







# WINTER 2025-2026

Cruise selection

CENTRAL & SOUTH AMERICA • ATLANTIC ISLANDS







# The colour of memories



Ultramarine lagoons, emerald rainforests, white sandy beaches, lemon-yellow fish, cobalt plumage... Travelling also means taking the time to marvel at surprising shades and unexpected associations, and adding colourful memories to your personal album.

This winter 2025–2026, we promise you an exquisite range of destinations in the Caribbean, Central America and the Atlantic islands. From the flamboyant hibiscus of the Antilles to the

verdant shores of Darién National Park; from the shimmering colonial buildings of Cartagena de Indias to the mineral fortress of Portobelo; from the blue waters of the Belize Barrier Reef to the mossy green peaks of Saint Lucia; from the chlorophyll mangroves of Orango National Park to the volcanic reliefs of Cape Verde... With each stop along your journey, let your senses awaken and your eyes drink in the wonder as the magic of discovery unfolds before you.

This magic is confirmed through your encounters with the local communities and their ancestral traditions. Rich Emberá basketry, the colourful symphony of the *molas*, the textile art of the Kunas, the spellbinding rhythms of the Garifunas, — descendants of slaves —, and the animist rituals of the Bissago people: crafts, music and beliefs are shared with pride. With the knowledge that often a colour or smell is enough to remind us of a place or an emotion, we create experiences with multiple nuances, so that each journey continues to resonate within you, long after your return.

See you on board soon,

Hervé Gastinel CEO of PONANT



# TEN REASONS

# to sail with PONANT

## **HIGH-LEVEL EXPERTISE**

For more than 35 years, our experts have explored the world in search of natural and cultural wonders. Each trip is designed as part of a collection – **Timeless, Discovery or Expedition** – each with a distinct, tailor-made approach, so you can experience the destination of your choice in the manner that best fits your desires. All with the support of passionate experts: your expedition team and/or our lecturers, partners and guests.

## THE ART OF TRAVELLING

Each season, we design meaningful trips inspired by four themes:

Culture, Art of living, Society and the Planet, and Alliances. In order
to offer you unique experiences, we rely on the expertise of our
renowned partners, who are represented on board by inspiring
artists, historians, researchers or journalists.

## THE ART OF LIVING

On board, enjoy **the comfort and sleek design** of the common areas. Spas offering expert treatments in collaboration with renowned brands (Clarins, Biologique Recherche, Sothys, Algotherm), restaurants and bars welcome you into a **warm ambiance**. The theatre is the place to be for film screenings, lectures and performances.

## A REFINED TABLE

Every day, delightful surprises await with a refined selection of dishes created with **Ducasse Conseil**. On the menu, you will find delicious breakfasts, à la carte dishes and diverse buffets, home-made pastries, bread prepared and baked on board, and a range of afternoon teas and luxury product tastings. On board *Le Commandant Charcot*, the options are evolving thanks to *Nuna*, the **only Alain Ducasse gastronomic restaurant at sea**, with a menu created by the Michelin-starred chef.

### A MODERN FLEET

We are one of only a few cruise companies to sail under the **French flag**, which represents the highest level of safety. We respect strict specifications regarding crew training, health and safety protocols. With just six to 165 staterooms, our **small-scale ships** are equipped with the most advanced technology.

# WORKING TOWARDS MORE RESPONSIBLE TOURISM

By way of our Foundation and our PONANT Blue Horizon and PONANT Science programmes, we are striving to **reduce our environmental footprint** (hybrid propulsion, recycling and waste and water treatment, elimination of single-use plastics, etc.) and **contribute to international scientific research** (with two laboratories available to science teams on board *Le Commandant Charcot*).

### **CONSCIOUS TRAVELS**

In the Arctic and the Antarctic, we are members of IAATO and AECO: regulatory organisations that bring together different stakeholders in the polar regions to promote more responsible tourism.

We have earned numerous accreditations, and our entire fleet has been awarded Cleanship certification by Bureau Veritas.



Check out all the initiatives we have implemented, on our website.

### TAILOR-MADE JOURNEYS

With our 'à la carte' service, choose a personalised stay by booking private excursions, hotel stays or flights with the help of your dedicated advisors or travel agency. For certain hard-to-reach destinations, we offer private flights and land transportation to ensure your safe and serene arrival at the port of embarkation. Finally, download the **PONANT app** to your phone, and let us guide you during the preparation of your trip, then throughout your time on board.

### A COMPLETE PACKAGE

On our cruises, everything is included: fine dining, light meals and drinks (excluding the premium menu); room service; Wi-Fi; entertainment and conferences; access to the fitness area, hammam and sauna; and non-motorised water sport activities (except diving). One activity per person and per stopover is included on all our cruises

(except *Paul Gauguin* cruises). For expedition cruises, help from our naturalist guides, all land excursions and zodiac outings are included. On some departures, we also offer you the free loan of a parka and/or boots.

# OFFERS.

## **UP TO €500 FLIGHT CREDIT**

Set off with peace of mind: by booking your pre- and post-cruise flights and hotels with PONANT, **you can take advantage of a €500 credit per guest** <sup>(1)</sup>. In addition, depending on the departure date, private flights, transfers and visits are included in the price of your cruise.

Exclusive: with our back-to-back offer  $^{(2)}$ , you benefit from 20% off your second cruise (instead of 10%) by extending your trip. See the relevant departures on pages 20 to 28.





You'll be surprised by the destinations to explore this winter...

We have selected an overview of the cultural,
natural and historical wonders for you to explore on your travels.

#### Sentwaz

The small sailing boat known as the **Saintoise** was originally the work of Breton marine carpenters who settled in **Guadeloupe** in the 18th century. On the Caribbean waves, however, you'll be looking for the *Sentwaz*, as it is known in Creole, a symbol of the cultural identity of the Saintes archipelago that has spread throughout the Antilles.

Find out more p. 10, 11 and 13

## A wildlife refuge

Plunge into the heart of **Cuero y Salado National Park**, one
of the last intact mangroves
on the Atlantic coast of Honduras.
A wetland to be explored, this vital
crossroads for migratory birds is also
home to American crocodiles and a
sanctuary for the endangered West
Indian manatee.

Find out more on p. 17

#### From tattoo to fabric

The *mola* is an indigenous textile art of the **Kuna community, in the San Blas Islands**, and has its roots in traditional tattoos on women's bodies. The motifs were transferred onto fabric, introduced by Spanish colonisation, and now adorn their clothes. They are created by superimposing coloured textiles in which the abstract drawings symbolise their vision of the world.

Find out more p. 12, 13 and 15

# From fibre to basket

The **Emberá people of Panama** are renowned for their exceptional finesse and expertise in the ancestral art of basketwork. Made from extracted, dried and sometimes dyed local plant fibres – such as *chunga* and *nahuala* – they feature decorative motifs inspired by fauna, flora and everyday life.

Find out more on p. 15

## Walking the cobbles of Madeira

Strolling through the narrow streets of Funchal is like an exploration of art on the ground.

The *Madeiran calçada*, a paved mosaic of black and white pebbles from the 17th century, blends motifs inspired by local embroidery and Masonic symbols.

Find out more on p. 20.



### Beautiful skies .....

The Canaries are renowned for their light pollution-free skies, making them ideal for stargazing. **The island of La Palma** is home to one of the **largest telescopes in the world**, which has made it possible to observe the youngest star in the universe, 4,500 light years away.

Find out more p. 20 and 21



## The power of women

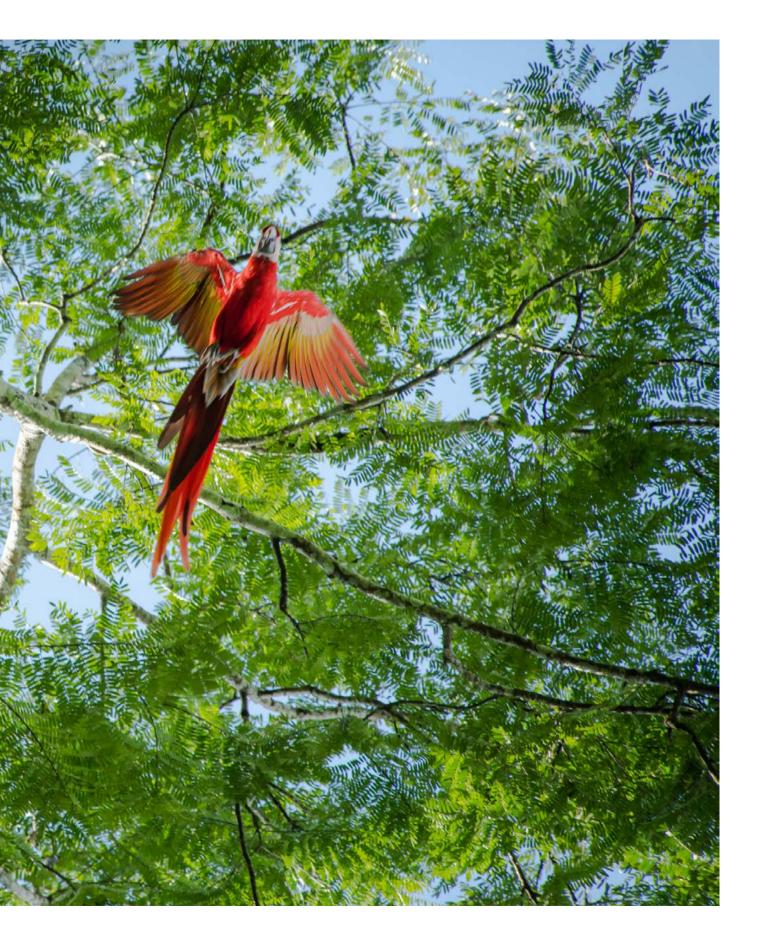
Women play a central role in the Bijagos Islands: they choose their husbands, pass on the lineage and hold spiritual power. This unique matriarchy, a pillar of local culture, is evolving to combine tradition and modernity.

Find out more on p. 22

# Of islands and canopies

Explore the endless lagoons and hidden treasures of the Caribbean, venture into the heart of the Darién National Park and the rainforests of Latin America. As you travel, you'll be able to immerse yourself in plant life, discover the unexpected colours of the animal kingdom and soak up the cultural richness of the communities you visit.





# Pearls of the Caribbean

### FORT-DE-FRANCE • FORT-DE-FRANCE

9 days/8 nights onboard *Le Bellot* | Departure on 12th December 2025

#### VIEUX-FORT • VIEUX-FORT

9 days/8 nights onboard Le Dumont d'Urville | Departure on 28th January 2026





In the West Indies, sail in a setting worthy of the most breathtaking postcards. From Martinique, you'll head for the most exclusive islands in the Caribbean. Everywhere you look, you'll find the gentle pace of life, the sea and its thousand shades of blue.

| TIMELESS |

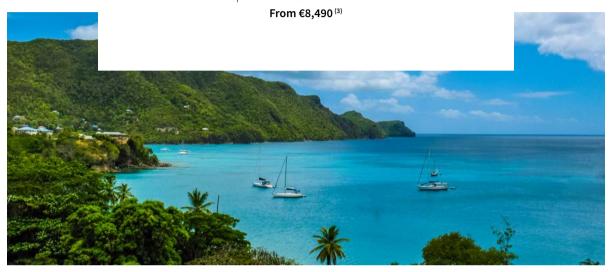


- A journey in the heart of the Caribbean and the enchanting shores of the Grenadines, with their idyllic beaches, colourful houses and the scent of island flowers.
- The landscapes of the Caribbean Sea: coral reefs, lagoons, the rocky peaks of Saint Lucia, a UNESCO World Heritage Site, and the basalt islets of Les Saintes.
- Rich marine biodiversity and the chance to see turtles, barracudas, spiny lobsters and parrotfish.

# The essentials of the Caribbean

**FORT-DE-FRANCE • FORT-DE-FRANCE 13 days/12 nights onboard** *Le Bellot*Departure on 28th December 2025





Plunge into the vibrant culture of the islands, with their Creole villages, colonial heritage and legends of piracy. An unforgettable journey, where nature and heritage intertwine to immerse you in the very essence of the Caribbean.

## | TIMELESS |



- Celebrate New Year's Eve in the heart of the Caribbean, discovering paradise islands with fascinating histories and diverse cultures.
- Between Martinique and the British Virgin Islands, enjoy landscapes dotted with idyllic beaches, volcanic peaks and lush forests.
- Exceptional marine life, including turtles, barracudas, spiny lobsters and parrotfish.



# Natural sanctuaries & heritage of the Caribbean

# WILLEMSTAD • COLÓN 8 days/7 nights onboard *Le Champlain*

Departure on 26th November 2025





Sail the Caribbean Sea to discover the lush landscapes of Central America, explore historic cities and archaeological heritage, and share with local communities. A unique experience not to be missed.



| DISCOVERY |

(GH)



- An unprecedented journey from the shores of Colombia to the coast of Panama, combining fascinating history, cultural treasures and exceptional biodiversity.
- UNESCO World Heritage Sites: Willemstad, capital of the island of Curaçao, the ancient colonial city of Cartagena de Indias, San Lorenzo's fort.
- In Santa Marta, the first Spanish colony, discover the culture of the Tayronas, Colombia's largest indigenous community, and the eponymous national park.

# Panama, Colombia & Caribbean Islands

FORT-DE-FRANCE • COLÓN or COLÓN • FORT-DE-FRANCE 13 days/12 nights onboard *Le Dumont d'Urville* or *Le Champlain* 



Departures on 7th December 2025 and 25th March 2026



Embark on a journey to the heart of Afro-Caribbean cultures, combining heavenly beaches, coral reefs, underwater fauna and tropical rainforests. From UNESCO-listed sites to pre-Columbian remains, the history and traditions of these regions enrich this unforgettable adventure.

## | TIMELESS |



#### **HIGHLIGHTS:**

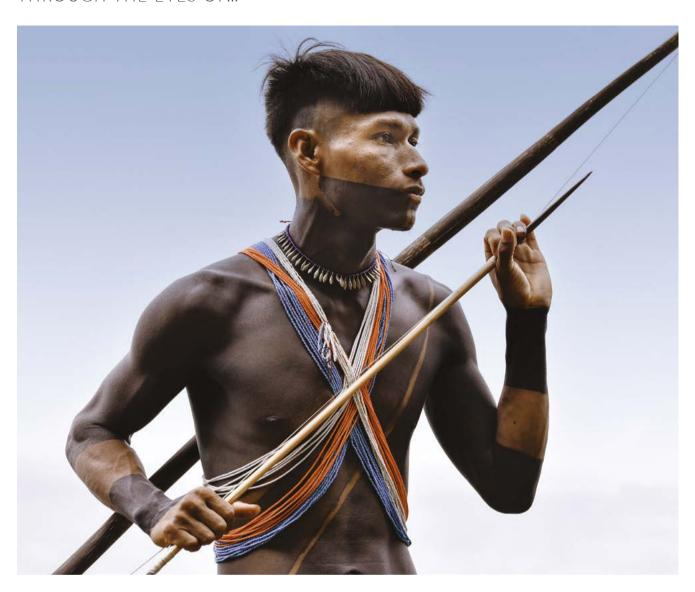
- Between Central America and the West Indies, discover the natural treasures of the Caribbean Sea and its cultural influences.
- UNESCO World Heritage Sites: the fortifications of Portobelo, the volcanic Pitons of Saint Lucia, the ancient colonial city of Cartagena de Indias; idyllic islands: Holandes Cayes, Mayreau (private beach).
- In the San Blas archipelago, meet the Kuna community, that continue the craft of *molas*, brightly coloured embroidered hangings.

25th March 2026 departure: the stop in Holandes Cayes is replaced with a stop in the San Blas archipelago.



**Extend your trip and enjoy 20% off your 2nd cruise**<sup>(2)</sup>: After exploring the treasures of the Caribbean, bask in the enchantment of the shores of Central America and its many gems (*see itinerary page 15*).

## THROUGH THE EYES OF...



This was my first visit to Playa Muerto, in Panama's Darién National Park.

We arrived by zodiac on this deserted beach in the first light of dawn, on the edge of the forest.

Silhouettes emerged from the green backdrop. The locals came to meet us. Children first, followed by young adults, their skin marked with jagua, a natural ink that protects them and gives them an almost silvery glow. I tried to capture the moments, the smiles, the games and the colours.

Like this dignified and serene young man, who exuded the strength of a sculpture.

This image is special for my discovery and remains one of my favourites.

Later, I was able to offer him the print. A moment of shared pride.

By **Morgane Monneret**Studio PONANT photographer on board

# Central America jewels & Panama Canal

**COLÓN • PUNTARENAS • COLÓN 8 days/7 nights onboard** *Le Dumont d'Urville*Departures on 19th and 26th December 2025





Feel yourself swept away by the exuberance of the Costa Rican jungles and the magic of Panama's crystal-clear waters. An incredible biodiversity flourishes in these wild lands, and the communities that are the guardians of age-old traditions live in communion with nature.

### | TIMELESS |

- Celebrate the festive season discovering majestic nature, idyllic beaches and vast primary rainforests.
- Explore the natural and ancestral treasures of Central America and cross the Panama Canal, a masterpiece of engineering.
- Meet the Kuna community and the Emberá Indians in Darién National Park, a UNESCO Biosphere Reserve.



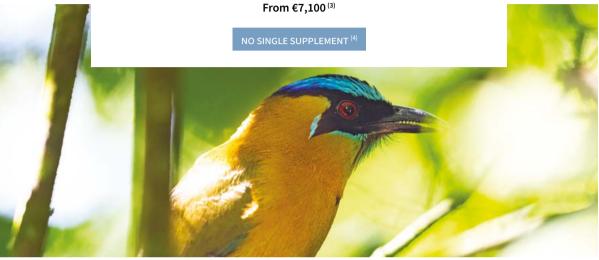
# A tropical odyssey in Central America

#### **COLÓN • BELIZE CITY**

11 days/10 nights onboard *Le Champlain* 

Departure on 3rd December 2025





Birdsong, dense rainforests and the intertwined roots of the mangrove swamp teem with life, and are just some of the images that punctuate your exploration. The secrets of Central America are revealed through cultural heritage and encounters with local communities.

| DISCOVERY |



#### **HIGHLIGHTS:**

- Discover some of Central America's secrets, such as the Mayan archaeological site of Quiriguá, a UNESCO World Heritage Site.
- Tortuguero National Park, home to a wide variety of wildlife, including monkeys, sloths and armadillos.
- Encountering the cultures of a Ngöbe-Buglé village in Bocas del Toro and the Garifuna community in Santo Tomás de Castilla.

**Included in your cruise**(5): the flight Belize City/Cancún and transfer.

**Extend your trip and enjoy 20% off your 2nd cruise** (2): after this journey to Central America, enjoy an immersion in the heart of the natural and cultural treasures of Belize and Honduras (see itinerary on opposite page).

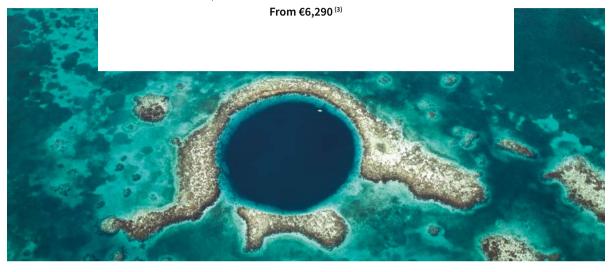
# Natural sanctuaries & Caribbean encounters

#### **BELIZE CITY • BELIZE CITY**

10 days/9 nights onboard Le Champlain

Departures on 13th and 22th December 2025





You'll sail through enchanting natural surroundings, including sparkling seas, peaceful lagoons and mysterious mangroves. Contemplation and serenity are combined with the discovery of an abundant biodiversity and encounters with local communities that welcome PONANT EXPLORATIONS guests exclusively.

## | EXPEDITION |

#### HIGHLIGHTS:

- Natural sites home to incredible biodiversity: Jeannette Kawas National Park, where the forest meets the sea, and Half Moon Caye, a remarkable UNESCO-listed diving site.
- Encounters with local communities: Caracoles in Bonacca the Cay, and Garifuna in Cayos Cochinos.
- Activities\*: varied opportunities, between zodiac trips, snorkelling and hiking with naturalist guides, swimming or diving (PADI Advanced Open Water Diver or equivalent) in idyllic locations.
- \*Subject to weather conditions and the state of the sea.

**Included in your cruise**(5): the return flights Cancún/Belize City and transfers.



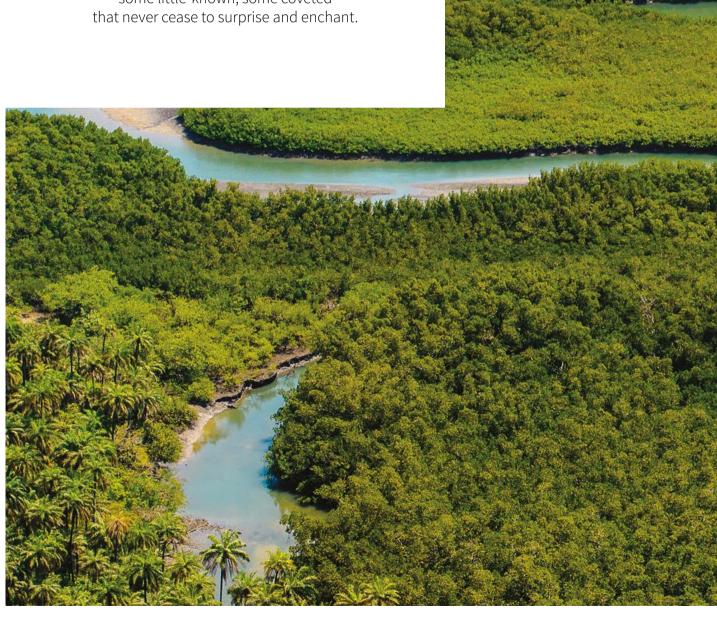
THE EXF

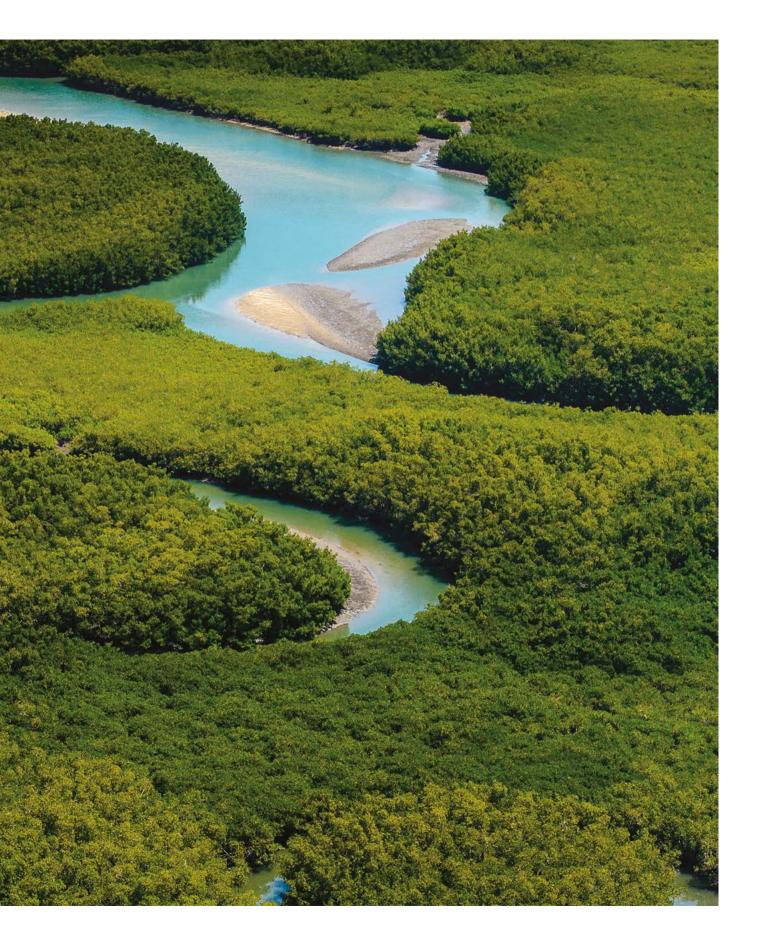
THE EXPLORERS CLUB

**13th December 2025 departure:** Activities and lectures given by an expert from The Explorers Club.

# Volcanoes and mangroves

Wild or hospitable. Wind-swept or wind-caressed. They line the coast of Africa and offer a treasure trove of diversity. We're talking about the Canaries, Cape Verde and the Bijagos: three archipelagos – some little-known, some coveted – that never cease to surprise and enchant.





# Atlantic odyssey from the Iberian Peninsula to the Canary Islands

MÁLAGA • LAS PALMAS
9 days/8 nights onboard *Le Bougainville*Departure on 17th November 2025





The dazzling whiteness of the aptly named Casablanca; the intense green of the laurisilva forests of Madeira; the shimmering colours of the Canarian mansions; the volcanic reliefs of Lanzarote... Feel the inspiration in the palette of these iconic destinations while enjoying the autumnal tranquillity.

| TIMELESS |



#### HIGHLIGHTS:

- A getaway between the Moroccan coastline and the volcanic archipelagos of the Canaries and Madeira.
- Discover remarkable sites, including the UNESCO-listed Medina of Tetouan, the Hassan II Mosque in Casablanca and the botanical gardens of Funchal.
- A wide variety of landscapes, from the Rif Mountains in Morocco to the laurel forests of Madeira (a UNESCO World Heritage Site) and the volcanic landscapes of the Canary Islands.

Extend your trip and enjoy 20% off your 2nd cruise (2): after the enchantment of the North African coasts, continue your exploration of the Atlantic archipelagos, from the Canaries to Cape Verde (see itinerary on opposite page).

# Volcanic landscapes from Canary Islands to Cape Verde

LAS PALMAS • DAKAR or DAKAR • LAS PALMAS

11 days/10 nights onboard *Le Bougainville* or *Le Lapérouse*Departures on 25th November 2025 and 1st February 2026





The archipelagos of the Canaries and Cape Verde are majestically sculpted by lava, Atlantic waves and trade winds. With dunes as far as the eye can see, cliffs, volcanic vineyards and laurel forests in the Canaries, black sand beaches, a crystal-clear coastline and pastel villages in Cape Verde, these islands offer undeniable charm.

#### | TIMELESS |

#### HIGHLIGHTS:

- Island hopping to discover the natural treasures of Cape Verde and the Canary Islands and their rich cultural heritage.
- UNESCO World Heritage Sites, including Cidade Velha and the historic centre of Ribeira Grande.
- Discover contrasting landscapes: lush valleys, wild coastlines and volcanic panoramas in the Teide (UNESCO-listed) and Timanfaya national parks.

1st February 2026 departure: reverse itinerary, with a stop in Santa Cruz de la Palma instead of Los Cristianos.



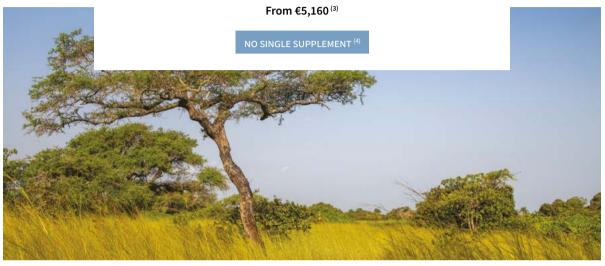
# Adventure in the Bissagos Islands

#### DAKAR • DAKAR

## 9 days/8 nights onboard Le Bellot or Le Lapérouse

Departures on 24th November 2025 and 16th and 24th January 2026





About 20 kilometres off the coast of Guinea-Bissau, the Bissagos archipelago reveals its 88 islands, only 23 of which are inhabited. You approach them by zodiac, plunging into the forest, the mangrove and the savannah, in a symphony of sounds and colours. The richness of this region can be appreciated even further when you meet the Bissago community, who are faithful to their traditions and the rhythms of nature...

| EXPEDITION |

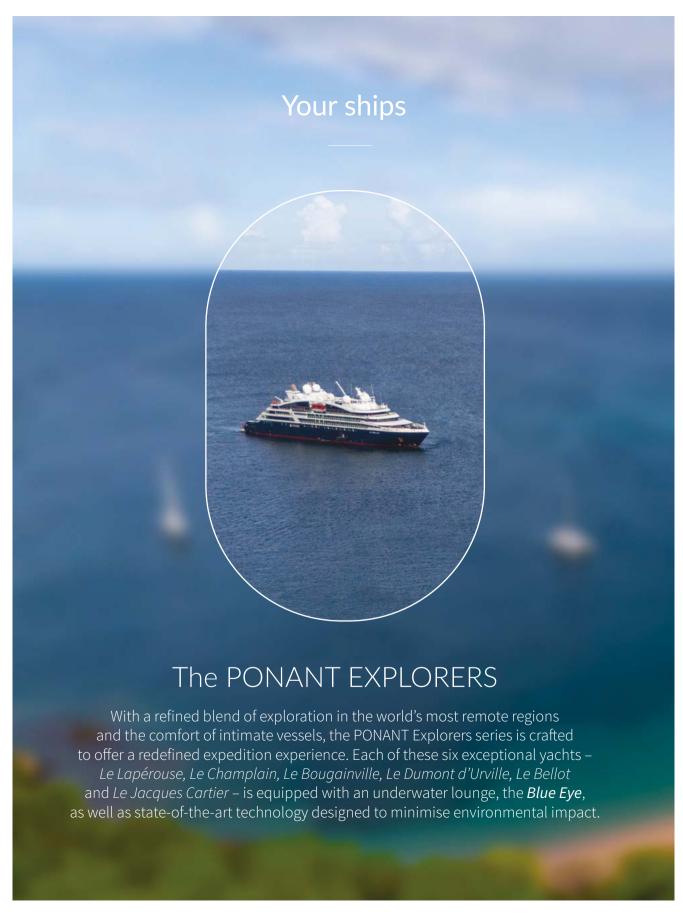


#### HIGHLIGHTS:

- Explore the Bissagos archipelago, a biosphere reserve, across nine of its islands.
- Between idyllic beaches, mangroves and savannah, observe a wide variety of wildlife, including sea turtles, dolphins, manatees, vervet monkeys, flamingos and pelicans.
- Activities\*: the opportunity to go on excursions and landings in zodiac boats with your naturalist guides, visit traditional villages, meet the Bissago community, etc.

\*Subject to weather conditions and the state of the sea.









IN DETAIL

Length: 131m Width: 18m Draft: 4.7m

Number of staterooms and suites: 92

Crew members: 118 Delivery years: 2018 to 2020

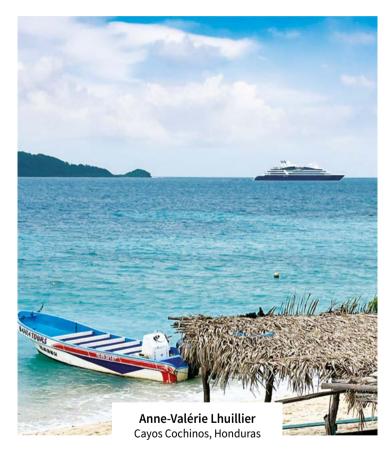




# Your PONANT moments

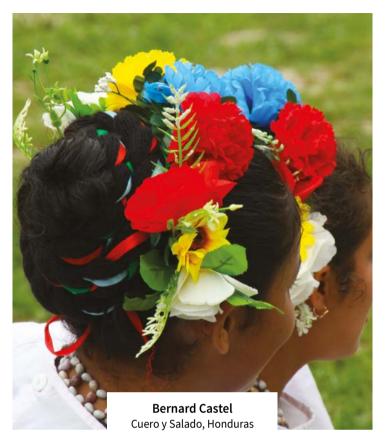
Each day, our guests post their favourite photos on social networks.

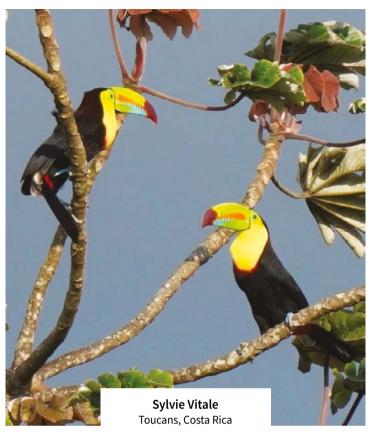
Here is a selection of shots they have taken,
giving their personal impression of some exceptional locations.

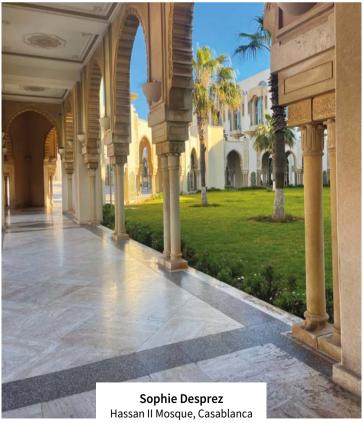


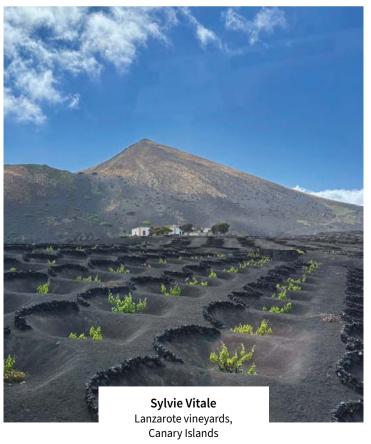


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