STANFORD TRAVEL/STUDY

RAIN FORESTS & REEFS OF CENTRAL AMERICA

April 12 to 26, 2016

Panama Canal

RAIN FORESTS & REEFS OF CENTRAL AMERICA

April 12 to 26, 2016

a program of the stanford alumni association
Ask seasoned travelers about their most unusual and memorable adventures and it’s not uncommon that you’ll hear stories of transiting the Panama Canal. Sailing from the west coast of the Western Hemisphere to its east coast in a few hours’ time is indeed an extraordinary experience, made possible through one of the greatest engineering feats of all time and brought to life with lectures from our learned faculty leaders and a team of expert naturalists. Cruising aboard the nimble Sea Adventurer, we’ll also visit indigenous Indians, make forays into virgin rain forests, and snorkel amid the colorful coral reefs that dot Central America’s coasts and offshore islands. Join us for this pageant of manmade and natural wonders!

BRETT S. THOMPSON, ‘83, DIRECTOR, STANFORD TRAVEL/STUDY

**Highlights**

**Experience** a daylight transit through the historic locks of the Panama Canal aboard our state-of-the-art expedition vessel.

**Step** ashore on seldom-visited Isla de Providencia, Colombia—its long history includes tales of colonization, conquest and buried treasure.

**Search** for Central America’s incredibly diverse wildlife during Zodiac cruises, nature walks and snorkeling excursions.

**Meet** the Kuna Indians of San Blas and the Emberá Indians of the Darién who proudly preserve their cultural heritage.
Professors Pamela Matson and Peter Vitousek, the popular husband/wife faculty team, have worked in the area of environment and sustainability for over 20 years. Pamela and her students and collaborators have worked on the sustainability of agricultural systems; the vulnerability of particular people and places to climate change; and the consequences of tropical deforestation for atmosphere, climate and water systems. With multidisciplinary teams of researchers, managers and other decision makers, she has worked to develop agricultural approaches that reduce environmental impacts while maintaining livelihoods and human well-being. Peter and his laboratory have worked on the global cycles of nitrogen and phosphorus and how they are altered by human activity and on biological invasions by exotic species and how they can change the functioning of whole ecosystems. Both Peter and Pamela have won numerous awards for their teaching and research. They have also educated and fascinated travelers on nearly 20 Travel/Study programs.

PAMELA MATSON
—Dean of the School of Earth Sciences, Stanford University
—Richard and Rhoda Goldman Chair of Environmental Studies
—Senior fellow at the Woods Institute for Environment
—Member of the National Academy of Sciences and the American Academy of Arts and Sciences

PETER VITOUSEK
—Clifford G. Morrison Professor of Population and Resource Studies
—Director of the Emmett Interdisciplinary Program in Environment and Resources
—Member of the National Academy of Sciences and the American Academy of Arts and Sciences

In addition to our faculty leaders from Stanford, we will also enjoy onboard presentations by a team of expedition leaders and naturalists from Zegrahm Expeditions.

Reservation Form

Panama Canal

April 12 to 26, 2016

I/We have read the Terms and Conditions for the program and agree to them.
Signature ____________________________

If this is a reservation for one person, please indicate:
☐ I wish to have single accommodations.
OR ☐ I plan to share accommodations with _________________________
OR ☐ I’d like to know about possible roommates.

Category Preference: ____________________________________________
Bed Preference (hotel only)
1st choice: ___________________________ ☐ Twin Beds ☐ King Bed
2nd choice: ___________________________ ☐ Twin Beds ☐ King Bed

Here is my deposit of $________ ($1,000 per person) for ___ space(s), plus $_____ ($200 per person) for the optional Tikal & Copán post-trip extension.

☐ Enclosed is my check (make payable to Stanford Alumni Association) OR
☐ Charge my deposit to my: ☐ Visa ☐ MasterCard ☐ American Express

CARD # ____________________________
EXPIRES ____________________________

AUTHORIZED CARDHOLDER SIGNATURE ____________________________
DATE ____________________________

Mail completed form to address on mail panel or fax to (650) 725-8675 or place your deposit online at alumni.stanford.edu/trip?panama2016. Please submit your reservation only once to avoid multiple charges to your account.
**Itinerary**

**TUESDAY, APRIL 12, DEPART U.S. / SAN JOSÉ, COSTA RICA**
Fly to Costa Rica on independent flights and transfer to our hotel. INTERCONTINENTAL HOTEL (D)

**WEDNESDAY, APRIL 13 SAN JOSÉ / PUERTO CALDERA / EMBARK SEA ADVENTURER**
This morning depart overland for Puerto Caldera. Enjoy a short city tour and lunch at a local restaurant before embarking our ship. SEA ADVENTURER (B,L,D)

**THURSDAY, APRIL 14 GOLFO DULCE**
Home to pristine rain forests and serene waters frequented by acrobatic dolphins, Golfo Dulce is a nature lover’s paradise. This morning visit Casa Orquideas, a botanical garden full of colorful tropical trees and exotic plants including many species of orchids. Search the lush flora for resident wildlife such as scarlet macaws, white-faced capuchin monkeys, red-legged and shining honeycreepers, and chestnut-mandibled toucans. There will also be an opportunity to swim or take a stroll along the beach. In the afternoon take a Zodiac cruise up Rio Esquinas to search for birds and mammals in the complex maze of mangrove-lined canals. Aboard ship this evening, enjoy a welcome reception before dinner. SEA ADVENTURER (B,L,D)

**FRIDAY & SATURDAY, APRIL 15 & 16 ISLA COIBA, PANAMA**
Anchor off Isla Coiba for a two-day exploration of one of the largest marine parks in the world. On nature hikes search for more than 130 species of birds, including red-legged honeycreepers, crimson-backed tanagers and brilliantly colored lance-tailed manakins. Zodiacs take us on excursions along wild shores and to secluded beaches. The snorkeling is excellent here as Coiba is also the site of a large coral reef where a convergence of currents reveals an array of eastern Pacific tropical marine life. SEA ADVENTURER (B,L,D—BOTH DAYS)

**SUNDAY, APRIL 17 MOQUE RIVER, DARIÉN PROVINCE**
Today explore Panama’s remote Darién Province, one of the last unspoiled regions in Central America. In Zodiaks and dugout canoes, conditions permitting, we make our way up the Mogue River to meet with the indigenous Emberá Indians who live in small thatched-hut villages. Primarily harvesters of forest agricultural products, they are also well-known for their baskets and the carvings they fashion from cocobolo, a dense hardwood. The Emberá are also famed for their music and dance, and as we approach the village, percussion and flutes celebrate our arrival. SEA ADVENTURER (B,L,D)

**MONDAY, APRIL 18 DAYLIGHT TRANSIT OF THE PANAMA CANAL**
During our daylight transit of the Panama Canal, the Sea Adventurer gracefully navigates the dramatic Gaillard Cut, Gatún Lake and the canal’s three mighty locks. Relax on deck and enjoy a historical perspective as our ship makes it way via this famed waterway to the Atlantic. SEA ADVENTURER (B,L,D)

**TUESDAY, APRIL 19 SAN BLAS ARCHIPELAGO**
The San Blas Archipelago is a group of over 350 islands stretching for 200 miles along Panama’s east coast. Largely roadless and many ringed with reefs, they vary in size from tiny uninhabited islets with few palm trees to larger islands clad in jungle. Our explorations offer up-close views of the wildlife native to the archipelago. San Blas is also home to the Kuna Indians, a semi-autonomous tribe still practicing the traditions of their ancestors, including the crafting of molas, brightly colored, appliquéd fabrics. Meet the Kuna, learn about their culture, and admire or purchase molas. In the afternoon we land at Holandes Caye to beachcomb or snorkel in the inviting waters. SEA ADVENTURER (B,L,D)
Wednesday, April 20
Portobelo / Colón
This morning disembark in the historic town of Portobelo, one of Spain’s most important strongholds in the Americas during colonial times. Visit Forts San Gerónimo and Santiago de la Gloria as well as the Church of San Felipe. After lunch, transfer to Colón for a VIP tour of the five-billion-dollar Panama Canal expansion project. Go behind the scenes at the Panama Canal Expansion Observation Center and meet one of the authorities who is currently working on the expansion project. Sea Adventurer (B,L,D)

Thursday, April 21
Puerto Limón, Costa Rica / Tortuguero Canals
Board shallow-draft boats today for an excursion along the Tortuguero Canals, home to 2,000 plant species, more than 400 species of birds and 13 of Costa Rica’s 16 endangered mammals. During our exploration of the raffia-lined waterways, we may spy sloths, howler and capuchin monkeys, wood storks, bare-throated tiger herons, roseta spoon-bills, Montezuma oropendolas and ringed kingfishers. Also keep an eye out for crocodiles, caimans, turtles, iguanas and the Jesus Christ lizard, so named for its unique ability to run across water surfaces. Return to ship for our lunch and set sail to a remote Colombian island. Sea Adventurer (B,L,D)

Friday, April 22
Isla de Providencia, Colombia
Far from mainland Colombia, rarely visited Isla de Providencia is a warm and friendly, English-speaking island with the nostalgic feel of the Caribbean of yesteryear. An island tour takes us to a parochial school and other points of interest ashore, or opt to venture out to snorkel among a variety of fish that populate the island’s coral reef. Sea Adventurer (B,L,D)

Saturday, April 23
At Sea
During a full day at sea, attend lectures on the region’s history and wildlife or relax on deck. Sea Adventurer (B,L,D)

Sunday, April 24
Bay Islands, Honduras
Today make an expedition stop to snorkel over coral reefs that are among the healthiest in the Caribbean and are part of the Mesoamerican Barrier Reef that runs more than 600 miles from the tip of the Yucatan Peninsula down to the Bay Islands of Honduras. Permission pending, go ashore for nature walks and beachcombing or just relax on the white-sand beaches. Sea Adventurer (B,L,D)

Optional Post-voyage Extension
Tikal & Copán
April 26 to May 1
Explore the temples, palaces and tombs of Tikal, Guatemala, the largest ancient ruined city of the Maya and the largest excavated site in North America, and search for wildlife in the nearby park. In Copán, Honduras, a UNESCO World Heritage site that dates back to 426 C.E., discover temples, sculptures, plazas and dozens of portrait stelae. This post-trip extension also includes a visit to the Macaw Mountain Bird Park and the splendid Copán Butterfly and Orchid Farm. Detailed information will be sent to confirmed travelers.
Sea Adventurer

This 110-passenger expedition ship offers flexibility and ease in navigating remote islands inaccessible by larger ships. All cabins have an ocean view with two twin beds, a desk and chair, an in-room music system and en suite bathroom. Public facilities include a dining room that accommodates all guests in a single seating, lounge, library, gift shop, infirmary staffed by a registered physician, laundry and small gym. The Sea Adventurer is outfitted with state-of-the-art satellite navigation and communication equipment as well as stabilizers and a fleet of Zodiac landing craft, allowing us to land anywhere nature or curiosity dictates.


Program Cost*

Rates are per person, based on double or single occupancy noted.

<table>
<thead>
<tr>
<th>Category 1</th>
<th>$11,980</th>
<th>A Deck cabin with 1 porthole, avg. 136 sq. ft.</th>
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</thead>
<tbody>
<tr>
<td>Category 2</td>
<td>$12,580</td>
<td>$15,780 A Deck cabin with 1 porthole, avg. 136 sq. ft.</td>
</tr>
<tr>
<td>Category 3</td>
<td>$13,280</td>
<td>$16,580 Main Deck cabin with 1 porthole, avg. 136 sq. ft.</td>
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<tr>
<td>Category 4</td>
<td>$13,980</td>
<td>Main Deck cabin with 1 window, avg. 150 sq. ft.</td>
</tr>
<tr>
<td>Category 5</td>
<td>$14,780</td>
<td>$18,380 Main Deck cabin with 1 window, avg. 130 sq. ft.</td>
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<tr>
<td>Category 6</td>
<td>$15,880</td>
<td>Promenade Deck cabin with 2 windows, avg. 150 sq. ft.</td>
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<tr>
<td>Category 7</td>
<td>$16,780</td>
<td>Promenade or Boat Deck cabin with 2 windows, avg. 160 sq. ft.</td>
</tr>
<tr>
<td>Suite</td>
<td>$20,880</td>
<td>Boat Deck suite with 4 windows, avg. 221 sq. ft.</td>
</tr>
<tr>
<td>Owner’s Suite</td>
<td>$22,680</td>
<td>Boat Deck suite with 4 windows, 273 sq. ft.</td>
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*Association nonmembers add $300 per person.
**Single accommodations may be limited to as few as 2 cabins.
**Dates**
April 12 to 26, 2016 (15 days)

**Size**
This program can accommodate 96 participants, including travelers from Stanford and Zegrahm Expeditions. Single accommodations are extremely limited; please call for availability.

**Included**
- 1 night of deluxe hotel accommodations
- 13-night cruise aboard the Sea Adventurer
- 14 breakfasts, 13 lunches and 14 dinners
- Welcome and farewell receptions
- Gratuities to guides, drivers and ship crew for all group activities
- All tours and shore excursions as described in the itinerary
- Transfers and baggage handling on program arrival and departure days
- Port fees and embarkation taxes
- Minimal medical, accident and evacuation insurance
- Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information
- Services of our professional tour manager to assist you throughout the program

**Not Included**
- International and U.S. domestic airfare
- Passport and visa fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Trip-cancellation/interruption and baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone and fax calls, laundry and gratuities for nongroup services

**Air Arrangements**
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on Delta Airlines from San Francisco to San Jose, Costa Rica, and return from Belize City, Belize, is approximately $811 as of February 2015 and is subject to change without notice. Information on recommended flight itineraries will be sent by Zegrahm Expeditions.

**Fuel Costs**
In the uncertain, often volatile oil market of late, it is difficult to predict fuel costs over the long term and, more specifically, at the time of operation of this voyage. Our prices are based upon the prevailing fuel rates at the time of brochure printing. While we will do everything possible to maintain our prices, if the fuel rates increase significantly, it may be necessary to institute a fuel surcharge.

**What To Expect**
The climate varies greatly among the countries in this region and you should be prepared for all types of weather. Temperatures can range from 60°F (F) to 90°F, and rain is a strong possibility in the tropical and rain forest areas we visit. For most activities, a relatively moderate level of exertion is required. You will need to able to climb into and out of Zodiacs for snorkeling activities and excursions ashore. Ashore, you must be able to walk moderate distances, unaided, along beaches and sometimes over rough terrain, including steep and slippery trails. Participants must be physically fit, active and in good health. We welcome travelers 15 years of age and older on this program.

**Deposit & Final Payment**
A $1,000-per-person deposit is required to hold your space for this program. A $200-per-person deposit is required to hold space for the optional post-voyage extension. Complete and return the attached reservation form or sign up online. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

**Cancellation & Refunds**
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

**Insurance**
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. A brochure offering such insurance will be provided to U.S. residents with their welcome materials. The product offered in this brochure includes special benefits if you purchase your policy within a specified window: 14–21 days of the date listed on the welcome letter, depending on your destination and state of residence.

**Eligibility**
We encourage membership in the Alumni Association, as the program cost for nonmembers is $300 more than the members' price. Parents and their children under 21 may travel on one membership. For more information or to purchase a membership, visit alumni.stanford.edu/goto/membership or call (650) 725-0692.

**Responsibility**
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and ship arrangements and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. It is understood that the ship’s ticket, when issued, shall constitute the sole contract between the passenger and the cruise company. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in February 2015 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.
"No single great material work which remains to be undertaken on this continent is as of such consequence to the American people."

PRESIDENT THEODORE ROOSEVELT, SPEAKING OF THE PANAMA CANAL IN A SPEECH TO CONGRESS, 1901