

TREASURE OF COSTA RICA AND PANAMA 2016-7 OPTIONAL EXCURSIONS

CURU - NICOYA PENINSULA - COSTA RICA - CR1. CURU NATURE RESERVE

By zodiacs and foot
Duration: about 2.5 hours
Note: Wet landing
Min participants: 18

Price per person - € 50



At the reserve your naturalist tour guide will introduce you to a variety of wildlife that thrives here, including up to 200 species of birds, capuchin and howler monkeys as well as sloths and anteaters. The reserves includes 4.5 kilometers of coastline with beautiful white sand beaches and tiny coves. Although it is a small reserve, two thirds is preserved as primary forest. This is one of the most scenic regions of Costa Rica, known for calm seas and transparent waters, allowing for swimming and snorkeling close to shore.

Timetable

00:00 - 00:05
00.05 - 02:00
02:00 - 02:45
02:45 - 02.:50

Services

Landing by zodiacs
Walk in the park
Time at leisure or swimming inside the park
Return to ship

QUEPOS - COSTA RICA - CR2. QUEPOS - MANUEL ANTONIO NATIONAL PARK

By van and foot

Min 18

Duration: 4 Hours

Price per person - € 60



Manuel Antonio National Park is the jewel of the Costa Rica large number of national parks. Its fragile rainforest ecosystem shelters an abundant wildlife including the easy to see monkeys and a great variety of tropical birds. We will take you by bus to the Park Entrance for your one & half hour guided walk in the dense rainforest. Your local guides and our naturalist will lead you through small trails and you will encounter an extraordinary animal life and a thousand different species of flora. The trail followed is very well maintained and is easy walking with no uphill climbs. Our hike ends with a swim at a park's beach

Wildlife sights are not guaranteed. What to bring: Towel, bathing suit, extra dry clothing.

Timetable

00:00 - 00:30
00.30 - 01:30
01:30 - 02:00
02:00 - 03:30
03:30 - 03:45
03.45 - 04.15

Services

Drive from the pier to Manuel Antonio Park
Walk in the park
Time at leisure or swimming inside the park
Walk to the Park exit
Snacks: Fruit bar, fruit juice and bottled water
drive to the pier

QUEPOS - COSTA RICA -mCR3. QUEPOS - TITI FOREST CANOPY TOUR

(Note: Waiver required)

By van

Min 18

Duration: about 4 Hours

Price per person - € 80



Imagine yourself soaring high above the jungle floor as you fly through tree tops, amongst some of the most beautiful flora and fauna in the Costa Rican rainforest! Our Canopy Tour is an exciting adventure that can be enjoyed by people of all ages. You will fly for a mile over the jungle canopy suspended on solid steel cables attached to a personal, high-tech, lightweight harness. The exhilaration of a zip line is, most likely, unlike anything you have ever experienced.

During your journey you'll stop and rest at 16 strategically located platforms and 12 cables where you are most likely see the surrounding wildlife. Many of these platforms are almost 100 feet high, nestled in the trunks and branches of trees that are centuries old.

Our staff of professionally trained guides shows guests the abundant wildlife along the way; including Titi monkeys, two and three toed sloths, poison dart frogs, iguanas and toucans.

Timings.

00:00 – 00:15	Transfer from the dock to Canopy Area
00:20 – 00:55	Safety talk – Bathrooms
01:00 – 03.00	Canopy Tour
03.00 – 03:25	Snacks
03:30 – 03:45	Trip back to the dock

OSA PENINSULA WILDLIFE CR4. OSA EXPLORATION WALK

By road & on foot

Min 18

Duration: 3 Hours 15 Minutes

Price Per Person - € 57



Half day at Osa Conservation's field stations

(Includes zodiac transfer to the beach – Dry Landing)

This is a short and easy walk through a very nice patch of secondary forest, where you will have the chance to see up to 4 different kind of monkeys, scarlet macaws and may other species of birds.

Our walking excursion starts after a short walk from where our zodiacs land. The trail and the property are part of one of the Biological Corridor's for the worldwide known Corcovado National Park. The trail it's mostly flat and shaded, so you can enjoy your walk without having to be 100% expose to sun. This tour its great for those who will like to have a more roughed interaction with the forest, without having to walk on a difficult trail. Notes: Wildlife sighting cannot be guaranteed

Timetable

00:00 – 00:15

00:15 – 00:40

00:40 – 02:40

02:40 – 02:50

02:50 – 03:15

Services

Transfer to the trail Site

Briefing and use of the restrooms

Walking tour

Return to the Initial part of the trail for water and fruits

Transfer back to the ship

GOLFO DUCHE - GOLFITO - CR5 – CASAS ORQUIDEAS

By boat and on foot

Min 18

Duration: 3 Hours 30 Minutes

Price per person - € 40



We reach the Casa Orquideas grounds by ship tenders, a beautiful garden that contains all sorts of tropical plants, and samples of other species brought from all over the world. There is so much to learn while you visit the medicinal garden and indulge your senses with the beauty and perfume of the enormous amount of flowers in different colors and shapes.

Optional time for swimming

Timetable

00:00 - 02:30

02:30 - 03:00

03:10 - 03.40

Service

Guided Visit to Orchids House and time for seasonal fruits

Optional time for swimming

Return to ship by tenders

COIBA ISLAND A UNESCO WORLD HERITAGE SITE
CR6. COIBA ISLAND – WALKING EXCURSION

By foot

Duration: 1 Hour 45 Minutes

Price per person - € 30



Coiba Island is surrounded by smaller islands which are nicknamed the GALAPAGOS of Panama for their pristine environment and wildlife. The island hosts many species of mammals including some endemic ones like the Coiba Aguti as well as, crocodiles, turtles and lizards. It is also known for its amazing underwater life.

Our Ship Naturalist will take you on a 1 and 1/2 hour hike uphill. Sightings of howler and white faced monkeys are frequent. The views at the top of the island are rewarding and spectacular.

Note: This is a medium to strenuous hike.

Timetable

00:00 – 00:05

00:05 – 01:45

Services

Zodiac transfer to Coiba Island

Hike uphill

PANAMA CITY - CR7. – PANAMA CITY EXCURSION

By bus and on foot

Min 18

Duration: 4 hours

Price per person - € 58



Our morning excursion starts with a visit to the Panama Canal Miraflores Locks, the first locks of the Canal coming from the Pacific Ocean. Observe the movements of the ships in the locks and visit the Canal Museum to better understand how one of the world's most acclaimed engineering marvels was accomplished.

Later we reach, Panama Viejo - Old Panama -for a walking tour and refreshment and some time at leisure.

Timetable

00:00 – 01:45

01:45 – 02:00

02:00 - 03:30

03:30– 04.00

Services

Bus ride to the Miraflores Locks and Panama Canal Museum Old Panama

Bus ride to Old Panama, the Old Quarter of Panama

Visit of Old Panama

Return trips to the Ship

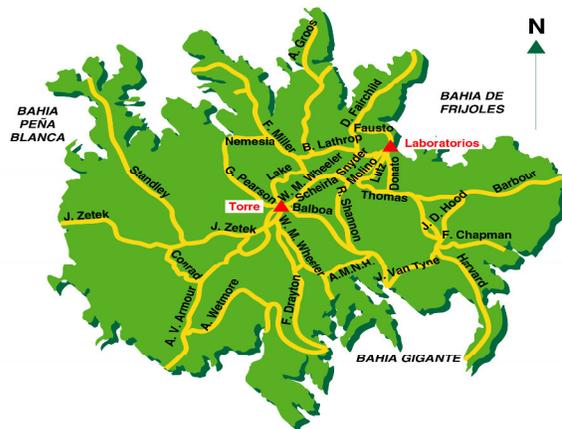
BARRO COLORADO ISLAND – GATUN LAKE – PANAMA CANAL - CR8 – EXPLORE THE
SMITHSONIAN RESEARCH INSTITUTE

On foot

Min 18

Duration: 6 hours

Price per person - € 83



Early in the morning our tenders will bring you to the Island where you will be met by the guides who will provide you with information concerning the Barro Colorado Nature Monument and more in particular about the Smithsonian Institute Research Facility and prepare you for the trail walk. The walk takes between 2 ½ to 3 hours and includes explanations about the different interactions that take place in the forest and existing projects being done on BCI. Scientists research over 120 species of mammals and hundreds of plants and tree species and in fact the facility is one of the most studied places on earth and a prototype for measuring diversity of plants and animal life. The tour also includes a visit to the Visitor's Center, where you can take the time to discuss the most important points along the trail.

After the Visitor's Center, you will head to the dining hall to for a cafeteria style lunch featuring a variety of dishes, along with a vegetarian section.

Following lunch, there will be time to ask questions and relax before rejoining the ship by tenders around 3.30 pm.

PUNTA PATINO – DARIEN - PANAMA - CR9 - THE EMBARRA VILLAGE

By boat and on foot

Min 18

Duration: 3 hours 30 minutes

Price per person - € 105



We are anchored in San Miguel Bay in front of the Punta Patino Reserve. Right after breakfast, local pirogues will take us to the Mogue River and then upstream. We will enjoy the view of big mangrove forests and sight heron, egrets, ibis, common black Hawks, king fishers and many other birds. We will reach a settlement home of the Embera Indians. We are welcome by the sound of local instruments and then a group of villagers. The Embera are one the most primitive groups of natives settled in Panama and are extremely friendly. Men and women wear colorful traditional costumes. Men only use a loincloth and women are topless and only wear a colorful skirt. Their bodies are painted with a natural ink called Jagua. The Emberas will show around their Village made of homes perched on top of slits and will perform traditional dances. We will look at artifacts available for sale and share with them some traditional foods. Early in the afternoon we will rejoin our pirogues or Cayucos and go downstream to return to the ship. This will be without any doubt one of the highlights of the trip.

Timetable

00:00 - 01:15

01:15 - 03:15

03:15 - 04.15

Service

We reach Punta Patino and board local; crafts and go upstream the Mogue River

Embera Village - With lunch

Return to the ship downstream the River into the San Miguel Bay where we meet our tenders and rejoin the ship