



Caribbean Sea Chronicles: The Panama Canal to Antigua

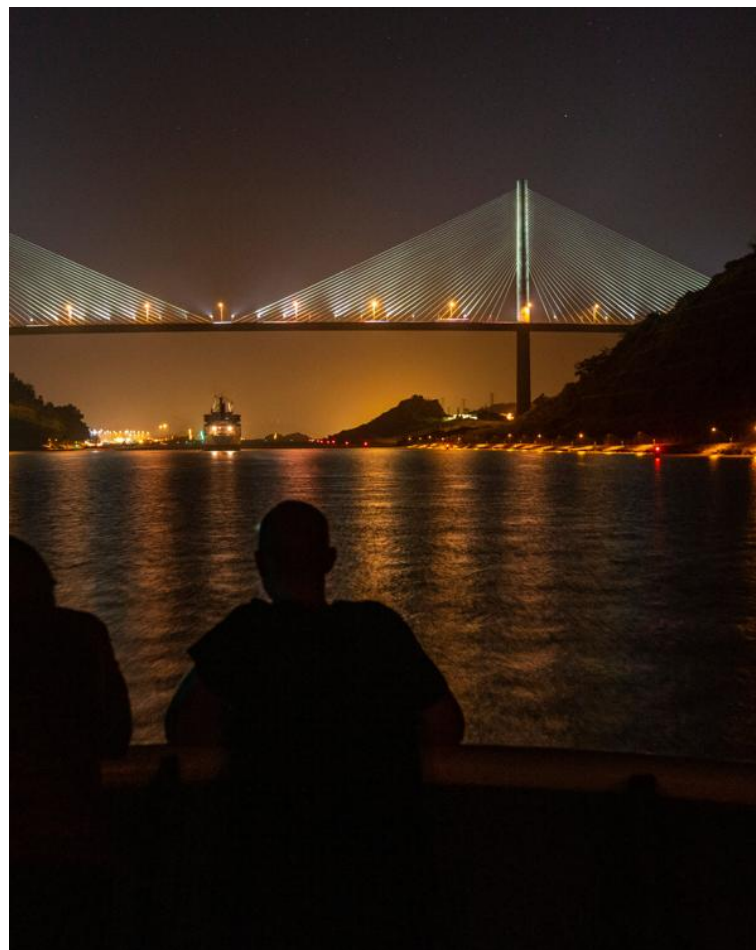
Transit the legendary Panama Canal to discover vibrant, tropical beauty in Panama and Colombia before sailing among over half a dozen gem-like islands in the Caribbean Sea. Become enriched in the multifaceted histories and cultures of each nation from Panama's Guna Yala archipelago to Colombia's Santa Marta, a UNESCO World Heritage site. Hike through volcanic landscapes in Montserrat, and kayak or snorkel in crystalline waters off Dominica and the Grenadines.

From
\$ 13,944 / per person
Does not include flights

	DATES Mar		DURATION 15 Days
	SHIPS <i>National Geographic Orion</i>		
	STARTS AT Panama Clty, Panama	→	 ENDS AT Antigua, Antigua and Barbuda

Highlights

- ★ Transit the legendary Panama Canal over two days to see it by day and all lit up at night
- ★ Venture to the Guna Yala archipelago to experience life in its politically autonomous community, where women make the rules and gender fluidity is celebrated
- ★ Visit the vibrant city of Santa Marta, a UNESCO Biosphere and World Heritage site that harbors a blend of indigenous ethnic groups, Spanish colonization, and modern history
- ★ Discover Monserrat's volcanic landscapes, lush forests, high peaks, and black sand beaches, and St. Lucia's picturesque twin peaks, Gros Piton and Petit Piton





Day by day

■ DAY 1

Panama City, Panama / Balboa / Embark Ship

Arrive in Panama City, the capital of Panama, this afternoon and transfer to the Port of Balboa to embark the *National Geographic Orion* this evening. You may opt for a culturally-immersive [pre-voyage extension in Panama City and San Lorenzo](#), a UNESCO-designated World Heritage Site. Later on, you'll begin the transit of the Panama Canal to the Caribbean Sea.

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

Arrival City: Panama City, Panama

Meals included: dinner

◇ DAY 2

Gatun Lake / Barro Colorado / Panama Canal Transit

After anchoring overnight in Panama Canal's vast Gatún Lake, disembark at Barro Colorado in the morning (if permitting allows). This island was formed by the damming of the Chagres River to build the legendary 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.

Later, choose between a hike into the jungle, a Zodiac cruise across the lake or a boat ride to the mouth of the Chagres to explore the Panama Rainforest Discovery Center. In the evening, begin your transit through the dramatically lit lock system of the legendary Panama Canal, 50 miles long and passage for some 14,000 ships annually.

Meals included: breakfast, lunch, dinner

◇ DAY 3

Guna Yala Archipelago

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

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

Meals included: breakfast, lunch, dinner

◇ DAY 4

Cispatá Bay / Sanguare Natural Reserve, Colombia

Venture to Cispatá Bay, where you'll spend the morning among the most extensive area of mangroves on Colombia's Caribbean coast learning from local community guides who'll share their knowledge of the prolific wildlife. Participate in the release of rehabilitated, young caimans with Asocaiman, a local conservation group.

After lunch on board, you'll voyage 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 about the conservation work being done as you explore the tropical dry forests, coastal lagoons and sea grass beds. Set out on kayaks or paddleboards or relax on the sand and sip a chilled refreshment.

Meals included: breakfast, lunch, dinner

◇ DAYS 5-6

Santa Marta / Tayrona National Park / At Sea

The oldest city in Colombia, Santa Marta is a historical gem. Considerably more laid back and intimate than Cartagena, the city's heritage is a blend of indigenous ethnic groups, Spanish colonial architecture and modern history. A UNESCO Biosphere Reserve and World Heritage site since 1979, it is also the gateway to Tayrona National Park, which spans from the secluded beaches to one of the highest coastal mountain ranges in the world: the Sierra Nevada Santa Marta. Spend the day exploring the many options this magical region has to offer.

Meals included: breakfast, lunch, dinner

◇ DAYS 7-8

Bonaire, Caribbean Netherlands / At Sea

Visit Slagbaai National Park, the first nature reserve established in the Dutch Caribbean in 1969. Encompassing the northern part of the island, this desert oasis is a sanctuary for many endemic species, including parrots, flamingos and iguanas. The beaches within the park are important nesting grounds for all four species of sea turtles. You will also explore the National Marine Park surrounding the island, which was created to protect the narrow fringing reef and mangroves that are teeming with life.

Meals included: breakfast, lunch, dinner

◇ DAYS 9-10

Port of Spain, Trinidad and Tobago

Drive through the lush Arima Valley to the Asa Wright Nature Center, a mecca for nature lovers. You'll have a choice of trails to walk as you look

for toucans, hummingbirds, tanagers, motmots and butterflies. Or stay on the "birding veranda" and let the avifauna come to you. Later on, drive to the Caroni Swamp, where scarlet ibis return by the hundreds at dusk to roost—one of the world's great wildlife spectacles.

Meals included: breakfast, lunch, dinner

◇ DAY 11

Bequia, the Grenadines

Anchor at tiny Bequia and explore the charming waterfront. Go snorkeling at a nearby reef, swim along palm-backed beaches or visit a traditional model boat museum. In Port Elizabeth, browse the local market or find a café along the Belmont Walkway. This evening, set sail across St. Vincent Channel toward St. Lucia.

Meals included: breakfast, lunch, dinner

◇ DAY 12

Soufrière, St. Lucia

Arrive at St. Lucia and anchor under the island's iconic twin peaks, the Pitons, which rise dramatically above the sea. After exploring the fishing port of Soufrière, drive into St. Lucia's active volcanic crater and discover the otherworldly landscape of mud pools and sulfur springs. Located on the grounds of a former plantation, the Mamiku botanical gardens are alive with the sounds of birds and rush of Diamond Falls. Delve into the history of the grounds which spans the reign of Louis XIV, the War of the Brigands and the freedom of the slaves over the British. Spend the afternoon at sea on the lookout for marine life.

Meals included: breakfast, lunch, dinner

◇ DAY 13

Dominica

Spend the day exploring Dominica, known as "the nature island" for its spectacular beauty and many

protected reserves. Hike through an enchanting rainforest with a panoply of wildlife. Join your historian in exploring the ruins of Fort Shirley, an 18th-century British garrison, and learn about Dominica's turbulent colonial history. Swim and snorkel in the clear warm waters or hop on a paddleboard to explore the island's volcanic reefs and nutrient-rich waters.

Meals included: breakfast, lunch, dinner

◇ DAY 14

Montserrat / Antigua, Antigua and Barbuda

Nicknamed the "emerald isle," this tiny volcanic island has lush green forests, high peaks and black sand beaches. Montserrat is also known for the 1995 eruption of the Soufrière Hills volcano that destroyed much of the island's southern portion and buried Plymouth, the capital. Visit the Volcano Observatory to learn what scientists continue to discover about the island. Then, hike the spectacular trails of the northern region, keeping an eye out for the beautiful Montserrat oriole.

This evening, be on deck to enjoy the kaleidoscopic sunset and mountainous backdrop of Montserrat as we set sail for Antigua, your final stop.

Meals included: breakfast, lunch, dinner

■ DAY 15

Antigua / Disembark Ship

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

Meals included: breakfast

Expedition

Panama Clty, Panama → Antigua, Antigua and Barbuda

2025 Departure Dates

Aboard *National Geographic Orion*

28 Mar		
--------	--	--



National Geographic Orion

Guests

102

Cabins

53

Joining the Lindblad fleet in 2013, the state-of-the-art *National Geographic Orion* serves as a luxurious base camp for voyages to the far-flung corners of the planet.

Built in Germany by the Cassens shipyard, the 102-guest *National Geographic Orion* was created with a high-ice class to be able to venture safely into polar regions. A ship of her size is seldom built with such ice-cutting ability, which makes her a rarity. She is yacht-scale, yet rugged enough to venture far afield, making her a perfect addition to the Lindblad fleet, which she joined in 2013. Her size and nimbleness offer the perfect combination of safety and liberty to voyage untrammelled locations. In fact, *National Geographic Orion* currently holds the distinction of having sailed further south than any other Lindblad vessel.

Her menu, created by famed Australian chef, Serge Dansereau, owner of Sydney's acclaimed Bather's Pavilion restaurant, enormously popular with *National Geographic Orion's* guests, so impressed Sven Lindblad, that Serge, a chef-owner who shared the Lindblad commitment to serving local and sustainable food, was enlisted to design the dining program for the entire Lindblad-National Geographic fleet.

National Geographic Orion is gracious and intimate, with a rewarding, almost clubby feeling. Of her many amenities and features, the most appealing is her outside deck space which beckons in the balmy reaches of the Pacific, and on those days in Antarctica when the midnight sun and the spectacle of the ice makes going indoors, let alone going to bed, impossible.



Cabin Categories

Category 1

Main Deck: #316, 318-321

Cabins feature a luminous oval window and configurable beds: two single beds that can be converted to a queen. An armchair, reading lamps, a flat screen TV, two bedside tables, coffee table, desk, and climate controls complete the amenities. Marble bathrooms are generously sized and include a spacious shower stall with a glass door.



Category 2

Main Deck: #302-312, 314, 315, 317

Cabins feature a luminous oval window and configurable beds: two single beds that can be converted to a queen. An armchair, reading lamps, a flat screen TV, bedside table, coffee table, desk, and climate controls complete the amenities. Marble bathrooms are generously sized and include a spacious shower stall with a glass door.



Category 3

Upper Deck: #401-412, 414-419

These suites feature a sitting area with a large window, a sofa—except slightly smaller #401 & #402—an armchair or two, writing/laptop desk, reading lamps, coffee table, flat screen TV, bedside table, & climate controls. Beds are configurable (call for details). Marble bathrooms include a spacious shower stall with a glass door.



Category 4

Bridge Deck: #511, 515

These two suites feature separate sleeping and sitting areas, with a chair and armchair, coffee table, and a two-cushion sofa facing an expansive window. Beds are configurable (call for details). Ample storage, reading lamps, a flat screen TV, and climate controls complete the amenities. Marble bathrooms are generously sized and include a spacious shower stall with a glass door.



Category 5

Bridge Deck: #501, 503-506, 508

These spacious suites feature open living areas and sliding glass doors opening to a shared French balcony. Beds are configurable (call for details). A separate sitting area with armchairs and a sofa, a writing/laptop desk, coffee table, well-placed reading lamps, a flat screen TV, and climate controls complete the decor. Marble bathrooms are generously sized and include a spacious shower stall with a glass door.



Category 6

Bridge Deck: #502, 507, 509*, 510

These large, elegant suites feature a French balcony, except for #509 which has double windows. Each provides a separate living area with a sofa and two armchairs, coffee table, except for #502, which uniquely offers a 'soaking tub with a view' in addition to a shower stall and expansive vanity. All cabins have reading lamps, a flat screen TV, and climate controls. Marble bathrooms are generously sized and include a spacious shower stall with a glass door.



Category 1 Solo

Main Deck: #301, 322, 323

These solo cabins feature a window or two portholes, a queen-size bed, except for #301 which has a double bed, writing desk and chair, climate controls, reading lamps, coffee table, two bedside tables, and a TV. Marble bathrooms are generously sized and include a roomy shower stall with a glass door.



Category 3 Solo

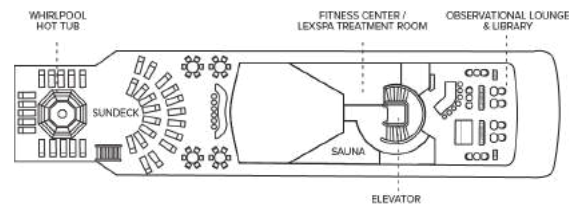
Upper Deck: #512

This solo suite features two single beds and two large windows, plus two armchairs and a small table, reading lamps, coffee table a flat screen TV, and climate controls. The marble bathroom is generously sized and includes a spacious shower stall with a glass door.



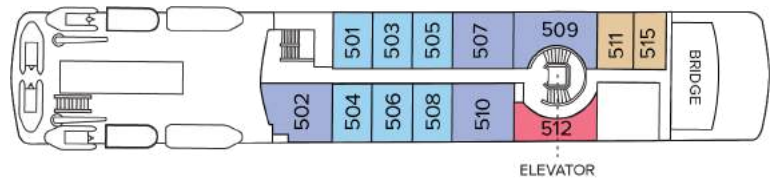
Deck Plans

Observation Deck



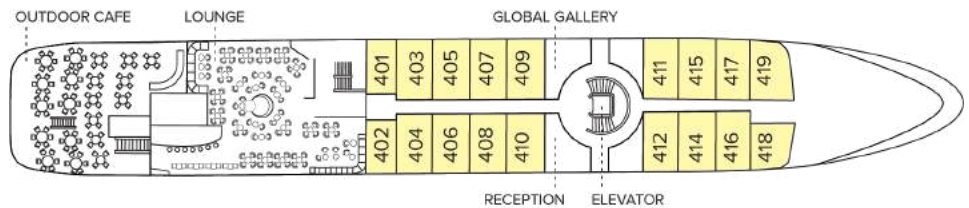
Bridge Deck

- Category 4
- Category 5
- Category 6
- Category 3 Solo



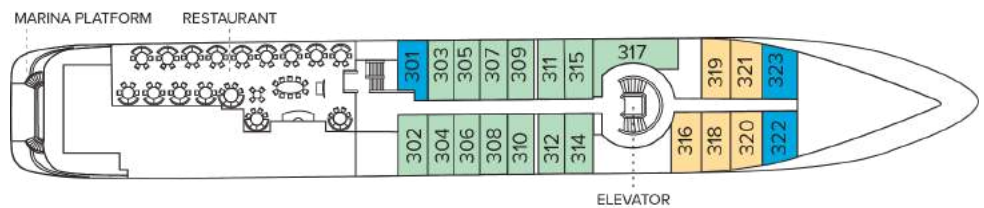
Upper Deck

- Category 3



Main Deck

- Category 1
- Category 2
- Category 1 Solo



Expedition Deck



Ship amenities

Public Areas

Reception; two dining areas; lounge with bar and state-of-the-art presentation facilities; B&H Photo locker; sundeck with a whirlpool hot tub that doubles as a plunge pool in warm climates; observation lounge and library; global gallery; a marina platform; plus open access to the Bridge, the Captain, officers and on-duty wildlife spotters.

Meals

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

Cabins

All cabins face outside with windows or portholes, private bathroom, and climate controls. Cabins feature a coffee table, lounge chair, desk, phone, TV with on demand entertainment, multiple outlets and USB, mini refrigerator, and safe. 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 is available in each cabin.

Expedition Equipment

Zodiac landing craft, a fleet of double kayaks, a crow's nest camera, a hydrophone, underwater video cameras, video microscope, and an ROV. Plus, for South Pacific voyages: snorkeling gear for all guests, scuba gear for a number of pre-qualified guests, stand-up paddleboards, glass-bottom Zodiac, and splash-cam.

Special Features

A full-time doctor, undersea specialist, National Geographic photographer, Lindblad-National Geographic certified photo instructor and video chronicler. On all South Pacific voyages, there are a minimum of two dive masters. A central staircase, and elevator reaches all decks. Enjoy teatime, daily. And the smoothies served after the sunrise stretch sessions on the sundeck in Polynesia. Don't miss either opportunity.

Wellness

A fitness center, LEXspa treatment room and sauna, 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. This non-toxic, chemical-free system also helps us save over one million gallons of water each year in our cleaning procedures.

Special Offers

back-to-back expeditions, and take advantage of both savings.

BRINGING THE KIDS

We believe sharing an expedition with children is a life-enhancing experience. Save \$500 for each child under the age of 18 on any departure. Not applicable on extensions or airfare. Call for details.

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 eight or more people. Valid on voyage fares only and not applicable on extensions or airfare. Deposit, final payments, and cancellation policies for group travel vary from our regular policies. Valid for new bookings only, subject to availability, 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

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/>