



VARIETY CRUISES



THE TREASURES OF
COSTA RICA & PANAMA 2019/20

ABOARD THE 24-CABIN M/S *PANORAMA*

DECEMBER 2019- MARCH 2020 | 8-day cruises

From Puerto Caldera Port, Costa Rica to Flamenco Marina
Panama City OR Colon 2000, Panama, and Reverse

Itineraries with & without PANAMA CANAL CROSSING



THE PANORAMA MOTOR SAILER

The **M/S PANORAMA** is a 54 meter elegant motor sailer accommodating just 49 passengers in 24 outside cabins.

GENERAL INFORMATION:

Length: 54 m

Launched: 1993 | Last Renovated: 2014

Cabins: 24

Capacity: 49 passengers

Crew: 16-18

The **M/S PANORAMA** is a 54 meter/24 cabin elegant motor sailer that was launched in 1993 and was renovated in 2001, 2008 and 2014. This state of the art sail cruiser has performed several Atlantic Ocean crossings, has sailed from the Seychelles to Monte Carlo and from the Black Sea to Cuba and offers the highest standard of accommodation, comfort and safety. The vessel complies with the most stringent SOLAS safety regulations.

Service on board is provided by your Captain, the Cruise Coordinator and your experienced Marine and Hotel crew members. Service will be attentive or unobtrusive according to your preference and priority is always given to the safety and comfort of passengers. Organized excursions are available for most ports of call and can be pre-booked or reserved 24 hours in advance.

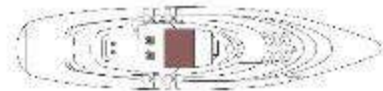


PANORAMA
54M MOTOR SAILER



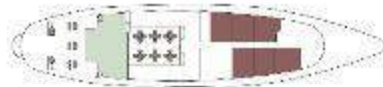
360°

SUN DECK



RIVIERA

MAIN DECK



OCEANS

LOWER DECK



CATEGORY A



CATEGORY B



CATEGORY C



DINING & BAR



LOUNGE



THE MOTOR SAILER PANORAMA

CABIN SPECIFICATIONS:

The PANORAMA's 24 cabins are located on 3 decks and are finished with wooden furniture and light fabrics. Cabins on the Upper and Main decks are equipped with windows while cabins on the lower deck have portholes. The fully equipped bathrooms are finished with marble or corian materials. All cabins are air-conditioned and fitted with flat-screen TV, telephone (for internal use), hairdryers, mini-fridge, central music, public address system and safe boxes.



LIFE ON BOARD

During the day, life on board centers around the Lounge and Dining Room at the Main Deck as well as the Upper deck indoor and outdoor bar area and the sun deck. In the evening you can relax in one of the ship's lounges, and enjoy a drink while listening to piano music. The swimming platform on PANORAMA's stern enables you to swim when weather and anchorage conditions permit. The Captain will drop anchor at secluded bays and beautiful uninhabited islands where guests enjoy swimming, snorkeling.



MAIN DECK DINING ROOM

The classy dining room is surrounded by large windows providing beautiful views of the ports of call. The spacious dining room seats all passengers in a single, unassigned seating and food is served at the table or displayed on the state of the art hot & cold buffet which also includes an "a la minute cooking" section.

MAIN DECK & UPPER DECK LOUNGE AREAS

The interior lounges have relaxing couches and comfortable lounge chairs where you can have a drink and gaze out of the large windows into the breathtaking sceneries you are cruising to, read a book, watch television on the satellite TV or one of our documentaries on the next place you are visiting. Also located on the Upper Deck, the outdoor area provides beautiful views of the ports of call visited.



SUN DECK

The vessel features a Sun Deck with a sitting area to relax and enjoy unobstructed views and with ample Sun loungers' space to bask under the sun, read a good book or just gaze at the scenery.

TREASURES OF COSTA RICA & PANAMA 2019-20			
FLAMENCO MARINA TO PUERTO CALDERA-M/S PANORAMA			
DAY	PORT	COUNTRY	DETAILS
1 Saturday	PANAMA CITY - Marina Flamenco	Panama	EMBARKATION at 15:00. Welcome Dinner and overnight in port.
2 Sunday	PANAMA CITY - Marina Flamenco	Panama	Full day optional excursions in Panama a) Gatun Lake and San Lorenzo + Canal Museum or b) Miraflores locks, Casco Viejo, and Canal Museum. Evening sailing to Playa Muerto. Overnight at sea.
3 Monday	PLAYA MUERTO	Panama	Morning optional excursion in the Darien National park. We reach Playa Muerto by tenders (wet landing) and reach an Emberra Village where we are welcomed by Emberra Indians, one of the 7 indigenous groups living in Panama. They are proud and very friendly and known for their beautiful handicrafts and well preserved traditions. We will be invited to share their lunch and dance with them. Later in the afternoon we return to the ship. Afternoon sailing to Coiba Island – Overnight at sea.
4 Tuesday	GRANITO D' ORO	Panama	Midday arrival in Granito de Oro for swimming and snorkeling in a pristine environment. Deck BBQ and sailing to nearby Coiba Island, a UNESCO World Heritage Site and the largest island in Central America.
	COIBA	Panama	Afternoon walking tour with our Ship Naturalist who will take you for a short walk to discover the local forest and animal life. Free time for swimming and snorkeling on Coiba. In the afternoon, we leave Coiba and sail to Golfito. Overnight at sea.
5 Wednes day	GOLFITO	Costa Rica	We reach Golfito in the early morning for immigration procedures and our optional shore excursion in La Gamba Field Station and Piedra Blancas National Park. Late afternoon departure towards Drake Bay.
	DRAKE BAY	Costa Rica	Late evening arrival in Drake Bay and overnight at anchor.
6 Thursday	DRAKE BAY	Costa Rica	OPTIONAL EXCURSION IN THE CORCOVADO NATIONAL PARK /OSA PENINSULA , 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.
	QUEPOS	Costa Rica	EVENING ARRIVAL IN QUEPOS. OVERNIGHT AN ANCHOR.
7 Friday	QUEPOS	Costa Rica	MANUEL ANTONIO OPTIONAL MORNING EXCURSION. (WET LANDING WITH OUR ZODIACS INSIDE THE RESERVE) Optional Morning Excursion to MANUEL ANTONIO RESERVE , one of the highlights of the cruise. After lunch on board, you can take the optional Forest Canopy excursion.
	PLAYA BIESANZ	Costa Rica	Afternoon sailing to nearby Playa Biesanz for an afternoon swim. (Forest Canopy tour excursion participants rejoin the ship in Playa Biesanz). Tropical evening on board. Late night sailing to Puerto Caldera. Overnight at sea.
8 Saturday	PUERTO CALDERA	Costa Rica	Disembarkation after breakfast at 8-9 am.

TREASURES OF COSTA RICA & PANAMA 2019-20			
PUERTO CALDERA TO FLAMENCO MARINA PANAMA CITY			
DAY	PORT	COUNTRY	DETAILS
1 Saturday	PUERTO CALDERA	Costa Rica	Embarkation 15:00-16:00. Sailing to Quepos.
	QUEPOS	Costa Rica	Overnight at anchor.
2 Sunday	QUEPOS	Costa Rica	MANUEL ANTONIO OPTIONAL MORNING EXCURSION. (WET LANDING WITH OUR ZODIACS INSIDE THE RESERVE) Optional Morning Excursion to MANUEL ANTONIO RESERVE , one of the highlights of the cruise. After lunch on board, you can take the optional Forest Canopy excursion .
	PLAYA BIESANZ	Costa Rica	Afternoon sailing to nearby Playa Biesanz for an afternoon swim. (Forest Canopy tour excursion participants rejoin the ship in Playa Biesanz). Tropical evening on board. Late night sailing to Drake Bay. Overnight at sea.
3 Monday	DRAKE BAY	Costa Rica	OPTIONAL EXCURSION IN THE CORCOVADO NATIONAL PARK /OSA PENINSULA , 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. Early afternoon sailing to Golfito.
	GOLFITO	Costa Rica	IMMIGRATION PROCEDURES AT ANCHOR.
4 Tuesday	GRANITO DE ORO	Panama	Midday arrival in Granito de Oro for swimming and snorkeling in a pristine environment. Deck BBQ and sailing to nearby Coiba Island, a UNESCO World Heritage Site and the largest island in Central America.
	COIBA	Panama	Afternoon walking tour with our Ship Naturalist who will take you for a short walk to discover the local forest and animal life. Free time for swimming and snorkeling on Coiba. In the afternoon, we leave Coiba. Overnight at sea to Iguana Island.
5 Wednes day	IGUANA ISLAND	Panama	Morning arrival at Iguana Island, a wildlife-rich territory, a bird-watching paradise, and key sanctuary for frigate birds. Snorkel the shallow reefs at the protected Isla Iguana Bay. Free time for swimming and snorkeling. You will see lots of colorful tropical fish, Morey Eels, Rays and even turtles swimming in the warm Pacific waters. On land you will spot crabs and iguanas. The wildlife refuge of Isla Iguana was founded in 1981 and includes over 50 hectare of land and water. The island is a snorkeling and diving paradise as it has the biggest area of well-preserved coral reefs in the Gulf of Panama with 17 different coral species, more than 350 tropical fishes and over 200 species of invertebrates.
6 Thursday	PLAYA MUERTO - DARIEN NATIONAL PARK	Panama	Optional excursion in the Darien National park . We are then welcomed by Embera Indians, one of the 7 indigenous groups living in Panama. They are proud and very friendly and known for their beautiful handicrafts and well preserved traditions. We return to ship for lunch and sail to Panama City Flamenco Marina.
7 Friday	PANAMA CITY - Marina Flamenco	Panama	Early morning arrival and immigration procedures. Full day optional excursion in Panama a) Gatun Lake and San Lorenzo + Canal Museum or b) Miraflores locks, Casco Viejo, and Canal Museum. Farewell Dinner and overnight in port.
8 Saturday	PANAMA CITY - Marina Flamenco	Panama	Disembarkation after breakfast at 8-9 am.

CROSSING THE CANAL: COSTA RICA, PANAMA & THE CANAL - 2019-20

COLON / PANAMA TO PUERTO CALDERA / COSTA RICA

DAY	PORT	COUNTRY	DETAILS
1 Saturday	COLON - COLON 2000 PORT	Panama	Embarkation at 11:00 - 12:00 in Colon 2000. Welcome reception and safety drill. Departure at 13:00. The ship is positioned at the Canal entrance for the Canal transit starting at 17.00 pm. We cross the Gatun Locks and enter the Gatun Lake. Welcome dinner. Late evening we reach and cross the Pedro Miguel and Miraflores Locks before reaching the Pacific side and Panama City in the early hours.
2 Sunday	PANAMA CITY - Marina Flamenco	Panama	Early morning arrival at Flamenco Marina, Panama City. Morning Optional Panama City tour to discover the old Panama City, Casco Viejo, its architecture, cathedrals and historical buildings. Late afternoon sailing to Darien.
3 Monday	PLAYA MUERTO	Panama	Morning optional excursion in the Darien National park. We reach Playa Muerto by tenders (wet landing) and reach an Emberra Village where we are welcomed by Emberra Indians, one of the 7 indigenous groups living in Panama. They are proud and very friendly and known for their beautiful handicrafts and well preserved traditions. We will be invited to share their lunch and dance with them. Later in the afternoon we return to the ship. Afternoon sailing to Coiba Island. Overnight at sea.
4 Tuesday	GRANITO D' ORO	Panama	Midday arrival in Granito de Oro for swimming and snorkeling in a pristine environment. Deck BBQ and sailing to nearby Coiba Island, a UNESCO World Heritage Site and the largest island in Central America.
	COIBA	Panama	Afternoon walking tour with our Ship Naturalist who will take you for a short walk to discover the local forest and animal life. Free time for swimming and snorkeling on Coiba. In the afternoon, we leave Coiba and sail to Golfito. Overnight at sea.
5 Wednesday	GOLFITO	Costa Rica	We reach Golfito in the early morning for immigration procedures and our optional shore excursion in La Gamba Field Station and Piedra Blancas National Park. Late afternoon departure towards Drake Bay.
	DRAKE BAY	Costa Rica	Late evening arrival in Drake Bay and overnight at anchor.
6 Thursday	DRAKE BAY	Costa Rica	OPTIONAL EXCURSION IN THE CORCOVADO NATIONAL PARK / OSA PENINSULA , 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. Afternoon sailing to Quepos, Costa Rica.
	QUEPOS	Costa Rica	EVENING ARRIVAL IN QUEPOS. OVERNIGHT AN ANCHOR.
7 Friday	QUEPOS	Costa Rica	MANUEL ANTONIO OPTIONAL MORNING EXCURSION. (WET LANDING WITH OUR ZODIACS INSIDE THE RESERVE) Optional Morning Excursion to MANUEL ANTONIO RESERVE , one of the highlights of the cruise. After lunch on board, you can take the optional Forest Canopy excursion.
	PLAYA BIESANZ	Costa Rica	Afternoon sailing to nearby Playa Biesanz for an afternoon swim. (Forest Canopy tour excursion participants rejoin the ship in Playa Biesanz). Tropical evening on board. Late night sailing to Puerto Caldera. Overnight at sea.
8 Saturday	PUERTO CALDERA	Costa Rica	Disembarkation after breakfast at 8-9 am.

CROSSING THE CANAL: COSTA RICA, PANAMA & THE CANAL - 2019-20

PUERTO CALDERA / COSTA RICA TO COLON / PANAMA

DAY	PORT	COUNTRY	DETAILS
1 Saturday	PUERTO CALDERA	Costa Rica	Embarkation 15:00-16:00. Sailing to Quepos.
	QUEPOS	Costa Rica	Overnight at anchor.
2 Sunday	QUEPOS	Costa Rica	MANUEL ANTONIO OPTIONAL MORNING EXCURSION. (WET LANDING WITH OUR ZODIACS INSIDE THE RESERVE) Optional Morning Excursion to MANUEL ANTONIO RESERVE , one of the highlights of the cruise. After lunch on board, you can take the optional Forest Canopy excursion .
	PLAYA BIESANZ	Costa Rica	Afternoon sailing to nearby Playa Biesanz for an afternoon swim. (Forest Canopy tour excursion participants rejoin the ship in Playa Biesanz). Tropical evening on board. Late night sailing to Drake Bay. Overnight at sea.
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	GOLFITO	Costa Rica	IMMIGRATION PROCEDURES AT ANCHOR and late evening sailing to Granito de Oro. Overnight at sea.
4 Tuesday	GRANITO DE ORO	Panama	Midday arrival in Granito de Oro for swimming and snorkeling in a pristine environment. Deck BBQ and sailing to nearby Coiba Island, a UNESCO World Heritage Site and the largest island in Central America.
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5 Wednes day	IGUANA ISLAND	Panama	Morning arrival at Iguana Island, a wildlife-rich territory, a bird-watching paradise, and key sanctuary for frigate birds. Snorkel the shallow reefs at the protected Isla Iguana Bay. Free time for swimming and snorkeling. You will see lots of colorful tropical fish, Morey Eels, Rays and even turtles swimming in the warm Pacific waters. The island is a snorkeling and diving paradise as it has the biggest area of well-preserved coral reefs in the Gulf of Panama with 17 different coral species, more than 350 tropical fishes and over 200 species of invertebrates. Evening sailing to Playa Muerto/Darien National Park.
6 Thursday	PLAYA MUERTO - DARIEN NATIONAL PARK	Panama	Optional excursion in the Darien National park . We are then welcomed by Embera Indians, one of the 7 indigenous groups living in Panama. They are proud and very friendly and known for their beautiful handicrafts and well preserved traditions. We return to ship for lunch and sail to Panama City Flamenco Marina.
7 Friday	PANAMA CITY - Marina Flamenco - PANAMA CANAL CROSSING	Panama	Morning Optional Panama City tour . Discover the old Panama City, Casco Viejo, its architecture, cathedrals and historical buildings. We return to the ship for lunch, and the ship is positioned at the Canal entrance for the Canal transit starting at 17.00 pm. We reach and cross the Pedro Miguel and Miraflores Locks before we enter the Gatun Lake and cross the Gatun Locks.
8 Saturday	COLON - COLON 2000 PORT	Panama	Early morning arrival at Colon 2000. Disembarkation after breakfast at 8-9 am.

Itineraries can be changed at the discretion of Variety Cruises and of the Vessel's Captain in case of adverse weather conditions - winds of 6/7 beaufort or more depending on the vessel- on port authorities not allowing a vessel to leave port or in case of other extraordinary conditions. Such itinerary changes do not entitle automatically passengers to any refunds but Variety Cruises guarantees that passengers are disembarked at the advertised port of disembarkation on time for their flights.

TREASURES OF COSTA RICA & THE PANAMA 2019/20 On the M/S Panorama SAILING DATES & GROSS EURO RATES	
FROM PUERTO CALDERA PORT, COSTA RICA TO FLAMENCO MARINA PANAMA CITY, PANAMA on Saturdays	14* , 28 Dec. 2019 11* , 25 Jan. 2020 22 Feb. 2020 07* Mar. 2020 <i>*Departure includes a Panama Canal crossing and passengers disembark at COLON 2000.</i>
FROM FLAMENCO MARINA PANAMA CITY, PANAMA TO PUERTO CALDERA PORT, COSTA RICA on Saturdays	04, 18* Jan. 2020 01 Feb. 2020 <i>*Departure includes a Panama Canal crossing and passengers embark at COLON 2000.</i>

A/ Cruise fares are per person and week and include

- Accommodation in double or twin cabins with private SH/WC & air conditioning.
- Full-board: Buffet breakfast and two meals daily, including a Welcome Cocktail, a local Theme Evening , fun BBQ (weather permitting) and Captain's Dinner.
- Regular (filter) coffee, tea and drinking water free all day.
- Use of fishing and snorkelling equipment (subject to availability).
- English-Speaking Cruise Coordinator Naturalist Guide.

Not included:

- Beverages (except those mentioned above).
- Shore excursions on the islands or other land arrangements.
- Crew tips.
- Passenger personal expenses.
- Wi-Fi (available at charge).

NOT INCLUDED IN CRUISE FARE

Such personal expenses as drinks (other than included in the rate), laundry, spa-where applicable-, boutique items and gratuities, (gratuities are optional but as a rule, satisfied clients are expected to give to the captain, at the end of the cruise, approximately Euro 13-15 per person per day for distribution among all crew members) medical expenses, port taxes, shore excursions (shore excursions are proposed and arranged on board by the tour leaders), use of the on board Wi-Fi (available at a charge), expenditures incurred ashore, and anything not mentioned in cruise program.

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