

COSTA RICA AND THE PANAMA CANAL

EXPERIENCE
A UNIQUE
CANAL TRANSIT

PLUS

Complimentary
Pre-Opening Visit To
New Frank Gehry BioMuseum
& New Canal Construction Zone

AND FREE AIRFARE

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.

Dear Traveler,

In 1977, I had the good fortune to spend a month or so in Panama and Costa Rica. I was on a reconnaissance mission to scout possible landing sites for my father's ship, the *Lindblad Explorer*.

In a swimming pool in San Jose, I overheard some missionaries talking, "Have you ever seen anything so beautiful as the beaches. And the monkeys and the birds everywhere," said one. I immediately swam over to them to learn more. "Manuel Antonio National Park," they said. After more questioning, I was off the next day in a jeep on a grueling road, and arrived at what was unquestionably paradise: so serene, so beautiful, so alive. In just one hour I saw an abundance of howler and spider monkeys, a couple of three-toed sloths and myriad birds. Then, a dusk swim from perhaps the world's most beautiful beach.

Now a UNESCO World Heritage site, Manuel Antonio, is a popular place, however we have permission to go ashore long before others arrive, when it's blissfully empty of humans. And we go to another UNESCO site that was off limits in 1977 due to its status as a penal colony until 2004: Isla Coiba in Panama. Restricted access has resulted in an almost pristine environment, and our sojourn there is an expedition highlight.

And it is worth noting that we do not simply transit the Panama Canal. By special agreement, we have been granted permission to visit the Smithsonian Tropical Research Institute in Barro Colorado Island in Gatun Lake—a hill above the Canal flood zone. It is an isolated, richly diverse habitat. And diversity pretty much sums up this expedition: from one of man's most remarkable achievements to among the most unspoiled tropical nature on earth.

The entire expedition team looks forward to sharing it with you.

All the best,



Sven-Olof Lindblad

P.S. The Canal is not the only man-made wonder you can encounter on our expedition: see page 8 to learn about the new Frank Gehry-designed BioMuseo and our limited time, very special offer.



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 from thermal hot springs and the family-owned, boutique-styled 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 purchase nearby—fresh fish, locally handline-caught and sustainably harvested.

ISLA COIBA

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



EXPLORE COSTA RICA & PANAMA BY EXPEDITION SHIP TO EXPERIENCE IT ALL

Venture to wild, remote places, enjoying special access. Discover hidden beaches. Have a beautiful tropical island all to yourself. Kayak jungle shorelines far from resort hotels, and snorkel a vibrant reef that would otherwise be impossible to reach. We've curated peak moments in Costa Rica & Panama—and our nimble expedition ship is the key to experiencing all of the region's variety and diversity.

BARRO COLORADO ISLAND

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

PANAMA

PANAMA CANAL

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

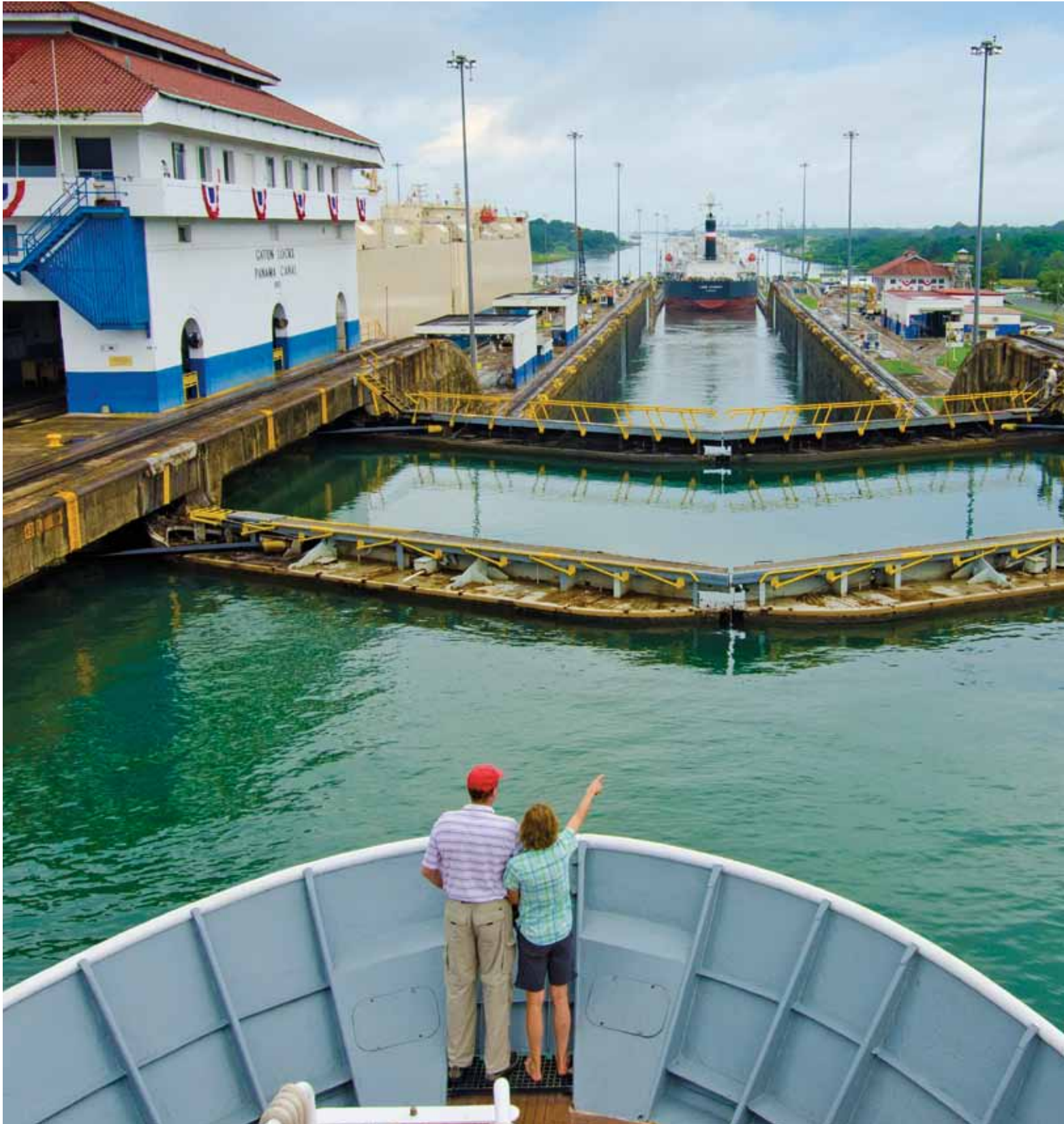
GULF OF PANAMA ISLETS

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



“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



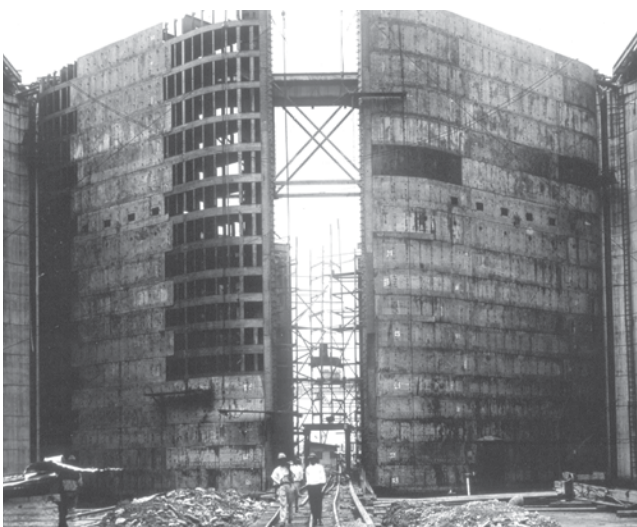
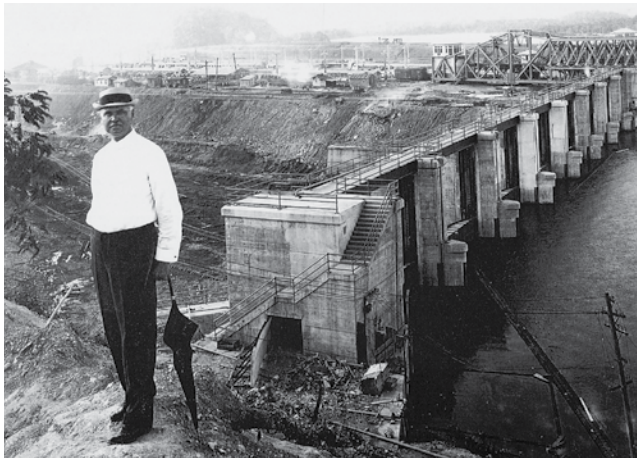
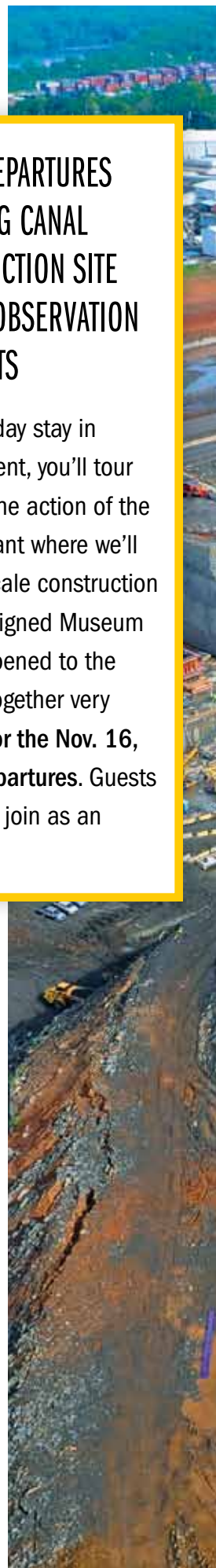


A special Panama Canal transit through a wealth of biodiversity

Transit the Canal over two days, where we typically see the workings of the locks by day, and also dramatically lit by night. Since we overnight in the Canal Zone on lushly-fringed Gatun Lake, we'll have the opportunity, by special arrangement, to visit Barro Colorado Island, site of the Smithsonian Tropical Research Institute, a leading tropical research station since 1923—and a place of an extraordinary variety of wildlife. We'll get a behind-the-scenes look at research projects underway, being conducted by 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: 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; squirrel monkey; guests observe the dramatically lit Canal by night.



**BOOK ONE OF THE FIRST FIVE DEPARTURES
IN 2013 AND SEE THE CHANGING CANAL
UP CLOSE—A MASSIVE CONSTRUCTION SITE
VIEWED FROM THE SLEEK NEW OBSERVATION
CENTER, WITH OUR COMPLIMENTS**

Be our guest for an overnight/two-day stay in Panama City. By special arrangement, you'll tour Miraflores Lock and then observe the action of the Canal from the overlooking restaurant where we'll dine. Visit the new Canal's mega-scale construction site as well as the Frank Gehry-designed Museum of Biodiversity, which is yet to be opened to the public. As this opportunity came together very recently, it will be **complimentary for the Nov. 16, 23, 30 and Dec. 7 & 14, 2013 departures.** Guests on later expeditions may choose to join as an optional extension. (Pgs. 8-9)

*The historic Panama Canal & a chance to observe
the making of Canal history again*

The Panama Canal is a “man-made” wonder, an engineering marvel that changed the way the world traveled and moved goods. Now a mammoth new construction project is underway: new locks, which are seventy feet wider, are being built at both ends of the existing canal. These new locks will allow behemoths—much larger than Panamax-sized ships—to alter global commerce again, by allowing a much greater volume of goods to cross. We see the construction site from a distance during our Canal transit. And we've created a special opportunity to get up close.

*Above: archival images from the Canal's original construction;
right: aerial shot of the new Expansion Observation Center.*





“What is that?” our guests often ask, pointing at the angular jumble of steel, concrete, and color of the yet-to-open Frank Gehry-designed BioMuseo. A striking tribute to the history of the isthmus and

the wildlife it engendered, it is visible as we approach the Canal. Ambitious in scope, its eight exhibits are spread over 43,000 square feet, one, titled *Panamarama* puts visitors in the center of a three-level projection space surrounded on all sides, ceiling and floor included, by screens that make you feel as if you’re deep in the Panamanian rain forest. Another exhibit, a pair of cylindrical two-story aquariums, tells the story of undersea life on each side of the Canal.



You’ll discover the history of the isthmus and then experience its diverse flora and fauna firsthand. The region is home to iconic wildlife—brilliant macaws, howler monkeys, capuchin monkeys, sloths, vibrantly colored butterflies, strange frogs, and the seldom-seen puma—in all, hundreds of species of mammals and thousands of species of flora, including hundreds of orchids.

*Above: Red-capped mannikin; BioMuseo’s Panamarama exhibit.
Right: capuchin monkeys; the Frank Gehry-designed BioMuseo.*





EXPLORE FRANK GEHRY'S HERALDED, YET-TO-BE-OPENED BIOMUSEO HIS FIRST AND ONLY BUILDING DESIGNED IN CENTRAL AMERICA— ALSO COMPLIMENTARY TO GUESTS WHO RESERVE ONE OF THE FIRST FIVE DEPARTURES IN 2013

This pre- or post-extension visit to the BioMuseo and the new Panama Canal's Expansion Observation Center offers a local education on the breadth of wildness in the region and the engineering marvel of the Canal. Monuments to the wonder of wildness and the power of humans to change the face of the Earth, the extension grants special access and adds layers of insight. Guests on later expeditions may choose to explore the BioMuseo and new Canal Observation Center (pg 7) as an expedition extension. See page 20 for future extension details.







Authentic expedition experiences where wildness reigns

Explore remote, wild places accessible only by expedition ship. Swim from a beach of one of the tiny, idyllic islands in the Gulf of Panama, free from tourist infrastructure, and reachable by our expedition landing craft.

Cool off in the pool of a secluded waterfall as a reward after a hike in the jungle. Ride horseback through the rain forest, explore a jungle shoreline by kayak, snorkel a vibrant undersea garden, and cruise up winding creeks canopied in jungle aboard expedition landing craft.



This is the authentic wildness of Costa Rica & Panama—discover it up-close and in-depth.

Left and above: take advantage of opportunities for beach walking, snorkeling, visits to secluded waterfalls and kayaking. Above: a fluttering hummingbird sips nectar.



Share the adventure with expert staff, top photographers & special guest speakers

A ship-based expedition is the most flexible, best way to capture the wildness of Costa Rica and Panama. With one naturalist per every 12 guests aboard the 62-guest *National Geographic Sea Lion*, you're ensured varied perspectives and ample access to these knowledgeable and engaging experts.

WANT MORE PHOTOGRAPHY? CHOOSE A PHOTO EXPEDITION DEPARTURE.

Designed by photographers for photographers, these itineraries are crafted to take advantage of the best light for shooting; including beach landings, hikes and expedition landing craft cruises all move at a photographer's pace. All skill levels are welcome, and everyone participating will go home a better, more confident photographer. Photo Expeditions are indicated on the following pages with a 📷 next to the departure date.

EXPEDITION PHOTOGRAPHY: OUR EXCLUSIVE PROGRAM

Every expedition sails with a Lindblad-National Geographic certified photo instructor. This naturalist is specially trained to help you with your camera's capabilities and the basics of composition—ensuring you go home with top shots.

Above left to right: The ship's bow is the perfect platform for photography; naturalists are trained to work with young explorers; shooting where the jungle meets the sea; howler monkeys perched in the rain forest canopy.





NATIONAL GEOGRAPHIC PHOTOGRAPHERS ABOARD

Travel with top pros to learn, enhance your skills, and take your best photos ever.



SUSAN SEUBERT

Nov. 30, 2013

Award-winning photographer Susan Seubert is an active fine art and journalism photographer based in Portland, Oregon and Maui, Hawaii. With complete digital and film capabilities, she brings technical and creative finesse to every assignment.



ERIKA LARSEN

Dec. 7, 2013

Erika Larsen began working as a magazine photographer in 2000 specializing in human-interest stories and cultural issues. Her work has been included in the Smithsonian National Portrait Gallery and the National Geographic Society.



KIKE CALVO

Feb. 22, 2014

Award-winning photographer Kike Calvo has transformed his fascination with Latin America into a career focus. His documentary photography has been published in *National Geographic*, *Time*, *The Wall Street Journal*, *The Washington Post*, *New York Magazine*, as well as other publications.



CHRISTOPHER P. BAKER

Jan. 4, 11; Mar. 1, 2014

Christopher P. Baker is acclaimed as one of North America's most multi-talented travel writers and photographers, with a special focus on the Caribbean and Latin America. The Lowell Thomas Award 2008 'Travel Journalist of the Year,' Baker is acknowledged as the world's foremost regional travel expert on Cuba and Costa Rica.

COSTA RICA AND THE PANAMA CANAL

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

PRICES FROM: \$5,690 to \$9,390 (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.

SPECIAL OFFERS

BOOK NOW

Receive Free Round Trip Airfare via Miami OR a 1 Night/2 Day Pre or Post Panama Extension plus \$450 air credit on select dates. Subject to availability. Call for details.

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)



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 difficult to access and reached by boat only. Keep your eye out for tanagers, parrots, and toucans. Later, explore the placid bay, which is ideal for kayaking, cruises in our expedition landing craft, and swimming. (B,L,D)

DAY 5: COIBA NATIONAL PARK, PANAMA

We make our first stop in Panama this morning at the remote Isla de 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 and 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: GATUN LAKE/PANAMA CANAL TRANSIT

Board an expedition landing craft to visit Barro Colorado Nature Monument in Gatun 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: COLON/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: 2013: Nov. 16*, 23, 30* 📷, Dec. 7 📷, 14*, 21, 28* 2014: Jan. 4, 11*, 18, 25*, Feb. 1, 8*, 15, 22* 📷, Mar. 1 📷, 8*, 15 2014/15: Call for dates and rates

*These departures travel from San José to Panama City. 📷 Photo Expeditions.

SPECIAL OFFER:

Book now and receive Free Round Trip Airfare via Miami OR a 1 Night/2 Day Pre or Post Extension plus \$450 air credit on select dates. Subject to availability. See page 20 for details.

OPTIONAL EXTENSIONS

Extend your stay with a three-day extension to the [Monteverde Cloud Forest](#) and/or a seven-day extension to [Monteverde, Arenal Volcano & Sarapiquí](#). See pages 16 & 17 for details.

NATIONAL GEOGRAPHIC EXPERTS:

Travel with [Susan Seubert](#) on Nov. 30, [Erika Larsen](#) on Dec. 7, [Kike Calvo](#) on Feb. 22 or [Christopher P. Baker](#) on Jan. 4, 11, or Mar. 1, 2014.



Use your smartphone to watch our **Costa Rica & Panama** video.

COSTA RICA TO PANAMA PLUS MONTEVERDE CLOUD FOREST

11 DAYS/10 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION

PRICES FROM: 7,080 to \$10,980 (See page 19 for complete prices.)

DATES: 2013 Nov. 13, 27 📷; Dec. 11, 25 2014 Jan. 8, 22; Feb. 5, 19 📷; Mar. 5.

📷 Photo Expedition: departures include hands-on instruction from our Photo Expedition Team.

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 with 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 Doubletree Cariari. (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



Guests explore on the Skywalk in Monteverde.

rain forest canopy. Learn about life 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)

PHOTO EXPEDITION:

Explore with NG Photographer **Susan Seubert** on the Nov. 27 departure and **Kike Calvo** on the Feb. 19 departure.

PANAMA TO COSTA RICA PLUS MONTEVERDE, ARENAL VOLCANO & SARAPIQUÍ

15 DAYS/14 NIGHTS—ABOARD NATIONAL GEOGRAPHIC SEA LION

PRICES FROM: \$8,580 to \$12,660 (See page 19 for complete prices.)

DATES: 2013 Nov. 23; Dec. 7 📷, 21 2014 Jan. 4, 18; Feb. 1, 15; Mar. 1 📷, 15.

📷 Photo Expedition: departures include hands-on instruction from our Photo Expedition Team.

Cloud forests, volcanoes and the sea: the ultimate allure of a Panama and Costa Rica expedition. This program 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, naturalists accompany every activity including rain forest hikes amid monkeys, sloths and tropical birds.

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.



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)

PHOTO EXPEDITION:

Explore and get photo tips from NG Photographer Erika Larsen on Dec. 7 and Christopher P. Baker on Mar. 1.

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 many 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.

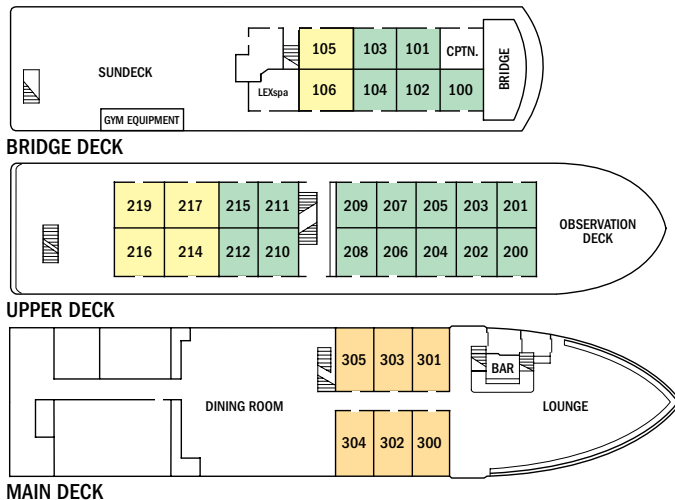
MEALS: Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide selection buffet and lunch is often served family style. Menu emphasizes local flair.

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 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	2013/14	\$5,690	\$6,270	\$7,480	\$8,530	\$9,390	\$550	Sample Airfare: Miami/Panama City, San José/Miami or vice versa: Economy from \$500 Business from \$1,100.
Monteverde + Costa Rica to Panama	2013/14	\$7,080	\$7,660	\$8,870	\$10,120	\$10,980	\$600	Sample Airfare: Miami/Panama City, San José/Miami or vice versa: Economy from \$500 Business from \$1,100.
Panama to Costa Rica + Monteverde, Arenal & Sarapiquí	2013/14	\$8,580	\$9,160	\$10,370	\$11,800	\$12,660	\$750	Sample Airfare: Miami/Panama City, San José/Miami or vice versa: Economy from \$500 Business from \$1,100.

Take advantage of our special offers

COMPLIMENTARY AIRFARE: Book now for free round-trip air from Miami to San José, Costa Rica and to Miami from Panama City, Panama (or vice-versa, depending on the direction of your voyage). This offer is subject to availability and must be ticketed by Lindblad Expeditions. In the case that Lindblad's group flights are no longer available at time of booking, we reserve the right to issue a credit certificate. Offer valid for new bookings only. Certain offers may not be combinable; call for full details.

COMPLIMENTARY PANAMA EXTENSION: Book now for a complimentary Panama 1 Night/2 Day Pre- or Post- Extension on departures 2013: Nov. 16, 23, 30; Dec. 7, 14. \$450 per person double occupancy, \$520 per person single occupancy on Dec. 21 through March 15 departures. 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 yet-to-be-opened Museum of Biodiversity, designed by Frank Gehry. If this offer is chosen, you will receive an air credit of \$450 in lieu of complimentary airfare. 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 WILDNESS— OUR PARTNERSHIP WITH MARVIVA

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

In Central America, we partner with MarViva to safeguard and create marine-protected areas where wildness can thrive. Their work here supports protection of Coiba National Park in Panama as well as Cocos Island and Baulas National Parks in Costa Rica.



Together with our guests, we have donated over \$150,000. All funds donated by guests in Central America go to local, community-based initiatives operated by MarViva, and Lindblad Expeditions-National Geographic carries all operating costs.

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 and scuba diving (where available); 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: For expeditions of eight nights or less, final payment is due 60 days prior to departure. For expeditions of nine nights or 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

For Expeditions 8 Nights or Less

Number of Days Prior to Expedition Start	Per Person Cancellation Fee
90 or more days	\$150*
89-60 days	Advance payment cost
59-30 days	50% of trip cost
29-0 days	No refund

For Expeditions 9 Nights or More

Number of Days Prior to Expedition Start	Per Person Cancellation Fee
120 or more days	\$150*
119-90 days	Advance payment cost
89-60 days	25% of trip cost
59-30 days	50% of trip cost
29-0 days	No refund

*\$150 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.

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: Radius Images/Alamy, Onne van der Wal/Alamy, Biomuseo, Stewart Cohen, Corbis, Alexandra C. Daley-Clark, Ralph Lee Hopkins, Frans Lanting, Sven-Olof Lindblad, Mark Maiden, Michael S. Nolan, Marco Ricca, Kevin Schafer, Shutterstock, SuperStock, David Vargas.

©2013 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

- » Travel + Leisure "World's Best" Award for Small-Ship Cruise Lines, 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," 2010
- » "Best Adventure Cruise" by Forbes.com, 2009
- » Climate Champion Award to Sven Lindblad by Clean Air-Cool Planet, 2009
- » Condé Nast Traveler "Gold List", 2013, 2009, 2008, 2007, 2006, 2005
- » Conservation Achievement Award for Corporate Achievement from National Wildlife Federation, 2008
- » Tourism for Tomorrow "Global Tourism Business Award," 2007
- » Seafood Champion Award, 2007
- » Condé Nast Traveler "Ecotourism Award," 2002

Go to www.expeditions.com/awards for an extended list.

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.

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: **2WLDFUC3**

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-093

Take advantage of Special Offers: FREE ROUND-TRIP AIRFARE via Miami and a COMPLIMENTARY PANAMA 1 NIGHT/2 DAY PRE- OR POST-EXTENSION on select 2013 departures. See page 20 or call for full details.



CATEGORY WINNER SINCE 2009
#1 FOR FAMILIES
SMALL-SHIP CRUISE LINE