

Inland Costa Rica, the Panama Canal and Pearl Islands

Experience a wide breadth of Central American wonders on this dynamic voyage that pairs an inland exploration of Costa Rica's Arenal Volcano Area with a maritime adventure through the Panama Canal to Portobelo and the Pearl Islands. Zipline through tropical rainforests, search for a panoply of wildlife on hikes and Zodiac cruises, visit two UNESCO World Heritage sites, and snorkel crystalline waters fringed by pristine beaches. Along the way, naturalists and local guides will illuminate each day's discoveries—from colonial history to local conservation initiatives.

From
$ 4,900 / per person
Does not include flights

DATES
Jan

DURATION
9 Days

SHIPS
National Geographic Quest

STARTS AT
San José, Costa Rica

→

ENDS AT
Panama City, Panama

Highlights

- Actively explore the breathtaking Arenal Volcano Area as you zipline from peak to peak, hike deep into the rainforest, and walk suspension bridges through the tree canopy
- Search for the region's fascinating wildlife, including sloths, toucans, agoutis, owls, tree frogs, and more
- Take a dip in the Ecotermales Hot Springs, warmed by volcanic activity, and tour a wildlife conservation property founded by locals
- Transit the legendary Panama Canal—plus, enjoy an exclusive stop at the Smithsonian Tropical Research Institute on Barro Colorado Island








NICARAGUA
Arenal Volcano
Pierella Ecological Garden
San José
Colón
Panama City
PANAMA
Pearl Islands
mapbox
© Mapbox, © OpenStreetMap

Day by day

■ DAY 1

San José, Costa Rica / Arenal Volcano Area

Arrive in San José this afternoon and transfer to La Fortuna. This charming town in the northern highlands will be your base as you explore the surrounding areas and enjoy a sampling of Costa Rica's best wildlife areas and trails. Opt to arrive early for a pre-voyage wildlife and glamping extension in the rainforests and reserves of Caño Negro.

Arrival Time: Arrive before 1:00 p.m. local time.
Arrival City: San José, Costa Rica

Meals included: dinner

◇ DAYS 2-4

Arenal Volcano Area

Spend the first few days exploring the natural beauty of the Arenal Volcano Area. Once considered Costa Rica's most active volcano, this cone-shaped wonder (which has been dormant since 2010) looms large over the verdant hillsides that surround it, providing a stunning backdrop to your activities.

Highlights include ziplining over dramatic views of the volcano, lush jungles and picturesque Lake Arenal; traversing suspension bridges for panoramic treetop vistas; searching for wildlife on the tropical forest floor; and taking a relaxing dip at the Ecotermales Hot Springs, which is heated by the natural energy surging from the nearby volcano.

Overnight at La Fortuna, and visit land nearby which was set aside to preserve the habitat for two- and three-toed sloths. More than 30 individuals of both species have been counted in the area. Your naturalists will share insights about the flora and the other fauna, including toucans, agoutis, tree frogs and owls, which reside in this tropical rainforest. Lastly, marvel at the lush scenery of Pierella Ecological Gardens, a nature reserve and butterfly farm where iconic species like the Blue Morpho are sustainably raised on the property. On day 4, overnight at San Jose in preparation for the next day's activities.

Meals included: breakfast, lunch, dinner

◇ DAY 5

San José / Panama City, Panama / Colón / Embark Ship

Fly from San José to Panama City on a recommended group flight or on a flight selection of your own. Transfer by land to Colón to embark the *National Geographic Quest*. Meet your expedition staff and marvel at the coastline ahead as you sail to the historic port of Portobelo.

Meals included: breakfast, lunch, dinner

◇ DAY 6

Portobelo / Panama Canal Transit

This morning, explore the Caribbean Sea on kayaks, stand-up paddleboards or Zodiac cruises upriver. Portobelo is known for its Spanish colonial military architecture, which is designated collectively as a UNESCO World Heritage site. Visit several of the town's fortifications, as well as the old Customs House, and hear the tales of Portobelo's pirate history. Enjoy a traditional Congo music and dance performance. Later on, set sail for the Panama Canal. As cargo ships tend to pass through the canal during the day, crossing will most likely begin at night when the canal is dramatically lit. By special arrangement, *National Geographic Quest* will anchor overnight in Gatún Lake near the Barro

Colorado Nature Monument.

Meals included: breakfast, lunch, dinner

◇ DAY 7

Gatún Lake / Panama Canal Transit

This morning, you have a choice of two activities: Hiking and Zodiac cruising around Barro Colorado Island, which is home to the Smithsonian Tropical Research Institute or a boat ride to Gamboa, where the Chagres River meets the Panama Canal, followed by a hike on the Panama Rainforest Discovery Center trails. This evening, continue through the complex lock system of the Canal and venture into the Pacific Ocean.

Meals included: breakfast, lunch, dinner

◇ DAY 8

Pearl Islands

Explore one of the approximately 200 islands that make up the idyllic Pearl Islands archipelago as you learn about the history of the native populations, and eventually the Spaniard colonizers and African slaves, who arrived for the pearl trade. Deep rainforests, lush rivers, white sandy beaches and shallow reefs provide a memorable backdrop for beach activities and snorkeling.

Meals included: breakfast, lunch, dinner

■ DAY 9

Balboa / Disembark Ship / Panama City, Panama

After breakfast, disembark in Balboa and transfer to the airport in Panama City for your flight home, or to begin a three-day Panama City extension.

Departure Time: Depart any time after 12:30 p.m.
Departure City: Panama City, Panama

Meals included: breakfast

Southbound

San José, Costa Rica → Panama City, Panama

2027 DEPARTURE DATES

Aboard *National Geographic Quest*

13 Jan				

2028 DEPARTURE DATES

Aboard *National Geographic Quest*

21 Jan				



National Geographic Quest

GUESTS	CABINS
100	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**

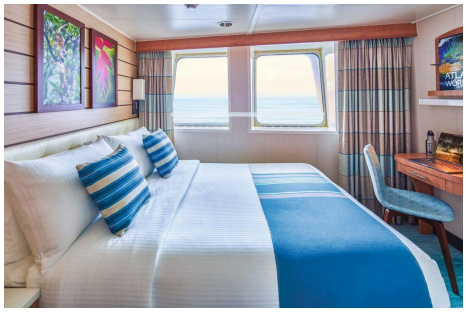
Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror and reading lights.



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.

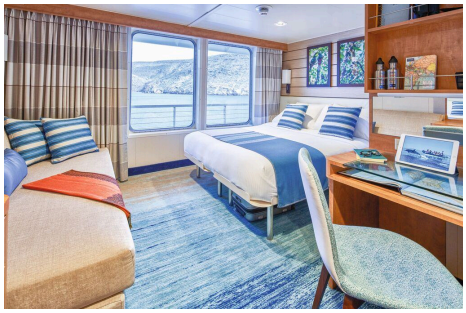
Connecting Cabins via internal doorway access:

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

Category 5

OBSERVATION DECK **#101-108 (SUITE)**

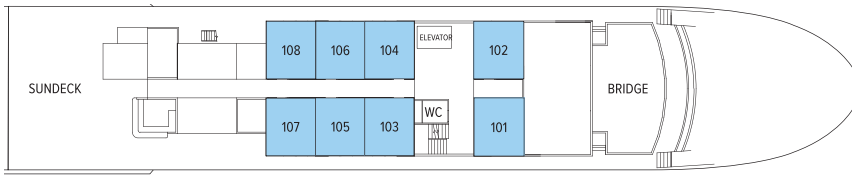
Cabins feature two single beds that can convert to a Queen, large view windows, closet, two nightstands, full-length mirror, reading lights, a suite-sized expanded bathroom, writing desk, ample storage space and a convertible sofa bed to accommodate a third person.



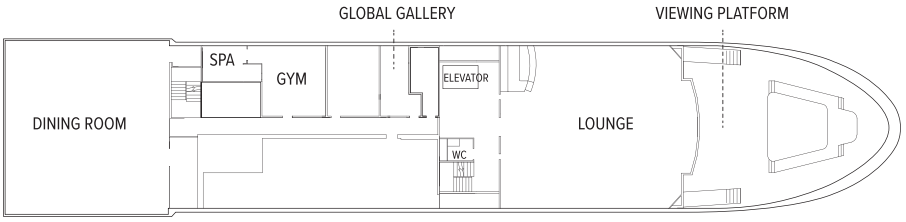
Deck Plans

Observation Deck

Category 5



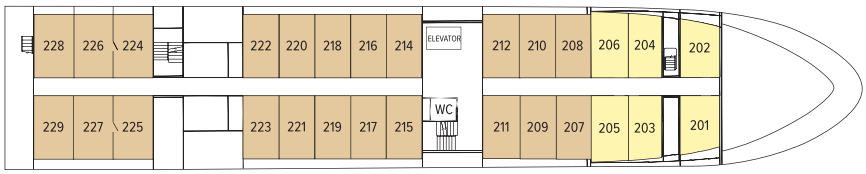
Lounge Deck



Upper Deck

Category 3

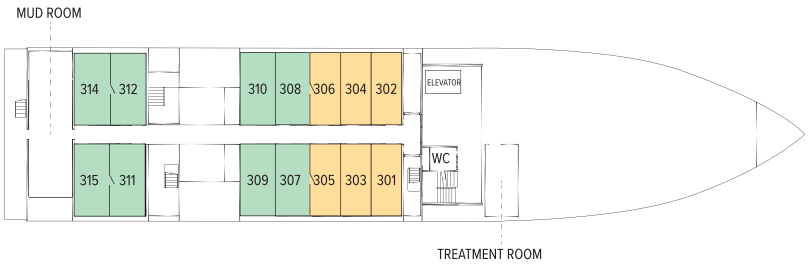
Category 4



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 CoatTM 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

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.

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.

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.

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.

*Recommended flight costs include flight(s) that take place during the date range of your trip to transport travelers from one itinerary destination to another. This cost also includes ground transportation, luggage transfer, and airport assistance. If you prefer to arrange your own flights privately, have alternate means of transport, or wish to modify at a later time, please contact an Expedition Specialist at 1.833.400.0831

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/