



SEVEN SEAS CRUISES®

OPTIONAL SHORE EXCURSIONS

MIAMI, FLORIDA to MIAMI, FLORIDA

SS EXPLORER March 13, 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.

GREAT STIRRUP CAY, BAHAMAS

NPI-30 PREMIER CABANA ON THE CAY - ALL DAY

Duration: 0.00 Hrs Tour Price: CA\$679.00 Retail Price: CA\$679.00 


Date: March 14, 2022 07:00 AM

Ideal for small groups and families, each large private cabana accommodates up to eight guests and comes with everything you need to enjoy your stay, including bottled water and fresh fruit. Settle in and enjoy the serenity and privacy of the cabana. It offers a great base for your group to gather between jaunts to the beach and the sparkling sea. Each cabana rental includes up to four complimentary floating rafts.

- Delight in the privacy and serenity of your own large cabana.
- Entertain up to eight guests in the shade of the cabana.
- Enjoy the beach and sea just steps away.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring towels and sunscreen.

The price is per cabana not per person. Therefore, only one person needs to reserve the cabana. Cabana rental is for up to 8 guests, with the ability to add up to two additional guests for \$25 per person. Additional guests will be charged onboard. Cabana rental includes up to four complimentary floating mats. The large cabanas are located on Cabana Beach, a secluded beach adjacent to the main beach. Guests with limited mobility will not be able to access the water from the cabana. Prices vary by ship and sail date.

NPI-40 CLASSIC CABANA ON THE CAY - ALL DAY

Duration: 0.00 Hrs Tour Price: CA\$614.00 Retail Price: CA\$614.00 

Date: March 14, 2022 07:00 AM

Private cabanas hold up to six guests and offer the seclusion of Fiesta Beach and sweeping views of beautiful Bertram's Cove. Each cabana includes all sorts of amenities for a relaxing day at the beach. Settle in and enjoy the serenity and privacy of the cabana. It offers a great base for your group to gather between jaunts to the beach and the sparkling sea. Each cabana rental includes up to four complimentary floating rafts. Once you have settled in, munch on chips and salsa, fresh tropical fruit and complimentary bottled water.

- Delight in the privacy and serenity of your own cabana.
- Entertain up to six guests in the shade of the cabana.
- Enjoy the beach and sea just steps away.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring towels and sunscreen.

The price is per cabana not per person. Therefore, only one person needs to reserve the cabana. Cabana rental is for up to 6 guests, with the ability to add up to two additional guests for \$25 per person. Additional guests will be charged onboard. Cabana rental includes up to four complimentary floating mats. The small cabanas are located on Fiesta Beach, which is west of Cabana Beach. Guests with limited mobility will not be able to access the water from the cabana. Prices vary by ship and sail date.

NPI-41 OCEAN VILLA AT SILVER COVE

Duration: 0.00 Hrs Tour Price: CA\$784.00 Retail Price: CA\$1176.00

Date: March 14, 2022 07:00 AM

Spend time relaxing in a studio villa on a private beach with an unobstructed ocean view. The villa can accommodate up to six people, making it ideal for families and small groups that prefer to enjoy themselves away from the crowds. Handsomely decorated and beautifully furnished, the villa is air-conditioned for your complete comfort. Cushioned lounge chairs out on the deck provide alternate seating and the beach is just steps away. Feel free to bask in the sun, stretch out in the shade of a beach umbrella, lie on a floating mat, take a refreshing swim in the sea and stroll along the water's edge. The villa features a full bathroom and shower, if you wish to freshen up after coming in from the beach. The dining options are just as generous. A complimentary buffet is offered in the Silver Palms Restaurant and a fruit basket, chips and salsa, and beverages are included in the villa.

- Relax however you wish in a private ocean-view villa that accommodates up to six people.
- Enjoy the serenity of the villa and the easy access to the beach it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 6 guests.

NPI-46 LAGOON VILLA - ALL DAY

Duration: 0.00 Hrs Tour Price: CA\$784.00

Date: March 14, 2022 07:00 AM

While away the hours in the comfort of a private villa overlooking the lagoon. With plenty of room for up to eight people, the villa is perfect for groups that prefer an area of their own with easy access to the beach. With comfortable seating inside and on the deck outside, the villa has space for everyone to get together or spend some time in smaller groups. The sheltered waters of the lagoon are just steps away. Cushioned lounge chairs, beach umbrellas and floating mats are there for your enjoyment. You might spend your time basking in the sun, lying in the shade, walking around the lagoon and taking a refreshing swim. What you do is entirely up to you. A fruit basket, chips and salsa, and beverages are offered in the villa and a complimentary buffet lunch is provided in the Silver Palms Restaurant.

- Spend time relaxing in a private lagoon villa that accommodates up to eight people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 8 guests, with the ability to add up to two additional guests at an additional charge of \$49 per person.



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Meal Included

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NPI-47 ONE BEDROOM VILLA - ALL DAY

Duration: 0.00 Hrs Tour Price: CA\$914.00

Date: March 14, 2022 07:00 AM

Relax in the comfort of a one-bedroom villa overlooking a sheltered lagoon that is just steps away. With room for up to 10 people, the villa offers all sorts of amenities. Inside, you will find a sectional couch, dining table, television, bedroom with sliding glass doors that open onto the deck and an ensuite bathroom. In addition to being wonderfully comfortable, the villa is situated right on an exclusive area of the lagoon. Whenever you wish, you can enjoy the beautiful stretch of sand and the inviting waters. You might soak up the sun, lie on a lounge chair under a beach umbrella and take a refreshing dip in the glassy-smooth lagoon. Snacks are available in the room and, if you wish additional food and beverages, just call the butler on the villa's phone. A complimentary buffet lunch in the Silver Palms Restaurant is also included.

- Spend time relaxing in a one-bedroom lagoon villa that accommodates up to 10 people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 10 guests, with the ability to add up to two additional guests at an additional charge of \$49 per person.

NPI-48 2 BEDROOM VILLA FAMILY SUITE - ALL DAY

Duration: 0.00 Hrs Tour Price: CA\$1306.00

Date: March 14, 2022 07:00 AM

Spend hours enjoying the largest private villa on the island, a luxurious two-bedroom suite with 1,100 square feet full of amenities. With plenty of room for up to 16 people, the villa is perfect for large groups of friends and multiple families. This ultimate, air-conditioned oasis features a beautifully furnished living room, piano and sound system, dining tables inside and outside and two bedrooms where you can comfortably relax, change clothes and take a nap, if you wish. The villa overlooks a prime spot on the lagoon and its wide, gradually sloping beach. You can stretch out on a lounge chair, sit in the shade of a beach umbrella and swim in the lagoon, which is protected so the waters are typically as smooth as glass. To make your stay even more enjoyable, snacks and beverages are in the villa, a butler is standing by and buffet dining at the Silver Palms Restaurant is complimentary.

- Spend time relaxing in a two-bedroom lagoon villa that accommodates up to 16 people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 16 guests, with the ability to add up to four additional guests at an additional charge of \$49 per person.

NPI-13 WAVE RUNNER TOUR - SINGLE (DRIVER ONLY)

Duration: 1.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$164.00

Date: March 14, 2022 08:45 AM

Zip through the beautiful Berry Islands on a Wave Runner, following a local guide that will lead the way. After a brief orientation to help maximize the experience, you will hop aboard the personal watercraft and tear off into the turquoise waters. As the driver of the single-person Wave Runner, you will be in total control, which makes the ride all the more fun. Along the way, you can expect to see the solar-powered lighthouse on Great Stirrup Cay, Slaughter Harbor and the abandoned island community of Cistern Cay.

- Tear through the turquoise sea on a single-person Wave Runner.
- Be in total control of the ride, as you will be the driver and sole occupant.
- Pass landmarks that include a lighthouse and an abandoned island community.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Only one person per watercraft. Participants must be at least 18 years old with a valid driver's license. Alcohol consumption is not permitted before departing and a breathalyzer test may be given. Drivers must weigh less than 225 pounds.

NPI-14 WAVE RUNNER TOUR - 2 GUESTS (1 DRIVER & 1 RIDER)

Duration: 1.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$234.00

Date: March 14, 2022 08:45 AM

Zip through the beautiful Berry Islands on a Wave Runner, following a local guide that will lead the way. After a brief orientation to help maximize the experience, you and another guest will hop aboard the personal watercraft and tear off into the turquoise waters. One of you will drive, the other will be the passenger, but you will share the thrills. Along the way, you can expect to see the solar-powered lighthouse on Great Stirrup Cay, Slaughter Harbor and the abandoned island community of Cistern Cay.

- Tear through the turquoise sea on a two-person Wave Runner.
- Share the thrill with another guest, which makes the experience all the more memorable.
- Pass landmarks such as a colonial-style lighthouse and an abandoned island community.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Price is per watercraft and not per person, so only one person in the party needs to book this tour. There is a maximum of two guests per watercraft: one driver and one rider. The minimum age to drive is 16, but drivers between the ages of 16 and 18 must be accompanied by an adult rider. Riders must be at least 8 years old. All riders between the ages of 8-18 must be accompanied by a parent or guardian. The maximum combined weight cannot exceed 450 pounds. Drivers cannot be switched. Alcohol consumption is not permitted before departing and a breathalyzer test may be given.



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NPI-03 PARASAIL

Duration: 1.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$138.00**

Date: March 14, 2022 09:00 AM

Sail high above the cobalt-blue waters just off the beach of Great Stirrup Cay in a tandem parasail. The parasail boat is equipped with the latest technology and safety gear to ensure an exhilarating, carefree ride. Once you are out in the sea, you and another guest will sit side by side on a tandem bar with an open parachute. You will then take off into the air, letting the speed of the boat and the wind carry you skyward. It is possible to soar as high as 400 feet above the water, so you will have a literal bird's-eye view of the world below. It will be a nonstop thrill as you fly overhead, looking down on the Caribbean Sea from an aerial perspective that few people ever experience.

- Parasail high over the Caribbean Sea and Great Stirrup Cay for the ultimate tropical view.
- Share the thrill, as the parasail seat has room for two.
- Revel in the sweeping view from a perspective most people never see.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Participants must be at least 8 years of age and weigh between 60 and 375 pounds. The maximum combined weight of both parasailers is 450 pounds, a figure that may vary depending on the weather conditions.

NPI-15 KAYAK TOUR

Duration: 2.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$72.00**

Date: March 14, 2022 09:00 AM, 11:30 AM, 02:00 PM

Paddle through the beautiful turquoise waters south of Great Stirrup Cay in a two-person kayak and share the experience with another guest. After a brief orientation to become familiar with the kayak, you will head off into the shallow crystal-clear waters. The surrounding sea is teeming with marine life, and stingrays and sea turtles are commonly spotted. You can easily identify a hawksbill turtle by its bird-like beak, which is handy for reaching into coral crevices to eat sponges.

- Kayak through the typically clear calm waters south of Great Stirrup Cay.
- Share the kayak with another guest, which makes the experience all the more memorable.
- Look for marine life such as gracefully stingrays and sea turtles.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Participants must be at least 8 years old.

NPI-29 CATAMARAN & SNORKEL

Duration: 2.00 Hrs **Tour Price: CA\$0.00**

Date: March 14, 2022 09:00 AM

Cruise along the spectacularly gorgeous coast of Great Stirrup Cay on a catamaran and then snorkel in crystal-clear waters teeming with marine life. Along the way, you will enjoy panoramic views of your cruise ship, the island's primary beach and beautiful private villas dotting the tropical landscape. The most unobstructed views are out on deck, but feel free to wander about the catamaran and settle in wherever you are most comfortable. Upon reaching the northwest coast of Great Stirrup Cay, the catamaran will anchor so you can snorkel in the open water. In the summer, schools of dolphins may be spotted playfully breaching the water's surface, while flying fish are commonly seen in the winter. Regardless, the wonders underwater always include an vast array of brightly colored tropical fish darting in and out of the coral reefs. Sea turtles may also make an appearance, and seeing one up close is a thrill.

- Cruise along the coast of Great Stirrup Cay on a catamaran.
- Admire the spectacular tropical views on the way to the island's northwestern point.
- Observe an array of brightly colored fish while snorkeling the crystal-clear waters.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

This tour requires a easy amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests.

NPI-31 STAND UP PADDLE BOARD

Duration: 1.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$38.00**

Date: March 14, 2022 09:00 AM, 10:30 AM

Paddle through the calm turquoise waters of Bertram's Cove on a stand-up paddleboard that you can easily learn to propel. With just a few basic tips from the staff, you will soon be atop the paddleboard. The steps to success are easy to grasp. Start by kneeling on the board with the paddle perpendicular for balance. Slowly stand up on the board, which is designed for stability. Then start paddling at a comfortable speed. The paddleboard offers a unique vantage point to view the marine life in the cove and admire the tropical surroundings. Depending on how vigorously you paddle, the experience can be a good workout or simply a relaxing outing through one of the most scenic areas on Great Stirrup Cay.

- Glide through the calm waters of Bertram's Cove on a stand-up paddleboard.
- Discover how easy it is to paddle board, even for novices.
- Enjoy the physical activity and extraordinary tropical scenery.
- Paddle along at your own pace, taking in the sights above and below the water's surface.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

There is no minimum age to rent a paddleboard.



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NPI-51 SEAHAWK ZIPLINE

Duration: 1.00 Hrs Tour Price: CA\$0.00

Date: March 14, 2022 09:00 AM

Fly like a bird over the turquoise waters off Great Stirrup Cay on a series of ziplines that begin from a platform more than 130 feet in the air. This zipline adventure is named for the sea hawks commonly spotted on the island diving for prey at more than 30 miles hours. You will also reach adrenaline-pumping speeds as you ride ziplines of varying lengths. Each one is designed with characteristics that you will find exhilarating, if not scary at times. You will end up next to the Silver Cove lagoon, the starting point for an adventurous return trip that will challenge you in an entirely different way. That route follows a fun but daring trail with V-net bridges, a chimney climb and a near-vertical cargo net climb stationed high above the ground. To add to the thrills, on the way back you will ride two more ziplines guaranteed to raise goose bumps.

- Ride ziplines of varying lengths, many of them taking you over the turquoise sea.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Follow a different return route over V-net bridges, a chimney climb and cargo net climb.
- 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. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

NPI-52 ISLAND ZIPLINE ADVENTURE

Duration: 1.00 Hrs Tour Price: CA\$0.00

Date: March 14, 2022 09:20 AM

Enjoy the ultimate zipline experience, an adventure that combines two zipline courses for a long-lasting adrenaline rush. With access to both the Osprey zipline and the Sea Hawk zipline, you can expect nonstop thrills and spectacular views. The Osprey consists of three ziplines intended for beginners, so it makes for a great warm-up. Even so, it will be exhilarating, especially since some of the starting platforms tower more than 100 feet in the air. The Sea Hawk course is more dramatic because it's longer and much of it is over water. It offers a variety of island views, all of them extraordinary. You might even spot marine life in the sea below. The return route features V-net bridges, a chimney climb and a cargo net climb that add to the excitement. But if you need a breather, feel free to skip the climbs and just zipline most of the way back.

- Travel on both the Osprey and Sea Hawk zipline courses for the ultimate experience.
- Ride ziplines of varying lengths, many of them taking you over the turquoise sea.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Follow a return route over V-net bridges, a chimney climb and cargo net climb.
- 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. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

NPI-50 OSPREY ZIPLINE

Duration: 1.00 Hrs Tour Price: CA\$0.00

Date: March 14, 2022 09:40 AM

Race through the air with the greatest of ease on the Osprey zipline, a series of three separate flights that was designed for first-time zipliners. The course takes its name from the bird of prey that is commonly seen perched on the zipline platforms. You too will fly like a bird while taking in the spectacular views of Great Stirrup Island. The first zipline platform is 130 feet above the ground, so expect your adrenaline to be pumping before you even step off into thin air. The second leg of the course isn't quite as high, but it runs for 600 feet – the length of two football fields – which gives you time to savor the experience. The final leg is just as long as the second leg and takes you back to the starting point, where you will have time to catch your breath and relive the excitement with the others in your group.

- Ride three separate ziplines, each one exciting in its own way.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Get a literal bird's-eye view of the scenery as you race between zipline platforms.
- 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. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

NPI-42 STINGRAY CITY BAHAMAS

Duration: 1.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$125.00

Date: March 14, 2022 10:00 AM

Interact with stingrays in the turquoise waters that are home to these remarkably docile and graceful creatures. After a brief orientation, you will put on a mask, snorkel and snorkel vest and enter the water, accompanied by the experienced staff. Stingrays will be abundant and quite willing for you to feed and touch them. As you will discover by being so close to the stingrays, these relatively flat, diamond-shaped marine animals typically measure 3 to 4 feet across, with the females being larger than the males. They are used to human contact, so you can expect an immensely fulfilling experience.

- Touch and feed stingrays as they swim right up to you.
- Watch them gracefully swim around as you snorkel nearby.
- Learn surprising facts about stingrays, whose actions are often misunderstood.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring towels and sunscreen.



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NPI-44 SWIM WITH THE PIGS

Duration: 1.50 Hrs Tour Price: CA\$0.00

Date: March 14, 2022 10:00 AM



Enjoy a wonderfully scenic cruise to nearby Treasure Island, a small privately owned oasis where you can swim with the resident pigs. Before getting into the water, be sure to snap some pictures from the observation deck, as it offers the best perspective of the photogenic island. Following a briefing on how to maximize your experience, you will wade out into the shallow waters. A passel of cute, friendly pigs will soon swim out to greet you. They love attention so be ready for a fun, up-close and personal experience. The guide will show you how to feed the pigs juicy apples and the best ways to interact with them while swimming. The pigs couldn't be friendlier or more enthusiastic about sharing their favorite swimming hole. You might even learn their names, as the pigs are regulars.

- Take in the spectacular tropical views while cruising to Treasure Island.
- Interact with the island's cute, friendly resident pigs in the waters just offshore.
- Pet the pigs, feed them juicy apples and swim with them side by side.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Due to safety concerns phones and cameras are not permitted during the animal interaction. The minimum age for participants is 6 years old. Refreshments available (Cash Only Bar).



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❖ SAN JUAN, PUERTO RICO

SJU-006 EL YUNQUE RAINFOREST WITH LONG HIKE

Duration: 5.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: March 16, 2022 01:30 PM

Enjoy the natural beauty and serenity of El Yunque by hiking through the only tropical rainforest in the U.S. National Forest System. To better understand the enormity of the forest and its natural highlights, you will first explore the welcome center and watch an introductory film on El Yunque. Then after taking in the spectacular scenery from atop the Yokahu Lookout Tower, you will begin hiking down the Big Tree Trail. El Yunque averages 16 feet of rain each year, leaving the tropical landscape perpetually lush and green. The rain feeds countless streams that create spectacular waterfalls such as La Mina, which you will find at the end of the trail. You will be welcome to swim in the refreshing pool at the bottom of the cascade or simply relax in the serene setting. If you spot bright-red flowers, they will likely be Flor de Magas, the national flower of Puerto Rico. At the conclusion of your tour, you will be served a complimentary beverage and snack before re-boarding your coach for the return drive to the pier.

- Grasp the enormity of El Yunque through eye-opening exhibits at its welcome center.
- Follow a lengthy winding trail through the serene rainforest.
- Swim in the pool at La Mina waterfall or relax along the shore.
- Look for tropical birds, including the rare Puerto Rican Parrot.
- Dress in weather-appropriate clothing and bring raingear.
- Wear a swimsuit under your clothing and bring a towel.
- Wear flat comfortable walking shoes with closed toes.

This tour involves extensive walking, with many steps to negotiate. Guests should be active and in good physical condition. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests wishing to swim should wear a swimsuit under their clothing, and bring a towel from the ship.

SJU-012 SAN JUAN CITY TOUR

Duration: 2.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$91.00

Date: March 16, 2022 01:30 PM

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.

SJU-007 SAN JUAN & BACARDI RUM DISTILLERY

Duration: 5.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: March 16, 2022 01:45 PM

Visit the famed Bacardí rum distillery and then enjoy a sweeping tour of Old San Juan, a city that Ponce de León founded in 1521. Upon arriving in the bat wing-shaped Bacardí visitor pavilion, you will hop aboard an open-air tram for an enlightening tour. You can expect to see exhibits detailing the history of Bacardí and the rum-making process and visit a gallery displaying historical documents, family portraits and vintage rum bottles. Afterwards, you will enjoy a complimentary rum drink and have time to purchase premium Bacardí rum. Continuing on to Old San Juan, you will first explore 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. Be sure to visit the Devil's Sentry Box, where according to legend soldiers mysteriously disappeared. Free time for shopping in marble-paved Plaza Colon follows. Following your visit to Old San Juan, you may opt to re-board the coach and return to the ship, or stay a little longer and return to the ship at your own expense.

- Tour the visitor pavilion at the Bacardí rum distillery in an open-air tram.
- Discover the history of the distillery and then enjoy a classic rum drink.
- Explore Old San Juan, starting at San Cristobal fort, which took 156 years to build.
- See the towering statue of Christopher Columbus while shopping around Plaza Colon.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The tour of the Bacardi facility doesn't include the distillery or production area. Walking in Old San Juan will be over some uneven pavement and steep inclines, especially in the fortress. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests must be at least 21 years of age to consume alcohol. The tour duration depends on traffic conditions and the number of people touring the distillery.



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Meal Included

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SJU-013 SAN JUAN BAY SAIL

Duration: 2.50 Hrs **Tour Price:** CA\$130.00 **Retail Price:** CA\$326.00

Date: March 16, 2022 01:45 PM, 04:45 PM

Sail around San Juan Bay on the Amazing Grace, a replica of the topsail schooners used in the American Revolutionary War and in the War of 1812. This beautiful vessel flies seven sails that can be used in different combinations to suit the wind conditions. You will learn much about the history of the ship while enjoying canapés and beverages on board. You will also be treated to a wonderful seaside perspective of some of the city's key attractions, including El Morro, a National Historic site that is considered the oldest Spanish-built fort in the New World, as parts of it date to 1539. You will also cruise by La Fortaleza, a former fort where Puerto Rico's governors have resided since the mid-16th century. It has the distinction of being the oldest governor's official residence that is still in use. UNESCO has declared both forts World Heritage sites based on their European military architecture.

- Sail a replica topsail schooner around San Juan Bay while enjoying canapés and beverages.
- Learn the history of the original schooners that were used in two wars.
- See landmarks such as San Juan's two World Heritage site forts.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

If the ship is docked at a pier that is not walking distance, guests will need transportation there at an additional charge. A waiver is required before boarding. The ship's gangway is steep. The sailing time is 1½ hours.

SJU-014 CULINARY WALKING TOUR

Duration: 3.25 Hrs **Tour Price:** CA\$156.00 **Retail Price:** CA\$365.00



Date: March 16, 2022 02:00 PM, 03:00 PM

Walk through the enchanting streets of Old San Juan and stop at several traditional venues to sample tasty snacks and refreshing beverages that will be representative of Puerto Rico's complex cuisine. The exact locales will be chosen the day of the excursion based on the menus, daily specials and conversations with the chefs and proprietors to see what's freshest and sounds most appetizing. Regardless, you can expect to sample locally sourced fish and meat dishes, freshly made desserts and artisanal coffee. Puerto Rican cuisine reflects Spanish, African, Taíno and American influences, a style that the locals call cocina criolla or Créole cooking. Between stops, you will see city landmarks such as the second-oldest cathedral in the Americas, the oldest governor's mansion in the Western Hemisphere and a World Heritage site fortification. To enhance your understanding of the attractions and the cuisine, the guide will offer commentary throughout.

- Sample a variety of Puerto Rican dishes and beverages that reflect the local cuisine.
- Learn about the Spanish, African, Taíno and American influences on the cuisine.
- See some of Old San Juan's architectural treasures while walking between venues.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount of walking mainly at the guest's discretion. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina

SJU-003 RAINFOREST VISIT

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

Date: March 16, 2022 02:15 PM

Discover the abundant flora and fauna in a sprawling national forest by browsing interactive exhibits before experiencing the nature firsthand on a leisurely walk through the wilderness. El Yunque National Forest is the only rainforest in the U.S. National Forest System, and it is spectacular. Upon arriving, you will explore the welcome center, which is constructed of natural materials that beautifully blend into the landscape. Here you will see exhibits and an enlightening video describing the environment. Continuing on, you will head into the rainforest and pause for photos at La Coca Falls before climbing a nearly 7-story lookout tower that offers expansive views of the lush foliage, mountain peaks and distant ocean. A short but eye-opening hike through Palo Colorado Forest follows. It is one of four different types of forests within El Yunque, so the foliage will be quite different than what you have seen previously.

- Prepare to experience El Yunque rainforest by browsing exhibits in the welcome center.
- Drive to vantage points where you will see a waterfall and the sprawling rainforest.
- Meander down a nature trail in a forest with different characteristics.
- Watch for colorful tropical birds, many of them endemic to Puerto Rico.
- Dress in weather-appropriate clothing.
- Bring raingear and umbrellas as it often rains in the forest.
- Wear flat comfortable walking shoes with closed toes.

This tour involves moderate walking on bumpy and uneven surfaces. Participants should be in good physical condition. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Many areas of the Rainforest are currently closed to access, due to road closures and reconstruction. In most cases, the areas we will be stopping at are the only ones open at this time, and are subject to change with no prior notice by the US National Forest System. They also reserve the right to limit access to any area and the Rainforest itself if there are too many visitors at one time; in this case we will do our best to offer alternatives, but please note that this is outside of our control.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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SJU-004 SAN JUAN CITY & ART MUSEUM

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: March 16, 2022 02:30 PM

Admire the art and architecture of San Juan, which will offer great insight into the city and culture of Puerto Rico. The San Juan Art Museum makes for an excellent starting point, as it displays a huge collection that ranges from colonial to modern art. There is also a serene garden with more than a dozen sculptures by Puerto Rican artists. For a deeper historical perspective, you will then explore Old San Juan, where you will visit Fort San Cristobal before continuing on to landmarks such as El Morro and San José Church, the second-oldest church in the Americas. Ponce de León donated the land for the church when he was governor of Puerto Rico. You will also enjoy free time to browse the shops, boutiques and art galleries around Plaza Colon, the square at the entrance of the oldest district. Following your visit to Old San Juan, you may opt to re-board the coach and return to the ship, or stay a little longer and return to the ship at your own expense.

- Behold some of Puerto Rico's most esteemed works of art.
- Delve into the history of San Juan through its most revealing architecture.
- See historical San José Church, where Ponce de León was once buried.
- Browse the charming boutiques and fine art galleries in Old San Juan.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The museum is constantly changing its exhibits, which may cause some sections to be inaccessible. The walking portion of the tour in Old San Juan involves travel over some uneven pavement and steep inclines, especially within the fortress. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair.

SJU-016 CITY WALKING TOUR

Duration: 2.50 Hrs Tour Price: CA\$0.00

Date: March 16, 2022 03:15 PM, 03:30 PM, 03:45 PM

Enjoy a leisurely and enlightening walk through Old San Juan and Fort San Cristobal, one of the largest fortresses ever constructed in the Americas. Named for Saint Christopher, the patron saint of travelers, the Spanish-built fort is a masterpiece of 18th-century military engineering and design. The expansive main plaza, complex tunnels and still-functioning system of collecting rainwater are particularly fascinating. So too is Old San Juan, a wonderfully atmospheric area that was settled 500 years ago. You will enter the historical district through the only original gate that remains. As you pass through it, be sure to note the remarkable thickness of the centuries-old defensive walls. While visiting the 18th-century Christo Chapel, you will hear about the miracle that supposedly happened there. Similarly, you will learn about the bishop that is said to have saved San Juan from British troops in 1797. His statue stands in Rogativa Plaza.

- Explore Fort San Cristobal, a massive Spanish-built fortress overlooking the sea.
- See the highlights in Old San Juan while walking through the 500-year-old district.
- Hear tales of the legendary figures that played key roles in San Juan's development.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes a moderate amount of walking. Old San Juan will be difficult to maneuver due to narrow sidewalks and cobblestone streets. Requires walking over steep inclines, uneven paving, ramps & slopes are common and streets are narrow. Guests will need to walk significant distances, albeit at a slow pace. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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❖ BASSETERRE, ST KITTS/NEVIS

STK-005 GOLFING AT ROYAL ST. KITTS GOLF COURSE

Duration: 5.00 Hrs **Tour Price:** CA\$234.00 **Retail Price:** CA\$431.00

Date: March 17, 2022 11:30 AM

Play 18 holes of golf on the spectacular course at Royal St. Kitts Golf Club, portions of which run along the Atlantic Ocean. Esteemed Canadian golf course architect Thomas McBroom redesigned the Par 71 layout in 2003, taking advantage of the land's natural contours to create a challenging but immensely fair course. Royal St. Kitts golf course is visually stunning, whether you are playing the holes along Half Moon Bay or the holes along the 10 inland lakes. The front nine starts with a forgiving Par 5 and ends with a devilish Par 3. The back nine presents a different sort of challenge, as the three finishing holes are almost entirely bordered by water. The course is so beautiful overall that it may be hard to keep your eyes on the ball.

- Play a round of golf at prestigious Royal St. Kitts Golf Club.
- Enjoy the challenging but fair Par 71 layout.
- Appreciate the spectacular scenery on every hole, as water is the dominant feature.
- Play the tees that most suit your skills, as four sets are available.
- Dress in weather-appropriate golfing attire, including a collared shirt.
- Wear flat comfortable tennis or golf shoes.

This tour is not available to wheelchair guests and those guests with mobility concerns should evaluate their stamina and ability before joining the tour. Roundtrip transportation, green fees and a shared golf cart are included. Golf clubs are not included but available for rent at the club. Food from the clubhouse restaurant is available for purchase.

STK-009 SKY SAFARI ZIP-LINING

Duration: 4.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: March 17, 2022 11:30 AM, 12:00 PM, 12:30 PM

Soar over the pristine Valley of Giants rainforest on an exhilarating zip-line, descending at more than 35 miles per hour at times. Zipping along from platform to platform will be an absolutely thrilling experience, especially since you need only to sit back in the specially designed zip-line trolley chair with your hands free and feet dangling. The distance between the platforms varies with the longest stretching over a quarter-mile. Because the zip line isn't too high off the ground, you will enjoy exceptional views as you pass over the trees and through tunnels cut in the dense canopy. You will also be treated to unobstructed views of the sea and Brimstone Hill, a fortress once known as the Gibraltar of the West Indies. Following the zip-line adventure, you will be free to stroll about the ruins of Windfield Estate and visit Romney Manor to shop for casual fashions at Caribelle Batik.

- Fly through the air on a zip line over a rainforest in the Valley of Giants.
- Soar from platform to platform while seated in a comfortable trolley chair.
- Take in the breathtaking views through breaks in the tree canopy.
- Enjoy time to browse historical Windfield Estate, site of the zip line adventure.
- Shop for casual one-of-a-kind batik fashions at Caribelle Batik.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes with closed toes.

There is limited moderate walking on this. The tour is not available to wheelchair guests, pregnant women, those with heart conditions or back or neck injuries. It is not considered suitable for those with mobility concerns. Helmets will be provided and are mandatory. Participants must weigh between 60 and 260 pounds and sign a liability waiver. Other guests deemed suitable for the demands of the tour may not be able to participate.

STK-011 COASTAL CRUISE & NEVIS BEACH BREAK

Duration: 6.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00



Date: March 17, 2022 11:30 AM

Zip over to the neighboring island of Nevis on a catamaran and spend a carefree day discovering the local landmarks and relaxing on Pinney's Beach. As you cruise along the shore of St. Kitts, you will easily make out highlights such as the Great Salt Pond and get a feel for the ever-changing topography. Once you reach Charlestown, the capital of Nevis, you will begin a panoramic drive past landmarks such as the birthplace of Alexander Hamilton and Nevis Bath Springs, a hot spring located at what may be the first hotel in the East Caribbean. Lunch at idyllic Pinney's Beach follows, after which you will enjoy free time. Relaxing comes naturally on Pinney's Beach, a nearly four-mile-long stretch of saffron-colored sand that is lined by palm trees and rarely crowded. Lushly vegetated Mount Nevis towering in the background only adds to its endless appeal.

- Cruise the coast of St. Kitts, admiring the nonstop natural beauty.
- Disembark in the capital of nearby Nevis for a spectacularly scenic driving tour.
- Pass the birthplace of Alexander Hamilton, the first treasurer of the United States.
- Savor a Caribbean-style lunch at Pinney's Beach, a favorite stretch of sand on Nevis.
- Spend free time relaxing at the beach in whatever way you find most enjoyable.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion at the beach. There will be sandy surfaces to negotiate and a few steps to enter and exit the boat. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Lounge chairs and umbrellas are included & on first come first serve basis. The stop at the hot springs is 10 minutes.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



GL Go Local Tour



Accessible Tour

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STK-003 QUAD BIKE ADVENTURE

Duration: 3.25 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00

Date: March 17, 2022 12:30 PM

Drive an ATV around St. Kitts, exploring remote off-road areas that most visitors never see. Following a brief orientation on how to operate the one-person all-terrain vehicle, you will tear off into the countryside on an exhilarating ride. A guide will lead the way into the most picturesque parts of the island, which is formally known as Saint Christopher. Christopher Columbus stopped here on his second voyage in 1493 and named the island after his patron saint. As you will see by the tropical foliage, St. Kitts is extraordinarily fertile, the result of its volcanic origin. The rugged terrain and lush vegetation make it all the more fun to race through the wilderness on an ATV. Stops will be made on occasion to sample fresh fruit and take in the magnificent vistas.

- Drive an off-road ATV through some of the more isolated parts of St. Kitts.
- Share the thrills, as you will follow the guide in a convoy of vehicles.
- Learn a bit about the island's history while pausing for snacks.
- Admire the vistas, which are even more magnificent if it's a clear day.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes with closed toes.

This tour involves travel over bumpy, uneven terrain. It is not available to wheelchair guests or those with mobility concerns. It is not recommended for pregnant women or guests with back or neck problems. Goggles and helmets will be provided. Participants must be at least 18 years old, weigh no more than 250 pounds, present a valid driver's license and sign a liability waiver.

STK-006 BEACH EXTRAVAGANZA

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$78.00

Date: March 17, 2022 12:30 PM

Spend a blissful day enjoying one of the most extraordinary beaches on St. Kitts' secluded Southeast Peninsula, a lovely stretch of land with forested hills. Upon reaching the peninsula, the so-called handle of the tennis racquet-shaped island, you will drive along the scenic rim of the Great Salt Pond, the largest pond on St. Kitts, and on to Cockleshell Bay. The beach here is absolutely spectacular, and everything you could possibly want is within reach. The water is impossibly blue, the sand soft and powdery, and a casual Caribbean-style restaurant overlooks the sea. St. Kitts' sister island of Nevis appears to be so close you can almost touch it. You will be free to enjoy the beach however you like. You might meander down the shoreline, stretch out on a towel and sunbathe, swim in the typically calm waters, or even comb the beach for the bay's namesake cockleshells.

- Relax however you please at the beach at Cockleshell Bay.
- Swim in the sea, stretch out on the sand or stroll along the shore, if you like.
- Gaze at neighboring Nevis, the beautiful island that lies just two miles away.
- Enjoy a wonderfully scenic drive to and from Cockleshell Bay.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion at the beach, where most surfaces are sandy. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Lounge chair is included. Umbrellas are available at an extra cost and on a first come first serve basis.

STK-012 ST. KITTS SCENIC RAIL

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00



Date: March 17, 2022 12:30 PM

Circle the island of St. Kitts in the comfort of a restored vintage train and by modern coach while the guides provide commentary of the sights along the way. The train will wind along a narrow-gauge railroad that was built nearly a century ago to transport sugarcane from the fields to the capital of Basseterre. The scenery will be breathtaking the entire time, as you will pass through verdant rainforests, over deep canyons and into fertile farmland. To provide the ultimate views, your train car will be a double-decker with an open-air observation deck on one level and expansive vaulted windows on the other level. All guests will have a seat on both levels of the railcar. Island ambiance is evoked with comfortable rattan furniture, complimentary specialty drinks, island music and a colorful narrative. The driving portion of the tour along St. Kitts' southern coast will be just as picturesque, as you will see landmarks such as Brimstone Hill Fortress, a UNESCO World Heritage site known as the Gibraltar of the West Indies.

- Travel by train and coach, making a complete circle around St. Kitts.
- Enjoy a 360° view of the island from your double-decker train car.
- Ride a narrow-gauge railway through rainforests, over canyons and along the sea.
- Drive along the southern coast, passing landmarks such as an 18th-century British fort.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Please expect a bumpy bus ride to the train depot station which is approximately 10 minutes from the port. This tour is not wheelchair accessible.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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STK-013 ST. KITTS SCENIC RAIL AND SAIL

Duration: 4.00 Hrs **Tour Price: CA\$143.00** **Retail Price: CA\$339.00**

Date: March 17, 2022 12:30 PM

Take in the breathtaking natural beauty of St. Kitts by riding through the countryside on a vintage train and sailing in a catamaran along the southwestern coast. Once you board the St. Kitts Scenic Railway, you will realize that its name is not an exaggeration. It follows an impossibly picturesque route through rainforests, deep canyons and fertile farmland, providing you will a remarkably complete picture of the island. Upon arriving in Pump Bay, you will board a catamaran that will present yet another unique perspective of the island. As you sail along, you will pass fishing villages among sugarcane fields, the first British settlement on St. Kitts and the historical Brimstone Hill fortress, the so-called Gibraltar of the West Indies. You will also see aptly named Bloody Point, where the British and French joined forces in 1626 to defeat the indigenous Carib Indians.

- Travel by train through some of the most extraordinary countryside in St. Kitts.
- Enjoy a 360° view of the island from your double-decker train car.
- Ride the narrow-gauge railway through rainforests, over canyons and along the sea.
- Sail along the island's southwestern coast, passing fishing villages among sugarcane fields.
- See an 18th-century British fort that is a UNESCO World Heritage site.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 6 years old. Please expect a bumpy bus ride to the train depot station. The tour may run in reverse order.

STK-002 BEST OF ST. KITTS

Duration: 4.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$130.00**

Date: March 17, 2022 01:00 PM

Visit several of the most impressive landmarks on St. Kitts while the guide explains their historical significance. The Eastern Caribbean's oldest town, Basseterre is full of architectural treasures that reflect its French and British colonization. A prime example is Brimstone Hill Fortress, a UNESCO World Heritage site known as the Gibraltar of the West Indies. The hilltop fortress is a tribute to 18th-century British military engineering and presents smashing views of the neighboring islands. Stately Fairview Great House is another fine representation of the colonial era and the ingenuity of using local building materials such as volcanic rock for the kitchen oven and bath. The natural beauty of St. Kitts will shine at venues that include the lookout atop Timothy Hill and the lovely botanical garden at Romney Manor, an estate that Thomas Jefferson's great great great grandfather owned. If you see monkeys, chances are, they are vervets.

- Gain a historical perspective of St. Kitts through its architectural icons.
- See the fortress at Brimstone Hill, which UNESCO has declared a World Heritage site.
- Admire the ingenuity of using local volcanic rock for construction.
- Browse the fine batik textiles produced at Romney Manor.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 1½ hours of easy walking with a few steps to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should only participate to the extent of their stamina and ability. The order of the sites viewed or visited may vary.

STK-004 SAFARI ISLAND DRIVE

Duration: 3.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$117.00**

Date: March 17, 2022 01:00 PM

Enjoy a panoramic and enlightening drive around St. Kitts in an open-air safari-style vehicle designed for sightseeing. Your first stop will be Caribelle Batik, whose artists produce fine one-of-a-kind batik fashions using ancient Indonesian methods. The company operates out of Romney Manor, a centuries-old estate first owned by Thomas Jefferson's great, great, great grandfather. Continuing on, you will pass historical Old Road Village and Brimstone Hill Fortress, a UNESCO World Heritage site known as the Gibraltar of the West Indies. While pausing for photos at Gibbon's Hill, you will enjoy a sweeping vista of the area where the Caribbean Sea meets the Atlantic Ocean. Other magnificent seaside views include the waves crashing on the volcanically formed Black Rocks and gorgeous Frigate Bay, as seen from atop Timothy Hill.

- Enjoy a panoramic sightseeing tour from the comfort of an open-air safari-style vehicle.
- Pause at Caribelle Batik to watch artists create unique batik fashions.
- Pass an 18th-century fort that showcases Britain's military engineering skills.
- Behold spectacular views of the sea and beyond from several viewpoints.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guests' discretion during stops; however, there are bumpy surfaces. This tour is not available to wheelchair guests or those with mobility concerns. It is not recommended for pregnant women or guests with back or neck problems. The order of the sites viewed or visited may vary.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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STK-007 CARIBBEAN COOKING EXPERIENCE

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$143.00

Date: March 17, 2022 01:00 PM

Watch a Caribbean cooking demonstration in historical Fairview Great House while the chef entertains you with tales about the history of the island's regional dishes. Once the residence of a French military commander, the restored 300-year-old house offers an inspired setting for this culinary experience. You will become immersed in Caribbean cooking as the chef demonstrates how to prepare several of the most popular regional dishes. Many of the cooking techniques are African, Indian and European in origin, which adds to their intrigue. Tantalizing concoctions such as jerk pork loin, Creole fish in a tomato broth and green banana escovitch are typically part of the genuine Caribbean menu. Dessert often includes coconut bread pudding, a classic island dessert that may be glazed with rum. When the dishes are finished, you will be able to sample each one and receive easy-to-follow recipes of how to prepare them when you return home.

- Watch a chef prepare a three-course meal of classic Caribbean dishes.
- Listen to the chef's captivating stories about the history of Caribbean cooking.
- Savor the dishes that the chef has prepared for lunch.
- Receive easy-to-follow recipes so you can prepare the dishes at home.
- Browse Fairview Great House and its fragrant gardens after the meal.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking with a few steps to negotiate at the venue. The tour is not available to wheelchair guests and those with mobility concerns should carefully evaluate their stamina and ability before joining the tour. Ingredients may vary based on seasonal availability, and participants should be prepared for variations in the menu.

STK-008 ACCESIBLE TOUR OF BASSETERRES HIGHLIGHTS

Duration: 2.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$117.00

Date: March 17, 2022 01:15 PM

See the star attractions in and around Basseterre from the comfort of a vehicle specially designed to carry wheelchair-bound guests and others with mobility challenges. As you drive through the capital of Basseterre, you will learn about the rich history of St. Kitts. In 1493, Christopher Columbus landed, but the island didn't become a treasured British colony until more than 125 years later. The influence of the British and French occupiers is particularly striking in Basseterre's architecture and monuments. As you drive through the city streets, you will pass Scottish-built Berkeley Memorial clock, wonderfully restored St. George's Anglican Church and Independence Square, so named when St. Kitts achieved its political independence in 1983. You may also see the beautiful stone Church of the Immaculate Conception. At Romney Manor, you may watch a demonstration of batik making and then browse the store for merchandise designed with a Caribbean flair.

- Enjoy a panoramic drive in a vehicle designed for wheelchair-bound guests and others with mobility challenges.
- Discover the history of St. Kitts, including the effect of Columbus' landing in 1493.
- Notice the architectural influence of the British and French who colonized the island.
- Leave the vehicle at Romney Manor to watch a demonstration of batik making.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There is no required walking on this tour. The tour is available for up to two wheelchair-bound guests and 14 others, including those with collapsible wheelchairs who can make their way on and off the vehicle with limited assistance. The vehicle has a lift gate.

STK-014 GLASS BOTTOM, STEEL BAND & BEACH

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$117.00

Date: March 17, 2022 01:30 PM

Observe the wonders below the water's surface while cruising along the coast in a glass-bottom boat on the way to a secluded beach. The boat is nearly 100 feet long, so there will be plenty of room to stretch out and enjoy the tropical scenery and steel pan music that is characteristic of the Caribbean. As you skirt along the southeastern shore of Saint Kitts, the capital city's urban landscape will gradually become more rural. The boat typically stops above the reef at Green Point, offering a clear view of the marine life below. You may spot bright-red squirrel fish, glass-eye snappers and brightly colored angel fish. Once the boat rounds Nag's Head, it will dock at an idyllic beach. Spend the time there as you please. You might take a refreshing swim in the Caribbean Sea, bask in the sun and stroll along the shore with nothing on your mind but enjoying the moment.

- Cruise along the southeastern shore of St. Kitts and take in the beautiful tropical scenery.
- Observe the colorful marine life through the boat's glass-bottom panels.
- Spend free time enjoying the serenity of a secluded beach near the island's southeastern tip.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Guests will need to walk approximately 5 minutes from the pier to the vessel. There are steps down a ladder when the vessel reaches the beach, so guests will need to access those. Assistance will be given by the crew. Beach mats are provided for use on the beach. Bring adequate sun protection, swim wear, a towel, hat and a camera. Guests must be 21 years of age to consume alcohol.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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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: March 18, 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: March 18, 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: March 18, 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



Hiking



Adventure



Meal Included

GL Go Local Tour



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DOM-005 CHAMPAGNE SNORKEL

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$143.00

Date: March 18, 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: March 18, 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: March 18, 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



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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DOM-019 CHAMPAGNE SNORKEL BY LAND

Duration: 2.00 Hrs Tour Price: CA\$0.00

Date: March 18, 2022 09:00 AM

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica's top spots to observe marine life. A leisurely drive along the coast and through the village of Pointe Michel will bring you to the unusual reef, which lies just offshore. It is named for the champagne-like bubbles that continuously rise around it. Subterranean geothermal activity causes gas to be released through small vents in the ocean floor there, 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 hawksbill and green turtles and perhaps divers in the deeper water. The remains of a 17th-century shipwreck, including cannons and chains, lie scattered about the ocean floor.

- 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.
- Bring towel, swimwear, comfortable clothing.
- Wear water shoes.

This tour requires a strenuous 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.

DOM-020 BONGO BATHS THERAPEUTIC HOT POOLS

Duration: 2.00 Hrs Tour Price: CA\$0.00

Date: March 18, 2022 09:00 AM, 10:00 AM, 11:00 AM, 12:00 PM

Ease into a geothermally heated natural pool and reap the benefits of its soothing waters. You will find the hot springs at Bongo Baths in Wotten Waven, an inland village in the heart of a mountain rainforest. Remnant volcanic activity well below the earth's surfaces heats the mineral-rich hot springs, which are wonderfully relaxing to soak in. The detoxifying waters are said to have abundant therapeutic effects, which may include reducing stress, promoting better sleep, boosting blood circulation and naturally relieving pain. The minerals in the water might also alleviate skin problems. Chances are, you will emerge refreshed, rejuvenated and ready to enjoy the remainder of the day in just the right state of mind. Afterwards, you might relax on a shaded bamboo bench, breathe in the fresh mountain air and do nothing more strenuous than listen to the mellifluous sounds of nature from the surrounding jungle.

- Relax in the mineral-rich, geothermally heated hot springs at Bongo Baths.
- Reap the water's therapeutic benefits, which may include stress reduction and pain relief.
- Emerge from the hot springs refreshed and rejuvenated.
- Dress in weather-appropriate clothing and bring towel.
- Wear flat comfortable walking shoes.

It is not advisable for guests to stay in the pools for more than one hour. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested.

DOM-007 RIVER TUBING AND TRAFALGAR FALLS

Duration: 4.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$195.00

Date: March 18, 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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DOM-023 ROSEAU HIGHLIGHTS BY TROLLEY TRAIN

Duration: 1.50 Hrs Tour Price: CA\$0.00

Date: March 18, 2022 09:30 AM, 11:30 AM, 01:30 PM, 03:30 PM

Ride through Roseau on a trolley train with wheels and pause on occasion at attractions that lend insight into the history of Dominica's capital, which was built on the site of an ancient Kalinago Indian village. Much of the compact downtown features beautifully restored historical architecture such as the landmark Roseau Cathedral. The train's conductor will offer enlightening commentary on the most noteworthy attractions, including the Roseau River, which flows through town before emptying into the Caribbean Sea. French settlers in the 17th century named the town for the Roseaux reeds that once grew along the riverbank. Of all the natural highlights, the Dominica Botanic Gardens may be the most magnificent. Feel free to stretch your legs there by walking the trails that wind through this urban oasis. Chances are, you will observe a variety of indigenous plants as well as Dominica's national bird, the purple-and-green Sisserou parrot.

- Settle into a seat on a trolley train for a leisurely ride through Dominica's capital city.
- Hear enlightening commentary that provides a historical perspective of Roseau.
- Pause for photos at the most noteworthy attractions, including the cathedral.
- Meander through the Dominica Botanic Gardens if you like.
- 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. Casual clothing and comfortable, flat walking shoes or aqua socks are suggested. Participants cannot exceed 350 lbs.

DOM-022 EASY DOMINICA & RAINFOREST DRIVE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: March 18, 2022 09:45 AM, 01:30 PM

Behold some of the naturally beautiful attractions that reflect Dominica's nickname, "The Nature Isle of the Caribbean." For the ultimate view of the island's capital city Roseau, you will ascend to the lookout at Morne Bruce, from which you can spot the Dominica Botanic Gardens, your next stop. As you wander through this idyllic natural setting, you will see an array of indigenous plants that may include orchids and bromeliads. You will also likely view the twisted remains of a school bus beneath a massive baobab tree that crushed it during Hurricane David in 1979. The gardens are home to Sisserou parrots, which was named Dominica's national bird as it's the only species of parrot found on the island. While the gardens are manmade, nature shaped Hibiscus Falls, which you can easily reach on a brief walk through the rainforest. There, you will snack on fresh fruits and a cool tropical drink.

- Enjoy a sweeping view of Roseau and the sea beyond from atop the Morne Bruce lookout.
- Walk through the serene Dominica Botanic Gardens, an urban oasis full of native flora.
- Behold easy-to-reach Hibiscus Falls as it cascades over a precipice in the rainforest.
- 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

DOM-010 RAINFOREST JEEP SAFARI

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$208.00

Date: March 18, 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.



Seated Tour



Light Activity



Hiking



Adventure



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: March 18, 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-021 DOMINICA PANORAMIC DRIVE BY OPEN SAFARI

Duration: 3.50 Hrs Tour Price: CA\$0.00

Date: March 18, 2022 12:30 PM

Settle in for an immensely scenic drive around the southern part of Dominica in an open vehicle that will present the most unobstructed views. You will follow a winding coastal highway through the fishing village of Soufriere, named for the French word for "sulfur," a reference to the natural sulfur springs in the nearby valleys. St. Mark's Catholic Church there was built in the 19th century with volcanic stone and it is one of the most picturesque spots on the island. You will pause for photos and to feel the geothermally heated seawater in the small bath out front. Another panoramic view awaits you at Scott's Head, an elevated finger of land at the very tip of the island, which divides the Caribbean Sea and the Atlantic Ocean. Before returning to Roseau, you will gaze out over the capital from the lookout at Morne Bruce, from which the guide may point out the botanical garden that you will visit next.

- Pause at a 19th-century Catholic church in Soufriere, an incredibly photogenic spot.
- Drive to a slender peninsula that divides the Caribbean Sea from the Atlantic Ocean.
- Enjoy a magnificent view of Roseau from the 400-foot-high Morne Bruce lookout.
- Marvel at the flora and fauna that flourish in Roseau's botanical garden.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Guests can opt to stay on bus. Casual clothing and comfortable, flat walking shoes are suggested.

DOM-006 RIVER TUBING

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$182.00

Date: March 18, 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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DOM-017 DOMINICA BY LAND & SEA

Duration: 0.00 Hrs Tour Price: CA\$0.00

Date: March 18, 2022 02:00 PM



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.



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: March 19, 2022 08:45 AM, 12:45 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-009 BARBADOS PHOTO ADVENTURE

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

Date: March 19, 2022 08:45 AM

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-011 ATLANTIS SUBMARINE ADVENTURE

Duration: 2.50 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$195.00

Date: March 19, 2022 08:45 AM, 12:45 PM

Enjoy incredible underwater views at depths up to 150 feet from the comfort of the Atlantis III submarine. A scenic ferry ride will take you to the submarine, where you will settle in for an adventurous journey into areas that only scuba divers usually see. The submarine's co-pilot will provide narration throughout the cruise and point out the most fascinating marine life. You can expect to view an ever-changing, nonstop parade of tropical fish darting in and out of the coral reefs and gracefully swimming by the submarine. Brightly colored queen angelfish, honeycomb cowfish, glasseye snappers and black durgons are commonly spotted. You might even catch sight of southern stingrays, moray eels and hawksbill turtles. You will also cruise past a shipwreck that adds yet another dimension to the experience.

- Ride a ferry along the coast to the awaiting submarine Atlantis III.
- Settle into a seat in front of a large viewing port in the air-conditioned submarine.
- Observe an endless array of marine life as the submarine dives to depths of up to 150 feet.
- Look for large white-spotted eagle rays and hawksbill turtles gracefully swimming by.
- Listen to the co-pilot explain some of the marine creatures' most unusual behavior.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves limited walking, but guests must be able to negotiate an 11-step ladder to enter and exit the submarine and use the gangways without assistance. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. The minimum height requirement is three feet tall, and the minimum age to participate is four years of age, if accompanied by a parent or adult guardian. This tour may not be exclusive to cruise line guests.



Seated Tour



Light Activity



Hiking



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Meal Included

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BGI-002 BEACH BREAK

Duration: 3.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$130.00**

Date: March 19, 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.

BGI-003 DISCOVER BARBADOS

Duration: 3.50 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$130.00**

Date: March 19, 2022 09:15 AM

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-005 4X4 SAFARI ADVENTURE

Duration: 3.00 Hrs **Tour Price: CA\$0.00** **Retail Price: CA\$195.00**

Date: March 19, 2022 09:30 AM, 12:45 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

BGI-007 LUXURY CATAMARAN & SAIL**Duration: 5.50 Hrs Tour Price: CA\$195.00 Retail Price: CA\$391.00****Date: March 19, 2022 09:45 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour

Accessible 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: March 20, 2022 08:30 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: March 20, 2022 08:30 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-003 4X4 BEACH SAFARI

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$195.00



Date: March 20, 2022 09:00 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, Destrameaux 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

GL Go Local Tour



Accessible Tour

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STL-005 SNORKEL AT MARINE PARK

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: March 20, 2022 09:00 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 gurnards 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: March 20, 2022 09:00 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.

STL-015 SKY CANOPY & AERIAL TRAM

Duration: 5.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$261.00

Date: March 20, 2022 09:00 AM, 10:00 AM, 10:30 AM

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: March 20, 2022 09:30 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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STL-014 RAINFOREST AERIAL TRAM

Duration: 3.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$234.00

Date: March 20, 2022 09:30 AM, 11:30 AM, 12:30 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 grommier 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.

STL-011 SNUBA ADVENTURE AT PIGEON ISLAND

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: March 20, 2022 10:30 AM

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.

STL-012 SEA TREK ADVENTURE HELMET DIVING

Duration: 3.00 Hrs Tour Price: CA\$0.00 Retail Price: CA\$182.00

Date: March 20, 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included

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STL-013 St. Lucia Trolley Train

Duration: 1.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$65.00



Date: March 20, 2022 10:30 AM, 12:30 PM, 02:30 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



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: March 21, 2022 08:30 AM

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: March 21, 2022 08:30 AM

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-016 PHOTOGRAPHIC TOUR OF ANTIGUA

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

Date: March 21, 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.



Seated Tour



Light Activity



Hiking



Adventure



Meal Included



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SJH-003 DICKENSON BAY BEACH BREAK

Duration: 4.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$130.00

Date: March 21, 2022 08:45 AM

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.

SJH-009 CHAMPAGNE & LOBSTER CATAMARAN CRUISE

Duration: 6.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00



Date: March 21, 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: March 21, 2022 09:00 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.



Seated Tour



Light Activity



Hiking



Adventure



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: March 21, 2022 09:15 AM, 12:30 PM

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-019 HOP ON HOP OFF SEA TAXI

Duration: 2.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$91.00



Date: March 21, 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



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❖ CRUZ BAY, ST JOHN

SJH-017 CURTAIN BLUFF - 5 STAR DAY PASS

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



Date: March 21, 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



Hiking



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Meal Included

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❖ ST. JOHN'S, ANTIGUA

SJH-020 BLUE WATERS RESORT BEACH RETREAT

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



Date: March 21, 2022 10:00 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.

SJH-010 SWIM WITH THE STINGRAYS

Duration: 3.00 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$169.00

Date: March 21, 2022 10:15 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.

SJH-013 A TASTE OF ANTIGUA

Duration: 2.25 Hrs **Tour Price:** CA\$0.00 **Retail Price:** CA\$130.00

Date: March 21, 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.



Seated Tour



Light Activity



Hiking



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Meal Included

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SJH-018 NICOLE'S TABLE

Duration: 4.75 Hrs Tour Price: CA\$216.00 Retail Price: CA\$404.00



Date: March 21, 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 Arthurton 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.



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Light Activity



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❖ PHILIPSBURG, ST. MAARTEN

STM-023 Aerial Sky Explorer & 360 Views

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

Retail Price: CA\$130.00

Date: March 22, 2022 08:00 AM, 09:00 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: March 22, 2022 08:00 AM, 09:00 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.

STM-027 BEACH RENDEZVOUS

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

Date: March 22, 2022 08:15 AM

Spend hours relaxing on the white-sand beach at El Zafiro, a beautiful resort directly on Simpson Bay. On the way there, the guide will describe some of the more fascinating aspects of Philipsburg's history and be standing by at the resort to answer any questions. Upon arriving, you will be welcomed with an icy-cold rum drink or a refreshing fruit cocktail. The rest of your time at El Zafiro will be free to do whatever you wish. A private area has been reserved just for your group. You might bask in the sun on a complimentary lounge chair, lie in the shade of a coconut palm, stroll along the water's edge and take a dip in the bay, whose sheltered waters are typically calm and crystal-clear. What you do is completely up to you. A hearty lunch and beverage are also included to enhance your carefree day at the beach.

- Relax however you desire on the white-sand beach at El Zafiro, a resort on Simpson Bay.
- Enjoy the use of a complimentary beach lounger to make your day more enjoyable.
- Savor the included Caribbean-inspired lunch.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

There are no wooden walkways on the beach - just loose sand and no sand wheelchairs available. A collapsible wheelchair can be stored in the luggage area of the bus but guests must be able to walk on and off the bus and on the beach.



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STM-001 GOLDEN EAGLE SAILAWAY

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$169.00

Date: March 22, 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-011 TWO NATION VACATION

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$104.00

Date: March 22, 2022 08:30 AM

Compare, contrast and enjoy the different ambiance of two nations who share the single beautiful island of Saint Martin. You'll begin on the Dutch side – known as Sint Maarten – with a drive through its capital city of Philipsburg, arrayed across a bridge of land which separates beautiful Great Bay from the Great Salt Pond. As the journey progresses, your knowledgeable guide will share anecdotes and facts about the island's history, culture and landmarks. A stop at Harold Jack lookout on Cole Bay Hill provides excellent views over Simpson Bay Lagoon and even to the neighboring islands of Saba and St. Eustatius on a clear day. Crossing the border to reach Marigot, capital of the French side, you'll quickly sense a distinctive French flair to things as you enjoy about an hour of free time exploring the Marigot Market and its surroundings. Colorful stalls shopped heavily by locals brim with fresh produce and exotic spices, while tempting designer boutiques nearby offer luxurious French-made perfumes, jewelry and prêt-à-porter fashion at duty-free prices. Over on the island's eastern shore, catch spectacular views of Orient Bay – home to five named beaches and beaucoup des restaurants.

- Enjoy la différence on a panoramic survey of both the French and Dutch sides of Saint Martin.
- Tour Philipsburg, capital city of Sint Maarten, and a visit a viewpoint above Simpson Bay, where the mega-yachts moor.
- Cross the border to French Saint-Martin and spend an hour exploring Marigot Market and its surrounding boutiques.
- Visit a lookout above Orient Bay on the eastern coast, home to those famous clothing-optional beaches.
- See the island's earliest village and pick up plenty of historical perspective from your savvy guide.
- Wear light, casual clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is primarily at guests' discretion during photo stops and free time in Marigot. There are some rough surfaces at the Orient Bay lookout. The tour is available to wheelchair guests who have a collapsible chair, 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 before participating.

STM-018 SEMI-SUB, MARIGOT, SCENIC DRIVE & SHOPPING

Duration: 3.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$104.00

Date: March 22, 2022 08:30 AM

Go underwater in Grand Case Bay without getting your feet wet, then spend some time in the fashionable French capital of Marigot. Travel by coach from Dutch Philipsburg to Grand Case, a former fishing village along the Anguilla Channel on the French side of Saint Martin. The countryside along the way is wonderfully scenic, and your first destination is even more so. You'll be headed out into the bay aboard the Seaworld Explorer, a semi-submarine developed to explore the Great Barrier Reef. It's the ideal way to witness the natural wonders below the surface without actually submerging. From your seat near one of the air-conditioned hull's large viewing windows, you can observe the abundant marine life thriving in Grand Case Bay – and get background on it from the marine expert on board. Beautiful sights of a different sort are in store when you head to Marigot, where the accent at the sidewalk cafes, bustling open-air market and stylish duty-free boutiques is decidedly French. You'll have independent time here to browse for chic fashions, jewelry and luxury goods from Europe. Or just gaze on savory local fare in a café tucked along one of the charming colonial-style streets.

- Savor the scenery as you travel from the Dutch to French side of the island by panoramic coach.
- Take an air-conditioned seat in a semi-submarine that offers awesome undersea views from large underwater windows.
- See and learn about Grand Case Bay's colorful marine life as the sub makes its exploratory rounds.
- Enjoy free time for duty-free boutique browsing or café hopping in the chic French capital of Marigot.
- Catch outstanding views of the island and its surrounding waters from a lookout high above it all.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is mainly at guests' discretion during free time in Marigot. Entering and exiting the submerged lower level of the semi-sub involves negotiating a ladder. 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 tour sequence may vary.



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STM-019 MARIGOT, SCENIC DRIVE & SHOPPING

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$78.00

Date: March 22, 2022 08:30 AM

Drink in gorgeous scenery on both the Dutch and French sides of Saint Martin and wander among the cosmopolitan boutiques and cafes of Marigot. Highlights of your panoramic cross-island coach survey include sweeping high views out over Orient Bay, renowned as the "French Riviera of the Caribbean," and from a lookout perched above Simpson Bay – a popular gathering place for some of the world's most spectacular mega-yachts. If the weather's clear, you may even see glimpses of Saba, St. Eustatius and St. Kitts in the distance across turquoise seas. Meanwhile, the sights in Marigot, this isle's fashionable French capital, are very easy to spot. In fact, you'll be free to admire them at close range during your independent time here. Perhaps you'll shop for duty-free perfume, jewelry and prêt-à-porter imported from France, or sample the cuisine – including local specialties like spicy cod fritters. If you're into cultural history, the Saint Martin Museum is the place to visit, or if architecture's your thing, you'll surely want to walk the Rue de la République, lined with colonial-era facades. Back on the Dutch side, you can spend a while exploring Philipsburg on your own, too – or return directly to the pier.

- Savor the scenery on a panoramic coach drive through both the Dutch and French sides of Saint Martin.
- Catch outstanding views of the island and its surrounding waters from high atop Hope Hill and Cayhill Lookout.
- Enjoy free time for duty-free shopping, café hopping or a museum visit in the chic French capital of Marigot.
- At tour's end, explore Philipsburg at leisure if port time permits – or return to the ship.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is mainly at guests' discretion during free time in Marigot. There will be some uneven surfaces to negotiate. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the bus and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The tour sequence may vary.

STM-031 HORSEBACK RIDING: SCENIC TRAIL & SEA RIDE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: March 22, 2022 08:30 AM

Ride horseback through the winding trails in Seaside Nature Park and on into the Caribbean Sea, where the horses can cool off in the refreshing surf. You will get an inkling of the island's beauty on the drive over to Lucky Stables, an equestrian facility within the park. After a briefing to help you maximize the experience, you will saddle up and ride off on a horse well-suited to your equestrian abilities. The horses are Antillianos, a local breed. You will follow an expert guide that will point out the attractions and describe the history of St. Maarten, the island's Dutch-controlled southern half. Although the horses are kept in large paddocks during the day, they roam freely at night and are intimately familiar with the park's terrain. They are especially fond of riding into the sea not far offshore, an experience that may well be the highlight of your adventure.

- Ride through a lush seaside park on a horse perfectly paired to match your riding abilities.
- Follow an expert guide that will describe the island's history and the park's flora and fauna.
- Ride horseback into the Caribbean Sea and continue along the coast in a caravan.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 8 years of age and weigh no more than 230 lbs. Weight limit is strictly enforced and no refunds will be given if you exceed the limit at the tour site. Guests 8 to 20 years of age must be accompanied by a parent or guardian. Guests with heart conditions, back or neck injuries and pregnant women are not allowed to participate. Helmets are mandatory and will be provided along with a floatation device for the sea. Dismounting the horses will be from a mounting block with assistance from the guides. Guests are divided into smaller groups of about 6 per guide. No bags are allowed to be taken on the tour – lockers will be provided. A 16oz. bottle of water is included. Due to limited availability, guests are encouraged to book early.

STM-032 ULTIMATE ISLAND TOUR & EXPLORER CRUISE

Duration: 4.00 Hrs Tour Price: CA\$0.00

Date: March 22, 2022 08:30 AM

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.



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STM-030 ACCESSIBLE SCENIC CITY DRIVE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: March 22, 2022 09:00 AM

Loop around the island on an immensely scenic drive that will present the highlights of both the Dutch and French sides of Saint Martin. Along the way, you will pass through lovely, curiously named villages such as Sucker Garden and Cripple Gate and pause for photos at elevated lookouts on the island's eastern and western shores. After just a few hours of traveling in air-conditioned comfort, you will come away with a remarkably comprehensive picture of Saint Martin and an understanding of the differences in daily life in the Dutch-influenced capital of Philipsburg and the French-influenced capital of Marigot. The longest stop will be made in Marigot, where you will be free to explore the downtown at your own pace. Smart duty-free boutiques and open-air cafés are especially prevalent along the Rue de la Liberté and Rue de la République, both of which parallel the bay.

- Settle in for a carefree and wonderfully scenic drive around Saint Martin.
- See villages and stop at scenic lookouts on both the Dutch and French sides of the island.
- Spend free time in Marigot, the island's French capital.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible or electric wheelchair and have a companion to assist them.

STM-022 TIKI HUT RELAX & SNORKEL ESCAPE

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



Date: March 22, 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-013 SOUALIGA HISTORICAL ISLAND TOUR

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

Date: March 22, 2022 09:30 AM

Float like a butterfly and shop like a fashionista as you explore two contrasting personalities of Saint Martin. This excursion immerses you in the island's natural beauty at a butterfly farm, then sets you loose to browse sophisticated boutiques in the French capital of Marigot. Rich in natural beauty and wildlife, the northern part of the island supports a thriving population of birds, reptiles, amphibians – and at the Butterfly Farm, brightly colorful winged wonders on display at all stages of their lives. You'll observe more than 40 species of butterflies and moths at close range as you wander a greenhouse where they flutter about freely – even land on you. You'll also learn fascinating facts about how they live and, if conditions are right, see a newborn Scarlet Swallowtail or Orange Tip emerge from its chrysalis. Beauty of another type is in fashion in Marigot, where you'll enjoy free time to wander at will. It's a great place to shop for luxurious French-made perfumes, jewelry and prêt-à-porter sold at duty-free prices. The restaurants and patisseries serve delectable French fare as well as local specialties like spicy codfish fritters. A stop up at Harold Jack lookout provides the scenic finish.

- Travel by coach to explore two contrastingly attractive aspects of French Saint-Martin.
- Take a walk inside a free-flight greenhouse at the Butterfly Farm, where winged residents of every color in the rainbow flutter by.
- Enjoy free time in stylish Marigot, the French capital, where the boutiques are duty-free and the bistros and fritter stands are delicious.
- Back on the Dutch side, gaze down on the Philipsburg – and out over the Caribbean – from a hilltop lookout.
- Wear light, casual clothing.
- 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 over mostly even surfaces, plus any additional walking at guests' discretion during free time and Harold Jack Hill stop. The tour is available to wheelchair guests who have a collapsible chair, 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 before participating.



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STM-025 OPEN TOP DOUBLE DECKER

Duration: 3.50 Hrs Tour Price: CA\$0.00

Date: March 22, 2022 09:30 AM

Settle in for a relaxing, wonderfully scenic drive through Philipsburg on a double-decker bus with occasional stops at the most noteworthy attractions. You may sit inside the bus or on the upper floor, which is open-air with unobstructed views in every direction. Either way, you will hear enlightening commentary about the landmarks that you pass in and around Philipsburg, the capital of the Dutch side of St. Martin. One of the best panoramas of the area is from atop the Cole Bay Hill lookout, where you will pause for photos. Another stop will be made at picturesque Maho Beach, an ideal spot for an exceptionally close view of airplanes landing and taking off. You will also have the opportunity to sample products characteristic of the island, including a selection of locally produced rums and gouda cheeses much like the ones made in the Netherlands. Perhaps the most unusual treat will be riding a vintage carousel inside a gelateria.

- Enjoy an immensely panoramic drive in and around Dutch-influenced Philipsburg.
- Pause at lookouts that offer particularly beautiful perspectives of the island.
- Sample a selection of rums and Dutch gouda cheeses.
- Ride a meticulously preserved vintage carousel inside a gelateria.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Walking on this tour is at the guests' discretion during any stops they choose to get off the bus. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. While the lower deck of the bus is air-conditioned, the open-top upper deck is not.

STM-007 AMERICA'S CUP 12 METRE CHALLENGE

Duration: 2.50 Hrs Tour Price: CA\$0.00 Retail Price: CA\$169.00

Date: March 22, 2022 10:00 AM, 11:30 AM

Experience the adventurous thrill of America's Cup head-to-head style racing on a yachting adventure that's won accolades as Best Shore Excursion in the Caribbean many times over. You'll tender from the pier out to one of Dennis Conner's legendary America's Cup-winning yachts – the Stars & Stripes, Canada II or True North I. Once on board, you'll receive your safety and racing instructions, be introduced to this precision sailing machine's operation, then set out on what's bound to be a peak adventure as you race across the warm aqua waters eking out all possible advantage from the brisk St. Maarten trade winds and rounding the marks from leg to leg. No prior sailing experience is necessary, but if you'd like to be a part of the action, you're cordially invited to do so. Help grind a winch, trim a mainsail, punch a stopwatch – or just sit back with some refreshments and enjoy this amazing ride. Once the race is run, join in a complimentary victory rum punch party while browsing through the 12 Metre complex's souvenir boutique before being tendered back to the pier.

- Experience a true race on an America's Cup course, aboard an agile 12 Metre Class sailing yacht.
- Sit back and observe the action, or join the crew and be assigned a sailor's task during the race.
- Before setting sail, meet the professional skipper and crew and get your orientation briefing.
- Feel the thrill of rounding the markers aboard a majestic vessel designed to extract every ounce of power from the St Maarten trade winds.
- Celebrate your victory – or defeat – with grace at a complimentary post-race rum punch party.
- Wear light, casual clothing.
- Soft-soled shoes are required; no heels permitted on board.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is not recommended for wheelchair guests of those with limited mobility. Participants do not have to be experienced sailors but should be in good physical condition. There are no restrooms on board the yacht. Participants must be at least 12 years of age, and at least 21 years of age to be served alcoholic beverages. Operation of the Challenge is subject to weather conditions. This tour may not be exclusive to cruise line guests.

STM-029 MAHO BEACH

Duration: 4.50 Hrs Tour Price: CA\$0.00

Date: March 22, 2022 10:15 AM

Enjoy the extraordinary setting of Maho Beach, a beautiful stretch of sand so close to the Princess Juliana Airport that you can actually feel the jet-blast from the airplanes. It is an incredible thrill to be directly under the flight path of the aircraft – even large wide-bodied jets – as they approach the runway less than 100 feet above the beach. The roar of the engines and the power of the jet stream make for an unforgettable experience. You will also have plenty of time to just stretch out on the sand away from the runway. Feel free to bask in the sun, take a refreshing swim in the sea, enjoy the convenience of the Sunset Beach Bar and browse the shops in the village of Maho, which is within easy walking distance. On the return to Philipsburg, you will pause atop a lookout that offers sweeping views of the island.

- Spend hours at Maho Beach, a spectacular setting right next to the airport.
- Stand so close to the runway that you can feel the jet-blast from the approaching planes.
- Browse the nearby shops and drop by the beach bar at the southern end of Maho Beach.
- See Maho Beach from an elevated lookout that offers an entirely different perspective.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

There are no wooden walkways on the beach - just loose sand and no sand wheelchairs available. A collapsible wheelchair can be stored in the luggage area of the bus but guests must be able to walk on and off the bus and on the beach. Maho Beach is European style and there may be the possibility of observing partial nudity, i.e. topless bathing. Sun loungers and beach parasols are available for rent, at your own expense. Jet blast from departing airplanes can be extremely dangerous and it is advised that guests do not stand behind or get too close to the end of the runway. Guests will be required to sign a waiver.



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STM-015 ATV ADVENTURE

Duration: 3.00 Hrs Tour Price: CA\$0.00

Retail Price: CA\$221.00

Date: March 22, 2022 10:30 AM

Hop onto an All Terrain Vehicle for an exhilarating off-road outing into less-traveled parts of Saint Martin, from lush green fields to gorgeous turquoise and white beaches. Departing from the pier, your guided convoy of two-seaters will soon be zipping along through the St. Maarten landscape. These nimble ATVs perform true to their name, and that's good – because stops made and terrain seen will vary immensely as you work your way around the island, on and off its roads. Among the tour highlights is a visit to Lame Shores, where you'll have a chance to photograph and perhaps even hold colorful marine life that thrives in these sparkling Caribbean waters – from conchs to sea stars to urchins. Another top experience will be your visit to legendary Orient Beach on the French side of the island. Renowned for its natural beauty and its sunbathers' carefree distaste for tan lines, Orient Beach is a wonderfully relaxed place where you'll have the opportunity to take a dip in the gin-clear, typically calm waters. After a time, you'll head out along a scenic coastal route toward where you started in Philipsburg.

- Cover the roads, fields, beaches and other terrain of Saint Martin in adventurous style via ATV.
- Travel by guided convoy as you explore diverse environments on both the Dutch and French side.
- Stop for marine-life pictures – and perhaps holding – in the living touch tank of Lame Shores.
- Visit the beach known as "The French Riviera of the Caribbean," and have a relaxed swim if you like.
- Take the scenic coastal route back around to Philipsburg and your waiting ship.
- Wear lightweight, casual clothing.
- Closed-toe walking shoes or sneakers are mandatory; no open sandals or flip-flops.
- If planning to swim, wear a bathing suit under your clothes.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship as needed.

Walking on this tour is mainly at guests' discretion during the stops, but there are uneven and sandy surfaces involved and the ATV ride can be bumpy. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women, or anyone with back or neck problems. Guests who participate in any water activities do so at their own risk and responsibility. The ATVs carry 2 passengers; single participants may have to share with other guests. Drivers must be at least 18 and present a valid drivers' license. Minimum passenger age is 8. Maximum allowable combined weight per ATV is 600 lbs. All participants must sign a liability waiver to take part in the tour.

STM-026 HISTORIC PHILIPSBURG BY TROLLEY TRAIN

Duration: 2.00 Hrs Tour Price: CA\$0.00

Date: March 22, 2022 10:30 AM

Hop on an open-air, bright-red trolley train and enjoy an entertaining ride through Philipsburg, where you will see many of the most significant historical landmarks. St. Martin has been divided since 1648, with the French ruling the northern two-thirds and the Dutch ruling the southern third, whose capital is Philipsburg. As an introduction to the Dutch influence there, you will pause for a sampling of gouda cheese, a tasty product synonymous with the Dutch. The exact route will depend on the traffic, but you can expect to ride past the beautiful colonial architecture along Front Street and the First Methodist Church, a 19th-century wooden building so iconic that it was featured on a postage stamp. You may also see Fort Amsterdam, which the Dutch constructed in the 1630s to control the entrance to the Great Bay. Later, during free time, you can further explore the downtown and browse the shops at your own pace.

- Ride an open-air trolley train through Dutch-influenced Philipsburg.
- See beautiful colonial architecture and landmarks such as the First Methodist Church.
- Sample a classic gouda cheese, one of many Dutch products sold in Philipsburg.
- Enjoy free time in Philipsburg to shop and take in the sights.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

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

STM-021 SEA TREK ST. MAARTEN HELMET DIVE

Duration: 2.50 Hrs Tour Price: CA\$0.00

Retail Price: CA\$156.00

Date: March 22, 2022 11:30 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.



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STM-028 AFTERNOON BEACH BASH

Duration: 3.00 Hrs Tour Price: CA\$0.00

Date: March 22, 2022 11:45 AM



Start your afternoon with a refreshing rum punch at El Zafir and then spend about two hours relaxing at the resort's beach on Simpson Bay. The wide stretch of white sand at El Zafir is considered one of the best beaches on the Dutch side of St. Martin. It is a wonderful setting to do whatever you please, as there is no schedule to follow once you arrive. You might stroll the beach as the waves gently lap the shore, swim in the bay's sheltered waters and stretch out on a complimentary lounge chair while soaking up the sun and the scenery. If you prefer to relax in the shade, there are plenty of coconut palms overlooking the shore and beach umbrellas available for rental. There are also several options for dining and drinks on your own. The aperitif Aperol Spritz is one of El Zafir's signature cocktails.

- Relax however you desire on the white-sand beach at El Zafiro, a resort on Simpson Bay.
- Enjoy the use of a complimentary beach lounger to make your day more enjoyable.
- Dine on your own in the restaurant and order drinks from the bar if you wish.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

There are no wooden walkways on the beach - just loose sand and no sand wheelchairs available. A collapsible wheelchair can be stored in the luggage area of the bus but guests must be able to walk on and off the bus and on the beach.



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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:

All Regent Seven Seas Cruises shore excursions are per person, are subject to change and availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Regent Seven Seas Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion information contained in this shore excursion book is subject to change without notice at Regent Seven Seas Cruises' discretion. All shore excursion descriptions and fares listed are subject to change without notice. Regent Seven Seas Cruises is not responsible or liable for typographical errors, omissions or misprints.