



Central America, South America & Caribbean
9° 40' N 79° 35' W

Panama and Colombia: Exploring the Caribbean Coast

Explore the vibrant Caribbean coast of Panama and Colombia aboard the aptly designed *National Geographic Quest*, where every day offers a new natural or cultural encounter. Hike through lush rainforests alive with wildlife, kayak and Zodiac into hidden inlets, and engage with Indigenous communities from the island-dwelling Guna Yala to the famed artisans of Tuchín. In Fall 2025-Spring 2027 only, enjoy a special opportunity to transit the legendary Panama Canal—an iconic passage linking two great oceans.

From
£4,046 / per person
Does not include flights



DATES

Oct and Nov



DURATION

8 Days



SHIPS

National Geographic Quest



STARTS AT

Panama
City,
Panama

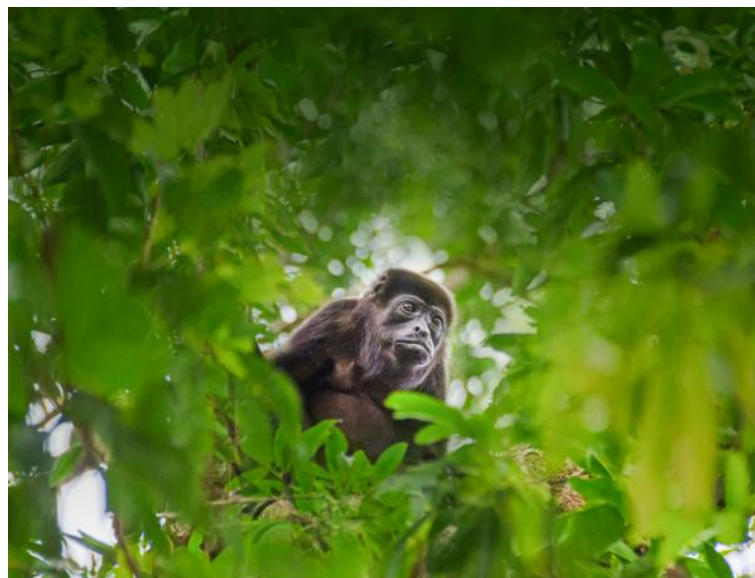
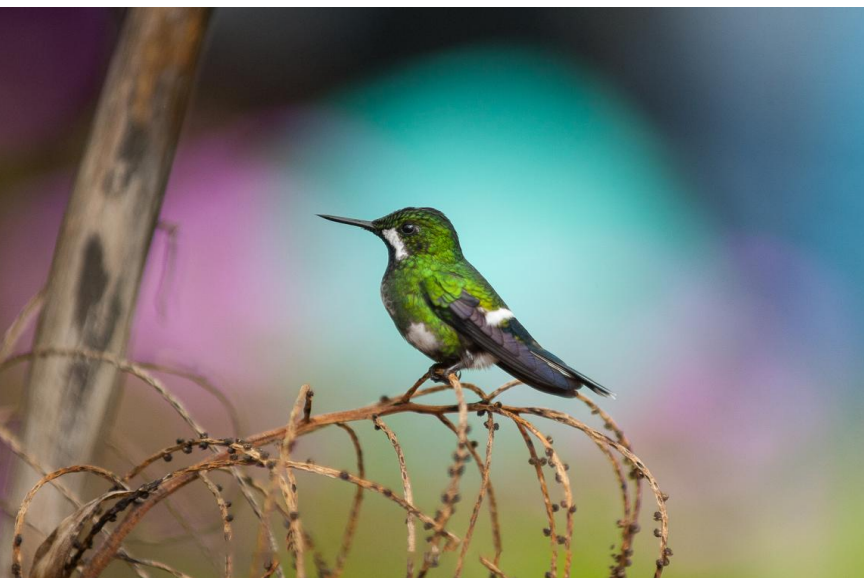


ENDS AT

Cartagena,
Colombia

Highlights

- ★ Visit the palm-shaded Panamanian archipelago of Guna Yala (formerly San Blas Islands), an autonomous province that is home to the Guna people, and get immersed in local culture
- ★ Discover the coastal treasures and remote wilderness of Colombia, exploring vibrant villages, pristine beaches, and wildlife-rich jungles
- ★ Explore Colombia's rainforests, brimming with roughly 1,900 bird species, like the Emerald Toucanet and Passerines, and more than 450 fascinating mammals, like the Brown-throated Three-toed Sloth and Northern Tamandua
- ★ Search for vibrant reef fish, rays, and sea turtles while snorkeling the clear waters surrounding the coral-rich islands of Guna Yala





Day by day

DAY 1

Panama City, Panama / Balboa / Embark Ship

Arrive in Panama City, the capital of Panama, this afternoon. Transfer to Port Balboa to embark the *National Geographic Quest* this evening. You may opt for a culturally immersive pre-voyage extension in Panama City and San Lorenzo, a UNESCO-designated World Heritage Site.

Arrival Time: Arrive before 2:00 p.m. local time.

Arrival City: Panama City, Panama

Meals included: dinner

DAY 2

Gatún Lake / Barro Colorado / Panama Canal Crossing

Special permission allows the ship to anchor overnight in the Panama Canal's vast Gatún Lake. Disembark in the morning at Barro Colorado, an island formed by the damming of the Chagres River to build the Panama Canal. A visit to the Smithsonian Tropical Research Institute unveils initiatives to protect and study the extraordinary biodiversity of one of the planet's most studied tropical forests and site of National Geographic studies.

Alternatively, engage in the wildness of the region by taking a hike into the jungle, a Zodiac across the vast lake or a boat ride to the mouth of the Chagres to explore the Panama Rainforest Discovery Center. The luminosity of the evening heightens the drama of your transit through the complex lock system of the legendary Panama Canal, 50 miles long and passage for some 14,000 ships yearly.

Meals included: breakfast, lunch, dinner

DAY 3

Portobelo

In the morning, arrive at the historic town of Portobelo, or "beautiful port," so named in 1502 by Christopher Columbus and a critical Spanish trading center in the New World. Explore 17th- and 18th-century Spanish fortifications, designated a UNESCO site. Later, hike the surrounding jungle in search of native parrots and unruly howler monkeys.

Meals included: breakfast, lunch, dinner

DAY 4

Guna Yala Archipelago

Wake up and find yourself amidst the Guna Yala archipelago (known also as the San Blas Islands), a scattering of 368 tiny, white-sand isles off the northeast coast of Panama. Spend the day exploring paradise where the Guna people still live as their ancestors did—in thatched huts making ancient handicrafts such as *molos*, colorful panels of stitched fabric. Deeply committed to their culture, the Guna are admired as a politically autonomous community where women make the rules.

In the afternoon, go offshore and explore the vibrant marine world of this breathtaking utopia by snorkel, kayak and stand-up paddleboard.

Meals included: breakfast, lunch, dinner

DAY 5

Capurgana and Sapzurro, Colombia

National Geographic Quest calls at the wonderfully isolated villages of Sapzurro and Capurgana positioned only 3 miles apart on the stunning coast of Caribbean Colombia. Set out on a nature walk on the Capurgana-Sapzurro trail. In this area, the

ranges of two species of howler monkeys overlap as both the mantled and the Colombian red howler monkeys are here. Watch for toucans, parrots, trogons, occasionally scarlet macaws and possibly three-toed sloths as you traverse the tropical forest trails between the villages. Or choose a shorter hike which takes you across an international, transcontinental frontier to Panama.

Walk through the border crossing, perched high on a bluff, before descending to the beach at the Panamanian village of La Miel. The sheltered waters of the bay at Sapzurro back in Colombia beckon for a pleasant kayak or paddleboard around this tropical inlet. Finish the day at sunset in the village of Capurgana.

Meals included: breakfast, lunch, dinner

◇ DAY 6

Santa Cruz de Lorica / San Antero / Tuchín

Visit Santa Cruz de Lorica on the banks of the Sinú River, a melting pot of cultures from throughout Europe and the Middle East. Stroll the central square and notice how the city's distinct influences live harmoniously, spotlighted in the architecture of the stunning Spanish-colonial cathedral and historic buildings in colorful Arabic styles. A folkloric show will be performed on the riverfront malecón during your walking tour.

Enjoy lunch at a local restaurant before traveling to the nearby indigenous village of Tuchín. Watch craftsmen as they make hats that are considered Colombia's national symbol, the *sombrero vueltiao*, and meet the local Zenú, celebrated for their ingenious irrigation systems.

National Geographic Quest will remain anchored in San Antero overnight. Pending conditions, guests may visit Tuchín in the morning, and Santa Cruz de Lorica in the afternoon.

Meals included: breakfast, lunch, dinner

◇ DAY 7

Cispatá Bay / Sanguare Natural Reserve

The day begins by exploring Cispatá Bay, where you'll spend the morning among the most extensive area of mangroves on Colombia's Caribbean coast. Local community guides accompany you to share their insight and knowledge of the prolific wildlife. Join naturalists from local conservation group Asocaiman as they release rehabilitated young caimans back into the wild.

After lunch on board, venture over to the Sanguare Natural Reserve. This former cattle ranch, now part of the national system of protected areas, offers great opportunities to explore on foot or by water. Learn of the conservation work being done and explore the tropical dry forests, coastal lagoons and sea grass beds. Enjoy kayaking or paddleboarding, or dig your toes in the sand and sip a chilled refreshment.

Meals included: lunch, dinner, breakfast

■ DAY 8

Cartagena / Disembark Ship

Disembark in Cartagena and transfer to the airport for flights home.

Departure Time: Depart after 1:00 p.m. local time.

Departure City: Cartagena, Colombia

Meals included: breakfast

Expedition (Eastbound)

Panama City, Panama → Cartagena, Colombia

2026 DEPARTURE DATES

Aboard *National Geographic Quest*

31 Oct				
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Alternative Routes

Visit Expeditions.com for more information.

2026 Departure Dates

07 Nov



National Geographic Quest

GUESTS

100

CABINS

50

***National Geographic Quest*, built in 2017, is designed for sailing into fast-moving channels and shallow coves in pan-American waters.**

When she rolled out of Nichols Brothers shipyard and into the bay on Whidbey Island, the 100 guest National Geographic Quest became the third ship in the Lindblad fleet built at this storied Pacific Northwest shipyard. In the 1970s, Nichols Brothers built the twin ships *National Geographic Sea Bird* and *National Geographic Sea Lion*, which continue to sail the waters of the west coast of North America and Central America.

National Geographic Quest was purpose-built to explore the fast-moving channels and narrow straits of Alaska, along the coast of Costa Rica and into the gray whale nursery lagoons of Baja, her design and engineering informed by our nearly 40 years of experience in these regions. Her twin boarding platforms, for example, were suggested by a veteran staffer. Enabling our team to load two Zodiacs at once means guests get off the ship quickly to take advantage of wildlife sightings and maximize exploring time.

National Geographic Quest's shallow draft allows her captain to navigate the same inner reaches and provide intimate "insider" experiences in these charismatic regions. Modern, clean-lined, with large expanses of glass to keep you connected to the extraordinary views, *National Geographic Quest* enables you to see, do and experience the best of her geographies.



Cabin Categories

Category 1

MAIN DECK #301-306

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror and reading lights.



Category 2

MAIN DECK #307-315

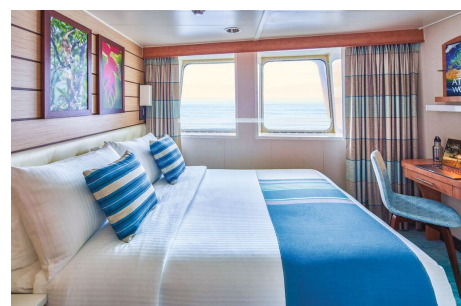
Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror and reading lights.



Category 3

UPPER DECK #201-206

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands, a large view window, full-length mirror and reading lights.



Category 4

UPPER DECK #207-229

Cabins feature two single beds that can convert to a Queen, a writing desk, closet, two nightstands, full-length mirror, reading lights, sliding glass door and a small, private balcony.



Note:

Solo occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

Connecting Cabins via internal doorway access:

Main Deck: #312-314, #311-315, #306-307;
Upper Deck: #224-226, #225-227

Category 5

OBSERVATION DECK #101-108 (SUITE)

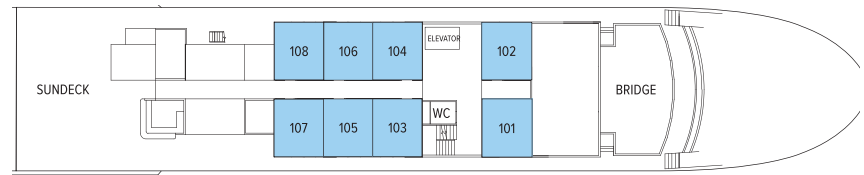
Cabins feature two single beds that can convert to a Queen, large view windows, closet, two nightstands, full-length mirror, reading lights, a suite-sized expanded bathroom, writing desk, ample storage space and a convertible sofa bed to accommodate a third person.



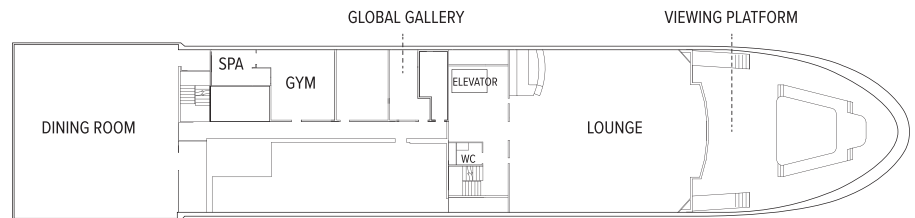
Deck Plans

Observation Deck

Category 5



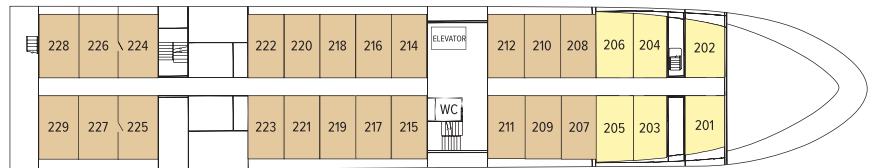
Lounge Deck



Upper Deck

Category 3

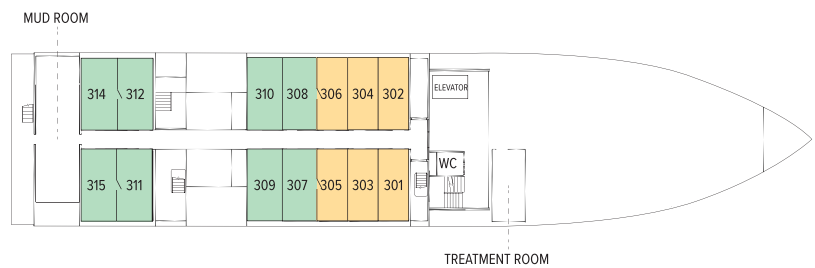
Category 4



Main Deck

Category 1

Category 2



Ship Amenities

Public Areas

Reception; main dining area; global gallery; fitness center; lounge with full-service bar and state-of-the-art presentation facilities; observation deck; mudroom with lockers for expedition gear; partially-covered furnished sundeck; plus open access to the Bridge, the Captain, officers and on-duty wildlife spotters.

Meals

Meals are served in the dining room at a single seating with unassigned tables for an informal atmosphere and easy mingling. Menus feature sustainable choices, local where possible.

Cabins

50 outside cabins. All cabins face outside with windows, private bathroom, and climate controls. Cabins are equipped with Wi-Fi, phone, multiple electrical and USB outlets, and phones. Luxury linens and pillows. Botanically inspired shampoo, conditioner, shower gel, and lotion are all available in cabin bathrooms, as well as an Expedition Essential Kit. Hair dryers, complimentary insulated water bottles and a National Geographic Atlas are also available in each cabin.

Expedition Equipment

A fleet of 8 Zodiacs, 24 kayaks, paddleboards; an ROV, hydrophone, splash-cam, underwater video camera, video microscope; snorkeling gear and wetsuits for all guests (where applicable).

Special Features

National Geographic-Lindblad Expeditions certified photo instructor, undersea specialist and video chronicler. Internet access. Elevator. The design of the outside decks—with the perfect wildlife viewing platform. And the way the proximity of the Lounge to the deck gives you instant access to spontaneous sightings. Have your camera ready!



Wellness

A fitness center with elliptical, treadmill, weights, resistance bands; LEXspa treatment room, staffed by wellness specialists.

Self-Disinfecting Ships

ACT Clean Coat™ is a light-activated, self-disinfecting cleaning process that continuously breaks down viruses, bacteria, mold, and airborne allergens across all ship surfaces. Not only does this create a cleaner, healthier shipboard environment for guests and crew alike, but this non-toxic, chemical-free system also saves more than one million gallons of water each year in our cleaning procedures, and reduces our carbon footprint as well as the amount of plastic and waste in our supply chain.

Special Offers

50% REDUCED DEPOSIT

Book between June 10 and August 18, 2026 and receive 50% off deposit at the time of booking on voyages departing October 1, 2026 through December 31, 2027 if booked outside of final payment. Remaining deposit balance is due at the time of final payment. Standard cancellation policy applies. Additional restrictions may apply. Offer valid for new bookings, subject to availability and offer may be withdrawn at any time without prior notice, not applicable on airfare or extensions, and may not be combined with other offers. Call for details.

SUITE EXCLUSIVES

Spacious living areas and incredible views immerse you in the beauty of your marine surroundings. Our new Suite Exclusives package helps make your voyage all the more memorable. [Learn more](#)

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, liquors and spirits aboard the ship (except certain premium brands which are available for purchase); hors d'oeuvres, 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages, and filtered water; excursions and airport transfers to and from recommended flights, as indicated in the itinerary; exploration tools curated to destination, such as Zodiacs, stand-up paddleboards, kayaks, snorkeling equipment (including wetsuits, masks, and fins); guidance and company of our leading expedition staff; assistance by the Lindblad Expeditions-National Geographic certified photo instructor; access to the OM System Photo Gear Locker; presentations by expedition staff and expert guest speakers; complimentary reusable water bottle; onboard physician consultations; morning stretch classes and 24-hour access to exercise equipment; 24-hour access to lounges, observation decks, library, and other shared spaces; basic WiFi, 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); pre- and post-expedition extensions; additional hotel nights (except when indicated as included); crew gratuities; private transfers; laundry, spa treatments, travel protection plans; and passport, visa, and immigration fees.

Additional costs associated with medical services outside onboard physician consultation.

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/>