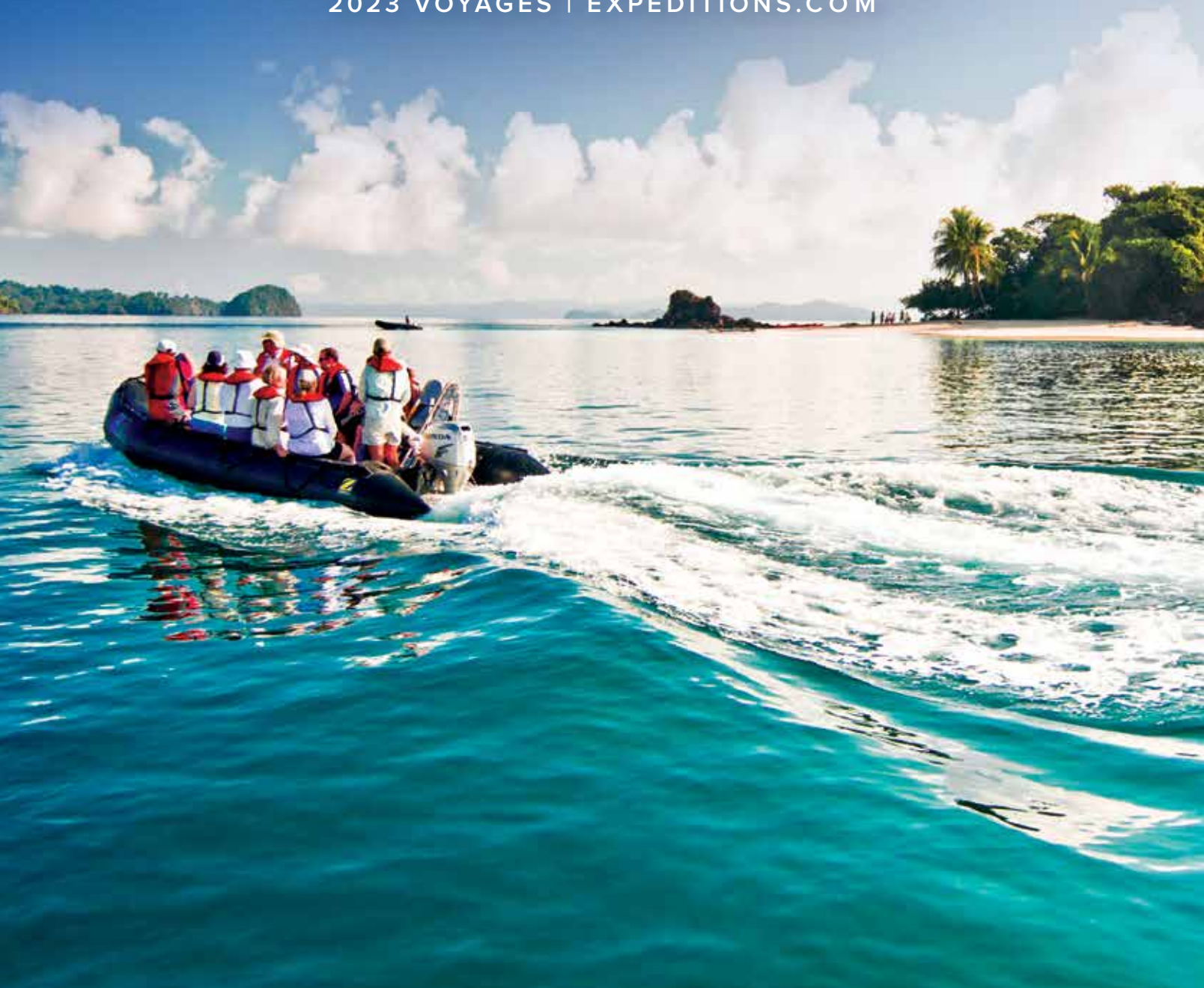


Central America

2023 VOYAGES | EXPEDITIONS.COM





The Wild Heart of the Americas

Bridging the Americas and dividing the oceans is a narrow strip of land carved with rivers, spiked with peaks, and draped in a thousand shades of green.

Though Central America makes up less than 1% of the world's landmass, it sustains a staggering 5% of global biodiversity throughout its rainforests, rivers, and reefs.

Here, jungle canopies twitter with colorful birds and clamoring monkeys, and mountain streams flow to an ocean rife with coral and sea creatures. To venture to Central America is to discover a land where tropical wildness still reigns above all else.

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Our Ships

The Ideal Base for Immersive Exploration

Our nimble expedition ships are designed to provide up-close experiences in the planet's wildest and most remote places. In Central America, that means gliding into a serene bay for a solitary snorkeling excursion, anchoring at a forgotten islet off the Colombian coastline, or sailing along the sinuous channels of the Panama Canal Zone, where thick jungle canopies spill across the shoreline.

Modern and clean-lined, the *National Geographic Quest* and *National Geographic Sea Lion* feature open decks and large windows that keep travelers connected with extraordinary views of turquoise waters when we're not out exploring. The ships are equipped with a full suite of exploration tools: splash cams, underwater video cameras, and video microscopes that give you a glimpse of the vast world beneath the waves—from the Caribbean to the Pacific and beyond.

Each vessel is stocked with a fleet of kayaks, stand-up paddle boards and Zodiacs that enable us to explore without being dependent on ports or piers, while our kayakers



and paddle boards allow you to observe a surfacing sea turtle at water level or paddle into a quiet cove for an up-close look at a shorebird in Belize.

The lounge is where fellow travelers gather to unwind and hear the Naturalists discuss the wonders we witness each day. Beautifully appointed cabins and common areas reflect the artistic traditions of the regions we explore. Take up the captain's open invitation to visit the Bridge and watch the crew navigate the canals and bays that make these waters so extraordinary to explore.

Left: National Geographic Quest, Golfo Dulce. Top right: Kayaking in Coiba National Park. Above: Stand-up paddle boarding the calm waters.

Preserving Nature, Nurturing Tradition

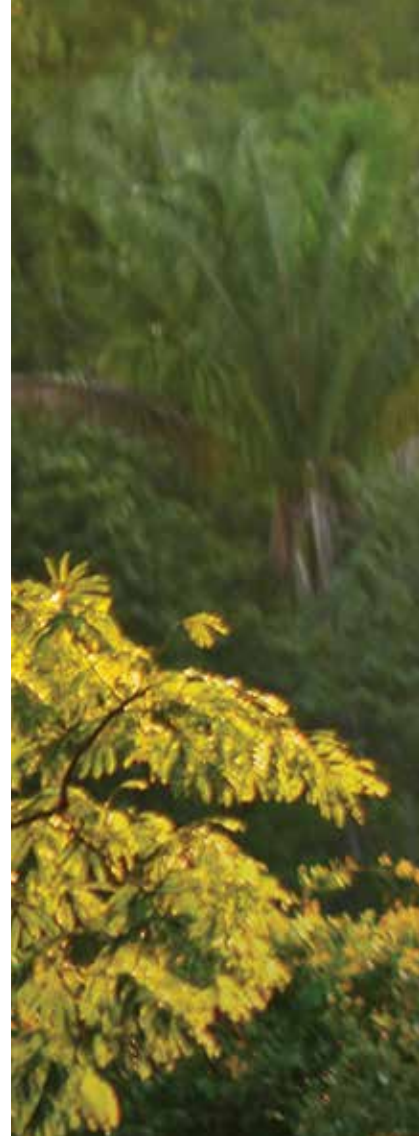
The diverse ecosystems and habitats of Central America harbor a wide spectrum of neotropical flora and fauna and a panoply of sea life. Colombia's rainforests alone are a thriving habitat for more than 1,900 species of birds and 45 types of mammals, many endemic to the region.

Costa Rica's tropical forests are legendary—as are the country's conservation initiatives. Innovative restoration programs in the Guanacaste Conservation Area have contributed to regeneration of the region's rare and endangered tropical dry forests, heavily felled by cattle ranchers in the mid-20th century. The conservation zone now harbors an estimated 235,000 species, which account for 65% of the species in Costa Rica.

In the Panama Canal Zone, a world-record 385 bird species were once recorded in a single day. The region is carefully conserved by the government, since the freshwater coming out of the rainforest is necessary for the locks to operate. Explore the vibrant undersea along the Panamanian coast, including in the San Blas Islands, where the Guna Yala people are careful not to overfish their reefs.

In 2009, the Belize Barrier Reef—Belize's only UNESCO World Heritage site—was placed on the List of World Heritage Sites in Danger, due to threats like offshore oil extraction, hurricanes, and coastal development. Belize vowed to take landmark action to revitalize and safeguard the fragile ecosystem, and in 2018, the World Heritage Committee removed the reef from the list. Today, this thriving reef supports a wealth of marine life, including more than 500 species of fish, gentle manatees, and more than 90 varieties of coral.

Clockwise from top: Scarlet macaws; gentle manatee, Belize; Guanacaste's conservation area has contributed to regeneration of the region's rare and endangered tropical dry forests,





The diverse ecosystems and habitats of Central America harbor a wide spectrum of neotropical flora and fauna and a panoply of sea life.





Discover Ancient Customs Adapted to Modern Life

COSTA RICA is deeply invested in protecting the natural resources that are a critical driver of their economy. On an expedition here, you might chat with coffee farmers who grow their beans in the shadow of the jungle canopy, creating new habitats for birds. Or, you may meet a gold miner who walked away from the mines to protect land where he now demonstrates the practice of panning for gold in mountain rivers—the same clear waters that have become gold to Costa Rica’s green-based economy.

GUATEMALA beckons travelers into the realm of the ancient Maya. Tikal once stood at the center of the Classic Maya world before it was mysteriously abandoned and lost to the jungle around the turn of the 9th century. Rediscovered in 1848, the temples and ceremonial platforms of this former urban hub attest to the civilization’s magnificence and mystique. On our Belize and Guatemala voyage, visit Tikal and nearby Yaxhá to puzzle out Mayan hieroglyphs and climb stone temples that pierce the jungle canopy.

In **COLOMBIA**, venture to the village of Tuchín to meet the indigenous Zenú people. For hundreds of years, these artisans have woven traditional sombrero vueltiao from sun-dried coastal cane. Learn how the Zenú have begun irrigating cane fields to increase production while fighting against overseas limitations passed off as originals in local markets. The hats are in great demand, and you’ll have a chance to purchase an authentic sombrero vueltiao—a souvenir and symbol of sustainable craftsmanship.

Discover an indigenous island paradise in **PANAMA’S GUNA YALA**, where Guna women make intricate mola handicrafts just as they have for centuries—a tradition that incorporated into appliqué clothing. Mola are such a sacred part of their tradition that when the Panamanian government attempted to modernize the Guna in the early 20th century by banning traditional clothing, the Guna revolted and, in 1925, the government granted the islands sovereignty. Today, the decorative mola are still worn by women.

Clockwise from top left: Ripe coffee beans; Ancient Maya archaeological site, Quiriguá; Kuna Indian woman wearing a traditional mola blouse, sews and embroiders a handcrafted mola, San Blas Islands, Caribbean coast, Panama; Colombian farmer with sombrero vueltiao and poncho.





The Panama Canal

A Storied Crossing Between Two Oceans

More than a century after its completion, the Panama Canal stands as a critical achievement in commercial and engineering history. Transiting this storied passageway aboard the *National Geographic Quest* means learning about a modern wonder from the inside out—and gaining an in-depth understanding of its economic, mechanical, and political impact.

Sailing through the canal adds another unique perspective: our vessel is the only passenger ship permitted to overnight in the Canal Zone, allowing our guests the opportunity to take in eye-level views of the locks' intricate workings by day, and to witness the spectacle of the canal's dazzling illumination after dark.

Just beyond the gates of this engineering marvel, we experience a dramatic change in scenery. The concrete walls of the Canal stand in sharp contrast to the surrounding leafy jungles, where flora and fauna have thrived thanks to preservation efforts aimed at sustaining the health of this vital ecological corridor.

Step ashore at Barro Colorado Island to visit the Smithsonian Research Station and learn about the lush lowland tropical forests that have drawn biologists from across the globe to Panama since 1932. On a Zodiac excursion to the tiny “monkey islands,” get a wild greeting from the curious primates that approach our vessels as we navigate the shoreline. Or, walk along the elevated boardwalks of the Panama Rainforest Discovery Center trail, through a canopy that harbors a rainbow of some 400 bird species.



Clockwise from top: Night transit of the canal; Aerial view of Gutan Locks; Mantled howler monkeys, Barro Colorado Island.



A dense tropical forest with a river in the foreground. The trees are lush green and the water is calm, reflecting the surrounding foliage.

A Wilderness of Epic Proportions

When travelers step into the tangled tropical forests of Corcovado National Park, it is immediately evident why National Geographic dubbed it “the most biologically intense place on Earth.” The reserve is a sanctuary for some 140 mammal species in 12 major ecosystems ranging from coastal mangrove swamps to highland forests that reach into the clouds.

The park is a powerful draw for nature lovers, most of whom visit via inland ranger stations. However, our travelers arrive directly on Corcovado’s beaches, where we hike into the jungle as the sleepy stillness breaks into a cacophony of bird chirps and monkey chatters. Stop and swim in a waterfall pool, or continue to trek along the river, deeper into Corcovado’s wild interior. Either route leads to incredible wildlife sightings, whether it’s the flash of scarlet macaws, foraging coatis or, with luck, maybe a glimpse of a grazing tapir.

Costa Rica & the Panama Canal



8 DAYS | FROM \$6,620

Scan QR code for itinerary details and current rates
or visit expeditions.com/wild

Aboard *National Geographic Quest*

Immerse yourself in the natural wonders of one of the most bio-diverse regions in the world. Voyage along the Pacific coast of Costa Rica and Panama where you'll venture into the rainforest to discover hidden pools and waterfalls; search for monkeys, sloths, frogs, and brightly colored birds; and take an optional horseback ride on a pristine beach. To top it off, you will experience an extraordinary two-day transit of the Panama Canal for a first-hand view of this fascinating and enduring man-made marvel.

Osa Peninsula Turtle Research Experience

Enjoy an extraordinary experience with the iconic sea turtles of the Pacific—join us on a visit to Latin American Sea Turtles Association, assisting researchers with data collection and observing rehabilitated turtles released back into the wild.

EXPEDITION HIGHLIGHTS

- ▶ Explore the tiny islands and snorkel beautiful reefs of the Gulf of Panama.
- ▶ Transit the Panama Canal over two days to see it both by day and night.
- ▶ Meet the Emberá people of Panama, who welcome us into their village.
- ▶ Hike through the lush, world-renowned Corcovado National Park.
- ▶ Zodiac cruise during an exclusive stop at the Smithsonian Research Institute.



Three-toed sloth.

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. (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 searching for wildlife. (B,L,D)

DAY 3: OSA PENINSULA

Head inland at Playa Blanca to meet and share with inspiring local families living in remote communities and working with cocoa, heart of palm, and sugar cane. Kayak in peaceful waters in Golfo Dulce, the only tropical fjord on the continent. In the evening, enjoy drinks ashore. (B,L,D)

DAY 4: GOLFO DULCE

Spend the day exploring the mangrove-fringed Golfo Dulce. Visit stunning Rio Seco Rainforest, accessible only by boat, in remote and wildlife-rich Piedras Blancas National Park. 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. Discover rich marine life while snorkeling, kayaking, hiking, stand-up paddleboarding, or simply relax on the beach. (B,L,D)

DAY 6: GULF OF PANAMA ISLETS/ PANAMA CANAL TRANSIT

Today, search for beautiful birdlife the tiny islets of the Gulf of Panama by Zodiac. Set sail for the Panama Canal this afternoon. 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 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 through the many Islets of Gatún Lake 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/DISEMBARK/PANAMA CITY/U.S.

After breakfast, disembark in Colón and transfer to the airport in Panama City. (B)



EXPEDITION DATES

2022 Dec. 11, 20, & 27 2023 Jan 3*, 15, 22*, 29; Feb. 5*, 12, 19*, 26; Mar. 5*; Dec. 7, 14*, 21, 28*

*These departures travel in reverse.

SPECIAL OFFERS:

Book select departures by October 31, 2022

- Welcome a fourth guest free
- Receive free round-trip airfare between Miami and San Jose/Panama City
- Save 50% on a three-day extension in Panama City

See page 32 for details.

Go Further

Experience both land and sea with one of these expeditions that bring you deeper into stunning, wild Costa Rica. Walk through the misty treetops of the Monteverde Cloud Forest Reserve via a series of suspension bridges for unique views of a jungle sanctuary shrouded in moss and studded with orchids. Or venture even further, to the soaring Arenal volcano and to Tortuguero's labyrinth of tropical lagoons, just off the Caribbean coast.



Corcovado National Park.

Costa Rica's Cloud Forest through the Panama Canal



11 DAYS | FROM \$8,670

Scan QR code for itinerary details and current rates
or visit expeditions.com/monteverde

Aboard *National Geographic Quest* + Land Excursion

A scenic drive will take you to Monteverde Cloud Forest. Ascend the Skywalk for a birds-eye view of the rainforest canopy and a chance to see the iconic resplendent quetzal. Learn about life in the early Monteverde community from a family member of an original Quaker homesteader. Spend each night at a charming family-owned lodge, then board your ship for Costa Rica & the Panama Canal.

EXPEDITION HIGHLIGHTS

- ▶ See monkeys, sloths, rare birds, and venture deep into the rain forest.
- ▶ Transit the Panama Canal, with an exclusive stop to visit the Smithsonian Tropical Research Institute.
- ▶ Kayak, hike, swim, and snorkel; actively explore these idyllic islands and hidden waterways, getting the same enriching experience offered on our eight-day Costa Rica and Panama expedition.
- ▶ Plus venture inland for an exploration of the picturesque Monteverde Cloud Forest.

ITINERARY AT A GLANCE

DAY 1: San José, Costa Rica

DAYS 2 & 3: Monteverde Cloud Forest

DAY 4: Monteverde/Puerto Caldera/Embark

DAY 5: Corcovado National Park

DAY 6: Golfo Dulce, Costa Rica/Osa Peninsula

DAY 7: Golfo Dulce

DAY 8: Coiba National Park, Panama

DAY 9: Gulf of Panama Islets/Panama Canal Transit

DAY 10: Gatún Lake/Panama Canal Transit

DAY 11: Colón/Disembark/Panama City

EXPEDITION DATES

2022 Dec. 8, 24 2023 Jan. 12, 26; Feb. 9, 23

SPECIAL OFFER:

Book by October 31, 2022 to receive a \$450 air credit on select departures. See page 32 for details.



Arenal volcano.

Panama Canal to the Costa Rican Highlands: A Central American Odyssey



15 DAYS | FROM \$11,620

Scan QR code for itinerary details and current rates
or visit expeditions.com/arenal

Aboard *National Geographic Quest* + Land Excursion

Experience all the wildness and beauty of Costa Rica and Panama on a sweeping adventure through the Panama Canal, along the coasts, and inland to a mist-shrouded Cloud Forest, volcano, lake, and a jungle village. Plus, discover the Caribbean coast in remote Tortuguero National Park. with a rustic lodge at the water's edge as your base.

EXPEDITION HIGHLIGHTS

- ▶ Transit the Panama Canal, with an exclusive visit to the Smithsonian Tropical Research Institute.
- ▶ Hike through the mist-shrouded cloud forest reserve in Monteverde and enjoy great bird watching.
- ▶ Walk suspension bridges in the dense forest surrounding Arenal Volcano and relax in nearby hot springs.
- ▶ Visit the remote, car-less town of Tortuguero and venture through rainforest-shrouded canals in small boats.

ITINERARY AT A GLANCE

DAY 1: Panama City, Panama/Colon/Embark

DAY 2: Gatún Lake/Panama Canal Transit

DAY 3: Gulf of Panama Islets/Panama Canal Transit

DAY 4: Coiba National Park

DAY 5: Golfo Dulce, Costa Rica

DAY 6: Osa Peninsula

DAY 7: Corcovado National Park

DAY 8: Puerto Caldera/Monteverde

DAYS 9 & 10: Monteverde/Arenal

DAYS 11 & 12: Arenal/Tortuguero

DAYS 13 & 14: Tortuguero/San José

DAY 15: San José

EXPEDITION DATES

2022 Dec. 20 2023 Jan. 3, 22; Feb. 5, 19;
Mar. 5

SPECIAL OFFER:

Book by October 31, 2022 to receive a \$450 air credit on select departures. See page 32 for details.



A tropical beach scene with palm trees and a sandy shore. The image shows a sandy beach in the foreground with several palm trees. In the background, there are more palm trees and a clear blue sky. The overall atmosphere is bright and sunny.

Rare Wonders of the Tropical Dry Forest

Costa Rica is known for its wildlife-rich rainforests, but it's also home to one of Central America's largest tropical dry forests, which flourishes across the coastal Guanacaste region. This rare ecosystem of flowering trees and delicate scrublands is undergoing a vibrant renewal following the region's cattle-ranching era, and we'll witness the fruits of conservation firsthand as we delve into untamed parks and refuges that grow wilder with each passing day.

Embrace Guanacaste's cowboy spirit while riding on horseback beneath towering volcanoes capped by clouds—and the occasional wisp of smoke. Spy species that have adapted to the dry conditions, including some of Costa Rica's most charismatic tropical creatures: armadillos, white-nosed coatis, and a variety of monkeys. Along the coast, crescents of golden sand and mazelike mangroves meet the sparkling waters of the Pacific, where dolphins, sea turtles, and tropical fish of every color await oceanic explorers.

Wild Costa Rica Escape: Exploring Guanacaste's Natural Wonders



6 DAYS | FROM \$4,070

Scan QR code for itinerary details and current rates
or visit expeditions.com/Guanacaste

Aboard *National Geographic Quest*

Discover the treasures of one of Costa Rica's richest regions, Guanacaste. Snorkel among tropical fish or kayak quietly along palm-lined beaches in the Guanacaste Conservation Area. Hike, ride horseback, and zipline amid mist-shrouded volcanic peaks in Rincón de la Vieja National Park, where the tropical dry forest meets the more humid montane ecosystem. Experience the wildness and bask in the *pura vida* that infuses this ecologically rich region.

EXPEDITION HIGHLIGHTS

- ▶ Explore the incredible tropical biodiversity of the UNESCO designated World Heritage site, Guanacaste Conservation Area.
- ▶ Discover diverse tropical forests abundant in wildlife on foot, on horseback, and soaring by zipline.
- ▶ Spend an afternoon enjoying Isla Tortuga's palm-shaded beaches before a barbecue dinner on the sand.
- ▶ Explore the volcanic landscapes of Rincón de la Vieja National Park.



White-faced Capuchin monkey, Curú National Wildlife Reserve.

**DAY 1: SAN JOSÉ, COSTA RICA/
PUERTO CALDERA/EMBARK**

Upon arrival in San José, transfer by land to Puerto Caldera to embark our ship. (D)

**DAY 2: ZAPOTAL BEACH/ PAPAGAYO
PENINSULA**

Drop anchor off Zapotal Beach, where we spend the morning soaking up the sun or snorkeling. Or, choose to hike through a gallery forest. After lunch, we cruise north to the Peninsula Papagayo and explore the healthy mangrove system at the head of Bahía Huevos. (B,L,D)

**DAY 3: SANTA ROSA NATIONAL PARK/
GUANACASTE CONSERVATION AREA**

Depending on conditions today, we may choose to explore Santa Elena Bay in Santa Rosa National Park, Junquillal Wildlife Refuge, or Cuajiniquil Bay, all part of the extraordinarily biodiverse Guanacaste Conservation Area. While venturing out by kayak or taking a relaxing Zodiac cruise, we immerse ourselves in the tropical environment, alive with color. Yellow and black great kiskadees sally from exposed perches looking to capture a flying insect for an evening meal, and orange-fronted parakeets chatter overhead. Predators such as mangrove hawks may take wind, setting out on a late afternoon hunt, while ringed kingfishers, richly colored in brick red and deep blue, wait patiently, watching the shallows for a fish's silvery flash. (B,L,D)

Please note: *National Geographic Quest* will sail to Nicaragua overnight, where necessary

immigration requirements will be completed prior to returning to Costa Rica on Day 4.

**DAY 4: PLAYAS DEL COCO/RINCÓN
DE LA VIEJA NATIONAL PARK**

Our adventure continues as we set off inland to explore the mountainous Rincón de la Vieja National Park. The area, with its forests carpeting the sides of two active volcanoes, is alive with geothermal activity as gurgling, bubbling mud pots spout, and steam rises above the canopy. Choose between several enticing options today, including a hike or a swim below the Las Chorreras Waterfall. Or, choose to ride horseback or soar through the canopy by zipline. (B,L,D)

**DAY 5: CURÚ NATIONAL WILDLIFE
REFUGE/ISLA TORTUGA**

Today we explore Curú National Wildlife Refuge, Costa Rica's first private national wildlife reserve, looking for white-faced monkeys, collared aracaris, and with luck, scarlet macaws. Later, cruise to Isla Tortuga. Choose to stand-up paddleboard, kayak, or simply relax on the beach. As the sun sets on our Guanacaste adventure, a waterside barbecue dinner awaits—the perfect way to finish our voyage. (B,L,D)

**DAY 6: PUERTO CALDERA/
DISEMBARK/SAN JOSÉ/U.S.**

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



EXPEDITION DATES

2022 Nov. 21, 26; Dec. 1, 6

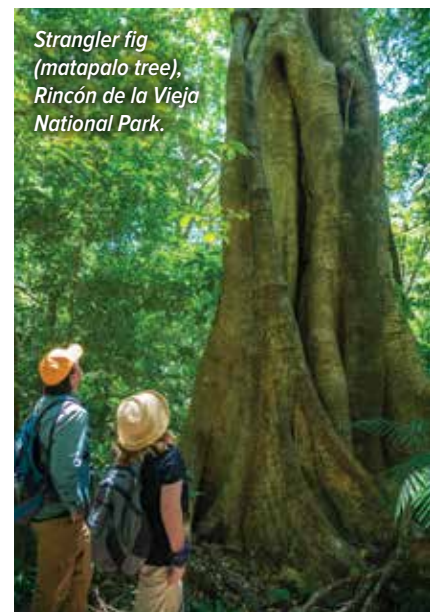
2023 Jan. 10; Mar. 12; Nov. 27; Dec. 2

SPECIAL OFFERS:

Book select departures by October 31, 2022

- Welcome a fourth guest free
- Receive free round-trip airfare between Miami and San Jose/Panama City
- Waive the solo premium fee on solo cabins
- Save 10% when booking a group of six or more!

See page 32 for details.



Strangler fig (matapalo tree), Rincón de la Vieja National Park.

More to Explore

With more time to experience the wonders of Costa Rica, opt for an expedition that combines an inland adventure with your exploration of Guanacaste. Journey from the Cloud Forest to the Pacific coast on a 9-day trip and witness the fascinating contrasts between the rainforest and tropical dry forest. Or choose a 14-day panoramic expedition that takes you from Caribbean Costa Rica to the volcanic highlands, Monteverde, and beyond.



Wild Guanacaste & Monteverde: Costa Rica's Mangroves, Mists & Mountains



9 DAYS | FROM \$6,120

Scan QR code for itinerary details and current rates

or visit expeditions.com/coralreefs

Aboard *National Geographic Quest* + Land Excursion

Venture to the Costa Rican highlands to explore the rarified mountain cloud forests of Monteverde. Walk trails rich with butterflies and birdlife and ascend a series of suspension bridges for a bird's-eye view of the rainforest canopy and the chance to see resplendent quetzals. Then board our ship for a remarkable exploration of Guanacaste's towering active volcanoes, intricate mangrove and coral systems, and pristine beaches.

EXPEDITION HIGHLIGHTS

- ▶ Glide through a mangrove forest to see reddish egrets, spoonbills, white ibis, and crocodiles.
- ▶ Venture through the Guanacaste Conservation Area by kayak, Zodiac, or on foot.
- ▶ Explore Rincón de la Vieja National Park, which is alive with active volcanoes and gurgling mud pots and replete with howler monkeys, waterfalls, and an optional zipline.
- ▶ Search for the elusive anteater known as the northern tamandua at Curu National Wildlife Refuge.

ITINERARY AT A GLANCE

DAY 1: U.S./San Jose, Costa Rica

DAYS 2 & 3: Monteverde Cloud Forest

DAY 4: Monteverde/Puerto Caldera/Embark

DAY 5: Zapotal Beach/Bahía Huevos

DAY 6: Santa Rosa National Park/Guanacaste Conservation Area

DAY 7: Rincón de la Vieja National Park/Hacienda Guachipelin

DAY 8: Curu National Park Refuge/Isla Tortuga

DAY 9: Puerto Caldera/Disembark/San José/U.S.

EXPEDITION DATES

2023 Jan. 7, Mar. 9

SPECIAL OFFER:

Book by October 31, 2022 to receive a \$450 air credit on select departures. See page 32 for details.



Young Northern Jacanas.

Costa Rica by Land and Sea: Guanacaste to Tortuguero



14 DAYS | FROM \$6,242

Scan QR code for itinerary details and current rates
or visit expeditions.com/volcanicpeaks

Aboard *National Geographic Quest* + Land Excursion

Discover the dazzling biodiversity of Costa Rica on a journey from its cloud forests to coastal jungles and beyond. Begin in the misty highlands of Monteverde, where we'll seek out monkeys, sloths, and a rainbow of rare orchids. Experience the jungles and hot springs around the smoldering Arenal Volcano, and encounter a wealth of wildlife along the hidden waterways of Tortuguero National Park. Cap off the expedition with an exploration of the Guanacaste coast.

EXPEDITION HIGHLIGHTS

- ▶ Explore Rincón de la Vieja National Park, alive with active volcanos and gurgling mud pots.
- ▶ Glide through a mangroves to see egrets, spoonbills, white ibis, and crocodiles.
- ▶ Hike through the mist-shrouded cloud forest in Monteverde for great birdwatching.
- ▶ Walk suspension bridges in the dense forest surrounding Arenal volcano and relax in nearby hot springs.
- ▶ Visit the remote, car-less town of Tortuguero and venture through rainforest-shrouded canals in small boats.

ITINERARY AT A GLANCE

DAY 1: U.S./San José, Costa Rica/Puerto Caldera/Embark

DAY 2: Zapotal Beach/Bahía Huevos

DAY 3: Santa Rosa National Park/Guanacaste Conservation Area

DAY 4: Rincón de la Vieja National Park/Hacienda Guachipelin

DAY 5: Puerto Caldera/Disembark/Monteverde

DAYS 7 & 8: Monteverde/Arenal

DAYS 9 & 10: Arenal/Tortuguero

DAYS 11 & 12: Tortuguero/San José

DAYS 13 & 14: San José/U.S.

EXPEDITION DATES

2022 Nov. 21, 26; Dec. 1, 6

2023 Jan. 10; Mar. 12; Nov. 27; Dec. 2

SPECIAL OFFER:

Book by October 31, 2022 to receive a \$450 air credit on select departures. See page 32 for details.





The Cultural Heart of Caribbean Colombia

In Cartagena's old town, bougainvillea spills from sherbert-hued balconies, and winding cobblestone lanes open onto grand plazas lined with ancient arcades. This atmospheric port city is a gateway to Colombia's rich layers of culture, which we'll unfurl on our voyage up the Caribbean coastline.

South of Cartagena, discover the most densely populated place on Earth: the postage-stamp isle of Santa Cruz Del Islote. Set amid a coral paradise, colorfully painted houses cover nearly every square inch of this enchanting island. The inland town of Santa Cruz de Lorica offers a window into the region's waves of cultural influence from Europe to the Middle East. Once a bustling trading town where French speculators set up gold mines, the city opened its doors to Lebanese and Syrian settlers in the 1800s. See buildings built in Arabic styles and the Spanish-colonial cathedral as we explore this cultural melting pot.

A vast tropical wilderness also awaits. Venture into rainforests teeming with endemic wildlife and glide into the back channels of Bahia Cispatá, where a chorus of birdcalls serenades us through a remarkably dense mangrove forest.

Panama & Colombia: Exploring The Caribbean Coast



8 DAYS | FROM \$6,110

Scan QR code for itinerary details and current rates

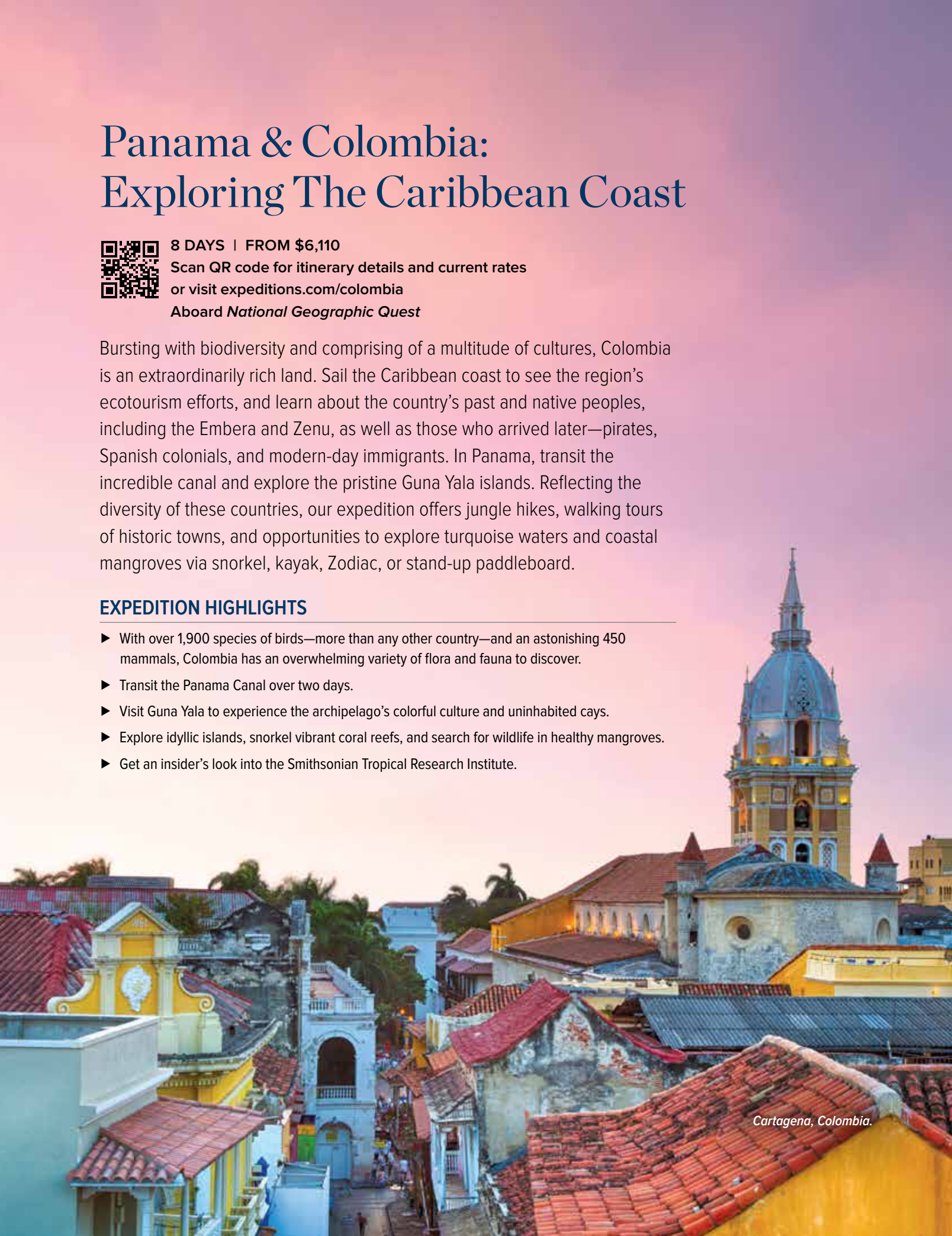
or visit expeditions.com/colombia

Aboard *National Geographic Quest*

Bursting with biodiversity and comprising of a multitude of cultures, Colombia is an extraordinarily rich land. Sail the Caribbean coast to see the region's ecotourism efforts, and learn about the country's past and native peoples, including the Embera and Zenu, as well as those who arrived later—pirates, Spanish colonials, and modern-day immigrants. In Panama, transit the incredible canal and explore the pristine Guna Yala islands. Reflecting the diversity of these countries, our expedition offers jungle hikes, walking tours of historic towns, and opportunities to explore turquoise waters and coastal mangroves via snorkel, kayak, Zodiac, or stand-up paddleboard.

EXPEDITION HIGHLIGHTS

- ▶ With over 1,900 species of birds—more than any other country—and an astonishing 450 mammals, Colombia has an overwhelming variety of flora and fauna to discover.
- ▶ Transit the Panama Canal over two days.
- ▶ Visit Guna Yala to experience the archipelago's colorful culture and uninhabited cays.
- ▶ Explore idyllic islands, snorkel vibrant coral reefs, and search for wildlife in healthy mangroves.
- ▶ Get an insider's look into the Smithsonian Tropical Research Institute.



Cartagena, Colombia.

**DAY 1: U.S./PANAMA CITY, PANAMA/
BALBOA/EMBARK**

Upon arrival in Panama City, transfer by land to Balboa and embark *National Geographic Quest* to transit the Panama Canal. (D)

DAY 2: GATÚN LAKE

Anchor overnight in Gatún Lake during our canal transit. Join a behind-the-scenes tour of the Smithsonian Tropical Research Institute on Barro Colorado Island, and meet with researchers to learn of their numerous tropical ecosystem projects. Or, choose from hikes, Zodiac cruises, or a boat ride to the mouth of the Chagres River for a rainforest hike. In the evening, we'll continue through the lock system of the canal. (B,L,D)

DAY 3: PORTOBELLO

We arrive this morning along the Caribbean coast of Panama and step ashore at Portobelo. We land our Zodiacs on the very same shores where the ruthless pirate Henry Morgan landed, later to be followed by the British and Spanish colonial rulers. Founded March 20th, 1597, and eventually designated a UNESCO World Heritage Site, Portobelo was the end of the trail through the Isthmus of Panama, an alternate route from the Caribbean to the Pacific. Today, we explore the town, the adjacent bay and the many 17th and 18th-century Spanish colonial fortifications. (B,L,D)

DAY 4: GUNA YALA

Wake up amid the archipelago of Guna Yala (also known as the San Blas islands), a constellation of 368 tiny, white-sand isles scattered off the northeast coast of Panama. Get to know the indigenous Guna people, one of the first native groups to achieve political autonomy in Latin America. Spend the morning



among the thatched huts of an island village, learning about Guna culture and handicrafts. Marvel at the intricate designs of handmade textiles called *molos*, which harken back to a female tradition of body painting. In the afternoon, don your mask and snorkel and explore the vibrant undersea world around the cayes of Guna Yala. (B,L,D)



**DAY 5: CAPURGANA & SAPZURRO,
COLOMBIA**

Arriving in Colombian waters, National Geographic Quest calls at the wonderfully isolated villages of Sapzurro and Capurgana where we are welcomed into the laid-back vibe of the Caribbean coast of Colombia. Choose to explore these two villages on foot or set out on a nature walk between the towns. In this area, the ranges of two species of howler monkeys overlap as both the mantled and the Colombian red howler monkeys are here as are toucans, parrots and trogons which we watch for as we meander towards El Cielo waterfall. Or for those who wish to stretch their legs even more, a hike takes us into Panama descending from a quick walk-through border crossing perched high on a bluff down to the beach at La Miel. The sheltered waters of the bay at Sapzurro beckon us this afternoon for a pleasant kayak or paddleboard around this tropical inlet. (B,L,D)

**DAY 6: SANTA CRUZ DEL ISLOTE/
SAN BERNARDO ARCHIPELAGO/SAN
ANTERO/TUCHÍN**

Santa Cruz del Islote is one of the most densely populated islands on Earth, where some 600 inhabitants live squeezed together in an area the size of two soccer fields, surrounded by turquoise seas and coral reefs. Stroll the island's motor-free streets, past brightly painted houses and bustling docks; and experience daily life on this unusual island



as you chat with local residents. Later, we cruise through the San Bernardo archipelago, calling at San Antero. Our afternoon excursion takes us to Tuchín, an indigenous village celebrated as the birthplace of the sombrero *vueltaio*, a type of hat considered a national symbol of Colombia. Observe *vueltaio* makers at work, and then meet with members of the local Zenú community, known for their ingenious irrigation systems. (B,L,D)

**DAY 7: SANTA CRUZ DE LORICA/
CISPATÁ BAY**

Disembark this morning for our short drive to Santa Cruz de Loricá, a charming riverside town influenced by several waves of immigration from France, Belgium, England, Syria, and Lebanon. Stroll through the central square, overlooked by a stunning Spanish-colonial cathedral and historic buildings in colorful Arabic styles. Enjoy a late afternoon cruise in the rarely-explored Cispatá Bay, timed for optimum wildlife spotting, as native creatures emerge from their mid-day rest. (B,L,D)

DAY 8: CARTAGENA/DISEMBARK/U.S.

After breakfast on board, transfer to the airport for flights home. (B)

EXPEDITION DATES

2022 Oct. 22, 29*; Nov. 5, 12*

2023 Oct. 28; Nov. 4*, 11, 18*

*These voyages travel in reverse.

SPECIAL OFFERS:

Book select departures by October 31, 2022

- Welcome a fourth guest free
- Receive a \$450 air credit
- Waive the solo premium fee on solo cabins

See page 32 for details.



A full-page background image showing a diver in blue gear swimming underwater next to a large sea turtle. The water is clear and blue, with some green seagrass visible in the lower left. The title is overlaid on the right side of the image.

Discover Belize's Living Reefs and Mayan Ruins

Harboring 180 miles of soft and stony corals and punctuated by the sapphire depths of the Great Blue Hole, the marine ecosystems of the Belize Barrier Reef beckon travelers in search of a true tropical paradise. *National Geographic Sea Lion* traces the world's second-largest reef from tip to tip. Discover turquoise waters by kayak or paddleboard, and land on isolated cays, some no more than patches of sugar-white sand with small scatters of palm trees. Go ashore to explore coastal jungles brimming with colorful birds, neon tree frogs, monkeys, and other wildlife. In Mayflower-Bocawina National Park, look for traces of the mystical jaguar and learn about jaguar conservation from naturalists and local experts.

Explore Belize on its own, or venture further—to the ancient ruins of Tikal, once a hub of Mayan civilization. Wander beneath soaring pyramids, try to decipher stone-carved art and hieroglyphs, and discover the spiritual significance of this once-lost city.

Wild Belize Escape: Wildlife, Reefs & Rivers



6 DAYS | FROM \$4,110

Scan QR code for itinerary details and current rates
or visit expeditions.com/belize-escape

Aboard *National Geographic Sea Lion*

Much of Belize remains genuine wilderness, with large expanses of dense tropical forest, miles of wild rivers, abundant bird life, and the largest, healthiest coral reef systems in North America. Discover tropical wonders on a voyage along the country's remote southern coast. Snorkel the colorful corals of the Belize Barrier Reef, explore the lush jungles on foot, and cruise coastal rivers in Zodiacs.

EXPEDITION HIGHLIGHTS

- ▶ Explore turquoise lagoons and wildlife-rich coastal rivers by kayak, stand-up paddleboard, and Zodiac.
- ▶ Snorkel or dive the world's second largest barrier reef.
- ▶ Local naturalists will lead a hike through the beautiful Mayflower Bocawina National Park.
- ▶ Enjoy a festive musical performance from the world-renown Garifuna Collective.

Guests cruising up Monkey River.



DAY 1: U.S./BELIZE CITY/EMBARK

Arrive in Belize City and transfer to the *National Geographic Sea Lion*. Settle into your cabin as we set sail on the Caribbean Sea. (D)

DAY 2: BELIZE BARRIER REEF

Awaken in the northern cayes of the Mesoamerican Reef, a barrier-reef system that stretches more than 600 miles and harbors incredible marine biodiversity. Edged with mangroves and scattered with idyllic tropical isles, these turquoise waters give us much to explore during our full day here. If weather and conditions permit, visit Half-Moon Caye to see its red-footed booby and magnificent frigatebird colony. Later, don a mask and fins to snorkel among sea turtles, swirling schools of tropical fish, and harmless nurse sharks. (B,L,D)

DAY 3: MAYFLOWER BOCAWINA NATIONAL PARK

Spend the morning discovering the lush rainforests and waterfalls of Mayflower Bocawina National Park. On a variety of hikes with our naturalists, photograph unusual tropical flowers, watch for colorful bird species, and identify the tracks of tapirs and jungle cats. Meet local researchers to learn about ongoing

studies of this protected big cat. Tonight an internationally acclaimed drumming group, the Garifuna Collective, joins us on board to perform their spirited music. (B,L,D)

DAY 4: MONKEY RIVER / BELIZE BARRIER REEF

Rise early to board Zodiacs at the mouth of Monkey River and cruise inland through the Belizean jungle in search of toucans, green iguanas, and myriad bird species. Few experiences rival hearing the first throaty roar of a mantled howler monkey echoing across the canopy. Explore the southern cayes of the Belize Barrier Reef this afternoon and enjoy more opportunities to kayak, stand-up paddleboard, or snorkel amid vibrant corals teeming with tropical fish. SCUBA diving opportunities available (at additional cost). (B,L,D)

DAY 5: BELIZE BARRIER REEF

We now venture into the central cayes. Here coral patches dot the shallow coastal lagoon, which harbors parrotfish, butterflyfish, octopuses, and countless other marine species. We'll drop anchor nearby and spend the full day within the fringing reef, discovering natural wonders both in the water and out. (B,L,D)



DAY 6: DISEMBARK/BELIZE CITY/U.S.

Return to Belize City overnight and disembark after breakfast to transfer to the airport for your flight home. (B)

EXPEDITION DATES

2023 Jan. 10, 15, 20, 25, 30; Feb. 4, 9

SPECIAL OFFERS:

Book select departures by October 31, 2022

- Free round-trip economy group airfare between Miami/San Jose/Panama City
- Save 10% when traveling in a group of 6 or more

See page 32 for details.

Extend Your Voyage and Visit the Ruins of the Maya World



9 DAYS/8 NIGHTS | FROM \$6,060

Scan QR code for itinerary details and current rates or visit expeditions.com/belize

Stay with us a little longer and explore the extensive Maya ruins of the Petén region, once the hub of Classic Maya Civilization.

DAY 6: Belize City/Flores

DAY 7: Tikal National Park

DAY 8: Yaxhá

DAY 9: Flores/Belize City/U.S.

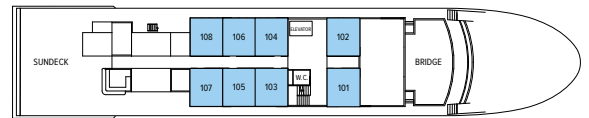
SPECIAL OFFER: Book by Oct. 31, 2022 and receive a \$450 air credit on select departures. See page 32 for details.



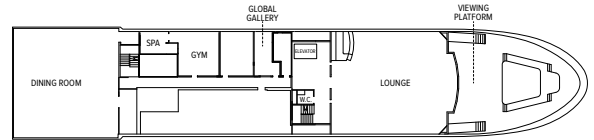
Tikal temple.



Clockwise from top: National Geographic Quest; relaxing on the covered upper deck; Category 4 cabin.



OBSERVATION DECK



LOUNGE DECK



UPPER DECK



MAIN DECK

NATIONAL GEOGRAPHIC QUEST

CAPACITY: 100 guests in 50 outside cabins.

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. She sets a new standard in exploration and comfort.

PUBLIC AREAS: Global gallery; fitness center; 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 a single seating with unassigned tables. The menu features locally inspired 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, paddleboards, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, snorkeling gear and wet suits for all guests (where applicable).

SPECIAL FEATURES: Guest internet access, elevator, Lindblad-National Geographic certified photo instructor, video chronicler and undersea specialist.

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.

SELF-DISINFECTING SHIPS: Lindblad Expeditions became the first self-disinfecting fleet with the rollout of the ACT CleanCoat™ system in 2019. This photocatalytic cleaning process activates when illuminated, continuously breaking down unwanted microbes such as bacteria, viruses, mold, and airborne allergens. The positive environmental impacts of this non-toxic, chemical-free system are many: less plastic in the supply chain and waste stream, and more than one million gallons of water saved annually. The system lowers our carbon footprint and creates a cleaner, healthier shipboard environment for guests and crew alike.

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 a large window.

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.

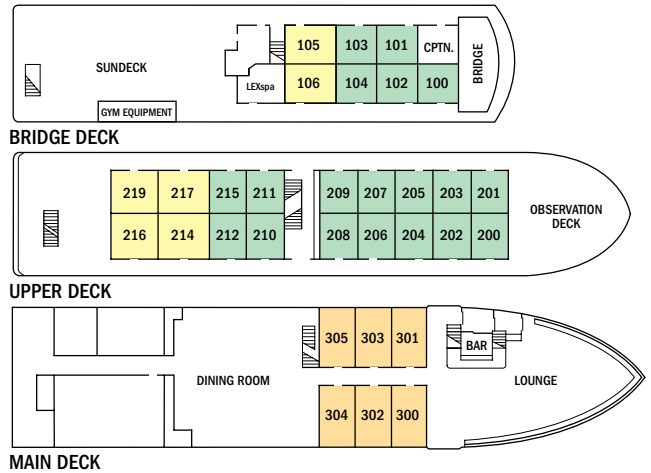
CATEGORY 5 (SUITE): Observation Deck #101-108 Cabins feature two single beds that can convert to a Queen, large windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

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



Clockwise from top: National Geographic Sea Lion anchors close to shore; Category 5 cabin; relaxing on the covered upper deck.



NATIONAL GEOGRAPHIC SEA LION

CAPACITY: 62 guests in 31 outside cabins.

REGISTRY: United States. **OVERALL LENGTH:** 152 feet.

PUBLIC AREAS: Our ship features a library; global market; lounge with full-service bar and facilities for films, slide shows and presentations; observation deck; and a partially covered sun deck with chairs and tables. Our “open bridge” provides guests an opportunity to meet our officers and captain, and learn about navigation.

MEALS: Served in a single seating with unassigned tables. The menu features locally inspired fare.

CABINS: All cabins face outside with windows, private facilities, and climate controls.

EXPEDITION EQUIPMENT: A fleet of 5 Zodiacs and 20 kayaks, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, bow camera, video microscope, paddleboards, and snorkeling gear for all guests (where applicable).

SPECIAL FEATURES: Guest internet access, Lindblad-National Geographic certified photo instructor, video chronicler, undersea specialist, and ship physician.

WELLNESS: The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and outdoor stretching area.

SELF-DISINFECTING SHIPS: Lindblad Expeditions became the first self-disinfecting fleet with the rollout of the ACT CleanCoat™ system in 2019. This photocatalytic cleaning process activates when illuminated, continuously breaking down unwanted microbes such as bacteria, viruses, mold, and airborne allergens. The positive environmental impacts of this non-toxic, chemical-free system are many: less plastic in the supply chain and waste stream, and more than one million gallons of water saved annually. The system lowers our carbon footprint and creates a cleaner, healthier shipboard environment for guests and crew alike.

CATEGORY 1: Main Deck #300-305— Conveniently positioned between the dining room and lounge, these cabins feature two single beds, and a large window.

CATEGORY 2: Bridge Deck #100-104; Upper Deck #200-212, 215—These well-located cabins include two single beds and a large window.

CATEGORY 3: Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219—These cabins feature a seating unit with table and two large windows. Upper Deck cabins include two single beds which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two single beds only.

NOTE: Solo Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in certain categories at one half the double occupancy rate.

Shared Accommodations: Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.

SPECIAL OFFERS

Free Round-trip Airfare: Book by October 31, 2022 to receive free roundtrip airfare from Miami to San Jose on select departures of Costa Rica itineraries. 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, we reserve the right to issue a credit. Baggage fees may be additional.

4th Guest Travels Free: Book by October 31, 2022 with three full-paying guests to bring a fourth person for free on select departures. Offer applicable only on bookings of two double-occupancy cabins, and second cabin must be in same category or lower as first cabin. Cannot be combined with other offers.

Solo Traveler Savings: Book by October 31, 2022 on select departures, and we will waive the solo premium on solo cabins.

\$450 Air Credit on Select Dates: Book by October 31, 2022, to receive a \$400 air credit per person on select

departures. Credit will be deducted from cabin fare prior to any additional applicable savings.

Traveling as a Group: On select departures of Wild Costa Rica Escape and Wild Belize Escape, groups traveling with six or more adults will receive 10% off on select departures. On other expeditions, save 5% when traveling as a group of eight or more. This savings is applicable to voyage fares only. Deposit, final payments, and cancellation policies for group travel vary from our regular policies.

Bringing the Kids: We believe sharing an expedition with your kids or grandkids is a life enhancing experience. Save 25% on guests 22 and under traveling with two full paying adults on select departures.

Back-to-Back Savings: Save 10% on any consecutive journeys taken on board one of our expedition ships. This savings is applicable on voyage fares only.

Combining Offers: Certain offers may be combinable, up to two savings opportunities, except where noted otherwise.

Offers are valid on new bookings only, subject to availability on select departures, may not be combined with other offers, and are not valid on airfare or extensions (with the exception of free air or air credit offers). Call for details.

INCLUSIONS

We include just about everything you have the opportunity to do as part of your expedition aboard ship and ashore. The only things not included are those of a personal nature—alcohol, internet usage, tips to the crew, wellness treatments and other specialized arrangements.

ABOARD SHIP

- ✓ All meals and non-alcoholic beverages
- ✓ Cappuccinos, lattes & complimentary environmentally friendly refillable water bottle
- ✓ 24-hour coffee, tea & soda on demand
- ✓ Hors d'oeuvres & snacks during lounge recap
- ✓ Fitness center
- ✓ Regionally-curated library
- ✓ The guidance and company of our expedition staff
- ✓ On-board physician

ASHORE

- ✓ Meals on land, as indicated in itinerary
- ✓ Special access permits, park fees, port taxes
- ✓ Transfers to and from group flights
- ✓ The expertise of our expedition staff

ACTIVITIES

- ✓ All excursions
- ✓ Zodiac & kayak explorations
- ✓ Snorkeling and paddleboarding
- ✓ Lectures & presentations in the lounge
- ✓ Morning stretch classes with wellness specialist



RESERVATION INFORMATION

Terms & Conditions: For complete terms and conditions please visit expeditions.com/terms

Pricing: For best pricing book early. Prices quoted in this brochure are per person based on double occupancy valid as of the time of printing, are subject to modification based on select departures and availability at time of booking, and are not guaranteed until booking and required deposit is made. Under normal conditions, the total expedition price is guaranteed at the time of booking. However, our 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, but not limited to, increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right 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 pricing. Visit expeditions.com or call for the most up-to-date pricing.

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Not Included: Air transportation (except where specified as included), extensions, passport, visa, immigration fees, meals not indicated, travel protection plan, items of a personal nature, such as internet access, voyage chronicle, and laundry.

Airfare: For all programs, airfare is an additional cost unless otherwise indicated. We will gladly assist in making your air arrangements for a \$50 per person service fee.

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