



JEWELS OF CENTRAL AMERICA

COSTA RICA & PANAMA
 ABOARD THE LUXURIOUS M.S. SAINT LAURENT
 JANUARY 22–31, 2016



EXPLORE A WORLD OF NATURAL WONDER

Welcome aboard the M.S. Saint Laurent, a superbly designed boutique vessel that captures the unparalleled intimacy, tranquility and grace of small-ship cruising. Featuring a beautifully appointed interior with only 105 staterooms, she radiates modern sophistication as she glides along the sun-kissed shores of Panama, Costa Rica and Colombia. And with outstanding cuisine, complimentary beverages, stylish details and luxurious public areas and lounges, the newly refurbished Saint Laurent offers her guests a memorable, unique sanctuary at sea.

Experience the ecological treasures and exotic allure of Central America from the plush comfort and refined elegance of the M.S. Saint Laurent. Explore dense, virgin rainforests, glittering white-sand beaches and incredible wildlife on a spectacular expedition from Costa Rica to Colombia. Immerse yourself in the lush scenery of renowned national parks and reserves, including Manuel Antonio National Park, boasting a stunning mosaic of idyllic coves, vivid coral and picture-perfect, sandy beaches. Take in the astounding natural diversity of Coiba Island, a UNESCO World Heritage Site dubbed the “Galápagos of Central America,” and encounter the brightly colored birds that animate Darién National Park’s verdant jungle. Cruise to Panama City and admire the architectural grandeur of Casco Viejo, a timeless district where exquisite Spanish colonial buildings rise above narrow cobblestone streets. Discover Panama’s best-kept secret, the San Blas Islands—sleepy, palm-fringed atolls that beckon with powdery white sands and sparkling turquoise seas—before experiencing a daylight passage through one of the greatest man-made wonders in the world, the Panama Canal. From Puerto Caldera to Cartagena, this ten-day cruise brings you the remote, wild riches of Central America with perfect ease and grace.

FEATURING DAYTIME PANAMA CANAL TRANSIT



PROGRAM INCLUSIONS:

- Scenic 10-day voyage aboard the luxurious 210-guest M.S. Saint Laurent
- Select complimentary expert-led zodiac excursions, featuring a special expedition team of 6, with privileged access to secluded coastal areas, inlets and bays
- All meals and beverages, including coffee, water, juice, soft drinks, beer, wine and cocktails (excluding premium brands)
- Daily cocktail hour featuring cold canapés and bar snacks one hour prior to dinner
- Private Go Next reception, including hot and cold canapés and beverages
- An experienced Go Next program manager
- Smart-casual attire throughout your journey—no formal wear required
- Attentive service from a caring staff of 85 to ensure a remarkable voyage
- Informative and enriching lectures from carefully selected onboard speaker
- Daytime Panama Canal transit
- Comprehensive pre-departure information
- Transfers from San José airport to Puerto Caldera for embarkation

NOT INCLUDED:

- Airfare
- Transfers from ship to Cartagena airport
- Passport
- Gratuities
- Port taxes and fees
- Premium excursions (Individual Pursuits)

Prices are based on double occupancy and subject to change.

STATEROOM CATEGORIES

*Outside Stateroom
Private Terrace*

OS \$8,399

*Outside Stateroom
Promenade Access*

AA \$7,699

Outside Staterooms

A \$7,199

B \$6,999

C \$6,599

D \$6,299

E \$5,799

F \$5,499

G \$4,999

Inside Stateroom

H \$4,499

(limited availability)



ITINERARY

DAY 1: SAN JOSÉ (PUERTO CALDERA), COSTA RICA

From Costa Rica's thriving capital city and urban cultural hub, San José—home to a vibrant mix of restaurants, up-and-coming museums and galleries—travel to Puerto Caldera and embark on your luxury cruise.

DAY 2: MANUEL ANTONIO NATIONAL PARK, COSTA RICA

Experience the striking beauty of Manuel Antonio National Park, located just south of Quepos, created in 1972 to protect the area's unspoiled tropical rainforest and stunning beaches. Appreciate the park's decades of preservation—from picturesque coves, brilliant coral and lush, thriving foliage, to postcard-perfect beaches lapped by crystalline waters. Although small in size, this bio-diverse utopia is brimming with over 109 mammal and 184 bird species, so you may spot some amazing wildlife: two-toed sloths, iguanas, the rare and adorable squirrel monkeys, white-faced capuchin monkeys and colorful little crabs. Stroll along the well-maintained hiking trails or bask on the blissful beaches, and see why Manuel Antonio is considered one of the most gorgeous areas in Costa Rica.

DAY 3: OSA PENINSULA, COSTA RICA

Explore the protected, trail-laced rainforest, which is home to three species of monkeys as well as toucans, parrots and other exotic wildlife. Manta rays, dolphins and olive ridley sea turtles are frequently spotted near the sandy beaches of the peninsula.

DAY 4: GOLFITO, GOLFO DULCE, COSTA RICA

Keep your eyes open for sea turtles, dolphins and whales while the zodiacs take you ashore to Golfito. Spend time wandering the emerald-green rainforest, looking out for indigenous plants, colorful birds, four species of monkeys and countless reptiles and amphibians.

DAY 5: COIBA ISLAND, PANAMA

Immerse yourself in the wild richness of Coiba Island, famed as the largest uninhabited tropical forested island in the Americas. Once a playground for swashbuckling pirates, and later transformed into a notorious penal colony, the island is now a prized national park and UNESCO World Heritage Site brimming with life. A precious haven for birds and mammals found nowhere else on earth, as well as species that have largely disappeared from the mainland, Panama's largest island also offers vast reefs, breathtaking lagoons and tranquil, palm-lined beaches.

DAY 6: DARIÉN NATIONAL PARK, PANAMA

Navigate through the dense jungle of this bird-watcher's paradise from the comfort of a zodiac, where you may see weaverbirds, yellow-bellied great kiskadees, red-cheeked woodpeckers, blue macaws, toucans, and more. Surrounded by the Sierra de Jungurudo Mountains, Darién National Park represents five ecological zones of tropical forest from the high elevations to lowlands, with about 10,000 known species of plants. One of the largest and wildest national parks in Central America, and declared a UNESCO Biosphere Reserve, the Darién is home to the semi-nomadic Wounaan and Embera, who often decorate their bodies with black geometric tattoos. Their dugout canoes can navigate every stream, and they still use blowpipes for hunting.

DAY 7: PANAMA CITY, PANAMA

Set out on an exciting walking tour that highlights the intriguing heritage of Panama's cosmopolitan capital. Begin your excursion with a visit to the city's heart and soul, the colonial-era old town known as Casco Viejo. Stroll the cobbled streets of this UNESCO World Heritage Site positioned along Panama Bay. Admire its 17th-century majesty, reflected in elegantly restored French- and Spanish-influenced buildings, graceful wrought-iron balconies, fountain-dotted plazas, and magnificent cathedrals. Continue to Panama Viejo (Old Panama), the former capital of Panama, destroyed by the infamous Sir Henry Morgan and his pirates in 1671. As the oldest European settlement on the Pacific coast of the Americas, crumbling ruins abound from old stone columns, churches and convents, to the Cathedral of Our Lady of Asunción, one of its best-preserved structures. Enjoy the afternoon at your leisure.

DAY 8: PANAMA CANAL DAYTIME CROSSING

Enter the impressive Panama Canal for a daytime crossing through the famed waterway, an engineering marvel that connects the Atlantic Ocean (via the Caribbean Sea) to the Pacific Ocean. The 100-year-old Canal cuts across the Isthmus of Panama and is a key conduit for international maritime trade. There are locks at each end to lift ships up to Gatun Lake, an artificial lake created to reduce the amount of excavation work required for the Canal, 26 meters (85 feet) above sea level. The current locks are 33.5 meters (110 feet) wide, and a third, wider lane of locks is currently under construction and set to open in 2015.

DAY 9: SAN BLAS ISLANDS, PANAMA

From sugary white-sand beaches to gently swaying coconut palms, the San Blas Archipelago is a true vision of paradise. Board a zodiac and discover the splendors of this sun-soaked archipelago located just off the Caribbean coast of Panama. A spectacular chain of over 365 tropical islands and cays, of which only about 50 are inhabited, the San Blas Islands are home to one of Latin America's most fascinating indigenous cultures: the Kuna Yala. As an autonomous republic, the Kuna Indians have resisted change and preserved many unique, age-old customs. Today, native villages of thatched-roof huts still stand, and Kuna women continue to hand-stitch intricate molas and dress as their ancestors did with vibrantly patterned shawls, geometric beads and gold nose rings.

DAY 10: CARTAGENA, COLOMBIA

Disembark the M.S. Saint Laurent in one of South America's most enchanting towns, Cartagena, a grand cultural and architectural feast where Spanish colonial buildings and ornate churches border narrow streets, fragrant flowers spill over balconies, and horse-drawn carriages trundle past leafy plazas and charming open-air cafés.

Itinerary and sightseeing are subject to change.