



**Join Ingrid English for a fun filled 9 days to Panama and Costa Rica
Nov 12-21, 2010**

Panama City to San Jose Costa Rica. Includes 2 nights pre-cruise stay in Panama, transfers to Balboa, Panama, 7 nights aboard the Star Flyer, transfers to San Jose, Costa Rica, round trip air from LAX. Cost from \$2450.00 per person/double share. This is for a category 4 cabin. (This includes a 40% discount on the cruise portion. A \$400.00 /non rfd deposit secures your space. Final payment will be due August 14. Please advise who your roommate will be. (Single supplements are available, \$718.00 additional. Triple share is discounted \$300.00 per person.) The above price is based on airfare from Continental at \$440.00 per person. We will want to book and ticket that right away.



Category 4
Outside cabin,
two lower beds
double bed, or
triple berths,
marble lined
bathroom with



Star Clipper and her sister ship Star Flyer are as fleet as the wind and as graceful as swans. These are true clipper ships, reflecting their proud heritage in every inch of polished brass and gleaming brightwork. Step aboard these unique vessels and discover a new age of sail, where the traditions of the past are happily married to the comforts and amenities of the present. Star Clipper and Star Flyer are modern cruise ships in every way, created for comfort-loving passengers who also love the traditions and romance of the legendary era of sailing ships. Star Clipper and Star Flyer are both 360 feet long and each carries just 170 guests in pampered comfort. Life aboard is blissfully relaxed, much like travelling on a private yacht. You'll never feel confined, as each ship offers pleasingly spacious accommodation and expansive teak decks with ample space for relaxing and play. In fact, you'll find that these ships offer more outdoor space per passenger than most conventional cruise ships. The décor of Star Clipper and Star Flyer is reminiscent of the grand age of sail. Antique prints and paintings of famous sailing ships please the eye, while teak and gleaming mahogany rails are richly reminiscent of Star Clippers' proud nautical heritage. Enjoy our convivial indoor-outdoor Tropical Bar and Piano Bar, and Edwardian style library where a Belle Époque fireplace glows with a warmth that reflects the friendliness and enthusiasm of Star Clippers' hospitable officers and crew.

Go to www.starclippers.com for details about the ship.

We will fly from LAX to Panama city on November 11. We will spend 2 nights in Panama prior to going to Balboa to meet the ship. We will fly home from San Jose, Costa Rica on November 21st and drive back to SLO that Sunday night. If you would like to invite someone, please let me know in advance. The group will be limited to 10.

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Day 1 –Friday Nov 12, Panama City, Hotel – B & B La Estancia (2 nights)

Day 2 –Saturday Nov 13, Free day to Explore Panama City and surroundings

Balboa, Panama

Day 3 Sunday Nov 14

Along the piers of Balboa, the port marking the Pacific terminus of the Panama Canal , you'll see yachts from all over the world. Many end up here after transiting the Canal and go no further, which is why there is more traffic from Atlantic to Pacific than in the reverse direction. Balboa was built to house American administrative headquarters for the Canal and many of the buildings are handsome examples of the American colonial style of the early 1900's.

Isla Iguana, Panama

Day 4 Monday Nov 15

As you approach the remote uninhabited island of the Isla Iguana wildlife reserve on Panama 's Pacific coast, the first thing you'll notice are the frigate birds, 5,000 of them, in fact, soaring and diving in breathtaking aerobatics. And the reason they are here is the abundance of the island's coral reefs, containing more than 500 marine species. Their lure is as irresistible to snorkelers and divers as it is to the frigate birds, but if you'd rather stay topside, you can laze in a hammock under a palm tree and watch all the action from the beach.

Isla de Coiba, Panama

Day 5 Tuesday Nov 16

The crumbling cells and overgrown graves are all that remain of the former penal colony that once inhabited Isla de Coiba. Because of its unsavory history, few people came here and almost 80% of the island's 124M acres are still virgin forest, where howler monkeys, crested eagles and scarlet macaws roam freely through the jungle canopy. Today, divers, snorkelers and surfers have made Coiba's Bahia Damas Reef a premier diving destination because of the amazing marine life including 4 kinds of turtle, manta rays, sharks, dolphins and whales.

Golfito, Costa Rica

Day 6 Wednesday Nov 17

The Central American headquarters of the United Fruit Company until the 1980's, Golfito today is a new destination for outdoor adventurers and nature lovers – both on land and in water. Within howling distance is Piedras Blanca National Park, where white-nose capuchin and howler monkeys, toucans and scarlet macaws screech in the treetops and rare jaguars stalk their prey. And just across from the untrod beaches of the Golfo Dulce lies another natural treasure, Corcovado National Park.

Isla de Cano, Costa Rica Day 5 Thursday Nov 18

Nobody knows why pre-Columbian Indians chose Cano Island as a burial ground. If you hike up the trail from the beach, you'll see where archeologists have found stone balls (bolas), mortars, pestles and other ancient tools scattered in various gravesites in the rain forest – and you may run across the occasional harmless boa constrictor! Located about 15 kilometers West of the Osa Peninsula in Drake Bay, Cano is also a favored diving spot, with an interesting cave dive.

Drake Bay, Costa Rica

Day 7 continued

When Francis Drake sailed into Drake Bay in 1579; he was amazed by its tranquil beauty. Today's visitors will be equally moved. Drake Bay is close to Corcovado National Park, one of the wildest, wettest and most wondrous jungle habitats on earth. With eight different habitats, 400 bird species, more than 100 reptiles and amphibians and 10% of all the mammals on earth, it's a tropical Noah's Ark. Also near Drake Bay is the smaller Marengo Biological Station, where you may hike through moss-festooned rain forest replete with toucans, monkeys, curassows and tanagers or ride a horse to the Rio Claro for a swim.

Quepos, Costa Rica

Day 8 Friday Nov 19

Quepos has long been a favorite R&R destination for sport fishers and eco-adventurers alike. As you wander the one-street village with its enticing eateries and festival atmosphere, you might be reminded of Key West. You'll have a hard time tearing yourself away, but the astonishing beauty of nearby Manuel Antonio National Park will entice you to discover another world - an amazing natural wonderland of colorful flora and fauna, where lush jungle, secluded beaches, and dramatic headlands over purling surf give your camera a real work-out. The nearby Rio Naranjo is a magnet for thrill-seeking river rafters.

Isla Tortugas National Reserve, Costa Rica (Curu Wildlife Reserve)

Day 9 Saturday Nov 20

A tall fringe of coconut palms waves a welcome to a landscape of milky white curving beaches bordered by azure seas punctuated by soaring volcanic pinnacles. This is the exquisite little 320-hectare island of Tortuga off Costa Rica's Nicoya Peninsula. You might think you were snorkeling in aquavit, the water is so clear. Giant manta rays, dolphins and the occasional humpback whale are frequent visitors here and the volcanic reef is home to dozens of marine species. Nearby on the Nicoya Peninsula, the Curu Wildlife Reserve offers an up-close look at the amazingly diverse marine life of the Curu River mangrove estuary.

Puerto Caldero, Costa Rica

Day 10 Sunday Nov 21 – fly home to California or Phoenix

Sun	Balboa, Panama
Mon	Isla Iguana, Panama
Tue	Isla de Coiba, Panama
Wed	Golfito, Costa Rica
Thu	Isla del Cano, Costa Rica (morning)
Thu	Drake Bay, Costa Rica (afternoon and overnight)
Fri	Quepos, Costa Rica
Sat	National Reserve of Curu, Costa Rica (morning)
Sat	Isla Tortugas (Beach BBQ) (afternoon/overnight)
Sun	Puerto Caldera, Costa Rica