



Panama and Colombia: Exploring the Caribbean Coast

Transit the legendary Panama Canal to encounter dazzling natural and cultural treasures as you navigate this Caribbean coast aboard the aptly designed *National Geographic Quest*. Hike lush rainforests teeming with diverse wildlife, maneuver secluded inlets by Zodiac and kayak. Get immersed in the local culture of indigenous communities from the archipelago of Guna Yala to the celebrated people of Tuchín.

From
\$ 6,612 / per person
Does not include flights



DATES

Oct and Nov



DURATION

8 Days



SHIPS

National Geographic Quest



STARTS AT

Cartagena,
Colombia

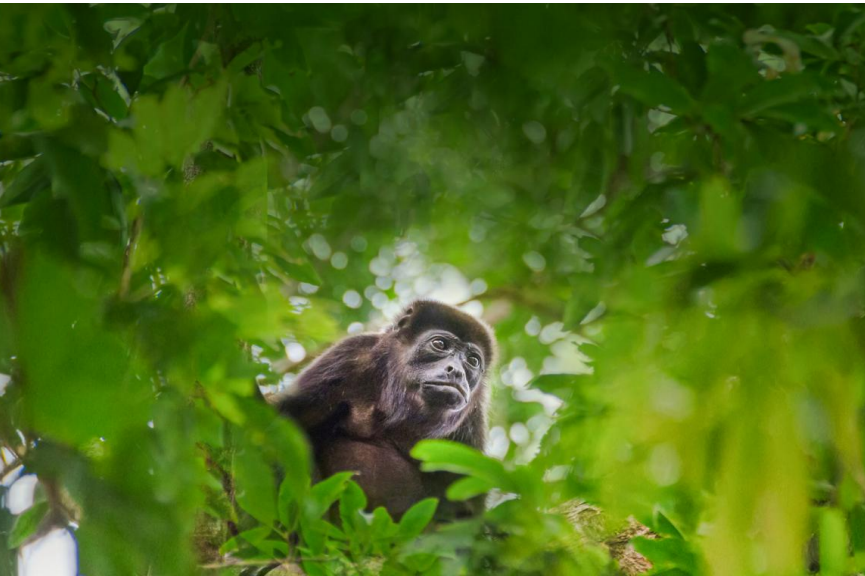


ENDS AT

Panama
City,
Panama

Highlights

- ★ Transit the Panama Canal over two days to see it by day and in the coolness of night
- ★ Visit the palm-shaded Panamanian archipelago of Guna Yala (formerly San Blas Islands), an autonomous province that is home to the Guna people, and get immersed in local culture
- ★ Discover the coastal treasures and remote wilderness of Colombia, exploring vibrant villages, pristine beaches, and wildlife-rich jungles
- ★ Explore Colombia's rainforests, brimming with roughly 1,900 bird species, like the Emerald Toucanet and Passerines, and more than 450 fascinating mammals, like the Brown-throated Three-toed Sloth and Northern Tamandua





Day by day

■ DAY 1

Cartagena, Colombia / Embark Ship

After arriving in picturesque Cartagena, transfer to the *National Geographic Quest* and begin your journey along the fabled Caribbean Coast of Colombia this evening.

Arrival Time: Arrive before 2:30 p.m. local time.

Arrival City: Cartagena, Colombia

Meals included: dinner

◇ DAY 2

Sanguare Natural Reserve / Cispatá Bay

The day begins by exploring Sanguare Natural Reserve. This former cattle ranch, now part of the national system of protected areas, offers great opportunities to explore on foot or by water. Learn of the conservation work being done and explore the tropical dry forests, coastal lagoons, and sea grass beds. Enjoy kayaking or paddleboarding, or dig your toes in the sand and sip a chilled refreshment.

After lunch on board, venture to Cispatá Bay, where we'll spend the afternoon among the most extensive area of mangroves on Colombia's Caribbean coast. Local community guides accompany us to share their insight and knowledge of the prolific wildlife. Participate in the release of rehabilitated, young caimans with a local conservation group, Asocaiman.

Meals included: breakfast, lunch, dinner

◇ DAY 3

San Antero / Santa Cruz de Lorica /

Tuchín

Today we visit Santa Cruz de Lorica on the banks of the Sinú River, a melting pot of cultures from throughout Europe and the Middle East. Stroll the central square and notice how the city's distinct influences live harmoniously, spotlighted in the architecture of the stunning Spanish-colonial cathedral and historic buildings in colorful Arabic styles. A folkloric show will be performed along the riverfront malecón during our walking tour.

We'll enjoy lunch at a local restaurant before traveling to the nearby indigenous village of Tuchín. Watch craftsmen as they make hats that are considered Colombia's national symbol, the *sombrero vueltiao*, and meet the local Zenú, celebrated for their ingenious irrigation systems.

Pending conditions, guests may visit Tuchín in the morning, and Santa Cruz de Lorica in the afternoon.

Meals included: breakfast, lunch, dinner

◇ DAY 4

Capurgana & Sapzurro, Colombia

National Geographic Quest calls at the wonderfully isolated villages of Sapzurro and Capurgana positioned only 3 miles apart on the stunning coast of Caribbean Colombia. Set out on a nature walk on the Capurgana-Sapzurro trail. In this area, the ranges of two species of howler monkeys overlap as both the mantled and the Colombian red howler monkeys are here. Watch for toucans, parrots, trogons, occasionally scarlet macaws, and possibly three-toed sloths as we traverse the tropical forest trails between the villages. Or choose a shorter hike which takes us across an international, transcontinental frontier to Panama. Pass through the quick, walk-through border crossing perched high on a bluff before descending to the beach at the

Panamanian village of La Miel. The sheltered waters of the bay at Sapzurro back in Colombia beckon us for a pleasant kayak or paddleboard around this tropical inlet. We finish our day at sunset in the village of Capurgana.

Meals included: breakfast, lunch, dinner

◇ DAY 5

Guna Yala Archipelago

Wake up and find yourself amidst the Guna Yala archipelago (known also as the San Blas Islands), a scattering of 368 tiny, white-sand isles off the northeast coast of Panama. Spend the day exploring paradise where the Guna people still live as their ancestors did—in thatched huts making ancient handicrafts such as *molos*, colorful panels of stitched fabric. Deeply committed to their culture, the Guna are admired as a politically autonomous community where women make the rules and gender fluidity is celebrated.

In the afternoon, go offshore and explore the vibrant marine world of this breathtaking utopia by snorkel, kayak, and stand-up paddleboard.

Meals included: breakfast, lunch, dinner

◇ DAY 6

Portobelo

In the morning, arrive at the historic town of Portobelo, or “beautiful port,” so named in 1502 by Christopher Columbus and a critical Spanish trading center in the New World. The day here explores 17th- and 18th-century Spanish fortifications, designated a UNESCO site. Later, hike the surrounding jungle in search of native parrots and unruly howler monkeys. There will be time down coast for snorkeling the colorful undersea Caribbean.

Meals included: breakfast, lunch, dinner

◇ DAY 7

Gatún Lake

Special permission allows our ship to anchor overnight in the Panama Canal’s vast Gatún Lake. Disembark in the morning at Barro Colorado, an island formed by the damming of the Chagres River to build the Panama Canal. A visit to the Smithsonian Tropical Research Institute unveils initiatives to protect and study the extraordinary biodiversity of one of our planet’s most studied tropical forests and site of National Geographic studies.

Later, engage in the wildness of the region by taking a hike into the jungle, a Zodiac across the vast lake, or a boat ride to the mouth of the Chagres to explore the Panama Rainforest Discovery Center. The luminosity of the evening heightens the drama of your transit through the complex lock system of the legendary Panama Canal, 50 miles long and passage for some 14,000 ships yearly.

Meals included: breakfast, lunch, dinner

■ DAY 8

Panama City, Panama / Disembark Ship

Disembark in Panama City and transfer to the airport for your flight home.

Departure Time: Depart after 1:00 p.m. local time.

Departure City: Panama City, Panama

Meals included: breakfast

Expedition (Westbound)

Cartagena, Colombia → Panama City, Panama

2024 Departure Dates

Aboard *National Geographic Quest*

20 Oct		
03 Nov		

2025 Departure Dates

Aboard *National Geographic Quest*

26 Oct		
09 Nov		

Alternative Routes

Visit Expeditions.com for more information.

2024 Departure Dates

13 Oct, 27 Oct

2025 Departure Dates

19 Oct, 02 Nov



National Geographic Quest

Guests

100

Cabins

50

***National Geographic Quest*, built in 2017, is designed for sailing into fast-moving channels and shallow coves in pan-American waters.**

When she rolled out of Nichols Brothers shipyard and into the bay on Whidbey Island, the 100 guest *National Geographic Quest* became the third ship in the Lindblad fleet built at this storied Pacific Northwest shipyard. In the 1970s, Nichols Brothers built the twin ships *National Geographic Sea Bird* and *National Geographic Sea Lion*, which continue to sail the waters of the west coast of North America and Central America.

National Geographic Quest was purpose-built to explore the fast-moving channels and narrow straits of Alaska, along the coast of Costa Rica, and into the gray whale nursery lagoons of Baja, her design and engineering informed by our nearly 40 years of experience in these regions. Her twin boarding platforms, for example, were suggested by a veteran staffer. Enabling our team to load two Zodiacs at once means guests get off the ship quickly to take advantage of wildlife sightings and maximize exploring time.

Larger than her siblings *National Geographic Sea Bird* and *National Geographic Sea Lion*, *National Geographic Quest* has the same shallow draft, allowing her captain to navigate the same inner reaches and provide the same intimate, "insider" experiences in these charismatic regions. Modern, clean-lined, with large expanses of glass to keep you connected to the extraordinary views, *National Geographic Quest* enables you to see, do, and experience the best of her geographies.



Cabin Categories

Category 1

Main Deck: #301-306

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror, and reading lights.



Category 2

Main Deck: #307-315

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror, and reading lights.



Category 3

Upper Deck: #201-206

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands, a large view window, full-length mirror, and reading lights.



Category 4

Upper Deck: #207-229

Cabins feature two single beds that can convert to a Queen, a writing desk, closet, two nightstands, full-length mirror, reading lights, sliding glass door, and a small, private balcony.



Note: Solo 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, #306-307;
Upper Deck: #224-226, #225-227

Category 5

Observation Deck: #101-108 (SUITE)

Cabins feature two single beds that can convert to a Queen, large view windows, closet, two nightstands, full-length mirror, reading lights, a suite-sized expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.



Observation Deck

Category 5



Lounge Deck



Upper Deck

Category 3

Category 4



Main Deck

Category 1

Category 2



Ship amenities

Public Areas

Reception; main dining area; global gallery; fitness center; lounge with full-service bar and state-of-the-art presentation facilities; observation deck; mudroom with lockers for expedition gear; partially-covered furnished sundeck; plus open access to the Bridge, the Captain, officers and on-duty wildlife spotters.

Meals

Meals are served in the dining room at a single seating with unassigned tables for an informal atmosphere and easy mingling. Menus feature sustainable choices, local where possible.

Cabins

50 outside cabins. All cabins face outside with windows, private bathroom, and climate controls. Cabins are equipped with Wi-Fi, phone, multiple electrical and USB outlets, and phones. Luxury linens and pillows. Botanically inspired shampoo, conditioner, shower gel, and lotion are all available in cabin bathrooms, as well as an Expedition Essential Kit. Hair dryers, complimentary insulated water bottles and a National Geographic Atlas are also available in each cabin.

Expedition Equipment

A fleet of 8 Zodiacs, 24 kayaks, paddleboards; an ROV, hydrophone, splash-cam, underwater video camera, video microscope; snorkeling gear and wet suits for all guests (where applicable).

Special Features

Lindblad-National Geographic certified photo instructor, undersea specialist and video chronicler. Internet access. Elevator. The design of the outside decks—with the perfect wildlife viewing platform. And the way the proximity of the Lounge to the deck gives you instant access to spontaneous sightings. Have your camera ready!

Wellness

A fitness center with elliptical, treadmill, weights, resistance bands; LEXspa treatment room, staffed by wellness specialists.



Self-Disinfecting Ships

ACT Clean Coat™ is a light-activated, self-disinfecting cleaning process that continuously breaks down viruses, bacteria, mold, and airborne allergens across all ship surfaces. Not only does this create a cleaner, healthier shipboard environment for guests and crew alike, but this non-toxic, chemical-free system also saves more than one million gallons of water each year in our cleaning procedures, and reduces our carbon footprint as well as the amount of plastic and waste in our supply chain.

Special Offers

SUITE EXCLUSIVES

Spacious living areas and incredible views immerse you in the beauty of your marine surroundings. Our new Suite Exclusives package helps make your voyage all the more memorable. [Learn more](#)

10% OFF BACK-TO-BACK VOYAGES

Save 10% on consecutive departures, applicable on voyage fares only and not valid on extensions or airfare. Valid for new bookings only, subject to availability, and may not be combined with other offers. Call for details.

BRINGING THE KIDS

We believe sharing an expedition with children is a life-enhancing experience. Take \$500 off for each child under the age of 18 on any departure. Not applicable on extensions or airfare. Call for details.

SAVE 5% TRAVELING AS A GROUP

Save 5% when traveling as a group of eight or more people. Valid on voyage fares only and not applicable on extensions or airfare. Deposit, final payments, and cancellation policies for group travel vary from our regular policies. Valid for new bookings only, subject to availability, and may not be combined with other offers. Call for details.

CELEBRATE LIFE'S MILESTONES

Celebrate a milestone with a group of eight or more and enjoy a special amenity package including: 5% savings on voyage fares, custom group photo, US\$150 shipboard credit for the group, and other special gifts. Milestone celebration to be communicated at time

of booking. Valid for new bookings only on select departures, subject to availability, not applicable on airfare or extensions, and may not be combined with other offers. Deposit, final payments, and cancellation policies for group travel vary from our regular policies. Call for details.

COMBINING OFFERS

Certain offers may be combinable, up to two savings opportunities, except where noted otherwise. For example, travel with a group of 8 or more on back-to-back expeditions, and take advantage of both savings.

Included in price

All accommodations aboard ship or in hotels per itinerary; all meals as indicated in the itinerary, both aboard and onshore; beer and wine on all 2023 departures (starting in 2024, spirits and cocktails are also included, with super premium wines and liquors available for purchase); hors d'oeuvres, 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages, and filtered water; excursions and airport transfers to and from recommended flights, as indicated in the itinerary; exploration tools curated to destination, such as Zodiacs, stand-up paddleboards, kayaks, snorkeling equipment (including wetsuits, masks, and fins); guidance and company of our leading expedition staff; assistance by the Lindblad Expeditions-National Geographic certified photo instructor; access to the OM System Photo Gear Locker; presentations by expedition staff and expert guest speakers; complimentary reusable water bottle; services of a physician, physician's assistant, nurse practitioner, or paramedic; morning stretch classes and 24-hour access to exercise equipment; 24-hour access to lounges, observation decks, library, and other shared spaces; park and site entrance fees, special access permits, and port taxes. Unused services or items included in our programs are non-refundable.

Not included in price

Airfare (except flights when indicated as included); pre- and post-expedition extensions; additional hotel nights (except when indicated as included); crew gratuities; private transfers; laundry, spa treatments, Wi-Fi, and phone services (except when indicated as included); travel protection plans; and passport, visa, and immigration fees.

Travel protection plan

We strongly recommend our guests to 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, damage or loss of baggage, medical assistance, and evacuation during your travels. Our Travel Protection Plan is available for U.S. residents only, and may be purchased any time prior to final payment due date, Travel Protection premiums are non-refundable once plan is purchased. Learn more about our Travel Protection "Plus" Plan: <https://www.expeditions.com/terms-conditions/travel-protection-plan/>

[terms-conditions/travel-protection-plan/](https://www.expeditions.com/terms-conditions/travel-protection-plan/)

Cancellation policy

Review our cancellation policy: <https://www.expeditions.com/cancellation-policy/>