



# SHORE EXCURSIONS

**7**  
nights

## STAR CLIPPER Panama to Costa Rica



<b>Sat</b>	<b>Balboa (Isla Flamenco), Panama</b>
Sun	San José Island (Pearl Islands), Panama
Mon	Iguana Island, Panama
Tue	Coiba National Park, Panama
Wed	Golfoito, Costa Rica
Thu	Quépos, Costa Rica
Fri	Islas Tortugas, Costa Rica
<b>Sat</b>	<b>Puerto Caldera, Costa Rica</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

### **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.

### **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.

### **COIBA NATIONAL PARK - Time at leisure (no tours organized)**

Nestled off the Pacific coast of Panama, Coiba National Park boasts a rich tapestry of biodiversity within its azure waters and dense rainforest. Recognized as a UNESCO World Heritage Site, this pristine sanctuary encompasses the largest island in Central America, Coiba Island, along with 38 smaller islands. A haven for marine life, including sharks, dolphins, and humpback whales, the park's coral reefs teem with vibrant fish species. On land, it shelters rare flora and fauna. Its remote location has helped preserve its natural splendor, offering visitors a glimpse into a pristine ecosystem largely untouched by human development.

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

**QUEPOS - Manuel Antonio National Park and beach break**

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



### QUEPOS – Villa Vanilla spice tour

Duration:

**2:30**

Activity level:

*Easy*

Price:

**89 €**

Transportation:

minibus

Min 2 / Max 30

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:

**3:30**

Activity level:

*Easy*

Price:

**95 €**

Transportation:

minibus, boat

Min 12 / Max 24

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.



**ISLAS TORTUGAS - Curu Private Reserve**

Duration:	Activity level:	Price:	Transportation:	Min 15 / Max 56 participants	<i>Wet landing!</i>
<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.

**PUERTO CALDERA – Espiritu Santo coffee plantation (ending at SJO airport)**

Duration:	Activity level:	Price:	Transportation:	Min 10 / Max 32 participants	<i>Lunch included</i>
<b>6:30</b>	<i>Easy</i>	<b>99 €</b>	motorcoach		

Suitable for passengers with flights leaving after 6:00 pm.

Coffee is one of Costa Rica’s most important crops and exports. This tour will take you through the Panamerican Highway towards the town of Naranjo to Espiritu Santo coffee plantation, where you will learn about Costa Rican coffee history and can taste a freshly roasted cup of coffee. Coffee made at Espiritu Santo is called “Café Naranjo”, and it is one of the best coffees in Costa Rica due to the dark roasting process and the rich flavor. You will have the opportunities to see the different stages of the coffee plant. Continuing, you will arrive to the wet mill, here you learn about how the coffee cherries are processed, peeled, selected, dried and stored. You will then visit the roasting room, here is where you will experience the real coffee aroma. You will learn first-hand how local’s ancestors used to brew coffee, with a rudimentary “chorreador” instead of a coffee maker. At the end of the Coffee Tour, once you have learned and discovered all the secrets within a coffee cup, you will savor and enjoy a good cup of coffee. There is an opportunity to visit the gift shop and bring home some local coffee.

Finally, you will be transferred to the town of Sarchí to enjoy a delicious typical lunch. You will also have the chance to take a picture of the largest oxcart in the world before continuing to San José airport. Colorful oxcarts (“carretas” in Spanish) are an iconic part of Costa Rican culture and were used in the past by farmers to transport their crops to the market.

Please note: Guests will be transferred to the airport just after lunch and arrive there around 3:00 pm.

Helpful Hints: wear comfortable walking shoes and to bring a hat, sunscreen, insect repellent, water and a rain jacket.

Driving times: 1h30 from Puerto Caldera to Espiritu Santo; 15 min from Espiritu Santo to Sarchí; 1h00 from Sarchí to SJO airport.

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

- ✓ **Shared transfer to San José “Juan Santamaría” International Airport (SJO).**

There will be one fixed departure from the port at about 09:00am, the arrival at the airport will be around 10:30am.

This transfer is suitable for guests whose flight leaves after 1:00pm.

- ✓ **Private transfers to San José “Juan Santamaría” International Airport (SJO) / to hotels in San José.**

Private transfers are operated by Minivan (Toyota Hi-Ace or similar).

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

*Debarck 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.*

