

2023

HARVARD ALUMNI TRAVELS

DISCOVER • LEARN • CONNECT • EXPLORE



Passage Through the Panama Canal and Costa Rica

January 20 - 28, 2023

with *Erez Manela*




HARVARD
Alumni Travels



Experience the locks of the Panama Canal and Gatún Lake.

One of the greatest feats of the modern age—the Panama Canal. Witness the 50-mile passage that is a stunning example of engineering prowess. During a specially arranged and narrated daylight transit, experience the mighty locks that raise and lower ocean going vessels 85 feet, employing the force of gravity to achieve in mere hours what once involved a three-week circumnavigation of South America. This cruise experience showcases Earth's most pristine ecosystems in the rainforests and islands of Costa Rica and Panama at the best time of year. Visit the stunning and biodiverse Manuel Antonio National Park. Tour architect Frank Gehry's only design in Latin America—the Biodiversity Museum—and explore the heart of Panama City's UNESCO World Heritage-designated old town of Casco Antiguo. Cruise aboard the exclusively chartered, Five-Star LE BELLOT, a sophisticated small ship offering only 92 suites and staterooms, each with a private balcony.

The safety and well-being of our travelers remains our highest priority. Cruise lines and some other providers of services (as well as, potentially, some countries) require all passengers traveling on our programs to present confirmation of a full COVID-19 vaccination, and, as well, passengers may have to produce evidence of a recent negative COVID test. All our staff are committed to adhering to all health and safety protocols from the start of your trip to the end as directed by the United States Centers for Disease Control and Prevention, overseas health officials as well as those protocols mandated by your cruise company (if applicable) and other suppliers of services. Detailed protocol information tailored to your travel program will be mailed to you along with additional pre-departure information.

Activity Level 3: 

Busy pacing may include multiple hotel changes plus internal flights or long drives. May involve exposure to the outdoors, full days of touring, and walking up to two hours.

Study Leaders



Erez Manela 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). 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.

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Schedule by Day

FRIDAY, JANUARY 20

Home City/ San José

Depart home city for San José. Upon arrival, check into the COSTA RICA MARRIOTT HOTEL HACIENDA BELÉN. Enjoy the evening at leisure.

SATURDAY, JANUARY 21

San José/ Puntarenas

In the heart of the fertile Valle Central, Costa Rica's dynamic capital city of San José possesses an eclectic mix of museums, landscaped parks, lively cafés, art galleries and an interesting fusion of architectural styles, including Spanish Colonial, Moorish and Modernist. On the city tour, visit the National Theater, a regal Baroque edifice modeled on Milan's La Scala, and

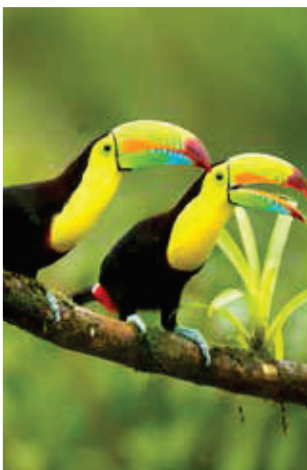
the National Museum.

After lunch, enjoy a scenic transfer to Puntarenas to embark LE BELLOT. (B,L,D)

SUNDAY, JANUARY 22

Curú National Wildlife Refuge/ Tortuga Island

Curú National Wildlife Refuge is a unique blend



Keel-billed toucans perched on branches.

of sustainable agriculture, forest management and wildlife protection—reestablishing species

like the scarlet macaw and spider monkey. Encompassing five distinctive habitats, it is the ideal place to see the intricacies of interdependent ecosystems. Enjoy a guided walk in the morning, the best time of day to observe an abundance of wildlife.

Nestled in a private reserve near the stunning Nicoya Peninsula, idyllic Tortuga Island is named for its tortoise-like volcanic rock formations. Against a backdrop of white sand beaches, enjoy opportunities to swim and snorkel in this protected island's clear waters—home to fascinating marine life such as angelfish, spotted eagle rays, and seahorses.

Attend the Captain's Welcome Reception on board this evening. (B,L,R,D)



Visit the biodiverse Manuel Antonio National Park, where expert naturalists will lead a walk through an ecosystem of rare species.

MONDAY, JANUARY 23

Quepos for Manuel Antonio National Park

Experience an unparalleled diversity of wildlife in this lush tropical haven—a captivating combination of rainforest, beach and coral reef, home to more than 100 species of mammals, almost

screeching howler monkeys, camouflaged iguanas, arboreal squirrel monkeys, two and three toed sloths and rambunctious capuchin monkeys. (B,L,D)

TUESDAY, JANUARY 24

Rio Seco Rainforest

Part of the Piedras Blancas National Park, this perfect off-the-beaten-path

picture-perfect secluded beach along the waters of the gorgeous Golfo Dulce. There is a tropical fruit orchard and colorful garden for you to discover. Explore a network of hiking trails, where naturalist tour guides will search for wildlife and share the secrets of this incredible ecosystem. (B,L,D)

WEDNESDAY, JANUARY 25

Cébaco Island, Panama

In the sparkling Gulf of Montijo, snorkel in the emerald waters of seldom-visited Cébaco Island, where schools of brilliantly colored fish, giant manta rays and four different species of turtles swim amid spectacular rock reefs. (B,L,D)

THURSDAY, JANUARY 26

Panama City

Tour the Miraflores Locks Visitor Center and learn



Snorkel in the vibrant coral reef of the Gulf of Montijo off Cébaco Island.

200 species of birds and various reptiles and amphibians.

Explore this protected biodiverse paradise where expert naturalists will help you spot colorful toucans,

destination is 400 acres of private property. The park is home to toucans, tapirs, pumas, jaguars and four species of monkeys. In Rio Seco Rainforest you can enjoy a



**BOOK
ONLINE**
TO REGISTER



Trip Registration Is Easy

Step 1: Visit:

<https://alumni.harvard.edu/travel/trips/panama-2023>

Step 2: Click the Blue “**Register Today**” button and fill out the online form.

Step 3: Look for an **email confirmation** from Harvard Alumni Travels.

All bookings are conducted online only.

Find complete trip-specific terms and conditions on the trip web page (link above).

about the canal’s lock system.

The Biodiversity Museum, designed by architect Frank Gehry, showcases the ecological significance of Panama’s exotic flora and fauna species. Visit the UNESCO World Heritage-designated historic district of Casco Antiguo, a charming neighborhood replete with cobblestone streets and architecturally significant historical edifices, including a 16th century cathedral. (B,L,D)

FRIDAY, JANUARY 27

Panama Canal/ Colón

Cruise from the Pacific Ocean to the Caribbean Sea through the mighty locks of the fascinating Panama Canal.

Transit times through the canal are controlled by the Panama Canal Authority. Attend the Captain’s Farewell Reception this evening. (B,L,R,D)

SATURDAY, JANUARY 28

Colón/ Panama City/ Home City

Disembark in Colón and—if time permitting—visit the Panama Canal Expansion Agua Clara Visitor Center to enjoy panoramic views of the canal’s 166-square-mile Gatún Lake and new longer, wider locks.

Transfer to Panama City for your return flight home. (B)

Frank Gehry demonstrates the ecological significance of the exotic species native to Panama in the Biodiversity Museum.



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SAN JOSÉ PRE-PROGRAM OPTION

Explore Costa Rica's diverse biospheres, from steamy hot springs to misty cloud forests. In view of towering Arenal Volcano, walk in the lush rainforest along a series of suspended and fixed bridges. Visit an organic chocolate workshop, an award-winning coffee estate and a traditional artisan town known for intricately hand-painted woodcrafts. Accommodations are for two nights in the deluxe COSTA RICA MARRIOTT HOTEL HACIENDA BELÉN and two nights in the ideally located HOTEL ARENAL KIORO.

Double Pricing: \$1,295 Single Pricing: \$1,845

PANAMA POST-PROGRAM OPTION

Continue your journey by exploring Panama City's rich indigenous culture, compelling colonial history and contemporary élan. Visit the UNESCO World Heritage-designated Panama La Vieja—founded in 1519 and later destroyed by privateer Henry Morgan—to see the ruins of the oldest European settlement on the Pacific-American coast. Visit the fascinating Agua Clara Visitor Center for panoramic views of the Panama Canal expansion and cruise the Gatún River to meet indigenous Emberá people. Spend two nights in the ideally located, deluxe BRISTOL PANAMA HOTEL.

Double Pricing: \$695 Single Pricing: \$945



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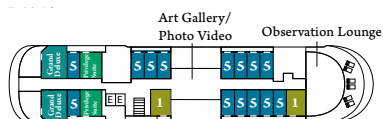
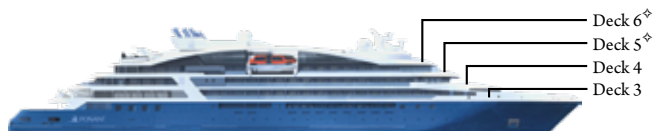
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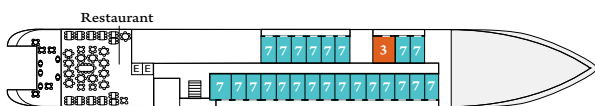
LE BELLOT



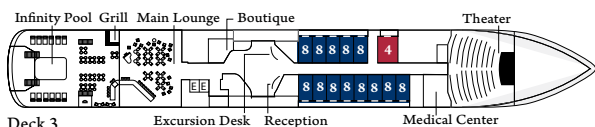
Deck 6°



Deck 5°



Deck 4



Deck 3

- ↓ Convert to adjoining suites
- ♿ Modified accessible suites: Feature a queen-size bed (no twin option)
- ◊ Prestige Suites, Decks 5 and 6 capacities to be advised

Rates Per Person

BASED ON DOUBLE OCCUPANCY
CATEGORY/DECK

CATEGORY 8 \$5,550

Deluxe stateroom with a picture window, single door onto private, partial-wall balcony. *Deck 3, midship.* (limited availability)

CATEGORY 7 \$6,250

Prestige stateroom with sliding glass door, **private balcony.** *Deck 4, midship.*

CATEGORY 6 \$6,950

Prestige stateroom with sliding glass door, **private balcony.** *Deck 5, midship and aft.*

CATEGORY 5 \$7,550

Prestige stateroom with sliding glass door, **private balcony.** *Deck 6, midship and aft.*

CATEGORY 4 \$8,550

Deluxe suite with sliding glass door, **private balcony.** *Deck 3, midship.* (limited availability)

CATEGORY 3 \$9,350

Deluxe suite with sliding glass door, **private balcony.** *Deck 4, midship.* (limited availability)

CATEGORY 2 \$10,150

Deluxe suite with sliding glass door, **private balcony.** *Deck 5, midship*

CATEGORY 1 \$10,850

Deluxe suite with sliding glass door, **private balcony.** *Deck 6, midship*

PRESTIGE SUITE II \$11,550

Two-room suite, expansive sliding glass door, **larger private balcony**, two bathrooms, two closets, large sitting area with sofa. *Deck 5, midship.* (limited availability)

PRESTIGE SUITE I \$11,850

Two-room suite, expansive sliding glass door, **larger private balcony**, two bathrooms, two closets, large sitting area with sofa. *Deck 6, midship.* (limited availability)

PRIVILEGE SUITE \$12,250

Large suite with expansive sliding glass door, **larger private balcony**, sitting area with sofa. *Decks 5 and 6, aft.* (limited availability)

GRAND DELUXE SUITE \$13,150

Extra-large, one-bedroom suite and separate sitting room with sofa, expansive sliding glass door, **spacious private terrace**, full bathroom with tub and separate shower, additional half bath. *Deck 6, aft.* (limited availability)

OWNER'S SUITE \$13,550

Extra-large, one-bedroom suite and separate sitting room with sofa, expansive sliding glass door, **spacious private terrace** with outdoor Jacuzzi, full bathroom with tub and separate shower, additional half bath. *Deck 5, aft.* (limited availability)

Taxes and gratuities to ship personnel are included.

Luxury Small Ship, Innovative Design: LE BELLOT ushers in a new generation of five-star small ships, combining revolutionary design and a new standard of luxury for unparalleled cruising. Dock in smaller ports inaccessible to larger ships and where authentic cultural experiences and majestic scenery await you.

Life on Board: Enjoy sweeping views from the lounges—which open to the outdoors—and lectures, cultural performances, or film screenings in the state-of-the-art theater. Relax in the spa or infinity-style swimming pool. The ship has a beauty salon, fitness room, and three elevators. Complimentary Wi-Fi access is available (conditions permitting).

Elegant Suites and Staterooms, 100% with Private Balconies: Each of the 92 staterooms and suites (up to 484 square feet) features a private balcony. Grand Deluxe Suites have a bay window and spacious private terrace. Accommodations offer two twin beds or one queen bed, individual climate control, private bathrooms with a shower, and luxury hotel-style amenities.

Respect for the Environment: A new addition to the Ponant “Clean Ship” fleet, an important certification among ocean-cruising vessels, LE BELLOT is energy efficient and eco-friendly, protecting fragile marine ecosystems.

Chic and Casual Dining: Dine indoors or alfresco on international and regional cuisine served in the stylish, spacious indoor-outdoor restaurant, at the casual pool deck grill or from 24-hour room service. Daily meals include breakfast, lunch, afternoon tea, and four-course dinner.

World-Class Service: The highly trained, English-speaking crew are personable and attentive, and the ship has a medical center staffed with a doctor and a nurse.