

ANDEAN COAST - FROM RAINFOREST TO MIGHTY PEAKS



— **ENJOY** scenic beauty, rich history and exciting adventures aboard our state-of-the-art explorer ship on this Andean adventure.



ACTIVITY OPTIONS

🚴 KAYAKING

- Н нікілд
- SMALL BOAT CRUISING
- Dirdwatching
- LECTURES





DAY 1: OUR EXPEDITION BEGINS

Discover Puntarenas, a surfing hotspot in the Gulf of Nicoya. Enjoy fresh seafood, charming architecture and oceanfront views before boarding MS Roald Amundsen.

DAY 2: MANUEL ANTONIO NATIONAL Park

From Quepos, visit Manuel Antonio National Park, renowned for three-toed sloths; howler, squirrel and endangered white-faced capuchin monkeys. There are mangroves, lagoons, white sand beaches, coral reefs and rainforest with hiking trails and zip-lining.

DAY 3: A DAY OF ADVENTURE

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: A BREATHTAKING AND UNIQUE ISLAND

UNESCO World Heritage Site Coiba National Park is one of Panama's natural treasures with coral reefs and rich in biodiversity. Coiba offers great options for snorkelling, wildlife watching and hiking.

DAY 5: CROSSING THE EQUATOR

Join our Expedition Team for interesting presentations and talks and get to know your fellow explorers. As we cross the equator, you'll experience the "equator baptism" ritual.

DAY 6: HOME OF PANAMA HATS

Manta is a bustling and prosperous port town. Nearby are colourful fishing villages and an unusual dry tropical forest. Take a trip to Montecristi, where genuine Panama hats are hand woven.

DAY 7: ADVENTURES TO COME

Learn about the history and wildlife of the area in onboard workshops and presentations. Spend time on deck enjoying the fresh sea air or relax in the lounge.

DAY 8: MOON WORSHIPPERS

From Trujillo, set in the Andean foothills, join excursions to remarkable Chan Chan, the centre of ancient Chimú culture and a UNESCO World Cultural Heritage Site, and Moche Huacas del Sol y de la Luna (Temples of the Sun and Moon).

PHOTOART, SHUTTERS



DAY 9: POOL WITH A VIEW

Enjoy panoramic views from the pool and hot tubs on MS Roald Amundsen, join onboard lectures and chat with fellow explorers in the lounge.

DAY 10: CITY OF KINGS

You'll visit another UNESCO World Heritage Site in Lima's historic centre, with beautiful and well-preserved colonial architecture. Explore the wonderful museums, famed cathedral and the Archbishop's Palace. Join a city sightseeing excursion and try delicious Peruvian cuisine.

DAY 11: ENIGMA OF THE NAZCA LINES

Puerto General San Martin is the gateway to Pisco with the famous Nazca lines and geoglyphs, one of archaeology's greatest enigmas. Take an optional scenic flight to see them in all their glory. Or join a boat tour to the Ballestas Islands to see endangered Humboldt penguins, sea lions and marine birds.

DAY 12: SOUTH ALONG THE CHILEAN COAST

As we sail south, the Expedition Team continue their fascinating lecture programme and workshops. Go behind the scenes in our Guest Expedition staff programme or get some pointers from our onboard expedition photographer.

DAY 13: ADVENTURE AND Archaeology

You're in Chilean Inca Trail territory. Explore Arica, head up the "El Morro" cliff, see some of the world's oldest mummies or visit snow-capped volcanoes, sparkling lakes and isolated hot springs at Lauca National Park.

DAY 14-15: RELAX AT SEA

Make the most of life at sea. Take advantage of the onboard facilities and take some time to appreciate the pure wonder of nature from the deck.

DAY 16: PISCO, SUNSETS AND TELESCOPES

La Serena in Elqui Province is overflowing with colourful gardens and churches. Learn about their ancient Diaguita culture at the Archaelogical Museum and visit La Recova, a popular market. Sample pisco, the national drink of Chile, and see where it's made.

DAY 17: UNESCO COLOUR

Your expedition ends in Valparaíso. Spend some time in its colourful UNESCO-listed Historic Quarter.



WHY CHOOSE US



Tailor-Made Services

Diverse Travel Expertise

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Competitive Prices



