

SPECIAL
OFFER - SAVE
£500
PER PERSON

EAST & WEST OF PANAMA

DISCOVER THE NATURAL WONDERS OF COSTA RICA, PANAMA
& COLOMBIA INCLUDING A TRANSIT OF THE PANAMA CANAL
ABOARD THE MS HEBRIDEAN SKY

26TH JANUARY TO 9TH FEBRUARY 2026



NOBLE CALEDONIA

White-faced Capuchin monkeys



Here is a perfect voyage for those who have a passion for the natural world. Join us aboard the all-suite MS Hebridean Sky as we sail from Costa Rica's Caribbean shores to the country's Pacific coast spending time in Panama, transiting the iconic Panama Canal and visiting Colombia along the way with opportunities to swim from some of the region's beaches.

Whilst many explore the region by means of long, overland travel traversing rugged roads in order to get around, there is an easier and more comfortable way to explore the region and that is by small ship. The MS Hebridean Sky is the perfect vessel for such a journey and our Zodiacs will be put to good use in the more remote places allowing us to land and explore otherwise unreachable places. With just over 100 passengers, we can explore in small groups ashore and enjoy a convivial atmosphere on board.

Our voyage begins and concludes in Costa Rica which, although small in size has a particular topography and position between the Atlantic and Pacific oceans which results in it being one of the most biologically diverse places on earth with teeming rainforest, cloud forest, hot volcanoes and a remarkably diverse landscape and culture. Added to this is the famous wildlife of the region: spider, howler and capuchin monkeys, coatimundis and over 300 species of birds including brilliant toucans and scarlet macaws which we will discover during our guided walks through some stunning national parks including the Cahuita National Park, Golfito National Wildlife Refuge and the Carara National Park. In addition to our time in Costa Rica and Panama, we have the added advantage of time to discover the magnificent natural wonders of Colombia where we find the Utria National Park, a tropical forest which reaches down to the sandy beaches.

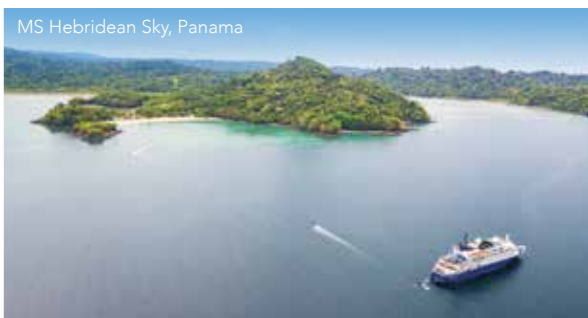
Our flexible itinerary and knowledgeable onboard team will enable us to make the most of each day, whether we are landing on remote beaches by Zodiac, searching for endemic flowers, mammals and birds with our naturalists or swimming from the local beaches.



Tortuga Island



Panama Viejo



The Itinerary

Day 1 London to San Jose, Costa Rica. Fly by scheduled flight. Arrive and transfer to our hotel for an overnight stay.

Day 2 San Jose to Puerto Limon. After breakfast in the hotel we transfer to Puerto Limon, enjoying lunch on the way before embarking the MS Hebridean Sky this afternoon. Moor overnight.

Day 3 Puerto Limon. This morning we head to the Cahuita National Park. The area is filled with wildlife that includes howler monkeys, white-faced capuchin monkeys, raccoons, sloths, otters, coatis, agoutis, armadillos and porcupines. Several avian species also live in the swamp forest including the green ibis, the green kingfisher, the yellow crowned night-heron, the frigate bird and the boat-billed heron among others. Our naturalist guides will lead us through the trails of the rainforest, sharing their vast knowledge of this fragile ecosystem. Alternatively, take a boat ride through the scenic Tortuguero canals, known as the Costa Rican Amazon as the surrounding rainforest supports a wide range of flora and fauna. Here we can hopefully sight waterfowl, monkeys, lizards, sloths and toucans. We return to the ship via a banana plantation where we learn about this staple of the local economy.

Day 4 Bocas del Toro, Panama. Arriving in Panama we have a day in the Bocas del Toro archipelago, pristine islands which are now part of a national marine park. We spend the day surrounded by astounding beauty with the option to visit the small town of Bocas del Toro and have free time to wander amongst the fine old Spanish buildings or maybe visit one of the local beaches for a swim in the clear waters.

Day 5 Panama Canal Transit. After a morning at sea we spend the afternoon and evening transiting the Panama Canal. The first attempt to build the canal was made by a French company but ended in failure in 1889. The American government eventually bought out the French for 40 million dollars, and their attempt to build the Canal started in 1904. Through the efforts of over 80,000 workers and the loss of more than 30,000 lives, the greatest single construction project ever undertaken was completed. The project ended in triumph, with the Canal opening in 1914, and it is now a vital artery of international trade, with nearly 14,000 ships travelling through it every year.

Day 6 Panama City. This morning we arrive at Panama City, a combination of the historic old town, declared a UNESCO Historical Site, and the ultra-modern new town. We head out to stroll along the cobblestone streets of the Casco Antiguo visiting the colonial mansions and 17th century churches and convents before continuing to Panama Viejo and the original ruins of the city founded in 1517 which was burnt to the ground by British pirate Henry Morgan. The many changes in the city can be identified by its unique architecture, influenced by a wonderful blend of French, Spanish and Italian styles. Return to the ship for lunch and a relaxing afternoon at sea.

Days 7 & 8 Bahia Solano & Utria National Park, Colombia. Today we land on the Pacific coast of Colombia and have a day and a half to explore this beautiful area which is well off the traditional cruise routes. Here we find the Utria National Park, a tropical forest which reaches down to the sandy beaches. Using our Zodiacs to get ashore we will enjoy hikes and nature trails and observe the flora and fauna with our local guides. In Bahia Solano we will visit the small town whilst those feeling active may wish to join a guided walk to a private rainforest reserve which runs alongside the Rio Mecana and is part of a 170 hectare nature reserve. Made up of mangroves, tropical forest, native plants and trees of the Choco region, our local guides will point out the indigenous plants and birdlife and highlight the ongoing reforestation programmes. We also hope to offer a chance to swim from one of the beaches.

Day 9 At Sea. Spend the day at sea, join a lecture in the lounge and relax on deck.

Day 10 Chiriqui Gulf Marine Park, Panama. Return to Panama and the Chiriqui Gulf Marine Park which spreads over 36,000 acres and comprises of 25 islands and numerous coral reefs. Created in 1994 the Marine Park's aim is to aid the preservation of the region's ecosystems, diverse flora and fauna, scientific conservation projects and protect the islands' endangered inhabitants. We will land on one of the islands where you may choose to take a nature walk to mangroves learning about the local flora and fauna or find a spot under a palm tree on the beach and take a swim.

Day 11 Golfito & Puerto Jimenez, Costa Rica. Spend the morning in one of Costa Rica's most famous National Parks, the Golfito National Wildlife Refuge. Spread out over 2,810 hectares the refuge is home to many species of birds including macaws, parrots and brown pelicans whilst common mammal sightings include white-faced capuchins, spider monkeys, howler monkeys and many species of snakes and butterflies. Over lunch we sail across Golfo Dulce to Puerto Jimenez from where we will visit one of the nearby Finca that specialise in cacao production. The crop has been grown in this region since the Mayans and we will learn about the cultivation of the crops and after walking through the plantation see how it is transformed into chocolate. Alternatively join a walk in La Perica Sloth Garden where we will have the opportunity to spot the animals in their natural environment as well as other wildlife including hummingbirds and iguanas.

Day 12 Playa Herradura. From our anchorage in Herradura there will be a choice of excursions this morning. Maybe choose to visit the Carara National Park, which covers an area of over 5,000 hectares and more than three different vegetation zones. Jungle giants overgrown with climbing plants and a thick covering of foliage and orchids show you nature at her most primordial. After exploring the forest we continue to the Tarcoles River, a place that provides a great habitat for many endemic birds. Boarding our

Panama Canal Transit



Utria National Park

local boat we will keep an eye out for some of the many species of birds including hummingbirds, vireo, flycatchers, herons and egrets. We may also see mammals and insects, whilst the shores of the Tarcoles River are home to one of the country's largest crocodile colonies. Alternatively you may wish to visit the Pura Vida Gardens which contain spectacular flora, fauna, waterfalls and views of the Pacific. In this garden, thousands of flowers have been added as well as several varieties of orchids, not only from Costa Rica but from all over the world which display a frenzy of colour.

Day 13 Curu National Park & Tortuga Island. We spend the morning exploring the Curu National Wildlife refuge which boasts a rich and diverse wildlife in five different habitats ranging from marine zones, including a wide beach area, mangrove swamps and tropical forests. Here on a range of walks we will find a number of species of birds, howler and capuchin monkeys and turtles. Over lunch we sail the short distance to Tortuga Island where we have the chance to spend the afternoon relaxing on the white sand beaches or swimming in the clear waters.

Day 14 Puerto Caldera to London. Disembark this morning and transfer to San Jose for our scheduled flight to London.

Day 15 London. Arrive this afternoon.

PRICES PER PERSON

Based on double occupancy

SPECIAL OFFER – SAVE £500 PER PERSON FOR A LIMITED TIME ONLY

Deck	Suite Category	Brochure Price	Special Offer Price
Amundsen	Standard	£10295	£9795
Byrd	Superior	£10495	£9995
Mawson	Premium	£10695	£10195
Mawson	Corner	£10995	£10495
Scott	Deluxe Balcony	£12195	£11695
Shackleton	Owner's Balcony	£12395	£11895
Shackleton	Hebridean	£12995	£12495
Amundsen	Standard for sole use	£12295	£11795
Byrd	Superior for sole use	£12495	£11995

PRICE INCLUDES: Economy class scheduled air travel • 12 nights aboard the MS Hebridean Sky on a full board basis • Overnight hotel accommodation in San Jose with a breakfast • Lunch on day 2 • House wine, beer & soft drinks with lunch and dinner • Shore excursions • Noble Caledonia expedition team • Gratuities • Transfers • Port taxes.

Not Included: Travel insurance.

Post-cruise Costa Rica Extension

8th to 14th February 2026

If you would like to discover more of Costa Rica after your cruise, you can join our five night extension which includes the Monteverde Cloud Forest and Arenal.



Monteverde Cloud Forest

The Itinerary

Day 1 Puerto Caldera to Monteverde, Costa Rica. Disembark this morning and transfer to Monteverde enjoying lunch along the way. On arrival check into our hotel for a two night stay and enjoy dinner at the hotel this evening. (B, L, D)

Day 2 Monteverde. Today we will experience the hanging bridges of Monteverde Cloud Forest Sky Walk which cross the canyons below and bring us face to face with the upper level of the forest canopy. Biologists now know that about 90 percent of all organisms in a rainforest are found in the canopy. The trails extend for slightly over a mile and a half and we will be accompanied by local guides. We will also have the opportunity to make our way up to one of the highest mountains in the area by Sky Tram, a tranquil way to take in the natural beauty of the forest. After lunch we will enjoy further exploration of the forest with a walk in the Monteverde Cloud Forest Biological Reserve. Dinner tonight will be served at a local restaurant. (B, L, D)

Day 3 Monteverde to Arenal. This morning we will begin our journey to Arenal. On the way we will stop at the El Silencio de Los Angeles private reserve where the rangers will introduce the variety of fauna and flora in this tropical biosphere. After lunch we continue to Arenal and check into our hotel for our two night stay. Tonight we will enjoy dinner at a local restaurant. (B, L, D)

Day 4 Arenal. After breakfast, we depart for a guided visit to Arenal Park. Here, we will take a walk through the area where the Arenal volcanic eruption took place in 1968, learning about the destruction this caused and the subsequent rebirth of life via the rich mineral deposits the eruption provided to the region. There will also be the opportunity to enjoy a treetop cable car ride and for the more adventurous, to participate in a zip-line adventure, providing an exhilarating bird's eye view of the park. (B, L, D)

Day 5 Arenal to San Jose. Today we will make our way to San Jose, visiting the Poas Volcano National Park this morning. After a short walk, we will be treated to spectacular 180-degree views of the volcano's crater and the picturesque surrounding area. We will also visit the Doka Estate for an insight into one of Costa Rica's prime exports, coffee. Upon arrival into San Jose check into our hotel for an overnight stay. (B, L, D)

Day 6 San Jose to London. Check out from the hotel after breakfast and transfer to the airport for our scheduled indirect flight to London. (B)

Day 7 London. Arrive today.

PRICES PER PERSON

Based on double occupancy

Twin: £2595 Single: £3195

Price Includes: Two nights hotel accommodation in Arenal, two nights hotel accommodation in Monteverde, overnight hotel accommodation in San Jose, meals as indicated (B - Breakfast, L - Lunch, D - Dinner), excursions, English speaking guide, Noble Caledonia Tour Manager, gratuities, transfers.

Not Included: Travel insurance.

MS HEBRIDEAN SKY



Alfresco Dining



Owner's Balcony Suite



The Restaurant

The much loved MS Hebridean Sky is one of our two flagships and sister vessel to the MS Island Sky. Both vessels were built in the same shipyard in Italy at similar times and share the same excellent attributes that make them two of the finest small ships in the world. With a maximum passenger capacity of only 118, a vessel of her size is capable of carrying many more but instead the MS Hebridean Sky has the benefit of unusually large suites, luxuriously appointed public areas and spacious outside decks.

Your Suite

On board there are 59 exceptionally spacious and well-designed suites. All feature a sitting area and some have private balconies. The feeling of luxury is enhanced by the wood panelling and brass, which predominates throughout the vessel conveying the atmosphere of a private yacht. The passenger accommodation is arranged over five decks and all suites have outside views with those on the Scott and Shackleton Decks featuring private balconies. Each suite affords considerable comfort with en-suite bathroom featuring vanity unit with sink and walk-in shower, large wardrobes, dressing table with large mirror and stool and excellent storage. There is a mini-fridge, television and a telephone in each suite. Refillable water bottles, towelling dressing gowns and slippers are also provided for your comfort. Other facilities include a programmable electronic safe, hairdryer, assorted Molton Brown toiletries and individually controlled air-conditioning and heating. Soft hues and blended tones enhance the traditional maritime style making the passenger accommodation an inviting and relaxing place to be.

Your Dining

With only one sitting and a maximum of just over 100 passengers, the cuisine on board the MS Hebridean Sky is of a consistent superior quality that befits such a vessel. In keeping with the informal atmosphere on board, when dining you are able to choose your seating arrangements and choice of restaurants at your leisure; whether that be joining a table of four to six other passengers in the elegant à la carte Restaurant or, outside buffet-style on the Lido Deck in the evening sunshine. In the main Restaurant, breakfast is served buffet-style, with certain items cooked to order on request. Lunch and dinner menus offer plenty of choice, often reflecting the daily catch and local delicacies. The Welcome and Farewell dinners are a sumptuous five course affair. To enhance your dining experience further a selection of wines is included with both meals. Afternoon tea and pre-dinner canapés take place in either the comfort of the Lounge or out on the Lido Deck when the weather is favourable. Tea and coffee are also available 24 hours a day. Special diets can be catered for with sufficient notice.



The Library



Superior Suite



The Club

Your Space

The spacious and finely decorated public rooms include a large Lounge on the Byrd Deck featuring a selection of seating options from individual armchairs and sofas to side cushioned benches. Daily briefings given by the Cruise Director and talks from Guest Speakers and expedition staff take place in the Lounge. In addition to the main Lounge, there is also The Club, located on the Mawson Deck which features the main bar. The Club also features a 24-hour tea and coffee station. Towards the aft of the ship on the Mawson Deck is the Library. Well stocked with reference books pertaining to the destinations the vessel is visiting and a selection of essential reads, you will not find yourself short of excellent literature on board. A collection of games and devices to access the internet via the ship's satellite can also be found in the library. Access to the ship's satellite Wi-Fi via your own device is complimentary on board (*signal strength varies depending on location and demand*). The main Restaurant, which can seat all guests at one sitting, is located on the Amundsen Deck, and outside there is a rear Lido Deck located on the Scott Deck where meals are served in warm weather under shade. Further to this on the top Shackleton Deck there is an observation area, complete with sun loungers for sunbathing, relaxing with a book or catching up with fellow travellers. The Promenade Deck wraps around the whole ship providing outstanding views. There is also a small beauty salon on board with appointments made on request.

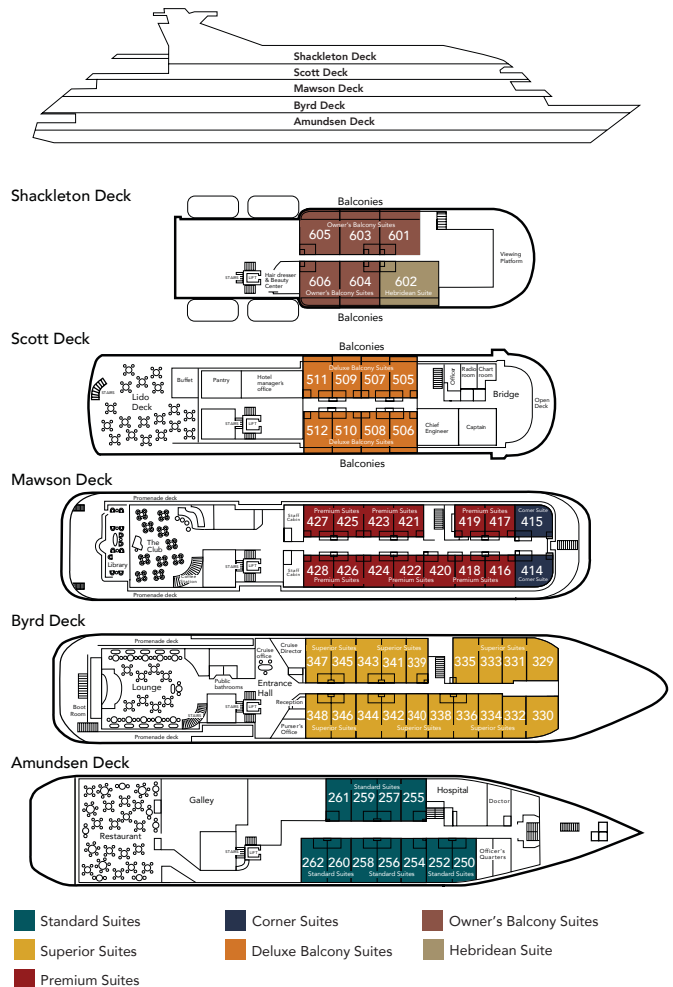
Your Comfort

The MS Hebridean Sky is equipped with the latest safety, navigation and communications equipment along with roll stabilisers to minimise the ship's motion. During your voyage we hope to offer you the opportunity to visit the Captain and Officers on the Bridge to check the vessel's progress by charts and learn more about your journey. On board you will also find a clinic and Doctor and a lift that serves all decks. When at anchor our nimble Zodiacs will ferry you ashore or, on select cruises, enjoy Zodiac cruises getting you closer to the natural world.


Your Life On Board

The atmosphere on board is warm and convivial and more akin to a private yacht or country hotel in which you can learn more about the wonderful destinations you are visiting in the company of like-minded people. There is a high ratio of crew to passengers and our friendly crew of 75 are mainly Filipino and Eastern European and our Captains are experienced mariners. After a day ashore you will return to the comfort and peace of a well-run and exceedingly comfortable ship where peace, high quality of service and attention to detail are the order of the day. A little music in the Lounge or bar after dinner, Guest Speakers and informative port briefings and of course good food, all contribute to make any voyage aboard this wonderful vessel a memorable and joyful experience.

MS HEBRIDEAN SKY DECK PLAN



Please note that beds in each suite can be configured as double or twin with the exception of suites 601 and 602 which feature a fixed double bed.



During this voyage you will be visiting out of the way destinations and will be accompanied by an expedition team. Landings and excursions will be made by Zodiac landing craft. This cruise will appeal to the more adventurous and those who enjoy the natural world.



NOBLE CALEDONIA

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All special offers are subject to availability. Our current booking conditions apply to all reservations and are available on request.
 Cover image: Toucan.