

SECRET WORLD OF TWO OCEANS - A VOYAGE BETWEEN COSTA RICA & GUATEMALA

Join us aboard the all-suite MS Hebridean Sky as we explore Central America's Caribbean and Pacific coastlines visiting Costa Rica, Panama, El Salvador and Guatemala. If you have been contemplating a visit to Central America, then this fascinating voyage could offer you the perfect opportunity with its mix of cultural and natural wonders. Our itinerary is made possible by the Panama Canal, an engineering marvel allowing us to pass from the Caribbean Sea to the Pacific Ocean. During our voyage, the history of the ancient Mayan civilisation, the colonial years and the more recent events of the region will be brought to life by our onboard team and local guides. There is also much of the natural world to occupy us on our journey including our visits to Costa Rica's Palo Verde National Park and Curu National Wildlife Refuge, El Salvador's most important marine ecosystem, the Jiquilisco Bay Biosphere Reserve, and the pristine Bocas del Toro archipelago in Panama. The birdlife of the region is magnificent, and it is home to countless species of endangered birds from tiny hummingbirds to flashy macaws and parrots, toucans and woodpeckers. Add an amazingly rich biodiversity of flora and fauna seen against some of the lushest of landscapes to be found anywhere in the world and you have the recipe for a perfect escape. Such a varied and comprehensive itinerary would be difficult to comprehend or undertake by any other means than a cruise aboard a vessel like the MS Hebridean Sky with her expert expedition team, fleet of Zodiacs and just over 100 fellow passengers. We will be able to visit some small islands and ports which the larger cruise vessels simply cannot access and skip the arduous, lengthy land travel which such a trip would usually entail and instead relax on board as we deliver you to a new and exciting destination each day. _Some departures may have slightly modified itineraries. Please confirm the itinerary with an Expedition



Specialist._

ITINERARY

Day 1 London to San Jose, Costa Rica.

Fly by scheduled flight to San Jose. On arrival we transfer to our hotel for an overnight stay. The remainder of the day and evening are at leisure.

Day 2 San Jose to Puerto Limon.

After breakfast in the hotel enjoy some free time before we transfer to Puerto Limon, enjoying a local lunch on the way. On arrival we will embark the MS Hebridean Sky and moor overnight.



Day 3 Puerto Limon.

After breakfast 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 will return to the ship via a banana plantation where we learn about this staple of the local economy.

Day 4 Bocas del Toro, Panama.

Today we discover the Bocas del Toro archipelago, pristine islands which are now part of a national marine park. We will spend the day surrounded by astounding beauty with the opportunity to visit the small town of Bocas del Toro where there will be some 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 Colon & Panama Canal Transit.

From our berth in Colon, we will visit the new locks of the Panama Canal expansion. The expansion was the largest project at the canal since its original construction and created a new set of locks, doubling the waterway's capacity. At the Agua Clara Visitor Centre we will learn about the history of the canal, the expansion efforts and watch the ships passing through. Return to the MS Hebridean Sky for lunch and the remainder of the day and evening will be spent 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. The canal is around 50 miles long and takes between eight to ten hours to cross.

Day 6 Islas de Las Perlas.

Awake on the Pacific coast of Panama and enjoy a lesiurely morning at sea as we cruise to the Islas de Las Perlas. We will spend the afternoon exploring this archipelago of islands named after the large pearls found in the waters. Native Indians inhabited these islands until the 16th century when the Spanish discovered the pearls and Isla Contadora became a centre for their transit to Spain. With over 200 islands, the majority of which are uninhabited, we will find a spot to relax on the beach or swim in the clear waters with the schools of tropical fish.

Day 7 Darien National Park.

Over breakfast we arrive at the wild, rugged and remote Darien Province. The Darien Jungle is recognised as one of the world's top ten birding sites and we hope to see many bird species such as the colourful crimson-collared tanager, green and chestnut-fronted macaws, rufous-tailed and snowy-bellied hummingbirds. Landing on the beach of Playa Muerto we will visit the Embera Indian village. The Embera Indian Tribe are a



proud people who have been able to maintain their traditions and lifestyles. During our time in the village we will learn about the history of the tribe, meet its people and learn about their life. Returning to the MS Hebridean Sky for lunch, we will enjoy a leisurely afternoon at sea.

Day 8 Chiriqui Gulf Marine Park.

Our final call in Panama will be 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 to 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 9 Golfito & Puerto Jiminez, Costa Rica.

Arrive into Golfito and after clearing immigration formalities we spend the morning at one of Costa Rica's most famous National Parks, the Golfito National Wildlife Refuge. Spread out over 2810 hectares it 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 will sail across Golfo Dulce to Puerto Jimenez from where we will visit one of the nearby fincas that specialises 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 there will be the opportunity to spot the animals in their natural environment as well as other wildlife including hummingbirds and iguanas.

Day 10 Curu National Park & Isla Tortuga.

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 taking a swim in the clear waters.

Day 11 Palo Verde National Park.

Our final stop in Costa Rica is Playa del Cocos in the Papagayo Gulf. Once a small fishing village it has grown into a popular destination for local Costa Rican tourism. We will use our Zodiacs to land before heading inland to the Palo Verde National Park where we will board local boats to travel along the Tempisque River seeing the mangroves and dry forest vegetation which is home to countless birds and multiple mammals. As we will be visiting in the dry season we hope to see peccaries, armadillos, jaguarondis, coatis, agoutis, deer and monkeys which are attracted to the river. We will enjoy lunch at the 19th century Hacienda House with views of the savannahs and sugar cane fields.

Day 12 At Sea.

Spend a relaxing day at sea as we continue our journey towards El Salvador.

Day 13 La Union, El Salvador.



We will spend the day exploring the southern region of El Salvador and there will be a choice of excursions. You may wish to follow the 'peace route' set up to remember the events of the 1980s when El Salvador experienced a bitter civil war. It is estimated that over 100,000 were killed in the fighting whilst half a million people fled into exile. We will visit Perquin, once a stronghold of the guerrillas and home to the Museum of the Revolution where former members of the rebel army are willing to share their experiences. We continue to the village of El Mozote where in December 1981 one of the worst atrocities occurred and more than 1000 people were killed in a single day. Our local guides will explain about living in the country during this time and we will see the monument erected for the victims and the memorial garden decorated with brightly coloured murals. Alternatively a full day tour will visit the Jiquilisco Bay Biosphere Reserve which is El Salvador's most important marine ecosystem with the coastal area being made up of remote islands, mangrove canals and desolate beaches whilst inland we will find beautiful forests and cacao plantations. It is an important base for migratory birds as well as a nesting site for four sea turtle species including one of only two sites in the Pacific for the endangered Hawksbill Turtle. We will explore the different areas of the reserve spending time with the environmentalists and scientists who will teach us about the conservation of the turtles, and we will walk through the forest on the lookout for spider monkeys. We will also visit a cacao plantation where we learn about the cultivation of cacao which creates some of the finest chocolate.

Days 14 & 15 Acajutla.

After a leisurely morning at sea we arrive in the port of Acajutla where we spend the next day and a half. An afternoon tour will explore some of the colonial towns and communities on the 'Flower Route' named after the abundance of flowers found along the roadsides and in the villages. We will drive through the beautiful mountains to the town of Nahuizalco, home to one of the most longstanding native communities and arts and crafts production sites in the country. We continue to Ataco, the final stop on the Ruta de las Flores. Ataco is a quaint, colonial village that is known for its natural beauty, as well as its brightly painted homes, cobblestone streets, colourful murals and unique arts and crafts. Meanwhile a full day excursion will discover the Mayan route starting at the archaeological site of Joya de Ceren, a UNESCO World Heritage Site known as the Pompeii of America. The site was covered by the Loma Caldera volcano explosion which kept the remains of pre-Hispanic civilisation covered for hundreds of years and the site provides a unique insight into everyday life in a Mesoamerican farming community of the 6th century AD. We continue to the ruins of San Andres, once an important political and religious centre and testimony of the Indigo industry during the colonial period, better known as the 'Blue Gold'. After lunch in a local restaurant we will continue to Santa Ana and see the beautiful Gothic Cathedral and National Palace before our tour ends at the ruins of Tazumal, the largest pyramid in El Salvador which dates from 1500 BC and is an important Mayan settlement.

Day 16 Puerto Quetzal to Antigua, Guatemala.

We will disembark after breakfast in Puerto Quetzal and drive to Antigua, a UNESCO World Heritage Site. Built between three magnificent volcanoes in 1542, it is one of the oldest and most beautiful cities in the Americas. Antigua remained an economic and political heart of Central America until a devastating earthquake in 1773 destroyed much of the city. We will explore



the city with its wealth of colonial buildings, beautiful squares, cobblestone streets and Baroque churches. This afternoon we will transfer to our hotel for a two night stay and the remainder of the day will be at leisure for independent exploration before we meet for dinner tonight.

Day 17 Lake Atitlan.

After breakfast, we embark on full day tour to Lake Atitlan, described by Aldous Huxley as the most beautiful lake in the world. Surrounded by 12 post-Mayan villages, all bearing the names of Catholic saints, and surrounded by three majestic volcanoes, the experience is unique. We visit the main town of Panajachel where there will be some time at leisure to take some photographs and explore the local shops. After lunch in a local restaurant we will head back to our hotel in Antigua and there will be some free time before we meet for dinner this evening.

Day 18 Antigua to London.

Check out from the hotel after breakfast and transfer to Guatemala City Airport for our scheduled indirect flight to London.

Day 19 London.

Arrive this afternoon.

Please note:

Itineraries are subject to change.



YOUR SHIP: HEBRIDEAN SKY

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

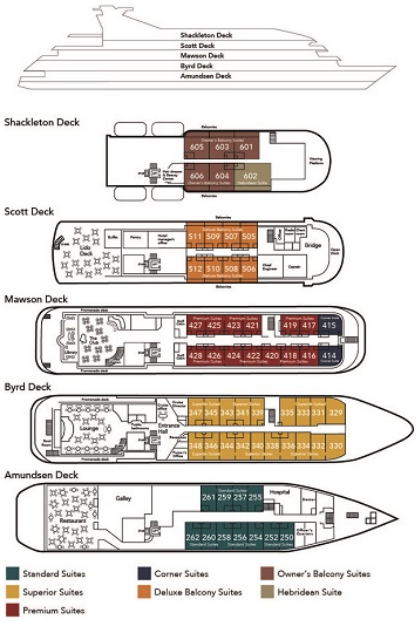
Hebridean Sky has always been known for its effortless elegance, impeccable service and atmosphere of charm and camaraderie. Now we add increased adventure options and an on-site Passenger Service Representative. Hebridean Sky is the perfect blend of luxury and adventurous exploration. Is it a luxury 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.



INSIDE YOUR SHIP



Amundsen Deck Standard Sole



Amundsen Deck Standard Suite



Byrd Deck Superior Sole



Byrd Deck Superior Suite



Mawson Deck Corner Suite



Mawson Deck Premium Suite





Scott Deck Deluxe Balcony Suite



Shackleton Deck Hebridean Suite



Shackleton Deck Owner's Balcony Suite





PRICING

14-Feb-2027 to 04-Mar-2027

Amundsen Deck Standard Suite	£11295 GBP pp
Amundsen Deck Standard Sole	£14495 GBP pp
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Byrd Deck Superior Sole	£14995 GBP pp
Shackleton Deck Hebridean Suite	£14395 GBP pp
Mawson Deck Premium Suite	£12295 GBP pp
Byrd Deck Superior Suite	£11895 GBP pp
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Shackleton Deck Owner's Balcony Suite	£14195 GBP pp

27-Feb-2027 to 17-Mar-2027

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Byrd Deck Superior Suite	£11895 GBP pp
Scott Deck Deluxe Balcony Suite	£13895 GBP pp
Amundsen Deck Standard Sole	£14495 GBP pp
Byrd Deck Superior Sole	£14995 GBP pp
Amundsen Deck Standard Suite	£11295 GBP pp
Mawson Deck Premium Suite	£12295 GBP pp
Shackleton Deck Hebridean Suite	£14395 GBP pp