



## SECRETS OF CENTRAL AMERICA WITH PONANT

PONANT takes you to discover Panama and Costa Rica with an 11-day expedition cruise. A circuit of extraordinary beauty around the isthmus of Panama, a link between two continents, which concentrates a unique biodiversity; from the Atlantic Ocean to the Pacific Ocean between dream islands, natural reserves and encounters with the fascinating local communities. Your journey in Central America will begin with a port of call in the magnificent Portobelo Bay, which includes mangroves, tropical forest and discovery of the Congo culture. The fortifications of this former gateway to the New World are a UNESCO World Heritage Site. You will then explore the golden sand and crystal-clear waters of the coral islets of the San Blas Islands. The Kuna people live among the palm trees and pirogues (small boats); this culture continues, among other things, the traditional craft of molas, weaved textiles in sparkling colours. After sailing through the world-famous Panama Canal, your ship will stop in the Pearls Islands, which nestle in the Gulf of Panama. Your ship will then head for the magnificent Darien National Park in Panama. This little corner of paradise is a UNESCO World Heritage site and home to remarkable plants and wildlife. Sandy beaches, rocky coastlines, mangroves, swamps and tropical rainforests vie with each other for beauty and offer a feast for photographers. This will also provide an opportunity to meet the astonishing semi-nomadic Emberas community. The next stage of your cruise: Rio Esquinas. You will ride aboard one of our zodiac dinghies to observe this lush environment where monumental mangroves and emblematic species reign supreme. You will then enjoy a visit to the Curu Wildlife Refuge. Deep inside the tropical rainforest you may be

lucky enough to see multicoloured birds, monkeys, iguanas and sloths. The encounters with the wildlife described above illustrate possible experiences only and cannot be



guaranteed.

### ITINERARY

Day 1 COLÓN

Colon is the second largest city in Panama, at the Caribbean entrance of the Panama Canal. Colon is today an important port, and the free trade zone created in 1953 contributed greatly to the development of the city. Colon was founded in



1850 by Americans working on the Panama railroad connecting the Atlantic and Pacific coasts through the isthmus of Panama; the city rapidly overshadowed the older Caribbean ports of Panama when the canal opened.

#### Day 2 PORTOBELO

In the province of Colon, along the magnificent Caribbean coast of Panama, Portobelo is located not far from the famous canal. Given its name of "beautiful port" by Christopher Columbus, who discovered it in 1502, this charming and peaceful bay was one of the most important ports for the shipping of precious metals from the New World to Spain. Don't miss a visit to its fortifications, listed as a UNESCO World Heritage Site. The town has preserved the strong religious and cultural traditions of its colonial past, such as the veneration of the Black Christ and a strongly-rooted Afro-Caribbean culture. The Congo ceremonies retrace the story of Spanish domination over black slaves through traditional dances and music.

#### Days 3 - 4 SAN BLAS ISLANDS

Located on the north-east coast of Panama, the San Blas archipelago is a string of coral islands in the heart of the Caribbean Sea. More than 300 islands and cays cover an area of 300 square kilometres offering travellers a multitude of treasures. Sheltered behind a long coral reef, the San Blas Islands are full of enchanting anchorages. The long sandy white beaches bound by crystal-clear waters will allow you to relax and enjoy incredible marine fauna before engaging with the Kunas Indian community. Still subsisting on hunting and fishing,

they will welcome you in their villages of bamboo houses gathered near the beaches.

#### Day 5 CROSSING THE PANAMA CANAL

Aboard your ship, experience something unique, that has inspired the imagination of numerous adventurers in the 20th century: sailing the Panama Canal. Its construction started in 1880 under the direction of Ferdinand de Lesseps. Abandoned then resumed, this marvel of engineering was completed by the United States and opened in 1914. The canal crosses the Isthmus of Panama and links the Atlantic to the Pacific. Including three levels of locks and by raising ships to the level of Lake Gatun, almost as if the water was a lift, it allows them to avoid having to round Cape Horn.

#### Day 6 SAILING AROUND PACHECA ISLAND & PEARLS ISLANDS

Pacheca is a small uninhabited island in the far north of the Pearl Islands, home to numerous birds that our naturalist guides will help you to observe and recognise from the ship's deck. The Pearl Islands archipelago, formed by over 220 islands and islets, is named in memory of the pearl oysters present in the Gulf of Panama. In colonial times, the pearls were extracted and used as ornaments or currency. "La Peregrina" was discovered in this archipelago: this pearl is famous for its perfection and for belonging to several royals and, more recently, Elizabeth Taylor. The Pearl Islands archipelago, formed by over 220 islands and islets, is named in memory of the pearl oysters present in the Gulf of Panama. In colonial times, the pearls were extracted and used as ornaments or currency. "La Peregrina" was discovered



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in this archipelago: this pearl is famous for its perfection and for belonging to several royals and, more recently, Elizabeth Taylor. While the pearls have now disappeared from the azure waters of this paradise with its history of adventures and piracy, you can still swim from the sandy white beaches and observe shoals of multi-coloured fish performing their gracious ballet.

### Day 7 PLAYA MUERTO, DARIEN NATIONAL PARK

The most remote and least developed region of Panama, the province of Darien is an unspoilt land with an extremely rich variety of flora and fauna. Listed by UNESCO as World Heritage, Darien National Park offers its extraordinary scenery of rocky coastlines, mountain ranges, mangroves, rivers and creeks. Discover Playa Muerto, a tiny coastal village home to the Emberas Amerindian community. You will visit the village, attend traditional songs and dances of the locals, and admire beautiful local craft.

### Day 8 CÉBACO ISLAND

Off the Pacific coast of Panama, at the entrance to the Gulf of Montijo, Cebaco Island conjures visions of paradise lost. Covered in tropical rainforest, edged by white sandy beaches, home to exceptionally rich plant and wildlife, the island offers a number of hiking routes along which to discover its pristine natural environment. Its magnificent coral reefs, located in the outlying regions of the Coiba National Park, a UNESCO World Heritage site, are the refuge for many marine species and offer stunning underwater landscapes.

### Day 9 RIO ESQUINAS

The beauty of Costa Rica and the richness of its biodiversity reveal themselves at this port of call in the heart of the mangrove. In the meanders of Rio Esquinas, a tropical corner of paradise, you will discover an incredibly dense ecosystem. Aboard your Zodiac dinghy, you will brush past the tangled arms formed by the roots of the mangrove trees. This green and lush gallery forest and its inhabitants welcome you. Watch closely: common squirrel monkeys, white ibis, Eurasian whimbrels, ospreys, toucans, snowy egrets and great blue herons can be found hiding here.

### Day 10 CURÚ WILDLIFE REFUGE

On the southern part of the Nicoya Peninsula, the small Curu Wildlife Refuge is the oldest protected park in Costa Rica. This refuge is an exemplary site in terms of ecotourism as well as a research centre for scientists from all over the world. It has been at the heart of an original conservation and sustainable development project since the 1930s. After a short zodiac trip, you will discover, via the paths that criss-cross the tropical forest and lead to magnificent beaches, the most emblematic species of Costa Rica: monkeys, iguanas and over 200 bird species. Since their recent reintroduction, the scarlet macaw and the spider monkey have thrived in this preserved environment.

### Day 11 PUNTARENAS

The capital of the eponymous province, Puntarenas is



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sometimes called "the pearl of the Pacific", for its unique charm. It sits on the Pacific coast of Costa Rica, along the Gulf of Nicoya, lined with long expanses of wild natural environments. Further inland, among the countless natural wonders to be found in the generous rainforest of the Costa Rica's national parks, Poas and Arena volcanoes towers up in all their majestic glory. In this luxuriant natural setting, Costa Rica protects one of the planet's richest biodiversity: monkeys, sloths, tropical birds, iguanas, crocodiles, waterfalls, canyons, and more than ten thousand species of tropical plants.

Please Note:

Itineraries are subject to change.



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## YOUR SHIP: LE BELLOT

**YOUR SHIP:** Le Bellot

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

Featuring innovative and environmentally-friendly equipment, elegantly designed staterooms, spacious suites with large windows, and lounge areas that open onto the outside, this new limited-capacity yacht boasting just 92 staterooms and suites will offer you a truly unique cruising experience. As the first ship in a new series, Le Bellot will embody the unique atmosphere of a subtle blend of exploration, refinement, intimacy and comfort. Aboard this ship that flies the French flag, you will experience the incomparable pleasure of an intimate cruise, with the possibility of exploring an ever-increasing range of destinations in an ethnic-chic ambiance with luxury service. Experience a luxurious setting where the accent is on authenticity and passion for travel. **RESTAURANTS** As it is an essential part of French culture, gastronomy will naturally have pride of place aboard this new ship. To the back of Deck 4, you will find a 260 m<sup>2</sup> panoramic restaurant which can accommodate all of our passengers in a single sitting. Designed differently to that on our other ships, this dining area, which opens onto the outside, will have a buffet of salads, desserts and cheeses at your disposal. Our discreet and attentive crew will provide table service for hot meals. In a relaxed atmosphere, an outdoor grill on Deck 3 will

serve grilled meats with a variety of salads and desserts. **PUBLIC AREAS** Le Bellot has many common areas that are designed and equipped to meet all of your needs while preserving the intimacy of each passenger. A 140 m<sup>2</sup> reception area includes: A reception/concierge desk, An excursions desk, The ship's administrative services, The sales office, manned by our Guest Relations Officer, Our 50 m<sup>2</sup> boutique which sells clothing, jewellery, beauty products, postcards and various accessories, Toilets accessible to passengers with reduced mobility. A new hydraulic platform with adjustable height provides: Easier boarding than on any other cruise ship, Easier Zodiac embarkation and disembarkation for expeditions, Easier access to the sea for swimming and practising various water sports such as kayaking or paddle-boarding. A pool deck offering: A pool with a panoramic view, equipped with a counter-current swimming system, A pleasant solarium, An outdoor bar and lounge with armchairs and sofas. A 200 m<sup>2</sup> main lounge which can accommodate all of our passengers to share convivial moments and to host activities organised during the day or evening. Lastly, a theatre that seats 188, equipped with: The latest sound and lighting technology, A LED wall as the stage backdrop, for the projection of high-resolution images and videos. Please click the following links to read more about Ponant and the other Ponant

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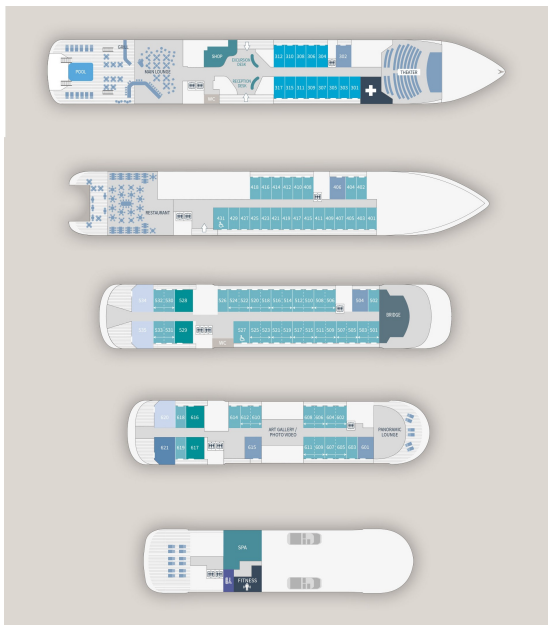
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## INSIDE YOUR SHIP



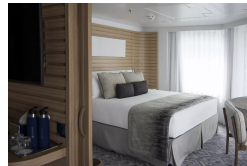
Deluxe Stateroom



Deluxe Suite



Grand Deluxe Suite



Owner's Suite



Prestige Stateroom Deck 4

Prestige Stateroom Deck 5

Prestige Stateroom Deck 6

Prestige Suite Deck 5

Prestige Suite Deck 6

Privilege Suite



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## PRICING

### 03-Feb-2025 to 13-Feb-2025

Deluxe Stateroom	£6499 GBP pp
Prestige Stateroom Deck 4	£7225 GBP pp
Prestige Stateroom Deck 5	£7585 GBP pp
Prestige Stateroom Deck 6	£8025 GBP pp
Prestige Suite Deck 6	£16005 GBP pp
Prestige Suite Deck 5	£15205 GBP pp
Owner's Suite	£19409 GBP pp
Grand Deluxe Suite	£18469 GBP pp
Deluxe Suite	£11215 GBP pp
Privilege Suite	£16795 GBP pp

Deluxe Stateroom	£6195 GBP pp
Prestige Stateroom Deck 6	£7645 GBP pp
Owner's Suite	£19028 GBP pp
Prestige Stateroom Deck 4	£6875 GBP pp
Prestige Suite Deck 6	£15219 GBP pp
Grand Deluxe Suite	£17559 GBP pp
Privilege Suite	£15975 GBP pp
Prestige Stateroom Deck 5	£7225 GBP pp
Deluxe Suite	£10669 GBP pp
Prestige Suite Deck 5	£14459 GBP pp

### 13-Feb-2025 to 23-Feb-2025

Deluxe Suite	£10669 GBP pp
Prestige Suite Deck 6	£15219 GBP pp
Prestige Suite Deck 5	£14459 GBP pp
Owner's Suite	£19028 GBP pp
Grand Deluxe Suite	£17559 GBP pp
Prestige Stateroom Deck 4	£6875 GBP pp
Prestige Stateroom Deck 5	£7225 GBP pp
Prestige Stateroom Deck 6	£7645 GBP pp
Deluxe Stateroom	£6195 GBP pp
Privilege Suite	£15975 GBP pp

### 23-Feb-2025 to 05-Mar-2025



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### 05-Mar-2025 to 15-Mar-2025

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Prestige Suite Deck 5	£15205 GBP pp
Deluxe Stateroom	£6499 GBP pp
Prestige Stateroom Deck 6	£8025 GBP pp
Owner's Suite	£19409 GBP pp
Grand Deluxe Suite	£18469 GBP pp
Prestige Stateroom Deck 4	£7225 GBP pp
Prestige Stateroom Deck 5	£7585 GBP pp
Privilege Suite	£16795 GBP pp
Prestige Suite Deck 6	£16005 GBP pp

### 19-Jan-2026 to 29-Jan-2026

Grand Deluxe Suite	£17325 GBP pp
Privilege Suite	£15759 GBP pp
Deluxe Suite	£10535 GBP pp
Prestige Stateroom Deck 6	£7545 GBP pp
Deluxe Stateroom	£6115 GBP pp
Prestige Suite Deck 5	£14275 GBP pp
Prestige Stateroom Deck 4	£6805 GBP pp
Owner's Suite	£19813 GBP pp
Prestige Stateroom Deck 5	£7145 GBP pp
Prestige Suite Deck 6	£15015 GBP pp

### 05-Mar-2026 to 15-Mar-2026

Owner's Suite	£19813 GBP pp
Privilege Suite	£14909 GBP pp
Deluxe Suite	£9975 GBP pp
Prestige Stateroom Deck 5	£6765 GBP pp
Prestige Stateroom Deck 6	£7145 GBP pp
Deluxe Stateroom	£5799 GBP pp
Prestige Stateroom Deck 4	£6449 GBP pp
Prestige Suite Deck 5	£13495 GBP pp
Grand Deluxe Suite	£16389 GBP pp
Prestige Suite Deck 6	£14199 GBP pp



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## PRICING

15-Mar-2026 to 25-Mar-2026

Deluxe Stateroom	£5479 GBP pp
Prestige Stateroom Deck 6	£6749 GBP pp
Deluxe Suite	£9405 GBP pp
Prestige Stateroom Deck 5	£6395 GBP pp
Prestige Suite Deck 5	£12725 GBP pp
Privilege Suite	£14055 GBP pp
Grand Deluxe Suite	£15445 GBP pp
Prestige Stateroom Deck 4	£6089 GBP pp
Prestige Suite Deck 6	£13389 GBP pp
Owner's Suite	£20195 GBP pp

**ADDITIONAL CHARGES:** Port Taxes & Fees 440 GBP pp

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