

PANAMA AND COSTA RICA'S PACIFIC COAST: A CENTRAL AMERICA ODYSSEY

Trace the sweeping Pacific arc of Panama and Costa Rica on one of the most comprehensive expeditions in the region, where rainforest-clad shores, coral reefs and storied coastal communities reveal a richly layered corner of the globe. From Coiba's shimmering coral kingdoms to the Embera villages of Darien and the wild rainforests of Corcovado and Guanacaste, experience the interplay of culture and nature at peak dry season, when wildlife gathers and conditions are ideal for exploration. From aboard the next-generation expedition ship Greg Mortimer, venture farther by Zodiac, kayak and on foot, reaching secluded shores and hidden waterways beyond the reach of conventional coastal voyages.



ITINERARY

Day 1 San José, Costa Rica / Puerto Caldera / Embark Ship

Arrive in San Jose this afternoon. Transfer to Puerto Caldera to embark the _Greg Mortimer_.

Day 2 Santa Rosa National Park / Guanacaste Conservation Area

Depending on the day's conditions, you may choose to explore Santa Elena Bay in Santa Rosa National Park, Junquillal Wildlife Refuge or Cuajiniquil Bay--all part of the Guanacaste Conservation Area. While venturing out by Zodiac, immerse yourself in the tropical environment, as great kiskadees sally out from exposed perches to capture flying insects and orange-fronted parakeets chatter overhead. Predators such as



mangrove hawks may take wind, setting out on a late afternoon hunt, while ringed kingfishers watch the shallows for the flash of a fish.

Day 3 Rincón de la Vieja National Park / Hacienda Guachipelin

Set off inland to explore Rincon de la Vieja National Park. This mountainous region is part of the extraordinarily biodiverse Guanacaste Conservation Area and encompasses more than 34,000 acres. The region, with its forests carpeting the sides of two active volcanoes, is alive with geothermal activity as bubbling mud pots spout and steam rises above the canopy. Choose between several enticing options today, including a hike through the transition zone where tropical dry habitat meets the temperate cloud forest. Here, keep an eye out for exotic wildlife, with the possibility of encountering mantled howler monkeys and regional birds, including the white-throated magpie-jay. Alternatively, after a short hike into the forest, opt to swim below Las Chorreras Waterfall or soar through the canopy by zipline. Afterwards, enjoy a sumptuous poolside lunch at Hacienda Guachipelin.

Day 4 Curu Wildlife Refuge / Isla Tortuga

Along the coast of the Nicoya Peninsula, marking the transition between the wetter jungles of the south and Guanacaste's drier environment, lies Curu National Wildlife Refuge, Costa Rica's first private national wildlife reserve. Learn about the hundreds of species of birds, reptiles and mammals that inhabit this thriving ecosystem while exploring the park's tracks and trails. Look for white-faced capuchin monkeys, turquoise-browed motmots and, with luck, scarlet macaws. The northern tamandua also resides here, and while often elusive and quiet, this primarily arboreal member of the anteater family may be spotted. Later, as you enjoy lunch on board, you'll cruise to a cluster of offshore islets collectively called Isla Tortuga. Relax on the beach shaded by swaying palms and tropical vegetation, and enjoy afternoon refreshments and hors d'oeuvres on the beach.

Day 5 Osa Conservation Area

Anchor off the Osa Peninsula to see some of the lushest lowland rainforest on the Pacific coast. Conditions permitting, venture into Corcovado National Park, where you can swim in waterfall pools or trek through the rainforest for a chance to see four species of monkeys--howler, spider, squirrel and capuchin. Alternatively, explore by Zodiac, cruising along a jungle river shrouded by a thick canopy that harbors iguanas, monkeys, myriad bird species and blue morpho butterflies.

Day 6 Osa Peninsula

Go ashore at Playa Blanca on the Osa Peninsula and head inland to meet with inspiring local families living in remote communities and working with cocoa, hearts of palm and sugar cane. By special arrangement, visit the Latin American Sea Turtles (LAST) Association and hear presentations from the staff, including a talk by the dedicated researchers working to positively impact sea turtle conservation.

Day 7-8 Golfo Dulce

Spend the next two days exploring the spectacular Golfo Dulce area, along the southwestern edge of Costa Rica. Start the morning at anchor in front of Golfito, and explore this mangrove-fringed gulf by Zodiac and kayak. Scan the jungle tree line for a dazzling array of avifauna, including golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets.



Later, explore the Rio Seco private reserve, located within the Piedras Blancas National Park and only accessible by sea. Hike in mature rainforest and seek out a panoply of wildlife as you take in a kaleidoscope of tropical color, with bromeliads, heliconias and orchids set against the verdant green.

Day 9 Coiba National Park, Panama

Spend the day exploring 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 is 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 or simply spend the afternoon exploring, kayaking or relaxing on the beach.

Day 10 Isla Iguana Wildlife Refuge / Azuero Peninsula

Explore the picturesque Isla Iguana Wildlife Refuge, one of the most important marine and coastal protected areas along the Pacific coast of Panama, just off the Azuero Peninsula. The island is draped in dry tropical rainforest and home to seabird nesting areas and expansive white-sand beaches. Enjoy nature walks, kayaking and snorkeling from the beach over coral reefs where colorful reef fish, rays and other marine species are commonly seen.

After lunch, explore the mainland town of Pedasi, a proud center of folkloric traditions on the Azuero Peninsula--widely regarded as the cultural heart of Panama. Shaped by centuries of isolation, Spanish colonial roots, Indigenous traditions and a strong rural identity, Azuero has preserved customs, music, dress and craftsmanship that have largely disappeared elsewhere in the country. Learn about the rich culture of the area during live folkloric presentations featuring traditional music and dance from the region, then hear about traditional dress, food and construction techniques.

Day 11 Pearl Islands

Approximately 200 islands make up the idyllic Pearl Islands. Explore different islands in the archipelago as you learn about the history of the native populations and the Spaniards and African slaves who arrived for the pearl trade. White sandy beaches and shallow reefs provide great opportunities for kayaking, stand-up paddleboarding, Zodiac cruises, snorkeling and beach activities.

Day 12 Darién National Park

Playa Muerto village is located in Darien National Park, the largest protected area in Central America and a UNESCO World Heritage site. The park contains an exceptional array of habitats, from sandy beaches and mangroves to dense tropical forests teeming with wildlife. It is also home to the Indigenous Embera and Wounaan tribes. You'll be greeted by village leaders from the Embera who will share their customs, traditions and stories about their deep respect for their natural surroundings. Later on, enjoy short nature walks, go birding or choose to join a longer hike into the rainforest in search of the elusive harpy eagle, one of the world's most powerful eagles.

Day 13 Panama City / Disembark Ship

Disembark in Panama City this morning and transfer to the airport for flights home.

Please Note:

Itineraries are subject to change.



YOUR SHIP: GREG MORTIMER

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Capable of negotiating the strongest winds and waves, the Greg Mortimer is built to world-class polar standards - designed in close consultation with our expedition specialists, taking advantage of our more than 25 years of experience. The Greg Mortimer redefines expedition cruising for the future, with just 130 passengers on board in the polar regions. Not only is the ship bigger to contend with adverse weather conditions, its added creature comforts make for a more enjoyable journey out on the open ocean. The Greg Mortimer remains true to our ethos and focus on multiple landings, flexible itineraries and family atmosphere - just with an improved home base! As a modern and custom-designed ship, the Greg Mortimer is at the cutting edge of nautical technology. Robust, powerful and built with our guests in mind, this ship marks a significant investment in our fleet's capabilities. From the European Arctic to the depths of Antarctica, and other far-flung destinations in-between, the Greg Mortimer will make your journey a breeze! Greg Mortimer X-BOWX-BOW ™ Our expeditions face some of the worst Mother Nature can throw at us. However, this won't be problem on the Greg Mortimer with the introduction of the patented X-BOW™, created by Norwegian ship designer ULSTEIN. As one of the leaders in marine engineering, ULSTEIN's X-BOW™ is an inverted bow concept that's been built on over 100 vessels in the shipping industry. Excitingly, we are the first expedition cruise operator to utilise this technology for the challenging open ocean waves! Hydraulic viewing platforms Although there is no doubt that you'll love the aesthetics of the Greg Mortimer, we are all here to admire the spectacular landscape and spot the elusive wildlife in their natural habitat. To ensure you get the best views possible, the new ship features unique viewing platforms, custom-built for the Greg Mortimer. Accessed from Deck 5, the two platforms fold out hydraulically for unobstructed views of passing marine life and seabirds - make sure your camera is locked and loaded! Zodiac launching platform Zodiacs are a vital part of getting up close and personal on your adventure - sneaking into areas that the Greg Mortimer can't reach. On this new ship, there are specially designed launching platforms that enables us to load Zodiacs easily and quickly, allowing you to spend more time exploring on the two to three daily landings. There are 15 Zodiacs that are boarded from either side of Deck 3 (sea level), perfect for when there is a group of fluffy cute penguin chicks that we need a photo of! Activity Platform Regardless of your destination, we offer a number of additional activities to allow you to see more of the environment. From kayaking and diving to climbing and ski touring, it's these optional activities that often leave the biggest impression on your trip as a whole. Onboard the Greg Mortimer, there is a spacious prep and loading platform for these activities and more - designed in consultation with our expert activity guides. Environmentally friendly Climate change and carbon



emissions continue to be major issues that everyone needs to be aware of and actively managing. This includes reduced emissions into the air and sea, lower energy consumption, high fuel efficiency, reduced light pollution for minimal wildlife disruption and lower on-board plastic use. It's vital to also mention the state-of-the-art virtual anchoring technology of the X-BOW™, which means the ship can float anchorless while launching Zodiacs, kayaks etc, without disturbing delicate sea floor areas. Safety features This starts with the return-to-port equipment - not compulsory on a ship of this size - which duplicates the propulsion system. This enables the ship to maintain operating systems and comfort in the event of engine failure. Furthermore, the Greg Mortimer is Polar Code 6 compliant, holds BV class and is fully compliant with the latest SOLAS requirements. It's also built with a Rolls Royce stabiliser system. If there's an incident or accident during your adventure, the ship has an on-board, fully-stocked medical centre - where our trained medical team can provide necessary treatment in a timely fashion. Safety continues to be an issue that our team takes very serious and the Greg Mortimer allows us to create an environment where you can concentrate on the brilliant landscape and wildlife, without worrying about your wellbeing. Ship Life Greg Mortimer is designed to serve your every need. It's your bedroom, bathroom, lounge, dining room and even your observatory. Make yourself at home, the Greg Mortimer is yours to enjoy! Observation Points Let's face it - you don't want windowless rooms when travelling around some of the most beautiful locations around the world. This is why the Greg Mortimer is designed with plenty of dedicated observation spaces - ideal for keen bird spotters, wildlife watchers and those wanting to watch the scenery go past. From the indoor 180-degree lounge and outdoor 360-degree open deck, both on deck 8, to the 270-degree open sundeck on level 7, there are plenty of observation points to share around the ship! If these are full, then you can take up a spot on one of the two hydraulic viewing platforms on deck 5. Aurora Expeditions also has an open bridge policy, which means at any point you can come up to the bridge and check out what the captain and officers are up to. From watching navigational practices to observing mapping techniques, you can get a firsthand look at the inner workings of the Greg Mortimer. Shore excursions Although the ship is fun, the real enjoyment comes from the many shore excursions that are available. Depending on the weather and itinerary, it's possible to take two to three landings daily, taking a look at everything from rock formations and ancient ruins to cute groups of penguins. We know time is of the essence in these wild locations, so the Greg Mortimer has been designed with 15 Zodiacs, which means you can maximise your time on shore. From four dedicated sea level launching platforms, transfers are quicker, safer and enable you to get closer to the action for a longer period of time. Just remember to charge your camera before you step onto the Zodiac! Activity options From kayaking and skiing to diving and climbing, these are one-in-a-lifetime opportunities that you need to take advantage of. Aboard the Greg Mortimer there is a specially designed launching platform for all activities, a concept overseen by our activity experts. This area also includes individual lockers in the expansive mudroom and rapid drying areas for wetsuits so you can quickly get warm after exploring in the elements! Dining From the moment you step onto the Greg Mortimer, we aim to give you the best hospitality service possible. Starting with the official Captain's welcome, as our guests, you're welcome to 24 hours complimentary coffee, tea and snack facilities in addition to the range of different menu

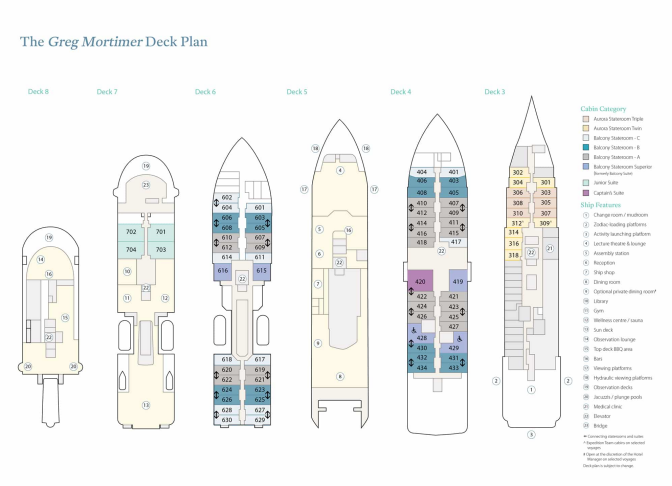
options and courses for each meal. Meals are served in large dining room/restaurant with family style dining, perfect to swap stories with your new expedition family. Enjoy the range of house wine, beers and soft drinks included with dinner after a long day in the wild, preparing yourself for another exciting day to follow. On the last day of your trip, the team on the Greg Mortimer put on a special farewell four-course dinner and cocktails - a perfect way to reflect on your time on the ship and consolidate lifelong friendships with the people you've met on-board. On-board entertainment When you're relaxing during a sea day or you have a little downtime on the ship between excursions, what is there to do onboard the Greg Mortimer? Plenty! On all our expeditions, there are experts who lead presentations in the spacious lecture room so you can understand the region a little better. These often include topics as broad as history and culture to biology and climate change, these presentations aim to educate and entertain. If you're keen to just watch the surroundings and keep your eyes peeled for wildlife, you have access to two bars/lounges where the stunning floor to ceiling windows offer a special perspective on the landscape. The Greg Mortimer is also decked out with other facilities for your enjoyment. There is a library on Deck 5 with books and maps and a Wellness Centre complete with gym equipment, sauna and spa. Feeling a little sore after walking around all day? Treat yourself to a massage at the Wellness Centre and feels the aches disappear! Keen photographers and artists will revel in the multimedia room



on Deck 5.



INSIDE YOUR SHIP



Category 01



Category 02



Category 03



Category 04



Category 05



Category 06



Category 07



Category 08





PRICING

27-Mar-2027 to 08-Apr-2027

Category 03	£9679 GBP pp
Category 06	£11206 GBP pp
Category 01	£8015 GBP pp
Category 05	£10672 GBP pp
Category 02	£8420 GBP pp
Category 04	£10160 GBP pp
Category 07	£12328 GBP pp
Category 08	£13565 GBP pp

08-Apr-2027 to 20-Apr-2027

Category 01	£7557 GBP pp
Category 07	£11008 GBP pp
Category 03	£9885 GBP pp
Category 05	£10275 GBP pp
Category 02	£8092 GBP pp
Category 04	£10076 GBP pp
Category 06	£10481 GBP pp
Category 08	£11565 GBP pp