

COSTA RICA & PANAMA SAILING CRUISE

This Pacific sailing itinerary blends open-water passages with remote islands and rainforest-lined shores, beginning in Panama and tracing the coast south to Costa Rica. After a tranquil stop in the Pearl Islands, days under sail set the rhythm before arriving at the wild Osa Peninsula, where dense jungle and rich marine life define the landscape. The journey continues to lively coastal towns and protected bays, balancing nature, wildlife, and relaxed tropical cruising, and concludes in Puntarenas, the gateway to Costa Rica's interior and national parks.



ITINERARY

Day 1 Panama City (Balboa), Panama

A monument on the seafront commemorates the man who gave the city its name. In 1513, Spanish conquistador Vasco Nuñez de Balboa arrived here, becoming the first European to reach the Pacific Ocean over land. Nowadays, the Puente de las Americas, an enormous arched bridge carrying the Panamericana road, spans the Pacific entrance to the Panama Canal in Balboa connecting North and South America. East of the canal, breathtaking skyscrapers tower above Panama City, whose glitzy boomtown ambiance contrasts starkly with the lovingly restored Casco Viejo. Balboa's old town dates back to the colonial era, and the ruins of Panama Viejo are listed as a



UNESCO World Heritage Site.

Day 2 Pearl Islands, Panama

The name of this Pacific archipelago in the Gulf of Panama pre-dates the Spanish conquest to a time when its inhabitants were pearl fishermen and traded in beautiful oyster pearls. Where in previous centuries, pirates and buccaneers hid out and buried their loot, other treasures can now be found. Over 200 pearl islands, of which even the smallest are inhabited, form an almost undisturbed paradise with a diverse range of lakes and rivers, enchanting white coral beaches, golden sandy beaches and black volcanic beaches, rounded off with lush green tropical vegetation. The island of Contadora has special significance as the place where U.S. President Jimmy Carter signed the Panama Canal Treaty in 1977, ceding sovereign rights over the Panama Canal to the Republic of Panama.

Day 3 Day under full sails

Climbing the rigging, untying ropes, setting sails - today is all about sailing. Time to lean back and relax in the deck chair and watch the passionate crew hoisting the sails by hand.

Day 4 Puerto Jiménez, Costa Rica

Deep in the Pacific South of Costa Rica lies the small town of Puerto Jimenez on the diverse Osa Peninsula. As the area is almost entirely covered by pristine rainforest, it's a dream destination for nature enthusiasts, and you won't find hordes of tourists here. Life in this 1,700-resident town is tranquil: in the mid-20th century, loggers and gold prospectors briefly brought a boom to Puerto Jimenez, but calm returned thereafter. Today, visitors can fully immerse themselves in the natural beauty of the surroundings. In the Piedras Blancas Rainforest Park, the high humidity creates lush greenery - providing a home for coatis, jaguars, and vibrant tropical birds.

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Day 6 Quepos, Costa Rica

Quepos was a lively little port at the time of booming banana exports. Today it is a gateway to the Manuel Antonio National Park, which lies to the south. The park covers an area of just 2 1/2 square miles and is one of the most diverse rainforests in Costa Rica. Paths lead you from the beautiful sandy beach straight to the heart of this untamed green kingdom. More than 1,000 varieties of plant and prolific wildlife, including whole herds of inquisitive apes, sloths, coatis, raccoons, iguanas, birds, and unique colorful butterflies have made this place their home.

Day 7 Day under full sails



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Day 8 Playa Panamá, Costa Rica

As still as a lake, the sea lies under the tropical sun: thanks to its sheltered location in a tree-lined bay, Playa Panama is considered the most relaxing and tranquil beach on the Guanacaste coast - the perfect place to unwind. The Palo Verde National Park stretches along one bank of the Rio Tempisque. It features the densest population of water fowl in the whole of Costa Rica and is one of the best areas for bird watching in Central America - almost 300 species of bird have been identified here. The best vantage point to see them is on a boat trip through the mangroves.

Day 9 San José (Puntarenas), Costa Rica

Pura vida! Protected by the Nicoya Peninsula with its beautiful nature parks, Puntarenas is located on a narrow headland that extends into the Gulf of Nicoya. To the right and left of the pier long beaches line the coast, along which the promenade with hotels, bars and restaurants runs. Only about 71 miles separate the popular port city on the Pacific side of Costa Rica from the capital San Jose. Worth seeing are the gold and national museum as well as the beautiful buildings like the classical national theater and the elegant and playful post and telegraph office.

Please note:
Itineraries are subject to change.



YOUR SHIP: SEA CLOUD SPIRIT

YOUR SHIP: **Sea Cloud Spirit**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

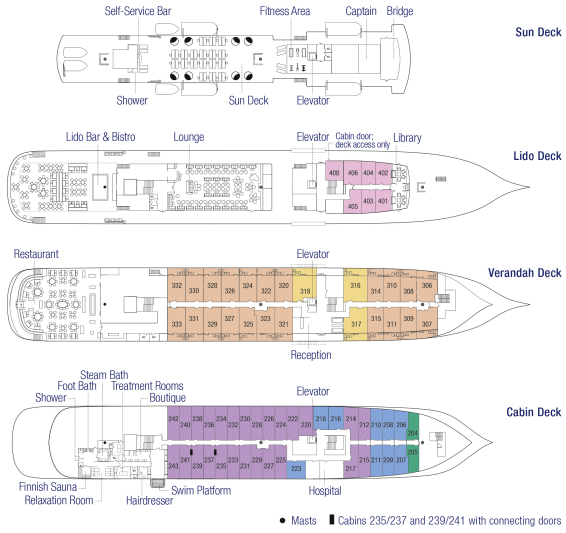
BUILT/REFURBISHED:



Building a three-mast full-rigged ship with traditional rigging in the 21st century may seem a little unusual. For SEA CLOUD CRUISES it is a commitment to true passion for sailing. With her clear, classic line she follows the example of her elegant windjammer sisters, but goes completely new ways. An entire deck with balcony cabins, an exclusive wellness and SPA area, a fitness room with sea view, a bistro on deck as an evening alternative to "fine dining" in the restaurant - the youngest member of the SEA CLOUD family offers plenty of room for individuality in addition to genuine windjammer romance. The SEA CLOUD SPIRIT combines traditional windjammer experience with 21st century comfort with up to 136 passengers. Cabins Even more comfort: of the 69 cabins from the owner suite to the superior outside cabin, almost half have balconies or windows to open. Public areas Spacious decks, a generous wellness and SPA area, fitness with sea view and much more: on board the SEA CLOUD SPIRIT, one does not only enjoy the freedom under sails.



INSIDE YOUR SHIP



Cabin Categories:

Cat. A Suites with balcony	Cat. C De luxe lido cabins, outside	Cat. E Superior cabins, outside
Cat. B Junior suites with balcony	Cat. D De luxe cabins, outside	Cat. F Superior single cabins, outside

Category A: Suites with balcony. From



Category B: Junior suites with balcony. From



Category C: De luxe lido cabins, outside. From



Category D: De luxe cabins, outside. From





Category E: Superior cabins, outside. From



Category F: Superior single cabins, outside. From





PRICING

27-Dec-2027 to 04-Jan-2028

Category E: Superior cabins, outside. From	**£8551 GBP pp**
Category D: De luxe cabins, outside. From	**£9886 GBP pp**
Category F: Superior single cabins, outside. From	**£10498 GBP pp**
Category C: De luxe lido cabins, outside. From	**£11314 GBP pp**
Category B: Junior suites with balcony. From	**£13354 GBP pp**
Category A: Suites with balcony. From	**£15292 GBP pp**