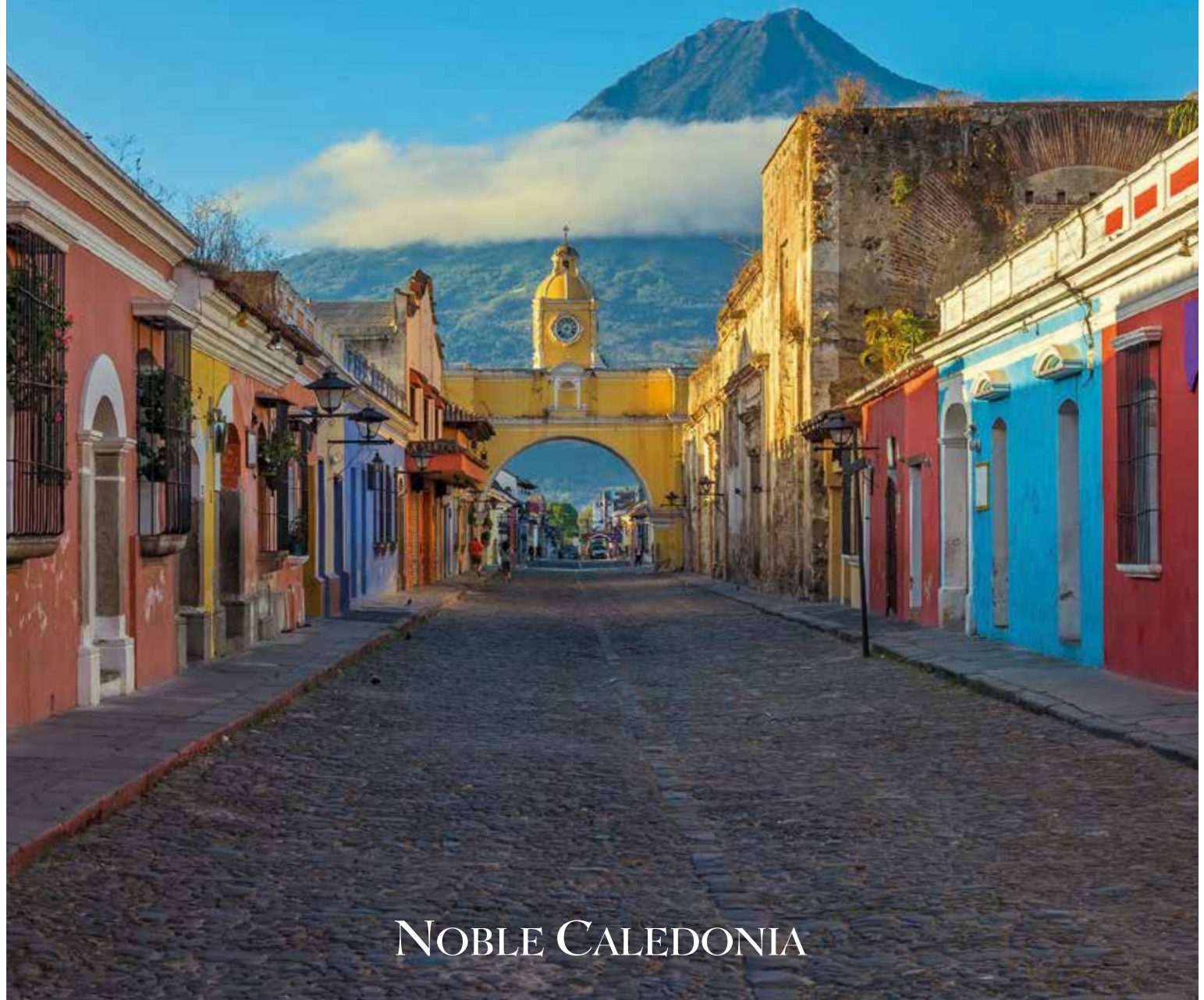


SPECIAL
OFFER - SAVE
£300
PER PERSON

EAST & WEST OF PANAMA

A VOYAGE FROM COLOMBIA TO GUATEMALA INCLUDING
A TRANSIT OF THE PANAMA CANAL ABOARD THE MS HEBRIDEAN SKY

21ST NOVEMBER TO 8TH DECEMBER
& 5TH TO 22ND DECEMBER* 2022



NOBLE CALEDONIA



Exploring by Zodiac

This unique voyage from the wonderfully charismatic Colombian city of Cartagena, through the Panama Canal to Costa Rica, Nicaragua, El Salvador and concluding in Guatemala's charming, UNESCO World Heritage City of Antigua is certainly an odyssey to some of Central America's most picturesque and fascinating destinations. The region is imbued with colour and culture with a tremendous mix of natural beauty and historical sites.

Sailing from the Caribbean Sea through the Panama Canal to the Pacific Ocean, our cruise will take us along the coasts and to the islands of Panama and Costa Rica which, although small in size is one of the most biologically diverse places on earth with teeming rainforest, cloud forest, majestic volcanoes and a remarkably varied wildlife, landscape and culture. We will spend time in both Nicaragua and El Salvador, two Central American countries which remain delightfully undiscovered. Whilst in Nicaragua, we will witness extraordinary volcanic landscapes and take in the splendours of the colonial cities, from the pastel hues of the great buildings that line the streets of Granada to the shady gardens and plazas of delightful Leon. Moving on to El Salvador, there is the opportunity to explore the fascinating UNESCO World Heritage Site of Joya de Ceren, known as the 'Pompeii of the Americas' and to visit the well-preserved Mayan ruins of Tazumal in Chalchuapa. For nature lovers, we will enjoy a full day in the Jiquilisco Bay Biosphere Reserve which hosts a wide diversity of birds and sea turtles, including the endangered hawksbill turtle, and we will learn of the flora and fauna and of the area's turtle conservation.

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, meeting with members of indigenous tribes or learning about the colonial and often turbulent history of the region.



The Itinerary

Day 1 London to Cartagena, Colombia. Fly by scheduled indirect flight. Arrive this afternoon and transfer to the MS Hebridean Sky moored in the city. Enjoy welcome drinks and dinner as we moor overnight.

Day 2 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, Monastery of San Pedro Claver, Plaza de la Aduana and Iglesia de Santo Domingo. Return to the MS Hebridean Sky for lunch and a relaxing afternoon at sea.

Day 3 Capurgana & Sapzurro. Early this morning we will anchor off the town of Capurgana, a pretty yet remote village only accessible by sea or air. We

will use the Zodiacs to land before we take a hike through the rainforest overflowing with tropical vegetation and home to howler monkeys, toucans, parrots and colourful frogs. The trail offers wonderful views of the ocean below before ending in the neighbouring village of Sapzurro from where we return to the ship. This afternoon is free to relax on the beaches, swim in the clear waters or mix with the locals in the town.

Day 4 San Blas Islands, Panama. We arrive in Panama at 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.



Lake Nicaragua

Granada Cathedral

Hawksbill Sea Turtle

Ruins of Tazumal

Day 5 Panama Canal Transit.

An undisputed destination on the travel bucket list must be 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. The canal is around 50 miles long and takes between eight to ten hours to cross and we hope to confirm a daytime crossing.

Day 6 Panama City. From our anchorage at Flamenco Marina, there will be a choice of excursions today. Join a tour to the Panama Canal Observation Centre to learn about the expansion of the canal before visiting the Miraflores Locks Visitor Centre where you can see the history of the canal and watch the ships as they pass through. Alternatively, for those interested in meeting the Embera Indians, there will be a tour to the Chagres National Park where we will take a dugout canoe to the village in the jungle, meet the local tribe and learn about their history.

Day 7 At Sea. Relax on deck or maybe join a lecture as we spend a day at sea sailing to Costa Rica.

Day 8 Golfo Dulce, Costa Rica. After clearing immigration formalities into Costa Rica at

Golfito we will make our way to Casa Orquideas (Orchid House), a five hectare private botanical garden cut out of the rainforest by Ron and Trudy MacAllister who now cultivate over 100 species of orchids which attract many different bird species. Plants of the tropics burst with colour and the air here is heady with the fragrance of flowers and humid soil. Due to the open space, it is often easy to spot several tropical birds here including toucans.

Day 9 Curu National Park & Isla Tortuga. The Curu National Wildlife Refuge boasts a rich and diverse wildlife in five different habitats ranging from marine zones, including a wide beach area, mangrove swamps and tropical forests. This morning, on a range of walks we will find several species of birds, howler and capuchin monkeys and turtles. Over lunch we will sail the short distance to Tortuga Island where we have the chance to swim over the volcanic reef which is home to angelfish, morays and needlefish. Alternatively, spend the afternoon relaxing on the white sand beaches.

Day 10 Playas del Coco. Our final call in Costa Rica is the beach town of Playas del Coco in the Papagayo Gulf, once a small fishing village it has grown into a popular destination for local Costa Rican tourism. We will use our Zodiacs to land before heading inland to the Palo Verde National Park where we will board local boats to travel along the Tempisque River seeing the mangroves and dry forest vegetation which is home to countless birds and multiple mammals. As we will be visiting

in the dry season, we hope to see peccaries, armadillos, jaguarondis, coatis, agoutis, deer and monkeys which are attracted to the river. We will enjoy lunch at the 19th century Hacienda House with views of the savannahs and sugar cane fields.

Day 11 San Juan del Sur for Granada, Nicaragua. After an early breakfast we will leave from the friendly fishing village of San Juan del Sur for a full day tour to Granada and Lake Nicaragua. Founded in 1523, Granada is Nicaragua's oldest Spanish city and has retained much of its Spanish character with colonial churches, narrow streets and colourful Spanish style homes. We will enjoy a walking tour including the cathedral and convent of San Francisco where we will find around 30 pre-Colombian stone statues dating back to 800 AD sculpted by the inhabitants of Zapatera Island on Lake Nicaragua. After a local lunch we continue to Lake Nicaragua and enjoy a relaxing boat ride amongst the 365 small islands created by the volcanic activity of the Mombacho volcano around 20,000 years ago. Whilst some islands are inhabited most remain unspoiled and are home to exotic plants, howler monkeys and orchids.

Day 12 Corinto for Leon. The port of Corinto is our base for our visit to Leon, the former capital of Nicaragua. Here we will explore the colonial architecture and the 18th century cathedral which is one of the most prominent buildings in the city with fantastic views from the rooftop. Inside we will see the fresco paintings, statues and the lion that guards the tomb of Ruben Dario, the famous Nicaraguan

poet. There will be some free time for those who wish to visit the bustling market.

Day 13 La Union, El Salvador. We spend the day exploring the southern region of El Salvador and there will be a choice of excursions on offer. You may wish to follow the 'peace route' set up to remember the events of the 1980s when El Salvador experienced a bitter civil war. It is estimated that over 100,000 were killed in the fighting whilst half a million fled into exile. We will visit Perquin, once a stronghold of the guerrillas and home to the Museum of the Revolution where former members of the rebel army are willing to share their experiences. We continue to the village of El Mozote where in December 1981 one of the worst atrocities occurred and more than 1000 people were killed in a single day. Our local guides will explain about living in the country during this time and we will see the monument erected for the victims and the memorial garden decorated with brightly coloured murals. Alternatively visit the Jiquilisco Bay Biosphere Reserve which is El Salvador's most important marine ecosystem with the coastal area made up of remote islands, mangrove canals and desolate beaches whilst inland we find beautiful forests and cacao plantations. It is an important base for migratory birds as well as a nesting site for four sea turtle species including one of only two sites in the Pacific for the endangered Hawksbill Turtle. We will explore the different areas of the reserve spending time with the environmentalists and scientists who will teach us about the conservation of the turtles, walking through the forest on the lookout for spider



Toucan

monkeys. We will also visit one of the local cacao plantations to learn about the cultivation of cacao, which creates some of the finest chocolate.

Days 14 & 15 Acajutla. After a morning at sea we arrive in the northern port of Acajutla where we will spend a day and a half. From here we will explore some of the colonial towns and communities on the 'Flower Route' named after the abundance of flowers found along the roadsides and in the villages. We will drive through the beautiful mountains to the town of Nahuizalco, home to one of the most longstanding native communities and arts and crafts production sites in the country. We continue to Ataco, the final stop on the Ruta de las Flores. Ataco is a quaint, colonial village known for its natural beauty, as well as its brightly painted homes, cobblestone streets, colourful murals and unique arts and crafts. Alternatively, our full day excursion will discover the Mayan route starting at the archaeological site of Joya de Ceren, a UNESCO World Heritage Site known as the Pompeii of America. The site was covered by the Loma Caldera volcano explosion which kept the remains of pre-Hispanic civilisation covered for hundreds of years and provides a unique insight into everyday life in a Mesoamerican farming community of the 6th century AD. We continue to the ruins of San Andres, once an

important political and religious centre and testimony of the Indigo industry during the colonial period, better known as the 'Blue Gold'. After lunch in a local restaurant we will continue to Santa Ana and see the beautiful Gothic Cathedral and National Palace before our tour ends at the ruins of Tazumal, the largest pyramid in El Salvador which dates from 1500 BC and is an important Mayan settlement.

Day 16 Puerto Quetzal to Antigua, Guatemala. Disembark after breakfast and from our berth at Puerto Quetzal drive to Antigua, a UNESCO World Heritage Site. Built between three magnificent volcanoes in 1542, it is one of the oldest and most beautiful cities in the Americas. Antigua remained an economic and political heart of Central America until a devastating earthquake in 1773 destroyed much of the city. We will explore the city which is a wonder of colonial buildings, beautiful squares, cobblestone streets and Baroque churches. This afternoon we transfer to our hotel for our overnight stay and the remainder of the day is free for independent exploration before we meet for dinner this evening.

Day 17 Antigua to London. After breakfast in the hotel we will transfer to Guatemala City for our scheduled indirect flight to London.

Day 18 London. Arrive today.

*Please note that the 5th December departure operates in the reverse direction to that shown from Guatemala City to Cartagena. Full details can be viewed online.

Tikal & Lake Atitlan Extension

3rd to 5th December* & 7th to 10th December 2022



Lake Atitlan

If you would like to spend some additional time in Guatemala we are offering a two night extension which includes guided excursions to the Tikal National Park and Lake Atitlan.

The Itinerary

Day 1 Antigua to Tikal, Guatemala. Today we leave Antigua early in the morning for a short flight to Flores (approximately one hour) in the Peten Department. On arrival we will visit the Tikal National Park, touring the beautiful Mayan ruins in the dense sub-tropical humid jungle. This afternoon lunch will be served in a local restaurant before we transfer to the airport for our return flight to Antigua. Transfer back to our hotel with the remainder of the day at leisure. (B, L)

Day 2 Lake Atitlan. After breakfast, we embark on full day tour to Lake Atitlan, described by Aldous Huxley as the most beautiful lake in the world. Surrounded by 12 post-Mayan villages, all bearing the names of Catholic saints, and surrounded by three majestic volcanoes, the experience is unique. We visit the main town of Panajachel where there will be some time at leisure to take some photographs and explore the local shops. After lunch in a local restaurant we will head back to our hotel in Antigua. The remainder of the day will be at leisure. (B, L)

Day 3 Antigua to London. Check out from the hotel after breakfast and transfer to the airport for our scheduled indirect flight to London. (B)

Day 4 London. Arrive today.

PRICES PER PERSON

Based on double occupancy

Twin: **£1295** Single: **£1495**

Price Includes: Two nights hotel accommodation, meals as indicated (B – Breakfast, L – Lunch, D – Dinner), Tikal excursion by air, Lake Atitlan excursion, English speaking guide, Noble Caledonia Tour Manager, gratuities, transfers. **Not Included:** Travel insurance.

*Please note that the 3rd December departure operates as a pre-cruise extension. Full itinerary details can be viewed online.

PRICES PER PERSON

Based on double occupancy

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

Deck	Suite Category	Brochure Price	Special Offer Price
Amundsen	Standard	£9895	£9595
Byrd	Superior	£10095	£9795
Mawson	Premium	£10295	£9995
Mawson	Corner	£10595	£10295
Scott	Deluxe Balcony	£11995	£11695
Shackleton	Owner's Balcony	£12495	£12195
Shackleton	Hebridean	£13995	£13695
Amundsen	Standard for sole use	£13095	£12795
Byrd	Superior for sole use	£13295	£12995

PRICE INCLUDES: Economy class scheduled air travel • 15 nights aboard the MS Hebridean Sky on a full board basis • Overnight hotel accommodation with breakfast in Antigua, Guatemala • Lunch and dinner on day 16 • House wine, beer & soft drinks with lunch and dinner • Noble Caledonia expedition team • Shore excursions • Gratuities • Transfers • Port taxes.
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, flat screen 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.

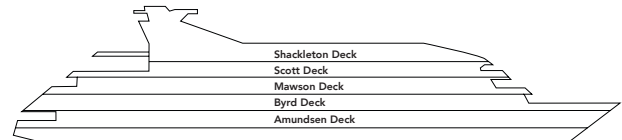
Your Comfort

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.

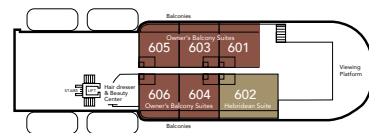
Your Life On Board

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



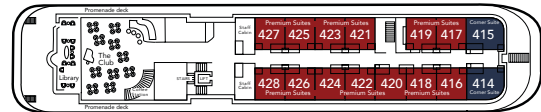
Shackleton Deck



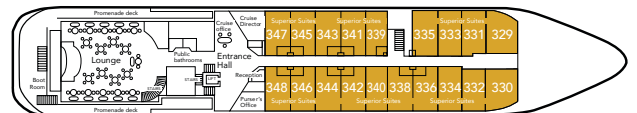
Scott Deck



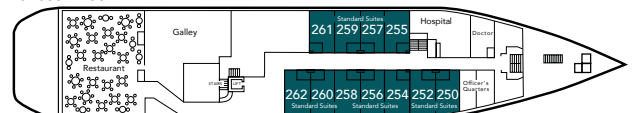
Mawson Deck



Byrd Deck



Amundsen Deck



- Standard Suites
- Corner Suites
- Owner's Balcony Suites
- Superior Suites
- Deluxe Balcony Suites
- Hebridean Suite
- Premium Suites

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.



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