



# SHORE EXCURSIONS

**7**  
nights

**STAR CLIPPER**  
**Panama to Costa Rica (02-Dec-2023)**



<b>Sat</b>	<b>Balboa, Isla Flamenco, Panama</b>
<b>Sun</b>	San José Island, Pearl Islands, Panama
<b>Mon</b>	Iguana Island, Panama
<b>Tue</b>	Marine Park Golfo de Chiriqui, Parida Island, Panama
<b>Wed</b>	Golfito, Costa Rica
<b>Thu</b>	Quépos, Costa Rica
<b>Fri</b>	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, biking, snorkelling, 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 tours including Manuel Antonio National Park, which must be booked in advance with Star Clippers and is not available onboard.
- 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.

## Important notes:

- Departure times of the tour are mentioned on the daily program of each port.
- The Captain reserves the right to alter the itinerary in order to suit wind, weather and local conditions.
- Cancellation and changes are possible until the booking deadline. After the booking deadline, 100 % cancellation fees will be charged.
- All information concerning excursions is correct at the time of printing. However, Star Clippers reserves the right to make changes, which will be relayed to passengers during the Cruise Director's onboard information sessions. Last updated tour descriptions are available in a file at the library.

Date of last update: 14<sup>th</sup> of June 2023

### SAN JOSE ISLAND, PANAMA

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.

**Time at leisure – no tours organized**

### IGUANA ISLAND, PANAMA

500 years old and still going strong! The oldest coral reef in the Gulf of Panama extends over 37 acres and boasts 12 different types of coral and over 200 species of fish. Although El Nino has taken a toll on some parts of the reef it still provides some very enjoyable snorkeling.

**Time at leisure – no tours organized**

### PARIDA ISLAND (GOLFO DE CHIRIQUI), PANAMA

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. Isla Parida and the many smaller islands which surround it are all under UNESCO protection.

**Time at leisure – no tours organized**

### QUEPOS, COSTA RICA

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

Duration: 04:30 approx.

Transportation: air-conditioned motorcoach (or minibus)

Price: 95 €

Activity level: moderate

Min 12 / Max 24 participants

**This shore 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 people and queues to get in. Wildlife sightings are not guarantee.

This tour involves moderate walking (approx. 1.5 hours) on uphill and uneven surfaces.

Gusts are advised to wear hiking shoes (or shoes with a good grip) and to bring a hat, sunscreen, insect repellent, water, raincoat or poncho and a waterproof protection for camera and mobile.

For the stop at the beach, guests are advised to bring a towel from the ship and wear a swimsuit under the clothes.

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



**QUEPOS - Mangrove wildlife and boat cruise**

Duration: 03:30 approx.

Transportation: air-conditioned motorcoach (or minibus) and boat

Price: 89 €

Activity level: easy

Min 15 / Max 25 participants

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.

**QUEPOS - Savegre River Floating Adventure**

Duration: 05:00 approx.

Transportation: air-conditioned minibus

Price: 115 €

Activity level: strenuous

Min 12 / Max 24 participants

You will leave Quepos on your airconditioned motorcoach for a one-and-a-half-hour drive through rural towns, palms, teak and Melina plantations.

After a short comfort stop where you can often spot toucans and macaws the coach ride continues to the town of Santo Domingo.

Here groups of experienced bilingual guides will be waiting to take you on the two-hour River Floating Adventure.

The guides will give you a briefing on the natural environment and the river itself, which is considered to be one of the most beautiful in Central America.

The scenery and wildlife along the Rio Savegre are legendary; you will enjoy beautiful landscapes, including some palm oil plantations, and may spot white ibis, cormorants, egrets, crocodiles, and herons.

The Floating adventure alternates action and periods of relaxation and at the end of the activity you will get to enjoy a delicious fruit buffet.

Please note: Minimum age for participating in this excursion is 12 years old (minors must be accompanied by an adult).

Max weight for participating in this excursion is 235 lbs / 106 kg. Rafts can accommodate 4-6 pax.

This is a very active tour and is only recommended for guests in very good physical condition.

Swimming experience is required. A waiver must be signed before the activity starts.

Guests are advised to wear a swimsuit under their clothes and to bring water shoes, insect repellent, towel, water and extra dry clothes. Waterproof protection for cameras and mobiles is highly recommended.

Guests can leave their belongings inside the bus, that will be locked during the activity (lockers are not available).

Driving time is approximately 1:30 hours (each way).



## GOLFITO, COSTA RICA

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

Duration 03:45 approx.

Transportation: motorboat

Price: 129 €

Activity level: moderate

Min 15 / Max 48 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.

## ISLA TORTUGA, COSTA RICA

*Wet landing is required in this port!*

**ISLA TORTUGA - Curu Private Reserve**

Duration: 02:00 approx.

Transportation: walking tour

Price: 59 €

Activity level: moderate

Min 15 / Max 56 participants

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.

Guests are advised to wear light clothing and walking shoes and bring a hat, sunscreen, insect repellent and water.



## PUERTO CALDERA, COSTA RICA

**DebarK 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.**

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

Duration: 06:30 approx.

Transportation: air-conditioned motorcoach

Price: 99 €

Activity level: moderate

Min 10 / Max 30 participants

Lunch included

*This excursion is suitable for passengers disembarking in Puerto Caldera with flights leaving San José airport 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 have the opportunity to taste a freshly roasted cup of coffee.

Coffee made at Espiritu Santo is called "Cafe Naranjo", and it is one of the best coffees in Costa Rica due to the dark roasting process and the rich flavor.

On arrival your tour starts with the seedling station. At the nursery 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.

At "La Casita de Juancho" you will learn first-hand how our 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 are advised to wear comfortable walking shoes and to bring a hat, sunscreen, insect repellent, water and a rain jacket (or poncho).

Driving times: 1h30 from Puerto Caldera to Espiritu Santo; 15 min from Espiritu Santo to Sarchí; 1h00 from Sarchí to SJO airport. Guests will be transferred to the airport just after lunch and arrive there around 3:00 pm.

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

✓ **Shared transfer to San José "Juan Santamaría" International Airport (SJO)**

Guests who have purchased a shared transfer cannot choose their pickup time.

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**

Latest pick-up time from the pier will be at 10:00am.

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

