to get a look at the operation. The experience aboard National Geographic Quest could not be more different. The top deck is at the perfect height for an eye-level observation of the intricate workings of the locks-no binoculars necessary. And a glance just over the deck rail reveals the electric "mules"—named for the pack animals that pulled ships 100 years ago-towing our ship through the lock chambers. 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 transit over two days, meaning you'll be among the few to experience this engineering marvel dramatically lit at night.

See our ship, National Geographic Quest at expeditions.com/QUEST





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

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

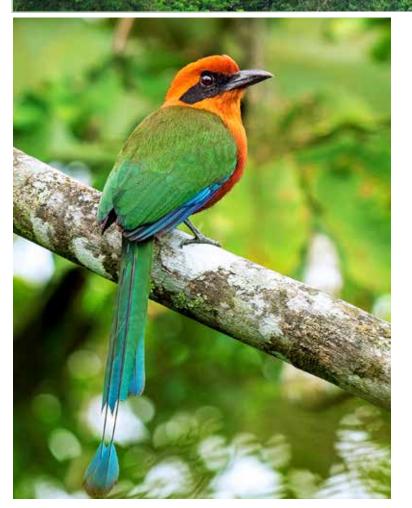
vision of America's future—a beneficent power in the new world order that distinguished itself from the old powers of Europe. And just five years ago Panama completed the larger New Panamax lock system, which is capable of moving ships over twice the tonnage the original locks were designed to handle.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

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

mmerse 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.

#### 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. Visit **expeditions.com/seaturtles** for details.

### **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.
- Learn about Costa Rica's culture of sustainability from local farmers and business owners.

Three-toed sloth.

#### COSTA RICA & THE PANAMA CANAL

#### 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 three species of monkeys—howler, spider, 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 Casa Orquídeas, a tropical paradise of ornamental palms, bromeliads, heliconias, and orchids, closed to the public and reached by boat only. Keep your eye out for tanagers, parrots, and toucans. 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 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.

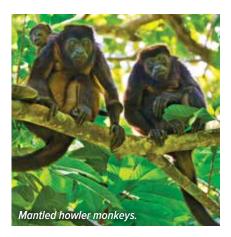
After breakfast, disembark in Colón and transfer to the airport in Panama City. (B)

#### EXPEDITION DETAILS

DATES: 2021 Dec. 19, 26\* 2022 Jan. 2, 9\*, 16, 23\*, 30; Feb 6\*, 13, 20\*; Dec. 11, 20\*, 27\* \*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. See page 28.



# THERE'S MORE TO EXPLORE

### MONTEVERDE CLOUD FOREST + COSTA RICA TO PANAMA

#### 11 DAYS/10 NIGHTS—LAND EXCURSION + *NATIONAL GEOGRAPHIC QUEST* PRICING FROM \$8,610 (Visit expeditions.com for all categories, current rates, and details.)

A scenic drive will take you to Monteverde Cloud Forest. Ascend the Skywalk for a birds-eye view of the rainforest canopy and a chance to see the resplendent quetzal. Learn about life in the early Monteverde community from a family member of an original Quaker homesteader. Spend each night at a charming family-owned lodge, then board your ship for *Costa Rica & the Panama Canal*.

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

**EXPEDITION DETAILS** DATES: 2021 Dec. 16, 30 2022 Jan. 31, Feb. 14



#### SPECIAL OFFERS:

Book now and receive a **\$450 AIR CREDIT** on select departures, or instead choose to save 50% on a three-day extension in Panama City. See page 28 for details.

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

#### **15 DAYS/14 NIGHTS**—*NATIONAL GEOGRAPHIC QUEST* + LAND EXCURSION **PRICING FROM \$11,280** (*Visit expeditions.com for all categories, current rates, and details.*)

Expand your *Costa Rica & the Panama Canal* adventure in this diverse region with this delightful and comprehensive land excursion. Hike among the mist and mosses of the Monteverde cloud forest; walk the hanging bridges of Arenal; and tour the wildlife-rich canals of Tortuguero National Park.

DAY 1: Panama City, Panama/Colon/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 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

EXPEDITION DETAILS DATES: 2021 Dec. 26 2022 Jan. 27; Feb. 10, 24



#### SPECIAL OFFERS:

Book now and receive a **\$450 AIR CREDIT** on select departures, or instead choose to save 50% on a three-day extension in Panama City. See page 28 for details.

# GO FURTHER

### EXPLORING COSTA RICA: CLOUD FOREST TO THE CARIBBEAN

#### 9 DAYS/8 NIGHTS-LAND-ONLY EXCURSION

PRICING FROM \$5,220 (Visit expeditions.com for all categories, current rates, and details.)

Walk trails with butterflies and birds, watching for the rare, resplendent quetzal. Ascend a series of suspension bridges for a birds-eye view of the forest canopy. Cross Lake Arenal in small boats for a fresh perspective of the volcano there. All days end with a delicious meal, including a farewell dinner.

#### DAY 1: U.S./SAN JOSÉ, COSTA RICA

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

#### DAY 2: SAN JOSÉ/TÁRCOLES RIVER/ MONTEVERDE

Search for American crocodiles on the Tárcoles River. Later, walk the trails of Curi-Cancha Reserve, listening for the mournful song of the black-faced solitaire or searching the undergrowth for agoutis, a shy mammal of the tropics. Check into a family-owned retreat, nestled in the misty cloud forest of Monteverde, offering unforgettable views. (B,L,D)

#### DAY 3: MONTEVERDE

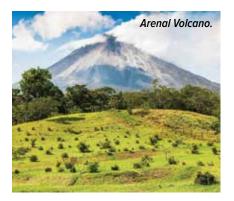
After breakfast, visit the renowned Bat Jungle and learn about these fascinating night creatures, essential to the tropical forests. Hike into the Monteverde Cloud Forest Reserve and seek out white-headed capuchins and agile, long-limbed spider monkeys. An astonishing 30 species of hummingbirds are here, including the violet sabrewing with its glowing iridescence. With luck, spot the rare resplendent quetzal. (B,L,D)

#### DAY 4: MONTEVERDE/ARENAL

We begin our day at a butterfly farm where we'll see dozens of local species, including blue morphos displaying their fantastic azure coloration. Later, drive to Lake Arenal and cross in small boats for a striking perspective on the volcano. Check into and enjoy our elegant hotel surrounded by tropical forests and gardens, with views towards the smoldering Arenal Volcano. (B,L,D)

#### DAY 5: ARENAL VOLCANO

Take a morning excursion to Finca Don Juan to learn about sustainable farming practices before enjoying an organic lunch. Later, walk the Arenal Mistico Hanging Bridges, and watch for three-toed sloths, howler monkeys, and stunning tropical birds. Or, for a more active exploration of the tropical canopy, choose to travel by zipline. (B,L,D)



#### DAY 6: ARENAL/TORTUGUERO

Departing Lake Arenal, we make our way to Tortuguero, a spectacular lowland forest on Costa Rica's northeast coast. Stroll through the car-less village before visiting the Sea Turtle Conservancy, the largest green sea turtle rookery in the Western Hemisphere. Dine tonight at Miss Junies, a restaurant with an Afro-Caribbean flair, before overnighting in our rustic lodge at the water's edge. (B,L,D)

#### DAYS 7 & 8: TORTUGUERO/SAN JOSÉ

Set out by guided boat to explore Tortuguero National Park's canals, watching for sungrebes, tiger-herons, crocodiles, and mammals including coatis and spider monkeys. Later,



choose between additional excursions into the canals or enjoy our lodge's amenities. The next morning, board the charter flight to San José and visit Sibu Chocolatier followed by chocolate tasting. After lunch, we check into our hotel, the Costa Rica Marriott Hacienda Belen. (B,L,D)

### DAY 9: SAN JOSÉ/U.S.

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

#### EXPEDITION DETAILS DATES: 2022 Jan. 1, 15, 29; Feb. 12, 26

#### **EXTEND YOUR ADVENTURE:**

Take advantage of your proximity—add this land-only excursion to select departures of our eight-day Costa Rica & the Panama Canal expedition (pages 18-19), or our six-day expedition in Guanacaste (pages 22-25). Call for details.



# 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.



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

#### 6 Days/5 Nights—Aboard *National Geographic Quest* PRICING FROM \$3,990

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

iscover 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 Rincon de la Vieja national parks.
- Sail along the pristine coastline of Costa Rica's Guanacaste region, snorkeling crystalline 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.

Waterfall at Rincón de la Vieja National Park, Guanacaste Conservation Area.



DAY 1: 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 Bahia Huevos. (B,L,D)

#### DAY 3: ISLAS MURCIÉLAGOS/

**GUANACASTE CONSERVATION AREA** Today we set our sights on Islas Murciélagos (also known as the Bat Islands) in the World Heritage-designated Guanacaste Conservation Area. Weather permitting, snorkel this rich underwater world, or hike into the islands for commanding views over the full length of this rarely visited archipelago. Back onboard, and depending on conditions, we may choose to explore Junquillal Bay Wildlife Refuge, or Cuajiniquil Bay, all part of the extraordinarily biodiverse Guanacaste Conservation Area. 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)

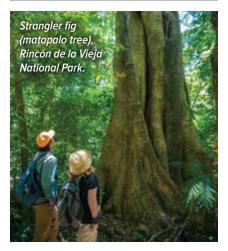
#### **EXPEDITION DETAILS**

**DATES: 2021** Nov. 29; Dec. 4, 9, 14 **2022** Feb. 27; Mar. 4, 9; Nov. 21, 26; Dec. 6, 11

#### **SPECIAL OFFERS:**

- Book now to receive FREE ROUNDTRIP AIRFARE from Miami to San José on all departures.
- Book a group of six or more and save 10% off the total price.

See page 28 for 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<sup>™</sup> 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.

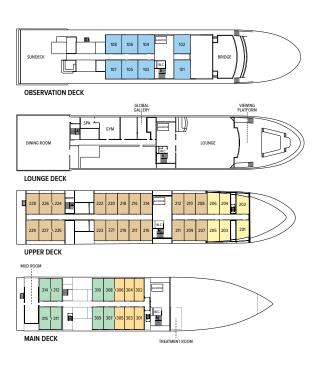
**CATEGORY 3:** Upper Deck #201-206 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two large view windows.

**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

### MORE TO SEE IN PANAMA CITY 3 DAYS/2 NIGHTS PRE- OR POST-VOYAGE EXTENSION • 2021/22: \$1,490 PER PERSON, DOUBLE OCCUPANCY

Make the most of your time in Panama City with a private behind-the-scenes visit of the Panama Canal Museum and the Canal's Miraflores Locks, tours of two UNESCO World Heritage sites, and more. Visit Fort Amador, which served as a U.S. Army base until 1999, when it was turned over to Panama. Learn about Panama's natural and cultural history at the Frank Gehry-designed BioMuseo, which features over 30,000 feet of gallery space. Stroll the streets of Casco Viejo, and experience the color and ambiance of the historic core of Panama City. Take in the San Lorenzo Protected Area, where you'll listen for mantled howler monkeys, spot poison dart frogs and blue morpho butterflies, and watch for tropical birds in the canopy, including yellow-throated toucans and slaty-tailed trogons. Plus, visit the fabled Fort San Lorenzo—a fifteenth-century fort perched on a cliff above the Chagres River.

SPECIAL OFFER: Choose to join us in 2022 and enjoy 50% off this extension, or fly free from Miami to Panama City/ San Jose (or vice versa)—your choice. For more details, see special offers below and terms on page 29, or call an Expedition Specialist.

Find the complete day-by-day itinerary, rates, and details at expeditions.com/panamacityext



## TAKE ADVANTAGE OF OUR SPECIAL OFFERS

#### FREE AIR OR THREE-DAY PANAMA CITY EXTENSION:

Book Costa Rica & the Panama Canal now and receive FREE ROUND-TRIP economy group airfare between Miami and San Jose/ Panama City on select departures. 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 AIR—WILD COSTA RICA ESCAPE: Book Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks now to receive free round-trip airfare from Miami to San José on select departures. 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.

**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 other wise. For example, travel with a group of 8 or more, including kids under 18, and take advantage of both savings!

# INCLUSIVE PRICING, EXCEPTIONAL VALUE

We believe the most exhilarating discoveries are the ones you share with your kids and grandkids—and we hope you'll be inspired to join us and see for yourself with these special savings. Just about everything you'll have the opportunity to do as part of your expedition is included-from meals and beverages aboard ship to activities and excursions onshore. The only additional charges are for items of a personal nature—alcohol (except during dinner and special tastings), wi-fi, crew tips, wellness treatments, and other specialized arrangements.

#### **ABOARD SHIP**

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

#### ASHORE

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

#### ACTIVITIES

- All excursions excluding scuba diving
- ✓ Zodiac & kayak explorations

#### **BE PART OF OUR EXPEDITION COMMUNITY**

Join in! Here's how:

- ✓ Browse our blog for travel news & inspiration: expeditions.com/blog
- ✓ Like us on Facebook at LindbladExpeditions
- ✓ Subscribe to our videos on Youtube.com/LindbladExpeditions
- ✓ Follow @LindbladEXP on Instagram and Twitter and find Sven Lindblad on Instagram @solindblad



#### **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, 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 Quest, 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 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

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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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- ✓ Lectures & presentations in the lounge



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#### FREE AIRFARE OR 50% OFF PANAMA CITY EXTENSION—IT'S YOUR CHOICE. On select dates, see page 28.

