COSTA RICA AND THE PANAMA CANAL
Aboard National Geographic Sea Lion | December 13-20, 2014
Dear Bryn Mawr alumnae/i and friends,

The tropical wildness of Costa Rica and Panama, plus the man-made wonder of the Panama Canal: only our ship-based expedition provides all of the above, and more. Over the course of a week, you'll experience an unprecedented amount of diversity—idyllic islands, lush rain forest, tropical wildlife, and the historic Canal.

You'll have opportunities to walk deep into the rain forest—hearing only birdcalls, jungle noises, and our own footfalls. Make landfall by expedition landing craft on pristine beaches to swim and snorkel. Kayak mangrove-lined waterways. And walk upstream to a hidden waterfall, one of the many activities that makes a tropical expedition so rewarding.

Everywhere you turn there's a photo op, and luckily there's also a Lindblad Expeditions-National Geographic certified photo instructor on board, providing you an unprecedented opportunity to shoot in the field with a top wildlife photographer.

The Panama Canal, celebrating its centennial this year, is an engineering marvel, symbolic of a time when human toil changed the face of the planet. Beyond simply transiting the Canal, our crossing offers you an exclusive experience of the Canal Zone. Over two days, you'll have the chance to see the Canal workings by day and by night. We'll anchor overnight inside the Canal Zone, near Barro Colorado Island, and in the morning explore the Smithsonian Tropical Research Institute, situated on this jungle island since 1923.

Plus, if you book by June 30, 2014, join our complimentary extension to the new Panama Canal Expansion Observation Center and the Museum of Biodiversity, with an overnight in Panama City. Take in the view from the expertly sited Observation Center, overlooking the construction of the third set of locks—a project so massive, it will alter the face of shipping forever. Also visit the Frank Gehry-designed Museum of Biodiversity, a unique structure with exhibits dedicated to the history of the isthmus and its myriad species.

There are many ways to experience Costa Rica and Panama, but none offer the same satisfyingly holistic, comprehensive, and curated experience that our expedition, well-equipped ship, and knowledgeable staff can provide. I hope you'll join us December 13-20, 2014, an ideal time to explore this region. To make your reservation, please send in the reservation form or call Lindblad Expeditions toll free at 888-773-9007.

Sincerely,

Wendy M. Greenfield
Executive Director, Bryn Mawr Alumnae Association

Cover: Guests explore the region up close aboard expedition landing craft.
Opposite page: Discover secluded waterfalls during forest hikes, Corcovado National Park, Costa Rica.

Ship's Registry: United States
Celebrate the centennial of the Panama Canal & observe the making of Canal history again

The Panama Canal, celebrating its centennial this year, is a “man-made” wonder, an engineering marvel that changed the way the world traveled and moved goods. Now a mammoth new construction project is underway: new locks, which are seventy feet wider, are being built at both ends of the existing Canal. These new locks will allow mega-ships to alter global commerce again, by permitting a much greater volume of goods to cross. We see the construction site from a distance during our Canal transit. And we’ve created a special opportunity to get up close. You’ll see the new Panama Canal under construction—for a perfect perspective on the contemporary wonder juxtaposed against the historic.

A special crossing through a wealth of biodiversity

During the Canal crossing, you’ll be able to stand on deck, as our nimble expedition ship passes through the gigantic lock doors. A mountain of water rises beneath your feet as 26 million gallons lift you 85 feet above sea level. Transit the Canal over two days, where we typically see the workings of the locks by day, and also dramatically lit by night. Since we overnight in the Canal Zone on lushly fringed Gatun Lake, we’ll have the opportunity, by special arrangement, to visit Barro Colorado Island, site of the Smithsonian Tropical Research Institute, a leading tropical research station since 1923—and a place of an extraordinary variety of wildlife. And we’ll hike where research is being conducted by some of the world’s top tropical scientists.

Complimentary 2-Day/1-Night Panama City Extension

Be our guest for an overnight/two-day stay in Panama City. By special arrangement, you’ll tour Miraflores Lock and then observe the action of the Canal from the overlooking restaurant where we’ll dine. Visit the new Canal’s mega-scale construction site as well as the Frank Gehry-designed Museum of Biodiversity.

Opposite page (clockwise from top): Guests observe the dramatically lit Canal at night; aerial shot of the new Expansion Observation Center; explore Frank Gehry’s heralded Museum of Biodiversity; Barro Colorado Island, site of the Smithsonian Tropical Research Institute; archival image from the Canal’s original construction.
An authentic expedition experience where wilderness reigns

Dividing oceans and uniting continents, Costa Rica and Panama are some of the most beautiful and wildly diverse natural places on the planet. The region is home to iconic wildlife—brilliant macaws, howler monkeys, capuchin monkeys, sloths, vibrantly colored butterflies, strange frogs, and the seldom-seen puma—in all, hundreds of species of mammals and thousands of species of flora, including hundreds of orchids. Our nimble, 62-guest ship, equipped with expedition landing craft, kayaks, and snorkeling gear, is key to experiencing all the region’s variety and diversity. Swim from a beach on one of the tiny, idyllic islands in the Gulf of Panama, free from resort hotels and accessible by our expedition landing craft. Cool off in the pool of a secluded waterfall as a reward after a hike in the jungle. Ride horseback through the rain forest, explore a jungle shoreline by kayak, and snorkel a vibrant undersea garden that would otherwise be impossible to reach. This is the authentic wilderness of Costa Rica and Panama—discover it up close and in depth.

Isla Coiba: An unexpected gem

Until 2004, Isla Coiba was off-limits due to its status as a penal colony. Restricted access has resulted in an almost pristine environment, and snorkeling here is an expedition highlight. The variety of color and forms found in the reef around the island attests to the beauty and uniqueness of this national park, one of the five UNESCO World Heritage sites in Panama.
See more & do more in the company of experts

Hike a verdant rain forest with a botanist, snorkel over a brilliant coral reef with a marine biologist, and take amazing wildlife shots with the help of a skilled photographer—and in one day, experience more biodiversity than most people see in a lifetime. A top-notch expedition team will share the wonders of the environment. They’re adept at spotting the iconic and sometimes elusive jungle wildlife—dazzling macaws, howler monkeys, and more. And with one naturalist for every 12 guests aboard our intimate expedition ship, you’re ensured ample attention and varied perspectives. The casual, yet engaged style of exploration means you’re welcome to gravitate toward whichever naturalist’s background mirrors your passions.

Expedition photography in the tropics

Explore Costa Rica and Panama with the benefit of an onboard Lindblad-National Geographic certified photo instructor—a naturalist specially trained to offer assistance with your camera settings and give you shooting tips in the field to take advantage of the region’s peerless light. With such diversity and wildness, you’ll find endless photo ops.

On land, there is the dizzying greenness of the rain forest, the delicate graceful details of wildflowers, and the robust energy of monkeys. At sea, we have striking sunsets and sunrises. And you can capture the drama of the Panama Canal both during the day and at night, for two varied yet incredible views of this passage between the seas.

Opposite page (clockwise from top): An afternoon hike along a jungle trail; guests on the lookout for marine life; a fluttering hummingbird sipping nectar; a guest takes advantage of the region’s myriad photo ops; naturalists are always on hand to point out the wildlife.
Immerse yourself in natural wonders along the Pacific coast of Costa Rica and Panama on a voyage aboard the National Geographic Sea Lion. Venture into the forests of Manuel Antonio and Corcovado National Parks; search for moneys, frogs, sloths, and brightly colored birds; and ride horseback on a pristine beach. Cap off your voyage with a crossing of the legendary Panama Canal.

**DAY 1: MIAMI/SAN JOSE, COSTA RICA/HERRADURA/EMBARK**
Upon arrival in San José, transfer to Herradura and embark National Geographic Sea Lion. (D)

**DAY 2: MANUEL ANTONIO NATIONAL PARK**
Spend the morning in Manuel Antonio National Park. We explore early, when the wildlife is most active. The naturalists point out monkeys or birds as they zip through the forest, and lethargic three-toed sloths in the trees. In the afternoon, find a place for a hike or take a refreshing swim. (B,L,D)

**DAY 3: OSA PENINSULA**
We anchor off the Osa Peninsula, unreachable by road, to see some of the most pristine lowland rain forest on the Pacific. In the environs of Corcovado National Park, you may swim in waterfall pools, horseback ride, or join an expedition landing craft cruise. Trek through the rain forest to look for monkeys. (B,L,D)

**DAY 4: GOLFO DULCE**
We enter the mangrove-fringed Golfo Dulce, a protected gulf along the southwestern edge of Costa Rica. At Casa Orquídeas, a privately owned garden accessible only by boat and special invitation, see a profusion of orchids; look for tanagers, parrots, and gaudy toucans. Later, explore the placid bay, ideal for kayaking or swimming. (B,L,D)
Expedition landing craft give us access to explore hidden beaches and coves.

Day 5: ISLA COIBA NATIONAL PARK, PANAMA
Our first stop in Panama is at the remote Isla Coiba National Park, a UNESCO World Heritage site. Once a penal colony, the island has long been protected and accessible by special permit only. You’ll have an opportunity to search for the Coiba Island agouti and the mantled howler money. The pristine beach is ideal for swimming, snorkeling, and kayaking. (B,L,D)

Day 6: GULF OF PANAMA ISLETS/PANAMA CANAL TRANSIT
This archipelago of islands due south of Panama City has a storied past—pearls, conquistadors, buccaneers, and so much more. We’ll explore the turquoise waters via expedition landing craft or kayak, where dolphins and whales have been spotted. Observe roosting and nesting magnificent frigatebirds and blue-footed boobies on the bluffs of isolated islets. Reboard the ship in the afternoon and head to the Panama Canal. Stretching more than 50 miles, the Canal was a colossal engineering feat completed in 1914. We’ll most likely begin our crossing at night, when the Canal is dramatically lit. (B,L,D)

Day 7: BARRO COLORADO ISLAND/PANAMA CANAL TRANSIT
In the morning, we’ll board expedition landing craft for Barro Colorado Nature Monument in Gatun Lake by special arrangement. This island has been the primary Smithsonian center for tropical rain forest study since 1923, and we are proud to have special permission to visit the facilities at the Smithsonian Tropical Research Institute. Join local guides for a walk through the forests that so challenged the builders of the Canal. In the evening, continue through the complex lock system of the Canal. (B,L,D)

Day 8: COLON/PANAMA CITY/U.S.
After breakfast, disembark in Colón and transfer to the airport in Panama City for flights home. (B)

Optional Extensions
PRE-VOYAGE (2 NIGHTS/3 DAYS): Explore the spectacular Monteverde Cloud Forest in Costa Rica.

POST-VOYAGE (1 NIGHT/2 DAYS): Visit Panama City’s Canal Expansion Observation Center and the Museum of Biodiversity. Call for details
**National Geographic Sea Lion**

**CAPACITY:** 62 guests in 31 outside cabins. **REGISTRY:** United States.  
**OVERALL LENGTH:** 152 feet.  

**PUBLIC AREAS:** Ship features a library; global market; lounge with full-service bar and facilities for films, slide shows, and presentations; observation deck; partially covered sundeck with chairs and tables. Our “open bridge” provides guests an opportunity to meet our officers and captain and learn about navigation.

**MEALS:** Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Breakfast is a wide-selection buffet, and lunch is often served family style. Menu emphasizes local flavors.

**CABINS:** All face outside with windows, private facilities, and climate controls.

**EXPEDITION EQUIPMENT:** Expedition landing craft, kayaks, snorkeling gear, bow camera, hydrophone, Splash-Cam, underwater video camera, and video microscope.

**SPECIAL FEATURES:** Guest Internet access. A video chronicler, Lindblad-National Geographic certified photo specialist, undersea specialist, and ship’s doctor on board all voyages.

**WELLNESS:** The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and morning stretch classes on the sundeck.

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**Prices are per person, double occupancy unless indicated as solo.**

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<thead>
<tr>
<th>ITINERARY</th>
<th>CAT. 1</th>
<th>CAT. 2</th>
<th>CAT. 3</th>
<th>CAT. 1 SOLO</th>
<th>CAT. 2 SOLO</th>
<th>ADVANCE PAYMENT</th>
<th>NOTE</th>
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<tr>
<td>Costa Rica and the Panama Canal</td>
<td>$5,990</td>
<td>$6,790</td>
<td>$7,690</td>
<td>$8,990</td>
<td>$10,190</td>
<td>$750</td>
<td>Sample Airfare: Miami/San José/Panama City/Miami: Economy from $450; Business from $800. Subject to change.</td>
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**CATEGORY 1:** Main Deck #300-305 — Conveniently positioned between the dining room and lounge, these cabins feature two single lower beds, a writing desk, and a large view window.

**CATEGORY 2:** Bridge Deck #100-104; Upper Deck #200-212, 215 — These well-located cabins include two lower single beds and a window.

**CATEGORY 3:** Bridge Deck #105, 106; Upper Deck #214, 216, 217, 219 — These cabins feature a seating unit with table and two large view windows. Upper Deck cabins include two lower single beds which can convert to a double bed and a pull-out single bed for a third person; Bridge Deck cabins include two lower single beds only.

**NOTE:** Sole occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in certain categories at one half the double occupancy rate.

**SHARED ACCOMMODATIONS:** Shares can be arranged at the double occupancy rate in Categories 1 and 2 only.

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From top: Twin beds can be pushed together to form a double bed in Category 3 cabins on the Upper Deck; comfortable Category 2 cabin; guests and the ship officers gather each evening in the lounge.
Expedition Cost Includes:
All accommodations aboard ship; all meals and nonalcoholic beverages aboard ship; all shore excursions, sightseeing, and entrance fees; transfers to/from airport/ship if traveling on group flights; use of kayaks and snorkeling gear; all port taxes and service charges during the voyage; gratuities to local guides/drivers; services of Lindblad Expeditions’ natural history staff and a ship physician.

Not Included:
Air transportation; meals not indicated; extensions unless indicated; horseback riding; passport/visa fees; travel protection plan; items of a personal nature such as alcoholic beverages, voyage DVD, email, and laundry; gratuities to ship’s crew at your discretion.

Airfare:
Airfare is an additional cost. Sample airfares are subject to change. Lindblad Expeditions will gladly assist in making your arrangements for a $50 per person service fee.

Reservations:
To confirm your place, an advance payment of US $750 per person is required at the time of reservation and is payable by Visa, MasterCard, American Express, Discover, or check.

Final Payment:
Due no later than 60 days prior to departure.

Travel Protection Plan:
Because the cancellation policies outlined below are strictly enforced, we strongly recommend for your protection that you purchase trip cancellation insurance. Upon receiving your reservation, the Bryn Mawr Alumnae Association will send you information on this coverage. This comprehensive guest protection plan covers trip cancellation for medical reasons, trip delay, medical expenses, accidental death, lost baggage and medical evacuation. Please contact Sarah Doody with the Bryn Mawr Alumnae Association at sdoody@brynmawr.edu or 610-526-5316 for further information.

Smoking Policy:
Allowed only in designated outdoor areas.

Responsibility:
Certain other provisions concerning, among other things, limitations of the Company's (Lindblad Expeditions) liability for loss of property, injury, illness or death during the voyage will be provided to all guests prior to final payment, and to prospective guests upon request.

Note: Itinerary and prices listed in this brochure are as of publication date, and are subject to change. The Company reserves the right to impose surcharges based on increases in the Company's actual cost of fuel and other unexpected expenses.

### CANCELLATION POLICY

<table>
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<tr>
<th>Number of Days Prior to Expedition Start</th>
<th>Per Person Cancellation Fee</th>
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<tbody>
<tr>
<td>90 or more days</td>
<td>$150</td>
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<tr>
<td>89–60 days</td>
<td>Advance payment cost</td>
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<tr>
<td>59–30 days</td>
<td>50% of trip cost</td>
</tr>
<tr>
<td>29–0 days</td>
<td>No refund</td>
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</table>

This policy applies to expeditions and may vary for extensions. We strongly recommend that you purchase a travel protection plan.
Reservation Form:
Costa Rica and the Panama Canal

December 13-20, 2014
Aboard National Geographic Sea Lion

Please reserve ___________________ place(s).

Name 1 (As it appears on passport): ____________________________________________
Name 1 (Preferred name for name badge): ___________________ Date of Birth: __________
Name 2 (As it appears on passport): ____________________________________________
Name 2 (Preferred name for name badge): ___________________ Date of Birth: __________

Street Address: __________________________________________________________________

City: ____________________________ State: _______________ Zip: __________

Home Phone: ___________________ Business Phone: ___________________

Cell Phone: ___________________ Fax: _______________________

Email: _______________________________________________________________

Accommodations:  □ Double  □ Single  □ Twin share w/friend
□ Twin share (Roommate assigned by tour operator)

Please indicate choice of cabin category in order of preference:
1st choice: ______________________ 2nd choice: _______________________

Please send me information on the:
□ Panama extension □ Monteverde, Cloud Forest extension
□ Enclosed is my advance payment of $ __________________ (US$750 per person). Make your check payable to Lindblad Maritime Enterprises, Ltd.
□ Charge my advance payment of $ __________________ (US$750 per person) to my □ Visa  □ MasterCard  □ American Express or  □ Discover.

Account Number: ______________________ Expires: __________________

Cardholder Signature: ______________________ Date: __________________
Expedition Highlights

- Walk rain forest trails, home to howler and capuchin monkeys, sloths, scarlet macaws, and toucans.

- By exclusive arrangement, overnight in Gatun Lake and visit the Smithsonian Tropical Research Institute on Barro Colorado Island.

- Explore idyllic, offshore islands by expedition landing craft or kayak.

- Snorkel at Isla Coiba, a World Heritage site, and go horseback riding on the remote Osa Peninsula.

- Travel with expert naturalists, including an undersea specialist and certified photo instructor.