

# COSTA RICA + PANAMA

WITH AN AMAZING PANAMA CANAL TRANSIT

AND AN  
EXCLUSIVE  
OFFER &  
SAVINGS

ABOARD NATIONAL GEOGRAPHIC QUEST 2018-2019



Lindblad  
Expeditions



NATIONAL  
GEOGRAPHIC™



**Lindblad  
Expeditions**



**NATIONAL  
GEOGRAPHIC**

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

DEAR TRAVELER,

We designed *National Geographic Quest* with expansive decks and acres of glass windows to keep you and your fellow guests connected to views and vistas in the regions we explore. The fortunate byproduct of this is that she also acts as the best front row seat on Earth for transiting the Panama Canal. David McCullough's great book "The Path Between The Seas," describes:



*"For millions of people after 1914, the crossing at Panama would be one of life's memorable experiences. The complete transit required about twelve hours, and except for the locks and occasional community along the shore, the entire route was bordered by the same kind of wilderness that had confronted the first surveyors of the railroad. [George Washington] Goethals had determined that the jungle not merely remain untouched, but that it be allowed to return wherever possible...for those on board a ship in transit, the effect for the greater part of the journey was sailing a lake in undiscovered country."*

And this beautiful lake, and the exhilarating wildness around and beyond it is why we transit the Canal. We go through to explore Costa Rica & Panama. And we go by ship because it's the perfect, mobile base camp, allowing you to cover great expanses of interesting, diverse geography in complete comfort. Plus, you experience the sea, stars and sightings that make being aboard a ship magical.

With *Quest* as your mobile base camp, you'll not only see and do more, but also have experiences you couldn't otherwise have—like transiting the Panama Canal, and discovering Costa Rica and Panama as an active explorer not a tourist—a distinction that will be clear to you if you choose to travel with us. We've eliminated the now-overrun spots from our itinerary, and replaced them with more exclusive opportunities that bring you more deeply into the authentic—including a visit to Costa Rica's Osa Peninsula, where you'll meet welcoming locals making their living as they preserve Costa Rica's legendary natural beauty.

I hope you'll decide to join us this winter, and benefit from some very special savings. Costa Rica, Panama, and life aboard *Quest* offers the kind of tonic the human soul needs.

All the best,

A handwritten signature in blue ink, appearing to read 'Sven-Olof Lindblad'. The signature is fluid and cursive.

Sven-Olof Lindblad

**SPECIAL OFFER: FREE AIR OR A FREE EXTENSION ON SELECT 2018-2019 DEPARTURES**

- **Free Air** Round-trip between Miami and Costa Rica/Panama City, **OR**
- **Free overnight & sightseeing in booming Panama City**, including a private dinner at the Miraflores Locks, city tour, visit to Frank Gehry-designed BioMuseum, and more

# THE THRILL OF DAILY DISCOVERY

Within the lush and vibrant green of this region lie many discoveries, from the flash of macaw wings amid the treetops, to the scintillating patterns of iridescence on the hummingbirds here. From the atavistic thrill of hearing the howler monkeys calling to each other, to the deep peace of sinking into a pool at the base of a waterfall. Greatest of all, however, is the Panama Canal—the enduring excellence of



its clockwork parts—and the surprise of the allure of the Panamanian wildness that surrounds it. Join us to feel the deep joy of ‘Pura vida!’

*Main image: Howler monkey family; Inset: Miraflores Locks, Panama Canal.*

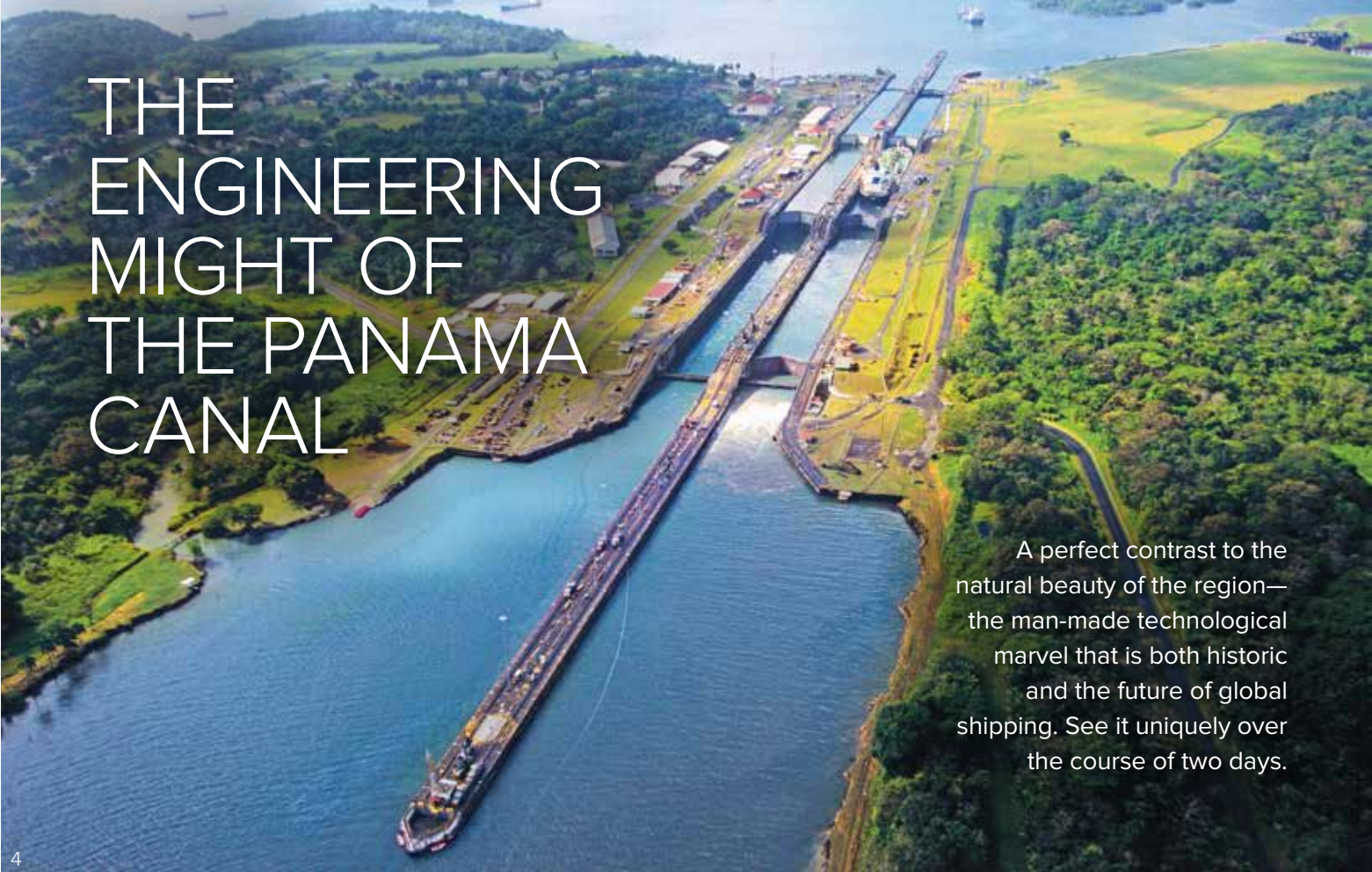


# THE RENOWNED BEAUTY OF COSTA RICA



The Osa Peninsula is the crown jewel of Costa Rica. Explore its coastline by ship and on shore. Search for monkeys, frogs, sloths and brightly colored birds; go horseback riding on a pristine beach, hike, and more.

# THE ENGINEERING MIGHT OF THE PANAMA CANAL



A perfect contrast to the natural beauty of the region—the man-made technological marvel that is both historic and the future of global shipping. See it uniquely over the course of two days.

# THE WARMTH OF COSTA RICAN PEOPLE

See what happens when local rural people in Osa Peninsula take responsibility for preserving Costa Rica's natural beauty. Meet and share with local entrepreneurs, families and explore untrammeled rainforest.



# THE TROPICAL LUSHNESS OF PANAMA

Few travelers who want to see Costa Rica consider Panama—and the surprise and delight Coiba National Park, a UNESCO World Heritage site, creates in our guests, gratifies our expedition team every season.



# STATE OF THE ART: NATIONAL GEOGRAPHIC QUEST

Gathering on the bow with your naturalists and fellow travelers to transit the Panama Canal. Motoring up a jungle-fringed river in a Zodiac as a family of howler monkeys animates the canopy with their eerie cries and leaf-rattling leaps. The 100-guest *National Geographic Quest*—and its twin ship the *National Geographic Venture*, debuting in 2018—were designed and equipped to enable exhilarating experiences like these, and many more.

## ✓ TOOLS FOR EXPLORATION

*Quest* carries a new fleet of Zodiacs, kayaks and paddleboards, a hydrophone and ROV (remotely operated vehicle), a splash-cam, an underwater video camera, and snorkel gear.

## ✓ FRONT ROW SEATS ON WILDNESS

The ship's new bow design adds tiered observation platforms. Now, multiple rows of guests can gather on the bow and enjoy unobstructed views. Plus, stairways lead to an expansive observation deck one level up, for a more commanding perspective.

## ✓ AN ENHANCED BRIDGE

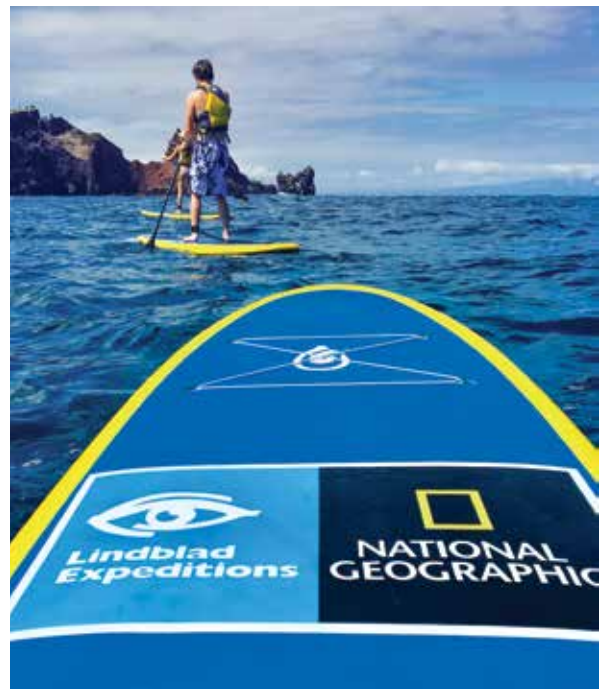
Outfitted with the latest in technology, the bridge design has been enhanced—with a forward standing area with clear views, and settees surrounding the room's state-of-the-art navigation equipment, so that you can linger comfortably.

## ✓ A CLEARER VIEW

Premium glass, straight-tinted for the clearest, most natural view possible, was used in the dining room's and the lounge's floor-to-ceiling wraparound windows. And in the cabins, too—in portholes, large windows, or sliding glass doors.







*Guests hiking in Corcovado National Park; Stand-up paddle boarding; Kayaks allow for water-level explorations; Zodiac cruise, Coiba National Park; Snorkeling the abundant waters of Coiba National Park.*

# COSTA RICA: LUSH TROPICS + LOCAL ARTISANS

The Osa Peninsula, largely inaccessible and seldom visited, is the focus of our expedition. It contains four percent of the world's biodiversity as well as Corcovado National Park—one of the largest protected areas left on the entire Pacific Coast of Central America. Experts consider it one of the world's top parks—for its size, isolation, high density of species (many native to the region), wealth of ecosystems, and pristine condition. Spot scarlet macaws, leaping monkeys, and enjoy the lush tropical greenery. Then, meet the people who live within this beauty—the

rural farmers-turned-entrepreneurs of Caminos de Osa. At Kobo Sustainable Farm, experience how crops—chocolate, pineapples, cashews and vanilla—are cultivated and processed, and how brown sugar is refined from sugarcane. And enjoy a chocolate fondue as the fruit of your labor! Visit Rancho Quemado to meet Juan Cubillo, a former gold miner turned conservationist—see gold panned on his property, and learn how to obtain clean 24 carat. At Heart of Palm plantation, see how the local staple goes from plant to plate, and then take a short cooking class. Or, walk a



*Panning for gold.*



narrow dirt path that opens up to virgin rainforest—with giant trees, thousands of plant species, birds, insects and mammals. Explore on horseback, or swim in a pool under a small waterfall.

Across Gulf Dulce, you'll witness another site of scenic beauty and natural wonder, unmarred by any development—thanks to local opposition. Immerse yourself in the character of the landscape and learn about the plate tectonics beneath the Gulf. Visit a private garden, lush with orchids, butterflies, and tropical plants, created and run for over 25 years by two American expats who succumbed to Costa Rica's "pura vida."



*Learn the techniques used to clean 24 carat gold.*



*Green-crowned brilliant hummingbird.*



*Naturalist teaching young guests about the region.*



*Left: Folkloric dancers dressed in colorful attire dancing to songs of Costa Rica country life; Heart of Palm plantation tour, preparing the "picadillo" for tasting; cacao pod opened to explain the process of making chocolate.*

## **VISITING CAMINOS DE OSA**

This is a marvelous cultural exchange. By inviting us in, these local families sustain their livelihoods, while protecting these thriving habitats, and we experience their warm hospitality.



# THE MOST MEMORABLE PANAMA CANAL TRANSIT

The Bridge of the Americas signals our arrival at the Panama Canal, one of the seven wonders of the modern world. Connecting the Pacific to the Atlantic, this waterway has been a key conduit for international maritime trade since it was completed at the turn of the last century. As we approach, be out on deck or on the bridge to witness as the distant silhouette of Panama

*“Technically the canal itself was a masterpiece in design and construction. From the time they were first put to use the locks performed perfectly.”*

—David McCullough, *The Path Between the Seas: The Creation of the Panama Canal*

City, with its modern skyscrapers, replaces the vista of tall rainforest trees. We'll hold our position as the canal pilot boards. His job is to navigate the vessel through the series of locks, come wind, fog or rainy season. It's a challenging, delicate job in one of the busiest waterways in the world, where ships come in close proximity to each other and to the walls of the lock chambers. Million of gallons of water power our transit—no pumps, just gravity.

As we cruise through to the Miraflores Locks, the Centennial Bridge frames the entrance to the Gaillard Cut. Though the construction of the canal began as a French project, it was overtaken and completed by the U.S. in 1914. Thousands of workers, innovative engineering technology, and sheer force of will created one of the greatest engineering marvels of the last century. The Panama Canal has since been expanded in a project finalized in 2016, making room for larger vessels carrying more cargo, known as Neo Panamax ships. Experience a piece of human history at work as we traverse this historic passage connecting two oceans.



*Clockwise from above: A ship transiting the Miraflores Locks; guests on deck enjoying a night crossing of the Panama Canal; historic image of the construction of the canal; aerial view of the Centennial Bridge spanning the Panama Canal.*



▶ SEE THE NATIONAL GEOGRAPHIC QUEST'S INAUGURAL PASSAGE THROUGH THE PANAMA CANAL AT [WWW.EXPEDITIONS.COM/QUESTCANAL](http://WWW.EXPEDITIONS.COM/QUESTCANAL)



# EXTRAORDINARY CANAL TRAN

Of the 140,000 that transit the canal each year, the *National Geographic Quest* is the only vessel allowed to anchor in the middle of the canal zone overnight, taking in its wonders by day, and enjoying its lights at night. As we make our way through the canal over a 48-hour period, we'll take in the thriving wildlife in the Bay of Panama as well as onshore. On a sunrise docking, meet brown and blue-footed boobies, see magnificent frigate birds show off their inflated crimson chests, and catch sight of the scaly denizens of Iguana Island. And on Lake Gatún, the man-made lake that was a brilliant by-product of the Canal construction. Go where few have and visit this true sanctuary. Walk its protected nature trails, looking for wildlife—perhaps spotting a three-toed sloth or vibrant keel-billed toucans in the trees or walk to a waterfall and take a refreshing dip.

*We're anticipating some modifications to this itinerary, please discuss details with your Expedition Specialist.*



*Magnificent frigatebirds.*



*Green iguana.*



*Barro Colorado Island in Lake Gatún.*

# SIT FOLLOWED BY PANAMA



And then there's Coiba Island National Park.

Two hundred islands populate this stunning Park, part of the Marine Life Corridor created in September 2016 by the Presidents of three nations—Costa Rica, Ecuador and Colombia—to safeguard sea turtles, sharks, and a host of other species off their coasts. Only the Great Barrier Reef and the Galápagos National Park are larger. Coiba was a prison until the end of the 20th century, literally suspending

this 55,000-acre land mass in time, keeping it secluded and pristine. You'll have opportunities for kayaking or paddleboarding, swimming, snorkeling or herding scuttling hermit crabs on white sand beaches. We'll also be able to take rainforest walks, find photo ops or bird watch—soaking up the lush tropical beauty, the bright reef fish, the ancient lava flows and much more—an idyllic complement to our one-of-a-kind Panama Canal transit.



*This page, clockwise from right: A guest captures a photo, taking advantage of the natural beauty of Panama; Snorkeling in crystal clear waters of Coiba Island National Park; guests venture out exploring in Zodiacs.*

# SPECIAL OFFER:

BOOK BY JULY 31, 2018 AND RECEIVE:  
FREE AIR **OR** A FREE 2-DAY PANAMA EXTENSION  
ON SELECT 2018-2019 DEPARTURES.

**ENJOY FREE ROUND-TRIP AIRFARE** between Miami and  
Costa Rica/Panama City.

**OR**

**BE OUR GUEST** For an urban mini-adventure, too. Spend the night  
at the Panama Marriott Hotel and take a tour of burgeoning Panama  
City and environs—to see the highlights and make discoveries.  
Explore the acclaimed Frank Gehry-designed BioMuseum, dine  
overlooking the Canal's Miraflores Locks, and enjoy other cultural  
highlights. Visit [expeditions.com/PanamaOffer](http://expeditions.com/PanamaOffer) for details.



*Panama City at night.*



*Frank Gehry-designed BioMuseum.*





# CELEBRATING THE YEAR OF THE BIRD

The year 2018 has been designated the **Year of the Bird** by National Geographic in partnership with the National Audubon Society to honor the 100-year anniversary of the passage of the Migratory Bird Treaty Act in 1918—a visionary act of legislation pushed through by National Geographic founder Henry Henshaw and pioneering photographer George Shiras, a former member of the U.S. House of Representatives. One of the first federal conservation laws of environmental protection, it mandated the protection of nearly 1,000 species of migratory birds, many in danger of extinction from commercial exploitation at the time of its passage. The law is still in force today. It was used to prosecute poachers and then industries that needlessly kill birds. The global Year of the Bird campaign, a partnership with the National Audubon Society, the Cornell Lab of Ornithology, and BirdLife International, addresses threats birds face today.

*Above: Fiery billed aracari.  
Below: Scarlet Macaw.*



## YEAR OF THE BIRD 2018



**We invite you to celebrate the Year of the Bird with us by taking advantage of exclusive onboard opportunities:**

### YEAR OF THE BIRD AMBASSADORS

#### ON SELECT DEPARTURES

Veteran Lindblad naturalists to enrich your experience; plus, fun on deck and on the bridge, too, as captain, officers and naturalists get you involved in spotting birds

### LINDBLAD-NATIONAL GEOGRAPHIC

Bird Lists containing all regional species will be provided to guests who wish to track and record their sightings

▶ LEARN MORE AND FIND COOL FACTS AND VIDEOS AT [WWW.EXPEDITIONS.COM/YEAROFTHEBIRD](http://WWW.EXPEDITIONS.COM/YEAROFTHEBIRD)



*Window-lined dining room offering beautiful views to enjoy while dining.*

# LIFE IS GREAT ABOARD YOUR EXPEDITION SHIP

Modern and elegant with a gracious, sunlit ambiance, *National Geographic Quest* will be your base for this unforgettable adventure. A stylish setting that is also relaxed and informal, *Quest's* interiors are designed to serve the expedition community—and foster the esprit de corps that is a hallmark of our expeditions. Roam freely to discover all her nooks and crannies, including the Bridge where you are welcome to watch the captain and his officers navigate, and help the naturalists scan for birdlife and whales. Enjoy spirited cocktail hours, our lively daily Recap sessions and informative presentations, in the dramatic window-lined main lounge. No assigned seating in the informal indoor dining room makes for easy mingling with fellow guests, expedition staffers and special guest speakers. And on deck there are plenty of spaces to congregate to delight in the warm tropical air and brilliant rainforest views.



*Cuisine on board is fresh, sustainable, and accented with regional flair.*



*“To complement these National Geographic Quest itineraries, my team and the ship’s chefs have been working with Lindblad’s sustainable seafood providers, and discovering others for fresh produce, craft beers and more local delights. We’ve developed menus with flavors that will open another window on the region’s “Pura Vida” for you. Prepare to experience Costa Rica with ALL your senses.”*

—Ana Esteves, Manager Hotel Operations, Lindblad Expeditions

## THE LINDBLAD EXPEDITIONS-NATIONAL GEOGRAPHIC FUND SUPPORTS MARVIVA

A regional non-profit organization with the mission to promote the conservation and responsible use of marine and coastal ecosystems, MarViva trains artisanal fishermen on responsible practices and their importance to the environment. Fishers learn about fishing gear, proper species identification, recommended sizes for different species, legal fishing grounds, and seasonal area closures.



**WITH LEX-NG FUND SUPPORT, MARVIVA HAS IMPLEMENTED A TRACEABILITY PROGRAM**, starting at catch-receiving centers in several communities in the Gulf of Nicoya region in Costa Rica, they track the fish product information all the way to partner points of sale.

**AND MARVIVA ALSO HELPS ARTISANAL FISHER GROUPS DEVELOP THE TECHNICAL CAPACITY TO SELL THEIR CATCH** to corporate buyers for a better price and under more favorable conditions. And they work with corporate buyers to spread awareness and encourage rewarding fishers who use responsible fishing techniques with economic incentives.



# AT YOUR SERVICE: AN A+ EXPEDITION TEAM

Stay in a resort, hotel or Airbnb, and you're either relying on your own spotting skills and knowledge, or hiring a guide to fully experience Costa Rica's legendary flora and fauna. Travel with us and you're accompanied by an expert team of naturalists who know every aspect of this region. You'll see, do and learn more. You can gravitate to those whose interests—birds, plants, photography and more—mirror yours. Or sample and benefit from a great variety of expertise and engaging personalities. Plus, you'll enjoy perfectly sized groups on activities and personal attention; you're never lost in a crowd.

▶ LEARN MORE AT [EXPEDITIONS.COM/EXPERTBIOS](https://www.nationalgeographic.com/expeditions.com/expertbios) FOR FULL BIOS ON OUR STAFF



*Hand-picked veteran expedition leaders and naturalists aboard the National Geographic Quest include: (clockwise from left) Jose Calvo, Max Vindas, Amanda Clare.*



## AN EXCLUSIVE EXPEDITION BENEFIT—PHOTOGRAPHY

Lindblad-National Geographic certified photo instructors are on every Costa Rica & Panama departure—to assist you with camera settings, composition basics and useful tips. Because each is also a naturalist, they'll teach you about the wildlife so you can learn to anticipate behaviors that make for great photos. Smart phone, point & shoot camera and DSLR users will find themselves developing their observation skills, and taking home their best photos ever.



**TRAVEL WITH  
NATIONAL GEOGRAPHIC  
PHOTOGRAPHER  
KIKE CALVO**

Award-winning photographer, journalist, and author Kike Calvo (pronounced key-keh) specializes in culture and environment.

**TWO DEPARTURES: DEC. 8 & 15, 2018**



### **NEW— ONBOARD GEAR LOCKER!**

*National Geographic Quest* will feature the debut of the B&H Photo Video gear locker. Field test new glass, camera bodies and more during your expedition. And to get you ready you'll have access to special gear recommendations, packing tips and photography webinar. And check out teaching videos from our



annual photography event with B&H at [www.optic2017.com](http://www.optic2017.com). Ask your expedition specialist for details.

# COSTA RICA & THE PANAMA CANAL

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

PRICES FROM: \$5,990 to \$9,890 (See page 27 for complete prices.)

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

## EXPEDITION HIGHLIGHTS

- ▶ Discover hidden pools and waterfalls deep within the rain forest of the Osa Peninsula.
- ▶ Explore the tiny islands of the Gulf of Panama and snorkel off Isla Coiba.
- ▶ Examine the fascinating lock system that made the Panama Canal one of the greatest engineering achievements of its era.
- ▶ **New!** Meet and support inspiring local families on the remote Osa Peninsula.
- ▶ Add a pre- or post-voyage land extension and explore Costa Rica and Panama in-depth. See pages 21–22.

## EXPERIENCE & EXPERTISE



Every expedition sails with a veteran expedition leader and a handpicked team of local naturalists including a Lindblad-National Geographic certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of our 10-person expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

*Visit our website to read staff bios for this expedition.*



*Keel-billed toucan.*

**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 *National Geographic Quest*. (D)

**DAY 2: CORCOVADO NATIONAL PARK**

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



*Golden-mantled howler monkeys.*

**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. Hike mature rain forest or 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 general 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 turtle. Discover rich marine life while snorkeling, go kayaking or hiking, try stand-up paddleboarding, 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 or kayak. Here we might spot frigatebirds, brown pelicans, neotropical cormorants, and brown boobies. Set sail for the Panama Canal this afternoon. Stretching more than 50 miles, the canal was a colossal engineering feat completed in 1914. It is still traversed by some 14,000 ships every year. As cargo ships tend to pass through the canal during the day, we'll most likely begin our

crossing at night, when the canal is dramatically lit. (B,L,D)

**DAY 7: GATÚN LAKE/PANAMA CANAL  
TRANSIT**

This day subject to change. This evening, continue through the complex lock system of the canal. Please see [expeditions.com/wild](http://expeditions.com/wild) for more information. (B,L,D)

**DAY 8: COLÓN/PANAMA CITY/U.S.**

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

**EXPEDITION DETAILS**

**DATES:** 2018 Dec. 8, 15\*, 22, 29\*

2019 Jan. 5, 12\*, 19, 26\*; Feb. 2; Mar. 29\*

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



*Panama Canal.*

# ADD A *BEFORE* OR *AFTER* TO YOUR

## MONTEVERDE CLOUD FOREST—EXPLORE ON LAND BEFORE BOARDING *NATIONAL GEOGRAPHIC QUEST*

### PRE-VOYAGE EXTENSION | 11 DAYS/10 NIGHTS—LAND EXCURSION + *NATIONAL GEOGRAPHIC QUEST*

PRICES FROM: \$7,790 to \$11,920 (See page 27 for complete prices.)

**A**climate to the sounds and sensations of Costa Rica. Experience the mist drifting past silhouettes of majestic trees, the cool quiet and the haunting music of a bird called “solitaire.” The cloud forest is a secretive place, revealing its magic to the trained eye of our naturalists, who will help you observe all facets of this marvelous habitat. On our Costa Rica expeditions, you will have a ground-level experience by walking the forest trail and then head up into the canopy to take a Skywalk—a series of suspension bridges—for a bird’s-eye view. Combine Monteverde with your *National Geographic Quest* sailing for an in-depth perspective.

### EXPEDITION HIGHLIGHTS

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

**DAY 1:** MIAMI/SAN JOSE, COSTA RICA  
Depart Miami mid-morning on a non-stop flight to San José, Costa Rica. Upon arrival, a short drive brings us to the Costa Rica Marriott Hotel. (D)

### **DAYS 2 AND 3:** MONTEVERDE CLOUD FOREST

A scenic drive takes us to Monteverde Cloud Forest, an acclaimed private reserve. Bathed in cool, year-round moisture, the forest is covered with mosses and 300 species of orchids. Walk trails rich with butterflies and bird life. Ascend the Skywalk, a series of suspension bridges, for a bird’s-eye view of the rain forest canopy. Learn about life in the early Monteverde community from an original Quaker homesteader. Spend each night at a charming, family-owned lodge. (B,L,D)

### **DAY 4:** MONTEVERDE/ PUERTO CALDERA/EMBARK

Visit a butterfly farm before transferring to Puerto Caldera to embark our ship. (B,L,D)

**DAYS 4-11:** FOLLOW *COSTA RICA & THE PANAMA CANAL* ITINERARY ON PAGE 20.

### EXPEDITION DETAILS

**DATES:** 2018 Dec. 5, 19  
2019 Jan. 2, 16, 30



# OUR VOYAGE ADVENTURE

## MONTEVERDE, ARENAL VOLCANO & TORTUGUERO—ON LAND

### POST-VOYAGE EXTENSION | 15 DAYS/14 NIGHTS—ABOARD *NATIONAL GEOGRAPHIC QUEST* + LAND EXCURSION

PRICES FROM: \$10,410 to \$14,810 (See page 27 for complete prices.)

Cloud forests, volcanoes and the sea: the ultimate allure of Costa Rica and Panama. Your voyage aboard *National Geographic Quest* presents an amazing variety of experiences—from our incredible 48-hour transit of the Panama Canal, to the idyllic lushness of Panama and the Costa Rican coast. Now, add terra firma time in the Monteverde Cloud Forest and at Arenal Volcano to create a satisfying 360° understanding of this geography. This land-based counterpart to your sea-based adventure provides rain forest hikes amid monkeys, sloths and tropical birds. Naturalists accompany every activity and use their knowledge of these diverse habitats to ensure you an extraordinary experience. Plus, our team helps you transition seamlessly.

### EXPEDITION HIGHLIGHTS

- ▶ Cloud forests, volcanoes and the sea create the ultimate expedition combination.
- ▶ Search for monkeys, iguanas, endangered scarlet macaws and American crocodiles.
- ▶ Visit the Sea Turtle Conservatory.
- ▶ Partake in a workshop on preparing chocolate at Sibü Chocolatier.



Arenal Hanging Bridge; Young green sea turtle, Tortuguero National Park; Sibü chocolates.

### DAYS 1–7 COSTA RICA & THE PANAMA CANAL ITINERARY IN REVERSE ON PAGE 20.

*Note: days 8-15 can be taken as a stand-alone expedition. See page 24.*

### DAY 8: PUERTO CALDERA/ MONTEVERDE

Disembark and transfer to bird watch and search for American crocodiles. Later, visit the Bat Jungle exhibit or hear from an early Quaker settler. (B,L,D)

### DAYS 9 AND 10: MONTEVERDE/ARENAL

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. (B,L,D)

### DAYS 11 AND 12: ARENAL/TORTUGUERO

Walk the Arenal Hanging Bridges, strung through two miles of dense rain forest canopy. Then, a charter flight will bring us 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. (B,L,D)

### DAYS 13 AND 14: TORTUGUERO/ SAN JOSÉ

Enjoy a visit to the Sea Turtle Conservancy to learn the area's history and go for a stroll through the carless village. Then, partake in a workshop on preparing chocolate at Sibü Chocolatier. The day ends with a farewell dinner. (B,L,D)

### DAY 15: SAN JOSÉ/U.S.

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

### EXPEDITION DETAILS

**DATES:** 2018 Dec. 15, 29

2019 Jan. 12, 26; Feb. 9; Mar. 29

# EXPLORING COSTA RICA: CLOUD FOREST TO THE CARIBBEAN

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

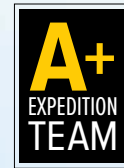
PRICES FROM: \$4,720 per person double occupancy and \$5,220 sole occupancy

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

## EXPEDITION HIGHLIGHTS

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

## EXPERIENCE & EXPERTISE



Every expedition sails with a veteran expedition leader and a handpicked team of local naturalists including a Lindblad-National Geographic certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of our 10-person expedition team include a wellness specialist, and a video chronicler.

Visit our website to read staff bios for this expedition.

*Arenal Volcano.*

**DAY 1: U.S./SAN JOSÉ**

Fly to the airport in San José, Costa Rica and 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 before venturing to the nearby Bat Jungle exhibit. We'll check into a family-owned retreat with expansive grounds and picturesque views of the cloud forest. (B,L,D)

**DAY 3: MONTEVERDE**

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

**DAY 4: MONTEVERDE/ARENAL**

After breakfast, drive to Lake Arenal and cross in small boats for a fresh perspective on the volcano. On the lake's far side, check into an elegant hotel surrounded by gardens and pastures with grazing animals and views of the smoldering Arenal Volcano. (B,L,D)

**DAY 5: ARENAL VOLCANO**

Walk the Arenal Hanging Bridges strung more

than two miles through the rain forest canopy. Later, relax in the naturally heated thermal pools at your hotel. (B,L,D)

**DAY 6: ARENAL/TORTUGUERO**

A charter flight will bring us 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. (B,L,D)

**DAYS 7 AND 8: TORTUGUERO/SAN JOSÉ**

Today, continue to explore the Tortuguero National Park canals by boat or kayak to spot monkeys, caiman 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 carless village. Then, partake in a workshop on preparing chocolate at Sibú Chocolatier. Both days end with a delicious dinner prepared at the lodge, including a farewell dinner. (B,L,D)

**DAY 9: SAN JOSÉ/U.S.**

After breakfast, transfer to the San José airport for flights home. (B)

**EXPEDITION DETAILS**

**DATES:** 2018 Dec. 21

2019 Jan. 4, 18; Feb. 1; Apr. 4



*Kayaking in the canals of Tortuguero National Park.*



*The rare resplendent quetzal.*



*Visitor at Arenal Hanging Bridges where rain forest canopy is accessed via walkways.*

NEW SHIPS



# NATIONAL GEOGRAPHIC QUEST & NATIONAL GEOGRAPHIC VENTURE

**CAPACITY:** 100 Guests in 50 cabins.  
**REGISTRY:** United States. **OVERALL LENGTH:** 238 feet.

Sister ships *National Geographic Quest* and *National Geographic Venture* (launching 2018) will be the latest additions to our fleet. Designed with more than 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, paddleboards, snorkeling gear for all guests (where applicable).

**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.



*Insets clockwise from top: The lounge, with 270° views, is the hub of the expedition community; a spacious and open sun deck will provide unparalleled views.*



Left to right: Category 5 cabin is our most spacious; 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.

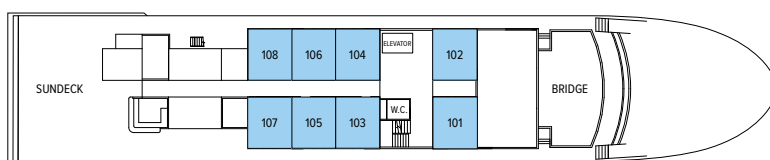
**CATEGORY 3:** Upper Deck #201-206 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two large view windows.

**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.

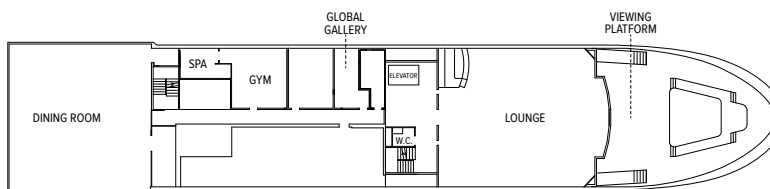
**CATEGORY 5 (SUITE):** Observation Deck #101-108 Cabins feature two lower single beds that can convert to a Queen, large view windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

**NOTE:** Sole 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



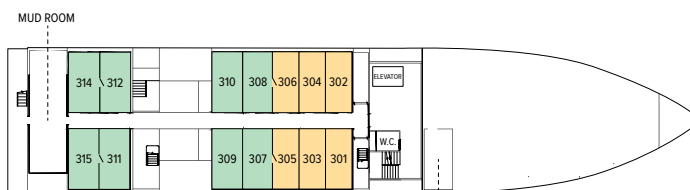
OBSERVATION DECK



LOUNGE DECK



UPPER DECK



MAIN DECK

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   |
|--|---------|----------|----------|----------|----------|--------------|-------------|-------------|-----------------|--|
| Costa Rica & the Panama Canal – Page 20                          | 2018/19 | \$5,990  | \$6,590  | \$6,990  | \$7,790  | \$8,690      | \$8,990     | \$9,890     | \$750           | Sample Airfares: Miami/Panama City, San José/Miami or vice versa: Economy from \$500; Business from \$1,200. |
| Panama to Costa Rica + Monteverde, Arenal & Tortuguero – Page 22 | 2018/19 | \$10,410 | \$11,010 | \$11,410 | \$12,210 | \$13,110     | \$13,910    | \$14,810    | \$1,500         | Sample Airfares: Miami/Panama City, San José/Miami: Economy from \$500; Business from \$1,200.               |
| Monteverde + Costa Rica to Panama – Page 23                      | 2018/19 | \$7,790  | \$8,390  | \$8,790  | \$9,590  | \$10,490     | \$11,020    | \$11,920    | \$750           | Sample Airfares: Miami/San José, Panama City/Miami Economy from \$500; Business from \$1,200.                |

# TAKE ADVANTAGE OF OUR SPECIAL OFFERS

## COMPLIMENTARY AIRFARE OR FREE 2-DAY PANAMA EXTENSION ON SELECT COSTA RICA & PANAMA DEPARTURES:

Book by July 31, 2018 and receive FREE ROUND-TRIP AIRFARE from Miami OR a FREE Panama City Extension.

*On voyages with complimentary air offers, airfare is based on economy group flights that must be ticketed by Lindblad Expeditions. In the case that Lindblad's group or charter flights are no longer available at time of booking, we reserve the right to issue a credit. All offers are valid for new bookings only, subject to availability at the time of booking, and may not be combined with other offers and pre- and post-extensions. Call for details.*

**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.

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

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

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

## INCLUSIVE PRICING

We include just about everything you have the opportunity to do as part of your expedition aboard ship and ashore. The only things not included are those of a personal nature—alcohol, internet usage, tips to the crew, wellness treatments and other specialized arrangements.

### ABOARD SHIP

- ✓ All meals & 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 & company of our expedition staff

### ASHORE

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

### ACTIVITIES

- ✓ All excursions
- ✓ Zodiac & kayak explorations
- ✓ Snorkeling & paddleboarding (where indicated)
- ✓ Lectures & presentations in the lounge



## BE PART OF OUR EXPEDITION COMMUNITY

Join in! Here's how:

- ✓ Check our daily blog for interesting posts, video clips and Photos of The Week: [expeditions.com/blog](http://expeditions.com/blog)
- ✓ Like us on Facebook: hear what our travelers have to say, get inspired and chime in: [facebook.com/LindbladExpeditions](https://facebook.com/LindbladExpeditions)
- ✓ Preview an expedition before you go or subscribe to our videos on [youtube.com/lindbladexpeditions](https://youtube.com/lindbladexpeditions)
- ✓ Follow us @LindbladExp and our founder, Sven Lindblad @SvenLEX, on Twitter; and on Instagram @SOLindblad for his interesting view of the world.
- ✓ Check out Expedition Snapshots from guests - and upload your own on the [expeditions.com](http://expeditions.com) homepage.



*Paddleboarding off beautiful beaches, is only one way to explore during your expedition.*

## RESERVATION INFORMATION

**Costs Include:** All accommodations aboard ships or in hotels per itinerary or similar, all meals and non-alcoholic beverages aboard ship, meals on land as indicated, air transportation where indicated as included, shore excursions, sightseeing and entrance fees, special access permits, transfers to and from group flights, use of snorkeling equipment and wetsuits (where applicable), use of kayaks and/or stand-up paddleboards (where available), tips (except to ship's crew), taxes and service charges, services of a ship physician on most voyages, and services of our expedition staff.

**Not Included:** Air transportation, extensions, passport, visa, immigration fees, meals not indicated, travel protection plan, items of a personal nature, such as alcoholic beverages, internet access, voyage DVD (where available) and laundry.

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

### TERMS & CONDITIONS

**Reservations:** To reserve your place, an advance payment is required at the time of reservation. The per person advance payment amount varies by program, and is outlined in our brochures, as well as on our website. Holiday departure dates and certain longer voyages may carry additional advance deposit requirements due to high demand for these voyages. Payment is accepted by Visa, MasterCard, American Express, Discover, or by check.

Receipt of your initial payment indicates your acceptance of our complete Terms and Conditions. We require written notice at the time of reservation for any physical condition, diet, or treatment requiring special attention.

Once your reservation is confirmed, we urge you to use your personalized online account for important information to help you prepare for your voyage. Managing your documents online will facilitate fast and accurate communication, and allow you to provide us with pertinent details we require, in order to complete your reservation. Your online account gives you access to your Expedition Guide, which includes valuable information specific to your voyage. You can also use your online account to make easy payments, view recommended flights and reading material, packing list, and so much more.

**Final Payment:** Due 90 days prior to departure.

**Travel Protection Plan:** We 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, damaged or lost luggage, 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.

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

**Entry and Visa Requirements:** All guests are advised to verify travel documents (passport/transit visa/entry visa) for the country through which they are transiting and/or entering. Reliable and most current information regarding international travel can be found by contacting the consulate/embassy of the country(s) you are visiting or transiting through. We will not be responsible if you are denied entry or transit into a country if you are unable to provide valid documents as per the country's requirement.

**Responsibility and Other Terms & Conditions:** Certain other 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](http://www.expeditions.com/terms), or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

**Note:** Itineraries and prices listed in this brochure are valid as of publication date, and are subject to change. Under normal conditions, the total expedition cost is guaranteed at the time of booking. However, the published price is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event we determine that current costs create an unsustainable financial model, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to pass on these costs to you, to cover such unexpected increases. We will always provide a transparent accounting of the reason for such an increase in costs.

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

\*\$350 will be refunded in the form of a Lindblad Expeditions Travel Certificate.

This cancellation policy applies to expeditions, extensions, as well as all other additional services. The effective date of a cancellation will be the date on which your cancellation notice is received. Any revisions you make within the cancellation penalty period, such as departure date or choice of voyage, are subject to cancellation fees.

Note: Airline cancellation policies vary by carrier, as well as the type of fare used to issue your ticket.

Cancellation policy for certain longer voyages and Holiday departures may vary due to high demand for these voyages. Our group cancellation and Denali cancellation policies are listed in the Terms and Conditions section of our website, or you may call us for details. We stress the importance of purchasing a travel protection plan to protect yourself from fees in the event you need to cancel your reservation.

**United States Tour Operators Association \$1 Million Travelers Assistance Program**



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

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## TRAVEL PLANNING WITH A DIFFERENCE

Half of travel planning is learning what you don't know and generating questions. The other half is getting answers.

When you call **1.800.EXPEDITION**, you can ask for any one of our Expedition Specialists who have been on our expeditions. They are full members of the Lindblad Expeditions team—students of the natural world and born explorers, not trained call center telemarketers.

**SO WHY NOT TAKE ADVANTAGE OF THEIR EXPERTISE?** Don't hesitate to call with your questions—they're equipped to provide answers based on their knowledge and personal experience.

Ask them about how we explore, our ships, our itineraries, and more. We think you'll find the conversation rewarding.

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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 - 8pm ET,  
Saturday & Sunday 10am - 5pm ET  
Lindblad Expeditions, Inc.

**96 Morton Street, New York, NY 10014**  
**Phone: 212.261.9000**

**Email: [explore@expeditions.com](mailto:explore@expeditions.com)**  
**For additional information and online reservations, visit us on the Web:**  
**[www.expeditions.com](http://www.expeditions.com)**



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WLD-058

# FREE AIRFARE OR A FREE PANAMA STAY

**FREE AIRFARE** between Miami and Costa Rica/Panama City  
**OR** Complimentary night at the Panama Marriott Hotel.  
Extend your stay with a tour of Panama City. Available on  
select 2018-2019 departures.

▶ VISIT [EXPEDITIONS.COM/PANAMAOFFER](http://EXPEDITIONS.COM/PANAMAOFFER) FOR DETAILS

*Panama Canal, dramatically lit at night.*

