

TRANSIT THE CANAL & ENTER A WORLD OF TROPICAL WONDERS

PANAMA & COSTA RICA
ABOARD NATIONAL GEOGRAPHIC SEA LION 2016-17



Lindblad
Expeditions



NATIONAL
GEOGRAPHIC™



DEAR FRIEND,

It's quite a year in Panama. With the new Panama Canal locks formally coming into operation this country has the potential to change the global face of commerce, just as they did over 100 years ago with the initial opening of the Canal. The Canal Expansion was an audacious, multi-billion dollar bet, and the result is—even seen in photos and videos—monumental.



To celebrate this achievement, and after watching broadcasts of the opening of the locks and reading about it, our team decided that we needed to offer our guests an experience in Panama commensurate with the gravity of the new Canal. So, we're offering all of our guests an extra day in Panama City, with an opportunity to see the lock expansion from the Agua Clara Visitor Center, enjoy a private dinner overlooking Miraflores Locks, plus a visit to the fantastic Frank Gehry-designed Museum of Biodiversity, and more. To make travel easier, we'll cover your flight from Miami to Panama. (If you don't have the luxury of time to spend an extra day in Panama, you may elect to receive an extra \$500 air credit rather than the extension.)

If you choose to join us here, you'll find our transit of the Canal is unique. We cross over two days, allowing us to see it by day and dramatically lit at night. We also overnight at Barro Colorado Island in the Canal Zone and then by special invitation spend a morning at the Smithsonian Research Station on the island seeing the site of the longest continuous tropical research in the world and learning a bit about the scientists' important work here.

Though our experience in the Panama Canal is peerless, it is far from the totality of our expedition. It is our approach to the wild places of Costa Rica and Panama, balanced against the stark industrialism of the Canal that make our voyage not only unique but holistic. And it is the surprise-and-delight of our expedition-style of travel, whether that means we choose to call at an orchid garden tended by expatriated Americans or heading deep into mangrove channels, or merely spend a relaxing afternoon stand-up paddle boarding, kayaking, or beachcombing a tiny idyllic isle we find all to ourselves.

With the historic opening of the locks there's no better time to transit the Panama Canal and experience the rare wildness of Costa Rica. I hope you'll join us. As usual, your **Friend for Life** 10% discount will apply.

Best regards,

A handwritten signature in blue ink, appearing to read 'Sven-Olof Lindblad'.

Sven-Olof Lindblad

GO NOW— WITH THESE EXCLUSIVE OFFERS

- **Free Air** Round-trip between Miami and Costa Rica/ Panama City, **PLUS**
- **Free overnight & sightseeing in booming Panama City**, including a private dinner at the Miraflores Locks, city tour, visit to Frank Gehry-designed BioMuseum, and more
- **Or choose a \$500 Air Credit** for your flight to/from home & Miami if you can't stay the extra day.

TOP REASONS TO EXPLORE C WITH LINDBLAD-NATIONAL

You will see, do and learn more on an expedition ship that moves, covering distance to expose you to the breadth of biodiversity in this vibrant region. Our ship, onboard tools, and exclusive services ensure you the richest, most in-depth and exhilarating experience possible—here's how:

50 YEARS OF EXPEDITION HERITAGE

Exclusive: We have been leading expeditions since Lars-Eric Lindblad pioneered expedition travel to Antarctica in 1966. Our expedition style of travel—with its trademark flexibility and spontaneity—and our experience, is your assurance that our expedition team will make the most of your time, intelligence, and curiosity.

BEST EXPEDITION TEAM

Exclusive: Engaging naturalists, historians, photographers, filmmakers, our team lives and breathes the tropics; they're key to helping you see more, learn more and do more. Your team consists of an expedition leader, four naturalists, a wellness instructor to lead morning stretch classes and provide tonic spa treatments, plus a Lindblad-National Geographic photo instructor.



MOST INTERESTING CANAL TRANSIT

Exclusive: Crossing the historic Panama Canal is a life-list must, and our transit offers the best possible experience. We cross over two days, seeing the workings of the locks by day, and also dramatically lit at night—a highlight of the expedition for many. And we overnight in the Canal Zone on lushly fringed Gatún Lake to visit the Smithsonian Tropical Research Institute, in operation since 1923.



TOOLS FOR ACTIVE EXPLORATION

Count on being active, with options for every fitness level. Hike to a waterfall, take a rainforest walk, explore mangroves by expedition landing craft or make landfall on pristine beaches, kayak for a more personal exploration, enjoy paddleboarding in warm tropical waters, or snorkel to see the undersea. Our ship's cool tools let you experience diverse habitats with all your senses—and the monkeys, sloths, toucans, macaws, butterflies, hummingbirds and more that inhabit them.



OSTA RICA & PANAMA GEOGRAPHIC



SEAMLESS TRANSITION TO A LAND-BASED EXPLORATION

Venture inland with our top tier expedition team in exploring Monteverde, Tortuguero, and Arenal—we'll handle all the details.

EXPEDITION PHOTOGRAPHY PROGRAM

Exclusive: A Lindblad-National Geographic certified photo instructor is aboard every departure to help you take your best photos ever, whether you use a smartphone, point & shoot or a DSLR. Naturalists with a talent for, and requisite training in photography, each instructor can help you understand the wildlife behavior you'll encounter to improve your chances of getting great shots. Getting involved in "aiming & creating" onboard is fun for all.



And you'll return home with photos you'll be proud to share. Or travel with a top National Geographic photographer on select dates. Visit [expeditions.com/WILD](https://www.nationalgeographic.com/expeditions.com/WILD) for dates.

WHEN YOU TRAVEL WITH US YOU MAKE A DIFFERENCE

Exclusive: With the support of the Lindblad Expeditions-National Geographic Fund, recent Fund grantee, MarViva is helping artisanal fishing communities effectively manage and protect their resources through training; and to find lucrative markets for their sustainably caught wild fish. Our ships have become regular clients, and as a result, our guests enjoy delicious, locally caught fish that benefits the livelihoods of the region's people.



Granito de Oro, Isla Coiba, Panama.

UNBEATABLE INCENTIVES

TAKE ADVANTAGE OF 2016 SPECIAL OFFERS & ALL THAT'S INCLUDED

FREE AIR GETS YOU THERE Enjoy free round-trip airfare between Miami and Costa Rica/ Panama City ... **PLUS**

BE OUR GUEST For an overnight and extensive tour of Panama City and its surroundings. The experience will include a private dinner at the Miraflores Locks, tours of the city and new Frank Gehry-designed BioMuseum, and other cultural highlights of this burgeoning city. Or, if time is tight and you can't stay the extra day, receive a \$500 Air Credit for your flight to and from home.* See page 7 for details.

BRING FAMILY OR FRIENDS & SAVE Like to explore with like-minded others, or the clan? Save 5% when traveling as a group of 8 or more. And if you're taking kids or grandkids along, take an additional \$500 off the double occupancy rate for each kid under 18.



Naturalists are experts at spotting wildlife.



A Frank Gehry-designed spectacle of steel and concrete, the BioMuseum is a tribute to the history of the isthmus and its wildlife.



Photography opportunities in Corcovado National Park.



Father and son enjoy the open bridge with the captain.

NO EXTRA CHARGES FOR ACTIVITIES—EVER

All the daily activities—from expedition landing craft explorations to kayaking, hiking, stand-up paddle boarding and snorkeling—and all shore activities, including our special access to the Smithsonian Tropical Research Station are included in the price. And the ship carries complete snorkeling gear (wetsuit, mask, snorkel, fins) so no need to tote yours and risk extra baggage charges.

OPEN INVITATION TO THE BRIDGE The Bridge is an inviting space onboard, made doubly so by our welcoming Captain and officers. Drop in any time to watch all that’s involved in navigation, or to join naturalists to scan the ocean’s surface for whales, and the skies for feeding birds.

THE BEST EXPERTS IN THE REGION The knowledgeable guidance and company of our expedition staff, plus all onboard lectures and presentations, are included in the price.

AND FREELY ENJOY THE FOLLOWING ABOARD SHIP:

- ✓ All meals—from breakfast, lunch & dinner in the dining room, to outdoor BBQs
- ✓ All non-alcoholic beverages including unlimited cappuccinos, latte, coffee, tea & soda
- ✓ Complimentary refillable water bottle
- ✓ Hors d’oeuvres & snacks during lounge recap
- ✓ Tea time cookies; all-day fruit
- ✓ Stretching sessions daily with wellness specialist
- ✓ Mac computers for downloading your camera’s memory card
- ✓ All shore activities, with entrance fees, etc. if any, are included

The only things not included are those of a personal nature—alcohol, internet usage, gratuities, wellness treatments and any other specialized arrangements.

Enjoy a casual dining experience with culinary delights which include locally sourced products.



COSTA RICA AND THE PANAMA CANAL

8 DAYS/7 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION
PRICES FROM: \$6,390 to \$11,090 (See page 12 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.
- ▶ Explore 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.

Three-toed sloth.

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

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)

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)



Heliconia.

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 kayaking, stand up paddle boarding, expedition landing craft rides and swimming. (B,L,D)

DAY 5: COIBA NATIONAL PARK, PANAMA

The first stop in Panama this morning is 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, try stand up paddle boarding, or simply 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

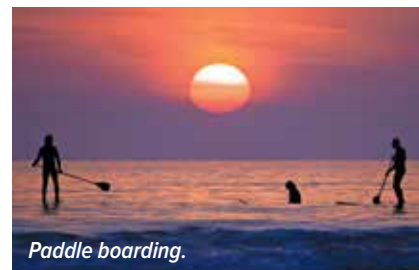
2016/17: NOV. 26; DEC. 3*, 10, 17*, 24, 31* JAN. 7, 14*, 21, 28*; FEB. 4, 11*, 18, 25*; MAR. 4, 11*

📷 Photo Expeditions.

*These departures travel from Panama City to San José.

SPECIAL OFFER:

Book by Sep. 30, 2016 and receive **FREE ROUND-TRIP AIRFARE** on select 2016 & 2017 departures from Miami to Costa Rica or Panama **PLUS** your choice of a Free Panama Extension or \$500 Credit. New bookings only; subject to availability.



Paddle boarding.

NEW ACTIVITY!

National Geographic Sea Lion will now have stand-up paddleboarding available, creating a new way to explore Costa Rica & Panama.

NATIONAL GEOGRAPHIC PHOTOGRAPHERS

Travel with Kike Calvo (right) on the Dec. 3, 2016 and



Jan. 14, 2017 departures and Jeff Mauritzen on the Feb. 11, 2017 departure.



NEW LAND-ONLY!

EXPLORING COSTA RICA: CLOUD FOREST TO THE CARIBBEAN

9 DAYS/8 NIGHTS

2016/17: \$4,590 PP DOUBLE OCCUPANCY AND \$5,090 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.



Scarlet macaw in flight.

DAY 1: HOME/SAN JOSÉ

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

DAY 2: SAN JOSÉ/TÁRCOLES RIVER/MONTEVERDE

After breakfast, search for American Crocodiles on the Tárcoles River before heading to a rain forest for 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)

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 Cloud Forest Reserve and search for monkeys, hummingbirds 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 two miles through the rain forest canopy. In the evening, relax in thermal pools naturally heated by the volcano. (B,L,D)

DAY 6: ARENAL/TORTUGUERO

Take a charter flight to Tortuguero, a spectacular lowland forest on Costa Rica's northeast coast. Check into a rustic lodge at the water's edge; tour the wildlife-rich canals of Tortuguero National Park in small guided boats, spot monkeys, caiman and myriad bird species. Enjoy dinner at the lodge. (B,L,D)

DAY 7: TORTUGUERO

Set out by boat or kayak to explore more of Tortuguero National Park's canals. Enjoy the lodge's pool and optional spa before visiting the Sea Turtle Conservancy to learn of the area's history. Stroll through the car-less village before dinner in town. (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: 2016: DEC. 9, 23; 2017 JAN. 6, 20;
FEB. 3, 17; MAR. 3, 17



Arenal hanging bridges.



Howler monkey moves through a tree in Tortuguero National Park, Costa Rica

COSTA RICA TO PANAMA PLUS MONTEVERDE CLOUD FOREST

11 DAYS/10 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION

PRICES FROM: \$8,140 to \$13,070 (See page 12 for complete prices.)

DATES: 2016 Nov. 23; Dec. 7, 21 2017 Jan. 4, 18; Feb. 1, 15; Mar. 1

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. Add 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. Upon arrival, a short drive brings us to the Costa Rica Marriott Hotel San Jose. (D)

DAYS 2 AND 3: MONTEVERDE CLOUD FOREST

A scenic drive 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 in the early Monteverde community from one of the original Quaker homesteaders. Spend each night at a charming, family-owned lodge. (B,L,D)



Guests explore on the Skywalk in Monteverde.

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 6-7. (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: \$10,680 to \$15,980 (See page 12 for complete prices.)

DATES: 2016 Dec. 3; 2017 Jan. 14, 28; Feb. 11, 25; Mar. 11

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, or try snorkeling and paddleboarding. On this Central American expedition you get to explore the Pacific and Caribbean sides of 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.

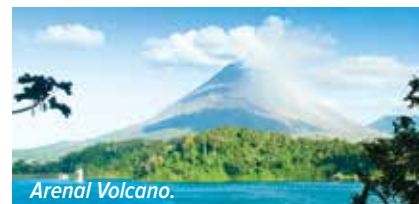
DAYS 1-7 FOLLOW "COSTA RICA & THE PANAMA CANAL" ITINERARY IN REVERSE (PAGES 6-7).

NOTE: DAYS 8-15 CAN BE TAKEN AS A STANDALONE EXPEDITION. SEE PAGES 8-9.

DAY 8: HERRADURA/MONTEVERDE

Disembark the ship and transfer to the Tárcoles River 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

Get a new perspective on the region as you sail across Lake Arenal. Later, check into an elegant hotel and relax in thermal pools heated by Arenal Volcano. (B,L,D)

DAY 11: ARENAL

Walk the Arenal Hanging Bridges, strung through two miles of dense rain forest canopy, then experience the traditional sugar-making process. (B,L,D)

DAY 12: ARENAL/TORTUGUERO

Take a charter flight to Tortuguero, a spectacular lowland forest on Costa Rica's northeast coast. Check into a rustic lodge at the water's edge; tour the wildlife-rich canals of Tortuguero National Park in small guided boats and spot monkeys, caiman and myriad bird species. Enjoy dinner at the lodge. (B,L,D)

DAY 13: TORTUGUERO

Set out by boat or kayak to explore more of Tortuguero National Park's canals. Enjoy the lodge's pool and optional spa before visiting the Sea Turtle Conservancy to learn of the area's history. Stroll through the car-less village before dinner in town. (B,L,D)

DAY 14: TORTUGUERO/SAN JOSÉ

Visit Sibú Chocolatier and enjoy a workshop on preparing chocolate. After lunch, drive to your hotel. 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)



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, fleet of paddleboards, and expedition landing craft.

SPECIAL FEATURES: Guest Internet access. A video chronicler and doctor on board all voyages in Costa Rica/Panama.

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

CATEGORY 1: Main Deck #300-305—Conveniently positioned between the dining room & lounge, these cabins feature two single lower beds, 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.

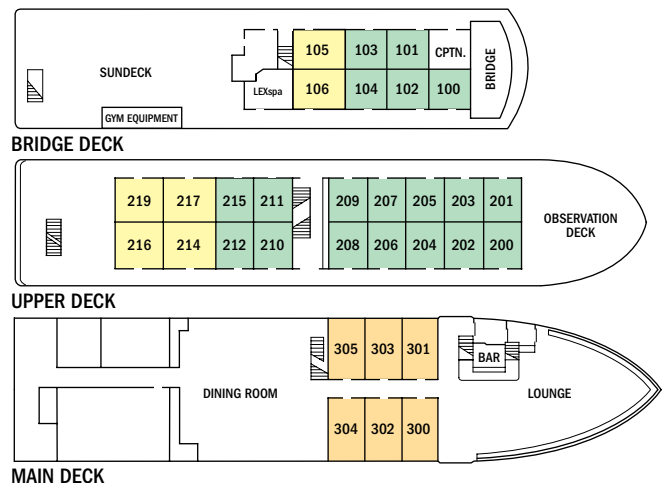
CATEGORY 3: Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219—These cabins feature a seating unit with table and two large view windows. Upper Deck cabins include two lower single beds which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two lower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



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 2 cabins on the Upper Deck; a comfortable Category 3 cabin freshly redesigned.



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	2016/17	\$6,390	\$7,290	\$8,290	\$9,490	\$11,090	\$750	Sample Airfares: Miami/Panama City, San José/Miami or vice versa: Economy from \$700; Business from \$1,000.
Monteverde + Costa Rica to Panama	2016/17	\$8,140	\$9,040	\$10,040	\$11,470	\$13,070	\$1,000	Sample Airfares: Miami/San José, Panama City/Miami Economy from: \$700; Business from \$1,000.
Panama to Costa Rica + Monteverde, Arenal & Tortuguero	2016/17	\$10,680	\$11,580	\$12,580	\$14,380	\$15,980	\$1,500	Sample Airfares: Miami/Panama City, San José/Miami: Economy from \$700; Business from \$1000.

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, 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 total fare
59–45 days	50% of total fare
44–0 days	No refund

\$350 will be rewarded in the form of a Lindblad Expeditions Travel Certificate. This cancellation policy applies to expeditions as well as pre and post 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.

United States Tour Operators Association \$1 Million Travelers Assistance Program



Assistance Program Lindblad Expeditions, as an Active Member of USTOA, is required to post \$1 Million with USTOA to be used to reimburse, in accordance with the terms and conditions of the USTOA \$1 Million Travelers Assistance Program, the advance payments of Lindblad Expeditions customers in the unlikely event of Lindblad Expeditions bankruptcy, insolvency or cessation of business. Further, you should understand that the \$1 Million posted by Lindblad Expeditions may be sufficient to provide only a partial recovery of the advance payments received by Lindblad Expeditions. More details of the USTOA Travelers Assistance Program may be obtained by writing to USTOA at 345 Seventh Avenue, Suite 1801, New York, New York 10001, or by email to information@ustoa.com or by visiting their website at www.USTOA.com.

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When you call **1.800.EXPEDITION**, you can ask for any one of our Expedition Specialists who have been on our Costa Rica & the Panama Canal expeditions. They are full members of the Lindblad Expeditions team—students of the natural world and born explorers, not trained call center telemarketers.

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Ask them about Costa Rica & the Panama Canal, how we explore there, our ships, our itineraries, and more. We think you'll find the conversation rewarding.

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Reservation Hours:

Mon. - Fri. 9am-8pm ET,

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Email: explore@expeditions.com

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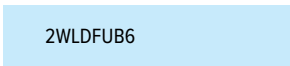
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- » World Travel Awards: World’s Leading Green Cruise Line, 2015
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- » Travel + Leisure “World’s Best for Families” Award for Small-Ship Cruise Lines, 2012, 2011, 2010, 2009
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