

UNCRUISE CENTRAL AMERICA

9 NIGHTS
FROM
£3,995



*Tailor Made Boutique
Adventure Cruise
Holiday to Costa Rica
& Panama with
Uncruise.*

COSTA RICA & PANAMA

Sail between two seas exploring national parks and a wildlife refuge teeming with colourful birds and wildlife; snorkelling and kayaking in crystal-clear waters; and transit the legendary Panamá Canal.

This is an incredible journey in search for untamed wildlife. Discover sloths, Scarlett macaws, howler monkeys and white-faced capuchins.

From San José to Panamá or the other way round, this cruise is ideal to explore the natural wonders of Central America's Pacific Coast.

Uncruise is a boutique adventure cruise operator offering small ship cruises in Central America, the Galapagos, Alaska and beyond. Forget mega-ships, this is Uncruise!



COSTA RICA & PANAMA

Day 1: UK - San Jose

Fly from the UK to San Jose where you will be met and transferred to your chosen hotel.

Overnight: San Jose

Meals: Breakfast

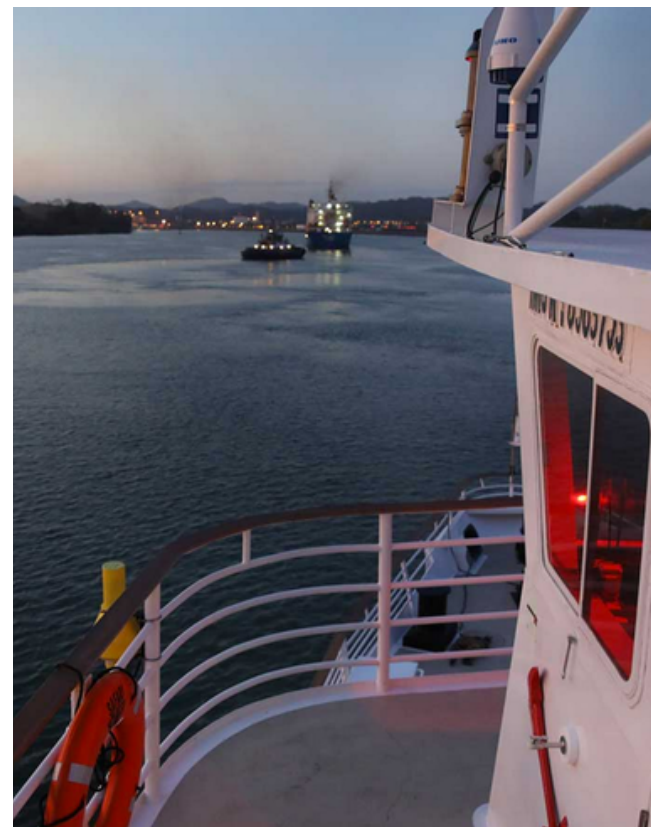
Day 2: Embarkation

Today you'll be transferred to the hospitality area to join your fellow adventurers.

After everyone has gathered, travel to the Caldera Port on the Pacific Ocean, where you'll board the Safari Voyager and meet your enthusiastic crew.

Overnight: Safari Voyager

Meals: All meals included



When a red-eyed tree frog detects a predator, it abruptly opens its eyes and stares. The sudden appearance of the red eyes may startle the predator, giving the frog a chance to flee...



Costa Rica's rich and diverse wildlife is sometimes small scale and often vibrantly colourful - such as red-eyed tree frogs, hummingbirds, macaws and beautiful resplendant quetzals..

COSTA RICA & PANAMA



Days 3: Manuel Antonio

Boasting 109 species of mammals, over 330 bird species, and abundant marine life among its incredibly diverse plant life, Manuel Antonio National Park provides endless opportunity for discovery.

On a jungle hike, keep your eyes tuned to the canopy above, watching for two- and three-toed sloths, white-faced capuchins, scarlet macaws, many-colored tanagers, coatis, iguanas, and other colourful and camouflaged creatures.

And, keep your ears tuned for the screeching of howler monkeys.

Overnight: Safari Voyager

Meals: All meals included





*Enjoy a day in the lush Manuel Antonio
National Park.*

Manuel Antonio National Park, on Costa Rica's central Pacific coast, encompasses rugged rainforest, white-sand beaches and coral reefs. It's renowned for its vast diversity of tropical plants and wildlife, from three-toed sloths and endangered white-faced capuchin monkeys to hundreds of bird species.

COSTA RICA & PANAMA

Day 4: Osa Peninsula

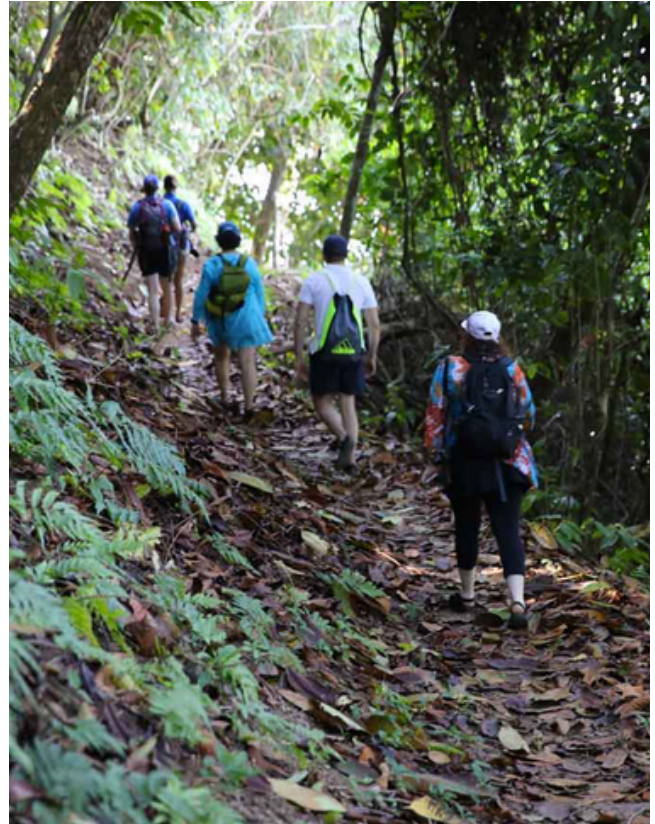
Adventure lies around every bend in the isolated, wild Osa Conservation Area, home to the country's largest national park, Corcovado.

The area is known for its diverse plant and animal species—a whopping 2.5% of the entire planet's biodiversity is found here—including all four of Costa Rica's monkeys, tree frogs, caimans, anteaters, scarlet macaws, coatis, and 16 different species of hummingbird.

Explore this vast area putting feet to trail on an invigorating hike through the jungle.

At the end of the day, enjoy the sunset with a tropical beverage in-hand during cocktail hour and retell stories of the day with your travel-mates.

Overnight: Safari Voyager
Meals: All meals included



COSTA RICA & PANAMA



Day 5: Golfo Dulce

A birder's paradise, explore a tropical botanical reserve exploding with vibrant colour.

From bromeliads, ginger plants, and heliconias, to toucans, hummingbirds, mischievous monkeys, and fluttering butterflies—there's a mesmerizing kaleidoscope of sights, sounds, and tastes in every tree and bush you pass on your walking tour.

In Golfo Dulce, which separates the Oso Peninsula from the mainland, explore the rare flora and fauna of mangroves by kayak and skiff.

Overnight: Safari Voyager

Meals: All meals included



COSTA RICA & PANAMA

Day 6: Coiba National Park

Sail through the islands of Coiba National Park, making a stop at the postcard-perfect Granito de Oro islet.

Offering a little bit of everything despite its small size, volcanic outcroppings at either end of this tiny landmass and a dense, mini-jungle in the centre are connected by gorgeous white sand beach.

Named one of the world's top 10 diving sites, your day of play features snorkelling among abundant marine life, kayaking around rocky outcroppings, and lounging on the warm sand. It's another perfect day in paradise.

Overnight: Safari Voyager

Meals: All meals included



COSTA RICA & PANAMA



Day 7: Isla Iguana

Isla Iguana Wildlife Refuge is home to a large colony of red-throated frigate birds and is a nesting site for sea turtles.

Then there's the island's namesake – iguanas. Both black and green species are found here.

Below the surface, the coral reef teems with life, and maybe a turtle or two. Snorkel, hike, kayak. Which to choose? Why not all! Pull on your mask and flutter kick among colorful fish and crackling coral.

Your guide leads a walk through foliage-covered trails sharing the island's history – military, homestead, and refuge. It's a smooth kayak among the mangroves.

These waters are home to whales. With a tropical cocktail and binocs in-hand, watch for humpbacks from the bow.

Overnight: Safari Voyager
Meals: All meals included



Miraflores Locks is a great place to see the engineering marvel of the Panama Canal.



This massive waterway stretches more than 80 km connecting both the Pacific and the Atlantic Oceans. Visit the Miraflores Locks and Pedro Miguel and see vessels moving through the canal...

COSTA RICA & PANAMA

Day 8: Gulf of Panama & Panama Canal

The diverse islands and islets in the Gulf of Panamá are all unique, and on your last day, it's captain's choice as you cruise among them.

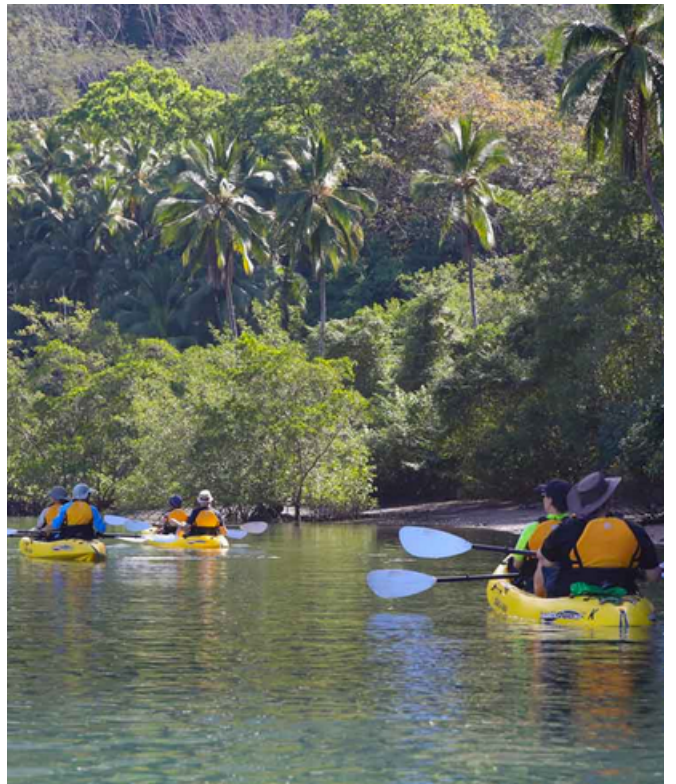
Hosting hundreds of avian species, you may enjoy superb bird watching on an exciting skiff exploration, or stroll a charming coastal village that boasts the hemisphere's second oldest church.

Later today, prepare to experience one of the top bucket-list destinations—transit from ocean to ocean along the 48-mile Panamá Canal. Truly a marvel of engineering and human tenacity, it took 9,000 workers to build it.

Celebrate this absolutely unforgettable voyage with a special farewell dinner, and then join your expedition team for a slideshow highlighting the week's adventures.

Overnight: Safari Voyager

Meals: All meals included



COSTA RICA & PANAMA



Day 9: Panama City

Enjoy an early breakfast aboard the Safari Voyager and bid your crew farewell.

You'll disembark in Colón and be transferred to your hotel in Panamá City.

You can also expand your trip in Central or South America, just ask us for more information!

Overnight Panamá City. Breakfast included.

Day 10: Panama - UK

Transfer to the airport for your flight back to the UK.

Day 11: UK

Arrive back in the UK.

Experience the best of nature

Discover Costa Rica

Welcome to Costa Rica, home to lush rainforests, misty volcanoes, amazing wildlife and unforgettable sunsets on the beach.

In this peaceful country, which has had no army since 1948, friendly locals, also known as Ticos offer visitors a warm welcome.

Costa Rica has over 20 National Parks including the famous Tortuguero National Park which witnesses sea turtles nesting between July and September.

Costa Rica is also a synonym for sustainable tourism, with some of the best eco-lodges in the world and adventure lovers are spoilt for choice in Costa Rica,

with rafting, kayaking, jungle trekking and diving all on offer.

Very few destinations on earth offer the same combination of wildlife, scenery and beach that Costa Rica does.

A holiday to Costa Rica can also easily be combined with nearby destinations in Central America such as Panama, Guatemala and Belize.

With direct flights from the UK on British Airways, Costa Rica has come to the attention of more and more travellers looking for nature, adventure, rainforest and beach.

Costa Rica is home to an amazing 500,000 different wildlife species, the result of the country forming a land bridge between the different wildlife of North and South America. As a result of this, hundreds of species are found only in Costa Rica including species of frog, lizards and hummingbirds.

Amphibians are a big highlight, with several species of vibrantly coloured frogs. Birding is superb, and the resplendant quetzal always a thrill to see. Of the mammals there are four species of monkey, although larger mammals and forest cats such as the ocelot (below) are very elusive.

Costa Rica has been described as the most biologically intense place on earth.



There are two marked seasons in Costa Rica, the dry season, from mid-November to April and the 'green season' between May and mid-November.

The busiest months in Costa Rica are during the dry season between December and April when things are busy and hotels can get booked up well in advance (especially around Christmas or Easter time).

May, June and November are amongst the best months to visit Costa Rica as the rains have either started or are about to finish and in November Costa Rica looks even greener than normal.

The rainy season brings sunny mornings and rain in the afternoons. September and October offer the heaviest rains and dirt roads can be impassable. However the rainy season offers the best surfing conditions and exciting white water rafting.

Costa Rica's weather varies depending on the region. Average temperatures on The Caribbean Sea and Northern Plains are 21 C° up to 26 C° all year round.

The North Pacific features lower humidity levels than the Caribbean Coast and Northern Plains and the average temperature is 32 C° during the dry months.



Costa Rica is a wonderful choice for a nature and beach holiday. Beaches in Costa Rica come in all colours and textures and the distance between the Caribbean and Atlantic coasts of Costa Rica is a mere 200 km or so. Those looking for surf and a bit of life might want to head to Tamarindo in the north,

whilst more low-key beaches such as those around Manuel Antonio offer a more tranquil and back to nature experience. Costa Rica has a handful of great boutique resorts, ideal for a few days relaxation after a tour or as a winter-sun escape.

National parks, superb beaches, a great climate and some of the best luxury and boutique hotels in Costa Rica make the Pacific North the ideal destination for a nature and beach holiday in Costa Rica.



Tip off your hat to this Central American gem

Discover Panama

With over 2,500 kilometres of coastline, idyllic beaches and small paradise islands, Panamá is now one of Central America's most in demand destinations.

Creating a natural connection between the two ends of the American continent, Panama hosts one of the great architectural wonders of the 20th century, the legendary Panamá Canal.

A holiday to Panamá is ideal for nature and beach lovers and this narrow stretch of land can be crossed in just 90 minutes.

Over 25% of Panamá is protected by nature parks and reserves, home to more than 1,000 species of birds, different species of mammals and reptiles and more than 10,000 plant species.

A boat tour through the Panamá Canal, canopy and bird-watching in the Darién National Park and diving or snorkelling in Bocas del Toro are just some of the highlights of any holiday to Panamá.

Panama City is Central America's most cosmopolitan city and a must on any trip to Panamá. This lively and cross-cultural city combines modern and historical architecture and serves as a hub to visit the great Panamá Canal. Eco-tourism has also made its start in the outskirts of the city, beginning with the great tropical rainforest reserve, the Metropolitan Park.

Here, you can observe toucans, parrots, orioles, quetzals, sloths, agoutis, marmosets and many more birds and mammals.

Once you're back in Panamá city, explore Panama's picturesque old town, declared a UNESCO World Heritage Site in 1997 and Panamá Viejo, the oldest Spanish settlement on the American Pacific Coast.

Panama City is Central America's most cosmopolitan city.



The Panamá Canal, one of the highlights of a trip to Panamá is a unique experience.

An impressive construction designated as the eighth wonder of the world, this massive waterway stretches more than 80 km connecting both the Pacific and the Atlantic Oceans.

Spend hours at the Miraflores Locks and Pedro Miguel watching ships moving through the canal and explore the visitor's centre at Miraflores.

Miraflores Locks at the Panama Canal.



Bocas del Toro is a group of islands and islets with over 13,000 hectares of protected areas preserving ecosystems, beaches, coral reefs and mangroves.

Here you can enjoy spectacular pristine beaches and discover beautiful coral reefs. Bocas del Toro is a paradise for divers and snorkelling lovers and is home to Isla Bastimentos Marine National Park.

The park is inhabited by manatees, more than 200 species of tropical fish and is also a very important place for sea turtle nesting.

The Red Frog beach, in Bastimentos Island, is one of Bocas del Toro's most popular beaches, named after the reddish coloured poisonous frog which lives in the tropical forests near the beach.

Boca del Drago in Colón Island is a popular spot, inhabited by armadillos, sloths, monkeys and iguanas and with golden sandy beaches and crystal clear waters.

The town of Bocas del Toro, in Colón Island offers great hotels and is the perfect base from which to explore the islands and islets of the archipelago.



EXTEND YOUR TRIP



DISCOVER MAGICAL REALISM IN

CARTAGENA, COLOMBIA

Add 3 nights
from £425 pp

Magical Cartagena makes for a realistic and convenient add-on to your Central American journey and a chance to dip your toes into South America.

Cartagena is universally lauded for its charming old town, picturesque buildings, lively street life and sense of fading grandeur which is reflected in the novels of Gabriel Garcia Marquez.

With a direct flight from Panama City to Cartagena and good connections back to the UK, extending this itinerary with a stay in this beautiful seaside city may be a chance hard to pass up.

GUIDE PRICES

Call us Today
0333 7000 747
9 until 9 daily

Period	Dates	Price
Jun 2017	23*, 30	£3,995 pp
Aug 2017	04*, 11, 18*, 25	£4,195 pp
Nov 2017	03*, 10, 17*, 24	£4,495 pp
Dec 2017	01*, 08, 15*, 22, 29*	£4,495 pp
Jan 2018	05*, 12, 19*, 26	£4,495 pp
Feb 2018	02*, 09, 16*, 23	£4,495 pp
Mar 2018	02*, 09, 16*, 23, 30*	£4,495 pp
Apr 2018	06*, 13, 20*, 27	£4,495 pp
Jun 2018	29	£4,495 pp
Aug 2018	24	£4,495 pp

Prices are a guide price only, to give an indicative idea of costs. Please contact us for updated prices as prices are all subject to change and availability. Remember that all of our Costa Rica Holidays can be tailored to suit your interests and dates.

* = departs Colon, ends San Jose

Inclusions:

International Flights from the UK * Accommodation with meals as specified
All transfers as specified * All excursions as specified * All taxes (except Costa Rica departure tax) * Port charges



JASMINE HOLIDAYS

Jasmine Holidays is a fully ATOL bonded UK Tour Operator, operating since 2007.

We are based in Petersfield in Hampshire and have a small team of Central America experts.

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