

Panama and Costa Rica's Pacific Coast: A Central America Odyssey

Trace the sweeping Pacific arc of Panama and Costa Rica on one of the most comprehensive expeditions in the region, where rainforest-clad shores, coral reefs and storied coastal communities reveal a richly layered corner of the globe. From Coiba's shimmering coral kingdoms to the Emberá villages of Darién and the wild rainforests of Corcovado and Guanacaste, experience the interplay of culture and nature at peak dry season, when wildlife gathers and conditions are ideal for exploration. From aboard the next-generation expedition ship *Greg Mortimer*, venture farther by Zodiac, kayak and on foot, reaching secluded shores and hidden waterways beyond the reach of conventional coastal voyages.

From

£5,802 / per person

Does not include flights

DATES
Mar and Apr

DURATION
13 Days

SHIPS
Greg Mortimer

STARTS AT
Panama City, Panama

ENDS AT
San Jose, Costa Rica

Highlights



- Experience an in-depth exploration of Panama and Costa Rica aboard the purpose-built *Greg Mortimer*, featuring expansive observation decks, hydraulic viewing platforms and four Zodiac launch platforms that quickly bring you to wild tropical shores

- Explore the ecosystems of Darién National Park, one of Panama's most remote and biodiverse regions, and meet the Indigenous Emberá people to learn about their local traditions

- Snorkel amid vibrant marine life in one of Central America's largest coral reef systems off Coiba Island, part of Coiba National Park—a UNESCO World Heritage site

- Go ashore at Corcovado National Park (conditions permitting) to swim in idyllic waterfall pools or trek through lush rainforests, on the lookout for four species of monkeys, boulder spider squirrel and






HONDURAS
NICARAGUA
Santa Rosa National Park
GUANACASTE
Puerto Caldera
San José
Isla Tortuga
Playa Blanca
Golfo Dulce
PANAMA
Panama City
Pearl Islands
Punta Patiño
Isla Iguana
Isla Coiba
Darién National Park
mapbox
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Day by day

■ DAY 1

Panama City, Panama / Embark Ship

Arrive in Panama City this afternoon. Transfer to the port to embark the *Greg Mortimer*.

You may also choose to arrive early for a pre-voyage extension through Panama City and the tropical forests of the San Lorenzo Protected Area.

Meals included: dinner

◇ DAY 2

Darién National Park

Playa Muerto village is located in Darién National Park, the largest protected area in Central America and a UNESCO World Heritage site. The park contains an exceptional array of habitats, from sandy beaches and mangroves to dense tropical forests teeming with wildlife. It is also home to the Indigenous Emberá and Wounaan tribes. You'll be greeted by village leaders from the Emberá who will share their customs, traditions and stories about their deep respect for their natural surroundings. Later on, enjoy short nature walks, go birding or choose to join a longer hike into the rainforest in search of the elusive harpy eagle, one of the world's most powerful eagles.

Meals included: breakfast, lunch, dinner

◇ DAY 3

Pearl Islands

Approximately 200 islands make up the idyllic Pearl Islands. Explore different islands in the archipelago as you learn about the history of the native populations and the Spaniards and African slaves who arrived for the pearl trade. White sandy beaches and shallow reefs provide great opportunities for kayaking, stand-up paddleboarding, Zodiac cruises, snorkeling and beach activities.

Meals included: breakfast, lunch, dinner

◇ DAY 4

Isla Iguana Wildlife Refuge / Azuero Peninsula

Explore the picturesque Isla Iguana Wildlife Refuge, one of the most important marine and coastal protected areas along the Pacific coast of Panama, just off the Azuero Peninsula. The island is draped in dry tropical rainforest and home to seabird nesting areas and expansive white-sand beaches. Enjoy nature walks, kayaking and snorkeling from the beach over coral reefs where colorful reef fish, rays and other marine species are commonly seen.

After lunch, explore the mainland town of Pedasí, a proud center of folkloric traditions on the Azuero Peninsula—widely regarded as the cultural heart of Panama. Shaped by centuries of isolation, Spanish colonial roots, Indigenous traditions and a strong rural identity, Azuero has preserved customs, music, dress and craftsmanship that have largely disappeared elsewhere in the country. Learn about the rich culture of the area during live folkloric presentations featuring traditional music and dance from the region, then hear about traditional dress, food and construction techniques.

Meals included: breakfast, lunch, dinner

◇ DAY 5

Coiba National Park

Spend the day exploring 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 is 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 or simply spend the afternoon exploring, kayaking or relaxing on the beach.

Meals included: breakfast, lunch, dinner

◇ DAYS 6-7

Golfo Dulce, Costa Rica

Spend the next two days exploring the spectacular Golfo Dulce area, along the southwestern edge of Costa Rica. Start the morning at anchor in front of Golfito, and explore this mangrove-fringed gulf by Zodiac and kayak. Scan the jungle tree line for a dazzling array of avifauna, including golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets.

Later, explore the Rio Seco private reserve, located within the Piedras Blancas National Park and only accessible by sea. Hike in mature rainforest and seek out a panoply of wildlife as you take in a kaleidoscope of tropical color, with bromeliads, heliconias and orchids set against the verdant green.

Meals included: breakfast, lunch, dinner

◇ DAY 8

Osa Peninsula

Go ashore at Playa Blanca on the Osa Peninsula and head inland to meet with inspiring local families living in remote communities and working with cocoa, hearts of palm and sugar cane. By special arrangement, visit the Latin American Sea Turtles (LAST) Association and hear presentations from the staff, including a talk by the dedicated researchers working to positively impact sea turtle conservation.

Meals included: breakfast, lunch, dinner

◇ DAY 9

Osa Conservation Area

Anchor off the Osa Peninsula to see some of the lushest lowland rainforest on the Pacific coast. Conditions permitting, venture into Corcovado National Park, where you can swim in waterfall pools or trek through the rainforest for a chance to see four species of monkeys—howler, spider, squirrel and capuchin. Alternatively, explore by Zodiac, cruising along a jungle river shrouded by a thick canopy that harbors iguanas, monkeys, myriad bird species and blue morpho butterflies.

Meals included: breakfast, lunch, dinner

◇ DAY 10

Curu Wildlife Refuge / Isla Tortuga

Along the coast of the Nicoya Peninsula, marking the transition between the wetter jungles of the south and Guanacaste's drier environment, lies Curú National Wildlife Refuge, Costa Rica's first private national wildlife reserve. Learn about the hundreds of species of birds, reptiles and mammals that inhabit this thriving ecosystem while exploring the park's tracks and trails. Look for white-faced capuchin monkeys, turquoise-browed motmots and, with luck, scarlet macaws. The northern tamandua also resides here, and while often elusive and quiet, this primarily arboreal member of the anteater family may be spotted. Later, as you enjoy lunch on board, you'll cruise to a cluster of offshore islets collectively called Isla Tortuga. Relax on the beach shaded by swaying palms and tropical vegetation, and enjoy afternoon refreshments and hors d'oeuvres on the beach.

Meals included: breakfast, lunch, dinner

◇ DAY 11

Rincón de la Vieja National Park /

Hacienda Guachipelin

Set off inland to explore Rincón de la Vieja National Park. This mountainous region is part of the extraordinarily biodiverse Guanacaste Conservation Area and encompasses more than 34,000 acres. The region, with its forests carpeting the sides of two active volcanoes, is alive with geothermal activity as bubbling mud pots spout and steam rises above the canopy. Choose between several enticing options today, including a hike through the transition zone where tropical dry habitat meets the temperate cloud forest. Here, keep an eye out for exotic wildlife, with the possibility of encountering mantled howler monkeys and regional birds, including the white-throated magpie-jay. Alternatively, after a short hike into the forest, opt to swim below Las Chorreras Waterfall or soar through the canopy by zipline. Afterwards, enjoy a sumptuous poolside lunch at Hacienda Guachipelin.

Meals included: breakfast, lunch, dinner

◇ DAY 12

Santa Rosa National Park / Guanacaste Conservation Area

Depending on the day's conditions, you may choose to explore Santa Elena Bay in Santa Rosa National Park, Junquillal Wildlife Refuge or Cuajiniquil Bay—all part of the Guanacaste Conservation Area. While venturing out by Zodiac, immerse yourself in the tropical environment, as great kiskadees sally out from exposed perches to capture flying insects and orange-fronted parakeets chatter overhead. Predators such as mangrove hawks may take wind, setting out on a late afternoon hunt, while ringed kingfishers watch the shallows for the flash of a fish.

Meals included: breakfast, lunch, dinner

■ DAY 13

Puerto Caldera / Disembark Ship / San José

Disembark in Puerto Caldera and transfer to the airport in San José for flights home.

Ask your expedition specialist about enjoying a post-voyage extension in the rainforests and reserves of Caño Negro . The extension adds five days after the expedition for incredible wildlife exploration through a glamping adventure.

Meals included: breakfast, lunch, dinner

Westbound

Panama City, Panama → San Jose, Costa Rica

2027 DEPARTURE DATES

Aboard *Greg Mortimer*

27 Mar				

Alternative Routes

Visit Expeditions.com for more information.

2027 Departure Dates

08 Apr



Greg Mortimer

GUESTS	CABINS
154	77

A a seamless blend of comfort, capability and discovery

Launched in 2019, the *Greg Mortimer* is a cutting-edge expedition vessel purpose-built to explore the polar regions—and it brings that same spirit of adventure to Alaska's glacial waters. The ship's signature inverted X-Bow™ delivers exceptional stability in dynamic seas, while its intimate 154-guest capacity fosters a personal onboard experience. From hydraulic viewing platforms that extend over the water for extraordinary wildlife encounters, to rapid-deploy Zodiac platforms that offer swift access to nature—every detail is designed to deepen your connection to Alaska's untamed landscapes.

This innovative expedition vessel blends cutting-edge design with immersive onboard experiences, delivering unforgettable encounters with Alaska.

It is the first passenger ship to feature the inverted Ulstein X-BOW, which glides through waves for a smoother, more fuel-efficient journey. Purpose-built for exploration, the ship features expansive observation decks, hydraulic viewing platforms and four Zodiac launch platforms that quickly bring guests close to Alaska's wild waterways.

Inviting communal spaces and onboard amenities such as a sauna with sea views, two Jacuzzis and a top-deck dining area offer relaxing places to unwind between adventures.



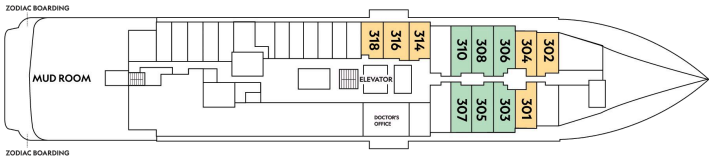




Deck Plans

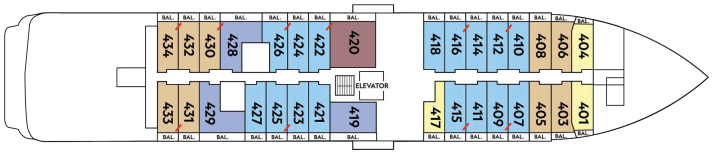
Deck 3

- Category 1
- Category 2

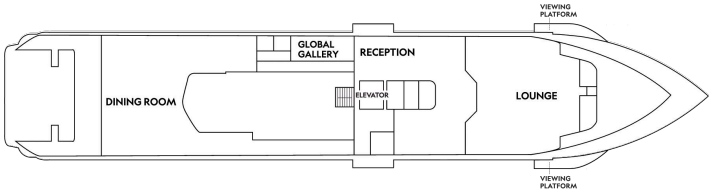


Deck 4

- Category 3
- Category 4
- Category 5
- Category 6
- Category 8

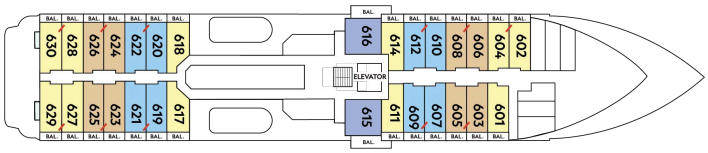


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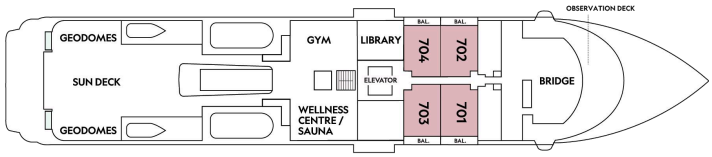
Deck 6

- Category3
- Category 4
- Category 5

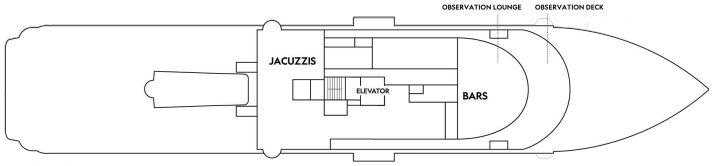


Deck 7

- Category 7



Deck 8



Cabin Categories

Category 1 - Aurora Stateroom Twins

DECK 3 **#301, 302, 304, 314, 316, 318**

These well-appointed staterooms offer a comfortable 170–187 sq. ft. of space and feature classic porthole windows. Each cabin includes two twin beds (convertible to a double upon request), a private ensuite bathroom, ample storage, individual climate control and a writing desk. Additional amenities include an in-room safe and flat-screen TV.



Category 2 - Aurora Stateroom Triples

DECK 3 **#303, 305, 306, 307, 308, 310**

Designed for small groups or families, these 230–245 sq. ft. triple-occupancy staterooms feature porthole windows, three twin beds (two can convert to a double upon request), a private ensuite bathroom, ample storage, individual climate control and a writing desk. Additional amenities include an in-room safe and flat-screen TV.

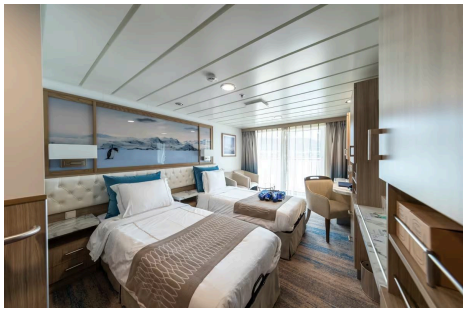


Category 3 - Balcony Stateroom C

DECK 4 **#401, 404, 417**

DECK 6 **#601, 602, 604, 611, 614, 617, 618, 627, 628, 629, 630**

These 173–208 sq. ft. cabins feature a private balcony, as well as an ensuite bathroom, separate sitting area, ample storage, individual climate control and a writing desk. Additional amenities include an in-room safe and flat-screen TV.



Category 4 - Balcony Stateroom B

DECK 4 **#403, 405, 406, 408, 430, 431, 432, 433, 434**

DECK 6 **#603, 605, 606, 608, 623, 624, 625, 626**

These 196–208 sq. ft. cabins feature a private balcony, as well as an ensuite bathroom, separate sitting area, ample storage, individual climate control and a writing desk. Many feature interconnecting options, making them ideal for families and traveling groups. Additional amenities include an in-room safe and flat-screen TV.



Category 5 - Balcony Stateroom A

DECK 4 **#407, 409, 410, 411, 412, 414, 415, 416, 418, 421, 422, 423, 424, 425, 426, 427**

DECK 6 **#607, 609, 610, 612, 619, 620, 621, 622**

These premium cabins range from 196–224 sq. ft. and feature a private balcony, as well as an ensuite bathroom, separate sitting area, ample storage, individual climate control and a writing desk. Additional amenities include an in-room safe and flat-screen TV.



Category 6 - Balcony Stateroom Superior

DECK 4 **#419, 428, 429**

DECK 6 **#615, 616**

Floor-to-ceiling sliding glass doors and a private balcony offer exceptional viewing opportunities. Each cabin also features an ensuite bathroom (wheelchair accessible in select cabins), ample storage, individual climate control, writing desk, in-room safe and flat-screen TV.



Category 7 - Junior Suites

DECK 7 **#701, 702, 703, 704**

These accommodations offer 282 sq. ft. of elevated comfort, with sweeping views from the ship's uppermost accommodation deck. Each suite features a separate sitting area with lounge seating, a private balcony and floor-to-ceiling sliding glass doors that immerse guests in the landscapes of Alaska. They have an ensuite bathroom, ample storage, individual climate control, writing desk, in-room safe, flat-screen TV and mini bar.



Category 8 - Captain's Suite

DECK 4 **#420**

This suite is 367 sq. ft. Located in a prime mid-ship position with easy access to the central stairs and elevator, the suite features a separate, spacious lounge area; private balcony; walk-in wardrobe and expansive floor-to-ceiling windows. It also has an ensuite bathroom, ample storage, individual climate control, writing desk, in-room safe, flat-screen TV and mini bar.



Ship Amenities

The *Greg Mortimer* blends modern comfort with expedition spirit, offering abundant spaces to unwind and engage with the landscapes around you. Take in sweeping views from the observation lounge or outdoor decks, relax in the library with refreshments, and enjoy wellness amenities ranging from saunas to open-air Jacuzzis. With expert presentations, open Bridge access and purpose-built viewing areas, every corner of the ship deepens your connection to the wildlife, coastlines and extraordinary natural beauty of Alaska.

Observation Lounge

Enjoy 180° vistas from the observation deck, or relax in the indoor observation lounge with drinks from the adjoining bar.

Lecture Room

The lecture theatre hosts daily Recaps and enriching presentations led by our expert expedition teams.

Dining Room

Join us in the restaurant for three daily meals in a relaxed, open-seating setting.

Fitness Center

Work out with a view in the ocean-facing fitness center featuring modern equipment and floor-to-ceiling windows.

Wellness

The wellness center offers a relaxing sauna and a range of rejuvenating spa treatments.



GeoDomes

Experience Alaska's wonders from heated glass domes offering panoramic views in complete weather-protected comfort.

Special Offers

CELEBRATE LIFE'S MILESTONES

Celebrate a milestone with a group of eight or more and enjoy a special amenity package including: 5% savings on voyage fares, custom group photo, US$150 shipboard credit for the group, and other special gifts. Milestone celebration to be communicated at time of booking.

COMBINING OFFERS

Certain offers may be combinable, up to two savings opportunities, except where noted otherwise. For example, travel with a group of 8 or more on back-to-back expeditions, and take advantage of both savings.

10% OFF BACK-TO-BACK VOYAGES

Save 10% on consecutive departures, applicable on voyage fares only and not valid on extensions or airfare. Valid for new bookings only, subject to availability, and may not be combined with other offers. Call for details.

SAVE 5% TRAVELING AS A GROUP

Save 5% when traveling as a group of 8 or more people. Valid for new bookings only on select departures, subject to availability, not applicable on extensions, and may not be combined with other offers. Call for details.

INCLUDED IN PRICE

All accommodations aboard ship or in hotels per itinerary; all meals as indicated in the itinerary, both aboard and onshore; beer, wine, cocktails, and spirits (premium brands available for purchase) aboard; excursions and airport transfers to and from flights arriving and departing within recommended window, as indicated in the itinerary; exploration tools such as snorkeling equipment, wetsuits, Zodiacs, kayaks, stand-up paddleboards (where applicable); guidance and company of leading expedition staff; presentations by expedition staff and expert guest speakers; complimentary reusable water bottle; onboard physician consultations (where available); 24-hour access to exercise equipment (where applicable); 24-hour access to lounges, observation decks, library, and other shared spaces; basic Wi-Fi (where applicable); park and site entrance fees, special access permits, and port taxes. Unused services or items included in our programs are non-refundable.

NOT INCLUDED IN PRICE

Airfare (except flights when indicated as included and/or as required); charter airfare (where applicable, except when indicated as included and/or as required); pre- and post-expedition extensions (except flights when indicated as included); additional hotel nights; premium cocktails and spirits; private transfers (except when indicated as included); crew gratuities; additional costs associated with medical services outside onboard physician consultation (where applicable); enhanced and premium Wi-Fi plans aboard expedition fleet; laundry, spa treatments, and phone services; travel protection plans; passport, visa and immigration fees. For select voyages, completing a medical evaluation form with VIKAND is required. If you utilize your physician, VIKAND's processing fee for your documentation will be added to your National Geographic-Lindblad Expeditions invoice. If you utilize VIKAND's physicians, an additional charge will be due and payable directly to VIKAND.

TRAVEL PROTECTION PLAN

We strongly recommend our guests to take advantage of our Travel Protection Plan. This plan offers comprehensive coverage to protect you from cancellation fees, costs incurred due to trip delays/interruption, damage or loss of baggage, medical assistance, and evacuation during your travels. Our Travel Protection Plan is available for U.S. residents only, and may be purchased any time prior to final payment due date, Travel Protection premiums are non- refundable once plan is purchased. Learn more about our Travel Protection "Plus" Plan: https://www.expeditions.com/terms-conditions/travel-protection-plan/

CANCELLATION POLICY

Review our cancellation policy: https://www.expeditions.com/cancellation-policy/