

# Panama Canal & Central America

---

Call 512.688.1079!

-

*Expires August 31, 2022*



## Day 1 — Ft. Lauderdale, Florida, United States

Embark your ship and settle into your stateroom. A beloved leisure destination for Floridians and visitors alike, the Ft. Lauderdale area exudes the carefree attitude of South Florida's coast. In Miami, a thriving Cuban culture infuses Old Havana and gleaming high-rises overlook Biscayne Bay. On the outlying barrier islands, South Beach is an intoxicating blend of seaside glamour and art deco pastel brilliance. Farther north, the seven-mile-long Ft. Lauderdale Beach provides a more leisurely ambience. Along Las Olas Boulevard, cafés and boutiques invite lingering and endless browsing.

---

## Day 2 — Key West, United States

Experience carefree Key West, the southernmost city in the continental US, and its rich blend of Caribbean, Latin and American cultures. Soak up its atmosphere with a stroll along Duval Street to Mallory Square, passing old Bahamian-style homes and Spanish-influenced Victorian mansions. See Ernest Hemingway's home, where he wrote several novels, and former president Harry S. Truman's Little White House, preserved today as a historic monument.

---

## Day 3 — Scenic Sailing: Gulf of Mexico

The Gulf of Mexico has been a witness to much of the history of North and Central America. In 1497, Amerigo Vespucci was purportedly the first European to sail into the gulf's basin, charting its coast and changing the world map. Meet fellow guests and listen to the soothing sounds of classical music in The Living Room, an ideal setting for relaxation. Enjoy a cup of coffee or sip on a refreshing cocktail.

---

## Day 4 — Cozumel, Mexico

Discover the Mayan and colonial past of the island of Cozumel, located off Mexico's Yucatán Peninsula. Explore the colorful streets of San Miguel or visit Mayan and Toltec ruins at San Gervasio to gain insight into the island's ancient beliefs and customs. View the scenic lighthouse at Punta Sur and the many pristine beaches for which the island is world renowned.

---

## Day 5 — Belize City, Belize

Call on Belize today, inhabited by Mayans for more than 5,000 years. Journey to the mysterious ancient site of Altun Ha, one of Central America's most accessible temples. Enjoy a cruise along the tropical Belize River. Or set sail along the Belize River, a tranquil and pristine ribbon of beauty lined with lush jungle, vividly hued birds taking wing and monkeys hollering from the treetops.

---

## Day 6 — Roatán, Honduras

Bask in the Caribbean beauty of Roatán, one of the spectacular Bay Islands off the coast of Honduras. A snorkeler's paradise, the coral reefs that skirt these islands boast the highest diversity of corals in the Caribbean. Enjoy a guided walk along the lush Carambola Botanical Gardens pathways, 40 acres of impeccably maintained trails, and travel through a protected forest that hugs the hillside of Carambola Mountain.

---

## Day 7 — Sail the Caribbean Sea

Enjoy a full day indulging in the amenities of your ship. You might find your inner calm with yoga on the Sports Deck. Lounge by the Main Pool with its retractable roof and enjoy a cocktail at the Aquavit Bar. Tonight after an al fresco dinner at the World Café, settle in for some light jazz and a nightcap at Torshavn.

---

## Day 8 — Puerto Limón, Costa Rica

Explore the magnificent natural wonders of Costa Rica as you call on its Caribbean port of Puerto Limón. Celebrated as one of the world's most picturesque countries, Costa Rica is home to an astonishing diversity of landscapes and climate zones. About 5% of the world's species of flora and fauna thrive in this tiny country, lush with rainforests. Keep your eyes open for some of them when you cruise the canals of Tortuguero, an aquatic highway linking villages and traversing palm forests and swamps dense with wildlife.

---

## Day 9 — Colón, Panama

Colón lies near the Panama Canal's Atlantic entrance. During the California gold rush, prospectors from the eastern United States sailed here, trekked across the narrow isthmus of Panama, then sailed up the Pacific coast, believing the journey easier than traversing the entire United States. Indigenous tribes maintain a strong presence in this northern corner of Panama. In the city's rural reaches, the Emberá people—descended from ancient tribes—live in thatched-roof huts, travel by dugout canoe and weave traditional baskets.

---

## Day 10 — Scenic Sailing: Panama Canal

Enjoy a fascinating partial transit of the “Path Between the Seas” today as you traverse the famed Panama Canal. When it opened in 1914, it was hailed as one of the world’s great engineering feats. Forty-eight miles long, it links the Atlantic and Pacific at the narrowest stretch of the Isthmus of Panama, cutting thousands of miles off shipping routes that once stretched all the way around Cape Horn at the tip of South America.

---

## Day 11 — Sail the Caribbean Sea

As you sail the calm blue waters of the Caribbean toward Jamaica, perhaps take a destination-focused cooking class at The Kitchen Table or enjoy a massage at The Spa. Afternoon tea at the Wintergarden and dinner amid the balmy breezes of the Aquavit Terrace provide the perfect conclusion to your relaxing day.

---

## Day 12 — Montego Bay, Jamaica

Embrace the relaxed atmosphere of Jamaica today when you call on Montego Bay. Christopher Columbus landed here in 1494 and declared the island part of the Spanish Empire. The British later took hold, paving the way for one of the island’s most pivotal moments: an uprising of slaves led by Samuel Sharpe, the country’s national hero. Glimpse some of that colonial past at the Rose Hall Great House, an elegant Georgian mansion whose owner had some 250 slaves. The fascinating house chronicles life during a turbulent time that gave rise to the legend of the White Witch of Rose Hall.

---

## Day 13-14 — Sail the Caribbean Sea

Sail through turquoise waters where legends of marauding pirates, swashbucklers and tales of hidden treasures were born. As you sail today, savor a range of international cuisine on board. Choose from a variety of international flavors at the World Café, enjoy al fresco dining on the Aquavit Terrace, or regional specialties in The Restaurant.

---

## Day 15 — Ft. Lauderdale, Florida, United States

Disembark your ship today and return home or continue your journey with a post cruise extension to explore more.

---

*\* One shore excursion included per port as indicated (included); all others available at an extra charge. Depending on your stateroom category, shore excursions may be reserved beginning 90 days before your cruise sails. Not all excursions will be available for all sailings. Full details of the excursions available on your specific departure date can be viewed at My Viking Journey once your cruise booking has been made.*