



SEVEN SEAS CRUISES®

OPTIONAL SHORE EXCURSIONS

MIAMI, FLORIDA to BRIDGETOWN, BARBADOS
SS NAVIGATOR January 06, 2022

Welcome Ashore!

Regent Seven Seas Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call. Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

Shore Excursion Points of Distinction

Professional English-speaking experts to guide you through your journey.

Peace of mind knowing that your excursions are monitored by the ship's staff.

A staff of experienced, excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port.

Travel with premier, licensed and insured, tour companies aboard the best available, climate controlled luxury transportation.

Reserve Your Excursions Online!

Now you can reserve individual shore excursions online, all from the comfort of your home. Our website www.rssc.com offers a wealth of information about your cruise: learn about and purchase shore excursions, view pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more.

You may purchase tours up until 7 days prior to your sail date. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. Call your travel agent or visit www.rssc.com today to pre-purchase any of these wonderful programs. Next to each tour description, you will find symbols to assist you in choosing the excursion that is right for you.

❖ GEORGE TOWN, GRAND CAYMAN

GCM-002 TURTLES, STINGRAYS LAND & SEA ADVENTURE

Duration: 4.00 Hrs **Tour Price:** CA\$91.00 **Retail Price:** CA\$287.00

Date: January 08, 2022 09:00 AM

Enjoy the natural side of Grand Cayman by visiting a turtle farm and then interacting with stingrays in the open water. Your adventure will begin with a photo stop at the governor's official residence. It is also where Queen Elizabeth II stays when visiting, as the Cayman Islands is a British Overseas Territory and she is the head of state. You will next browse the Cayman Turtle Centre, which breeds green sea turtles to release into the wild. It will be educational and great fun, unlike your next destination: Hell, a desolate spot named for its black jagged limestone. Be sure to stop at the whimsical post office and send a card postmarked from Hell. For the ultimate look at the island's marine life, you will then cruise to Stingray City, a collection of shallow sandbars teeming with southern stingrays. You might feed them or simply allow these docile creatures to brush by gracefully. Either way, it will be an exhilarating experience.

- Snap photos of the governor's residence, where Queen Elizabeth II stays when visiting.
- Discover how the Cayman Islands helps protect green sea turtles at a nature center.
- Send a postcard from Hell.
- Touch and feed stingrays or simply stand nearby in shallow water.
- Stay in town to shop following the tour, if you choose.
- Dress in weather-appropriate clothing with a bathing suit underneath.
- Bring a towel and change of clothes.
- Wear flat comfortable walking shoes.

This tour includes about an hour of moderate walking over mostly even surfaces. Guests will be on a sandbar in the water when interacting with the stingrays, and the water can be several feet deep. The tour is not available to guests who utilize a wheelchair or to guests with mobility concerns. Guests participating in water activities do so at their own risk and responsibility. Restrooms are available at the sites visited but not aboard the tour boat. Consuming alcohol before water activities is strongly discouraged. Participants under 16 years of age must be accompanied by a parent or guardian.

GCM-003 CULTURAL EXPRESS

Duration: 3.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: January 08, 2022 09:30 AM

Enjoy two of Grand Cayman's top heritage attractions, an experience enhanced by narration that elaborates on the island's history and culture. Following a wonderfully scenic drive along a coastal highway, you will tour the Pedro St. James Castle, an 18th-century residence known locally as a castle because of its size and grandeur. Considered the birthplace of democracy in the Cayman Islands, the residence hosted a meeting in 1831 where a decision was made to form the islands' first elected parliament. As you will see, the grounds are as spectacular as the house, which is a National Historic Site. Continuing on, you will pass the colorful cottages in Bodden Town on the way to Queen Elizabeth II Botanic Park, where you will stroll the garden paths. The queen opened the park in 1994 and it has since become a lush wonderland of exotic plants inhabited by wildlife such as the endangered blue iguana. After a leisurely visit to the Botanical Gardens, you will return to Georgetown. Participants have the option of continuing to the pier, or being dropped in town to do some shopping. Guests who elect to stay in town are responsible for making their own way back to the pier at their own expense.

- Settle in and enjoy a panoramic coastal drive.
- Tour a seaside "castle" known as the birthplace of democracy in the Cayman Islands.
- Meander the garden paths of Queen Elizabeth II Botanic Park.
- Stay in town to shop following the tour, if you choose.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 2½ hours of moderate walking and standing with uneven surfaces. The tour is not available to guests who utilize a wheelchair and guests with mobility concerns should evaluate their level of ability and stamina before joining the tour. The order of the sites visited or viewed may vary. Participants under 16 years of age must be accompanied by a parent or guardian.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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❖ PORT ANTONIO, JAMAICA

ANT-002 REACH FALLS

Duration: 5.50 Hrs **Tour Price:** CA\$117.00 **Retail Price:** CA\$313.00

Date: January 09, 2022 12:30 PM

Date: January 10, 2022 09:00 AM

Enjoy a picturesque coastal drive east of town before turning inland to beautiful Reach Falls, where you may swim in the beautiful pool at the bottom of the cascades. Not far from Port Antonio, you will pass the ruins of Folly Estate, once the most opulent home in Jamaica, and actor Errol Flynn's former home, where he entertained the likes of Ian Fleming and Noël Coward. After ascending into the montane forest at the foothills of the John Crow Mountains, you will stop at Reach Falls, a wall of gorgeous waterfalls so dramatic that it has been used as a jungle location in movies such as "Lord of the Flies." Feel free to swim in the cool mountain pool below the cascades or just relax on one of the boulders along the shore. Another opportunity to swim awaits you at San San Beach, where you will be served a traditional Jamaican lunch with jerk chicken as the main entrée.

- Sit back and enjoy a meandering drive along the coast.
- Pass the ruins of a legendary mansion and Errol Flynn's former home.
- Behold photogenic Reach Falls and swim in the pool at its bottom.
- Follow up with another refreshing swim in the sea off San San Beach.
- Enjoy an authentic Jamaican jerk chicken lunch at the beach.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion.

ANT-003 JAMAICA HIGHLIGHTS

Duration: 6.50 Hrs **Tour Price:** CA\$130.00 **Retail Price:** CA\$326.00



Date: January 09, 2022 12:30 PM

Date: January 10, 2022 09:30 AM

Explore some of the most beloved and naturally beautiful landmarks around Port Antonio, including Brimmer Hall and Somerset Falls. To reach the 18th-century wooden estate, which is still a working plantation, you will ascend into the fertile hills east of town, passing other plantations whose primary crops are bananas and sugarcane. A cool refreshing drink awaits and the service of fresh fruits, tasty sugar cane and coconuts on ice. You will then hop on a tractor-drawn tram and ride through the fields surrounding Brimmer Hall for a close-up look at how the crops are grown and processed for export. Continuing on toward the British-influenced villages of St. Margaret's Bay and Hope Bay, you will visit Somerset Falls. The cascade tumbles into a clear mountain pool and couldn't be more scenic. Be sure to look for parrots, which are frequently spotted in the jungle foliage along the riverbank.

- Drive into the spectacularly scenic hills not far from Port Antonio.
- Explore an 18th-century plantation that is still operating.
- Ride a tractor-drawn tram through fields of sugarcane, bananas and coffee.
- Behold the natural beauty of Somerset Falls, an iconic cascade.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion.

ANT-008 TRANSFER TO FRENCHMAN'S COVE

Duration: 3.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: January 09, 2022 12:30 PM

Date: January 10, 2022 09:30 AM, 12:30 PM

While away the hours relaxing on the private beach at Frenchman's Cove, a beautiful resort tucked along a tranquil bay east of Port Antonio. During the panorama drive to the resort, you will pass landmarks such as the lavish Trident Castle and the magnificent Jamaica Palace Hotel. It's no coincidence that both estates are extravagantly over the top, as the same baroness commissioned them to be built. Frenchman's Cove is luxurious as well and provides an ideal setting for your time at the beach. While here, you will be welcome to indulge in your favorite beach activities, even if they include doing nothing but basking in the sun and gazing out at the sea. There are swings all along the river bank that look just like on a postcard. If you are feeling a bit more industrious, you might stroll along the shore and take an invigorating swim in the sea.

- Enjoy a panoramic drive along the beach-blessed coastline east of Port Antonio.
- Pass two of the most lavish estates in Jamaica, both commissioned by a local baroness.
- Spend hours relaxing on the private beach at the luxurious resort Frenchman's Cove.
- Enjoy your time doing whatever you please at the beach.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

This tour includes limited activity, mainly at the guest's discretion. Beach chairs are limited, facilities are rustic.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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ANT-001 RAFTING ON THE RIO GRAND

Duration: 4.50 Hrs Tour Price: CA\$130.00

Retail Price: CA\$326.00



Date: January 09, 2022 01:00 PM

Date: January 10, 2022 09:30 AM

Relax on nearby San San Beach before heading into the rainforest for a memorable rafting trip down the Rio Grande. The jaunt to the beach will prepare you for what lies ahead, as private San San is wonderfully relaxing and exceptionally scenic. While here, you might stretch out on a towel and bask in the sun, take an invigorating swim in the sea and gaze out over the petite island just off shore. A hearty lunch of jerk chicken and traditional Jamaican side dishes follows, after which you will travel to the Rio Grande. Bamboo rafting in Jamaica originated on the river, so it is only natural that the experience will be immensely pleasurable. As the guide poles your vessel downstream, you need only sit back and take in the lush tropical scenery. The current is always mild, which makes the trip all the more memorable.

- Admire the British colonial architecture while driving through Port Antonio.
- Relax on San San beach, a private stretch of sand not far from town.
- Enjoy an authentic Jamaican jerk chicken lunch at the beach.
- Take a leisurely bamboo raft ride down the mild and meandering Rio Grande.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount of activity.

ANT-005 SAN SAN BEACH BREAK

Duration: 4.50 Hrs Tour Price: CA\$91.00

Retail Price: CA\$287.00



Date: January 09, 2022 01:00 PM

Date: January 10, 2022 10:30 AM

Spend free time enjoying the idyllic atmosphere at San San Beach, a beautiful stretch of sand on a crescent-shaped bay not far from Port Antonio. You will follow a coastal road to the beach, passing the ruins of Folly Estate, the most opulent house on Jamaica when built more than 100 years ago, and magnificent Trident Castle, the former home of a baroness. Few beaches surpass San San for natural beauty. While here, you might stretch out on a towel and bask in the sun, take an invigorating swim in the sea and gaze out over the petite Pelew Island just off shore. The island is nicknamed Monkey Island for the colony of monkeys that the original owner of Folly Estate brought there to keep his peacocks company. During your time at the beach, you will be served a hearty lunch of jerk chicken and traditional Jamaican side dishes.

- Pass some of the most outstanding landmarks around Port Antonio.
- Hear the stories behind the landmarks, some of which may seem implausible.
- Enjoy free time at San San Beach, which rims a crescent-shaped cove.
- Dine on authentic Jamaican cuisine, including the classic entrée jerk chicken.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. Lounge chairs & umbrellas are available for rent.

ANT-004 ESSENCE OF PORT ANTONIO

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$104.00



Date: January 09, 2022 01:30 PM

Date: January 10, 2022 10:00 AM

Gain a remarkably clear understanding of Port Antonio's history through its signature landmarks, many dating to the 18th century. As you drive along the affluent Titchfield Peninsula, you will pass lovely Victorian-style homes and hear stories of Navy Island just off shore. The notorious Captain Bligh landed here in 1793 and Errol Flynn later purchased the island and built a home there. You will also see densely forested Pelew Island, better known as Monkey Island for the colony of monkeys that once inhabited it. Other highlights include the naturally beautiful, exceptionally deep Blue Lagoon, whose color changes subtly throughout the day, and an Anglican church that has graced downtown Port Antonio since the 19th century. You will also see the Village of St. George, a modern shopping mall built with an odd mix of architectural styles ranging from Tudor to Art Deco.

- Drive in and around Port Antonio as the guide points out key landmarks.
- Learn the history of Navy Island, which actor Errol Flynn purchased in the 1940s.
- Take in the natural beauty of the Blue Lagoon, which was once thought to be bottomless.
- See architectural gems and the rather strangely designed Village of St. George.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is primarily panoramic in nature with walking at the guest's discretion during stops.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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❖ SAN JUAN, PUERTO RICO

SJU-012 SAN JUAN CITY TOUR

Duration: 2.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$91.00



Date: January 13, 2022 09:00 AM

Explore the most historical and newest areas of San Juan, a vibrant city that has been Puerto Rico's capital since being founded in 1521. The Condado District reflects contemporary life, as luxury high-rises and resorts dominate it. Old San Juan is more atmospheric and its Gothic, Renaissance and Baroque architecture represents four centuries of development. One of the highlights will be exploring San Cristobal fort, which was built to protect the city from land attacks, unlike the more famous El Morro, which guarded against invasions by sea. Although not quite 100 years old, the Capitol building is noteworthy for its Neoclassical Revival design and the symbolism of its entryway pillars. If you are interested in shopping, the area around Plaza Colón will be especially appealing, as boutiques and galleries are abundant. As an option, you can remain there at the end of the excursion and return on your own later.

- See the modern side of San Juan and the historical area that was founded in 1521.
- Wander through San Cristobal, the largest Spanish-built fort in the New World.
- Admire four centuries of different architectural styles in compact Old San Juan.
- Remain in Old San Juan to shop at the end of the excursion, if you wish.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Due to walking required at the fort, the activity level is substantial. The fort is not wheelchair accessible, and there are steep ramps throughout. Some stops are unguided, allowing guests to browse on their own. Traffic in San Juan can be congested and alternate routes will be used when possible.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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❖ PHILIPSBURG, ST. MAARTEN

STM-001 GOLDEN EAGLE SAILAWAY

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 14, 2022 08:30 AM

Surrender to the coastal beauty of St. Maarten during this relaxing snorkeling and beach tour aboard a fully-equipped catamaran. Boarding the 65-foot Golden Eagle from the pier, you'll soon be gliding over turquoise waters – feeling the breeze and scanning the seas for dolphin, flying fish, even enormous whales in season. Time and everyday concerns seem to float away as your comfy cat makes her way to an idyllic white sand beach on the calm side of the island. Here, the Golden Eagle will anchor just off the shore and you'll have a delightful decision to make. With your free time, would you most prefer to explore the island, soak up some sun on the beach, or do some snorkeling in the crystal-clear waters? There are no wrong answers, and your crew will be on hand to provide any assistance needed. If you do decide to enter the water to check out the local marine life, you'll receive safety instructions along with the snorkeling and flotation gear needed for a pleasurable visit. After a time, the Golden Eagle will begin the return cruise to the pier. A light snack and liquid refreshments will be served enroute, accompanied by onboard music.

- Enjoy a relaxing coastal jaunt aboard a 65-foot catamaran, bound for a beautiful St. Maarten beach.
- While on the water, be on the lookout for marine life like dolphin, flying fish or even a whale or two.
- Use your free time while anchored as you please – explore the island, sunbathe or snorkel the clear waters.
- A light snack and refreshments will be served during the return trip, accompanied by onboard music.
- Rely on the Golden Eagle crew for assistance in the water or at any point during the excursion.
- Wear a swimsuit and cover-up; consider waterproof non-slip shoes.
- Bring a hat, sunglasses, sunscreen and a towel from the ship.

This tour is not recommended for wheelchair guest or those with limited mobility or back/neck problems. The tour operates on the French side of the island, where some nudity may be observed. Operation of the vessel and beach selection are subject to weather and sea conditions. On rare occasions, sea conditions may make snorkeling more difficult and those who participate in any water activities do so at their own risk and responsibility. Guests must be able to swim from the catamaran to the beach and may be required to sign a liability waiver in order to participate. Participants may not exceed 300 pounds. Beach chairs and umbrellas are not provided, marine life sightings are not guaranteed, and this tour may not be exclusive to cruise line guests.

STM-023 Aerial Sky Explorer & 360 Views

Duration: 4.75 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 14, 2022 08:30 AM, 09:30 AM, 10:30 AM

Get a true lift and amazing St. Maarten views from the new Pirate Sky Ride – a smooth chairlift that climbs to the top of one of the island's highest mountains. It takes 30 scenic and tranquil minutes for your chair to reach the Crow's Nest atop Sentry Hill, one of Sint Maarten's tallest summits at 1,125 feet. Once up here, platforms encircle the mountaintop and showcase 360-degree island views, along with vistas of neighboring Saba, St. Eustatius, St. Barts and Anguilla. On a clear day, you might also see St. Kitts, Nevis and Monserrat. Take some time to savor this amazing high-altitude vantage point, and when ready to descend, simply board a Pirate Sky Ride chair for the gentle trip down the mountain. The Rockland Estate below is a restored 1700s plantation house containing a museum that tells the powerful story of Trace Wilson, born into slavery here in 1818, and depicts plantation life as well as customs and traditions of Sint Maarten. Explore this intriguing venue and perhaps sample a local delicacy or beverage (not included) at the estate restaurant before the 30-minute coach ride back to the pier.

- Travel to the historic Rockland Estate, located 30 scenic minutes by coach from the pier.
- After an orientation at the base, board the Pirate Sky Ride chairlift for a thrilling but gentle ride up to the summit of one St. Maarten's tallest peaks.
- Step off at the platforms up top and admire breathtaking 360-degree vistas of this island and several others often visible across the turquoise surrounding waters.
- When ready, descend on the same chairlift and spend some time exploring the estate below.
- Visit the plantation museum and learn the story of Trace Wilson, born into slavery here in 1818.
- Wear casual, weather-appropriate clothing.
- Securely fastened shoes are a must; flips-flops are not allowed.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is accessible for everyone including disabled guests. This is a non-guided tour and in order to participate, guests are required to sign a waiver.

STM-024 Aerial Sky Explorer and Flying Dutchman

Duration: 4.75 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$208.00

Date: January 14, 2022 08:30 AM, 09:30 AM

Enjoy a gentle, scenic ascent to a St. Maarten mountaintop on the Pirate Sky Ride chairlift, then go flying back down on the Flying Dutchman, world's steepest zip line! It's sure to be any adventure-lovers dream experience. You'll travel by panoramic coach from the pier to the Rockland Estate, a restored 1700s plantation house containing a museum that tells the powerful story of Trace Wilson, born into slavery here in 1818. High above this historic venue is Sentry Hill, one of Sint Maarten's highest elevations at 1,125 feet. You'll take a scenic 30-minute ride up to the summit aboard the slow-moving chairlift, then have time at the top to explore the Crow's Nest platforms that showcase 360-degree island views, along with vistas of neighboring Saba, St. Eustatius, St. Barts and Anguilla – and perhaps even out to St. Kitts, Nevis and Monserrat. But your full-adrenaline thrill awaits: after a brief orientation, you'll be launched down the mountain at speeds up to 56 mph on the world's steepest zip line, attached to a flight line in a secure harnessed chair. The plunge carries you down 1,050 feet in elevation over a 2,800-foot run, in seconds. Afterwards, you'll likely be speechless awhile.

- Travel by coach to the historic Rockland Estate, located 30 scenic minutes from the pier.
- Board the Pirate Sky Ride chairlift for a gentle ride up to the summit of one St. Maarten's tallest peaks.
- Admire incredible 360-degree island vistas from the platforms up top and get your orientation for the thrill ride to come.
- Take a deep breath, then take the adrenaline plunge down the Flying Dutchman zip line to the base.
- After you stop hyperventilating, explore the plantation house before the return drive to the pier.
- Wear casual, weather-appropriate clothing.
- Securely fastened closed toe shoes are a must mandatory; flips-flops are not allowed.
- Bring a hat, sunglasses, sunscreen and courage as needed.

No photo taking allowed on the zipline. This is a non-guided tour and in order to participate, guests are required to sign a waiver.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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STM-022 TIKI HUT RELAX & SNORKEL ESCAPE**Duration: 4.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$156.00****Date: January 14, 2022 09:15 AM**

Orchestrate your ideal escape on a floating mini-resort platform in sheltered Little Bay – where the to-do list is as mellow as it comes. There are plenty of options waiting out here and you can stay as long as you like; shuttles back to the pier leave just about every hour. When you first arrive, a safety and information briefing will leave you fully equipped to map out your freeform tropical agenda for the day. Sunbathe, shade-lounge, noodle-float, or tiki-tipple to your heart's content. When hungry, grab a bite at the thatched hut. When the urge for adventure strikes, practice your snorkeling in an onboard saltwater pool then take the plunge into the calm surrounding waters to see what the marine life is up to today. Discover the sunken helicopter that's now an artificial reef, a few cannons from nearby Fort Amsterdam, and whatever sea turtles, colorful reef fish and graceful eagle rays happen to be in the neighborhood at the moment. Climb back onto the platform and relax again on a deck lounge or under an umbrella. This is a life you could easily get used to.

- Travel by water taxi to spend as much time as you like relaxing on a floating mini-resort in Little Bay.
- Take advantage of the thatched tiki bar and grill, umbrellas and lounge chairs – even a saltwater pool.
- Sunbathe, lounge, swim and snorkel, dine and drink out on this sheltered, floating platform.
- Hop in the surrounding water and encounter a helicopter reef, sunken cannons and plentiful marine life.
- Whenever you can tear yourself away, hop the next hourly water taxi back to the pier and your ship.
- Wear swimwear under a cover-up.
- Flat, comfortable shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship.

Walking on this tour is primarily at guests' discretion. Because the tiki hut is on a floating dock, there is movement; therefore, the tour may not be suitable for those who have mobility concerns or suffer from motion sickness. The tour is available to wheelchair guests who have a collapsible chair and an able-bodied companion to assist them. There is no beach and the waters surrounding the Tiki Hut are 15-20 feet deep. Those who take part in any water activities do so at their own risk and responsibility. Flotation devices and snorkeling equipment are provided.

STM-021 SEA TREK ST. MAARTEN HELMET DIVE**Duration: 2.50 Hrs Tour Price: CA\$0.00****Retail Price: CA\$156.00****Date: January 14, 2022 10:00 AM**

Make like a lobster and go for a walk along the ocean floor wearing a dive helmet that keeps your head and face completely dry as you observe the wonders underwater. It's easy, fun, comfortable, and you can even keep your glasses on. The trick is Sea Trek's specially designed helmet and breathing tube; you'll learn all about it once you reach their floating platform by water taxi. A brief orientation is all you'll need to be ready for your helmet dive... well, stroll. Geared up and psyched up, you'll begin your effortless walk along the ocean floor at depths up to 20 feet, with your guide pointing out sights around you. Things you might encounter include a sunken submarine, an ancient encrusted cannon and a statue of King Neptune. Of course, marine life is ever on the move, so you never know who might swim by – maybe sea turtles, schools of blue tangs, eagle rays, French grunts, colorful parrotfish. The waters of St. Maarten teem with curious marine creatures. After your helmet session, you can continue your underwater exploring by snorkel, or simply bask in the sun on the Sea Trek platform before returning to the pier.

- Travel by water taxi to the Sea Trek floating platform, where you'll be oriented on helmet diving.
- Forget you're a land animal for a while and go for a relaxed underwater walk along the ocean floor.
- Wearing a clear helmet connected to a breathing tube, you'll walk and sightsee underwater with your face and head unobstructed and dry.
- Your UW guide will point out sights while down below, and marine life will swim by in accord with its own natural rhythms.
- See a photo of yourself helmet diving, taken below and available for purchase back on the platform.
- Wear swimwear under a cover-up.
- Flat, comfortable shoes are recommended; water shoes and snorkel equipment are provided.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship.

Walking on this tour is mainly on the sea floor and at guests' discretion after the helmet dive. Participants will have to climb a 20' ladder. The tour is not available to wheelchair guests or those with mobility concerns, who have had recent heart surgery, have a pace maker, or suffer from epilepsy, severe asthma or diabetes. The tour is not considered suitable for women beyond their first trimester of pregnancy. The minimum age to participate is 8 years old and children under 18 must be accompanied by an adult parent or guardian. SeaTrek will take underwater photos that are available for purchase and loaded onto a USB device. There's a 5% surcharge for credit cards.

STM-032 ULTIMATE ISLAND TOUR & EXPLORER CRUISE**Duration: 4.00 Hrs Tour Price: CA\$0.00****Date: January 14, 2022 12:30 PM**

See extraordinarily photogenic St. Martin on a panoramic drive through the countryside and from a water perspective on a leisurely cruise around Simpson Bay Lagoon. Along the way, you will hear commentary that describes the landmarks and history, such as why the island was divided between the French and the Dutch. During free time in Marigot, the French capital on the northern side of St. Martin, you might browse the boutiques for designer fashions. The three-level West Indies Mall on the waterfront is an excellent place to start shopping. More beautiful vistas await you on the lagoon, which is part French and part Dutch. As you glide through the sheltered waters on a 65-foot double-decker catamaran, you may pass Grand Key, Little Key and the entrance to Mullet Bay Pond. Calypso music and an open bar will make the cruise all the more enjoyable. If time permits, you might shop upon returning to Philipsburg.

- Settle in for panoramic drive through both the Dutch and French sides of St. Martin.
- Spend free time in Marigot, the island's French capital.
- Cruise the sheltered waters of Simpson Bay Lagoon on a double-decker catamaran.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

The tour may operate in reverse order. Some shops in Marigot may be closed on holidays/Sundays. Guests must be able to climb 3 steps to board the coach buses and the Explorer boat. It is available to guests who utilize a collapsible wheelchair and have a companion to assist them. The vessel is fast, stable, and has plenty of shade. Our may make separate snorkel and beach stops, and alternative destinations may be used based on weather conditions. Some nudity may be observed. Tour participants taking part in any water activities do so at their own risk and responsibility and will be required to sign a release form before being allowed to take part in any snorkeling activities. Minimum age to participate is 12 years of age.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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❖ POINTE A PITRE, GUADELOUPE

PTP-003 THE PARC DES MAMELLES & TREETOP ADVENTURE

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$117.00

Date: January 15, 2022 08:15 AM

Date: January 31, 2022 08:45 AM

Observe some of the Caribbean's more exotic species in Guadeloupe's zoological park and then hike to a beautiful waterfall. As you will discover firsthand, nature reigns supreme in the hilltop Parc de Mamelles. As you walk the winding paths, you will see a collection of exotic and endangered flora and flowering plants such as birds of paradise, bright yellow cannas and wild orchids. For a different perspective of the tropical foliage, you may follow the suspended wooden bridges through the treetop canopy. Standing on the walkway, 65 feet or so above the forest floor, you will enjoy a literal bird's-eye view. The park originally served as a protected nature reserve for raccoons, and today the diversity of animals within the park is remarkable. Spider monkeys, squirrel monkeys, jaguars, ocelots and all sorts of colorful parrots can be seen. There is even an unusual insectarium with displays featuring industrious cassava ants and massive Hercules rhinoceros beetles.

- Stroll the serene garden paths in the botanical wonderland Parc de Mamelles.
- Take an adventurous walk along the suspension bridges high in the tree canopy.
- Look for animals such as spider monkeys and colorful parrots in the trees.
- Browse the insectarium and see many of the smallest creatures that inhabit the rainforest.
- Walk to Crayfish Falls in Guadeloupe National Park on the return drive.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes approximately 2½ hours of easy to moderate walking. There will be uneven and natural terrain, which can become slippery if wet. The suspension bridges can sway significantly, and there are spaces between their wooden slats. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns, who will not be able to walk across the bridges in the treetop. Guests with a fear of heights shouldn't participate in the treetop walk either.

PTP-004 EXCLUSIVE ECO MINI-BOAT EXPERIENCE

Duration: 4.00 Hrs **Tour Price:** CA\$169.00

Retail Price: CA\$365.00

Date: January 15, 2022 08:30 AM

Date: January 31, 2022 01:00 PM

Cruise through a protected marine reserve to snorkel in the crystal-clear waters and then relax on one of Guadeloupe's stunning beaches. Either you or a fellow guest will captain the small boat and motor over to the Grand Cul-de-Sac Marin Nature Reserve. There is no telling what you will see, but you can expect it to be spectacular, as the reef is home to countless species of fish, sponges, and crustaceans. You may spot bright colored parrotfish, grouper, starfish, seahorses and even sea turtles gracefully swimming through the crystalline waters. Snorkeling offers an up-close look at this underwater world that you simply wouldn't have otherwise. You will then cruise to nearby Ilet Blanc, meaning White Island, so named for its sugary sand. The waters are typically calm because they are protected by the coral reef. During your time here, you might wander about the wide beach or simply sit back and enjoy a refreshing rum punch.

- Take the helm of a small boat and cruise to a marine reserve or opt to be the passenger.
- Snorkel the crystalline waters in Grand Cul-de-Sac Marin Nature Reserve.
- Expect to see a parade of colorful fish and sea turtles.
- Cruise to a sugar-white beach and enjoy free time doing whatever you please.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes limited walking, mainly at the guests' discretion. There will be sandy surfaces to negotiate at Ilet Blanc. The tour is not available to wheelchair guests or to those with mobility concerns. Participants should be able to enter and exit the mini-boat with limited assistance. Snorkelers should be good swimmers. Snorkeling equipment is provided. Guests taking part in water activities do so at their own risk and responsibility. The minimum age to participate is 4 years old. Children under the age of 18 must be accompanied by an adult parent or guardian.

PTP-005 MARINE NATURE RESERVE & SNORKELING

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$195.00

Date: January 15, 2022 08:30 AM

Date: January 31, 2022 08:30 AM

Cruise to a protected marine reserve in a motorboat and snorkel along a huge coral reef teeming with marine life. Your destination is Grand Cul-de-Sac Marine Nature Reserve, an expansive bay protected by an immense coral reef that is a UNESCO World Biological Reserve. Here, accompanied by a guide instructor, you will embark on a snorkeling expedition. There is no telling what you will see, but you can expect it to be spectacular, as the reef is home to countless species of fish, sponges and crustaceans. You may spot bright colored parrotfish, grouper, starfish, seahorses and even sea turtles gracefully swimming through the crystalline waters. Moray eels are another species that live in the reef although they can be difficult to see as they often hide in the crevices of the coral. Afterwards, you will cruise to one of the idyllic islands nearby and enjoy a complimentary drink and some free time at the beach.

- Cruise through the Salted River that separates the main islands of Guadeloupe.
- Enjoy an up-close look at the underwater world that is only possible by snorkeling.
- Expect to see parrotfish, starfish, seahorses and even sea turtles.
- Spend free time relaxing on the beach of a nearby island.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes limited walking, mainly at the guests' discretion. There will be sandy surfaces to negotiate at the island. The tour is not available to wheelchair guests or to those with mobility concerns. Participants should be able to enter and exit the boat with limited assistance. Snorkelers should be good swimmers. Snorkeling equipment is provided. Guests taking part in water activities do so at their own risk and responsibility. The minimum age to participate is 4 years old. Children under the age of 18 must be accompanied by an adult parent or guardian.



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Hiking



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Meal Included



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PTP-008 ECO KAYAKING & PADDLEBOARD EXPERIENCE

Duration: 4.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: January 15, 2022 08:30 AM, 12:45 PM

Date: January 31, 2022 12:45 PM

Kayak through the virgin mangroves lining Grand Cul-de-Sac Marin Nature Reserve, an area teeming with wildlife, above and below the water's surface. Upon reaching the fishing village of Vieux Bourg, you will be welcomed by a naturalist guide that will accompany you on the kayaking adventure. After a short briefing, you will paddle off into the Grand Cul-de-Sac Marine Nature Reserve, an expansive bay protected by an immense coral reef. The majority of the time will be spent kayaking through the mangroves that line the shore. You may encounter pelicans diving for fish, frigate birds soaring overhead and prehistoric-looking iguanas sunning in the branches. You can expect the water to be clear and shallow enough to spot starfish, crustaceans and sea cucumbers, a curious creature that sometimes eats mud. Even the mangroves are biologically fascinating, as the exposed roots of these "walking trees" are adapted to filter salt water, allowing them to thrive where other plants can't.

- Kayak through a mangrove-lined nature reserve teeming with wildlife.
- Look for pelicans, frigate birds and iguanas in the tree branches.
- Learn about the flora and fauna from the naturalist guide.
- Observe the marine life below the surface, as the water should be crystal clear.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes limited walking, mainly at the guests' discretion and approximately 2½ hours of paddling in a 2-person kayak. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be able to enter and exit the kayak with limited assistance. Wearing the provided life vests is mandatory. Guests taking part in water activities do so at their own risk and responsibility. The minimum age to participate is 4 years old. Children under the age of 18 must be accompanied by an adult parent or guardian. The maximum allowable weight is 285 pounds.

PTP-001 SCENIC DRIVE & CARBET WATERFALLS

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$91.00

Date: January 15, 2022 08:45 AM, 09:45 AM

Date: January 31, 2022 09:15 AM, 10:15 AM

Hike into the rainforest in Guadeloupe National Park to see thundering Carbet Waterfalls, a natural attraction so spectacular that Columbus mentioned it in his 1493 journal. On the drive there, you will stop at the largest Hindu temple on Guadeloupe, a reminder of the nation's cultural diversity and the significant contributions that Hindus have made since arriving from India in 1854 as indentured servants. Still, natural beauty is the island's primary attraction, as you will discover in the extraordinary Guadeloupe National Park. The rainforest is crisscrossed by miles of walking trails, some leading toward the summit of the volcano La Soufrière. The towering volcano is the source of Carbet Waterfalls, a series of cascades that you will reach by hiking for about 30 minutes. It will be well worth the effort, as you will be treated to an excellent view of the 330-foot-high middle falls as it thunders through the jungle.

- Visit Guadeloupe's largest Hindu temple while learning about the local Hindu culture.
- Enter Guadeloupe National Park, the first French national park in the overseas territories.
- Hike through rainforest to a waterfall that Columbus noted in his 1493 journal.
- Marvel at the thundering falls as it cascades into a crystal-clear mountain pool.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes approximately one hour of moderate to strenuous walking. There will be uneven and natural terrain, which can become slippery and muddy if wet. There is a stairway with about 400 steps to negotiate to and from the waterfalls. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition.

PTP-002 BOTANICAL GARDENS & BEACH

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$117.00



Date: January 15, 2022 08:45 AM, 10:45 AM

Date: January 31, 2022 09:45 AM

Stroll the winding pathways that lead through Guadeloupe's lush Botanical Gardens, an idyllic setting that showcases a marvelous collection of tropical plants. Along the way, you will pass fields of sugarcane, one of the main ingredients in the rum produced here, and stop for photos at beautiful Grande Anse, Guadeloupe's longest beach. More natural beauty awaits you at the Botanical Gardens in Deshaies, a natural setting with more than a thousand species, many of them planted by the revered French comedian Coluche, who once owned the property. While walking the garden paths, you may see enormous banyan trees with bromeliads clinging to their branches, brightly colored hibiscus and bougainvillea, and papyrus, a water-loving plant that originated in Africa. The orchid collection is equally outstanding and includes a number of endemic species. To add to the tropical flair, there is an aviary and flamingos are often seen wading at the edges of the ponds.

- Pause for photos of Guadeloupe's longest beach on the way to the botanical gardens.
- Meander through the botanical gardens at a leisurely pace that encourages reflection.
- Admire orchids endemic to Guadeloupe and plants collected from various continents.
- Watch flamingos wading in the garden ponds.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes nearly two hours of easy walking. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should only participate to the extent of that their stamina and ability allows.



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Hiking



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Meal Included



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PTP-006 DISCOVER GUADELOUPE

Duration: 4.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$104.00

Date: January 15, 2022 09:00 AM, 10:15 AM

Date: January 31, 2022 09:00 AM, 10:15 AM

This popular visit will give you the opportunity to discover the lush volcanic island of Basse-Terre. You will be taken on picturesque roads bordered by luxuriant vegetation and pristine nature tropical landscapes. Les Jardins de Valombreuse will captivate you with its exceptional richness: from the primary forest nearby orchids, to the cacao trees, the palm grove and the sparkling spectacular exotic flowers. Afterwards you will cross the National Park of Guadeloupe with its dense tropical forest, and enjoy the refreshing Cascade aux Ecrevisses. Through sugarcane plantations, you will then visit the Rum Museum. Located next to a still active distillery, the museum relate all the steps of the rum manufacturing along with exhibition of ancient tools & machinery. Tour may run in reverse.

- Hike to beautiful Crawlfish Falls in verdant Guadeloupe National Park.
- Meander through a serene 20-acre floral garden known for its exotic blooming flora.
- Walk in the shade of cocoa trees whose beans are used to produce chocolate.
- Watch for the wild goats that wander freely about the property.
- Tour a historical sugarcane plantation and sample the fine rums produced there.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes just over two hours of easy to moderate walking with some uneven and natural terrain. The tour is not available to wheelchair guests. Those guests with mobility concerns should only participate to the extent of their stamina and ability and may make arrangements with the guide to not participate in certain walking portions of the tour.

PTP-013 PANORAMIC TOUR TO THE POINTE DE CHATEAUX

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$91.00

Date: January 15, 2022 09:00 AM, 10:00 AM

Date: January 31, 2022 09:00 AM, 10:00 AM

See the highlights of Grand-Terre on a drive that encircles the island and showcases the dramatic shoreline at Pointe de Chateaux and the appealing village of Sainte Anne. Although once the island's largest producer of sugar cane, Creole-influenced Sainte Anne has since diversified to become a center of island culture, especially around the waterfront Artisanal Village, where you may shop. Farther east, you will find that the scenery seems to become more dramatic around every turn in the road. It crescendos at La Pointe des Chateaux, an impossibly beautiful finger of land at the very eastern tip of Grand-Terre. Over time, the water has shaped the land into four castle-like towers, giving rise to the name "castle point." From the bluff, the towers appear to be a single rock formation, but from the beach perspective they are clearly separate. You will enjoy a different view of the island's natural beauty upon reaching the inland village of Morne-a-l'Eau.

- Enjoy the Creole ambiance in seaside Sainte Anne while shopping in its Artisanal Village.
- Watch the pounding surf at La Pointe des Chateaux, where it has formed four towers.
- See the castle-like towers from different perspectives.
- Travel inland to the village of Morne-a-l'Eau, where the landscape is decidedly different.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The tour is not available to wheelchair guests. This tour includes approximately 90-minutes of easy to moderate walking. Those with mobility concerns should only participate to the extent of their stamina and ability and may make arrangements with the guide not to participate in certain portions of the tour. The tour sequence may vary.

PTP-012 GREAT GRAND-TERRE

Duration: 6.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$208.00

Date: January 15, 2022 09:15 AM

Date: January 31, 2022 09:15 AM

Follow a circuitous route around Grand-Terre that presents the island's most dramatic scenery and its rich history in a museum of pre-Columbian artifacts. One of the first stops will be at the Edgar Clerc Museum, which holds a collection of pieces that the archaeologist Clerc unearthed on Guadeloupe. While browsing the exhibits, you will see pre-Columbian ceramics and tools and discover a civilization that had mastered highly advanced agricultural and fishing techniques. Following this eye-opening presentation, you will enjoy a tropical-inspired lunch at the Plantation Sainte-Marthe, a modern resort on the slopes of a former sugar cane plantation. Another dramatic setting awaits you at La Pointe des Chateaux, a finger of land at the very eastern tip of Grand-Terre. The most visited site on Guadeloupe, the point offers an absolutely stunning view of the sea relentlessly pounding the rocky cliffs. Later, you will drive along the southern coast to Sainte Anne, a seaside village with an appealing Creole atmosphere.

- Drive in a loop around Guadeloupe, admiring the staggeringly beautiful natural scenery.
- Delve into the history of the island's indigenous people at the Edgar Clerc Museum.
- Dine at a hillside resort and then walk the grounds and linger poolside.
- Pause to admire one of the island's most dramatic seaside settings.
- Pass through Sainte Anne, a decidedly Creole-inspired village.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Guests must negotiate 400 steps to reach the viewpoint at La Pointe des Chateaux. This tour includes approximately 3-hours of easy to moderate walking. The tour is not available to wheelchair guests and those with mobility concerns should only participate to the extent of their stamina and ability and may make arrangements with the guide not to participate in certain portions of the tour. The museum is closed Sundays. The tour sequence may vary.



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PTP-007 COUSTEAU RESERVE & NATURE WALK

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 15, 2022 09:30 AM

Date: January 31, 2022 08:30 AM

Departing from Pointe-à-Pitre, you will venture into the island of Basse-Terre and the National Park which unveils its many charms to nature lovers. Your destination is the grey-sanded beach of Malendure to board a modern glass-bottom boat. During your boat ride you will explore Pigeon Island, a protected sanctuary named after Jacques Cousteau, the famous French sailor, oceanographer and film director, whose first movie The Word of Silence, featured several scenes filmed here. The boat will stop for an opportunity to swim in the clear Caribbean Sea amongst hundreds of fishes. Back on board, the crew will offer you complimentary local drinks, before going back to the shore. You will re-join your coach; head back towards the National Park and stop by the spectacular emerald green Cascade aux Ecrevisses for a short walk among exuberant plants and trees. A short coach ride following your nature walk, return you to the pier and your awaiting ship.

- See a never-ending parade of marine life through the viewing panels in a glass-bottom boat.
- Snorkel in waters Jacques Cousteau praised for their clarity and abundant marine life.
- Enjoy a refreshing swim in the sea if you don't wish to snorkel.
- Hike to beautiful Crawfish Falls in verdant Guadeloupe National Park.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes limited walking, mainly at the guests' discretion with sandy surfaces to negotiate at Malendure Beach. Guests with mobility concerns should only participate to the extent of their stamina and ability and may make arrangements with the guide not to walk during portions of the tour. Participants should be able to enter and exit the boat with limited assistance. Those wishing to swim or snorkel should be in good physical condition, good swimmers and able to swim in deep water. Snorkeling equipment is provided. Guests taking part in water activities do so at their own risk and responsibility. The minimum age to participate is 5 years old. Children under the age of 18 must be accompanied by an adult parent or guardian. The vessel may not be exclusive to guests of your cruise line.

PTP-009 GUADELOUPE HIGHLIGHTS

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$91.00



Date: January 15, 2022 09:45 AM, 10:30 AM

Date: January 31, 2022 09:30 AM, 10:30 AM

Explore the picturesque southern shore of Grand-Terre island, whose rich history comes alive as you tour an 18th-century fortress and stop in two seaside villages. You will first visit Fort Fleur d'Épée, which played its greatest role in Seven Years War that began in 1756. While here, you can explore its battlements, powder magazine and several underground rooms, including the dungeons. Continuing down the shoreline, you will next see the red-topped lighthouse on Grosier Island, which was established in 1883. The beacon is so well recognized that it has become a symbol of Le Grosier, a charming village named for a species of large pelicans that inhabits its lagoon. During a photo stop at the village esplanade, you might ask the guide about the battles fought at Le Grosier during the Seven Years War. Afterwards, you will explore the village of Sainte Anne, known for its seafront promenade and popular beach "les Galbas."

- Tour a mid-18th century fort where the French and the English battled.
- Hear tales of the Seven Years War and how it affected Guadeloupe.
- Behold the iconic lighthouse that has become the symbol of Le Grosier village.
- Walk the bustling promenade in Saint Anne and shop in the Artisanal Village.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guests' discretion during stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should only participate to the extent of their stamina and ability and may make arrangements with the guide not to participate in certain portions of the tour.



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❖ CASTRIES, ST. LUCIA

STL-001 LAND AND SEA TO SOUFRIERE

Duration: 6.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00



Date: January 16, 2022 08:30 AM

Date: February 03, 2022 09:30 AM

Enjoy a panoramic tour of Castries before heading south to see more highlights in Soufriere, a colonial town in the shadow of the island's iconic Pitons. As you drive through the capital of St. Lucia, you will pass landmarks such as Castries' beautifully ornate central library and bustling Derek Walcott Square, named for the St. Lucian-born poet and playwright that won the Nobel Prize in 1992. You will then follow a winding coastal road through fishing villages and past banana plantations on the way to Soufriere. Your first stop will be the Diamond Botanical Gardens, a peaceful retreat that occupies an idyllic spot on the site of a therapeutic spring bath built in 1784 for the troops of King Louis XVI. The grounds are still restorative. You will also visit Morne Coubaril, the island's oldest French Creole estate, where you will enjoy a buffet lunch before cruising back to Castries on a catamaran.

- See Castries' highlights, including a square named for St. Lucia's Nobel Prize winner.
- Pause atop the former military post Morne Fortune and take in the views of Castries.
- Marvel at the spectacular coastal scenery on the way to Soufriere.
- Meander through a wonderfully serene botanical garden.
- Savor a buffet lunch of Caribbean classics at the island's oldest French Creole estate.
- Return to Castries on a catamaran, pausing along the way for a refreshing swim.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes about 2½ hours of moderate walking, at times over uneven, gravel and dirt surfaces. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour, as there is a significant amount of physical activity. Guests participating in water activities do so at their own risk and responsibility. Maximum weight suggestion is 250 pounds. The order of sites viewed or visited may vary. Menu items are subject to change.

STL-008 THE TREE TOP ADVENTURE

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00

Date: January 16, 2022 08:30 AM

Date: February 03, 2022 09:30 AM

Race through a rainforest canopy on an exhilarating zip line while admiring the tropical countryside from a unique vantage point high above the forest floor. Upon arriving at Errard Estate in the heart of the lush rainforest, you will receive a brief orientation on zip lining to maximize the experience. Then, the real fun will begin. The zip line features nine wooden platforms in the trees, all at different heights. During stops, the guides will prepare you for the next thrilling leg of the journey and describe the most fascinating sights along the way. If you are interested in the vegetation that you are zip lining through, the guides will be happy to describe the rainforest flora in detail. At the end of the zip line adventure, you will follow a nature trail back to the welcome center for a refreshing drink.

- Tear through the tree canopy while safely harnessed on a zip line.
- Observe the gorgeous surrounding landscape from high above the forest floor.
- Listen to commentary from the guides, while pausing on the platforms between zip lines.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes with closed toes.

This tour is not available to wheelchair guests, those with mobility concerns, pregnant women or guests with heart problems, asthma, epilepsy, or recent back or neck injuries. No one under the influence of alcohol or drugs may participate. Participants must weigh no more than 250 pounds, be no taller than 6'2" or older than 70. Participants may have to sign a liability waiver.

STL-011 SNUBA ADVENTURE AT PIGEON ISLAND

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: January 16, 2022 08:30 AM

Date: February 03, 2022 01:30 PM

Explore the colorful marine life off Pigeon Island by learning to SNUBA, an exceptionally fun recreational watersport that is a cross between scuba and snorkeling. Unlike traditional diving, in SNUBA the air supply floats on the water's surface, and you simply breathe through the long tube that connects it to you. Upon entering the water, you will be free to swim along at whatever depth is comfortable and observe the abundant marine life. The coral reefs here are teeming with flounder, blue tangs, parrotfish, spiny lobsters, arrow crabs and plenty more. After your SNUBA adventure, you may explore the island on your own. In the 18th century, the British built Fort Rodney on one of Pigeon Island's twin peaks, and some of the buildings, defensive walls and cannons still remain. If it is a clear day, you may see Martinique to the north. The park has a small restaurant on site where beverages and snacks are available for purchase.

- Learn to SNUBA and observe the underwater wonders off Pigeon Island.
- See a huge variety of neon-colored tropical fish and perhaps a sea turtle or two.
- Explore 40-acre Pigeon Island and the ruins of Fort Rodney on your own.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Walking on this tour is mainly at the guests' discretion. Surfaces at Pigeon Island are sand, dirt, grass and gravel. The water activity is considered moderate. The tour is not available to wheelchair guests or those with mobility concerns. A weight belt, mask, snorkel, fins and breathing apparatus are provided. The minimum age to participate is 8 years old. Children under 18 years of age must be accompanied by an adult parent or guardian. Guests participating in water activities do so at their own risk and responsibility. Sighting marine life is not guaranteed. Guests are required to sign a waiver.



Seated Tour



Light Activity



Hiking



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Meal Included



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STL-003 4X4 BEACH SAFARI**Duration: 4.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$195.00****Date: January 16, 2022 09:00 AM****Date: February 03, 2022 10:00 AM**

Take off from Castries in a 4x4 vehicle, enjoying the ride as the driver/guide drives through the countryside while providing entertaining commentary along the way. Although you will see some of the highlights in St. Lucia's capital city, the best view may be from just outside the city limits, atop Morne Fortune. From this former military outpost that once boasted two forts, you will gaze out over the Castries and the turquoise seas beyond. You will then head inland, following a rugged route through traditional villages such as Ti-Rocher, Destradeaux and Balata. In time, you will arrive at one of the most spectacular beaches on the island's eastern shore. With no schedule to follow, you can relax however you see fit. Don't miss the opportunity to swim though, as the waters here are absolutely gorgeous.

- Ride in a 4x4 vehicle through some of the most remote and scenic areas of St. Lucia.
- Take in the sweeping view of Castries and its harbor from the Morne Fortune hilltop.
- Drive off road through the lush jungle and through several inland villages.
- Relax on one of the most idyllic beaches on St. Lucia's eastern coast.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This is not a self-driving tour; a driver is provided. Beach chairs are not included in this tour, but are available for rental.

**STL-005 SNORKEL AT MARINE PARK****Duration: 3.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$169.00****Date: January 16, 2022 09:00 AM****Date: February 03, 2022 09:30 AM**

Cruise along St. Lucia's beautiful northwestern coast to Marine Park, an extraordinary site for snorkeling. Although the trip there will be magnificently scenic, few sights compare to the park's underwater wonders. The labyrinth of shallow reefs and coral heads provide habitats for all sorts of brightly colored tropical fish including French grunts, goatfish, jacks and snappers. You may also spot sea urchins, starfish and occasional octopuses tucked away in the rocks and crevices. Flying gumards are especially fascinating, as these bottom dwellers typically expand their fins like wings to scare off predators. You won't have to snorkel the entire time, as you can always rest aboard the boat or relax on the beach. As you make your way back, refreshments will be served on board.

- Cruise to a marine park that is absolutely teeming with tropical fish.
- Snorkel along the shallow reefs and coral heads, looking for marine life other than fish.
- Relax onboard or swim over to the beach, if you prefer not to snorkel the whole time.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Participants must be competent swimmers and sign a liability waiver. Those taking part in water activities do so at their own risk and responsibility. This tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Snorkeling equipment is available on board.

STL-009 A PANORAMIC VIEW OF ST. LUCIA**Duration: 3.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$169.00****Date: January 16, 2022 09:00 AM****Date: February 03, 2022 10:00 AM**

Admire the striking natural beauty of St. Lucia on a meandering panoramic ride with occasional stops at the most scenic viewpoints. From atop Morne Fortune, you will enjoy a sweeping view of Castries. Ironically, Morne Fortune means "hill of good luck," but it was the site of numerous horrific battles between French and English troops. Another stop will be made at Caribelle Batik, where you will watch artists creating one-of-a-kind fashions using hot wax and colorful dyes. Still, it is the scenic beauty of St. Lucia that captures so many hearts, as you will discover firsthand from the overlook at La Guerre, which was once the island's largest banana plantation. Later, while meandering through the gardens at Stony Hill with the estate's owners, you will hear about the joys of living in the tropics.

- Enjoy some of the island's most picturesque views from hilltop lookouts.
- Discover the intriguing history behind the sites that you visit.
- Tour an estate with its owners, as they describe life on St. Lucia.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking and steps; however, the sites are not wheelchair accessible and therefore the tour is not considered suitable for wheelchair guests.



Seated Tour



Light Activity



Hiking



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Meal Included

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STL-015 SKY CANOPY & AERIAL TRAM

Duration: 5.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$261.00

Date: January 16, 2022 09:00 AM, 10:00 AM, 11:00 AM

Date: February 03, 2022 10:00 AM, 12:00 PM, 12:30 PM

Ride an aerial tram high into the rainforest canopy and then descend by zip line, an exhilarating way to soar through the trees like a bird. Even the drive to the eco-park will be scenic, as you will pass through traditional inland communities such as Babonneau and Fond Assau. Once you arrive, the naturalist guide will assist you on a trial run on the zip line cable. Then, off you will go on an aerial tram that will take you to the top of the zip line. It is all downhill from here—literally. In all, you will race through the treetops along 10 zip line cables, each offering a unique thrill and different perspective of the rainforest. As you effortlessly glide down, you will be treated to outstanding views of the sea and the northern half of the island.

- Glide through the rainforest canopy comfortably seated in an aerial tram's gondola.
- Take in the spectacular views of the St. Lucian countryside on the way up.
- Race down through the rainforest on a zip line, stopping between runs to observe nature.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 12 years old and weigh no more than 300 pounds. Guests are required to sign a waiver in order to participate.

STL-007 ISLAND SPLENDOR

Duration: 3.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: January 16, 2022 09:30 AM

Date: February 03, 2022 10:30 AM

Settle in for a rambling drive through the countryside that presents the island's natural beauty and architectural charms. It won't take long to reach La Toc Battery, a 19th-century fort built to protect St. Lucia's vital coal stations. It is an intriguing site with many of its tunnels, shell lifts and ventilation shafts still intact. Driving on, you will enter a bucolic landscape of banana plantations tucked between undulating hills before passing through the rustic village of Anse La Raye. Continuing on, you will soon arrive at Marigot Bay, a tranquil blue lagoon that the surrounding hills shelter, making it an ideal natural yacht harbor. On the return to Castries, you will pause for snacks and a beverage at St. Marks, a grand colonial-era house that overlooks the harbor.

- Enjoy a panoramic drive through the most scenic areas on St. Lucia's western shore.
- Explore the remains of the 19th-century fort La Toc Battery.
- Marvel at the sweeping seaside views that capture the splendor of St. Lucia.
- Snack on Caribbean treats at a beautiful colonial house overlooking Castries' harbor.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There are steps at La Toc Battery and St. Marks. Menu items are subject to change. Guests must be able to get on & off the buses and there are 5 steps leading up to St. Mark's and approximately 10 steps at La Toc Battery.

STL-013 St. Lucia Trolley Train

Duration: 1.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$65.00



Date: January 16, 2022 09:30 AM, 12:30 PM

Date: February 03, 2022 10:30 AM, 02:45 PM

Ride the Hibiscus Trolley Train through Castries as the guide regales you with entertaining stories of the capital city's history and architectural highlights. Although the exact route will depend on the traffic conditions, you can expect to pass the bustling craft market, beautiful colonial government buildings and Derek Walcott Square, named for the St. Lucian-born poet and playwright that won the Nobel Prize in 1992. The highlight will be visiting the Cathedral of the Immaculate Conception, the largest church in the Caribbean when it was completed in 1897. Be sure to look above the altar, where you will see a representation of St. Lucia, the island's patron saint. She died in 304 A.D., the victim of Christian persecution during the reign of Roman emperor Diocletian. Following the city tour, you will enjoy a bit of free time at the beach where you can enjoy a complimentary rum or fruit punch.

- See the highlights in Castries from the comfort of an open-air trolley train.
- Hear about notable local figures such as Derek Walcott, a Nobel Prize-winner in 1992.
- Visit the cathedral that was the largest of its kind when completed in 1897.
- Relax at the beach toward the end of the sightseeing tour.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Sun chairs and umbrellas are not included at the beach. Transfer times may vary due to traffic conditions. Bathing suits can't be worn in the church.



Seated Tour



Light Activity



Hiking



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Meal Included

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STL-012 SEA TREK ADVENTURE HELMET DIVING

Duration: 3.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$182.00

Date: January 16, 2022 10:30 AM

Date: February 03, 2022 10:30 AM

Walk along the ocean floor wearing no equipment other than a diving helmet for an up-close view of the marine life darting about the coral reefs. After a brief introduction to helmet diving, you will be ready to explore the crystal-clear waters surrounding the island. Helmet diving is easy to learn. Just slip the helmet comfortably over your head so it rests on your shoulders. Air is supplied to the helmet through a tube connected to an air tank on the water's surface that follows wherever you walk. There isn't an air regulator or mouthpiece, so you can breathe just like you normally do. You can even wear prescription glasses or contact lenses because your head will not get wet while helmet diving. You can expect to observe flounder, blue tangs, arrow crabs and perhaps a sea turtle or two. Following the helmet-diving adventure, you can wander about Pigeon Island on your own. The park has a small restaurant on site where beverages and snacks are available for purchase.

- Walk along the ocean floor, breathing through a helmet with its own air supply.
- Never even get your head wet the entire time that you are underwater.
- See a huge variety of neon-colored tropical fish and perhaps a sea turtle or two.
- Explore 40-acre Pigeon Island and the ruins of Fort Rodney on your own.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

Walking on this tour is mainly at the guests' discretion. Surfaces at Pigeon Island are sand, dirt, grass and gravel. The water activity is considered moderate and swimming skills are not required. The tour is not available to wheelchair guests or those with mobility concerns. A pair of Crocs and the diving helmet are provided. The minimum age to participate is 8 years old. Children under 18 years of age must be accompanied by an adult parent or guardian. Guests participating in water activities do so at their own risk and responsibility. Sighting marine life is not guaranteed. Guests are required to sign a waiver & sea trekking is from the beach.

STL-014 RAINFOREST AERIAL TRAM

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$234.00

Date: January 16, 2022 10:30 AM, 11:00 AM, 12:30 PM

Date: February 03, 2022 10:30 AM, 11:00 AM, 01:00 PM

Ride through and above the rainforest on an aerial tram that presents a 360° bird's-eye view of the island's natural beauty. The tram takes off in the heights of the old-growth rainforest and soars even higher, well into the tree canopy in certain areas and even above the trees elsewhere. Along the way, the guide will point out the highlights and provide enlightening commentary about the flora and fauna. The rainforest is one of the few places on the island where you will find the endemic St. Lucia parrot, which is known locally as the jacquot. You might also spot a number of gommier trees, whose wood the Carib Indians originally used for hand-carved dugout canoes. If you see bursts of color in the dense foliage, chances are, it will be flowers such as lavender stars and white lace.

- Glide through the rainforest canopy comfortably seated in an aerial tram gondola.
- Listen to enlightening descriptions of the flora and fauna living in the rainforest.
- Look for the endemic St. Lucia parrot, the country's national bird.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

A restaurant and a snack bar are available for dining on your own. Guests are required to sign a waiver in order to participate.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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❖ BRIDGETOWN, BARBADOS

BGI-001 BEST OF BARBADOS

Duration: 4.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 17, 2022 08:30 AM, 12:30 PM

Date: January 18, 2022 08:30 AM, 12:30 PM

Visit an array of representative attractions that present the island's natural beauty, history and culture in enlightening ways. Few places are quite so serene as Orchid World, where you will meander winding garden paths that lead to countless orchids and more than a thousand other Caribbean plants. You may see hummingbirds flitting about from blossom to blossom, exotic dendrobiums and oddly shaped succulents. Continuing on to the parish of St. George, you will find Gun Hill Station, one of a series of signal stations that was once manned to warn of approaching enemy ships. From this elevated vantage point, you will be treated to spectacular views of the sea and beyond. For a different historical perspective, you will browse Sunbury Plantation House, a magnificent 17th-century residence decorated with period furnishings. Although many of the original pieces were lost in a fire, the furniture in the planter's office belonged to the sugar plantation's first owners.

- Stroll through Orchid World, whose namesake flowers only touch on the garden's flora.
- Admire the lengthy views from atop Gun Hill Station, one of the island's highest points.
- Browse a 17th-century sugar plantation that presents a glimpse into the past.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Camouflage clothing is not permitted in Barbados.

BGI-003 DISCOVER BARBADOS

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 17, 2022 08:45 AM, 12:45 PM

Date: January 18, 2022 08:45 AM, 12:45 PM

Take in the scenic diversity of Barbados on a panoramic driving tour through the bucolic countryside and along the beautiful coastline. As soon as you leave Bridgetown, the landscape will become much more agricultural with sugar cane being the dominant crop. The Dutch introduced sugar cane to Barbados in 1624 for export and rum production, and the crop is still grown but no longer in enormous quantities. The views will be spectacular in a different way as you drive along the coast, passing luxury resorts and long stretches of remote beach. You will find one of the best views from St. John's Parish Church, a Gothic-style building constructed in 1836. Other versions of the church have stood on this site since 1645, but hurricanes and fires have destroyed them. More magnificent vistas await you from the hilltop Highland Centre, where you will linger over a cool drink while admiring views of Barbados' eastern shore.

- Drive through the gorgeous countryside and along the coast, taking in the views.
- Listen to commentary about the history of Barbados and its early plantation life.
- Pause for photos at a historical church that offers extraordinary views.
- Gaze out over Barbados' eastern shore while enjoying a drink.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There is uneven terrain at Bathsheba. There is a little walking involved in this tour but no stairs. This tour does not accommodate wheelchairs or walkers.

BGI-002 BEACH BREAK

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 17, 2022 09:00 AM, 01:00 PM

Date: January 18, 2022 09:00 AM, 01:00 PM

Spend a day relaxing on one of the premier beaches in Barbados, a lovely stretch of sand that rims Carlisle Bay in the southwestern part of the island. Your time at the Harbor Lights beach facility will be completely at your leisure, allowing you to enjoy the tropical setting as you please. You might bask in the sun on the soft powdery sand, take a refreshing swim, walk along the coast as the waves gently lap the shore, and relax in the shade of a coconut palm while gazing out at the sea. If you rent snorkeling equipment, chances are, you will spot one of the shipwrecks just offshore, sea turtles and schools of brightly colored fish. You might also dine on your own at one of the beachside restaurants and shop at the kiosks, where the local Barbadians typically sell jewelry made with sea glass and coral.

- Enjoy hours of free time at a spectacular beach just outside Bridgetown.
- Bask in the sun, swim in the sea and do most anything else that pleases you.
- Rent snorkeling gear and observe the underwater wonders just off shore.
- Dine on your own and shop at the beachfront facilities.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.
- Bring a towel and swimsuit.

This tour is not available to wheelchair guests and those with mobility concerns should evaluate their personal level of ability and stamina before joining the tour. Guests taking part in water activities do so at their own risk and responsibility. A complimentary welcome drink, beach chair, shared umbrella and use of the showers and restroom facilities are included.



Seated Tour



Light Activity



Hiking



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Meal Included

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BGI-005 4X4 SAFARI ADVENTURE**Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00****Date: January 17, 2022 09:00 AM, 01:00 PM****Date: January 18, 2022 09:00 AM, 01:00 PM**

Drive into the countryside in a luxury 4x4 Land Rover that allows easy access to the more secluded areas of Barbados. You will follow the guide in a caravan of vehicles, first stopping in the parish of St. George, where you will see Gun Hill Signal Station. It is one of a series of signal stations that was once manned to warn of approaching enemy ships. The lion statue out front was carved from a single piece of stone in 1868. You will then venture into a rainforest and follow a path lined with cabbage palms, mahoganies and bearded fig trees. Upon reaching the fishing village of Bathsheba, you will pause to drink in the coastal views, which are quite different than the vistas you will take in at Cattlewash Beach. The landscape will change once again on the return to Bridgetown, as you will drive along the western coast, passing one five-star resort after another. A basket of wine, crackers, dip and fruit will be enjoyed at a chosen location.

- Drive into the more remote areas of Barbados in the comfort of a 4x4 Land Rover.
- Pass historical attractions such as Gun Hill Station, where the views are spectacular.
- Follow a path through a dense rainforest and look for wildlife.
- See several coastal areas, some secluded, others lined with upscale resorts.
- Dress in weather-appropriate clothing.
- Wear flat comfortable, closed-toe walking shoes.

This tour is not available to wheelchair guests or those with mobility concerns, recent back or neck injuries, or pregnant women. No one under the influence of alcohol or drugs may participate. Camouflage clothing is prohibited. The minimum age to participate is 5 years old. Guests may need to sign a release form before participating.

BGI-009 BARBADOS PHOTO ADVENTURE**Duration: 4.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$130.00****Date: January 17, 2022 09:00 AM, 01:00 PM****Date: January 18, 2022 09:00 AM, 01:00 PM**

Shoot some of the island's most picturesque locations with leading Barbadian photographer Ronnie Carrington on this Artists' Loft limited-participation outing. As you travel around Barbados, Ronnie will share his personal experiences of growing up in Barbados, how he became a photographer and tips on how to enhance your photography skills. Once outside Bridgetown, you will drive past acres of sugar cane and through photogenic rural villages with brightly painted rum shops and chattel houses. The mountainous Scotland District is another area well worth photographing, especially from the perspectives that Ronnie will recommend. Continuing on to the island's east coast, you will then shoot Bathsheba, a quaint fishing village where the surf relentlessly pounds the giant coral boulders and creates whirlpools of foaming surf. Afterwards, you will accompany Ronnie to the Atlantis Hotel in Tent Bay for refreshments. It is yet another setting with excellent photo opportunities.

- Accompany a leading local photographer to his favorite most photogenic locations.
- Shoot photos of visually stunning areas ranging from the mountains to the coast.
- Use tips from the photographer to enhance your photos.
- Enjoy a drink at an oceanfront hotel and then take pictures of the setting.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking, mainly at the guests' discretion during stops. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns. Camouflage clothing is prohibited.

BGI-007 LUXURY CATAMARAN & SAIL**Duration: 5.50 Hrs Tour Price: CA\$195.00 Retail Price: CA\$391.00****Date: January 17, 2022 09:30 AM****Date: January 18, 2022 09:30 AM**

Relax aboard a catamaran and cruise along Barbados' beautiful Platinum Coast, a highly affluent area on the western shore. The catamaran is so comfortable you might do nothing more than enjoy the luxurious setting and gorgeous views. It will be your choice. However, if you wish to explore the wonders underwater, you will have that opportunity once the catamaran anchors in a secluded cove. The island's Platinum Coast isn't just affluent, there is also a wealth of marine life just off shore. Snorkelers can expect to see schools of brightly colored tropical fish and perhaps even hawksbill sea turtles, which frequent the area because there are abundant sandy nesting sites within reach. If you spot one with a heart-shaped carapace, it is a young hawksbill turtle, as the shell elongates with age. On the return to Bridgetown, you will enjoy a delicious barbecue buffet with wine.

- Sail on a luxurious catamaran along the island's magnificent Platinum Coast.
- Anchor in a secluded cove and enjoy the onboard comforts.
- Take a refreshing swim in the turquoise sea.
- Snorkel in waters teeming with marine life, including hawksbill turtles.
- Enjoy a barbecue buffet on the return cruise to Bridgetown.
- Dress in weather-appropriate clothing with swimwear under a cover-up.
- Wear flat comfortable walking shoes.

This tour includes limited walking. Those who wish to snorkel or swim should be good swimmers and in good physical condition. The tour is not available to wheelchair guests or those with mobility concerns and is not recommended for those who suffer from motion sickness. Guests who participate in water activities do so at their own risk and responsibility. Alcoholic beverages will only be served to those who are 21 years of age or older and only after water activities have concluded. Marine life sightings are not guaranteed. The tour may be altered depending on weather conditions.



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Light Activity



Hiking



Adventure



Meal Included

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❖ KINGSTOWN, ST. VINCENT

KG-001 VERMONT NATURE TRAIL HIKE

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$156.00

Date: January 19, 2022 08:30 AM, 01:30 PM

Hike through a protected rainforest with a guide that will point out exotic flora and fauna that may include the endangered St. Vincent Parrot, a species endemic to the island. Upon reaching the enormous St. Vincent Parrot Reserve, you will hike the Vermont Nature Trail, which winds through the lush rainforest. The scenery will be spectacular throughout the journey, but the real draw will be the chance to see the rare St. Vincent Parrot. Endangered because of loss of habitat and the illegal pet trade, this large parrot with multi-colored plumage is a favorite of birdwatchers. There is a good chance of seeing one or at least hearing its call. Similarly, the Whistling Warbler is another bird endemic to St. Vincent and often observed in the reserve. The boldly patterned, black-and-white warbler is usually seen happily flitting about the undergrowth. It too has a distinctive call that rises steadily in volume before ending emphatically.

- Sample freshly prepared conch that the guides have just plucked from the sea.

- Dress in weather-appropriate layered clothing.

- Wear flat comfortable walking shoes with closed toes.

This tour includes hiking about ¾ of a mile over mostly uphill and natural terrain. There are footholds, but they are inconsistent in height and width. The trail may be slippery when wet. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition. Wildlife sightings are common, but not guaranteed.

KG-003 GARDENS OF ST. VINCENT

Duration: 4.25 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$156.00

Date: January 19, 2022 09:00 AM

Meander down the lushly landscaped paths of two vastly different gardens: Kingstown's centuries-old botanical gardens and the more mountainous Montreal Gardens. Established in 1765, the botanical gardens are among the oldest in the Western Hemisphere. They contain colorful torch lilies, brain fruit palms, towering mahoganies and flowering Soufrieres, the national tree of St. Vincent, which isn't found anywhere else but on the island. A different sort of garden awaits you in the mountains above the fertile Mesopotamia Valley. A former plantation, Montreal Gardens is blessed with rich volcanic soil and a lovely terraced terrain. It is here that Welsh-born landscape designer Timothy Vaughn renovated 7½ acres of land and turned it into a spectacular collection of gardens, each with its own design and personality. There is a formal garden, a color garden accented with splashes of brilliant flowers and a rainforest garden with a mountain stream that enhances its serenity.

- Pass a war memorial that honors the Vincentians that died in World War I.

- Stroll the winding paths of Kingstown's centuries-old botanical gardens.

- See a breadfruit tree descended from one donated by Captain Bligh of the HMS Bounty.

- Behold the exotic gardens that flourish in the volcanic soil of the Montreal Gardens.

- Dress in weather-appropriate clothing.

- Wear flat comfortable walking shoes.

This tour includes about two hours of moderate walking with some hills that may be steep. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour.

KG-006 KAYAK & SNORKEL ADVENTURE

Duration: 4.25 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: January 19, 2022 09:00 AM

Kayak and snorkel along St. Vincent's picturesque leeward coast and then stop at a movie location for "Pirates of the Caribbean." Being on the wind-sheltered side of the island, the seas are typically calm and easy to kayak, allowing you to focus on the sights. They include a backdrop of verdant mountains, serene coves and gorgeous beaches. If you gaze toward the horizon, you may see humpback, pilot and sperm whales and pods of frolicking dolphins. In time, you will paddle past the Bat Cave, an opening in the volcanic shoreline that thousands of bats inhabit, and then arrive at Byahaut Cove. It is one of the best snorkeling spots on the island and typically not crowded, as it can only be reached by sea. You may recognize the cove from the movie "Pirates of the Caribbean," some of which was filmed there. As you will discover while snorkeling, the sights are just as extraordinary below the surface.

- Kayak through the typically clear, calm waters on the island's protected leeward side.

- Snorkel a coral reef teeming with colorful tropical fish and other Caribbean marine life.

- Look for whales and dolphins, which frequent the waters year-round.

- See a cove that served as a set for the movie "Pirates of the Caribbean."

- Dress in weather-appropriate clothing.

- Wear a swimsuit under a cover-up and bring a towel and sunscreen.

- Wear flat comfortable walking shoes or aqua socks.

This tour includes moderate to strenuous activity and paddling for nearly 1½ hours. The tour is not available to wheelchair guests or those with mobility concerns. Guests should be in good physical condition. Kayakers must wear the provided safety vests. Single & double kayaks are available. Pack valuables in a watertight container. There are no restroom facilities on this tour. Guests participating in water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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KG-007 BEQUIA BY SAILING CATAMARAN**Duration: 6.25 Hrs Tour Price: CA\$130.00 Retail Price: CA\$326.00****Date: January 19, 2022 09:15 AM**

Sail to the neighboring island of Bequia and enjoy free time before snorkeling and then relax on the beach. The yachting paradise of Bequia measures just seven square miles, all of it beautiful, as you will discover after pulling into Port Elizabeth on a catamaran. Most of the boutiques are along Front Street, so you won't have far to walk. Sailing on, you will soon arrive at Moonhole, a cluster of quirky stone homes built under a natural arch in a coastal cliff. Few of the homes have windows or doors, some are partially constructed with whalebones, and all of them use rainwater collected in cisterns. You will anchor just offshore, leaving plenty of time to admire the private compound and snorkel off shore. Following lunch aboard, you will sail to Princess Margaret Beach, a beautiful ribbon of golden sand named for England's Princess Margaret, who once swam there.

- Sail on a catamaran to the nearby island of Bequia and explore Port Elizabeth.
- Marvel at the strange "off-the-grid" stone homes built into the cliffs on Bequia.
- Swim and snorkel in the crystal-clear waters off the island.
- Spend hours relaxing on a lovely beach named in honor of England's Princess Margaret.
- Dazzle your friends by correctly pronouncing Bequia as "Bek-way."
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes moderate activity mainly at the guests' discretion. It is not available to wheelchair guests and not recommended for those with mobility concerns. Restrooms are available on board the catamaran. Lunch is served "castaway-style" with disposable glassware and utensils. Guests participating in water activities do so at their own risk and responsibility.

KG-005 PIRATES OF THE CARIBBEAN & SNORKEL**Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00****Date: January 19, 2022 09:30 AM, 01:15 PM**

Enjoy the scenic splendor of St. Vincent by sailing along the coast, stopping to snorkel and visiting a set for "Pirates of the Caribbean." While cruising the leeward coast of St. Vincent, you will see British-built Fort Charlotte and the Bat Cave, an opening in the volcanic shoreline that thousands of bats inhabit. In time, the captain will anchor so you can snorkel through the turquoise waters, which are teeming with colorful, tropical fish. You will also be free to comb the beach, sunbathe or simply relax in the shade. Be sure to look for humpback, pilot and sperm whales and pods of frolicking dolphins, all of which frequent these waters year-round. Later, you will stop at Wallilabou Bay, which served as the fictional location of Port Royal in the movie "Pirates of the Caribbean" and its sequels. Many of the original sets still remain, and you may well recognize them.

- Sail along the beautiful leeward coast of St. Vincent.
- Swim and snorkel in the crystal-clear waters, if conditions permit.
- Relax on the beach, an idyllic stretch of sand shaded by palms.
- See sets from "Pirates of the Caribbean," much of which was shot in Wallilabou Bay.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This tour includes moderate activity, mainly at the guests' discretion. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Fins are not provided. Dependent upon prevailing weather and sea conditions, guests may not be able to disembark at Wallilabou Bay. Guests participating in water activities do so at their own risk and responsibility.

KG-002 BEST OF ST. VINCENT**Duration: 3.25 Hrs Tour Price: CA\$0.00 Retail Price: CA\$130.00****Date: January 19, 2022 09:45 AM, 01:30 PM**

Trace the island's history at Fort Charlotte and then behold its natural beauty at a botanical garden. The British started construction on the fort in 1763, building it on a ridge that offers an unobstructed view of Kingstown and beyond. Interestingly, the cannons point inland over the moat, as the fort was built to protect the English from the indigenous Indians and their French allies, who were more inclined to attack from land than the sea. Nearby, you will find the island's botanical gardens, which are among the oldest in the Western Hemisphere, having been established in 1765. An oasis of serenity, the gardens contain countless species including rare ones such as a breadfruit tree that is the third generation of one donated by the infamous Captain Bligh of the HMS Bounty. Continuing on, you will venture through the Mesopotamia Valley, where much of St. Vincent's fruits, vegetables and spices are grown.

- Spend free time enjoying a lengthy beach just walking distance from the ship.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about an hour of easy to moderate walking with some slopes to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Due to a weight restriction on the drawbridge at Fort Charlotte, you will travel there by minibus. Following this stop, you will travel by motor coach for the remainder of the tour.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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KG-004 PANORAMIC ST. VINCENT**Duration: 2.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$104.00****Date: January 19, 2022 10:00 AM, 01:00 PM**

Drive through the bustling capital of Kingstown and the surrounding countryside, taking in the scenery and historical sights. Known as the “City of Arches” for its volcanic stone archways, Kingstown was first settled by the French. In the following decades, the island was ceded to the British, who built Fort Charlotte on a high bluff to protect Kingstown primarily from land attacks by the French and Caribs. Many of the landmarks in town are churches, and you will enjoy an exterior view of three of the most impressive ones. St. George’s Anglican Church is known for its lovely stained-glass windows. St. Mary’s Catholic Cathedral of the Assumption was built in stages and its eclectic architecture reflects the additions. Freed slaves help build Kingstown Methodist Church, a pastel-colored brick building. Leaving Kingstown behind, you will drive along the island’s windward side, admiring the dramatic scenery, which includes black-sand beaches, rocky bluffs and coastal villages.

- Pass many of Kingstown’s most historical landmarks, including hilltop Fort Charlotte.
- View three churches, including one with stained-glass windows that Queen Victoria donated.
- Observe another church that freed slaves constructed.
- Behold the beautiful shoreline and coastal villages along the island’s windward side.
- Sample coconut water and coconut meat or “jelly,” a staple on the island.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking and is mostly panoramic in nature. Wheelchair guests who can make their own way on and off the coach and have an able-bodied companion to assist them may participate in the tour; however, there is no room for wheelchairs on the coach and they must remain at the terminal until the tour’s return. Those with mobility concerns should evaluate their stamina and ability before joining the tour.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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❖ ST. GEORGE'S, GRENADA

GND-001 THE SPICE OF OUR LIVES

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$143.00

Date: January 20, 2022 08:30 AM, 01:30 PM

Delve into the history and production of some of Grenada's most characteristic products, including spices and herbs, followed by a tasting of the island's distinctive rum. Your first stop will be a family-owned business that manufactures nutmeg products. Expect to be surprised by the variety of merchandise made with this one signature ingredient, including jam, hot sauce and rum punch. You will become further immersed in spices at nearby Laura Spice Gardens, which grows common spices such as cinnamon and more unusual ones such as tonka beans, which are often substituted for vanilla in recipes. Continuing on to Westerhall Estate, you will learn how cocoa and sugarcane was processed in the late 1800s. Today, the attention has turned to rum, and you will have the opportunity to sample several of its finest. The estate's rums run the gamut from dark to light and vintage to white, usually served neat in a chilled shot glass.

- Visit a nutmeg manufacturer and marvel at the abundance of products made with the spice.
- Learn about unusual spices and herbs grown throughout Grenada, the Spice Island.
- Sample several premium rums made with local sugarcane at a distillery.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves approximately one hour of easy walking. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.

GND-003 CLEAR BOTTOM KAYAKING

Duration: 3.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 20, 2022 08:30 AM, 10:30 AM

Paddle a kayak with a clear bottom over a coral reef teeming with colorful marine life. Upon arriving at Grand Mal Bay, you will ease into a two-person kayak with a clear bottom that presents an unobstructed view of the natural wonders below. It will offer all the advantages of snorkeling but without having to change clothes or get wet. It won't take long to paddle out to the reef, a natural habitat for an abundance of marine species. It will be a never-ending, always-changing spectacle and there is no telling what you may see through the kayak's bottom. You may spot yellowtail snapper, spotted drums and horse-eyed jacks, a prized game fish that puts up a good fight. In time, you will kayak to Molinere Point, the site of an underwater sculpture park. The collection includes dozens of life-size figures standing on the bottom of the sea. Local artists created the sculptures, which reflect Grenada's history and culture. After approximately 75-minutes, you will return to the Sunset View Restaurant where you will have a chance to relax with a refreshing swim in the calm bay and a complimentary drink from the bar (rum punch, local beer, local fruit juice, soft drink or water).

- Paddle a clear-bottom kayak over a coral reef teeming with marine life.
- Stay dry while observing underwater wonders that snorkelers usually only see.
- View stingrays and barracudas that might otherwise dart off if you were snorkeling.
- Kayak over a sculpture garden that local artisans created on the sea bottom.
- Swim at a beach after kayaking.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes

This tour involves approximately 1¼ hours of kayaking, which may be strenuous at times. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or persons with asthma, heart conditions or back problems. Guests taking part in water activities do so at their own risk and responsibility. Participants must sign a liability waiver. Guests must be at least 18 years old to consume alcohol.

GND-004 DISCOVER GRENADA

Duration: 7.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$234.00



Date: January 20, 2022 08:30 AM

Enjoy a remarkably comprehensive driving tour of Grenada that will leave you with a clear understanding of the island's charms. Just east of Saint George's, you will find the 18th-century Fort Frederick, which is named the "backward-facing fort" because its cannons point inland. The views will be spectacular, as will be the ones of Grand Etang, a cobalt-blue lake in the crater of an extinct volcano. Grenada is also known for its premium rum, which you will taste at River Antoine Estate before dining at historical Belmont Estate. More memorable scenery awaits you at Carib's Leap, where dozens of indigenous Caribs jumped into the sea rather than surrender to the French in the mid-1600s. Continuing on, you will pass the island's largest fishing village, tour Dougaldston Spice Estate and finally see the bays where U.S. forces landed in 1983 during the invasion to protect American nationals from Grenada's Marxist regime, which was soon overthrown.

- Spend an enlightening day driving to Grenada's signature destinations and attractions.
- Tour an 18th-century fort and dine at an estate from the same time period.
- Gaze down on an impossibly blue lake that filled the crater of an extinct volcano.
- See the spot where Caribs jumped to their death rather than surrender to the French.
- Pass through one quaint village after another, including the island's largest fishing village.
- View the bays where U.S. forces landed during the 1983 invasion of Grenada.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves approximately 3½ hours of moderate walking and standing. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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GND-002 ADVENTURE JEEP TOUR

Duration: 4.00 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$221.00

Date: January 20, 2022 09:00 AM

Ride through Grenada's gorgeous interior in an open-air 4x4 vehicle, stopping on occasion for photos and to soak in the natural hot springs. The route will be immensely scenic, as you pass through verdant rainforest, charming villages and aromatic nutmeg plantations. Not far from Grenville on the eastern shore, you will take a leisurely walk through tropical woods to serene Claboney Sulphur Pond, which is typically waist deep. The nutrient-rich natural hot springs is said to be therapeutic, even to the point of having a positive effect on the aging process. Whether that's true or not, you can still expect to be wonderfully relaxed after a nice long soak. Then, returning to the 4x4 vehicle, you will continue driving to Grand Etang Crater Lake in the mountainous island interior. You may spot towering mahogany trees, bright splashes of flowers, and indigenous birds such as the broad-winged hawk, known locally as the gree-gree.

- Drive around Grenada in a 4x4 Jeep, pausing every so often to take in the natural beauty.
- Enjoy a meandering walk through rainforest to a mineral-rich pond said to be therapeutic.
- Soak in the pond's thermal waters, an experience that will leave you wonderfully relaxed.
- Pause for photos on one of Grenada's highest points for a panoramic view of the interior.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

This tour involves approximately 15-20 minutes of hiking, at times over rough and uneven natural terrain. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or to guests with back problems. Participants must sign a liability waiver. Guests taking part in water activities do so at their own risk and responsibility. Guests must be at least 18 years old to consume alcohol. This is not a self-driven tour.

GND-006 MOUNTAIN RAINFOREST, GRAND ETANG & ANNANDALE

Duration: 4.50 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$143.00

Date: January 20, 2022 09:00 AM, 01:30 PM

Admire the stunning natural beauty of Grenada at a crystal-clear mountain lake and a gently cascading waterfall, and then discover how spices are processed on the island. Along the way, you will pass through several seaside villages while the guide points out attractions such as Beausejour Bay, which played a role in the 1983 U.S. invasion of Grenada. Upon reaching centuries-old Douglaston Spice Estate, you will discover traditional methods of preparing spices. You might watch mace being removed from nutmeg or cinnamon sticks being rolled from a tree's inner bark. Grenada is a leading producer of spices and is even nicknamed the Spice Island. Then, it's on to the interior mountains and Grand Etang Lake, which an extinct volcano formed long ago. The water is typically cobalt blue and lush vegetation grows right to the shoreline. During your visit, you will have time to for a refreshing drink at the Park's Visitors' Center. Not far away, you will find beautiful Annandale Falls. It too is edged by native flora, especially hanging ferns and tropical flowers.

- Watch spices being prepared and packaged at a historical estate.
- Gain an understanding of why Grenada is known as the Spice Island.
- View the bays where U.S. forces landed during the 1983 invasion of Grenada.
- Gaze down on an impossibly blue lake that filled the crater of an extinct volcano.
- Behold glorious Annandale Falls and the hanging ferns that surround it.
- Dress in weather-appropriate clothing.
- Wear flat comfortable, closed-toe walking shoes.

This tour involves approximately one hour of moderate walking with a steep uphill to negotiate at Annandale. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.

GND-005 MT. GAZO HIKE & SWIM

Duration: 3.75 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$143.00

Date: January 20, 2022 09:30 AM

Hike through a pristine rainforest on the outskirts of Saint George's as a prelude to spending free time on one of Grenada's most beautiful beaches. A picturesque drive along the city's Carenage inlet and through the historical town will bring you to Morne Gazo, the island's only remaining rainforest. This pristine landscape serves as an important watershed area and a wildlife reserve. It is a spectacular setting for your brisk hike up to the top of a conical hill that rises to 1,140 feet above sea level. From this elevated vantage point, you will enjoy a nearly 360°-view of landmarks such as Point Salines, Grand Etang National Park and seaside La Sagesse. Upon descending, you will drive to Grand Anse Beach, a silky stretch of sand that is nearly two miles long. You will spend a relaxing hour or so at the beach, doing whatever you please.

- Follow a scenic route to the only remaining rainforest on Grenada.
- Hike to the highest point in the rainforest and view one of the island's finest panoramas.
- Spend free time at your leisure at Grand Anse Beach.
- Dress in weather-appropriate clothing.
- Bring swimwear and a towel, if you wish to swim.
- Wear flat comfortable, closed-toe walking shoes.

This tour involves approximately 1¾ hours of hiking, which at times is strenuous and over rough and uneven natural terrain. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or to persons with heart conditions, asthma or back problems. Participants should be in good physical condition and must sign a liability waiver. Changing facilities are available at the beach. Guests taking part in water activities do so at their own risk and responsibility. Guests must be at least 18 years old to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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GND-007 SUNNYSIDE GARDENS

Duration: 2.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$143.00



Date: January 20, 2022 09:30 AM, 02:00 PM

Meander through verdant Sunnyside Garden, a botanical oasis on a hill overlooking Saint George's. The brief drive will also be delightful, as you will follow the coastal road around the harbor, pass through Sendall Tunnel and pause at an overlook to take in the panoramic views. Upon reaching Sunnyside Garden, you will stroll the winding paths through exotic foliage punctuated by a riot of color from plants such as hibiscus and African tulips. Depending on where you walk, you may see stout bottle palms, epiphytic staghorn ferns and blooming achiote, more familiarly known as the lipstick tree for its bright-red seeds that are used to make cosmetics. You might also notice the scent of spices and citrus wafting through the air, an aroma that will greatly enhance the experience. Following your guided tour, you will be served a refreshment of rum punch or local juices in house before your transfer back to the ship.

- Enjoy a brief but picturesque drive to a botanical garden overlooking Saint George's.
- Admire the sweeping views of Grenada's natural beauty from the hilltop garden.
- Stroll the garden paths, passing rare exotic plants, many of which will be in bloom.
- Savor the serenity and the wonderfully pungent fragrances wafting through the air.
- Dress in weather-appropriate clothing.
- Wear flat comfortable, closed-toe walking shoes.

This tour involves approximately 1½ hours of easy walking and standing. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must be at least 18 years old to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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❖ WILLEMSTAD, CURACAO

CUR-001 CURACAO HIGHLIGHTS

Duration: 3.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$78.00

Date: January 22, 2022 08:30 AM, 12:30 PM

Get familiar with Curaçao on this wide-ranging overview that includes visits to a handicraft market and maritime museum, even an island liqueur sampling. Traveling Willemstad by comfortable coach, you'll wind through the charming Otrobanda and its artsy older sister district across St. Anna Bay, known as Punda. Both have colorful landmarks to see, but perhaps most impressive of all is the ride across lofty span that connects them: Queen Juliana Bridge soars a spectacular 185 feet above the water. Over at the other end of town, the Jan Thiel district offers its own dramatic water views plus Curaçao's handicraft market, where you'll have some time to browse among stalls offering palm-fiber bags, woven baskets, ceramic items and intricate lacework. At another point, you'll stop to tour Curaçao Maritime Museum, where over 500 years of Arawak Amerindian, Dutch and Spanish seafaring history are brought together under one roof. And stopping at the Dutch colonial mansion of Chobolobo, you can taste-test the famous island liqueur that's still made from indigenous Laraha oranges peels using a time-tested 1886 recipe.

- Enjoy a scenic roiling cruise through Willemstad neighborhoods like Otrobanda, Punda and Jan Thiel.
- See the city's most colorful sights, including a jaw-dropping view from atop Queen Juliana Bridge.
- Tour a maritime museum where exhibits of nautical charts, ship models and navigation equipment cover 500 years of Caribbean seafaring history.
- Shop for everything from rustic palm-fiber bags to delicate lacework at the island handicrafts market.
- Visit a historic distillery known as Chobolobo and sip a sample of its renowned orange liqueur.
- Wear weather-appropriate clothing; light weight suggested.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of easy-to-moderate walking and standing; some is over rough coral stone and there are 32 steps to negotiate at the Museum. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. The order of sights viewed or visited may vary. Guests must be at least 18 to participate in alcohol tasting.

CUR-003 SCENIC COUNTRY DRIVE

Duration: 3.50 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$78.00

Date: January 22, 2022 08:30 AM, 01:00 PM

This wide-ranging coach tour will introduce you to some of Curaçao's diverse natural wonders and cultural landmarks. Heading out from Willemstad, watch the cityscape give way to scenic countryside, with occasional plantation homes dotting the landscape. Your initial destination is Boka Tabla, a north shore national park famous for the thundering waves that crash into its coastline. Over the centuries, they've carved deep caves and blowholes into the rock. At nearby West Point and Playa Forti on the isle's western tip, you'll stop for postcard-quality sea cliff views. A visit to Tula Museum provides perspective on what life was like for Africans living on the island during and after the slavery era. Many locals consider Knip Beach the Island's most lovely; you'll soon understand why when you see its clear azure water, sweeping sand and high cliffs. Then get ready to see pink at the Jan Kok salt flats, where you'll be on the lookout for a flamingo colony that makes its home on this briny expanse of terrain. A photo stop here often yields eye-catching results.

- Settle back for a diverse rolling survey of natural and historic highlights all around Curaçao.
- Visit Boka Tabla, a national park where large, unpredictable waves crash against an underground cave.
- Learn about the Africans once enslaved on Curaçao as you visit a museum devoted to their history.
- See Curaçao's arguably most-beautiful beach and spot a flock of flamingos wading across a salt flat.
- Wear weather-appropriate clothing; light weight suggested.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 45 minutes of easy-to-moderate walking; there are steps to negotiate at some of the stops. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sights viewed or visited may vary.

CUR-006 TROLLEY TRAIN THROUGH HISTORY

Duration: 1.75 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$169.00



Date: January 22, 2022 08:30 AM, 09:45 AM

Hop aboard a brightly colored trolley for a comprehensive narrated ride through the UNESCO World Heritage-listed Willemstad historic district. Some of the many highlights include the landmark Queen Emma pontoon bridge and floating fish and vegetable market; the Bolo di Bruit "wedding cake house" in the Scharloo district; an inside stop at impressive Pietermaai Cathedral; the cultural gathering place at Queen Wilhelmina Park and the impressive fort and barracks at Waterfort Arches. When the trolley arrives at Fort Amsterdam, look for a cannonball embedded in its wall as evidence of the need to guard this strategic harbor entrance from enemy ships back in the 1600s. An enjoyable way to get a maximum Curaçao overview in a minimum of shore time, the Trolley Train stops frequently for photos and landmark inspections. Entertaining narration along the route provides anecdotes and intriguing facts about this Dutch island's long and picturesque history.

- Roll through the streets of UNESCO-listed Willemstad historic district by comfortable trolley train.
- Enjoy the open views and spirited onboard narration as you learn about the landmarks you're seeing.
- Stop frequently for photos and inside inspections of select sights like Pietermaai Cathedral.
- Wind up with a solid overview of the city without using too much precious shore time.
- At the tour's end, transfer back to the ship or remain in town to explore some more on your own.
- Wear weather-appropriate clothing; light weight suggested.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at guests' discretion during stops and afterwards in town. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. For those who remain in town, the cruise pier is just a short walk from downtown or you may opt to taxi back at your own expense.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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CUR-008 SEAWORLD EXPLORER SEMI-SUB

Duration: 1.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00



Date: January 22, 2022 08:30 AM, 10:30 AM

This unique tour offers an enthralling face-to-face encounter with Curaçao's fantastic underwater world – without getting your feet wet. The adventure begins as soon as you step aboard the Seaworld Explorer. This state-of-the-art semi-submarine remains above sea level at all times, while her passengers sit comfortably at private windows in a viewing hull submerged 5 feet below the water's surface. The breathtaking undersea views will leave you in awe. Colorful reef fish are attracted right up the sub's windows for your viewing and photographing pleasure, courtesy of an accompanying diver armed with their favorite food. During the UW tour, you'll see many varieties of coral and likely spot yellowtail snapper, parrotfish, sergeant majors and other marine species native to these waters. You'll also gain fascinating knowledge of what you're viewing as you listen to the informative narration provided. After about fifty minutes navigating the waters surrounding Curaçao, you'll return to shore and be transported directly back to the cruise pier.

- Take an air-conditioned window seat in a modern semi-submarine that offers awesome undersea views while remaining above sea level at all times.
- See and photograph colorful fish life right outside your window as a diver swims alongside the semi-sub with food they can't resist.
- Spend nearly an hour touring the reefs and waters surrounding Curaçao.
- Gain knowledge of the marine environment you're viewing via informative onboard narration.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at guests' discretion during stops and afterwards in town. There are 4 steep steps to negotiate when entering and exiting the submarine. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.

CUR-002 DISCOVER CURACAO'S BEAUTIFUL BEACHES

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: January 22, 2022 08:45 AM, 01:30 PM

Get a first-hand sense of Curaçao's beautiful beaches by spending some play and lounge time at two of the island's finest. First up after a drive through gorgeous countryside – in an open-air vehicle that makes for even prettier sightseeing – is pristine Daaibooi Beach. This naturally beautiful cove offers powdery sand and gin-clear turquoise waters, surrounded by rocky cliffs. You'll have about an hour to sunbathe, stroll or swim/snorkel here before it's time to hop back aboard the transport for the 20-minute jaunt to today's second strand, Cas Abou Beach. This idyllic stretch of white shoreline, tucked behind the gates of a former plantation, is dotted with swaying palms, parasols and thatched gazebos. The gentle waters and near-in reefs are paradise for swimming and exploring by snorkel. A bar with island favorites for purchase is available for your sipping pleasure during the hour-or-so we're scheduled to spend at Cas Abou before returning to the pier.

- Discover two of Curaçao's most lovely beaches, remote Daaibooi and genteel Cas Abou.
- Spend about an hour at each – sunbathing, swimming, or dabbling in water activities.
- Travel to the day's destinations via open-air vehicle, ideal for seeing gorgeous terrain en route.
- Cold water and lime juice are complimentary; snack bars and restrooms are available at both beaches.
- Suggested attire: swimwear and a cover-up with beach towel.
- Flat, comfortable, waterproof shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this excursion is mainly at guests' discretion; keep in mind there are sandy surfaces to negotiate. This tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. Slight currents can occur, could be windy and sometimes there are waves. Beaches can be rocky at some places, which can make entering the sea more difficult, so water shoes are recommended. Participation in water activities is at your own risk and you may be required to sign a waiver in order to come on this tour. The order of sights viewed or visited may vary.

CUR-007 SEA & SEE ISLAND DISCOVERY

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: January 22, 2022 09:00 AM, 12:15 PM

Discover Curaçao's diverse delights on this tour that showcases the best of Willemstad, both on land and below sea level. The adventure begins with a drive through town to rendezvous with the Seaworld Explorer. This state-of-the-art semi-submarine remains above sea level at all times, while her passengers sit comfortably at private windows in a viewing hull submerged 5 feet below the water's surface. The breathtaking undersea views will leave you in awe. Colorful reef fish are attracted right up to the sub's windows thanks to an accompanying diver armed with their favorite food; you'll likely spot yellowtail snapper, parrotfish, sergeant majors and others. After returning to dry land, you'll reboard the coach and head across the Queen Juliana Bridge, arching 185 feet over St. Anna Bay to offer amazing panoramic views of the city and harbor. Your destination is Chobolobo distillery, housed in a Dutch colonial country estate, for a guided tour and sampling of the famous sweet Curaçao liqueur made here from the peel of bitter oranges brought to the island by Spaniards centuries ago.

- Take an air-conditioned window seat in a modern semi-submarine that offers spectacular undersea views while remaining above sea level at all times.
- See and photograph colorful fish life right outside your window as a diver swims alongside the semi-sub with food they can't resist.
- Enjoy a drive across the Queen Juliana Bridge, with jaw-dropping views of the city and its harbor.
- Visit a historic distillery known as Chobolobo and sip a sample of its trademark orange liqueur.
- At the tour's end, transfer back to the ship or remain in town to explore more on your own.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at guests' discretion during stops and afterwards in town. There are 4 steep steps to negotiate when entering and exiting the submarine. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. For those who remain in town, the cruise pier is just a short walk from downtown or you may opt to taxi back at your own expense.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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CUR-009 BEACH HOP TURTLE SNORKEL ADVENTURE



Duration: 4.00 Hrs Tour Price: CA\$0.00

Date: January 22, 2022 09:00 AM, 02:00 PM

Snorkel off two beaches on the western shore of Curaçao that known for their crystal-clear waters and abundant marine life. The seas off tiny Playa Piskádo are teeming with so many fish that chances are you will spot numerous fishing boats in the distance. Once you start snorkeling there, you will see firsthand the wonders that lie beneath the surface. Besides the schools of brightly colored fish, these waters provide an ideal habitat for loggerhead, hawksbill and green sea turtles. It's a thrill when one slowly glides by, its flippers gracefully moving back and forth. You will also snorkel at Cas Abao Beach, which lies closer to Willemstad. In addition to the multitude of tropical fish that inhabit its reefs, Cas Abao attracts stingrays, eagle rays and occasional dolphin. While pausing for photos at the nearby salt pans, you will likely spot flamingoes feasting on algae, crustaceans and small fish, which make up the majority of their diet.

- Observe the abundant sea life while snorkeling off two beaches along the western shore.
- Look for brightly colored fish, graceful sea turtles and various species of rays.
- Watch flamingoes feasting in the shallow waters of the salt pans.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour requires a moderate amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested. Slight currents can occur, could be windy and sometimes there are waves. Beach can be rocky (dead coral) which can make entering the sea a bit more difficult. Transfers can either be in open beach bus or air-conditioned coach, based on availability. Shower, beach chair and drink included in stop at Cas Abao Beach, no facilities at Playa Grandi.

CUR-011 DUTCH-CARIBBEAN WINE & CHEESE TASTING

Duration: 3.00 Hrs Tour Price: CA\$130.00

Date: January 22, 2022 02:00 PM, 02:00 PM

Enjoy a selection of wine and cocktails thoughtfully paired with Dutch cheeses in the historic section of Willemstad, a UNESCO World Heritage site acclaimed for its colonial architecture and European-style layout. The guide will point out landmarks along the way and elaborate on their historical significance. At the first venue, you will be served three wines, each with its own characteristics. The wines will be chosen to complement the selection of hors d'oeuvres, which will likely include well-known favorites such as Edam and Gouda. You may also taste Geitenkaas, a Dutch cheese typically made with skimmed milk from goats, and Maasdammer, a creamy cheese made from cow's milk. The latter has holes much like Swiss cheese. At the second historical venue, you will sample a favorite local cocktail rather than wine. You can expect to be served a different selection of cheeses, as well, which will enhance your appreciation for Dutch-influenced products.

- Enjoy an enlightening tour through Willemstad, a UNESCO World Heritage site.
- Sample wines and a cocktail paired with hors d'oeuvres, such as Dutch cheeses.
- Discover a bit about the historical venues that have been chosen for the tastings.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not recommended for guests with walking difficulties or wheelchairs. As the stops are all at historical venues with stairs, it is not very accessible. Venues subject to change. Participants must be at least 21 years of age to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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❖ ORANJESTAD, ARUBA

AUA-002 SCENES OF ARUBA

Duration: 3.50 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$195.00

Date: January 23, 2022 08:30 AM

Take in the highlights of Aruba, ranging from manmade landmarks to attractions that the force of nature has shaped. A brief but panoramic drive along resort-rimmed Eagle Beach will bring you to the California Lighthouse. The island's oldest lighthouse, it offers unparalleled 360-degree vistas of Aruba's northwestern tip. The lighthouse isn't named for the state of California, but rather for a British ship that sank off Aruba in 1891, before a lighthouse was built here. Alto Vista Chapel is another architectural highlight, as it marks the spot where Spanish missionaries are said to have converted the island's indigenous people into Christians in 1560. Continuing on to Baby Natural Bridge, you will view the remains of a coral bridge that spanned a finger of the sea until the relentless pounding surf caused it to collapse in 2005. The bridge demonstrates the unpredictable force of nature, as do the Casibari Rock formations, a cluster of massive boulders that were created when nearby tectonic plates shifted.

- Visit the island's oldest lighthouse, a soaring beacon that offers stunning vistas.
- See a historical seaside chapel built on the site of the first Catholic church in Aruba.
- Behold the remains of a natural coral bridge that the erosive force of nature leveled.
- Marvel at the oddly shaped rock formations that shifting tectonic plates created.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves limited walking, mainly at the guests' discretion. The tour has limited wheelchair availability and wheelchair guests must have a collapsible wheelchair, be able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Some venues charge to use the restrooms. Filming or photographing while at Alto Vista Chapel is prohibited.

AUA-005 ARUBA SIGHTSEEING & OSTRICH FARM

Duration: 4.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$130.00

Date: January 23, 2022 08:30 AM

Gain an appreciation for Aruba's remarkable diversity by visiting some of the island's traditional attractions and more unusual ones such as an ostrich farm. As far as manmade sites, few are more striking than the soaring California Lighthouse. Aruba's oldest lighthouse, the beacon is named to honor a ship that sank here in 1891, before the island constructed its first lighthouse. Continuing on, the terrain will become much more arid, an ideal landscape for cacti, Aruba's signature divi-divi trees, iguanas and wild goats. The jumble of massive boulders known as the Casibari Rock formations rise out of this desert-like environment and are well worth closer inspection. Ostriches also thrive here, as you will discover at a farm that breeds these flightless birds, which are the world's largest. Finally, you will pause for photos of the Baby Natural Bridge, a coral rock formation that spanned a finger of the sea until it collapsed in 2005.

- Visit the island's oldest lighthouse, a soaring beacon that offers stunning vistas.
- Travel through a desert-like landscape full of divi-divi trees shaped by tradewinds.
- Visit a farm that breeds ostriches and emus.
- Marvel at the oddly shaped Casibari Rock formations that shifting tectonic plates created.
- Behold the remains of a natural coral bridge that the erosive force of nature leveled.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves limited walking, mainly at the guests' discretion. The tour has limited wheelchair availability and wheelchair guests must have a collapsible wheelchair, be able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Feeding the ostriches is permitted, but please use caution when doing so. Remove jewelry and sunglasses before feeding the birds. Some venues charge to use the restrooms.

AUA-011 SEE & SEA ISLAND DISCOVERY

Duration: 4.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$169.00

Date: January 23, 2022 08:30 AM

Behold the wonders underwater in an air-conditioned semi-submarine and then see some of Aruba's most alluring landmarks by driving around the picturesque island. A short ferry ride will bring you to the semi-submarine, which allows you to sit five feet below the waterline. That way, you can view the colorful marine life swimming about the coral reefs without getting wet. You will also pass the Antilla, a German ship that was scuttled shortly after Germany invaded the Netherlands in 1940. Back on shore, you will take in the spectacular scenery from the California Lighthouse and see natural wonders such as the Baby Natural Bridge and the Casibari Rock formations, which shifting tectonic plates created long ago. You will also pass the ruins of a 19th-century gold smelter on the island's rugged northern coast. It was built shortly after gold was discovered on Aruba in 1824.

- View the wonders underwater through the windows of a semi-submarine.
- Stay completely dry while observing marine life and a ship sunk during World War II.
- Drive around Aruba, taking in landmarks such as the California Lighthouse.
- See natural wonders ashore, including the oddly shaped formations at Casibari Rock.
- Learn how gold was extracted from ore at the ruins of a 19th-century gold smelter.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with rubber soles.

This tour includes limited walking, mainly at the guests' discretion during the stops and afterwards in town. It is not available to wheelchair guests and those with mobility concerns should evaluate their personal level of stamina and ability before joining the tour, as participants must be able to make their own way into and out of the ferry vessel. There is also an 11-step steep ladder to negotiate to enter and exit the submarine. The minimum height requirement to participate is 36 inches. Children must be at least 4 years of age and accompanied by an adult parent or guardian. The ferry vessel and submarine may not be exclusive to cruise line guests.



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AUA-012 ARUBA'S NATURAL WONDERS

Duration: 3.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 23, 2022 08:45 AM

Discover the natural side of Aruba at attractions that highlight the island's beautiful flora and fauna. You will first set off for The Butterfly Farm, a tropical garden teeming with colorful butterflies. Besides viewing the beautiful creatures as they flit about, you will learn all sorts of fascinating facts about butterflies, including how they use camouflage to protect themselves from predators. Continuing on, you will pass some of the island's iconic divi-divi trees, which act as natural compasses, as the constant trade winds force them to grow southwest. Later, you will visit the Aruba Aloe Museum and Factory and discover how the succulent aloe has been grown on the island since 1890 and is now processed for cosmetics. You will also see the ruins of the Baby Natural Bridge, a coral arch that spanned a finger of the sea until it collapsed in 2005.

- Watch a variety of colorful butterflies flitting about a tropical garden.
- See Aruba's iconic divi-divi trees, a species only found in Aruba, Bonaire and Curaçao.
- Browse the Aruba Aloe Museum and Factory and learn the benefits of the succulent plant.
- View the remains of a natural coral arch that collapsed from the pounding surf.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 90 minutes of walking. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their personal level of stamina and ability before joining the tour.

AUA-006 ARUBA SAILING & SNORKELING

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 23, 2022 09:00 AM

Take off on a snorkeling cruise that gives you the chance to marvel at the beauty of Aruba's coastline and the wonders of Aruba's underwater world. After sailing along the island's western shore, you will stop at Boca Catalina, a sugar-white beach with a spectacular reef not far from shore. It is an excellent spot for snorkeling, as the water is typically crystal-clear and only about 15 feet deep. You can expect to observe a variety of colorful tropical fish, including blue parrotfish, which usually gather here in huge numbers. You will next snorkel the wreck of the Antilla, a German ship that was scuttled here shortly after Germany invaded the Netherlands in 1940. The 400-foot ship is lying on its side and over the decades has become a spectacular artificial reef teeming with marine life.

- Cruise through the turquoise waters of Aruba to two snorkeling sites.
- Snorkel a coral reef teeming with colorful marine life off Boca Catalina.
- Observe the diverse marine life as you snorkel over a ship that sank here in 1940.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour requires a moderate amount of activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a medical waiver. The minimum age to participate is 12 and children under 18 must be accompanied by an adult parent or guardian. The order of sites visited may vary and other snorkeling spots may be substituted depending on the sea conditions.

AUA-007 ARUBA DISCOVER SCUBA DIVING

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 23, 2022 09:00 AM

Scuba dive a shallow wreck on Aruba's western shore, a site that is typically teeming with marine life. You don't have to be a certified diver to explore the underwater wonders because participants will first take an introductory Discover Scuba® Diving session in a swimming pool. During class, you will learn the basics of diving and the equipment so you can comfortably descend to a depth of 25 feet or so under the watchful eye of an instructor. You will spend about a half hour exploring the site of the SS Pedernales, an oil tanker that the Germans torpedoed in World War II. Not only is the ship interesting, but also the abundant marine life that typically darts in and out of the wreckage, such as sergeant majors and parrotfish. You might also spot an octopus or two before surfacing.

- Take a hands-on class in a swimming pool that will prepare even novices to scuba dive.
- Dive the wreck of a tanker sunk in World War II that rests in about 25 feet of water.
- Know that a dive instructor will be with you at all times.
- Behold the parade of colorful fish that gather around the shallow wreck.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour requires a significant amount of activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to fill out a confidential medical questionnaire and sign a medical waiver. A physician's release may be required. The maximum weight allowance is 350 pounds. The minimum age to participate is 12 years of age. Children under 18 must be accompanied by an adult parent or guardian.



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AUA-008 ARUBA TWO-TANK CERTIFIED DIVE**Duration: 4.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$169.00****Date: January 23, 2022 09:00 AM**

Dive two separate ships sunk during World War II that have become artificial reefs inhabited by countless tropical fish. As you will be underwater about 40 minutes at each site, divers must be certified. The first site will be the Antilla, a German ship that was scuttled shortly after Germany invaded the Netherlands in 1940. The captain sunk the newly new ship on purpose rather than surrendering it to the Dutch marines on Aruba. The 400-foot ship is lying on its side in about 60 feet of water and is teeming with marine life. The wreck of the SS Pedernalis is the second dive site, and it is equally spectacular. The Germans torpedoed the oil tanker in World War II, but much of it is still intact at a depth of about 25 feet. You will be able to see sections of cabins and the pipe line system, all of it home to a plethora of marine creatures.

- Dive two ships sunk in World War II.
- Learn the circumstances of how the ships sunk.
- Spend about 40 minutes underwater at each dive site.
- Behold the tropical marine life at the ships, which are thriving artificial reefs.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour involves significant activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to fill out a confidential medical questionnaire and sign a medical waiver. A physician's release may be required. Divers must present a certification card. The maximum weight allowance is 350 pounds. The minimum age to participate is 12 years of age. Children under 18 must be accompanied by an adult parent or guardian.

AUA-003 SEA TREK AT DE PALM ISLAND**Duration: 4.50 Hrs Tour Price: CA\$0.00****Retail Price: CA\$195.00****Date: January 23, 2022 10:00 AM**

Walk along the ocean floor wearing a helmet with its own air supply that allows you to experience the wonders underwater as if you were diving. The specially designed Sea Trek helmet keeps your face and head dry, so you can see clearly as you walk along at depths up to 25 feet below the surface. No experience is necessary. In fact, you don't even need to know how to swim to enjoy the sights that lie just offshore De Palm Island. You can expect to see countless brightly colored fish such as peacock flounders, yellowtail snapper and rainbow parrotfish. There is even a sunken airplane and an underwater café, where you can sit for a picture. Back on the island, you will enjoy the serenity of the beach and a buffet lunch that features an abundance of fresh tropical dishes and fruits.

- Take a scenic ferry ride across Spanish Lagoon to a private island.
- Wear a special helmet that allows you to walk on the ocean floor at depths up to 25 feet.
- Breathe easily, as oxygen is supplied directly to the helmet through a tube from the boat.
- Watch the ever-changing spectacle of marine life swimming by.
- Relax on the beach and savor a buffet lunch after your Sea Trek adventure.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour involves moderate activity and participants should be in good physical condition. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a medical waiver. The minimum age to participate is 8 years of age and children under 18 must be accompanied by an adult parent or guardian. Lockers are available for rent. For safety, using personal underwater cameras is not permitted.

AUA-004 DE PALM ISLAND SNORKELING**Duration: 4.50 Hrs Tour Price: CA\$0.00****Retail Price: CA\$130.00****Date: January 23, 2022 10:00 AM**

Enjoy a leisurely day on exclusive De Palm Island, where snorkeling in the crystal-clear waters is only one of the pleasures. A short but scenic ferry ride across Spanish Lagoon will take you to De Palm Island, a tropical paradise known for its serene pocket beaches, exciting waterpark and extraordinary snorkeling. After an orientation that will prepare you for the wonders that lie just below the water's surface, you will begin snorkeling in waist-high water or deeper, if you choose. While there is no telling what marine life will come into view, chances are, you will see blue parrotfish, as they are abundant in these waters. When you are finished snorkeling, the rest of the island will be yours to explore. You might zip down the slides in the waterpark, settle into a comfortable lounge chair, bask in the sun and dine on tropical cuisine at the complimentary buffet.

- Take a scenic ferry ride across Spanish Lagoon to a private island.
- Snorkel the island's crystalline waters that are teeming with tropical fish.
- Enjoy the island's other amenities, including a waterpark, zipline and watersports.
- Savor the tropical cuisine at the complimentary lunch buffet.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

This tour involves moderate activity and participants should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a medical waiver. The minimum age to participate is 8 years of age and children under 18 must be accompanied by an adult parent or guardian. Lockers are available for rent.



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AUA-009 SNUBA AT DEPALM ISLAND

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00



Date: January 23, 2022 10:00 AM

Behold the colorful underwater world off De Palm Island by learning to SNUBA, a cross between snorkeling and scuba diving. SNUBA has all sorts of advantages because you won't be burdened with a cumbersome air tank and dive certification isn't necessary. Simply put on a mask, ease into the water and start breathing through a regulator connected to an air supply on the surface that follows wherever you go. SNUBA allows you to stay underwater for an extended time, so you can really observe the spectacular marine life up close. Following the SNUBA adventure, you will enjoy bountiful amenities ashore such as a complimentary lunch. De Palm Island offers plenty of other attractions, as well, including a waterpark, pristine stretches of sand and a zip line, if you are feeling particularly ambitious.

- SNUBA just off the coast of De Palm Island.
- Explore to a depth of 20 feet while breathing through an air tube connected to the surface.
- Marvel at the bountiful marine life that includes colorful fish and sea turtles.
- Enjoy the amenities of De Palm Island following the SNUBA adventure.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes or aqua socks.
- Bring a swimsuit, towel and change of clothes.

After finishing with SNUBA you can use the activities on De palm Island or just relax on your complimentary beach chair or enjoy the lunch buffet.

AUA-010 ATLANTIS SUBMARINE ADVENTURE

Duration: 1.75 Hrs Tour Price: CA\$130.00

Retail Price: CA\$326.00

Date: January 23, 2022 10:00 AM

Experience the spectacular underwater world off Aruba from the comfort of an Atlantis submarine capable of descending to a depth of 120 feet. After settling into the vessel, which is one of a fleet of the world's largest passenger submarines, you will begin the descent in air-conditioned comfort. The deeper the submarine ventures, the more marine life you can expect to view through the large porthole windows. Chances are, you will observe brilliant blue parrotfish, a striped species of damselfish known as sergeant majors and graceful sea turtles. You might also catch sight of several manmade objects that have become artificial reefs such as a sunken airplane and the remains of a shipwreck. The submarine presents you with views rarely seen except by deep diving.

- Explore the ocean depths in air-conditioned comfort.
- View the ever-changing scenery through the submarine's large porthole windows.
- See a variety of marine life and a sunken ship and airplane.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with rubber soles.

This tour includes limited walking. It is not available to wheelchair guests and those with mobility concerns should evaluate their personal level of stamina and ability before joining the tour, as participants must be able to make their own way into and out of the ferry vessel. There is also an 11-step steep ladder to negotiate to enter and exit the submarine. To experience color changes at various depths, guests may choose to wear clothes with red or fluorescent colors. The minimum height requirement to participate in the tour is 36 inches and children must be at least 4 years of age and accompanied by an adult parent or guardian. The ferry vessel and submarine may not be exclusive to cruise line guests.



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❖ SANTA MARTA, COLOMBIA

SN2-002 QUEBRADA VALENCIA ECOLOGICAL EXPEDITION

Duration: 4.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$117.00

Date: January 24, 2022 10:30 AM

Marvel at the biodiversity within Sierra Nevada de Santa Marta National Park as you walk approximately 30 minutes through the forest to the spectacular Quebrada Valencia waterfalls. The park covers a massive piece of land containing part of the world's highest coastal mountain range and its ecosystem and cultural content is so revered that UNESCO declared it a Biosphere Reserve of Man and Humanity. Upon arriving at the park, you will walk through the forest and over rocky terrain to an area still inhabited by several indigenous Indian tribes. Wildlife abounds, including Sierra parrots, tapirs and Paramo deer. Emerging from the dense forest, the gently cascading waterfalls from the Quebrada Valencia River form a series of small, crystal-clear pools. The tropical setting couldn't be lovelier or more serene. You will enjoy quite some time here to relax, wander about as you please and maybe take a dip in the refreshing waters.

- Hike through a pristine forest in a spectacular national park.
- Look for wildlife such as parrots, tapirs and deer.
- Pass under towering wax palms and ceiba de leche trees.
- Emerge at a gently cascading waterfall, where you may relax or take a dip.
- Dress in weather-appropriate clothing.
- Wear a swimsuit with a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

This tour includes about an hour of moderate to strenuous walking, plus additional at the guests' discretion while at the waterfalls. There will be uneven and natural terrain to negotiate, as well as inclines and steps. Wet surfaces at the waterfalls could be slippery. If it has rained heavily, you must cross running water that can be knee-deep. The tour is not available to wheelchair guests or to those with mobility concerns. Participants should be in good physical condition.

Guests participating in water activities do so at their own risk and responsibility.

SN2-005 TAYRONACA INDIAN RESERVE

Duration: 5.25 Hrs **Tour Price: CA\$0.00**

Date: January 24, 2022 10:30 AM

Spend the day exploring the Taironaka Indian Reserve, taking in the natural environment, the biodiversity and learning about the Tairona culture. Departing from the pier, you'll commence a highly scenic 1 hour drive away from the city of Santa Marta through the "Troncal del Caribe". As you travel along this route, you'll see beautiful landscapes and contrasts produced by the area's diverse climate ranges. Upon arrival, access to Taironaka is done via a pleasant 20- minute walk along an ecological path, during which you will start to appreciate the flora and fauna of the region. However, the Taironaka, Ecological Tourism and Archeology site offers that and much more. Here, in this landscape nestled in the foothills of the Sierra Nevada of Santa Marta, you will have the opportunity of walking through what used to be the stone paved city of Tairona. You will see paths, aqueducts, stairs, terraces and much more. You may even see a piece of a Tairona vessel or remains of grinding stones whose wonderful rounded stones were created for a purpose that is still unknown. There were many items that this incredible culture manufactured during the hundreds of years that they dwelled on this mountain; and many of them remain. The Spaniards who came and assaulted the Taironas while looking for gold objects, took the gold, but they left the clay, the stone and what remains of the city today. Due to its climate and fertile soil, the area started off cultivating colorful tropical flowers that are sold to international markets and which can be observed everywhere within the reserve. Today, it has also become a sanctuary for the archeological treasures of the Tairona culture which are more than a thousand years old. The museum here showcases pieces of great value and also enlightens visitors on how the Taironas lived and how they were remarkable goldsmiths, craftsmen, sailors and warriors. Following the guided portion of your tour, you are free to explore further on your own, or perhaps take a swim in the river. There is a restaurant at the Reserve where guests may purchase lunch. After approximately 2 hours, you'll walk with your guide back to your minibus and travel back to the ship.

- Visit an archaeological site where indigenous Kogi people lived in pre-Columbian times.
- Gain further insight into the culture by browsing a museum and replica Kogi home.
- Appreciate the Kogi's reverence for the natural world and how it impacts their culture.
- Dress in weather-appropriate clothing.
- Wear comfortable walking shoes.

This tour includes approximately 2 1/2 hours of easy to moderate walking that includes some steps and uneven and natural surfaces. The tour is not available to wheelchair guests or those with mobility concerns. The local operator has imposed a maximum age limit of 60 years of age. Light weight clothing; a swimsuit and towel for those who wish to swim; sun cap; sunglasses; sunscreen; insect repellent; and flat, comfortable walking shoes with a non-slip sole are recommended. Those who take part in any water activities do so at their own risk and responsibility.

SN2-006 RESORT BEACH DAY, SCENIC DRIVE & LUNCH

Duration: 6.25 Hrs **Tour Price: CA\$130.00**

Date: January 24, 2022 10:30 AM

Spend the day relaxing at an oceanfront resort in the shadow of Sierra Nevada de Santa Marta, the world's highest coastal mountain range. As you follow a scenic route by the towering mountains, you will soon understand why UNESCO chose to protect this idyllic landscape together with neighboring Tayrona National Park by deeming them a Biosphere Reserve. The garden-dotted, oceanfront resort is wonderfully magnificent as well, and you will have plenty of time to enjoy its private beach however you please. You might stretch out on the sand and bask in the sun, take a refreshing swim in the sea and stroll along the shore without a care in the world. There is also an abundance of shade if you prefer a setting of that nature. The included buffet-style lunch will feature a variety of traditional Colombian dishes that reflect the local cuisine.

- Spend hours enjoying the amenities of a premier beachfront resort as you please.
- Bask in the sun, relax in the shade and swim in the sea, if you wish.
- Revel in the resort's garden setting and the natural beauty of the surrounding mountains.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is primarily at the guests' discretion during free time at the resort. There will be sandy and uneven surfaces at the beach. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Casual clothing to include a swimsuit and change of clothes; sun cap; sunglasses; sunscreen; a towel from the ship; and flat, comfortable walking shoes are recommended.



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SN2-001 HIGHLIGHTS OF SANTA MARTA

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00



Date: January 24, 2022 10:45 AM

Explore the landmarks of Colombia's oldest city, delving into its storied history and alluring culture, which have helped fuel the rebirth of Santa Marta. Founded in 1525 at the foot of the world's highest coastal mountain range, Santa Marta is considered to be the oldest, still-inhabited city in Colombia. When the Spanish arrived, the indigenous people were skilled goldsmiths, and you will see the kinds of objects they made in the Gold Museum. You will also explore Santa Marta's magnificent whitewashed cathedral. Simon Bolivar was buried here until 1839 when his remains were moved to Caracas, his birthplace. You will discover more about the Great Liberator at Quinta de San Pedro Alejandrino, where Bolivar died. Now a museum, the butterscotch-yellow hacienda beautifully displays many of his personal objects and a large statue of the revered Bolivar lords over the grounds. To delve deeper into the local culture, you will watch a folkloric performance at the Santa Mar Resort.

- Explore Santa Marta, Colombia's oldest, continually inhabited city.
- See fabulously crafted, ancient gold items that indigenous people made.
- View the city's cathedral, where Simon Bolivar was once buried.
- Browse a museum dedicated to Simon Bolivar.
- Watch a folkloric performance at a nearby resort.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 1½ hours of easy to moderate walking and standing. It is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should only to participate to the extent of their stamina and ability and may make arrangements with the guide not to participate in some of the walks. The order of the sites viewed or visited may vary. If the Town Hall Museum is not available, the Sacred Art Museum will be substituted.



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❖ CARTAGENA, COLOMBIA

CTG-002 CARTAGENA & NAVY MUSEUM

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 25, 2022 08:30 AM

Visit a centuries-old monastery atop the highest point in Cartagena and a museum with a collection of remarkable pre-Columbian gold artifacts. From a distance, the hill that La Popa monastery perches on resembles the stern of a galleon. Upon closer inspection, you will find that monks still live in the 17th-century monastery, which is rather modest other than its ornate gold-foil altar. You will pause atop another hill for photos of San Felipe Castle, the largest Spanish fortress in the New World, before descending into the Old City. Highlights here include viewing the encased remains of Saint Peter Claver in his namesake church and stopping in leafy Bolivar Plaza. A regal statue of Simon Bolivar on horseback overlooks the plaza and the Gold Museum, where you will browse exhibits of pre-Columbian gold jewelry and distinctive ceramics. You may also discover how the ancient Zenú people build a sophisticated system of channels to control flooding and irrigate crops.

- Take in the panorama from the monastery atop Cartagena's highest hill.
- Reflect in the serenity as the monks go about their daily lives.
- Snap photos of the "super fortress" built to defend Cartagena in the 17th century.
- Browse a museum displaying extraordinary pre-Columbian gold jewelry and ceramics.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

La Popa Monastery is closed for tourism activities or visitors and has been replaced by the Inquisition Palace/Historic Museum of Cartagena. The Gold Museum is closed for tourism activities or visitors and has been replaced by the Navy Museum with a folkloric show.

CTG-006 CARTAGENA AND THE PALACE OF INQUISITION

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 25, 2022 08:30 AM

Your tour starts with a drive to the San Felipe Fortress for a photo stop, the largest Spanish fort in the New World. This fortress defended the city from several attacks, and withstood a bloody assault from British Admiral Vernon. From here, you will continue on to the Old City, which offers lovely views of the ocean. Walk to the Historic Museum of Cartagena for an inside visit. Enjoy an inside visit of the Navy Museum with a Folkloric Show following with a walking tour around Old City's narrow streets and squares. An inside visit will be made to the Saint Peter Claver Church and Cloister, built in homage to the protector of slaves. You will view the remains of Saint Peter Claver, which are encased upon the High Altar. A brief stop will then be made under the huge trees in the cloister's courtyard to see the well used by Saint Peter Claver to baptize tens of thousands of black slaves. Following your visit, walk back to your coach for the return drive to the pier.

- Snap photos of the "super fortress" built to defend Cartagena in the 17th century.
- Browse instruments of torture used during the Spanish Inquisition.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

La Popa Monastery is closed for tourism activities or visitors and has been replaced by the Inquisition Palace/Historic Museum of Cartagena. The Gold Museum is closed for tourism activities or visitors and has been replaced by the Navy Museum with a folkloric show.

CTG-001 CARTAGENA SHOPPING AND HISTORICAL HIGHLIGHTS

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 25, 2022 08:45 AM

See the massive fortress and stone walls built in the 17th century to defend Cartagena from pirate attacks and then enjoy a leisurely jaunt shopping. Your exploration begins with a photo stop at San Felipe Castle, a sprawling often-expanded fortress that took 208 years to complete. Its walls are miles long and feature additional fortifications at every point and narrow stretch. You will see the walls from a different perspective when standing in Pierino Gallo Plaza near the beautiful waterfront. Your shopping spree will begin here and then continue in Las Bovedas, a former military barracks, prison and collection of dungeons that have been converted into a shopping arcade. Antiques and handicrafts are among the most sought-after items. You will also have time to visit the Hotel Santa Clara, which was a nunnery in a former life.

- Snap photos of the "super fortress" built to defend Cartagena in the 17th century.
- Gain a historical understanding of the fortress and its miles of stone walls.
- Browse the shops in lovely Pierino Gallo Plaza and in Las Bovedas, a former dungeon.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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CTG-005 CARTAGENA FORTRESS AND OLD CITY

Duration: 3.25 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 25, 2022 08:45 AM

Explore Cartagena's architectural beauty and intriguing history through landmarks that played key roles in its founding. Your first stop will be San Felipe Castle, a sprawling fortress that took 208 years to complete because it was repeatedly expanded. Miles of defensive walls surround the fortress, whose construction was begun following Sir Francis Drake's devastating attack on Cartagena. Later, at the Saint Peter Claver Church and Cloister, you will see the well where Claver baptized tens of thousands of slaves. His remains are encased under the church's high altar. You will also have the opportunity to meander through a plaza that pays homage to the revered Simon Bolivar and the nearby Inquisition Palace, where prisoners were held and tortured until the Spanish Inquisition ended in 1834. There will still be time to shop for jewelry, leather goods and handicrafts at the boutiques around the more modern Pierino Gallo Plaza.

- Explore the massive fortress built to protect Cartagena after Sir Francis Drake's attack.
- See the well where sainted priest Peter Claver baptized tens of thousands of slaves.
- Peruse the interior of the Saint Peter Claver Church, where the priest's remains lie.
- Meander about the beautiful plaza dedicated to Simon Bolivar, who liberated Colombia.
- Shop for exquisite emeralds, jewelry and handicrafts at Pierino Gallo Plaza.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



CTG-003 OLD CARTAGENA WALKING TOUR

Duration: 3.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 25, 2022 09:00 AM

Stroll through Cartagena's atmospheric Old City, admiring the colonial architecture as you follow a route from one historical plaza to another. This enlightening tour begins with a photo stop at hilltop San Felipe Castle, the largest Spanish fortress in the New World, which will afford you a panoramic view of the city's oldest quarter. Once you descend into the walled downtown, you will walk through a series of plazas that commemorate key events. Simon Bolivar is honored for liberating Latin America from Spanish rule in his namesake square, and Santa Domingo Square is named for the city's oldest church, which has dominated it since 1539. Triangular-shaped Coches Square marks an inglorious period in Cartagena's history, as it once served as a slave market. As you walk along, the guide will explain the significance of the plazas, giving you great insight into Cartagena's history.

- Admire Cartagena from a hilltop fortress that offers a wonderful panoramic view.
- Meander through the walled oldest section of Cartagena.
- Walk from plaza to plaza while discovering the significance of each one.
- See landmarks ranging from the city's oldest church to a statue of Simon Bolivar.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves a substantial amount of walking and is only recommended for guests in good physical condition. Pregnant women, guests with back or neck problems, guests with respiratory conditions, those with limited mobility and guests who utilize a wheelchair will not be permitted to participate.

CTG-007 SCENES OF CARTAGENA

Duration: 2.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$104.00

Date: January 25, 2022 09:15 AM

Enjoy a leisurely driving tour through Cartagena, taking in landmarks that will provide a wonderful overview of this romantic, walled city. After driving through the affluent Manga neighborhood, you will pause for photos at San Felipe Castle, an impregnable fortress built in the mid-1600s. Evidence of other defensive measures that protected the city from pirates still remains, including thick walls studded with cannons. As you drive along the meandering streets, the guide will point out the wonderful mix of Spanish-style and colonial architecture. There is the lovely Adolfo Mejia Theater, which was built in 1911 to celebrate 100 years of Colombian independence, the landmark clock tower at the former entrance to Cartagena, and the glorious Old City filled with churches, monasteries and palaces. You will also see the more modern side of Cartagena in districts such as Bocagrande and Castillo Grande, where you will pause for photos. This area is known for its exquisite shops and restaurants.

- Admire the spectacular vistas from San Felipe Castle, a sprawling 17th-century fortress.
- See the thick fortified walls built to protect Cartagena from pirates.
- Pass landmark churches and palaces while the guide describes them.
- Discover the more modern areas of Cartagena, where you might shop later.
- Pass through Getsemani, the neighborhood where former slaves eventually settled.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is optional at the photo stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate casual clothing; sunglasses; and flat, comfortable walking shoes are recommended.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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❖ LA ROMANA, DOMINICAN REPUBLIC

LAR-001 ALTOS DE CHAVON

Duration: 3.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$91.00

Date: January 27, 2022 09:30 AM, 01:00 PM

Walk the narrow cobblestone streets and browse the shops of Altos de Chavon, a cultural center made to look like a 16th-century Mediterranean village. Although construction started in 1976, the artists' village appears to be centuries older, a tribute to the Dominican architect and Italian cinematographer that designed it. Altos de Chavon perches atop a plateau overlooking the Chavón River and offers a wonderful setting for your exploration. While meandering about, you will see St. Stanislaus Church, named for Poland's patron saint in honor of Pope John Paul II, who visited the Dominican Republic in 1979. The replica Roman-style outdoor amphitheater with seating for 5,000 is another architectural highlight. Stars such as Elton John, Andrea Bocelli and Plácido Domingo have performed there. Still, not everything is a reproduction in Altos de Chavon. Inside the Regional Museum of Archaeology, you will see an amazing collection of authentic pre-Columbian artifacts.

- Meander the narrow atmospheric streets of a replica 16th-century Mediterranean village.
- Hear how Dominican artisans hand-built Altos de Chavon using local materials.
- See the Roman-style amphitheater where stars from Frank Sinatra to Sting have performed.
- Spend time shopping on your own after the guided tour.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately one hour of moderate walking, plus any additional walking at the guests' discretion during free time. There are cobblestone streets to negotiate in Altos de Chavón. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour, as guests should be able to walk without assistance. The order of the sites viewed or visited may vary.

LAR-002 ALTOS DE CHAVON & CIGAR FACTORY

Duration: 4.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$104.00

Date: January 27, 2022 09:30 AM, 01:00 PM

Watch master artisans make premium Dominican cigars at the world's largest hand-rolled cigar factory and then visit an artists' village where even more creativity is on display. At the La Flor Dominicana cigar factory, you will watch each fascinating step of the cigar making, including the blending and rolling of the tobacco leaves to ensure superior products. You will have time to purchase some of the brand-name cigars before heading to Altos de Chavon, a cultural center that is a replica of a 16th-century Mediterranean village. Highlights here include St. Stanislaus Church and a Roman-style outdoor amphitheater that seats 5,000. However, not everything is an inspired re-creation. Inside the Regional Museum of Archaeology, you'll find thousands of pre-Columbian artifacts from indigenous tribes. Altos de Chavon sits atop a plateau overlooking the Chavon River, and the views from this elevated perch are outstanding.

- Watch artisans hand-make premium-quality Dominican cigars.
- Purchase freshly made cigars at the factory gift shop.
- Meander the narrow atmospheric streets of a replica 16th-century Mediterranean village.
- Hear how Dominican artisans hand-built Altos de Chavon using local materials.
- See the Roman-style amphitheater where stars from Frank Sinatra to Sting have performed.
- Spend time shopping on your own after the guided tour.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately two hours of moderate walking, plus any additional walking at the guests' discretion during free time. There are cobblestone streets to negotiate in Altos de Chavón. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour, as guests should be able to walk without assistance. The order of the sites viewed or visited may vary.

LAR-005 CANOPY ADVENTURE

Duration: 3.75 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$182.00

Date: January 27, 2022 09:30 AM, 12:30 PM

Release your inner adventurer on this exhilarating tour through a forest canopy, zipping from platform to platform along a circuit of double cables in the treetops. Upon arriving at Canopy Cumayasa, you will receive a detailed orientation on how best to zip along the cables while seated for ease and comfort. You will then don a safety harness and take off through the treetops. You will zip from station to station, traveling above the forest floor for more than a half-mile. There are 13 platforms in all, so you will have plenty of opportunities to stop and take in the sprawling wilderness. The canopy platforms were designed to be minimally intrusive and in many cases mold around the contours of the trees for stability and a more natural appearance. Along the way, you will glimpse the winding Cumayasa River below. At the last platform, you will be served fresh fruit and a cool beverage.

- Race through the treetop canopy while securely seated on a double-cable zip line.
- Zip from elevated platform to platform high above the forest floor.
- Admire the spectacular views as you descend toward the meandering Cumayasa River.
- Share your experience with the other zip liners while snacking at the last platform.
- Dress in weather-appropriate clothing.
- Wear closed-toe walking shoes with non-slip soles.

There is limited walking on this tour, but guests should be in good physical condition. The tour is not available to wheelchair guests, pregnant women or those with mobility concerns, back or neck problems or heart conditions. It is also not considered suitable for those who suffer from a fear of heights. Participants must wear a securely fastened harness and helmet and sign a liability waiver. Participants must be between the ages of 5 and 80. Children under the age of 18 years must be accompanied by an adult parent or legal guardian. Smoking, eating and cameras are not permitted on the zip line. Cameras will be safely secured and then returned once you have completed the zip line.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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LAR-007 CHAVON RIVER CRUISE

Duration: 3.50 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$143.00

Date: January 27, 2022 09:30 AM, 12:30 PM

Tour a hilltop cultural center built to look like a 16th-century Mediterranean village and then cruise the meandering Chavón River on a paddlewheel boat. Although Altos de Chavón appears to be centuries old, it wasn't developed until the late 1970s. Highlights in the artists' village include the beautiful St. Stanislaus Church and a 5,000-seat Roman-style outdoor amphitheater where entertainers such as Elton John and Andrea Bocelli have performed. During free time, you might browse the village shops and art galleries and gaze down at the Chavon River, which you will soon cruise. Dense jungle surrounds the beach-dotted river, making for a landscape so dramatic that it has been the location for movies such as "Apocalypse Now" and "Rambo." From the paddlewheel boat, you will enjoy a bird's-eye view of the tropical setting, which is home to an abundance of wildlife.

- Meander the narrow atmospheric streets of a replica 16th-century Mediterranean village.
- Hear how Dominican artisans hand-built Altos de Chavon using local materials.
- See the Roman-style amphitheater where stars from Frank Sinatra to Sting have performed.
- Cruise the winding Chavon River in a paddlewheel boat.
- Look for tropical birds such as Vervain hummingbirds and Hispaniolan parakeets.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 30 minutes of moderate walking, plus any additional walking at the guests' discretion during free time. There are cobblestone streets to negotiate in Altos de Chavón. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour, as guests should be able to walk without assistance. The tour may be operated in reverse order.

LAR-008 4-WHEEL BUGGY ADVENTURE

Duration: 3.50 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$248.00

Date: January 27, 2022 09:30 AM, 12:30 PM

Zip through the lush Dominican countryside in an open, four-wheel buggy made specifically for exhilarating off-road adventure. Following a brief orientation on how to maximize the experience, you will drive off in a two-person all-terrain vehicle. As you ride through the rural landscape, you will see fields of sugarcane and pass remote villages known as bateyes, where you will observe traditional rural life. You can expect a thrilling, adrenaline-pumping ride the entire time, especially when your caravan of vehicles heads off the beaten path. Following the buggy ride, you will have the opportunity to cool down with a refreshing swim in the placid waters of the Cumayasa River. The densely forested surrounding area is so visually dramatic that it has been a movie location for numerous films, including "Rambo" and "Apocalypse Now."

- Drive through the beautiful Dominican countryside in an all-terrain vehicle.
- Expect a fun-filled high-energy experience the entire time.
- Pass through isolated villages and observe an authentic slice of rural life.
- Swim in the river so scenic that it has been used as a jungle location in movies.
- Dress in casual weather-appropriate clothing.
- Wear swimwear under your clothes and bring a towel.
- Wear comfortable closed-toe walking shoes.

While there is limited walking on this tour, guests should be in good physical condition. The tour is not available to wheelchair guests, pregnant women or those with mobility concerns, back or neck problems or heart conditions. The minimum age to participate is 16 years old. Children under the age of 18 years must be accompanied by an adult parent or legal guardian. Drivers must be at least 21 years old and present a valid driver's license. Buggies accommodate one driver and one passenger. If you want to ride alone, arrange it in advance at the Destination Services desk; a \$20 surcharge will apply.

LAR-012 THE DOMINICAN COUNTRYSIDE

Duration: 3.50 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: January 27, 2022 09:30 AM

Discover the joys of traditional Dominican life by touring the local sugarcane fields, a nursery of indigenous plants and a cigar factory. You will travel to all of these venues in an open-air safari vehicle designed for optimal viewing. Upon arriving at a company-owned town known as a "batey," you will see the sugar workers' residences and how the crop is harvested and processed. You will also be offered freshly cut sugarcane to taste. A bit farther into the rainforest, you will enjoy a leisurely walk through a nursery that grows ornamental plants, palms and orchids. The La Flor Dominicana cigar factory will be the last stop. During your behind-the-scenes tour, you will see how the premium cigars are hand-rolled and aged to ensure the absolute highest quality. You will also have the opportunity to purchase the brand-name cigars, which come in a wide range of unique flavors.

- Drive through the gorgeous countryside in an open-air safari-style vehicle.
- Gain an understanding of how sugarcane is processed and taste freshly cut cane.
- Stroll through a fragrant nursery full of indigenous tropical plants.
- Watch how famed Dominican cigars are hand-rolled and aged at a factory.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately one hour of moderate walking, plus any additional walking at the guests' discretion during free time. Portions of the tour are over rough, bumpy roads. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour, as guests should be able to walk unassisted and manage the 3 steps to enter and exit the safari truck. The order of the sites viewed or visited may vary.



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Light Activity



Hiking



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Meal Included

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LAR-013 TAINO CAVES & SAN PEDRO

Duration: 4.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$130.00

Date: January 27, 2022 09:30 AM

See the gems of the southern Dominican Republic, including the Cave of Wonders, an esteemed cigar factory and a seaside town of Neoclassical and Victorian architecture. Boy Scouts discovered the cave by happenstance in 1926, and it soon gained fame for its beautifully preserved native Taino Indian wall paintings. Once inside the cave, you will marvel at these works of art and the geological wonders, which are lighted for dramatic effect. Afterwards, you will visit neighboring San Pedro de Macoris, a seaside town that enjoyed a sugar boom in the early 1900s. The resulting wealth is reflected through the fabulous Neoclassical and Victorian architecture. You will then tour the Macorix cigar factory and observe the highly skilled workers hand-roll some of the world's most sought-after premium cigars, including the Balmoral. It is a fascinating process that ensures a high-quality cigar that has become synonymous with the Dominican Republic.

- Behold the ancient Taino Indian wall paintings in the Cave of Wonders.
- Browse a visually stunning town that often doubles in movies as Havana in its heyday.
- Watch premium cigars being hand-rolled at the esteemed Macorix cigar factory.
- Shop for jewelry made with amber and larimar stones upon returning to La Romana.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1½ hours of moderate walking, plus any additional walking at the guests' discretion during free time. The tour is not available to wheelchair guests and those with mobility concerns should carefully evaluate their stamina and ability before joining the tour, as guests should be able to walk without assistance and negotiate the steps inside the cave. Cameras and video equipment are not allowed in the cave. The order of the sites viewed or visited may vary.

LAR-014 SANTO DOMINGO EXPRESS

Duration: 6.00 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$130.00

Date: January 27, 2022 09:30 AM

Discover the charms of Santo Domingo, the capital of the Dominican Republic, on an enlightening walk through its beautiful Colonial Zone. Although a two-hour drive away, Santo Domingo is well worth the travel time, as it was founded in 1496 and is immensely historical. Your city tour will begin at the massive cross-shaped Columbus Lighthouse monument, built to commemorate the 500th anniversary of Christopher Columbus landing on Hispaniola. Upon entering the city's restored Colonial Zone, you will see the coral-stone residence of Columbus' son Diego on the bluffs of the Ozama River. Other highlights include a former Jesuit monastery that has been converted into the National Pantheon and the glorious Cathedral of Santa Maria. It was built in 1523 and served as Sir Francis Drake's headquarters when he captured the city later that century. You will also have free time in Santo Domingo for shopping and dining on your own.

- Explore the charming Colonial Zone where Santo Domingo was founded in 1496.
- Stand before the towering Christopher Columbus monument, a tribute to the explorer.
- Visit Diego Columbus' house, where he entertained Hernando Cortés and Ponce de León.
- See the eternal flame that honors the country's fallen heroes in the National Pantheon.
- Browse the shop and dine on your own during free time in Santo Domingo.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1½ hours of moderate walking, plus any additional walking at the guests' discretion during free time. Most streets in the Colonial Zone are cobblestone and there are uneven surfaces, steps and stairs to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. The order of the sites viewed or visited may vary.

LAR-015 SAONA ISLAND ESCAPE

Duration: 4.50 Hrs **Tour Price: CA\$0.00**

Retail Price: CA\$169.00

Date: January 27, 2022 09:30 AM

Take an exhilarating ride to Saona Island in a twin-engine speedboat that will make the trip all the more memorable. You can spend your time on the island doing whatever you please, even if it's nothing more ambitious than lying on the sugar-white beach and gazing out at the turquoise sea. Although easily accessible, Saona Island is undeveloped because of its status as a protected natural reserve. It probably looks much like it did when Columbus landed and named the island after his then hometown of Savona, Italy. Sandbars keep the coastline pristine, clusters of palm trees provide plenty of shade and tranquility reigns. The only sounds are usually the warble of tropical birds, as more than 100 avian species live in the reserve. Marine life is just as abundant, particularly starfish, which you can easily spot while wading in the crystal-clear waters.

- Spend several relaxing hours on an undeveloped beach-blessed island.
- Do whatever you please on the powdery beach, as the time there is yours to enjoy.
- Revel in the serenity, interrupted only by the mellifluous sounds of tropical birds.
- Look for starfish in the crystal-clear waters just off shore.
- Swim in a refreshing natural pool nearby, if time permits.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. There are sandy surfaces to negotiate at the beach. The tour is not available to wheelchair guests, those with mobility concerns, back or neck problems, heart conditions or pregnant women. It is not recommended for those who suffer from motion sickness. Swimwear; sun cap; sunglasses; sunscreen; beach towel and flat beach shoes or aqua socks are recommended. Alcoholic beverages will only be served to those over 21 years of age. Minimum age to participate is 8 years-old and children under 18 years-old must be accompanied by an adult parent or guardian. Those who participate in any water activities do so at their own risk and responsibility.



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Light Activity



Hiking



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Meal Included

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❖ TORTOLA, BRITISH VIRGIN ISLANDS

TRT-002 VIRGIN GORDA AND THE BATHS

Duration: 4.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 28, 2022 11:15 AM

Enjoy hours of free time at the exceptionally photogenic, boulder-strewn beach in The Baths National Park on nearby Virgin Gorda. Even the ride there will be exhilarating, as you will travel to the island via Speedy's Ferry, following a picturesque sea route through Sir Francis Drake Channel. Then, it's on to the naturally beautiful beach, which is littered with a jumble of massive granite boulders that form grottoes and dramatically illuminated tidal pools beneath the stacks of massive boulders. These unique rock formations reveal the volcanic origins of Virgin Gorda, which means Fat Virgin. Christopher Columbus supposedly named the island for its profile, which resembles a rotund woman lying on her side. Besides relaxing on the beach, you might snorkel along the coral ledge just off shore or meander the trail to adjoining beach-rimmed Devil's Bay, which is usually less crowded.

- Ride the ferry to the nearby island of Virgin Gorda.
- Spend free time at the boulder-strewn beach at The Baths.
- Marvel at the natural beauty of the grottoes and hidden tidal pools.
- Snorkel along a coral ledge just off shore that is teeming with marine life.
- Venture over to the adjacent bay, which is usually less crowded.
- Dress in weather-appropriate clothing.
- Bring a towel and wear a bathing suit under a cover-up.
- Wear flat comfortable walking shoes.

Walking on this tour is strenuous as the footpath to reach The Baths is rough and uneven. This tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition. Guests taking part in water activities do so at their own risk and responsibility.

TRT-012 ESCAPE TO JOST VAN DYKE

Duration: 5.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 28, 2022 11:15 AM

Take an immensely scenic high-speed boat ride to nearby Jost Van Dyke, the ultimate beach paradise for sunbathing and relaxing. Depending on where the boat anchors at White Bay, you will have to swim up to 50 feet to shore, as there is no pier. You will spend about three hours ashore, enjoying leisurely activities such as sunbathing, strolling the sugar-white beach and lounging in a hammock strung between two palm trees. The bay's western edge is a paradise for snorkelers as it is usually teeming with blue tangs, rainbow parrotfish and other marine life. You might even spot sea turtles and bottlenose dolphins. Later, enjoy a cool drink at the Soggy Dollar Bar, where the famed Painkiller cocktail was invented in the 1970s. You can expect your experience on Jost Van Dyke to be completely stress-free and carefree, and the feeling will last long after you return to ship.

- Cruise to an idyllic bay on the nearby island Jost Van Dyke.
- Spend the day at the beach, doing whatever you please.
- Sunbathe, swim and linger over a drink at a beachfront bar, if you choose.
- Feel any vestiges of stress vanish as you absorb the carefree atmosphere.
- Dress in weather-appropriate clothing.
- Bring a towel and wear a bathing suit under a cover-up.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion while at Jost Van Dyke. The tour is not available to wheelchair guests or those with mobility concerns. Guests must be able to swim 30-50 feet to shore, as there is no dock at White Bay. Dry bags will be available to transport your belongings ashore, although guests may have to share a bag. The operator is not responsible for personal belongings left onboard. Swimming aids are available onboard and beach chairs are available for rental onshore. Guests taking part in water activities do so at their own risk and responsibility. Participants must sign a liability waiver.

TRT-004 SAGE MOUNTAIN AND BEACH

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 28, 2022 11:30 AM

Hike through a lush forest in a national park and then relax on one of the island's most glorious beaches. A meandering drive inland will take you to Sage Mountain National Park, the highest point in the British and U.S. Virgin Islands. While hiking, you may see towering bullet wood trees, oddly named but scentless stinking fish trees and mourning doves, the national bird of Tortola. You will also be treated to spectacular vistas and an informative narrative about the park's flora and fauna. Afterwards, you will head for popular Cane Garden Bay on the island's northern shore, where you will be free to do whatever you please. Take a refreshing swim in the crystal-clear sea, lounge about in the shade of a palm, wander along the shoreline or linger over a tropical beverage at a beachfront bar. The mood will be carefree, relaxing and immensely pleasurable.

- Hike through the higher elevations of a park full of rare and endangered species.
- Take in the park's natural beauty and serenity.
- Relax at a beach-rimmed bay on Tortola's northern shore.
- Swim, bask in the sun and enjoy other beach-related activities that please you.
- Dress in weather-appropriate clothing.
- Bring a towel and wear a bathing suit under a cover-up.
- Wear flat comfortable walking shoes.

There is about one mile of hiking on this tour, at times over steep and uneven terrain. There are sandy surfaces to negotiate at Cane Garden Bay. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition. Changing facilities, showers and food venues are available at Cane Garden Bay. Guests taking part in water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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TRT-013 SCENIC ISLAND TOUR & BEACH BREAK

Duration: 4.00 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: January 28, 2022 11:45 AM



Witness the beauty of some of Tortola's premier manmade and natural attractions and then linger at one of the island's most popular beaches. As you ascend Ridge Road just beyond the city limits, you will see a mural by a local artist that depicts daily life on Tortola and many of the island's most significant events, including the abolishment of slavery in 1834. Before long, you enter the beautiful "up country" along the northwestern shore, where you will find Cane Garden Bay. In this stunningly beautiful setting, you will enjoy free time to do as you please. You might take a refreshing swim in the crystal-clear sea, lounge about in the shade of a palm, wander along the shoreline or linger over a tropical beverage at a beachfront bar. Cane Garden Bay couldn't be more relaxing and the return drive to Road Town will be just as pleasant.

- Settle in for a relaxing and immensely scenic drive around the island.
- Behold a vivid outdoor mural that depicts daily life and historical events in Tortola.
- Spend free time on the wide beach at Cane Garden Bay.
- Sunbathe, swim and linger over a drink at a beachfront bar, if you choose.
- Dress in weather-appropriate clothing.
- Bring a towel and wear a bathing suit under a cover-up.
- Wear flat comfortable walking shoes.

There is limited walking on this tour, mainly at the guests' discretion while at Cane Garden Bay, where there are sandy surfaces to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the open-air safari bus, and have an able-bodied companion to assist them. Guests with mobility concerns should carefully evaluate their stamina and ability before joining the tour. Changing facilities, showers and food venues are available at Cane Garden Bay. Guests taking part in water activities do so at their own risk and responsibility.

TRT-009 COAST TO COAST SCENIC DRIVE

Duration: 3.00 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: January 28, 2022 12:00 PM



Enjoy a leisurely, panoramic drive around Tortola, taking in its exceptional natural beauty before spending free time at a resort area. Once you depart the lovely capital of Road Town, you will ascend into the lush hillsides that overlook the city, which rims a crescent-shaped bay. Continuing along the scenic roadway that hugs Sir Francis Drake Channel, you will see a number of islands on the horizon, including uninhabited Norman Island. It is often referred to as Treasure Island because its rugged terrain is thought to have inspired the setting in Robert Louis Stevenson's novel "Treasure Island." Ahead lies Frenchman's Cay, where the pirate Blackbeard plundered ships in the late 1700s, and Pusser's Landing, a collection of shops and restaurants that you may explore on your own. On the return to Road Town, you will follow a northern route, pausing every so often for photos at lookouts.

- Settle in for a meandering drive around the most scenic areas of Tortola.
- Espy the island that supposedly inspired the setting for the novel "Treasure Island."
- Discover the influence of the pirate Blackbeard on Tortola.
- Explore the resort area at Pusser's Landing on your own.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion during the stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the open-air safari bus, and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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❖ ST. JOHN'S, ANTIGUA

SJH-001 BEST OF ANTIGUA

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 29, 2022 08:30 AM, 01:30 PM

Travel around Antigua, taking in the natural beauty and visiting must-see landmarks that showcase the island's history, architecture and culture. Before leaving town, you will stop at the Dow's Hill Interpretation Center to watch a short but enlightening multimedia show and then pause for photos at the blockhouse that served as a lookout for the British in the 18th century. As you might imagine, the views will be spectacular and you may spot musician Eric Clapton's home below. Continuing on, you will pass through traditional villages of West Indies-style chattel houses and smallish plazas that present an authentic view of daily life. More sweeping vistas await you at the Shirley Heights Lookout, Antigua's southernmost point. Nearby, you will find Nelson's Dockyard Village, a fully restored 18th-century naval base where you will enjoy a drink in an historical inn. Afterwards, you will still have time to admire the sleek yachts while meandering around the marina and shops.

- Admire the views from a hilltop where the British manned a lookout in the 18th century.
- Drive through villages with characteristic West Indies vernacular architecture.
- Enjoy other scenic views from the overlook at Antigua's southernmost point.
- Linger over a drink at a charming inn and then browse the shops nearby.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

A wheelchair is allowed if it is collapsible and the guest can walk up or down the steps to the bus. Only Dow's Hill and Nelson's Dockyard are accessible by wheelchair.

SJH-004 ISLAND OFF-ROAD SAFARI AND BEACH

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 29, 2022 08:30 AM, 01:00 PM

Ride off to the wild southwestern side of the island in a custom-built Jeep® made for off-road adventure. You won't need to travel far beyond St. John's to reach terrain that most vehicles can't even begin to negotiate. On the way to Buckley's Village, you will travel along back roads and make your own roads whenever possible. The landscape will become even more undeveloped in Body Ponds, a rutty watershed full of mud holes and rugged land that is ideal for an exhilarating off-road journey. Be assured that you won't be disturbing the environment, as the driver knows exactly which areas and ecosystems to avoid. You will also drive down Fig Tree Drive as it winds through a rainforest on the way to a pristine beach on the island's southern shore, where you will have time to relax before heading back.

- Travel along Antigua's winding back roads and off road whenever possible.
- Sit back, relax and take in the scenery, as your guide will do all the driving.
- Drive through a rainforest and lush watershed.
- Cool off with a refreshing swim in the Caribbean.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Guests will ride in the Jeep, not drive it. Lounge chairs are available on first-come first-serve basis at extra cost & not included in the tour. Umbrellas are not available at the beach.

SJH-010 SWIM WITH THE STINGRAYS

Duration: 3.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: January 29, 2022 08:30 AM

Interact with friendly southern stingrays in their natural environment as they swim around you and even brush up against your body. You will reach the venue Stingray City aboard a small boat and then attend an enlightening orientation on how to make the most of your experience. Once you enter the crystal-clear water, you may swim with the stingrays or simply stand in the shallower areas and interact with these gentle marine creatures. Southern stingrays have flat, diamond-shaped bodies and are typically about 3 to 4 feet across. They often eat shellfish and worms, which they uncover on the sandy ocean floor by waving their "wings." A stingray wrangler will be on hand to offer tips on how best to interact with the stingrays and even feed them.

- Swim with southern stingrays in their natural environment.
- Interact with the stingrays and feed them, if you like.
- Ask the stingray wrangler for tips on how best to enhance the experience.
- Learn about stingray behavior that dispels myths about them.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and suitable beach shoes.
- Bring a towel and a change of clothes.

This tour includes limited walking; however, the surface underwater will be sandy and uneven. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests must be able to enter and exit the boat with limited assistance and climb the ladder between the boat and the water. Those participating in water activities do so at their own risk and responsibility. There are restrooms, showers and changing areas at the Stingray City Clubhouse. If you wish to purchase souvenirs or photos of the experience bring cash or a credit card. Participants must be at least 5 years of age; children under 8 years of age must be accompanied by an adult parent or guardian.



Seated Tour



Light Activity



Hiking



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Meal Included

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SJH-015 WALKING TOUR OF ST JOHN'S

Duration: 3.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$91.00

Date: January 29, 2022 08:30 AM, 09:45 AM

Stroll through downtown St. John's, following a route that the Museum of Antigua and Barbuda has prepared, which ensures that you will see the most historically significant landmarks. The city has retained much of its original layout and is full of magnificent Georgian, Victorian and West Indian vernacular homes. Along the way, the guide will point out architectural features such as lattice work, fretwork patterns and louvered Demerara windows designed to cool the interiors. You can also expect to see the 19th-century Ebenezer Methodist Church and the Cenotaph war memorial that honors soldiers killed in the World Wars. You will also have the opportunity to browse the exhibits in the Museum of Antigua and Barbuda with the curator, who will elaborate on the significance of artifacts ranging from prehistoric pottery and tools to rare hand-carved canoes.

- Walk through Antigua's capital, which has preserved its original 17th-century layout.
- Notice the remarkably diverse architecture that goes well beyond West Indian vernacular.
- Pass religious landmarks and a somber war memorial.
- Browse the Museum of Antigua and Barbuda with the curator using the Whisper Radio Guide.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Please note: This tour includes approximately 2 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

SJH-016 PHOTOGRAPHIC TOUR OF ANTIGUA

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$208.00

Date: January 29, 2022 08:30 AM, 12:30 PM

Venture to some of Antigua's most photogenic locations with professional photographer Marc Hubbard, who will offer tips on how best to capture the images with your camera. Your first stop will be Fort James, an 18th-century fortress that overlooks the harbor and your cruise ship. Stepping even further back in time, you will then snap photos of a 17th-century plantation that was the first of its kind on Antigua. The two historical sugar mills on the property are particularly worth shooting. The subject matter will change to natural beauty at Devil's Bridge, a coastal rock formation that spans the head of Indian Creek. Here, Hubbard can help you capture the spewing blow holes at just the right moment. Another natural wonder awaits you at Long Bay Beach, a lovely stretch of sand rimmed by water so impossibly turquoise that your pictures of it will look as if they have been digitally altered.

- Capture images of some of Antigua's most photogenic spots.
- Use tips from the professional photographer guide to maximize your pictures.
- Shoot landmarks of historical importance such as the island's first large plantation.
- Snap photos of Antigua's coastal beauty, including blow holes and beaches.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

******Marc Hubbard is a professional photographer with 23 years experience. He started his photographic career in England and qualified through the British Institute of Professional Photography; Marc has worked throughout the Caribbean, Thailand and now in Antigua. His work has been published in many magazines and newspapers across the globe.****** A substitute "professional photographer" will be used in the event Marc Hubbard is not available. Photographer will give personalized advice based on each guest query. This is not a photographic class.

SJH-003 DICKENSON BAY BEACH BREAK

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: January 29, 2022 08:45 AM, 01:00 PM

Enjoy a relaxing day doing whatever you please at Dickenson Bay Beach, one of the most beautiful stretches of sand on Antigua's northwest coast. It won't take long to reach the beach, which rims a sheltered cove. You might stretch out in the sun, relax in the shade of gently swaying palm tree and stroll along the edge of the beach as the waves lap at the shore. You will enjoy more than three hours basking in the carefree atmosphere, so you won't feel rushed as you while away the time. An Antiguan-style rum punch will be provided and an excellent beachfront restaurant is just a few steps away if you wish to order lunch on your own. When it's time to return to the ship, you should be thoroughly relaxed and refreshed.

- Spend hours on one of the finest beaches on Antigua's northwest coast.
- Enjoy your time swimming, sunning, reading or doing whatever else you want.
- Revel in the carefree atmosphere with nothing on your mind but relaxing.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and appropriate beach shoes.
- Bring a towel and a change of clothes.

This tour includes limited walking, mainly at the guests' discretion. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their personal level of stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Beach chairs & umbrellas are available on a first come first serve basis. Umbrellas are at an additional cost.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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SJH-009 CHAMPAGNE & LOBSTER CATAMARAN CRUISE

Duration: 6.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00



Date: January 29, 2022 09:00 AM

Sail in a sleek catamaran along Antigua's beautiful west coast to Deep Bay Beach, a well-protected crescent-shaped stretch of sand where you will spend an hour or so relaxing. Along the way, you will pass a number of other idyllic bays and the ruins of Fort Barrington, a stronghold built in the 18th century to protect the approach to St. John's harbor. Upon arriving at the beach, you will be free to swim in the turquoise seas, bask in the sun and stretch out under a palm tree and watch the world go by. The party will begin in earnest on the return cruise, as the champagne will be flowing and succulent grilled lobster will be served for lunch. To enhance the atmosphere, music will be playing in the background, most likely the light-hearted calypso-style music that is wildly popular on Antigua.

- Enjoy a relaxing and immensely scenic cruise on a well-appointed catamaran.
- Pass hilltop Fort Barrington, which the British built in the late 18th century.
- Spend about an hour doing whatever you please at beautiful Deep Bay Beach.
- Sip champagne and dine on grilled lobster on the return to St. John's.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and suitable beach shoes.

This tour includes limited walking, mainly at the guests' discretion; however, the surfaces at the beach will be sandy and uneven. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their personal level of stamina and ability before joining the tour. Guests must be able to enter and exit the catamaran with limited assistance. Guests participating in water activities do so at their own risk and responsibility. Restrooms and changing rooms are available aboard the catamaran. Guests must be at least 21 years of age to consume alcoholic beverages.

SJH-011 HISTORICAL ISLAND DRIVE & BEACH BREAK

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00



Date: January 29, 2022 09:30 AM

Discover Antigua's fascinating history through some of the island's most notable landmarks and then relax at a beach within a national park. As you drive inland, you will pass through villages of West Indies-style chattel houses that present an authentic view of daily life. More sweeping vistas await you at the Shirley Heights Lookout, Antigua's southernmost point. If it is a clear day, you might spot the volcanic island of Montserrat on the horizon. Nearby, you will find Nelson's Dockyard Village, a fully restored 18th-century naval base, where you will enjoy a drink in an historical inn and perhaps browse the museum. A short drive later, you will arrive at Pigeon Point Beach, a lovely stretch of sand where you will spend an hour doing whatever you please. You might swim in the Caribbean, bask in the sun and relax in the shade and gaze out over one of the most idyllic spots on Antigua. While there are no beach chairs or umbrellas available at this public beach, there are naturally shaded areas for those who wish to stay out of the sun. The beach is also equipped with restrooms, changing rooms and freshwater showers.

- See historical attractions and the island's stunning natural beauty.
- Drive through villages with characteristic West Indies-style architecture.
- Pause for a drink at a charming inn at trendy Nelson's Dockyard Village.
- Relax at popular Pigeon Point Beach, passing the time as you see fit.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel if you wish to swim.

This tour includes about 90 minutes of easy to moderate walking and standing with some steps, uneven surfaces and sand to negotiate. While the tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them, only Dow's Hill Fort and Nelson's Dockyard are wheelchair accessible. Those with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Guests taking part in water activities do so at their own risk and responsibility.

SJH-019 HOP ON HOP OFF SEA TAXI

Duration: 2.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$91.00



Date: January 29, 2022 09:30 AM

Sail along Antigua's beautiful coastline on a sleek 52-foot catamaran and enjoy some of the island's most magnificent beaches along the way. While you are certainly welcome to stay on board the entire time, the catamaran will stop on three occasions, allowing you the chance to hop off and relax however you see fit and then hop back on the catamaran for the next adventure. The first stop will be Fort James Beach, where you might stretch out on the sand, take in the views from the hilltop fort and drop by one of the beachfront bars. More entertaining and wonderfully laidback bars and restaurants will await you at Mystic Beach, another idyllic setting with lounge chairs and umbrellas available for short-term rental. Not far away, you will find Dickenson Bay Beach, yet another spectacular stretch of sand along Antigua's picturesque northwest coast. Stay on board, visit all three beaches or only the ones you find most appealing. Your choice.

- Sail a spacious catamaran along the gorgeous northwest coast of Antigua.
- Hop off at all or any of three beaches along the way.
- Relax at the beaches and enjoy the bars and restaurants, if you choose.
- Stay on board the catamaran the entire time, if you prefer.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour includes minimal walking. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.



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Light Activity



Hiking



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Meal Included

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SJH-020 BLUE WATERS RESORT BEACH RETREAT

Duration: 6.00 Hrs **Tour Price:** CA\$287.00 **Retail Price:** CA\$483.00  

Date: January 29, 2022 09:30 AM

Spend hours luxuriating at the Blue Waters Resort & Spa, a 4-star waterfront property near Antigua's northernmost point. It won't take long to reach this tropical oasis on Soldiers Bay, leaving you all the more time to enjoy the amenities. Most everything you could possibly need will be included and at your fingertips. Feel free to relax on the two beaches, stretch out on a blanket in the sun, lie back in a comfortable lounge chair and take a refreshing swim in the sea. There are also three swimming pools—one that is family-oriented, a second for adults only and another that's right next to the beach. If you love watersports, you will be free to kayak, windsurf and snorkel. All complimentary. The same holds true for lunch, including drinks, as an open bar is included. Without a care in the world, you can concentrate on enjoying each moment to the fullest.

- Spend the day at Blue Waters Resort & Spa, enjoying the amenities however you wish.
- Relax on the beaches, swim in the three pools and bask in the sun. It's up to you.
- Enjoy that everything is included: lunch, drinks, nonmotorized watersports and more.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

The hotel has a minimum age policy of 16 years of age.

❖ CRUZ BAY, ST JOHN

SJH-017 CURTAIN BLUFF - 5 STAR DAY PASS

Duration: 6.00 Hrs **Tour Price:** CA\$561.00



Date: January 29, 2022 10:00 AM

Spend the day relaxing at Curtain Bluff, a 5-star boutique resort with two spectacular beaches, each with its own personality. Although the guide will always be on hand to offer assistance and suggestions, you will be free to spend the day as you please. The beaches are the resort's biggest draws. The water at Bay Beach is typically calm and clear, which makes it ideal for swimming. It's also the best place for kayaking and sailing a Hobie Cat, as you will have full use of the resort's non-motorized watersports equipment. The waves are larger and more robust at Surf Beach, where you might settle into a hammock between palm trees while the sound of the surf lulls you to sleep. You will also have the opportunity to swim in the lap pool, stretch out on the beach and lie in the shade of a palapa.

- Spend hours doing whatever you please at the 5-star waterfront resort Curtain Bluff.
- Enjoy two separate beaches, each with its own characteristics and appeal.
- Take advantage of the complimentary use of the kayaks, paddle-boats and Hobie Cats.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion.



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Light Activity



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❖ ST. JOHN'S, ANTIGUA

SJH-013 A TASTE OF ANTIGUA

Duration: 2.25 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: January 29, 2022 10:15 AM, 01:00 PM

Visit a characteristic rum shack in town, where you will learn about the history of rum distilling on Antigua and sample several varieties of the spirit that will be paired with classic Caribbean dishes. The venue is located on Sir Vivian Richards Street, which is named for the famed cricketer and Antiguan national hero, who was born here. Rum may be just as popular as Sir Vivian, as you will discover by tasting a selection of signature Antiguan rums. All the while, your hosts will entertain you with anecdotes about the role that rum has played on the island throughout history. As a complement to the tasting, you will dine on dishes that may include conch fritters, jerk chicken, fish fingers and crab cakes, all prepared with local ingredients. Don't be shy about asking for the recipes; the hosts will be happy to share them.

- Savor a sampling of Antiguan rums at a local rum shack.
- Hear amusing anecdotes and stories about rum production on Antigua.
- Dine on Antiguan dishes that pair perfectly with your rum samples.
- Bring home the recipes for your favorite Antiguan dishes.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be 18 years of age or older.

SJH-018 NICOLE'S TABLE

Duration: 4.75 Hrs Tour Price: CA\$216.00

Retail Price: CA\$404.00



Date: January 29, 2022 10:45 AM

Help to create a three-course meal of Antiguan cuisine with the chefs at Nicole's Table, a cooking school within the home of master chef Nicole Artherton Dennis. It won't take long to reach Nicole's Table, as the home overlooks St. John's harbor. Upon arriving, you will settle in with a glass of punch, as the chefs explain how to make the most of your hands-on cooking class. Subject matter typically ranges from cooking with rum to jerk cooking over an open fire or grill. The style of cooking and recipes that you will follow will be determined the day of the excursion, depending on which seasonal ingredients are freshest and most flavorful. As you prepare the meal under the guidance of the chefs, they will offer culinary tips, make sure that you thoroughly understand each step and entertain you with anecdotal stories. The highlight will be dining on your savory concoctions on the outdoor verandah.

- Travel to the home of a revered Antiguan chef for a hands-on cooking class.
- Learn to prepare authentic Antiguan cuisine under the guidance of the chefs.
- Use locally sourced ingredients such as shrimp, ginger and dark rum.
- Sit on a breezy verandah while dining on the dishes that you have prepared.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.



Seated Tour



Light Activity



Hiking



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Meal Included

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❖ ROSEAU, DOMINICA

DOM-001 DOMINICA'S FAVORITES

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$156.00

Date: January 30, 2022 08:30 AM

Travel to the most popular, must-see attractions in and around Roseau for a remarkably comprehensive look into island life. The journey begins with a scenic drive up Morne Bruce to take in the spectacular views from the lookout, which is named for an 18th-century engineer who designed forts on Dominica. At the botanical garden at the bottom of the hill, you will see exotic trees and imperial amazons, a parrot endemic to the island. More natural beauty awaits you at the twin waterfalls near the village of Trafalgar and later within Trois Pitons, the first national park on Dominica. The park has earned UNESCO World Heritage recognition for its smoking fumaroles, hot springs, volcanoes and extraordinary biodiversity. You will follow a naturalist guide on a short hike through the park's rainforest, which will end at the Emerald Pool. A narrow, 40-foot-high waterfall plunges into the pool, making the jungle scenery all the more spectacular.

- Enjoy a magnificent view of Roseau from a 400-foot-high lookout.
- See firsthand why Dominica is called the Nature Isle of the Caribbean.
- Stroll through a botanical garden that is home to parrots only found on Dominica.
- Behold waterfalls cascading over steep cliffs in the dense rainforest.
- Hike through Dominica's first national park, a rugged land of volcanoes and hot springs.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



DOM-002 RIVER TUBING AND EMERALD POOL

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00

Date: January 30, 2022 08:30 AM

Swim in a crystal-clear pool beneath a waterfall and then enjoy an exhilarating river tubing adventure. It won't take long to reach Morne Trois Pitons National Park, a luxuriant tropical forest with precipitous slopes, hot springs, fumaroles that belch volcanic gases and several volcanoes. These geological features are rarely found together, which is why the park has been designated a UNESCO World Heritage site. A short hike through the park will bring you to the shimmering Emerald Pool and the waterfall that forms it. It's an idyllic setting, where you may swim or simply relax along the shore. Afterwards, you will tube down the beautiful Layou River, which has carved a steep gorge through the jungle. You can expect an adrenaline-pumping ride as you maneuver through the rapids, down cascades and into swirling pools, all under the watchful eye and direction of an experienced river guide.

- Drive to Dominica's first national park, a rugged land of volcanoes and hot springs.
- Hike a natural trail through the rainforest and on to the Emerald Pool.
- Swim in the waterfall-fed pool or just relax and enjoy the blissful setting.
- Tube down the Layou River, which snakes through the rainforest.
- Follow the guide's direction and expertly ride the river rapids for the ultimate thrill.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear sneakers or water shoes.

Participants must be able to swim. It is suggested you wear a swimsuit under clothing. The condition of the river will determine the tour operation.



DOM-004 WHALE AND DOLPHIN SAFARI

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$208.00



Date: January 30, 2022 08:45 AM

Gain a deeper understanding of the whales and dolphins that inhabit the surrounding seas by cruising on a boat equipped with hydrophones that allow you to hear them communicate. Dominica is one of the best places in the Caribbean for encounters with cetaceans, the family of marine creatures that includes whales, dolphins and porpoises. While cruising the waters off Dominica, you may spot humpback and sperm whales breaching the water's surface and pods of playful dolphins swimming alongside the boat. It will be thrilling to watch these magnificent marine creatures in their natural environment and just as exciting to listen in on their underwater communication through the onboard hydrophones. You may hear large-toothed sperm whales communicating through clicking sounds and hear dolphins "speak" through clicks and whistles. A guide will be on hand to explain this fascinating aspect of cetacean life and answer other questions you may have about whales and dolphins.

- Cruise into the crystalline waters off Dominica to observe whales and dolphins.
- Marvel at the massive size of the whales that breach the water's surface.
- Delight in the antics of the acrobatic dolphins that often swim right next to the boat.
- Hear whales and dolphins communicate through the boat's hydrophones.
- Listen to the naturalist guide explain remarkable aspects of cetacean behavior.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



Seated Tour



Light Activity



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DOM-005 CHAMPAGNE SNORKEL

Duration: 2.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$143.00

Date: January 30, 2022 09:00 AM

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica's top spots to observe marine life. A leisurely boat ride will bring you to the unusual reef, which is named for the champagne-like bubbles that continuously rise around it. As the guide will explain, subterranean geothermal activity causes gas to be released through small vents in the ocean floor here, forming streams of rising bubbles. In those areas, the water temperature can reach 90° Fahrenheit and the ocean floor will be warm to the touch. The abundant marine life will be just as mesmerizing, as you can expect to spot sergeant majors, angelfish, white-spotted filefish and schools of soldierfish. In all likelihood, you will also see divers in the deeper water, which reaches depths of up to 70 feet.

- Snorkel Champagne Reef, an underwater wonderland teeming with marine life.
- Watch the continuous streams of champagne-like bubbles rise from the ocean floor.
- Feel the warmth of the ocean floor from the geothermal activity below.
- Observe a variety of marine creatures, including tropical fish and hawksbill turtles.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



DOM-015 BEST OF THE VOLCANIC SOUTH

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 30, 2022 09:00 AM, 01:00 PM

Explore attractions along the island's southern shore, which include a volcanic complex, several inspiring lookouts and a plantation from the French colonial period. One of the most spectacular views will be from Scotts Head, an elevated finger of land that divides the Caribbean Sea and the Atlantic Ocean. If it is a clear day, you may catch sight of Martinique. You will gain a different outlook at the seaside Morne Plat Pays volcanic complex. Although there hasn't been an eruption since the 13th century, volcanic heat from the complex still radiates up from the sea floor, a phenomenon that the guide will explain in detail. Despite the volcanic threat, one of the island's oldest Roman Catholic churches has stood nearby for centuries, and you will have the opportunity to look at its beautiful interior. For a revealing glimpse into Dominica's past, you will visit Bois Cotlette, an estate built in the 1720s with the island's only windmill.

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Browse Dominica's oldest Roman Catholic church near a still-active volcanic complex.
- Visit the island's oldest estate and see what archaeological excavations have unearthed.
- Pause at Morne Bruce lookout for photos and a view of your cruise ship in the distance.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about one hour of easy to moderate walking, plus any additional walking at the guests' discretion during photo stops. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. There aren't handicap-accessible restrooms at Bois Cotlette.

DOM-018 CHOCOLATE EXPERIENCE AT BOIS COTLETTE

Duration: 3.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: January 30, 2022 09:00 AM, 01:00 PM

Enjoy an enlightening and interactive immersion into the processing of cacao beans on Dominica's oldest estate and then create your own chocolate candies in the kitchen. This culinary experience takes place at Bois Cotlette, a colonial estate constructed in the early 1720s with the island's only windmill. After settling in, you will see firsthand how the beans are fermented, dried, roasted and ground for products such as cocoa powders, cocoa butter and chocolate. To enhance your appreciation of the versatile cacao bean, tastings will be offered during each step. Then you will create your own chocolate candies in the estate's kitchen. You might infuse them with caramel, top them with sea salt or add flavors such as bacon and pepper. While sampling your concoctions, you can refer to a chocolate flavor wheel to help you express the characteristics of your signature candies. Afterwards, you may explore the grounds, including the Planter's Herb Garden.

- Enjoy a hands-on chocolate-making experience at the island's oldest estate.
- See the unexpected archaeological treasures excavated on the grounds.
- Observe how cacao beans grown on the estate are processed for chocolate products.
- Create your own chocolate candies, infusing them with your favorite flavors.
- Sample the candies you have created and the estate's dark chocolate candies.
- Stroll the estate's manicured grounds and gardens.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing with some uneven surfaces. Due to accessibility issues, the tour is not available to wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the tour.



Seated Tour



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Hiking



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Meal Included

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DOM-007 RIVER TUBING AND TRAFALGAR FALLS

Duration: 4.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$195.00

Date: January 30, 2022 09:30 AM

Behold the beautiful twin waterfalls near the village of Trafalgar and then tube down the longest river in Dominica. It won't take long to reach Trafalgar Falls, twin waterfalls of varying heights; one is known as the Father Falls, the other is called the Mother Falls. Their source is the Morne Trois Piton River, which flows from the national park of the same name. Your first glimpse of the cascades will be from the top of the waterfalls, after which you will take a delightful walk through ginger plants and vanilla orchids to reach the second lookout. Both viewpoints are spectacular and well worth photographing. The tubing portion of this tour will begin at the Layou River, a waterway that meanders at times and then narrows into bubbling cascades at other points. You can expect the experience to be exhilarating, especially as you run the rapids.

- See the twin Trafalgar Falls from two wonderfully scenic vantage points.
- Learn how tropical storms have altered the falls and exposed warm water pools.
- Tube down a scenic section of the longest river in Dominica.
- Enjoy the thrill of riding the rapids as you race downstream.
- Relish the serenity of the calm pools between the stretches of rapids.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear sneakers or water shoes.
- Bring a towel and sunscreen.

Participants must be able to swim. The condition of the river will determine if the tour operates.

DOM-010 RAINFOREST JEEP SAFARI

Duration: 3.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$208.00

Date: January 30, 2022 10:00 AM

Ride through the idyllic countryside in an open 4x4 Jeep that allows for unobstructed views of the island, often ones that few visitors see. It won't take long to pass through historical Roseau and ascend to the lookout at Morne Bruce for a sweeping view of Dominica's capital. You will also make a brief stop at the nearby botanical gardens, where you may see brightly colored Imperial parrots, an endemic species that has been designated the national bird. More natural beauty awaits you deeper in the island's lush interior at Wotten Waven Sulphur Springs. Remnant volcanic activity well below the earth's surfaces heats the mineral-rich hot springs, which are wonderfully soothing to soak in. A bit farther into the rainforest, you will find Titou Gorge, a deep narrow crease in the land that formed when molten lava cooled centuries ago. You will be free to take an exhilarating swim to the waterfall at the end of the gorge or simply relax with a refreshing beverage in hand.

- Drive through the rainforest that blankets Dominica in an open-air 4x4 Jeep.
- Delight in the unobstructed views of the island's natural beauty.
- Stroll through an aromatic botanical garden.
- See steaming, mineral-rich springs heated by geothermal activity.
- Swim through a steep narrow gorge to the base of a picture-perfect waterfall.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear flat comfortable walking shoes.
- Bring a towel and sunscreen.

This tour includes about two hours of moderate walking, most of it over uneven or natural surfaces with a significant number of steps. The tour is not considered suitable for wheelchair guests or those with mobility concerns. Guests do not drive the jeep.

DOM-017 DOMINICA BY LAND & SEA

Duration: 0.00 Hrs **Tour Price:** CA\$0.00

Date: January 30, 2022 10:00 AM

Behold the natural beauty of volcanically formed Dominica from a coastal lookout and by snorkeling just offshore before visiting the island's oldest estate. Upon reaching Scotts Head, an elevated peninsula that divides the Caribbean Sea and the Atlantic Ocean, you will be treated to outstanding views of the Morne Plat Pays volcanic complex across the bay. Views are just as spectacular below the water's surface, as you will discover while snorkeling at a marine reserve teeming with tropical fish. If you prefer to stay on land and take in the sweeping vistas, chairs will be available. You will next visit Bois Cotlette, an estate built in the 1720s. It boasts the only surviving windmill on the island and has been the subject of intense archaeological work since 2009. The estate is so well preserved, you can easily imagine living here centuries ago.

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Snorkel the crystalline waters of a marine reserve or simply enjoy the vistas from land.
- Browse the oldest estate on the island and discover its intriguing history.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing and bring a towel, if you snorkel.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing, plus additional walking at the guests' discretion. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility. There aren't handicap-accessible restrooms at Bois Cotlette.



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Hiking



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Meal Included

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DOM-014 BOIS COTLETTE ESTATE HERITAGE TOUR - VIP**Duration: 3.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$182.00****Date: January 30, 2022 11:00 AM**

Tour the early 18th-century plantation Bois Cotlette with a noted anthropologist that will offer a historical and cultural explanation of estate, both past and present. Nestled in a valley within the active Morne Plat Pays volcanic complex, the estate is the best-preserved example of plantation architecture on the island and includes buildings for processing coffee, sugar and cocoa. It has been meticulously restored and has become self-sustaining with regard to food, power and water. Mark Hauser, the anthropologist that has led the excavation of the property for years, will accompany you on an in-depth tour of Bois Cotlette. Two stories will emerge. The first will detail the estate's construction; the second will candidly elaborate on the plantation owners and the slaves that worked at the plantation. By the end of the tour, you will have gained a true glimpse of life in the tropics centuries ago.

- Follow an anthropologist on VIP tour of Dominica's oldest estate.
- Gain an understanding of early 18th-century plantation life in the tropics.
- Study excavated artifacts that reveal daily life for the plantation owners and the slaves.
- See how Bois Cotlette has become self-sustaining once again.
- Enjoy traditional Creole snacks and refreshments.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing with some gravel and uneven natural surfaces to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour.

DOM-006 RIVER TUBING**Duration: 3.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$182.00****Date: January 30, 2022 01:00 PM**

Float down the Layou River in a comfortable, inflatable tube that will allow you to maximize the experience. The river is the longest in Dominica, the so-called "Land of 365 Rivers," and it eventually empties into the Caribbean Sea. You will tube down a portion that offers a mix of bubbly rapids, swirling eddies and calm pools, all surrounded by stunningly beautiful scenery. After a brief orientation, you will ease into the reliably stable tube and let the river current take you downstream without having to paddle or exert yourself in any way. Simply sit in the center of the circular tube and enjoy. The conditions will change through the adventure, as the river twists, narrows and widens as it meanders through the countryside. You can expect it to be an exhilarating experience that you will not soon forget.

- Tube down a scenic section of the longest river in Dominica.
- Enjoy the thrill of riding the rapids as you race downstream.
- Relish the serenity of the calm pools between the stretches of rapids.
- Marvel at the verdant jungle-like foliage that grows right to the water's edge.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear sneakers or water shoes.
- Bring a towel and sunscreen.

Participants must be able to swim. The condition of the river will determine if the tour operates.



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Light Activity



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❖ GUSTAVIA, ST. BARTS

SBH-002 ST. BARTS ISLAND OVERVIEW

Duration: 1.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: February 01, 2022 08:30 AM, 09:30 AM

Enjoy a brief but enlightening drive around St. Barts on a leisurely jaunt that will present a broad understanding of the island's many charms. The road out of Gustavia will offer an outstanding view of the picturesque harbor before it winds through the hills and on to St. Jean Bay, one of the island's best spots for windsurfing. The other bays and beaches along the island's northern coast will be just as visually stunning, including Grand Fond, where you may pass the former oceanfront home of Rudolf Nureyev. As you will surely notice, the remote landscape in this part of St. Barts is more windswept than in other areas and wonderfully rugged. Even so, you may see cattle and sheep grazing in the green pastures. Depending on the return route, you might also pass the natural preserve near Marigot and the fishing village adjacent to lovely Corossol Beach.

- Gain an enlightening overview of St. Barts by driving through the enchanting countryside.
- Enjoy a mostly coastal route for the ultimate views of the sheltered coves and beaches.
- Pass through extraordinarily scenic seaside villages on the island's northern coast.
- See the rural side of St. Barts, the perfect complement to the capital of Gustavia.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This excursion by mini-van taxis is an orientation drive of the island and does not include separate guides. The drivers speak some English with a heavy French-West Indian accent. They are not guides and their descriptions of the island are very limited or non-existent. Photo stops are not included, although some drivers may stop if requested. Restrooms are available at the pier and not during the tour.

SBH-004 SAILING THE LEEWARD COAST

Duration: 2.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$195.00

Date: February 01, 2022 08:30 AM, 11:00 AM, 01:30 PM

Sail in a sleek catamaran along St. Barts' leeward coast to the Bay of Colombier, a crescent-shaped body of water at the very northwestern tip of the island. Along the way, you will enjoy spectacular views of the gorgeous shoreline and Les Gros Islets. Once the catamaran anchors in the Colombier Bay, you will be free to swim in the crystal-clear sheltered waters. You might also go ashore to the beach, which is typically uncrowded as the only access is by sea and by walking. Colombier Beach has been known more familiarly as Rockefeller's Beach since the 1960s, when David Rockefeller purchased much of the surrounding land and built an oceanfront villa here. The beach couldn't be more delightful, as it is almost entirely undeveloped and ideal for relaxing and basking in the sun without a care in the world.

- Cruise to a sheltered beach in the comfort of a beautiful modern catamaran.
- Anchor off Colombier Beach, an idyllic and undeveloped stretch of sand.
- Take a refreshing swim in the crystal-clear water and relax on the powdery beach.
- View the only residence nearby, which David Rockefeller built in the 1960s.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing and bring a towel.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount of activity and requires using a dive ladder to enter and exit the water. Participants should be good swimmers and in good physical condition. The tour is not available to wheelchair guests or to those with mobility concerns and may not be suitable for guests with back or neck problems. Guests must be at least 21 years of age to drink alcoholic beverages, which will only be served after the water activities are completed. Guests who take part in water activities do so at their own risk and responsibility and may be required to sign a liability waiver. The vessel and crew are not dive or snorkel certified. The catamaran has a toilet and an outdoor freshwater shower.

SBH-006 SEMI-SUBMERSIBLE EXPLORATION

Duration: 1.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$169.00

Date: February 01, 2022 08:30 AM, 09:30 AM, 10:30 AM, 11:30 AM, 01:00 PM

Admire the bountiful marine life and coastal beauty of St. Barts from inside a modern semi-submersible vessel and on deck, where you can enjoy the sea breezes as well. While cruising toward the entrance of Gustavia harbor, you can expect to see green sea turtles gracefully swimming by and the wreck of the Marignan. Now an artificial reef teeming with brightly colored tropical fish, the fishing boat sunk in 1995 during Hurricane Luis. More spectacular underwater sights await you as the semi-submersible heads into St. Barths' Marine Reserve. Angelfish, sergeant majors, spotted moray eels and tarpon are just a few of the creatures that inhabit the reserve's protected reefs. On the approach to a group of three rocky islands known as The Saints, the crew will attract even more fish by feeding them. It will be quite the spectacle, especially if sharks join the frenzy.

- Cruise in and around Gustavia harbor in a semi-submersible vessel.
- Observe the underwater world through the large viewing windows down below.
- Take in the gorgeous scenery out on deck, if you prefer.
- Pass over a shipwreck and coral reefs teeming with marine life.
- Watch the feeding frenzy as the crew tosses fish food into the water.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There are very steep stairs to negotiate to enter and exit the submersible; therefore, this tour is not suitable for wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the tour. The vessel may not be exclusive to guests of your cruise ship. The itinerary may change depending upon weather conditions, general safety or other reasons as determined by the captain.



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Hiking



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Meal Included

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SBH-003 RIB BOAT SNORKELING

Duration: 1.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: February 01, 2022 08:45 AM, 10:15 AM, 12:30 PM, 02:00 PM

Race across Gustavia Harbor in an open-air Rigid Inflatable Boat known as a RIB for a snorkeling adventure that will be just as thrilling as the ride there. The captain will assess the weather and water conditions for the best spot to anchor, but chances are it will be just outside the harbor to maximize your snorkeling time. The waters there are crystal-clear and teeming with reef fish. You may spot brilliantly colored angelfish, large groupers and schools of queen triggerfish. One of the most curious-looking species is the four-eye butterflyfish, which is named for the two dark spots – or false eyes – on the sides of its tail, which are meant to confuse predators. You might also see green sea turtles gracefully swimming by and feeding on seagrass and algae on the reef. They are noteworthy as being the largest of all sea turtles and the only ones that are herbivores.

- Take an exhilarating ride across the harbor in a Rigid Inflatable Boat or RIB for short.
- Snorkel in the crystal-clear waters at a reef teeming with fish and other marine life.
- Watch for green sea turtles, an endangered but relatively abundant species.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

This tour includes a moderate amount of activity and access on and off the boat can be challenging. Getting back onboard requires the use of a parrot ladder of 6 steps. Participants should be good swimmers and **MUST** be in good physical condition to get on and off the boat. The tour is not available to wheelchair guests or those with mobility concerns and may not be suitable for those with back or neck problems. Please wear your bathing suit on the tour as there is no changing room or restroom available on the boat. Bring a towel, hat and sunglasses. Snorkeling equipment will be provided. Those who take part in any water activities do so at their own risk and responsibility. The crew are not dive or snorkel certified. Guest participating in any water activities do so at their own risk & responsibility, and may be required to sign liability waiver.

SBH-008 ATV ADVENTURE IN ST. BARTS

Duration: 2.00 Hrs **Tour Price:** CA\$221.00 **Retail Price:** CA\$417.00

Date: February 01, 2022 10:45 AM, 01:00 PM

Zip through the countryside in an all-terrain vehicle made for exhilarating off-road adventure. You will have the choice of driving or being the passenger in the two-person ATV. Either way, the ride will be thrilling and wonderfully scenic as your caravan of vehicles traverses the back roads on the windward and leeward sides of St. Barts. The route will take you through small hillside villages, along the gorgeous coastline and through the seaside resort town of St. Jean. From atop Morne Tourterelle, you will look out over the Salines salt ponds while the guide explains their history. Incredibly, the production of salt was the only industry on St. Barts until the mid-1950s. The return drive to Gustavia will also offer breathtaking vistas of the mountains and the sea from several superb viewpoints.

- Take a carefree, fun-filled drive around St. Barts in an ATV.
- Drive the ATV or just enjoy the scenery as a passenger.
- See the island's windward and leeward sides, each spectacular in its own way.
- Learn fascinating facts about the island while pausing to take in the scenery.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes, not sandals or flip-flops.

This tour is priced per 2-person vehicle, so when booking a party of 2, only add one guest. The ATVs are automatic and may carry one driver and one guest. Drivers must be at least 18 years old with a valid driver's license. Passengers must be at least 12 years old. The maximum weight allowance per ATV is 330 pounds. Participants must be physically fit. Guests with leg, knee, back or neck injuries will not be permitted to participate. The tour operator reserves the right to deny participation to anyone deemed not fit to operate the ATV. Each ATV has a small trunk to store personal effects. Participants will be liable for damage up to 2,000 euros and must present a valid credit card to cover potential damage. Guests will be required to walk about 10 minutes back to the pier following the tour.



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Light Activity



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Meal Included



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❖ FORT DE FRANCE, MARTINIQUE

FDF-002 CLEMENT'S PLANTATION & BALATA GARDEN

Duration: 4.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$221.00

Date: February 02, 2022 08:30 AM

Delve into some of the attractions that have come to define Martinique, including a plantation that produces rum, a historical church and Balata Garden. Following a scenic drive to the town of Le Francois, you will visit Clement's Plantation House, a meticulously restored 19th-century residence surrounded by sugarcane, an essential ingredient in rum making. While meandering the grounds, you will be offered a taste of the cane and the spirit. You may also learn about the historical meeting here between U.S. President George Herbert Walker Bush and France's President François Mitterand. The French influence is apparent throughout Martinique and extends into the architecture, as you will discover at Balata Church, a scaled-down version of the Sacré-Coeur Basilica in Paris. Afterwards, you will stroll the shaded paths of Balata Tropical Garden. In all likelihood, you will see exotic palms, brightly colored flamingo flowers and hummingbirds darting from bloom to bloom.

- Tour a 19th-century plantation where sugarcane is still grown to produce rum.
- Sample freshly cut sugarcane and several premium Clement rums.
- Drop by a banana field and learn about the crop's economic importance.
- Visit a church designed as a smaller version of the glorious Sacré-Coeur Basilica in Paris.
- Meander through a fecund botanical garden that was farmland a few decades ago.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately two hours of easy to moderate walking and standing on uneven ground and a significant number of steps. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. As there are winding roads, the tour may not be suitable for those who suffer from motion sickness. The order of the sites viewed or visited may vary.

FDF-004 DEEP MARTINIQUE 4X4 ADVENTURE

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$234.00

Date: February 02, 2022 08:30 AM

Ride through the countryside in an air-conditioned Jeep that presents some of the more remote areas of Martinique that few visitors see. After settling in, you will drive inland toward the commune of Saint-Joseph, passing several banana and sugar cane plantations along the way. You will also cross a few streams as you head into the wild and wonderful La Palourde rainforest. Chances are, you will see exotic hardwoods, endemic palms, clusters of fragrant orchids and a variety plants rarely found elsewhere. The beauty is extraordinary, the serenity absolutely overwhelming. Continuing on, you will enter a more agricultural region, where the guide will point out the crops so vital to Martinique's economy. The landscape will be quite different than in the rainforest, but it will be no less verdant or peaceful, especially where you pause to take in the beauty of the Coeur Bouliki River.

- See remote areas of Martinique's interior from the comfort of an air-conditioned Jeep.
- Pass sugar cane and banana plantations while the guide explains their economic impact.
- Drive off-road at times and across small streams into areas that visitors rarely see.
- Pause at an idyllic, boulder-strewn river in the heart of the rainforest.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

While this tour includes a limited amount of walking, there are numerous steps and uneven surfaces to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. As the route is winding, the tour may not be suitable for those who suffer from motion sickness. The order of the sites viewed or visited may vary.

FDF-011 AUTHENTIC MARTINIQUE BY CABRIO BUS

Duration: 4.00 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$130.00

Date: February 02, 2022 08:30 AM

Get a genuine glimpse into the historical events that shaped Martinique by visiting attractions that the 1902 eruption of Mount Pelée affected and by sampling rums at a distillery. Balata Church was constructed on a hilltop following that destructive eruption, and as you will see it offers sweeping views of Fort de France. The Alma River, also known as the White River for its clarity, spills out of the mountains in a beautiful rush of water that defines Martinique's natural beauty. More extraordinary vistas await as you pass through Fonds-Saint-Denis, a picture-perfect mountain village on the way to Saint-Pierre. The original capital of Martinique, Saint-Pierre was known as the "Little Paris of the West Indies" until the Mount Pelée eruption left the town in ruins. A few decades later, Neisson Distillery opened in nearby Carbet. During a sampling, you will taste the characteristics of Neisson's signature spirits, which are made with sugarcane juice rather than molasses.

- Admire Balata Church, a miniature version of the famed Sacré-Coeur Basilica in Paris.
- Pause for photos at the Alma River, one of Martinique's most beautiful streams.
- Explore Saint-Pierre, Martinique's capital until a volcanic eruption leveled it.
- Sample distinctively flavored rums made with sugarcane juice rather than molasses.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



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Light Activity



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Meal Included



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FDF-005 SAINTE-PIERRE & RUM DISTILLERY**Duration: 3.50 Hrs****Tour Price: CA\$0.00****Retail Price: CA\$195.00****Date: February 02, 2022 08:45 AM**

Appreciate the diversity of Martinique by touring a church, rum distillery and a museum devoted to the island's volcanic history. Your first stop will be the Balata Church, a scaled-down version of the famed Sacré-Coeur Basilica in Paris. It was built on a hilltop following the destructive Mount Pelée volcanic eruption in 1902 and offers sweeping views of Fort de France. As you will learn while visiting nearby Château Depaz, the estate had to be rebuilt after that eruption and its rum production was halted for the first time since the mid-1600s. While sampling the rums, you will discover how they are made from sugar cane grown on site. To further understand the devastation left in the wake of the Mount Pelée eruption, you will then browse the Volcano Museum in Saint-Pierre. The city was known as the "Little Paris of the West Indies" until volcanic ash and lava buried it and 30,000 residents in a matter of minutes.

- Visit a church designed as a smaller version of the glorious Sacré-Coeur Basilica in Paris.
- Tour a 17th-century distillery that had to be rebuilt after a volcanic eruption in 1902.
- Sample several of the estate's distinctive rums produced with premium blue sugar cane.
- Browse a museum that details the destruction from volcanic eruptions on Martinique.
- Pass through picturesque Le Carbet, where Paul Gauguin lived and painted in 1887.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1½ hours of easy to moderate walking and standing. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. As the route is winding, the tour may not be suitable for those who suffer from motion sickness. The order of the sites viewed or visited may vary.

FDF-012 BEST OF MARTINIQUE**Duration: 7.00 Hrs****Tour Price: CA\$91.00****Retail Price: CA\$274.00****Date: February 02, 2022 08:45 AM**

See attractions that present the very best of Martinique, including its original capital, a botanical garden and a rum distillery. While driving up the coast, you will pass villages such as Le Carbet, where Christopher Columbus landed in 1502. Upon arriving in Saint-Pierre, you will gain an understanding of the devastating effects of the Mount Pelée volcanic eruption in 1902 by browsing eye-opening exhibits in the Volcano Museum. Before the cataclysmic event, the former capital of Saint-Pierre was known as the "Little Paris of the West Indies" for its cultural attractions. A sampling of premium rums follows, during which you will taste the difference of producing the spirits with sugarcane juice versus molasses. A Creole and French-inspired lunch follows, after which you will visit a botanical garden. As you walk the winding paths lined with exotic blooming plants, it will become apparent why Martinique is known as "The Island of Flowers." The island's French-influence is obvious at Balata Church, a miniature version of the Sacré-Coeur Basilica in Paris.

- Explore the Volcano Museum in Saint-Pierre, Martinique's former capital.
- Sample distinctively flavored rums made with sugarcane juice rather than molasses.
- Meander through a botanical garden along winding paths lined with blooming plants.
- Admire Balata Church, a miniature version of the famed Sacré-Coeur Basilica in Paris.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

FDF-003 BALATA BOTANICAL GARDENS**Duration: 3.00 Hrs****Tour Price: CA\$0.00****Retail Price: CA\$156.00****Date: February 02, 2022 09:30 AM, 01:30 PM**

Pause briefly at a church built to honor those who perished in World War I and then amble along the winding paths in a lush botanical garden. Balata Church is a scaled-down version of the glorious Sacré-Coeur Basilica in Paris and its hilltop location offers panoramic views of Fort de France and the bay beyond. The setting for Balata Tropical Gardens is just as serene and also encourages reflection. As you meander through the fertile landscape, you will soon understand why Martinique is nicknamed "The Islands of Flowers." Once a neglected estate, the land has been turned into a tropical wonderland of indigenous plants, towering bamboo and as many as 300 different species of palm trees. A variety of plants such as bright-red heliconias and brilliant begonias is always in bloom. There are also aerial walkways in the tree canopy that offer sweeping views of the garden and Fort de France.

- Visit a church designed as a smaller version of the glorious Sacré-Coeur Basilica in Paris.
- Walk the winding paths of a seven-acre botanical garden.
- Take great pleasure in the tranquility and bold splashes of color throughout the garden.
- Marvel at the transformation of the land, which was fallow fields a few decades ago.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately two hours of easy to moderate walking and standing with stairs and uneven ground at times. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. As the route to the gardens is winding, the tour may not be suitable for those who suffer from motion sickness. The order of the sites viewed or visited may vary.



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Light Activity



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Meal Included

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FDF-006 SNORKEL FORT DE FRANCE BAY & THE BAT CAVE

Duration: 3.00 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$156.00

Date: February 02, 2022 01:30 PM



Snorkel along a beautiful beach in Fort de France Bay and in a seaside cave where the water is also stunningly clear. As you cruise across the bay, you will see mountains looming in the distance, luxurious yachts bobbing in the harbor and lovely crescent-shaped beaches. Once the boat anchors near spectacular Anse Dufour beach, you will be free to swim and snorkel. Marine life is abundant here, and you will surely observe a variety of brightly colored tropical fish and perhaps even sea turtles. Although the second snorkeling site is just a few minutes away, the setting is vastly different. You will enter the cavern known as the Bat Cave through a wide opening in a seaside cliff. The water inside is typically calm and crystal-clear, allowing you to easily observe the constantly changing spectacle of marine life.

- Cruise across Fort de France Bay and admire the city from a unique seaside perspective.
- Snorkel just off Anse Dufour beach, where green sea turtles are often spotted.
- Choose to swim rather than snorkel, if you prefer.
- Swim through an entrance in a seaside cliff to enter the Bat Cave.
- Snorkel through the cave, taking advantage of the water's remarkable visibility.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat comfortable walking shoes with non-slip soles.

While this tour includes a limited amount of walking, guests should be in good physical condition and be good swimmers. Participants must be able to negotiate steps to board the boat from the pier, and a ladder to enter and exit the vessel from the water. The tour is not available to wheelchair guests, pregnant women or those with mobility concerns, heart conditions, asthma or epilepsy. The minimum age to participate is 5 years old. Children under 18 years of age must be accompanied by a parent or adult guardian. Those who take part in water activities do so at their own risk and responsibility and a waiver may be required. The order of the sites viewed or visited may vary.

FDF-008 MANGROVE KAYAKING ADVENTURE

Duration: 3.50 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$195.00

Date: February 02, 2022 01:30 PM



Kayak around an islet shaded by an umbrella of mangrove trees and discover their ecological importance to the waterway. After cruising across Fort de France Bay, you will receive a brief orientation on how to maximize your kayaking experience. You will then ease into a two-person kayak and begin paddling around a mangrove-lined islet. Along the way, the naturalist guide will describe the many benefits of the mangrove forests, whose above-ground roots form arched thickets that shelter wildlife. The brackish water is a vast eco-system that supports a variety of animals and you may see herons, frigate birds, turtles, mollusks and crabs. Without mangroves, which are often referred to as "marine nurseries," the wildlife in Martinique would be greatly diminished. Toward the end of the tour, you will also have the chance to swim and enjoy another perspective of the island's natural beauty.

- Cruise across Fort de France Bay and admire the city from a unique seaside perspective.
- Kayak around an islet lined with mangrove trees that shelter a variety of wildlife.
- Learn how mangroves protect the shoreline, filter water and provide breeding habitats.
- Swim in Fort de France Bay following the kayaking adventure.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat comfortable walking shoes with non-slip soles.

While this tour includes a limited amount of walking, guests should be in very good physical condition and be good swimmers. Participants must be able to negotiate steps to board the boat from the pier and a ladder to enter and exit the vessel from the water. The tour is not available to wheelchair guests, pregnant women or those with mobility concerns, heart conditions, asthma or epilepsy. The minimum age to participate is 8 years old. Children under 18 years of age must be accompanied by a parent or adult guardian. Those who take part in water activities do so at their own risk and responsibility and a waiver may be required. The order of the sites viewed or visited may vary.

FDF-009 HIKING IN THE TROPICAL FOREST

Duration: 3.00 Hrs

Tour Price: CA\$0.00

Retail Price: CA\$156.00

Date: February 02, 2022 01:30 PM



Hike a forest trail that follows a meandering stream through some of the most luxuriant, pristine wilderness on Martinique. The adventure will begin at Fontaine Didier, a thermal spring whose mineral-rich water has been used for centuries as an antidote for numerous ailments. Many island stores carry the water, although it is now sold as a refreshing beverage rather than a cure-all. You will set off from the thermal spring and hike into the forest, following a stream that passes under towering mahogany trees and through a lush understory of ferns. You can also expect to see clusters of balisiers, a type of heliconia with reddish-orange blooms. The plant is so vibrant that local artists often depict it in their paintings. In time, you will arrive at a waterfall that gently spills down a steep cliff into a crystal-clear pool, where you may relax in the shade.

- Pause at a spring whose mineral-rich waters were once sold for medicinal purposes.
- Hike with a naturalist guide, following a stream from the springhead into a lush forest.
- Discover the exotic flora and fauna that flourish in the forest.
- Relax in the shade around a natural pool at the bottom of a waterfall.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes nearly two hours of hiking and climbing over natural and uneven surfaces that can become slippery when wet. Guests should be in very good physical condition. The tour is not available to wheelchair guests, pregnant women, or those with mobility concerns, heart conditions, asthma or epilepsy. The minimum age to participate is 8 years old. Children under 18 years of age must be accompanied by a parent or adult guardian



Seated Tour



Light Activity



Hiking



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Meal Included

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❖ NASSAU, BAHAMAS

NAS-021 BALMORAL ISLAND BEACH BREAK

Duration: 4.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$104.00

Date: February 04, 2022 08:30 AM

Enjoy the amenities of Balmoral Island, which lies just a mile offshore yet feels like it's a world away. A short ferry ride will bring you to the island, where you will be free to create your own perfect day. Do as much or as little as you please. You might relax on a lounge chair on the sugar-white beach, sit in the shade under an umbrella and take a refreshing swim in the azure-blue sea. During your entire stay, you will have unlimited complimentary use of the noodle floats. If you would like more activity, you can rent snorkel gear and a kayak. If you prefer to swim without getting your feet sandy, there is a heated freshwater pool lined with cabanas for rent. Nearby you will find plenty of bars and dining options in The Market.

- Create your own tropical getaway on Balmoral Island.
- Enjoy the crystal-clear sea, beach and watersports as you see fit.
- Swim in the freshwater swimming pool for a change of pace.
- Relax in a rented poolside cabana if you like.
- Take advantage of the nearby bars and restaurants.
- Dress in weather-appropriate clothing over swimwear.
- Bring a towel and cash or credit cards other than American Express for optional purchases.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking, primarily at the guests' discretion on the island, where surfaces are asphalt and sand. The tour is available to wheelchair guests who have a collapsible wheelchair and are accompanied by an able-bodied companion to assist them. The minimum age to participate is 3 years old. Guests under the age of 18 must be accompanied by one paying adult on the island. Food and alcohol cannot be brought onto the island. There are no lifeguards on duty and guests that participate in water activities do so at their own risk and responsibility. Guests not on a marine encounter won't be allowed in the marine encounter area. The tour may be cancelled due to weather or safety concerns.

NAS-023 BALMORAL ISLAND STINGRAY AND BEACH DAY

Duration: 4.50 Hrs **Tour Price:** CA\$0.00

Retail Price: CA\$117.00

Date: February 04, 2022 08:30 AM

Interact with southern stingrays in waist-deep water off Balmoral Island, a private resort oasis also known as Discovery Island. After a short ferry ride to the island, you will sit in on a brief presentation about southern stingrays that will prepare you for the encounter that follows. As you will discover, these relatively flat, diamond-shaped marine animals typically measure 3 to 4 feet across, with the females being larger than the males. During your time with these remarkably docile and graceful creatures, feel free to pet, hold and even feed them. They are used to human contact, so you can expect an immensely fulfilling experience. After the stingray encounter, you will enjoy free time to take advantage of Balmoral Island's amenities, which include a wide, sugar-white beach rimmed by turquoise waters, a heated freshwater swimming pool, watersports equipment for rent and an assortment of bars and dining options.

- Interact with docile southern stingrays that are used to human contact.
- Enjoy full run of Balmoral Island following the stingray encounter.
- Swim in the crystal-clear sea and the heated swimming pool.
- Stretch out on the wide beach and stroll the shoreline.
- Rent watersports equipment if you wish.
- Take advantage of the nearby bars and dining options in The Market.
- Dress in weather-appropriate clothing over swimwear.
- Bring a towel and cash or credit cards other than American Express for optional purchases.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking, primarily at the guests' discretion on the island, where surfaces are asphalt and sand. The tour is not available to wheelchair guests. The minimum age to participate is 5 years old. Guests under the age of 18 must be accompanied by one paying adult on the island that can sign a waiver for them. Food and alcohol cannot be brought onto the island. For the welfare of the stingrays, loose items such as jewelry and cameras or items with a strap cannot be taken into the water. Storage will be provided during your interaction. There are no lifeguards on duty and guests that participate in water activities do so at their own risk and responsibility. Guests not on a marine encounter won't be allowed in the marine encounter area. Taking photos in the encounter area isn't allowed, but photo CDs and video are available for purchase. The tour may be cancelled due to weather or safety concerns.



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Light Activity



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NAS-024 BALMORAL ISLAND DOLPHIN ENCOUNTER & BEACH

Duration: 4.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$242.00

Date: February 04, 2022 08:30 AM



Enjoy an up-close encounter with Atlantic bottlenose dolphins in the shallow waters off Balmoral Island and then take advantage of the other amenities on the island. After arriving on the island by ferry, you will enjoy a briefing on what to expect during your dolphin encounter. As you will soon discover, they are highly intelligent, curious and extraordinarily social. Once you wade into the waist-deep water just offshore, the marine animal trainer will introduce you to one of the dolphins and make sure you have the best possible experience. Bottlenose dolphins are quite friendly and always appear to be smiling, as their mouths are curved slightly upward. Following the encounter, you will be free to enjoy the island's other amenities, which include a wide, sugar-white beach rimmed by turquoise waters, a heated freshwater swimming pool, watersports equipment for rent and an assortment of bars and dining options.

- Interact with Atlantic bottlenose dolphins that are used to human contact.
- Enjoy full run of Balmoral Island following the dolphin encounter.
- Swim in the crystal-clear sea and the heated swimming pool.
- Stretch out on the wide beach and stroll the shoreline.
- Rent watersports equipment if you wish.
- Take advantage of the nearby bars and dining options in The Market.
- Dress in weather-appropriate clothing over swimwear.
- Bring a towel and cash or credit cards other than American Express for optional purchases.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking, primarily at the guests' discretion on the island, where surfaces are asphalt and sand. The tour is not available to wheelchair guests. The minimum age to participate is 5 years old. Guests under the age of 18 must be accompanied by one paying adult on the island that can sign a waiver for them. Food and alcohol cannot be brought onto the island. For the welfare of the dolphins, loose items such as jewelry and cameras or items with a strap cannot be taken into the water. Storage will be provided during your interaction. There are no lifeguards on duty and guests that participate in water activities do so at their own risk and responsibility. Guests not on a marine encounter won't be allowed in the marine encounter area. Taking photos in the encounter area isn't allowed, but photo CDs and video are available for purchase. The tour may be cancelled due to weather or safety concerns.

NAS-025 BALMORAL ISLAND DOLPHIN SWIM & BEACH DAY

Duration: 4.50 Hrs Tour Price: CA\$130.00

Retail Price: CA\$326.00

Date: February 04, 2022 08:30 AM

Swim with Atlantic bottlenose dolphins in the crystal-clear waters just off Balmoral Island and then spend the rest of your time enjoying the other amenities. Following a short ferry ride to the island, you will sit in on a brief presentation on dolphins and how to maximize your time with them. While swimming with these highly intelligent, extraordinarily social marine creatures, you will likely hear them communicating with each other by making clicks and whistling. Researchers believe that dolphins typically "speak" to each other in bursts of five "words," much like humans communicate. The more time you spend with these social animals, the more amazed you can expect to be. After swimming with the dolphins, you will be free to enjoy Balmoral Island's other amenities, which include a wide, sugar-white beach rimmed by turquoise waters, a heated freshwater swimming pool, watersports equipment for rent and an assortment of bars and dining options.

- Swim with Atlantic bottlenose dolphins that are used to human contact.
- Enjoy full run of Balmoral Island after the dolphin experience.
- Take a refreshing dip in the crystal-clear sea and the heated swimming pool.
- Stretch out on the wide beach and stroll the shoreline.
- Rent watersports equipment if you wish.
- Take advantage of the nearby bars and dining options in The Market.
- Dress in weather-appropriate clothing over swimwear.
- Bring a towel and cash or credit cards other than American Express for optional purchases.
- Wear flat comfortable walking shoes.

This tour includes a limited amount of walking, primarily at the guests' discretion on the island, where surfaces are asphalt and sand. The tour is not available to wheelchair guests. The minimum age to participate is 5 years old. Guests under the age of 18 must be accompanied by one paying adult on the island that can sign a waiver for them. Food and alcohol cannot be brought onto the island. For the welfare of the dolphins, loose items such as jewelry and cameras or items with a strap cannot be taken into the water. Storage will be provided during your interaction. There are no lifeguards on duty and guests that participate in water activities do so at their own risk and responsibility. Guests not on a marine encounter won't be allowed in the marine encounter area. Taking photos in the encounter area isn't allowed, but photo CDs and video are available for purchase. The tour may be cancelled due to weather or safety concerns. Swim time with the dolphins is 30 minutes.



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Light Activity



Hiking



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Meal Included

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TOB-005 TOBAGO HIGHLIGHTS & FOLKLORE SHOW**Duration: 3.50 Hrs** **Tour Price: CA\$0.00****Retail Price: CA\$130.00****Date: February 04, 2022 08:30 AM**

Enjoy the considerable highlights of Tobago, taking its colonial forts, natural beauty and a traditional folkloric show that describes early life on the island. The first stop will be clifftop Fort King George, the island's best-preserved historical monument. Continuing on, you will stop at the Mysterious Tombstone, which bears a puzzling epitaph from the 18th century. It lies in the shadow of Fort James, a British-built fortress constructed with coral stone in the 1800s on the site of a picket post where soldiers watched for enemy invaders. The views are sweeping and well worth a photo. The sights will be just as impressive on the other side of Tobago, as you will discover while driving through the lushly landscaped Mount Irvine Bay Golf Course. Finally, at the Fairfield Cultural Centre, you will be greeted with a welcome cocktail before being seated for a traditional folkloric performance. Expect an energetic, exceptionally entertaining show as the costumed singers and dancers perform.

- See two historical forts that attest to the fact that Tobago was repeatedly attacked.
- Enjoy gorgeous views from the beach at Store Bay on the island's western tip.
- Drive through an emerald-green golf course built on a former coconut plantation.
- Watch an entertaining folkloric show that reveals Tobago's traditional culture.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking, mainly at the guests' discretion during the stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Fort King George and the Fairfield Cultural Centre have restrooms. Admission to the Tobago Museum at Fort King George is not included.

TOB-011 THE WINDWARD COAST & LITTLE TOBAGO**Duration: 4.50 Hrs** **Tour Price: CA\$104.00****Retail Price: CA\$300.00****Date: February 04, 2022 08:45 AM**

Ride in a glass-bottom boat through the crystalline waters off northeastern Tobago to the island of Little Tobago, one of the Caribbean's most important seabird sanctuaries. You will board the boat at the Blue Waters Inn in Speyside. As you set out for Little Tobago, there is no telling what you may observe below the water's surface, as the boat will cruise over sea fan gardens teeming with brightly colored tropical fish. Before long, you will arrive at Little Tobago, also known as Bird of Paradise Island. Although once a cotton plantation, the island has become a flourishing wildlife sanctuary for seabirds. More than 50 species live here, including laughing gulls, grebes, shearwaters and red-billed tropicbirds. The island's name derives from the birds of paradise that were introduced here from New Guinea, when a thriving plume trade threatened their extinction. After strolling about the island, you may take a refreshing dip in the ocean.

- Settle into a glass-bottom boat and observe a rich variety of marine life.
- Watch for seabirds on Little Tobago, an island that has become a bird sanctuary.
- Enjoy free time on Little Tobago and swim in the sea if you like.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring sunscreen and a towel.
- Wear flat comfortable walking shoes.

This tour includes about 2 hours of moderate walking over some natural and uneven surfaces. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility.

TOB-003 TROPICAL RAINFOREST ENCOUNTER**Duration: 5.00 Hrs** **Tour Price: CA\$0.00****Retail Price: CA\$169.00****Date: February 04, 2022 09:00 AM**

Delight in the exotic flora and fauna in the Tobago Rainforest Preserve, a virginal expanse that covers much of the northeastern island. Established in 1776, it is the oldest protected forest in the Western Hemisphere. Being a virgin rainforest, with trees soaring as high as 165 feet into the air, the preserve supports an incredible abundance and variety of rare flora and fauna. Each story of the rainforest contains different species, including exotic tree ferns, bromeliad-covered cycads, devilwood, parrot apples and spiny gru-gru palms. Accompanied by a well-informed guide, you may also see all sorts of colorful birds that might include blue-backed manakins, white-tailed sabrewings, yellow-legged thrushes and blue-crowned motmots, which make their nests in tunnels. The beautiful collared trogon is another bird commonly found here, but it flies so rapidly that it is often difficult to identify. You are more likely to hear its plaintive call, a low mellow "caow caow."

- Pass one charming village after another on the way to the Tobago Rainforest Preserve.
- Hear how 18th-century plantation owners almost leveled the rainforest for its timber.
- Follow a naturalist guide that will point out the most fascinating flora and fauna.
- See all sorts of exotic palms and colorful birds in the rainforest.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 2½ hours of hiking over mostly natural surfaces that can be uneven at times. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition. Hiking boots are available for rental. There is no restroom on the trail.



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Light Activity



Hiking



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Meal Included



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TOB-009 TREK TO ARGYLE WATERFALLS

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: February 04, 2022 09:00 AM

Experience the natural beauty of Tobago with a short hike through a forest reserve to Argyle Waterfalls, where you may swim in the cool pools. You will first follow a naturalist guide through a low-mountain landscape that makes up the oldest forest reserve in the Western Hemisphere. Established in 1776, it contains an abundance of unusual flora and fauna. You may see hummingbirds, butterflies, red squirrels and more, happily flitting and scurrying about. The flourishing bamboo and mix of trees such as mango, avocado and breadfruit make for an inviting backdrop that the naturalist will describe in detail. Before long, you will reach Argyle Waterfalls, a series of stepped cascades that rise 175 feet into the dense forest. Feel free to take a refreshing dip in the serene pools at the bottom. What a pleasure to float effortlessly on your back and gaze up into the tropical landscape, the waterfalls cascading down behind you.

- Walk through a forest reserve with a naturalist guide that will describe the flora and fauna.
- Look for hummingbirds, butterflies and tropical trees such as mangos and breadfruits.
- Swim in the refreshing pools below Argyle Waterfalls, the island's highest cascades.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and towel.
- Wear flat comfortable walking shoes.

This tour includes approximately 45-minutes of moderate walking that includes natural and uneven surfaces. The tour is not available to wheelchair guests or those with mobility concerns. Guests should be in reasonably good physical condition. Casual, light-weight clothing over swimwear; sunglasses; sun cap; insect repellent, towel; and flat, comfortable walking/hiking shoes are suggested. There are no restroom facilities along the trail or at the waterfall. Those who take part in any water activities do so at their own risk and responsibility.

TOB-007 TROPICAL GARDEN & NATURE RESERVE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$156.00

Date: February 04, 2022 09:30 AM

Gain a historical understanding of Scarborough at Fort James and then observe the diversity of Tobago's tropical birds at a magnificent nature reserve. Constructed of coral stone in the 1800s, Fort James offers sweeping views of the sea, which is why it was the perfect spot for soldiers to watch for enemy invaders. A different perspective on the island awaits you at the Tropical Garden and Nature Reserve. It is a paradise for birdwatchers, especially those who love hummingbirds, as you will see different species of them darting from feeder to feeder. Many of the names reflect the hummingbirds' markings and colors, such as the black-throated mango, ruby topaz, white-necked jacobin and copper-rumped, a species that perches in plain sight to aggressively defend its territory. Other species of birds are in abundance, too. Depending on where you wander, you may catch sight of blue tanagers, barred antshrikes and cocricos, the national bird of Tobago.

- Try to figure out the meaning of the odd epitaph inscribed on the Mysterious Tombstone.
- Take in the views from British-built Fort James while learning about its history.
- Observe all sorts of birds at the Tropical Garden and Nature Reserve.
- Watch a variety of colorful hummingbirds flitting about the grounds.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about an hour of walking over mostly flat surfaces. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. The nature center has a restroom.

TOB-001 SCENIC TOBAGO

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: February 04, 2022 09:45 AM

See southern Tobago's finest attractions, including favorites such as colonial forts and the island's most scenic natural settings. Your first stop will be the Mysterious Tombstone, which bears a puzzling epitaph from the 18th century. It lies in the shadow of Fort James, a British-built fortress constructed with coral stone in the 1800s. The views are well worth a photo. The sights are just as impressive on the other side of Tobago, as you will see driving through the Mount Irvine Bay Golf Course, a green jewel carved from the grounds of an old coconut plantation. On the return to Scarborough, you will visit Fort King George, which sits on a cliff high above the ocean. Built by the British in the 1770s, it is the island's best-preserved historical monument. Active until 1854, the fort displays weapons such as cannons on the grounds and in a small museum that was once the guardhouse.

- View some of the most picturesque coastal and inland areas of Tobago.
- See two historical forts that attest to the fact that Tobago was repeatedly attacked.
- Enjoy gorgeous views from the beach at Store Bay on the island's western tip.
- Drive through an emerald-green golf course built on a former coconut plantation.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking, mainly at the guests' discretion during the stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Fort King George has a restroom. The tour does not include admission to the Tobago Museum at Fort King George. The order of sites viewed or visited may vary.



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TOB-004 PIGEON POINT BEACH BREAK**Duration: 5.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$117.00****Date: February 04, 2022 10:15 AM**

Spend a leisurely day enjoying one of the most popular beaches in Tobago, lovely Pigeon Point on the island's western coast. While there are a number of amenities such as restaurants, bars and shops, the real lure of Pigeon Point is its marvelous natural Caribbean beauty. You might swim or snorkel in the turquoise waters, stroll along the powdery beach, immerse yourself in a good book in the shade of an umbrella and simply lie in the sun gazing out over the scenery. Thatched-roof huts are scattered about and there is a wooden jetty with a thatched-roof shelter at its end. Windsurfers and jet-skiers often zip through the water well off shore, painting a lovely backdrop for your relaxing endeavors. Pigeon Point is so iconic, so purely Caribbean you may think you have seen it before, which is highly likely, as the beach is often featured in travel magazines.

- Relax at Pigeon Point, a beach shaded by coconut palms and blessed with soft white sand.
- Spend hours doing whatever you please, whether swimming, snorkeling or simply relaxing.
- Enjoy amenities such as restaurants, shops and beach bars.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, sun hat, sunscreen and a towel.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion; however, there are sandy surfaces to negotiate at Pigeon Point Beach. The tour may not be suitable for wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Restrooms are available at the beach. Guests participating in water activities do so at their own risk and responsibility.

TOB-002 BUCCOO REEF GLASS BOTTOM BOAT**Duration: 3.00 Hrs Tour Price: CA\$0.00****Retail Price: CA\$130.00****Date: February 04, 2022 10:30 AM, 02:00 PM**

Observe the rich biodiversity of Tobago's marine life by cruising through pristine waters on a glass-bottom boat and then snorkeling, if you wish. Upon arriving at Pigeon Point Beach, you will wade into the ankle-deep water just off shore and board a glass-bottom boat, your window to the world underwater. First, you will pass over a coral garden inhabited by brain, starlet and elkhorn corals. It will be an excellent prelude to what lies ahead at Buccoo Reef. Designated a marine park and no-fishing zone in 1973, the reef is relatively flat and the water shallow. Whether you decide to observe the marine life through the boat's glass bottom or by snorkeling, you will surely see an endless parade of brightly colored tropical fish. You may also catch sight of endangered leatherbacks, green loggerheads and hawksbill turtles before heading off to Nylon Pool. While visiting in 1962, Princess Margaret named the idyllic pool for its shallow, translucent waters.

- Cruise through pristine waters and coral gardens in a glass-bottom boat.
- Enjoy a close-up view of the marine life, especially in the shallow waters at Buccoo Reef.
- Look for schools of brilliant tropical fish and the occasional sea turtle.
- Explore the underwater world in the translucent waters at Nylon Pool.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is mostly seated and includes minimal walking. The main activity is for guests who choose to snorkel or swim at Nylon Pool. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. There is no restroom on the boat. Snorkeling mask and reef shoes are available on the boat. Guests participating in water activities do so at their own risk and responsibility.



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Light Activity



Hiking



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Meal Included

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General Information

What is Included?

Transportation:

Licensed and insured late model, coaches, vehicles, watercraft, and other modes of transportation are utilized.

Meals and Refreshments:

Included when indicated in the tour description.

Guides:

Licensed, English-speaking, local guides accompany all tours, where available.

Entrance Fees:

Tours include all required admission fees, where applicable.

What Should I Wear?

When taking a shore excursion, comfortable walking shoes, sunglasses, a hat and sunscreen are suggested. You may consider bringing an umbrella, raincoat, sweater, or jacket. And don't forget your camera!

Cancellations and refunds

- In order to ensure quality guides and sufficient transportation, we must provide the tour operator with passenger counts at least 36 hours in advance. Therefore no refunds will be given within 36 hours of the tour.
- Tours operate rain or shine.
- Tours require minimum participation levels to operate so please sign up as early as possible. Tours may be cancelled if minimum participation levels are not met.

Prices, Itineraries and General Information

- Shore excursions prices are subject to change to meet unexpected cost increases or currency fluctuations.
- The information contained in this document was current at the time of printing, however changes may occur before your scheduled departure. Please consult the Destination Services Desk onboard for information and current pricing.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) may be limited or denied. In such instances, adjustments will be made to minimize inconvenience to guests.
- Some tours have limited availability. Please sign up early to avoid disappointment.
- Regent Seven Seas Cruises reserves the right to require Guests to complete a liability waiver for select shore excursions. For more information, please visit the Destination Service.

Please Note

While the greatest care has been taken to offer the finest services available, Regent Seven Seas Cruises will not be held responsible for any act, event or omission during the time that passengers are not onboard the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodation, ground transfers and shore excursions are made by Regent Seven Seas Cruises for the convenience of our Guests with the suppliers of the services. Each Guest agrees not to hold Regent Seven Seas Cruises, its owners, employees, agents or representatives liable, the absence of its own negligence, for any loss, injury, expense, or damage which result directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component other than water transportation or any other option that is available for purchase.

Arrangements with independent contractors include, but are not limited, to services, products, and transportation provided elsewhere that onboard Regent Seven Seas Cruises vessels in connection with tours whether arranged or organized by tour operators, travel agents, or Regent Seven Seas Cruises. Tours including hotel accommodations and transportation by vessel(s) not owned or operated by Regent Seven Seas Cruises or by air, rail, or land are not under the supervision and control of Regent Seven Seas Cruises.

IMPORTANT INFORMATION

Notwithstanding that Regent Seven Seas Cruises, at the Guest's option, arranges air transportation, hotel accommodations, groups transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Regent Seven Seas Cruises, being a "for profit entity", earns a fee on the sale of the optional services.

Tour departure times are subject to change so please reference your actual tour ticket for the correct departure time.

NOTICE:

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