FREE ROUND-TRIP AIR
BOOK BY MARCH 31, 2016

COSTA RICA & THE PANAMA CANAL
Aboard National Geographic Sea Lion
December 3-10, 2016
“This is one of the great works of the world. It is a greater work than you yourselves at the moment realize.”

– THEODORE ROOSEVELT, ADDRESSING THE CANAL WORKERS
Dear Alumni, Parents, and Friends,

The Cornell Alumni Association Travel Program has been traveling the world with you, your classmates, your extended families, and your best friends for more than 40 years. During that time we frequently have been told that we offer some of the best group travel experiences to be found. While we carefully select each destination and itinerary— it’s the people who travel with us that make these trips especially memorable. In fact, we’ve adopted the phrase, “an extraordinary journey in good company” as our motto. Whether you are traveling with the Cornell Alumni Association for the first time, or returning for yet another adventure, we look forward to welcoming you and your family and friends on an extraordinary journey. Please join us!

Sincerely,

James A. Mazza ’88
Associate Vice President
Alumni Affairs, Cornell University

EXPLORE COSTA RICA AND PANAMA WITH US

Discover the tropical wildness of Costa Rica and Panama, plus the Panama Canal, a man-made marvel in constant use for nearly 100 years. Explore it all from a privileged perspective, as our expedition draws from over 30 years of exploring this region. This voyage is perfectly timed to experience the celebration of the Panama Canal’s 100th birthday and the completion of the mammoth Expansion Project, which will usher in a new chapter for Panama and the face of global commerce. And there may be no better way to experience this feat of engineering and labor than by standing on the deck of the 62-guest National Geographic Sea Lion—watching the locks in action and looking out for wildlife as we transit the 48-mile stretch.

Then, we’ll leave the man-made behind, to explore spectacular wild stretches of Costa Rica and Panama. You’ll have opportunities to walk deep into the rain forest—hearing only bird calls, jungle noises, and your own footfalls. You’ll make landfall by expedition landing craft on pristine beaches to swim and snorkel. You’ll kayak mangrove-lined waterways and walk upstream to a hidden waterfall. Spending time among howler monkeys, communicative parrots, and delicate butterflies is always entertaining, often edifying.

A top team of onboard naturalists will help you see, do, and learn more. And you’ll benefit from the National Geographic photographer and Lindblad-National Geographic certified photo instructor who’ll help you capture it all in your best photos ever. You’ll find this voyage satisfyingly comprehensive and well-curated by the expert, engaging staff.

For reservations, call our tour operator, Lindblad Expeditions, at 888-773-9007. Book by March 31, 2016 to take advantage of free round-trip airfare.

Cover: Three-toed sloth © Gregory Basco.
Opposite page: Experience the fascinating lock system of the Panama Canal.
Ship’s Registry: United States
A Panama Canal transit that is deeper and richer

Crossing the Panama Canal by ship is a life-list must—and our Canal transit offers the best possible experience. We cross over two days, allowing us to see the workings of the locks by day—and also dramatically lit by night, an experience often cited by guests as a highlight of their expedition. Since we overnight in the Canal Zone on the lushly fringed Gatún Lake, we have a special arrangement to visit Barro Colorado Island, site of the Smithsonian Tropical Research Institute that has been in continuous operation since 1923. Hike the island’s verdant rain forest trails with a Smithsonian guide, or explore its edges by expedition landing craft, and search for the primates studied by some of the world’s top tropical scientists.

Let us take you deeper into biodiversity

Costa Rica and Panama’s rain forests, rivers, beaches, and undersea house incredible biodiversity. It’s a land bridge framed by ocean and crowded with jungle that you’ll discover on an authentic expedition. See omnivorous, white-faced capuchin monkeys and even spider monkeys, the largest monkey in the New World. Venture up winding rain forest rivers aboard expedition landing craft and hear the howler monkeys long before you see them amid the swaying treetops. Over 300 species of birds live here, and one of the advantages of traveling with an expedition team is their habitat knowledge. We know when wildlife at each site is most active, and we plan our explorations for maximum wildlife viewing. Photo enthusiasts of all skill levels benefit from our instructors and National Geographic photographer, who ensure your camera settings are just right, to capture a monkey floating through the canopy or an army of leafcutter ants marching across the forest floor.
The privilege of wilderness in comfort & style

Life aboard the newly renovated 62-guest expedition ship National Geographic Sea Lion is warm and welcoming. Refreshed cabins feature all new furnishings, windows, lighting, and more. Walls glow with vivid new photographs of wildlife and scenic vistas. And the lounge, handsomely re-designed and re-configured, graciously accommodates the nightly recap—a convivial gathering of the expedition community to revisit the day’s events and swap stories over hors d’oeuvres and cocktails. And meals are now doubly rewarding in the newly appointed dining room. Like the ship’s connectedness to the outdoors, each meal is a window of sorts, reflecting the regional cuisine and sourced locally whenever possible. Enjoy line-caught fish, in ceviche and other dishes, superb Costa Rican coffee and more. Breakfast, lunch, and dinner aboard earn rave reviews from guests, as does the attentive care, service, and expeditionary spirit of the hotel staff and chefs.

Cool tools for exploring

National Geographic Sea Lion is the perfect platform for exploring, self-sufficient, with a suite of cool tools aboard. A fleet of expedition landing craft lets us venture far from tourist infrastructure to explore remote, jungle-framed beaches, and allows for quick, effortless disembarkation to take advantage of spontaneous encounters with dolphins or whales. Single and tandem kayaks are an ideal way to experience wilderness, personally, at water level—circumnavigate a tiny uninhabited island, explore mangroves, or paddle along an idyllic beach. Snorkeling gear is provided so you can discover the incredible variety of color and forms found here. Video microscopes, hydrophones, and an underwater bow cam let you see the undersea life you’d otherwise miss. And now a fleet of paddleboards invite everyone, from rookies to pros, to get exercise by exploring a peaceful cove or if skilled, to head into the surf for more fun and exertion.

Opposite page (clockwise from top): National Geographic Sea Lion is the perfect platform for exploration; guests trying stand-up paddleboarding; kayaking is a great way to explore; take advantage of the opportunities to snorkel.
Enhance your expedition with a top team

The Costa Rica and Panama expedition team is made up of engaging naturalists, photographers, historians, and filmmakers. They live and breathe life in the tropics and are the key to helping you learn, see, and do more. Your team consists of an expedition leader and four naturalists, including a Lindblad-National Geographic certified photo instructor to provide in-the-field instruction. Additionally, a wellness specialist leads aerobic hikes, morning stretch class, and offers spa treatments. And a video chronicler aboard films the story of your adventure to provide you with a lasting record of your unique expedition.

Exclusive expedition photography program

Explore Costa Rica and Panama with the benefit of onboard photography pros. Pick up tips and advice from a seasoned National Geographic photographer in incredible field situations. Plus, a Lindblad-National Geographic certified photo instructor, a naturalist who has undergone special training, will assist you with your camera settings, the basics of composition, and provide tips on capturing the incredible wildlife behavior you’ll see daily. Onboard slideshows and photo-sharing presentations radiate the fun—even guests who don’t consider themselves photographers get caught up in the joy of “aim and create.” So whether you use a smartphone, point-and-shoot, or a sophisticated DSLR, count on returning home with improved skills and your best shots ever.
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 monkeys, frogs, sloths, and brightly colored birds; or take an optional horseback ride on a pristine beach. A highlight of your voyage will be a crossing of the legendary Panama Canal.

**DAY 1: MIAMI/PANAMA CITY, PANAMA/COLÓN/EMBARK/GATÜN LAKE**
Upon arrival in Panama City, drive to Colón to board National Geographic Sea Lion and set sail for the first part of our Panama Canal transit. Stretching more than 50 miles, the Canal was a colossal engineering feat completed in 1914. Anchor in Gatún Lake for the night. (D)

**DAY 2: BARRO COLORADO ISLAND/PANAMA CANAL TRANSIT**
In the morning, board expedition landing craft to visit Barro Colorado Nature Monument in Gatún Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute on Barro Colorado Island since 1923, researching its 120 mammals and diverse species. It is also the site of a National Geographic-supported project that tracks tagged animals using automated radio signals and wireless technology. Join local guides for a walk through the forests that so challenged the builders of the Canal. In the evening, reboard to continue our crossing through the complex lock system of the Canal. Often we have the opportunity to cross part of the Canal during the day, and another when it is dramatically lit at night. (B,L,D)

**DAY 3: GULF OF PANAMA ISLETS**
Today, explore the tiny islets of the Gulf of Panama. 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, where we might spot frigatebirds, brown pelicans, neotropic cormorants, and brown boobies. (B,L,D)

*Capuchin monkey and baby.*
Expedition landing craft give us access to explore hidden beaches and coves.

**DAY 4: ISLA COIBA NATIONAL PARK**
Isla Coiba is one of the many islands of Coiba National Park, a UNESCO World Heritage site. Once a penal colony, the island has long been protected and accessible by special permit only. Among its many endemic species are the Coiba Island agouti and the mantled howler monkey, as well as four varieties of sea turtle. Discover rich marine life while snorkeling, go kayaking or hiking, or relax on the beach. (B,L,D)

**DAY 5: GOLFO DULCE, COSTA RICA**
Enter the mangrove-fringed Golfo Dulce along the southwestern edge of Costa Rica. Visit Casa Orquídeas, a tropical paradise of ornamental palms, bromeliads, heliconias, and orchids, accessible by boat only. Keep your eye out for tanagers, parrots, and toucans. Later, explore the placid bay, ideal for kayaking, expedition landing craft rides, and swimming. (B,L,D)

**DAY 6: OSA PENINSULA**
Anchor off the Osa Peninsula to see some of the most pristine lowland rain forest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, choose optional horseback riding on the beach, or trek through the rain forest for a chance to see four species of monkeys—howler, spider, capuchin, and squirrel. (B,L,D)

**DAY 7: MANUEL ANTONIO NATIONAL PARK**
Spend the morning in Manuel Antonio National Park, where thick forests fringe white-sand beaches. Watch for three-toed sloths lazing among the branches, and spot monkeys and vividly colored birds. This afternoon, take a refreshing swim before heading north along the beautiful Pacific coastline and enjoying a farewell dinner. (B,L,D)

**DAY 8: HERRADURA/DISEMBARK/SAN JOSÉ/MIAMI**
After breakfast, disembark in Herradura and transfer to the airport in San José for flights home. (B)

**Optional Extensions**

**PRE-VOYAGE (1 NIGHT/2 DAYS):** Visit Panama City’s Canal Expansion Project, the BioMuseo (Biodiversity Museum), and the World Heritage site of Casco Viejo.

**POST-VOYAGE (7 NIGHTS/7 DAYS):** Explore Costa Rica’s spectacular Monteverde Cloud Forest, Arenal Volcano, and Tortuguero. Call for details.
National Geographic Sea Lion

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. The “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, paddleboards, snorkeling gear, bow camera, hydrophone, Splash-Cam, underwater video camera, and video microscope.
SPECIAL FEATURES: A full-time doctor, undersea specialist, National Geographic photographer, Lindblad-National Geographic certified photo instructor, and video chronicler. Guest internet access.
WELLNESS: The vessel is staffed by a wellness specialist and features exercise equipment, LEXspa, and morning stretch classes on the sundeck.

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

<table>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>Costa Rica &amp; The Panama Canal</td>
<td>$6,390</td>
<td>$7,290</td>
<td>$8,290</td>
<td>$9,490</td>
<td>$11,090</td>
<td>$750</td>
<td>Sample Airfare: Miami/Panama City/ San José/Miami: Economy from $500; Business from $880. Subject to change.</td>
</tr>
</tbody>
</table>
**CATEGORY 1:** Main Deck #300-305 — Conveniently positioned between the dining room and lounge, these cabins feature two lower single beds 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.

*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 freshly redesigned; the newly renovated lounge, the center of life aboard ship.
What’s Included

ABOARD SHIP
✓ Accommodations
✓ All meals & nonalcoholic beverages
✓ 24-hour coffee, tea & soda on demand
✓ Hors d’oeuvres & snacks during nightly recap
✓ Environmentally friendly refillable water bottle
✓ Fully stocked library
✓ Exercise equipment
✓ The guidance & company of the expedition staff

ASHORE
✓ Special access permits, park fees, port taxes
✓ Transfers to & from group flights
✓ The expertise of the expedition staff

ACTIVITIES
✓ All shore activities
✓ Expedition landing craft and kayak explorations
✓ Snorkeling equipment and paddleboards
✓ Lectures & presentations in the lounge
✓ Photo instruction
✓ Morning stretch classes with wellness specialist

Special Offers

FREE AIR: Book by March 31, 2016 and take advantage of our complimentary round-trip economy-class group airfare from Miami to Panama City and return from San José, Costa Rica. (Offer valid for new bookings only, not combinable with other offers, and subject to availability.) Call for details.

BRING THE KIDS: We believe sharing an expedition with your kids or grandkids is a life-enhancing experience. So, take $500 off the double occupancy price for each person under 18.

TERMS AND CONDITIONS

Expedition Cost Includes: All accommodations aboard ship; all meals and nonalcoholic beverages aboard ship; shore excursions, sightseeing, and entrance fees; transfers to/from group flights; use of kayaks, paddleboards, and snorkeling gear; taxes, service charges, and tips (except to ship’s crew); services of Lindblad Expeditions’ expedition staff and a ship physician.

Not Included: Air transportation; meals not indicated; extensions; 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 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, or check.

Final Payment: Due no later than 90 days prior to departure.

Travel Protection Plan: Travel protection and medical insurance are available at extra cost. Information will be sent upon registration.

Smoking Policy: Allowed only in designated outdoor areas.

Responsibility and Other Terms & Conditions: Certain other provisions concerning, among other things, limitations of Lindblad Maritime Enterprises’ liability for loss of property, injury, illness, or death during the voyage will be provided to all guests on the ship’s ticket sent prior to departure or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

Prices listed in this brochure are as of publication date, and are subject to change. Lindblad Maritime Enterprises reserves the right to impose surcharges based on increases in the actual cost of fuel.

CANCELLATION POLICY

<table>
<thead>
<tr>
<th>Number of Days Prior to Expedition Start</th>
<th>Per Person Cancellation Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>120 or more days</td>
<td>$350</td>
</tr>
<tr>
<td>119-90 days</td>
<td>Advance payment cost</td>
</tr>
<tr>
<td>89–60 days</td>
<td>25% of trip cost</td>
</tr>
<tr>
<td>59–45 days</td>
<td>50% of trip cost</td>
</tr>
<tr>
<td>44–0 days</td>
<td>No refund</td>
</tr>
</tbody>
</table>

We strongly recommend that you purchase a travel protection plan.
Reservation Form:
Costa Rica and the Panama Canal

December 3-10, 2016
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 City extension  ☐ Monteverde, Arenal, and Tortuguero extension

☐ Enclosed is my advance payment of $ ____________________ (US$750 per person).
Check made 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

▶ Explore the fascinating lock system of the Panama Canal and enjoy special access to Barro Colorado Island.

▶ See howler and capuchin monkeys, sloths, scarlet macaws, and toucans.

▶ Explore the tiny islands of the Gulf of Panama and snorkel off Isla Coiba.

▶ Discover hidden pools and waterfalls deep within the jungles of the Osa Peninsula.

▶ Travel with expert naturalists and photography pros.

Printed on 10% recycled content paper with soy-based inks. We recommend that you pass this along for others to enjoy or recycle.