



The Small Cruise
Ship Collection

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COSTA RICA AND THE PANAMA CANAL ADVENTURE CRUISE

Exploring Costa Rica and Panama is a singular experience that combines biodiverse jungle wildlife with an in-depth crossing of the Panama Canal, a marvel of engineering. It is the perfect winter escape. Dense, lush rainforest. Pristine deserted beaches. Monkeys galore. Hike deep into the rainforest; kayak and paddleboard along the shore; take a cool swim in a waterfall pool; snorkel over a coral reef. Opportunities abound to see creatures in their natural environs—both on land and in the sea. Expert local naturalists and photo instructors are with you every step of the way, always giving you choices and expanding your knowledge. Aboard, you can always savor panoramic views from the 100-guest National Geographic Quest. Plus, you'll get an exclusive chance to visit to Latin American Sea Turtles (LAST) Association at Playa Blanca on the Osa Peninsula, where you can assist in data collection and the release of rehabilitated, healthy turtles into the sea.



ITINERARY

DAY 1: San José, Costa Rica/ Puerto Caldera/Embark

Upon arrival in San Jose, transfer by land to Puerto Caldera and embark our ship National Geographic Quest. (D)

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DAY 2: Corcovado National Park

Anchor off the Osa Peninsula to see some of the most pristine lowland rainforest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, take an optional horseback ride on the coast, or trek through the rainforest for a chance to see three species of monkeys--howler, spider, and capuchin. (B,L,D)

DAY 3: Golfo Dulce / Osa Peninsula

Go ashore in the pristine waters of Playa Blanca. Head inland to meet and share with inspiring local families living in remote communities and working with cocoa, heart of palm, and sugar cane. Hike mature rain forest or kayak in peaceful waters in Golfo Dulce. In the evening, enjoy a beautiful sunset. (B,L,D)

DAY 4: Golfo Dulce, Costa Rica

Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica as our nimble expedition ship takes us into the remote upper reaches of this placid bay. Exploring by Zodiac, paddleboard and kayak, we encounter Pacific Costa Rica's dazzling avifauna as we watch for golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets, constantly chattering in flight above the jungle treeline. The flora is a kaleidoscope of tropical color with bromeliads, heliconias and orchids set against the verdant green of the tropical forest. Later, jump into the cool, refreshing waters of the bay for an

afternoon swim. (B,L,D)

DAY 5: Isla Coiba National Park

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 snorkeling, go kayaking or hiking, try stand-up paddleboarding, 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 Zodiac 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

By special arrangement, National Geographic Quest will anchor in Gatun Lake near the Barro Colorado Nature Monument



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overnight. Today, choose hikes and Zodiac cruises at the Smithsonian Tropical Research Institute facility on Barro Colorado Island, or take a boat ride to the mouth of the Chagres River and hike on the Panama Rainforest Discovery Center trails. This evening, continue through the complex lock system of the canal. (B,L,D)

DAY 8: Colón/Panama City, Panama/Disembark

After breakfast, disembark in Colon and transfer to the airport in Panama City for your flight home. (B)

Please Note:

Itineraries are subject to change



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YOUR SHIP: NATIONAL GEOGRAPHIC QUEST

YOUR SHIP: National Geographic Quest

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

National Geographic Quest is a state-of-the-art, purpose-built expedition vessel made for exploring coastal waters, shallow coves, and fast-moving channels where wildlife congregate while sailing with the luxury of supreme comfort. Spacious cabins, open decks for wildlife viewing, and specialty tools for exploration make it the ideal platform for sailing in the remote areas of Alaska, the Pacific Northwest, Costa Rica, Panama, and Belize. Designed with decades of expedition experience in the region, National Geographic Quest more than comfortably accommodates 100 guests in 50 cabins. Her twin expedition craft landing platform allow us to rapidly get on and off the ship to take advantage of wildlife sightings and to ensure we maximize our time off the ship exploring. Created with a shallow draft, Quest draws only nine feet of water allowing her to sail into places where much larger ships cannot go.



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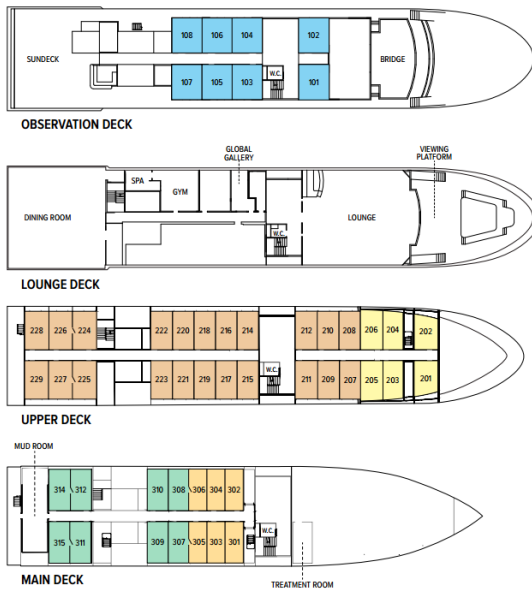
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Category 2



Category 3



Category 4



Category 5





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09-Jan-2025 to 16-Jan-2025

Category 4	£7929 GBP pp
Category 5	£8755 GBP pp
Category 3	£6175 GBP pp
Category 1	£5785 GBP pp
Category 2	£6525 GBP pp

16-Feb-2025 to 23-Feb-2025

Category 3	£6445 GBP pp
Category 1	£5485 GBP pp
Category 2	£5965 GBP pp
Category 5	£8005 GBP pp
Category 4	£7245 GBP pp

16-Jan-2025 to 23-Jan-2025

Category 5	£8755 GBP pp
Category 4	£7929 GBP pp
Category 2	£6525 GBP pp
Category 3	£7049 GBP pp
Category 1	£5785 GBP pp

23-Feb-2025 to 02-Mar-2025

Category 2	£6025 GBP pp
Category 4	£7325 GBP pp
Category 3	£6509 GBP pp
Category 1	£5549 GBP pp
Category 5	£8089 GBP pp

28-Jan-2025 to 04-Feb-2025

Category 4	£7545 GBP pp
Category 2	£6209 GBP pp
Category 5	£8335 GBP pp
Category 3	£6705 GBP pp
Category 1	£5605 GBP pp

07-Mar-2025 to 14-Mar-2025

Category 4	£7175 GBP pp
Category 2	£5905 GBP pp
Category 5	£7929 GBP pp
Category 3	£6379 GBP pp
Category 1	£5435 GBP pp

04-Feb-2025 to 11-Feb-2025

Category 2	£6209 GBP pp
Category 5	£8335 GBP pp
Category 3	£6705 GBP pp
Category 1	£5605 GBP pp
Category 4	£7545 GBP pp



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Category 2	£5905 GBP pp
Category 3	£6379 GBP pp
Category 1	£5435 GBP pp
Category 5	£7929 GBP pp

23-Jan-2026 to 30-Jan-2026

Category 5	£8339 GBP pp
Category 3	£6705 GBP pp
Category 1	£5605 GBP pp
Category 2	£6209 GBP pp
Category 4	£7545 GBP pp

30-Nov-2025 to 07-Dec-2025

Category 5	£8005 GBP pp
Category 4	£7249 GBP pp
Category 3	£6445 GBP pp
Category 2	£5969 GBP pp
Category 1	£5489 GBP pp

04-Feb-2026 to 11-Feb-2026

Category 4	£7325 GBP pp
Category 5	£8095 GBP pp
Category 3	£6515 GBP pp
Category 1	£5545 GBP pp
Category 2	£6029 GBP pp

21-Dec-2025 to 28-Dec-2025

Category 5	£8455 GBP pp
Category 2	£6885 GBP pp
Category 4	£7949 GBP pp
Category 3	£7275 GBP pp
Category 1	£5265 GBP pp

11-Feb-2026 to 18-Feb-2026

Category 2	£5965 GBP pp
Category 3	£6445 GBP pp
Category 1	£5489 GBP pp
Category 5	£8009 GBP pp
Category 4	£7245 GBP pp

02-Jan-2026 to 09-Jan-2026

Category 5	£8485 GBP pp
Category 3	£6835 GBP pp
Category 1	£5609 GBP pp
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Category 4	£7689 GBP pp



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Category 1	£5495 GBP pp

02-Mar-2026 to 09-Mar-2026

Category 5	£7925 GBP pp
Category 4	£7179 GBP pp
Category 3	£6375 GBP pp
Category 1	£5435 GBP pp
Category 2	£5909 GBP pp

14-Mar-2026 to 21-Mar-2026

Category 1	£5435 GBP pp
Category 2	£5909 GBP pp
Category 4	£7179 GBP pp
Category 5	£7925 GBP pp
Category 3	£6375 GBP pp

21-Mar-2026 to 28-Mar-2026

Category 5	£7925 GBP pp
Category 3	£6375 GBP pp
Category 4	£7179 GBP pp
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Category 2	£5909 GBP pp