

beCurious presents:

Hurtigruten:

San Jose - Bridgetown

— Itinerary —

OVERVIEW



14 days



10 ports



Max 530 guests

14 DAYS MS ROALD AMUNDSEN

Departure: 9 April 2019

PANAMA AND CARIBBEAN SEA – TROPICAL WONDERS



This map describes our planned journey. Weather conditions will determine our final itinerary.



San Blas island, Panama

— **EXPLORE** azure seas and golden sand beaches, hike in the rainforest, kayak in mangroves and scan for flamingos on this tropical adventure.

DAY 1: OUR EXPEDITION BEGINS

Enjoy a stroll down the Avenida Central to take in the Costa Rican capital's museums, parks, shops and restaurants in the vibrant city of San José.

DAY 2: WILDLIFE ABOUNDS

Enjoy an excursion to the Carara National Park, home to over 110 bird species, monkeys, reptiles and amphibians. Take a boat tour to discover the largest crocodile populations in the Americas. From there, you'll be transferred to Puntarenas, where MS Roald Amundsen awaits you.

DAY 3: DAY OF EXPLORATION

Surf, swim and relax on golden beaches in tranquil Golfito. Or hike through the rainforest in

nearby Piedras Blancas National Park to see waterfalls, monkeys, bats and exotic birds.

DAY 4: THE ADVENTURES TO COME

Learn about the history and wildlife of the area as our Expedition Team starts its lecture programme. Take advantage of the onboard facilities and spend time on deck wildlife spotting.

DAY 5: CONNECTING TWO OCEANS

We enter the Panama Canal, a feat of modern engineering. Experience the thrill of canal transit as MS Roald Amundsen is lifted over 26 metres above sea level, from one body of water to the next.

DAY 6: EVERYDAY ISLAND

More than 365 cayes, islands and reefs make up the San Blas Islands. Order fresh snapper, a Coco-Locho and enjoy some beach time. Or discover the fascinating matriarchal society of Guna Yala Indians, where children "belong" to the communities and not to their parents.

DAY 7: CORAL STONE FORTRESS

Built by the Spanish in the 1500s, the walled fortress city of Cartagena's grand colonial style has earned it UNESCO World Heritage Site status. Take a stroll around the pink "coral stone" buildings and the colourful market at Basurto.

DAY 8: INTO THE NATIONAL PARK

Tayrona National Park is home to eagles, macaws and the lance-tailed manakin. Enjoy sandy white beaches and the crystal-clear waters of the Caribbean Sea. If you are feeling active, take a hike in the forests and look out for monkeys and sloths.

DAY 9: IN THE CARIBBEAN SEA

The Expedition Team continues its lecture programme while our onboard photographer can show you the skills of his profession.

DAY 10: A DELICIOUS DUTCH FLAVOUR TO THE CARIBBEAN

Willemstad, site of UNESCO-listed colonial architecture, is our gateway to Curaçao, a little slice of the Netherlands in the Caribbean. Explore the Hato Caves and its 1,500-year-old



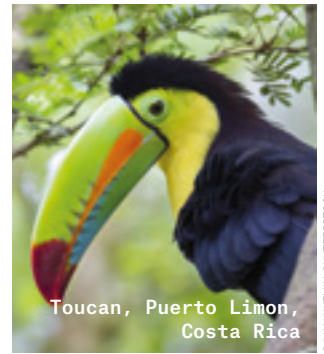
Scarlet macaws

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ACTIVITY OPTIONS

-  KAYAKING
-  SNORKELLING
-  STAND UP PADDLING
-  BIRDWATCHING
-  LECTURES



Toucan, Puerto Limon, Costa Rica

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Cartagena, Colombia

© SHUTTERSTOCK

cave drawings, visit Fortchurch, or Daaiboobaai Beach, great for snorkelling.

DAY 11: KAYAK AMONG THE MANGROVES

Indian, African, Asian and European influences are found in the music, culture and food of Bonaire Island, which is also rich in wildlife, including flamingos and turtles. Try kayaking in Lac Bay mangrove swamps, or spot queen conch and baby rays on a guided snorkel adventure.

DAY 12: LIFE ON THE WAVES

Relax with fellow travellers or join a talk on the environmental challenges of the world's oceans. Work out in our well-equipped fitness room with ocean views or soak in the outdoor whirlpools.

DAY 13: ISLAND HOPPING

The tiny Union Island is a popular stop for super yachts and the rich and famous. Explore the island by bus, hike up Fort Hill, enjoy sandy

beaches or go snorkelling. Our visit is scheduled for Easter Day, a day for celebration on the island.

DAY 14: A COLOURFUL FINALE!

Our final call is Bridgetown, the capital of Barbados. See the original Trafalgar Square and take in the 17th century British colonial architecture. Make the most of Caribbean beach life, and sample Caribbean food - a fusion of African, Creole and Cajun flavours.



Sea turtle, Mexico

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