

COSTA RICA & PANAMA



TROPICAL WILDNESS & THE PANAMA CANAL

ABOARD NATIONAL GEOGRAPHIC SEA LION | 2011-12



Lindblad
Expeditions



NATIONAL
GEOGRAPHIC™

As astonishing as NATIONAL GEOGRAPHIC magazine.
As exhilarating as National Geographic Channel:
**A Lindblad-National Geographic expedition —
through the Panama Canal & into the wild**



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,

There is never a dull moment in Costa Rica and Panama. From the vibrant marine life, to the teeming life of the rain forests, and from picturesque islets dotting the turquoise Gulf of Panama to private tropical gardens, there is something to glimpse, something to observe, and something to marvel at nearly everywhere you turn. There is no bad time to visit, but for amateur to avid birders, our season is a good time indeed.

According to our Expedition Leader Gustavo Abarca, the elusive Quetzal, which so many long to see and so few manage to, begins nesting in March and early April, providing opportunity for guests who join us on a trip extension to not only spot, but observe them over time. Scarlet macaws, too will be looking for mates – and rewarding us with their riotous colors.

The humpbacks that migrated from Antarctic waters and North America around early December start heading back north at this time of the year – creating the possibility of a magical encounter along the coast.

And for those who want to experience all the facets that our 'Costa Rica and Panama Plus' itineraries provide, the good news is that the usually rainier Caribbean side of Costa Rica is often drier at this time of year – making hikes to the Arenal volcano and exploring Sarapiquí even more exhilarating.

Come for the swimming, the snorkeling, the pristine beaches and the lush green of the coastal rain forest – and get the esprit de corps of our intimate expedition ship, the engaging company of our Naturalists and the insight into this part of our planet that comes with it, as well.

The advantage of visiting this part of the world aboard our expedition ship is the effortless of the flow from one marvelous area – the wild Osa Peninsula, for example, or Golfo Dolce – to another. And experiencing the Panama Canal aboard *National Geographic Sea Lion* means not merely transiting it, but spending the night as an invited guest in Gatún Lake, and visiting the Smithsonian Research station on an exclusive tour with researchers.

As I said, never a dull moment – as you will see for yourself when you join us. Whether you choose to spend 8 days, or spend more time and experience more of the diversity for which this region is famous, you will revitalize your mind, body and spirit there! So, please join us this season.

All the best,



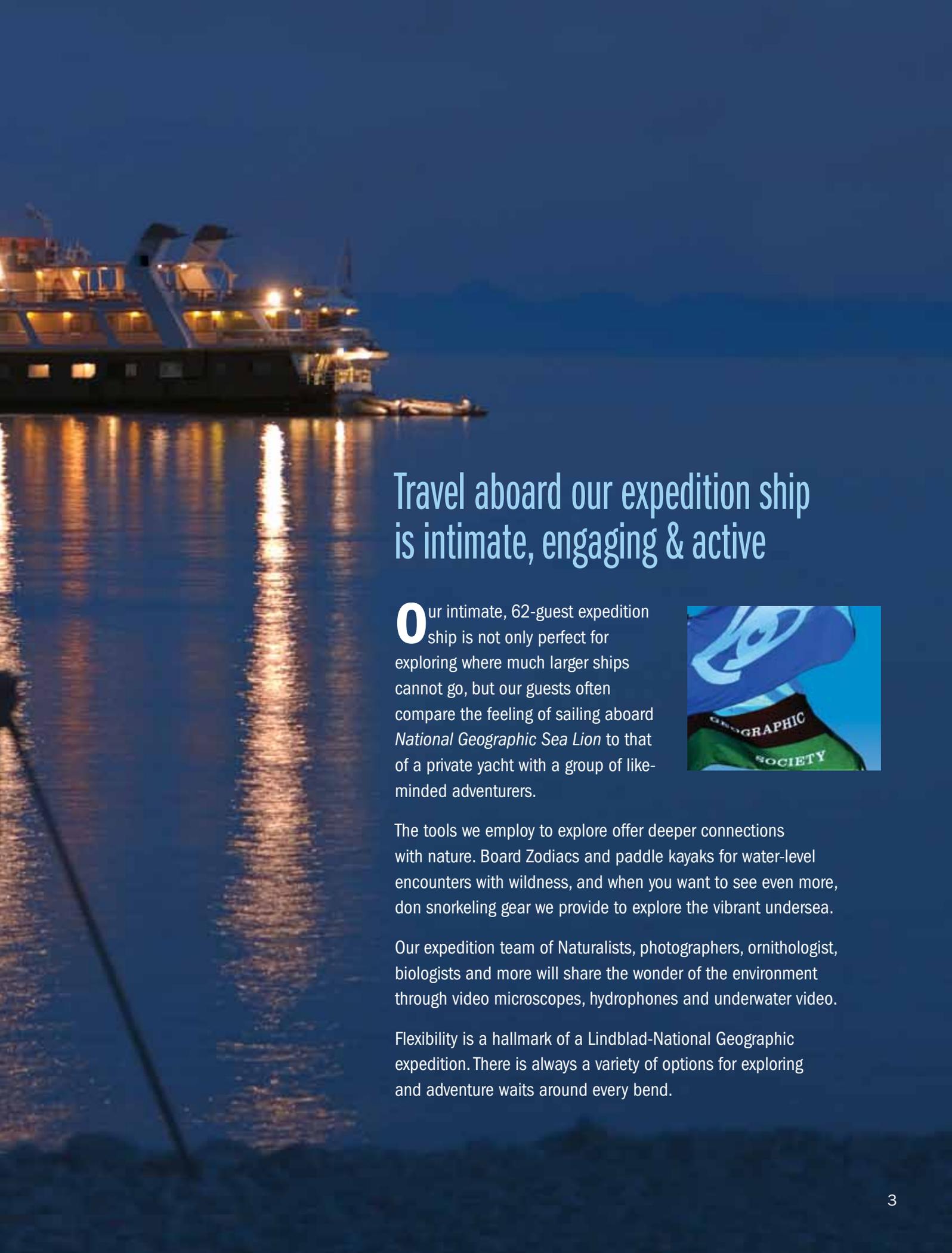
Sven-Olof Lindblad

The most interesting way to experience Costa Rica & Panama

Only traveling by ship makes the journey of going from rain forest to beach and habitats in between as exciting as the wildlife and wonders. Only traveling by ship gives you the thrill of transiting the legendary Panama Canal and visiting the pristine islands that lie beyond its boundaries. Only traveling by ship gives you a sense of the whole and not just the parts — it's like living a story that reveals a new chapter every day.

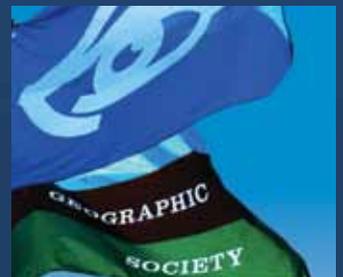
You'll actively explore, too — on jungle hikes and walks through the rain forests, visiting with village natives, kayaking, snorkeling, and talking with our expert and engaging Naturalists. No land-based experience can equal the esprit de corps you'll find aboard *National Geographic Sea Lion* as you share adventures with fellow guests and your expert expedition team. Service, comfort and the luxury of unpacking once are terrific, too!

Guests and our Photo Instructor shoot time lapse video of Costa Rica's night sky with National Geographic Sea Lion in the background.



Travel aboard our expedition ship is intimate, engaging & active

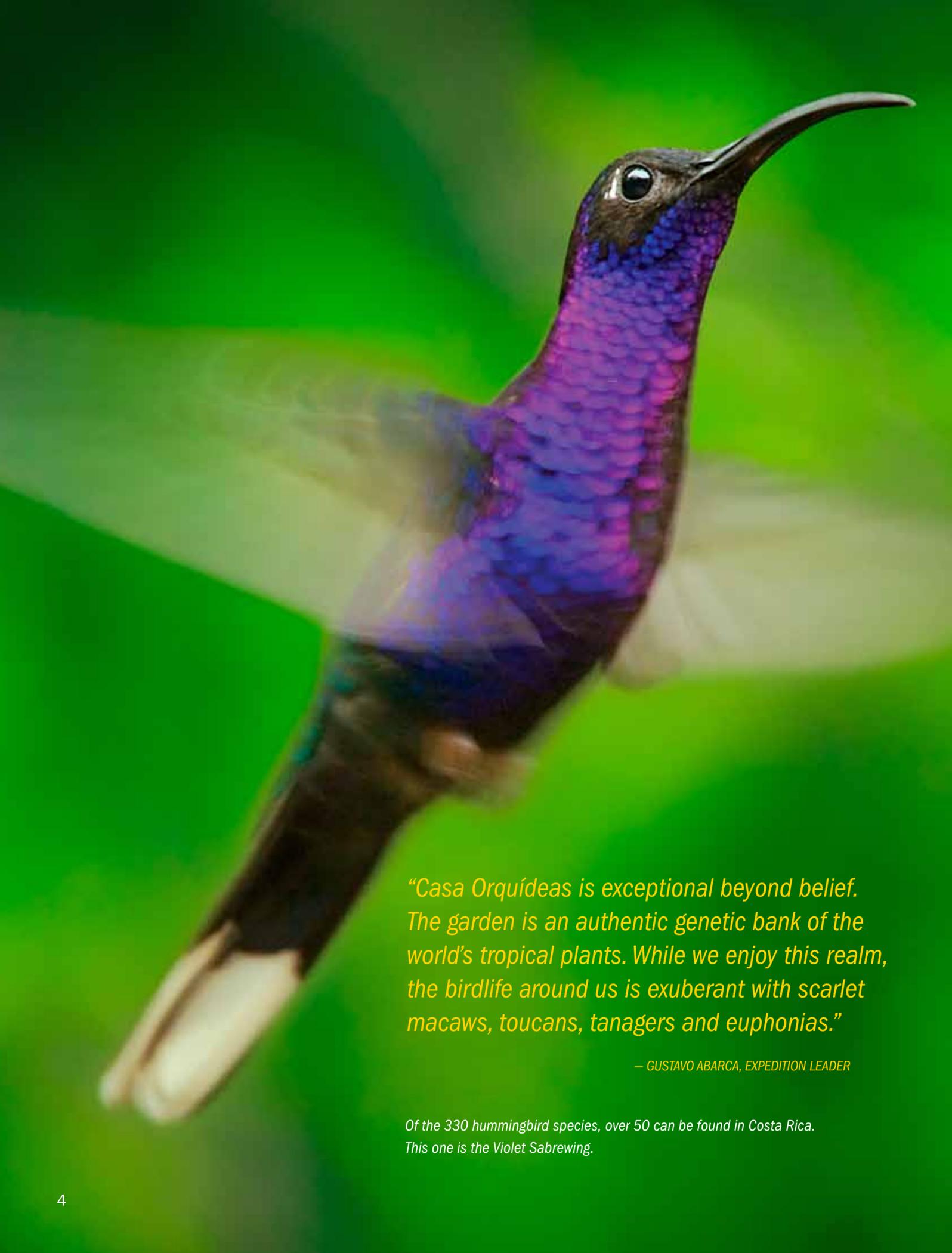
Our intimate, 62-guest expedition ship is not only perfect for exploring where much larger ships cannot go, but our guests often compare the feeling of sailing aboard *National Geographic Sea Lion* to that of a private yacht with a group of like-minded adventurers.



The tools we employ to explore offer deeper connections with nature. Board Zodiacs and paddle kayaks for water-level encounters with wildness, and when you want to see even more, don snorkeling gear we provide to explore the vibrant undersea.

Our expedition team of Naturalists, photographers, ornithologist, biologists and more will share the wonder of the environment through video microscopes, hydrophones and underwater video.

Flexibility is a hallmark of a Lindblad-National Geographic expedition. There is always a variety of options for exploring and adventure waits around every bend.



“Casa Orquídeas is exceptional beyond belief. The garden is an authentic genetic bank of the world’s tropical plants. While we enjoy this realm, the birdlife around us is exuberant with scarlet macaws, toucans, tanagers and euphonias.”

— GUSTAVO ABARCA, EXPEDITION LEADER

Of the 330 hummingbird species, over 50 can be found in Costa Rica. This one is the Violet Sabrewing.



Exploring paradise – remote sea gardens & intriguing cultures

Hike a verdant jungle in the morning, snorkel over a vibrant coral reef in the afternoon – and in one day experience more biodiversity than most people see in a lifetime.

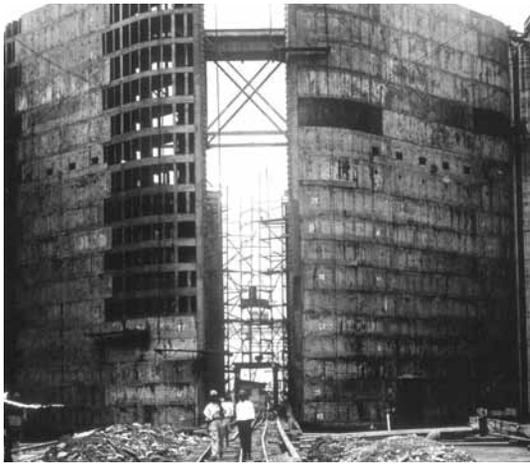
Smell the fragrance of dozens of tropical blooms, orchids in abundance, heliconia and bromeliads. Hear the roar of howler monkeys and the hoarse cries of parrots floating overhead in the jungle canopy.

Cool off in the gentle spray of a waterfall and take a refreshing dip in its crystal clear pool. Glide through the rivers on kayaks, or relax on shore and marvel at the galaxy of wildness surrounding you.

And on our “Many Faces of Panama & Costa Rica” expedition, venture into the Darien Province to meet the Emberá people, who continue to live close to their ancestral traditions – an opportunity only afforded within a narrow tidal window and using carefully guided local boats.



Top: Emberá children. Above: Snorkeling Isla Coiba is an unexpected highlight for many guests.



Panama Canal, sail through history

See the Panama Canal as it was meant to be seen — by ship. Our crossings are usually split between day and evening, giving you the extra benefit of seeing the Canal dramatically lit at night. The nearly 100-year-old canal is a marvel of engineering and a living monument to the toil and genius of a generation.

Enjoy special access while voyaging through the Panama Canal. By arrangement with the Smithsonian Institute, *National Geographic Sea Lion* is granted access to Barro Colorado Island in the Canal's Lake Gatún.

This 3,700-acre island has been under constant supervision of the Smithsonian since 1923 and is the world's leading venue for tropical research. One of their experts will help us explore this unique habitat and enlighten us to the scientists' ongoing research.



Top: The Panama Canal was built from 1904 to 1914 after a French attempt that began in 1881 and was abandoned in 1889. Above: 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. Right: Entering a lock in the Panama Canal.



“...you here who are doing your work well in bringing to completion this great enterprise, are standing exactly as a soldier of the few great wars of the world’s history. 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





Above: Get up close to explore diverse habitats — from mangrove-lined beaches to islands —on Zodiac forays from our expedition ship. Below: Snorkeling at Isla Coiba.

Remote islands and seldom-seen wildness in the company of experts

Explore these magnificent coastal rain forests and seascapes with one Naturalist per every 15 guests aboard the intimate, 62-guest expedition ship *National Geographic Sea Lion*.

Our Naturalists' disciplines are as varied as our guests' interests. And our casual, unstructured, yet engaged style of exploration means you're welcome to gravitate toward whichever Naturalist's background mirrors your passions. Hike with a botanist, identify rare birds with an ornithologist or study a coral reef with a marine biologist.





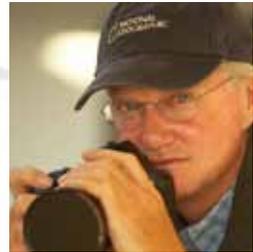
Shoot with National Geographic Photographers on select departures. These Photo Expeditions are crafted to maximize your photo ops with outings planned to take advantage of the best light, hikes and Zodiac cruises that are more at a photographer's pace.

NATIONAL GEOGRAPHIC PHOTOGRAPHERS

MICHAEL MELFORD
2011: DEC 3, 10 (SOLD OUT)

RALPH LEE HOPKINS
2012: FEB 11, 18 (SOLD OUT)

Call to be added to our wait list.



Get the photos of a lifetime with our exclusive Expedition Photography program

Every expedition sails with an on board Lindblad Expeditions-National Geographic Certified Photo Instructor – a Naturalist specially trained to coach you in getting the most out of your camera. You'll learn to go macro for photos of tropical flowers, shoot portraits of the Emberá people or capture the profile of a far off island at sunset. Go on the expedition of a lifetime, and go home with the photos to prove it.

» PHOTO EXPEDITIONS ARE FOR PHOTOGRAPHERS OF ALL SKILL AND INTEREST LEVELS. LEARN MORE AT WWW.EXPEDITIONS.COM/PHOTO



**BOOK NOW TO RECEIVE
3 FREE DAYS IN MONTEVERDE
ON FEB 25, 2012 DEPARTURES**

Subject to availability,
call for details.



COSTA RICA AND THE PANAMA CANAL

ITINERARY: 8 DAYS/7 NIGHTS – NATIONAL GEOGRAPHIC SEA LION

DEPARTURES: 2011 ~~Nov-12*~~, ~~19~~, ~~26*~~; ~~Dec-3~~ , ~~10*~~ , ~~27*~~

2012 Jan. ~~7~~, 14*, 21, 28*; ~~Feb-4~~, ~~11*~~ , ~~18~~ , 25*; Mar. 3, 10*, 17, 31

*These departures travel from San José to Panama City.  Photo Expeditions. **Departures in red are sold out.**

PRICES FROM: \$4,980 to \$8,260 (See page 19 for complete prices.)

[INQUIRE FOR NOV 2012 - MAR 2013 DATES & RATES.](#)

Explore the coastal regions of Panama and Costa Rica for an intriguing blend of nature – plus a transit of the legendary Panama Canal. The wildlife of the region includes spider, howler and capuchin monkeys, coatimundis, sloths and over 300 species of birds, including toucans and macaws.

DAY 1: U.S./PANAMA CITY, PANAMA/COLON/ EMBARK/GATUN LAKE

Depart the U.S. and arrive in Panama by mid-afternoon. Drive across the narrowest width of the isthmus to the port of Colón where we'll board *National Geographic Sea Lion* and begin our Panama Canal transit. Anchor in Gatún Lake for a peaceful night. (D)

DAY 2: BARRO COLORADO ISLAND/PANAMA CANAL TRANSIT

In the morning, we'll board Zodiacs for Barro Colorado Nature Monument in Gatún Lake. This island has been the primary Smithsonian center for tropical rain forest study since 1923, and we are very proud to have special permission to visit the facilities at the Smithsonian Tropical Research Institute. Meet some of the scientists and learn about their work before we reboard to continue our crossing. Often we have the opportunity to cross part of the Canal during the day, and another when it is dramatically lit at night. (B,L,D)

DAY 3: GULF OF PANAMA ISLETS

This archipelago of islands due south of Panama City has a storied past — pearls, conquistadors, buccaneers, and so much more. We'll explore the turquoise waters via Zodiac or kayak, where dolphins and whales have been spotted. Observe roosting and nesting magnificent frigate birds and blue-footed boobies on an otherwise empty stretch of white sand. (B,L,D)

Far right: Keel-billed toucan. Near right: Kayaking provides a liberating platform for exploring.





DAY 4: ISLA COIBA NATIONAL PARK

Isla Coiba, one of Panama’s most remote national parks and a UNESCO World Heritage Site, offers some of the best reefs for snorkeling in the Eastern Pacific Ocean. Our staff will assist both novice and expert snorkelers alike, and you’ll also observe a vibrant undersea world while swimming and kayaking. (B,L,D)

DAY 5: GOLFO DULCE, COSTA RICA

Today we make our first landfall at Costa Rica. At Casa Orquídeas, a privately-owned garden accessible only by boat and special invitation, we’ll see a profusion of orchids while looking for tanagers, parrots and gaudy toucans. Explore Golfo Dulce, ideal for kayaking or swimming. (B,L,D)

DAY 6: OSA PENINSULA

We anchor off the remote Osa Peninsula at Corcovado National Park. Trek through the rain forest in search of three species of monkey in one day: howler, spider and squirrel. (B,L,D)

DAY 7: MANUEL ANTONIO NATIONAL PARK

At Manuel Antonio, we enjoy the stunning beachscape where the forest meets the sea. Our Naturalists point out monkeys or birds as they zip through the forest. You’ll find plenty of great spots for a final hike or refreshing swim on one of the forest-lined, white-sand beaches. (B,L,D)

DAY 8: HERRADURA/DISEMBARK/SAN JOSE /U.S.

Disembark in Herradura and drive to the airport for flights home. (B)



DEPARTURES NOTED WITH * TRAVEL IN REVERSE. BELOW IS THE REVERSE ITINERARY IN BRIEF:

COSTA RICA TO PANAMA

- DAY 1: U.S./San José, Costa Rica/ Herradura/Embark
- DAY 2: Manuel Antonio National Park
- DAY 3: Osa Peninsula
- DAY 4: Golfo Dulce
- DAY 5: Isla Coiba National Park, Panama
- DAY 6: Gulf of Panama Islets/Gatún Lake
- DAY 7: Barro Colorado Island/Panama Canal Transit
- DAY 8: Colón/Disembark/Panama City/U.S.



MANY FACES OF PANAMA AND COSTA RICA

ITINERARY: 11 DAYS/10 NIGHTS – NATIONAL GEOGRAPHIC SEA LION

DEPARTURES: 2011 Dec 17

PRICES FROM: \$7,820 to \$12,930 (see page 19 for complete prices.)

Embark an expedition that encompasses the essence of Panama & Costa Rica. This itinerary differs from our 8-day program on the previous page as a longer, culturally-focused expedition. Experience natural wonders, sail through history while transiting the legendary Panama Canal, and journey up a remote river ferried aboard a small, local boat to explore the Darien Province, where you'll meet the Emberá people who still live close to their ancestral traditions.

DAY 1: U.S./PANAMA CITY, PANAMA/COLON/ EMBARK/GATUN LAKE

Depart the U.S. and arrive in Panama. Drive to Colón where we board *National Geographic Sea Lion* and begin our Panama Canal transit. Anchor in Gatún Lake for a peaceful night. (D)

DAY 2: BARRO COLORADO ISLAND/PANAMA CANAL TRANSIT

Visit Barro Colorado Nature Monument, the primary Smithsonian center for tropical rain forest study since 1923. Meet some of the scientists and learn about their work before we re-board to transit the Canal. Often we have the opportunity to cross part of the Canal during the day, and another when it is dramatically lit at night. (B,L,D)

DAY 3: CASCO VIEJO

This UNESCO World Heritage Site is the historic center of Panama City. Discover the old Santo Domingo monastery and Flat Arch, which reportedly helped convince canal engineers that Panama was earthquake-proof. Visit the Canal Museum and the beautiful Gold Altar at the San José Cathedral. (B,L,D)

DAY 4: MOGUE

Today we find ourselves in an entirely distinct environment – the mouth of the Mogue River, a

winding, mangrove-lined waterway that leads into Darien National Park. Board local boats and look for blue morpho butterflies on our way to the Emberá village of Mogue. Learn about the culture and traditions of the Emberá people, famous for their handicrafts. Men are expert carvers of Cocobolo wood and women weave baskets made from palm fibers with dyes made from various plants. (B,L,D)

DAY 5: LAS PERLAS

The “Pearl Islands” are famous for the 31-carat pearl *La Peregrina* discovered here in 1913.

Composed of over 200 islands and islets surrounded by turquoise waters, Las Perlas is teeming with coral beds and a rich diversity of marine life. And in Las Perlas we have exclusive access to go ashore on the white sand beach of Isla Pacheca, home to a thriving pelican rookery. Snorkel, swim, or just relax. Search for dolphins and whales that frequent these warm Pacific waters during our afternoon at sea. (B,L,D)





DAYS 6 & 7: ISLA COIBA NATIONAL PARK

Isla Coiba, one of Panama's most remote national parks and a UNESCO World Heritage Site, offers some of the best reefs for snorkeling in the Eastern Pacific Ocean. We've been visiting Coiba for decades, and you will relish spending two full days exploring sites relatively untouched by humans. The jungles are home to howler monkeys, scarlet macaws and 20 endemic bird species including the Coiba spinetail. (B,L,D)

DAY 8: GOLFO DULCE, COSTA RICA

Today we make our first landfall in Costa Rica at Casa Orquídeas, a privately-owned tropical garden accessible only by boat and special invitation. We'll see a profusion of orchids while looking for tanagers, parrots and gaudy toucans. Explore Golfo Dulce, ideal for kayaking or swimming. (B,L,D)

DAY 9: OSA PENINSULA

We anchor off the remote Osa Peninsula at Corcovado National Park. Trek through the rain forest in search of three species of monkey in one day: howler, spider and squirrel. (B,L,D)

POST EXTENSION:

7 Days in the Monteverde Cloud Forest, Arenal Volcano and Sarapiquí. Please call for details.

Far left: Guests explore Las Perlas by Zodiac. Right: Emberá girl. The Emberá paint their bodies with dye made from the berry of the Genip tree, which also serves as an insect repellent.

DAY 10: MANUEL ANTONIO NATIONAL PARK

At Manuel Antonio, enjoy the stunning beachscape where the forest meets the sea. There are plenty of opportunities for a hike or refreshing swim on one of the forest-lined, white-sand beaches. (B,L,D)

DAY 11: HERRADURA/DISEMBARK/ SAN JOSE/U.S.

Disembark in Herradura and drive to the airport for flights home. (B)





COSTA RICA TO PANAMA *PLUS* MONTEVERDE CLOUD FOREST

ITINERARY: 11 DAYS/10 NIGHTS

DEPARTURES: 2011: ~~Nov-9, 23~~; ~~Dec-7~~ 2012: Jan 11, 25; ~~Feb-8~~, 22; Mar. 7
Departures in red are sold out.

PRICES FROM: \$6,080 to \$9,860 (see page 19 for complete prices.)

[INQUIRE FOR NOV 2012 - MAR 2013 DATES & RATES.](#)

NATIONAL GEOGRAPHIC TRAVELER called Monteverde, "The jewel in the crown of cloud forest reserves," and named it among their top ten places to see in Costa Rica.

The cloud forest is a secretive place – a green cathedral that reveals its magic to the trained eye of our Naturalists, who will help you observe all facets of this marvelous habitat. An exploration of Costa Rica is incomplete until you have walked along the wind-sculpted elfin woodlands clinging to rocky ridges and strolled bridges spanning the rain forest's towering canopy.

This lush, green landscape is referred to as a cloud forest instead of a rain forest due to its altitude – the clouds often hug the mountain, lending a surreal feeling to walking bridges in the verdant jungle canopy while clouds float beneath your feet.





Opposite page: A walk in the Monteverde Cloud Forest canopy.

Right: Capuchin monkeys.

Below: Encounter with an owl-eye butterfly.

DAY 1: MIAMI/SAN JOSE, 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. (D)

DAYS 2 & 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. Led by local naturalists, walk trails rich with butterflies and abundant 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 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. Days 4-11 then follow "Costa Rica & the Panama Canal" itinerary on pages 10-11. (B,L,D)





PANAMA TO COSTA RICA *PLUS* MONTEVERDE CLOUD FOREST, ARENAL VOLCANO AND SARAPIQUI

ITINERARY - 15 DAYS/14 NIGHTS ABOARD NATIONAL GEOGRAPHIC SEA LION

DEPARTURES: 2011: Nov ~~19~~; Dec. 3 2012: Jan 7, 21: ~~Feb-4, 18~~; Mar. 3, 17, 31

PRICES FROM: \$7,460 to \$11,120 (see page 19 for complete prices.) *Departures in red are sold out.*

[INQUIRE FOR NOV 2012 - MAR 2013 DATES & RATES.](#)

Select this itinerary to experience every facet & four remarkable environments: marine, cloudforest, rain forest and active volcano – on both the Caribbean and Pacific sides of Costa Rica.

DAYS 1-7: FOLLOWS “COSTA RICA & THE PANAMA CANAL” ITINERARY ON PAGES 10-11.

DAY 8: HERRADURA/MONTEVERDE

Disembark *National Geographic Sea Lion* and head to Carara National Park, where the less dense rain forests make for easy bird sightings. 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 in to a family-owned retreat with privacy, expansive lawns and picturesque views of the cloud forest. (B,L,D)

DAY 9: MONTEVERDE

Breakfast at the hotel before visiting a butterfly farm where we'll have the opportunity to see dozens of local species in a short time. After lunch, we'll tour the Monteverde reserve with trained Naturalists, relying on their expertise to spot mantled howler monkeys and possibly the rare Resplendent Quetzal. (B,L,D)

DAY 10: MONTEVERDE/ARENAL

We'll 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, we'll drive to Lake Arenal, which we'll cross in 40-passenger boats landing at a restaurant on the lake's far side. By the time lunch is finished, our motorcoaches will have arrived with our luggage. We'll check into an elegant hotel surrounded by gardens and pastures with grazing animals, and every room offers a panoramic view of the smoldering Arenal Volcano. (B,L,D)



Unroasted coffee beans

DAY 11: ARENAL

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

DAY 12: ARENAL/SARAPIQUI

We'll transfer to Sarapiquí, stopping to visit La Selva Biological Station and some of the most immaculate primary tropical rain forest. Check-in to Sueño Azul, set in a private rain forest reserve at the convergence of two rivers. (B,L,D)

DAY 13: SARAPIQUI

Float the Sarapiquí River on a relaxing journey or opt for an adventurous whitewater rafting trip. After lunch, you're free to explore on your own. Ride horseback to secluded waterfalls or pamper yourself with a yoga class or a day in the spa. (B,L,D)

DAY 14: SARAPIQUI/SAN JOSE

En route to San José we'll stop visit Sibú Chocolatier, makers 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. After a picnic lunch of traditional Costa Rican fare, we'll visit one of San José's fine museums. The day ends with a farewell dinner at a local restaurant. (B,L,D)

DAY 15: SAN JOSE/HOME

Breakfast at the hotel and transfer to the airport for the flight home. (B)



Above: Enjoy a horseback ride en route to secluded waterfalls.

Below: Arenal Volcano.



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 Sun Deck 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.

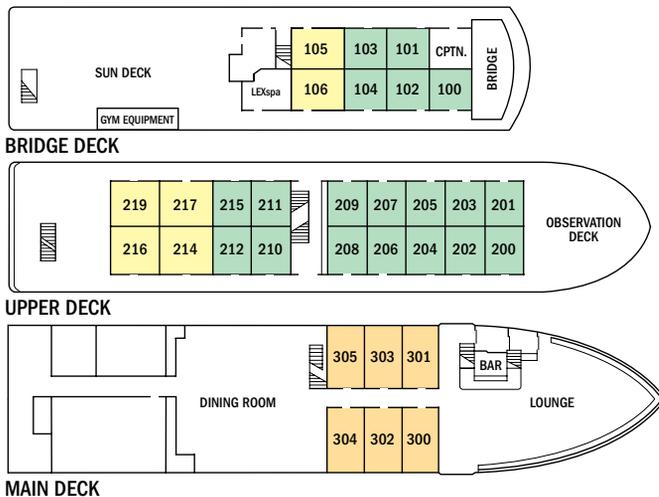
EXPEDITION EQUIPMENT: Bow camera, hydrophone, kayaks, snorkeling gear, Splash-Cam, underwater video camera, video microscope, and Zodiac landing craft.

SPECIAL FEATURES: Guest Internet access and a Video Chronicler.

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



Photos (clockwise): Expedition ship *National Geographic Sea Lion* can access hard to reach locations; we carry a fleet of kayaks on board; the ship’s comfortable cabins are the perfect place to end a day of exploration.



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.



Clockwise from top left: Scanning the sea for marine mammals; our Wellness Specialist leads a morning stretching session on the sun deck; generous outdoor space means excellent viewing; cocktail hour recaps are informative and social; shooting alongside our Certified Photo Instructor; cuisine on board is fresh, sustainable and accented with a regional flair.

Prices are per person, double occupancy unless indicated as solo. Inquire for Nov 2012 - Mar 2013 dates & rates.

| ITINERARY | YEAR | CAT. 1 | CAT. 2 | CAT. 3 | CAT. 1 SOLO | CAT. 2 SOLO | ADVANCE PAYMENT | NOTE |
|---|---------|---------|---------|---------|-------------|-------------|-----------------|--|
| Costa Rica & The Panama Canal | 2011/12 | \$4,980 | \$5,490 | \$6,580 | \$7,340 | \$8,260 | \$550 | Sample Airfare: Miami/Panama City, San José/Miami or vice versa: Economy from \$500 Business from \$1,500. |
| Many Faces of Panama & Costa Rica | 2011 | \$7,820 | \$8,620 | \$9,990 | \$11,730 | \$12,930 | \$750 | Sample Airfare: Miami/Panama City, San José/Miami or vice versa: Economy from \$600 Business from \$1,500. |
| Monteverde + Costa Rica to Panama | 2011/12 | \$6,080 | \$6,590 | \$7,680 | \$8,940 | \$9,860 | \$600 | Sample Airfare: Miami/San José, Panama City/Miami: Economy from \$500 Business from \$1,500. |
| Panama to Costa Rica + Monteverde, Arenal & Sarapiquí | 2011/12 | \$7,460 | \$7,970 | \$9,060 | \$10,200 | \$11,120 | \$750 | Sample Airfare: Miami/Panama City, San José/Miami: Economy from \$500 Business from \$1,500. |

TAKE ADVANTAGE OF OUR SPECIAL SAVINGS

SPECIAL SAVINGS: BOOK NOW TO RECEIVE THE 3-DAY MONTEVERDE EXTENSION WITH OUR COMPLIMENTS.

Valid on new bookings and select dates only and subject to availability. Please call for details.

BRINGING A GROUP: For your party of eight people or more, you will each receive 5% off the cost of your expedition. A deposit of 10% of the trip cost is required at the time of reservation, and an additional 25% is required 120 days in advance. Final payment is due 90 days in advance. (Excludes extension and airfare.)

Note: If taking advantage of this discount, a variation of the cancellation policy will apply. Please ask upon making your reservation.



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

OUR POLICY ON COMBINING OFFERS: Any of the special savings offers noted in this brochure, if applicable, may be combined with any of the savings noted above, for a maximum of two savings.



Reunions - Birthdays - Anniversaries

All of our ships can be chartered on a private basis for family reunions, milestone birthdays and anniversaries, plus corporate retreats or class reunions. For more information, please call Karen Kuttner-Capato, Vice President of Affinity & Charter Sales, at 1-800-783-6656 x1030, or email karenk@expeditions.com or visit www.expeditions.com/charterinfo.

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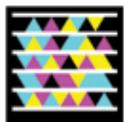
Our community includes people who've traveled with us and people who want to. It's a great way to get news, updates & tips.



PREVIEW YOUR COSTA RICA & PANAMA EXPEDITION

This colorful square is your link to adventure. Called 'image tags' they enable your smartphone to play our Costa Rica & Panama expedition overview video.

1. Go to <http://gettag.mobi>.
2. Download the free mobile app.
3. Using the app, snap or scan any tag and your browser will take you to a video. Enjoy; exploring by video is fun!



Reservation Information

Costs Include: Accommodations aboard ship; all meals as indicated; all nonalcoholic beverages aboard ship; all shore excursions, sightseeing and entrance fees; transfers from airport/ship if traveling on group flights; use of kayaks and snorkeling gear; all port taxes and service charges during the voyage; gratuities to local guides/drivers; services of Lindblad Expeditions' natural history staff and a ship physician. 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: Air transportation Miami/Central America/Miami; extension; 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. There will be a \$50 per person service fee if you elect for Lindblad Expeditions to handle your air arrangements.

Note: Complete pre-journey information, including suggestions on what to bring and recommended reading, will be sent prior to departure.

TERMS & CONDITIONS

Reservations: To reserve your place, an advance payment for the program as outlined is required at the time of reservation and is payable by Visa, MasterCard, American Express, Discover or check. The per person amount due is noted on page 19 within this brochure.

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: Travel protection and medical insurance are available at extra cost. Ask about our comprehensive guest travel protection plan for a worry-free expedition.

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

Responsibility and Other Terms & Conditions: Certain other provisions concerning, 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 web site 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 as of publication date, and are subject to change. The company reserves the right to impose surcharges based on increases in the company's actual cost of fuel.

| 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 |
| <i>This policy applies to expeditions. We strongly recommend that you purchase a travel protection plan. Cancellation policy may differ for extensions. Please call for details.</i> | |
| <i>*You will be issued a \$150 Lindblad Expeditions Travel Certificate.</i> | |
| <i>Note: A variation of this policy applies to a party of eight people or more, certain longer voyages, and holiday departures. Please ask for details.</i> | |

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

- » Travel + Leisure "World's Best" Award for Small-Ship Cruise Lines, 2011, 2010, 2009, 2008
- » Travel + Leisure "World's Best for Families" Award for Small-Ship Cruise Lines, 2011, 2010, 2009
- » Cruise Critic Editor's Pick Awards "Best for Adventure", 2010
- » Named "Best Adventure Cruise" by Forbes.com, 2009
- » Climate Champion Award bestowed upon Sven Lindblad by Clean Air-Cool Planet, 2009
- » Condé Nast Traveler "Gold List", 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.

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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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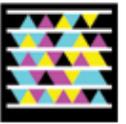
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Dive in – Aim your smartphone at this tag to see a video preview of Costa Rica & Panama paradise! ➔



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INSIDE!**