

## COSTA RICA AND THE PANAMA CANAL

JANUARY 3-10, 2023 | ABOARD NATIONAL GEOGRAPHIC QUEST



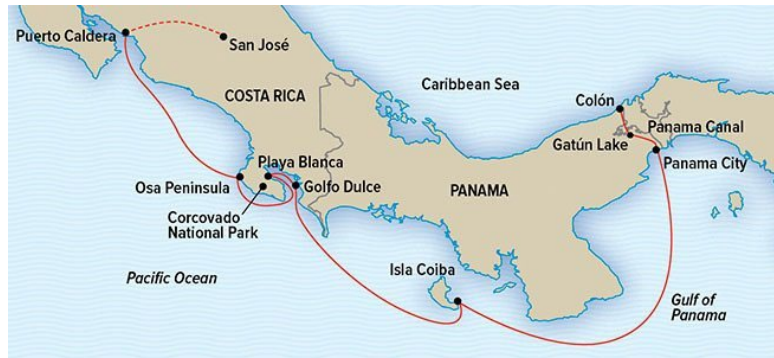
A land of contrasts: the renowned natural beauty of Costa Rica and the tropical wildness of Panama; the stark concrete of the Panama Canal, a marvel of engineering in constant use for nearly 100 years. We'll sail aboard the 50-cabin *National Geographic Quest*. Journey through the intricate locks of the Panama Canal for an up-close view, plus enjoy special access to Corcovado National Park, and visit with inspiring families living in remote communities on the Osa Peninsula. If you choose—ride horseback through the rainforest, explore a jungle shoreline by kayak, snorkel a vibrant undersea garden, and cruise along mangroves aboard Zodiacs. Learn about the abundant wildlife residing here—brilliant macaws, howler monkeys, capuchin monkeys, sloths, and vibrantly colored butterflies. Our team of expert naturalists, and an undersea specialist are with you every step of the way, to expand your knowledge and provide insight.

### DAY 1: U.S. / PANAMA CITY / COLÓN / EMBARK

Upon arrival in Panama City, transfer by land to Colón and embark our ship *National Geographic Quest*. Stretching more than 50 miles, the Panama 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. (D)

**DAY 2: 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 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**

We begin our day 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 standup paddleboarding, or simply relax on the beach. (B,L,D)

**DAY 5: GOLFO DULCE / COSTA RICA**

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. Exploring by Zodiac, paddleboard and kayak, we encounter Pacific Costa Rica’s dazzling avifauna as we watch for golden-hooded and Cherrie’s tanagers, yellowthroated toucans, fiery-billed aracaris and crimsonfronted 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 for an afternoon swim. (B,L,D)

**DAY 6: GOLFO DULCE / OSA PENINSULA**

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. By special arrangement, 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 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 a beautiful sunset. (B,L,D)

**DAY 7: 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, take an optional horseback ride on the coast, or trek through the rainforest for a chance to see four species of monkeys—howler, spider, squirrel, and capuchin. (B,L,D)

**DAY 8: PUERTO CALDERA / DISEMBARK / SAN JOSÉ / U.S.**

Disembark after breakfast in Puerto Caldera. Drive to the airport in San José for flights home. (B)

COSTA RICA & THE PANAMA CANAL January 3-10, 2023	CAT. 1	CAT. 2	CAT. 3	CAT. 4	CAT. 5 SUITE	CAT. 1 SOLO	CAT. 2 SOLO
	\$ 6,820	\$ 7,340	\$ 7,930	\$ 8,920	\$ 9,850	\$ 10,180	\$ 11,120

**Travel with confidence.** We encourage you to view the [Health & Safety](#) protocols currently in effect.

# INCLUSIVE PRICING

## ABOARD SHIP

- All meals and nonalcoholic beverages
- 24-hour coffee, tea and soda, and complimentary refillable water bottle
- Hors d'oeuvres & snacks during evening Recap
- Fully stocked library
- Mac computers for downloading your photos and internet access
- Fitness center
- The guidance and company of our expedition staff
- Access to the Bridge to learn about navigation

## ASHORE

- Special access permits, park fees, port taxes
- Transfers to and from group flights
- The expertise of the expedition staff

## ACTIVITIES

- All shore activities
- Zodiac and kayak explorations
- Snorkeling and paddleboarding
- Lectures and presentations in the lounge
- Photo instruction
- Morning stretch class with wellness specialist

# SPECIAL OFFERS

**BRING THE KIDS:** Sharing an expedition with your kids or grandkids is a life-enhancing experience. Take \$500 off the double occupancy price for each person under 18.

# TERMS AND CONDITIONS

**COSTS INCLUDE:** All accommodations aboard ship; all meals and nonalcoholic beverages aboard ship; shore excursions, sightseeing, and entrance fees; use of kayaks, paddleboards, and snorkeling gear; special access permits; transfers to and from group flights; tips (except to ship's crew), taxes, and service charges, and services of the ship physician and our expedition staff. Unused services or items included in the program are non-refundable.

**NOT INCLUDED:** Air transportation; extensions unless otherwise indicated; horseback riding; passport, visa, immigration fees; meals not indicated; travel protection plan; items of a personal nature such as Wi-Fi access, voyage chronicle, laundry, etc., and discretionary gratuities to ship's crew.

**AIRFARE:** Airfare is an additional cost unless otherwise indicated. Lindblad will assist in making your air arrangements for a \$50 per person service fee.

**RESERVATIONS:** To confirm your place, an advance payment of US\$750 per person is required at time of reservation and is payable by check, Visa, MasterCard, American Express, or Discover.

**FINAL PAYMENT:** Due no later than 90 days prior to departure. Lindblad Expeditions reserves the right to cancel your reservation if payment has not been received by final payment due date.

**TRAVEL PROTECTION PLAN:** Travel protection and medical insurance are available at extra cost.

**SMOKING POLICY:** Allowed only in designated outdoor areas.

**ENTRY AND VISA REQUIREMENTS:** All guests are advised to verify travel documents (passport/transit visa/entry visa) for the country through which they are transiting and/or entering. Reliable and most current information regarding international travel can be found by contacting the consulate/ embassy of the country(s) you are visiting or transiting through. We will not be responsible if you are denied entry or transit into a country, if you are unable to provide valid documents as per the country's requirement.

**RESPONSIBILITY AND OTHER TERMS & CONDITIONS:** Certain other provisions concerning, among other things, limitations of Lindblad Expeditions' and the National Geographic Expeditions' (a division of National Geographic Partners, LLC) liability for loss of property, injury, illness, or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

**NOTE:** Itineraries and prices listed in this brochure are as of publication date and are subject to change. Under normal conditions the total expedition price is guaranteed at the time of booking. However, the expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs, including increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, the right is reserved to adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in costs.

CANCELLATION POLICY	
Date Prior to Expedition Start	Per Person Cancellation Fee
120 or more days	\$350
119-90 days	Advance payment cost
89-60 days	25% of trip cost
59-45 days	50% of trip cost
44-0 days	No refund



The dining room with large picture windows; Category 4 cabin with lower single beds (which can convert to a Queen) and a private step-out balcony. Select cabins connect via an inside doorway.

# NATIONAL GEOGRAPHIC QUEST

**CAPACITY:** 100 Guests in 50 cabins.

**REGISTRY:** United States. **OVERALL LENGTH:** 238 feet.

Launched in 2018 and designed with over 50 years of expedition heritage, the *National Geographic Quest* was built in the U.S.A. and sets a new standard in exploration comfort and style.

**PUBLIC AREAS:** Global gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; observation deck; mudroom with lockers for expedition gear, and a partially covered sundeck with chairs and tables. Our “open Bridge” provides guests an opportunity to meet our officers and captain and learn about navigation.

**MEALS:** Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide selection buffet and dinner is served family-style. Menu emphasizes local fare.

**CABINS:** All cabins face outside with windows or portholes, private facilities and climate controls. Category 4 cabins have step-out balconies.

**EXPEDITION EQUIPMENT:** A fleet of 8 Zodiacs and 24 kayaks, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, paddle boards, snorkeling gear for all guests (where applicable).

**SPECIAL FEATURES:** Guest internet access, elevator, Lindblad certified photo instructor, a video chronicler and undersea specialist.

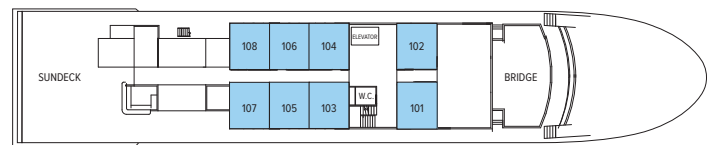
**WELLNESS:** The vessels are staffed by a Wellness Specialist and feature a gym with an elliptical machine, treadmill, exercycles, handweights and resistance bands. Treatments in the LEXspa are available by appointment.

**CATEGORY 1:** Main Deck #301-306 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

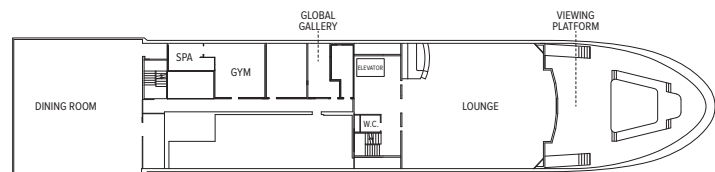
**CATEGORY 2:** Main Deck #307-315 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

**CATEGORY 3:** Upper Deck #201-206 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two large view windows.

**CATEGORY 4:** Upper Deck #207-229 Cabins feature two lower single beds that can convert to a Queen, a writing desk, large view window and small, private balcony.



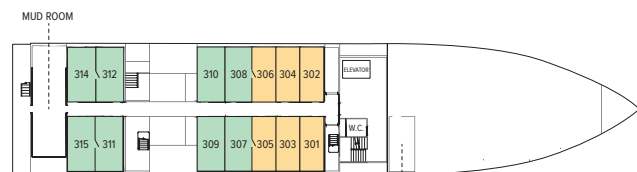
OBSERVATION DECK



LOUNGE DECK



UPPER DECK



MAIN DECK

**CATEGORY 5 (SUITE):** Observation Deck #101-108 Cabins feature two lower single beds that can convert to a Queen, large view windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

**NOTE:** Sole Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

Connecting Cabins via internal doorway access:  
Main Deck: #312-314, #311- 315, #306-308, #305-307  
Upper Deck: #224-226, #225-227



**PLEASE SEND RESERVATION TO:**

Princeton Journeys  
Princeton University  
P.O. Box 5256  
Princeton, NJ 08543

Phone: 609-258-8686  
Fax: 609-258-5561

**RESERVATION FORM**

# COSTA RICA AND THE PANAMA CANAL

ABOARD NATIONAL GEOGRAPHIC QUEST 8 Days | January 3-10, 2023

Please reserve \_\_\_\_\_ place(s).

Name 1: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
(As it appears on passport)

Preferred Name for Name Badge: \_\_\_\_\_ Princeton Affiliation

Name 2: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
(As it appears on passport)

Preferred Name for Name Badge: \_\_\_\_\_ Princeton Affiliation

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Business Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Email: \_\_\_\_\_

Accommodations:  Double  Single  Twin share w/ friend  Share with roommate assigned by tour operator

Please indicate choice of cabin category in order of preference: 1st choice: \_\_\_\_\_ 2nd choice: \_\_\_\_\_

Please contact me about arranging air travel

**Advance Payment Information:** US \$750 per person

If paying by check, please make payable to: **Lindblad Maritime Enterprises, Ltd.**

Enclosed is my advance payment of \$ \_\_\_\_\_

If paying by credit card, we will contact you to finalize your booking and collect payment information.

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