



OPTIONAL SHORE EXCURSIONS

ST. JOHN'S, ANTIGUA NAVIGATOR® MARCH 19, 2023

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 their 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. Regent Seven Seas 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. Call Crusie Connections 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.

SHORE EXCURSIONS

BEST OF ANTIGUA

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

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.

APPROX. DURATION:

3.5
HOURS

TOUR CODE:

SJH-001
FREE

TOUR TYPE

N/A

ACTIVITY LEVEL



OPTIONS

N/A

DICKENSON BAY BEACH BREAK

HIGHLIGHTS

- 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.

DESCRIPTION


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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and appropriate beach shoes.
- Bring a towel and a change of clothes.

DISCLAIMER:

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.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
4.0 HOURS	SJH-003 FREE	N/A		N/A

ISLAND SAFARI AND BEACH

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

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.

APPROX. DURATION: 3.5 HOURS	TOUR CODE: SJH-004 FREE	TOUR TYPE N/A	ACTIVITY LEVEL 	OPTIONS N/A
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CHAMPAGNE & LOBSTER CATAMARAN CRUISE

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit and suitable beach shoes.

DISCLAIMER:

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.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
6.0 HOURS	SJH-009 FREE	N/A		

SWIM WITH THE STINGRAYS

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit and suitable beach shoes.
- Bring a towel and a change of clothes.


DISCLAIMER:

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.

APPROX. DURATION:
3.0
HOURS

TOUR CODE:
SJH-010
FREE

TOUR TYPE
N/A

ACTIVITY LEVEL


OPTIONS
N/A

HISTORICAL ISLAND DRIVE & BEACH BREAK

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel if you wish to swim.

DISCLAIMER:

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.

APPROX. DURATION:
4.5
HOURS

TOUR CODE:
SJH-011
FREE

TOUR TYPE
N/A

ACTIVITY LEVEL


OPTIONS
N/A

CATAMARAN SUNSET CRUISE

HIGHLIGHTS

- Cruise a catamaran into the open sea for the absolute best view of the setting sun.
- Relax on deck with a cocktail in hand and take in the natural spectacle.
- See St. John's from a different perspective as the city lights come on.

DESCRIPTION


Cruise the turquoise waters of the Caribbean on a sleek catamaran as the sun slowly slips into the sea. St. John's is on the western shore of Antigua, so it won't be long before the catamaran is beyond the sheltered waters of Deepwater Harbour and offering unobstructed views of the setting sun. The best place to watch this natural spectacle is on the open deck while comfortably lounging with a welcome cocktail in hand. Few experiences are quite so relaxing and breathtaking, as the skies will surely be ablaze in every imaginable shade of red, orange and yellow. Don't just look west, as the lights will be coming on in St. John's and in the residences clustered along the coast. With the city lights twinkling on shore and the sun majestically setting at sea, it will be quite the sight in every direction.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

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. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
2.5 HOURS	SJH-012 FREE	N/A		N/A

A TASTE OF ANTIGUA

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

There is no wheelchair storage on the vehicles. Participants must be 18 years of age or older.

APPROX. DURATION:

2.25
HOURS

TOUR CODE:

SJH-013
FREE

TOUR TYPE

N/A

ACTIVITY LEVEL



OPTIONS

N/A

WALKING TOUR OF ST JOHN'S

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

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.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
2.5 HOURS	SJH-015 FREE	N/A	☆☆☆	N/A

PHOTOGRAPHIC TOUR OF ANTIGUA

HIGHLIGHTS

- 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.

DESCRIPTION


Venture to some of Antigua’s most photogenic locations with professional photographer Jason Pickering, 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, Pickering 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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

There is no wheelchair storage on the vehicles. This tour includes approximately 3 hours of walking. It is not available to guests who utilize a wheelchair due to the uneven ground at most stops. Photographer will give personalized advice based on each guest query. This is not a photographic class.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
4.0 HOURS	SJH-016 FREE	N/A		N/A

NICOLE'S TABLE

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

There is no wheelchair storage on the vehicles. This tour includes minimal walking. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
4.5 HOURS	SJH-018 CA\$216.00	N/A		

HOP ON HOP OFF SEA TAXI

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

DISCLAIMER:

There is no wheelchair storage on the vehicles. This tour includes minimal walking. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

APPROX. DURATION:

2.0
HOURS

TOUR CODE:

SJH-019
FREE

TOUR TYPE

N/A

ACTIVITY LEVEL



OPTIONS

N/A

BLUE WATERS RESORT BEACH RETREAT

HIGHLIGHTS

- 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.

DESCRIPTION



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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

DISCLAIMER:

There is no wheelchair storage on the vehicles. The hotel has a minimum age policy of 16 years of age.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
6.0 HOURS	SJH-020 CA\$287.00	N/A		

CURTAIN BLUFF - 5 STAR DAY PASS

HIGHLIGHTS

- 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.

DESCRIPTION

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.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

DISCLAIMER:

There is no wheelchair storage on the vehicles. This tour includes limited walking, mainly at the guest's discretion.

APPROX. DURATION: 6.0 HOURS	TOUR CODE: SJH-017 CA\$561.00	TOUR TYPE N/A	ACTIVITY LEVEL 	OPTIONS 
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MONTSERRAT VOLCANO HELICOPTER TOUR

HIGHLIGHTS


- Observe a still-active volcano on Montserrat from high above in a helicopter.
- See the widespread destruction that the volcano's past eruptions have caused.
- Look for whales and sea turtles in the waters between Antigua and Montserrat islands.

DESCRIPTION

Behold the breathtaking beauty of the still-active Soufriere Hills volcano on neighboring Montserrat from a helicopter with tiered seating that ensures a great view. As you fly high above the turquoise sea between the islands of Antigua and Montserrat, the pilot will describe the devastation from the volcano since 1995, when it erupted for the first time in centuries. The volcano eventually buried the capital of Plymouth in ash and forced it to be abandoned. Much of southern Montserrat lies within the Exclusion Zone, an area that is considered too hazardous to enter except by flying overhead. From the comfort of the helicopter, you will enjoy a literal bird's-eye view of the Exclusion Zone, the volcano and the destruction from past eruptions. Few experiences are quite so memorable. Be sure keep looking down on the way to and from Montserrat as whales and sea turtles are often spotted.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
1.75 HOURS	SJH-025 CA\$391.00	N/A		N/A

ANTIGUA FULL ISLAND HELICOPTER TOUR

HIGHLIGHTS

- Enjoy sweeping views of Antigua from a helicopter with tiered seating and large windows.
- Circumnavigate the entire island and come away with a genuine feel for the lay of the land.
- See historical attractions, pristine beaches, secluded coves and a bird sanctuary.

DESCRIPTION

Fly high over Antigua in a helicopter with tiered seating that offers sweeping views of the island's attractions. Along the way, the pilot will point out the most noteworthy landmarks and provide enlightening commentary. As you soar along the coast, you will see countless beaches, your cruise ship, superyachts anchored in Falmouth Harbour and the Shirley Heights Lookout that marks the island's southernmost point. Nearby, you will spot Cade's Reef, Rendezvous Bay and Nelson's Dockyard Village, a fully restored 18th-century naval base that is so historically important that UNESCO declared it a World Heritage site. Along the western shore of Antigua, you can expect to see the villages of Five Islands and Jolly Harbour. To the north lies the avian sanctuary Great Bird Island and diminutive Prickly Pear Island, while gorgeous Half Moon Bay is one of the highlights near the eastern tip of Antigua. This helicopter adventure will offer a wonderful view of the entire island.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

APPROX. DURATION: 1.5 HOURS	TOUR CODE: SJH-026 CA\$261.00	TOUR TYPE N/A	ACTIVITY LEVEL 	OPTIONS N/A
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GENERAL INFORMATION

WHAT IS INCLUDE?

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, Regent 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 their 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.