



FREE ROUND-TRIP AIR  
BOOK BY JUNE 30, 2022



Oregon State University  
Alumni Association

# COSTA RICA & THE PANAMA CANAL

JANUARY 15-22, 2023

ABOARD NATIONAL GEOGRAPHIC QUEST



GATUN LAKE, PANAMA CANAL

9.1921° N, 79.9081° W

That's the  
exhilaration  
of discovery.



**Travel with confidence.** We encourage you to view the Health & Safety protocols currently in effect—scan the QR code, or visit [bit.ly/3atsiNM](https://bit.ly/3atsiNM).



DEAR OSU ALUMNI AND FRIENDS,

Within the lush and vibrant green of Costa Rica and Panama lie many discoveries—from the vivid flash of macaw wings amid the treetops and the scintillating patterns of iridescence on a hummingbird, to the thrill of hearing howler monkeys calling out to one another. But greatest of all is the mighty Panama Canal—and the surprising allure of the wildness that surrounds it.

Traveling aboard the 50-cabin *National Geographic Quest* ensures you'll not only see and do more in this rich region, but also have experiences you couldn't otherwise have—like transiting the canal over the course of two days, taking in its wonders by day and enjoying its lights at night; and discovering these two countries as an active explorer, not a tourist. Learn the history of the canal, one of the seven wonders of the modern world, and also experience Panama, a lush tropical paradise. Go deeper into the authentic “*pura vida*” of Costa Rica—including a visit to the Osa Peninsula, where you'll encounter welcoming locals making their living as they preserve their country's legendary natural beauty.

The ship is equipped with Zodiacs, kayaks, stand-up paddleboards and snorkeling gear, all key to experiencing the region's diverse habitats with all your senses. Count on being active, with options for every fitness level. Hike to a waterfall or take a rainforest walk. Explore mangroves by Zodiac or make landfall on a pristine beach. Kayak along the shores of wild islands, enjoy paddleboarding in warm tropical waters or snorkel to discover the vibrant undersea. A veteran expedition team aboard will help you spot the multitude of mammals, birds and insects hidden in the dense forest canopy, while the certified photo instructor will help you capture your best shots ever.

**To make your reservation, please return the enclosed reservation form, email [groups@expeditions.com](mailto:groups@expeditions.com), or call 888-773-9007.**

Sincerely,

Your friends at the OSU Alumni Association

**OSU ALUMNI ASSOCIATION TRAVEL PROGRAM MISSION:**

To promote fellowship, education and enjoyment for Oregon State University alumni, their families and friends by providing attractive travel and lifelong learning opportunities.

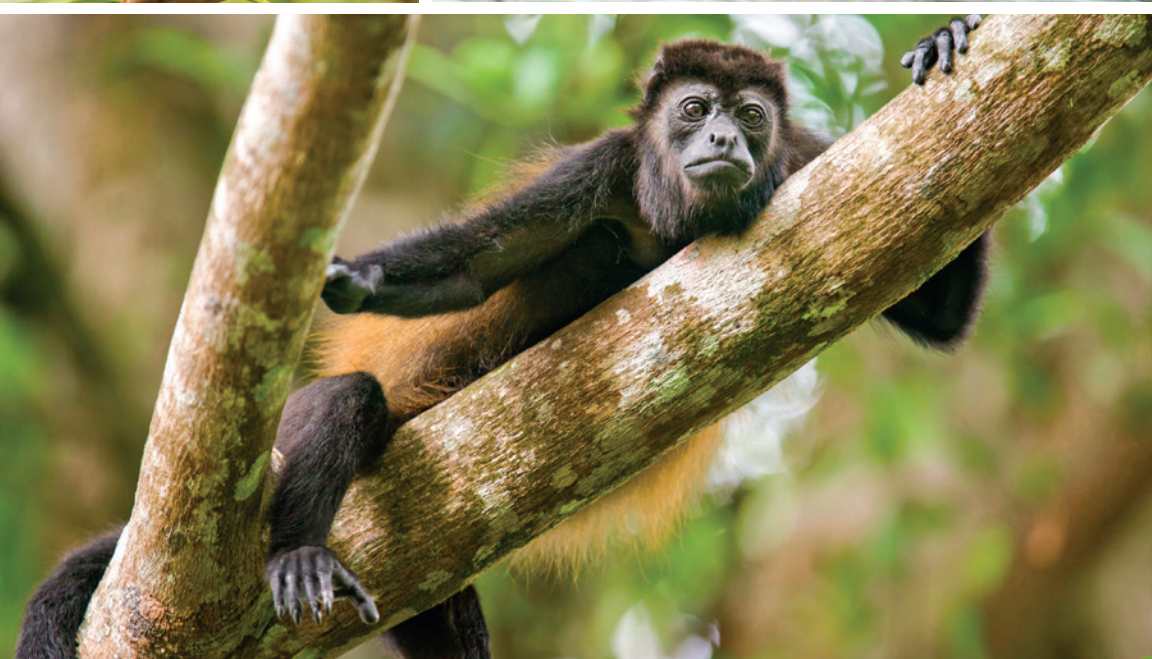
**PLEASE NOTE:** To maintain a healthy environment, Lindblad has established and will be adhering to a detailed set of health and safety protocols for all facets of your tour. **Proof of vaccination for all guests 12 years old and older is required.** We encourage you to view their protocols for all of the specifics (see opposite page).

**SPECIAL OFFER**

Book by June 30, 2022 for **FREE ROUND-TRIP ECONOMY AIRFARE** between Miami and San Jose/Panama City. See page 12 for details.

*Cover: Discover diverse habitats up close on Zodiac forays. Opposite page: Gatún Locks, Panama Canal. Ship's registry: United States*





# COSTA RICA: NATURE & AUTHENTIC CULTURE

The Osa Peninsula, largely inaccessible and less visited, is the crown jewel of Costa Rica and the focus of this exploration. It contains more than fifty percent of the country's biodiversity and Corcovado National Park—one of the largest protected areas left on the Pacific Coast of Central America. Visit a private reserve and discover a virgin rainforest—with giant trees, thousands of plant species, birds, insects, and mammals. Visit a traditional sugar cane mill to learn about the process of producing delicious juices and snacks. Then, take a cooking class and make a tasty local dish or pan for gold at an artisanal gold mine, accompanied by a former gold miner-turned-conservationist.



Across Golfo Dulce, encounter natural beauty unmarred by development. Verdant green tropical forests rise out of volcanic grounds that are still active due to the plate tectonics beneath the gulf. Learn about recent volcanic eruptions and earthquakes that shape Costa Rica's diverse landscapes, and witness a dazzling array of bird and plant species thrive in this environment. These unique opportunities will immerse you in the essence of Costa Rica's national character and its famed "*pura vida*." Similar to Hawaii's "*Aloha*," *pura vida* is used as pleasantries of everyday Costa Rican life including "*hello*" and "*goodbye*." Meaning "*pure life*," locals might use this phrase to express "*things are going great*" or they "*couldn't be better*" or "*you're welcome*" when one says *gracias*.

## THE WARMTH OF COSTA RICAN PEOPLE

See what happens when local people on the Osa Peninsula take responsibility for preserving Costa Rica's natural beauty. Meet and share with the rural entrepreneurs in Caminos de Osa, a consortium, who practice sustainable development and provide unique, local experiences.



*Opposite page (clockwise from top): Blue morpho butterfly; explore rainforest tributaries via Zodiac; mantled howler monkey; scarlet macaw; guests hiking in Corcovado National Park.*





# PANAMA: A TROPICAL LAND & SEA SANCTUARY



*Magnificent frigatebirds.*

Two hundred islands populate Coiba National Park, a UNESCO World Heritage site and part of the Marine Life Corridor created in 2016. Only the Great Barrier Reef and the Galápagos National Park are larger. You'll have opportunities for kayaking, paddleboarding, swimming, snorkeling, or

herding scuttling hermit crabs on white sand beaches. Take rainforest walks, find photo ops, or birdwatch—soaking up the lush tropical beauty, the bright reef fish, the ancient lava flows, and more.

## AN EXTRAORDINARY PANAMA CANAL TRANSIT

The Panama Canal offers a perfect contrast to the natural beauty of the region—a technological marvel that is both historic and the future of global shipping. Crossing the canal by ship is a life-list must—and your transit aboard the *National Geographic Quest* offers the best possible experience. Because the ship is allowed to overnight in the Canal Zone and complete the transit over two eventful days, you are able to see the canal by day *and* night. Experience the thriving life in the Gulf of Panama: on a sunrise outing, see brown and blue-footed boobies, magnificent frigatebirds; and meet the denizens of Iguana Island.

Enjoy the exclusive privilege of visiting Barro Colorado Nature Monument, home to the Smithsonian Tropical Research Institute. Whether it's on your bucket list or simply a bonus on your Costa Rica and Panama expedition, you will remember your canal transit forever.



*Smithsonian Tropical Research Institute.*

*Opposite page (clockwise from top): Observe the Panama Canal dramatically lit at night; white-headed capuchin monkey in the dark tropic forest; guests cool off mid-hike; take advantage of abundant opportunities to snorkel.*







# NATIONAL GEOGRAPHIC QUEST: THE PERFECT PLATFORM FOR EXPLORING

The 50-cabin *National Geographic Quest* is your front-row seat on the legendary diversity of Costa Rica and an unforgettable Panama Canal transit. Along with top amenities and comfort on the inside, plus a bow and deck that were purposefully designed for easy access to the world outdoors, the ship also offers a variety of enhancements that makes it one of the top expedition vessels out there. The ship accommodates 100 guests and carries a fleet of customized Zodiacs that lets you explore remote, jungle-framed beaches. Kayaks enable you to experience wildness personally at water level as you paddle along mangrove channels. Snorkeling equipment, a hydrophone, an ROV (remotely operated vehicle), a splash-cam and underwater video camera let you see the underwater life you'd otherwise miss. Plus, stand-up paddleboards allow you to do some solo exploration at your own pace.

## AT YOUR SERVICE: AN A+ EXPEDITION TEAM

You are accompanied by an expert team of naturalists who know every aspect of this region, so you'll see, do, and learn more. You can gravitate to those whose interests—birds, plants, photography, and more—mirror yours. Or sample and benefit from a great variety of expert and engaging personalities. Plus, enjoy perfectly sized groups on activities and personal attention; you're never lost in a crowd.



A certified photo instructor is also on board to assist you with camera settings, composition basics, and useful tips. Because they are also a naturalist, you learn about the wildlife and can anticipate behaviors that make for great photos. So whether you're a smartphone, point and shoot, or DSLR user, count on returning home with new skills and your best photos ever.

*Opposite page (clockwise from top): Complete snorkeling gear is provided; guests get photography tips in the field; kayaks allow for water-level explorations; guests visiting a cacao farm, Osa Peninsula; try stand-up paddleboarding; National Geographic Quest.*



# COSTA RICA & THE PANAMA CANAL

8 DAYS/7 NIGHTS—NATIONAL GEOGRAPHIC QUEST



*Yellow-throated Toucan, Costa Rica.*

Immerse yourself in natural wonders along the Pacific coast of Costa Rica and Panama on a voyage aboard the *National Geographic Quest*.

Venture into the forests of the Osa Peninsula; search for monkeys, frogs, sloths, and brightly colored birds. A highlight of your voyage will be a transit of the legendary Panama Canal.

## **DAY 1:** U.S./SAN JOSÉ, COSTA RICA/PUERTO CALDERA/EMBARK

Upon arrival in San José, transfer by land to Puerto Caldera and embark the ship. (D)

## **DAY 2:** CORCOVADO NATIONAL PARK

Anchor off the Osa Peninsula to see some of the most pristine lowland rainforest on the Pacific coast. In the environs of Corcovado National Park, swim in waterfall pools, or trek through the rainforest for a chance to see four species of monkeys—howler, spider, capuchin, and squirrel. (B,L,D)

## **DAY 3:** OSA PENINSULA

Go ashore in the pristine waters of Playa Blanca. Head inland to meet and share with inspiring local families living in remote communities and working with cocoa, heart of palm, and sugar cane. Hike mature rain forest or kayak in peaceful waters in Golfo Dulce, the only tropical fjord on the continent. In the evening, enjoy drinks ashore and, hopefully, a beautiful sunset. (B,L,D)





#### DAY 4: GOLFO DULCE, COSTA RICA

Spend the day exploring the mangrove-fringed Golfo Dulce, on Costa Rica's southwest coast. Exploring by Zodiac, paddleboard, kayak and on foot, we encounter avifauna such as golden-hooded and Cherrie's tanagers, yellow-throated toucans, fiery-billed aracaris and crimson-fronted and orange-chinned parakeets. The flora is a kaleidoscope of color with bromeliads, heliconias and orchids set against the verdant green of the tropical forest. Later, jump into the cool, refreshing waters of the bay for an afternoon swim. (B,L,D)

#### DAY 5: 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, try stand-up paddleboarding, or simply relax on the beach. (B,L,D)

#### DAY 6: GULF OF PANAMA ISLETS

Today, explore the tiny islets of the Gulf of Panama by Zodiac or kayak. Here you might spot magnificent frigatebirds, brown pelicans, neotropical cormorants, and brown boobies. (B,L,D)

#### DAY 7: BARRO COLORADO NATURE MONUMENT/PANAMA CANAL TRANSIT

Board Zodiacs to visit Barro Colorado Nature Monument in Gatún Lake by special arrangement. Scientists have worked at the Smithsonian Tropical Research Institute here since 1923, studying its 120 mammals and diverse species. Join local guides for a walk through the forests. Or you may choose to take a boat ride to the mouth of the Chagres River and hike on the Panama Rainforest Discovery Center trails. In the evening, continue your crossing through the complex lock system of the canal. (B,L,D)

#### DAY 8: COLÓN/PANAMA CITY/DISEMBARK/U.S.

After breakfast, disembark in Colón and transfer to the airport in Panama City for your flight home. (B)

#### OPTIONAL POST-VOYAGE EXTENSION

**PANAMA CITY & SAN LORENZO—3 DAYS/2 NIGHTS:** Visit Panama City's Agua Clara Visitor Center to observe the new locks, the Biodiversity Museum, the World Heritage site of Casco Viejo, and more.





## NATIONAL GEOGRAPHIC QUEST

**CAPACITY:** 50 cabins accommodating 100 guests.

**REGISTRY:** United States. **OVERALL LENGTH:** 238 feet.

*National Geographic Quest* is designed with over 50 years of expedition heritage and built in the U.S.A. She sets a new standard in exploration comfort and style.

**PUBLIC AREAS:** Global gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; observation deck; mudroom with lockers for expedition gear, and a partially covered sundeck with chairs and tables. The open Bridge provides guests an opportunity to meet the officers and captain and learn about navigation.

**MEALS:** Served in single seatings with unassigned tables for an informal atmosphere. Cuisine is fresh, sustainable, accented with regional flair, and served plated.

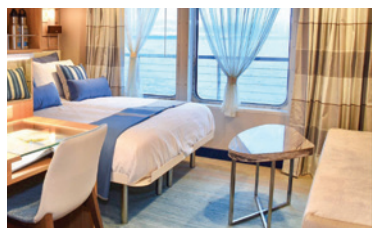
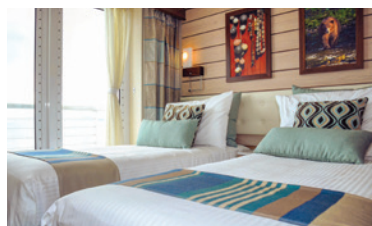
**CABINS:** All cabins face outside with windows or portholes, private facilities, and climate controls. Category 4 cabins have step-out balconies.

**EXPEDITION EQUIPMENT:** A fleet of 8 Zodiacs and 24 kayaks, stand-up paddleboards, ROV (remotely operated vehicle); hydrophone, splash-cam, underwater video camera, and video microscope.

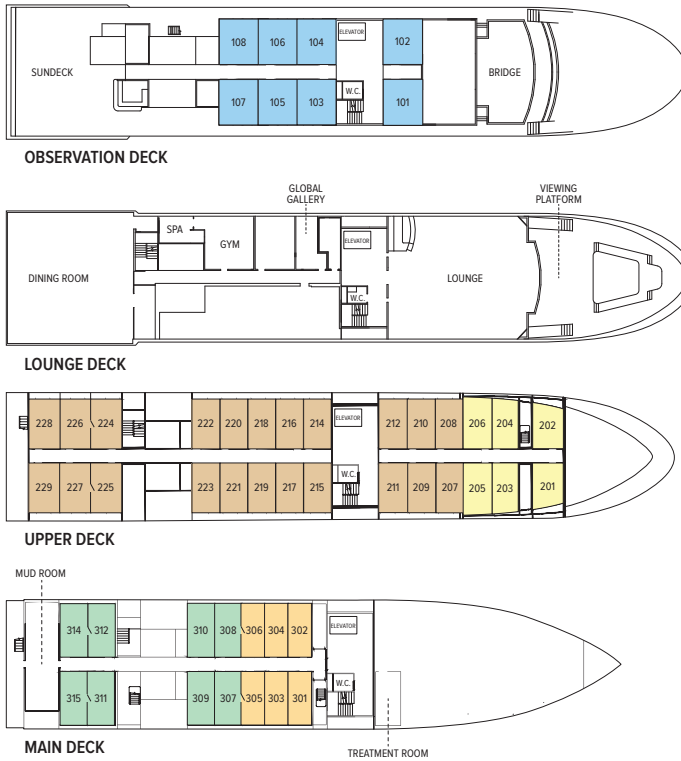
**SPECIAL FEATURES:** Guest Wi-Fi access, elevator, certified photo instructor, undersea specialist, video chronicler, and ship's doctor.

**WELLNESS:** The vessel is staffed by a wellness specialist and features a gym with an elliptical machine, treadmill, exercycles, handweights, and resistance bands. Treatments in the LEXspa are available by appointment.

**SUSTAINABILITY:** Lindblad Expeditions takes responsible, sustainable travel to heart. For 50+ years, our expeditions have inspired travelers to protect the ocean, conserve wildlife, bolster local communities, and enable meaningful scientific research. We are 100% carbon neutral and dedicated to green business practices at every level of our operations. When you travel with us, you'll eat sustainable meals, experience our commitment to single-use plastic-free travel, and be aboard the industry's first self-disinfecting expedition ships, prioritizing your health and safety. Feel good about exploring with us and preserve the planet for future generations.



*Category 4 cabin with lower single beds (which can be converted to a Queen) and a private step-out balcony; the casual dining room with its expansive windows; Category 5 cabin is the most spacious aboard.*



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

**CATEGORY 1:** \$6,950

Main Deck #301-306 — Cabins feature two lower single beds that can convert to a Queen, a writing desk, and two portholes.

**CATEGORY 2:** \$7,490

Main Deck #307-315 — Cabins feature two lower single beds that can convert to a Queen, a writing desk, and two portholes.

**CATEGORY 3:** \$8,090

Upper Deck #201-206 — Cabins feature two lower single beds that can convert to a Queen, a writing desk, and two large view windows.

**CATEGORY 4:** \$9,090

Upper Deck #207-229 — Cabins feature two lower single beds that can convert to a Queen, a writing desk, sliding glass door, and small, private balcony.

**CATEGORY 5:** \$10,040

Observation Deck #101-108 — Cabins feature two lower single beds that can convert to a Queen, large view windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

**CATEGORY 1 SOLO:** \$10,370

Main Deck #301-306

**CATEGORY 2 SOLO:** \$11,340

Main Deck #307-315

**NOTE:** Solo Occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

**Connecting Cabins via internal doorway access:** Main Deck: #312-314, #311-315, #306-308, #305-307; Upper Deck: #224-226, #225-227



# INCLUSIVE PRICING

## ABOARD SHIP

- ✓ All meals and nonalcoholic beverages
- ✓ 24-hour coffee, tea and soda
- ✓ Hors d'oeuvres and snacks during evening Recaps
- ✓ Environmentally friendly refillable water bottle
- ✓ Regionally-specific, professionally-curated library
- ✓ Mac computers for downloading your camera's memory card and internet access
- ✓ Fitness center
- ✓ The guidance and company of our expedition staff
- ✓ Access to the Bridge to learn about navigation

## ASHORE

- ✓ Special access permits, park fees, port taxes
- ✓ Transfers to and from group flights
- ✓ The expertise of our expedition staff

## ACTIVITIES

- ✓ All shore activities
- ✓ Zodiac and kayak explorations
- ✓ Snorkeling and paddleboarding
- ✓ Lectures and presentations in the lounge
- ✓ Photo instruction with a photographer
- ✓ Morning stretch class with our wellness specialist

# SPECIAL OFFERS

**FREE ROUND-TRIP AIRFARE:** Book by June 30, 2022 for FREE round-trip economy group airfare between Miami and San Jose/Panama City. Complimentary air is based on economy group flights, must be ticketed by Lindblad Expeditions, and is not available with land extensions. Baggage fees may be additional. In the case that Lindblad's group flight is not available at time of booking, you will receive a \$450 credit. New bookings only and not combinable with other offers. Call for details.

**BRING THE KIDS:** Sharing an expedition with your kids or grandkids is a life-enhancing experience. Take \$500 off the double occupancy price for each person under 18.

# TERMS AND CONDITIONS

**COSTS INCLUDE:** All accommodations aboard ship; all meals and nonalcoholic beverages aboard ship; shore excursions, sightseeing, and entrance fees; use of kayaks, paddleboards, and snorkeling gear; special access permits; transfers to and from group flights; tips (except to ship's crew), taxes, and service charges; services of the ship's physician and our expedition staff. Unused services or items included in the program are non-refundable.

**NOT INCLUDED:** Air transportation (except where shown as included); extensions unless otherwise indicated; horseback riding; passport, visa, immigration fees; meals not indicated; travel protection plan; items of a personal nature such as Wi-Fi, voyage chronicle, and laundry, etc.; discretionary gratuities to ship's crew.

**AIRFARE:** Airfare is an additional cost unless otherwise indicated. Lindblad will assist in making your air arrangements for a \$50 per person service fee.

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

**FINAL PAYMENT:** Due no later than 90 days prior to departure. Lindblad Expeditions reserves the right to cancel your reservation if payment has not been received by final payment due date.

**TRAVEL PROTECTION PLAN:** Travel protection and medical insurance are available at extra cost.

**SMOKING AND VAPING POLICY:** Allowed only in designated outdoor areas.

**ENTRY AND VISA REQUIREMENTS:** All guests are advised to verify travel documents (passport/transit visa/entry visa) for the country through which they are transiting and/or entering. Reliable and most current information regarding international travel can be found by contacting the consulate/ embassy of the country(s) you are visiting or transiting through. We will not be responsible if you are denied entry or transit into a country, if you are unable to provide valid documents as per the country's requirement.

**RESPONSIBILITY AND OTHER TERMS & CONDITIONS:** Certain other provisions concerning, among other things, limitations of Lindblad Expeditions' and National Geographic Expeditions' (a division of National Geographic Partners, LLC) 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.

**Note:** Itineraries and prices listed in this brochure are as of publication date and are subject to change. Under normal conditions the total expedition price is guaranteed at the time of booking. However, the expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs, including increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, the right is reserved to adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in costs.

PHOTO CREDITS: Willy Alfaro, Marc Cappelletti, Rob Crandall/Alamy, Alexandra C. Daley-Clark, Patrick J. Endres/Alamy, Eric Guth, istock.com, Ralph Lee Hopkins, Fabiola Kano, Sven-Olof Lindblad, Kelvin Rumsby/Alamy, David Vargas.

CANCELLATION POLICY	
Number of Days Prior to Expedition Start	Per Person Cancellation Fee
120 or more days	\$350
119-90 days	Advance payment cost
89-60 days	25% of trip cost
59-45 days	50% of trip cost
44-0 days	No refund
<i>This policy applies to the voyage only. We strongly recommend that you purchase a travel protection plan.</i>	



# Oregon State University Alumni Association

Please send reservation to:  
Lindblad Expeditions  
96 Morton Street  
New York, NY 10014  
Ph: (888) 773-9007  
Fax: (646) 390-2050  
Email: [groups@expeditions.com](mailto:groups@expeditions.com)

## RESERVATION FORM: COSTA RICA & THE PANAMA CANAL

ABOARD NATIONAL GEOGRAPHIC QUEST | JANUARY 15-22, 2023

Please reserve \_\_\_\_\_ place(s).

Name 1: \_\_\_\_\_  
*(As it appears on passport)*

Name 1: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
*(Preferred name for name badge)*

Name 2: \_\_\_\_\_  
*(As it appears on passport)*

Name 2: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
*(Preferred name for name badge)*

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Accommodations: ☐ Double ☐ Single ☐ Twin share w/friend

☐ Share with roommate assigned by tour operator

Please indicate choice of cabin category in order of preference:

1st choice: \_\_\_\_\_ 2nd choice: \_\_\_\_\_

☐ I would like to take advantage of the complimentary air offer (booked by Lindblad Expeditions).

☐ I would like to take advantage of the Panama City extension. Please send details.

**Advance Payment Information:** US\$750 per person.

☐ If paying by check, please make payable to: **Lindblad Maritime Enterprises, Ltd.**

Enclosed is my advance payment of \$ \_\_\_\_\_

☐ If paying by credit card, we will contact you to finalize your booking and collect payment information.

Membership in the OSU Alumni Association is required to travel with OSUAA group travel. If you are not a member, please contact the membership department at 877.678.2837 or join online at [ForOregonState.org/Join](http://ForOregonState.org/Join).



# COSTA RICA & THE PANAMA CANAL

## EXPEDITION HIGHLIGHTS

- » Explore the fascinating lock system of the Panama Canal and enjoy special access to Barro Colorado Nature Monument.
- » See howler and capuchin monkeys, sloths, scarlet macaws, and toucans.
- » Venture to 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.

### 100% CARBON NEUTRAL SINGLE-USE PLASTIC FREE

We have chosen Lindblad Expeditions because they care deeply about the planet, and see travel as a powerful force for good.



Oregon State University  
Alumni Association

204 CH2M HILL Alumni Center  
Corvallis, Oregon 97331-6303

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