



ADVENTURE  
CANADA



⚓ SMALL-SHIP EXPEDITION CRUISE

# Costa Rica & the Panama Canal

FEBRUARY 24–MARCH 7 & MARCH 5–16, 2023



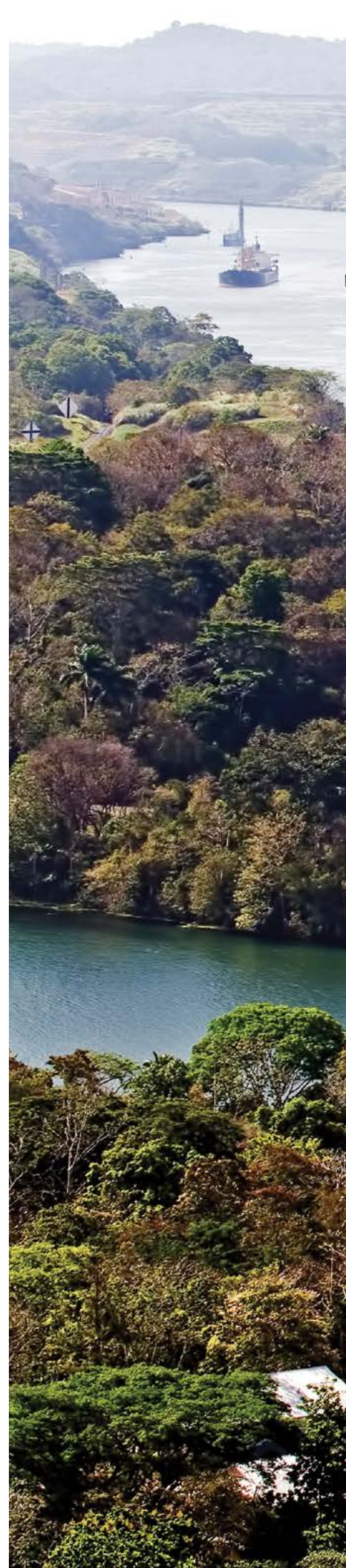
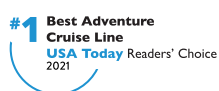
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# Costa Rica & the Panama Canal

February 24–March 7, 2023

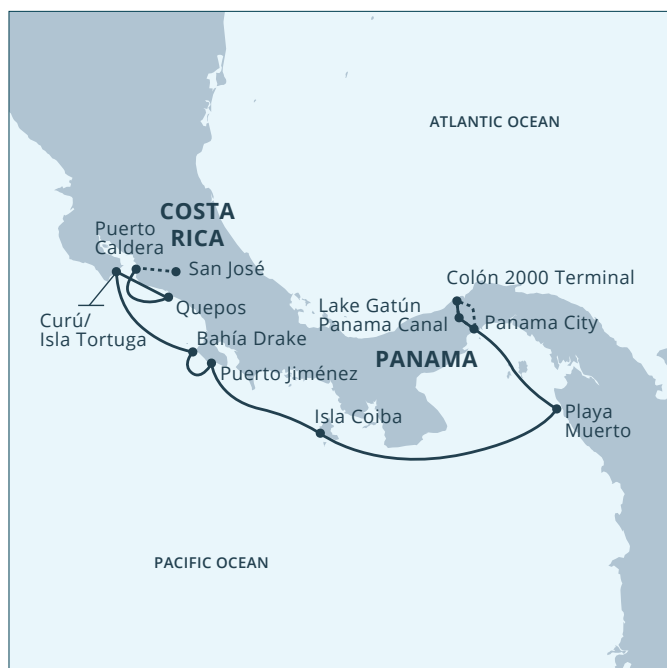
**Starts:** San José, Costa Rica

**Ends:** Panama City, Panama

From **\$6,995** to **\$9,295** USD  
per person (*details p.14*)

Aboard the *M/S Panorama*

**No Charter Flights** for this  
itinerary



## Itinerary Map

**Day 1:** San José, Costa Rica

**Day 2:** Puerto Caldera

**Day 3:** Quepos and Manuel Antonio National Park

**Day 4:** Curú and Isla Tortuga

**Day 5:** Bahía Drake and Corcovado National Park

**Day 6:** Puerto Jiménez - Golfo Dulce

**Day 7:** Isla Coiba National Park & Marine  
Preserve, Panama

**Day 8:** Playa Muerto, Darién National Park

**Day 9:** The Panama Canal

**Day 10:** Lake Gatún and Fort San Lorenzo  
UNESCO World Heritage Site

**Day 11 & 12:** Panama City, Panama

## Highlights

- See white-faced capuchin and howler monkeys in Manuel Antonio National Park
- Hike and take a mangrove river cruise at Corcovado National Park, home to some of the richest biodiversity on the planet.
- Transit the iconic Panama Canal
- Visit an Emberá community, one of the seven Indigenous nations within Panama
- Explore Panama City's historic old town
- Snorkel at Isla Coiba National Park & Marine Preserve, considered one of the ten top diving spots in the world





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## Itinerary

**Day 1:** San José, Costa Rica

### **Begin Your Adventure**

Arrive at your leisure in San José and take a complimentary transfer to the all-inclusive Fiesta Resort hotel, located on Costa Rica's Pacific coast near the small town of Puntarenas. San José, the country's capital, is nestled within the Central Valley region, with the Talamanca Mountains to the south and volcanoes to the north.

**Day 2:** Puerto Caldera

### **Set Sail down the Pacific Coast**

Enjoy some sunshine at the all-inclusive Fiesta Resort hotel before transferring to the M/S *Panorama* and setting sail south down the coast.

**Day 3:** Quepos and Manuel Antonio National Park

### **Spot Charming Wildlife**

Delight in wonderful wildlife viewing opportunities at Manuel Antonio National Park, home to plentiful white-faced capuchin, howler, and squirrel monkeys, as well as deer and sloths. Then choose the activity you like best: an aerial forest canopy tour or a visit to the quaint town of Quepos.

**Day 4:** Curú and Isla Tortuga

### **Swim & Snorkel in Crystal Clear Waters**

Opt for a fascinating birding excursion through the Curú Wildlife Refuge, led by local park rangers and our team of naturalists. Set sail for the paradise island of Isla Tortuga to indulge in a delicious beach barbeque and a swim or snorkel in crystal clear waters.

**Day 5:** Bahía Drake and Corcovado National Park

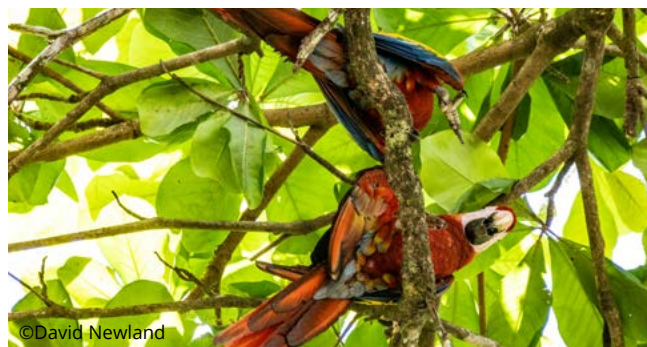
### **Commune with Creatures Great and Small**

Hike at Corcovado National Park, the largest park in Costa Rica, covering almost a third of the Osa Peninsula. National Geographic has called Corcovado "the most biologically intense place on Earth in terms of biodiversity." Embark on a mangrove cruise through the ecologically rich Sierpe River. Nearby is Bahía Drake, known to be a common wintering and breeding ground for humpback whales.

**Day 6:** Puerto Jiménez – Golfo Dulce

### **Observe Tropical Plants & Parrots**

Visit the *Casa Orquideas* (House of Orchids) for a peek at the region's botanical delights, including orchids, heliconia, and bromeliads. Get your camera and binoculars ready to spot wild scarlet macaws, who are regular visitors to the jungles surrounding Puerto Jiménez. This small town in the southern region of the Puntarenas province—our last stop in Costa Rica—is also a historic gold mining and logging community.



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**Day 7:** Isla Coiba National Park & Marine Preserve, Panama

### **Enjoy a Nature Lover's Paradise & Tour a Historic Prison**

Learn the poignant history of Isla Coiba's penal colony, which housed Panama's most notorious criminals and political prisoners for more than ninety years. Choose the guided walk that suits you best, spotting bird species as you go, in this natural paradise that retains 80% of its original forest cover. Relax by the beach or strap on your snorkel for views of the largest coral reef in the Eastern Pacific.

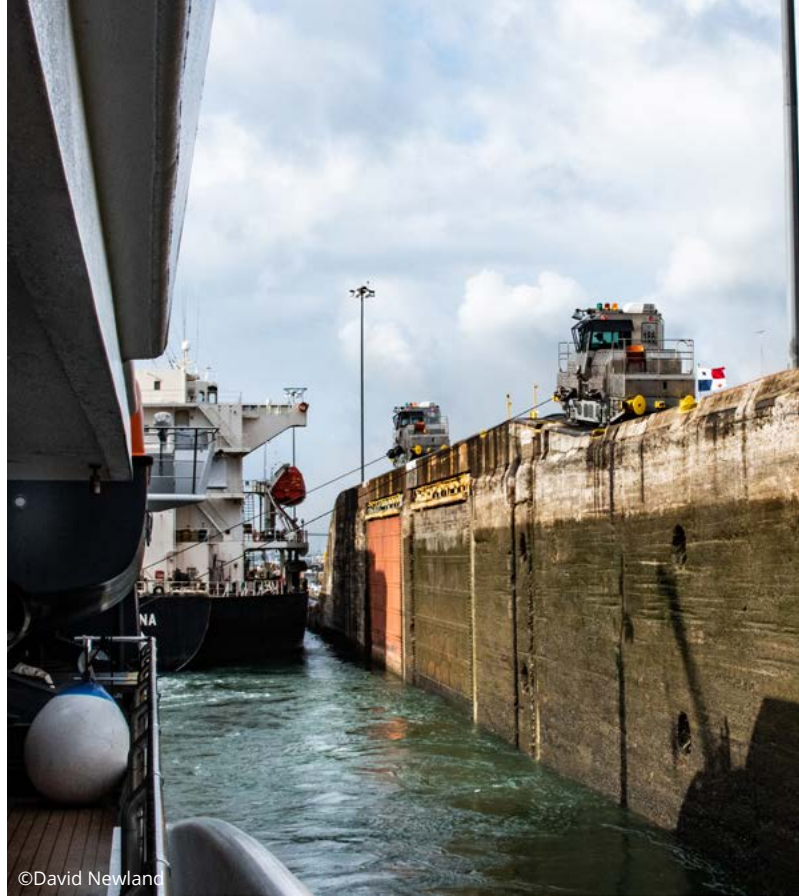
**Day 8:** Playa Muerto, Darién National Park  
**Visit an Emberá Indigenous Community**

Journey into the lowland tropical forests of Darién National Park for an excursion to a traditional Emberá community, one of the seven Indigenous nations within Panama. Receive a warm welcome, watch a cultural performance, and appreciate the beautiful handicrafts and traditions.



**Day 9:** The Panama Canal  
**Take a City Tour**

Depart from the marina for a guided walking tour of Panama City, with stops at the Panama Canal Museum, the Miraflores Locks, and the historic *Casco Viejo* (old town). When you re-embark the *M/S Panorama*, you'll enter the locks to officially begin your transit through the Panama Canal: gateway to the Atlantic Ocean!



**Day 10:** Lake Gatún and Fort San Lorenzo  
**Transit an Iconic Waterway & Visit a Historical Fort**

Enjoy an excursion to Fort San Lorenzo, a Spanish colonial ruin and UNESCO World Heritage Site on the Atlantic side of the Panama Canal, with possibilities for spotting birds and sloths along the way. Then it's all aboard to transit the locks of Lake Gatún and begin the final leg of your seaward journey. Enjoy the on-board education program and scenic views on deck as you cruise.

**Day 11 & 12:** Panama City, Panama  
**Wave a Fond Farewell**

Disembark the *M/S Panorama* at Colón's 2000 Terminal and board your complimentary shuttle back to Panama City. Meander at your leisure during some free time to explore before we meet at a local restaurant for our farewell dinner. Enjoy one final night in the city's *Casco Viejo* neighbourhood before making your way to the airport the next day, or choose to extend your stay in Panama.

# Costa Rica & the Panama Canal

March 5–16, 2023

**Starts:** Panama City, Panama

**Ends:** San José, Costa Rica

From **\$6,995** to **\$9,295** USD  
per person (*details p.14*)

Aboard the *M/S Panorama*

**No Charter Flights** for this  
itinerary



## Itinerary Map

**Day 1 & 2:** Panama City, Panama

**Day 3:** Lake Gatún and Fort San Lorenzo UNESCO  
World Heritage Site

**Day 4:** The Panama Canal

**Day 5:** Playa Muerto, Darién National Park

**Day 6:** Isla Coiba National Park & Marine Preserve

**Day 7:** Puerto Jiménez - Golfo Dulce, Costa Rica

**Day 8:** Bahía Drake and Corcovado National Park

**Day 9:** Curú and Isla Tortuga

**Day 10:** Quepos and Manuel Antonio National Park

**Day 11:** Puerto Caldera

**Day 12:** San José, Costa Rica

## Highlights

- See white-faced capuchin and howler monkeys in Manuel Antonio National Park
- Hike and take a mangrove river cruise at Corcovado National Park, home to some of the richest biodiversity on the planet.
- Transit the iconic Panama Canal
- Visit an Emberá community, one of the seven Indigenous nations within Panama
- Explore Panama City's historic old town
- Snorkel at Isla Coiba National Park & Marine Preserve, considered one of the ten top diving spots in the world









## Itinerary

**Day 1 & 2:** Panama City, Panama

### **Begin Your Adventure**

Arrive at your leisure in Panama City and make your way to the American Trade Hotel to settle in. Meet your fellow travellers over breakfast the following morning and begin your day exploring the historic *Casco Viejo* (old town) neighbourhood on a guided walking tour. Board your complimentary shuttle headed to the *M/S Panorama*, awaiting you at the Colón 2000 Terminal on the shores of the Atlantic Ocean.



**Day 3:** Lake Gatún and Fort San Lorenzo

### **Visit a Historical Fort**

All aboard to transit the locks of Lake Gatún and begin the first leg of your seaward journey. Enjoy the on-board education program and scenic views on deck as you cruise. Take an excursion to Fort San Lorenzo, a Spanish colonial ruin and UNESCO World Heritage Site, with possibilities for spotting birds and sloths along the way.

**Day 4:** The Panama Canal

### **Transit an Iconic Waterway**

Complete your transit through the final locks of the Panama Canal: gateway to the Pacific Ocean! Depart from the marina for a guided tour at the Panama Canal Museum and the fascinating Miraflores Locks.

**Day 5:** Playa Muerto, Darién National Park

### **Visit an Emberá Indigenous Community**

Journey into the lowland tropical forests of Darién National Park for an excursion to a traditional Emberá community, one of the seven Indigenous nations within Panama. Receive a warm welcome, watch a cultural performance, and appreciate the beautiful handicrafts and traditions.

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**Day 7: Puerto Jiménez – Golfo Dulce, Costa Rica**  
**Observe Tropical Plants & Parrots**

Visit the *Casa Orquideas* (House of Orchids) for a peek at the region's botanical delights, including orchids, heliconia, and bromeliads. Get your camera and binoculars ready to spot wild scarlet macaws, who are regular visitors to the jungles surrounding Puerto Jiménez. This small town in the southern region of the Puntarenas province is also a historic gold mining and logging community.

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**Day 10: Quepos and Manuel Antonio National Park**  
**Spot Charming Wildlife**

Choose the activity you like best: an aerial forest canopy tour or a visit to the quaint town of Quepos. Delight in wonderful wildlife viewing opportunities at Manuel Antonio National Park, home to plentiful white-faced capuchin, howler, and squirrel monkeys, as well as deer and sloths.



**Day 11: Puerto Caldera**  
**Wave a Fond Farewell**

Disembark the M/S *Panorama* and soak up the sun at our all-inclusive Fiesta Resort hotel, located on Costa Rica's Pacific coast near the small town of Puntarenas. Enjoy some time unwinding by the pool before we gather for our farewell dinner and toast to a wonderful voyage.

**Day 12: San José, Costa Rica**  
**Set off on Your Onward Journey**  
Board your complimentary group transfer to the airport for your flight home or choose to extend your stay in Costa Rica. San José, the country's capital, is nestled within the Central Valley region, with the Talamanca Mountains to the south and volcanoes to the north.



SHIP

# M/S *Panorama*



**Capacity:** 48 passengers

**Length:** 54 metres (177 ft.)

**Registry:** Greece

The M/S *Panorama* is a three-masted Motorsailer launched in 1993 and rebuilt in 2001, last renovated in 2014.

Upper deck cabins and lounge, and main deck cabin en suite bathrooms and lounge have been refitted.

The cabins are air-conditioned and fitted with TV (satellite channels), internal telephone, hairdryer, mini-fridge, piped music, private bath, and safe box.

● **CATEGORY 5** | SINGLE OCCUPANCY

Lower Deck: porthole window, one lower double bed—approx. 119 sq. ft.

● **CATEGORY 4** | SUPERIOR TWIN

Upper or Main Deck: large picture windows, one double bed or lower twin berths—approx. 124 sq. ft.

● **CATEGORY 3** | COMFORT TWIN

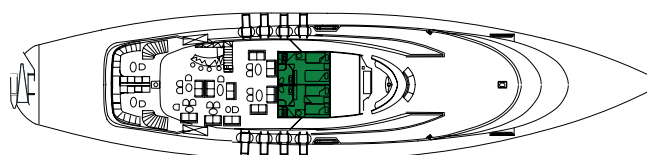
Lower Deck: porthole window, two twin berths—approx. 124 sq. ft.

● **CATEGORY 2** | TWIN

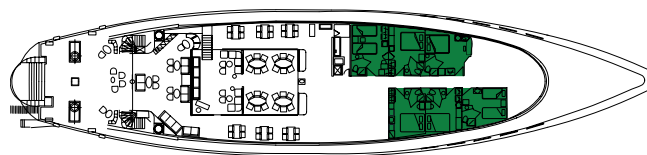
Lower Deck: porthole window, two twin berths—approx. 119 sq. ft.

● **CATEGORY 1** | TRIPLE

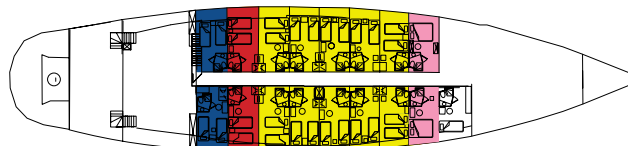
Lower Deck: porthole window, one upper berth, and two lower—approx. 130 sq. ft.



UPPER DECK



MAIN DECK



LOWER DECK







● CATEGORY 5 | SINGLE OCCUPANCY



● CATEGORY 4 | SUPERIOR TWIN



● CATEGORY 3 | COMFORT TWIN



● CATEGORY 2 | TWIN



● CATEGORY 1 | TRIPLE





# Expedition Prices

ALL PRICES ARE PER PERSON, IN US DOLLARS

EXPEDITION	DAYS	CABIN CLASS CATEGORIES					CHARTER FLIGHT
		5	4	3	2	1	
<b>COSTA RICA &amp; THE PANAMA CANAL</b> FEBRUARY 24–MARCH 7 & MARCH 5–16, 2023	12	\$9,095*	\$9,295	\$8,895	\$7,995	\$6,995	—

\*Single Cabin

## EXPEDITION COSTS INCLUDE:

\*Applicable taxes and Credit card fees \*Costa Rica airport transfer \*Special access permits, entry and park fees \*Team of expedition staff \*Guided activities \*Sightseeing and community visits \*All Zodiac excursions \*Port fees \*Pre-departure materials \*Educational program \*Interactive workshops \*Evening entertainment \*All shipboard meals \*Day 1 and day 11 hotels are included

## EXPEDITION COSTS DO NOT INCLUDE:

\*Commercial flights \*Panama airport transfer \*Program Enhancements/ optional excursions \*Gratuities \*Personal expenses \*Mandatory medical evacuation insurance \*Additional expenses in the event of delays or itinerary changes \*Possible fuel surcharges \*Pre- & post-trip hotel accommodation



## League of Adventurers

LOYALTY REWARDS PROGRAM

Exploring with Adventure Canada just got better with our exclusive loyalty program: The League of Adventurers.

The number of people who keep travelling with us continues to grow and, in response, we want to thank our returning clients by offering special rewards and benefits. As a past traveller you are automatically a valued member of the League and eligible for special rewards.

## SAVE 5%

When booking your second to fifth shipboard expedition operated by Adventure Canada

## SAVE 10%

When booking your sixth or more shipboard expedition operated by Adventure Canada

## PLUS

- League of Adventurers welcome package
- Early notifications of upcoming promotions and events
- Exclusive gifts
- Onboard gift shop discounts

Terms and conditions apply.





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## **Adventure Canada is a Certified Safe Travels Operator**

Adventure Canada has been awarded a Safe Travels certificate by the World Travel & Tourism Council and the Tourism Industry Association of Ontario. This accreditation recognizes us as a global leader in our adopted health and hygiene protocols and confirms our commitment to putting the safety, health, and security of our clients, staff, and crew before all else.

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