With its extraordinary biodiversity, inviting climate, and sophisticated hospitality, Costa Rica is the destination of choice for most Americans wishing to visit Central America. We invite you to join us as we explore the coastal rainforests and national parks of Costa Rica and then the Panama Canal aboard the National Geographic Sea Lion. In this week-long immersion in wilderness, we’ll experience a rich tableau of natural wonders in both Costa Rica and Panama, as well as one of the greatest engineering achievements in human history.

The 62-guest Sea Lion will be our base camp—a movable feast equipped with all the latest tools for exploration: a fleet of expedition landing craft and kayaks, underwater cameras, complete snorkeling gear, and an outstanding staff of naturalists. We’ll use our landing craft to cruise shorelines, follow beckoning rivers, and make landfall on gorgeous beaches. Kayaks will provide frequent eye-level encounters with this lush environment. We’ll snorkel through brilliant schools of fish, swim in a pool at the base of a dramatic waterfall, ride horses along a deserted beach, and join a certified photo instructor for hikes along trails through jungle-filtered light. The region is home to iconic wildlife—brilliant macaws, howler monkeys, capuchin monkeys, sloths, and vibrantly colored butterflies.

A transit of the Panama Canal is on most travelers' bucket list. Our transit spans 48 hours, enabling us to see the canal both by day and dramatically lit by night. Within the Canal Zone, we have special permission to overnight at Barro Colorado Island in Gatún Lake, where we’ll meet Smithsonian scientists and enjoy a guided forest walk. Later, aboard the ship, we’ll learn how the canal’s massive locks move a mountain of water as 26 million gallons of manipulated water rise magically beneath our ship, lifting us 85 feet above sea level!

For a close-up view of the Panama Canal and an informed natural-history expedition along the coast of Costa Rica, this is a voyage that will fill your bucket indeed.
MARCH 5: U.S. /SAN JOSÉ, COSTA RICA/HERRADURA
Upon arrival in San José, transfer by land to Herradura and embark our ship, National Geographic Sea Lion. (D)

MARCH 6: MANUEL ANTONIO NATIONAL PARK
Spend the morning in Manuel Antonio National Park, a UNESCO World Heritage site, where thick forests fringe white-sand beaches. Lethargic three-toed sloths can be easy to spot, but it often takes the expert eye of a naturalist to point out monkeys or vividly colored birds as they zip through the forest. In the afternoon, take a refreshing swim before heading south along the beautiful Pacific coastline. (B,L,D)

MARCH 7: OSA PENINSULA
Today we’ll anchor off the Osa Peninsula and the environs of Corcovado National Park to see some of the most pristine lowland rain forest on the Pacific coast. Our exact landing spot for the day will depend on sea conditions. You may swim in waterfall pools, ride horses on the beach, or kayak. Trek through the rain forest for a chance to see four species of monkeys—howler, spider, capuchin, and squirrel. (B,L,D)

MARCH 8: GOLFO DULCE
Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica. Visit Casa Orquídeas, a privately owned garden accessible only by boat and special invitation. We’ll see a profusion of orchids and look for tanagers, parrots and gaudy toucans. Later, explore the forested bay of Golfo Dulce, ideal for kayaking or swimming. (B,L,D)

MARCH 9: ISLA COIBA NATIONAL PARK, PANAMA
Isla Coiba is one of Panama’s most remote national parks and a UNESCO World Heritage site. Discover the rich marine life while snorkeling, or swimming amid the tropical fish. Go kayaking, hiking, or relax on the beach. Later, enjoy the underwater footage taken by one of our Naturalists, during our evening gathering in the lounge. (B,L,D)

MARCH 10: GULF OF PANAMA ISLETS/ PANAMA CANAL TRANSIT
Our nimble motorized landing crafts and kayaks allow us to navigate the tiny islets of the Gulf of Panama today, stopping to explore hidden coves and beaches. Here, we might spot magnificent frigate birds, brown pelicans, cormorants, and brown boobies. Re-board the Sea Lion this afternoon and head to the Panama Canal. Stretching slightly more than fifty miles, the canal was a colossal engineering feat completed in 1914 and is still traversed by some 14,000 ships every year. As cargo ships tend to pass through the canal during the day, we’ll most likely begin our crossing at night when the canal is dramatically lit. (B,L,D)

MARCH 11: GATÚN LAKE/PANAMA CANAL TRANSIT
Board a landing craft this morning to visit Barro Colorado Nature Monument in Gatún Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute on Barro Colorado Island since 1946, researching the 120 mammals and diverse tree species that can be found here. It is also the site of a pioneering project supported by National Geographic that tracks tagged animals using automated radio signals and wireless technology. Join researchers for a walk through the forests that so challenged the builders of the canal. This evening, continue through the complex lock system of the canal. (B,L,D)

MARCH 12: COLÓN/PANAMA CITY/U.S.
After breakfast, disembark in Colón and transfer to the airport in Panama City for your flight home. (B)

Book by July 31, 2015 and receive a complimentary post-voyage hotel night in Panama City. Includes entrance to the Frank Gehry-designed BioMuseo and new Panama Canal Expansion Observation Center. Subject to availability.
COSTA RICA & THE PANAMA CANAL
March 5-12, 2015 | National Geographic Sea Lion | 62 Guests

**Advance Payment:** $750 per person

*Important Flight Information:* Please confirm your arrival and departure dates and routing prior to booking flights.

**Sample Airfares** (Miami/San José/Panama City/Miami):
- Economy: from $500
- Business Class: from $1,100

Airfares are subject to change.

**Cost Includes:** Accommodations aboard ship; meals indicated; non-alcoholic beverages aboard ship; excursions; services of Lindblad expedition leader, naturalist staff, expert guides and a ship’s doctor; park fees; use of kayaks and snorkeling equipment; all port charges and service taxes.

**Not Included:** Air transportation; travel protection plan; horseback riding; personal items such as alcoholic beverages, emails, voyage DVD, etc.; discretionary tips to naturalist staff and crew.

**Final Payment is due 90 days prior to departure.**

**Cancellation Policy:**

<table>
<thead>
<tr>
<th># of Days Prior to Expedition Start</th>
<th>Per Person Cancellation Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>120 or more days</td>
<td>$350</td>
</tr>
<tr>
<td>119-90 days</td>
<td>Advance Payment</td>
</tr>
<tr>
<td>89-60 days</td>
<td>25% of trip cost</td>
</tr>
<tr>
<td>59-45 days</td>
<td>50% of trip cost</td>
</tr>
<tr>
<td>44-0 days</td>
<td>No refund</td>
</tr>
</tbody>
</table>
National Geographic Sea Bird & National Geographic Sea Lion

CAPACITY: 62 guests in 31 outside cabins.
REGISTRY: United States.
OVERALL LENGTH: 152 feet.
PUBLIC AREAS: Our ships feature 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, 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 fare.
CABINS: All face outside with windows, private facilities and climate controls.
EXPEDITION EQUIPMENT: Bow camera, hydrophone, kayaks, snorkeling gear, wetsuits, Splash-Cam, underwater video camera, video microscope, and expedition landing craft.
SPECIAL FEATURES: Guest Internet access. A video chronicler on board all voyages. A ship’s doctor is onboard in Baja and Costa Rica/Panama. An undersea specialist in Baja and Alaska.
WELLNESS: The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa and outdoor stretching area.

NEWLY RENOVATED & READY FOR ADVENTURE
Our twin ships have been transformed. The lounge and bar, center of onboard life, have been handsomely re-styled to accommodate the expedition community. The refreshed dining room is now doubly welcoming. And every cabin category has been refreshed with warm cherry veneer, our signature bed linens, sleekly framed photos and more. Now, each ship sets new standards for expedition hospitality and comfort.

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.
Please reserve _______ place(s) on the March 5-12, 2016 expedition.

Passport Name: __________________________________________ Date of Birth: ____________________________

Preferred Name for Name Badge: ______________________________

Passport Name: __________________________________________ Date of Birth: ____________________________

Preferred Name for Name Badge: ______________________________

Street Address: ______________________________________________

City: __________________________ State: ______ Zip: _______________

Home Phone: __________________________ Business Phone: __________________________

Fax: __________________________ E-Mail: __________________________

Accommodations: ☐ Double ☐ Single ☐ I need assistance in securing a roommate.

☐ Please contact me about arranging air travel.

Please indicate choice of cabin category in order of preference: 1st choice: _________ 2nd choice: _________

Enclosed is my deposit check of $ 750 (per person) payable to Lindblad Maritime Enterprises, Ltd.

Charge my deposit of $__________ ($ 750 per person) to my credit card:

Visa    MasterCard    American Express    Discover

Account Number: __________________________ Expires: ______________

Cardholder Signature __________________________ Date: ______________