



# A VOYAGE OF DISCOVERY

*Explore the Panama Canal and escape to some of the most biodiverse countries in the world – and do it in style with Princess Cruises*

**THE PANAMA CANAL** is one of Central America's crowning jewels, a clever man-made shortcut that allows you to sail from one ocean to another. And, with Princess Cruises, you can embark on this epic journey all while enjoying lobster at the Crown Grill, a spot of relaxation by the top-deck pool and even an indulgent massage at the Lotus Spa, along the way.

Sailing past the forest-flanked rivers of Panama, the volcanic landscapes of Nicaragua or the stunning white-sand beaches of Columbia, wildlife enthusiasts will be in their element – especially with the cruise line's exciting onshore excursions that will allow you to get up close and personal to some of the region's most exotic wildlife.

## THE PRINCESS DIFFERENCE

Princess Cruises is different from other cruise lines. Here's how:

### DESTINATION LEADERS

You can go beyond the beaten track with more than 380 destinations worldwide.

### LOCAL DISCOVERIES

Immerse yourself in the local culture, from traditional ceremonies to learning skills.

### JOYFUL REJUVENATION

You'll achieve peak bliss onboard at the adult-only retreat The Sanctuary or the serene Lotus Spa.

### WELCOMING EXPERIENCE

The friendly crew will go the extra mile to help you make the most of your holiday.

### PERSONALISED SERVICE

Smart OceanMedallion technology will allow you to easily open your stateroom door, order drinks and stay connected with the best Wi-Fi at sea.



## EARTHLY DELIGHTS

With lush rainforests and balmy skies, Costa Rica is a wildlife lover's haven. Stop off at Limon for an unforgettable open-air tram ride across the Veragua Rainforest canopy, where you can spot around two thirds of Costa Rica's rainforest species including monkeys and exotic birds. Or, if you prefer a slower pace of life, why not visit Lima's acclaimed sloth sanctuary?

## WATER WONDERS

If you're sailing to Mexico's palm-fringed beaches, you could visit the Tortugario Ecological Center – home to one of the largest turtle sanctuaries in Mexico. The fun doesn't stop onboard either. As you sail by Mexico, onboard guides can help you spot the magnificent grey whale as it makes its way from Alaska to the Sea of Cortez – the longest migration of any mammal. If you're tempted by the region's crystal blue waters, be sure to stop off at Falmouth, Jamaica, where you can interact with bottlenose dolphins too.

## ONBOARD PLEASURES

After an action-packed day of wildlife spotting, be sure to catch some of the incredible activities onboard. Immerse yourself in the history behind the Panama Canal by listening to the cruiseliner's live narration. Or, why not keep the party going by catching Princess Cruises' Carnaval de Panama? Here you can try traditional 'Mola' arts and crafts, watch a Panamanian documentary or even take a salsa class! Cruising to this engineering feat is cause for celebration so be sure to do it in style with Princess Cruises.

For your chance to **WIN AN 11 NIGHT PRINCESS CRUISE** worth more than £3,000, enter at [bit.ly/princesscomp](http://bit.ly/princesscomp)