



SHORE EXCURSIONS

7
nights

STAR CLIPPER

Costa Rica to Panama | 09 January 2027



Sat	Puerto Caldera
Sun	Islas Tortugas
Mon	Quépos
Tue	Golfito
Wed	Parida Island (Marine Park Golfo de Chiriqui)
Thu	Iguana Island
Fri	San José Island (Pearl Islands)
Sat	Panama (Isla Flamenco)

What you need to know before booking your shore excursion:

- All our excursions are led by local English-speaking guides or driver-guides.
- The length of the tours and time spent on the sites is given as an indication as it may vary depending on weather, sea and traffic conditions and on the group's pace.
- The level of physical fitness required for our activities is given as a very general indication.
- Transportation: roads in the islands can be winding and bumpy. Vehicles used (coasters, minibuses, minivans) have generally small seats and limited space and legroom.
- Guests will be required to sign a liability waiver to participate in some activities.

How you can book your shore excursions:

- Shore excursions can be booked on board, using the booking forms (sign-up lists) available at the Excursion Desk.
- The price of the excursion will be added to your on-board account.
- Transfers and debark tours ending at the airport can also be pre-paid prior to your cruise.
- In order to provide the best service and to avoid disappointments, please book your shore excursions as early as possible: places are limited and there is a booking deadline for each port.
- Booking deadlines will be indicated on the Daily Program and on the booking forms.
- Cancellation and changes are possible until the booking deadline. After the booking deadline, 100% cancellation fees will be charged.
- A minimum number of participants is required for each tour; if the required number is not attained, the tour may be cancelled.

Excursions in Quépos "Manuel Antonio National Park nature walk" and "Villa Vanilla spice tour" must be booked in advance with Star Clippers.

Important notes:

- Departure times of the tour are mentioned in the Daily Program of each port.
- All information concerning excursions is correct at the time of printing. **However, Star Clippers reserves the right to make changes.** The latest updated tour descriptions are available on board the ship in a file at the Excursion Desk and on Star Clippers' website (you can download the file using the QR code).





Date of last update: 7th of July 2026

ISLA TORTUGA - Curu Private Reserve



2:30



79 €



Moderate



Tender boat,
walking tour

Min 10 / Max 48
participants

Sightseeing | Wildlife

A wet landing is required at Curu reserve!

Curu Reserve is one of the most remarkable natural areas on Costa Rica's Pacific coast and is considered the best place on this itinerary to experience wildlife in its natural habitat. Located in a region known for its calm seas and crystal-clear waters, the reserve preserves two-thirds of its 600 hectares as primary tropical forest, providing a vital refuge for a diverse range of species. The reserve features 4.5 km of pristine coastline with white sandy beaches and secluded coves, offering a stunning setting for your visit. Your naturalist guide will lead you on a walk through this rich ecosystem, pointing out wildlife such as capuchin and howler monkeys, sloths, anteaters, and up to 200 species of birds that inhabit the area. Following the guided nature walk, you will take a tender ride (approx. 30 minutes) to Isla Tortuga's beach, where you can relax and soak in the natural beauty at your leisure or come back to the ship.

Please note:

- ✓ Wildlife sightings cannot be guaranteed but this reserve offers some of the best opportunities on this itinerary.
- ✓ This tour involves a 2 km walk on sandy, rocky and uneven surfaces. Heat and humidity are factors to consider.
- ✓ Dress for the weather (light clothing), wear walking shoes and bring a hat, sunscreen, insect repellent and water.
- ✓ The transfer to/from the Curu Reserve will be by ships' tender, with transfer to a zodiac and wet landing.
- ✓ A wet landing is required; guests will need to wade about 50 meters through knee-deep water to reach the shore.

QUEPOS - Manuel Antonio National Park nature walk



04:15



95 €



Moderate



Minibus,
walking tour

Min 15 / Max 24
participants

Sightseeing | Wildlife

This excursion must be pre-booked and is not available for purchase on board. National Park tickets are non-refundable.

This excursion is one of the best in the Central Pacific region of Costa Rica and a great opportunity to experience the rainforest up close. Manuel Antonio National Park is a jewel among Costa Rica's national parks, whose fragile ecosystem is home to a variety of wildlife including mammals, reptiles and tropical birds. The park protects 683 hectares of tropical rainforest and over a thousand different species of flora. Another major attraction is the white sand beaches on the edge of the forest.

A 20 minutes drive will take you from the port to entrance of the National Park. Our local naturalist guide will take you on a trek through the park (approximately 1.5 hours) and its dense rainforest, telling you all about this unique environment rich in biodiversity and helping you spot wildlife with the help of a spotting scope.

The guided tour ends at the beach, where you will have the opportunity to take some great pictures, before walking back along the humid area to the entrance of the National Park. Before returning to Quépos, you will enjoy a tropical fruit buffet prepared by your naturalist guide.

Please note:

- ✓ This tour involves moderate walking (approx. 1.5 hours) over paths made out of gravel, dirt, and sand, with some uphill climbings. Heat and humidity are factors to consider.
- ✓ Dress for the weather, wear comfortable walking shoes and bring a hat, sunscreen, water and insect repellent.
- ✓ Wear a bathing suit under your clothes and bring a towel if you want to do a quick dip at the beach.
- ✓ Single-use plastic bottles are not permitted, visitors can bring reusable water bottles (plastic or metal).
- ✓ Our naturalist tour guides carry a professional spotting scope to facilitate and enhance your wildlife viewing experience. However, wildlife sightings cannot be guaranteed.
- ✓ Manuel Antonio Park is one of the most visited attractions in Costa Rica so you can expect large numbers of visitors and congestion inside the park and at the park's only entrance.
- ✓ Star Clippers is required to submit to the National Park full name and passport details of each visitor.



QUEPOS - Villa Vanilla spice tour



2:30

Sightseeing



95 €



Easy



Minibus

Min 6 / Max 30
participants

This excursion must be pre-booked and is not available for purchase on board.

Embark on an immersive journey through our interactive spice farm tour, a delightful adventure designed to captivate the curiosity and the senses of guests of all ages. Villa Vanilla is a 160-acre (65 hectare) sustainable farm located about 30 minutes drive from Quépos. The farm was founded in 1987, and it is now planted with a variety of popular herbs and spices, minor plantings of common and exotic fruits, trees, flowering and medicinal plants. The flora diversity has brought back the fauna diversity that is normally present in tropical humid forests.

Engage all your senses and explore our farm, discovering an array of spices that include beloved vanilla, Ceylon cinnamon, rich cacao, zesty black pepper, allspice, vibrant turmeric and some exotic fruits and healing plants.

At the end of the visit, you will enjoy a diverse tasting menu featuring both sweet and savory dishes that highlight spices that you have encountered along your walk through the spice farm. You will have the chance to buy some spices and gifts at the spice shop. Learning about how these spices grow in harmony with the rainforest is a fun and tasty experience that you won't forget!

Please note:

- ✓ The tour involves moderate walking on mostly flat surfaces with some rustic steps.
- ✓ Dress for the weather, wear comfortable walking shoes and bring a hat, sunscreen, insect repellent and water.
- ✓ The journey between Quepos and Villa Vanilla takes approximately 30 minutes by minibus.

QUEPOS - Mangrove wildlife and boat cruise



3:30

Sightseeing | Wildlife



95 €



Easy



Minibus,
river boat

Min 12 / Max 24
participants

This tour runs with the tides and might not be available for some of the calls.

A ride through the Mangrove is like entering another world. The trees that grow in the brackish water form a unique and very fragile ecosystem. Most of the trees grow along the estuary, developing an aerial root system. At low tide the exposed tree roots make a perfect habitat for crabs. In the upper part of the forest, you can expect to see monkeys and a great variety of birdlife including herons, egrets, and spoonbills, amongst others.

A minibus and a naturalist guide will be waiting on the pier to take you on a 30-minute drive to the departure point. Here a naturalist tour guide will tell you all about the mangrove, which, although you may not know it, plays a vital role in the sustainability of the planet.

A shaded boat will take you deep into the heart of the mangrove and you can try and spot all the different species of wildlife that live there. After a boat ride of 1h45 you will arrive at the village and enjoy a well-deserved snack before taking the minibus back to the pier. You can also be dropped off at Quepos, where you will find several restaurants and shops.

Please note:

- ✓ Dress for the weather and bring a hat, sunscreen, insect repellent and water.
- ✓ Tour sequence may vary (this tour runs with the tides).
- ✓ The journey between Quepos and the boat departure point takes approximately 30 minutes by minibus.



GOLFITO - Golfo Dulce dolphin watch and swim stop



3:45



135 €



Moderate



Speedboat or motorboat

Min 15 / Max 32 participants

Sightseeing | Wildlife

Costa Rica is home to one of the most biologically diverse marine ecosystems in the world, and its warm, nutrient-rich waters attract an abundance of wildlife—including dolphins. The best place to observe these fascinating creatures is off the coast of the Osa Peninsula, described by National Geographic as “the most biologically intense place on Earth.” You will board a boat and head into the calm waters of Golfo Dulce, where large pods of dolphins, sea turtles, and manta rays often appear, offering an unforgettable wildlife display. Other possible sightings include up to six species of sea turtles, schools of feeding tuna, and occasionally, marlin or sailfish. An experienced naturalist guide will accompany the tour, offering insights into the behavior, biology, and habitat of the marine life you may encounter. Weather permitting, you’ll also enjoy a swim stop at a local beach, with excellent photo opportunities throughout the journey.

Please note:

- ✓ The itinerary and the tour sequence may be changed at Captain’s discretion depending on weather conditions and tide. Marine wildlife sightings cannot be guaranteed.
- ✓ This excursion is not recommended for guests who suffer from sea sickness, those with mobility problems, neck/back problems, and pregnant women.
- ✓ Minimum age to participate is 8 years (minors must be accompanied by an adult).
- ✓ Guests are advised to bring swimsuit, sunscreen and a towel from the ship.

GOLFITO - Kayak adventure on the mangrove estuary



3:30



112 €



Active



Kayak

Min 8 / Max 16 participants

Active & Adventure | Outdoors

After a safety talk you will paddle through the Golfito bay and border some of the mangrove estuary of the area. Birdwatchers will be enthusiastic about the sheer variety of sea birds including pelicans, frigate birds, egrets, herons, or ibis. Keep your eyes open and you may even see a pod of bottle-nosed dolphins; they sometimes stay in the area before heading out to the open waters of the gulf. Drag your kayak across the sand to kayak along the shoreline of a fishing village, before stopping to swim on a remote beach. Enjoy some time to relax at the beach and enjoy some fresh fruit and snacks before returning to Golfito.

Please note:

- ✓ This is a very active tour and is only recommended for guests in very good physical condition.
- ✓ Double sit-on-top kayaks will be used. The itinerary of the kayak tour will depend on the tide. Before the tour starts, practical instructions on how to maneuver the kayaks will be given.
- ✓ Minimum age to participate is 12 years (minors must be accompanied by an adult). Max weight is 235 lbs / 106 kg. Participants must be able to swim. Participants must read, fill out and sign a waiver prior to departure of this tour.
- ✓ Wear a swimsuit under your clothes and bring aqua shoes, sunscreen, sunglasses, hat, water shoes and t-shirt, a bottle of water and a towel from the ship and extra dry clothes. Waterproof protection for cameras or mobile is highly recommended.



GOLFITO – Calathea botanical garden



3:30

Sightseeing



129 €



Easy



Minibus

Min 15 / Max 30
participants

After a short bus ride through rural towns, you will arrive at Calathea Botanical Garden. A magical place where you will learn about the wonderful world of tropical plants!

The garden connects with Piedras Blancas National Park, home of over 300 species of birds. Here you will have the opportunity to discover a variety of flora, local biodiversity, bird watching, and more.

Upon your arrival, you will receive a warm welcome and an educational talk about the tropical garden!

Follow your tour guide through easy trails where he will explain everything about the different plants, flowers, trees, medicinal plants and natural history. Throughout the tour, visitors will be able to try some of the fruits growing there, among other plants. The garden is visited by a high density of colorful birds, so our visitors will be able to delight and enjoy the large number of species and take photographs or simply enjoy observing them. Among the most popular birds, the hummingbirds, toucans, woodpeckers, trogons, tanagers, parrots, among many more species, stand out. After this beautiful experience, return to the welcome center and enjoy some tropical fruits and snacks.

Please note:

- ✓ This excursion involves easy walking on flat surfaces.
- ✓ Dress for the weather and bring a hat, sunscreen, insect repellent and water
- ✓ The journey between Golfito and Calatha garden takes approximately 30 minutes by minibus, on a dirty road.

PARIDA ISLAND (Marine Park Golfo de Chiriquí) - Time at leisure (no shore excursions organized)

The Gulf of Chiriquí is known for its lush tropical vegetation, pristine white sandy islands, and one of the largest coral reefs in the Pacific, stretching along Panama's Pacific coast from the Costa Rica border to the Azuero Peninsula. Isla Parida is an uninhabited island and forms part of the protected Gulf of Chiriquí Marine Park.

The island is known for pristine white-sand beaches, clear waters, tropical forest, and rich marine life.

The ship will be at anchor. Disembarkation will be done by our ship's tenders and zodiacs, and a WET LANDING is required (no pontoon). Depending on the tide and the swell, guests could need to be transferred from the tenders to the zodiac to reach the beach.

Guests have the chance to relax at the beach and snorkel. Minimal infrastructure on the island: bring essentials (water, snack, sunscreen, snorkeling gear, towel).

IGUANA ISLAND - Time at leisure (no shore excursions organized)

Iguana Island is a natural attraction of the Azuero Peninsula offering the only white sand beach in the region and beautiful clear waters. Inhabited by rare birds, purple and red crabs and of course iguanas, it's considered to be a wildlife refuge. The water is crystal clear and perfect for snorkeling and swimming in the ocean. The island features two beaches with tropical dry forest vegetation. This is a protect area, there are only park rangers and no facilities at all. There are a lot of iguanas and many frigatebirds. There are two trails across the island and an information point for visitors. It is great place for snorkeling and there is also a hiking trail that you can follow where you can see nesting birds. There is no infrastructure on the island: bring essentials (water, snack, sunscreen, snorkeling gear, towel).

The ship will be at anchor. Disembarkation will be done by our ship's tenders and zodiacs, and a WET LANDING is required (no pontoon). Guests will disembark at Playa El Cirial, on the west side of the island. Depending on the tide and the swell, guests may need to be transferred from the tenders to the zodiac to reach the beach.



SAN JOSE ISLAND - Time at leisure (no shore excursions organized)

San José is the archetypal desert island, a natural paradise where Nature holds sway. Only 30 people actually live there, on land that is privately owned, and the rest of the “population” consists of exotic birds a wide variety of reptiles, and wild pigs, free from natural predators.

Isla San José is the second-largest island in the Pearl Islands archipelago, with an area of about 44 km². It features dense tropical forest, rocky coastline, and more than 50 pristine beaches with white or golden sand, crystal-clear waters, ideal for swimming, snorkeling or simply relaxing. The surrounding marine environment supports rich biodiversity; snorkelling and diving reveal reefs teeming with tropical fish, while the island itself hosts varied wildlife, including deer, peccaries (wild pigs), iguanas, many bird species, and turtles nesting on its beaches.

The ship will be at anchor. Disembarkation will be done by our ship’s tenders and zodiacs, and a WET LANDING is required (no pontoon). Depending on the tide and the swell, guests could need to be transferred from the tenders to the zodiac to reach the beach.

There are no facilities at the beach and not much shade.

Guests have the chance to relax at the beach, swim, snorkel and walk around..

PANAMA CITY (Isla Flamenco) – Miraflores locks visit (ending at PTY airport)



3:30



79 €



Easy



Motorcoach

Min 10 / Max 30
participants

Lunch is
not included

Sightseeing | Airport transfer

This excursion ends at Panamá-Tocumen Airport (PTY) at approx. 12:30 and is suitable for guests with flight after 15:00

Don’t miss this unforgettable opportunity to witness one of the greatest engineering marvels ever built: the Panama Canal and its iconic Miraflores Locks.

The Miraflores Locks are the first set of locks ships encounter when entering the Panama Canal from the Pacific Ocean. As you watch from a prime viewing spot, marvel at how massive vessels are raised by water level changes to continue their journey through the canal. Your official Panamanian guide will provide expert commentary on the lock operation and the canal’s historic and global significance.

After observing the locks in action, head next door to the state-of-the-art IMAX Theatre for an immersive cinematic experience. "Panama Canal 3D - A Land Divided, A World United" brings the story of this modern wonder to life with powerful visuals and sweeping narration. Travel back in time to the days of the Spanish Conquistadors, relive the monumental American construction effort, and discover how modern Panama has expanded the canal to handle today’s massive “Post-Panamax” ships.

Following this unique journey through history and innovation, re-board your motorcoach for a panoramic drive through Panama City en route to Tocumen International Airport, where you will catch your flight home.

Please note:

- ✓ You will spend approximately one hour at the Miraflores locks visitor center.
- ✓ The actual sighting of vessels in the lock chambers depends entirely on canal scheduling.
- ✓ Luggage will be transported on the bus. Guests must retrieve their it upon arrival at the airport before check-in.
- ✓ Lunch is not included in the tour. Food and beverage available at the departure hall of the airport.
- ✓ Estimated driving times: 45min between the port and Miraflores, 45min between Miraflores and the airport.



PANAMA CITY (Isla Flamenco)

Star Clippers also offers the following transfer services *(optional, at an additional cost)*:

- Shared Transfer to Panamá-Tocumen Airport (PTY).

- ✓ Guests who have purchased a shared transfer cannot choose their own pick up time.
- ✓ There is a fixed departure from the port at approximately 09:00 (arrival at the airport at around 10:00)
- ✓ This transfer is suitable for guests whose flight departs after 12:30.

- Private transfers to Panamá-Tocumen Airport (PTY) or to hotels in Panama City.

- ✓ Pick up from the pier for private transfers is no later than 10:00.

- Private transfers from hotels in Panama City to the airport.

- ✓ This service can only be pre-booked prior to your cruise and cannot be booked onboard.

Transfers and excursions ending at the airport can also be booked prior to your cruise.

Bookings made onboard during the cruise are always subject to availability.

If you wish to book a private transfer, we recommend that you book well in advance prior to your cruise, as the number of vehicles may be limited at certain times of the year.

For information and reservations please contact our reservations department or your travel agent.

The ship will be at anchor at Marina Flamenco, located at the edge of Amador Causeway after the bridge of the Americas (when coming from the Canal).

The port is located 12 km from Panama City and 30 km from Panama-Tocumén airport (approx. 60 minutes drive).

All guests are requested to leave the ship by 10:00am. There is no left-luggage service at the cruise terminal.



EXCURSIONS ACTIVITY LEVEL:

- ✓ **Easy:** excursion accessible to all participants, as it mainly takes place by bus or boat. Any footpaths and stairs that need to be negotiated are short or easy.
- ✓ **Moderate:** a certain basic level of fitness is required; excursion involving moderate walking - sometimes over uneven or unpaved paths and stairs.
- ✓ **Moderate to strenuous:** active participation is required; excursion involving walking long distances over uneven or steep terrain. May involve several flights of stairs or extended staircases.
- ✓ **Strenuous:** a good level of fitness is required; an excursion involving extensive uphill walking on inclines, uneven terrain with many steps. Excursion involving off-road driving, not suitable for pregnant women or anyone with a medical condition (back, neck, etc.) that could be affected by bumpy roads.
- ✓ **Active (sport):** Very good physical condition, stamina and skill are required. Passengers should be fit and active to participate in tours involving hiking, kayaking, snorkeling, cycling or similar activities.

The level of physical fitness required for our activities is given as a very general indication.

MAIN EXCURSIONS CATEGORIES (CARIBBEAN & CENTRAL AMERICA)

- ✓ **Sightseeing:** it gives a quick but enriching overview, visiting and seeing the main attractions, landmarks and places of interest in a particular area, often including popular spots and sometimes hidden gems.
- ✓ **Panoramic:** it involves a limited number of long drives with commentary by the guide, no internal visits and - generally - limited walking between stops.
- ✓ **Active & Adventure:** Hiking, kayaking, Zip line, 4x4 off-road.
- ✓ **Outdoors:** Activities like hiking that let you explore the natural beauty of the region.
- ✓ **Wildlife:** Get up close to the region's fauna and learn about them in their natural habitats.
- ✓ **Snorkeling:** Guests participating in the snorkeling must be experienced swimmers. Itinerary and snorkel sites are subject to change due to sea and weather conditions. Check in the tour description to see if the snorkeling equipment is provided or if you must bring the equipment from the ship.
- ✓ **Boating:** Experience the destination from the water, whether it's sailing, cruising, or other maritime activities.

WHAT TO WEAR AND BRING WHEN GOING ASHORE ON EXCURSION:

- ✓ Unless special clothing suggestions are included in the excursion description, we recommend functional clothing and comfortable footwear.
- ✓ Comfortable shoes to help with any steep paths and uneven cobbles.
- ✓ A hat or cap, sun lotion, insect repellent, water.
- ✓ For boat excursions or excursions including beach stop: swimsuit, beach towel, sunglasses, sunscreen, water shoes, snorkel mask.
- ✓ Mobile phone or camera to capture the moment (with waterproof cover for water activities and boat tours).
- ✓ Ship card to get back on board.
- ✓ Some cash (US \$ is widely accepted in Caribbean, bring Euros for French islands).
- ✓ A copy of the Daily Program, to check last tender or last gangway time, tender schedule, lunch time, etc.
- ✓ For ports with tender service (ship at anchor), bring a backpack or fanny pack so that your hands are free to hold on to the safety grip when boarding the tender.