

Duke TRAVELS

The Panama Canal, Pearl Islands and Darién Jungle

January 16-23, 2026
Aboard *National Geographic Quest*

Travel with Dr. William Pan, DrPH MS MPH



SPECIAL OFFER: 10% AFFINITY GROUP SAVINGS

duke-travels.com



Dear Duke Travelers,

Panama is world-renowned for its iconic canal, a groundbreaking achievement in engineering. Sailing this legendary waterway is a highlight of our upcoming expedition, *The Panama Canal, Pearl Islands and Darién Jungle*. By special permission, the 50-cabin *National Geographic Quest* overnights in the canal zone, giving us the unique opportunity to see its inner workings during the day and spectacularly lit up at night.

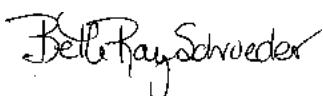
You'll find Panama holds a trove of other treasures, many found just beyond the concrete walls of this manmade marvel. The freshwater from the surrounding rainforest is necessary for the locks to operate, so the region is carefully conserved. It's home to an eclectic mix of creatures that hail from both of the country's neighboring continents, such as howler monkeys, sloths and nearly 400 species of birds.

This itinerary will also bring you to remote parts of Panama rarely seen by travelers. For instance, you'll explore Spanish colonial military architecture in Portobelo and hear tales of the local pirate history. Meet with village leaders of the Emberá people in Darién, and kayak and snorkel in the remote Pearl Islands, where you'll learn about the archipelago's enduring connections to the pearl trade.

Our tour operator, Lindblad Expeditions, has spent decades exploring Panama. Their naturalists have deep knowledge of its tropical species and habitats, allowing them to make the most of nature's opportunities—which means you will enjoy adventure-filled days. A National Geographic certified photo instructor will also be on hand to help you capture the pictures of a lifetime.

This eight-day voyage lets you discover pristine tropical wilderness and a historic engineering feat with enduring global significance. **To reserve your place, email duketravels@duke.edu or call (919) 684-2988. Please alert our office if you mail in your reservation.**

Forever Duke,



Beth Ray-Schroeder '83
Senior Director, Duke Travels
Duke Alumni Engagement and Development

Special Offer

Save 10% when traveling with Duke University. See page 12 for details.



Dr. William Pan, DrPH MS MPH, is the Elizabeth Brooks Reid and Whitelaw Reid Professor of Global Environmental Health and Population Studies at Duke University. With expertise in biostatistics, spatial analysis, and infectious disease epidemiology, he has over 20 years of experience leading interdisciplinary research in low- and middle-income countries, focusing on Latin America. His research focuses on environmental health, including mercury and lead exposure from artisanal mining and hunting, and vector-borne disease epidemiology, particularly malaria and dengue. His work on mercury exposure influenced Peru's National State of Emergency declarations and informed

international efforts like the MINAMATA Global Mercury Treaty. His malaria research has produced one of the first operational Malaria Early Warning Systems (MEWS) validated for Peru, Ecuador, Brazil, Panama, and Honduras, predicting outbreaks up to nine months in advance. Recognized for his interdisciplinary leadership, Dr. Pan holds several advisory roles for global organizations, including as Chair of the Science Advisory Committee for the Institute for Malaria and Climate Solutions and the One Conservancy Program for The Nature Conservancy.

Cover photo: A chestnut-mandibled toucan perched in a tree. Opposite: Guests explore by Zodiac in Portobelo, Panama.

EXPLORING PANAMA FROM REEF TO RAINFOREST

The Wild Heart of the Americas

A tropical paradise bridging North and South America, Panama is blanketed in nearly 13 million acres of rainforest and studded with active volcanoes—testaments to the dramatic tectonic forces that shaped this isthmus millions of years ago. *National Geographic Quest* takes you to the country's most pristine shores, where few travelers have ever set foot.

On either side of each golden beach you visit, you'll find two unspoiled animal kingdoms waiting to be discovered. Head inland on foot, exploring tangles of tropical jungle inhabited by howler monkeys, hummingbirds and the elusive harpy eagle. Or get out on the water for a Zodiac, snorkeling, kayaking or paddleboarding excursion, immersing yourself in a world teeming with sea turtles and kaleidoscopic fish.

Preserving Nature, Nurturing Tradition

Ecosystems across Panama are sustainably preserved by Indigenous groups protecting their native lands, and by conservationists working to ensure the health of important wildlife habitats. On an exclusive visit to Barro Colorado Island in the Panama Canal Zone, meet with scientists at the Smithsonian Tropical Research Institute to learn about the conservation of this vital ecological corridor. You'll also have the chance to visit the Indigenous Emberá people of Darién, who share customs, traditions and stories about their deep respect for their natural surroundings.

Opposite page (clockwise from top): Local dancers perform in Panama; an iguana on Coiba Island, Panama; an adult mantled howler monkey on Barro Colorado Island.





AUTHENTIC & IMMERSIVE EXPLORATION

Built for Awe: National Geographic Quest

The nimble, 50-cabin *National Geographic Quest* is designed to sail along sinuous channels, and her open decks and large windows reveal extraordinary views of leafy shorelines draped in a thousand shades of green. A fleet of kayaks, paddleboards and Zodiacs takes guests deeper into the heart of this coastal wilderness, allowing you to glide into quiet coves and serene bays brimming with birds and sea life.



Your time on board offers even more opportunities to connect with Panama. Beautifully appointed cabins, suites and common areas reflect the region's sights, sounds and artistic traditions, while meals feature local cuisines and sustainable ingredients that are sourced from nearby lands and waters whenever possible.

Explore Your Way, Every Day

The itinerary features a range of activities designed to immerse you—and your whole family—in your spectacular surroundings. A trip to Panama offers something for every interest and age group, from the second grader fascinated by ship navigation to the teenager who wants to try kayaking to the grandparent who never misses a naturalist talk. After a full day of adventure, you can all reconvene on the sundeck and trade stories. Share in the thrill of discovery while every generation enjoys the experience in their own way.

Opposite page (from top): Panama Canal; guests explore by Zodiac at Boná Island, Panama; National Geographic Quest transiting the Panama Canal at night. This Page: National Geographic Quest.

TRAVEL WITH INSPIRING EXPERTS

A World-Class Expedition Team

Each of your guides—from the naturalists to your expedition leader—is committed to ensuring you have an unforgettable experience. The team has been curated to bring in-depth perspectives from veteran and locally based experts with personal connections to the

region. Exploring in small groups, you will have the opportunity to hear different perspectives every day. And because there are no group assignments, you can gravitate toward naturalists who share your interests.

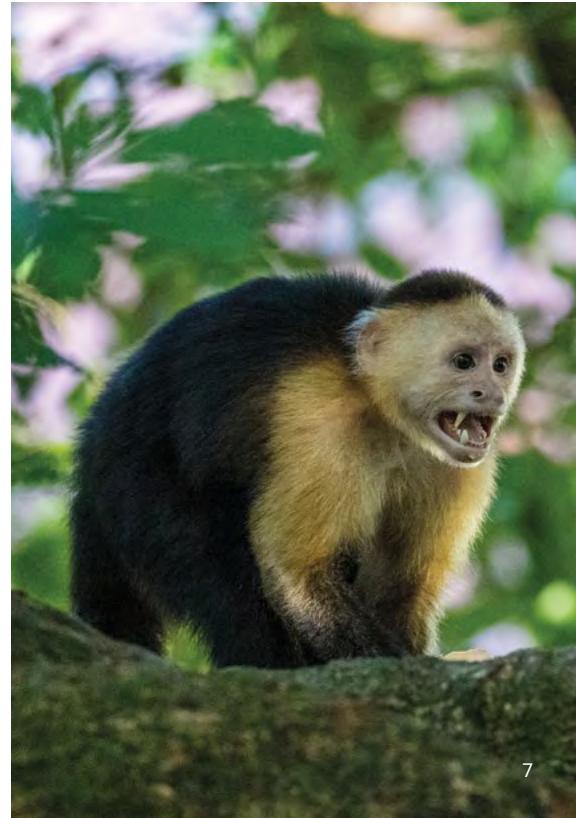


Take Great Photos With the Pros

Photography is central to the expedition experience. That's why a National Geographic

certified photo instructor joins your voyage to assist you with everything from camera settings to composition. Every guest—from smartphone camera users to advanced hobbyists—can stand side by side with top photographers and pick up tips in the field. Return home with extraordinary images of Panama's mangrove forests, colonial architecture and jungle-backed beaches that you can enjoy for years to come.

Opposite page (clockwise from top): Adult red-legged honeycreeper; a white-faced capuchin monkey on Coiba Island, Panama; guests hike through the Smithsonian Tropical Research Institute. This page: Guests explore the open Bridge of National Geographic Quest.



Itinerary

Embark on an expedition through Panama that connects you with the country's wildlife, culture and famed engineering marvel. Aboard the *National Geographic Quest*, transit the historic Panama Canal by day and by night, and learn about the region's Indigenous and colonial histories while visiting local communities and two UNESCO World Heritage sites: Portobelo and Darién National Park. Encounter monkeys, iguanas, tropical birds and more as you venture into lush rainforests and wildlife refuges, and dive into the surrounding turquoise waters to snorkel pristine coral reefs that shelter colorful marine life. Before embarking, you may opt to join a culturally immersive pre-voyage extension that explores the highlights of Panama City and Fort San Lorenzo, a UNESCO World Heritage site.

DAY 1: PANAMA CITY, PANAMA/ BALBOA/EMBARK

Arrive in Panama City, the capital of Panama this afternoon and transfer to Port Balboa to embark the *National Geographic Quest* this evening. You may opt for a culturally-immersive pre-voyage extension in Panama City and San Lorenzo, a UNESCO-designated World Heritage Site. Later on, you'll enter the Panama Canal at the Gatun Locks. (D)

DAY 2: ISLA IGUANA WILDLIFE REFUGE/PEDASÍ, PANAMA

This morning, arrive at Isla Iguana Wildlife Refuge. Once a US Army bombing range, this protected area is home to black and green iguanas, sea turtles and several species of birds and tropical fish. There is time to enjoy the beach and snorkel. In the afternoon, visit the mainland for a Spanish heritage cultural experience in the town of Pedasí on the scenic Azuero Peninsula. (B,L,D)

DAY 3: PLAYA MUERTO, DARIÉN NATIONAL PARK

Playa Muerto village is located in Darién National Park, the largest protected area in Central America and a UNESCO World Heritage site. The park contains an exceptional array of habitats, from sandy beaches and mangroves to dense tropical forests teeming with wildlife. It is also home to the indigenous Emberá and Wounaan tribes. You'll be greeted by village leaders from the Emberá who will share their customs, traditions and stories about their deep respect for their natural surroundings. Later on, enjoy short nature walks, go birding or choose to join a longer hike into the rainforest in search of the elusive harpy eagle, which is one of the world's most powerful eagles. (B,L,D)



DAYS 4-5: PEARL ISLANDS/ PANAMA CANAL TRANSIT

Approximately 200 islands make up the idyllic Pearl Islands. Explore several of the islands in the archipelago, including Isla del Rey and Isla Pacheca, as you learn about the history of the native populations and eventually the Spaniards and African slaves who arrived for the pearl trade.



Adult female common basilisk on a branch.

Deep rainforests, lush rivers, white sandy beaches and shallow reefs provide great opportunities for hiking, sea kayaking, stand-up paddleboarding, Zodiac river cruises, beach activities and snorkeling. Later on, set sail for the Panama Canal. As cargo ships tend to pass through the canal during the day, you'll most likely begin your crossing at night, when the canal is dramatically lit. By special arrangement, *National Geographic Quest* will anchor in Gatún Lake near Barro Colorado Nature Monument overnight. (B,L,D)

DAY 6: GATÚN LAKE/PANAMA CANAL TRANSIT

Today, choose hikes and Zodiac cruises at the Smithsonian Tropical Research Institute facility on Barro Colorado Island or take a boat ride to Gamboa, where the Chagres River meets the Panama Canal, and hike on the Panama Rainforest Discovery Center trails. This evening, continue through the complex lock system of the Canal. (B,L,D)

DAY 7: PORTOBELO

This morning, explore the area on kayaks, stand-up paddleboards, Zodiac cruises upriver or go for a snorkel. In the early afternoon, you'll be greeted in town by Congo music and a traditional dance performance. Portobelo is known for its Spanish colonial military architecture, which collectively is designated as a UNESCO World Heritage site. Visit several of the fortifications as well as the old Customs House and hear the tales of Portobelo's rich pirate history. The ship will remain anchored into the evening to enjoy the sunset in the bay of Portobelo and recap the highlights of your expedition. (B,L,D)

DAY 8: COLÓN/DISEMBARK/PANAMA CITY, PANAMA

After breakfast, disembark in Colón and transfer to the airport in Panama City for your flight home. Ask your expedition specialist about enjoying a culturally-immersive post-voyage extension in Panama City and San Lorenzo, a UNESCO-designated World Heritage Site. (B)

OPTIONAL PRE-VOYAGE EXTENSION

Panama City & San Lorenzo • 3 Days

Enjoy a private tour of the Panama Canal Museum at the Miraflores Locks as well as visits to a former U.S. Army base, Frank Gehry's Biomuseo and two UNESCO World Heritage Sites—the historic Casco Viejo Old Town and the tropical forests of the San Lorenzo Protected Area.

National Geographic Quest



Purpose-built to explore North American coastlines, *National Geographic Quest* has decks designed for exceptional wildlife viewing and shallow drafts for navigating the innermost reaches of carved coastlines.

Capacity

50 cabins and suites accommodating 100 guests.

Registry

United States.

Overall Length

239 feet.

Public Areas

Global Gallery; fitness center; LEXspa; lounge with full service bar and facilities for films and presentations; OM System Photo Gear Locker; observation deck; elevator; mudroom with lockers for expedition gear and a partially covered sundeck with chairs and tables. The open Bridge provides guests an opportunity to meet the officers and captain and learn about navigation.

Meals

Served in single seatings with unassigned tables for an informal atmosphere. Cuisine is fresh, sustainable, accented with regional flair and served plated.



The casual dining room with its expansive windows.



Category 4 cabin with single beds (which can be converted to a queen) and a private step-out balcony.

Accommodations

All cabins and suites face outside with windows or portholes, private facilities, climate controls and Wi-Fi connections and USB ports for mobile devices. Category 4 cabins have step-out balconies.

Expedition Equipment

A fleet of 8 Zodiacs and 24 kayaks, stand-up paddleboards; ROV (remotely operated vehicle), hydrophone, splash-cam, underwater video camera and video microscope.

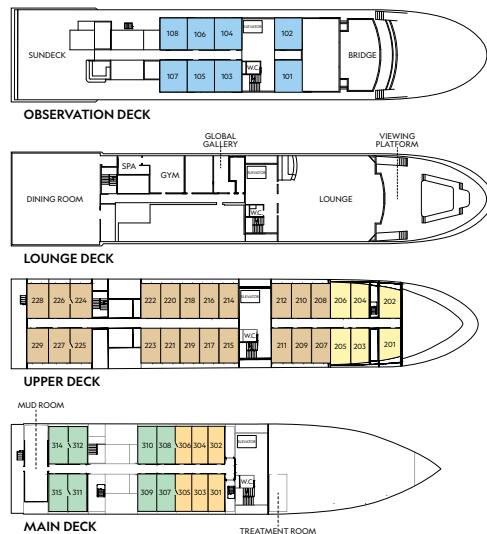
Staff & Crew

Every staff member is committed to ensuring guests have an unforgettable experience. Many of the veteran guides and naturalists are locally based and have worked with the company for decades. A full-time medical professional, undersea specialist, and National Geographic certified photo instructor are on board, and with a low staff-to-guest ratio, you can hear different perspectives and gain new insights every day.

Wellness

The vessel is staffed by a wellness specialist and features a fitness center with an elliptical machine, treadmill, exercycles, handweights and resistance bands. Massages in the LEXspa are available by appointment.

Ship Deck Plan & Pricing



Voyage Dates

January 16-23, 2026

Advance Payment Details

15% of the cabin fare, per person

Prices are per person, double occupancy unless indicated as solo

10% Savings

Category 1

\$7,539 \$6,785

Main Deck #301-306 – Cabins feature two single beds that can convert to a Queen, a writing desk, and two portholes.

Category 2

\$8,358 \$7,522

Main Deck #307-315 – Cabins feature two single beds that can convert to a Queen, a writing desk, and two portholes.

Category 3

\$9,023 \$8,120

Upper Deck #201-206 – Cabins feature two single beds that can convert to a Queen, a writing desk, and two large windows.

Category 4

\$10,157 \$9,141

Upper Deck #207-229 – Cabins feature two single beds that can convert to a Queen, a writing desk, sliding glass door, and small, private balcony.

Category 5*

\$11,221 \$10,098

Observation Deck #101-108 – Cabins feature two single beds that can convert to a Queen, large windows, an expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.

Category 1 Solo

\$11,263 \$10,136

Main Deck #301-306

Category 2 Solo

\$12,537 \$11,283

Main Deck #307-315

***Suite Exclusives:** The Suite Exclusives package gives guests staying in eligible cabins access to an array of amenities designed to enhance your onboard experience, including priority booking for spa treatments, complimentary laundry, and other exclusive perks.

Note: Solo occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

Connecting Cabins via internal doorway access: Main Deck: #312-314, #311-315, #306-308, #305-307; Upper Deck: #224-226, #225-227

INCLUSIVE PRICING

- All accommodations aboard ship
- Excursions and airport transfers as indicated in the itinerary
- The guidance and company of a leading expedition staff
- All meals as indicated in the itinerary, both aboard and onshore. Meals and hors d'oeuvres are inspired by regional cuisine and locally sourced where possible.
- 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages and filtered water
- Beer, wine, cocktails and spirits. Premium wines and liquors are available for purchase.
- Selection of exploration tools, including Zodiacs, stand-up paddleboards, snorkeling equipment (including masks and fins) and other gear
- Presentations by expedition staff and expert guest speakers
- Complimentary reusable water bottle
- The services of a medical professional
- 24-hour access to lounges, observation decks, OM photo equipment, library and other shared spaces
- Morning stretch classes and 24-hour access to fitness equipment
- Assistance by the onboard photo instructor
- Special access permits, park and site entrance fees and port taxes
- Basic Wi-Fi, with the option to upgrade

TAKE ADVANTAGE OF SPECIAL OFFERS

SPECIAL AFFINITY GROUP SAVINGS: Save 10% on the cabin fare (as indicated) when traveling with Duke University. Valid on this departure date of *The Panama Canal, Pearl Islands and Darién Jungle*, for new bookings only, subject to availability, may not be combined with other offers and is not applicable on airfare or extensions. Call for details.

BRINGING THE KIDS: Sharing the expedition with your kids or grandkids is a life-enhancing experience. Take \$500 off the double occupancy price for each person under the age of 18. Not applicable on extensions or airfare.

TERMS AND CONDITIONS

Prices quoted in this brochure are per person based on double occupancy in USD. Prices quoted are valid at the time of printing, and are subject to change and availability at time of booking. Under normal conditions the total expedition price is guaranteed at the time advanced payment is made. However, our expedition pricing is determined far in advance of initial departure on the basis of then-existing projections of fuel and other costs. In the event of increases in those costs, including but not limited to increases in the price of fuel, currency fluctuations, increases in government taxes or levies, or increased security costs, we reserve the right to adjust the price of your expedition or add a surcharge to cover such unexpected increases. We will always provide an explanation of the reason for increase in costs.

COST INCLUDES: All amenities listed in inclusive pricing above. Unused services or items included in this program are non-refundable.

NOT INCLUDED: Airfare; pre- and post-expedition extensions; additional hotel nights; travel protection plan; passport, visa and immigration fees; spa treatments; items of a personal nature such as laundry, enhanced and premium Wi-Fi plans, premium wines and liquors and phone services.

AIRFARE: Airfare is an additional cost. Lindblad Expeditions will gladly assist in making your air arrangements for a \$50 per person service fee.

RESERVATIONS: To confirm your place, an advance payment of 15% of the cabin fare, per person is payable by Visa, MasterCard, American Express, Discover or check. Receipt of advance payment indicates your acceptance of the terms and conditions.

FINAL PAYMENT: Due no later than 120 days prior to departure. Lindblad Expeditions reserves the right to cancel your reservation if payment has not been received by final payment due date.

TRAVEL PROTECTION PLAN: Travel and medical insurance are available at an additional cost. Information will be sent to you upon registration.

ITINERARY MODIFICATIONS: Itineraries, routing and speakers listed are correct at time of publication, and are subject to change.

ENTRY AND VISA REQUIREMENTS: Guests are advised to verify travel documents (passport/transit visa/entry visa) for the country(s) through which they are transiting and/or entering. Reliable and most current information regarding international travel can be found by contacting the consulate/embassy of the country(s) you are visiting or transiting through. We will not be responsible if you are denied entry or transit into a country if you are unable to provide valid documents as per the country's requirement.

RESPONSIBILITY AND OTHER TERMS & CONDITIONS: Certain other provisions concerning, among other things, limitations of Lindblad Expeditions' and National Geographic Expeditions' (a division of National Geographic Partners, LLC) liability for loss of property, injury, illness, or death during the voyage will be provided to all guests on the ship's ticket sent prior to departure or upon request. By registering for a trip, the guest agrees to all such terms and conditions.

CANCELLATION FEE POLICY (PER PERSON)

120 or more days prior to expedition start: **No penalty:** Advance Payment will be credited toward your next expedition**

119-90 days prior to expedition start: **50% of trip cost*****

89-0 days prior to expedition start: **100% of trip cost*****

**Advance payments will be credited in the form of a Lindblad Expeditions Travel Certificate, valid for 12 months from the date of cancellation, and which may only be applied towards final payment on any future booking.

***Trip cost is total price paid including extensions, charter airfare and other additional services.

We strongly recommend that you purchase a travel protection plan.

Photo Credits: Marc Cappelletti, Eric Guth, Michael S. Nolan, Jose R. Calvo Samayoa, David Vargas.

Reservation Form



The Panama Canal, Pearl Islands and Darién Jungle

January 16-23, 2026

ABOARD NATIONAL GEOGRAPHIC QUEST

Contact Information

Please call to reserve:

Phone: (919) 684-2988

Or please send reservation to:

Duke Travels

Box 90572

Durham, NC 27708-0572

Notify Duke Travels if your reservation is sent by mail so they can hold the space.

Email: duketravels@duke.edu

Passenger Information

Please reserve _____ place(s).

Guest 1: _____
(Name as it appears on passport)

Date of Birth: _____ M/F: _____

Guest 2: _____
(Name as it appears on passport)

Date of Birth: _____ M/F: _____

Street Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____ Cell Phone: _____

Business Phone: _____ Fax: _____

Email: _____

Accommodations: Double Single Twin share with a friend
 Share with roommate assigned by tour operator.

Please indicate choice of cabin category in order of preference:

1st choice: _____ 2nd choice: _____

Please send me information on the **Panama City & San Lorenzo** extension.

Advance Payment Information: 15% of the cabin fare per person.

If paying by check, please make payable to: **Lindblad Maritime Enterprises, Ltd.**
Enclosed is my advance payment of \$ _____

If paying by credit card, we will contact you to finalize your booking and collect payment information.

The Panama Canal, Pearl Islands and Darién Jungle

EXPEDITION HIGHLIGHTS

- Travel with Dr. William Pan, DPH/MSPH the Elizabeth Brooks Reid and Whitelaw Reid Professor of Population Studies and Global Environmental Health Director of Undergraduate Studies, ENV at Duke University.
- Meet the Indigenous Emberá people of Darién and learn about their customs, traditions and deep reverence for their natural surroundings.
- Transit the legendary Panama Canal—plus enjoy an exclusive stop at the Smithsonian Tropical Research Institute's Barro Colorado Island.
- Discover the storied Spanish architecture and fascinating pirate history of Portobelo, a UNESCO World Heritage site.
- Explore Isla Iguana Wildlife Refuge, seeking out sea turtles and black and green iguanas on the beach or while snorkeling offshore.
- Kayak, hike, Zodiac cruise and snorkel in the idyllic Pearl Islands.



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LINDBLAD EXPEDITIONS: PIONEERING RESPONSIBLE EXPLORATION

From our consistent quest to improve our practices to offsetting 100% of our carbon emissions, supporting conservation, science, and education initiatives around the planet, and investing in the communities in the places we explore, we are guided by our commitment to explore responsibly.

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