



***National Association of Parliamentarians Educational Foundation
Professional Development Cruise***

Costa Rica to Panama Canal Cruise – March 2 to 9, 2026 – 7 nights on the Star Pride

Combine CEU credits with the natural and man-made wonders of this exotic Costa Rican and Panama Canal cruise, full of bucket list places and activities.

Fly into [Juan Santamaria International Airport](#) (SJO) (San José, Costa Rica—1 hr. 22 min to port) OR [Daniel Oduber Quirós International Airport](#) (LIR) (Liberia, Costa Rica—2 hr. 18 min to port). Research on airfares at end of flyer.

Several hotels close to Windstar [cruise port](#) in Puerto Caldera—all rates are: double occupancy rates in US dollars as of 10-1-25; entry level rooms, based on one-night stay on March 1. All resorts have larger rooms; longer stays avail; please check reviews for hotels to be sure they meet your standards. I will find a private place for reception for your group on evening of March 1, depending on where everyone books:

- [Fiesta Resort](#) (\$228-Jr. Suite Garden View) - I am trying to get a block of rooms for even better rate
- [Puerto Azul Hotel](#) (\$108.80“King” room)
- AirBnB [link](#)
- Hotels.com [link](#)
- VRBO [link](#)

At end of cruise, fly out of [Tocumen Panama Airport](#) (PTY)(Panama City, Panama--1 hr. 15 min from Windstar port).

NOTE: most reviews do not recommend staying in Colon if you extend your visit because of safety concerns and available attractions.

Hotels to consider in Panama City:

- https://travel.usnews.com/hotels/panama_city_panama/
- Trip Advisor [link](#)
- VRBO [link](#)

Hotels to consider in/near Colon: Trip Advisor [link](#): includes [Radisson](#) with a casino

Date	Port	Arrive Depart
Monday, March 2	Puerto Caldera, Costa Rica	6:00pm
Tuesday, March 3	Quepos, Costa Rica	6:00am 6:00pm
Wednesday, March 4	Golfo Dulce, Costa Rica	6:00am 5:00pm
Thursday, March 5	Isla Parida, Panama	7:00am 6:00pm
Friday, March 6	At Sea	
Saturday, March 7	Balboa, Panama	8:00am 5:00pm
Sunday, March 8	Panama Canal (Full Transit) (Cruising)	
Monday, March 9	Colon, Panama	7:00am



Star Pride's 204 staff members welcome 312 guests—that's 2 staff per 3 guests!



Star Pride welcomes 312 guests in 156 suites, including 4 Owners' Suites, 2 Classic Suites, 3 Deluxe Suites, 79 Ocean View Suites, 58 Balcony suites, and 10 Star Porthole Suites. Click [here](#) for video about Windstar. Star Pride offers unique, first-class experiences including signature Beach Party; spacious accommodations with walk-in closet and updated double-vanity bathroom; fully equipped fitness center; spa with sauna; infinity pool; two full-service bars; two restaurants for main dining, breakfast and lunch; specialty dining in Candles, Star Grill and Cuadro 44 restaurants; room service;

exclusive Discovery Events; deck hot tubs; water-access marina platform with free use of equipment; open bridge; onboard entertainment; and much more.

WINDSTAR SPECIALTIES



- ❖ Official Cruise Line of the James Beard Foundation - brings culinary experiences that are 180 degrees from ordinary. Imagine dining on dishes created every single night by a celebrity James Beard chef AND all-star chefs like Maxime Bilet and Evan Hanzcor
- ❖ Caters to dietary needs, such as vegetarian, vegan, and gluten-free options
- ❖ Watersports platform - Watersports platform offers unlimited use of all water sports equipment including stand-up paddle boarding, kayaking, snorkel equipment, sailing, swimming, water skiing, windsurfing and a large flotation island
- ❖ Open bridge – Windstar is the only cruise line welcoming guests to an Open Bridge, where you can pop in to watch the Captain and crew at work, and learn about chart navigation
- ❖ Signature Expeditions - join your chef on market tours as they shop locally.



Quotes from Parliamentarians who attended 2024 NAPEF cruise on Windstar: *“The trip could not have been better. The arrangements you made, the quality of the Wind Pride, and virtually all details were “right on.” The staff were top-line, the food was excellent, and the excursions fine. The fellow travelers on the cruise were delightful to meet and get to know. Our NAP group and its functions were well provided for.” “All went well and we had a great time. The ship was lovely, the dining superb, the crew and staff were amazing, and it was so nice to be with our NAP friends again.” “We loved, loved, loved cruising on the Star Pride with Windstar! Sailing on an all-suite yacht was the best experience. The suites are so well-appointed and the service the crew provided was impeccable. With so few passengers on the ship, the cruise staff was able to provide personalized service. Many of them knew us by name. I especially love that we were introduced to another way to travel.”*

COMMON QUESTIONS ABOUT CRUISING ON WINDSTAR

- No charge for specialty restaurants; no formal nights; no set times for dinner; no assigned seating
- Dress Code - the general shipboard style is elegant but relaxed, including jeans and Bermuda/ walking shorts
- FAQ: <https://www.windstarcruises.com/voyage-plan/general-information/>
- This lengthy document gives a GREAT recap of Windstar: https://www.dropbox.com/scl/fi/tevnij8n1mu84acnv5gru/Travel-Guide_FINAL_v3-LowRes.docx?rlkey=ep516u7lrqxi4rjsequeso63&dl=0

Below is SPECIAL Group Pricing for National Association of Parliamentarians Educational Foundation

All pricing below INCLUDES:

- the **All-In (all-inclusive) Package** (a \$693/per person value); includes unlimited Wi-Fi; Unlimited Beverage Package (all domestic and imported beer and 33 varieties of wine or sparkling wine by the glass plus cordials, liqueurs, aperitifs, cocktails, and mini-bar items and more than 40 liquors such as Grey Goose, Hendricks, Johnny Walker Black, Ketel One, Glenfiddich, Hennessy, and more (brands rotate and are subject to availability); and mandatory staff gratuities that are \$112 value alone
- **\$100 Shipboard credit** per person is also included; can be used for a wide variety of expenses on board, including shore excursions; spa treatments; shopping in onboard boutiques
- Cruise fare, port fees and taxes
- Click [here](#) for deck plan of Star Pride ship.

NOTES: Prices below are guaranteed, based on availability for the first 20 staterooms booked prior to Nov 1. Cabin availability is NOT guaranteed, so don't wait if you are interested. Shore Excursions are not included in the price; list of excursions found [here](#)

Rates Per Person (based on Double Occupancy)

Category	Square Footage Cabin only	Gross Total Per Person, with All-Inclusive Pkg, port fees and taxes	Deck/Location
SP – Star Porthole	277	\$3146	DECK 3/Mid
S- Ocean View	277	\$3236	DECK 4/For
S1 - Ocean View 1	277	\$3326	DECK 4/Mid or Aft
SS1 – Star Ocean View 1	277	\$3470	DECKS 4,5,6/Mid
S2 - Ocean View 2	277	\$3542	DECK 5/For or Aft
S3 - Ocean View 3	277	\$3686	DECK 6/For or Aft
BS- Balcony	277	\$4280	DECK 5/Mid
SBS – Star Balcony	277	\$4316	DECK 5/Mid
BS1 – Balcony Ste 1	277	\$4496	DECK 6/Mid
SBS1 – Star Balcony 1	277	\$4586	DECK 6 /Mid

Balconies cabins above have French balconies i.e. only 40” deep (no table/chairs)

Solo Occupancy Rates Below

Category	Square Footage Cabin only	Gross Total Per Solo Traveler with All-Inclusive Pkg. port fees & taxes	Deck/Location
SP	277	\$5188	DECK 3/Mid
S	277	\$5345	DECK 4/For
S1	277	\$5503	DECK 4/Mid or Aft
SS1	277	\$5755	DECKS 4,5,6/Mid
S2	277	\$5881	DECK 5/For or Aft
S3	277	\$6133	DECK 6/For or Aft
BS	277	\$7172	DECK 5/Mid
SBS	277	\$7235	DECK 5/Mid
BS1	277	\$7550	DECK 6/Mid
SBS1	277	\$7708	DECK 6 /Mid

Balconies cabins above have French balconies i.e. only 40" deep (no table/chairs)

Rates for Premium Suites

Premium Suite Categories (Captain's, Classic and Deluxe) do not have guaranteed pricing; they will be booked at prevailing rates on day booking is created. NOTE: On these Premium Suites, the complimentary All-Inclusive special is good only through September 30, so if you are tempted, it is best to put down deposit now....plus they are booking up fast. Classic and Owner's suites have true balconies with table/chairs; balcony's square footage not included in stats below

Category	Square Footage Cabin only	Deck/Location
DS - Deluxe Suite	468	DECKS 4,5,6/Mid – only have French balcony or wall of windows
CS - Classic Suite	400	DECK 5/Forward
OW - Owner's Suite	575	DECK 6/Mid or Forward

Considerations for all cabins:

- Handicap Accessible rooms available but not in all categories.
- Some cabins can accommodate 3 people; third person also gets the free All-In pkg if cabin booked before Nov 1.
- My preliminary research on bonus points or rewards by credit cards follows, but please call your credit card company to see what they offer when you book with Xanterra Travel Collection (Windstar's parent company):
 - Chase Sapphire Reserve: provides 3x points on general travel purchases
 - Chase Sapphire Preferred: offers bonus reward points on travel-related purchases.
 - Additionally, some credit cards, such as the Chase Sapphire Reserve, may also offer an annual travel credit that can be used for a wide range of travel-related purchases, potentially including those with Xanterra, [according to NerdWallet](#).
- Deposit is 15% of booking total; due within 3 days of booking. Deposit is 100% refundable up to Nov 1, 2025 (except for \$50/pp fee)
- Deadline for final payment: December 1, 2025
- Passports are required, and must not expire before 6 months AFTER last day of cruise
- Travel insurance: once you put down deposit, I can send insurance options that cover you door-to-door and have the oh-so-important pre-existing medical waiver
- Cancellation/Refund Schedule: A full refund (except for the amounts paid for air, Windstar travel insurance and a \$50 per person fee) will be made for cancellations received at least 121 days prior to the date on which you are to commence travel (Nov 1, 2025). Guests who cancel after that date for any reason are subject to the following cancellation schedule:
 - 120-90 days before commencing travel – 15% of gross fare (deposit)
 - 89-60 days before commencing travel - 35% of gross fare
 - 59-30 days before commencing travel - 50% of gross fare
 - 29-0 days before commencing travel - 100% of gross fare

AIRFARE RESEARCH USING GOOGLE FLIGHTS:

In all cases for airfare research below, I quoted the non-stop flight if available. Of course, there are many other flights available. There is no magic ball to say when is best time to book, but here is consensus: The best time to book flights from the U.S. to Costa Rica is generally within the 2 to 8 month window during the high-demand dry season (December to April).

FYI: Some flights are on Avianca Airline, which is rated as a 3-Star Airline by [Skytrax](#), while [AirlineRatings.com](#) named it Central and South America's favorite airline for 2025. American, Delta and Alaska are also rated 3-Star by Skytrax.

Airfare research done on Aug 26, 2025 for economy, one-way airfare from these cities to San Jose airport on March 1, 2026:

- EWR: non-stop on United for \$118
- JFK: non-stop on Jet Blue for \$183
- Baltimore: one stop for \$112 (United)
- Houston: non-stop for \$192 (Southwest)
- Houston: non-stop for \$227 (United)
- Atlanta: one stop for \$220 (Southwest)
- Atlanta: nonstop for \$253 (Delta)
- Denver: one stop for \$132 (United)
- San Antonio: one stop for \$190 (American or United)
- Los Angeles: nonstop for \$192 (Alaska)
- Chicago: nonstop for \$217 (United or American)
- Chicago: one stop for \$302 (Southwest)

Airfare research done on Oct 2, 2025 for economy, one-way airfare from these cities to Liberia airport (Costa Rica) on March 1, 2026:

- San Antonio: one stop for \$214 (United)
- EWR: non-stop on United for \$164
- JFK: non-stop on Jet Blue for \$164
- Baltimore: one stop for \$167 (Delta)
- Houston: non-stop for \$387 (Southwest)
- Houston: one-stop for \$187 (American)
- Atlanta: one stop for \$402 (Southwest)
- Atlanta: nonstop for \$298 (Delta)
- Denver: non-stop for \$262 (United)
- Los Angeles: nonstop for \$219 (Alaska)
- Chicago: nonstop for \$298 (United or American)
- Chicago: one stop for \$432 (Southwest)

Airfare research done on Oct 2, 2025 for economy, one-way airfare from these cities to Panama City, Panama on March 9, 2026:

- San Antonio: one stop for \$237 (United or Delta)
- EWR: one stop for \$295 or non-stop for \$514 (United)
- JFK: one-stop on Avianca for \$245
- Baltimore: one stop for \$358 (American)
- Houston: one-stop for \$289 (United)
- Atlanta: nonstop for \$248 (Delta)
- Denver: one-stop for \$435 (American)
- Los Angeles: one-stop for \$220 (Avianca)
- Chicago: one stop for \$255 (Avianca)

NOTE: not finding any flights into the airport in Colon.



Call me with any questions, to get pricing, or to make a reservation!
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