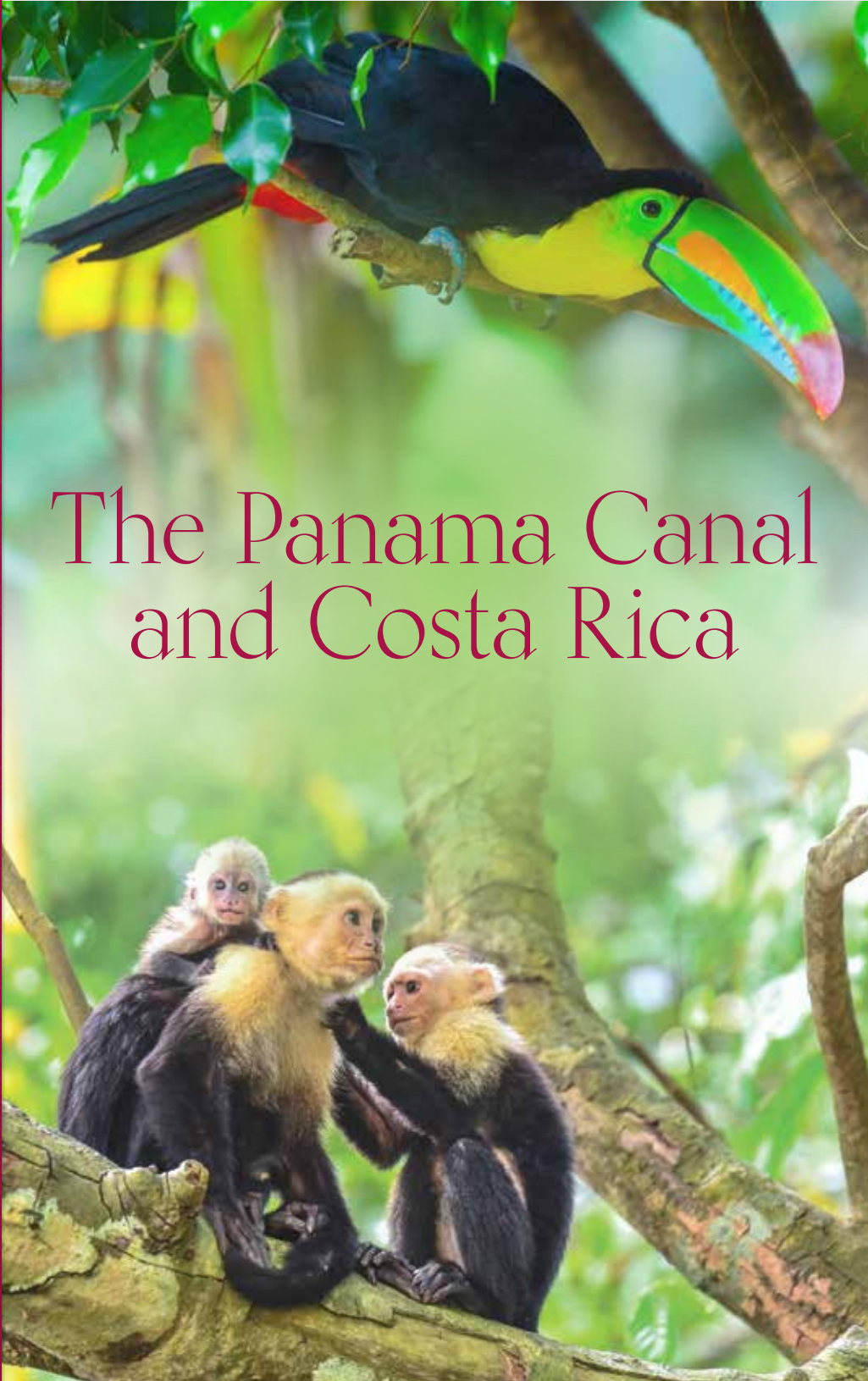


**UNI**

University of Northern Iowa.  
Alumni Association



# The Panama Canal and Costa Rica

# The Panama Canal and Costa Rica

Travel through one of the greatest engineering marvels of our time and immerse yourself in a natural world of wonder as you journey through virgin rainforests and jungle-fringed beaches from Costa Rica to Panama. This 9-day, 8-night luxury itinerary combines tours of historical and cultural sites with visits to some of the most incredible nature preserves and rainforests in Central America. Sail the Pacific coast of Costa Rica, then cruise through the mighty locks of the Panama Canal to the UNESCO-designated historic district of Panama City.

Begin your exploration of this extraordinary region with one night on land in historic San José, Costa Rica. Sailing the coast, embark on naturalist-led hikes in Manuel Antonio National Park, on the Osa Peninsula and on Isla Coiba. Look for howler monkeys, toucans, three-toed sloths, tree frogs, coatis, iguanas, leatherback turtles and over 600 species of non-migratory birds. Conclude with a stay in Panama City, Panama—completing the cultural melting pot of two nations that includes indigenous, Afro-Caribbean and Spanish influences.

*Front cover: Keel-billed toucan and capuchin monkeys, Costa Rica*



*Beach at Manuel Antonio National Park, Costa Rica*





*Museum of Biodiversity, Panama City*



Dear Panther,

We invite you to witness one of the greatest feats of the modern age — the Panama Canal, a stunning example of engineering prowess. During a specially arranged and narrated daylight transit, experience the mighty locks that raise and lower ocean-going vessels 85 feet, employing the force of gravity to achieve in mere hours what once involved a three-week circumnavigation of South America.

This 9-day, 8-night itinerary also showcases Earth's most pristine ecosystems in the rainforests and islands of Costa Rica and Panama at the best time of year. Cruise aboard the exclusively chartered, deluxe **Wind Star**, a sleek, four-masted sailing yacht accommodating only 148 guests. Dock in small ports of call inaccessible to larger vessels and enjoy a variety of included excursions led by experienced onboard naturalists.

Tour the stunning and biodiverse Manuel Antonio National Park, where guides will lead a trail walk through an ecosystem of rare species. Snorkel or hike the spectacular Isla Coiba with its astounding range of wildlife.

Enhance your journey with the San José Pre-Extension or the Panama City Post-Extension options. This amazing program will fill up fast. Reserve now while space and early booking savings are available.

Loyally,

Brian Gabel  
Assistant Vice President of Alumni Relations and Annual Giving  
President of the UNI Alumni Association

**To secure your spot, call Gohagan and Company at 800-922-3088  
or visit [gohagantravel.com/reserve](http://gohagantravel.com/reserve)**



*Central American squirrel monkey, Costa Rica*

## Global Conservation

Famed for its easily accessed park system, Costa Rica represents one of the world's greatest ecotourism destinations. The country's national motto, "¡Pura Vida!" or "pure life," is reflected in its unwavering commitment to environmental preservation.

One of the most biodiverse locations on Earth, Costa Rica's varied habitats and ecosystems preserve a spectacular array of wildlife and unspoiled beauty. More than 25 percent of this captivating country has been designated a national park, wildlife refuge or protected rainforest.

A nationwide mission to achieve zero net carbon emissions by 2050 has reinforced the connection between Costa Rica's proud residents and this primal landscape that flourishes with rare and endemic species—proving to the world that it's possible to thrive without damaging the planet we all share.





# Marvel of Human Engineering

Completed in 1914, the Panama Canal is considered one of the Seven Wonders of the Modern World by the American Society of Civil Engineers. France's failed attempt to build a canal in the 19th century and U.S. backing of Panama's independence in 1903 created diplomatic conditions favorable to the U.S.-led effort. In 1904, the Hay-Bunau Varilla Treaty granted exclusive canal rights to the U.S. in exchange for \$10 million and an annuity of \$250,000. Under the watchful eye of U.S. President Theodore Roosevelt, the canal's realization hinged on the successful conversion of the original French sea-level plan to a lock-controlled canal system, plus crucial health care advances to prevent malaria and yellow fever outbreaks.

This historic engineering feat opened new channels of international trade and allowed ships to travel between the Atlantic and Pacific oceans in a fraction of the time required to circumnavigate South America. Following a \$5.25 billion expansion in 2016, the canal now accommodates more than twice the cargo. It's seen more than 900,000 vessels (and counting) pass through its locks, experiencing an engineering miracle that was once thought impossible.



## INCLUDED FEATURES

- ◆ Transfers and luggage handling abroad if you purchased air through Gohagan & Company and your arrival(s)/departure(s) coincide with the scheduled group transfer(s).
- ◆ Experienced, English-speaking local guides for included excursions.
- ◆ Gratuities to local guides and drivers on included excursions and transfers.
- ◆ Complimentary bottled water in your suite or stateroom and on excursions.
- ◆ Experienced Gohagan & Company Travel Directors at your service.
- ◆ Automatic \$250,000 flight insurance policy for each participant ticketed on flights by Gohagan & Company.
- ◆ Hospitality desk aboard the ship.
- ◆ Meals included as noted in the itinerary (B,L,R,D).



GOHAGAN & COMPANY





## 2025 | 9-DAY/8-NIGHT ITINERARY

Depart Home City/  
San José, Costa Rica

### Day 1 | January 31

Depart your home city and arrive in San José. Transfer to **Costa Rica Marriott Hotel Hacienda Belén** and settle in.

San José/Puerto Caldera/  
Embark Ship

### Day 2 | February 1

Costa Rica's dynamic capital city of San José boasts an eclectic mix of museums, landscaped parks, lively cafés, art galleries, and a fusion of architectural styles — including Spanish Colonial, Moorish and Modernist. Discover the city's unique history and culture on a tour that includes visits to the National Theater, a regal Baroque edifice modeled on Milan's La Scala, and the National Museum. Enjoy lunch

at a local restaurant before transferring to Puerto Caldera and embarking the deluxe **Wind Star**. (B,L,D)

Quepos for  
Manuel Antonio  
National Park

### Day 3 | February 2

Anchor at Quepos and experience an unparalleled diversity of wildlife on a visit to the lush Manuel Antonio National Park — a captivating combination of rainforest, beach and coral reef. It is home to more than 100 species of mammals, almost 200 species of birds, and various reptiles and amphibians. Tonight, join your fellow passengers for the Captain's Welcome Reception and Dinner onboard the ship. (B,L,R,D)

Puerto Jimenez for  
Osa Peninsula

### Day 4 | February 3

Explore this spectacular, pristine rainforest, choosing two of three excursions: a rainforest hike with naturalist guide, a fascinating trip to the sloth visiting center, and a cocoa farm and chocolate-making encounter. (B,L,D)

Isla Coiba, Panama

### Day 5 | February 4

This island is part of Coiba National Park, a UNESCO World Heritage site. An astounding range of wildlife calls this area home, including agoutis, howler monkeys, giant toads and green iguanas. The clear turquoise waters support bottlenose dolphins, giant seahorses and numerous species of shark and whale.



Snorkeling with a Green Turtle in Isla Coiba, Panama



Hummingbird in Manuel Antonio National Park, Costa Rica



*National Museum, San Jose, Costa Rica*



*Beach at Manuel Antonio National Park, Costa Rica*

Explore the island on a guided beach walk or a snorkeling adventure. (B,L,D)

### Day at Sea

#### **Day 6 | February 5**

Spend the day relaxing and gazing at the Pacific Ocean. Enjoy the amenities — and three delicious meals — on board today. (B,L,D)

### Panama City

#### **Day 7 | February 6**

Begin your day with a tour of Panama City, the nation's capital. Visit its UNESCO World Heritage-designated historic district of Casco Antiguo, a charming neighborhood replete with cobblestone streets and architecturally significant historical edifices, including a 16th-century cathedral. This afternoon, choose one

of two excursions: explore the unique, interactive Miraflores Locks Visitor Center to learn about the Panama Canal and the engineering behind it, then stop at the new BioMuseo (Biodiversity Museum). Or take a culinary tour with cooking demonstrations and tastings — a delight for the senses! (B,L,D)

### Panama City/ Canal Crossing/Colón

#### **Day 8 | February 7**

Spend the morning enjoying the once-in-a-lifetime experience of traveling from the Pacific Ocean to the Caribbean Sea through the Panama Canal. As we journey through the canal, watch as the mighty locks open and close, ultimately raising and lowering the ship 85 feet in this unique

and memorable experience. Tonight, join your fellow passengers for a Captain's Farewell Reception on the ship, along with dinner onboard. Raise a glass to your fabulous adventure! (B,L,R,D)

### Colón/Disembark/Return to Home City

#### **Day 9 | February 8**

Enjoy breakfast then disembark. Passengers flying home later this afternoon will visit the Agua Clara Visitors Center overlooking the Canal expansion. The Visitors Center is a fascinating way to explore the history, geology and technology of the canal, and offers mesmerizing views of the massive new locks. Transfer to the Panama City airport for your flight back to your home city. (B)



*Three-toed sloth*



*Manuel Antonio National Park, Costa Rica*



## Wind Star

The intimate, four-masted **Wind Star** offers an unforgettable deluxe sailing experience. This small ship is designed to sail from deep seas into lagoons inaccessible to larger vessels. The **Wind Star's** gourmet dining and wide teak deck with unobscured views provides the ultimate sailing experience to each guest. Complimentary alcoholic/nonalcoholic beverages and Wi-Fi access are available throughout the cruise. All meals on board the ship are included. Each of the 74 ocean-view staterooms features one queen bed or two twin beds (Owner's Suite has a queen bed), private bathroom with shower, luxury hotel amenities, individual climate control, flat-screen television with DVD player, safe, minibar, vanity table, hair dryer, plush robes and slippers.



## 2025 DEPARTURE DATE

**January 31 to February 8**  
(Embarkation: February 1)

Category-Description	Standard Rate	Early Booking \$1,000 Savings*
<b>B</b> Stateroom with two portholes. <i>Deck 1, aft and forward.</i>	\$6,295	<b>\$5,295</b>
<b>BX Deluxe</b> Stateroom with two portholes. <i>Deck 1, midship.</i>	\$6,795	<b>\$5,795</b>
<b>A</b> Stateroom with two portholes. <i>Deck 2, aft and forward.</i>	\$7,595	<b>\$6,595</b>
<b>AX Deluxe</b> Stateroom with two portholes. <i>Deck 2, midship.</i>	\$8,395	<b>\$7,395</b>
<b>Owner's Suite</b> Suite with four portholes, queen bed, and sitting/dining area. <i>Deck 1, aft.</i>	\$9,495	<b>\$8,495</b>

**\*Early Booking Savings of \$1,000 are available when you book by 06/24/24 and pay in full at time of booking. If you pay only your deposit by early booking date, you still save \$500 per person.**

All rates are per person, based on double occupancy, excluding taxes.  
Single supplements apply to category BX Deluxe at 160% of the per person double price and subject to availability.  
All other categories are at 200%.

Port taxes are an additional \$468 per person. Customers will be notified of any fuel surcharge fee prior to final payment.  
This fee will then be charged and collected by the vessel operating company while on board. Deck plans available upon request.

Gohagan & Company reserves the right to correct errors or omissions and to change any and all fares, fees, promotions and surcharges at any time. Terms & Conditions are available at [gohagantravel.com/terms/](http://gohagantravel.com/terms/)

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## PRE-EXTENSION OPTION

### Arenal and San José

**January 28 to February 1, 2025** (Program Begins: January 28)

Explore Costa Rica's diverse biospheres, from steamy hot springs to misty cloud forests. In view of towering Arenal Volcano, walk in the lush rainforest along a series of suspended and fixed bridges. Visit an organic chocolate workshop, an award-winning coffee estate, and a traditional artisan town known for intricately hand-painted woodcrafts. Accommodations are for two nights in the deluxe **Costa Rica Marriott Hotel Hacienda Belén** and two nights in the deluxe **Tabacon Thermal Resort & Spa**.

**Price per person, based on double occupancy: \$1,955**

**Price per person, based on single occupancy: \$2,545**



## POST-EXTENSION OPTION

### Panama City

**February 8 to 10, 2025** (Program Ends: February 10)

Explore Panama City's rich indigenous culture, compelling colonial history and contemporary élan. Visit the UNESCO World Heritage-designated Panama La Vieja — founded in 1519 and later destroyed by privateer Henry Morgan — to see the ruins of the oldest European settlement on the Pacific-American coast. Cruise the Gatún River for incredible birdwatching and then to meet indigenous Emberá people. Spend two nights in the ideally located, deluxe **Bristol Panama Hotel**.

**Price per person, based on double occupancy: \$645**

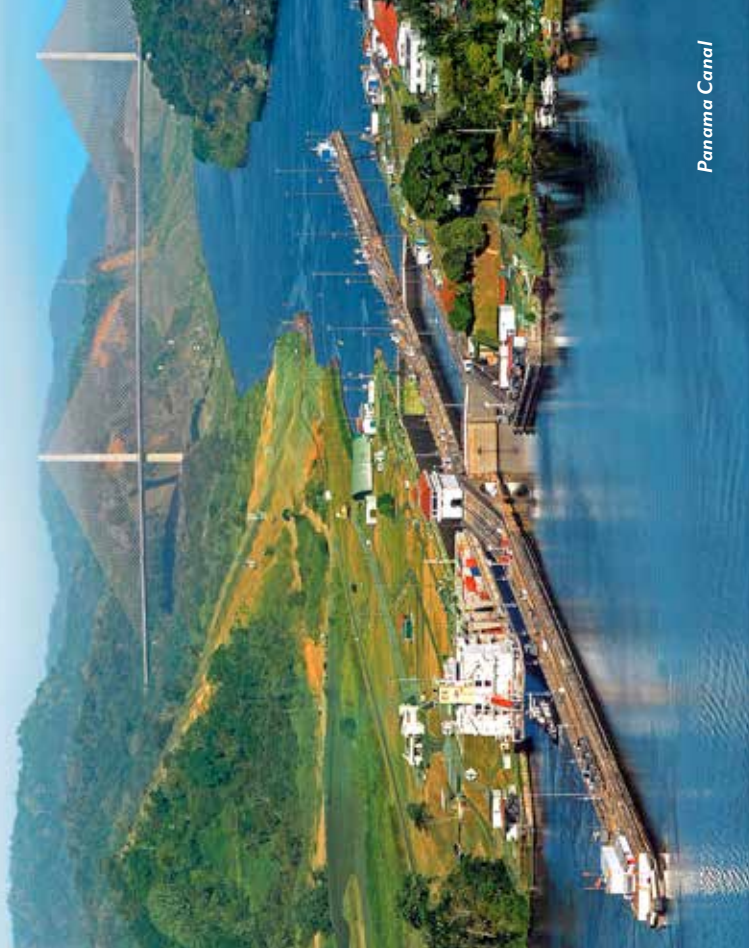
**Price per person, based on single occupancy: \$840**

*Further details will be provided with your reservation confirmation.*

**Early Booking Savings\* available | Save \$2,000 per couple!**

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*Panama Canal*