

Costa Rica and the Panama Canal

February 4-11, 2026
Aboard National Geographic Quest

Travel with Judy Gradwohl and Johnno Niles



SPECIAL AFFINITY GROUP SAVINGS OFFER



Dear Traveler,

Bridging the Americas and dividing two oceans, Costa Rica and Panama are small, neighboring nations brimming with wonders. At this tropical crossroads, waterfalls cascade from misty mountains into winding jungle rivers, where the canopies are alive with a wild symphony of roaring howler monkeys and squawking scarlet macaws. It's easy to see how Costa Rica's pristine beauty inspired the popular greeting, *pura vida*—or “pure life.” Then, amid Panama's lush wilderness, stands an astonishing triumph of human ingenuity: the monumental lock system of the Panama Canal.

Discover these remote rainforests, idyllic islands and feats of engineering aboard the small and purpose-built *National Geographic Quest*. This nimble, 50-cabin vessel is perfectly designed to sail along the sinuous channels and hidden coves of wild places, from Costa Rica's jungle-shrouded Osa Peninsula to Panama's idyllic Coiba Island. We also have special permission to transit the Panama Canal over two days, which allows us to take in eye-level views of its intricate workings and dazzling illumination.

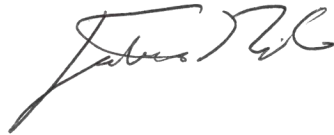
Our eight-day itinerary features adventures for every pace and skill level. Wind around the Gulf of Panama's tiny islets by Zodiac, or kayak past the tranquil mangroves of Golfo Dulce in Costa Rica's southernmost reaches. Snorkel among thousands of colorful fish, glide across turquoise waters on a stand-up paddleboard or simply relax on golden sands. A veteran and local expedition team is always on hand to help you spot endemic agouti, fiery-billed aracaris and other fascinating species hidden in the dense forest canopy. Plus, a certified photo instructor is dedicated to helping you capture the photos of a lifetime.

Reserve your cabin by emailing groups@expeditions.com, mailing the reservation form or calling our group representative at Lindblad Expeditions at 833-985-1261.

Warmest regards,



Judy Gradwohl
Christy Walton President and CEO



John Niles
Vice President of Science and Conservation



Judy Gradwohl joined the San Diego Natural History Museum in 2016 as the organization's first woman president and CEO, following more than 30 years at the Smithsonian Institution, including the Tropical Research Institute in Panama. She brought a passion for and wide range of experience in natural history research, science communication and museum management. A California native, Judy received her B.A. and M.A. in Zoology from the University of California at Berkeley. She has published scientific and popular books and articles on animal behavior and ecology, conservation and museum practice.



John O. "Johnno" Niles joined the San Diego Natural History Museum as Vice President of Science and Conservation in 2024. Johnno is an expert in tropical forests and the carbon cycle. He has worked at renowned conservation organizations—from staff scientist at Stanford University's Center for Conservation Biology to the Director of Forests and Climate at the World Wildlife Fund. He also founded The Carbon Institute, the Tropical Forest Group and the Climate Community & Biodiversity Alliance. Johnno has published textbooks and articles on climate change and forestry and has taught at universities worldwide.

Cover photo: White-faced capuchin monkeys. Opposite: Panama Canal.

COSTA RICA: STEWARDS OF THE WILD

A Wilderness of Epic Proportions

When travelers step into the tangled tropical forests of Corcovado National Park on Costa Rica's Osa Peninsula, it is immediately evident why *National Geographic* magazine dubbed it "the most biologically intense place on Earth." The reserve is a sanctuary for some 140 mammal species in 12 major ecosystems, ranging from coastal mangrove swamps to highland forests that reach into the clouds.

The park is a powerful draw for nature lovers, most of whom visit via inland ranger stations. However, National Geographic-Lindblad Expeditions travelers arrive directly on Corcovado's beaches, where we hike into the jungle as the sleepy stillness breaks into a cacophony of bird chirps and monkey chatters. Stop and swim in a waterfall pool, or continue to trek along the river, deeper into Corcovado's wild interior. Either route leads to incredible wildlife sightings, whether it's the flash of a scarlet macaw, foraging coatis or, with luck, a glimpse of a grazing tapir.

Preserving Nature, Nurturing Tradition

Costa Rica is deeply invested in protecting the natural resources that are a critical driver of their economy. On an expedition here, you might chat with coffee farmers who grow their beans in the shadow of the jungle canopy, creating new habitats for birds. Or, you may meet a gold miner who walked away from the mines to protect land where he now demonstrates the practice of panning for gold in mountain rivers—the same clear waters that have become gold for Costa Rica's green-based economy.

Opposite page (clockwise from top): Caiman crocodilus; expedition leader shows off local moth at the Smithsonian Tropical Research Institute, Barro Colorado; Fiery-billed Aracari; southern mealy amazon or southern mealy parrot; National Geographic Quest in Golfito, Costa Rica.





THE PANAMA CANAL: A STORIED CROSSING BETWEEN TWO OCEANS

More than a century after its completion, the Panama Canal stands as a critical achievement in commercial and engineering history. Transiting this storied passageway aboard the *National Geographic Quest* means learning about a modern wonder from the inside out—and gaining in-depth perspectives on its economic, mechanical and political impact from the experts who sail the canal alongside you.



Just beyond the gates of this engineering marvel, there is a dramatic change in scenery. The concrete walls of the canal stand in sharp contrast to the surrounding leafy jungles, where flora and fauna have thrived thanks to preservation efforts aimed at sustaining the health of this vital ecological corridor.

Step ashore at Barro Colorado Island for an exclusive visit to the Smithsonian Tropical Research Institute and learn about the lush lowland tropical forests that have drawn biologists from across the globe to Panama since 1932. On a Zodiac excursion, search for monkeys and tropical birds that may approach the vessels as they navigate the shoreline. Or, walk along the elevated boardwalks of the Panama Rainforest Discovery Center trail, through a canopy that harbors a rainbow of some 400 bird species.

Opposite page (clockwise from top): Guests hiking in Corcovado National Park; transiting the Panama Canal in twilight. This page: Zodiac cruise.

AUTHENTIC & IMMERSIVE EXPLORATION

The Perfect Platform for Discovery

The nimble, 50-cabin *National Geographic Quest* is designed to sail along sinuous channels and provide up-close experiences. Her open decks and large windows keep you connected to extraordinary views of turquoise waters and leafy shorelines draped in a thousand shades of green. A fleet of kayaks, stand-up paddleboards and Zodiacs allows you to glide into a quiet cove or a serene bay for a solitary snorkeling excursion. After a day of exploring, gather in the lounge to hear the naturalists discuss the wonders you witness each day, or visit the open Bridge and watch the crew navigate the canals and bays that make these waters so extraordinary to explore.

Travel with a World-Class Expedition Team

Each of the guides—from naturalists to expedition leaders—is committed to ensuring you have an unforgettable experience. The expedition team is curated to ensure that you are getting in-depth perspectives from veteran and locally based experts who have deeply personal connections to the region and offer an authentic connection to the culture. Exploring in small groups, you will have the opportunity to hear different perspectives every day, and because there are no group assignments, you can gravitate toward naturalists who share your interests.

Photography is also central to the expedition experience. Each voyage is joined by a National Geographic certified photo instructor, who will assist travelers with everything from camera settings to composition. Every guest—from smartphone camera users to advanced hobbyists—can stand side by side with top photographers, pick up tips in the field and return home with extraordinary images you can enjoy for years to come.

Opposite page (clockwise from top): Zodiac cruise, Corcovado National Park, Costa Rica; scarlet macaws in flight over Corcovado National Park; guests enjoying a waterfall; guests snorkeling.



Itinerary

Exploring Costa Rica and Panama is a singular experience that combines incredible biodiversity with an in-depth crossing of the Panama Canal. Adventures abound amid the region's rainforests, rivers and beaches. Hike deep into the jungle or kayak and stand-up paddleboard in tropical turquoise waters. Swim in a waterfall pool or snorkel amid vibrant coral reefs. Also, enjoy an exclusive opportunity to meet with researchers who rescue, rehabilitate and release Costa Rica's native sea turtles.



DAY 1: SAN JOSÉ, COSTA RICA/PUERTO CALDERA/EMBARK

After arrival in San José this afternoon, we transfer to the Pacific Coast town of Puerto Caldera. This evening, embark the ship *National Geographic Quest* and set sail south for a Central American adventure. You may opt for a pre-voyage extension in the rainforests and reserves of Caño Negro. (D)

DAY 2: CORCOVADO NATIONAL PARK

Anchor off the Osa Peninsula to see some of the most pristine lowland rainforest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools or trek through the rainforest for a chance to see four species of monkeys: howler, spider, squirrel and capuchin. (B,L,D)

DAY 3: GOLFO DULCE/OSA PENINSULA

Aboard the nimble expedition ship, travel to the upper reaches of the mangrove-fringed Golfo Dulce, located along the southwestern edge of Costa Rica. Go ashore on the western side of the bay, in the pristine waters of the Osa Peninsula's Playa Blanca. Head inland to meet families living in remote communities that work with cocoa, heart of palm and sugarcane. Hike mature rainforest or kayak in peaceful waters in Golfo Dulce, the only tropical fjord on the continent. Visit with researchers from the Latin American Sea Turtles (LAST) Association to learn about their rehabilitation efforts in local sea turtle conservation. (B,L,D)

DAY 4: GOLFO DULCE

As this Golfo Dulce exploration continues by Zodiac, kayak and on foot, you are likely to encounter Pacific Costa Rica's dazzling avifauna—from golden-hooded and Cherrie's tanagers to yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets, all constantly chattering in flight above the jungle tree line. The flora is a kaleidoscope of tropical color, with bromeliads, heliconias and orchids set against the verdant green of the tropical forest. (B,L,D)

DAY 5: COIBA NATIONAL PARK, PANAMA

Today go ashore on the remote Isla Coiba, one of the many islands of Coiba National Park, a UNESCO-designated World Heritage site. Once a penal colony, the island has long been protected and is accessible by special permit only. Among its many species are the Coiba Island agouti and the mantled howler monkey, as well as four varieties of sea turtle. Discover rich marine life while snorkeling, or simply spend the afternoon exploring or relaxing on the beach. (B,L,D)

DAY 6: GULF OF PANAMA ISLETS/PANAMA CANAL TRANSIT

Today, explore the tiny islets of the Gulf of Panama by Zodiac. Here you might spot frigatebirds, brown pelicans, neotropical cormorants and brown boobies. Set sail for the Panama Canal this afternoon in company of our expert Panamanian naturalist sharing insights along the way. Stretching more than 50 miles, the canal is a colossal engineering feat completed in 1914. It is still traversed by some 14,000 ships every year. (B,L,D)

DAY 7: GATÚN LAKE/PANAMA CANAL TRANSIT

Today, choose hikes and Zodiac cruises at the Smithsonian Tropical Research Institute facility on Barro Colorado Island, or take a boat ride to the mouth of the Chagres River and hike on the Panama Rainforest Discovery Center trails. This evening, continue through the complex lock system of the canal. (B,L,D)

DAY 8: COLÓN/PANAMA CITY, PANAMA/DISEMBARK

After breakfast, disembark in Colón and transfer to the airport in Panama City for your flight home. Ask for more information about enjoying a post-voyage extension in Panama City and San Lorenzo, a UNESCO-designated World Heritage Site. (B)

PRE- AND POST-VOYAGE EXTENSIONS

Caño Negro Rainforests and Reserves • 5 days

Venture to Costa Rica's remote Caño Negro district, celebrated for its wetlands and prolific birdlife. Enjoy a stylish glamping experience at Tocú Tent Camp as you explore Tenorio Volcano National Park, walk suspension bridges for an incredible bird's-eye view of lush rainforests and learn about the Maleku people, Costa Rica's smallest remaining Indigenous tribe.

Panama City & San Lorenzo • 3 days, 2 nights

Extend your stay in Panama City and enjoy a private tour at the Miraflores Locks Visitor Center, as well as visits to a former U.S. Army base, Frank Gehry's BioMuseo and two UNESCO World Heritage sites—the historic Casco Viejo Old Town and the San Lorenzo Protected Area, brimming with natural beauty and wildlife.

National Geographic Quest



Purpose-built to explore North American coastlines, *National Geographic Quest* has decks designed for exceptional wildlife viewing and shallow drafts for navigating the innermost reaches of carved coastlines.

Capacity

50 cabins and suites accommodating 100 guests.

Registry

United States.

Overall Length

239 feet.

Public Areas

Global Gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; OM System Photo Gear Locker; observation deck; elevator; mudroom with lockers for expedition gear; and a partially covered sundeck with chairs and tables. The open Bridge provides guests an opportunity to meet the officers and captain and learn about navigation.

Meals

Served in single seatings with unassigned tables for an informal atmosphere. Cuisine is fresh, sustainable, accented with regional flair and served plated.



The casual dining room with its expansive windows.



Category 4 cabin with single beds (which can be converted to a queen) and a private step-out balcony.

Accommodations

All cabins and suites face outside with windows or portholes, private facilities, climate controls and Wi-Fi connections and USB ports for mobile devices. Category 4 cabins have step-out balconies.

Expedition Equipment

A fleet of 8 Zodiacs and 24 kayaks, stand-up paddleboards; ROV (remotely operated vehicle); hydrophone; splash-cam; underwater video camera; and video microscope.

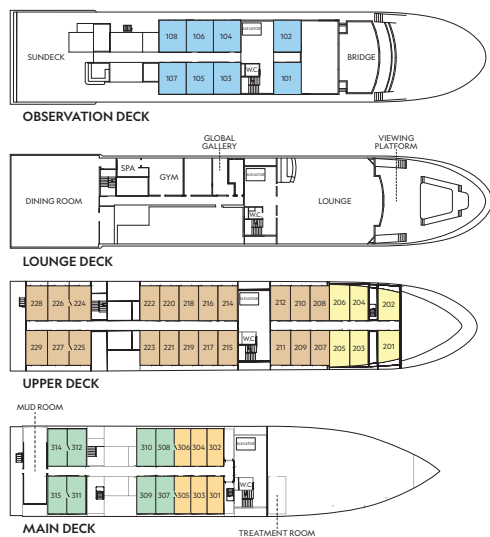
Staff & Crew

Every staff member is committed to ensuring guests have an unforgettable experience. Many of the veteran guides and naturalists are locally based and have worked with the company for decades. A full-time medical professional, undersea specialist and National Geographic certified photo instructor are on board, and with a low staff-to-guest ratio, you can hear different perspectives and gain new insights every day.

Wellness

The vessel is staffed by a wellness specialist and features a gym with an elliptical machine, treadmill, exercycles, hand weights and resistance bands. Massages in the LEXspa are available by appointment.

Ship Deck Plan & Pricing



Voyage Dates

February 4-11, 2026

Advance Payment Details

15% of the cabin fare, per person

Prices are per person, double occupancy unless indicated as solo

		5% Savings
Category 1	\$7,611	\$7,230
Main Deck #301-306 – Cabins feature two single beds that can convert to a Queen, a writing desk and two portholes.		
Category 2	\$8,275	\$7,861
Main Deck #307-315 – Cabins feature two single beds that can convert to a Queen, a writing desk and two portholes.		
Category 3	\$8,939	\$8,492
Upper Deck #201-206 – Cabins feature two single beds that can convert to a Queen, a writing desk and two large windows.		
Category 4	\$10,053	\$9,550
Upper Deck #207-229 – Cabins feature two single beds that can convert to a Queen, a writing desk, sliding glass door and small, private balcony.		
Category 5*	\$11,109	\$10,553
Observation Deck #101-108 – Cabins feature two single beds that can convert to a Queen, large windows, an expanded bathroom, writing desk, ample storage space and a convertible sofa bed to accommodate a third person.		
Category 1 Solo	\$11,366	\$10,798
Main Deck #301-306		
Category 2 Solo	\$12,416	\$11,795
Main Deck #307-315		

***Suite Exclusives:** The Suite Exclusives package gives guests staying in eligible cabins access to an array of amenities designed to enhance your on-board experience, including priority booking for spa treatments, complimentary laundry and other exclusive perks.

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

Shared Accommodations: Shares can be arranged at the double occupancy rate in Categories 1 and 2.

INCLUSIVE PRICING

- All accommodations aboard ship
- Excursions and airport transfers as indicated in the itinerary
- The guidance and company of leading expedition staff
- All meals as indicated in the itinerary, both aboard and onshore. Meals and hors d'oeuvres are inspired by regional cuisine and locally sourced where possible.
- 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages and filtered water
- Selection of exploration tools, including Zodiacs, stand-up paddleboards, snorkeling equipment (including wetsuits, masks and fins) and other gear
- Beer, wine, cocktails and spirits. Premium wines and liquors are available for purchase.
- Presentations by the expedition staff
- Access to the OM System Photo Gear Locker with the latest gear to try out on loan
- Complimentary reusable water bottle
- The services of a medical professional
- 24-hour access to lounges, observation decks, library and other shared spaces
- 24-hour access to the fitness center
- Assistance by the onboard photo instructor
- Special access permits, park and site entrance fees and port taxes
- Basic Wi-Fi, with the option to upgrade

TAKE ADVANTAGE OF SPECIAL OFFERS

SPECIAL AFFINITY GROUP SAVINGS: Save 5% on the cabin fare (as indicated) when traveling with the San Diego Natural History Museum. Valid on this departure date of *Costa Rica and the Panama Canal* for new bookings only, subject to availability, may not be combined with other offers and is not applicable on airfare or extensions.

BRINGING THE KIDS: Sharing the expedition with your kids or grandkids is a life-enhancing experience. Take \$500 off the double-occupancy price for each person under the age of 18 at the time of travel. Not applicable on extensions or airfare.

TERMS AND CONDITIONS

Prices quoted in this brochure are per person based on double occupancy in USD. Prices quoted are valid at the time of printing, and are subject to change and availability at time of booking. Under normal conditions the total expedition price is guaranteed at the time advanced payment is made. However, our 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, we reserve the right 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.

COST INCLUDES: All amenities listed in inclusive pricing above. Unused services or items included in this program are non-refundable.

NOT INCLUDED: Airfare; pre- and post-expedition extensions; additional hotel nights; travel protection plan; passport, visa and immigration fees; crew gratuities; items of a personal nature such as laundry, premium wines and liquors, spa treatments, enhanced and premium Wi-Fi plans and phone services.

AIRFARE: Airfare is an additional cost. Lindblad Expeditions will gladly assist in making your air arrangements for a \$50 per person service fee.

RESERVATIONS: To confirm your place, an advance payment of 15% of the cabin fare, per person 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 no later than 120 days prior to departure. Lindblad Expeditions reserves the right to cancel your reservation if payment has not been received by final payment due date.

TRAVEL PROTECTION PLAN: A travel protection plan is available at an extra cost. Information will be sent to you upon registration.

ITINERARY MODIFICATIONS: Itineraries, routing and speakers listed are correct at time of publication, and are subject to change.

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.

Lindblad Expeditions, LLC is a registered member of the CA Seller of Travel Program #2151120-50. Registration as a seller of travel does not constitute approval by the State of California.

CANCELLATION FEE POLICY (PER PERSON)

120 or more days prior to expedition start: No penalty: Advance Payment will be credited toward your next expedition**

119-90 days prior to expedition start: 50% of trip cost***

89-0 days prior to expedition start: 100% of trip cost***

**Advance payments will be credited in the form of a Lindblad Expeditions Travel Certificate, valid for 12 months from the date of cancellation, and which may only be applied towards final payment on any future booking.

***Trip cost is total price paid including extensions, charter airfare and other additional services.

We strongly recommend that you purchase a travel protection plan.

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Reservation Form



Costa Rica and the Panama Canal

February 4-11, 2026

ABOARD NATIONAL GEOGRAPHIC QUEST

Contact Information

To register, please contact:

Lindblad Expeditions
96 Morton Street
New York, NY 10014

Ph: (833) 985-1261

Fax: (646) 390-2050

E-mail: groups@expeditions.com

Passenger Information

Please reserve _____ place(s).

Guest 1: _____ Date of Birth: _____
(Name as it appears on passport)

Guest 2: _____ Date of Birth: _____
(Name as it appears on passport)

Street Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____ Cell Phone: _____

Business 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 these extensions:

- ☐ **Caño Negro Rainforests and Reserves**
☐ **Panama City & San Lorenzo**

Advance Payment Information: 15% of the cabin fare per person.

☐ If paying by check, please make payable to: **Lindblad Maritime Enterprises, Ltd.**
Enclosed is my advance payment of \$ _____

☐ If paying by credit card, we will contact you to finalize your booking and collect payment information.

Costa Rica and the Panama Canal

EXPEDITION HIGHLIGHTS

- Travel with Judy Gradwohl and Johnno Niles.
- Venture into remote wilderness: hike among monkeys, sloths and tropical birds, and explore far from any inhabited places.
- Explore idyllic islands, snorkel over a vibrant coral reef and take a Zodiac cruise up a wild river.
- Transit the Panama Canal over two days to see it by day and in the coolness of night—plus enjoy an exclusive stop at the Smithsonian Tropical Research Institute.
- Discover the wild rainforests of Corcovado National Park, which *National Geographic* dubbed “the most biologically intense place on Earth.”

LINDBLAD EXPEDITIONS: PIONEERING RESPONSIBLE EXPLORATION

From our consistent quest to improve our practices to offsetting 100% of our carbon emissions, supporting conservation, science, and education initiatives around the planet, and investing in the communities in the places we explore, we are guided by our commitment to explore responsibly.

 Printed on 10% recycled content paper with soy-based inks.
We recommend that you pass this along for others to enjoy or recycle.



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MUSEUM

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