

COSTA RICA AND THE PANAMA CANAL

NEW!
CARIBBEAN TO
CLOUD FOREST
ITINERARY

PLUS
PRISTINE
WILDNESS &
A UNIQUE
CANAL TRANSIT

WITH
AN EXCLUSIVE
COMPLIMENTARY
2-NIGHT STAY
IN PANAMA

ABOARD NATIONAL GEOGRAPHIC SEA LION | 2015-16



Lindblad
Expeditions



NATIONAL
GEOGRAPHIC™

As astonishing as the photos in National Geographic.
And an exhilarating life adventure:
A Lindblad-National Geographic Expedition



**Lindblad
Expeditions**



**NATIONAL
GEOGRAPHIC™**

Lindblad Expeditions and National Geographic have joined forces to further inspire the world through expedition travel. Our collaboration in exploration, research, technology and conservation will provide extraordinary travel experiences and disseminate geographic knowledge around the globe.

VOYAGE EXCLUSIVE: August 2014 marked the start of the Panama Canal Centennial. We celebrate by extending an invitation to you: Be our guest on select departures for a two-day stay in Panama City! Find details on page 6.

Dear Traveler,

The Panama Canal is still celebrating its 100th anniversary. And I can think of no better way to appreciate this feat of engineering and labor than by standing on deck of the *National Geographic Sea Lion* and watching the locks in action, keeping a lookout for wildlife as we transit the 48-mile stretch.

The Canal, which effectively connects more than 144 shipping routes, 1,700 ports, and 160 countries, is much more than its transit locks. It is miles of wild landscape, rich with intrigue and an astonishing biodiversity of wildlife. So much so that the Smithsonian chose to place its Biological Research Institute on the edge of Gatún Lake's Barro Colorado Island. We'll explore the island during our two-day transit, joined by Smithsonian staff who will reveal the facets of the tropical forest that so challenged the Canal's builders.

This Canal transit is in itself a once-in-a-lifetime experience. However, when you can also explore spectacular stretches of coastal Panama and Costa Rica, it becomes far richer. You'll snorkel, swim and kayak, explore in our expedition landing craft, and more. And new this year is the chance to explore the Caribbean side of Costa Rica at Tortuguero, a low-lying, car-free town surrounded by verdant rain forest teeming with unique wildlife. You'll share the adventure with top experts—naturalists, biologists, an undersea expert, and more—to help you see, do and learn more. And you'll be accompanied by a Lindblad-National Geographic certified photo instructor to help you capture it all in your best photos ever.

There are many ways to explore Costa Rica and Panama. You'll find our expeditions—whether you choose to go by ship or focus on Costa Rica's interior—are satisfyingly holistic, comprehensive, and curated experiences with an engaging, knowledgeable staff. I hope that you are inspired to join us.

All the best,



Sven-Olof Lindblad

P.S. To celebrate the Panama Canal Centennial, we invite you to enjoy a complimentary two-day extension in Panama City to observe the Panama Canal Expansion Project, and visit the new Frank Gehry-designed Biodiversity Museum. Please be our guest—find complete details on page 24.



TORTUGUERO

Explore a remote, car-free town and venture deep into the surrounding rain forest via jungle-canopied canals.

ARENAL

Take in a view of the country's most active volcano, walk suspension bridges, enjoy thermal hot springs and the family-owned, boutique-style lodge we've reserved.

MONTEVERDE CLOUD FOREST

Add an inland exploration to your coastal expedition. See butterflies, hummingbirds and walk the jungle reserve.

COSTA RICA

MANUEL ANTONIO

One of Costa Rica's most famous beaches, first charted by Ponce de León. Approach by expedition landing craft for a magical encounter where the jungle meets the sea.

OSA PENINSULA

National Geographic calls it "one of the most biologically intense places on Earth." Land on the beach of the largest, most remote jungle in Costa Rica.

GOLFO DULCE

Explore a lush private garden tended by expats we've known for decades—see splendid tropical blooms, plus macaws, toucans, and other colorful birds. We provision the ship in this area—obtaining fresh, handline-caught fish.

ISLA COIBA

Snorkel at an isolated marine preserve. Explore this remote island national park and UNESCO World Heritage site.



SEE RARE, ELUSIVE WILDNESS YOU WOULD OTHERWISE MISS

BARRO COLORADO ISLAND

By special arrangement, visit the Smithsonian Tropical Research Institute, and hike where some of the world's most important tropical research takes place.

PANAMA

PANAMA CANAL

Cross over two dramatic days for an unhurried look at Gatún Lake and the Canal Zone.

GULF OF PANAMA ISLETS

Visit clear blue waters to explore hidden beaches and coves on otherwise-inaccessible islands—once host to pearl divers and pirates.

Guests exploring by expedition landing craft.



“This is one of the great works of the world. It is a greater work than you yourselves at the moment realize.”

- THEODORE ROOSEVELT, ADDRESSING THE CANAL WORKERS



THE PANAMA CANAL WITH SPECIAL ACCESS

Our Canal transit is different. We cross over two days, allowing us to typically see the workings of the locks by day—and also dramatically lit by night, an experience often cited by guests as a highlight of their expedition.



Since we overnight in the Canal Zone on the lushly fringed Gatún Lake, we have the opportunity, by special arrangement, to visit Barro Colorado Island, site of the Smithsonian Tropical Research Institute that has been in continuous operation since 1923. Explore the island on foot or by expedition landing craft. See its extraordinary wildlife, and we'll hike where research is being conducted by some of the world's top tropical scientists.



Left: The Panama Canal was built from 1904 to 1914 after a French attempt that began in 1881 and was abandoned in 1889. Top: Guests observe the dramatically lit Canal by night. Bottom: Barro Colorado Island, where we visit the Smithsonian Tropical Research Institute and learn more about the National Geographic-funded projects to study the island's species.

BE OUR GUEST IN PANAMA CITY

Overnight and enjoy a two-day stay in **Panama City** where we've made arrangements for you to visit the **Canal Expansion Observation Center** as well as the new, **Frank Gehry-designed, Museum of Biodiversity**. Extend your adventure with our compliments on select departures. See page 24 for details.



MUSEUM OF BIODIVERSITY

A Frank Gehry-designed spectacle of steel and concrete, the newly opened BioMuseo is a tribute to the history of the isthmus and its wildlife. Ambitious in scope, its 43,000 square feet tell the story of the region's iconic wildlife. Visit it on a special tour curated and led by our top staff.



Clockwise from top left: Archival images from the Canal's original construction; aerial shot of the new Expansion Observation Center; the Frank Gehry-designed BioMuseo.





PANAMA CANAL: HISTORIC & MODERN

The Panama Canal changed the way the world traveled and moved goods. Now, nearly 100 years after opening, it is changing again. A mammoth new construction project is underway: new locks, seventy feet wider, are being built at both ends of the Canal. These new locks will again change the face of global commerce by allowing a much greater volume of goods to cross. You'll also visit the Miraflores Lock, and observe the action of the Canal from the overlooking restaurant where we'll dine.





Clockwise from top left: Walk suspension bridges in the forests surrounding Arenal; explore the low-lying coastal areas of Tortuguero; take in the magnificent views of Arenal Volcano; hike the national parks of Costa Rica with lush vegetation and exquisite bird-watching.



COSTA RICA'S WILD INTERIOR

A land bridge that divides oceans and connects continents, Costa Rica is dense with varied and wild terrain: cloud forests, active volcanos, and verdant, low-lying coastal regions. Experience the country's interior on our inland expedition, which can be taken on its own or added to a coastal expedition for a holistic experience. You'll discover a rarified land where clouds cling to a forested, mist-shrouded hillside with towering trees and bright green foliage. Cross a vast alpine lake and hike in the shadow of an active volcano that looms over its surroundings, its geothermal activity evident in the natural hot springs that abound. And, since our expeditions focus on the Pacific side, this presents a unique opportunity to explore the country's Caribbean coast and Tortuguero National Park with our expert team. This low-lying coastal region's rainy season drives the forest to bright hues of green in time for our arrival. And we'll thread through the jungle's narrow canals aboard local boats—for optimal wildlife viewing—caiman, birds, and several species of monkey.

Explore inland Costa Rica and the Caribbean coast on your choice of two itineraries: *Exploring Costa Rica: From Cloud Forest to the Caribbean* (pg 18-19) and *Panama to Costa Rica, Plus Monteverde, Arenal Volcano & Tortuguero* (pg 21).





Clockwise from left: A mantled howler monkey foraging with its young; cool off in a waterfall or enjoy some kayaking opportunities; a scarlet macaw shows off.

GO DEEPER INTO BIODIVERSITY

Experience the authentic wildness of Costa Rica & Panama by exploring up-close and in-depth—only possible when you go by expedition ship. You'll be able to venture to tiny, idyllic islands in the Gulf of Panama that are free from tourist infrastructure and only reachable by our expedition landing craft. Cool off in the pool of a secluded waterfall as a reward after a hike in the jungle. Call at a private reserve we've visited for nearly 30 years that's home to toucans, macaws, and hundreds of orchid species. Explore a jungle shoreline by kayak, snorkel a vibrant undersea garden, cruise up winding, jungle-canopied creeks in our expedition landing craft. Or choose the optional opportunity for a beach horseback ride.







JOY OF COSTA RICA & PANAMA EXPEDITION-STYLE

Our founder, Sven Lindblad, spent his formative years in Africa, working as a guide with a high-end safari operator, and the words of his mentor have always stayed with him: “only a fool has to suffer in the bush.” That’s why our hotel staff and chefs are integral to every expedition—as important to the intricate calculus of happiness aboard as the expedition leader and the captain. Their ability to respond flexibly keeps our vital expeditionary

spirit fed, so to speak. You can eagerly rush to the deck for a spontaneous dinner hour dolphin sighting, without fear that it’s wreaking havoc in the kitchen. Dinner will still be superb. Like the ship’s connectedness to the outdoors, each meal is a window of sorts, reflecting local, sustainable cuisine whenever possible, including fresh fish and superb Costa Rican coffee. Breakfast, lunch, and

dinner aboard earn rave reviews from guests. You’ll discover that life aboard our 62-guest expedition ship is warm and welcoming, with everyone participating equally in the adventure. Evening Recaps in the lounge are a chance to swap stories of the day’s surprises with family and new friends over hors d’oeuvres and cocktails.



Clockwise from top left: Take advantage of opportunities for photography, snorkeling, and kayaking; our chef crafts culinary delights using locally sourced products; explore via expedition landing craft.



EXPEDITION PHOTOGRAPHY

OUR EXCLUSIVE PROGRAM

Unique in the world of travel, our Expedition Photography program offers guests of every skill and interest level unrivaled photography opportunities—including a Lindblad-National Geographic certified photo instructor on board every expedition. Photo enthusiasts, from beginner to semi-pro can stand side-by-side with accomplished photographers and pick up tips in an extraordinary field environment. Their expertise will inspire you and help you improve your skills—so you can return home with greater confidence and a complete photo record of your experience of a lifetime.



THE TOP EXPEDITION TEAM

Learn, see, and do more by exploring with the experts who know the region best. Your team consists of an expedition leader and four naturalists, including a Lindblad-National Geographic certified photo instructor and an undersea specialist. Additionally, a wellness specialist who leads aerobic hikes and morning stretch class, and a video chronicler who films the story of your adventure are on every expedition.



NATIONAL GEOGRAPHIC

TRAVEL WITH NATIONAL GEOGRAPHIC PHOTOGRAPHERS

Choose a select departure and learn from these top National Geographic Photographers

KIKE CALVO

DEC. 12, 2015

Award-winning photographer and expert on Latin America. Kike (short for Enrique) has published several National Geographic books.



JEFF MAURITZEN

JAN. 9, 2016

A National Geographic naturalist and photographer who has covered over 50 countries for a wide variety of publications.



SUSAN SEUBERT

FEB. 13, 2016

An award-winning travel and editorial photographer, Susan has shot more than 20 features for *National Geographic Traveler*.



MICHAEL MELFORD

MAR. 12, 2016

A National Geographic Society photographer for over 25 years, Michael has produced eight books and shot stories in wild places all over the world.



COSTA RICA AND THE PANAMA CANAL

8 DAYS/7 NIGHTS—ABOARD *NATIONAL GEOGRAPHIC SEA LION*

PRICES FROM: \$6,190 to \$10,490 (See page 23 for complete prices.)

Immerse yourself in natural wonders along the Pacific coast of Costa Rica and Panama on a voyage aboard the *National Geographic Sea Lion*. Venture into the forests of Manuel Antonio and Corcovado National Parks; search for monkeys, frogs, sloths and brightly colored birds; and take an optional horseback ride on a pristine beach. Cap off your voyage with a crossing of the legendary Panama Canal.

EXPEDITION HIGHLIGHTS

- ▶ Discover hidden pools and waterfalls deep within the jungles of the Osa Peninsula.
- ▶ Kayak around the tiny islands of the Gulf of Panama, and snorkel off Isla Coiba.
- ▶ Enjoy special access to the protected forests of Barro Colorado Island.
- ▶ Examine the fascinating lock system that made the Panama Canal one of the greatest engineering achievements of its era.

EXPERIENCE & EXPERTISE



Every expedition sails with a veteran expedition leader and a handpicked team of four local naturalists including a Lindblad-National Geographic certified photo instructor. Each naturalist is deeply knowledgeable about Costa Rica and Panama and dedicated to sharing their passion for the region with you. Other key members of the expedition team include a wellness specialist, and a video chronicler. National Geographic experts are on select departures.

Visit our website to read staff and guest speaker bios for this expedition.

Scarlet macaw.

DAY 1: U.S./SAN JOSÉ, COSTA RICA/ HERRADURA

Upon arrival in San José, transfer by land to Herradura and embark our ship *National Geographic Sea Lion*. (D)

DAY 2: MANUEL ANTONIO NATIONAL PARK

Spend the morning in Manuel Antonio National Park, a UNESCO World Heritage site, where thick forests fringe white-sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly colored birds. This afternoon follow the Pacific coastline south and stop for a refreshing swim or a hike. (B,L,D)



Horseback riding, Osa Peninsula.

DAY 3: OSA PENINSULA

Anchor off the Osa Peninsula to see some of the most pristine lowland rain forest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, optional horseback riding on the beach, or trek through the rain forest for a chance to see four species of monkeys—howler, spider, capuchin, and squirrel. (B,L,D)

DAY 4: GOLFO DULCE

Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica. Visit Casa Orquídeas, a tropical paradise of ornamental palms, bromeliads, heliconias, and orchids, closed to the general public and reached by boat only. Keep your eye out for tanagers, parrots, and toucans. Later, explore the placid bay, ideal for kayaking, expedition landing craft rides and swimming. (B,L,D)

DAY 5: COIBA NATIONAL PARK, PANAMA

We make our first stop in Panama this morning at 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 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, go kayaking or hiking, or relax on the beach. (B,L,D)

DAY 6: GULF OF PANAMA ISLETS/PANAMA CANAL TRANSIT

Today, explore the tiny islets of the Gulf of Panama by expedition landing craft or kayak. Here we might spot frigatebirds, brown pelicans, neotropical cormorants, and brown boobies. Set sail for the Panama Canal this afternoon. Stretching more than 50 miles, the canal was a colossal engineering feat completed in 1914. It is still traversed by some 14,000 ships every year. As cargo ships tend to pass through the canal during the day, we'll most likely begin our crossing at night, when the canal is dramatically lit. (B,L,D)

DAY 7: GATÚN LAKE/PANAMA CANAL TRANSIT

Board our expedition landing craft to visit Barro Colorado Nature Monument in Gatún Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute on Barro Colorado Island since 1923, researching its 120 mammals and diverse tree species. It is also the site of a National Geographic-supported project that tracks tagged animals using automated radio signals and wireless technology. Join local guides for a walk through the forests. This evening, continue through the complex lock system of the canal. (B,L,D)

DAY 8: COLÓN/PANAMA CITY/U.S.

After breakfast, disembark in Colón and transfer to the airport in Panama City for your flight home. (B)

EXPEDITION DETAILS

DATES: 2015 Nov. 28; Dec. 5*, 12 📷, 19*, 26.
2016 Jan. 2*, 9 📷, 16*, 23, 30*;
Feb. 6, 13* 📷, 20, 27*; Mar. 5, 12* 📷.

📷 Photo Expeditions: departures are for passionate photographers with hands-on instruction from our Photo Expedition Team.

*These departures travel from Panama City to San José.

SPECIAL OFFER:

Panama Pre- or Post-Extension

Stay an extra night and day in **Panama City** to view the Museum of Biodiversity, designed by Frank Gehry and the new **Panama Canal** Expansion Observation Center. Select 2015/16 departures. See page 24 or call for details.

OPTIONAL EXTENSIONS

Add a three-day pre-extension to the **Monteverde Cloud Forest** and/or the new seven-day post-extension to **Monteverde, Arenal Volcano & Tortuguero**. See pages 20-21 for details.

NATIONAL GEOGRAPHIC EXPERTS:

Travel with **Kike Calvo** on Dec. 12, 2015; **Jeff Mauritzen** Jan. 9, 2016; **Susan Seubert** Feb. 13, 2016; **Michael Melford** Mar. 12, 2016.



Howler monkeys.

NEW LAND-ONLY!

EXPLORING COSTA RICA: FROM CLOUD FOREST TO THE CARIBBEAN

9 DAYS/8 NIGHTS

2015/16: \$4,290 pp double occupancy and \$4,790 single occupancy.

Discover the breadth of biodiversity of wild Costa Rica on a land-based expedition through forests, mountains, and the verdant Caribbean coast. Experience the varied landscapes, from a mist-shrouded forest, to an active volcano and the low-lying Caribbean canals—each biosphere with its unique wildlife. Fine lodges will serve as your base camp on a cohesive, curated journey.

EXPEDITION HIGHLIGHTS

- ▶ Experience the mist-shrouded cloud forest on a naturalist-led hike through Monteverde Cloud Forest Reserve.
- ▶ Walk suspension bridges in the shadow of active Arenal Volcano, and then relax in springs warmed by volcanic activity.
- ▶ Visit the remote, car-free town of Tortuguero and venture into the rain forest via green-canopied canals.
- ▶ See a great variety of landscapes, wildlife, and biodiversity on a land-only expedition.



A view of the Arenal Volcano.

DAY 1: HOME/SAN JOSÉ

Fly to the international airport in San José, Costa Rica and transfer to the Doubletree Cariari hotel by Hilton. Meet your naturalist guide and enjoy a welcome dinner at the hotel. (D)

DAY 2: SAN JOSÉ/CARARA NATIONAL PARK/MONTEVERDE

After an early breakfast at the hotel transfer to Carara National Park, where the less dense rain forest makes for easy bird sightings. Enjoy lunch at a local restaurant before venturing to the nearby Bat Jungle exhibit or hearing from an early Quaker settler of Monteverde. We'll check into a family-owned retreat with expansive lawns and picturesque views of the cloud forest. (B,L,D)



Blue morpho butterfly.

DAY 3: MONTEVERDE

Begin the day at a butterfly farm where we'll have the opportunity to see dozens of local species in a short time. After lunch, we'll tour the Monteverde reserve and search for mantled howler monkeys and possibly the rare resplendent quetzal among other species. (B,L,D)

DAY 4: MONTEVERDE/ARENAL

We'll enjoy breakfast at the hotel and then visit a family-owned, third generation coffee farm. A local guide will share the culture of

coffee farming in Central America, and we'll have a chance to pick coffee cherries during a tour of the grounds. After the tour, drive to Lake Arenal and cross in small boats for a fresh perspective on the volcano. Dine at a restaurant on the lake's far side before checking into an elegant hotel surrounded by gardens and pastures with grazing animals. Every room offers a panoramic view of the smoldering Arenal Volcano. (B,L,D)

DAY 5: ARENAL VOLCANO

Walk the Arenal Hanging Bridges strung more than 3 kilometers through the rain forest canopy. In the evening, relax in thermal pools naturally heated by the volcano. (B,L,D)

DAY 6: ARENAL/TORTUGUERO

Transfer to the airport for a short charter flight to Tortuguero airstrip, followed by a boat ride to the small village at the heart of the rain forest. Tortuguero is located along Costa Rica's northeast coast, on the lowest, wettest land in the country and presents a wholly different habitat to explore. Check into a beautiful and rustic lodge overlooking Tortuguero National Park's forest-lined waterways, and then tour the village and the Sea Turtle Conservancy, with its museum and sprawling beaches vital to sea turtle nesting. (B,L,D)

DAY 7: TORTUGUERO

Begin the day with breakfast in the lodge's palm-thatched restaurant before exploring the narrow, rain forest lined canals of the park by small boat to spot monkeys, caiman, and myriad species of tropical birds. Later tour the lodge's botanical and butterfly gardens and take advantage of the lodge's pool. (B,L,D)

DAY 8: TORTUGUERO/SAN JOSÉ

En route to San José we'll stop to visit Sibú Chocolatier, maker of some of the world's finest organic chocolate. Here we'll learn the Aztec & Mayan history of the cacao plant and enjoy a workshop on preparing chocolate. The day ends with a farewell dinner. (B,L,D)

DAY 9: SAN JOSÉ/HOME

Transfer to the San José airport for flights home. (B)



EXPEDITION DETAILS

DATES: 2015 Dec. 11, 25
2016 Jan. 8, 22; Feb. 5, 19; Mar. 4, 18



Look out for capuchin monkeys.

COSTA RICA TO PANAMA PLUS MONTEVERDE CLOUD FOREST

11 DAYS/10 NIGHTS—ABOARD *NATIONAL GEOGRAPHIC SEA LION*

PRICES FROM: \$7,780 to \$12,280

(See page 23 for complete prices.)

DATES: **2015** Nov. 25; Dec. 9, 23 **2016** Jan. 6, 20; Feb. 3, 17; Mar. 2

There is an aura about Monteverde's cloud forest—the mist drifting past silhouettes of majestic trees, the cool quiet and the haunting music of a bird called "Solitaire." The cloud forest is a secretive place, revealing its magic to the trained eye of our naturalists, who will help you observe all facets of this marvelous habitat. On our Costa Rica expeditions, you will have a ground-level experience by walking the forest trail and then head up into the canopy to take a Skywalk—a series of suspension bridges—for a bird's-eye view. Combine Monteverde prior to your *National Geographic Sea Lion* sailing for an in-depth perspective.

EXPEDITION HIGHLIGHTS

- ▶ Walk trails with butterflies and birds, and watch for the rare resplendent quetzal.
- ▶ Ascend a series of suspension bridges for a bird's-eye view of the forest canopy.
- ▶ Monteverde's cloud forest is sprinkled with moss, 300 species of orchids, and abundant wildlife.



Three-toed sloths.

DAY 1: MIAMI/SAN JOSÉ, COSTA RICA

Depart Miami mid-morning via American Airlines on a non-stop flight to San José, Costa Rica. Flying time is approximately three hours. Upon arrival, a short drive brings us to the Doubletree Cariari Hotel. (D)

DAYS 2 AND 3: MONTEVERDE CLOUD FOREST

A scenic drive of approximately five hours takes us to Monteverde Cloud Forest, an acclaimed private reserve. Bathed in cool, year-round moisture, the forest is covered with mosses and 300 species of orchids. Walk trails rich with butterflies and bird life. Ascend the Skywalk, a series of suspension bridges, for a bird's-eye view of the rain forest canopy. Learn about life



Guests explore on the Skywalk in Monteverde.

in the early Monteverde community from Marvin Rockwell, one of the original Quaker homesteaders. We spend each night at a charming, family-owned lodge. (B,L,D)

DAY 4: MONTEVERDE/HERRADURA/ EMBARK

Visit a butterfly farm before transferring to Herradura to embark our ship. (B,L,D)

DAYS 4-11: FOLLOW "COSTA RICA & THE PANAMA CANAL" ITINERARY ON PAGES 16-17. (DAYS 4-10: B,L,D; DAY 11:B)

PANAMA TO COSTA RICA PLUS MONTEVERDE, ARENAL VOLCANO & TORTUGUERO

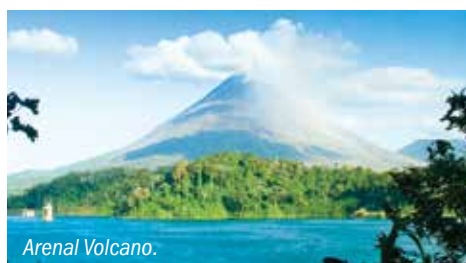
15 DAYS/14 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION

PRICES FROM: \$10,180 to \$14,980 (See page 23 for complete prices.)

DATES: 2015 Dec. 5, 19 2016 Jan. 2, 16, 30; Feb. 13, 27; Mar. 12

Cloud forests, volcanoes, and the sea: the ultimate allure of a Panama and Costa Rica expedition. This journey offers an amazing variety of experiences, including an in-depth transit of the Panama Canal; and time on land in Monteverde Cloud

Forest and at Arenal Volcano. Explore the area aboard the versatile expedition ship *National Geographic Sea Lion*, go kayaking, use expedition landing craft, and snorkeling gear. On this Central American expedition you get to explore the Pacific and Caribbean sides of the Costa Rica for our most in-depth experience among the region's iconic wildlife and varied landscapes.



EXPEDITION HIGHLIGHTS

- ▶ Cloud forests, volcanoes and the sea create the ultimate expedition combination.
- ▶ Search for monkeys, iguanas, endangered scarlet macaws, and American crocodiles.
- ▶ Venture up Tortuguero's narrow, rain forest-lined canals to search for monkeys, caiman, rare birds, and more on the Caribbean side of Costa Rica.



DAYS 1-7 (DAY 1: D; DAYS 2-7: B,L,D): FOLLOW "COSTA RICA & THE PANAMA CANAL" ITINERARY IN REVERSE ON PAGE 17. NOTE: DAYS 8-15 CAN BE TAKEN AS A STAND-ALONE EXPEDITION. SEE PAGE 19.

DAY 8: HERRADURA/MONTEVERDE

Disembark the ship and transfer to Carara National Park to bird watch and then see the Bat Jungle exhibit or hear from an early Quaker settler. Stay at a peaceful retreat with expansive grounds and picturesque views. (B,L,D)

DAY 9: MONTEVERDE

Visit a butterfly farm and tour the Monteverde reserve. (B,L,D)

DAY 10: MONTEVERDE/ARENAL

Visit a third-generation coffee farm, and then sail across Lake Arenal. Later, check into an elegant hotel with a panoramic view of the smoldering Arenal Volcano. (B,L,D)

DAY 11: ARENAL

Walk the Arenal Hanging Bridges, strung through three kilometers of dense rain forest canopy, then relax in thermal pools heated by the volcano. (B,L,D)

DAY 12: ARENAL/TORTUGUERO

Transfer to the airport for a charter flight to Tortuguero National Park followed by a boat ride to the small village at the heart of the rain forest. Check into a beautiful lodge overlooking the park's waterways, and then tour the village, museum and beaches of the Sea Turtle Conservancy. (B,L,D)

DAY 13: TORTUGUERO

Explore the narrow, rain forest lined canals of the park by small boat to spot the monkeys, caiman, and myriad species of birds on the Caribbean side of Costa Rica. Later tour the lodge's botanical garden. (B,L,D)

DAY 14: TORTUGUERO/SAN JOSÉ

Visit Sibú Chocolatier and enjoy a workshop on preparing chocolate. After lunch, visit a fine San José museum. The day ends with a farewell dinner. (B,L,D)

DAY 15: SAN JOSÉ/U.S.

Transfer to the San José airport for flights home. (B)

Top 10 Reasons to experience Costa Rica & Panama with Lindblad and National Geographic

1. Experience Matters. With 20+ years in the region, we have had more time than anyone to learn how to deliver the most extraordinary expedition possible. We also own and operate the *National Geographic Sea Lion*, giving us experience and ownership that other operators here just don't have. You'll feel the difference.

2. More flexibility, choices, and opportunities to explore. We've put our experience to use in scheduling swimming, snorkeling and walking/hiking excursions at our favorite sites, at the best time of day, with flexibility built-in for those magical wildlife moments you won't want to miss. Kayak or take expedition landing craft to otherwise unreachable spots.

3. Explore the Hidden Gems. Costa Rica and Panama offer wildness, enormous biodiversity, and beauty—but much of it is tucked away in secluded coasts or offshore in hard to reach locations. Approach beaches from the water, see a greater variety of natural wonders than any land-based excursion.

4. Learn more from experienced naturalists. How many times has a stellar guide made all the difference in your travels? We've hand-picked a team of them, a core group of Costa Rican and Panamanian naturalists (1 for every 12 guests) so that you'll learn more and make an incredible connection with these fascinating islands.



5. A Lindblad-National Geographic certified photo instructor on every departure.

A specially trained naturalist, your photo instructor will provide assistance with your camera and instruction in elements of composition—to help you take

your best photos ever. Certain departures are dedicated Photo Expeditions, with National Geographic photographers aboard, for an in-depth photo experience.

6. Unique Panama Canal Transit. The Panama Canal is so much more than a series of locks, and we take in this engineering marvel over two days instead of one. We explore the Canal Zone and, by special arrangement with the Smithsonian Tropical Research Institute, are permitted to overnight in the middle of our Panama Canal transit to explore Barro Colorado Nature Monument.

7. Tools for exploration. Our fleet of 5 expedition landing craft, 8 single kayaks and 12 double kayaks allow us to explore remote locations that would be otherwise impossible to reach.

Video microscopes, hydrophones, and other tools give you the opportunity to have an unmatched, in-depth understanding and appreciation of all we'll discover.



8. Wellness inspired by nature. Our Wellness program, balances activities ashore and aboard. Our wellness specialist leads morning stretch class on the sundeck or on the beach. And complimenting the tonic of wildness, we offer massage therapy and body treatments in the LEXspa.

9. Seamless transition to a land-based exploration. Add an inland exploration of Costa Rica before or after your coastal expedition. Join our top tier expedition team in exploring Monteverde, Tortuguero, and Arenal.

10. Exclusive Video Chronicle of your expedition. A video chronicler aboard every voyage captures all the moments of your unique expedition. Professionally shot in HD and edited during the voyage, it's available for purchase at disembarkation.

National Geographic Sea Lion

CAPACITY: 62 guests in 31 outside cabins.

REGISTRY: United States.

OVERALL LENGTH: 152 feet.

PUBLIC AREAS: Our ship features a library; global market; lounge with full-service bar and facilities for films, slide shows, and presentations; Observation Deck; partially covered sundeck with chairs and tables, and LEXspa. Our “open bridge” provides guests an opportunity to meet our officers and captain and learn about navigation.

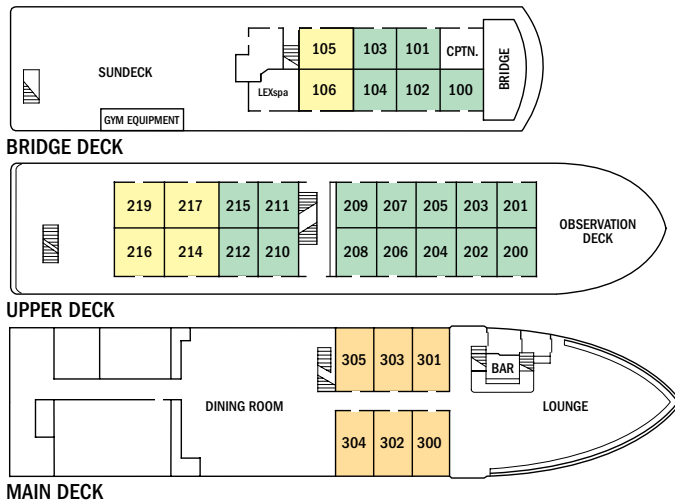
MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide selection buffet and lunch is often served family style. Menu emphasizes local flair.

CABINS: All face outside with windows, private facilities, and climate controls.

EXPEDITION EQUIPMENT: Bow camera, hydrophone, kayaks, snorkeling gear, splash-cam, video microscope, and expedition landing craft.

SPECIAL FEATURES: Guest Internet access. A video chronicler and doctor on board all voyages.

WELLNESS: The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and outdoor stretching area.



Insets clockwise from top: Expedition ship National Geographic Sea Lion can access hard to reach locations; twin beds can be pushed together to form a double bed in Category 3 cabins on the Upper Deck; a comfortable Category 2 cabin.

CATEGORY 1: Main Deck #300-305—Conveniently positioned between the dining room & lounge, these cabins feature two single lower beds, a writing desk, and a large view window.

CATEGORY 2: Bridge Deck #100-104; Upper Deck #200-212, 215—These well-located cabins include two lower single beds & a view window.

CATEGORY 3: Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219—These cabins feature a seating unit with table and two large view windows. Upper Deck cabins include two lower single beds which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two lower single beds only.

NOTE: Sole Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in certain categories at one half the double occupancy rate.

SHARED ACCOMMODATIONS: Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.

Prices are per person, double occupancy unless indicated as solo.

ITINERARY	YEAR	CAT. 1	CAT. 2	CAT. 3	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT	NOTE
Costa Rica & The Panama Canal	2015/16	\$6,190	\$6,990	\$7,920	\$9,290	\$10,490	\$750	Sample Airfares: Miami/Panama City, San José/Miami or vice versa: Economy from \$450; Business from \$800.
Monteverde + Costa Rica to Panama	2015/16	\$7,780	\$8,580	\$9,510	\$11,080	\$12,280	\$750	Sample Airfares: Miami/San José, Panama City/Miami Economy from: \$450; Business from \$800.
Panama to Costa Rica + Monteverde, Arenal & Tortuguero	2015/16	\$10,180	\$10,980	\$11,910	\$13,780	\$14,980	\$900	Sample Airfares: Miami/Panama City, San José/Miami: Economy from \$450; Business from \$800.

Take advantage of our special offers

COMPLIMENTARY PANAMA EXTENSION: Book now for a complimentary Panama 2 Day/1 Night Pre- or Post- Extension on the Nov. 28-Dec. 12, 2015 and Jan.-Mar. 2016 departures. On the popular Dec. 19 and 26, 2015 departures, pay \$450 per person double occupancy and \$520 for single occupancy for this extension. See the mega-construction of the new locks during lunch at the new Panama Canal Expansion Project Visitor's Center. Tour Miraflores Lock, plus enjoy entrée to the Museum of Biodiversity, designed by Frank Gehry. Call for full details.

BRINGING THE KIDS: We believe sharing an expedition with your kids or grandkids is a life-enhancing experience. So take \$500 off for each child under the age of 18.

Inclusive Pricing Means Real Value

You won't miss out on anything because nearly all activities are included—from snorkeling and kayaking to guided walks and park entrance fees. The only things not included are those of a personal nature or that interest a limited number of people—alcohol, Internet usage, tips to the crew.

IT'S EVEN MORE FUN WITH FRIENDS

Save 5% when traveling as a group of 8 or more people. Take advantage of this great savings, while enjoying traveling with your friends and family. This savings is applicable on voyage fares only, and not on extensions or airfare. Deposit, final payments, and cancellation policies for group travel vary from our regular policies.

PROTECTING THE OCEAN— OUR COLLABORATION WITH MARVIVA

A core value of Lindblad Expeditions-National Geographic is to positively impact the areas we explore.



In Central America, we support MarViva Foundation's responsible fisheries programs. The ocean habitats and ecosystems face serious threats from the intense use of unsustainable fishing gear, overfishing, and illegal fishing, which endanger the sustainability of these critical sources of food, employment and natural heritage in the region.

Together with our guests, we have donated nearly \$200,000 to MarViva. All funds go to local, community-based initiatives to address ocean conservation priorities and the sustainable use of coastal and marine resources along the Eastern Tropical Pacific.

For more about this project or any of our global stewardship efforts, visit expeditions.com/conservation.



What's Included

ABOARD SHIP

- ✓ All meals and non-alcoholic beverages
- ✓ Cappuccinos, lattes & complimentary refillable water bottle
- ✓ 24-hour coffee, tea & soda on demand
- ✓ Hors d'oeuvres & snacks during lounge recap
- ✓ Fitness equipment with towels, water
- ✓ Fully stocked library
- ✓ The guidance and company of our expedition staff

ASHORE

- ✓ Meals on land, as indicated in itinerary
- ✓ Sightseeing & entrance fees
- ✓ Special access permits, park fees, port taxes
- ✓ Transfers to and from group flights
- ✓ The expertise of our expedition staff

ACTIVITIES

- ✓ All excursions
- ✓ Expedition landing craft & kayak explorations
- ✓ Snorkeling, masks, and fins where relevant
- ✓ Lectures & presentations in the lounge

Reservation Information

Costs Include: All accommodations aboard ship or in hotels per itinerary or similar, all meals and nonalcoholic beverages aboard ship, meals on land as indicated, air transportation where indicated as included, shore excursions, sightseeing and entrance fees, special access permits, transfers to and from group flights, use of snorkeling equipment and use of kayaks (where available), tips (except to ship's crew), taxes and service charges, services of a ship physician on most voyages, and services of our expedition staff. In addition, the Monteverde + Costa Rica to Panama itinerary includes three hotel nights and all meals. The Panama to Costa Rica + Monteverde, Arenal Volcano & Tortuguero itinerary includes seven hotel nights and all meals. All three itineraries include portage and services of a local naturalist guide.

Not Included: Extensions; horseback riding; passport/visa fees; baggage/accident/travel protection plan; items of a personal nature such as alcoholic beverages, voyage DVD, email and laundry; gratuities to ship's crew at your discretion.

Airfare: For all programs, airfare is an additional cost unless otherwise indicated. Sample airfares are subject to change. We will gladly assist in making your air arrangements for a \$50 per person service fee.

TERMS & CONDITIONS

Reservations: To reserve your place, an advance payment is required at the time of reservation. The per person advance payment amount varies by program, and is outlined in our brochures, as well as on our website. Payment is accepted by Visa, MasterCard, American Express, Discover, or by check. Receipt of your initial payment indicates your acceptance of our complete Terms and Conditions. We require written notice at the time of reservation for any physical condition, diet, or treatment requiring special attention. Once your reservation is confirmed, we urge you to use your personalized online account for important information to help you prepare for your voyage. Managing your documents online will facilitate fast and accurate communication, and allow you to provide us with pertinent details we require, in order to complete your reservation. Your online account gives you access to your Expedition Guide, which includes valuable information specific to your voyage. You can also use your online account to make easy payments, view recommended flights and reading material, packing list, and so much more.

Final payment: Final payment is due 90 days prior to departure.

Travel Protection Plan: We strongly recommend that you 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, and damaged or lost baggage, and provides medical assistance and evacuation during your travels. Our Travel Protection Plan is available for U.S. and Canadian residents only, and may be purchased any time prior to final payment due date. Travel Protection premiums are non-refundable once plan is purchased.

Smoking Policy: Smoking is allowed only in designated outdoor areas.

Responsibility and Other Terms & Conditions: Among other things, limitations of Lindblad Expeditions' and the National Geographic Society's liability for loss of property, injury, illness or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure, and are also available on our website at www.expeditions.com/terms, or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

Note: Itineraries and prices listed in this brochure are valid as of publication date, and are subject to change. Under normal conditions, the total expedition cost is guaranteed at the time of booking. However, the published price is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event we determine that current costs create an unsustainable financial model, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to pass on these costs to you, to cover such unexpected increases. We will always provide a transparent accounting of the reason for such an increase in costs.

CANCELLATION POLICY

Number of Days Prior to Expedition Start	Per Person Cancellation Fee
120 or more days	\$350*
119-90 days	Advance payment cost
89-60 days	25% of trip cost
59-45 days	50% of trip cost
44-0 days	No refund

*\$350 will be rewarded in the form of a Lindblad Expeditions Travel Certificate. This cancellation policy applies to expeditions and may differ for extensions. The effective date of a cancellation will be the date on which your notice is received. Note: Airline cancellation policies vary by carrier, as well as the type of fare used to issue your ticket. Any revisions you make within the cancellation penalty period, such as departure date or choice of voyage, are subject to cancellation fees. Additional Terms and Conditions may apply. For complete terms, please visit our website at www.expeditions.com/terms.

We are proud to be a Founding Member of Adventure Collection —a family of the world's most trusted and experienced active travel companies. Each member company of Adventure Collection is dedicated to enriching the lives of its guests and to giving back to the areas in which it travels. For more information visit www.AdventureCollection.com.

Lindblad Expeditions, as an Active Member of the United States Tour Operators Association ("USTOA"), is required to post \$1 Million with USTOA to be used to reimburse, in accordance with the terms and conditions of the USTOA Travelers Assistance Program, the advance payments of Lindblad Expeditions customers in the unlikely event of Lindblad Expeditions bankruptcy, insolvency or cessation of business. Complete details of the USTOA Travelers Assistance Program may be obtained by writing to USTOA at 275 Madison Avenue, Suite 2014, NY, NY 10016, or by e-mail to information@ustoa.com or by visiting their website at www.USTOA.com.

Photo Credits: Willy Alfaro, Gregory Basco/Visuals Unlimited, Steffen Binke/Alamy, Jose R. Calvo, Marc Cappelletti, Alexandra C. Daley-Clark, Stewart Cohen, Ralph Lee Hopkins, Frans Lanting/Minden Pictures, Sven-Olof Lindblad, Michael S. Nolan, Javier Padilla, Marco Ricca, Kevin Schafer, Frank Scott/Superstock, Susan Seubert, David Vargas

©2015 Lindblad Expeditions
Lindblad Expeditions and the Eye are the trademarks of Lindblad Expeditions. All rights reserved.
NATIONAL GEOGRAPHIC and the Yellow Border are the trademarks of the National Geographic Society. All rights reserved.

Recent Honors and Awards

- » Condé Nast Traveler's 2014 Reader's Choice Awards-Top Small Ship Cruise Lines
- » Condé Nast Traveler World Savers "Doing it All" Award, 2013
- » Condé Nast Traveler Readers' Choice Award-Top 25 Cruise Lines, 2013
- » Condé Nast Traveler "Gold List", 2013, 2009, 2008, 2007, 2006, 2005
- » Virtuoso "Sustainable Tourism Leadership-Supplier" Award, 2013
- » Travel + Leisure "World's Best" Award for Small-Ship Cruise Lines, 2013, 2012, 2011, 2010, 2009, 2008
- » Travel + Leisure "World's Best for Families" Award for Small-Ship Cruise Lines, 2012, 2011, 2010, 2009
- » Cruise Critic Editor's Pick Awards "Best for Adventure," 2013, 2012, 2011, 2010
- » Climate Champion Award to Sven Lindblad by Clean Air-Cool Planet, 2009
- » Conservation Achievement Award for Corporate Achievement from National Wildlife Federation, 2008
- » Tourism for Tomorrow "Global Tourism Business Award," 2007
- » Go to www.expeditions.com/awards for an extended list.

For Reservations: Contact your travel agent or Lindblad Expeditions

**1.800.EXPEDITION
(1.800.397.3348)**

Reservation Hours:

**Monday – Friday 9am – 8pm ET
Saturday & Sunday 10am – 5pm ET**

**Lindblad Expeditions, Inc.
96 Morton Street, New York, NY 10014
Phone: 212.261.9000
Fax: 212.265.3770**

**email: explore@expeditions.com
For additional information and online reservations, visit us on the Web: www.expeditions.com**



96 Morton Street
New York, NY 10014

PRSRT STD
U.S. POSTAGE
PAID
LINDBLAD
EXPEDITIONS

Account Number:

Expedition Code: 2WLDFUA5

1.800.EXPEDITION | WWW.EXPEDITIONS.COM

♻️ Printed on 10% recycled content paper with soy-based inks. We recommend that you pass this along for others to enjoy or recycle.

WLD-115

Take advantage of our Special Offer: COMPLIMENTARY PANAMA 2 DAY/1 NIGHT PRE- OR POST-EXTENSION on select departures. See page 24 or call for full details.

