



Ready to Sail with Quest – Your San Blas Adventure Awaits

Puerto Lindo → Cartagena

Hi Sailmates!


We are excited to welcome you aboard *Quest* for an unforgettable journey through the paradise islands of San Blas. Please take a moment to read through this important information carefully. If you have any questions or doubts, reach out to us in advance so we can assist.

Your departure date in Panama: _____

Your arrival date in Cartagena: _____

The Route

We will spend **three full days island-hopping** through the San Blas archipelago and about **30–40 hours sailing open sea** on the crossing to Cartagena, Colombia. In total we will visit 3-4 island groups.


 *Pro tip:* We strongly recommend you to bring seasickness medication (like Dramamine), even if you don't usually get seasick. It's best to start taking it before the open sea crossing. Not all passengers are affected by seasickness; however, your journey will be much more enjoyable if you can avoid the doubt. Dramamine is a common brand, which seems to be the most efficient, and can be bought at most pharmacies.

Meeting Point: Puerto Lindo, Panama

We leave from Puerto Lindo, Panama. To reach the departure port, you can choose to use a shuttle that will pick you up on the departure date, around 9:00 am, at your Hostel in Panama City (25 USD per person, 2 hours ride) or public transportation (8-10 USD 3-4 hours).

In case you want to use the shuttle, please contact them the day before departure to confirm your pickup location in Panama City, and they will confirm the pickup time with you. We do recommend the shuttle as there are few public transportation buses to Puerto Lindo, and you would have to arrive Puerto Lindo the day before, because of the meeting at 12 noon at Casa X.

We meet at **Casa X** at **12:00 PM** for passport collection. You cannot be late for this meeting, as we need to proceed with the port clearance, and we cannot do that until all passports are collected.

 **Shuttle:** \$25 USD (2 hrs from Panama City). Pickup around 9:00 AM from your hostel.
[WhatsApp or Call]: +507 6923-4434

Casa X:

<https://maps.app.goo.gl/LPYUckx2HbjPryzt6>



In the afternoon you will be free to do whatever you want in Puerto Lindo, and you can leave your luggage at the restaurant Casa X. You need to be back at Casa X at 6.30 pm, where a water taxi will pick you up and bring you to Quest. The meals and drinks on the departure date are not included in the tour price. Once onboard Quest we will have a safety briefing, and a briefing about the trip and life onboard. We will depart later in the evening around 10pm, in order to arrive San Blas in the morning.

Important Documents

Bring **one printed copy** of your passport, in case we will arrive Cartagena and the immigration will be late with your passports, you need to show the copy to your hostel. If you haven't sent us a **photo of your passport**, please do so now.

Payment & Cash

In order to join Quest on the day of departure, you need to bring **full payment in cash** (USD) on departure day. Withdraw cash in advance to avoid ATM limits or out-of-service machines.

Additional cash you'll need:

- \$20 USD: Guna Yala tourist tax
- \$25 USD: Shuttle (if applicable)
- Extra cash for snacks, souvenirs, or drinks on the islands.

Please note that Colombia has its own currency (COP). In San Blas and Panama, you can only pay with USD.

Packing & Luggage

Pack light! You'll only need: Towel, Swimwear, Reef-safe sunscreen, Bug repellent, Cap or hat, A few changes of clothes, Toothbrush.

Large bags will be stored in a water-tight compartment, and are not accessible during the trip. Prepare a small daypack with everything you need.

Drinks & Snacks

Feel free to buy some drinks and snacks before boarding Quest. We do not offer drinks on board, except tea, coffee and drinking water. You can buy drinks and snacks on some islands of San Blas. There is a small fridge onboard where you can keep your drinks cool. The size of the fridge is in total three cases of beer, so please do not bring the 1,5-liter bottles of soft drinks if you want them cool, because they do not fit in the fridge. Since we make our own water with a water-maker, there is unlimited drinking water onboard.



Arrival in Cartagena

We usually arrive Cartagena in the **morning**, but please allow for potential delays due to sea conditions. We recommend **not booking flights or high-end hotels the same day**.

Dietary Requirements

We happily accommodate dietary requirements. Please contact us in advance so the chef can prepare accordingly. Vegan and Vegetarian options are available for an additional 25 USD. The chef has 5 years of experience cooking vegan and vegetarian meals and always makes sure there are tasty and satisfying vegan or vegetarian options. For any other dietary restrictions, please contact us.

We can't wait to sail with you soon! Get ready for dolphins, reefs, and the wild beauty of the San Blas.

Greetings and welcome onboard,

Captain Goeran & Chef Hilda



What to Do in Puerto Lindo While You Wait (Between 12:00 PM and 6:30 PM Before Boarding Quest)

Welcome to Puerto Lindo — a small, laid-back Caribbean port town surrounded by lush rainforest and calm seas. While you're waiting to board *Quest*, here are some great ways to relax and explore the area:

1. Grab a Bite to Eat

Puerto Lindo has a few casual restaurants where you can chill with local flavours and a cold drink.

- **Casa X:** Right where we meet! We do recommend this restaurant as this is the best one there is. Great local food, comfy hangout spot, and Wi-Fi.
- **Black Pearl (at the Linton Bay Marina)** a very relaxed and beautiful spot with a view over the harbour. They have Wi-Fi, and good food.
- **A local Juice and Fruit spot** right in the marina in between the gas station and port captain's office. Sit and sip juice and other refreshments under the lush greenery, and watch the activity in the harbour.

2. Take a Kayak or Scuba Dive/Snorkel at Jolly Roger Diving

Rent a kayak or stand-up paddleboard and explore the peaceful mangroves and coastline. Keep an eye out for tropical birds and marine life. Contact in advance <http://www.jollyrogerdiving.com/>

3. Spot Wildlife at the Nearby Jungle

There's often wildlife right on the edge of town. If you feel like a walk, take a short hike around the back roads — you might spot monkeys, sloths, or colourful birds. Just stay on marked paths and bring water.

4. Go Horse Riding

10 minutes from Puerto Lindo you find Restaurant Don Quijote which is also home to Bonnie's friendly and well looked after appaloosa horses. Bonnie will take you on a breathtaking 2-3 hour ride up in the jungle to discover beautiful waterfalls. She will take you along riding in the river so footwear might get wet. Swim in the river with the horses, walk, trot and galop (if you dare) along the stunning Panamanian countryside. Contact her in advance so that she can prepare the horses.

Bonnie's Whatsapp: +507 67385852

5. Go to Playa Blanca or Isla Grande

Ask for a local lancha, either at Casa X for recommendations or locals, to take you to Playa Blanca or Isla Grande. The local lanchas depart from the dock just nearby Casa X. Isla Grande is an island just 5-



10 minutes boat ride from Puerto Lindo where people come to relax. There are beaches, restaurants and bars.

6. Catch Up on Wi-Fi or Journal

This is a great time to slow down. Grab a drink, log onto Wi-Fi at **Casa X** or at the **Black Pearl Restaurant**, upload a few photos, or just relax and write in your journal before you go offline for a few days at sea.

7. Stock Up on Last-Minute Snacks or Drinks

There are a few small **tiendas (mini-markets)** nearby where you can pick up: Extra snacks, Soft drinks or mixers, Local beers, Toiletries or sunblock

Just walk along the main road heading towards the village and you will find them or ask the Casa X staff for directions.

*Be back at **Casa X by 6:30 PM sharp** for the water taxi to Quest!*