Costa Rica to Colombia

TRACING THE PANAMA CANAL ABOARD THE HEBRIDEAN SKY

April 13 to 24, 2019

a program of the stanford alumni association
Ask seasoned travelers about their most unusual and most memorable adventures and it’s not uncommon that you’ll hear stories of transiting the Panama Canal. Crossing the Isthmus of Panama from the Pacific Ocean to the Atlantic Ocean within just a few hours' time is indeed an extraordinary experience, made possible through one of the greatest engineering feats of all time. Input from local naturalists, expert guides and faculty leaders, Scott Pearson and Joel Simon, ’74, MS ’84, enhances our understanding of the impact this modern marvel has had on societies all over the world. On our journey we’ll also visit with indigenous peoples, make forays into virgin rain forests and snorkel amid the colorful coral reefs that dot Central America’s coasts. Join us for this pageant of man-made and natural wonders!

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

Highlights

SEARCH Costa Rica’s Corcovado and Manuel Antonio National Parks to see the diverse wildlife inhabiting these rain forest ecosystems.

EXPLORE the old towns of Panama City and Cartagena, UNESCO World Heritage sites, and learn about their colonial history.

INTERACT with the Kuna Indians of San Blas and the Emberá Indians of the Darién, both of whom proudly preserve their cultural heritage.

ENJOY a daylight transit through the historic locks of the Panama Canal, one of the world’s most impressive engineering projects.
“The faculty leaders really make the trip. It’s a very special opportunity to travel with them.”

MARY FIEDLER, NEW ZEALAND BY PRIVATE AIR, 2011

JULIE MATLOF KENNEDY, ’87, JD ’91

Stanford Faculty Leaders

S C O T T P E A R S O N, who has studied economic change in developing countries for five decades, taught economic development and international trade at the Food Research Institute at Stanford for 34 years. Scott has coauthored a dozen books, won several awards for his research and teaching, and advised governments on food and agricultural policy. He has worked abroad in Africa, Asia and Europe and led more than 60 previous trips for Travel/Study on all seven continents. During our cruise, Scott will explain how legal and illegal pirates stole Spanish silver in the Caribbean region, discuss the politics, engineering and impact of the Panama Canal, and contrast the socio-economic development of Costa Rica, Panama and Colombia.

JOEL SIMON, ’74, MS ’84, has two passions: photography and marine biology. At Stanford he studied photography under Leo Holub and worked as a photography instructor, photodocumentarian and snorkeling instructor with Stanford Travel/Study for 12 years. A seasoned travel operator, marine biologist and freelance photographer/writer with 30+ years of experience in leading group tours, he has designed and directed educational travel programs on all seven continents, and is a veteran of journeys by land, sea and air in more than 100 countries. Simon has been a popular photography instructor with Stanford Continuing Studies since 2010 and looks forward to sharing his knowledge of the marine life and photography techniques during the trip.

In addition to Scott Pearson and Joel Simon, we will be joined by Anthony Veerkamp, director of policy research with the Research & Policy Lab at the National Trust for Historic Preservation.

SIGN UP ONLINE: alumni.stanford.edu/trip?costarica2019
OR BY PHONE: (650) 725-1093
Itinerary

SATURDAY, APRIL 13
U.S. / SAN JOSÉ, COSTA RICA
Depart the U.S. on independent flights to San José, and transfer to our hotel upon arrival. This evening enjoy a welcome reception and dinner. COSTA RICA MARRIOTT HOTEL SAN JOSE (D)

SUNDAY, APRIL 14
SAN JOSÉ / PUERTO CALDERA / EMBARK HEBRIDEAN SKY
Enjoy a short city tour before transferring to Puerto Caldera on the west coast of Costa Rica to embark the Hebridean Sky. HEBRIDEAN SKY (B,L,D)

MONDAY, APRIL 15
MANUEL ANTONIO NATIONAL PARK
Today discover Manuel Antonio National Park, which packs a variety of impressive landscapes into approximately 4,000 acres, including white sand beaches, lush foliage, imposing mountains and dense forests that reach to the shoreline. It’s often rated one of the most beautiful national parks in the world. Swim in the park’s beautiful bay or hike along the park’s well-maintained trails while keeping an eye out for sloths and monkeys. HEBRIDEAN SKY (B,L,D)

TUESDAY, APRIL 16
CORCOVADO NATIONAL PARK / DRAKE BAY
Spend a full day at biologically rich and diverse Corcovado National Park, considered the crown jewel in Costa Rica’s extensive system of national parks and biological reserves. Its abundance of wildlife is due in part to the park’s great variety of habitats and vegetation and in part to the park’s location on the “land bridge” that links North America and South America. Explore the park on foot or enjoy a boat tour of Drake Bay to observe its dolphin, whale and sea turtle populations. HEBRIDEAN SKY (B,L,D)

WEDNESDAY, APRIL 17
OSA PENINSULA / GOLFO DULCE
Anchor off the Osa Peninsula this morning. Bounded by the Pacific Ocean to the west and the Golfo Dulce to the east, this rich habitat is home to at least half of all of the species living in Costa Rica. Visit the Casa Orquideas (Orchid House), a private botanical garden with beautiful landscaping, spectacular flowers, unique plants and fruit trees that attract local critters and nature lovers alike. Continue to a nearby cacao plantation, Finca Kóbó, to learn about organic chocolate production. Spend the afternoon snorkeling in the warm waters of the Golfo Dulce. HEBRIDEAN SKY (B,L,D)

THURSDAY, APRIL 18
ISLA COIBA, PANAMA
Linked by the underwater Cordillera mountain chain to the Cocos and Galápagos Islands, Isla Coiba is surrounded by one of the largest coral reefs on the Pacific coast of the Americas. The waters here are teeming with marine life, including whales, dolphins, sea turtles, angel rays and giant schools of fish. Coiba is also a land refuge for a number of threatened terrestrial animals, such as the crested eagle and several sub-species of agouti, possum and howler monkey. Established as a national park in 1992, Isla Coiba is a UNESCO World Heritage site. Enjoy a full day exploring this amazing sea-and-land paradise, followed by a festive barbecue on the beach. HEBRIDEAN SKY (B,L,D)

FRIDAY, APRIL 19
MOQUE RIVER / DARIÉN PROVINCE
Early this morning travel up the Mogue River by motorized canoa (traditional canoe) into the Darién Province to meet the indigenous Emberá people who live in small thatched-hut villages in the rain forest. Known for their woven baskets and wood carvings, the Emberá are also famed for their music and dance. While there, learn about their ancestral customs, which date back to pre-Columbian times. HEBRIDEAN SKY (B,L,D)

SATURDAY, APRIL 20
PANAMA CITY / AGUA CLARA LOCKS
With our ship dropping anchor in Panama City prior to tomorrow’s canal transit, enjoy time to discover the city’s historic and cultural highlights, including the new Biomuseo, designed by Frank Gehry and dedicated to exhibitions on Panama’s biodiversity; Panama Viejo (“Old Panama”) with its architectural vestiges of the first Spanish city founded on the Pacific coast of the Americas; and the San Felipe District, the colonial heart of the city and a UNESCO World Heritage site. Continue on to view the newly opened Agua Clara Locks, which allow ships transiting the Panama Canal to now carry twice as much cargo as before. HEBRIDEAN SKY (B,L,D)

SUNDAY, APRIL 21
PANAMA CITY / PANAMA CANAL DAYTIME TRANSIT
The 48-mile-long Panama Canal cuts through the Isthmus of Panama to connect the Pacific and Atlantic Oceans. Built between 1881 and 1914, the...
canal has been named one of the seven wonders of the modern world by the American Society of Civil Engineers. Begin our transit from the Pacific side at the two-stage Miraflores Locks, rising rapidly to the level of Gatún Lake. Relax on deck and take in the passing scenery as we listen to historical commentaries from our local guides. On the Atlantic side of the canal, descend 85 feet back down to sea level via the Gatún Locks, a three-stage lock. Arriving at the Atlantic Ocean, cruise east along Panama’s northern coast. HEBRIDEAN SKY (B,L,D)

MONDAY, APRIL 22
SAN BLAS ISLANDS
Today, drop anchor at the San Blas Islands (also known as Guna Yala), an archipelago of more than 350 tiny islands that is home to the Kuna (or Guna) people. Visit a local Kuna community and hear about its traditions and unique way of life. While there, observe the making of molas—intricate, highly distinctive and much acclaimed appliquéd fabrics produced by the women in the village. HEBRIDEAN SKY (B,L,D)

TUESDAY, APRIL 23
CARTAGENA, COLOMBIA
Arrive this morning in Colombia’s colorful port city of Cartagena, founded in 1533 by Spanish maritime explorer Pedro de Heredia and named after the Spanish town where most of Heredia’s crew was from. Spend a full day exploring Cartagena’s colonial walled city and the Casillo de San Felipe de Barajas, a UNESCO World Heritage site and a superb example of Spanish military engineering. Las Bóvedas, structures built into the walls of the old city as storage vaults, were used as dungeons during the civil wars of the 19th century and now house shops and boutiques offering traditional Colombian handicrafts. Celebrate the culmination of our journey with a farewell reception and dinner on board our ship this evening. HEBRIDEAN SKY (B,L,D)

WEDNESDAY, APRIL 24
CARTAGENA / DISEMBARK / U.S.
After breakfast, disembark our ship and transfer to the airport for flights home. (B)

Optional Extensions

APRIL 10 TO 13
MONTEVERDE CLOUD FOREST RESERVE
Explore Costa Rica’s Lush Monteverde Cloud Forest Reserve. Perched atop Costa Rica’s continental divide and sustained by clouds and fog, Monteverde’s complex ecosystem is home to more than 100 species of mammals, 400 species of birds, tens of thousands of insect species, and at least 2,500 varieties of plants, 420 alone of which are orchids.

APRIL 24 TO 28
MEDELLÍN AND BOGOTÁ
Colombia is a hidden treasure awaiting discovery. Begin in the dynamic city of Medellín and take in its creative urban design and interesting civic social progress projects. Continue to Colombia’s capital city of Bogotá, which offers notable museums, historic colonial architecture and colorful open-air markets.

Details and pricing will be sent to confirmed participants.
Hebridean Sky

The all-suite Hebridean Sky is a spacious, yet intimate, expedition vessel. After a major refurbishment in 2016, she now boasts beautifully designed public spaces that include a single-seating dining room, large lounge, elegant club and bar with piano, library and two outdoor seating areas. All suites have an ocean view and feature a sitting room, en suite bathroom, elegant club and bar with piano, library and two outdoor seating areas. The Hebridean Sky’s fleet of Zodiacs is available to us for accessing remote shorelines and islands.

Program Cost*

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

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<thead>
<tr>
<th>CATEGORY</th>
<th>DOUBLE</th>
<th>SINGLE</th>
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<tr>
<td>CATEGORY A</td>
<td>$7,990</td>
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<tr>
<td>Forward cabin on Amundsen Deck with portholes &amp; queen or twin beds, 238 sq. ft.</td>
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<td>CATEGORY B</td>
<td>$9,490</td>
<td>$9,490</td>
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<tr>
<td>Standard cabin on Amundsen Deck with portholes &amp; queen or twin beds, 238 sq. ft.</td>
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<td>CATEGORY C</td>
<td>$10,990</td>
<td>$10,990</td>
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<td>Superior cabin on Byrd Deck with picture window &amp; queen or twin beds, 241 sq. ft.</td>
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<td>CATEGORY D</td>
<td>$11,990</td>
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<td>Premium cabin on Mawson Deck with picture window &amp; queen or twin beds, 221 sq. ft.</td>
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<td>CATEGORY E</td>
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<td>Corner cabin on Mawson Deck with forward &amp; side-facing picture windows &amp; queen or twin beds, 224 sq. ft.</td>
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<td>CATEGORY F</td>
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<td>Deluxe balcony suite, 221 sq. ft., plus 40-sq.-ft. balcony</td>
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<tr>
<td>CATEGORY G</td>
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<tr>
<td>Owner’s balcony suite, 245 sq. ft., plus 83-sq.-ft. balcony</td>
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<tr>
<td>HEBRIDEAN SUITE</td>
<td>$15,990</td>
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<tr>
<td>Hebridean suite, 349 sq. ft., plus 101-sq.ft. balcony</td>
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*Stanford Alumni Association nonmembers add $300 per person.

Please note that Stanford Travel/Study occupies only a portion of the cabins shown.
Information

DATES
April 13 to 24, 2019 (12 days)

SIZE
This program can accommodate a total of 96 participants, including travelers from Stanford, the National Trust for Historic Preservation and the Santa Barbara Museum of Art.

INCLUDED
1 night of deluxe hotel accommodations  ■  10-night cruise aboard the Hebridean Sky  ■  11 breakfasts, 10 lunches and 11 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
You are responsible for booking and purchasing airfare to the start location and from the end location of the program. These air arrangements are NOT included in the program cost. To assist you in making these independent arrangements, we will send you details with your confirmation materials on when to arrive and depart.

WHAT TO EXPECT
We consider this program to be moderately active. Excursions may require walks that range from one to three miles and/or standing for long periods of time. You will need to be able to climb into and out of Zodiacs for snorkeling activities and excursions ashore. While ashore, you must be able to walk unaided along beaches and sometimes over slippery trails. Much of our touring in San Jose, Panama City and Cartagena is done by motor coach but also involves walking, often over uneven terrain such as cobblestone streets. Temperatures can range from 60 to 90 (°F), and rain is a strong possibility in the tropical and rain forest areas we visit. Travelers should be physically fit, active and in good health. We welcome travelers 15 years of age and older on this program.

Terms & Conditions

Deposit & Final Payment
A $1,000-per-person deposit is required to reserve space for this program. A $200-per-person deposit is required to reserve space for each of the optional pre- and post-trip extensions. Sign up online at alumni.stanford.edu/trip?costarica2019 or call the Travel/Study office at (650) 725-1093. 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.

Cancellations & 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. Information will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Stanford Alumni Association as the program cost for nonmembers is $300 more than the members’ price. A person traveling as a paid guest of a current member will not be charged the nonmember fee. 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, motor coach, 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. Baggage is carried at the owner’s risk entirely. It is understood that the ship’s ticket, when issued, shall constitute the sole contract between the passenger and the cruise company. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not on board their plane or conveyance. Neither the Stanford 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 October 2018 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

TELEPHONE: (650) 725-1093
EMAIL: travelstudy@alumni.stanford.edu

California Seller of Travel Program Registration #2048 523-50

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“For anyone who has the Panama Canal on their bucket list—and even for those who don't—this is a magical adventure that won't disappoint.”

JULIE ROGERS WOOD, ’77, PANAMA CANAL: RAIN FORESTS AND REEFS, 2016