National Trust *for* Historic Preservation
National Trust Tours

The Panama Canal and Costa Rica

January 4, 2028 - January 12, 2028

Program Overview

On this unforgettable, varied program, explore pristine rainforests and jungle-fringed beaches, then travel through one of the greatest engineering marvels of our time. After a day touring San José and staying in a deluxe hotel, board the luxurious small ship Le Bougainville for a 7-night cruise. Visit the lush Curú National Wildlife Refuge — brimming with fascinating flora and fauna. Naturalist guides will lead an exploration of this biodiverse paradise, where you may spot various species of monkeys, scarlet macaws, peccaries, coatis, raccoons, iguanas and hundreds of species of tropical and migratory birds. Next, explore the lush Manuel Antonio National Park — a captivating combination of rainforest, beach and coral reef — and Rio Seco Rainforest — featuring a secluded shoreline and tropical fruit orchard, along with incredible wildlife. Follow up your time of tropical splendor with a specially arranged daylight transit of the mighty locks of the Panama Canal, considered one of the Seven Wonders of the Modern World. Augment your stay with a Pre-Tour Extension in San José, Costa Rica.

Squirrel Monkey, Central America

Manuel Antonio Park, Costa Rica

San Blas Islands, Panama

Program Highlights

- 7-night cruise from Puntarenas, Costa Rica to Colón, Panama aboard the deluxe small ship Le Bougainville; plus a 1-night hotel stay in San José, Costa Rica.
- Exclusive journey that highlights the incredible biodiversity of Costa Rica and Panama.
- Specially arranged daytime transit through the Panama Canal, an incredible feat of engineering.
- Included meals | 2 receptions, 8 breakfasts, 7 lunches and 7 dinners.
- Arenal and San José Pre-Tour Extension (Available at additional cost.)

Day-by-Day Program Itinerary

- The Activity Level ratings indicate each excursion's physical expectations. To make the best personal choice, please evaluate each excursion's rating and your ability to meet the tour's physical demands.

Mild excursions involve:

- Walking for 1.5 hours or more over uneven terrain
- Walking on challenging surfaces: cobblestones, uneven paths and/or pavements
- Climbing stairs and hills and crossing rail tracks
- Ascending and descending narrow (and sometimes steep) gangplanks
- Stepping on and off motorcoaches with 3-6 steep steps

Moderate excursions could involve the above, plus:

- Walking for 3 hours for distances of a mile or more
- Walking on uneven terrain: narrow cobblestone streets, stone floors, and/or slippery surfaces. There may be several flights of stairs, some without railings

Active excursions could involve the above, plus:

- Walking on uneven terrain: sandy or rocky beaches and/or steep inclines
- Standing for 2 hours or more at a time, possibly without areas to sit
- Climbing 100 stairs or more
- Additional challenges, such as long jeep rides, bumpy boat rides or hikes

- Depending on the excursion, more leisurely alternatives to active excursions may be available.

Day 1 | Depart Home City | San Jose, Costa Rica

Depart for San José, Costa Rica. Please check your bags from your gateway city to your arrival city. Be sure to attach the provided Gohagan & Company luggage tags for each piece of luggage, including carry-ons. Your claim checks should have the following airport code: SJO.

Arrive in Juan Santamaría International Airport in San José, Costa Rica. Proceed through immigration to the baggage claim area and retrieve your luggage. After completing customs screening, meet a Gohagan & Company representative. Transfer to Costa Rica Marriott Hotel Hacienda Belén and check in for the night.

Free Time: Enjoy your evening at leisure and dinner on your own. The Gohagan Travel Hospitality Desk stands ready with dining and itinerary suggestions.

Day 2 | San Jose | Puntarenas | Embark

After breakfast, check out of the hotel before departing to explore Costa Rica's capital city of San José.

San José. Founded in 1736, San José has blossomed into a vibrant city, filled with fascinating museums, lively markets, tempting restaurants and more. The cityscape boasts both historic and modern architectural styles. Discover San Jose's heritage on a tour that includes visits to the National Theater, a regal baroque building modeled on Milan's La Scala, and the National Museum. (Mild)

Enjoy lunch at a local restaurant before transferring to Puntarenas and embarking the deluxe Ponant Le Bougainville.

Attend a welcome briefing and safety drill on the ship with your fellow passengers.

Enjoy a delicious dinner on board (tonight and every night on board!).

Day 3 | Curú National Wildlife Refuge

Enjoy a delectable breakfast each morning on board.

Curú National Wildlife Refuge Visit. This morning, enjoy a moderate hike in the privately owned and managed Curú National Wildlife Refuge. The area boasts more than 3,700 acres of tropical forests, mangrove swamps and grassy fields stretched along the coastline. And it is brimming with wildlife! Look out for white-tail deer, coati, raccoons, coyotes, armadillos and iguanas on the trails. Several species of monkeys make their homes in the trees above — look for Capuchin, spider and howler monkeys. And while you're looking up… over 230 species of birds have been spotted here. This is truly a nature-lover's paradise! (Moderate)

Free Time: After today's adventures, return to the ship for lunch and a leisurely afternoon. Spend time in the spa or commandeer a deck chair and take in the beautiful sea views.

Welcome Reception: Join your fellow passengers for the Welcome Reception and Dinner onboard the ship.

Day 4 | Quepos for Manuel Antonio National Park

Anchor at Quepos and experience an unparalleled diversity of wildlife on a visit to the lush Manuel Antonio National Park — a captivating combination of rainforest, beach and coral reef.

Manuel Antonio National Park. The impressive array of wildlife Manuel Antonio National Park has to offer — despite it being Costa Rica's smallest national park — will leave explorers in awe. See hundreds of mammal and bird species that call this park home, along with countless amphibians and reptiles. Naturalist guides will lead an exploration of this protected biodiverse paradise, where you may spot vibrant toucans, camouflaged iguanas, howler monkeys, tree-dwelling squirrel monkeys, two- and three-toed sloths and Capuchin monkeys. (Moderate)

Free Time: After today's adventures, return to the ship for lunch and a leisurely afternoon. Take a relaxing swim in the pool or pick up a book in the ship's library. Enjoy a cultural dance presentation before dinner tonight.

Day 5 | Golfo Dulce

This morning savor a delicious breakfast as the ship arrives in Golfo Dulce. Disembark for a rainforest exploration.

Note: For this morning's excursion, the trip from the ship to the shore will involve a wet landing. Ponant utilizes Zodiacs, rugged inflatable boats designed to take guests safely to remote ports with no docks. You will board a Zodiac from a floating dock on the ship and ride it from the ship to the shore. Once you reach the beach, you will disembark directly into the water, which will be calm, and ankle- or knee-deep.

To prepare for the wet landing, be sure to bring water shoes to help you walk in the water and on the sand. Some landing sites may have rocky bottoms. You will most likely get a little wet, so be conscientious of your attire. You may also want to bring a Ziploc or watertight plastic bag to keep your phone and camera dry. After disembarking, your adventures await on shore!

Piedras Blancas National Park. This pristine rainforest is one of the least visited in Costa Rica. As you walk the trails, look for toucans, macaws, tapirs, pumas, jaguars and the park's four species of monkeys. A naturalist guide will point out wildlife and tell you all about this incredible ecosystem. Stroll along the secluded beach, discover delicious tropical fruits at a local orchard and explore a botanical garden. (Moderate)

Free Time: After today's adventures, return to the ship for lunch and a leisurely afternoon. Relax on deck or on your balcony, taking in the beautiful views. Or indulge in a spa treatment!

Day 6 | Day at Sea

Spend a relaxing day taking in the scenery, enjoying onboard lectures and mingling with fellow passengers. While on deck, keep your eyes peeled for interesting marine and bird life. Perhaps you'd like to take a dip in the pool, work out in the fitness center or indulge in a spa treatment? Or do all three! And of course, savor three delicious meals on board.

Day 7 | Panama Canal Crossing | Colon

Panama Canal. Spend the morning enjoying the once-in-a-lifetime experience of traveling from the Pacific Ocean to the Caribbean Sea through the Panama Canal. A total of 40 miles long, this waterway connecting the Pacific and Atlantic oceans was first constructed in the early 1900s. The Panama Canal was first built and solely controlled by the United States in 1914, with joint agency between the U.S. and the Republic of Panama going into effect in 1979 and complete control being passed to Panama in late 1999. As we voyage through the canal from the Pacific Ocean to the Caribbean Sea, watch as the mighty locks open and close, ultimately raising and lowering the ship 85 feet in this unique and memorable experience.

Enjoy a delicious lunch onboard the ship.

Farewell Reception: Join your fellow passengers for a Farewell Reception on the ship, along with dinner onboard. Raise a glass to your fabulous adventure!

Day 8 | Cayos Holandeses, San Blas Islands

Cayos Holandeses. Famous for unspoiled white-sand beaches, vibrant coral reefs and a wide, crystal-clear lagoon, the Dutch Cays offer an escape to paradise. Swim and snorkel in a natural area called the “swimming pool,” with clear waters bordered by a barrier reef and brimming with marine life. Walk or simply relax on the pristine beaches. Interact with the indigenous Guna community, who call these islands home.

Return to the ship for a tasty lunch, and enjoy a relaxing afternoon onboard.

Day 9 | Colon | Disembark | Panama City | Return to Home City

After breakfast, disembark the ship. Passengers flying home later this afternoon have the opportunity for a final excursion this morning.

Panama Canal Expansion Observation Center. Stop by the Agua Clara Visitor Center overlooking the Panama Canal expansion. Watch the observation center’s informative short video presentation and learn more through its history and geologic exhibits. Enjoy a view of Lake Gatún and see the canal’s newest locks, which opened in 2016.

Transfer to Tocumen International Airport in Panama City for your return flight home.

Accommodations

Ponant - Le Bougainville (Explorer Series II) -

The Ponant Explorer Fleet combines revolutionary design and a new standard of luxury for an unparalleled expedition cruising experience. In the spirit of history's great explorers, Le Bougainville ventures into remote destinations where captivating cultures, spectacular wildlife and majestic scenery await you.

The exclusively chartered, deluxe Le Bougainville features a new generation of unprecedented design, technology and standards in comfort and elegance, and caters to the most discerning passengers. Each deluxe stateroom and suite ranges from 200 to 484 square feet and has a sliding glass door that opens onto a private balcony.

All suites and staterooms have ocean views, and most have expansive sliding-glass doors that open onto private balconies. All include: one queen bed convertible to two twin beds; private bathroom with shower; individual air conditioning and climate control; minibar; in-room safe; Wi-Fi; flat screen television; satellite direct-dial telephone; dressing table; hairdryer; bathrobes; spacious wardrobe; 110/220v electrical outlets; Nespresso machine; electric kettle; 24-hour room service.

Dates & Rates

Travel Dates: January 4, 2028 - January 12, 2028

All rates are in U.S. dollars per person, based on double occupancy, unless otherwise stated, and include taxes. The deposit is per person. The Final Payment is due at least 120 days prior to departure. Single accommodations are subject to availability.

The Optional Extension(s) is available at an additional cost. Details will be provided with your reservation confirmation.

For Terms & Conditions, visit: natrus.gohagantravel.com/terms/

The Special Savings consist of $500 Early Booking and $500 Pay-in-Full savings. The Special Savings rate is valid if you book by April 19, 2027 and pay in full at the time of booking.

Double Occupancy Rates

Category	Description	Standard Rate	Discount Rate

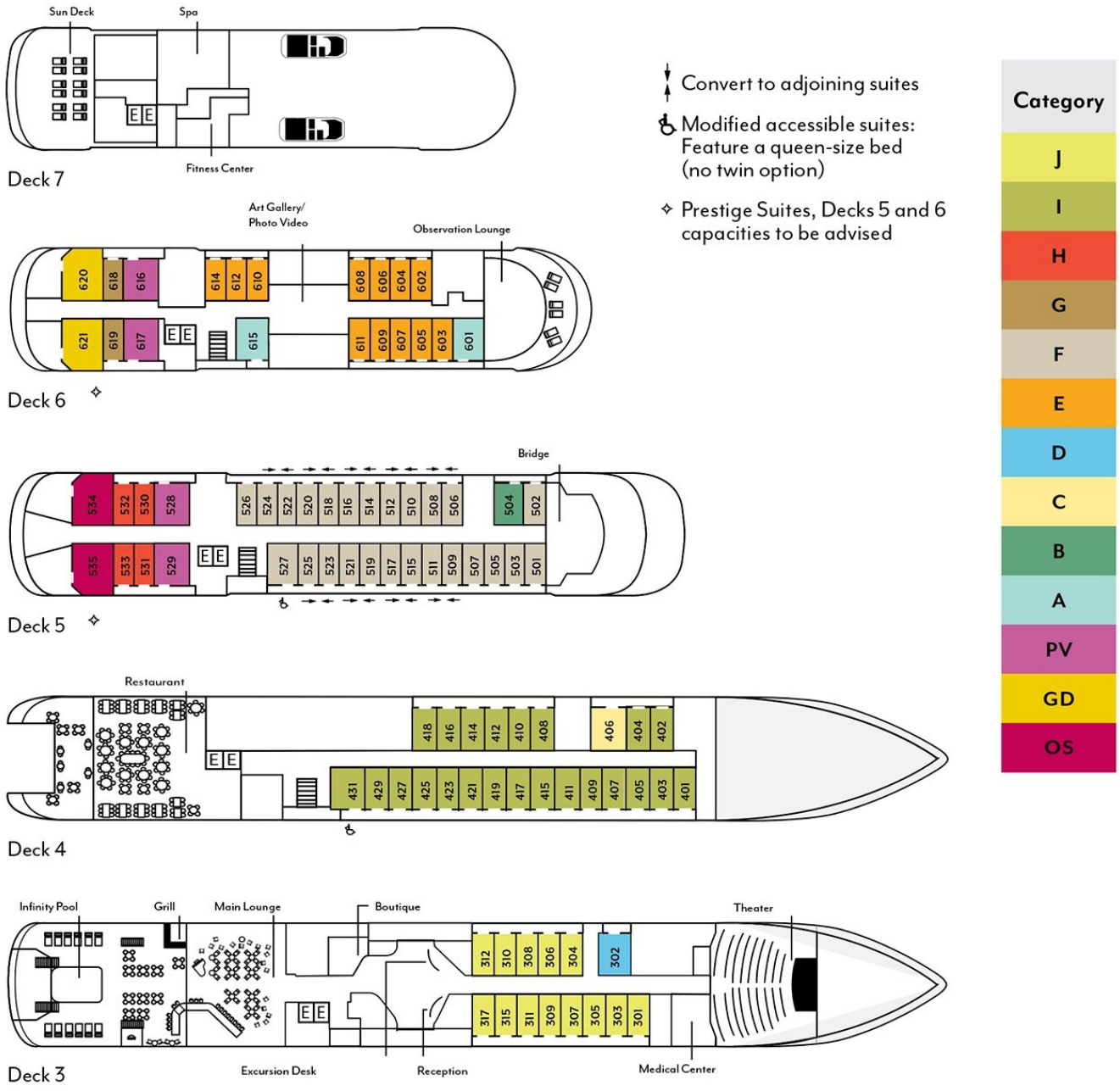
J	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 3, mid.	**$9995.00**	**$8995.00**
I	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 4, mid.	**$10795.00**	**$9795.00**
H	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 5, mid.	**$11395.00**	**$10395.00**
G	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 5, mid.	**$11995.00**	**$10995.00**
F	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 6, aft.	**$12595.00**	**$11595.00**
E	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 6, mid.	**$13195.00**	**$12195.00**
D	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291sq ft | Deck 3, mid.	**$16195.00**	**$15195.00**
C	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291 sq ft | Deck 4, mid.	**$17195.00**	**$16195.00**
B	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291 sq ft | Deck 5, mid.	**$18195.00**	**$17195.00**
A	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291 sq ft | Deck 6, mid.	**$19195.00**	**$18195.00**
PV	Suite with larger private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 344 sq ft | Decks 5 & 6, aft.	**$23195.00**	**$22195.00**
GS	Two-room suite with extra-large private terrace; bathroom with separate tub & shower; additional half bath; sitting area with sofa. 484 sq ft | Deck 6, aft.	**$24195.00**	**$23195.00**
OS	Two-room suite with oversized private terrace with outdoor Jacuzzi; bathroom with separate tub & shower; additional half bath; sitting area with sofa. 484 sq ft | Deck 5, aft.	**$25195.00**	**$24195.00**

Single Occupancy Rates

Category	Description	Standard Rate	Discount Rate
I	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 4, mid.	$17270.00	$16270.00
J	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 3, mid.	$19990.00	$18990.00
F	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 6, aft.	$20150.00	$19150.00
E	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 6, mid.	$21110.00	$20110.00
H	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 5, mid.	$22790.00	$21790.00
G	Stateroom with private balcony; bathroom with shower. 205 sq ft | Deck 5, mid.	$23990.00	$22990.00
D	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291sq ft | Deck 3, mid.	$32390.00	$31390.00
C	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291 sq ft | Deck 4, mid.	$34390.00	$33390.00
B	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291 sq ft | Deck 5, mid.	$36390.00	$35390.00
A	Suite with large private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 291 sq ft | Deck 6, mid.	$38390.00	$37390.00
PV	Suite with larger private balcony; bathroom with shower; walk-in closet; sitting area with sofa. 344 sq ft | Decks 5 & 6, aft.	$46390.00	$45390.00
GS	Two-room suite with extra-large private terrace; bathroom with separate tub & shower; additional half bath; sitting area with sofa. 484 sq ft | Deck 6, aft.	$48390.00	$47390.00

OS	Two-room suite with oversized private terrace with outdoor Jacuzzi; bathroom with separate tub & shower; additional half bath; sitting area with sofa. 484 sq ft | Deck 5, aft.	$50390.00	$49390.00

Ponant - Le Bougainville (Explorer Series II) -



Pre / Post - Program

Arenal and San Jose Pre-Tour Extension

Explore Costa Rica's diverse biospheres, from steamy hot springs to misty cloud forests. In view of towering Arenal Volcano, walk in the lush rainforest along a series of suspended and fixed bridges. Visit an award-winning coffee estate and explore the charming town of La Fortuna. Soak in restorative hot springs and walk the trails of a cloud forest. Includes accommodations for one night at the Costa Rica Marriott Hotel Hacienda Belén and two nights at the Royal Corin Thermal Waters Spa & Resort.

All information is accurate as of October 26, 2026. For up-to-date details, please visit:
natrus.gohagantravel.com/programs/the-panama-canal-and-costa-rica-2028-0104