

PANAMA AND COSTA RICA WITH SMITHSONIAN JOURNEYS



In alliance with SMITHSONIAN JOURNEYS, PONANT discover Panama and Costa Rica on this splendid 8-day cruise aboard Le Bellot, which explores the region's abundant natural splendors, local indigenous communities, and the modern marvel of the Panama Canal. This cruise is part of a collection of PONANT voyages that are specially tailored for English-speaking travelers who want to engage with the world. In addition to the usual elements of the PONANT experience, the listed price for these voyages includes transfers to and from the ship, talks and discussions aboard ship by world class experts, and a shore excursion or activity in each port of call that encourages guests to embrace the sights, sounds, tastes, and smells of the local environment and culture.



DATES: 2023 – FEB 11-19

DURATION: 8 DAYS 7 NIGHTS

EMBARK: COLON, PANAMA
DISEMBARK: PUERTO CALDERA, COSTA RICA

SHIP: LE BELLOT

FROM: \$5,530*

All Inclusive – Port Charges, Open Bar, Gratuities to ship crew, Shore Excursions

***SAVE 10% - BOOK EARLY**

Expedition Highlights

- A voyage specially tailored for English-speaking travelers including discussions with experts, transfers before and after your cruise, and an included excursion or activity in each port of call.
- Engaging discussions onboard with two Smithsonian Journeys Experts.
- A specially arranged visit to the Punta Culebra Nature Center at the Smithsonian Tropical Research Institute (STRI), guided by Smithsonian staff.
- Opportunity to swim and snorkel on beautiful Holandes Cayes, one of the magnificent islets of the San Blas Islands.
- A daytime crossing of the Panama Canal, a true masterpiece of civil engineering.
- The UNESCO World Heritage Darién National Park and its magnificent rainforest.
- An exploration of the region's rich and myriad tropical flora and fauna in Manuel Antonio National Park.
- Encounters with the local indigenous Kuna and Emberá communities.

ITINERARY

DAY 1 - FEBRUARY 11, 2023 – COLÓN, PANAMA

Embarkation from 4:00 PM to 5:00 PM

Departure at 8:00 PM



Colón is the second largest city in Panama, at the Caribbean entrance of the Panama Canal. Colón is today an important port, and the free trade zone created in 1953 contributed greatly to the development of the city. Colón was founded in 1850 by Americans working on the

Panama railroad connecting the Atlantic and Pacific coasts through the isthmus of Panama; the city rapidly overshadowed the older Caribbean ports of Panama when the canal opened.

DAY 2 - FEBRUARY 12, 2023 - SAN BLAS ISLANDS

Located on the north-east coast of Panama, the San Blas archipelago is a string of coral islands in the heart of the Caribbean Sea. More than 300 islands and cays cover an area of 300 square kilometres offering travellers a multitude of treasures. Sheltered behind a long coral reef, the San Blas Islands are full of enchanting anchorages. The long sandy white beaches bound by crystal-clear waters will allow you to relax and enjoy incredible marine fauna before engaging with the Kunas Indian community. Still subsisting on hunting and fishing, they will welcome you in their villages of bamboo houses gathered near the beaches.



DAY 3 - FEBRUARY 13, 2023 - CROSSING THE PANAMA CANAL

Aboard your ship, experience something unique, that has inspired the imagination of numerous adventurers in the 20th century: sailing the Panama Canal. Its construction started in 1880 under the direction of Ferdinand de Lesseps. Abandoned then resumed, this marvel of engineering was completed by the United States and opened in 1914. The canal crosses the Isthmus of Panama and links the Atlantic to the Pacific. Including three levels of locks and by raising ships to the level of Lake Gatun, almost as if the water was a lift, it allows them to avoid having to round Cape Horn.

DAYS 4-5 - FEBRUARY 13-14, 2023 - FUERTE AMADOR, FLAMENCO ISLAND

Arrival 2/13/2023 late afternoon

Departure 2/14/2023 early evening

An artificial peninsula situated at the Pacific entrance to the Panama Canal, Fuerte Amador is the gateway to several noteworthy sites. Right near there, the impressive Miraflores Locks are a shining example of the engineering feats deployed during the construction of the Panama Canal. Further north, in villages nestling amid dense vegetation, lives the Embera tribe, guardian of the forest and of the Chagres River. This proud people have successfully preserved their traditions and their ancestral way of life, which predate the colonization of the region by the Spanish.



FEBRUARY 15, 2023 - PLAYA MUERTO, DARIEN NATIONAL PARK

The most remote and least developed region of Panama, the province of Darien is an unspoilt land with an extremely rich variety of flora and fauna. Listed by UNESCO as World Heritage, Darien National Park offers its extraordinary scenery of rocky coastlines, mountain ranges, mangroves, rivers and creeks. Discover Playa Muerto, a tiny coastal village home to the Emberas Amerindian community. You will visit the village, attend traditional songs and dances of the locals, and admire beautiful local craft.



FEBRUARY 16, 2023 - AT SEA

FEBRUARY 17, 2023 – QUEPOS, COSTA RICA

Quepos makes for a charming stop-off on the Pacific coast, just next-door to the famous Manuel Antonio National Park, an untouched tropical natural reserve lined with white sandy beaches. The town's seafront is an opportunity to stroll through market stalls touting pineapples and bananas in the shade of the manchineel trees. In this coastal town crisscrossed with tree-lined streets in bloom, admire the houses and their incredible sculpted balconies. Enjoy a spot of shopping in the many traditional boutiques: pick up some handmade cotton clothing, ceramics embellished with Costa Rican designs and home décor pieces in hand-painted wood.



FEBRUARY 18, 2023 - PUERTO CALDERA, COSTA RICA

Arrival 2/18/2023 early morning

Disembarkation 2/18/2023 at 8:00 AM

The port of Puerto Caldera lies on the Pacific coast, in the Puntarenas region, at the mouth of the Gulf of Nicoya. Areas of wilderness stretch along the coast. Further inland, among the countless natural wonders to be found in the generous rainforest of the Costa Rica's national parks, Poas and Arenal volcanoes towers up in all their majestic glory. In this luxuriant natural setting, Costa Rica protects one of the planet's richest biodiversity: monkeys, sloths, tropical birds, iguanas, crocodiles, waterfalls, canyons, and more than ten thousand species of tropical plants.



Le Bellot

GUESTS: 184

RATES – 2023 (Rates subject to change without notice – Book early for best rates.)

All inclusive – Gratuities to crew; all beverages – open bar; Port Charges; Room Service.

SUITE –	2023
Deluxe – Deck 3	\$5,530
Prestige – Deck 4	\$6,070
Prestige – Deck 5	\$6,340
Prestige – Deck 6	\$6,660
Deluxe Ste – Decks 3-6	\$9,020
Prestige Suite – Dk 5	\$11,970
Prestige Suite – Dk 6	\$12,570
Privilege Suite – Dk 5-6	\$13,160
Grand Deluxe Suite	WL
OWNER SUITE	\$16,660

NOTE: There are other dates and itineraries without Smithsonian Journeys. Just ask!

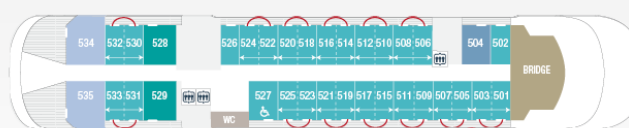
DECK PLAN

DECK 6



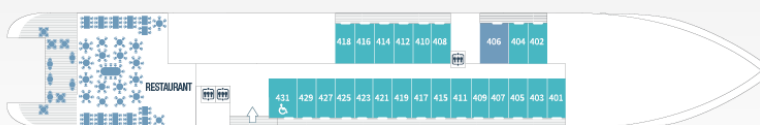
■ Prestige Suite (Prestige Suites consist of two combined Prestige Staterooms) Not available in 2018
■ Prestige Stateroom
■ Deluxe Suite
■ Privilege Suite
■ Grand Deluxe Suite
■ Owner's Suite

DECK 5



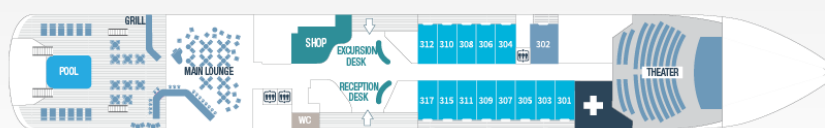
■ Prestige Suite (Prestige Suites consist of two combined Prestige Staterooms) Not available in 2018
■ Prestige Stateroom
■ Deluxe Suite
■ Privilege Suite
■ Grand Deluxe Suite
■ Owner's Suite

DECK 4



■ Prestige Suite
■ Prestige Stateroom
■ Deluxe Suite

DECK 3



■ Prestige Suite
■ Prestige Stateroom
■ Deluxe Suite



Reservations & Information
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