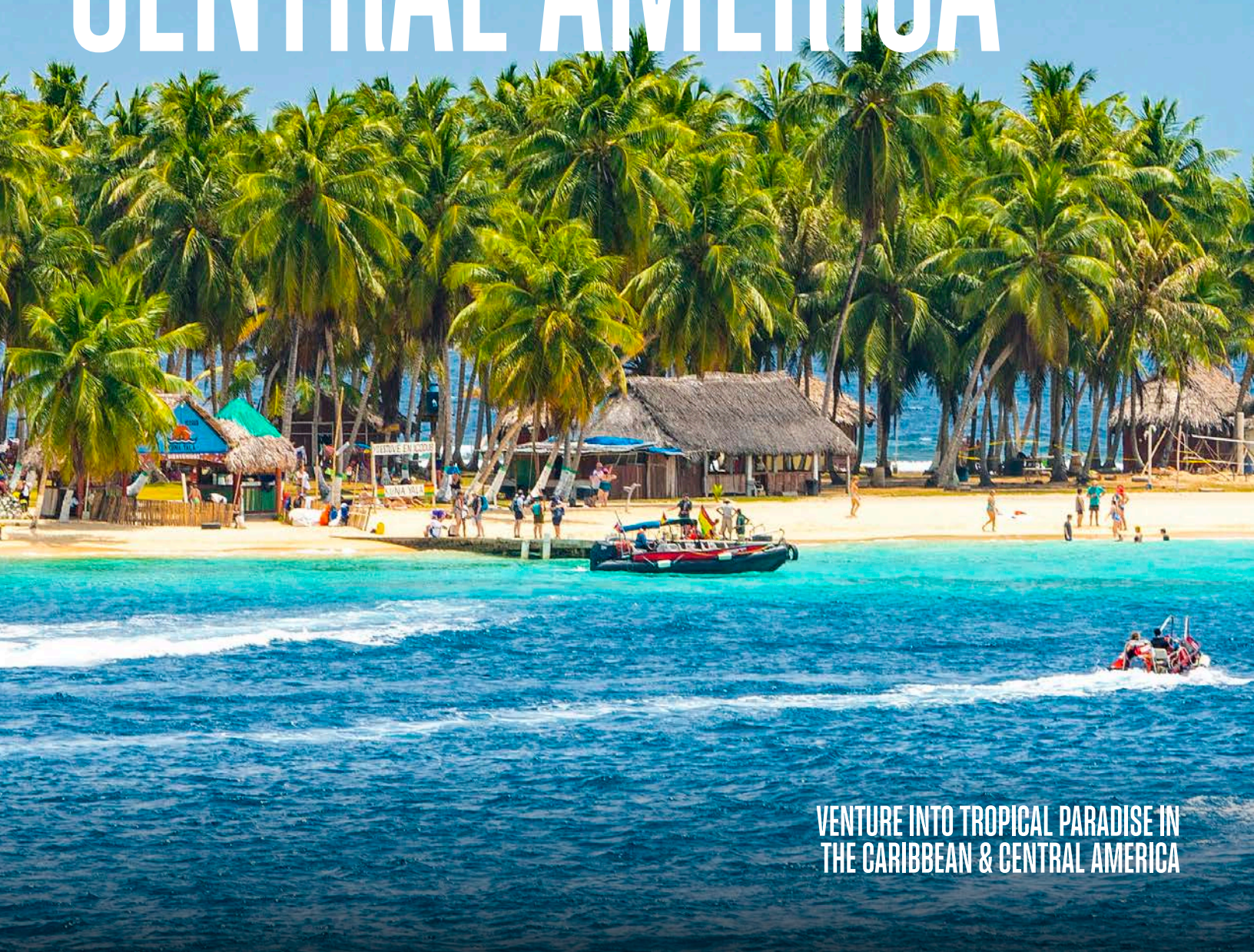


# DESTINATION GUIDE: CARIBBEAN & CENTRAL AMERICA



VENTURE INTO TROPICAL PARADISE IN  
THE CARIBBEAN & CENTRAL AMERICA



A full-page background image of a tropical beach. Several tall palm trees with green fronds are scattered across the scene. In the foreground, a sandy beach has a few people sitting on towels. The water is a clear, vibrant turquoise. In the distance, a large white and red Hurtigruten cruise ship is visible on the horizon under a blue sky with light clouds.

# CARIBBEAN & CENTRAL AMERICA

## Why discover the Caribbean and Central America with Hurtigruten?

### **Treasures of the sun**

Bask in all the pleasures of a perfect tropical climate as we explore dramatic natural beauty, discover relics of great civilizations, and experience stunning wildlife habitats in the Caribbean and Central America.

### **Golden beaches and blue waters**

Catch the sun on soft sand beaches, swim and snorkel in azure waters, and watch for rich wildlife as we get right up close to hidden natural and cultural treasures on an unforgettable expedition cruise.

### **Nature and sustainability**

Hurtigruten cruises put nature, culture, and education in the forefront of your experience. We also sail sustainably, with deep respect for the natural world. Join a refreshing yoga program on deck, attend lectures in the Science Center, or relax in the hot tubs as we sail some of the most scenic waters in the world.

Which Caribbean & Central America adventure is right for you?



# GET READY FOR YOUR ADVENTURE

— Relax, discover, and learn from the moment you step on board. We've created fascinating events and opportunities to learn during your entire voyage, designed to help you get the most out of your expedition.

## INCLUDED IN YOUR EXPEDITION

### Expert guiding with the Expedition Team

The Expedition Team members are specialists in their field, selected for your specific voyage and itinerary. They will join you on included activities, host lectures, and lead educational sessions on board and ashore.



© ANDREA KLAUSNER

### Activities on board and on shore

Join us on a series of included activities designed to immerse you in your destinations, including small-boat (RIB) cruising and onshore exploration.

### Lectures and happenings in the Science Center



© AGURTANE CONCELLON

In depth lectures on history, wildlife, glaciology, culture, climate change, and sustainability. Destination-specific themes will provide context to your expedition cruise and help you better understand the destinations you visit.

Enjoy casual opportunities to engage with the Expedition Team, including a welcome event and a daily evening gathering to recap and prepare for the day to come.

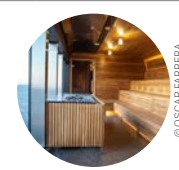
Photo and footage from your cruise shared in an Expedition Logbook after your voyage.

Opportunities to dine with the Expedition Team and interact with officers.

Free introductory photo lecture, camera adjustment, tips, and tricks.

Learn from educational sessions about the environment and take advantage of our onboard library.

### Relax and renew in maximum comfort



© OSCAR FARREIA

Two hot tubs, a sauna, and a fitness room

Outdoor pool  
*Only on MS Roald Amundsen  
and MS Fridtjof Nansen*

### Food and beverages with an international twist

Breakfast, lunch, and dinner. Specially selected wine and beer, sodas, and mineral water in the restaurants during lunch and dinner. Tea and coffee are available throughout the day.



© AGURTANE CONCELLON

### Loan of equipment on hikes and activities

A small selection of gear, such as trekking and rubber boots, will be available for loan depending on the season and the destination.

### Extras to make your voyage even better

You will receive a complimentary wind- and water-resistant jacket and a reusable water bottle. Enjoy free Wi-Fi\*. At the end of each expedition there will be a farewell event.



\*Access may be limited because of the remote waters in which we sail.

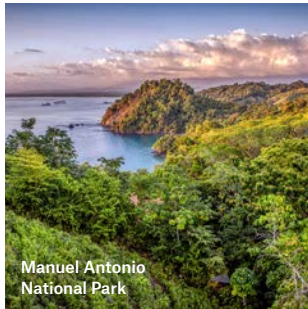


San Diego  
Ensenada  
Isla San Esteban  
Isla Santa Catalina  
Loreto  
Isla San José  
Isla San Francisco  
La Paz

Join us on a cruise in the Caribbean & Central America

# RELAXED EXPLORATION

Sustainably experience a tropical paradise of remote islands, wildlife, and culture.



## YOGA AND WELLNESS

The warm waters and balmy weather of the Caribbean and Central America set the mood for a more relaxed Hurtigruten experience.

In addition to discovering beautiful destinations and incredible wildlife, we offer yoga and meditation workshops with a professional instructor on our ships. Now you have an inner journey as well as outdoor adventures on our voyages.



### Puerto Vallarta

Enjoy this Mexican beach resort city. Stroll the lovely boardwalk at El Malecón, featuring sculptures by local and international artists.



### Inagua Islands

This is a birdwatcher's paradise—offering 140 different species of exotic birds, including over 80,000 flamingos, the national bird of the Bahamas.

### Cockburn Town

Explore old shipwrecks or spend some time on one of the white-sand beaches and soak in the crystal-clear water in which the island is known.

ATLANTIC OCEAN

GULF OF MEXICO

Miami

Nassau



### Isla de Providencia

This is an ecologically important reserve containing some of the world's greatest marine biodiversity—living in coral reefs, small keys, mangroves, and lagoons.

## JAMAICA

### Port Antonio

Experience real Jamaican culture and natural beauty. Trek through the jungle to stunning Reach Falls and the famed Blue Lagoon.

CARIBBEAN SEA

Cozumel

### Corn Island

This Nicaraguan island is one of the Caribbean's last untouched paradises. Most inhabitants of Great Corn Island earn their income from lobster fishing.

Isla de Utila

## HONDURAS

## NICARAGUA

## COSTA RICA

San Juan Del Sur

Quepos

Corn Islands

Puerto Limón

Bocas del Toro

## PANAMA

Cebaco Island

### Golfito

Go ashore and relax on golden beaches, try a variety of water sports in the beautiful bay, or visit the nearby national park of Piedras Blancas.

Bahia Solano

### Bocas del Toro

Keys and thousands of islets make up this archipelago lost in time, which offers lush tropical beaches and amazing snorkeling opportunities.

## COLOMBIA

### Panama Canal

Ranked as one of the seven wonders of the modern world, this is a constructed 51-mile-long waterway that connects the Atlantic Ocean with the Pacific Ocean.

### Quepos

This is the gateway to Manuel Antonio National Park. Wander some of the various hiking trails, and experience rainforest, mangroves, lagoons, white-sand beaches, and coral reefs.



## Fun in the sun

"Our cruises in the Caribbean and Central America are guest favorites because, in addition to the bigger ports, we sail to smaller islands that larger ships don't visit. And we stay for full days so everyone can relax and fully explore. Fewer ships mean less tourism—and our guests get to explore locales with a more authentic feel and vibe. Nicaragua's Corn Island is especially popular for its uncrowded white-sand beach—and there is a wonderful beach restaurant that serves great langostino lobster, cooked in local spices. There are also a lot of fun water activities to choose from. One of the most popular is snorkeling in the crystal-clear waters around reefs full of colorful fish. I've tried it. Trust me, it's amazing!"

Vibeke Anita Martinsen  
Chief Purser, MS Fram





# Expedition Team

## Central America

Join us in lectures, landings and hikes and learn about cultures, wildlife and geology while enjoying the sun and sandy beaches in the Caribbean and Central America.

Meet our international Expedition Team members. All lectures and activities with the Expedition Team are conducted in English.



Steffen Biersack, Germany

**Expedition Leader**

Steffen was a police officer in Berlin, Germany. Then he went back to school and studied geology, and with this new degree, applied to Hurtigruten as a ship lecturer. Ever since, Steffen's bond to the polar regions and Hurtigruten has grown stronger. When he sees that sparkle in the eyes of guests, he knows the team's efforts were well spent.



Luciano Gálvez Martínez, Chile

**General Naturalist**

Born in Santiago, Luciano's home is Patagonia. He studied translation and conference interpreting, and worked for several years as a tour guide at Torres del Paine and on the seas around Cape Horn. His passions are music and Patagonian nature. His goal is to provide visitors with unforgettable experiences.



Miguel Rodríguez-Gironés, Spain

**Biologist**

Miguel's longing for unspoiled environments led him to quit his research job in theoretical physics and start a new career in behavioral ecology. This change allowed him to climb 100 foot-high trees in the Bolivian rainforest, wash elephant in Sri Lanka, and study penguins on Deception Island. He likes sailing and hiking, and when he is not working on his research projects, he enjoys sharing his passion for nature and wildlife.



Judith Heinrich, Germany

**Expedition Coordinator**

Raised in Germany, Judith completed her master's degree in tourism business administration in the U.K., which led her to work in Mauritius, Scandinavia, Costa Rica, and Chile. Returning to Germany, she worked as a Product Manager planning polar expedition cruises. Her role at Hurtigruten gives her the opportunity to share her extensive travel experience and expertise.



Tessa van Drie, Netherlands

**Expedition Leader**

Tessa is from the Netherlands and has a master's degree in physical geography from the University of Utrecht. After traveling and volunteering in Central and South America for two years, she started working as a tour leader and guided tourist groups in several countries in the region. Tessa now lives in Norway and spends her spare time cross-country skiing, kayaking, and hiking in the mountains. Tessa has been a lecturer aboard MS Fram since 2011.

# ACTIVITIES

Join us on a wide range of included and optional activities\* on land and at sea. No matter your activity level or interest, you will find something that suits you—so you can explore and discover Central America the best possible way.



STAND-UP PADDLE BOARDING\* AND SNORKELING\*



KAYAKING\*



HIKING



SHORE EXCURSIONS\*



BIRDWATCHING



SCIENCE CENTER



YOGA AND WELLNESS PROGRAM



LECTURES

\* Optional excursions are available at an additional cost, and subject to availability.

# WILDLIFE

Central America is home to a spectacular array of wildlife, from massive whales to colorful jungle creatures. We explore a wide range of rich ecosystems and offer the opportunity to encounter many memorable species.



**DOLPHINS**  
A wide variety of dolphin species are frequent companions to our ships and can often be seen from the deck.



**WHALES**  
Whale-watching season is from July to October and December to February. Humpback whales are most frequently seen.



**IGUANAS**  
Some iguanas can grow up to 2.5 feet in length from head to tail and weigh up to 20 lbs.



**MONKEYS**  
Spider, capuchin, and howler monkeys are common in the rainforests of Mexico and Central America.



**SLOTHS**  
Sloths are known for their slow movement and hanging upside down in the trees of tropical rainforests.



**BIRDS**  
Avian life is abundant on our cruises, from parrots and hummingbirds in the jungle to huge condors and pelicans.



**TURTLES**  
Gracefully slow leatherback, green and hawksbill sea turtles inhabit local waters along our routes.



**FISH**  
Marine life in the area includes more than 700 fish species, including whale sharks and tuna.



15 DAYS MS ROALD AMUNDSEN/MS FRIDTJOF NANSEN  
MS Roald Amundsen departure: September 25, 2021  
MS Fridtjof Nansen departure: October 5, 2021

# Caribbean Sea – Hidden Highlights and Sailing Through the Panama Canal

## Itinerary 1

Explore gorgeous tropical islands in the Bahamas, Jamaica, the Cayman Islands, Nicaragua, and Panama, and then end your voyage by sailing through the legendary Panama Canal.

**Day 1 Nassau** (Embarkation)  
Discover this former pirate haven that still trades in rum and cigars and offers endless shopping and dining options. Consider arriving early and exploring more with an optional Pre-Program before boarding MS Roald Amundsen.

**Day 2 At Sea**  
Enjoy a pleasant sea day on our way to the Inagua Islands. The Expedition Team starts their Caribbean lecture series. Make the most of the day at sea and enjoy a relaxing yoga workshop out on deck.

**Day 3 Inagua Islands** (Full day)  
Spot up to 140 different species of exotic birds, including more than 80,000 flamingos; visit the natural habitat of green sea turtles; and learn about island life from friendly locals.

**Day 4 Cockburn Town** (Full day)  
Stroll along narrow streets lined with antique street lamps and 18th century British-Bermudian architecture, and see an exhibit of the oldest known European shipwreck in the Americas, dated 1505.

**Day 5 At Sea**  
Join the Expedition Team as they present interesting lectures, learn the basics of expedition

photography, do yoga, and spend time out on deck enjoying the fresh sea air as you watch for wildlife.

**Day 6 Port Antonio** (Full day)  
Enjoy the romantic, slow-paced rhythm of this one-time beach escape for celebrities in the 1940s, and experience its makeshift markets, friendly street vendors, and the famous Blue Lagoon.  
**INCLUDED EXCURSION:**  
*Scenic Tour of Port Antonio*

**Day 7 Montego Bay** (Full day)  
Discover why Christopher Columbus called ‘Mobay’ the ‘Gulf of Good Weather,’ join locals and visitors at the beaches and exquisite eateries; or board a bamboo raft and sail down the Martha Brae River.

**Day 8 George Town** (Full day)  
There is so much you can do here! Go on a submarine tour; board a glass-bottom boat; go snorkeling, scuba diving, or parasailing; and visit rum distilleries and art galleries.

**Day 9 At Sea**  
Spend this sea day at your leisure as we sail to Central America. Take advantage of the ship’s many onboard facilities, relax and meditate at our yoga workshop, or sit in on lectures.



Please note: We offer two itineraries on this expedition. The description below and this map describe Itinerary 1. Weather conditions will determine our final itinerary.

**Day 10 Isla de Providencia** (Full day)  
Visit this tiny, unspoiled Colombian island in the Spanish Caribbean, see deserted golden beaches, and explore diverse coral reefs in the UNESCO-listed Seaflower Biosphere Reserve.  
**INCLUDED EXCURSION:**  
*Cultural Show*

**Day 11 Corn Island** (Full day)  
Hike up Mount Pleasant Hill for views of the coves and horseshoe bays, or snorkel among pristine coral reefs with barracudas, hammerhead sharks, green sea turtles, and spotted rays.

**Day 12 Bocas del Toro** (Full day)  
Encounter amazing Bocas del Toro, considered one of the most biologically diverse places on Earth, with deserted sandy beaches, teeming coral reefs, and lush rainforests.  
**INCLUDED EXCURSION:**  
*Water Taxi to Local Beach with Nature Trail Walk*

**Day 13 San Blas Island** (Full day)  
Step into this natural paradise inhabited by the Guna Yala people, who protect their pristine islands by only conducting and accepting eco-friendly tourism.

**Day 14 Panama Canal** (Full day)  
Enter the Panama Canal near the city of Colón and experience firsthand the ingenious lock system as we pass through man-made channels and lakes to eventually emerge in the Pacific Ocean.

**Day 15 Panama City**  
Conclude your expedition cruise in Panama City, where you can visit the ruins of Old Panama City, destroyed by pirates, or hike Ancón Hill to enjoy views of the cityscape. Consider adding an optional Post-Program to extend your stay in this beautiful region.



Bocas del Toro

© MAGNE JACOBSEN



Snorkeling, Cayman Islands



Inagua Islands



Montego Bay

© SHUTTERSTOCK

## Included

### ACTIVITIES

- Lecture program
- Nature landings
- Short hikes and walks
- Art activities
- Photo program
- Science activities
- Birdwatching
- Yoga and meditation sessions

## Optional

### EXCURSIONS

- Bamboo Rafting on the Rio Grande, Port Antonio
- Great Huts Nature Walk, Port Antonio
- Reach Falls Jungle Adventure, Port Antonio
- Adventure to the Peak, Isla Providencia
- Snorkeling Tour, Isla Providencia
- Island Tour by Car with a Local, Isla Providencia
- Sustainable Cocoa Farm, Bocas del Toro
- Cayo Zapatilla, Bocas del Toro
- Cacao Farm & Indigenous Community, Bocas del Toro
- Stand-up paddle boarding (SUP), snorkeling

Read more at [hurgitgruten.com](https://hurgitgruten.com)



8 DAYS MS ROALD AMUNDSEN/MS FRIDTJOF NANSEN

MS Roald Amundsen departure: September 25, 2021  
MS Fridtjof Nansen departure: October 5, 2021

Hidden Highlights of the Caribbean from Nassau to George Town

Embark on a tropical cruise of island hopping in the Bahamas, Turks and Caicos, and Jamaica before ending your voyage in lovely George Town in the Cayman Islands.

**Day 1 Nassau** (Embarkation)  
Discover this former pirate haven that still trades in rum and cigars and offers endless shopping and dining options. Consider arriving early and exploring more with an optional Pre-Program before boarding our ship.

**Day 2 At Sea**  
Enjoy a pleasant sea day on our way to the Inagua Islands. The Expedition Team starts their Caribbean lecture series. Make the most of the day at sea and enjoy a relaxing yoga workshop out on deck.

**Day 3 Inagua Islands** (Full day)  
Spot up to 140 different species of exotic birds, including more than 80,000 flamingos; visit the natural habitat of green sea turtles; and learn about island life from friendly locals.

**Day 4 Cockburn Town** (Full day)  
Stroll along narrow streets lined with antique street lamps and 18th century British-Bermudian architecture, and see an exhibit of the oldest known European shipwreck in the Americas, dated 1505.

**Day 5 At Sea**  
Join the Expedition Team as they present interesting lectures, learn the basics of expedition photography, do yoga, and spend time out on deck enjoying the fresh sea air as you watch for wildlife.

**Day 6 Port Antonio** (Full day)  
Enjoy the romantic, slow-paced rhythm of this one-time beach escape for celebrities in the 1940s, experience its makeshift markets, friendly street vendors, and the famous Blue Lagoon. INCLUDED EXCURSION: *Scenic Tour of Port Antonio*

**Day 7 Montego Bay** (Full day)  
Discover why Christopher Columbus called ‘Mobay’ the ‘Gulf of Good Weather,’ join locals and visitors at the beaches and exquisite eateries, or board a bamboo raft and sail down the Martha Brae River.

**Day 8 George Town** (Full day)  
Your expedition cruise ends in George Town, the capital of the Cayman Islands. Explore the area by going on a submarine tour, board a glass-bottom boat, visit rum distilleries, or try local delicacies in one of the many restaurants before heading home.



Please note: We offer two itineraries on this expedition. The description below and this map describe Itinerary 1. Weather conditions will determine our final itinerary.



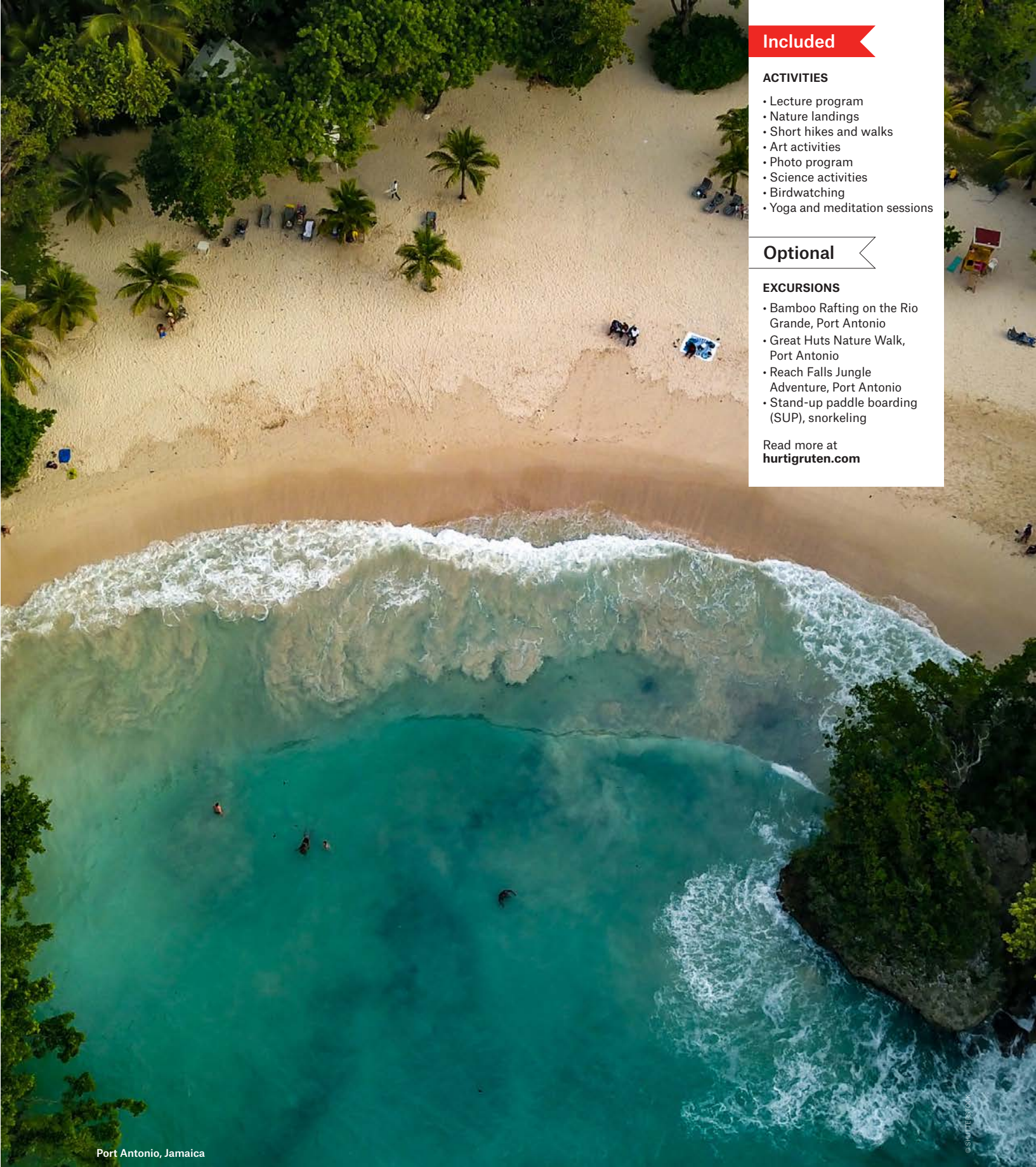
Port Antonio, Jamaica



Cockburn Town, Turks and Caicos



Inagua Islands, Bahamas



Port Antonio, Jamaica

Included

ACTIVITIES

- Lecture program
- Nature landings
- Short hikes and walks
- Art activities
- Photo program
- Science activities
- Birdwatching
- Yoga and meditation sessions

Optional

EXCURSIONS

- Bamboo Rafting on the Rio Grande, Port Antonio
- Great Huts Nature Walk, Port Antonio
- Reach Falls Jungle Adventure, Port Antonio
- Stand-up paddle boarding (SUP), snorkeling

Read more at [hurtigruten.com](http://hurtigruten.com)



8 DAYS MS ROALD AMUNDSEN/MS FRIDTJOF NANSEN  
MS Roald Amundsen departure: October 2, 2021  
MS Fridtjof Nansen departure: October 12, 2021

# Hidden Highlights of the Caribbean from George Town to Panama City

Explore gorgeous tropical islands such as Isla de Providencia and Corn Island, and then sail to Nicaragua and Panama before ending your voyage by sailing through the legendary Panama Canal.

**Day 1 George Town** (Embarkation)  
Spend your day exploring the capital of the Cayman Islands before boarding MS Roald Amundsen.

**Day 2 At Sea**  
Spend this sea day at your leisure as we sail to Central America. Take advantage of the ship's many onboard facilities, relax and meditate at our yoga workshop, or sit in on lectures.

**Day 3 Isla de Providencia** (Full day)  
Visit this tiny, unspoiled Colombian island in the Spanish Caribbean, see deserted golden beaches, and explore diverse coral reefs in the UNESCO-listed Seaflower Biosphere

Reserve.  
**INCLUDED EXCURSION:**  
*Cultural Show*

**Day 4 Corn Island** (Full day)  
Hike up Mount Pleasant Hill for views of the coves and horseshoe bays, or snorkel among pristine coral reefs with barracudas, hammerhead sharks, green sea turtles, and spotted rays.

**Day 5 Bocas del Toro** (Full day)  
Encounter amazing Bocas del Toro, considered one of the most biologically diverse places on Earth, featuring deserted sandy beaches, teeming coral reefs, and lush rainforests.  
**INCLUDED EXCURSION:**  
*Water Taxi to Local Beach with Nature Trail Walk*



Please note: We offer two itineraries on this expedition. The description below and this map describe Itinerary 1. Weather conditions will determine our final itinerary.

**Day 6 San Blas Island** (Full day)  
Step into this natural paradise inhabited by the Guna Yala people, who protect their pristine island by only conducting and accepting eco-friendly tourism.

**Day 7 Panama Canal** (Full day)  
Enter the Panama Canal near the city of Colón and experience firsthand the ingenious lock system as we pass through man-made channels and lakes to eventually emerge in the Pacific Ocean.

**Day 8 Panama City**  
Conclude your expedition cruise in Panama City, where you can visit the ruins of Old Panama City, destroyed by pirates, or hike Ancón Hill to enjoy views of the cityscape. Consider adding an optional Post-Program to extend your stay in this beautiful region.



San Blas Island



Isla de Providencia



Bocas del Toro



Guna Yala, San Blas Island

## Included

### ACTIVITIES

- Lecture program
- Nature landings
- Short hikes and walks
- Art activities
- Photo program
- Science activities
- Birdwatching
- Yoga and meditation sessions

## Optional

### EXCURSIONS

- Bamboo Rafting on the Rio Grande, Port Antonio
- Adventure to the Peak, Isla Providencia
- Snorkeling Tour, Isla Providencia
- Island Tour by Car with a Local, Isla Providencia
- Sustainable Cacao Farm, Bocas del Toro
- Cayo Zapatilla, Bocas del Toro
- Cacao Farm & Indigenous Community, Bocas del Toro
- Stand-up paddle boarding (SUP), snorkeling

Read more at [hurtigruten.com](https://www.hurtigruten.com)



# Caribbean Sea – Discover Keys, Coves, and Cultures

## Itinerary 2

Sail from Miami to Key West and to tropical paradises in the Caribbean and Central America. Visit remote islands and protected marine areas with sandy beaches, crystal-clear waters, diverse wildlife, and fascinating history.

**Day 1 Miami**  
Start your expedition cruise in Miami’s vibrant cocktail of Latin American, Caribbean, African, and European cultures. Consider arriving early for an optional Pre-Program to see more of what Miami offers.

**Day 2 Key West** (Full day)  
Wander about laid-back Key West, the southernmost island in the Florida Keys and just 90 miles from Cuba, and don’t forget to visit the Ernest Hemingway House Museum.  
**INCLUDED EXCURSION:**  
*Old Trolley Tour*

**Days 3–4 At Sea**  
Join the Expedition Team as they prepare you for your upcoming tropical island experiences. Spend time on deck, watch for marine wildlife, or participate in an invigorating yoga workshop.

**Day 5 Belize City** (Full day)  
Discover colonial houses and seaside parks, and cross the Belize City Swing Bridge. Take a tour to the Mayan Lamanai temple in the surrounding jungle, and keep an eye out for crocodiles, bats, and monkeys.

**Day 6 Lighthouse Reef** (Full day)  
Land at remote Half Moon Cay on Lighthouse Reef to visit Belize’s oldest bird sanctuary and first protected marine area, home to endangered loggerhead, hawksbill, and green sea turtles.

**Day 7 Isla de Útila** (Full day)  
Explore the tiny tropical island of Útila, which at eight-miles long and three-miles wide forms part of the world’s second-largest barrier reef system and is home to gentle whale sharks up to 20-feet long.  
**INCLUDED EXCURSION:**  
*Water Cay Beach*

**Day 8 Cayos Cochinos** (Full day)  
Discover this strictly protected archipelago with no roads, cars, or motorbikes. Explore crystal-clear waters and observe marine wildlife at what is quite possibly the most beautiful place in Honduras.

**Day 9 Trujillo** (Full day)  
Visit three indigenous Garífuna fishing villages, meet local people, and try gifti, a traditional drink. Learn about the area’s history—from Christopher Columbus to pirates to banana companies.

**Day 10 At Sea**  
Enjoy another relaxing day at sea. Join the Expedition Team for interesting lectures, learn the basics of expedition photography, watch for wildlife, or unwind with a yoga and meditation workshop out on deck.

**Day 11 Isla de Providencia** (Full day)  
Visit this tiny, unspoiled Colombian island in the Spanish Caribbean, discover deserted



This map describes our planned journey. Weather conditions will determine our final itinerary.

golden beaches, and explore coral reefs in the UNESCO World Heritage Site-listed Seaflower Biosphere Reserve.  
**INCLUDED EXCURSION:**  
*Cultural Show*

**Day 12 Corn Islands** (Full day)  
Hike up Mount Pleasant Hill for sweeping views of sandy bays and coves, or snorkel about pristine coral reefs with barracudas, hammerhead sharks, green sea turtles, and spotted rays.

**Day 13 Bocas del Toro** (Full day)  
Experience amazing Bocas del Toro, considered one of the most biologically diverse places on Earth, with deserted sandy beaches, teeming coral reefs, and lush rainforests.  
**INCLUDED EXCURSION:**  
*Water Taxi to Local Beach with Nature Trail Walk*

**Day 14 At Sea**  
Drop by the Science Center and use its state-of-the-art microscopes to observe samples taken during the cruise, attend another interesting Expedition Team lecture, and do yoga and meditate under the stars.

**Day 15 San Blas Islands** (Full day)  
Step into this natural paradise inhabited by the Guna Yala people, who protect their pristine islands by only conducting and accepting eco-friendly tourism.



Cayos Cochinos



Mayan Lamanai, Belize City



Corn Islands

## Included

### ACTIVITIES

- Lecture program
- Nature landings
- Short hikes and walks
- Art activities
- Photo program
- Science activities
- Birdwatching
- Yoga and meditation sessions

## Optional

### EXCURSIONS

- Key West Mangrove Eco Tour
- Best of Food Walking Tour and Mojito Workshop, Key West
- Historic Walking Tour and Hemingway’s House, Key West
- Utila Town Exploration
- Copán Archaeological Site by Air
- Adventure to the Peak, Isla Providencia
- Snorkeling Tour, Isla Providencia
- Island Tour by Car with a Local, Isla Providencia
- Sustainable Cocoa Farm
- Cayo Zapatilla
- Cacao Farm & Indigenous Community
- Kayaking, stand-up paddle boarding (SUP), snorkeling

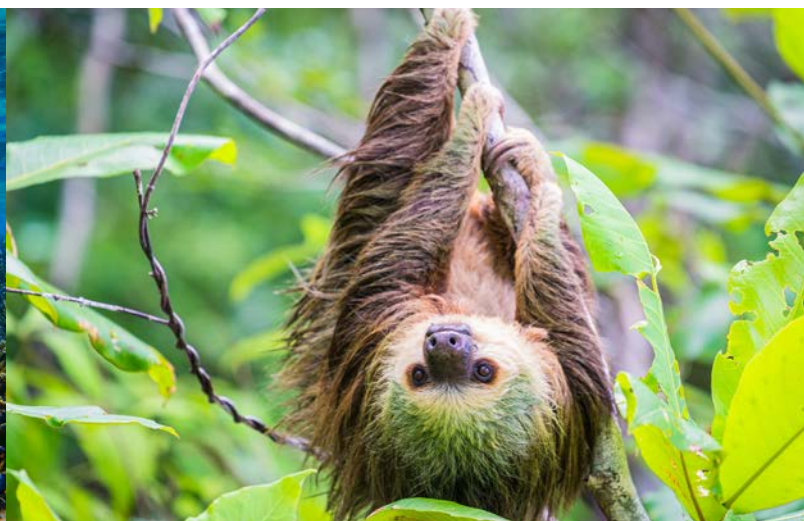
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**BOOK YOUR EXPEDITION TODAY**

CALL YOUR TRAVEL ADVISOR OR BOOK ONLINE:

**CALL: +1 (800) 323-7436**  
**ONLINE: [HURTIGRUTEN.COM](https://www.hurtigruten.com)**