



COSTA RICA & THE PANAMA CANAL

FEBRUARY 17-24, 2024



ABOARD NATIONAL GEOGRAPHIC QUEST



DEAR TRAVELERS,

Within the lush and vibrant green of Costa Rica and Panama lie many discoveries—from the vivid flash of macaw wings amid the treetops and the scintillating patterns of iridescence on a hummingbird, to the thrill of hearing howler monkeys calling out to one another. But greatest of all is the mighty Panama Canal—and the surprising allure of the wildness that surrounds it.

Traveling aboard the 50-cabin *National Geographic Quest* ensures you'll not only see and do more in this rich region, but also have experiences you couldn't otherwise have—like transiting the canal over the course of two days, taking in its wonders by day, and enjoying its lights at night; and discovering these two countries as an active explorer, not a tourist. Learn the history of the canal, one of the seven wonders of the modern world, and also experience Panama—a lush tropical paradise. Go deeper into the authentic “pura vida” of Costa Rica—including a visit to the Osa Peninsula, where you'll encounter welcoming locals making their living as they preserve their country's legendary natural beauty.

The ship is equipped with Zodiacs, kayaks, stand-up paddleboards, and snorkeling gear, all key to experiencing the region's diverse habitats with all your senses. Count on being active, with options for every fitness level. Hike to a waterfall or take a rainforest walk. Explore mangroves by Zodiac or make landfall on a pristine beach. Kayak along the shores of wild islands, enjoy paddleboarding in warm tropical waters, or snorkel to discover the vibrant undersea. Our veteran expedition team aboard will help you spot the multitude of mammals, birds, and insects hidden in the dense forest canopy, while the certified photo instructor will help you capture your best shots ever.

Do give this special travel opportunity every consideration. **To reserve your space, please return the enclosed reservation form, email groups@expeditions.com or call Lindblad Expeditions at 833-985-1261.**

Sincerely,



Richard Jepsen
Principal
RMJ Travels

SPECIAL OFFERS:

Book now for \$700 AIR CREDIT per person or FREE three-day Panama City extension. See page 12 for details.

*Cover: Discover diverse habitats up close on Zodiac forays. Opposite page: Gatún Locks, Panama Canal.
Ship's registry: United States*



COSTA RICA: NATURE & AUTHENTIC CULTURE

The Osa Peninsula, largely inaccessible and less visited, is the crown jewel of Costa Rica and the focus of this exploration. It contains more than fifty percent of the country's biodiversity and Corcovado National Park—one of the largest protected areas left on the Pacific Coast of Central America. Visit a private reserve and discover a virgin rainforest—with giant trees, thousands of plant species, birds, insects, and mammals. Visit a traditional sugar cane mill to learn about the process of producing delicious juices and snacks. Then, take a cooking class and make a tasty local dish or pan for gold at an artisanal gold mine, accompanied by a former gold miner-turned-conservationist.



Learn the techniques used to obtain clean 24K gold.

Across Golfo Dulce, encounter natural beauty unmarred by development. Verdant green tropical forests rise out of volcanic grounds that are still active due to the plate tectonics beneath the gulf. Learn about recent volcanic eruptions and earthquakes that shape Costa Rica's diverse landscapes, and witness a dazzling array of bird and plant species thrive in this environment. These unique opportunities will immerse you in the essence of Costa Rica's national character and its famed "*pura vida*." Similar to Hawaii's "*Aloha*," *pura vida* is used as pleasantries of everyday Costa Rican life including "*hello*" and "*goodbye*." Meaning "*pure life*," locals might use this phrase to express "*things are going great*" or they "*couldn't be better*" or "*you're welcome*" when one says *gracias*.

THE WARMTH OF COSTA RICAN PEOPLE

See what happens when local people on the Osa Peninsula take responsibility for preserving Costa Rica's natural beauty. Meet and share with the rural entrepreneurs in Caminos de Osa, a consortium, who practice sustainable development and provide unique, local experiences.



Meet the locals on the Osa Peninsula.

Opposite page (clockwise from top): Blue morpho butterfly; explore rainforest tributaries via Zodiac; mantled howler monkey; scarlet macaw; guests hiking in Corcovado National Park.



PANAMA: A TROPICAL LAND & SEA SANCTUARY



Two hundred islands populate Coiba National Park, a UNESCO World Heritage site and part of the Marine Life Corridor created in 2016. Only the Great Barrier Reef and the Galápagos National Park are larger. You'll have opportunities for kayaking, paddleboarding, swimming, snorkeling, or

herding scuttling hermit crabs on white sand beaches. Take rainforest walks, discover opportunities for stunning photography, or birdwatch—soaking up the lush tropical beauty, the bright reef fish, the ancient lava flows, and more.

AN EXTRAORDINARY PANAMA CANAL TRANSIT

The Panama Canal offers a perfect contrast to the natural beauty of the region—a technological marvel that is both historic and the future of global shipping. Crossing the canal by ship is a life-list must—and your transit aboard the *National Geographic Quest* offers the best possible experience. Because the ship is allowed to overnight in the Canal Zone and complete the transit over two eventful days, you are able to see the canal by day *and* night. Experience the thriving life in the Gulf of Panama: on a sunrise outing, see brown and blue-footed boobies, magnificent frigatebirds; and meet the denizens of Iguana Island. Enjoy the exclusive privilege of visiting Barro Colorado Nature Monument, home to the Smithsonian Tropical Research Institute. Whether it's on your bucket list or simply a bonus on your Costa Rica and Panama expedition, you will remember your canal transit forever.



Opposite page (clockwise from top): Observe the Panama Canal dramatically lit at night; white-faced capuchin monkey in the dark tropical forest; guests cool off mid-hike; take advantage of abundant opportunities to snorkel.



NATIONAL GEOGRAPHIC QUEST: THE PERFECT PLATFORM FOR EXPLORING

The 50-cabin *National Geographic Quest* is your front-row seat on the legendary diversity of Costa Rica and an unforgettable Panama Canal transit. Along with top amenities and comfort on the inside, plus a bow and deck that were purposefully designed for easy access to the world outdoors, the ship also offers a variety of enhancements that makes it one of the top expedition vessels out there. The ship accommodates 100 guests and carries a fleet of customized Zodiacs that lets you explore remote, jungle-embraced beaches. Kayaks enable you to experience wildness personally at water level as you paddle along mangrove channels. Snorkeling equipment, a hydrophone, an ROV (remotely operated vehicle), a splash-cam, and an underwater video camera let you see the aquatic life you'd otherwise miss. Plus, stand-up paddleboards allow you to do some solo exploration at your own pace.

AT YOUR SERVICE: AN A+ EXPEDITION TEAM

You are accompanied by an expert team of naturalists who know every aspect of this region, so you'll see, do, and learn more. You can gravitate to those whose interests—birds, plants, photography, and beyond—mirror yours. Or sample and benefit from a great variety of expert and engaging personalities. Plus, enjoy perfectly sized groups on activities and personal attention; you're never lost in a crowd.



A certified photo instructor is also on board to assist you with camera settings, composition basics, and useful tips. Because they are also a naturalist, you learn about the wildlife and can anticipate behaviors that make for great photos. So whether you're a smartphone, point and shoot, or DSLR user, count on returning home with new skills and your best photos ever.

Opposite page (clockwise from top): Complete snorkeling gear is provided; National Geographic Quest; kayaks allow for water-level explorations; guests visiting a cacao farm, Osa Peninsula; try stand-up paddleboarding; guests get photography tips in the field.

COSTA RICA & THE PANAMA CANAL

8 DAYS/7 NIGHTS—NATIONAL GEOGRAPHIC QUEST



Yellow-throated Toucan, Costa Rica.

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 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 3: GOLFO DULCE/OSA PENINSULA

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. 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, the only tropical fiord in the continent. By special arrangement, visit the 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 hard to positively impact sea



turtle conservation. At the end of our visit, we may be invited to participate in the release of rehabilitated, healthy turtles back into the Pacific—a truly poignant moment. In the evening, enjoy drinks ashore and a beautiful sunset. (B,L,D)

DAY 4: GOLFO DULCE, COSTA RICA

As our Golfo Dulce exploration continues by Zodiac, paddleboard and kayak, we encounter Pacific Costa Rica's dazzling avifauna as we watch for golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted 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. (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)

OPTIONAL POST-VOYAGE EXTENSION

PANAMA CITY & SAN LORENZO—3 DAYS/2 NIGHTS: Visit Panama City's Agua Clara Visitor Center to observe the new locks, the Biodiversity Museum, the World Heritage site of Casco Viejo, and more.



NATIONAL GEOGRAPHIC QUEST

CAPACITY: 50 cabins accommodating 100 guests.

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

National Geographic Quest is designed with over 50 years of expedition heritage and built in the U.S.A., offering the best in 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. 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.

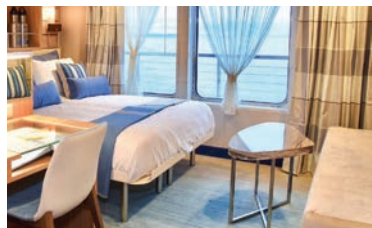
CABINS: All cabins face outside with windows or portholes, private facilities, and climate controls. Category 4 cabins have step-out balconies.

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.

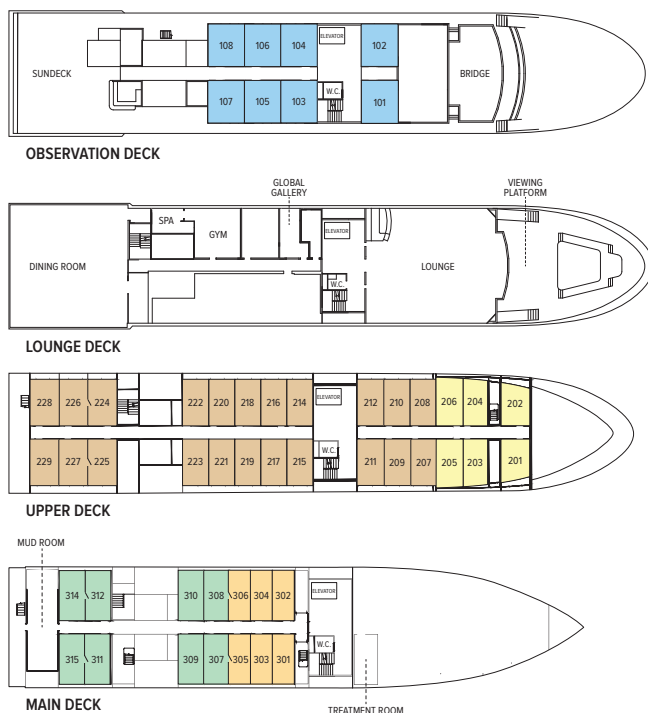
SPECIAL FEATURES: Guest Wi-Fi access, elevator, certified photo instructor, undersea specialist, and ship's doctor.

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.

SUSTAINABILITY: Lindblad Expeditions takes responsible, sustainable travel to heart. For over 50 years, our expeditions have inspired travelers to protect the ocean, conserve wildlife, bolster local communities, and enable meaningful scientific research. We are 100% carbon neutral and dedicated to green business practices at every level of our operations. When you travel with us, you'll eat sustainable meals, experience our commitment to single-use plastic-free travel, and be aboard the industry's first self-disinfecting expedition ships, prioritizing your health and safety. Feel good about exploring with us and preserve the planet for future generations.



Category 4 cabin with single beds (which can be converted to a Queen) and a private step-out balcony; the casual dining room with its expansive windows; Category 5 cabin is the most spacious aboard.



Prices are per person, double occupancy unless indicated as solo.

CATEGORY 1: \$7,030

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

CATEGORY 2: \$7,640

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

CATEGORY 3: \$8,250

Upper Deck #201-206 — Cabins feature two single beds that can convert to a queen, a writing desk, and two large windows.

CATEGORY 4: \$9,280

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: \$10,250

Observation Deck #101-108 — Cabins feature two single beds that can convert to a queen, large windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

CATEGORY 1 SOLO: \$10,490

Main Deck #301-306

CATEGORY 2 SOLO: \$11,460

Main Deck #307-315

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

INCLUSIVE PRICING

ABOARD SHIP

- ✓ All meals and alcoholic (except certain super-premium brands) and nonalcoholic beverages
- ✓ 24-hour coffee, tea and soda, and complimentary refillable water bottle
- ✓ Hors d'oeuvres and snacks during evening Recaps
- ✓ Regionally-specific, professionally-curated library
- ✓ Mac computers for downloading photos
- ✓ 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 our expedition staff

ACTIVITIES

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

SPECIAL OFFERS

\$700 AIR CREDIT OR FREE 3-DAY PANAMA CITY EXTENSION: Book by June 30, 2023 and choose either a \$700 air credit per person or a free post-voyage 3-Day Panama City extension on this departure date. New bookings only. Subject to availability and may not be combined with other offers. Credit will be deducted from cabin fare prior to any additional applicable savings.

MILESTONE CELEBRATION PACKAGE: Celebrate birthdays, anniversaries, family reunions, etc., with your group of eight or more, and receive 5% off, a \$150 shipboard credit for the spa or champagne, a complimentary group photo, and more. Milestone celebration must be communicated at time of booking. Milestone amenity package is one per group, intended for the guest celebrating the Milestone event. Group discount is applicable to cruise portion only, and does not apply towards additional services such as hotels, extensions, airfare, etc. Group cancellation terms also apply. Not combinable with certain 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 beverages (except certain super-premium alcoholic brands) aboard ship; shore excursions, sightseeing, and entrance fees; use of kayaks, paddleboards, and snorkeling gear; special access permits; transfers to and from recommended designated flights; tips (except to ship's crew), taxes, and service charges; services of the ship's physician and our expedition staff. Unused services or items included in the program are non-refundable.

NOT INCLUDED: Air transportation; extensions; horseback riding; passport, visa, and immigration fees; meals not indicated; travel protection plan; items of a personal nature such as Wi-Fi, laundry, etc. Gratuities are at your discretion.

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

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

FINAL PAYMENT: For groups of eight or more, taking advantage of the Milestone Celebration Package, an additional 25% is required 180 days prior to departure. Final payment is 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: Travel and medical insurance are available at an additional cost. Information will be sent to you upon registration.

SMOKING AND VAPING 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(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 other 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.

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.

PHOTO CREDITS: Willy Alfaro, Marc Cappelletti, Rob Crandall/Alamy, Alexandra C. Daley-Clark, Patrick J. Endres/Alamy, Eric Guth, iStockphoto, Ralph Lee Hopkins, Fabiola Kano, Sven-Olof Lindblad, Kelvin Rumsby/Alamy, David Vargas.

GROUP CANCELLATION TERMS

Number of Days Prior to Expedition Start	Per Person Cancellation Fee
180 or more days	Advance payment cost
179-120 days	25% of trip cost***
119-90 days	50% of trip cost***
89-0 days	100% of trip cost***

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

We strongly recommend that you purchase a travel protection plan.



Please send reservation to:
Lindblad Expeditions
96 Morton Street
New York, NY 10014
Phone: 833-985-1261
Fax: 646-390-2050
Email: groups@expeditions.com

RESERVATION FORM: COSTA RICA & THE PANAMA CANAL

ABOARD NATIONAL GEOGRAPHIC QUEST | FEBRUARY 17-24, 2024

Please reserve _____ place(s).

Guest 1: _____ M/F: _____

(As it appears on passport)

_____ Date of Birth: _____

(Preferred name for name badge)

Guest 2: _____ M/F: _____

(As it appears on passport)

_____ Date of Birth: _____

(Preferred name for name badge)

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Business Phone: _____

Cell Phone: _____

Email: _____

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: _____

- ☐ I would like to take advantage of the complimentary air credit.
☐ I would like to take advantage of the Panama City extension. Please send details.

Advance Payment Information: 15% of the cabin fare, per person.

Please make check 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.

COSTA RICA & THE PANAMA CANAL

EXPEDITION HIGHLIGHTS

- » Explore the fascinating lock system of the Panama Canal and enjoy special access to Barro Colorado
- » Search for howler and capuchin monkeys, sloths, scarlet macaws, and toucans.
- » Venture to the tiny islands of the Gulf of Panama and snorkel off Isla Coiba.
- » Discover hidden pools and waterfalls deep within the jungles of the Osa Peninsula.

100% CARBON NEUTRAL AND COMMITTED TO BEING SINGLE-USE PLASTIC FREE

We have chosen Lindblad Expeditions because they care deeply about the planet and see travel as a powerful force for good.



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