

A Tropical Odyssey in Central America

From **09/01/2026**
to **19/01/2026**

Ship: ***Le Champlain***

From **Belize City**
to **Colón**



On this **11-day cruise** aboard *Le Champlain*, you will sail the Caribbean Sea discovering the lush landscapes of Central America, exploring the region's historical cities to learn more about their history, sharing with the local populations and creating unforgettable memories.

Throughout your journey, you will benefit from an excursion included per person per port of call, to choose from a selection offered by PONANT. During this cruise, dive into incredible Mayan history **from Santo Tomás de Castilla**, as you discover the pyramids and sanctuaries of the **Quiriguá** archaeological site, a UNESCO World Heritage Site. From **Puerto Limón**, sail along the labyrinthine canals of the **Tortuguero National Park**, in the heart of a tropical forest featuring fascinating fauna and flora, or discover traditional cocoa growing in a Ngöbe village on the island of San Cristóbal, from **Bocas Del Toro**.

During your odyssey aboard *Le Champlain*, expect to hear birdsong and see dense tropical forests and the intertwined roots of mangrove burgeoning with life. On the **Rio Dulce**, aboard small local boats, discover gorges shaped by the river opening onto lush vegetation, a haven of peace for many birds, such as cormorants, egrets and pelicans. Another little-known and pristine paradise, in Honduras, **La Ensenada** invites you to discover a unique ecosystem, at the **Lancetilla Botanical Garden**, the largest tropical gardens in the Americas. In **Puerto Limón**, the **Puerto Vargas Reserve**, in the **Cahuita National Park**, is home to exuberant wildlife, including howler monkeys, white-faced capuchin monkeys, sloths, coatis, agoutis... mere steps away from idyllic beaches.

Fans of swimming and immaculate landscapes will not be left out either. In the Caribbean Sea, on the little volcanic island of **Providencia**, a former buccaneer hideout off the coast off Nicaragua, make the most of the abundant turquoise waters and beaches fringed with coconut trees to immerse yourself in the gentleness of the Caribbean. **Off the coast of Isla Utila**, the **Water Caye islet** unfurls its stretches of white sand along an azure sea, truly an invitation to lose yourself in thought and relax.

From one port of call to the next, you will also be able to seize the opportunity to share unforgettable moments with local communities. In

Santo Tomás de Castilla, the Garifuna community will welcome you with a unique performance of traditional dance and music aboard the ship. In Panama, on the **Bocas del Toro** archipelago, famous for its rich underwater and terrestrial biodiversity, you will learn about a different history, that of the country's largest indigenous community, the Ngöbe-Buglé.



The information in this document is valid as of 12/04/2026

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YOUR STOPOVERS :

BELIZE CITY

Embarkation 09/01/2026 from 16:00 to 17:00

Departure 09/01/2026 at 18:00

Belize City is the former capital and the country's largest town. Located on the **Caribbean Sea**, this lively little town symbolises the fusion of British, Spanish and Maya cultures. The departure point for **flights over the Great Blue Hole and the barrier reef**, it's also the ideal gateway for discovering the treasures of Maya architecture: in the heart of the jungle, the grandiose and mysterious ruins of temples and palaces at the Lamanai and Xunantunich sites await you. Another unmissable experience: a trip to the mouth of the **Belize River**: with a little luck and care, you'll get a glimpse of manatees, dolphins, crocodiles, iguanas and many aquatic bird species.

DULCE RIVER

Arrival 10/01/2026 early morning

Departure 10/01/2026 early evening

In the waters of the Rio Dulce flows a part of the Caribbean soul. *Lanchas*, the motor boats that travel along the river and the **Caribbean Sea**, are the only way of reaching this small, welcoming town with no overland access to the rest of the country. Here, you are in Garifuna country: the inhabitants, descendent from Jamaican slaves, perpetuate their culture through oral tradition and ceremonies. **Garifuna music**, which is lively and sounds similar in some respects to reggae, and Garifuna dance, to the beat of drums, **have both been classified by UNESCO as "Masterpieces of the Oral and Intangible Heritage of Humanity"**.

SANTO TOMÁS DE CASTILLA

Arrival 11/01/2026

Departure 11/01/2026 early evening

A port city located in the north-east of **Guatemala**, on the coast of the Amatique Bay, Santo Tomás de Castilla offers exceptional access to the **fabulous Mayan archaeological site of Quiriguá**. Listed as a **UNESCO** World Heritage Site since 1981, this place takes you back in time, deep into a décor of ruins and vestiges from the 8th century.

LA ENSENADA

Arrival 12/01/2026 early morning

Departure 12/01/2026 mid afternoon

Lying on the Honduran shores, the small community of **La Ensenada** will charm you with its gentle way of life and its stunning scenery. During this port of call, treat yourself to a timeless interlude by setting off to discover the extraordinary **Lancetilla Botanical Garden**. **Considered to be the largest tropical botanical garden in Latin America, this site offers a rich experience, educating visitors about plants from around the world, while highlighting the local history associated with the banana industry.**

WATER CAYE, ISLA UTILA

Arrival 13/01/2026

Departure 13/01/2026 late afternoon

Off the coast of Utila, in the **Bay Islands** archipelago, the small uninhabited island of **Water Caye** offers a peaceful and deeply relaxing atmosphere. Its pristine white-sand beaches lined with palms and coconut trees are perfect for lazing, while its crystal-clear waters and abundant marine life delight swimmers and snorkellers alike.

AT SEA

Arrival 14/01/2026

Departure 14/01/2026

During your journey at sea, make the most of the many services and activities on board. Treat yourself to a moment of relaxation in the spa or stay in shape in the fitness centre. Depending on the season, let yourself be tempted by the swimming pool or a spot of sunbathing. This journey without a port of call will also be an opportunity to enjoy the conferences or shows proposed on board, depending on the activities offered, or to do some shopping in the boutique or to meet the PONANT photographers in their dedicated space. As for lovers of the open sea, they will be able to visit the ship's upper deck to admire the spectacle of the waves and perhaps be lucky enough to observe marine species. A truly enchanted interlude, combining comfort, rest and entertainment.

SAN ANDRÉS AND PROVIDENCIA ARCHIPELAGO

Arrival 15/01/2026 early morning

Departure 15/01/2026 midday

The Isla de Providencia, an insular Colombian territory near the coast of **Nicaragua**, is part of the Archipelago of **San Andrés**. Nicknamed the "**flower of the ocean**", its clear and warm waters and lush tropical forests are surrounded by legends and stories of pirates. You'll be able to discover the island's natural riches during a walk. **The Isla de Providencia** offers an enchanted interlude and the serenity of balanced and preserved nature, home to pretty and colourful houses.

PUERTO LIMÓN

Arrival 16/01/2026 early morning

Departure 16/01/2026 early evening

We're pretty sure the little coastal town of Puerto Limón will completely win your heart. It is located on the Caribbean sea. Just beyond the harbour, **Playa Bonita creek** opens its arms to a haven of beauty rimmed by clear blue waters and shaded by giant peach-palms. If you wish to explore the lush green areas in the town, it's worth taking a stroll through the lemon groves that give Puerto Limón its name. You'll have all the time in the world to mosey around the streets scattered with **multicoloured wooden makeshift stalls**. These makeshift bars with their raffia roofs offer fresh juices blended just for you.

BOCAS DEL TORO

Arrival 17/01/2026 early morning

Departure 18/01/2026 late afternoon

Heavenly stretches of beach with opalescent sand, virgin rainforest, traditional houses in flamboyant colours... the **Bocas del Toro** Archipelago welcomes you in a gentle, typically Caribbean atmosphere. Anchored to the north-west coast of Panama, this lush and wild Eden is composed of nine main islands surrounded by thousands of verdant islets. Boasting a rich biodiversity, this lost paradise is home to the only national marine park in Panama: **Isla Bastimentos**. This stunning reserve protects an exceptional marine ecosystem composed of a **rich coral reef**, more than 200 species of colourful fish, and a population of bottlenose dolphins that live here permanently. On **Isla Popa**, meet the **Ngöbe-Bugle**, an indigenous community of Panama that still lives according to its ancestral traditions.

COLÓN

Arrival 19/01/2026 early morning

Disembarkation 19/01/2026 at 08:00

Colón is the second largest city in **Panama**, at the Caribbean entrance of the **Panama Canal**. Colón is today an important port, and the free trade zone created in 1953 contributed greatly to the development of the city. Colón was founded in 1850 by Americans working on the Panama railroad connecting the Atlantic and Pacific coasts through the isthmus of Panama; the city rapidly overshadowed the older **Caribbean** ports of Panama when the canal opened.