

COSTA RICA AND THE PANAMA CANAL

Current route: San Jose, Costa Rica to Panama City, Panama

National Geographic Quest | 100 Guests | Expeditions in: Jan/Feb/Mar/Nov/Dec | From \$7,461 to \$11,880 *



Voyage through the Panama Canal, a marvel of historical engineering, and gain special access to the Smithsonian Tropical Research Institute in the Canal Zone. Discover pure wildness—you'll snorkel an undersea paradise, and spot monkeys and sloths in the rain forests of Costa Rica and Panama on this coastal expedition.



Call us at 1.800.397.3348 or call your Travel Agent. In Australia, call 1300.361.012 • www.expeditions.com

DAY 1: U.S. / San José, Costa Rica / Puerto Caldera / Embark

After arrival in San José this afternoon, we transfer to the Pacific Coast town of Puerto Caldera. This evening, we embark our ship *National Geographic Quest* and set sail south on our Central American adventure. (D)

DAY 2: Corcovado National Park

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

DAY 3: Golfo Dulce / Osa Peninsula

Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica as our nimble expedition ship takes us into the remote upper reaches of this placid bay. Go ashore on the western side of the bay, in the pristine waters of Playa Blanca, on the Osa Peninsula. 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 rainforest or kayak in peaceful waters in Golfo Dulce, the only tropical fiord in the continent. By special arrangement, visit the Latin American Sea Turtles (LAST) Association on the Osa Peninsula and assist researchers with data collection and hear presentations by the staff at LAST including a talk by the dedicated researchers, working so hard to positively impact sea turtle conservation. At the end of our visit, we will be invited to participate in the release of rehabilitated, healthy turtles back into the Pacific—a truly poignant moment. In the evening, enjoy drinks ashore and a beautiful sunset. (B,L,D)

DAY 4: Golfo Dulce, Costa Rica

As our Golfo Dulce exploration continues by Zodiac, paddleboard and kayak, we encounter Pacific Costa Rica's dazzling avifauna as we watch for golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets, constantly chattering in flight above the jungle treeline. The flora is a kaleidoscope of tropical color with bromeliads, heliconias and orchids set against the verdant green of the tropical forest. Later, jump into the cool, refreshing waters of the bay. (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)



2025 Departure Dates:

30 Nov
21 Dec

2026 Departure Dates:

2 Jan, 23 Jan
4 Feb, 11 Feb, 23 Feb
2 Mar, 14 Mar, 21 Mar
29 Nov
20 Dec, 27 Dec

2027 Departure Dates:

3 Jan, 10 Jan
6 Feb, 13 Feb, 20 Feb, 27 Feb
6 Mar, 13 Mar, 20 Mar

Important Flight Information

Please confirm your arrival and departure dates prior to booking flights. Some departures may travel in reverse.

Sample Airfares:

Economy(Miami to Panama City/San Jose to Miami; Miami to San Jose/Panama City to Miami): from \$475
Business(Miami to Panama City/San Jose to Miami; Miami to San Jose/Panama City to Miami): from \$990
Airfares are subject to change

Cost Includes:

All accommodations aboard ship or in hotels per itinerary or similar; all meals and nonalcoholic beverages* aboard ship; meals on land as indicated, accompanied by nonalcoholic beverages; shore excursions; sightseeing and entrance fees; special access permits; transfers to and from designated flights; use of snorkeling equipment, wetsuits, kayaks, and stand-up paddleboard; tips (except to ship's crew); taxes and service charges; services of a ship physician and services of our expedition staff. Unused services or items included in our programs are non-refundable.

*NOTE: Starting in 2024, alcoholic beverages will be included aboard National Geographic Quest.

Cost Not Included:

Air transportation (except where specified as included); extensions; passport; visa; immigration fees; meals not indicated; travel protection plan; and items of a personal nature, such as internet access and laundry.

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

DAY 8: Colón / Panama City, Panama / Disembark / U.S.

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



Special Offers

CELEBRATE LIFE'S MILESTONES

Join us and celebrate your great milestones, including birthdays, anniversaries, family reunions, retirements, and more. Beginning in 2023, groups of 8 or more traveling together in celebration receive 5% off and a complimentary group photograph, while the cabin-of-honor receives onboard ship credit, beautiful cake, and more onboard celebrations. Milestone celebration must be communicated at time of booking. Milestone amenity package is one per group, intended for the guest celebrating the Milestone event. Group discount is applicable to cruise portion only, and does not apply towards additional services such as hotels, extensions, airfare, etc. Group cancellation terms also apply. Not combinable with certain offers.

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.

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.

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.

* See our website at <https://www.expeditions.com/> for the most up-to-date pricing, which may vary by departure date. Prices are subject to modification, and are not guaranteed until booking and required deposits are made. For best pricing, book early.

(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 loss of baggage, medical assistance, and evacuation during your travels. Our Travel Protection Plan is available for U.S. residents only, and may be purchased any time prior to final payment due date, Travel Protection premiums are non-refundable once plan is purchased.

Learn more about our Travel Protection "Plus" Plan: <https://www.expeditions.com/terms-conditions/travel-protection-plan/>

(2) Cancellation Policy

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