



# MANMADE MARVELS & NATURAL WONDERS: PANAMA & COSTA RICA

***Your 13-night journey includes: 9-night expedition cruise to San Blas Island, Panama Canal crossing, Coiba Island, Golfo Dulce, Corcovado National Park, Puntarenas (Costa Rica); 2 nights at a Deluxe hotel in Panama City; 2 nights at a Deluxe hotel in San José***

Board the elegant, 5-star Ocean Explorer for an incredible small ship expedition cruise of Panama and Costa Rica. Sail from Panama City to Puntarenas, visiting some of the world's most beautiful and biodiverse regions along the Pacific coast of Central America.

Throughout your small ship expedition journey, you'll board Zodiac boats and head ashore to explore unspoiled islands teeming with indigenous wildlife, hike through lush jungles, and discover shallow lagoons and mangrove swamps. Your knowledgeable and experienced Expedition Team — comprised of experts in the fields of geology, marine biology, ornithology, and more — will be with you, guiding your discoveries every step of the way. You'll also have the opportunity to cross the full-length of the Panama Canal, one of the seven wonders of the modern world and a true feat of engineering. In all, you'll enjoy 10 included features, including six days of expedition activities in Panama and Costa Rica.

Along with days exploring ashore, you'll enjoy sailing aboard the 5-star Ocean Explorer, a luxury vessel built for expedition travel with ULSTEIN X-BOW® technology. This elegant small ship ensures you'll feel pampered throughout the entirety of your journey with sumptuous accommodations, gourmet dining, and first-class personalized service. Treat yourself to a soothing massage at the onboard spa, soak in the top-level hot tubs as you take in the passing scenery, or head to the fitness center for a workout. You'll find everything you need on board to ensure this small ship expedition crosses every item off your travel wishlist.

Reserve Today! Call Toll-Free **1 800 322 6677** - [WWW.VANTAGETRAVEL.COM/EPL25](http://WWW.VANTAGETRAVEL.COM/EPL25)

# JOURNEY HIGHLIGHTS

## OCEAN EXPLORER CRUISING



Cruise on the *Ocean Explorer*, an agile and state-of-the-art expedition vessel that can navigate to places larger ships can't

## EXPEDITION ACTIVITIES



Behold some of the world's most beautiful and unspoiled destinations led by your highly-skilled Expedition Team

## WILDLIFE



Keep your eyes open for indigenous marine and wildlife, from Baird's tapirs and red-backed squirrel monkeys to humpback whales and sea turtles

## BIRDWATCHING



Throughout your explorations ashore you may be able to spot frigate birds, hawks, pelicans, boobies, and scarlet macaws, just to name a few

## PANAMA CITY



Enjoy a day at leisure to explore Panama's colorful capital on your own

## PANAMA CANAL CROSSING



Cross the entirety of this modern marvel as you make your way across Central America

## COIBA NATIONAL PARK



Explore UNESCO-listed Coiba Island, a former Panamanian penal colony that now serves as a protected marine reserve

## CORCOVADO NATIONAL PARK



Join your Expedition Team on an exploration of Corcovado National Park, one of the world's most biodiverse ecosystems

## GOLFO DULCE



Featuring a lush tropical rainforest and mile of secluded beaches, Golfo Dulce is home to numerous species of marine and wildlife

## SAN JOSE



A day at leisure lets you explore the modern capital of Costa Rica at your own pace

# YOUR PRICE INCLUDES

- **Purchase your airfare from Vantage** and your airport transfers, fuel surcharges, and government taxes and fees are included
- **Accommodations:** 9 nights on board the *Ocean Explorer*, 2 nights at a Deluxe hotel in Panama City in Panama City, and 2 nights at at the *Intercontinental San Jose* in San Jose
- **32 meals:** 13 breakfasts, 10 lunches, and 9 dinners, with complimentary wine, beer, and soft drinks during dinner on board
- **11 included features**
- **Panama Canal crossing**
- **1 UNESCO World Heritage Site:** Coiba National Park and its Special Zone of Marine Protection
- **Vantage Expedition Team** of highly-credentialed experts to lead your shore excursions and conduct onboard presentations on geology, history, photography, marine biology, ornithology, and more
- **The services of a Vantage Cruise Director and Program Manager**, plus shipboard commentary, regional experts, and private motorcoach for excursions
- **Complimentary Destination Manager Service on board** to assist with all your personal requests such as spa reservations, hotel reservations, and other special requests in port
- **Complimentary Vantage Deluxe Concierge Service** prior to your journey, to plan celebrations, activities, or provide regional expertise. Log into My Portfolio and submit a request, or send an email any time up to two weeks prior to your departure at [Concierge@vantagetravel.com](mailto:Concierge@vantagetravel.com)
- **Complimentary unlimited Wi-Fi**
- **Gratuities for local guides and drivers**

# SPECIAL INTEREST



## EXPEDITION HIGHLIGHTS

- Behold some of the world's most remote and beautiful destinations as you make your way from Panama to Costa Rica
- Venture ashore on naturalist-led expeditions by versatile Zodiac landing crafts
- Attend lectures on marine biology, wildlife, history, and other educational topics

Plus, cruise aboard the 5-star Ocean Explorer, a vessel built specifically for expedition cruising, with the following features:

- 77 cabins, including a landmark 15 solo cabins, most of which have full walk-out balconies, for the most flexible style of travel — plus, suites designed for comfortable triple-occupancy as well as adjoining room options
- A culinary program offering gourmet dining incorporating regional fare, with wine and beer included at dinner
- Spa, massage, and hair services available at the onboard spa
- Sauna
- Two hot tubs
- Fitness center
- Curated lectures, programs, musical performances, and cultural events
- Low passenger-to-crew ratio, plus onboard Destination Manager
- Knowledgeable staff by region
- Onboard medical doctor (travelers are responsible for medical fees associated with doctor visit and medications)
- Gift Shop
- Library with over 200 titles
- Separate, intimate dining space for groups or special events (available upon request)
- Complimentary unlimited WiFi (WiFi on certain segments of trips may not be available)
- Entertainment programming with 100 movie titles
- Environmentally friendly standards with reduced emissions into air and sea and lower energy consumption
- Dynamic positioning technology
- State-of-the-art safety technology, Polar Code 6 compliant, and fully compliant with the latest SOLAS requirements in expedition cruising
- Rolls-Royce stabilizer system; "Safe Return to Port" technology



### UNESCO & HISTORICAL HIGHLIGHTS

- Join the Expedition Team on an exploration of Coiba National Park and its Special Zone of Marine Protection, a UNESCO World Heritage Site. Once used as a Panamanian penal colony, today the island serves as a protected marine reserve
- Cross the Panama Canal, considered one of the seven wonders of the modern world



### NATURE HIGHLIGHTS

- Explore the biodiversity of Corcovado National Park and learn about the indigenous flora and fauna in this area
- Explore UNESCO-listed Coiba Island, a former Panamanian penal colony that now serves as a protected marine reserve
- Visit San Blas Island and enjoy the pristine beauty of its powder-white sand and crystal-clear waters
- Enjoy two days of exploration in the Gulf of Panama, a birdwatcher's paradise



### BIRDWATCHING HIGHLIGHTS

- View up to 19 species of native birdlife, including the rare Scarlet Macaw and endemic Brown-backed Dove, in Coiba Island
- Panama is a top destination for birdwatchers, and you can expect to see colorful species including toucans, macaws, tanagers, hummingbirds, and even the harpy eagle
- Spot brown pelicans, cattle egrets, sooty terns, herons, frigatebirds, and glossy ibis in the Gulf of Panama



**PHOTOGRAPHY HIGHLIGHTS** You'll enjoy a spectrum of picturesque sights and scenes on this journey. Here are a few tips to help you photograph them along the way:

- Change your perspective. Try shooting from a different angle, for example. Climb a stairwell and shoot a landscape from up high or, alternately, get low and shoot a scene from the ground. Wherever you are, embrace this artistic challenge by getting out of your comfort zone!
  - Take a selfie! You'll be glad to have a few portraits of yourself at the distinctive landmarks you'll find on this journey
- Look beyond the landmarks — sometimes everyday scenes are just as inspiring, and provide a lesson in embracing the unexpected and seizing the moment in front of you



### SOLO TRAVEL HIGHLIGHTS

On this small ship ocean cruise, independent travelers will enjoy solo-friendly features, such as:

- Onboard Concierge services to personalize your expedition
  - Water-sport opportunities, depending on the location
  - A lively social media night and musical performances most nights
  - Solo-friendly social activities, including a Solo Connection mixer
  - Onboard entertainment, lectures, and cooking demonstrations
- Health and wellness options, including onboard spa, jacuzzis, and a gym



### CONCIERGE SERVICE HIGHLIGHTS

Prior to your expedition cruise, our complimentary Concierge service will be available to help you customize your journey. Here are just a few services your Concierge can provide:

- Do you have a special birthday, anniversary, family reunion or other important event you want to celebrate on board? Let your Concierge know and he or she can make all the special arrangements, whether it's a private reception in your suite, a

gathering in the lounge, and more

- Restaurant reservations. Just notify your Concierge of your interests, and he or she will be happy to make recommendations, and will call ahead to reserve your table
- Special excursions. Would you like a limo to take you for a special night in the city? Perhaps you'd like to look up long-lost relatives. Your Concierge is here to help!
- Extend your stay! Your Concierge can help modify your hotel reservations and flights if you decide to stay on
- Tickets to local concerts, exhibits, theater, sporting events, and more

Take advantage of this free, start-to-finish service by making your requests prior to your journey or during your journey. We are one of the only companies to offer this level of service! Call 1-888-982-6824 or email [Concierge@vantagetravel.com](mailto:Concierge@vantagetravel.com) to speak to a Concierge today, or simply log into My Portfolio up to two weeks prior to departure. During your journey, your onboard Destination Manager can assist with any special requests such as spa reservations, hotel reservations, and more.



# PANAMA CITY TO SAN JOSE

DAY 1:	Fly to Panama City <i>Deluxe Hotel in Panama City or similar</i>
DAY 2:	Explore Panama City at your leisure <i>Deluxe Hotel in Panama City or similar</i>
DAY 3:	Tour Panama City and embark the Ocean Explorer today <i>Ocean Explorer &gt;</i>
DAY 4:	Discover the pristine beauty of San Blas Island <i>Ocean Explorer &gt;</i>
DAY 5:	Cross the Panama Canal <i>Ocean Explorer &gt;</i>
DAYS 6-7:	Discover the Gulf of Panama with your Expedition Team <i>Ocean Explorer &gt;</i>
DAY 8:	Uncover the marine wonders of Coiba Island <i>Ocean Explorer &gt;</i>
DAYS 9-10:	Join your Expedition Team for two days of exploration in Golfo Dulce <i>Ocean Explorer &gt;</i>
DAY 11:	Explore the biodiversity of Corcovado National Park <i>Ocean Explorer &gt;</i>
DAY 12:	Say hello to San Jose today <i>Real InterContinental San José or similar</i>
DAY 13:	Enjoy San Jose at your leisure
DAY 14:	Return home today



**DAY 1:** Fly to Panama City

Today, you'll board a flight to Panama City, Panama. If you purchased your airfare from Vantage, a representative will meet you at the airport to assist with transfers to your hotel. Check in and relax as you prepare for the adventure that awaits on your small ship expedition cruise. Dinner tonight is on your own.

*Deluxe Hotel in Panama City or similar*

**DAY 2:** Explore Panama City at your leisure

Panama City is Central America's most cosmopolitan capital, and you'll have a full day at leisure to explore it for yourself. Head to Casco Viejo, the historic side of Panama City and a UNESCO World Heritage Site, and take a step

back in time. Bask in sweeping vistas of the city's skyscrapers, explore ancient churches, and savor fresh seafood at El Mercado de Mariscos.

*Deluxe Hotel in Panama City or similar*  
Included meals: Breakfast

**DAY 3:** Tour Panama City and embark the Ocean Explorer today

Following breakfast at your hotel, you'll head to Colón to begin the cruise portion of your journey, with a tour of Panama City along the way.

Upon arrival at the pier, you'll board your elegant small ship to begin the cruise portion of your journey. There will be time to settle in and perhaps have a drink on deck as you set off on your adventure. Tonight, enjoy a special Welcome Dinner with your fellow travelers.

**Included Feature:**

- Panama city tour  
Included meals: Breakfast, lunch & dinner  
*Ocean Explorer* >

**DAY 4:** Discover the pristine beauty of San Blas Island

Today you'll visit San Blas Island, part of a group

of islands located in the archipelago northwest of Panama. Many of the 378 islands found here are uninhabited, and today you'll head ashore to explore the pristine beauty found here. The powder-white sand and crystal-clear waters surrounding San Blas make this a picture-perfect destination on which to spend your day.

**Included Feature:**

- San Blas Island excursion with the Expedition Team

Included meals: Breakfast, lunch & dinner  
*Ocean Explorer* >

**DAY 5:** Cross the Panama Canal

Crossing the Panama Canal is a maritime experience unlike any other. Completed in 1914, the Panama Canal is considered one of the seven wonders of the modern world and a marvel of engineering. Today you'll traverse the entire length of the canal, crossing its massive locks. Head to the top-level sundeck, or to the panoramic Observation Lounge, and view the full scope of this engineering wonder.

**Included Feature:**

- Panama Canal crossing
- Included meals: Breakfast, lunch & dinner  
*Ocean Explorer* >

**DAYS 6-7:** Discover the Gulf of Panama with your Expedition Team

Located off the southern Pacific coast of Panama, the Gulf of Panama's numerous islets — with their stretches of coastline dotted with numerous coastal settlements, quaint fishing villages, and picturesque harbors — are a draw for visitors the world over. You'll enjoy two days in this picturesque region, led by your Expedition Team. Birdwatchers may have opportunities to

spot frigate birds, brown pelicans, neo-tropic cormorants, and brown boobies.

**Included Feature:**

- Two days Gulf of Panama exploration with the Expedition Team
- Included Meals: 2 Breakfasts, 2 Lunches, 2 Dinners  
*Ocean Explorer* >

**DAY 8:** Uncover the marine wonders of Coiba Island

Situated 30 miles off the Pacific Coast of Panama, in the Gulf of Chiriquí, you'll find UNESCO-listed Coiba Island. Once used as a Panamanian penal colony, today the island serves as a protected marine reserve. Its use as a penal colony meant that access to the island was extremely restricted. As a result, minimal human interaction has allowed the island's natural resources to thrive. Today, you'll board a Zodiac craft and head ashore with your Expedition Team for a guided excursion.

**Included Feature:**

- Coiba Island exploration with the Expedition Team
- Included meals: Breakfast, lunch & dinner  
*Ocean Explorer* >

**DAYS 9-10:** Join your Expedition Team for two days of exploration in Golfo Dulce

At over 600-feet-deep at its center, and featuring a lush tropical rainforest and miles of secluded beaches, Golfo Dulce is home to numerous species of marine and wildlife, including humpback whales. There is no other place in Costa Rica with such diverse flora and fauna. Golfo Dulce is easily one of the wettest and most humid sections of the country, with more than 200 inches of rainfall per year, assuring that the

surrounding area will be thriving with vegetation and wildlife. You'll spend two days exploring the mangroves, jungles, and wetlands with your knowledgeable Expedition Team.

**Included Feature:**

- Two days of Golfo Dulce exploration with the Expedition Team  
Included Meals: 2 Breakfasts, 2 Lunches, 2 Dinners  
*Ocean Explorer* >

**DAY 11:** Explore the biodiversity of Corcovado National Park

Join your Expedition Team on an exploration of Corcovado National Park, one of the world's most biodiverse ecosystems. Located on the Osa Peninsula, its more than 100,000 acres contain shallow lagoons, marshlands, mangrove swamps, rainforest, and almost 30 miles of sandy beach. Within this massive, protected territory you'll find hundreds of species of trees, birds, mammals, amphibians, reptiles, and marine life.

**Included Feature:**

- Corcovado National Park exploration with the Expedition Team  
Included meals: Breakfast, lunch & dinner  
*Ocean Explorer* >

**DAY 12:** Say hello to San Jose today

The cruise portion of your journey comes to an end today in Puntarenas, Costa Rica. You'll enjoy breakfast on board, then wave goodbye to the Ocean Explorer as you head out to your centrally-located hotel in San Jose, Costa Rica. Along the way, enjoy a highlights tour of Puntarenas and San Jose. Upon arrival at the hotel, you'll have the afternoon at leisure with dinner on your own tonight.

**Included Feature:**

- Puntarenas & San Jose city tour  
Included meals: Breakfast & lunch  
*Real InterContinental San José or similar*

**DAY 13:** Enjoy San Jose at your leisure

The modern, cosmopolitan city of San Jose is the capital of Costa Rica and one of its most popular destinations for visitors. You'll have a day at leisure to explore this lively city at your own pace today. Explore the many museums and cultural spots in the metropolitan area; pop into one of the lively bars for a refreshing cocktail, or tempt your tastebuds at one of the numerous restaurants the city has to offer. The bustling Mercado Central (Central Market), dating back to the late 19th century, is one of the oldest landmarks in Costa Rica and a fascinating place to visit during your time here.

Included meals: Breakfast

**DAY 14:** Return home today

Today, you'll transfer to the airport for your flight back to the U.S.

**Please Note:** Ocean cruising is not the same experience as river cruising; as such, you may experience fluctuating tides and weather patterns that may involve some rocking of your vessel. Itineraries will include all activities as planned except in extreme cases that can't be controlled by your shipboard crew. Day-by-day itineraries are preliminary and therefore subject to change. If changes occur while on tour, you will be notified by your Cruise Director or regional expert.

# ACCOMMODATIONS



## Ocean Explorer

### Quick facts

**Launch:** 2021

**Length:** 104.4 Meters

**Max Capacity:** 162 guests — 134 for polar expeditions

**Cabins:** 77, including a landmark 15 solo cabins — 80% of all cabins feature a private veranda

The intimate *Ocean Explorer* and *Ocean Odyssey* are the cruise industry's newest and most premier small ships built for global expedition travel, and ready to go to some of the world's most far-reaching destinations. Accommodating just 134 guests, the ship is outfitted with the latest satellite, sustainability, and navigation capabilities, including SOLAS "Safe Return to Port" requirements and ULSTEIN X-BOW® technology, a significant enhancement for smooth sailing in polar seas.

On all Vantage expedition cruises, education is an essential component of the journey. Enjoy talks from notable scholars, onboard historians who travel alongside you, and handpicked regional experts. On polar expeditions with Vantage, you'll attend lectures, lessons, and activities offered by a 17-member Expedition Team of experts in fields ranging from biology to oceanography.

In your downtime, you'll find relaxation and luxury aboard the *Ocean Explorer* and *Ocean Odyssey*. Visit the gym or onboard spa for a facial, massage, even a haircut. Soak in the hot tub after a rewarding day of sightseeing. Enjoy gourmet fare for breakfast, lunch, and dinner, plus outstanding culinary experiences built into your journey. And because there's no more than 134 fellow travelers on expedition cruises, you'll enjoy small group outings by day and share meals, stories, and fun with new friends by night. These fabulous expedition vessels offer:

- 77 cabins, including a landmark 15 solo cabins
- 30 triple-ready cabins available
- Vantage offers FREE roommate-matching services if you'd like to be paired while you travel

- Spacious, all outside-facing cabins
- 134-guest capacity
- Zodiac trips to get as close as possible to nature
- The latest satellite and navigation capabilities, including ULSTEIN X-BOW® technology
- Intimate crew-to-passenger ration, plus onboard Destination Manager
- Environmentally friendly standards with reduced emissions into air and sea and lower energy consumption

**Amenities:**

- A culinary program offering gourmet dining and regional fare, with wine and beer included at dinner
- Hot-rock cooking restaurant
- Multistory lounge and lobby
- Three bars and various lounges
- Top deck observation deck for gatherings, lectures, performances, and more
- Spa, massage, and hair services available at the onboard spa
- Sauna
- Two hot tubs
- Fitness center
- Curated lectures, programs, musical performances, and cultural events
- Low passenger-to-crew ratio, plus onboard Destination Manager (not available on expeditions)
- On expeditions, enjoy the services and curated lectures of a 5- or 17-person Expedition Team, comprised of experts in their field
- Knowledgeable staff by region; expedition cruises will be led by an experienced Expedition Team
- Onboard medical doctor (travelers are responsible for medical fees associated with doctor visit and medications)
- Gift Shop
- Library with over 200 titles
- Separate, intimate dining space for groups or special events (available upon request)
- Complimentary unlimited WiFi (WiFi on certain segments of trips may not be available)
- 20+ live TV channels featuring popular US news channels, the Food Network, the Travel Channel, and National Geographic
- Entertainment and video on demand for 250 classic movies

*Ocean Explorer Gallery*



## Hilton Panama ★★★★★

Located at the Balboa Avenida waterfront, Hilton Panama is withing close proximity of downtown Panama City and the Cinta Costera, and is connected to neighboring Starbay Casino. On-site amenities include a luxury spa, outdoor pool, fitness center, and a selection of restaurants. In-room amenities include luxury toiletries, coffeemaker, flat-screen television, minibar, free Wi-Fi, and room service.



## Real InterContinental San José ★★★★★

An urban retreat in San José's exclusive Escazú district, the Real InterContinental San José is located within the Multiplaza Mall complex, just steps from upscale bars, restaurants, shopping, and more. The hotel features four restaurants, spa, and heated pools surrounded by tropical gardens. Rooms offer deluxe Egyptian bedding, 48-inch smart TV, Wi-Fi, and more.