

CENTRAL AMERICAN SECRETS - COSTA RICA AND PANAMA LUXURY CRUISE

Connecting two continents, Panama and Costa Rica both possess unique biodiversity and landscapes. During this expedition cruise, tropical forest, impressive mangrove, white sandy beaches and crystal-clear water will make up the decor of an extraordinary experience, between two oceans, thanks to the crossing of the mythical Panama Canal. From historic sites and preserved archipelagos to coral islets and nature reserves, you will explore this region's treasures in the company of naturalist guides, discovering the history of the local communities as well as the incredible wildlife to be found here.



ITINERARY

Day 1 - Puntarenas

The capital of the eponymous province, **Puntarenas** is sometimes called "the pearl of the Pacific", for its unique charm. It sits on the Pacific coast of Costa Rica, along the **Gulf of Nicoya** , lined with long expanses of wild natural environments. Further inland, among the countless natural wonders to be found in the generous **rainforest** of the **Costa Rica 's national parks**, **Poas and Arena volcanoes **towers up in all their majestic glory. In this luxuriant natural setting, **Costa Rica** protects one of the planet's richest biodiversity: monkeys, sloths, tropical birds, iguanas, crocodiles, waterfalls, canyons, and more than ten thousand species of tropical plants.



Day 2 - Curu Wildlife Refuge

On the southern part of the Nicoya Peninsula, the small **Cur u Wildlife Refuge** is the oldest protected park in **Costa Rica.** This refuge is an exemplary site in terms of **ecotourism** as well as a**research** **centre** for scientists from all over the world. It has been at the heart of an original conservation and **sustainable development** project since the 1930s. After a short zodiac trip, you will discover, via the paths that criss-cross the tropical forest and lead to magnificent beaches, the most emblematic species of Costa Rica: monkeys, iguanas and over 200 bird species. Since their recent reintroduction, the **scarlet macaw** and the **spider monkey** have thrived in this preserved environment.

Day 3 - Drake Bay

Located on Costa Rica's remote Osa Peninsula, **Corcovado National Park** covers 164 square miles, making it the country's largest national park, the largest primary forest on the American Pacific coast, and one of the few remaining large areas of lowland tropical rain forests in the world.

Day 4 - Rio Esquinas

The beauty of **Costa Rica** and the richness of its biodiversity reveal themselves at this port of call in the heart of the mangrove. In the meanders of **Rio Esquinas** , a tropical corner of paradise, you will discover an incredibly dense ecosystem. Aboard your Zodiac dinghy, you will brush past the tangled arms formed by the roots of the mangrove trees. This green and lush **gallery forest** and its inhabitants welcome you. Watch closely: common squirrel monkeys, white ibis, Eurasian whimbrels, ospreys, toucans, snowy egrets and great blue herons can be found hiding here.

Day 5 - Coiba Island

Coiba Island once housed a prison with a sinister reputation that has since been abandoned. Today the island is a National Park and a UNESCO World Heritage Site and offers many activities. Experience the emotion of the first explorers by heading deep into the virgin rainforest, untouched by human hand, and carve a path for yourself through the creepers, under the watchful gaze of the multitudes of birds. You may be lucky enough to see the Howler Monkey, only visible here. To conclude this unique adventure, take a dip in the turquoise waters of the unspoiled beaches on the island, among the sea turtles and the tropical fish swimming elegantly through the coral reefs.

Day 6 - Playa Muerto, Darien National Park

The most remote and least developed region of Panama, the province of Darien is an unspoilt land with an extremely rich variety of flora and fauna. Listed by UNESCO as World Heritage,**Darien National Park** offers its extraordinary scenery of rocky coastlines, mountain ranges, mangroves, rivers and creeks. Discover **Playa Muerto** , a tiny coastal village home to the Emberas Amerindian community. You will visit the village, attend traditional songs and dances of the locals, and admire beautiful local craft.

Day 7 - Pearls Islands and Pacheca Island

The Pearl Islands archipelago , formed by over 220 islands and islets, is named in memory of the pearl oysters present in**the Gulf of Panama.** In colonial times, the pearls were extracted and used as ornaments or currency. **" La Peregrina"** was discovered in this archipelago: **this pearl is famous for its perfection** and for belonging to several royals and, more recently, Elizabeth Taylor. While the pearls have now disappeared from the azure waters of this paradise with its



history of adventures and piracy, you can still swim from the **sandy white beaches** and observe shoals of multi-coloured fish performing their gracious ballet.

Isla **Pacheca** lies in the far north of the maze of more than two hundred islands composing the **Pearl Islands**. This small piece of uninhabited land is a special place for the numerous bird species that have taken up residence there. Among these is the unusual-looking blue-footed booby, which you might spot wandering along one of the island's beaches. The shore visit in a Zodiac dinghy holds the promise of an unforgettable moment spent in lush nature between white-sand beaches and verdant rainforest.

Day 8 - Crossing the Panama Canal

Aboard your ship, experience something unique, that has inspired the imagination of numerous adventurers in the 20th century: **sailing the Panama Canal**. Its construction started in 1880 under the direction of **Ferdinand de Lesseps**. Abandoned then resumed, this marvel of engineering was completed by the United States and opened in 1914. The canal crosses the Isthmus of Panama and links the Atlantic to the Pacific. Including **three levels of locks** and by raising ships to the level of Lake Gatun, almost as if the water was a lift, it allows them to avoid having to round Cape Horn.

Day 9 - San Blas Islands

Located on the north-east coast of **Panama** , the **San Blas archipelago** is a string of coral islands in the heart of the Caribbean Sea. More than 300 islands and cays cover an area of 300 square kilometres offering travellers a multitude of treasures. Sheltered behind a long coral reef,**the San Blas Islands** are full of enchanting anchorages. The long sandy white beaches bound by crystal-clear waters will allow you to relax and enjoy incredible marine fauna before engaging with **the Guna community**. Still subsisting on hunting and fishing, they will welcome you in their villages of bamboo houses gathered near the beaches.

Day 10 - Fort San Lorenzo (Colon)

In the Colon District, Fort San Lorenzo faces the sea, its canons pointing towards the horizon as they used to under the Spanish Crown. This construction is part of a group of buildings exemplifying the military architecture of the 17th and 18th centuries along the Caribbean coast of Panama, hence its status as a UNESCO World Heritage Site. Wander along the fort's alleyways accompanied by the melodious singing of the birds that have made the surrounding forest their home. Enjoy an unforgettable port of call combining history and walking in nature.

Day 11 - Colon

Col on is the second largest city in **Panama** , at the Caribbean entrance of the **Panama Canal**. Colon is today an important port, and the free trade zone created in 1953 contributed greatly to the development of the city. Colon was founded in 1850 by Americans working on the Panama railroad connecting the Atlantic and Pacific coasts through the isthmus of Panama; the city rapidly overshadowed the older **Caribbean** ports of Panama when the canal opened.

Please Note:

Itineraries are subject to change.



YOUR SHIP: LE BOUGAINVILLE

YOUR SHIP: **Le Bougainville**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Featuring innovative and environmentally-friendly equipment, elegantly designed cabins, spacious suites with large windows, and lounge areas that open onto the outside, this new limited-capacity yacht boasting just 92 cabins and suites will offer you a truly unique cruising experience. As the first ship in a new series that remains true to the Ponant spirit, Le Bougainville will embody the unique atmosphere that is the cruise line's hallmark: a subtle blend of refinement, intimacy and comfort. Aboard this ship that flies the French flag, you will experience the incomparable pleasure of an intimate cruise, with the possibility of exploring an ever-increasing range of destinations in an ethnic-chic ambiance with luxury service. Experience a luxurious setting where the accent is on authenticity and passion for travel. RESTAURANTS As it is an essential part of French culture, gastronomy will naturally have pride of place aboard this new ship. Through its two restaurants, Le Bougainville will invite you on a journey to elegance and epicureanism. In a relaxed atmosphere, a first dining area located on Deck 3 and able to seat 70 will serve grilled meats daily, along with a variety of salads and desserts. To the back of Deck 4, you will find a 260 m² panoramic restaurant which can accommodate all of our passengers in a single sitting. Designed differently to that on our other ships, this dining area, which opens onto the outside, will have a buffet of salads, desserts and cheeses at your disposal. Our discreet and attentive crew will provide table service for hot meals. PUBLIC AREAS Like Le Boreal and its sisterships, Le Bougainville has many common areas that are designed and equipped to meet all of your needs while preserving the intimacy of each passenger. A 140 m² reception area includes: A reception/concierge desk, An excursions desk, The ship's administrative services, The sales office, manned by our Guest Relations Officer, Our 50 m² boutique which sells clothing, jewellery, beauty products, postcards and various accessories, Toilets accessible to passengers with reduced mobility. A new hydraulic platform with adjustable height provides: Easier boarding than on any other cruise ship, Easier Zodiac embarkation and disembarkation for expeditions, Easier access to the sea for swimming and practising various water sports such as kayaking or paddle-boarding. A pool deck offering: A pool with a panoramic view, equipped with a counter-current swimming system, A pleasant solarium, An outdoor bar and lounge with armchairs and sofas. A 200 m² main lounge which can accommodate all of our passengers to share convivial moments and to host activities organised during the day or evening. Lastly, a theatre that seats 188, equipped with: The latest sound and lighting technology, A LED wall as the stage backdrop, for the projection of high-resolution images and videos. Please click the following links to read more about Ponant and the other Ponant





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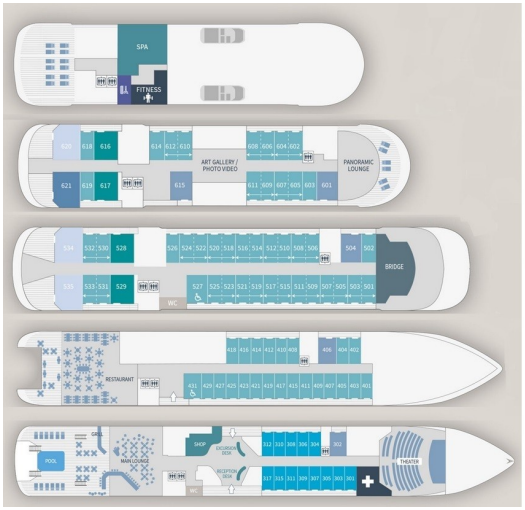
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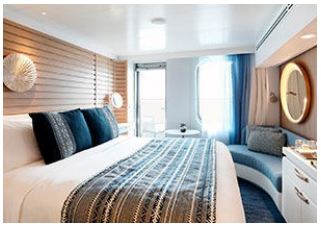


INSIDE YOUR SHIP



- Owner's Suite — Deck 6
- Privilege Suites — Deck 5-6
- Grand Deluxe Suites — Deck 5-6
- Prestige Suites — Deck 5-6
- Deluxe Suites — Deck 5-6
- Prestige Cabins — Deck 4-5-6
- Deluxe Cabins — Deck 3

Deluxe Stateroom Deck 3 - from



Deluxe Suite Deck 3 - from



Grand Deluxe Suite Deck 6 - from



Owner's Suite Deck 5 - from



Prestige Stateroom Deck 4 - from



Prestige Stateroom Deck 5 - from





Prestige Stateroom Deck 6 - from



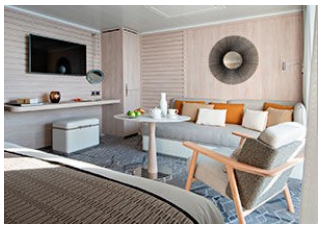
Prestige Suite Deck 5 - from



Prestige Suite Deck 6 - from



Privilege Suite Deck 5 - from





PRICING

19-Dec-2027 to 29-Dec-2027

Grand Deluxe Suite Deck 6 - from	£16960 GBP pp
Owner's Suite Deck 5 - from	£23480 GBP pp
Deluxe Stateroom Deck 3 - from	£6260 GBP pp
Prestige Stateroom Deck 5 - from	£7240 GBP pp
Prestige Stateroom Deck 6 - from	£7630 GBP pp
Privilege Suite Deck 5 - from	£15470 GBP pp
Deluxe Suite Deck 3 - from	£10470 GBP pp
Prestige Suite Deck 6 - from	£14750 GBP pp
Prestige Suite Deck 5 - from	£14040 GBP pp
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