COSTA RICA AND THE PANAMA CANAL
8 Days | Nat Geo Quest | 100 Guests | Expeditions in: Jan/Feb/Mar/Dec | From $6,170 to $11,870

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.

DAY 1: U.S./San José, Costa Rica/ Puerto Caldera/Embark
Upon arrival in San José, transfer by land to Puerto Caldera and embark our ship National Geographic Quest. (D)

DAY 2: Corcovado National Park
Anchor off the Osa Peninsula to see some of the most pristine lowland rain forest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, take an optional horseback ride on the coast, or trek through the rain forest for a chance to see three species of monkeys — howler, spider and capuchin. (B,L,D)

DAY 3: Golfo Dulce/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. (B,L,D)
NEW! Visit 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 head biologist who has dedicated her life to the conservation of these animals. 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.

*Available exclusively on the Nov. 24; Dec. 1, 8, 15, 2019; and Mar. 8, 15, 23, 2020 departures of Costa Rica & the Panama Canal.

DAY 4: Golfo Dulce, Costa Rica
Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica. 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 Gatún 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)
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.

Learn more about our Travel Protection "Plus" Plan:  https://www.expeditions.com/TravelProtection/

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