



## The Treasures of Costa Rica and the Panama Canal

7 night/8 day - CARTAGENA, Colombia to LOS SUENOS/HERRADURA, Costa Rica

### on the 36 cabin VARIETY VOYAGER

DAY	PORT	COUNTRY	DESCRIPTION	Arrival time	Depart. time
<b>DAY 1</b>	Cartagena Colombia	COLOMBIA	<b>Embarkation 16.00 to 17.30 pm. Overnight at sea.</b>		18:00
<b>DAY 2</b>	San Blas Islands	PANAMA	This morning we reach the San Blas Archipelago, a chain of over 365 tropical islands of which 50 only are inhabited by the Kuna Indians, who live in communities of bamboo-sided, thatched-roofed houses. The Kuna Indians are one of a few indigenous groups that make up Panama's population. The area is owned and administered exclusively by the Kuna, who run it as an autonomous republic. Kuna much as their ancestors did and pass on their customs through dances and chants, and crafts which include their richly embroidered molas. The women dress as their ancestors did with brilliant shawls, strands of beads wrapping their legs and gold rings through their noses. In the evening, after our deck BBQ lunch we leave San Blas lunch and sail to Limon Bay/ Colon to enter the Panama Canal.	09:00	15:00
<b>DAY 3</b>	Panama Canal transit	PANAMA	The Panama Canal is an engineering marvel that connects the Atlantic Ocean to the Pacific Ocean. Work on the canal, which began in 1880, was completed in 1914. The 8- to 10-hour canal passage includes transit through three sets of locks, Gatun Locks, Pedro Miguel Locks and Miraflores Locks through which the water level is adjusted 85 feet. We will transit through the locks and through Gatun Lake, a man made lake formed by an earthen dam across the Chagres River. With priority given to commercial vessels - 14,000 cross the Canal each year - crossing times are not guaranteed. We exit the Canal in Panama and sail overnight to Coiba & Granito de Oro Islands. <b>Overnight at sea.</b>	00:00	All day transit
<b>DAY 4</b>	Granito de Oro Coiba Island	PANAMA	Coiba, identified as a UNESCO World Heritage Site, is the largest island in Central America, off the pacific coast of the Panamanian province of Veraguas. The waters adjacent to the island are teeming with marine life. It is surrounded by one of the largest coral reefs in the pacific coasts of the Americas; it is the beginning of the underwater Cordilera mountain chain that also includes Coco's and the Galapagos Islands. This makes for a unique dive experience you shouldn't miss. <b>Overnight at sea to Golfo Dulce – Golfito.</b>	12:00	21:00



<b>DAY 5</b>	Golfo Dulce - Golfito	COSTA RICA	This morning we reach Golfito in the protected area of Golfo Dulce. <b><i>2 optional excursions</i></b> . Our unique excursions will bring you to a Wildlife Reserve and to the amazing Casa Orquideas or Orchid House, a private botanical garden beautifully landscaped and maintained. A unique opportunity to see some amazing flowers and taste some unusual fruits. <b><u>Overnight in port.</u></b>	8:00	
<b>DAY 6</b>	Golfo Dulce - Golfito	COSTA RICA	We leave Golfo Dulce early in the morning and sail to Drake Bay.		4:00
	Corcovado - Drake Bay	COSTA RICA	We reach Drake Bay, our landing place in the Osa Peninsula and starting place for our <b><i>2 optional excursions</i></b> . The main attraction of Bahía Drake is Corcovado National Park, a nature preserve and tropical rainforest that occupies almost a third of the Osa Peninsula. Visitors are almost guaranteed to see some of the most incredible wildlife living in the jungles of the reserve including red-eyed tree frogs, quetzals, tapirs, harpy eagles, white-lipped peccaries, monkeys, and scarlet macaws. Swimmers can have the amazing opportunity to share the warm waters with marlins, dolphins, and pilot whales. <b><u>Overnight at anchor.</u></b>	9:00	19:00
<b>Day 7</b>	Corcovado - Drake Bay	COSTA RICA	Morning sailing to Quepos.		5:00
	Quepos	COSTA RICA	This morning we reach Quepos - <b><i>3 optional excursions</i></b> . The starting place to visit Manuel Antonio National Park. This park was created in 1972 and consists of three magnificent white-sand beaches that are backed by a jungle sheltering hundreds of fascinating plant species. Naturalists lead walks to outstanding wildlife viewing. There are over 109 mammal species and 184 species of birds here. Watch for monkeys, iguanas, agoutis, sloth, and the rare turquoise cotinga. Manuel Antonio offers well-maintained trails where you can explore the jungle on your own or join a walk with one of our naturalists. You may wish to see the small shopping area, relax on the white-sand beach or take a swim. In the evening we sail to Los Suenos/Herradura.	9:00	19:00
	Los Suenos/ Puerto Caldera	COSTA RICA	Arrival late in the evening in Los Suenos/Herradura. <b><u>Overnight in port.</u></b>	22:00	
<b>DAY 8</b>	Los Suenos/ Herradura	COSTA RICA	<b>Disembarkation from 09:00 to 10:00.</b>		