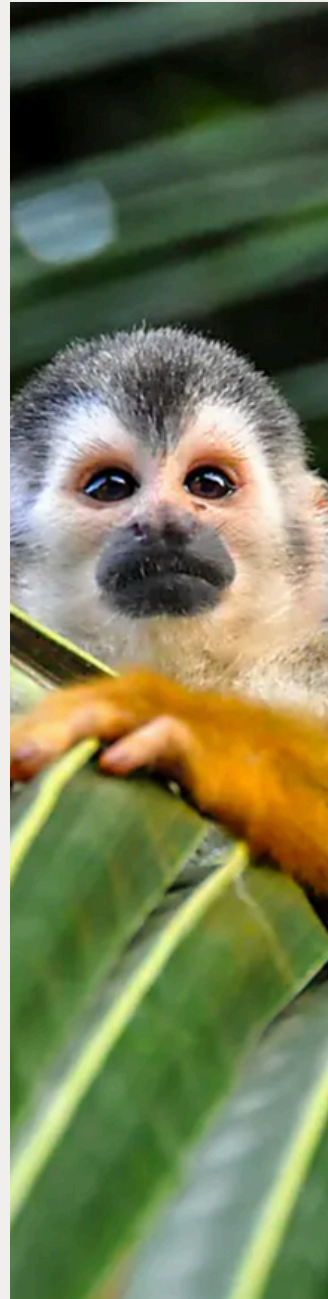


COAST AND CANAL CRUISE

Costa Rica and Panama



FEB 26-MAR 5, 2026

www.youogirlstravel.com





Here is what you have been waiting for-

The hands of man built the Panama Canal with creativity, intelligence, and perseverance. It is one of those things you must experience to fully appreciate its scale and importance. Fun fact – Do you realize that the canal runs north and south?



The natural splendors of Costa Rica stand in stark contrast to what is called the Eighth Wonder of the World. With sloths, howler monkeys, toucans, hummingbirds, countless other fauna, and a wide array of plant life, it does not get any better than this.

YES, IT DOES!

Your transportation and accommodations are aboard a 430' luxury French expedition yacht - Le Champlain. It carries only 184 guests, with 118 crew members to ensure the fabulous French food is served with the flair of French service, as you explore the best of Central America.



WAIT, THERE IS MORE!

In collaboration with Smithsonian Journeys, you will be spoon fed the most current scientific information by some of the best expedition staff in the world.



MORE AND MORE!

- Gratuities included for crew, and excursion guides and drivers
- Shore excursion or activity included in every port
- Complimentary drinks and minibar*
- Room service at will
- Arrival transfers from San Jose, CR airport to ship on embarkation day
- Departures from ship to Panama City airport on departure day

*excludes premium drinks

YOUR VESSEL

Le Champlain's simple and sophisticated elegance with clean lines and light colors, has ecodesign at its heart. Environmental concerns and sustainability are paramount at Ponant.

The BLUE EYE offers a unique underwater space for viewing what is happening undersea.

ALL cabins have a balcony.

Two restaurants serve meals and room service aboard this cozily intimate ship.

BOOK NOW TO GET THE STATEROOM OF YOUR DREAMS.

SMALL SHIPS FILL FAST.



THE ITINERARY

February 26

Puntarenas sits on the Pacific coast of Costa Rica, along the Gulf of Nicoya. Its generous rainforest and towering volcanoes are among the richest biodiversity on the planet

February 27

Quepos is a charming west side stop. It is just next-door to the notorious Manuel Antonio National Park. The town offers good shopping for local goods.

February 28

At sea with time to make the most of the many services and activities on board. Spa treatments, a workout, or the pool await, in addition to the learning experiences offer by the naturalists and Smithsonian experts.

March 1

Playa Muerto is most remote and least developed region of Panama, but it offers an extremely rich variety of flora and fauna. Its tiny village is home to the Emberas community. They will share their traditional songs and dance and offer local crafts. Darien National Park shows off rocky coastlines, mountain ranges, mangroves, rivers and creeks.

March 2

Fuerte Amador is the gateway to several noteworthy sites. Near here is the first set of canal locks. We also find Embera tribal villages nestling amid dense vegetation. They have proudly preserved their pre-Columbian culture.

March 3

Sailing the Panama Canal, this marvel of engineering was completed by the United States and opened in 1914. The canal crosses the Isthmus of Panama linking the Atlantic to the Pacific. Three levels of locks raise ships to the level of Lake Gatun. Special visit to the Smithsonian Tropical Research Institute to hear about their latest studies, see marine species up close, and explore local flora and fauna.

March 4

On the north-east coast of Panama we find the San Blas Islands in the heart of the Caribbean Sea. The long sandy white beaches allow for relaxation. We also engage with the Kunas Indian community welcoming us to their bamboo houses gathered near the beaches. These are some of the people creating molas. Read up before you go.

<https://www.smithsonianmag.com/travel/the-colorful-history-behind-panamas-mola-180980536/>

March 5

Colón is the second largest city in Panama, at the Caribbean entrance of the Panama Canal. The city rapidly overshadowed the older Caribbean ports of Panama when the canal opened. We disembark this morning and bid adieu to Le Champlain and our fabulous French hosts.

TAKING BOOKINGS NOW - LIMITED SPACES

FEB 26-MAR 5, 2026

\$6420 per person double occupancy

\$9230 per person single occupancy



DETAILS

To fully experience this expedition, it is highly recommended to arrive in San Jose, Costa Rica at least one day before the February 26, 4:00PM boarding. Departure is best planned for later in the day March 5 after the 7:00AM disembarkation. Better yet, stay to get a feel for the most modern metropolis in Central America, Panama City. It is a wonderful, warm, weather break from the dreary days of winter.

A 25% deposit will hold your space. Payments may be made with Venmo, Zelle, check, or credit card. There is a 20% cancellation fee. Failure to make any payment by due date will result in cancellation.

Final payment November 28, 2025, at which all payments are nonrefundable.

Travel insurance encouraged.

Upon registration, Ponant will provide the required paperwork.



CALL 503-227-7220 OR EMAIL INFO@YOUNGOGIRLSTRAVEL.COM