

# COSTA RICA & THE PANAMA CANAL

AN EXTRAORDINARY  
PANAMA CANAL  
TRANSIT

PLUS  
DISCOVER THE  
REGION BISECTED  
BY THE CANAL

NEW! ESCAPE TO  
GUANACASTE

AND  
BE OUR GUEST  
+ FREE AIR &  
SOLO SAVINGS



# EXPERIENCE THE PANAMA CANAL AND THE REGION IT BISECTS

OUR CANAL TRANSIT IS UNIQUELY IN-DEPTH AND OFFERS YOU MORE WAYS TO experience the wonder of the Canal than ever before:

- *National Geographic Quest* is the only ship allowed to overnight in the Canal Zone— to see the Canal by day, and dramatically lit at night;
- Visit the Smithsonian Research Station on Barro Colorado Island in the Canal Zone, to learn about their research here since 1932;
- Or, venture to the mouth of the Chagres River and hike the Panama Rainforest Discovery Center trail into the rainforest canopy to learn about their raptor and migratory bird monitoring research;
- Lastly, you can Be Our Guest (see offer details on the following page) to experience the Canal from multiple perspectives and enjoy a thriving tropical city.



A small ship with an open top deck and panoramic windows, *National Geographic Quest* is the perfect platform for seeing the mechanical workings of the locks up close. Be sure to be on deck, or on the Bridge, as we approach the Canal entrance, to see the distant silhouette of the very modern capital city of Panama emerge; to see skyscrapers against sky instead of tall rainforest trees. We'll hold our position at the entrance as we wait for our canal pilot to board—observing from up close the gargantuan Panamax and Neopanamax vessels holding position for their transit. And of course, we'll see the landmarks: Amador Causeway, the Bridge of the Americas. The Centennial Bridge frames the entrance of Gaillard Cut, as we cruise through to enter the Miraflores Locks.

See the following page for more Canal experiences.

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

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



Cover: White-faced Capuchin monkey, Curu Wildlife Reserve, Costa Rica. © David Vargas.

This page: Crossing the Panama Canal. © David Vargas.



# EXCLUSIVE OFFER: BE OUR GUEST IN PANAMA CITY

**ACCEPT OUR INVITATION, AND ENJOY A PRE/POST-EXPEDITION** night at the Marriott Panama, located in the heart of this sleekly modern tropical city, and spend two days enjoying a trio of unique and rewarding opportunities—with our compliments:

- Visit the Panama Canal's Miraflores locks, with a special, private after-hours tour of the Panama Canal Museum and dinner in the private dining room of the new, onsite restaurant, Atlantic & Pacific Co. With floor to ceiling windows and an unparalleled view of the canal, it's a privileged perspective on the heart of 21st century shipping;
- Venture to the Agua Clara Visitor Center at the Panama Canal's new, larger Pacific locks. See the exhibit there, and marvel at the scale of ships these locks can accommodate;
- Visit the exuberantly designed BioMuseum by legendary architect, Frank Gehry, the 'Bilbao of Latin America,' with exhibits previewing the biodiversity you'll experience exploring the Canal Zone and the isthmus of Panama on your expedition aboard *National Geographic Quest*.

Or, fly free from Miami to Panama City/San Jose—or vice versa—your choice. See page 29 or call for details.

“Dining overlooking the locks: “The view was absolutely amazing. It was so cool to see how they operate the locks, and how massive the ships coming through were! The food was good, my husband loved the burger!” “Absolute best view of canal, PERIOD.” Visiting the BioMuseum “ The architecture of the building alone is worth the trip ...The museum describes how Panama, an isthmus, was formed, its history in terms of plants, animals, and peoples, and why there is so much diversity.”  
— tripadvisor.com, reviews





BE OUR GUEST







AMAZINGLY DIVERSE FLORA AND FAUNA—  
AND A WILD OPPORTUNITY







**WITHIN THE LUSH AND VIBRANT GREEN OF THIS REGION LIE MANY** discoveries—from the flash of scarlet macaw wings amid treetops, to the scintillating iridescence on the hummingbirds, gracefully sipping nectar as they hover. And many memorable experiences—from the atavistic thrill of hearing the howler monkeys calling to each other, to the peace of sinking into a pool at the base of a waterfall. Greatest of all, is the Panama Canal transit—marveling at the feat of engineering and the wildness enveloping it.

Voyage with us on *Costa Rica & the Panama Canal* and *Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks* to explore the heart of this multifaceted region. Experience it through Guanacaste's terrain, from towering active volcanoes to intricate mangrove and coral systems that you'll see by snorkeling, horseback riding, or on an adventurous and active canyoning hike. In the Panama Canal, see how steel and concrete transformed a region still cloaked in rainforest. Along Costa Rica's Osa Peninsula cruise up rivers aboard expedition landing craft to hike shorelines in search of the abundant monkeys, frogs, sloths, and brightly colored birds.

Make the most of your stay. Add a steep in the cool highland cloud forest of Monteverde. Or go on an urban adventure over two extra days in Panama City in the center of this thriving metropolis whose 17th-century *Casco Viejo* and distinctive city skyline create a unique urban jungle.



#### **A RARE, MOVING OPPORTUNITY**

Enjoy an extraordinary experience with the iconic sea turtles of the Pacific at the **Latin American Sea Turtles (LAST) Association** on select expeditions. Assist with data collection and hear engaging presentations from the LAST staff, including the head biologist who has dedicated her life to protecting these animals. And by special invitation, help release healthy, rehabilitated turtles into the wild Pacific—a truly poignant moment. Available on select departures.

- ▶ Find more details and dates plus a new video at [expeditions.com/SEATURTLES](https://expeditions.com/SEATURTLES)

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

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

▶ See our NEW ship, *National Geographic Quest* [expeditions.com/QUEST](https://expeditions.com/QUEST)

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

— SVEN-OLOF LINDBLAD  
CEO & Founder

▶ Learn more about the *National Geographic Sea Lion* [expeditions.com/SEALION](https://expeditions.com/SEALION)



## OUR SHIPS



# EXPLORE CENTRAL AMERICA WITH THE FREEDOM TO ENJOY IT YOUR WAY

## **EACH DAY, WE PROVIDE A FRESH DESTINATION, PLUS ALL**

kinds of choices of what to do. Hike, paddleboard, kayak.

Snorkel, zipline, hang out with your photo instructor. But

should you decide to sleep in, have a slow breakfast, and get

a massage, nobody will look at you funny. You're on vacation.

*Your* vacation. Our schedules are flexible and our itineraries

more a function of what's to see than where we need to be.

So, if you want to work up a sweat on your walk, snorkel every

time it's offered, or sit and breathe it all in—do it. It's your

adventure. Our generous staff-to-guest ratio means you can

always find a naturalist whose interests and approach you

share, whether you're an avid bird watcher or are on a quest to

spot a spider monkey. Just follow your interests and we'll help

you get where you want to be.

## **There is no U in “group.”**

Okay, maybe there is—but

only if you want there to

be. Our idea of group travel

means never being herded

like cattle. Each day, you

choose what activities

interest you, which members

of the expedition team you

want to join, and what other

guests you want to hang out

with. You may all be on the

same ship but you aren't in

the same boat.







# THE FULL PERSPECTIVE: SEEING WHAT LIES BENEATH

## BECAUSE WHAT'S ACTUALLY UNDER THE WATER IS VITAL

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



## Tools for Exploration Travel

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







A young girl with dark hair, wearing a black polka-dot cardigan and a white lace skirt, stands in a vibrant fruit market. She is surrounded by large plastic bags filled with various fruits, including red tomatoes, green and yellow citrus fruits, and green melons. The background is filled with more produce, creating a rich, colorful scene.

MEET THE WORLD'S  
FRIENDLIEST PEOPLE





**IN 2017, NATIONAL GEOGRAPHIC RECOGNIZED** Costa Rica as one of the happiest countries in the world. Discover the warmth of the region's people, who affectionately call themselves *Ticos*, and revel in their spirit of *pura vida* through authentic and meaningful connections. 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. While on our longer itinerary, you'll explore the lush Osa Peninsula and speak with those behind the conservation efforts keeping the region green and wild. See a rousing folkloric dance performance in Playa Blanca, join local guides for jungle hikes to spot brightly plumed birds, chattering monkeys, and more, and be immersed in the Costa Rican good life.



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





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



**EXCLUSIVE ONBOARD GEAR LOCKER**

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

**NATIONAL GEOGRAPHIC EXPERTS**

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

**TAYLOR EDWARDS**

**Costa Rica & the Panama Canal**

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

**LUISA ARNEDEO**

**Costa Rica & the Panama Canal**

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

**BIRGIT BUHLEIER**

**Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks**

A filmmaker, producer, and scientist, Birgit played an integral role in the evolution of National Geographic's Crittercam, a video camera system that has provided fascinating insights into the daily lives of hundreds of species. Join her on **Dec. 10 & 15, 2019.**



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







**COSTA RICA HAS ZOOMED TO THE TOP OF EVERY ‘MOST popular destinations’ list.** Transiting the Panama Canal tops most travelers’ bucket lists. And for savvy eco travelers, Panama has long been a top must-see. So, this carefully-crafted itinerary combines all three—delivering an exceptional ship-based Costa Rica experience, an extraordinary Panama Canal transit (enhanced greatly by our Be Our Guest invitation), and the bonus of discovering Panama’s tropical splendors (with special access and exclusive opportunities). And because Costa Rica is so diverse, we also offer the option to explore more—two pre- or post-voyage extensions, and a separate nine-day land excursion, bring you deeper into the habitats and natural wonders that make this region so compelling.

“We wanted a relaxed but structured interpretive experience blending the natural and social character of Central America with the intimate experience of one of the world’s greatest engineering marvels...The Costa Rica / Canal cruise was everything we hoped for. We could never do justice to the Lindblad/National Geographic staff...from the ship crew to the hotel staff...and the gracious friendly excursion guides who were so masterful in their knowledge and charming in their ways of explanations and painstaking thoughtfulness. The food!!! Every meal a delight.”

— A FABULOUS PANAMA CANAL TRANSIT WITH LINDBLAD

Cruise Critic review by dake

### EXPEDITION HIGHLIGHTS

Strike into the lush green heart of the Osa Peninsula to discover hidden waterfalls feeding cool pools \* Kayak, paddleboard, swim, or snorkel within stunning Coiba National Park \* Meet two American expats and tour the vast, private orchid garden they’ve tended for 25 years \* Marvel at the Panama Canal from up close \* Discover the region’s kaleidoscopic flora and fauna \* Assist researchers at the Latin American Sea Turtles Association and help them release rehabilitated turtles into the wild on select expeditions • Free Panama extension, and special offers—see page 2.

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



# ITINERARY: COSTA RICA & THE PANAMA CANAL

8 DAYS/7 NIGHTS—ABOARD NATIONAL GEOGRAPHIC QUEST

FROM: \$6,170

(SEE PAGES 26-27 FOR DETAILS)

## EXPEDITION DETAILS

2019 Dates:

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

2020 Dates:

Jan. 5, 12\*, 19, 26\*; Feb. 2; Mar. 8\*, 15, 23\*; Dec. 6, 13\*, 20†, 27\*\*

2021 Dates: Jan. 3, 10\*, 17, 24\*, 31; Mar. 12

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

†See page 27 for holiday pricing.

Limited availability.

### SPECIAL OFFERS:

- Book by Dec. 31, 2019 and receive FREE ROUND-TRIP AIRFARE between Miami and San José/Panama City on select departures OR instead, choose a complimentary two-day extension in Panama City. See page 29 for details.
- Book by Dec. 31, 2019 and we will waive the solo traveler premium on solo cabins on select departures. See page 29 or call for offer details.

## ITINERARY AT A GLANCE

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

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



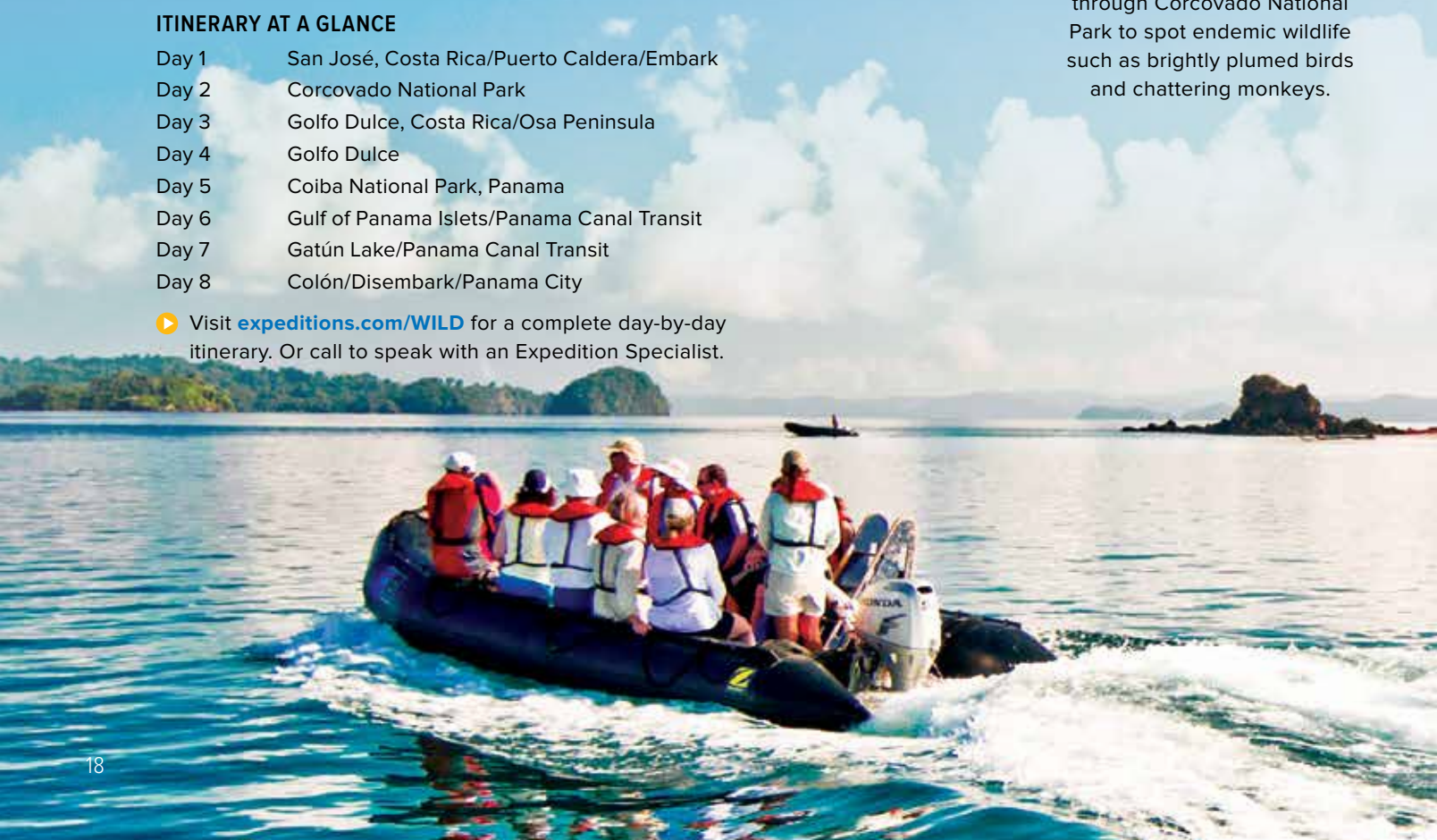
COSTA RICA

Puerto Caldera

Pacific Ocean

### A WALK IN THE FOREST

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





**ONE WITH NATURE**

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

**A MAN-MADE MIRACLE**

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

**AN ECO-VICTORY**

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

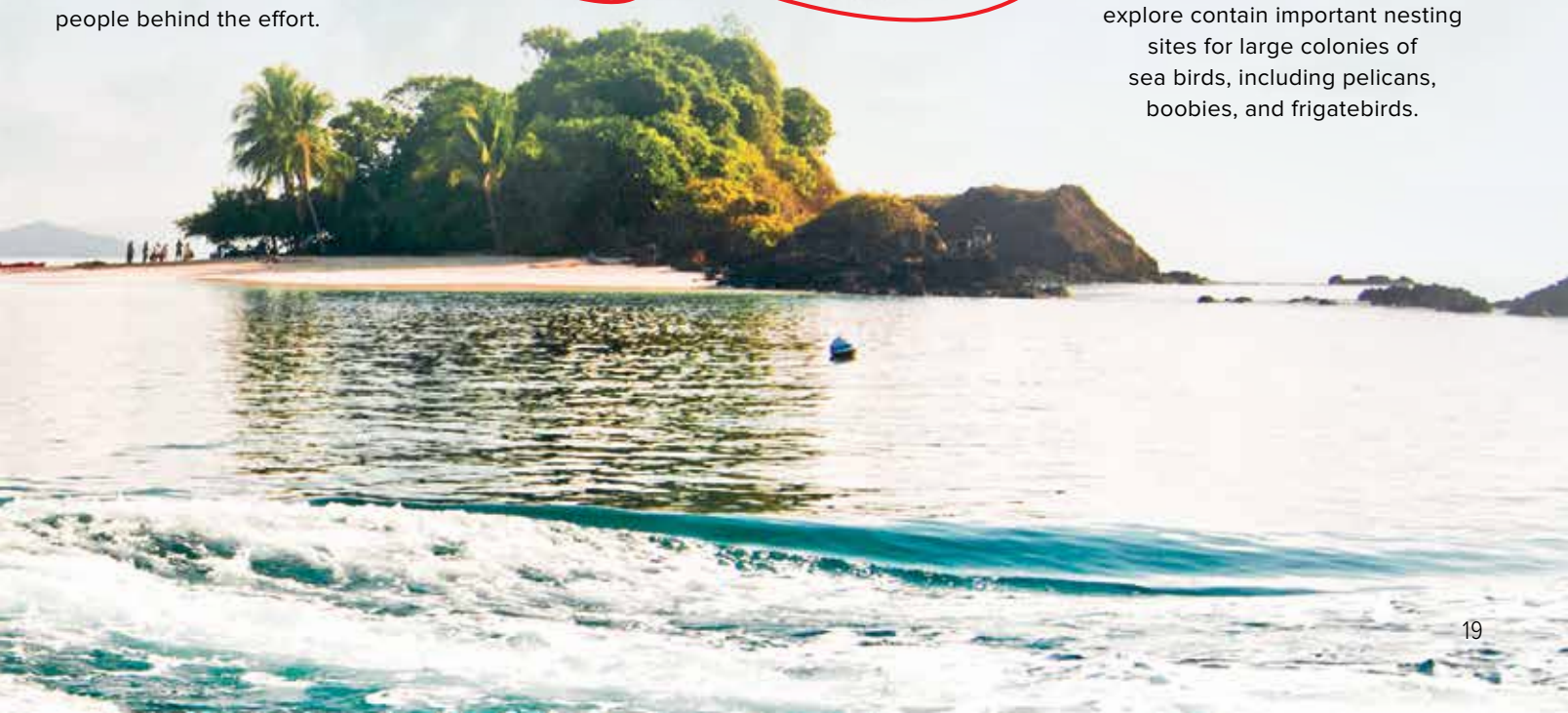
**MONTEVERDE & ARENAL //  
ADVENTUROUS EXTENSIONS //  
LINGER LONGER**

Experience more of Costa Rica's diversity when you choose to add on an exploration of inland Costa Rica—the Monteverde cloud forest; Lake Arenal and the volcano; or Tortuguero National Park, a lowland region on the Caribbean coast. See pages 24-25.



**STELLAR BIRDING**

Get your binoculars ready—the Gulf of Panama isles we explore contain important nesting sites for large colonies of sea birds, including pelicans, boobies, and frigatebirds.





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

NATURAL WONDERS UP CLOSE  
IN THE TROPICAL DRY FOREST





**COSTA RICA IS KNOWN FOR ITS 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 canyoning for the first time, horseback riding through open country near a volcano, kayaking and paddleboarding, or simply soaking up the sun on some of the Pacific's most attractive stretches of sand. Take a hike to spot kinkajous, howler monkeys, and sloths—and maybe even the tracks of a puma or jaguar. Strap on a snorkel to spot rays, turtles, and a colorful array of tropical fish. No matter your choice, you'll take home indelible memories of a rare opportunity to go deep into the tropical dry forest.

### EXPEDITION HIGHLIGHTS

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

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



## WATERWORLD

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

## SERENE SANDS

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

## MAGICAL MANGROVES

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

Bat Islands

Santa Rosa National Park

National Park  
Rincón de la Vieja

Rincón de la  
Vieja Volcano

Zapotal  
Beach

Tamarindo

## HOT SPRINGS AND HISTORY

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

## A PRISTINE PARK

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

Curu Wildlife Reserve

Isla  
Tortuga

## FLORA AND FAUNA FIESTA

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



**ANIMALS GALORE**

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

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



**6 DAYS/5 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION  
& NATIONAL GEOGRAPHIC QUEST**

**FROM: \$3,740**

(SEE PAGES 26-28 FOR DETAILS)

**EXPEDITION DETAILS**

2019 Dates:

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

2020 Dates:

Jan. 2; Mar. 30; Nov. 9, 14, 19, 24, 29

**COSTA RICA**

Puerto Caldera

San José

**SPECIAL OFFERS:**

- Book by Dec. 31, 2019 and we will waive the solo traveler premium on solo cabins on select departures. See page 29 or call for details.
- Book a group of 6 or more to save 10%. See page 29 or call for offer details.

**ITINERARY AT A GLANCE**

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

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

**ISLANDS IN THE SUN**

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

# THERE'S MORE TO EXPLORE

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

### 11 DAYS/10 NIGHTS—LAND EXCURSION + NATIONAL GEOGRAPHIC QUEST

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 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:** 2019 Nov. 21; Dec. 5, 19  
2020 Jan. 2, 16, 30



Guests explore on the  
Skywalk in Monteverde.

### SPECIAL OFFERS:

*National Geographic Quest*

Cat. 1 from \$8,060; Cat. 5 from \$10,840  
Rates are per person, double occu-  
pancy; solo rates available. For all cat-  
egories, current rates, and details, visit  
[expeditions.com/monteverde-rates](https://expeditions.com/monteverde-rates),  
call an Expedition Specialist, or your  
Travel Advisor.

See complete itinerary at  
[expeditions.com/monteverde](https://expeditions.com/monteverde)

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

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

Expand your 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 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:** 2019 Dec. 1, 15, 29 2020 Jan.  
12, 26; Mar. 23



Resplendent quetzal.

### PRICING:

*National Geographic Quest*

Cat. 1 from \$10,810; Cat. 5 from \$13,590  
Rates are per person, double occu-  
pancy; solo rates available. For all  
categories, current rates, and details,  
visit [expeditions.com/arenal-rates](https://expeditions.com/arenal-rates), call  
an Expedition Specialist, or your Travel  
Advisor. For best pricing book early.

See complete itinerary at  
[expeditions.com/arenal](https://expeditions.com/arenal)



# —GO FURTHER

## EXPLORING COSTA RICA: CLOUD FOREST TO THE CARIBBEAN

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

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)



*Arenal Volcano.*

#### **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 overnighing 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



#### **PRICING:**

Pricing from \$4,960  
Rates are per person, double occupancy; solo rates available. For current rates and details, visit [expeditions.com/tortuguero-rates](http://expeditions.com/tortuguero-rates), call an Expedition Specialist, or your Travel Advisor. For best pricing book early.

#### **EXTEND YOUR ADVENTURE**

Take advantage of your proximity—add this land-only excursion to *Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks* (pre-extension on Dec. 15, 2019 voyage only) or *Costa Rica & the Panama Canal*. Call for details.

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 Sibú Chocolatier followed by chocolate tasting. After lunch, we check into our hotel, the Costa Rica Marriott Hacienda Belén. (B,L,D)

#### **DAY 9:** SAN JOSÉ/U.S.

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

#### **EXPEDITION DETAILS**

**DATES:** 2019 Dec. 7, 21 2020 Jan. 4, 18; Feb. 29; Mar. 6, 20, 29





## NATIONAL GEOGRAPHIC QUEST

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

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

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

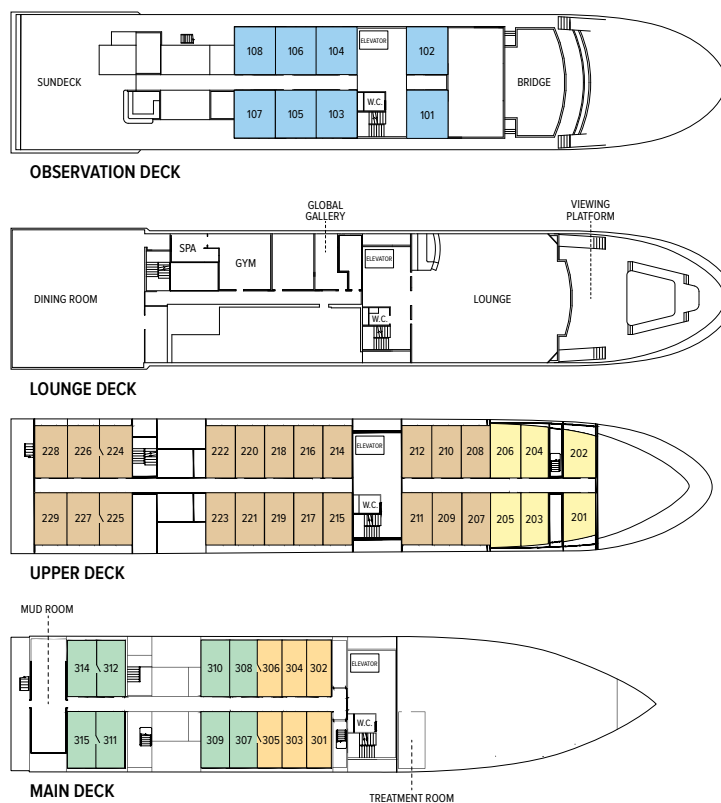
**MEALS:** Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast and lunch are wide-selection buffets with chef-action stations, while dinners are primarily served plated. Menu emphasizes local fare.

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

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

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

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







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

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

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

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

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

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

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

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

**AN ENHANCED BRIDGE** The bridge design has been enhanced with a forward standing area with clear sightlines and settees surrounding the state-of-the-art navigation equipment.

**FRONT ROW SEATS ON WILDNESS** Tiered observation platforms on the bow mean multiple rows of guests can enjoy unobstructed views. Plus, an expansive observation deck one level up offers a more commanding perspective.

**A CLEARER VIEW** Premium straight-tinted glass offers the clearest, most natural view possible through the dining room and lounge's floor-to-ceiling wraparound windows, and the cabins, too.

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 16	2019/2020	\$6,170	\$6,790	\$7,200	\$8,020	\$8,950	\$9,260	\$10,190	\$750	Sample Airfares: Miami/Panama City, San José/Miami (or vice versa): Economy from \$500; Business from \$1,200.
	2020/2021	\$6,490	\$6,990	\$7,550	\$8,490	\$9,370	\$9,690	\$10,590		
Costa Rica & the Panama Canal Holiday Departures: Dec. 22 & 29 – Page 16	2019	\$6,390	\$6,990	\$7,520	\$8,380	\$9,420	\$9,590	\$10,490	\$750	Sample Airfares: Miami/Panama City, San José/Miami (or vice versa): Economy from \$500; Business from \$1,200.
	2020	\$6,990	\$7,790	\$8,300	\$9,250	\$10,300	\$10,600	\$11,700		
Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks – Page 20	2020	\$3,990	\$4,280	\$4,560	\$4,820	\$5,570	\$5,880	\$6,890	\$750	Sample Airfare: Miami/San Jose/Miami: Economy from \$375; Business from \$1,000

Prices quoted in this brochure are valid as of the time of printing, are subject to modification, and are not guaranteed until booking and required deposit are made. For current rates and details visit [expeditions.com](http://expeditions.com), call an Expedition Specialist, or your Travel Advisor. For best pricing book early.



# NATIONAL GEOGRAPHIC SEA LION

**CAPACITY:** 62 guests in 31 outside cabins.  
**REGISTRY:** United States. **OVERALL LENGTH:** 152 feet.  
**PUBLIC AREAS:** Our ship features a library; global market; lounge with full-service bar and facilities for films, slide shows and presentations; observation deck; partially covered sun deck with chairs and tables, and LEXspa. Our “open bridge” provides guests an opportunity to meet our officers and captain, and learn about navigation.

**MEALS:** Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfasts are wide-selection buffets and lunch is often served family style. Dinners are primarily served plated. Menu emphasizes local fare.

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

**EXPEDITION EQUIPMENT:** Bow camera, hydrophone, kayaks, paddleboards, splash-cam, underwater video camera, video microscope, wet suits and snorkel gear, and fleet of expedition landing crafts.

**SPECIAL FEATURES:** Guest internet access. An undersea specialist, a certified photo instructor, and a video chronicler are on board all voyages.

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

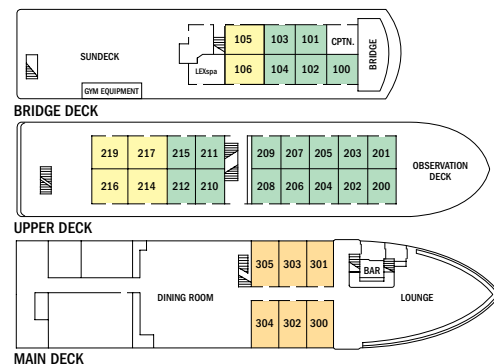
**CATEGORY 1:** Main Deck #300-305—Conveniently positioned between the dining room and lounge, these cabins feature two single lower beds, and a large view window.

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

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

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

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



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

ITINERARY	YEAR	CAT. 1	CAT. 2	CAT. 3	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT	NOTE
<b>NEW! Wild Costa Rica Escape: Guanacaste's Coral Reefs &amp; Volcanic Peaks – Page 20</b>	2019/ 2020	\$3,740	\$4,370	\$4,930	\$5,620	\$6,550	\$750	Sample Airfares: Round-trip Miami/San José: Economy from \$375; Business from \$1,000.

Prices quoted in this brochure are valid as of the time of printing, are subject to modification, and are not guaranteed until booking and required deposit are made. For current rates and details visit [expeditions.com](http://expeditions.com), call an Expedition Specialist, or your Travel Advisor. For best pricing book early.



## SPECIAL OFFERS

**SOLO SAVINGS:** Book by Dec. 31, 2019 and we will waive the solo premium on solo cabins on select departures of *Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks* and *Costa Rica & the Panama Canal*. New bookings only. Subject to availability. May not be combined with other offers or extensions. Call for details.

**FREE R/T AIR OR TWO-DAY PANAMA CITY EXTENSION:** Book *Costa Rica & the Panama Canal* by Dec. 31, 2019 and receive FREE ROUND-TRIP economy group airfare between Miami and San Jose/Panama City on select departures. Or, choose a complimentary two-day extension in Panama City, subject to availability. Offer not available on holiday departures. Complimentary air is based on economy group flights and must be ticketed by Lindblad Expeditions. In the case that Lindblad's group flight is not available at time of booking, you will receive a \$450 credit. New bookings only and not combinable with other offers. When booking Monteverde or Monteverde, Arenal & Tortuguero extensions, choose between two-day extension in Panama City and \$450 air credit. Call for details.

**TRAVELING AS A GROUP:** Book a group of six or more on any departure of *Wild Costa Rica Escape: Guanacaste's Coral Reefs & Volcanic Peaks* and save 10%. On all other departures, save 5% when traveling as a group of eight or more people. Take advantage of these great savings, while enjoying traveling with your friends and family. This savings is applicable to voyage fares only, and is not valid on extensions or airfare. Deposit, final payments, and cancellation policies for group travel vary from our regular policies.

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

**COMBINING OFFERS:** Certain offers may be combinable, up to two savings opportunities except where noted otherwise. For example, travel with a group of eight or more, including kids under 18, and take advantage of both savings!

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## RESERVATION INFORMATION

**Terms & Conditions:** For complete terms and conditions please visit [www.expeditions.com/terms](http://www.expeditions.com/terms)

**Costs Include:** All accommodations aboard ship or in hotels per itinerary or similar, all meals and nonalcoholic beverages aboard ship, meals on land as indicated, air transportation where indicated as included, all shore excursions except flightseeing, sightseeing and entrance fees, special access permits, transfers to and from group flights, use of kayaks (where available), tips (except to ship's crew), taxes and service charges, services of a ship physician, and services of our expedition staff.

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

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

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

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

**Travel Protection Plan:** We strongly recommend that you take advantage of our Travel Protection Plan. This plan offers comprehensive coverage to protect you from cancellation fees, costs incurred due to trip delays/interruption, medical assistance, and damaged or lost baggage, and provides medical assistance and evacuation during your travels. Our Travel Protection Plan is available for U.S. and Canadian residents only, and may be purchased any time prior to final payment due date. If you are not satisfied for any reason, you may return your plan within 10 days after purchase. Your premium will be refunded if canceled within 10 days, provided you have not already departed on the trip or filed a claim. When so returned, the coverage under the plan is void from the original date of purchase.

**Responsibility and Other Terms & Conditions:** Certain provisions concerning, among other things, limitations of Lindblad Expeditions' and the National Geographic Society's liability for loss of property, injury, illness or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure, and are also available on our website at [www.expeditions.com/terms](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 as of publication date and are subject to change. Under normal conditions the total expedition price is guaranteed at the time of booking. However, our expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in costs.

**Cancellation Policy:** Cancellation penalties may apply after payment is received. Please visit [www.expeditions.com/terms](http://www.expeditions.com/terms) for complete cancellation policies.

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

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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**

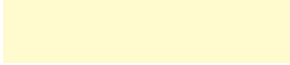
**Saturday & Sunday 10am – 5pm ET**

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


**Phone: 212.261.9000 • Fax: 212.265.3770**

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

Account Number:



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WLD-080

**FREE PANAMA CITY EXTENSION OR FREE AIRFARE—IT'S YOUR CHOICE.** On select dates. See page 29.

