

## PANAMA AND COLOMBIA: EXPLORING THE CARIBBEAN COAST

8 days/7 nights | October 22 - October 29 | Aboard *National Geographic Quest*



### Oct 22: Panama City, Panama

Upon arrival in Panama City, transfer to the port in Balboa and embark on our ship. (D)

### Oct 23: Gatún Lake

By special permission, our ship anchors overnight in Gatún Lake, a vast artificial lake that forms a major part of the Panama Canal. In the morning, disembark on Barro Colorado, a hilltop transformed into an island by the damming of the Chagres River to build the Panama Canal. Visit the Smithsonian Tropical Research Institute and learn about initiatives to protect the incredible biodiversity of the surrounding Barro Colorado Nature Monument, one of the most studied areas of tropical forest on the planet and the site of various National Geographic-supported studies. Later, choose to hike into the jungle, navigate the lake by Zodiac, or take a boat ride to the mouth of the Chagres River to explore the Panama Rainforest Discover Center. Tonight, cruise onward through the complex lock system of the Panama Canal, taking advantage of the nighttime lull in cargo activity. Completed in 1914, the canal is about 50 miles long and sees some 14,000 ships pass through every year. Witness this astonishing feat of engineering under the dramatic golden glow of floodlights. (B,L,D)

### Oct 24: Portobelo

This morning we arrive along Panama's Caribbean coast and step ashore at the historic town of Portobelo. Named by Christopher Columbus in 1502, Portobello, or "beautiful port" was one of the most important Spanish trading centers in the New World. Explore the town's 17th - and 18th-century Spanish colonial fortifications, designated a UNESCO world heritage site. Later, hike into Portobelo's lush jungles in search of mantled howler monkeys, toucans, and a variety of parrots. In the afternoon, our ship sails further down the Panamanian coast where we'll set out with snorkel and fins to explore the vibrant undersea coast of the Caribbean. (B,L,D)



### Oct 25: Guna Yala

Wake up among the archipelago of Guna Yala (also known as the San

Blas Islands), a constellation of 368 tiny, white-sand isles scattered off the northeast coast of Panama. Get to know the indigenous Guna people, one of the first native groups to achieve political autonomy in Latin America. Spend the morning among

the thatched huts of an island village, learning about Guna culture and handicrafts. Marvel at the intricate designs of the handmade textiles called *molas*, which harken back to a female tradition of body painting. In the afternoon, explore the vibrant marine world around the islands by snorkel, kayak, and stand-up paddleboard. (B,L,D)



**Oct 26: Necolí, Colombia**  
Discover the little-explored coastal community of Necolí and the surrounding region. Our exploration begins with Zodiac excursions into lagoons

fringed by mangroves, part of a protected coastal wetlands area. Keep an eye out for wildlife, including a variety of colorful bird species such as great and snowy egrets and Amazon and green kingfishers. After lunch, visit a coca farm, where residents are striving to incorporate the UN's Sustainable Development Goals into their agricultural community. (B,L,D)

**Oct 27: Santa Cruz del Islote/San Bernardo Archipelago/ San Antero/ Tuchín**

Santa Cruz del Islote is one of the most densely populated islands on Earth, where some 600 inhabitants live squeezed together in an area the size of two soccer fields, surrounded by turquoise seas and coral reefs. Stroll the island's motor-free streets, past brightly painted houses and bustling docks; and experience daily life on this unusual island as you chat with local residents. Later, as we enjoy lunch on-board, we cruise through the San Bernardo archipelago calling at San Antero. One afternoon excursion takes us Tuchín, an indigenous village celebrated as the birthplace of the *sombrero vueltiao*, a type of hat considered a national symbol of Colombia. Observe *vueltiao* makers at work, and then meet with members of the local Zenú community, known for their ingenious irrigation systems. Return to *National Geographic Quest*, which will stay at anchor tonight in San Antero. (B,L,D)

**Oct 28: Santa Cruz de Lorica/Cispatá Bay**

Disembark this morning for our short drive to Santa Cruz de Lorica, a charming riverside town influenced by several waves of immigration from France, Belgium, England, Syria, and Lebanon. Stroll through the central square, overlooked by a stunning Spanish-colonial cathedral and historic buildings in colorful Arabic styles. Return to the ship for lunch and time to relax before embarking on a late afternoon cruise in the rarely explored Cispatá Bay, timed for optimum wildlife spotting as native creatures emerge from their mid-day rest. (B,L,D)

**Oct 29: Cartagena**

After breakfast on board, disembark in Cartagena and transfer to the airport to connect with your flight. (B)



**\$450 AIR CREDIT OFFER**

Book by November 30, 2021, to receive a \$450 air credit. Valid for new bookings and subject to availability, not applicable on extensions, and may not be combined with other offers. Credit will be deducted from cabin fare. Call for details

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**NATIONAL GEOGRAPHIC QUEST**

PANAMA & COLUMBIA 8 DAYS / 7 NIGHTS	CAT. 1	CAT. 2	CAT. 3	CAT. 4	CAT. 5 SUITE	CAT. 1 SOLO	CAT. 2 SOLO
	\$ 6,110	\$ 7,180	\$ 7,770	\$ 8,810	\$ 9,810	\$ 9,440	\$ 10,770

**Advance Payment:** \$750 per person

**Cost Includes:** Seven nights' accommodations aboard ship; all meals and nonalcoholic beverages aboard ship; shore excursions; sight-seeing and entrance fees; special access permits and park fees; use of kayaks and paddle boards; taxes and service charges; and services of Lindblad Expeditions' natural history staff.

**Not Included:** Air transportation; transfers from airport upon arrival or departure; passport or visa fees if necessary; meals not indicated; travel protection plan; optional diving excursions; personal items such as Wi-Fi, laundry, spa treatments, alcoholic beverages, etc.; gratuities to the ship's crew are at your discretion.



*National Geographic Quest* features 50 cabins accommodating 100 guests; the dining room with large picture windows; category 4 cabin with lower single beds can convert to a Queen and a private step-out balcony. Select cabins connect via an inside doorway.

# NATIONAL GEOGRAPHIC QUEST

**CAPACITY:** 100 Guests in 50 cabins.

**REGISTRY:** United States. **OVERALL LENGTH:** 238 feet.

Purpose-built to deliver the best possible expedition cruising experience, and designed with over 50 years of expedition heritage, *National Geographic Quest* is able to explore the same remote locations we've sought out for decades, while setting a new standard in comfort and style.

**PUBLIC AREAS:** Global gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; observation deck; mudroom with lockers for expedition gear, and a 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 dinner is served family-style. Menu emphasizes local fare.

**CABINS:** All cabins face outside with windows or portholes, private facilities and climate controls. Category 4 cabins have step-out balconies.

**EXPEDITION EQUIPMENT:** A fleet of 8 Zodiacs and 24 kayaks, Remotely Operated Vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, paddle boards, snorkeling gear for all guests (where applicable).

**SPECIAL FEATURES:** Guest internet access, elevator, a photo instructor, a video chronicler and undersea specialist.

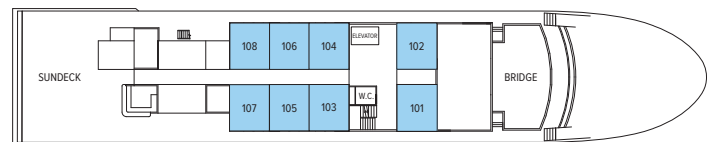
**WELLNESS:** The vessel is staffed by a Wellness Specialist and features a gym with an elliptical machine, treadmill, exercycles, handweights and resistance bands. Treatments in the LEXspa are available by appointment.

**CATEGORY 1:** Main Deck #301-306 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

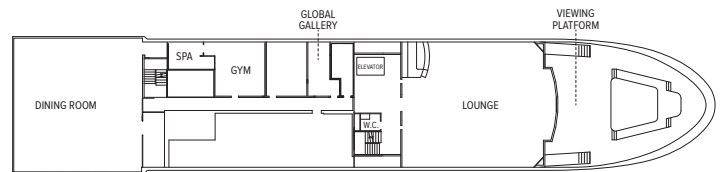
**CATEGORY 2:** Main Deck #307-315 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two portholes.

**CATEGORY 3:** Upper Deck #201-206 Cabins feature two lower single beds that can convert to a Queen, a writing desk and two large view windows.

**CATEGORY 4:** Upper Deck #207-229 Cabins feature two lower single beds that can convert to a Queen, a writing desk, large view window and small, private balcony.



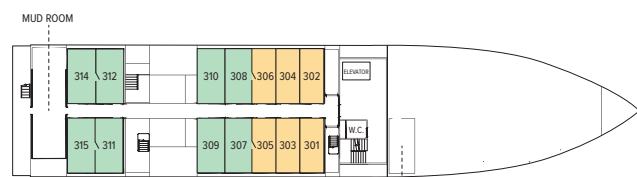
OBSERVATION DECK



LOUNGE DECK



UPPER DECK



MAIN DECK

**CATEGORY 5 (SUITE):** Observation Deck #101-108 Cabins feature two lower single beds that can convert to a Queen, large view windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

**NOTE:** Sole Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

Connecting Cabins via internal doorway access:

Main Deck: #312-314, #311- 315, #306-308, #305-307  
Upper Deck: #224-226, #225-227