



The Small Cruise  
Ship Collection

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## COSTA RICA'S CLOUD FOREST ADVENTURE THROUGH THE PANAMA CANAL

From cloud forest and rainforest to pristine bays and eco-rich islands, journey deep into wilderness and private reserves, UNESCO-listed natural wonders, and national parks to unlock the fabled treasures of Costa Rica and Panama. See myriad exotic birds soar over tropical jungles, listen for the screech of howler monkeys, and connect with people who protect a traditional way of life. In addition to active exploration--hiking, kayaking, stand-up paddleboarding, snorkeling and Zodiac cruising--you'll transit the man-made marvel of the Panama Canal.



### ITINERARY

DAY 1 San José, Costa Rica

Upon arrival in San Jose, a short drive brings us to the Costa Rica Marriott Hotel.

Arrival Time: Arrive before 3:00 p.m. local time.

Arrival City: San Jose, Costa Rica

Meals Included: Dinner

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**DAYS 2-3 Monteverde Cloud Forest**

A scenic drive takes us to the 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 filled with butterflies and bird life. Ascend a series of suspension bridges known as the Skywalk for a bird's-eye view of the rainforest canopy. Learn about life in the early Monteverde community from a family member of one of the original Quaker homesteaders, and spend each night at a charming, family-owned lodge.

Meals Included: Breakfast, Lunch, Dinner

**DAY 4 Monteverde / Puerto Caldera / Embark Ship**

Enjoy a visit to a butterfly farm before transferring to Puerto Caldera to join the ship.

Meals Included: Breakfast, Lunch, Dinner

**DAY 5 Corcovado National Park**

At anchor off the Osa Peninsula, take in views of some of the

most pristine lowland rainforest on the Pacific Coast. Within the biodiverse environs of Corcovado National Park, swim in waterfall pools or trek through the rainforest for a chance to see four species of monkeys - howler, spider, squirrel, and capuchin.

Meals Included: Breakfast, Lunch, Dinner

**DAY 6 Golfo Dulce / Osa Peninsula**

Enter the mangrove-fringed Golfo Dulce situated along Costa Rica's southwestern edge as our expedition ship navigates the remote upper reaches of this placid bay. On the western side of the bay, go ashore on the Osa Peninsula via the pristine waters of Playa Blanca. Head inland to meet inspiring local families living in remote communities and working with cocoa, heart of palm, and sugar cane. Hike mature rainforest or kayak the calm waters of Golfo Dulce, the continent's only tropical fjord. By special arrangement, visit the Latin American Sea Turtles (LAST) Association to assist researchers with data collection. Hear presentations by LAST staff highlighting the work of dedicated researchers who work diligently to positively impact sea turtle conservation.

Meals Included: Breakfast, Lunch, Dinner

**DAY 7 Golfo Dulce**



As our Golfo Dulce exploration continues by Zodiac, paddleboard, and kayak, we encounter Pacific Costa Rica's dazzling avifauna--watching and listening for golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris, and crimson-fronted and orange-chinned parakeets, all constantly chattering in flight above the jungle's treeline. The flora is a kaleidoscope of tropical color with bromeliads, heliconias, and orchids set against a backdrop of verdant green tropical forest. Later, jump into the cool, refreshing bay waters.

Meals Included: Breakfast, Lunch, Dinner

DAY 8 Coiba National Park, Panama

Our arrival in Panama brings us to the remote Isla Coiba, one of the many islands of Coiba National Park, a UNESCO World Heritage site. A one-time 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 turtles. Discover rich marine life while snorkeling. Go kayaking or hiking. Try stand-up paddleboarding. Or simply relax on the beach.

Meals Included: Breakfast, Lunch, Dinner

DAY 9 Gulf of Panama Islets / Panama Canal Transit

The tiny islets of the Gulf of Panama are ideally explored by Zodiac or kayak, revealing an ecosystem home to frigatebirds, brown pelicans, neotropical cormorants, and brown boobies. The afternoon brings us to the Panama Canal, a colossal engineering feat stretching more than 50 miles across the Isthmus of Panama. Completed in 1914, today it is traversed by some 14,000 ships every year. As cargo ships tend to pass through the canal during the day, our transit will most likely begin at night when the canal is lit dramatically.

Meals Included: Breakfast, Lunch, Dinner

DAY 10 Gatún Lake / Panama Canal Transit

By special arrangement, National Geographic Quest will anchor overnight in Gatun Lake near the Barro Colorado Nature Monument. Options for discovery include hikes and Zodiac cruises at the Smithsonian Tropical Research Institute, a facility on Barro Colorado Island, or boat rides to the mouth of the Chagres River to hike trails at the Panama Rainforest Discovery Center. In the evening, we will continue our transit of the canal's complex lock system.

Meals Included: Breakfast, Lunch, Dinner

DAY 11 Colón / Disembark / Panama City



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Following breakfast, disembark in Colon and transfer to the airport in Panama City for flights home.

Departure Time: Depart after 2:30 p.m. local time.

Departure City: Panama City, Panama

Meals Included: Breakfast

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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# The Small Cruise Ship Collection

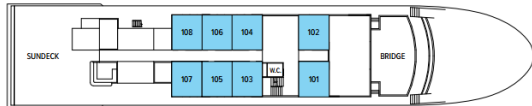
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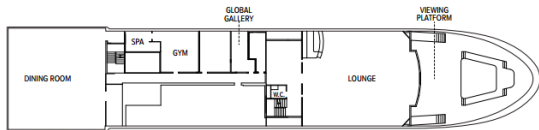
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## INSIDE YOUR SHIP



OBSERVATION DECK



LOUNGE DECK



UPPER DECK



MAIN DECK



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## PRICING

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