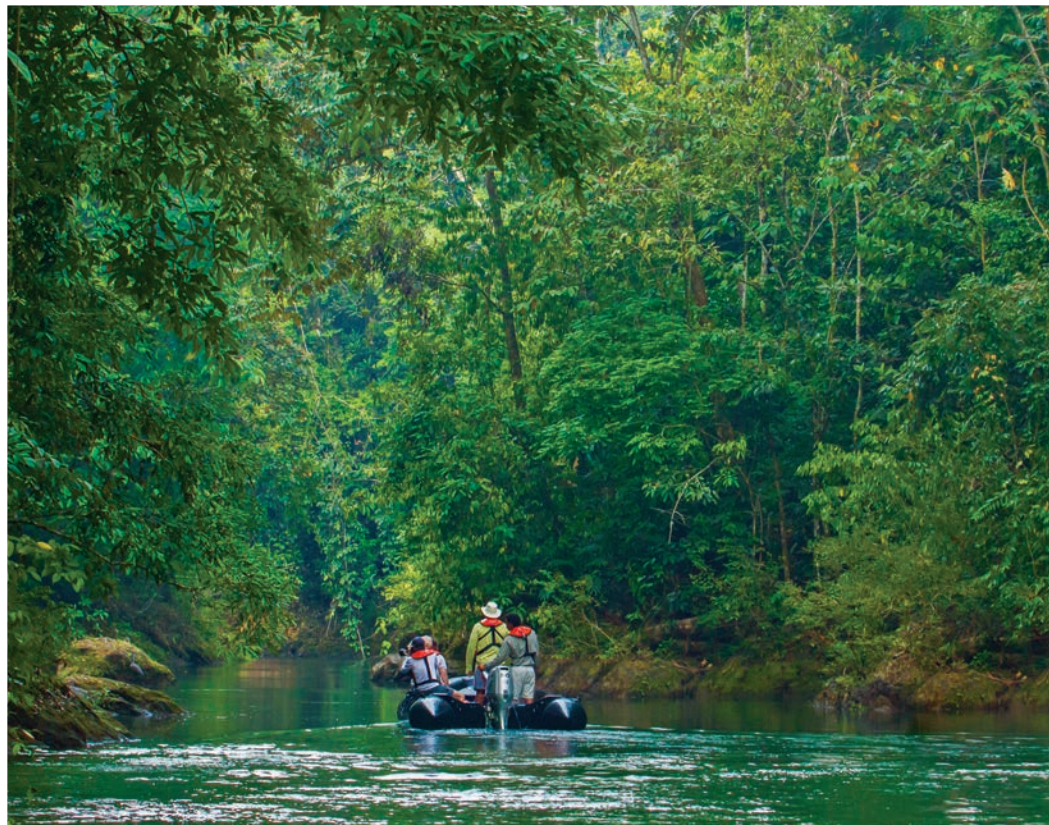


PRINCETON  
JOURNEYS

# Costa Rica and the Panama Canal

Aboard *National Geographic Quest*

March 6-13, 2027



# Costa Rica and the Panama Canal



## Expedition Highlights

Exploring Costa Rica and Panama is a singular experience that combines biodiverse jungle wildlife with an in-depth crossing of the Panama Canal, a marvel of engineering. With lush rainforests, pristine deserted beaches, and monkeys galore, this is the perfect winter escape. Hike deep into the rainforest; kayak and paddleboard along the shore; take a cool swim in a waterfall pool; snorkel over a coral reef. Opportunities abound to see creatures in their natural environs—both on land and in the sea. Expert local naturalists and photo instructors are with you every step of the way, always giving you choices and expanding your knowledge. Aboard, you can always savor panoramic views from the 50-cabin *National Geographic Quest*. Plus, you'll get an exclusive chance to visit the Latin American Sea Turtles (LAST) Association at Playa Blanca on the Osa Peninsula, where you can meet with researchers who are critical in the rescue, rehabilitation and release of native sea turtles.

- ✓ Venture into remote wilderness: hike among monkeys, sloths, and tropical birds and explore far from any inhabited places.
- ✓ Transit the Panama Canal over two days to see it by day and in the coolness of night—plus an exclusive stop at the Smithsonian Research Institute.
- ✓ Discover the wild rainforests of Corcovado National Park, which National Geographic dubbed “the most biologically intense place on Earth.”
- ✓ Explore idyllic islands, snorkel over a vibrant coral reef and take a Zodiac cruise up a wild river.

# Itinerary

DAY 1

## PANAMA CITY, PANAMA/ COLÓN/EMBARK SHIP

Arrive in Panama City this afternoon and transfer to Colón to embark the *National Geographic Quest*. Set sail for the Panama Canal and begin transit this evening when the canal is dramatically lit. You may opt for a culturally-immersive pre-voyage extension in Panama City and San Lorenzo, a UNESCO-designated World Heritage Site. (D)



DAY 2

## GATÚN LAKE/PANAMA CANAL TRANSIT

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. By special arrangement, *National Geographic Quest* will anchor in Gatún Lake near the Barro Colorado Nature Monument overnight. (B,L,D)

DAY 3

## GULF OF PANAMA ISLETS

Today, explore the tiny islets of the Gulf of Panama by Zodiac. Here you might spot frigatebirds, brown pelicans, neotropical cormorants, and brown boobies. (B,L,D)

DAY 4

## COIBA NATIONAL PARK, PANAMA

Begin your 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 or simply spend the afternoon exploring or relaxing on the beach. (B,L,D)

DAYS 5-6

## GOLFO DULCE/OSA PENINSULA

Enter the mangrove-fringed Golfo Dulce, along the southwestern edge of Costa Rica, as the nimble expedition ship takes us into the remote upper reaches of this placid bay. Head inland to meet and share with inspiring local families living in remote communities and working with cocoa, hearts of palm and sugar cane. Hike in mature rainforest, kayak in peaceful waters and explore by Zodiac, scanning the jungle treeline for a dazzling array of avifauna, including golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets. Take in a kaleidoscope of tropical color with bromeliads, heliconias and orchids set against the verdant green. Go ashore on the western side of the bay in the pristine waters of Playa Blanca on the



Osa Peninsula. By special arrangement, visit with the Latin American Sea Turtles (LAST) Association and hear presentations by the staff at LAST including a talk by the dedicated researchers working hard to positively impact sea turtle conservation. (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 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 SHIP/SAN JOSÉ**

Disembark in Puerto Caldera and transfer to the airport in San José for flights home. (B)

**OPTIONAL PRE- OR POST-VOYAGE EXTENSIONS**

**PANAMA CITY & SAN LORENZO • 3 DAYS**

Extend your stay in Panama City and have a private tour at the Panama Canal Museum at the Miraflores Locks, as well as a former U.S. Army base, Frank Gehry’s BioMuseo, and two UNESCO World Heritage Sites—the historic Casco Viejo Old Town and the natural beauty and wildlife of the San Lorenzo Protected Area.

**CAÑO NEGRO RAINFORESTS AND RESERVES • 5 DAYS**

Venture to Costa Rica’s remote Caño Negro region, which is celebrated for its prolific bird population and one of the world’s most important wetlands. Enjoy a stylish glamping experience at Tocú Tent Camp, our home base, as we explore Tenorio Volcano National Park and its surrounding foothills, walk suspension bridges for an incredible bird’s-eye view of the region’s lush rainforests, and learn about the culture and cuisine of the Maleku people, Costa Rica’s smallest remaining Indigenous tribe.



# National Geographic Quest

**CAPACITY:** 50 cabins accommodating 100 guests.

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

**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. The open Bridge provides guests an opportunity to meet the officers and captain and learn about navigation.

**MEALS:** Served in single seatings with unassigned tables for an informal atmosphere. Cuisine is fresh, sustainable, accented with regional flair and served plated.

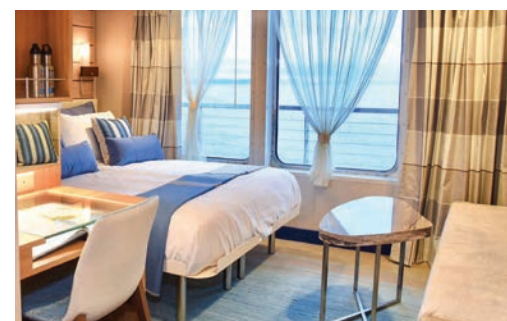
**CABINS:** All cabins face outside with windows or portholes, private facilities and climate controls. Category 4 cabins have step-out balconies.

**EXPEDITION EQUIPMENT:** A fleet of 8 Zodiacs and 24 kayaks, stand-up paddleboards, ROV (remotely operated vehicle); hydrophone, splash-cam, underwater video camera and video microscope.

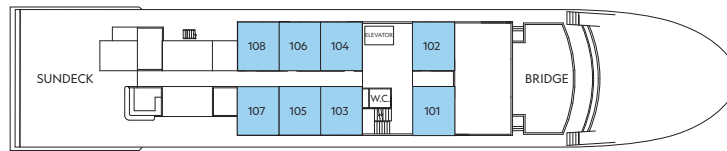
**SPECIAL FEATURES:** Guest Wi-Fi access, elevator, National Geographic certified photo instructor, undersea specialist and a medical professional.

**WELLNESS:** The vessel is staffed by a wellness specialist and features a gym with an elliptical machine, treadmill, exercycles, handweights and resistance bands. Massages in the LEXspa are available by appointment.

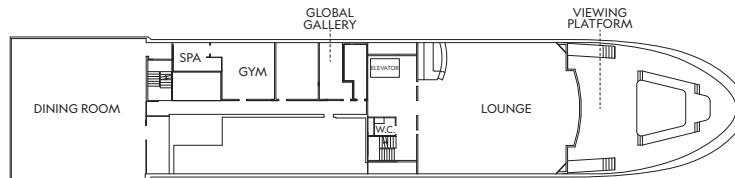
**LINDBLAD EXPEDITIONS—PIONEERING RESPONSIBLE EXPLORATION:** From our consistent quest to improve our practices to offsetting 100% of our carbon emissions, supporting conservation, science and education initiatives around the planet and investing in the communities conservation, science and education initiatives in the places we explore, we are guided by our commitment to explore responsibly.



# National Geographic Quest



OBSERVATION DECK



LOUNGE DECK



UPPER DECK



MAIN DECK

## CATEGORY 1

Main Deck #301-306  
Cabins feature two single beds that can convert to a queen, a writing desk and two portholes.

## CATEGORY 2

Main Deck #307-315  
Cabins feature two single beds that can convert to a queen, a writing desk and two portholes.

## CATEGORY 3

Upper Deck #201-206  
Cabins feature two 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 single beds that can convert to a queen, a writing desk, sliding glass door and small, private balcony.

## CATEGORY 5

Observation Deck #101-108  
Cabins feature two 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:** Solo 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

# Costa Rica and the Panama Canal

VOYAGE DATES	CAT. 1	CAT. 2	CAT. 3	CAT. 4	CAT. 5	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT
March 6-13, 2027	\$7,231	\$7,861	\$8,486	\$9,550	\$10,547	\$10,785	\$11,789	15% of the cabin fare, per person

**NOTE:** The rates above reflect a special group savings of **5%** off of the cabin fare. Valid on this departure date of *Costa Rica and the Panama Canal*, for new bookings only, subject to availability, may not be combined with other offers, and is not applicable on airfare or extensions.

## Terms and Conditions

**PRICING:** Prices quoted in this brochure are per person based on double occupancy in USD. Prices quoted are valid at the time of printing, and are subject to change and availability at time of booking.

**COST INCLUDES:** All accommodations aboard ship; excursions and hotels, as indicated in the itinerary; airport transfers for flights arriving and departing within the recommended window; all meals as indicated in the itinerary, plus hors d'oeuvres and 24-hour access to snacks, premium coffees and teas, nonalcoholic beverages and filtered water; selection of exploration tools curated to the destination, such as kayaks, Zodiacs, etc.; presentations on your destination by expedition staff and expert guest speakers; gratuities to local guides, drivers and local tour escorts, where applicable; the services of a medical professional where applicable; morning stretch classes and 24-hour access to exercise equipment where available; 24-hour access to the lounge, library, observation decks and other shared spaces; complimentary reusable water bottle; park and site entrance fees, special access permits and port taxes. Beer, Wine, Cocktails & Spirits: Your bar tab is included. Premium wines and spirits are available for purchase. Complimentary Wi-Fi: Wireless internet is offered through Speedcast and Starlink. Enjoy a complimentary basic Wi-Fi plan that accommodates email, messaging and social media apps. Upgrades are also available, ranging in price from \$25 per day to \$300 for the entire voyage.

**NOT INCLUDED:** Airfare (except flights when indicated as included and/or as required); pre- and post-expedition extensions; additional hotel nights; premium brand cocktails and spirits; crew gratuities; private transfers; enhanced and premium Wi-Fi plans aboard expedition fleet; laundry, spa treatments, and phone services; travel protection plans; passport, visa and immigration fees.

**ITINERARY MODIFICATIONS:** Itineraries, routing and speakers listed are correct at time of publication, and are subject to change.

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

**RESERVATIONS AND DEPOSITS:** To confirm your place, an advance payment of 15% of the cabin fare, per person is payable by Visa, MasterCard, American Express, Discover or check. Receipt of advance payment indicates your acceptance of the terms and conditions.

**FINAL PAYMENT:** Due no later than 120 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:** It is strongly recommended that you purchase a travel protection plan and medical insurance, which are available at an extra cost. Information will be sent upon registration.

**ENTRY AND VISA REQUIREMENTS:** Guests are advised to verify travel documents (passport/transit visa/entry visa) for the country(s) 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 provisions concerning, among other things, limitations of Lindblad Expeditions and 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.

## CANCELLATION FEE POLICY (PER PERSON)

**120 or more days** prior to expedition start: **No penalty.**

Advance Payment will be credited toward your next expedition\*

**119-90 days** prior to expedition start: **50% of trip cost\*\***

**89-0 days** prior to expedition start: **100% of trip cost\*\***

*\*Advance payments will be credited in the form of a Lindblad Expeditions Travel Certificate, valid for 12 months from the date of cancellation, and which may only be applied towards final payment on any future booking.*

*\*\*Trip cost is total price paid including extensions, charter airfare and other additional services.*

*This cancellation policy applies to expeditions, extensions and all other additional services. The effective date of a cancellation will be the date on which your cancellation notice is received. Note: Airline cancellation policies vary by carrier and type of fare used to issue your ticket.*

*Any revisions you make within the cancellation penalty period, such as departure date or choice of voyage, are subject to cancellation fees. The cancellation policy for certain longer voyages and holiday departures may vary due to high demand for these voyages. We strongly recommend purchasing a travel protection plan to protect yourself from fees in the event you need to cancel your reservation.*

*This institution is an equal opportunity provider.*

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RESERVATION FORM

# Costa Rica and the Panama Canal

**Aboard *National Geographic Quest***

March 6-13, 2027



Please enroll online at [alumni.princeton.edu/journeys](http://alumni.princeton.edu/journeys) or send reservation to:

Princeton Journeys  
Princeton University  
P.O. Box 5256  
Princeton, NJ 08543  
**Phone:** (609) 258-8686  
**Email:** [journeys@princeton.edu](mailto:journeys@princeton.edu)

## Passenger Information

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

Guest 1: \_\_\_\_\_  
(As it appears on passport)

Date of Birth: \_\_\_\_\_ M/F: \_\_\_\_\_

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

Primary Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Guest 2: \_\_\_\_\_  
(As it appears on passport)

Date of Birth: \_\_\_\_\_ M/F: \_\_\_\_\_

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

Primary Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

- Accommodations:  Double  Single  Twin share with a friend  
 Share with roommate assigned by tour operator.

Please indicate choice of cabin category in order of preference:

1st choice: \_\_\_\_\_ 2nd choice: \_\_\_\_\_

**Advance Payment Information:** 15% of the cabin fare, 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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