Explore the Pacific and Caribbean sides of Costa Rica, inland rain forests, mountains, and see wonderful wildlife. Transit the Panama Canal, with an exclusive visit to the Smithsonian Tropical Research Institute at Barro Colorado Island. Kayak, snorkel, swim, hike—actively explore every day. Hike in the shadow of the Arenal Volcano, and relax in its hot springs. Walk bridges through the mist-shrouded cloud forest canopy. Visit the remote, car-less town of Tortuguero and venture through rain forest rain-forest-shrouded canals in small boats.

**DAY 1: U.S./Panama City, Panama/Colón**
Upon arrival in Colón, transfer by land to Panama City and embark our ship National Geographic Quest. (D)

**DAY 2: 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 hike on the Panama Rainforest Discovery Center trails. This evening, continue through the complex lock system of the canal. (B,L,D)

**DAY 3: Gulf of Panama Islets**
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. (B,L,D)
DAY 4: Coiba National Park, Panama
Our last 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 5: Golfo Dulce, Costa Rica
 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 6: Osa Peninsula
Go ashore in the pristine waters of Playa Blanca. Head inland to meet and share with inspiring local families living in remote communities and working with cocoa, heart of palm, and sugar cane. Hike mature rain forest or kayak in peaceful waters in Golfo Dulce. In the evening, enjoy a beautiful sunset.

DAY 7: 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 three species of monkeys—howler, spider and capuchin. (B.L.D)

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)

DAY 9-10: 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)

DAY 11-12: 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)

DAY 13-14: 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 Sibu Chocolatier. The day ends with a farewell dinner at Costa Rica Marriott Hotel. (B.L.D)

DAY 15: San José/Home
Transfer to the San José airport for flights home. (B)
National Geographic Quest

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(1) Travel Protection Plan
We strongly recommend our guests to 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, damage or lost of baggage, 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, Travel Protection premiums are non-refundable once plan is purchased.
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