



# SHORE EXCURSIONS

**7**  
nights

## **STAR CLIPPER** **Costa Rica to Panama**



<b>Sat</b>	<b>Puerto Caldera, Costa Rica</b>
Sun	Islas Tortugas, Costa Rica
Mon	Quepos, Costa Rica
Tue	Golfito, Costa Rica
Wed	Parida Island, Panama
Thu	Iguana Island, Panama
Fri	San Jose Island (Pearl Islands), Panama
<b>Sat</b>	<b>Balboa (Isla Flamenco), Panama</b>

### **What you need to know before booking your shore excursion:**

- All our tours are offered with English speaking guides.
- The length of the tours and time spent on the sites is given as an indication as it may vary depending on weather, sea and traffic conditions and on the group's pace.
- The level of physical fitness required for our activities is given as a very general indication. Passengers should be fit and active to join tours which include hiking, kayaking, snorkeling, boating, or similar activities.

### **How you can book your shore excursions:**

- You can book shore excursions onboard, using our "sign-up lists" available at the Library, except excursions in Quépos "Manuel Antonio National Park" and Villa Vanilla spice tour", which must be booked in advance with Star Clippers.
- Debark tours ending at the airport and transfers can now be pre-booked prior your cruise.
- In order to provide the best service and to avoid disappointments, please book your shore excursions as early as possible: places are limited and there is a booking deadline for each port.
- A minimum number of participants is required for tours; if the required number is not attained, the tour may be cancelled.
- Cancellation and changes are possible until the booking deadline. After the booking deadline, 100% cancellation fees will be charged.

### **Important notes:**

- Departure times of the tour are mentioned on the daily program of each port.
- All information concerning excursions is correct at the time of printing. However, Star Clippers reserves the right to make changes.

Last updated tour descriptions are available on Star Clippers' website and onboard the ship in a file at the Library.

Date of last update: 23<sup>rd</sup> of May 2024

## ISLAS TORTUGAS - Curu Private Reserve

Duration:	Activity level:	Price:	Transportation:	Min 15 / Max 56 participants	Wet landing!
<b>2:30</b>	<i>Moderate</i>	<b>65 €</b>	motorized boat		

Wet landing is required at Curu Reserve!

At the reserve your naturalist tour guide will introduce you to the wide variety of wildlife that thrives here, including up to 200 species of birds, capuchin and howler monkeys as well as sloths and anteaters.

There are 4.5 km of coastline with beautiful white sandy beaches and tiny coves.

Two thirds of this small reserve are preserved as primary forest.

Curu reserve is located in one of the most scenic regions of Costa Rica, known for its calm seas and transparent waters.

At the end of the tour, you will take a tender ride (approx. 30 minutes) to the beach at Isla Tortuga, where you will have time at leisure to enjoy the beach.

Please note: Wet landing is required at Curu reserve. Wildlife sightings are not guaranteed.

Guests will have to walk for approx. 2 km on sandy, rocky and uneven surfaces. Heat and humidity are factors to consider.

Useful tips: wear light clothing and walking shoes and bring a hat, sunscreen, insect repellent and water.

## QUEPOS - Manuel Antonio National Park and beach break

Duration:	Activity level:	Price:	Transportation:	Min 15 / Max 48 participants
<b>4:45</b>	<i>Moderate</i>	<b>95 €</b>	minibus	

This excursion can only be pre-booked and will not be available onboard.

This excursion is one of the very best in the Central Pacific region of Costa Rica and a great opportunity to experience the rain forest up close.

Manuel Antonio National Park is a jewel amongst Costa Rica's National parks whose fragile ecosystem shelters a variety of wildlife including mammals and tropical birds. The park protects 683 hectares of tropical rain forest and over a thousand different species of flora. Another major attraction are the white sand beaches at the edge of the forest.

After twenty minutes' drive, you will arrive at the National Park, where you will enjoy a guided walk through the park (approx. 1.5 hours). Your guide will take you on a trek through the dense rainforest and tell you all about this unique environment, rich in biodiversity. Before heading back to Quépos you will enjoy a tropical fruit buffet prepared by your naturalist guide and some free time at a beach (outside the national park area) to sunbathe or swim.

Please note: Manuel Antonio Park is one of the most visited attractions in Costa Rica so you can expect large numbers of visitors and queues to get in. This tour involves moderate walking (approx. 1.5 hours) on uphill and uneven surfaces.

Useful tips: wear hiking shoes (or shoes with a good grip) and bring a hat, sunscreen, insect repellent, water, raincoat and a waterproof protection for camera and mobile.

For the stop at the beach, bring a towel from the ship and wear a swimsuit under your clothes.

Star Clippers is required to submit to the National Park full name, passport number, age and nationality of each visitor.

Wildlife sightings are not guaranteed.



### QUEPOS – Villa Vanilla spice tour

Duration:	Activity level:	Price:	Transportation:	Min 2 / Max 30
<b>2:30</b>	<i>Easy</i>	<b>89 €</b>	minibus	participants

*This excursion can only be pre-booked and will not be available onboard.*

Embark on an immersive journey through our interactive spice farm tour, a delightful adventure designed to captivate the curiosity and the senses of guests of all ages.

Villa Vanilla is a 160-acre (65 hectare) sustainable farm located about 30 minutes drive from Quépos. The farm was founded in 1987, and it is now planted with a variety of popular herbs and spices, minor plantings of common and exotic fruits, trees, flowering and medicinal plants. The flora diversity has brought back the fauna diversity that is normally present in tropical humid forests.

Engage all your senses and explore our farm, discovering an array of spices that include beloved vanilla, Ceylon cinnamon, rich cacao, zesty black pepper, allspice, vibrant turmeric and an assortment of exotic fruits and healing plants.

At the end of the visit, you will enjoy a diverse tasting menu featuring both sweet and savory dishes that highlight spices that you have encountered along your walk through the spice farm. You will have the chance to buy some spices and gifts at the spice shop. Learning about how these spices grow in harmony with the rainforest is a fun and tasty experience that you won't forget!

Please note: The transfer from the pier and Quepos to Vanilla Farm takes approx. 30 minutes (each way).

Useful tips: wear weather-appropriate clothes and comfortable walking shoes and to bring a hat, sunscreen, insect repellent, a raincoat and water. This excursion involves moderate walking on relatively flat surfaces with some rustic steps to negotiate.

### QUEPOS - Mangrove wildlife and boat cruise

Duration:	Activity level:	Price:	Transportation:	Min 12 / Max 24
<b>3:30</b>	<i>Easy</i>	<b>95 €</b>	minibus, boat	participants

*This tour runs with the tides and might not be available for some of the calls.*

A ride through the Mangrove is like entering another world. The trees that grow in the brackish water form a unique and very fragile ecosystem.

Most of the trees grow along the estuary, developing an aerial root system. At low tide the exposed tree roots make a perfect habitat for crabs. In the upper part of the forest, you can expect to see monkeys and a great variety of birdlife including herons, egrets, and spoonbills, amongst others.

A private van will be waiting on the pier to take you on a 25-minute drive to the departure point. Here a naturalist tour guide will tell you all about the mangrove, which, although you may not know it, plays a vital role in the sustainability of the planet.

A shaded boat will take you deep into the heart of the mangrove and you can try and spot all the different species of wildlife that live there. After a boat ride of 1h45 you will arrive at the village and enjoy a well-deserved snack before taking the van back to the pier (30 minutes). You can also be dropped off at Quepos, where you will find several restaurants and shops.

Please note: Tour sequence may vary (this tour runs with the tides). Guests are advised to bring a hat, sunscreen, insect repellent, water, raincoat (or poncho) and a camera / mobile protection.



**GOLFITO - Golfo Dulce dolphin watch and swim stop**

Duration:	Activity level:	Price:	Transportation:	Min 15 / Max 35
<b>3:45</b>	<i>Moderate</i>	<b>135 €</b>	motorized boat	participants

Costa Rica’s is home to one of the most biologically diverse marine habitats in the world and its warm seas also attract dolphins. The best place to observe these magnificent mammals is in the waters off the Osa Peninsula. You will board your boat and head out to “the most biologically intense area on earth”, according to the National Geographic. Here large groups of dolphins, sea turtles and manta rays swim in the clear blue tropical water, putting on an amazing show.

Other possible sightings may include six different species of turtles, large schools of tuna feeding and the occasional marlin or sailfish. During your cruise around the bay, an experienced naturalist guide will provide informative commentary so you will learn about the biology, behavior, and habitats of the marine life you see.

There will be some amazing photo opportunities and, weather permitting, you will have some free time to swim in the calm waters of one of the local beaches.

Please note: Going ashore at Enchanted Bay during the swim stop is at discretion of each guest and requires a wet landing. The itinerary and the tour sequence may be changed at Captain’s discretion depending on weather conditions and tide. This excursion is not recommended for guests who suffer from sea sickness, those with mobility problems, neck/back problems, and pregnant women. Marine life sightseeing is not guaranteed. Guests are advised to bring swimsuit, sunscreen and a towel from the ship. Wet landing is required.

**GOLFITO – Kayak adventure on the mangrove estuary**

Duration:	Activity level:	Price:	Transportation:	Min 8 / Max 14
<b>3:30</b>	<i>Active (Strenuous)</i>	<b>112 €</b>	kayak	participants

After a safety talk you will paddle through the Golfito bay and border some of the mangrove estuary of the area. Birdwatchers will be enthusiastic about the sheer variety of sea birds including pelicans, frigate birds, egrets, herons, or ibis. Keep your eyes open and you may even see a pod of bottle-nosed dolphins; they sometimes stay in the area before heading out to the open waters of the gulf. Drag your kayak across the sand to kayak along the shoreline of a fishing village, before stopping to swim on a remote beach. Enjoy some time to relax at the beach and enjoy some fresh fruit and snacks before returning to Golfito.

Please note: This is a very active tour and is only recommended for guests in very good physical condition. Double kayaks will be used. Before the tour starts, practical instructions on how to maneuver the kayaks will be given. Minimal age is 12 years old (minors must be accompanied by an adult). Max weight is 235 lbs / 106 kg. Participants must be able to swim. The itinerary of the kayak tour will depend on the tide. Useful tips: wear a swimsuit under your clothes and bring aqua shoes, sunscreen, sunglasses, hat, water shoes and t-shirt, a bottle of water and a towel from the ship and extra dry clothes. Waterproof cameras are highly recommended.

**PARIDA ISLAND (Marine Park Golfo de Chiriqui) - Time at leisure (no tours organized)**

The Gulf of Chiriqui is known for its lush vegetation, white sandy islands and also one of the largest coral reefs in the Pacific. It spans Panama’s pacific coast from the border of Cosa Rica to the Azuero peninsula and is a great place for big game fishing, diving and snorkeling. Isla Parida is an uninhabited island teeming with wildlife. It is situated off Panama’s Pacific coastline and forms part of the Gulf of Chiriqui Marine Park.



### **IGUANA ISLAND - Time at leisure (no tours organized)**

Iguana Island is a natural attraction of the Azuero Peninsula offering the only white sand beach in the region and beautiful clear waters. Inhabited by rare birds, purple and red crabs and of course iguanas, it's considered to be a wildlife refuge. It is great for snorkeling and there is also a hiking trail that you can follow where you can see nesting birds.

### **SAN JOSE ISLAND - Time at leisure (no tours organized)**

San José is the archetypal desert island, a natural paradise where Nature holds sway. Only 30 people actually live there, on land that is privately owned, and the rest of the "population" consists of exotic birds a wide variety of reptiles, and wild pigs, free from natural predators.

### **PANAMA - Miraflores locks visit (ending at PTY airport)**

Duration:	Activity level:	Price:	Transportation:	Min 15 / Max 32
<b>3:30</b>	<i>Easy</i>	<b>75 €</b>	motorcoach	participants

Don't miss this opportunity to visit one of the greatest wonders created by man: Panama Canal and its Miraflores Lock. Miraflores Locks are the first set of locks a ship must pass when transiting through the Panama Canal from the Pacific. When a ship is inside the locks, the water level rises, lifting the ship, allowing it to traverse the canal. On this adventure, observe the locks in action. Your official Panamanian guide will explain the process as you watch a vessel make its way through. Afterwards, visit the new and amazing IMAX Theatre located right next to the locks.

Through the magic of 3D and IMAX cameras, audiences everywhere can take an incredible trip through one of the seven wonders of the modern world in "Panama Canal 3D – A land divided, a world united".

The film sweeps you from the days when Conquistadores struggled through a water-soaked quagmire, to the American engineering achievement that revolutionized shipping and tropical medicine. It shows the visionary present of Panama and their efforts to expand the 100-year-old waterway to accommodate "post-Panamax" ships.

After this unique journey, re-board your bus and drive through Panama City to the Panama-Tocumen Airport, where you will catch your flight back home!

Please note: You will spend approx. 1 hour at the Miraflores locks. The actual sighting of vessels in the lock chambers depends entirely on canal scheduling.

Estimated driving times: 45min between the port and Miraflores locks, 45min between the locks and the airport.

### **Star Clippers offers also the following transfer services (optional, upon reservation):**

#### **✓ Shared transfer to Panama-Tocumen Airport (PTY).**

There will be one fixed departure from the port at about 09:00am, the arrival at the airport will be around 10:00am. This transfer is suitable for guests whose flight leaves after 12:30pm.

#### **✓ Private transfers to Panama-Tocumen Airport (PTY) / to hotels in Panama City.**

Guests are requested to leave the ship before 10:00am. Latest pick-up time from the pier is at 10:00am

*Debarb tours ending at the airport and transfers can be pre-booked prior your cruise.*

*For information and reservations, please contact our reservation department or your travel agent.*

