COSTA RICA & THE PANAMA CANAL

NEW!
STAND-UP PADDLEBOARDING
COSTA RICA BY LAND

EXCLUSIVE
A PANAMA CANAL TRANSIT & GATÚN LAKE OVERNIGHT

WITH
SPECIAL SAVINGS OFFER

ABOARD NATIONAL GEOGRAPHIC SEA LION 2016-17
DEAR TRAVELLER,

If the Panama Canal were no more than its series of locks, it would still stand as one of man’s most impressive achievements. On their own the locks—which began operation over 100 years ago and ushered in a new era of global commerce—are well worth the visit. However, the canal is also full of 77 kilometres of incredible wildness. Its riches in biodiversity and rain forests surprises some travellers who expect only to find steel and concrete. Our two-day transit of the canal is unique, and we have made exclusive arrangements that are key to appreciating it fully.

We’ll see it by day and dramatically lit by night. And we’ll drop by the Smithsonian Biological Research Institute on Barro Colorado Island for hikes and tours by expedition landing craft. To take full advantage of Panama, we’ve also created a special extension for you—to spend time, and an overnight, in Panama City. We’ll visit the Canal Expansion Observation Centre for a view of the new locks, visit the much-lauded, new Frank Gehry-designed Biodiversity Museum, and see the transformation of Casco Viejo, the city’s Old Quarter and a UNESCO World Heritage site.

Then, we’ll leave the man-made behind, to explore spectacularly wild stretches of Costa Rica and Panama. We’ll snorkel, swim, and kayak along the shores of wild islands, venture up rain forest-canopied rivers in expedition landing craft—and paddle our new fleet of stand-up paddleboards in clear, placid waters. Top experts—the naturalists, biologists, photographers aboard—will help you see, do, and learn more along the way. And you’ll benefit from the onboard Lindblad-National Geographic certified photo instructor who’ll help you capture it all in your best photos ever.

If you have the luxury of time, I encourage you to extend your time in the region with land extensions to Costa Rica’s cloud forest in Monteverde, or to the Caribbean coast with a stay in Tortuguero, a charming car-less town that radiates canals we explore by small boat or kayak to see camin, monkeys, and a variety of birds. And speaking of choice, we are offering this land-based journey in conjunction with our ship-based expedition or independently (program on page 20).

Whichever way you choose to explore with us, you’ll find it satisfyingly comprehensive, and well-curated by our smart, engaging staff. I hope you’re inspired to join us soon.

All the best,

Sven-Olof Lindblad

P.S. As an extra incentive to join us in the 2016/17 season, you will receive a special savings offer of $560 per person if you book before 31 August 2016.
Adult and juvenile capuchin monkey.

Black-mandibled toucan.

Scarlet Macaw.
GO BY SHIP TO EXPERIENCE THE BREADTH OF BIODIVERSITY

Costa Rica & Panama is a land of beauty and contrasts: the natural splendour of Costa Rica and the tropical wildness of Panama, plus the stark, industrial Panama Canal, a man-made marvel in constant use for 100 years. Our experience in the region and expedition ship ensure we can offer the most holistic way to experience its rain forests, beaches, idyllic isles, as well as the Canal. In 30 years of sharing Costa Rica & Panama, we’ve discovered the best hidden rain forest trails and waterfalls and forged bonds with locals that allow us to offer experiences that would otherwise be impossible. You’ll visit a vast orchid garden that’s been tended by American expats for 30 years. Venture up winding rain forest rivers aboard expedition landing craft. Hear howler monkeys and see them flitting through the treetops. Over 300 species of birds live here, and our expedition team will teach you how to see them hidden in the dense forest canopy—how to experience the sounds, silence, and heat of the jungle—a place that will live in your heart forever.
ACTIVE DAYS OF AUTHENTIC EXPLORATION

There’s boundless adventure to be had here, as well as much to absorb and learn, as you explore rainforests, uninhabited isles, and fascinating, century-old operations of the Panama Canal. Our expedition team makes the most of your time, and our expedition vessel ensures a privileged vantage point that seamlessly transports you through the biodiversity and history of the region. Count on being highly active, with options for every fitness level. Hike through the jungle heat of Barro Colorado Island. Explore the island’s verdant rain forest trails with a Smithsonian guide, or explore its edges by expedition landing craft, and search for the primates studied by some of the world’s top tropical scientists. Our expedition landing crafts land on pristine beaches deep in national parks early in the morning, far outside the reach of day hikers or casual tourists, ensuring we can see and do more. Hike, kayak, swim, snorkel, and stand-up paddleboard.
A PANAMA CANAL TRANSIT THAT IS DEEPER & RICHER

Stretching about 77 kilometres, the Panama Canal changed the way the world travelled and moved goods. Crossing it by ship is a life-list must—and our Canal transit offers the best possible experience. We cross over two days, allowing us to see the workings of the locks by day—and also dramatically lit by night, an experience often cited by guests as a highlight of their expedition. Since we overnight in the Canal Zone on the lushly fringed Gatún Lake, we have a special arrangement to visit Barro Colorado Island, site of the Smithsonian Tropical Research Institute that has been in continuous operation since 1923.
Clockwise from top: Photo opportunities abound; the Canal dramatically lit; workers keep the tow lines taut; the Canal is traversed by some 14,000 ships every year, giving us the opportunity to observe the action.
WHEN YOU TRAVEL WITH US, YOU MAKE A DIFFERENCE

Together with our guests, we’ve raised more than USD$247,000 in Central America to support local conservation efforts, through the Lindblad Expeditions-National Geographic Fund. A recent grantee, MarViva, promotes sustainable use of marine and coastal resources by working with fisherman in the region—from ocean to table—to promote responsible practices. With our support, MarViva is helping artisanal fishing communities effectively manage and protect their resources through on-the-ground training. Training includes information on selective fishing gear, species identification and vulnerability, legal fishing grounds, and other best practices that help fishermen harvest the most marketable fish. MarViva is also working on modernising the accountability of fish harvests, which allows artisanal fishing communities to sell their catch as a sustainable product and thereby command higher prices. A big priority in this work is helping these fisher groups reach a broader market where there’s more of a demand for sustainably caught wild fish. Reaching viable corporate and wholesale buyers is critical, and recognizing that—we’ve become one of their regular clients! We purchase over 1,360 kilograms of local fish for our Costa Rica & Panama voyages each year, and our guests enjoy delicious, locally-caught fish that benefits the livelihoods of local people in the region they’re exploring.
Clockwise from top: School of golden snappers; over 15,000 artisanal fisher families in Costa Rica depend on already over-exploited resources for their livelihoods; the Palito-Montero fishing grounds is one of many used in the region by artisanal fishers; fisherman casting a net at sunset.
TOOLS FOR EXPLORING NOW INCLUDE STAND UP PADDLEBOARDS

*National Geographic Sea Lion* is the perfect platform for exploring; self-sufficient, with a suite of cool tools aboard. A fleet of expedition landing craft let us venture far from tourist infrastructure to explore remote, jungle-framed beaches, and to take advantage of spontaneous encounters with dolphins or whales. Single and tandem kayaks are an ideal way to experience wildness, personally, at water level—circumnavigate a tiny uninhabited island, explore mangroves, or paddle along an idyllic beach. Video microscopes, hydrophones, and an underwater bow cam let us see the undersea life we’d otherwise miss. And now a fleet of paddleboards invite everyone, from rookies to pros, to get exercise by exploring peaceful waters.
Main image: guests exploring by expedition landing craft. Clockwise from top: Guest trying stand-up paddleboarding; kayaking is a great way to explore; take advantage of the opportunities to snorkel.
THE PRIVILEGE OF WILDNESS IN COMFORT & STYLE

Life aboard our renovated 62-guest expedition ship National Geographic Sea Lion is warm and welcoming. Refreshed cabins feature all new furnishings, windows, lighting, and more. Walls glow with vivid new photographs of wildlife and scenic vistas. And the lounge, handsomely re-designed and re-configured, graciously accommodates our nightly Recap—a convivial gathering of the expedition community to revisit the day’s events and swap stories over hors d’oeuvres and cocktails. And meals are now doubly rewarding in our newly appointed dining room. Like the ship’s connectedness to the outdoors, each meal is a window of sorts, reflecting the regional cuisine and sourced locally whenever possible. Enjoy line-caught fish, in ceviche and other dishes, superb Costa Rican coffee and more. Breakfast, lunch, and dinner aboard earn rave reviews from guests, as does the attentive care, service and expeditionary spirit of our hotel staff and chefs.
OUR EXCLUSIVE EXPEDITION PHOTOGRAPHY PROGRAM

Expedition photography is in our DNA; our ships have travelled with top photographers aboard since Lars-Eric Lindblad’s pioneered expedition travel in 1966. Every departure provides you with the services of an onboard Lindblad-National Geographic certified photo instructor. Each is a naturalist, with a talent for photography, who has undergone special training—to assist you with your camera settings, the basics of composition, and to provide tips on capturing the incredible wildlife behaviour you’ll see daily. Plus, onboard slide-shows and photo-sharing presentations radiate the fun—even guests who don’t consider themselves ‘photographers’ get caught up in the joy of ‘aim & create’. So whether you use a smartphone, point-and-shoot, or a sophisticated DSLR, count on returning home with improved skills and your best shots ever.

**Kike Calvo**
Award-winning photographer and expert drone pilot, Kike (short for Enrique) has published several National Geographic books. Join Kike on the December 3, 2016 and January 14, 2017 departures.

**Jeff Mauritzen**
A National Geographic naturalist and photographer who has covered over 50 countries for a wide variety of publications. Shoot with Jeff on the February 11, 2017 departure.
Thanks to our alliance with National Geographic, top photographers accompany Photo Expeditions, giving you the rare opportunity to share the adventure with, be inspired by, and learn from top pros. On the departures featured here, you’ll have the benefit of our certified photo instructors plus these top National Geographic photographers, with significant careers to their credit. Love the images in National Geographic magazine? Interested? See page 19 for details and dates.
ENHANCE YOUR EXPEDITION WITH A TOP TEAM

Our Costa Rica & Panama expedition team is made up of engaging naturalists, photographers, historians, and filmmakers. They live and breathe life in the tropics and are the key to helping you learn, see, and do more. Your team consists of an expedition leader and four naturalists, including a Lindblad-National Geographic certified photo instructor to provide in-the-field instruction. Additionally, a wellness specialist leads aerobic hikes, morning stretch class, and offers spa treatments. And a video chronicler aboard films the story of your adventure to provide you with a lasting record of your unique expedition.
Gustavo Abarca  
**Expedition Leader**

Since 1992 Gustavo has led expeditions in Costa Rica. A lifelong learner and educator, he has studied biological sciences and continues to study natural resource management and conservation as well as coordinate study-abroad programs.

Jose ‘Indio’ Calvo  
**Naturalist/Certified Photo Instructor**

An avid birder and expert photographer, Jose is a skilled and patient teacher of photo techniques and excellent at helping guests make great photos in the rain forest.

James Napoli  
**Video Chronicler**

A New Englander who studied at Boston University and Northeast College of Communications, Jim is a regular contributor to CBS’s Sunday Morning and his footage has been showcased on several networks.

Isabel Salas  
**Naturalist**

One of the country's foremost experts on the mantled howler monkeys of Costa Rica, Isabel has taught biology courses for universities including Duke, Iowa State, and the University of Costa Rica.

Christian Moreno  
**Naturalist/Expedition Leader**

A civil engineer by trade, Christian has been leading expeditions and serving as a naturalist in Panama since 1995. He is an avid diver with extensive undersea knowledge of the region.
Immerse yourself in natural wonders along the Pacific coast of Costa Rica and Panama on a voyage aboard the National Geographic Sea Lion. Venture into the forests of Manuel Antonio and Corcovado National Parks; search for monkeys, frogs, sloths and brightly coloured birds; and take an optional horseback ride on a pristine beach. Cap off your voyage with a crossing of the legendary Panama Canal.

**EXPEDITION HIGHLIGHTS**

- Discover hidden pools and waterfalls deep within the jungles of the Osa Peninsula.
- Explore the tiny islands of the Gulf of Panama and snorkel off Isla Coiba.
- Enjoy special access to the protected forests of Barro Colorado Island.
- Examine the fascinating lock system that made the Panama Canal one of the greatest engineering achievements of its era.

**EXPERIENCE & EXPERTISE**

Every expedition sails with a veteran expedition leader and a handpicked team of four local naturalists including a Lindblad-National Geographic certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of the expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff and guest speaker bios for this expedition.

*Three-toed sloth.*
DAY 1: SAN JOSÉ, COSTA RICA/ HERRADURA/EMBARK
Upon arrival in San José, Costa Rica transfer by land to Herradura and embark our ship National Geographic Sea Lion. (D)

DAY 2: MANUEL ANTONIO NATIONAL PARK
Spend the morning in Manuel Antonio National Park, a UNESCO World Heritage site, where thick forests fringe white-sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly coloured birds. This afternoon follow the Pacific coastline south and stop for a refreshing swim or a hike. (B,L,D)

DAY 3: OSA PENINSULA
Anchor off the Osa Peninsula to see some of the most pristine lowland rain forest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, optional horseback riding on the beach, or trek through the rain forest for a chance to see four species of monkeys—howler, spider, capuchin, and squirrel. (B,L,D)

DAY 4: GOLFO DULCE
Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica. Visit Casa Orquídeas, a tropical paradise of ornamental palms, bromeliads, heliconias, and orchids, closed to the general public and reached by boat only. Keep your eye out for tanagers, parrots, and toucans. Later, explore the placid bay, ideal kayaking, stand up paddle boarding, expedition landing craft rides and swimming. (B,L,D)

DAY 5: COIBA NATIONAL PARK, PANAMA
The first stop in Panama this morning is at 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 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 snorkelling, go kayaking or hiking, try stand up paddle boarding, or simply relax on the beach. (B,L,D)

DAY 6: GULF OF PANAMA ISLETS/ PANAMA CANAL TRANSIT
Today, explore the tiny islets of the Gulf of Panama by expedition landing craft or kayak. Here we might spot frigatebirds, brown pelicans, neotropical cormorants, and brown boobies. Set sail for the Panama Canal this afternoon. Stretching more than 50 miles, the canal was a colossal engineering feat completed in 1914. It is still traversed by some 14,000 ships every year. As cargo ships tend to pass through the canal during the day, we’ll most likely begin our crossing at night, when the canal is dramatically lit. (B,L,D)

DAY 7: GATÚN LAKE/PANAMA CANAL TRANSIT
Board our expedition landing craft to visit Barro Colorado Nature Monument in Gatún Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute on Barro Colorado Island since 1923, researching its 120 mammals and diverse tree species. It is also the site of a National Geographic-supported project that tracks tagged animals using automated radio signals and wireless technology. Join local guides for a walk through the forests. This evening, continue through the complex lock system of the canal. (B,L,D)

DAY 8: COLÓN/PANAMA CITY.
After breakfast, disembark in Colón and transfer to the airport in Panama City for your onwards flights. (B)

EXPEDITION DETAILS
2016/17: NOV. 26; DEC. 3*, 10, 17*, 24, 31*
JAN. 7, 14*, 21, 28*; FEB. 4, 11*, 18, 25*;
MAR. 4, 11*

*SPECIAL OFFER:
Book by August 31, 2016 and receive a $560 special savings offer per person on select 2016/2017 departures. Subject to availability; new bookings only. Call for details.

NEW ACTIVITY!
National Geographic Sea Lion will now have stand-up paddleboarding available, creating a new way to explore Costa Rica & Panama.

NATIONAL GEOGRAPHIC PHOTOGRAPHERS
Travel with Kike Calvo on the December 3, 2016 and January 14, 2017 departures and Jeff Mauritzen on the February 11, 2017 departure.

LEARN MORE AT WWW.EXPEDITIONS.COM/WILD
NEW LAND-ONLY!
EXPLORING COSTA RICA: CLOUD FOREST TO THE CARIBBEAN

9 DAYS/8 NIGHTS
2016/17: $5,740 PP DOUBLE OCCUPANCY AND $6,360 SINGLE OCCUPANCY.

Discover the breadth of biodiversity of wild Costa Rica on a land-based expedition through forests, mountains, and the verdant Caribbean coast. Experience the varied landscapes, from a mist-shrouded forest, to an active volcano and the low-lying Caribbean canals—each biosphere with its unique wildlife. Fine lodges will serve as your base camp on a cohesive, curated journey.

EXPEDITION HIGHLIGHTS

- Experience the mist-shrouded cloud forest on a naturalist-led hike through Monteverde Cloud Forest Reserve.
- Walk suspension bridges in the shadow of active Arenal Volcano, and then relax in springs warmed by volcanic activity.
- Visit the remote, car-free town of Tortuguero and venture into the rain forest via green-canopied canals.
- See a great variety of landscapes, wildlife, and biodiversity on a land-only expedition.

Scarlet macaw in flight.
DAY 1: SAN JOSÉ
Fly to the international airport in San José, Costa Rica and transfer to your hotel. Meet your naturalist guide and enjoy a welcome dinner at the hotel. (D)

DAY 2: SAN JOSÉ/TÁRCOLES RIVER/ MONTEVERDE
After breakfast, search for American Crocodiles on the Tárcoles River before heading to a rain forest for bird sightings. Enjoy lunch at a local restaurant before venturing to the nearby Bat Jungle exhibit or hearing from an early Quaker settler of Monteverde. We’ll check into a family-owned retreat with expansive lawns and picturesque views of the cloud forest. (B,L,D)

DAY 3: MONTEVERDE
Begin the day at a butterfly farm where we’ll have the opportunity to see dozens of local species in a short time. After lunch, we’ll tour the Monteverde Cloud Forest Reserve and search for monkeys, hummingbirds and possibly the rare resplendent quetzal among other species. (B,L,D)

DAY 4: MONTEVERDE/ARENAL
We’ll enjoy breakfast at the hotel and then visit a family-owned, third generation coffee farm. A local guide will share the culture of coffee farming in Central America, and we’ll have a chance to pick coffee cherries during a tour of the grounds. After the tour, drive to Lake Arenal and cross in small boats for a fresh perspective on the volcano. Dine at a restaurant on the lake’s far side before checking into an elegant hotel surrounded by gardens and pastures with grazing animals. Every room offers a panoramic view of the smouldering Arenal Volcano. (B,L,D)

DAY 5: ARENAL VOLCANO
Walk the Arenal Hanging Bridges strung more than 3 kilometres through the rain forest canopy. In the evening, relax in thermal pools naturally heated by the volcano. (B,L,D)

DAY 6: ARENAL/TORTUGUERO
Take a charter flight to Tortuguero, a spectacular lowland forest on Costa Rica’s northeast coast. Check into a rustic lodge at the water’s edge; tour the wildlife-rich canals of Tortuguero National Park in small guided boats, spot monkeys, caiman and myriad bird species. Enjoy dinner at the lodge. (B,L,D)

DAY 7: TORTUGUERO
Set out by boat or kayak to explore more of Tortuguero National Park’s canals. Enjoy the lodge’s pool and optional spa before visiting the Sea Turtle Conservancy to learn of the area’s history. Stroll through the car-less village before dinner in town. (B,L,D)

DAY 8: TORTUGUERO/SAN JOSÉ
En route to San José we’ll stop to visit Sibú Chocolatier, maker of some of the world’s finest organic chocolate. Here we’ll learn the Aztec & Mayan history of the cacao plant and enjoy a workshop on preparing chocolate. The day ends with a farewell dinner. (B,L,D)

DAY 9: SAN JOSÉ
Transfer to the San José airport for your onwards flights. (B)

LEARN MORE AT WWW.EXPLORATIONS.COM/TORTUGUERO_LAND
COSTA RICA TO PANAMA PLUS
MONTEVERDE CLOUD FOREST

11 DAYS/10 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION
PRICES FROM: $10,180 to $16,340 (See page 27 for complete prices.)

DATES: 2016/17 Nov. 23; Dec. 7, 21; Jan. 4, 18; Feb. 1, 15; Mar. 1

There is an aura about Monteverde’s cloud forest—the mist drifting past silhouettes of majestic trees, the cool quiet and the haunting music of a bird called ‘Solitaire’. The cloud forest is a secretive place, revealing its magic to the trained eye of our naturalists, who will help you observe all facets of this marvellous habitat. On our Costa Rica expeditions, you will have a ground-level experience by walking the forest trail and then head up into the canopy to take a Skywalk—a series of suspension bridges—for a bird’s-eye view. Add Monteverde prior to your National Geographic Sea Lion sailing for an in-depth perspective.

EXPEDITION HIGHLIGHTS

► Walk trails with butterflies and birds, and watch for the rare resplendent quetzal.
► Ascend a series of suspension bridges for a bird’s-eye view of the forest canopy.
► Monteverde’s cloud forest is sprinkled with moss, 300 species of orchids, and abundant wildlife.

EXPERIENCE & EXPERTISE

Every expedition sails with a veteran expedition leader and a handpicked team of four local naturalists including a Lindblad-National Geographic certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of the expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff and guest speaker bios for this expedition.

Squirrel monkeys tend to live in tropical environments such as Costa Rica.
DAY 1: SAN JOSÉ, COSTA RICA/EMBARK
Arrive in San José, Costa Rica. Upon arrival, a short drive brings us to the Doubletree Cariari. (D)

DAY 2 AND 3: MONTEVERDE CLOUD FOREST
A scenic drive, up the mountain takes us to Monteverde Cloud Forest, an acclaimed private reserve. Bathed in cool, year-round moisture, the forest is covered with mosses and 300 species of orchids. Walk trails rich with butterflies, insects and birds watch for the rare resplendent quetzal. We ascend the Skywalk, a series of suspension bridges, for a bird’s-eye view of the rain forest canopy. Later, learn about life in the early Monteverde community, which was established by the Quakers in the 1970s. Eleven families left Alabama and came to Costa Rica in search of peaceful living. We spend the night at a charming, family-owned lodge. (B,L,D)

DAY 4: MONTEVERDE/HERRADURA/N.G. SEA LION
Continue our exploration of Monteverde and travel to Herradura to embark our ship. (B,L,D)

DAY 5: MANUEL ANTONIO NATIONAL PARK
Spend the morning in Manuel Antonio National Park where thick forests fringe white sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly coloured birds offering picturesque views. (B,L,D)

DAY 6: OSA PENINSULA
Anchor off the Osa Peninsula to see some of the most pristine lowland rain forest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, take advantage of optional horseback riding on the beach, or trek through the rain forest for a chance to see four species of monkeys – howler, spider, capuchin, and squirrel. (B,L,D)

DAY 7: GULFO DULCE
Today we visit Casa Orquídeas, a privately owned garden accessible only by boat and special invitation, where we see a profusion of orchids; and look for tanagers, parrots and gaudy toucans. Later, explore the forested bay of Golfo Dulce, ideal for kayaking, stand up paddleboarding, expedition landing craft cruises and swimming. (B,L,D)

DAY 8: ISLA COIBA, PANAMA
Isla Coiba is one of Panama’s most remote national parks, where you may hike the tropical, moist forest trails. The area is also perfect for swimming, snorkelling amid tropical fish and trying stand up paddleboarding. Our staff will assist both novice and expert snorkellers alike. For those preferring a drier climate, our naturalists take underwater footage, which animates our evening gathering in the lounge. (B,L,D)

DAY 9: GULF OF PANAMA ISLETS/GATÚN LAKE
Explore a cluster of islands in the Gulf of Panama via expedition landing craft or kayak. It’s a wonderful introduction to the region’s varied bird life. Observe large numbers of roosting and nesting seabirds: magnificent frigate birds, brown pelicans and blue-footed boobies of Galápagos fame. (B,L,D)

DAY 10: PANAMA CANAL TRANSIT
After breakfast, board expedition landing craft for Barro Colorado Nature Monument in Lake Gatún. The island is inaccessible to most travellers and, by special arrangement, local guides from the Smithsonian Tropical Research Institute accompany us through the tropical forest that so challenged the builders of the Canal. Reboard National Geographic Sea Lion to continue our crossing. A daylight transit cannot be guaranteed since cargo ships have priority over passenger ships. The Canal, however, is dramatically lit at night. (B,L,D)

DAY 11: COLÓN/DISEMBARK/PANAMA CITY
Disembark after breakfast in Colón and drive to the airport in Panama City for your onwards flights. (B)

SPECIAL OFFER:
Book by August 31, 2016 and receive a $560 special savings offer per person on select 2016/2017 departures. Subject to availability; new bookings only. Call for details.
Cloud forests, volcanoes, and the sea: the ultimate allure of a Panama and Costa Rica expedition. This journey offers an amazing variety of experiences, including an in-depth transit of the Panama Canal; and time on land in Monteverde Cloud Forest and at Arenal Volcano. Explore the area aboard the versatile expedition ship National Geographic Sea Lion, go kayaking, use expedition landing craft, or try snorkeling. On this Central American expedition you get to explore the Pacific and Caribbean sides of Costa Rica for our most in-depth experience among the region’s iconic wildlife and varied landscapes.

EXPEDITION HIGHLIGHTS

- Cloud forests, volcanoes and the sea create the ultimate expedition combination.
- Search for monkeys, iguanas, endangered scarlet macaws, and American crocodiles.
- Venture up Tortuguero’s narrow, rain forest-lined canals to search for monkeys, caiman, rare birds, and more on the Caribbean side of Costa Rica.

Keel-billed toucan.

EXPERIENCE & EXPERTISE

Every expedition sails with a veteran expedition leader and a handpicked team of four local naturalists including a Lindblad-National Geographic certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of the expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff and guest speaker bios for this expedition.
DAY 1: PANAMA CITY, PANAMA/COLOM/N.G.SEA LION
On arrival in Panama City, drive to Colón to board National Geographic Sea Lion and set sail for the first part of our Panama Canal transit anchoring in Gatún Lake. This unique interruption makes us one of the few ships that make the crossing in two days, as well as the only ship permitted the exclusive opportunity to explore impressive Barro Colorado, which we visit tomorrow. (D)

DAY 2: GATUN LAKE/PANAMA CANAL TRANSIT
Board our expedition landing craft to visit Barro Colorado Nature Monument in Gatun Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute on Barro Colorado Island since 1923. Meet some of the scientists and learn about their work before we re-board to continue our crossing. Often we have the opportunity to cross part of the Canal during the day, and another when it’s dramatically lit at night. (B,L,D)

DAY 3: GULF OF PANAMA ISLETS/PANAMA CANAL TRANSIT
Continue through the complex lock system of the Canal. Later, explore the tiny islets of the Gulf of Panama by expedition landing craft. Here we might spot frigatebirds, brown pelicans, neotropic cormorants, and brown boobies. (B,L,D)

DAY 4: ISLA COIBA NATIONAL PARK
Isla Coiba is one of Panama’s most remote national parks, where you may hike tropical, moist forest trails, swim, snorkel amid tropical fish and try stand up paddleboarding. Our staff will assist both novice and expert snorkellers alike. For those preferring a drier climate, naturalists take underwater footage, which animates our evening gathering. (B,L,D)

DAY 5: GOLFO DULCE, COSTA RICA
Today we make our first landfall in Costa Rica. At Casa Orquideas, a privately-owned garden accessible only by boat and special invitation, see a profusion of orchids; and look for tanagers, parrots and gaudy toucans. Later, explore the bay of Golfo Dulce, ideal for kayaking, stand up paddleboarding, expedition landing craft cruises and swimming. (B,L,D)

DAY 6: OSA PENINSULA
Anchor off the Osa Peninsula to see some of the most pristine lowland rain forest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, take advantage of optional horseback riding on the beach, or trek through the rain forest for a chance to see four species of monkeys – howler, spider, capuchin, and squirrel. (B,L,D)

DAY 7: MANUEL ANTONIO NATIONAL PARK
Spend the morning in Manuel Antonio National Park where thick forests fringe white sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly coloured birds offering picturesque views. (B,L,D)

DAY 8: HERRADURA/MONTEVERDE
Disembar Navy Geographic Sea Lion and head to the Tárcoles River. Enjoy lunch at a local restaurant before venturing to the nearby Bat Jungle exhibit. (B,L,D)

DAY 9: MONTEVERDE
Visit a butterfly farm and tour the Monteverde reserve. (B,L,D)

DAY 10: MONTEVERDE/ARENAL
Start the day with a visit to a third-generation coffee farm, and then sail Across Lake Arenal. Later, check into an elegant Hotel and relax in thermal pools heated by Arenal Volcano. (B,L,D)

DAY 11: ARENAL
Walk the Arenal Hanging Bridges, strung through 3 kilometres of dense rain forest canopy, then experience the traditional sugar-making process. (B,L,D)

DAY 12: ARENAL/TORTUGUERO
Take a charter flight to Tortuguero, a spectacular lowland forest on Costa Rica’s northeast coast. Check into a rustic lodge at the water’s edge; tour the wildlife-rich canals of Tortuguero National Park in small guided boats and spot monkeys, caiman and myriad bird species. Enjoy dinner at the lodge. (B,L,D)

DAY 13: TORTUGUERO
Set out by boat to explore more of Tortuguero National Park’s canals. You can choose guided boats or go by kayak for a more personal exploration. In the early afternoon, you’ll have free time to enjoy the lodge’s amenities such as the pool or optional spa treatments before visiting the Sea Turtle Conservancy. Later, stroll through the car-less village to see small shops before dining at Miss Junies, a restaurant with a rich heritage and Afro-Caribbean flair. (B,L,D)

DAY 14: TORTUGUERO/SAN JOSÉ
Visit Sibu Chocotier and enjoy a workshop on preparing chocolate. After lunch, drive to your hotel. The day ends with a farewell dinner. (B,L,D)

DAY 15: SAN JOSÉ
Transfer to the San José airport for your onwards flights. (B)

SPECIAL OFFER:
Book by August 31, 2016 and receive a $560 special savings offer per person on select 2016/2017 departures. Subject to availability; new bookings only. Call for details.

LEARN MORE AT WWW.EXPEDITIONS.COM
TOP 10 REASONS TO EXPERIENCE COSTA RICA & PANAMA WITH LINDBLAD AND NATIONAL GEOGRAPHIC

1. EXPERIENCE MATTERS. With nearly 30 years in the region, we have had more time than anyone to learn how to deliver the most extraordinary expedition possible. We also own and operate National Geographic Sea Lion, giving us experience and ownership that other operators here just don’t have.

2. MORE FLEXIBILITY, CHOICES, AND OPPORTUNITIES TO EXPLORE. We’ve put our experience to use in scheduling swimming, snorkelling, and walking/hiking excursions at our favourite sites, at the best time of day, with flexibility built-in for those magical wildlife moments.

3. EXPLORE THE HIDDEN GEMS. Much of the beauty and biodiversity is tucked away in secluded coasts or offshore in hard to reach locations. Approach beaches from the water and see a greater variety of natural wonders than any land-based excursion.

4. LEARN MORE FROM EXPERIENCED NATURALISTS. Stellar guides make all the difference in travel. We’ve hand-picked a team of Costa Rican and Panamanian naturalists (1 for every 12 guests) ensuring you’ll make an incredible connection with these fascinating islands.

5. A LINDBLAD-NATIONAL GEOGRAPHIC CERTIFIED PHOTO INSTRUCTOR ON EVERY DEPARTURE. A specially trained naturalist, your photo instructor will provide assistance with your camera and instruction in elements of composition—to help you take your best photos ever.

6. UNIQUE PANAMA CANAL TRANSIT. Take in this engineering marvel over two days instead of one. And, by special arrangement with the Smithsonian Tropical Research Institute, overnight in the Canal Zone to explore Barro Colorado Nature Monument.

7. TOOLS FOR EXPLORATION. Our fleet of 5 expedition landing craft, 8 single kayaks, 6 paddleboards, and 12 double kayaks allow us to explore remote regions. Video microscopes, hydrophones, and other tools take us even deeper.

8. WELLNESS INSPIRED BY NATURE. From morning stretch class on the beach to massage therapy in the LEXspa, our Wellness program balances activities ashore and aboard.

9. SEAMLESS TRANSITION TO A LAND-BASED EXPLORATION. Venture inland with our top tier expedition team in exploring Monteverde, Tortuguero, and Arenal—we’ll handle all the details.

10. EXCLUSIVE VIDEO CHRONICLE OF YOUR EXPEDITION. A dedicated video chronicler captures, edits, and produces a unique video—available for purchase at disembarkation.
## NATIONAL GEOGRAPHIC SEA LION

**CAPACITY:** 62 guests in 31 outside cabins.  
**REGISTRY:** United States. **OVERALL LENGTH:** 152 feet.  
**PUBLIC AREAS:** Our ship features a library; global market; lounge with full-service bar and facilities for films, slide shows, and presentations; Observation Deck; partially covered sundeck with chairs and tables, and LEXspa. Our “open bridge” provides guests an opportunity to meet our officers and captain and learn about navigation.  
**MEALS:** Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide selection buffet and lunch is often served family style. Menu emphasises local flair.  
**CABINS:** All face outside with windows, private facilities, and climate controls.  
**EXPEDITION EQUIPMENT:** Bow camera, hydrophone, kayaks, snorkeling gear, splash-cam, video microscope, fleet of paddleboards, and expedition landing craft.  
**SPECIAL FEATURES:** Guest Internet access. A video chronicler and doctor on board all voyages in Costa Rica/Panama.  
**WELLNESS:** The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and outdoor stretching area.

### ITINERARY

<table>
<thead>
<tr>
<th>ITINERARY</th>
<th>YEAR</th>
<th>CAT. 1</th>
<th>CAT. 2</th>
<th>CAT. 3</th>
<th>CAT. 1 SOLO</th>
<th>CAT. 2 SOLO</th>
<th>DEPOSIT</th>
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<tbody>
<tr>
<td><strong>Costa Rica &amp; The Panama Canal</strong></td>
<td>2016/17</td>
<td>$7,990</td>
<td>$9,120</td>
<td>$10,370</td>
<td>$11,870</td>
<td>$13,860</td>
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<td><strong>Monteverde + Costa Rica to Panama</strong></td>
<td>2016/17</td>
<td>$10,180</td>
<td>$11,300</td>
<td>$12,550</td>
<td>$14,340</td>
<td>$16,340</td>
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<tr>
<td><strong>Panama to Costa Rica + Monteverde, Arenal &amp; Tortuguero</strong></td>
<td>2016/17</td>
<td>$13,350</td>
<td>$14,480</td>
<td>$15,720</td>
<td>$17,980</td>
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</tbody>
</table>

**NOTE:** Sole Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in certain categories at one half the double occupancy rate.  
**SHARED ACCOMMODATIONS:** Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.

Inset clockwise from top: Expedition ship National Geographic Sea Lion can access hard to reach locations; twin beds can be pushed together to form a double bed in Category 2 cabins on the Upper Deck; a comfortable Category 3 cabin freshly redesigned.

**LEARN MORE AT WWW.EXPLORATIONS.COM**

Prices are per person, double occupancy unless indicated as solo.
TAKE ADVANTAGE OF OUR SPECIAL OFFERS

SPECIAL OFFER SAVINGS

Book by August 31, 2016 and receive a $560 SPECIAL SAVINGS OFFER per person on select 2016/2017 departures. This offer is subject to availability and must be issued by Lindblad Expeditions. Offer is valid for new bookings only. Certain offers may not be combinable; please call for further details.

EXPEDITION SAVINGS WITH FAMILY & FRIENDS

BRINGING THE KIDS: We believe sharing an expedition with your kids or grandkids is a life-enhancing experience. So take $500 off for each child under the age of 18.

IT'S EVEN MORE FUN WITH FRIENDS

Save 5% when travelling as a group of 8 or more people. Take advantage of this great savings, while enjoying travelling with your friends and family. This savings is applicable on voyage fares only, and not on extensions or airfare. Deposit, final payments, and cancellation policies for group travel vary from our regular policies.

INCLUSIVE PRICING

We include just about everything you have the opportunity to do as part of your expedition aboard ship and ashore. The only things not included are those of a personal nature—internet usage, wellness treatments and other specialised arrangements.

ABOARD SHIP

✓ All meals and non-alcoholic beverages
✓ Accommodations
✓ 24-hour coffee, tea & soft drinks on demand
✓ Hors d’oeuvres & snacks during Recap
✓ Fully stocked library
✓ The guidance and company of our expedition staff
✓ Environmentally friendly refillable water bottle

ACTIVITIES

✓ All shore activities
✓ Expedition landing craft explorations
✓ Kayaking
✓ Snorkelling
✓ Stand up paddle boarding
✓ Lectures & presentations in the lounge
✓ Morning stretch classes with wellness specialist

ASHORE

✓ Meals on land, as indicated in itinerary
✓ Special access permits, park fees, port taxes
✓ Transfers to and from group flights
✓ The expertise of our expedition staff

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Find everything you need to dream, research or plan travel to 40+ destinations worldwide.

Be part of our expedition community

Join in! Here’s how:

► Check out Expedition Snapshots from guests - and upload your own on the expeditions.com homepage
► Check our daily blog: expeditions.com/blog
► Like us on Facebook: get inspired and chime in: facebook.com/LindbladExpeditions
► Subscribe to our videos on youtube.com/lindbladexpeditions
► Follow @LindbladExp on Twitter and find Sven Lindblad on Instagram @solindblad.
RESERVATION INFORMATION

Costs Include: All accommodations aboard ship or in hotels per itinerary or similar, all meals and non-alcoholic beverages aboard ship, meals on land as indicated, air transportation where indicated as included, shore excursions, sightseeing and entrance fees, special access permits, transfers to and from charter flights, use of snorkelling equipment and use of kayaks (where available), tips (except to ship’s crew), taxes and service charges, services of a ship physician, and services of our expedition staff. In addition, the Monteverde + Costa Rica to Panama itinerary includes three hotel nights and all meals. The Panama to Costa Rica + Monteverde, Arenal Volcano & Tortuguero itinerary includes seven hotel nights and all meals. All three itineraries include porterage and services of a local naturalist guide.

Not Included: Extensions; horseback riding; passport/visa fees; baggage/accident/travel insurance; items of a personal nature such as alcoholic beverages, voyage DVD, internet and laundry; gratuities to ship’s crew at your discretion.

Airfare: For all programs, airfare is an additional cost unless otherwise indicated. Sample airfares are subject to change. We will gladly assist in making your air arrangements for a $50 per person service fee.

TERMS & CONDITIONS

Reservations: To reserve your place, an advance payment is required at the time of reservation. The per person advance payment amount varies by program, and is outlined in our brochures, as well as on our website. Payment is accepted by Visa, MasterCard, American Express, Direct Debit or Australian dollar cheque. Receipt of your initial payment indicates your acceptance of our complete Terms and Conditions. We require written notice at the time of reservation for any physical condition, diet, or treatment requiring special attention. Once your reservation is confirmed, we urge you to use your personalised online account for important information to help you prepare for your voyage. Managing your documents online will facilitate fast and accurate communication, and allow you to provide us with pertinent details we require, in order to complete your reservation.

Your online account gives you access to your Expedition Guide, which includes valuable information specific to your voyage. You can also use your online account to make easy payments, view recommended flights and reading material, packing list, and so much more.

Final Payment: Final payment is due 90 days prior to departure.

Smoking Policy: Smoking is allowed only in designated outdoor areas.

Travel Insurance: We strongly recommend that you take advantage of a Travel Insurance policy. This plan offers comprehensive coverage to protect you from cancellation fees, costs incurred due to trip delays/interruption, and damaged or lost baggage, medical assistance and evacuation during your travels. Travel Insurance premiums are non-refundable once plan is purchased.

Responsibility and Other Terms & Conditions: Among other things, limitations of Lindblad Expeditions’ and the National Geographic Society’s liability for loss of property, injury, illness or death during the voyage will be provided to all guests on the ship’s ticket sent prior to departure, and are also available on our website at www.expeditions.com/terms, or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

Note: Itineraries and prices listed in this brochure are valid as of publication date, and are subject to change. Under normal conditions, the total expedition cost is guaranteed at the time of booking. However, the published price is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event we determine that current costs create an unsustainable financial model, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to pass on these costs to you, to cover such unexpected increases. We will always provide a transparent accounting of the reason for such an increase in costs.

CANCELLATION POLICY

<table>
<thead>
<tr>
<th>Number of Days Prior to Expedition Start</th>
<th>Per Person Cancellation Fee</th>
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<tbody>
<tr>
<td>120 or more days</td>
<td>$350*</td>
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<tr>
<td>119–90 days</td>
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<tr>
<td>89–60 days</td>
<td>25% of total fare</td>
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<tr>
<td>59–45 days</td>
<td>50% of total fare</td>
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<tr>
<td>44–0 days</td>
<td>No refund</td>
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FOR EXPEDITIONS

AUD$350 will be rewarded in the form of a Lindblad Expeditions Travel Certificate. This cancellation policy applies to expeditions as well as pre and post extensions. The effective date of a cancellation will be the date on which your notice is received. Note: Airline cancellation policies vary by carrier, as well as the type of fare used to issue your ticket. Any revisions you make within the cancellation penalty period, such as departure date or choice of voyage, are subject to cancellation fees. Additional Terms and Conditions may apply. For complete terms, please visit our website at www.expeditions.com/terms.

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Lindblad Expeditions:
Level 2, 8 West Street,
North Sydney, NSW, 2060

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Monday – Friday 9:00am – 5:30pm AEST
Australia: 1300 361 012

NZ: 0800 444 462
Int’l: +61 (02) 9033 8700
Email: auinfo@expeditions.com
For additional information please contact your travel agent or visit www.expeditions.com

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SELECTED HONOURS & AWARDS

» Condé Nast Traveler’s Readers’ Choice Award—Top Small Ship Cruise Lines, 2015, 2014
» Porthole Cruise Magazine Readers’ Choice Awards: Best Expedition Cruise Line, 2015
» The Tourism Cares Travel Philanthropy Awards: Legacy in Travel Philanthropy, 2015
» Condé Nast Traveler World Savers “Doing it All” Award, 2013
» Condé Nast Traveler Readers’ Choice Award—Top 25 Cruise Lines, 2013
» Virtuoso “Sustainable Tourism Leadership-Supplier” Award, 2013
» Climate Champion Award to Sven Lindblad by Clean Air-Cool Planet, 2009
» Tourism for Tomorrow “Global Tourism Business Award,” 2007

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