

CENTRAL AMERICAN ODYSSEY - A VOYAGE FROM GUATEMALA TO COSTA RICA

Join us aboard the all-suite MS Hebridean Sky as we explore Central America's Pacific coastline visiting Guatemala, El Salvador, Nicaragua, Costa Rica and Panama. If you have been contemplating a visit to Central America, then this fascinating voyage could offer you the perfect opportunity with its mix of cultural and natural wonders. Our itinerary is made possible by the Panama Canal, an engineering marvel allowing us to pass from the Caribbean Sea to the Pacific Ocean.

During our voyage, the history of the ancient Mayan civilisation, the colonial years and the more recent events of the region wil be brought to life by our onboard team and local guides. There is also much of the natural world to occupy us on our journey including our visits to Costa Rica's Palo Verde National Park and Curu National Wildlife Refuge, El Salvador's most important marine ecosystem, the Jiquilisco Bay Biosphere Reserve, and the pristine Bocas del Toro archipelago in Panama. The birdlife of the region is magnificent, and it is home to countless species of endangered birds from tiny hummingbirds to flashy macaws and parrots, toucans and woodpeckers. Add an amazingly rich biodiversity of flora and fauna seen against some of the lushest of landscapes to be found anywhere in the world and you have the recipe for a perfect escape.

Such a varied and comprehensive itinerary would be difficult to comprehend or undertake by any other means than a cruise aboard a vessel like the MS Hebridean Sky with her expert expedition team, fleet of Zodiacs and just over 100 fellow passengers. We will be able to visit some small islands and ports which the larger cruise vessels simply cannot access and skip the arduous, lengthy land travel which such a trip would usually entail and instead relax on board as we deliver you to a new and exciting destination each day.



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ITINERARY

Day 1 London to Antigua, Guatemala.

Fly by scheduled indirect flight to Guatemala City. On arrival we will transfer to our hotel in Antigua for a two night stay.

Day 2 Antigua.

Spend the day in Antigua, a UNESCO World Heritage Site. Built between three

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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. After a morning at leisure, our afternoon tour will explore the city which is a wonder of colonial buildings, beautiful squares, cobblestone streets and Baroque churches. Meet tonight for dinner in the hotel.

Day 3 Antigua to Puerto Quetzal.

We will check out in the late morning and make our way to the Pacific Coast. After lunch we will embark the MS Hebridean Sky in Puerto Quetzal and sail this evening.

Days 4 & 5 Acajutla, El Salvador.

From the port of Acajutla 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 it 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. The following day our morning tour 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 that is known for its natural beauty as well as its brightly painted homes, cobblestone streets, colourful murals and unique arts and crafts. We will return to the MS Hebridean Sky for lunch and a relaxing afternoon at sea.

Day 6 La Union.

We have a day to explore the southern region of El Salvador and will offer a

choice of excursion options. 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 people 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 being 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 explore the different areas of the reserve spending time with the environmentalists and scientists who will teach us about the conservation of the turtles, and we will walk through the forest on the lookout for spider monkeys. We will also visit a cacao plantation where we learn about the cultivation of cacao which creates some of the finest chocolate.

Day 7 Corinto for Leon, Nicaragua.

Spend the morning cruising to the port of Corinto which is our base for a 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 8 San Juan del Sur for Granada.

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 find around 30 pre-Colombian stone statues dating back to 800 AD sculpted by the inhabitants of Zapatera Island on Lake Nicaragua. After lunch we continue to Lake Nicaragua and enjoy a

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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 9 Palo Verde National Park, Costa Rica.

Our first stop in Costa Rica is Playa Flamingo 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 10 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 spend the afternoon relaxing on the white sand beaches or swimming in the clear waters.

Day 11 Puerto Jimenez & Golfito.

Awake in Puerto Jimenez from where we will visit one of the nearby fincas that specialises 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 will see how it is transformed into chocolate. Alternatively, join a walk in La Perica Sloth Garden where there will be the opportunity to spot the animals in their natural environment as well as other wildlife including hummingbirds and iguanas. Over lunch we sail across Golfo Dulce to spend the afternoon at one of Costa Rica's most famous National Parks, the Golfito National Wildlife Refuge. Spread out over 2,810 hectares it 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.

Day 12 Chiriqui Gulf Marine Park, Panama.

Arrive in Panama and visit 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 Cahuita National Park 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 learning about the local flora and fauna or find a spot under a palm tree on the beach and take a swim.

Day 13 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 14 Colon.

Awake on the Caribbean Coast of Panama where, from our berth in Colon, we visit the delightful town of Portobelo which was discovered by Christopher Columbus in 1502. Our tour will provide an insight into the rich history of the area once known as a Paradise for Pirates. Visit Fort San Geronimo, Fort San Felipe, Customs House and the Black Christ Church (the patron Saint of Portobelo). Alternatively, visit the new locks of the Panama Canal expansion. The expansion was the largest project at the Canal since its original construction and created a new set of locks, doubling the waterway's capacity. At the Agua Clara Visitor Centre we can learn about the history of the canal, the expansion efforts and watch the ships passing through.

Day 15 Bocas del Toro.





Today we will explore 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 with 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 16 Puerto Limon, Costa Rica.

Returning to 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 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 see 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 17 Puerto Limon to London.

Disembark this morning and transfer to San Jose for our scheduled flight to London.

Day 18 London.

Arrive this morning.

Please note:

Itineraries are subject to change.





YOUR SHIP: HEBRIDEAN SKY

YOUR SHIP:	Hebridean Sky
VESSEL TYPE:	Expedition
LENGTH:	90.6 metres
PASSENGER CAPACITY:	118
BUILT/REFURBISHED:	1992 / 2016

The MS Hebridean Sky is one of our three flag ships and sister vessel to the MS Island Sky and MS Caledonian Sky. All three vessels were built in the same ship yard in Italy at similar times and share the same excellent attributes that make them three of the finest small ships in the world. Formerly known as the Sea Explorer, the vessel underwent a multi-million pound refurbishment in Sweden in Spring 2016 before being re-launched as the MS Hebridean Sky.

Your Suite. On board there are 59 exceptionally spacious and well-designed suites. All feature a sitting area and fourteen suites 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 suites 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 rainfall shower, large wardrobes, dressing table with large mirror and stool and excellent storage. There is a minifridge, flat screen television and a telephone in each suite. Refillable water bottles, towelling dressing gowns and slippers are also provided for your comfort. Additional 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. The beds in each suite can be configured as twins or double with the exception of suite 601 and 602 which feature fixed double beds. The impressive Hebridean Suite, located on the Shackleton Deck consists of a separate bathroom and sitting room with extra large balcony stretching the length of the suite. Additional benefits of booking this marvellous suite include complimentary mini-bar stocked with your preferences and complimentary laundry.

Your Space. The spacious and finely decorated public rooms on board the MS Hebridean Sky 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 which is fitted with the highest standard of presentation equipment including multiple screens. In addition to the Lounge, there is also The Club, located on the Mawson Deck which features the main bar where the onboard pianist plays periodically throughout the day. The Club also offers a 24-hour tea and coffee station. Towards the aft of the ship on the Mawson Deck is The Library which is well stocked with reference books pertaining to the destinations the vessel is visiting and a selection of essential reads. A collection of games and devices to access the internet via the ship's

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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 Dining Room which can seat all guests at one sitting is located on the Amundsen Deck and is a bright and charming setting to enjoy the delicious meals on board. Outside there is a rear Lido Deck located on the Scott Deck where meals are served in warm weather under shade. Whilst heaters and blankets make dining al fresco comfortable in cooler climates. Further to this, on the top Shackleton Deck there is an observation area which offers a fantastic platform for spotting wildlife complete with deck furniture, ideal for relaxing with a book or catching up with fellow travellers. You will also find a clinic and Doctor on board and a lift that serves all decks. Additionally there is a small hairdressers with appointments made on request.

Your Dining. It is quite a task to create a dining experience as that found on board our Sky vessels when you are cruising in far-flung corners of the globe, indeed it takes a team of highly talented chefs to deliver fresh, varied dishes no matter where you are at sea. Fortunately, our catering teams are well adapted to the world of small ship cruising where no two days are the same and the menus are often scheduled and tailored around the days' excursions. With only one sitting and a maximum of just over 100 passengers, the cuisine on board is of a consistent superior quality that befits such vessels. Where possible and when it meets their high standards, our accomplished chefs will obtain local produce in markets. Such purchases enhance the well-stocked larders and enable the chefs on board to exhibit their culinary skills and bring a local touch to the varied menus, emphasising the international expertise of the chefs on board. Afternoon tea and pre-dinner canapes take place every day 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. In keeping with the informal atmosphere on board, when dining you are able to choose your seating arrangements at your leisure. Whether that be joining a table of four to six other passengers outside on the Lido Deck in the evening's sunshine or whether you prefer to enjoy meals in the a la carte restaurant. For those travelling alone, our onboard friendly restaurant staff will take care to ensure you are seated with other like-minded travellers. In the main elegant dining room, breakfast is served buffet-style, with certain items cooked to order on request. Lunch and dinner are a la carte with an excellent choice of dishes, with the menu reflecting the daily catch or local delicacies. To enhance your dining experience even further a selection of wines are included with both meals and there is also a comprehensive wine list with a wide selection of new and old world wines from which to choose. The onboard catering and restaurant staff are experienced at sea and enthuse a passion for superb service. Whether it be ensuring you have an outdoor blanket as you enjoy the crisp sea breeze on the Lido Deck or sharing their knowledge of the characteristics of the days' wine selections, you will experience a service on board like no other. You may also enjoy sumptuous barbeques on deck whilst at times, the chef will make your dish to order at special pasta or stir fry stations.

For Your Comfort. The MS Hebridean Sky is equipped with the latest safety, navigation and communications equipment along with roll stabilizers to minimize the ship's motion. During your voyage we hope to offer the opportunity to visit the Captain and Officers on the Bridge to check the vessels progress by charts and learn more about your journey. There is also a dedicated

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channel on your television in your suite showing the routing of the vessel along with technical information and estimated times of arrival and departure from port. On board you will also find a clinic and Doctor and a lift that serves all decks. Smoking on board is restricted to a specific area on deck.

Life Onboard. If large resort-style vessels accommodating many thousands of passengers are your ideal, then our ships are not for you as you will not find endless entertainment, round the clock buffets and the people management which is so much a part of today's big ship on board style. However, if like us you prefer a more peaceful life at sea you will find our flagships the perfect vessels. When choosing your next voyage the choice of vessels is astounding. You can select a ship carrying in excess of 4000 passengers with impersonal service or join us aboard the MS Caledonian Sky, MS Island Sky or MS Hebridean Sky where peace, high quality service and attention to detail are the order of the day. We promise there will be no organised entertainment, fancy dress, deck games or any of the usual big ship experiences. Instead, the atmosphere is warm and convivial and more akin to a private yacht or country hotel in which you can learn more about the wonders of nature, culture and ancient civilisations in the company of like-minded people. A little music in the lounge or bar after dinner, Guest Speakers and informative port briefings from our Expedition Leader or Cruise Director and of course good food with wine included at lunch and dinner, all contribute to make any voyage aboard these wonderful vessels a memorable and joyful experience. After a day ashore you will return to the comfort and peace of an exceedingly comfortable ship. The daily programme on board is in the capable hands of our Cruise Director or Expedition Leader and staff who coordinate with the Captain and Officers to make the most of each day. Briefings and talks will be provided

throughout the voyage together with a 'Daily Programme' that is distributed every evening to your suite outlining the next day's activities. Dress on board is casual and relaxed and there will be no 'black tie' evenings.



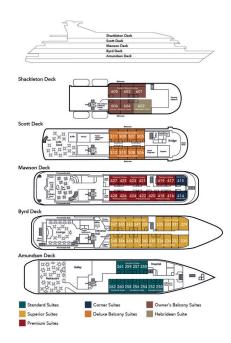
' evenings.

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INSIDE YOUR SHIP



Amundsen Deck Standard Sole



Byrd Deck Superior Sole



Mawson Deck Corner Suite



Scott Deck Deluxe Balcony Suite



Amundsen Deck Standard Suite



Byrd Deck Superior Suite



Mawson Deck Premium Suite



Shackleton Deck Hebridean Suite



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PRICING

15-Feb-2026 to 04-Mar-2026

Amundsen Deck Standard Suite	11295 GBP pp
Byrd Deck Superior Suite	11495 GBP pp
Mawson Deck Premium Suite	11795 GBP pp
Mawson Deck Corner Suite	12295 GBP pp
Scott Deck Deluxe Balcony Suite	13495 GBP pp
Shackleton Deck Owner's Balcony Suite	13795 GBP pp
Amundsen Deck Standard Sole	14295 GBP pp
Shackleton Deck Hebridean Suite	14295 GBP pp
Byrd Deck Superior Sole	14495 GBP pp

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