COSTA RICA
AND THE
PANAMA CANAL
aboard Hebridean Sky • January 3–10, 2023
including a rare daytime transit of the canal

RISK-FREE DEPOSITS
Deposits are 100% refundable until September 5, 2022.
See inside for more details
DEAR PRINCETONIAN,

Costa Rica and Panama are tropical treasures awaiting discovery. The region's natural beauty comes alive in rainforests teeming with exotic wildlife and bird species; beaches fringed by sparkling azure waters; and dense forests that cascade down impressive mountainsides to the shore.

Hike through lush forests filled with the vivid sounds and colors of richly diverse wildlife, where opportunities abound to seek out the numerous species of birds, mammals, and marine life that make these environments their home. Meet the indigenous peoples that have been present for countless generations and who maintain many of the rich cultural traditions of their ancestors. An exceptional lecture team and local guides will enhance the experience throughout our time there. Complete this unforgettable journey by admiring the engineering ingenuity of the Panama Canal during a rare and sought-after daytime transit.

An optional pre-tour extension to Costa Rica’s Monteverde Cloud Forest Reserve and a post-tour extension to learn about Panama’s conservation and sustainable travel initiatives offer further opportunities to experience this unique area of the world. Please note, Princeton will be sharing this journey with other like-minded institutions, including Dartmouth, Harvard, and Cornell alumni travel programs. Fewer than 100 passengers will be able to take part, so we encourage you to reserve your space now.

With kind regards,

Bridget St. Clair
Director, Education and Travel
Professor Riehl studies animal behavior, especially the nesting behaviors of tropical birds. Her long-term research project is on the social behavior of a cooperatively breeding bird, the greater ani, in central Panama, where she has been working since 2006. She has also studied tropical birds in Costa Rica, Colombia, and the United States. She is affiliated with the Smithsonian Tropical Research Institute, Princeton’s High Meadows Environmental Institute, and Princeton’s Program in Latin American Studies. Professor Riehl holds a BA in Biology from Harvard and earned her PhD in Ecology and Evolutionary Biology from Princeton in 2011.
Tuesday, January 3
SAN JOSE, COSTA RICA
Depart the U.S. on independent flights to San Jose and transfer to the hotel upon arrival. Gather this evening for a lively welcome reception and dinner.
COSTA RICA MARRIOTT HOTEL SAN JOSE (R,D)

Wednesday, January 4
PUERTO CALDERA / EMBARK
After a brief orientation, enjoy a visit to a local coffee plantation near San Jose before transferring by motorcoach to Puerto Caldera on the Pacific coast to embark the Hebridean Sky, catching glimpses of volcanic peaks and deep green valleys along the way.
HEBRIDEAN SKY (B,L,D)

Thursday, January 5
MANUEL ANTONIO NATIONAL PARK
Often rated as one of the most beautiful national parks in the world, Manuel Antonio National Park packs a variety of impressive landscapes into approximately 4,000 acres, including white sand beaches, lush foliage, imposing mountains, and dense forests that reach to the shoreline. Explore the rainforest ecosystem on well-maintained trails, keeping an eye out for over 100 species of mammals, including sloths and howler monkeys, and nearly 200 species of birds.
HEBRIDEAN SKY (B,L,D)

Friday, January 6
CORCOVADO NATIONAL PARK AND DRAKE BAY
Corcovado National Park is considered the crown jewel in Costa Rica’s extensive system of national parks and biological reserves, protecting the largest old-growth forest on the American Pacific coastline. Biologically rich and diverse, the abundance of wildlife is due in part to the park's wide variety of habitats and vegetation and in part to the park’s central location on the “land bridge” that links North America and South America. Explore on foot or choose a boat tour of Drake Bay to try to spot its dolphin, whale, and sea turtle populations.
HEBRIDEAN SKY (B,L,D)

Saturday, January 7
PARIDA ISLAND, PANAMA
Snorkel, swim, or hike on Parida Island, marvelling at the the amazing terrestrial and undersea world of Chiriqui Gulf National Marine Park that includes teeming coral reefs, lush mangrove swamps, and vast marine meadows. Stroll along postcard-worthy white sand beaches or choose to investigate the dense forests and clear turquoise waters up close with local guides.
HEBRIDEAN SKY (B,L,D)
Sunday, January 8
**THE DARIEN RAINFOREST**
The Darien Gap is a large swath of extremely dense undeveloped swampland and forest between Panama and Colombia that interrupts the PanAmerican Highway. Meet the indigenous Embera people of the Darien Rainforest to learn about their everyday life and celebrate their rich cultural traditions that date back to pre-Columbian times.

**HEBRIDEAN SKY (B,L,D)**

Monday, January 9
**PANAMA CANAL DAYTIME TRANSIT**
Built between 1881 and 1914, the Panama Canal is one of the modern world's true engineering wonders, cutting 48 miles through the isthmus to connect the Atlantic and Pacific Oceans. Begin our sought-after daytime transit near Panama City at the two-stage Miraflores Locks, rising rapidly to the level of man-made Gatún Lake. Descend via the three-stage Gatún Locks to bring us back down to sea level on the Atlantic/Caribbean side.

**HEBRIDEAN SKY (B,L,D)**

Tuesday, January 10
**PANAMA CITY/HOME**
Disembark in Colón and transfer to Panama City airport for flights home.

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**OPTIONAL PRE-TOUR EXTENSION IN COSTA RICA**
December 31, 2022–January 3, 2023
Celebrate the new year in Costa Rica exploring the trails of the Monteverde Cloud Forest Reserve.

**OPTIONAL POST-TOUR EXTENSION IN PANAMA**
January 10–12, 2023
As one of three carbon-negative countries in the world, Panama is a global leader in sustainable travel. Spend two days learning about Panama's ambitious conservation initiatives by visiting its successful pilot projects and meeting its leaders dedicated to making Panama a model for the world.

Further details and pricing will be sent to confirmed participants.
General Information

The 59-suite Hebridean Sky is a spacious, yet intimate, expedition vessel. After a major refurbishment in 2016, she now boasts beautifully designed public spaces that include a single-seating dining room, large lounge, elegant club and bar with piano, library and two outdoor seating areas. All suites have an ocean view and feature a sitting room, en suite bathroom, TV, spacious wardrobes and dressing table.

Program Rates (Per Person)

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What to Expect

We consider this program to be moderately active. Much of the touring is done by motor coach and ship, but some excursions may require walks that range from one to three miles, and/or standing for long periods of time. Temperatures can range from 60° to 90° F, and rain is a strong possibility in the tropical and rainforest areas. Participants need to be able to climb into and out of Zodiacs for snorkeling activities and shore excursions, and while ashore, to walk unaided along beaches and sometimes on slippery trails. Participants should be fit and in active good health. All participants, tour staff, and shipboard crew will be required to be fully vaccinated for SARS-COV-2 (COVID-19), plus follow safety/sanitization protocols set forth by the tour operator, cruise management, local staff, and host country laws. By forwarding the deposit for passage, the participant certifies that s/he does not have any physical or other limitation that would create a hazard for her/himself or other travelers.

Group Size

This program is limited to 96 participants.

Air Arrangements

U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc., can help with airline arrangements for this trip and can be reached at (877) 376-1754. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice. Further information about making flight arrangements will be sent to confirmed participants.

Program Rates Include

All accommodations, meals, and excursions as specified in the itinerary, including one deluxe hotel night and six nights aboard Hebridean Sky • Comprehensive program of briefings, lectures, and presentations • Group transfers for all participants on group arrival and departure dates • All gratuities to porters, wait staff, guides, drivers and shipboard personnel for all group activities • Entrance fees and port charges • Welcome and farewell wine receptions • House wine, beer, and soft drinks with all group lunches and dinners • Bottled water on motorcoaches • Complete packet of pre-departure information • Professional tour manager throughout the program
A NOTE ABOUT COSTS

Tour costs are based upon current fuel prices, taxes, tariffs, and a minimum number of participants. While we will do everything possible to maintain the listed prices, they are subject to change. If there are significant changes, details and costs will be advised prior to departure.

PROGRAM RATES

DO NOT INCLUDE

U.S. domestic and international airfare • Passport/Visa expenses • Medical expenses, immunizations, and COVID-19 testing if required at the time of travel • Travel and trip cancellation insurance • Private transfers or airport transfers outside of group arrival and departure days • Excursions that deviate from the scheduled tour options • Airline baggage charges • Meals not specified in the itinerary; dishes and beverages not part of the included meals; liquor or soft drinks except as noted • Laundry or dry cleaning • Telephone, fax, internet, and email charges • Room service • Other items of a personal nature

Complete Terms and Conditions including Statement of Responsibility will be made available to you at time of registration, or in advance upon request. A signed “Terms & Conditions, Release from Liability, Assumption of Risk and Binding Arbitration Clause” is required from each applicant prior to participation on the tour.

RESERVATIONS & PAYMENTS

To reserve space, please call (609) 258-8686 or return the completed reservation form with your $1,000 per person deposit to: Princeton Journeys, Princeton University, 100 Overlook Center, Suite 300, Princeton, NJ 08540, or fax to (609) 258-5561. Balance of payment is due September 5, 2022. After September 5, 2022, full payment is due upon registration. Final payment must be made by check or bank transfer.

CANCELLATIONS & REFUNDS

Upon payment of a deposit, all reservations are subject to the cancellation provisions set forth below and by which the passenger agrees to be bound. Cancellations shall not be effective until they are received in writing and confirmed by Princeton Journeys. Deposits are refundable until final payment deadline (September 5, 2022). For cancellations after September 5, 2022: All payments are 100% nonrefundable, regardless of booking date. For this reason, we strongly urge participants to purchase trip cancellation insurance.

NOTE: Neither the Office of Alumni Affairs of Princeton University nor Criterion Travel, the tour operator, accepts liability for any airline cancellation penalty incurred by the purchase of a nonrefundable ticket in conjunction with this tour.

ITINERARY CHANGES

The itinerary presented for this tour is subject to modification and change by Princeton Journeys and Criterion Travel, the tour operator. Every reasonable effort will be made to operate the program as planned; however, should unforeseen world events and conditions require the itinerary to be altered, Princeton Journeys and the tour operator reserve the right to do so for the safety and best interest of the group. Any extra expenses incurred in this situation are the responsibility of the participant.

DISCLAIMER

Princeton University is pleased to facilitate travel opportunities for its Alumni and Friends through Princeton Journeys. Princeton Journeys works with tour operators to make available interesting and enriching travel opportunities for the Princeton family. Please note that neither the University nor Princeton Journeys conducts tours, nor does either act as an agent for guests interested in tours.

Princeton Journeys acts as a facilitator with tour operators, and tour participants contract directly with tour operators to make arrangements for completing travel. Princeton Journeys encourages you to familiarize yourself thoroughly with the tour operator’s cancellation and refund policies, and also to investigate available services such as trip cancellation insurance. The University is not responsible for changes to trips or travel arrangements or for losses or additional expenses resulting from travel.

Complete program terms can be found: alumni.princeton.edu/connect/princeton-journeys/terms-and-conditions.

California Seller of Travel Program CST #208860-40

Please make your deposit check payable to Criterion Travel and mail to: 4250 SW Hall Blvd., Beaverton, OR 97005. You may also fax your credit card information to (650) 560-6400 or email res@criteriontravel.com.

For more information or to reserve by phone, contact Criterion Travel at info@criteriontravel.com or (888) 328-2089.

NAME #1 PRINCETON AFFILIATION

MAILING ADDRESS

CITY / STATE / ZIP / POSTAL CODE

HOME PHONE MOBILE PHONE

E-MAIL(s)

PAYMENT

Please charge the deposit to my credit card (circle one):

VISA MC AMEX DISCOVER

NAME ON CREDIT CARD

CARD # EXP. DATE SECURITY CODE

SIGNATURE AS IT APPEARS ON CREDIT CARD DATE

Enclosed is my check for $(1,000 per person, payable to Criterion Travel) to reserve ______ place(s) on Kota Rica and the Panama Canal

SINGLE TRAVELERS

If this is a reservation for one person, please indicate:

I prefer to have single accommodations.

or

I plan to share accommodations with:

________________________________________________________________________________

or

I’d like to know about roommates

I understand that if a roommate cannot be found by the final payment deadline of September 5, 2022, I will pay the single rate.

ACCOMMODATIONS

Cabin category preference:

1st Choice ______________ 2nd Choice ______________

Bed Preference (not guaranteed): One bed Two beds

I/We have read the Terms & Conditions section of this brochure and understand and agree with them as stated herein:

SIGNATURE DATE

SIGNATURE DATE

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PANAMA CANAL

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Please

choose

your

destination

on

the

website.

www.criteriontravel.com
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aboard Hebridean Sky • January 3–10, 2023

Explore Costa Rica’s Corcovado and Manuel Antonio National Parks
to enjoy the diversity of wildlife and birds inhabiting these lush ecosystems.

Snorkel at Parida Island in the Chiriqui Gulf Marine Park and discover the marine life that make this protected area their home.

Transit the 48-mile Panama Canal during the day to observe the locks in action, and discuss its importance over the past 100+ years.

alumni.princeton.edu/journeys