

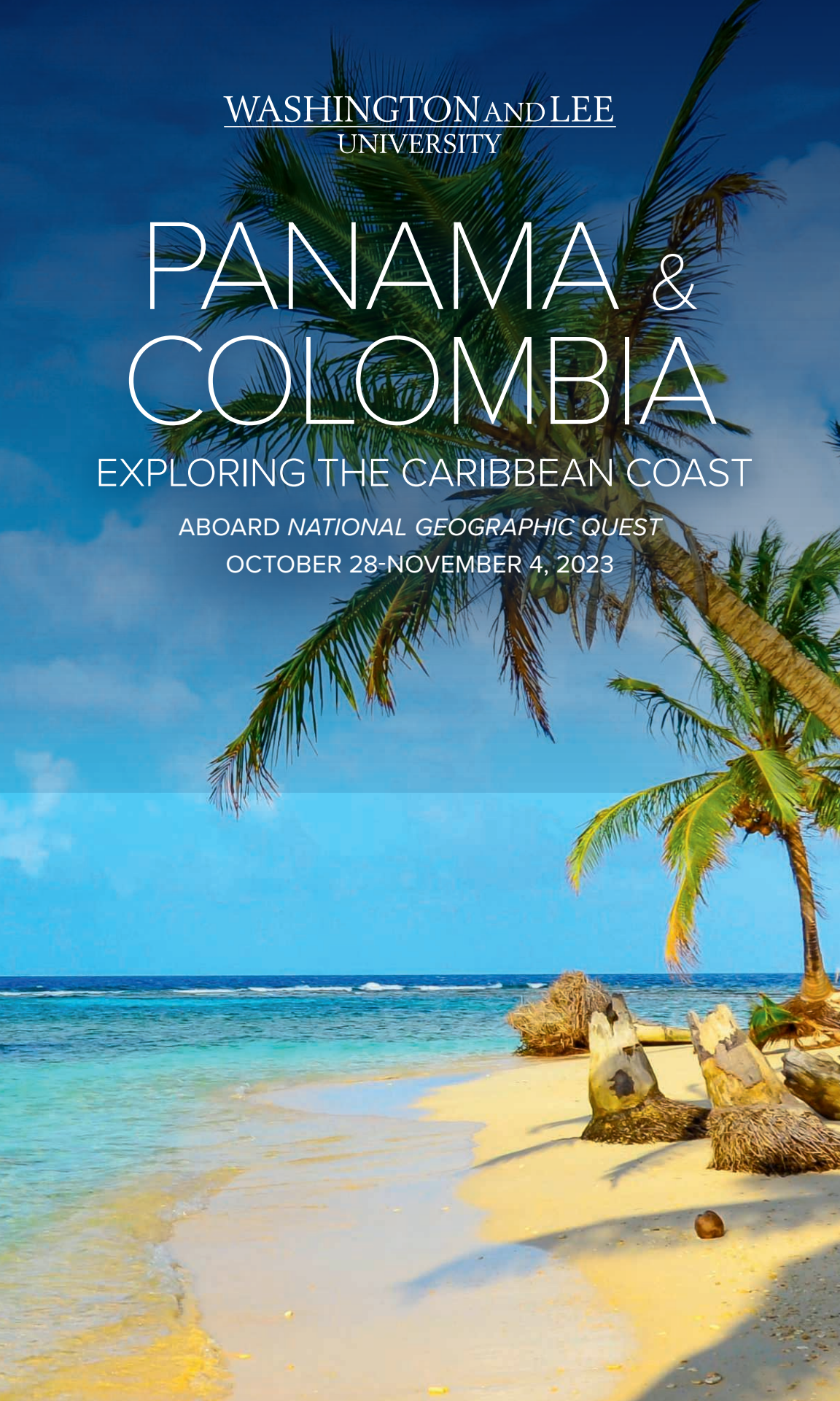
WASHINGTON AND LEE
UNIVERSITY

PANAMA & COLOMBIA

EXPLORING THE CARIBBEAN COAST

ABOARD NATIONAL GEOGRAPHIC QUEST

OCTOBER 28-NOVEMBER 4, 2023





DEAR W&L TRAVELER,

Few travelers have explored the Panama Canal in its entirety, surveying its lush green shores by day and observing the luminous traffic of ships as they sail past you at night. On the 50-cabin *National Geographic Quest*, you'll not only transit the canal, you'll explore its verdant realm as you discover the Caribbean coasts of Panama and Colombia over the course of eight days.

You'll visit these two countries as an active explorer, not merely as a tourist. You'll learn the history of the canal, one of the seven wonders of the modern world. The canal bisects a wealth of natural treasures: the tropical paradise of Panama and the vibrant natural and cultural history of Colombia. As you alight on the shores of Portobelo or cruise by boat through the backwaters of Cispata Bay, you'll behold a kaleidoscope of parrots overhead and a dazzling array of wading birds poking along mangrove-lined channels. You'll explore secluded islands and riverside towns, where you'll meet fascinating local populations as you investigate and appreciate Colombia's legendary heritage.

The *National Geographic Quest* is outfitted with Zodiacs, kayaks, snorkeling gear, and stand-up paddleboards, offering you myriad delightful ways to witness the Caribbean's marine life. The ship's expedition team of naturalists will direct your attention to the plethora of mammals, birds, and insects hidden in the dense forest canopy, while the ship's certified photo instructor will help you take your best shots ever.

Do join us as we explore the Caribbean coast together. **To make your reservation, please email the enclosed reservation form to lifelong@wlu.edu or call (540) 458-8723.**

Warm regards,



Robert Fure, Ph.D.

Director of Lifelong Learning

Cover: Find paradise in Panama among the picturesque San Blas archipelago.

Opposite page: Naturalist-led Zodiac cruise to explore diverse habitats—from mangrove-lined beaches to islands.

Ship's registry: United States



COLOMBIA: NATURE & AUTHENTIC CULTURE

Our journey through the remote wilderness and heritage-rich coastal cities of Colombia will both open your eyes to the past and enhance your awareness of the present. Set off on an exploration of the Capurgana-Sapzurro trail, a remote tropical region teeming with various species of monkeys, toucans, three-toed sloths, and much more. Or, choose to venture to Panama to explore the beautiful beachside village of La Miel. In Tuchín, observe the making of the sombrero *vueltoiao*, a hat considered the national symbol of Colombia. Feast your eyes on the eclectic Santa Cruz de Lorica, an idyllic riverside gem with Belgian, English, French, Syrian, and Lebanese influences. Visit Santa Cruz del Islote—one of the most densely populated islands on Earth—and chat with local residents.



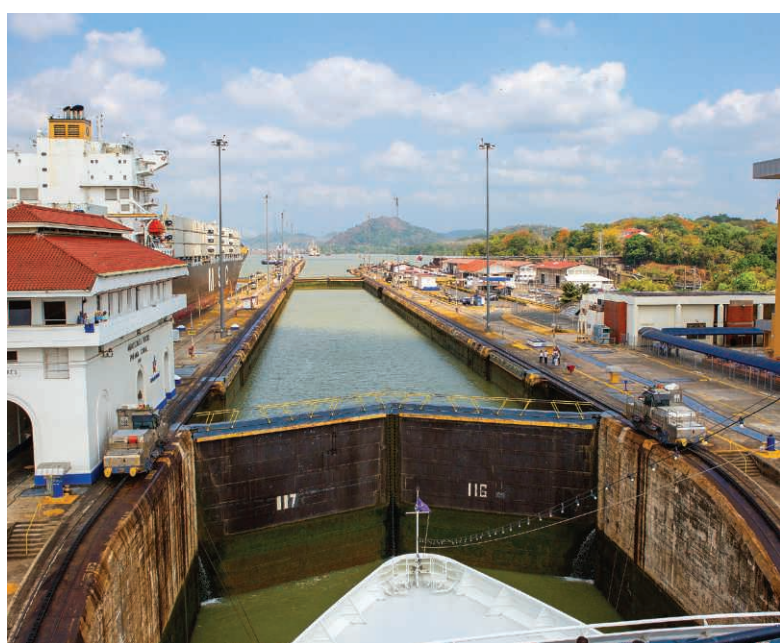
In addition to abundant treasures on land, you'll also discover vibrant marine life beneath the rippling surface of the Caribbean. Search for wildlife in the hidden coves of rarely visited Cispatá Bay on an evening cruise. The mystery, history, and lively mosaic of the Caribbean are sure to provide a rich trove of memories.

PANAMA: A PROUD PEOPLE, A STORIED PAST

In the Guna Yala archipelago on Panama's Caribbean coast, encounter the remarkable heritage of the indigenous Guna people. Learn about *mola*, the legendary handmade textiles bursting with color, and their origin in female body painting.



Opposite page (clockwise from top): Church on the main plaza in Santa Cruz de Lorica in Cordoba, Colombia; red howler monkey; traditional Guna people living on Tigre Island; Gatún Locks, Panama Canal; scarlet macaw in flight.



PANAMA: A TROPICAL LAND & SEA SANCTUARY



Panama's lush wilderness rivals that of Colombia's. There are many discoveries to be made along the Caribbean coast, on land as well as under the sea. Hike into the jungles of Gamboa in search of mantled howler monkeys and toucans, and head underwater to encounter the abundant

marine life beneath the Guna Yala archipelago. Choose to kayak, snorkel, or paddleboard off the island's coast, gliding above the vibrant undersea world of the Caribbean.

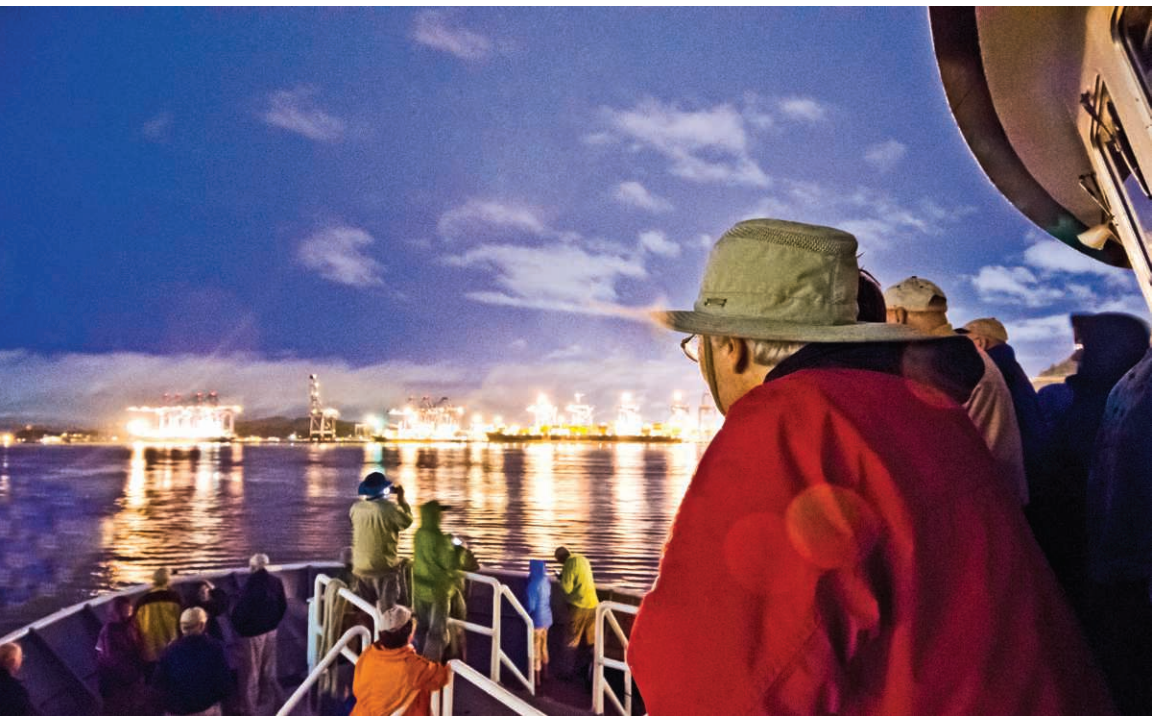
AN EXTRAORDINARY PANAMA CANAL TRANSIT

The Panama Canal offers a perfect contrast to the natural beauty of the region—a man-made technological marvel that is both historic and the latest advance in global commerce. Crossing the canal by ship is a must—and your transit aboard the *National Geographic Quest* offers the best possible experience. The ship completes the transit over two eventful days, enabling you to see the canal by day and night like no other visiting outfitter.

Enjoy the privilege of visiting Barro Colorado Nature Monument, home to the Smithsonian Tropical Research Institute. Whether it's on your bucket list or simply a bonus on your Panama and Colombia expedition, you will remember your canal transit forever.



Opposite page (clockwise from top): Kayaks allow for water-level explorations; transiting through the Panama Canal; wander along pristine beaches surrounded by azure waters; take advantage of abundant opportunities to snorkel.



NATIONAL GEOGRAPHIC QUEST—THE PERFECT PLATFORM FOR EXPLORING

The 50-cabin *National Geographic Quest* is your front-row seat to the legendary diversity of Colombia as well as an unforgettable Panama Canal transit. Along with top amenities and comfortable interiors, with bow and deck spaces designed for easy access to the world outdoors, it also offers a variety of enhancements that make it one of the top expedition vessels. *National Geographic Quest* carries a fleet of customized Zodiacs that let you explore remote beaches. Kayaks and stand-up paddleboards enable you to experience wildness personally at water level as you paddle along mangrove channels. Snorkeling equipment, hydrophone, ROV (remotely operated vehicle), splash-cam, and underwater video camera let you see the underwater life you'd otherwise miss.

AT YOUR SERVICE: AN A+ EXPEDITION TEAM

You'll be accompanied by an expert team of naturalists who know every aspect of this region. You'll also travel with those whose interests—birds, plants, photography, and beyond—reflect yours. You'll learn and benefit from a great variety of expertise and engaging personalities. Enjoy perfectly sized groups on activities with personal attention. Aboard the *National Geographic Quest*, you're never lost in a crowd.



A certified photo instructor is also on board to assist you with camera settings, composition basics, and useful tips. Because the instructor is also a naturalist, you will learn about the wildlife so you can anticipate behaviors that make for great photos. Whether you're a smartphone, point and shoot, or DSLR user, count on returning home with new skills and your best photos ever.

Opposite page (clockwise from top): Complete snorkeling gear is provided; guests get photography tips in the field; observe the Panama Canal dramatically lit at night; naturalist-led Zodiac cruise; try stand-up paddleboarding.

PANAMA & COLOMBIA: EXPLORING THE CARIBBEAN COAST

8 DAYS/7 NIGHTS—NATIONAL GEOGRAPHIC QUEST



Immerse yourself in natural and cultural wonders along the Caribbean coasts of Panama and Colombia on a voyage aboard the *National Geographic Quest*. Venture into the lush jungles of Portobelo; spot brightly colored toucans, macaws, and monkeys; and observe the making of the sombrero *vueltaio*. A highlight of your voyage will be a transit of the legendary Panama Canal.

DAY 1: HOME/PANAMA CITY, PANAMA/EMBARK

Upon arrival in Panama City, embark the *National Geographic Quest* to begin our transit of the Panama Canal to the Caribbean Sea. (D)

DAY 2: GATÚN LAKE

By special permission, the ship anchors overnight in Gatún Lake, a vast artificial lake that forms a major part of the Panama Canal. In the morning, visit the Smithsonian Tropical Research Institute and learn about the Barro Colorado Nature Monument, one of the most studied areas of tropical forest on the planet. Hike into the island's jungles or navigate the surrounding waters by Zodiac. Or choose to take a boat to the mouth of the Chagres River to explore the Panama Rainforest Discovery Center. (B,L,D)

DAY 3: PORTOBELO

Arrive along Panama's Caribbean coast and step ashore in the historic town of Portobelo, a UNESCO World Heritage Site. Here, numerous walled forts are prominently perched along the coastline, recalling the times when Portobelo was a major Spanish colonial trading center. (B,L,D)

DAY 4: GUNA YALA

Wake up amid the Panamanian archipelago of Guna Yala, a constellation of 368 tiny, white-sand isles off the northeast coast of Panama. Meet the indigenous Guna people and spend the morning among the thatched huts of an island village, learning about Guna culture and handicrafts. Marvel at the intricate designs of handmade textiles called *molos*. In the afternoon, explore the vibrant marine world around the islands by snorkel, kayak, and stand-up paddleboard. (B,L,D)



DAY 5: SAPZURRO & CAPURGANA, COLOMBIA

National Geographic Quest calls at the wonderfully isolated villages of Sapzurro and Capurgana positioned only three 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 monkey 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 that 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.

DAY 6: SANTA CRUZ DEL ISLOTE/SAN BERNARDO ARCHIPELAGO/ TUCHÍN/SAN ANTERO

Wander through Santa Cruz del Islote, the size of two soccer fields, making it one of the most densely populated islands on Earth. Later, the ship cruises into the San Bernardo archipelago, calling at San Antero. After lunch, visit Tuchín, an indigenous village celebrated as the birthplace of the sombrero *vueltillo*, the hat considered a national symbol of Colombia. Observe *vueltillo* makers at work, and then meet with the local Zenú community, known for their ingenious irrigation systems. Anchor tonight in San Antero. (B,L,D)

DAY 7: SANTA CRUZ DE LORICA/CISPATÁ BAY

Drive inland to Santa Cruz de Lorica, a charming riverside town with French, Belgian, English, Syrian, and Lebanese influences in its historic architecture and central square. After lunch, embark 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. This evening, *National Geographic Quest* continues the journey along the Colombian coastline. (B,L,D)

DAY 8: CARTAGENA/DISEMBARK/HOME

Upon arrival in Balboa, disembark and transfer to the airport in Cartagena for flights home. (B)

OPTIONAL PRE-VOYAGE EXTENSION: PANAMA CITY & SAN LORENZO—3 DAYS

Extend your stay in Panama City and have a private tour of the Panama Canal Museum at the Miraflores Locks, as well as a former U.S. Army base, Frank Gehry's BioMuseo, and two UNESCO World Heritage Sites—the historic Casco Viejo Old Town and the natural beauty and wildlife of the San Lorenzo Protected Area.



NATIONAL GEOGRAPHIC QUEST

CAPACITY: 50 cabins accommodating 100 guests.

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

National Geographic Quest was purpose-built to explore American coasts; its design and engineering informed by our nearly 40 years of experience in these regions.

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 a single seating with unassigned tables. The menu features locally inspired 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, paddleboards, remotely operated vehicle (ROV), hydrophone, splash-cam, underwater video camera, video microscope, snorkeling gear and wet suits for all guests (where applicable), and OM System Photo Gear Locker.

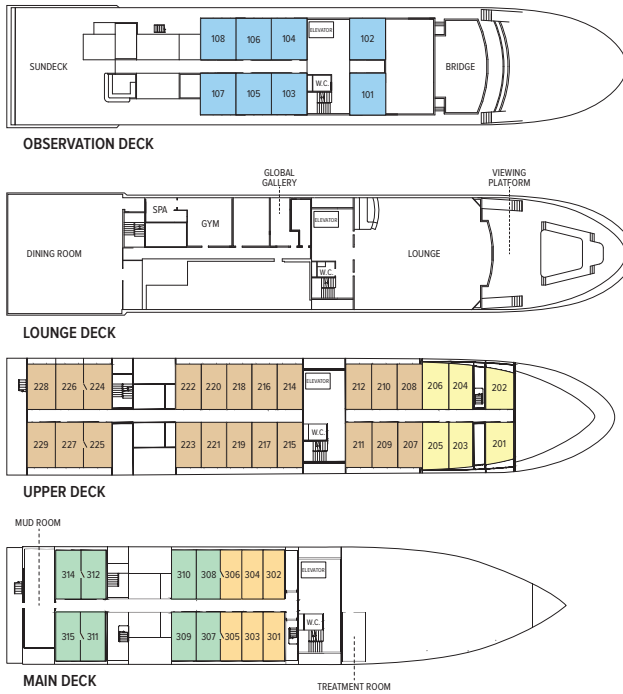
SPECIAL FEATURES: Guest internet access, elevator, certified photo instructor, and undersea specialist.

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.

SUSTAINABILITY: Lindblad Expeditions takes responsible, sustainable travel to heart. For over 50 years, our expeditions have inspired travelers to protect the ocean, conserve wildlife, bolster local communities, and enable meaningful scientific research. We are 100% carbon neutral and dedicated to green business practices at every level of our operations. When you travel with us, you'll eat sustainable meals, experience our commitment to single-use plastic-free travel, and be aboard the industry's first self-disinfecting expedition ships, prioritizing your health and safety. Feel good about exploring with us and preserve the planet for future generations.



Category 5 cabin is our most spacious; the lounge, with 270° views, is the hub of the expedition community; enjoy an evening cocktail or watch for wildlife in the open air, partially covered sun deck.



CATEGORY 1: Main Deck #301-306 Cabins face outside with two portholes, feature two single beds that can convert to a queen, a writing desk, two nightstands, full length mirror, and a closet.

CATEGORY 2: Main Deck #307-312, 314-315 Cabins face outside with two portholes, feature two single beds that can convert to a queen, a writing desk, two nightstands, full length mirror, and a closet.

CATEGORY 3: Upper Deck #201-206 Cabins face outside with a large window, feature two single beds that can convert to a queen, a writing desk, two nightstands, full length mirror, and a closet.

CATEGORY 4: Upper Deck #207-212, 214-229 Cabins face outside with a sliding glass door and small private balcony, feature two single beds that can convert to a queen, a writing desk, two night-stands, full length mirror and, a closet.

CATEGORY 5 (SUITE): Observation Deck #101-108 Cabins face outside with a large view window, feature two single beds that can convert to a queen, a writing desk, two nightstands, full length mirror, convertible sofa bed to accommodate a third person, expanded bathroom and, extra closet space.

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, #306-308, #305-307; Upper Deck: #224-226, #225-227

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

ITINERARY	CAT. 1	CAT. 2	CAT. 3	CAT. 4	CAT. 5 SUITE	CAT. 1 SOLO	CAT. 2 SOLO	ADVANCE PAYMENT	SAMPLE AIRFARES
Panama & Colombia: Exploring the Caribbean Coast	\$6,290	\$7,400	\$8,000	\$9,070	\$10,100	\$9,720	\$11,090	\$750	Miami-MIA/Cartagena— Panama City/Miami-MIA: Economy from \$525; Business from \$1,075. Subject to change.

INCLUSIVE PRICING

ABOARD SHIP

- ✓ All meals served aboard ship
- ✓ All nonalcoholic beverages including unlimited cappuccinos, lattes, coffee, tea, and soda
- ✓ Hors d'oeuvres and snacks during evening Recap
- ✓ Environmentally friendly refillable water bottle
- ✓ Regionally-specific, professionally-curated library
- ✓ Computers for downloading your photos
- ✓ Fitness equipment
- ✓ Access to the Bridge to learn about navigation
- ✓ The guidance and company of our expedition staff

ASHORE

- ✓ Meals and accommodations on land, as indicated
- ✓ Special access permits, park fees, port taxes
- ✓ Transfers to and from group flights
- ✓ The expertise of our expedition staff

ACTIVITIES

- ✓ All shore activities
- ✓ Zodiac and kayak explorations
- ✓ Snorkeling and paddleboarding
- ✓ Lectures and presentations in the lounge

SPECIAL OFFER

BRING THE KIDS: Sharing an expedition with your kids or grandkids is a life-enhancing experience. Take \$500 off the double occupancy price for each person under 18.

TERMS AND CONDITIONS

COSTS INCLUDE: All accommodations aboard ship; all meals and nonalcoholic beverages aboard ship; all shore excursions, sightseeing, and entrance fees; use of kayaks, paddleboards, and snorkeling gear; special access permits; transfers to and from group flights; gratuities to local guides and drivers; taxes, and service charges; services of the ship physician and our expedition staff. Unused services or items included in the program are non-refundable.

NOT INCLUDED: Airfare; optional extensions; passport, visa, immigration fees; individual transfers; meals not indicated; travel protection plan; items of a personal nature such as alcoholic beverages, Wi-Fi, and laundry. Gratuities to ship's crew are at your discretion.

AIRFARE: Airfare is an additional cost (unless otherwise indicated); Lindblad will assist in making your air arrangements for a \$50 per person service fee.

RESERVATIONS: To confirm your place, an advance payment of US\$750 per person is required and is payable by Visa, MasterCard, American Express, Discover, or check. Receipt of advance payment indicates your acceptance of the terms and conditions.

FINAL PAYMENT: Due 90 days prior to departure.

TRAVEL PROTECTION PLAN: Travel protection and medical insurance are strongly recommended and are available at extra cost.

SMOKING AND VAPING POLICY: Allowed only in designated outdoor areas.

ENTRY AND VISA REQUIREMENTS: Guests are advised to verify travel documents (passport/transit visa/entry visa) for the country(s) through which they are transiting and/or entering. Reliable and most current information regarding international travel can be found by contacting the consulate/embassy of the country(s) you are visiting or transiting through. We will not be responsible if you are denied entry or transit into a country if you are unable to provide valid documents as per the country's requirement.

RESPONSIBILITY AND OTHER TERMS & CONDITIONS: Certain other provisions concerning, among other things, limitations of Lindblad Expeditions' and National Geographic Expeditions' (a division of National Geographic Partners, LLC) 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 or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

Note: Itinerary and prices listed in this brochure are as of publication date and are subject to change. Under normal conditions the total expedition price is guaranteed at the time of booking. However, the expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, the right is reserved to adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in costs.

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CANCELLATION POLICY	
Number of Days Prior to Expedition Start	Per Person Cancellation Fee
120 or more days	\$350
119–90 days	Advance payment cost
89–60 days	25% of trip cost
59–45 days	50% of trip cost
44-0 days	No refund
<i>This policy applies to the voyage only. We strongly recommend that you purchase a travel protection plan.</i>	

WASHINGTON AND LEE UNIVERSITY

Please email reservation to lifelong@wlu.edu,
or fax (540) 458-8478, or call (540) 458-8723.
You may also mail it to:
The W&L Traveller
Office of Lifelong Learning
Washington and Lee University
204 West Washington Street
Lexington, VA 24450

RESERVATION FORM: PANAMA & COLOMBIA: EXPLORING THE CARIBBEAN COAST

ABOARD NATIONAL GEOGRAPHIC QUEST • OCTOBER 28-NOVEMBER 4, 2023

Please reserve _____ place(s).

Name 1: _____ W&L Class Year: _____
(As it appears on passport)

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

Name 2: _____ W&L Class Year: _____
(As it appears on passport)

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

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Business Phone: _____

Cell Phone: _____ Fax: _____

Email: _____

Accommodations: Double Single Twin share with a friend

Share with 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 City & San Lorenzo extension**.

Enclosed is my advance payment of \$ _____ (US\$750 per person).

Check made payable to **Lindblad Maritime Enterprises, Ltd.** Mail check to Washington and Lee University at the above address.

I have read the Terms and Conditions for the program and agree to them:

Signature: _____ Date: _____

PANAMA & COLOMBIA: EXPLORING THE CARIBBEAN COAST

EXPEDITION HIGHLIGHTS

- » Explore the fascinating lock system of the Panama Canal and navigate the waters of the man-made Gatún Lake.
- » Stroll through the vibrant villages, pristine beaches, and wildlife-rich jungles of Colombia.
- » Visit Tuchín, the birthplace of the sombrero *vueltriao*, a type of hat considered a national symbol of Colombia.
- » Wander through the motor-free streets and bustling docks of Santa Cruz del Islote.

100% CARBON NEUTRAL AND COMMITMENT TO BEING SINGLE-USE PLASTIC-FREE

We have chosen Lindblad Expeditions because they care deeply about the planet and see travel as a powerful force for good.

 Printed on 100% recycled content paper with soy-based inks. We recommend that you pass this along for others to enjoy or recycle.



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