

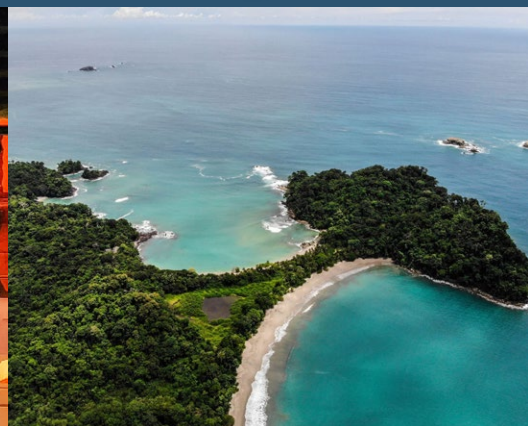


# COSTA RICA PANAMA & COLOMBIA


19 INCREDIBLE DAYS

Hosted Adventure | Departs 16 April 2024

PERFECTLY BALANCED ITINERARY *with* UNFORGETTABLE EXPERIENCES  
2 nights pre cruise in San Jose | 2 nights post cruise in Cartagena





An underwater photograph showing a vibrant coral reef. In the foreground, there are large, rounded, reddish-orange coral structures. Behind them, tall, thin, branching coral structures rise up. The water is clear and blue, with many small fish swimming around. A larger, dark fish is visible in the upper right. The overall scene is a rich and diverse marine ecosystem.

“All destinations had ‘wow’ factor on many levels – excitement, scenic beauty, prolific wildlife, diverse ecosystems, some non-strenuous physical activity, cultural discovery and historical interest! To be a part of the inaugural Greg Mortimer Panama Canal crossing was momentous and awe-inspiring – such a feat of engineering and so special. Having such a small passenger number was so intimate and meant very personalised interactions and activities.”

— *B Stephenson*





Paddling in Costa Rica © C Weston

# Costa Rica and Panama Canal

## Costa Rica, Panama & Colombia | 19 Days

Immerse yourself in the remarkable coastlines of Costa Rica and Panama. Costa Rica is one of the most biodiverse regions on earth. Explore the lush tropical rainforest and inviting turquoise waters. Marvel at the outstanding variety of wildlife, flamboyant birds and colorful flora. In Panama, discover pristine coral reefs, meet an indigenous Emberá community and enjoy a guaranteed daytime crossing of the historical Panama Canal. In Colombia, explore the colorful cobblestone streets of Cartagena, the jewel in South America's colonial crown.

### HIGHLIGHTS

- Hike in some of the most biodiverse rainforests on the planet, where we hope to encounter shy sloths
- Traverse the Panama Canal on a guaranteed daylight crossing
- Discover the riches within the waters surrounding magical Coiba Island in Panama – a UNESCO World Heritage Site
- Be welcomed by a friendly Emberá tribes, one of the indigenous communities living in Panama and Colombia
- A chance to encounter the local wildlife including monkeys, toucans, armadillos





## Day 1: 16 April 2024

### San Jose

Arrive at San Jose International Airport, where you will be met by a representative from Aurora Expeditions and transferred to our hotel.

*Overnight: Doubletree Cariari Hotel by Hilton (or similar, 3 nights)*

## Day 2: 17 April

### San Jose B

After breakfast, you can choose one of the following tour options below.

OPTION  
1

### San Jose Pura Vida Experience: Tapas, Traditional Masks and Escazu Visit

Unmask the beauty of contemporary Costa Rican life on this walking tour of San Jose and Escazu. Get the low down on some of Costa Rica's local legends, freshest food and rustic restaurants on this San Jose tour that has you walking in holy footsteps and riding public transport for the ultimate insider's experience!

*Starting time: 11.30 am | Duration: 5 hours*

Small group tour with a maximum of 12 people

**Inclusions:** Return transfer from your hotel, bilingual guide, lunch, entrance fees

OPTION  
2

### Cartago Bike & Train Tour

Experience a bit of Costa Rican rural life by getting out of bustling San Jose and boarding a train for a journey to Car-tago, where you'll enjoy a bike ride with a local guide through this fascinating town, steeped in local history. You will also visit Cartago's Central Market, where you will get the chance to taste the local cuisine.

*Starting time: 7.00 am | Duration: 6 hours*

Small group tour with a maximum of 12 people

**Inclusions:** Return transfer from your hotel, return train ticket from San Jose, bicycle hire, lunch, bilingual guide, lunch, entrance fees

OPTION  
3

### Total San Jose – Bites & Sights with Gold Museum

Discover the culture of both contemporary and pre-Columbian Costa Rican life on this walking tour of San Jose. You'll wander through busy streets, bustling markets, tranquil parks and a museum of gold as you learn directly from locals about community, culture, cuisine and more.

*Starting time: 8.30 am | Duration: 5 hours*

Small group tour with a maximum of 12 people

**Inclusions:** Return transfer from your hotel, lunch, bilingual guide, lunch, entrance fees

OPTION  
4

### Doka Coffee tour, Grecia & Sarchi

Tour a coffee plantation, wander through the colonial town of Grecia and shop at Sarchi, a little town well-known for its art, crafts and souvenirs.

*Starting time: 9.00 am | Duration: 7 hours*

Group tour with a maximum of 25 people

**Inclusions:** Return transfer from your hotel, lunch, bilingual guide, lunch, entrance fees





### Day 3: 18 April

#### San Jose B

Today is at leisure.

### Day 4: 19 April

#### Embarkation day B/L/D

Today, we transfer to Puntarenas for embarkation to begin our cruise onboard our ship, *Greg Mortimer*.

### Day 5: 20 April

#### Curú National Wildlife Refuge B/L/D

Hike the trails at Curú National Wildlife Refuge, the first privately-owned refuge in Costa Rica, encompassing more than 3,700 acres of tropical forests, mangroves, and well-marked paths. 17 hiking trails wind through the varied terrain within the reserve, where you may see white-tail deer, armadillos and iguanas. Various monkey species are prolific within refuge including native capuchin, spider, and howler monkeys. It also hosts one of the most beautiful beaches and protected bays on the Nicoya Peninsula, a great place to enjoy water activities.

### Day 6: 21 April

#### Manuel Antonio National Park B/L/D

Manuel Antonio may be the smallest national park in Costa Rica but it boasts an incredible variety of wildlife, including over 100 species of mammals, 184 species of birds and an impressive array of flora. Costa Rica's star attractions - two and three toed sloths, as well as white-faced monkeys, toucans, agoutis, armadillos and coatis are a few

of the exciting animals that you may encounter within the park. We explore the park in the cool, early hours of the morning before returning to the vessel for lunch. In the afternoon, you have the option to explore Quepos town or enjoy some water activities.

### Day 7: 22 April

#### Rio Claro Wildlife Refuge B/L/D

Explore Rio Claro National Wildlife Refuge on the Osa Peninsula considered one of the most biologically intense places on earth. We plan to hike the trails at Rio Claro Wildlife Refuge, a sanctuary that encompasses 500 hectares of tropical rainforests, making it one of the most important natural preserves in Central America. Rio Claro is one of the last refuges for pumas, ocelot, jaguarundis, tapirs, white-lipped peccaries and a host of other rainforest animals.

### Day 8: 23 April

#### Golfo Dulce B/L/D

Golfo Dulce, or Sweet Gulf, is a large bay that hugs pristine beaches, rivers and tall evergreen forests - a protected area known as the Golfo Dulce Forest Reserve. The warm tropical waters in the gulf are a great place to enjoy aquatic activities, where spinner dolphins are often seen frolicking in the bay. There are ancient coral reefs to explore, where you can see enormous coral gardens and the creatures that inhabit them. On land, there are more pristine rainforest trails for you to explore, where you can marvel at the extraordinary flora and fauna that contributes to Costa Rica's biodiversity.





By Zodiac, we shuttle ashore to Saladero Ec lodge and explore the gardens and walking trails filled with flowering plants. Keep a watch for birds including toucans, scarlet macaw, caracara and woodpeckers.

#### **Days 9-10: 24-25 April**

##### **Coiba National Park, Panama** *B/L/D*

Discover Coiba Island National Park, a UNESCO-protected marine reserve known for diverse marine life and forest mammals. On Coiba Island, we spend the morning in the area of Granito de Oro islet, a unique place that allows snorkellers to encounter a diversity and volume of marine life that is usually reserved for scuba divers. The following morning, we plan to land at Punta Clara, which served as a penal colony. You can visit the dilapidated penitentiary buildings or walk along the beach looking for scarlet macaws, yellow caracara and various seabirds. Back on board, enjoy lunch as we set towards the Pearl Islands.

#### **Day 11: 26 April**

##### **Pearl Islands** *B/L/D*

The Pearl Islands of Panama is an archipelago covering around 250 small islands. The Pearl Islands are most famous for their spectacular and

tranquil white sand beaches, untouched forests, and colourful coral reefs offshore – ideal for diving, snorkelling and kayaking. We plan to visit Bartolome Island to enjoy some paddle boarding, kayaking and snorkelling in the warm, turquoise waters. We might also visit nearby Pacheca and Pachquilla islands to enjoy some birdwatching.

#### **Days 12-13: 27-28 April**

##### **Panama City** *B/L/D*

Near Panama City, we visit an Emberá indigenous community and discover its culture and customs. In the afternoon, we stop at the Miraflores Visitor Centre overlooking the Miraflores lock of the Panama Canal to learn about the Panama Canal and behold this feat of engineering in action at Miraflores locks. The following day, we enjoy a leisurely cruise along the forested banks of Gatun Lake looking for wildlife such as capuchin monkeys, howler monkeys, three-toed sloth, various kinds of toucans and other bird life. Enjoy lunch at a resort located in the shores of the Gatun Lake. Afterwards, we head to Casco Viejo, a World Heritage Site for an excursion to visit two exceptional sites as well as a guided walk around the historic quarter and the cobblestone streets for a leisurely look at many historic landmarks.





#### Day 14: 29 April

##### **Panama Canal** B/L/D

Today we witness the engineering marvel of the Panama Canal with a daylight crossing. Starting in the Pacific Ocean, you will be able to admire the Bay of Panama and Panama City's splendid skyline before passing under the 'Bridge of the Americas'. The vessel will then transit through the first set of locks, the Miraflores Locks, where it will be lifted 16 metres in two distinct steps. Next, our ship will enter Miraflores Lake. The vessel will transit through Pedro Miguel Locks, which is one of the two sets of locks on the Pacific side, and here the vessel is lifted 9 metres in one step. After exiting Pedro Miguel locks, our boat will travel through the Gaillard Cut. The last of the three locks is the Gatun Locks, the only set of locks in the Atlantic sector of the canal. At Gatun Locks, the vessel will be lowered a total of 26 metres in three distinct chambers. The complete crossing from the Pacific to the Atlantic Ocean takes approximately 10 hours.

#### Day 15: 30 April

##### **At sea** B/L/D

Enjoy the only sea day on this voyage. You have the opportunity to attend a few final presentations from our team of experts or treat yourself to a massage.

#### Day 16: 1 May

##### **Cartagena de Indias** B/L

Disembark in Cartagena de Indias and explore the stunning colonial old town and ancient fort – UNESCO World Heritage-listed sites. Enjoy lunch at a local restaurant before transferring to our hotel. The remainder of the day is at leisure.

*Overnight: Hotel Hyatt Regency (or similar, 3 nights)*

*Cartagena is considered by many travellers as the jewel in South America's colonial crown, possibly the best kept example of what life was like in the region during the 16th and 17th centuries. The old town is dotted with beautiful churches, atmospheric plazas and defensive structures, where you can wander along cobbled streets overlooked by colourfully-painted homes with flower-laden balconies.*





### **DAY 17: 2 May** **Cartagena B**

After a leisurely breakfast, we meet our guide in the hotel lobby to begin our exploration of Cartagena on a half-day excursion, visiting La Boquilla fishing village, take a canoe ride through the mangrove, learn about artisan fishing techniques, see a folkloric show, and visit to La Popa hill-top Convent. Most of the villagers are of African descent, and we'll be treated to an African dance performance upon our arrival. During the canoe ride, we will encounter rich birdlife as well as a wealth of flora and fauna as you glide through the mangroves. Continue to La Popa Convent, located on a hill offering superb views of the bay, old town, and Caribbean Sea beyond. Enjoy the flower-filled patio and the wonderful views over the city and wander through the cool patio and interior of the convent.

### **Day 18: 3 May** **Cartagena B**

Enjoy a day at leisure to explore Cartagena at your own pace. The streets are teeming with activity and

a great place for people watching. Meander the cobble streets of the old town or walk down to the beaches of Boca Grande to soak up the Caribbean sun and meet friendly locals.

### **Day 19: 4 May** **Cartagena B**

Upon checking out of our hotel, a private car will transfer you from the Hyatt hotel to Rafael Núñez International Airport for your onward travels.





## Included Activities



Zodiac Cruises



Walks & Hikes



Photography



Expert Lectures



Birdwatching



Snorkelling



Stand-up Paddleboarding



Paddling

## Cruising with Aurora Expeditions

An Aurora Discovery voyage takes you to the heart of nature and is full of excursions, hikes, and activities, offering the true spirit of adventure as well as history and cultural experiences. Sometimes we go off the beaten path and on others we have a combination of less discovered and more populated areas. Because when you disembark, we want you to be richer in your knowledge and understanding of our planet than you were when you stepped aboard.



## Optional Activities\*



Scuba Diving

\*Optional activities available on select voyages, at additional cost.

## Meet your tour host - Richard Muff

This amazing tourism experience will be hosted by Richard Muff, owner and founder of Off The Beaten Track Travel. Richard is also an experienced Mobile Travel Advisor with Gold Coast's premier Travel Agency Service.

An avid adventure traveller, Richard brings a wealth of expertise, experience and knowledge to your travel plans. He has a passion for people, places and cultures.

Richard invites you to join him on a journey of a lifetime in 2024.



**PACKAGE PRICE FROM: \$21,995.00 PER PERSON, TWIN SHARE\***

*Single Supplement - On request*

**Start Date – 16 April 2024 | End Date - 04 May 2024**

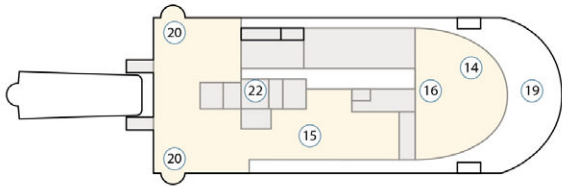
**Deposit Required - \$2,500 per person**

*\*Price inclusive of all activities and travel as included in this brochure. The price does not include flights. The price may be affected by ongoing changes to foreign currency exchange rate and is subject to change.*

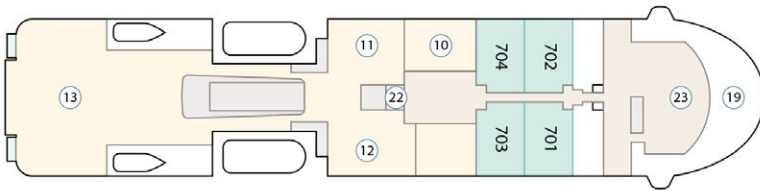


# The Greg Mortimer Deck Plan

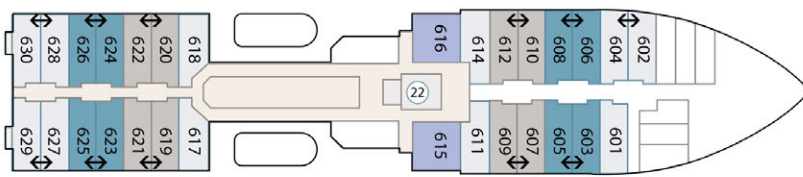
Deck 8



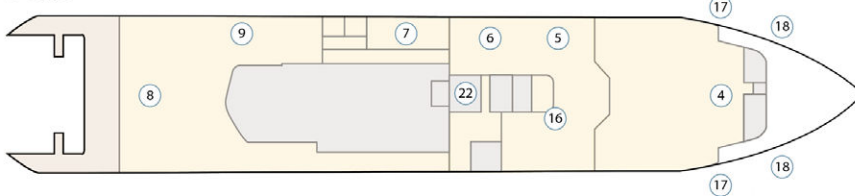
Deck 7



Deck 6



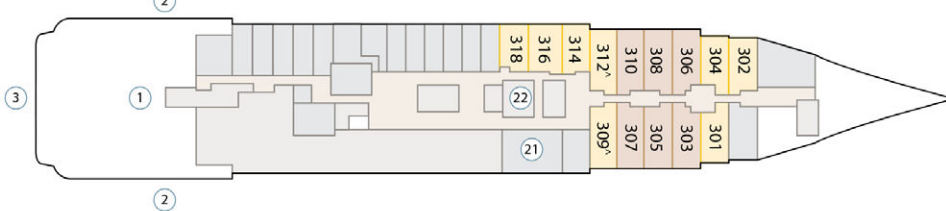
Deck 5



Deck 4



Deck 3



## Stateroom Category

- Aurora Stateroom Triple
- Aurora Stateroom Twin
- Balcony Stateroom – C
- Balcony Stateroom – B
- Balcony Stateroom – A
- Balcony Stateroom Superior (formerly Balcony Suite)
- Junior Suite
- Captain's Suite

## Ship Features

- ① Change room/mudroom
- ② Zodiac-loading platforms
- ③ Activity launching platform
- ④ Lecture room & lounge
- ⑤ Assembly station
- ⑥ Reception
- ⑦ Ship shop
- ⑧ Dining room
- ⑨ Optional private dining room#
- ⑩ Library
- ⑪ Gym
- ⑫ Wellness centre/sauna
- ⑬ Sun deck
- ⑭ Observation lounge
- ⑮ Top deck
- ⑯ Bars
- ⑰ Viewing platforms
- ⑱ Hydraulic viewing platforms
- ⑲ Observation decks
- ⑳ Jacuzzis/plunge pools
- ㉑ Medical clinic
- ㉒ Elevator
- ㉓ Bridge
- ㉔ Main entrance
- ㉕ Expedition desk
- ♿ Disability accessible rooms

↔ Connecting staterooms and suites  
 ^ Expedition Team staterooms on selected voyages

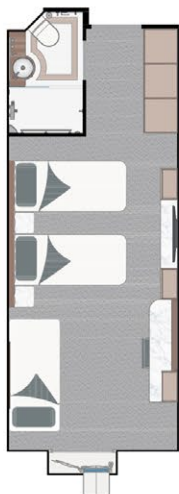
# Open at the discretion of the Hotel Manager on selected voyages

Deck plan is subject to change.



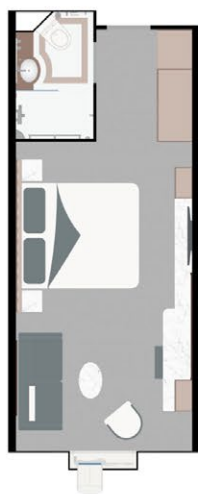
# Staterooms & Suites Layout

## — Greg Mortimer



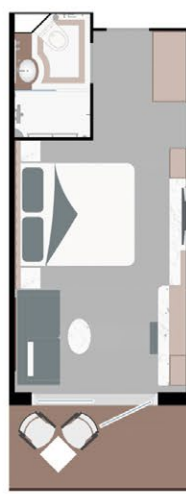
**Aurora Stateroom Triple**

Stateroom 21.4m<sup>2</sup>–22.8m<sup>2</sup>  
(230.34ft<sup>2</sup>–245.41ft<sup>2</sup>)  
porthole and bathroom.



**Aurora Stateroom Twin**

Stateroom 15.8m<sup>2</sup>–22.8m<sup>2</sup>  
(170ft<sup>2</sup>–245.41ft<sup>2</sup>) porthole  
and bathroom.



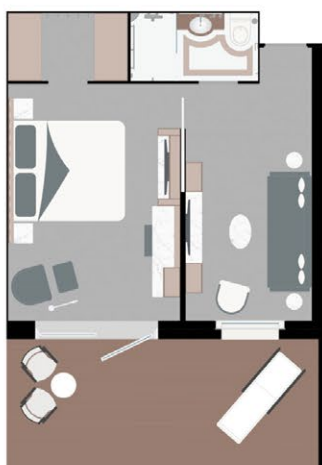
**Balcony Stateroom**

Stateroom and balcony  
combined size 20.9m<sup>2</sup>–  
31.3m<sup>2</sup> (224.96ft<sup>2</sup>–301.39ft<sup>2</sup>)  
private balcony and  
bathroom. For stateroom  
sizes of categories A, B and  
C, please contact us.



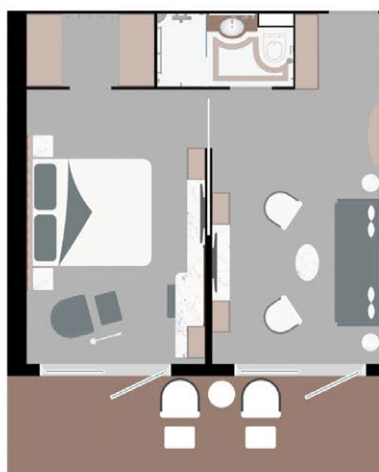
**Balcony Stateroom  
Superior  
(Formerly Balcony Suite)**

Stateroom and balcony  
combined size 30.5m<sup>2</sup>–  
40.2m<sup>2</sup> (303.54ft<sup>2</sup>– 432.70ft<sup>2</sup>)  
private balcony and  
bathroom.



**Junior Suite**

Stateroom and balcony  
combined size 38.9m<sup>2</sup>  
(418.71ft<sup>2</sup>) private balcony,  
bathroom and lounge.



**Captain's Suite**

Stateroom and balcony  
combined size 44.5m<sup>2</sup>  
(478.99ft<sup>2</sup>), private balcony,  
bathroom and lounge.







### INCLUSIONS

- Professional tour host
- All transfers as mentioned in the itinerary
- Three night's hotel accommodation in San Jose, including daily breakfast and sightseeing as per itinerary
- Three night's hotel accommodation in Cartagena de Indias, including daily breakfast and sightseeing as per itinerary
- Transfer from hotel to pier on Day 2
- On-board accommodation during voyage including daily cabin service
- All meals, snacks, tea and coffee during voyage
- Beer, house wine and soft drinks with dinner
- Captain's Welcome and Farewell reception including four-course dinner, house cocktails, house beer and wine, non-alcoholic beverages
- All shore excursions and Zodiac cruises
- Educational lectures and guiding services from Expedition Team
- Complimentary access to onboard expedition doctor and medical clinic (initial consultation).
- Comprehensive pre-departure information
- Port surcharges, permits and landing fees
- Gratuities for ship's crew and local guides

### EXCLUSIONS

- International or domestic flights – unless specified in the itinerary.
- Transfers – unless specified in the itinerary.
- Airport arrival or departure taxes.
- Passport, visa, reciprocity and vaccination fees and charges.
- Travel insurance or emergency evacuation charges
- Hotel accommodation and meals unless specified in the itinerary.
- Optional excursions and optional activity surcharges.
- Optional activity surcharges
- All items of a personal nature including but not limited to alcoholic beverages and soft drinks (outside of dinner service), laundry services, personal clothing, medical expenses, Wi-Fi, email or phone charges.

**FOR MORE INFORMATION & TO BOOK:**



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