

NATURAL & CULTURAL HISTORY OF CENTRAL AMERICA



Created especially for like-minded travelers. This voyage is about nature – its abundance and variety – and about the challenges facing species of all shapes and sizes as they cope with a rapidly changing environment. On this expedition cruise, all excursions are included, and you will benefit from the expedition leaders and speakers.



DATE 2021: JAN 5-12

DURATION: 8-DAYS/7-NIGHTS

EMBARK: PUERTO CALDERA, COSTA RICA

DISEMBARK: COLON, PANAMA

SHIP: LE CHAMPLAIN

FROM: \$4,260 Double

\$5,370 Single

All-Inclusive

Created especially for like-minded travelers.

PONANT takes you to discover **Costa Rica and Panama** with an 8-day expedition **cruise**. A truly beautiful journey between **nature reserves**, encounters with local communities and sailing through the **Panama Canal**.

Your journey in **Central America** will start with a visit to the **Manuel Antonio National Park and the Curú Wildlife Refuge**. Deep inside the tropical rainforest you may be lucky enough to see multicolored birds, monkeys, and iguanas.

Your ship will then sail on to the magnificent **Darien National Park** in Panama. This little corner of paradise is a **UNESCO World Heritage** site and home to remarkable plants and wildlife. Sandy beaches, rocky coastlines, mangroves, swamps and tropical rainforests vie with each other for beauty and offer a feast for photographers. This will also be the occasion for meeting the astonishing semi-nomadic **Emberas community**.

After sailing through the world-famous **Panama Canal**, which connects the Pacific to the Atlantic, you will be able to enjoy the discovery of the golden sand and crystal-clear waters of the coral islets of the **San Blas islands**.

HIGHLIGHTS

- Discover the fabulous National Parks of Central America, biodiversity and tribes.
- Outings and shore visits in Zodiac® inflatables with a team of experienced naturalist guides.
- UNESCO site: the Darien National Park from Playa Muerto, and its magnificent jungle.
- In Costa Rica, outings in the Manuel Antonio National Park and the Curú Wildlife Refuge, sanctuaries of unspoiled nature.
- Discovering the magnificent islets of the San Blas Islands.
- Sailing through the Panama Canal, truly a masterpiece of civil engineering.
- Encounters with the indigenous Emberas tribe in the Darien National Park and with the Kuna Indians of the San Blas archipelago.

ITINERARY

DAY 1 – JAN 05 — PUERTO CALDERA

The port of Puerto Caldera lies on the Pacific coast, in the Puntarenas region, at the mouth of the Gulf of Nicoya. Areas of wilderness stretch along the coast.

Further inland, among the countless natural wonders to be found in the generous rainforest of the Costa Rica's national parks, Poas and Arena volcanoes towers up in all their majestic glory. In this luxuriant natural setting, Costa Rica protects one of the planet's richest biodiversity: monkeys, sloths, tropical birds, iguanas, crocodiles, waterfalls, canyons, and more than ten thousand species of tropical plants.



DAY 2 – JAN 06 – CURÚ WILDLIFE REFUGE

On the southern part of the Nicoya Peninsula, the small Curú Wildlife Refuge is the oldest protected park in Costa Rica. This refuge is an exemplary site in terms of ecotourism as well as a research center for scientists from all over the world. It has been at the heart of an original conservation and sustainable development project since the 1930s. After a short Zodiac® trip, you will discover, via the paths that criss-cross the tropical forest and lead to magnificent beaches, the most emblematic species of Costa Rica: monkeys, iguanas and over 200 bird species. Since their recent reintroduction, the scarlet macaw and the spider monkey have thrived in this preserved environment.



DAY 3- JAN 07 – MANUEL ANTONIO NATIONAL PARK

You will land in a Zodiac® on the beaches of the Manuel Antonio National Park, one of the jewels of Costa Rica. Protected since the 1970s, this small park, only 16 km² and bordered by the idyllic beaches of the Pacific

Ocean, is home to rich biodiversity. Along peaceful paths or during a break on the beach, you will be welcomed by a tropical forest full of life: from the discreet sloth to the noisy howler monkey and the mischievous white-faced capuchin. On the fine sandy beaches rising to lush hills and coconut trees, you will be amused by the dance of the racoons that race down from the trees to tease visitors.

DAY 4 – JAN 08 – DAY AT SEA



DAY 5 – JAN 09 – PLAYA MUERTO, DARIEN NATIONAL PARK

The most remote and least developed region of Panama, the province of Darien is an unspoiled land with an extremely rich variety of flora and fauna. Listed by UNESCO as World Heritage, Darien National Park offers its extraordinary scenery of rocky coastlines, mountain ranges, mangroves, rivers and creeks. Discover Playa Muerto, a tiny coastal village home to the Emberas Amerindian community. You will visit the village, attend traditional songs and dances of the locals, and admire beautiful local craft.



DAY 6 – JAN 10 – CROSSING THE PANAMA CANAL

Aboard your ship, experience something unique, that has inspired the imagination of numerous adventurers in the 20th century: sailing the Panama Canal. Its

construction started in 1880 under the direction of Ferdinand De Lesseps. Abandoned then resumed, this marvel of engineering was completed by the United States in 1887 and opened in 1914. The canal crosses the Isthmus of Panama and links the Atlantic to the Pacific. Including three levels of locks and by raising ships to the level of Lake Gatun, almost as if the water was a lift, it allows them to avoid having to round Cape Horn.



DAY 7 – JAN 11 – SAN BLAS ISLANDS – GUNA YALA

Located on the north-east coast of Panamá, the San Blas (Guna Yala) archipelago is a string of coral islands that graces the heart of the Caribbean Sea. Over 300 islands and cays covering an area of 300 square kilometers offer travelers a multitude of treasures. Sheltered behind a long coral reef, the San Blas Islands are full of paradisiac anchorages. The long sandy white beaches bounded by crystal clear waters will allow you to relax and enjoy an incredible marine fauna before discovering the Kunas Indian community. Still feeding off hunting and fishing, they will welcome you in their villages of bamboo houses gathered near the beaches.

DAY 8 – JAN 12 – Colón

Colón is the second largest city in Panama, at the Caribbean entrance of the Panama Canal. Colón is today an important port, and the free trade zone created in 1953 contributed greatly to the development of the city. Colón was founded in 1850 by Americans working on the Panama railroad connecting the Atlantic and Pacific coasts through the isthmus of Panama; the city rapidly overshadowed the older Caribbean ports of Panama when the canal opened.

NOTE- Pre- and post-cruise activities can be added – let us know what you would like to do and see!



ALL SUITES HAVE PRIVATE BALCONIES

Rates are per person, Double Occupancy
Single supplement only 25%.

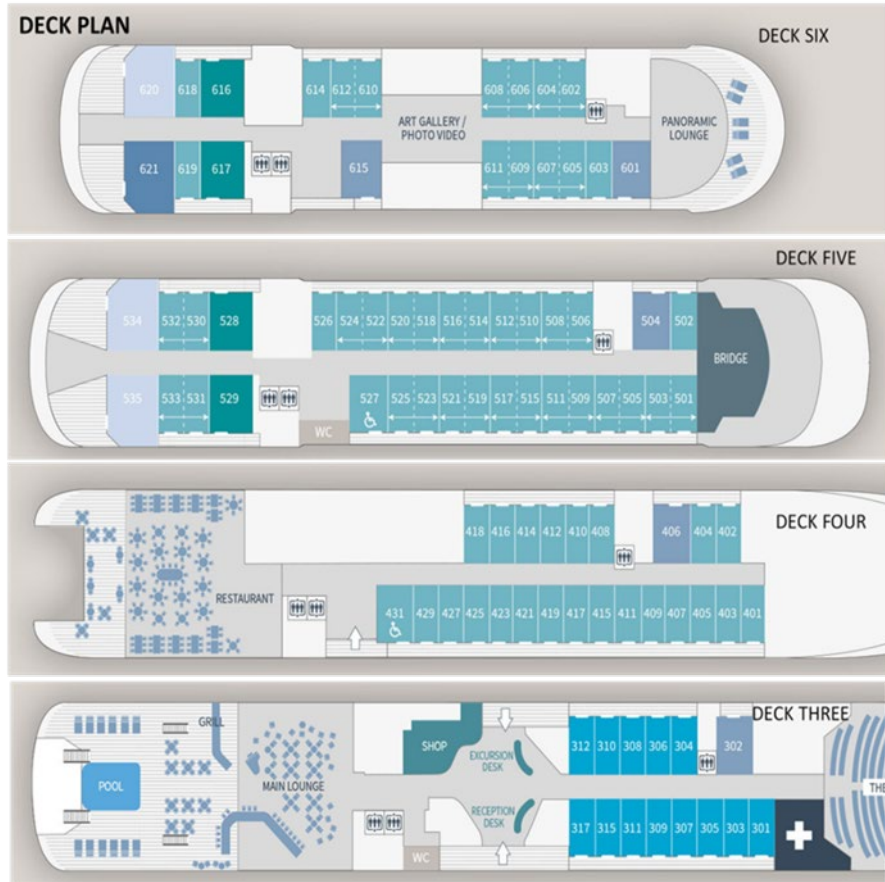
Pre- and Post-Cruise tours are available to suit your interests.

Included features: ALL INCLUSIVE

- All accommodations, meals, open bar, and excursion described above
- Gratuities to ship staff, guides and drivers on included excursions
- Comprehensive 7-night cruise aboard the deluxe Le Champlain, with all the amenities for which Ponant ships are famous.
- Port Charges and taxes

Not included:

- Meals and beverages other than those specified above
- Optional excursions
- Personal expenses (such as laundry, telephone, Internet, etc.)



Reservations & Information
1-855-EXPLOR1 (397-5671)

Email - info@explorcruises.com
www.explorcruises.com

SUITE – 2021 Rates	Double	Single
Deluxe – Deck 3	\$4,260	\$5,370
Prestige – Deck 4	\$4,500	\$5,680
Prestige – Deck 5	\$4,630	\$5,850
Prestige – Deck 6	\$4,760	\$6,030
Deluxe – Suite - 3, 4, 5, 6	\$6,350	\$8,100
Prestige Ste – Deck 5	\$6,830	\$8,720
Prestige Ste – Deck 6	\$7,030	\$8,980
Priviledge – Deck 5 & 6	\$7,230	\$9,240
Grand Deluxe – Deck 5, 6	\$7,450	\$9,520
Owners Suite	WL	WL

