



BETWEEN THE LESSER ANTILLES & PANAMA - A SAILING CRUISE FROM PHILIPSBURG TO PANAMA CITY

Embark on a two-week sailing adventure from the Lesser Antilles to Panama, exploring some of the Caribbean's most stunning islands and vibrant cultures. Begin in Philipsburg, St. Maarten, and sail to the colonial charm of Saint-Pierre, Martinique, nestled at the foot of a volcano. Discover the lush rainforests and vibrant blooms of St. Lucia and Grenada, perfect for nature lovers. Dive into crystal-clear waters at the most beautiful spots for snorkeling and paddleboarding. Savor sunsets with alfresco cocktails against the colorful backdrops of the ABC Islands, before experiencing the contrasts of Cartagena, Colombia, where history and romance fill the streets. Conclude your journey with the rich traditions of the Guna people in the San Blas Archipelago, arriving in Panama City with a wealth of memories from this tropical voyage.



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ITINERARY

Day 1 Philipsburg, St. Maarten

Departure 7:00 pm

Dutch in the south, French in the north - on St. Maarten you will find an unusual piece of Europe in the middle of the Caribbean. Because of the natural salt deposits, the Dutch West India Company once claimed the island for itself and - according to legend - divided the island up in 1648 after a drinking competition with the French. In the colorful port city of Philipsburg, a day at the beach can be perfectly combined with

a stroll through town: From the fine sandy Great Bay Beach it is only a stone's throw to the Boardwalk with its restaurants and to the boutiques of the small city center.

Day 2 Day under full sails

Climbing the rigging, untying ropes, setting sails - today is all about sailing. Time to lean back and relax in the deck chair and watch the passionate crew hoisting the sails by hand.

Day 3 Terre-de-Haut, Îles des Saintes

Arrival 8:00 am, Departure 1:30 pm

Îles des Saintes is a small archipelago that was disputed for a long time until it finally became French in 1816. In the charming main town of Terre-de-Haut, take a delightful stroll along the waterside promenade. Boutiques, cafes, bars and restaurants invite you to browse and spend some time here. The savoir vivre takes place against a backdrop lit up in all the pastel shades of the Caribbean. Fort Napoleon is set high above the bay and your climb up to it is rewarded by a spectacular panoramic view. On the other side of the island, the Plage de Pompierre invites you to enjoy a dip in the sea and sunbathe on the beach.

Day 4 Saint-Pierre, Martinique

Arrival 1:30 pm, Departure 11:00 pm



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The 'Paris of the Islands,' the 'Pearl of the Antilles,' or the 'Venice of the Tropics' - Saint-Pierre in the northwest of the French dream island Martinique has always inspired romantic comparisons. Founded in 1635, the city at the foot of the volcanic mountain Pelee flourished due to sugar and slave trade, becoming the economic and cultural center of the island. Prosperity continued until 1902 when Pelee erupted, destroying Saint-Pierre and burying 30,000 people under lava, embers, and ash. Today, the coastal town is officially classified as a 'City of Art and History': In addition to the ruins of the theater and the old church, the intricate buildings of the Chamber of Commerce and the cathedral are worth a visit.

Day 5 Soufrière, St. Lucia

Arrival 8:00 am, Departure 5:00 pm

Two famous volcanic cones are indisputably the emblem of St. Lucia and have been designated as UNESCO World Heritage Sites. Gros and Petit Piton tower over the southern, windward side of the island and, in Soufriere, seem close enough to touch. The volcanoes have in fact long been extinct, but the sulphur springs demonstrate the power of the earth's core and still bubble up. In the Botanical Gardens, natural abundance is combined with artistic arrangements to create a colorful tropical paradise. Some people claim that Josephine, who later became Napoleon's wife, used to bathe in the little pool in the garden.

Day 6 Chatham Bay, Union Island

Arrival 8:00 am, Departure 10:00 pm

Right in the south of the Grenadines are Union Island and the Tobago Cays. Union Island was given the evocative name "the Tahiti of the West Indies" thanks to its volcanic silhouette. Four small uninhabited islands, surrounded by a protective horseshoe-shaped coral reef, form the Tobago Cays. The Horseshoe Reef holds the Atlantic swell at bay and its unique animal and plant life make it an ideal place for snorkelling. The lagoon between the islets shimmers in all shades from turquoise through to emerald green and invites you to take a dip at the fantastic beaches.

Day 7 St. George's, Grenada

Arrival 8:00 am, Departure 1:30 pm

Beautiful beaches, aromatic spice plantations, dense rainforests, waterfalls, and a volcano that has long been extinct define this stunning island. For many people, Grenada is the incarnation of a tropical paradise and St. George's the most beautiful little port in the Grenadines. All around the horseshoe-shaped bay there are numerous houses reminiscent of colonial times. There is good reason why nutmeg is immortalized on the national flag. Alongside cloves, cinnamon and ginger, it is one of the island's biggest exports.

Day 8 Day under full sails



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Fitness, massages or enjoy the sun and the sea with a good book in the deck chair, and think back on your eventful days.

Day 9 Kralendijk, Bonaire

Arrival 8:00 am, Departure 6:00 pm

The second largest in the ABC Islands, which forms part of the Kingdom of the Netherlands, is an idyllic natural paradise with many different faces. In the hilly northern region, lush tropical greenery prevails, and in the south, areas have a desert-like character with cactuses as high as trees and natural salt lakes that attract whole flocks of pink flamingos. The island also gleams with rugged rocky cliffs, mangrove forests, several small bays, endless sandy beaches and a long offshore coral reef.

Days 10 - 11 Willemstad, Curaçao

Arrival 8:00 am

Curaçao, alphabetically the last of the ABC, is the largest in the Netherlands Antilles in terms of land area. The neat capital, Willemstad, a trading post for the Dutch West India Company in the 17th century, with its well preserved colonial architecture, is a UNESCO World Heritage Site. The picturesque location of the wide harbor canal, boulevards with beautifully restored facades and colorful, typically Dutch gabled houses make Willemstad a lively "Little Amsterdam". Take in the wonder of the bright Caribbean light, beneath palm trees, with azure bays and

pearl-white beaches.

Day 12 Oranjestad, Aruba

Arrival 8:00 am, Departure 2:00 pm

Aruba, the most westerly island in the Netherlands Antilles, is also the last in the arc of the Antilles before you reach the South American mainland. Its capital, Oranjestad, founded in 1796, shows that everything here is a bit different. Caribbean pastel-colored houses and Delft tiles, carved wooden doors and Dutch gables, all-around balconies and colonial galleries. All of these features combine to create a style which can only have one name - Aruban. Aruba also offers a distinctive natural landscape, with an inland desert, extensive sand dunes, oddly formed cliffs, impressive cactus forests, strangely shaped divi-divi trees and countless aloe plants.

Day 13 Day under full sails

Under full sails: Experience the perfect way to escape everyday hustle and bustle.

Day 14 Cartagena, Colombia

Arrival 2:00 pm

Cartagena was once the richest city in the New World and a popular target for pirate attacks, since a large part of the



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Spanish treasure was stored there. Sir Francis Drake also instilled terror into the Spanish city. After Drake's invasion, the city was fortified with a 7 mile-long rampart and the immense San Felipe Fort. Today Cartagena is one of the most beautiful colonial cities on the American continent and is protected by UNESCO as a World Heritage Site.

Day 15 Cartagena, Colombia

Departure 6:00 pm

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Day 16 Day under full sails

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Day 17 San Blas Archipelago, Panama

Arrival 8:00 am, Departure 5:00 pm

To live like Robinson Crusoe, on a remote island without any civilizing frills, but with a palm beach and coconuts for breakfast - who hasn't dreamt of that before? The San Blas Islands off the coast of Panama come pretty close to this idea of a Caribbean paradise. Here life is beautifully simple - and simply beautiful. The approximately 370 coral islands, which can be explored from the main island Porvenir, are inhabited by the Kuna. The indigenous people only allow tourism in moderation and have preserved much of their ancient culture and religion.

Day 18 Panama City (Colón), Panama

Arrival 8:00 am

Since 1914, the Panama Canal has linked the Atlantic to the Pacific. This technological marvel of locks and canals also comprises two artificial lakes. The Gatunsee, one of the world's largest dammed lakes, has now regained a unique range of flora and fauna. In fact, nature has reclaimed the lake for itself, with the rainforest sprawling over its banks. The former hills are now islands on which an astonishing variety of species has formed, due to its isolation. The largest island, Barro Colorado, is completely untouched and has been a nature reserve since 1923. Scientists from all over the world come here to try and discover the jungle's last secrets.

Please note:

Itineraries are subject to change.



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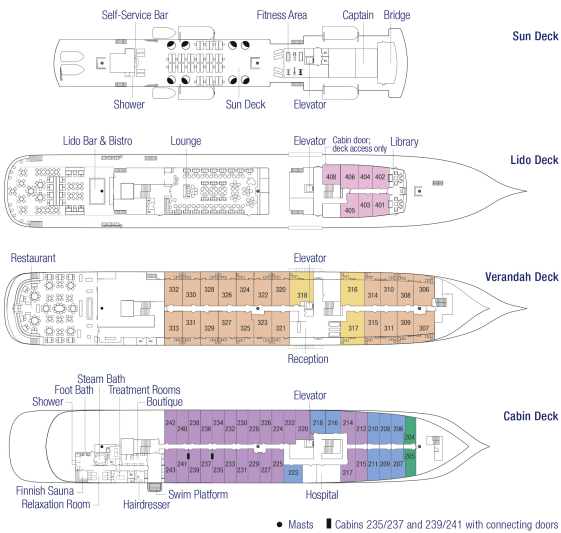
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