



COSTA RICA AND THE PANAMA CANAL

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. It is the perfect winter escape. Dense, lush rainforest. Pristine deserted beaches. Monkeys galore. 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 100-guest National Geographic Quest. Plus, you'll get an exclusive chance to visit to Latin American Sea Turtles (LAST) Association at Playa Blanca on the Osa Peninsula, where you can assist in data collection and the release of rehabilitated, healthy turtles into the sea.



ITINERARY

DAY 1: 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 three species of monkeys—howler, spider, and capuchin. (B,L,D)

DAY 3: Golfo Dulce / Osa Peninsula

Go ashore in the pristine waters of Playa Blanca. 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 rain forest or kayak in peaceful waters in Golfo Dulce. In the evening, enjoy a beautiful sunset. (B,L,D)



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DAY 4: Golfo Dulce, Costa Rica

Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica as our nimble expedition ship takes us into the remote upper reaches of this placid bay. Exploring by Zodiac, paddleboard and kayak, we encounter Pacific Costa Rica's dazzling avifauna as we watch for golden-hooded and Cherrie's tanagers, 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 for an afternoon swim. (B,L,D)

DAY 5: Isla Coiba National Park

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

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

Please Note:

Itineraries are subject to change



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YOUR SHIP: NATIONAL GEOGRAPHIC QUEST

YOUR SHIP: National Geographic Quest

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

National Geographic Quest is a state-of-the-art, purpose-built expedition vessel made for exploring coastal waters, shallow coves, and fast-moving channels where wildlife congregate while sailing with the luxury of supreme comfort. Spacious cabins, open decks for wildlife viewing, and specialty tools for exploration make it the ideal platform for sailing in the remote areas of Alaska, the Pacific Northwest, Costa Rica, Panama, and Belize. Designed with decades of expedition experience in the region, _National Geographic Quest_ more than comfortably accommodates 100 guests in 50 cabins. Her twin expedition craft landing platform allow us to rapidly get on and off the ship to take advantage of wildlife sightings and to ensure we maximize our time off the ship exploring. Created with a shallow draft, _Quest_ draws only nine feet of water allowing her to sail into places where much larger ships cannot go.



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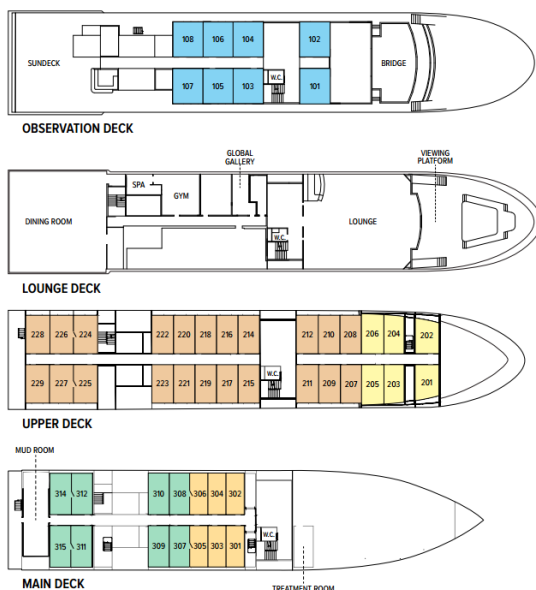
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Category 1 Single	£7602 GBP pp

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Category 4	£6619 GBP pp
Category 3	£6052 GBP pp
Category 5	£7035 GBP pp
Category 1 Single	£7602 GBP pp
Category 2	£5730 GBP pp
Category 1	£5059 GBP pp
Category 2 Single	£8595 GBP pp

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Category 2	£5652 GBP pp

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Category 1	£5012 GBP pp
Category 3	£6110 GBP pp
Category 5	£7581 GBP pp
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Category 4	£6869 GBP pp

28-Jan-2025 to 04-Feb-2025

Category 5	£7217 GBP pp
Category 3	£5808 GBP pp
Category 1	£4851 GBP pp
Category 2	£5382 GBP pp
Category 4	£6536 GBP pp

04-Feb-2025 to 11-Feb-2025

Category 1	£4851 GBP pp
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Category 3	£5808 GBP pp



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Category 3	£5642 GBP pp
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Category 2	£5116 GBP pp
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Category 2	£5535 GBP pp

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Category 2	£5169 GBP pp
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Category 3	£5585 GBP pp

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