

**FREE ROUND-TRIP  
AIR FROM MIAMI**  
BOOK BY AUGUST 31, 2013

**theNAT**  
SAN DIEGO NATURAL HISTORY MUSEUM

# **COSTA RICA & PANAMA**

## **TROPICAL WILDNESS & THE PANAMA CANAL**

*Aboard National Geographic Sea Lion | January 18-25, 2014*







## Dear Museum Member,

**T**he tropical wildness of Costa Rica and Panama, plus the man-made wonder of the Canal: only our ship-based expedition provides all of the above, and more. Over the course of a week, you'll experience an unprecedented amount of diversity—idyllic islands, lush rain forest, tropical wildlife, and the historic Canal.

You'll have opportunities to walk deep into the rain forest—hearing only birdcalls, jungle noises, and our own footfalls. Make landfall by expedition landing craft on pristine beaches to swim and snorkel. Kayak mangrove-lined waterways. And walk upstream to a hidden waterfall, one of the many activities that makes a tropical expedition so rewarding.

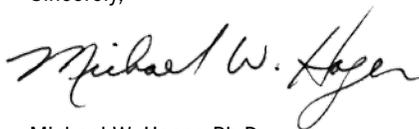
Everywhere you turn there's a photo op, and luckily there's also a Lindblad Expeditions-National Geographic certified photo instructor on board, providing you an unprecedented opportunity to shoot in the field with a top wildlife photographer.

The Panama Canal is an engineering marvel, symbolic of a time when human toil changed the face of the planet. Beyond simply transiting the Canal, our crossing offers you an exclusive experience of the Canal Zone. Over two days, you have the chance to see the Canal workings by day and by night. We anchor overnight inside the Canal Zone, near Barro Colorado Island, and in the morning we explore the Smithsonian Tropical Research Institute, situated on this jungle island since 1923.

Plus, if you are able to join the expedition a day early, we are offering an optional extension to the new Panama Canal Expansion Project Observation Center and the Museum of Biodiversity, with an overnight in Panama City. Take in the view from the expertly sited Observation Center, overlooking the construction of the third set of locks—a project so massive, it will alter the face of shipping forever. Be among the very first to visit the Frank Gehry-designed Museum of Biodiversity, a unique structure with exhibits dedicated to the history of the isthmus and its myriad species.

There are many ways to experience Costa Rica and Panama, but none offer the same satisfyingly holistic, comprehensive, and curated experience that our expedition, well-equipped ship, and knowledgeable staff can provide. I hope you'll join us January 8-25, 2014, an ideal time to explore this region. **To make your reservation, please return the enclosed reservation form or call Lindblad Expeditions toll free at 888-773-9007.**

Sincerely,



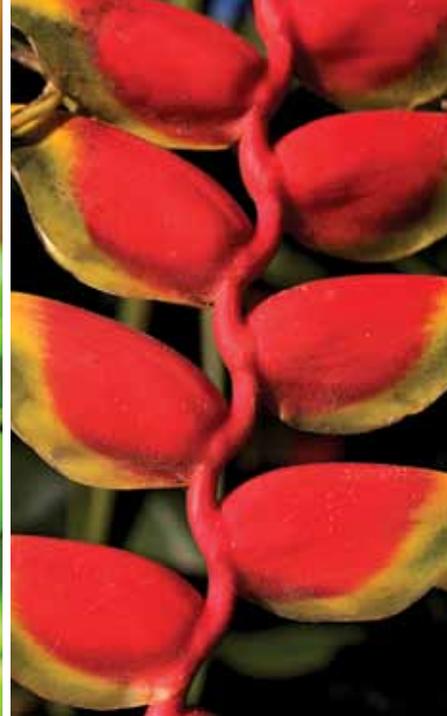
Michael W. Hager, Ph.D.  
President and CEO

**P.S. Book by August 31, 2013 and receive complimentary round-trip airfare from Miami. See details on page 12.**

Cover: Scarlet macaw in flight.

Opposite page: Wildlife-spotting during an afternoon forest hike.

*Ship's Registry: United States*



# See more of Costa Rica & Panama's incredible biodiversity

Because our expedition is ship-based, we range widely, offering the most encompassing, immersive experience possible in Costa Rica and Panama. Going by ship means you'll explore the seldom-visited islands of Panama—idyllic, protected lands that dot the tropical sea. Kayak from their beaches, swim the warm blue waters, or simply luxuriate in enjoying an island inaccessible to most travelers.

An intimate, 62-guest expedition ship is not only perfect for exploring where much larger ships cannot go, but our guests often compare the feeling aboard *National Geographic Sea Lion* to that of a private yacht with a group of like-minded adventurers. Our ship is outfitted with expedition landing craft, kayaks, and snorkeling gear that are yours to further explore the sea. It is also equipped with cool tools to help you go deeper and explore more: a video microscope, handheld underwater camera, and a camera permanently mounted on the ship's bow.

Flexibility is a hallmark of expedition travel. Plans may change with dolphin sightings, and an astronomy session may spontaneously occur topside on a cloudless night. And every day there are a variety of options for exploring at your fitness and interest level.



Opposite page (clockwise from top): Howler monkey and its newborn; heliconia flower; guests horseback riding in Corcovado National Park; naturalists are always on hand to point out the wildlife; keel-billed toucan.

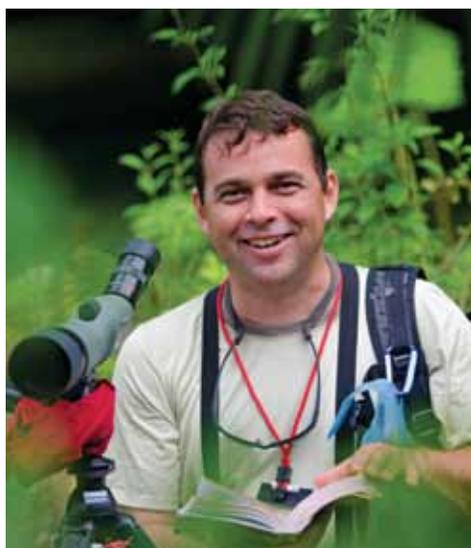
# Remote islands and seldom-seen wildness in the company of experts

Dividing oceans and uniting continents, Costa Rica and Panama are some of the most beautiful and wildly diverse natural regions on the planet. Hike a verdant rain forest with a botanist, snorkel over a vibrant coral reef with a marine biologist—and in one day, experience more biodiversity than most people see in a lifetime.



Three-toed sloths.

A top-notch team of naturalists, photographers, ornithologists, biologists, and more will share the wonders of the environment. They're adept at spotting the iconic and sometimes elusive jungle wildlife—brilliant macaws, howler monkeys, and more. And with one naturalist for every 12 guests aboard our intimate expedition ship, you're ensured ample attention and varied perspectives. The casual, yet engaged style of exploration means you're welcome to gravitate toward whichever naturalist's background mirrors your passions.



The naturalists take great pride in exploring the topography with you and spotting wildlife. You will find species that are found nowhere else, but also be surprised to find species that are common in your own backyard.

# Expedition photography in the tropics

Explore Costa Rica and Panama with the benefit of an onboard Lindblad-National Geographic certified photo instructor—a naturalist specially trained to offer assistance with your camera settings and give you shooting tips in the field to take advantage of the region’s peerless light.

With such diversity and wildness, you’ll find endless photo ops. There is the dizzying greenness of the rain forest, the delicate graceful details of wildflowers, the robust energy of monkeys.

At sea, we have dramatic sunsets and sunrises. On land, we hike the forest trails in search of that moment that thrills and surprises us—the iridescent hummingbird, the upside-down sloth, the vibrant heliconia flowering plant.

Capture the drama of the Panama Canal both during the day and at night, for two varied yet incredible views of this passage between the seas.



A photo instructor will help take your photography skills to the next level, novice and amateur alike.

A hummingbird feeding on a torch ginger.



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

Our transit of the Panama Canal is unique. We don't simply pass through it; we linger in the Canal Zone so you can appreciate the full achievement of this man-made wonder. We overnight in Gatun Lake, in the middle of the Canal Zone. And in the morning, by special arrangement, we visit Barro Colorado Island, site of the Smithsonian Tropical Research Institute, one of the world's foremost sites for tropical research since 1923. As we explore it with local guides, we see men and women, the world's top tropical scientists, conducting their research.



Transiting the Panama Canal.

During the Canal transit, you'll be able to stand on deck, as our nimble expedition ship passes through the gigantic lock doors. A mountain of water rises beneath your feet as 26 million gallons lift you 85 feet above sea level. You'll see the new Panama Canal under construction—for a perfect perspective on the contemporary wonder juxtaposed against the historic. Since our transit takes place over two days, we almost always have a chance to see the Canal in daylight and dramatically lit at night, experiencing it in a way few can.

## OPTIONAL 2-DAY/1-NIGHT PANAMA PRE-EXTENSION

Take advantage of timing and visit the newly constructed Panama Canal Expansion Project Observation Center (right), to witness the building of the new Canal. Enjoy lunch in the overlooking restaurant at Miraflores Locks, plus be among the first to visit the soon-to-be-opened Museum of Biodiversity (below), designed by Frank Gehry. Overnight at the Marriott downtown. Please call for details.





There are ample opportunities to snorkel, and no need to lug snorkeling gear from home—that's our job.

## Isla Coiba: An unexpected gem

Unquestionably, adventurous travelers are drawn to this expedition to see and experience the Panama Canal. But if you were to ask any of them at random at the end of their journey about the highlights of their trip, they almost invariably will mention Coiba National Park.

Snorkeling in Coiba National Park is a not-to-be-missed experience. This sliver of white sand in the middle of an aqua sea is just irresistible. The variety of color and forms found in the reef around the island attests to the beauty and uniqueness of this national park.



Kayaks give you a unique, water-level perspective.

Coiba, one of Panama's most important national parks and now one of the five UNESCO World Heritage sites in the country, is the pride and glory of its park system. It not only protects the most extensive tropical forest of any island in the region, but it boasts the best examples of Pacific coral reefs found anywhere between Baja California and Peru. Coiba is special because it is the one place where virtually everyone's interests can be accommodated, by offering birding walks, sea kayaking, snorkeling, and expedition landing craft cruising.

# Costa Rica & The Panama Canal

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



Join us to 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: MIAMI/PANAMA CITY, PANAMA/COLON/EMBARK/GATUN LAKE

Upon arrival in Panama City, drive to Colón, board *National Geographic Sea Lion*, and set sail for the first part of our Panama Canal transit. Stretching more than 50 miles, the Canal was a colossal engineering feat completed in 1914. Anchor in Gatun Lake for the night. (D)

## DAY 2: BARRO COLORADO ISLAND/PANAMA CANAL TRANSIT

In the morning, we'll board expedition landing craft for Barro Colorado Nature Monument in Gatun Lake by special arrangement. 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. Join local guides for a walk through the forests that so challenged the builders of the Canal. In the evening, continue

through the complex lock system of 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: 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 expedition landing craft or kayak, where dolphins and whales have been spotted. Observe roosting and nesting magnificent frigatebirds and blue-footed boobies on the bluffs of isolated islets. (B,L,D)



Capuchin monkey and baby.



Expedition landing craft cruise azure waters to explore hidden beaches and coves.

#### **Day 4: ISLA COIBA NATIONAL PARK**

Isla Coiba is one of Panama's most remote national parks and a UNESCO World Heritage site. Once a penal colony, the island has long been protected and accessible by special permit only. You'll have an opportunity to search for the Coiba Island agouti and the mantled howler monkey. The pristine beach is ideal for swimming, snorkeling, and kayaking. (B,L,D)

#### **DAY 5: GOLFO DULCE, COSTA RICA**

We enter the mangrove-fringed Golfo Dulce, a protected gulf along the southwestern edge of Costa Rica. At Casa Orquídeas, a privately owned garden accessible only by boat and special invitation, see a profusion of orchids; look for tanagers, parrots, and gaudy toucans. Later, explore the placid bay, ideal for kayaking, expedition landing craft cruises, or swimming. (B,L,D)

#### **DAY 6: OSA PENINSULA**

We anchor off the Osa Peninsula, unreachable by road, to see some of the most pristine lowland rain forest on the Pacific. In the environs of Corcovado National Park, you may swim in waterfall pools, horseback ride, or join an expedition landing craft cruise. Trek through the rain forest to look for monkeys. (B,L,D)

#### **DAY 7: MANUEL ANTONIO NATIONAL PARK**

Spend the morning in Manuel Antonio National Park. We explore early, when the wildlife is most active. The naturalists point out monkeys or birds as they zip through the forest, and lethargic three-toed sloths in the trees. In the afternoon, find a place for a final hike or take a refreshing swim. (B,L,D)

#### **DAY 8: HERRADURA/DISEMBARK/SAN JOSE/MIAMI**

After breakfast, disembark in Herradura and transfer to the airport in San José for flights home. (B)

### **Optional Post-Voyage Extension**

Extend your adventure with seven days visiting Monteverde Cloud Forest, Arenal Volcano, and Sarapiquí. Call for details.



Blue Morpho butterfly.



## National Geographic Sea Lion

**CAPACITY:** 62 guests in 31 outside cabins. **REGISTRY:** United States.

**OVERALL LENGTH:** 152 feet.

**PUBLIC AREAS:** 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. 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 flavors.

**CABINS:** All face outside with windows, private facilities, and climate controls.

**EXPEDITION EQUIPMENT:** Expedition landing craft, kayaks, snorkeling gear, bow camera, hydrophone, Splash-Cam, underwater video camera, and video microscope.

**SPECIAL FEATURES:** Guest Internet access. A video chronicler, undersea specialist, and ship’s doctor on board all voyages.

**WELLNESS:** The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and morning stretch classes on the sundeck.

Prices are per person, double occupancy unless indicated as solo.

ITINERARY	CAT. 1	CAT. 2	CAT. 3	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT	NOTE
Costa Rica & The Panama Canal	\$5,690	\$6,270	\$7,480	\$8,530	\$9,390	\$550	Sample Airfare: Miami/Panama City/ San José/Miami: Economy from \$500; Business from \$1,500. Subject to change. Optional Extensions: Panama pre-voyage: \$450 double occupancy; \$520 single occupancy. Please call for details on the Costa Rica post-voyage extension.



Clockwise from top left: Fresh produce is sourced locally whenever possible; comfortable Category 3 cabin; guests scanning the sea for marine mammals.

**CATEGORY 1:** Main Deck #300-305 – Conveniently positioned between the dining room and lounge, these cabins feature two single lower beds, a writing desk, and a large view window.

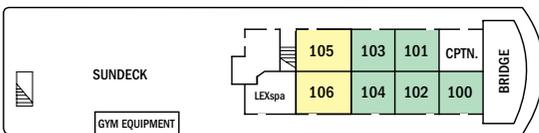
**CATEGORY 2:** Bridge Deck #100-104; Upper Deck #200-212, 215 – These well-located cabins include two lower single beds and a window.

**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

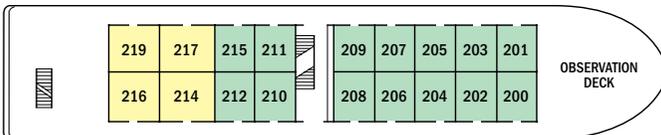
Deck cabins include two lower single beds which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two lower single beds only.

**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.

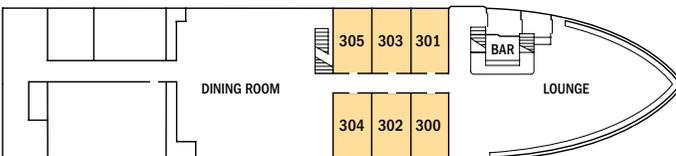
**SHARED ACCOMMODATIONS:** Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.



BRIDGE DECK



UPPER DECK



MAIN DECK



Kayaks give you the opportunity to make your own personal discoveries.

## SPECIAL OFFERS

**COMPLIMENTARY AIRFARE:** Book by August 31, 2013 for free round-trip air from Miami to Panama City, Panama and return from San José, Costa Rica to Miami. 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, not combinable with other offers, or pre- and post-extensions. Call for full details.

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

## TERMS AND CONDITIONS

**Expedition Cost Includes:** Accommodations aboard ship; all meals as indicated; nonalcoholic beverages aboard ship; all shore excursions, sightseeing, and entrance fees; transfers to/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.

**Not Included:** Air transportation Miami/Central America/Miami unless otherwise indicated; meals not indicated; 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:** Airfare is an additional cost unless otherwise indicated. Sample airfares are subject to change. Lindblad Expeditions will gladly assist in making your air arrangements. There will be a \$50 per person service fee if you elect for Lindblad to handle your air arrangements.

**Note:** A complete packet of pre-departure information, including recommended reading list and suggestions on what to bring, will be sent to you approximately four months before departure.

**Reservations:** To confirm your place, an advance payment of US \$550 per person is payable by check.

**Final Payment:** Due no later than 60 days prior to departure.

**Travel Protection Plan:** Travel protection and medical insurance are available at extra cost. Information will be sent upon registration.

**Smoking Policy:** Allowed only in designated outdoor areas.

**Responsibility:** Certain other provisions concerning, among other things, limitations of the Company's (Lindblad Expeditions) liability for loss of property, injury, illness or death during the voyage will be provided to all guests prior to final payment, and to prospective guests upon request.

CANCELLATION POLICY	
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
<i>This policy applies to expeditions and may vary for extensions. We strongly recommend that you purchase a travel protection plan.</i>	

*Itinerary 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.*



**Please return to:**  
 Lindblad Expeditions  
 96 Morton Street  
 New York, NY 10014  
 Ph: (888) 773-9007  
 Fax: (646) 390-2050  
 Email: groups@expeditions.com

# Reservation Form: Costa Rica & The Panama Canal

**January 18-25, 2014**

**Aboard National Geographic Sea Lion**

Please reserve \_\_\_\_\_ place(s).

Name 1 (As it appears on passport): \_\_\_\_\_

Name 1 (Preferred name for name badge): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name 2 (As it appears on passport): \_\_\_\_\_

Name 2 (Preferred name for name badge): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Accommodations:  Double  Single  Twin share w/friend  
 Twin share (Roommate assigned by tour operator)

Please indicate choice of cabin category in order of preference:

1st choice: \_\_\_\_\_ 2nd choice: \_\_\_\_\_

Please send me information on the:

Panama extension  Monteverde, Arenal Volcano & Sarapiquí extension

Enclosed is my advance payment of \$ \_\_\_\_\_ (US\$550 per person).

Make your check payable to **Lindblad Maritime Enterprises, Ltd.**

Charge my advance payment of \$ \_\_\_\_\_ (US\$550 per person)  
 to my  Visa  MasterCard  American Express or  Discover.

Account Number: \_\_\_\_\_ Expires: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**FREE ROUND-TRIP  
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## **Expedition Highlights**

- ▶ Walk rain forest trails, home to howler and capuchin monkeys, sloths, scarlet macaws, and toucans.
- ▶ By exclusive arrangement, overnight in Gatun Lake and visit the Smithsonian Tropical Research Institute on Barro Colorado Island.
- ▶ Explore idyllic, offshore islands by expedition landing craft or kayak.
- ▶ Snorkel at Isla Coliba, a World Heritage site, and go horseback riding on the remote Osa Peninsula.
- ▶ Travel with expert naturalists, including an undersea specialist and certified photo instructor.



**theNAT**  
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