



SECRETS OF CENTRAL AMERICA - 11 DAY PANAMA & COSTA RICA 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. The wildlife encounters are possible experiences and cannot be guaranteed.



ITINERARY

Day 1 COLÓN

Colon 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.



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Day 2 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 3 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 Kunas Indian community. Still subsisting on hunting and fishing, they will welcome you in their villages of bamboo houses gathered near the beaches.

Day 4 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 5 SAILING AROUND PACHECA ISLAND & PEARLS ISLANDS

Pacheca is a small uninhabited island in the far north of the Pearl Islands, home to numerous birds that our naturalist guides will help you to observe and recognise from the ship's deck. 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. 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.



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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 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 8 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 9 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 10 CURÚ WILDLIFE REFUGE

On the southern part of the Nicoya Peninsula, the small Curu 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.



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Day 11 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.

Please Note:

Itineraries are subject to change.



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YOUR SHIP: LE BELLOT

YOUR SHIP: Le Bellot

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Featuring innovative and environmentally-friendly equipment, elegantly designed staterooms, spacious suites with large windows, and lounge areas that open onto the outside, this new limited-capacity yacht boasting just 92 staterooms and suites will offer you a truly unique cruising experience. As the first ship in a new series, Le Bellot will embody the unique atmosphere of a subtle blend of exploration, 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. 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. In a relaxed atmosphere, an outdoor grill on Deck 3 will

serve grilled meats with a variety of salads and desserts. **PUBLIC AREAS** Le Bellot 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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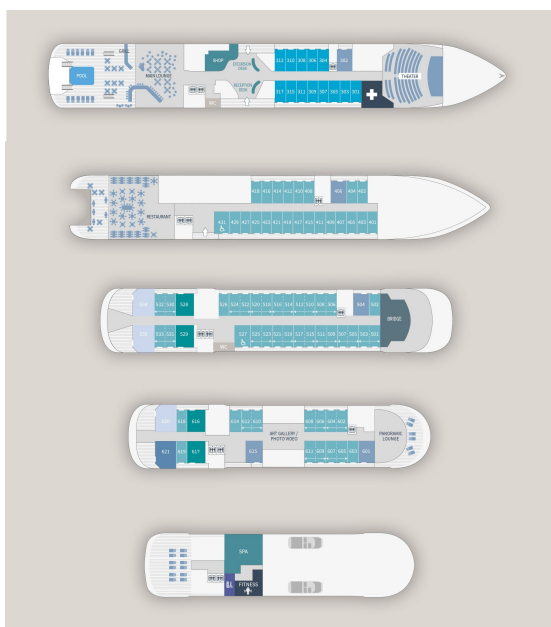
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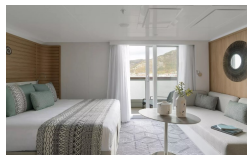
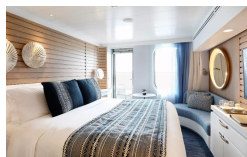
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INSIDE YOUR SHIP



Deluxe Stateroom



Deluxe Suite Deck 3



Deluxe Suite Deck 5

Grand Deluxe Suite

Grand Deluxe Suite Deck 6

Prestige Deck 4

Prestige Deck 5 Suite

Prestige Deck 6 Suite

Prestige Stateroom Deck 5

Prestige Suite Deck 5

Deluxe Suite

Deluxe Suite Deck 4

Deluxe Suite Deck 6

Grand Deluxe Suite Deck 5

Owner's Suite

Prestige Deck 5

Prestige Deck 6

Prestige Stateroom Deck 4

Prestige Stateroom Deck 6

Prestige Suite Deck 6



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Privilege Suite

Privilege Suite Deck 5



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19-Jan-2026 to 29-Jan-2026

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Deluxe Suite	£11665 GBP pp
Prestige Suite Deck 5	£15815 GBP pp
Owner's Suite	£20195 GBP pp
Prestige Suite Deck 6	£16645 GBP pp
Prestige Stateroom Deck 5	£7895 GBP pp
Grand Deluxe Suite	£19215 GBP pp
Privilege Suite	£17475 GBP pp
Deluxe Stateroom	£6759 GBP pp
Prestige Stateroom Deck 4	£7519 GBP pp

Owner's Suite	£20195 GBP pp
Prestige Suite Deck 6	£16645 GBP pp
Prestige Suite Deck 5	£15815 GBP pp
Prestige Stateroom Deck 5	£7895 GBP pp
Prestige Stateroom Deck 6	£8345 GBP pp
Prestige Stateroom Deck 4	£7519 GBP pp
Deluxe Suite	£11665 GBP pp
Privilege Suite	£17475 GBP pp
Grand Deluxe Suite	£19215 GBP pp
Deluxe Stateroom	£6759 GBP pp

05-Mar-2026 to 15-Mar-2026

Grand Deluxe Suite	£19215 GBP pp
Prestige Suite Deck 6	£16645 GBP pp
Deluxe Stateroom	£6759 GBP pp
Deluxe Suite	£11665 GBP pp
Prestige Stateroom Deck 5	£7895 GBP pp
Prestige Stateroom Deck 6	£8345 GBP pp
Prestige Stateroom Deck 4	£7519 GBP pp
Owner's Suite	£20195 GBP pp
Privilege Suite	£17475 GBP pp
Prestige Suite Deck 5	£15815 GBP pp

15-Mar-2026 to 25-Mar-2026



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Privilege Suite Deck 5	£13599 GBP pp
Prestige Deck 5	£6195 GBP pp
Deluxe Suite Deck 6	£9109 GBP pp
Deluxe Suite Deck 3	£9109 GBP pp
Deluxe Stateroom	£5315 GBP pp
Prestige Deck 5 Suite	£12319 GBP pp
Prestige Deck 6	£6545 GBP pp
Grand Deluxe Suite Deck 5	£14945 GBP pp
Deluxe Suite Deck 5	£9109 GBP pp
Deluxe Suite Deck 4	£9109 GBP pp
Prestige Deck 4	£5905 GBP pp
Privilege Suite Deck 6	£13599 GBP pp
Prestige Deck 6 Suite	£12959 GBP pp

Prestige Deck 5	£6195 GBP pp
Prestige Deck 4	£5905 GBP pp
Grand Deluxe Suite Deck 6	£14945 GBP pp
Deluxe Suite Deck 5	£9109 GBP pp
Deluxe Suite Deck 4	£9109 GBP pp
Deluxe Suite Deck 3	£9109 GBP pp
Privilege Suite Deck 5	£13599 GBP pp
Deluxe Suite Deck 6	£9109 GBP pp
Deluxe Stateroom	£5315 GBP pp
Prestige Deck 5 Suite	£12319 GBP pp
Privilege Suite Deck 6	£13599 GBP pp
Grand Deluxe Suite Deck 5	£14945 GBP pp
Prestige Deck 6 Suite	£12959 GBP pp
Prestige Deck 6	£6545 GBP pp

08-Dec-2026 to 18-Dec-2026



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18-Dec-2026 to 28-Dec-2026

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Deluxe Stateroom	£5315 GBP pp
Privilege Suite Deck 6	£13599 GBP pp
Deluxe Suite Deck 6	£9109 GBP pp
Prestige Deck 5	£6195 GBP pp
Grand Deluxe Suite Deck 6	£14945 GBP pp
Deluxe Suite Deck 5	£9109 GBP pp
Deluxe Suite Deck 4	£9109 GBP pp
Prestige Deck 6 Suite	£12959 GBP pp
Prestige Deck 4	£5905 GBP pp
Prestige Deck 5 Suite	£12319 GBP pp
Privilege Suite Deck 5	£13599 GBP pp
Prestige Deck 6	£6545 GBP pp

19-Dec-2026 to 29-Dec-2026

Privilege Suite Deck 6	£13599 GBP pp
Privilege Suite Deck 5	£13599 GBP pp
Deluxe Stateroom	£5315 GBP pp
Prestige Deck 6 Suite	£12959 GBP pp
Prestige Deck 6	£6545 GBP pp
Prestige Deck 5	£6195 GBP pp
Grand Deluxe Suite Deck 6	£14945 GBP pp
Deluxe Suite Deck 6	£9109 GBP pp
Prestige Deck 5 Suite	£12319 GBP pp
Deluxe Suite Deck 5	£9109 GBP pp
Deluxe Suite Deck 4	£9109 GBP pp
Prestige Deck 4	£5905 GBP pp
Grand Deluxe Suite Deck 5	£14945 GBP pp
Deluxe Suite Deck 3	£9109 GBP pp



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Deluxe Suite Deck 5	£9695 GBP pp
Privilege Suite Deck 6	£14475 GBP pp
Prestige Deck 6 Suite	£13805 GBP pp
Prestige Deck 5 Suite	£13115 GBP pp
Prestige Deck 5	£6579 GBP pp
Prestige Deck 4	£6275 GBP pp
Grand Deluxe Suite Deck 5	£15915 GBP pp
Deluxe Suite Deck 6	£9695 GBP pp
Deluxe Suite Deck 4	£9695 GBP pp
Deluxe Suite Deck 3	£9695 GBP pp
Deluxe Stateroom	£5645 GBP pp
Grand Deluxe Suite Deck 6	£15915 GBP pp

Privilege Suite Deck 6	£14475 GBP pp
Privilege Suite Deck 5	£14475 GBP pp
Prestige Deck 5	£6579 GBP pp
Deluxe Suite Deck 4	£9695 GBP pp
Deluxe Suite Deck 3	£9695 GBP pp
Grand Deluxe Suite Deck 6	£15915 GBP pp
Deluxe Stateroom	£5645 GBP pp
Grand Deluxe Suite Deck 5	£15915 GBP pp
Prestige Deck 6 Suite	£13805 GBP pp
Prestige Deck 5 Suite	£13115 GBP pp
Prestige Deck 6	£6959 GBP pp
Deluxe Suite Deck 5	£9695 GBP pp
Prestige Deck 4	£6275 GBP pp
Deluxe Suite Deck 6	£9695 GBP pp

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Grand Deluxe Suite Deck 5	£16885 GBP pp
Deluxe Suite Deck 4	£10275 GBP pp
Deluxe Suite Deck 3	£10275 GBP pp
Deluxe Stateroom	£5975 GBP pp
Prestige Deck 5	£6969 GBP pp
Deluxe Suite Deck 6	£10275 GBP pp
Deluxe Suite Deck 5	£10275 GBP pp
Prestige Deck 6 Suite	£14639 GBP pp
Prestige Deck 6	£7375 GBP pp
Prestige Deck 5 Suite	£13909 GBP pp

Privilege Suite Deck 6	£14475 GBP pp
Grand Deluxe Suite Deck 6	£15915 GBP pp
Prestige Deck 6	£6959 GBP pp
Prestige Deck 4	£6275 GBP pp
Grand Deluxe Suite Deck 5	£15915 GBP pp
Deluxe Suite Deck 6	£9695 GBP pp
Deluxe Suite Deck 5	£9695 GBP pp
Deluxe Suite Deck 4	£9695 GBP pp
Prestige Deck 5	£6579 GBP pp
Prestige Deck 6 Suite	£13805 GBP pp
Deluxe Suite Deck 3	£9695 GBP pp
Deluxe Stateroom	£5645 GBP pp
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Prestige Deck 6	£6959 GBP pp
Prestige Deck 5	£6585 GBP pp
Prestige Deck 4	£6275 GBP pp
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Deluxe Suite Deck 6	£9695 GBP pp
Deluxe Suite Deck 5	£9695 GBP pp
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