

COSTA RICA + PANAMA

WITH AN AMAZING PANAMA CANAL TRANSIT

AND AN
EXCLUSIVE
OFFER &
SAVINGS

ABOARD NATIONAL GEOGRAPHIC QUEST 2018–2019



Lindblad
Expeditions



NATIONAL
GEOGRAPHIC™

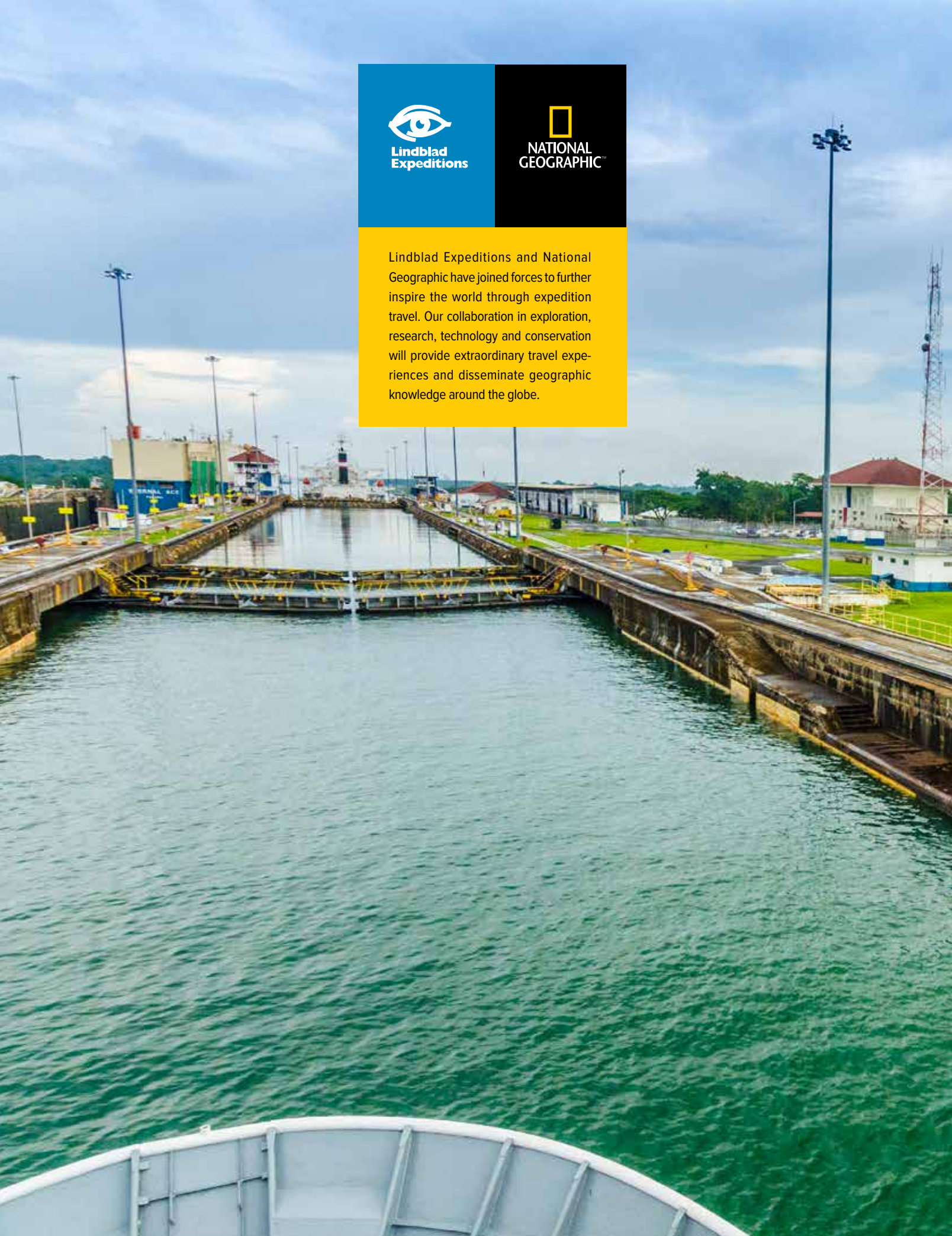


Lindblad
Expeditions



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,

The Panama Canal is one of the greatest contributions of mankind in history and transiting it is truly one of life's greatest experiences. It is not just a canal, but a veritable route connecting the entire world. Ships of all sizes just keep coming one after another waiting their turn to be taken through this engineering marvel as 26 million gallons of fresh water—without any pumps whatsoever—lift and drop them into the lock chambers. It is indeed something to see.



And now you can have the best front row seat on Earth to this enthralling show. We designed National Geographic Quest with expansive decks and acres of glass windows to keep you connected to this once-in-a-lifetime spectacle as well as the many other interesting views and vistas this region provides. Like beautiful Lake Gatun and the exhilarating wildness around and beyond it.

We go through to explore Costa Rica and Panama. And we go by ship because it's the perfect, mobile base camp, allowing you to cover great expanses of exciting, 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 canal over the course of two days so you see it by day and dramatically lit by night; 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,

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 Biomuseo, 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.

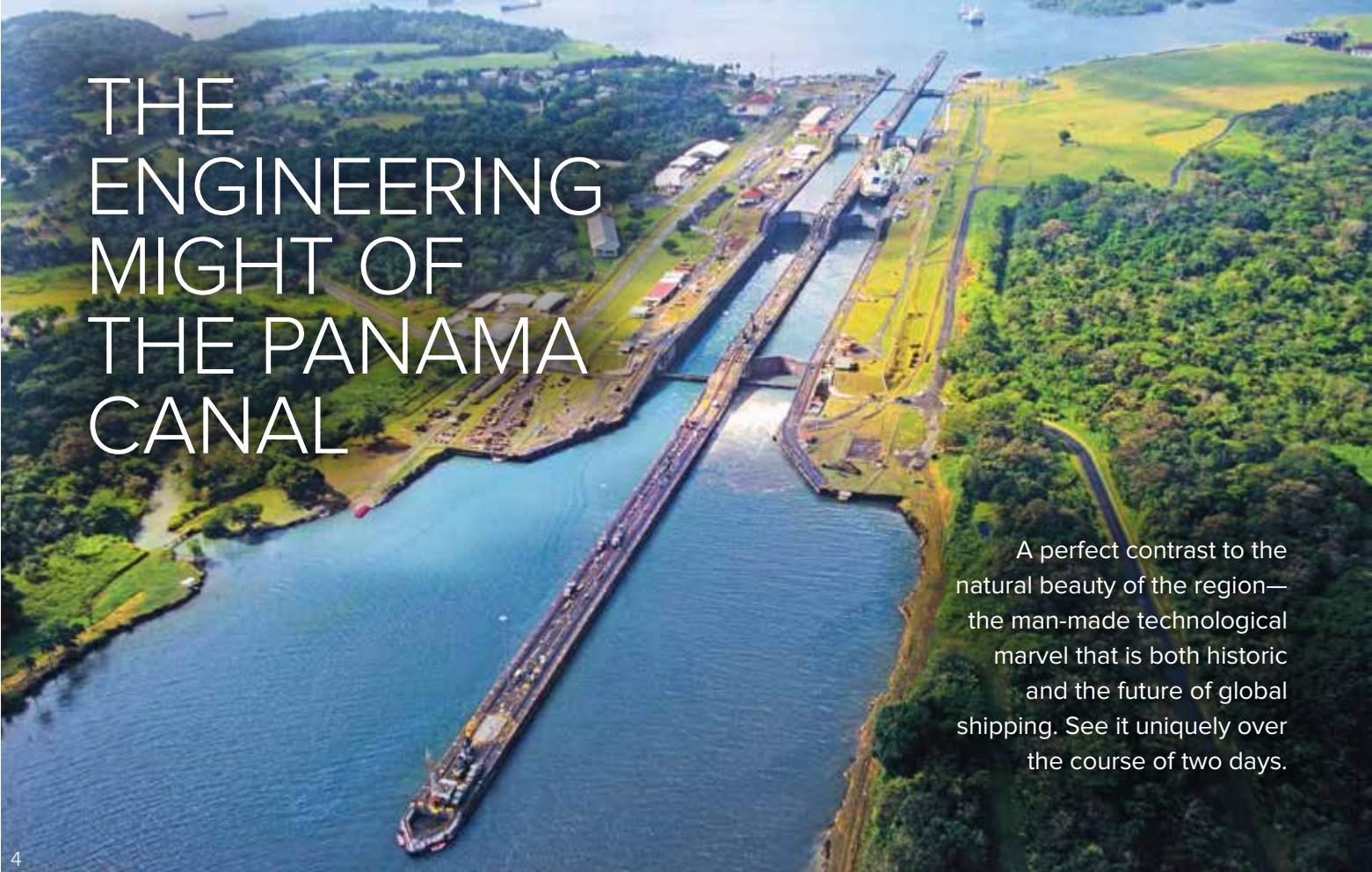


THE RENOWNED BEAUTY OF COSTA RICA



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 residents of the 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 also 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 50-cabin *National Geographic Quest*—is 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



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



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 DECEMBER 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 Biomuseo, dine
overlooking the Canal's Miraflores Locks, and enjoy other cultural
highlights. Visit expeditions.com/PanamaOffer for details.



Panama City at night.



Frank Gehry-designed Biomuseo.



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.

We invite you to celebrate the Year of the Bird with us!

LINDBLAD-NATIONAL GEOGRAPHIC

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

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

 NATIONAL GEOGRAPHIC

**YEAR OF
THE BIRD
2018**



▶ LEARN MORE AND FIND COOL FACTS AND VIDEOS AT WWW.EXPEDITIONS.COM/YEAROFTHEBIRD



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

LIFE IS GREAT ABOARD YOUR EXPEDITION SHIP

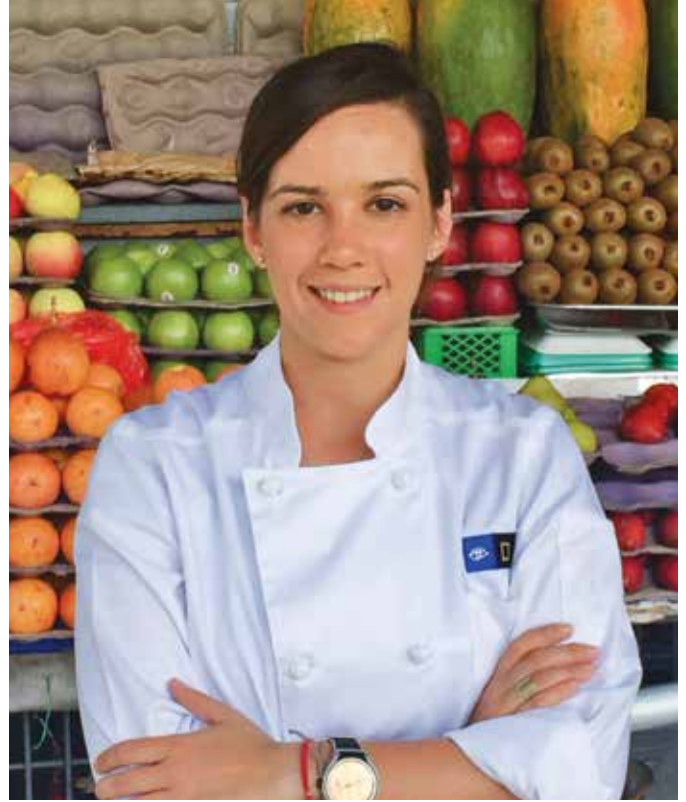
Modern and elegant with a gracious, sunlit ambiance, *National Geographic Quest* will be your base for this unforgettable adventure. A stylish setting that is also relaxed and informal, *Quest's* interiors are designed to serve the expedition community—and foster the esprit de corps that is a hallmark 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, Director Hotel Operations, Lindblad Expeditions



This page, clockwise from left: Ana Esteves, Director, Hotel Operations; example of a delicious plated meal, all food served aboard is fresh, local and sustainable; a delicious dessert.



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: (from left to right) 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.



**NATIONAL
GEOGRAPHIC**



**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.optic2018.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.
- ▶ Meet and support inspiring local families on the remote Osa Peninsula.
- ▶ Add a pre- or post-voyage land extension and explore Costa Rica in-depth. See pages 22-23.

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, ship physician, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff bios for this expedition.



Three-toed sloth.

**DAY 1: 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 and capuchin. (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. 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**

By special arrangement, *National Geographic Quest* will anchor in Gatun Lake near the

Barro Colorado Nature Monument overnight. Today, choose hikes and Zodiac cruises at the Smithsonian Tropical Research Institute facility on Barro Colorado Island, or take a boat ride to the mouth of the Chagres River and hikes on the Panama Rainforest Discovery Center trails. This evening, continue through the complex lock system of the canal. (B,L,D)

DAY 8: COLÓN/PANAMA CITY

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.

SPECIAL OFFERS:

Book by **Dec. 31, 2018** and receive round-trip international airfare between Miami and San Jose/Panama City on select departures, OR instead choose a complimentary two-day extension in Panama City.



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.)

Aclimate 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: SAN JOSE, 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 PAGES 20-21.

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 Conservancy.
- ▶ Partake in a workshop on preparing chocolate at Sibú Chocolatier.



Arenal Hanging Bridge; Arenal Volcano; Sibú 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 pages 24-25.

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 Sibú Chocolatier. The day ends with a farewell dinner. (B,L,D)

DAY 15: SAN JOSÉ

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

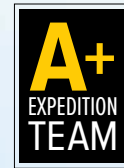
PRICES FROM: \$4,720 per person double occupancy and \$5,220 sole occupancy

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 hand-picked 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: SAN JOSÉ

Fly to the airport in San José, Costa Rica and transfer to the Costa Rica Marriott. 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. Only one day ends with dinner at the lodge. Day 8 ends with the farewell dinner at the Costa Rica Marriott. (B,L,D)

DAY 9: SAN JOSÉ

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

EXPEDITION DETAILS

DATES: 2018 Dec. 21

2019 Jan. 4, 18; Feb. 1, 22, 27; Mar. 4, 9, 14, 19, 24, 29; 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; big views and regional fare in the inviting and formal dining room.



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.

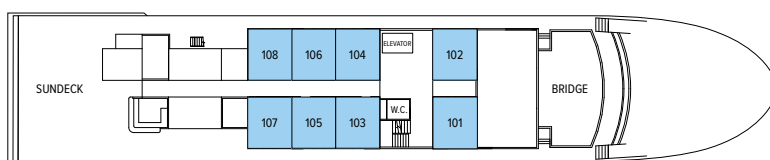
CATEGORY 3: Upper Deck #201-206 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two large view windows.

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.

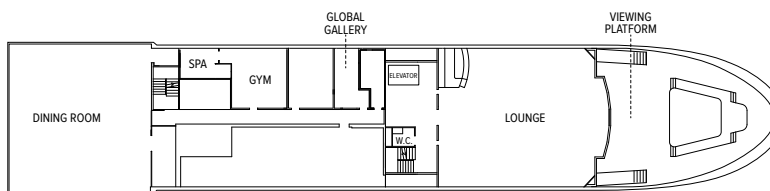
CATEGORY 5 (SUITE): Observation Deck #101-108 Cabins feature two lower single beds that can convert to a Queen, large view windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

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



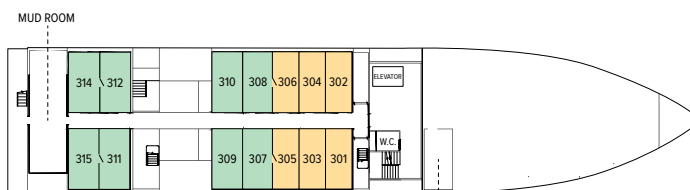
OBSERVATION DECK



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.
Monteverde Cloud Forest + Costa Rica to Panama – Page 22	2018/19	\$7,790	\$8,390	\$8,790	\$9,590	\$10,490	\$11,020	\$11,920	\$750	Sample Airfares: Miami/Panama City, San José/Miami: Economy from \$500; Business from \$1,200.
Panama to Costa Rica + Monteverde, Arenal & Tortuguero – Page 23	2018/19	\$10,410	\$11,010	\$11,410	\$12,210	\$13,110	\$13,910	\$14,810	\$1,500	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 December 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
- ✓ Like us on Facebook: hear what our travelers have to say, get inspired and chime in: facebook.com/LindbladExpeditions
- ✓ Preview an expedition before you go or subscribe to our videos on 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 homepage.



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

MAKE THE MOST OF YOUR TIME IN THE REGION

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

9 DAYS/8 NIGHTS—ABOARD NATIONAL GEOGRAPHIC QUEST

PRICES FROM: \$5,760 to \$9,270

DATES: 2019 Feb. 13, 18, 23, 28; Mar. 5, 10, 15, 20

Embark on a unique land-and-sea expedition to discover Maya ruins overgrown with tropical rain forest and incredible, seldom-seen reefs. Snorkel among some of the 65 species of stony coral and 500 species of fish on the Belize Barrier Reef with the 50-cabin *National Geographic Quest* as your base for exploration. Then venture to the ancient Maya ruins of Tikal to explore the stories and archaeological sites of these stone temples swathed in rain forest and teeming with wildlife.



▶ READ MORE AT EXPEDITIONS.COM/BELIZETIKAL

RESERVATION INFORMATION

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

Combined Itineraries Costs Include: Hotel nights as described; sightseeing; portage; services of local guides and tour leaders.

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, e-mail, laundry. Gratuities to ship's crew are at your discretion.

Airfare: For all programs, airfare is an additional cost unless otherwise noted. 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 advance payment amount varies by program. 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: Final payment is 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 cancelled 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(ies) 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: Among other things, limitations of Lindblad Expeditions' and the National Geographic Society's liability for loss of property, injury, illness or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure, and are also available on our website at www.expeditions.com/terms, or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

Note: Itineraries and prices listed in this brochure are 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.

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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

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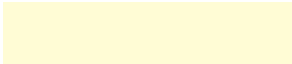
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FREE AIRFARE between Miami and Costa Rica/Panama City
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Extend your stay with a tour of Panama City. Available
on select 2018-2019 departures. Book by
December 31, 2018.

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FOR DETAILS

Panama Canal, dramatically lit at night.

