COSTA RICA AND THE PANAMA CANAL

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 wilderness—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 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)

**2020 Departure Dates:**
15 Mar, 23 Mar ● 6 Dec, 13 Dec ● 20 Dec, 27 Dec ●

**2021 Departure Dates:**
3 Jan, 10 Jan ● 17 Jan, 24 Jan ● 31 Jan
12 Mar ● 19 Dec, 26 Dec

**Important Flight Information**
Please confirm your arrival and departure dates prior to booking flights.

Some departures may travel in reverse.

**Advance Payment:**
$750

**Sample Airfares:**
Economy: from $450
Business: from $800
Airfares are subject to change

**Cost Includes:**
Accommodations aboard ship; meals indicated; non-alcoholic beverages aboard ship; excursions; services of Lindblad expedition leader, naturalist staff, expert guides and a ship’s doctor; park fees; use of kayaks and snorkeling equipment; all port charges and service taxes.

**Cost Not Included:**
Air transportation; horseback riding; personal items such as alcoholic beverages, emails, voyage DVD, etc.; discretionary tips to naturalist staff and crew.

**Special Offers**

FREE ROUND-TRIP AIRFARE OR TWO-DAY PANAMA CITY EXTENSION

Book now 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 an air credit. Baggage fees may be additional.

New bookings only and not combinable with other offers or pre- or post-extensions. Call for details.

SOLO TRAVELER SAVINGS

Book by Jul., 31, 2020 and we will waive the solo premium on solo cabins on the 2020 non-holiday departures.

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(2) Cancellation Plan
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