

COSTA RICA AND THE PANAMA CANAL

PRISTINE
WILDNESS &
A UNIQUE
CANAL TRANSIT

PLUS
AN EXCLUSIVE EXTRA
TO CELEBRATE THE
CANAL CENTENNIAL
Details on page 6

ABOARD NATIONAL GEOGRAPHIC SEA LION | 2014-15



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 marks 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,

In just a few months the Panama Canal will be 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 hike through lush rain forest. 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 experience Costa Rica, Panama, and the Panama Canal, but none offer the same satisfyingly holistic, comprehensive, and curated experience that our expedition, our well-equipped ship, and our engaging, knowledgeable staff can provide. All at a most historic time!

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 6.



SARAPIQUI

Float down the river, visit an organic chocolatier, and ride horseback—peak experiences curated by our expedition team.

ARENAL

Take in a view of the country's most active volcano, 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 suspension bridges high in the jungle canopy.

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

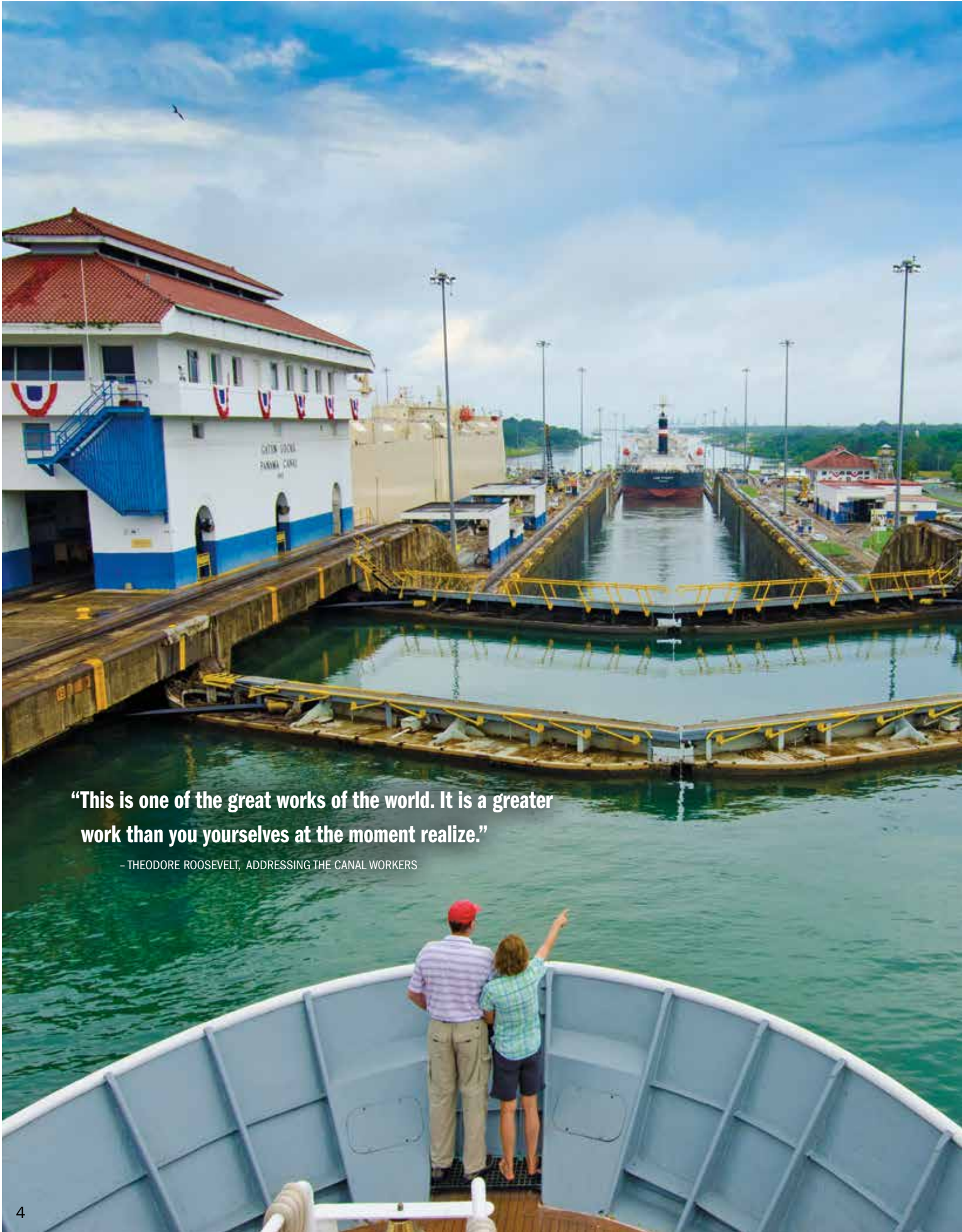
PANAMA CANAL

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 20 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.



*Above: Archival images from the Canal's original construction;
Right: 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.





Above: Cool off in a waterfall or enjoy some kayaking opportunities; below: a scarlet macaw shows off; a mantled howler monkey foraging with its young.

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.



Left and above: Take advantage of opportunities for photography, snorkeling, kayaking and exploring via expedition landing craft. This page: Our chef crafts culinary delights using locally sourced products.



EXPEDITION PHOTOGRAPHY

OUR EXCLUSIVE PROGRAM

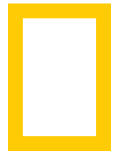
Unique in the world of travel, our Expedition Photography program offers guests of every skill and interest level unrivaled photography opportunities—including a Lindblad-National Geographic certified photo instructor on board every expedition. Photo enthusiasts, from beginner to semi-pro can stand side-by-side 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

CHRISTOPHER P. BAKER

JAN 3 & 10, 2015

National Geographic's Costa Rica guidebook author and photographer whose work has been featured extensively in *National Geographic Traveler*.



KIKE CALVO

FEB 7 & 14, 2015

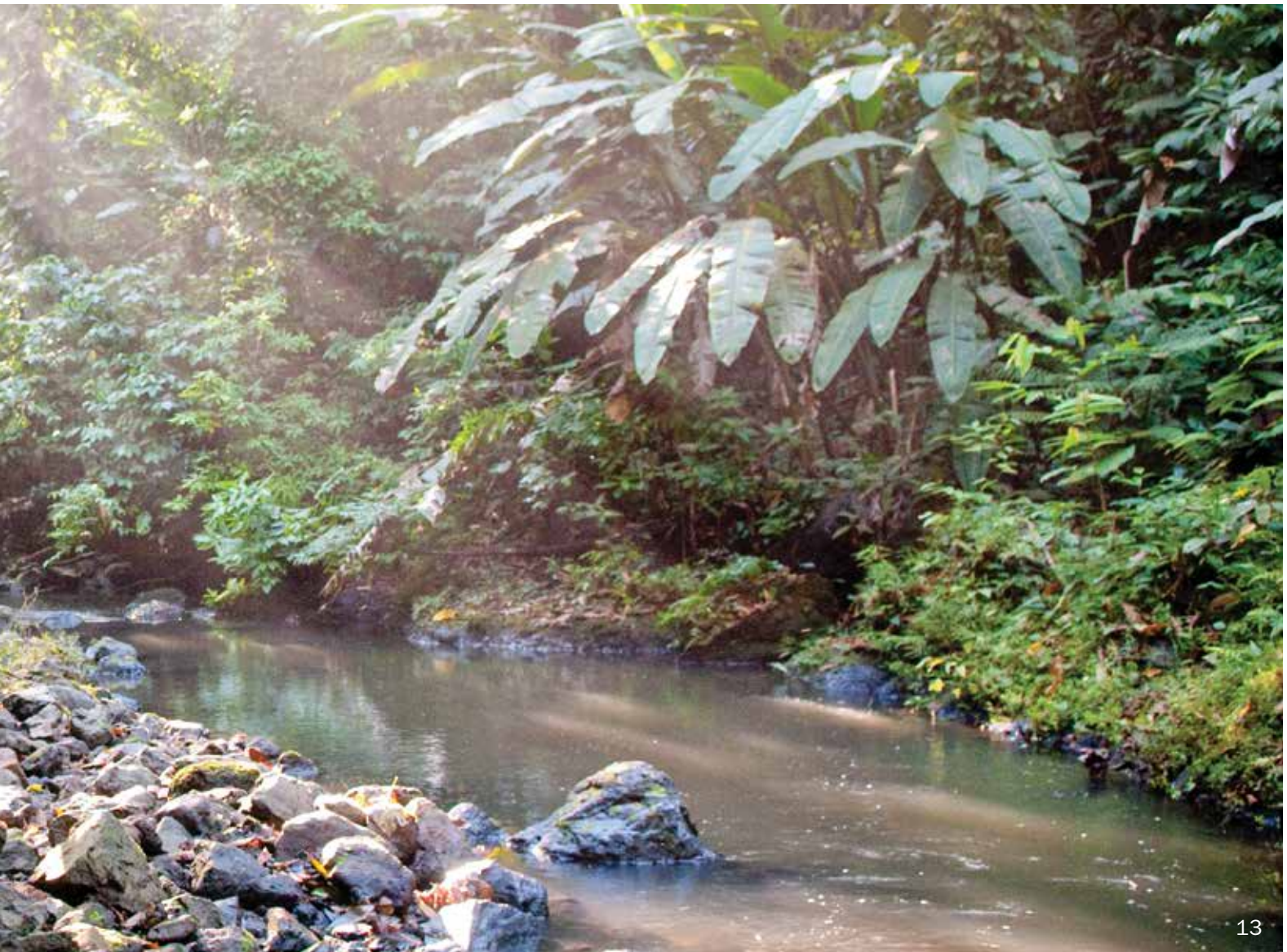
Award-winning photographer and expert on Latin America. Kike (short for Enrique) has published several *National Geographic* books.



JEFF MAURITZEN

MAR 14, 2015

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



COSTA RICA AND THE PANAMA CANAL

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

PRICES FROM: \$5,990 to \$10,190 (See page 19 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 ride horseback 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, ride horses 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: 2014 Dec. 13, 20*, 27
2015 Jan. 3*, 10, 17*, 24, 31*, Feb. 7 📷,
14* 📷, 21, 28*, Mar. 7, 14* 📷.

📷 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:

NEW! 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 2014/15 departures. Call for details.

OPTIONAL EXTENSIONS

Add a three-day pre-extension to the **Monteverde Cloud Forest** and/or a seven-day post-extension to **Monteverde, Arenal Volcano & Sarapiquí**. See pages 16-17 for details.

NATIONAL GEOGRAPHIC EXPERTS:

Travel with **Christopher Baker** on Jan. 3 and 10, 2015; **Kike Calvo** on Feb. 7 and 14, 2015; or **Jeff Mauritzen** Mar. 14, 2015.



Howler monkeys.

COSTA RICA TO PANAMA PLUS MONTEVERDE CLOUD FOREST

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

PRICES FROM: PRICES FROM: \$7,440 to \$11,840

(See page 19 for complete prices.)

DATES: 2014 Dec. 10, 24; 2015 Jan. 7, 21; Feb. 4 📷, 18; Mar. 4

📷 Photo Expedition: departure is for passionate photographers with hands-on instruction from our Photo Expedition Team while aboard *National Geographic Sea Lion*.

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 THEN FOLLOW “COSTA RICA & THE PANAMA CANAL” ITINERARY ON PAGES 14-15. (B,L,D)

PANAMA TO COSTA RICA PLUS MONTEVERDE, ARENAL VOLCANO & SARAPIQUÍ

15 DAYS/14 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION

PRICES FROM: \$8,980 to \$13,560 (See page 19 for complete prices.)

DATES: 2014 Dec. 20; 2015 Jan. 3, 17, 31; Feb. 14 📷, 28; Mar. 14.

📷 Photo Expedition: departure is for passionate photographers with hands-on instruction from our Photo Expedition Team while aboard *National Geographic Sea Lion*.

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 can join rain forest hikes amid monkeys, sloths, and tropical birds. Naturalists accompany every activity and use underwater cameras to open up the vibrant undersea world.



Arenal Volcano.

EXPEDITION HIGHLIGHTS

- ▶ Cloud forests, volcanoes and the sea create the ultimate expedition combination.
- ▶ Search for monkeys, iguanas, endangered scarlet macaws, and American crocodiles.
- ▶ Go whitewater rafting or river floating on the Sarapiquí River.



Naturalists are experts at spotting wildlife.

DAYS 1-7: FOLLOW “COSTA RICA & THE PANAMA CANAL” ITINERARY IN REVERSE ON PAGES 14-15.

DAY 8: HERRADURA/MONTEVERDE

Bird watch at Carara National Park 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/SARAPIQUÍ

Transfer to Sarapiquí, stopping to visit La Selva Biological Station to explore immaculate primary tropical rain forest. Check in to Hacienda Sueño Azul, set in a private rain forest reserve. (B,L,D)

DAY 13: SARAPIQUÍ

Float the Sarapiquí River on a relaxing journey or opt for adventurous whitewater rafting. Later, ride horseback to secluded waterfalls or pamper yourself in the spa. (B,L,D)

DAY 14: SARAPIQUÍ/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, Sarapiquí, 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.

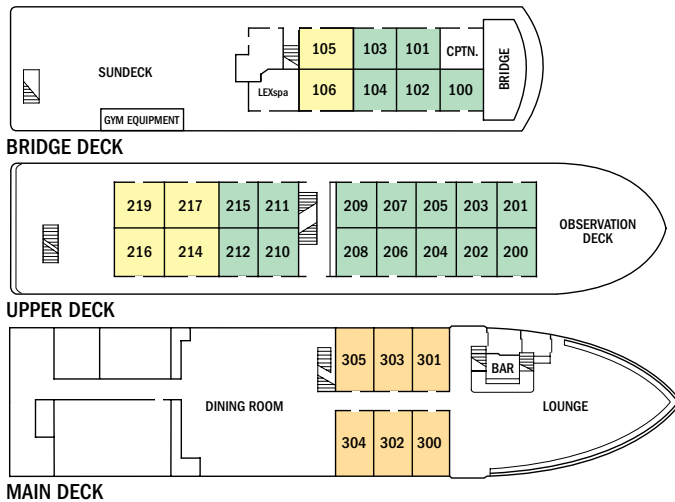
MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide selection buffet and lunch is often served family style. Menu emphasizes local flair.

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	2014/15	\$5,990	\$6,790	\$7,690	\$8,990	\$10,190	\$750	Sample Airfares: Miami/Panama City, San José/Miami or vice versa: Economy from \$450; Business from \$800.
Monteverde + Costa Rica to Panama	2014/15	\$7,440	\$8,240	\$9,140	\$10,640	\$11,840	\$750	Sample Airfares: Miami/San José, Panama City/Miami Economy from: \$450; Business from \$800.
Panama to Costa Rica + Monteverde, Arenal & Sarapiquí	2014/15	\$8,980	\$9,780	\$10,680	\$12,360	\$13,560	\$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 Dec. 13, 2014 and Jan.-Mar. 2015 departures. On the popular Dec. 20 and 27, 2014 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 & Sarapiquí 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 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.

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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.

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Recent Honors and Awards

- » 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
- » Conservation Achievement Award for Corporate Achievement from National Wildlife Federation, 2008
- » 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**

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