



The Small Cruise  
Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

[small-cruise-ships.com](http://small-cruise-ships.com)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com)

## EAST AND WEST OF PANAMA CRUISE WITH COSTA RICA

A perfect voyage for those who have a passion for the natural world. Join us aboard the all-suite MS Hebridean Sky as we sail from Costa Rica's Caribbean shores to the country's Pacific coast spending time in Panama, transiting the iconic Panama Canal and visiting Colombia along the way with opportunities to swim from some of the region's beaches. Whilst many explore the region by means of long, overland travel traversing rugged roads in order to get around, there is an easier and more comfortable way to explore the region and that is by small ship. The MS Hebridean Sky is the perfect vessel for such a journey and our Zodiacs will be put to good use in the more remote places allowing us to land and explore otherwise unreachable places. With just over 100 passengers, we can explore in small groups ashore and enjoy a convivial atmosphere on board. Our voyage begins and concludes in Costa Rica which, although small in size has a particular topography and position between the Atlantic and Pacific oceans which results in it being one of the most biologically diverse places on earth with teeming rainforest, cloud forest, hot volcanoes and a remarkably diverse landscape and culture. Added to this is the famous wildlife of the region: spider, howler and capuchin monkeys, coatimundis and over 300 species of birds including brilliant toucans and scarlet macaws which we will discover during our guided walks through some stunning national parks including the Cahuita National Park, Golfito National Wildlife Refuge and the Carara National Park. In addition to our time in Costa Rica and Panama, we have the added advantage of time to discover the magnificent natural wonders of Colombia where we find the Utria National Park, a tropical forest which reaches down to the

sandy beaches. Our flexible itinerary and knowledgeable onboard team will enable us to make the most of each day, whether we are landing on remote beaches by Zodiac, searching for endemic flowers, mammals and birds with our naturalists or swimming from the



local beaches.

### ITINERARY

Day 1 London to San Jose, Costa Rica.

Fly by scheduled flight. Arrive and transfer to our hotel for an overnight stay.

Day 2 San Jose to Puerto Limon.

After breakfast in the hotel we transfer to Puerto Limon, enjoying lunch on the way before embarking the MS Hebridean Sky this



The Small Cruise  
Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

01432 507 280 (within UK)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com) | [small-cruise-ships.com](http://small-cruise-ships.com)



afternoon. Moor overnight.

#### Day 3 Puerto Limon.

This morning we head to the Cahuita National Park. The area is filled with wildlife that includes howler monkeys, white-faced capuchin monkeys, raccoons, sloths, otters, coatis, agoutis, armadillos and porcupines. Several avian species also live in the swamp forest including the green ibis, the green kingfisher, the yellow crowned night-heron, the frigate bird and the boat-billed heron among others. Our naturalist guides will lead us through the trails of the rainforest, sharing their vast knowledge of this fragile ecosystem. Alternatively, take a boat ride through the scenic Tortuguero canals, known as the Costa Rican Amazon as the surrounding rainforest supports a wide range of flora and fauna. Here we can hopefully sight waterfowl, monkeys, lizards, sloths and toucans. We return to the ship via a banana plantation where we learn about this staple of the local economy

#### Day 4 Bocas del Toro, Panama.

Arriving in Panama we have a day in the Bocas del Toro archipelago, pristine islands which are now part of a national marine park. We spend the day surrounded by astounding beauty with the option to visit the small town of Bocas del Toro and have free time to wander amongst the fine old Spanish buildings or maybe visit one of the local beaches for a swim in the clear waters.

#### Day 5 Panama Canal Transit.

After a morning at sea we spend the afternoon and evening transiting the Panama Canal. The first attempt to build the canal was made by a French company but ended in failure in 1889. The American government eventually bought out the French for 40 million dollars, and their attempt to build the Canal started in 1904. Through the efforts of over 80,000 workers and the loss of more than 30,000 lives, the greatest single construction project ever undertaken was completed. The project ended in triumph, with the Canal opening in 1914, and it is now a vital artery of international trade, with nearly 14,000 ships travelling through it every year.

#### Day 6 Panama City.

This morning we arrive at Panama City, a combination of the historic old town, declared a UNESCO Historical Site, and the ultramodern new town. We head out to stroll along the cobblestone streets of the Casco Antiguo visiting the colonial mansions and 17th century churches and convents before continuing to Panama Viejo and the original ruins of the city founded in 1517 which was burnt to the ground by British pirate Henry Morgan. The many changes in the city can be identified by its unique architecture, influenced by a wonderful blend of French, Spanish and Italian styles. Return to the ship for lunch and a relaxing afternoon at sea.

#### Days 7 & 8 Bahia Solano & Utria National Park, Colombia.

We land on the Pacific coast of Colombia and have a day and a





The Small Cruise  
Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

[small-cruise-ships.com](http://small-cruise-ships.com)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com)

half to explore this beautiful area which is well off the traditional cruise routes. Here we find the Utria National Park, a tropical forest which reaches down to the sandy beaches. Using our Zodiacs to get ashore we will enjoy hikes and nature trails and observe the flora and fauna with our local guides. In Bahia Solano we will visit the small town whilst those feeling active may wish to join a guided walk to a private rainforest reserve which runs alongside the Rio Mecana and is part of a 170 hectare nature reserve. Made up of mangroves, tropical forest, native plants and trees of the Choco region, our local guides will point out the indigenous plants and birdlife and highlight the ongoing reforestation programmes. We also hope to offer a chance to swim from one of the beaches.

#### Day 9 At Sea.

Spend the day at sea, join a lecture in the lounge and relax on deck.

#### Day 10 Chiriqui Gulf Marine Park, Panama.

Return to Panama and the Chiriqui Gulf Marine Park which spreads over 36,000 acres and comprises of 25 islands and numerous coral reefs. Created in 1994 the Marine Park's aim is to aid the preservation of the region's ecosystems, diverse flora and fauna, scientific conservation projects and protect the islands' endangered inhabitants. We will land on one of the islands where you may choose to take a nature walk to mangroves learning about the local flora and fauna or find a spot under a palm tree on the beach and take a swim.

#### Day 11 Golfito & Puerto Jimenez, Costa Rica.

Spend the morning in one of Costa Rica's most famous National Parks, the Golfito National Wildlife Refuge. Spread out over 2,810 hectares the refuge is home to many species of birds including macaws, parrots and brown pelicans whilst common mammal sightings include white-faced capuchins, spider monkeys, howler monkeys and many species of snakes and butterflies. Over lunch we sail across Golfo Dulce to Puerto Jimenez from where we will visit one of the nearby Finca that specialise in cacao production. The crop has been grown in this region since the Mayans and we will learn about the cultivation of the crops and after walking through the plantation see how it is transformed into chocolate. Alternatively join a walk in La Perica Sloth Garden where we will have the opportunity to spot the animals in their natural environment as well as other wildlife including hummingbirds and iguanas.

#### Day 12 Playa Herradura.

From our anchorage in Herradura there will be a choice of excursions this morning. Maybe choose to visit the Carara National Park, which covers an area of over 5,000 hectares and more than three different vegetation zones. Jungle giants overgrown with climbing plants and a thick covering of foliage and orchids show you nature at her most primordial. After exploring the forest we continue to the Tarcoles River, a place that provides a great habitat for many endemic birds. Boarding our local boat we will keep an eye out for some of the many species of birds including hummingbirds, vireo, flycatchers, herons and egrets. We may also see mammals and insects,



The Small Cruise  
Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

**01432 507 280** (within UK)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com) | [small-cruise-ships.com](http://small-cruise-ships.com)



whilst the shores of the Tarcoles River are home to one of the country's largest crocodile colonies. Alternatively you may wish to visit the Pura Vida Gardens which contain spectacular flora, fauna, waterfalls and views of the Pacific. In this garden, thousands of flowers have been added as well as several varieties of orchids, not only from Costa Rica but from all over the world which display a frenzy of colour.

Day 13 Curu National Park & Tortuga Island.

We spend the morning exploring the Curu National Wildlife refuge which boasts a rich and diverse wildlife in five different habitats ranging from marine zones, including a wide beach area, mangrove swamps and tropical forests. Here on a range of walks we will find a number of species of birds, howler and capuchin monkeys and turtles. Over lunch we sail the short distance to Tortuga Island where we have the chance to spend the afternoon relaxing on the white sand beaches or swimming in the clear waters.

Day 14 Puerto Caldera to London.

Disembark this morning and transfer to San Jose for our scheduled flight to London.

Day 15 London.

Arrive this afternoon.





The Small Cruise  
Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

[small-cruise-ships.com](http://small-cruise-ships.com)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com)

## YOUR SHIP: HEBRIDEAN SKY

**YOUR SHIP:**

**Hebridean Sky**

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

Hebridean Sky has always been known for its effortless elegance, impeccable service and atmosphere of charm and camaraderie. Now we add increased adventure options and an on-site Passenger Service Representative. Hebridean Sky is the perfect blend of luxury and adventurous exploration. Is it a luxury ship? An adventure ship? It's both! The vessel underwent a multi-million pound refurbishment in Sweden in Spring 2016.

**ONBOARD DINING** Great expeditions require great food! We are pleased to offer daily changing breakfast, lunch and dinner menus with an emphasis on providing well balanced and nutritional cuisine. Our team of international chefs has boat loads of creativity and you are sure to experience a variety of interesting dishes throughout your voyage. The restaurant is located on Deck 2 and our service team looks forward to providing a memorable dining experience.

**IMPECCABLE SMALL-SHIP AMENITIES** Returning from excursions, passengers enjoy complimentary refreshments, afternoon tea and all-day coffee in The Club, a gracious space for relaxation, surrounded by panoramic windows. Other Sea Explorer features include: Library with Internet access Lounge with audiovisual facilities Dining room Wraparound sun deck with Jacuzzi Exercise room

Medical facilities with available doctor Elevator serving all passenger decks Swimming/zodiac platform All Voyages Include: Up to Two Pre-Voyage Hotel Nights Complimentary Wine or Beer with Dinner Certified Emergency MD and Clinic World Class Cuisine Live Entertainment Complimentary Coffee/Tea station Voyage Photographer Dedicated Passenger Service Manager Complimentary Expedition Jacket Please note deck



plan may vary.

The Small Cruise  
Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

**01432 507 280** (within UK)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com) | [small-cruise-ships.com](http://small-cruise-ships.com)



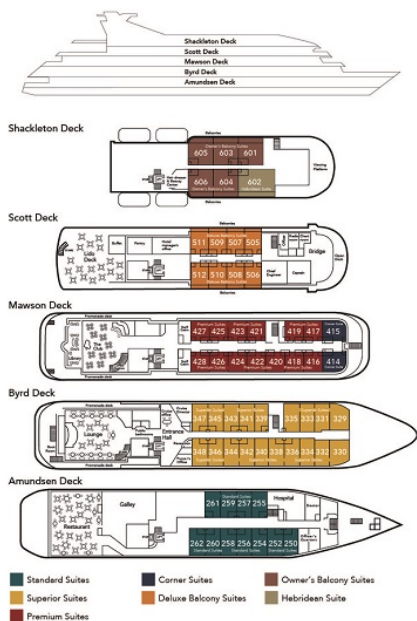
# The Small Cruise Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

[small-cruise-ships.com](http://small-cruise-ships.com)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com)

## INSIDE YOUR SHIP







## The Small Cruise Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)



[small-cruise-ships.com](http://small-cruise-ships.com)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com)

## PRICING

26-Jan-2026 to 09-Feb-2026

Shackleton Deck Owner's Balcony Suite	£12395 GBP pp
Scott Deck Deluxe Balcony Suite	£12195 GBP pp
Amundsen Deck Standard Suite	£10295 GBP pp
Byrd Deck Superior Sole	£12495 GBP pp
Byrd Deck Superior Suite	£10495 GBP pp
Mawson Deck Premium Suite	£10695 GBP pp
Amundsen Deck Standard Sole use	£12295 GBP pp
Mawson Deck Corner Suite	£10995 GBP pp
Shackleton Deck Hebridean Suite	£12995 GBP pp



The Small Cruise Ship Collection

[www.small-cruise-ships.com](http://www.small-cruise-ships.com)

01432 507 280 (within UK)

[info@small-cruise-ships.com](mailto:info@small-cruise-ships.com) | [small-cruise-ships.com](http://small-cruise-ships.com)