

# COSTA RICA & PANAMA

## SHORE EXCURSION PACKAGE





## QUEPOS, Costa Rica

### Morning Tour: Manuel Antonio National Park

- Duration approx. 4 hours
- Incl. Transportation / Naturalist/ Guide
- Per Person: US\$ 92

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.**

There is a tender & at times short bus ride;

**What to bring:** Towel, bathing suit, extra dry clothing





## QUEPOS, Costa Rica

### Afternoon tour: Forest Canopy Tour

- Duration approx. 4 hours
- Incl. Transportation
- Per Person: US\$ 102

Arrive after a short transfer to the Canopy area where you will be met for a safety talk. 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 to 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.

**Note:** Waiver required



## DRAKE BAY, Costa Rica

### Day trip: CORCOVADO National Park

- Duration approx. 5.5 hours
- Incl. Transportation/Guide/Naturalist/Snack lunch
- Per Person: US\$ 142

The tour begins with a 40-minute boat trip from Drake Bay to San Pedrillo Station where you can easily spot abundant biodiversity. Hike around unexplored beaches and adventure into the rainforest in search of the beautiful waterfalls... This is a primary rainforest area where anyone hiking in Corcovado National Park will get a chance to discover a hundred years old trees (if not older) and unique plants and learn lots about the ecosystem in the park. The park is home to thousands of such species that sustain a great diversity of wildlife. Monkeys, toucans, scarlet macaws and coatis might appear on the way... San Pedrillo Ranger Station is surrounded by pristine waters of the Pacific Ocean and lush tropical rainforest. It offers the chance to see multiple species of birds, stunning waterfalls and giant trees of the primary forest. Option to swim after visiting a spectacular waterfall.. More relaxed and refreshed you return to take the boat back to Drake Bay.





## NOTE

For Corcovado National Park, due to sustainability issues, the access to the park is very limited so they have a maximum capacity per day. For this reason, this tour requires pre booking !In case group has more than 20 passengers in a tour, we need to know and book ahead of time (approximately 3 months in advance) to book the tickets and have them guaranteed. For optional tours generally visits will be on a request basis and should park be overcrowded an alternative similar tour will be offered such as:

**- Mangrove + guided walk in the forest.** Lunch in playa Caletas. Rate \$ 147 per person (5 hours approximately). Min. 5 guests

Mangroves are incredible plants with very big and long roots that have evolved to survive in spite of low oxygen content and in salty water. They attract large colonies of birds, mammals, reptiles, amphibians and aquatic life forms. Right below the surface there are fresh water fish and mollusks. This tour explores the mangroves of Terraba Sierpe. It is the largest protected mangrove area within Central America. Eight species of mangroves are found here, the black mangrove, the red mangrove, the tea mangrove and the grey mangrove are the most common ones. While floating through mangrove channels, your naturalist guide will point out wildlife such as crocodiles, caimans, turtles, monkeys or coatis. Mangroves are also a paradise for bird watchers.

Binoculars are provided.

**- Snorkeling in Caño Island + guided walk in the forest. Lunch in Playa Caletas.** Rate \$ 132 per person (5 hours approximately). Min. 5 guests

Caño Island is an amazing marine biological reserve located 45 minutes from Agujitas, by boat. It is a peak of an underwater mountain of 300 hectares. However, the real beauty of Caño Island is not found on its land, but underwater. The reefs and waters around it are famous for snorkeling at its best. You will be able to see over 15 species of corals, huge schools of colorful fish, rays, sharks, morays, and turtles. It is also very common to see dolphins and whales.



## PLAYA MUERTO/DARIEN, Panama

### The Embera Indigenous Community

- Duration approx. 4 hours
- Incl. Transportation/Guide/Naturalist/Local snack
- Per Person: US\$ 168

### EMBERA INDIGENOUS CULTURE TOUR

Early in the morning, we will take a boat ride to Fondadero beach, and walk thru the beach to Playa Muerto, Playa Muerto is an Emberá community located inside of the Darien National Park and the Pacific Coast area. The community has a population of 300 inhabitants approx., and still protect their culture very well. Upon arrival, we will enjoy learning about their culture and traditions, with dancing and music and have a snack- lunch in their thatched huts. There will be handcrafts available for sale and you will have a chance to be painted with the traditional jagua, a natural dye the Emberra use to adorn their bodies. After this unforgettable experience, we will back to the same beach anchorage, but not before a pleasant walk to take a dip in one of the natural waterfalls located nears to the Community.





# FLAMENCO MARINA, Panama

## 2 tours to choose from

### **HD Casco Viejo – Old Panama City & Miraflores Visitor Center**

- Duration approx. 4 hours
- Incl. Transportation/Professional guide/Admission fees/Bottle of water
- Per Person: US\$ 90

This historical tour will begin with a visit to the Miraflores Locks. Observe the magnitude of this engineering marvel, which operates a century later using the same hydraulic system since its inception. There will be a short audiovisual presentation of the past, present and future of the Canal and other exhibits at the museum. Have some free time for shopping at the local souvenir shop.

We continue by bus through a scenic and modern part of the city en route to the “Casco Antiguo” (Old Quarters), built in 1673 after “Old Panama” was sacked and burnt. The predominant architectural style of the “Casco Antiguo” is French and Spanish colonial styles. This part of town is the home of the famous Golden Altar, which survived Morgan’s plundering and destruction of “Old Panama”; the “Flat Arch,” which engineering structure was key for the United States’ decision to construct the Panama Canal; churches and a cathedral. At the Independence Plaza, you will see the most beautiful building houses as the modern Museum of the Interoceanic Canal. the Presidential Palace, the Grand National Theater, the Bovedas (prison chambers), and the French Plaza with the written history of the Canal on it murals and walkway, which offers a beautiful view of the Panama City. After some time at leisure we will return to our ship.





# FLAMENCO MARINA, Panama

2 tours to choose from

OR

## San Lorenzo Fort and Panama Canal New Locks

- Duration approx. 7.5 hours
- Incl. Transportation/Professional guide/Lunch
- Per Person: US\$ 147

Begin your journey with scenic landscapes of the 12,000 hectares of pristine rainforest, a natural gem area, hosts an incredible variety of flora and fauna, like howling monkeys, toucans, heliconas, swamps, rivers, reefs, and 20 kms of coastline. After passing through the rainforest, enjoy a walking tour at San Lorenzo Fort, located in the North of the protected area on the edge of a rocky cliff 25m above sea level. The colonial period fort was built in 1597 on the outlet of the Chagres River and the Caribbean Sea. The original use of the fort was to protect a river entrance from invaders and pirates would cross the Isthmus of Panama from the Atlantic to the Pacific Ocean. It was also the crossing point for Americans searching for gold in California. The area also envelops a former U.S. military base. After this, became a tourist attraction of Panama, as one of the oldest and best preserved forts in the world. It was declared in 1980 World Heritage site by UNESCO. After you've enjoyed exploring the fort, board the buses, and continue the journey at the Agua Clara Observation Center, new locks Panama Canal, covers four hectares and is like a park, with terraces and open, partial and covered platforms, surrounded by the lush beauty of tropical nature. The arrangement of the area allows 400 visitors to simultaneously enjoy the operations of the new locks for the Panama Canal on the Atlantic coast. At the same time, from this privileged location, visitors can observe the majestic Gatun Lake, where ships continue their course along the interoceanic waterway, board the buses, back to the cruise. Tour includes: Transportation, English speaking guide, admissions, boxed lunch and bottled water.

**What to Bring:** shoes for walking, short or long pants, T-shirt, hat, sunglasses, camera, insect repellent.





## REMARKS:

Our tours are exclusively planned for our Variety cruises guests and are private. Tour bookings find place right after embarkation due to limited space on remote places and restricted visiting number of guests at times.

Cancellations in less than one working day are subject to full cancellation fee charges. Our Cruise Coordinator will be informing you on his/her daily briefings about what to take with you according to each tour. Remember good shoes or mind any wet landings, a dry cloth, a hat, a sun tan lotion, mosquito repellent and water!

Protect your camera and cell phone during our zodiac rides.

Tips for local guides and drivers are not included.

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