

# 2023

## HARVARD ALUMNI TRAVELS

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### **COSTA RICA and the PANAMA CANAL**

aboard *Hebridean Sky*

January 3–10, 2023

featuring a daytime transit of the canal  
with **Erez Manela**, Professor of History



**HARVARD**

Alumni Travels



Left: Red-Eyed Tree Frog  
Cover: Pedro Miguel Locks of the Panama Canal

## Costa Rica and the Panama Canal

Costa Rica and Panama are tropical treasures awaiting discovery. The region's natural beauty comes alive in rainforests teeming with exotic wildlife and bird species; beaches fringed by sparkling azure waters; and dense forests that cascade down impressive mountainsides to the shore.

Hike through lush forests filled with the vivid sounds and colors of a richly diverse wildlife, where opportunities abound to seek out the numerous species of birds, mammals, and marine life that make these environments their home. Meet the indigenous populations that have been present for countless generations and who maintain many of the rich cultural traditions of their ancestors. An exceptional lecture team and local guides will enhance the experience throughout our time there. Complete this unforgettable journey by admiring the engineering ingenuity of the Panama Canal during a rare and sought-after daytime transit. And, an optional pre-tour extension to Costa Rica's Monteverde Cloud Forest Reserve offers an opportunity to experience more of the treasures in this area of the world.

### Activity Level 3:

#### A LITTLE MORE TO IT

This is a moderately strenuous program that is at times physically demanding and busy. Daily excursions involve walking one to two miles—through city centers and historic sites where there may also be extended periods of standing. Participants will encounter uneven terrain, including dirt and cobblestoned paths, and must be able to walk at least 20 minutes up and down hills without stopping. Participants must be able to stand outside for up to two hours with limited shade and no available seating. In some instances, elevators are unavailable, and stairs may not have handrails.

## Study Leader



**Erez Manela** (Ph.D., Yale) is Professor of History at Harvard University, where he teaches international history and the history of the United States in the world. He also serves as Director of Graduate Programs at Harvard's Weatherhead Center for International Affairs and co-chairs the Harvard International and Global History Seminar (HIGHS).

His most recent volume, *The Development Century: A Global History*, co-edited with Stephen Macekura and published in fall 2018, seeks to reframe and expand our understanding of how development has shaped the modern world. He is also the author of the prize-winning book *The Wilsonian Moment: Self-Determination and the International Origins of Anticolonial Nationalism* (2007) and co-editor of *The Shock of the Global: The 1970s in Perspective* (2010) and of *Empires at War, 1911-23* (2014), which has been translated into seven languages.

Manela has held fellowships from the National Endowment for the Humanities, the American Academy of Arts & Sciences, and the American Council of Learned Societies, among others, and was a Burkhardt Fellow at the Radcliffe Institute for Advanced Study. He also co-edits a book series on Global and International History for Cambridge University Press.



FOR MORE INFORMATION, VISIT  
[ALUMNI.HARVARD.EDU/TRAVEL](https://alumni.harvard.edu/travel)



Left: Beach at Corcovado National Park; Right: Macaw in the trees

## Schedule by Day

TUESDAY, JANUARY 3

### Home / San Jose, Costa Rica

Depart the U.S. on independent flights to San Jose and transfer to the hotel upon arrival. Gather this evening for a lively welcome reception and dinner. COSTA RICA MARRIOTT HOTEL SAN JOSE (R,D)

WEDNESDAY, JANUARY 4

### Puerto Caldera / Embark

After a brief orientation, enjoy a visit to a local coffee plantation near San Jose before transferring by motorcoach to Puerto Caldera on the Pacific coast to embark the *Hebridean Sky*, catching glimpses of volcanic peaks and deep green valleys along the way. HEBRIDEAN SKY (B,L,D)

THURSDAY, JANUARY 5

### Manuel Antonio National Park

Often rated as one of the most beautiful national parks in the world, Manuel Antonio National Park 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. Explore the rainforest ecosystem on well-maintained trails, keeping an eye out for over 100 species of mammals, including sloths and howler monkeys, and nearly 200 species of birds. HEBRIDEAN SKY (B,L,D)

FRIDAY, JANUARY 6

### Corcovado National Park and Drake Bay

Corcovado National Park is considered the crown jewel in Costa Rica's extensive system of national parks and biological reserves, protecting the largest old-growth forest on

the American Pacific coastline. Biologically rich and diverse, the abundance of wildlife is due in part to the park's wide variety of habitats and vegetation and in part to the park's central location on the "land bridge" that links North America and South America. Explore on foot or choose a boat tour of Drake Bay to try to spot its dolphin, whale, and sea turtle populations. HEBRIDEAN SKY (B,L,D)

SATURDAY, JANUARY 7

### Parida Island, Panama

Snorkel, swim and hike on Parida Island, marveling at the the amazing terrestrial and undersea world of Chiriqui Gulf National Marine Park that includes teeming coral reefs, lush mangrove swamps, and vast marine meadows. Stroll along postcard-worthy white sand beaches or choose to investigate the dense forests and clear turquoise waters up close with local guides. HEBRIDEAN SKY (B,L,D)

SUNDAY, JANUARY 8

### The Darien Rainforest

The Darien Gap is a large swath of extremely dense undeveloped swampland and forest between Panama and Colombia that interrupts the PanAmerican Highway. Meet the indigenous Embera people of the Darien Rainforest, observe their ancestral customs, and celebrate their rich cultural traditions that date back to pre-Columbian times. HEBRIDEAN SKY (B,L,D)

MONDAY, JANUARY 9

### Panama Canal Daytime Transit

Built between 1881 and 1914, the Panama Canal is one of the modern world's true engineering wonders, cutting 48 miles through the isthmus to connect the Atlantic

and Pacific Oceans. Begin our sought-after daytime transit near Panama City at the two-stage Miraflores Locks, rising rapidly to the level of man-made Gatún Lake. Descend via the three-stage Gatún Locks to bring us back down to sea level on the Atlantic/Caribbean side. HEBRIDEAN SKY (B,L,D)

TUESDAY, JANUARY 10

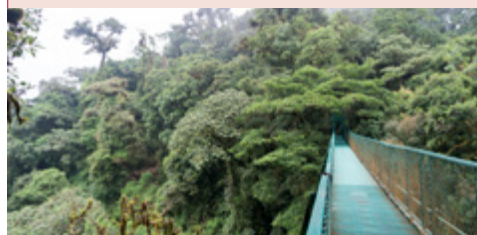
### Panama City/Home

Disembark in Colón and transfer to Panama City airport for flights home. (B)

DECEMBER 31, 2022–JANUARY 3, 2023

### Optional Pre-Tour Extension in Costa Rica

Celebrate the new year in Costa Rica exploring the trails of the Monteverde Cloud Forest Reserve.



JANUARY 10–12, 2023

### Optional Post-Tour Extension in Panama

As one of three carbon-negative countries in the world, Panama is a global leader in sustainable travel. Spend two days learning about Panama's ambitious conservation initiatives by visiting its successful pilot projects and meeting its leaders dedicated to making Panama a model for the world.

Further details and pricing will be sent to confirmed participants.

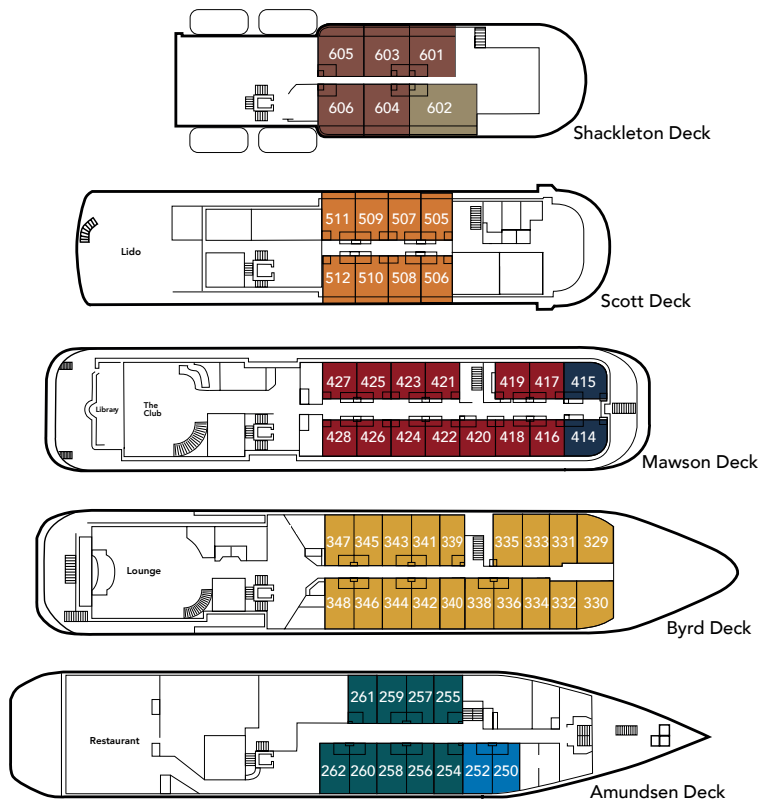
# Hebridean Sky

The 59-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, TV, spacious wardrobes and dressing table.



## Program Rates (per person)

CATEGORY		DOUBLE	SINGLE
<b>A</b>	<b>STANDARD SUITE FORWARD</b> portholes; queen or twin beds; 238 sq. ft.	<b>\$4,990</b>	—
<b>B</b>	<b>STANDARD SUITE</b> portholes; queen or twin beds; 238 sq. ft.	<b>\$6,490</b>	<b>\$11,290</b>
<b>C</b>	<b>SUPERIOR SUITE</b> picture window; queen or twin beds; 226–241 sq. ft.	<b>\$7,990</b>	<b>\$13,490</b>
<b>D</b>	<b>PREMIUM SUITE</b> picture window; queen or twin beds; 221 sq. ft.	<b>\$8,990</b>	—
<b>E</b>	<b>CORNER SUITE</b> picture window; queen or twin beds; 224 sq. ft.	<b>\$9,990</b>	—
<b>F</b>	<b>DELUXE BALCONY SUITE</b> queen or twin beds; 221 sq. ft. plus 40-sq.-ft. balcony	<b>\$10,990</b>	—
<b>G</b>	<b>OWNER'S BALCONY SUITE</b> queen or twin beds; 245 sq. ft. plus 83-sq.-ft. balcony	<b>\$11,990</b>	—
<b>H</b>	<b>HEBRIDEAN SUITE</b> queen bed; 349 sq. ft. plus 101-sq.-ft. balcony	<b>\$12,990</b>	—



**AIR ARRANGEMENTS** U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc., can help with airline arrangements for this trip and can be reached at 877-376-1754. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice. Further information about making flight arrangements will be sent to confirmed participants.



**CLICK HERE  
TO REGISTER  
ONLINE**



## Trip Registration Is Easy

**Step 1:** Click this link:

[alumni.harvard.edu/travel/trips/costa-rica-panama-2023](https://alumni.harvard.edu/travel/trips/costa-rica-panama-2023)

**Step 2:** Click “Register Today.” Fill out the online form with your contact information and payment details.

**Step 3:** Look for an email confirmation from HAA.

*Find complete trip-specific terms and conditions on the trip webpage (link above).*

### TRAVEL WITH HARVARD

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