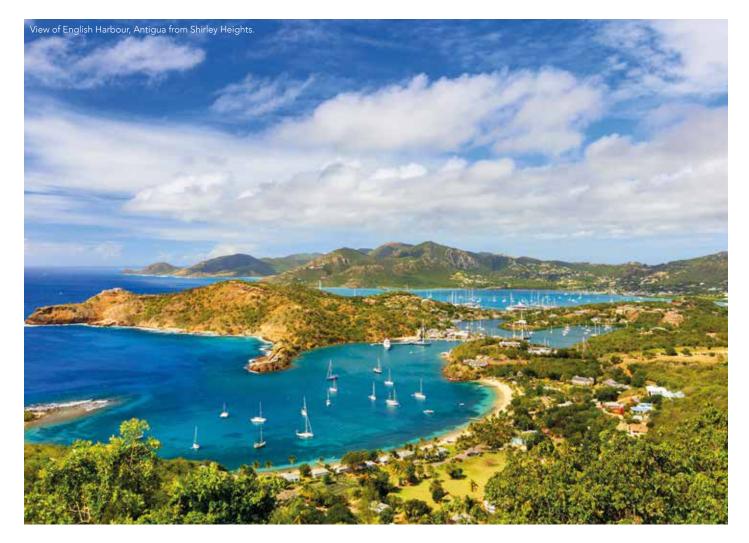


# RAINFORESTS, CORALS & CULTURES OF THE CARIBBEAN

A passage from Antigua to Costa Rica including Colombia & Panama aboard the MS Hebridean Sky 13<sup>th</sup> to 28<sup>th</sup> January 2026

NOBLE CALEDON



When it comes to pure escapism there are few places in the world more fitting than the Caribbean, particularly during the UK's winter months. Escape the cold at home, join just 100 fellow travellers aboard the MS Hebridean Sky in Antigua and set sail on our island hopping voyage through sub-tropical waters to Costa Rica. Every island we will call into on the way has its own culture and this colourful mix of island personalities, varied terrain and lifestyles makes for a marvellous winter break. By and large we will head for the smaller, less visited islands, our small ship



providing an easy and comfortable base from which to explore the region and enabling us to visit some small islands and ports which the larger cruise vessels simply cannot access.

During our in-depth itinerary, which will take us all the way to Costa Rica, we will discover some of the most beautiful tropical isles. Many are still untouched by the hands of mass tourism and in the San Blas Islands and the Colombian region of La Guajira we will have the opportunity to visit remote communities where locals live following ancient ways of life. We will explore historical sites and forts of the Spanish, Dutch and British colonial periods combined with the pretty ports, pastel painted towns, wonderful beaches and the flora and fauna of the region. As we sail relatively short distances, we have the benefit of full days on many of the glorious islands allowing for time to join the included, guided excursions combined with the opportunity to explore further independently or perhaps relax on one of the beautiful beaches. Upon arrival in Costa Rica, we have a full day to explore the natural world marvels in the region around Puerto Limon and the opportunity to join an optional five night extension to discover more of the country, one of the most biologically diverse places on earth.

Our flexible itinerary and knowledgeable onboard team will enable us to make the most of each day whether we are landing on tropical beaches by Zodiac, searching for endemic flora and fauna or learning about the history and culture of the islands. There are many ships cruising the Caribbean waters but if you prefer a chance to explore in small groups and to visit the smaller islands and off the beaten track destinations then this is the trip for you.



### The Itinerary

Day 1 London to St John's, Antigua. Fly by scheduled flight. Arrive and transfer to the MS Hebridean Sky in St John's where we moor overnight.

**Day 2 Antigua.** On our morning island tour we will enjoy the views from Shirley Heights before heading to Nelson's Dockyard, beautifully located in the English Harbour. See the impressive collection of restored historic buildings which were occupied by the British Navy from 1707 till 1899. Return to the ship for lunch as we spend the afternoon at leisure before we set sail this evening.

**Day 3 Dominica.** Stepping back in time, the island of Dominica is still the primitive garden that Columbus first sighted in 1493. An area of tropical rainforests, there are flowers of incredible beauty and animals that exist nowhere else in the world. We arrive this morning in the small port of Cabrits, just below the national park and the former British garrison of Fort Shirley, which successfully repelled a French attack during the Trafalgar campaign in 1805. Here you can climb to the fort to explore the ruins, visit the small museum or perhaps simply wander the surrounding trails on the lookout for birds, hermit crabs and lizards. For the keen birders we will offer a tour to the Morne Diablotin National Park where from the viewpoint we hope to see the two endemic parrots of Dominica. This afternoon you may wish to relax on one of the nearby beaches before we sail this evening.

**Day 4 St Lucia.** St Lucia is a splendidly rugged island of towering mountains, lush green valleys and acres of banana plantations. Due to its strategic position, the island was fought over repeatedly by the French and British and changed hands fourteen times. We will anchor in sight of St Lucia's best-known feature, the twin peaks of the Pitons, which rise dramatically from the sea to more than 2,400 feet. In the nearby town of Soufriere we will visit the bubbling sulphur springs, part of a low-lying volcano which erupted thousands of years ago. Our tour will also include the splendid botanical gardens.

Day 5 Grenada. Explore this wonderful Windward Island which many regard as the most beautiful in the Caribbean. It is a lush and verdant island with spice plantations, rum distilleries, tropical forests, secluded coves, nature trails and select hotels which cling to the hillsides overlooking the ocean. We will moor in the picturesque capital of St George's before heading to Fort George. Built in 1706 with wonderful views over the harbour, it was here in 1983 that the Prime Minister, Maurice Bishop, was assassinated which prompted the invasion by US troops. We will continue to a spice garden where we learn about the herbs that grow here before we end at one of the island's rum distilleries. Day 6 At Sea. Spend a relaxing day at sea.

Day 7 Bonaire, Dutch Caribbean. Spend the day in Bonaire, famous for the variety of its corals, fish and clear waters. This morning you may wish to take a scenic island tour to see the saltwater lagoon at Lake Goto, where we may be lucky and see pink flamingos, followed by Mangazina di Rei cultural park which showcases indigenous culture. Alternatively, join a local boat as we make our way to one of the nearby uninhabited islands near Klein Bonaire. Here, there will be the option to swim from the beach or snorkel over the coral reefs. Returning to the MS Hebridean Sky for lunch, the afternoon is free to explore the town of Kralendijk at your own pace from our central berth.

**Day 8 Curacao.** Moor this morning at the UNESCO World Heritage Site of Willemstad. The city has a rich history dating back to the 16th century and the island's colonial Dutch heritage sets a genteel tone amid markets, museums and cafes. Enjoy an excursion to explore the historic downtown district including Fort Amsterdam. Return to the ship for lunch and set sail for Colombia.

**Day 9 Cabo de la Vela, Colombia.** Arrive in Colombia in the far northwestern region of La Guajira, an area of wild desert, beautiful landscapes and stunning beaches that border the Caribbean Sea. This is an area sacred to the indigenous Wayuu people who have lived in the region for over 2,000 years since relocating from the Amazon rainforest and have battled Spanish invaders as well as, more recently, the Colombian Government to keep their traditions alive. Visiting a community, our local guides will teach us about their culture and we will see some of the crafts including the famous Mochila bags.

Day 10 Santa Marta. We continue our exploration of Colombia in the Santa Marta area which is renowned for the eco-diversity and dramatic beauty of the Sierra Nevada Mountains, the highest coastal mountain range in the world, that sweep down to the sea. From our berth we will travel slightly inland to the Tayrona National Park this morning. Covered in large part by virgin tropical forest, the park is home to many varied species of mammals, birds and reptiles. On a walk through this semi-tropical jungle we will be joined by a local guide who will offer insights into the park's vegetation, animals and ecosystem. Alternatively, explore the town of Santa Marta, see Bolivar Plaza and the bustling streets with their eclectic mix of Spanish Colonial, Republican and contemporary architecture, and the 17th century cathedral, Colombia's oldest church. Also visit the small Gold Museum which houses some interesting gold and pottery objects from the indigenous cultures that inhabit the Sierra Nevada Mountains which rise up behind the city.

Day 11 Cartagena. Cartagena is one of the most fascinating cities in South America and this morning we will enjoy a walking tour of the colonial walled city which is virtually surrounded by water and steeped in history, with a wealth of 16th and 17th century buildings and churches. Our guides will bring the history of the city to life as we walk its streets and ramparts. We will visit the 16th century Fort of San Felipe, the Monastery of San Pedro Claver, Plaza de la Aduana and Iglesia de Santo Domingo. The afternoon is free to explore further at your own pace.

Day 12 San Blas Islands, Panama. After a morning at sea we arrive in the stunning San Blas archipelago. The archipelago is made up of over 400 islands that line the north coast of Panama with white sandy beaches set in a turquoise sea. The islands are home to the indigenous Kuna Indians who gained self-rule from the government of Panama in the 1920s and maintain their traditional way of life including the production of colourful fabric art known as 'molas'. We will have time to take a nature walk or perhaps enjoy a swim from the beach.

**Day 13 Bocas del Toro.** Today we arrive in the Bocas del Toro archipelago, pristine islands which are now part of a national marine park. This afternoon we will 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.

Day 14 Puerto Limon, Costa Rica. Arriving into Costa Rica 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 boatbilled 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 15 Puerto Limon to London. Disembark this morning and transfer to San Jose airport for our scheduled flight to London.

Day 16 London. Arrive this morning.

### SHIP TO SHORE

Please note that this voyage is not classified as an expedition cruise but will appeal to those who enjoy the natural world. We will be at anchor in St Lucia, Cabo de La Vela, San Blas and Bocas del Toro where we will make use of the vessel's Zodiacs to transfer ashore.

### **PRICES PER PERSON** Based on double occupancy

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### **SPECIAL OFFER** – SAVE £300 PER PERSON FOR A LIMITED TIME ONLY

Deck	Suite Category	Brochure Price	Special Offer Price
Amundsen	Standard	£10295	£9995
Byrd	Superior	£10495	£10195
Mawson	Premium	£10695	£10395
Mawson	Corner	£10995	£10695
Scott	Deluxe Balcony	£11795	£11495
Shackleton	Owner's Balcony	£11995	£11695
Shackleton	Hebridean	£12495	£12195
Amundsen	Standard for sole use	£10295	£9995
Byrd	Superior for sole use	£10495	£10195

**PRICE INCLUDES:** Economy class scheduled air travel • 14 nights aboard the MS Hebridean Sky on a full board basis • House wine, beer & soft drinks with lunch and dinner • Shore excursions • Noble Caledonia onboard team • Gratuities • Transfers • Port taxes. **Not Included:** Travel insurance.

## Post-cruise Costa Rica Extension 27<sup>th</sup> January to 2<sup>nd</sup> February 2026

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



### The Itinerary

Day 1 Puerto Limon to Arenal, Costa Rica. Disembark this morning and transfer to Arenal including a stop for lunch. On arrival check into our hotel for a two night stay. Tonight, we will enjoy dinner at a local restaurant. (B, L, D)

Day 2 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. Following lunch there will 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 3 Arenal to Monteverde. This morning we take the picturesque journey to Monteverde Cloud Forest. 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 Monteverde and check into our hotel for a two night stay before dinner in the hotel this evening. (B, L, D)

Day 4 Monteverde. Today we will experience the hanging bridges of the 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 5 Monteverde to San Jose. After breakfast we start our journey to San Jose, visiting the Espiritu Santo estate for an insight into one of Costa Rica's prime exports, coffee. Here we will learn about the processes involved in the harvesting and manufacturing of this ubiquitous beverage. Upon arrival into San Jose check in to 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 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 and Monteverde, overnight hotel accommodation in San Jose, meals as indicated (B – Breakfast, L – Lunch, D – Dinner), house wine, beer & soft drinks with lunch and dinner, excursions, English speaking guide, Noble Caledonia Tour Manager, gratuities, transfers. **Not Included:** Travel insurance.

# MS HEBRIDEAN SKY



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



### 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.

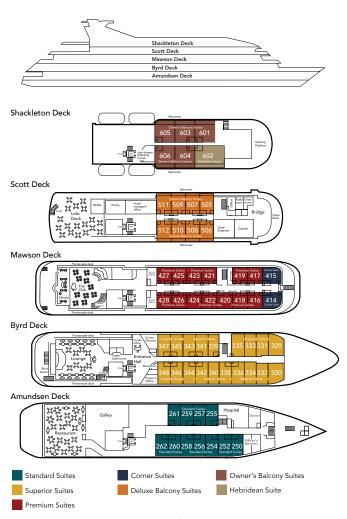
### Your Comfort

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.

# Rean Cru/ses February 2012



## 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: Parrot.