

The Treasures of Costa Rica and the Panama Canal

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

on the 36 cabin VARIETY VOYAGER

DAY	PORT	COUNTRY	DESCRIPTION	Arrival time	Depart time
DAY 1	Los Suenos Herradura	COSTA RICA	Embarkation 4 pm - Overnight in Los Suenos/Herradura, Costa Rica.		
DAY 2	Los Suenos - Herradura	COSTA RICA	Morning sailing to Quepos.		6:00
	Quepos	COSTA RICA	This morning we reach Quepos - <i>3 optional excursions.</i> 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. Overnight at anchor.	9:00	
DAY 3	Quepos	COSTA RICA	Morning sailing to Corcovado - Drake Bay.		5:00
	Corcovado - Drake Bay	COSTA RICA	We reach Drake Bay, our landing place in the Osa Peninsula and starting place for our <i>2 optional excursions.</i> 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. Later in the evening we sail around the Osa Peninsula to Golfo Dulce.	9:00	15:30
	Golfo Dulce - Gofito	COSTA RICA	In the evening we reach the protected area of Golfo Dulce and reach Gofito. Overnight in port.	20:00	
DAY 4	Golfo Dulce - Gofito	COSTA RICA	We reach Gofito in the protected area of Golfo Dulce. <i>2 optional excursions.</i> 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. After dinner we leave Golfo Dulce for an overnight at sea.		21:00



DAY 5	Granito de Oro and Coiba Islands	PANAMA	<p>We arrive early in the morning in this tiny Island for some swimming and snorkeling in a pristine environment. After BBQ on board we sail to nearby Coiba Island. 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.</p> <p><u>Overnight at sea to Panama for our Canal Crossing.</u></p>	8:00	16:00
DAY 6	Panama Canal Transit	PANAMA	<p>This morning we reach the entrance of the Panama Canal for a day crossing the Canal. 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 at Limon Bay/Colon and continue to San Blas Islands. <u>Overnight at sea.</u></p>	8:00	
DAY 7	San Blas Islands	PANAMA	<p>This morning we reach the San Blas Archipelag, 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. For island-to-island travel the Kuna use dugout canoes made from wild cashew trees. 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 we leave San Blas for Cartagena Colombia. We leave San Blas in the evening and sail to Cartagena Colombia. <u>Overnight at sea.</u></p>	12:00	17:00
DAY 8	Cartagena	Colombia	<p>Morning arrival in Cartagena, Colombia. Disembarkation from 09:00 to 10:00.</p>	8:00	

