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INCLUDED & OPTIONAL SHORE EXCURSIONS
(Prices in USD, per person)

BRIDGETOWN, BARBADOS to MIAMI, FLORIDA

SS NAVIGATOR February 23, 2023

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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.

GND-002 ADVENTURE JEEP TOUR**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$169.00****Date: February 24, 2023 10:30 AM**

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

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

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

GND-004 DISCOVER GRENADA**Duration: 7.00 Hrs** **Tour Price: \$0.00****Retail Price: \$179.00****Date: February 24, 2023 10:30 AM**

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

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

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

GND-006 MOUNTAIN RAINFOREST, GRAND ETANG & ANNANDALE**Duration: 4.50 Hrs** **Tour Price: \$0.00****Retail Price: \$109.00****Date: February 24, 2023 10:30 AM, 01:00 PM**

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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GND-001 THE SPICE OF OUR LIVES

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$109.00



(Prices in USD, per person)



Date: February 24, 2023 11:00 AM, 01:30 PM

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

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

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

GND-003 CLEAR BOTTOM KAYAKING

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: February 24, 2023 11:00 AM, 01:30 PM

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

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

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

GND-007 SUNNYSIDE GARDENS

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: February 24, 2023 11:00 AM, 01:30 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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GND-005 MT. GAZO HIKE & SWIM

Duration: 3.75 Hrs Tour Price: \$0.00

Retail Price: \$109.00

**(Prices in USD, per person)****Date: February 24, 2023 11:30 AM**

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

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

This tour involves approximately 1¼ hours of hiking, which at times is strenuous and over rough and uneven natural terrain. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or to persons with heart conditions, asthma or back problems. Participants should be in good physical condition and must sign a liability waiver. Changing facilities are available at the beach. Guests taking part in water activities do so at their own risk and responsibility. Guests must be at least 18 years old to consume alcohol.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

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KGN-001 VERMONT NATURE TRAIL HIKE**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$119.00****Date: February 25, 2023 08:30 AM, 01:30 PM**

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

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

- Dress in weather-appropriate layered clothing.

- Wear flat comfortable walking shoes with closed toes.

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

KGN-003 GARDENS OF ST. VINCENT**Duration: 4.25 Hrs** **Tour Price: \$0.00****Retail Price: \$119.00****Date: February 25, 2023 09:00 AM**

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

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

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

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

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

- Dress in weather-appropriate clothing.

- Wear flat comfortable walking shoes.

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

KGN-006 KAYAK & SNORKEL ADVENTURE**Duration: 4.25 Hrs** **Tour Price: \$0.00****Retail Price: \$129.00****Date: February 25, 2023 09:00 AM**

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

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

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

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

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

- Dress in weather-appropriate clothing.

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

- Wear flat comfortable walking shoes or aqua socks.

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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Accessible Tour

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KGK-007 BEQUIA BY SAILING CATAMARAN

Duration: 6.25 Hrs Tour Price: \$99.00

Retail Price: \$249.00



(Prices in USD, per person)

Date: February 25, 2023 09:15 AM

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

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

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

KGK-005 PIRATES OF THE CARIBBEAN & SNORKEL

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: February 25, 2023 09:30 AM, 01:15 PM

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

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

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

KGK-002 BEST OF ST. VINCENT

Duration: 3.25 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: February 25, 2023 09:45 AM, 01:30 PM

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

- Visit Fort Charlotte dating back to 1763 and offering views over Kingston.
- View an oasis of serenity at the Botanical gardens
- Enjoy a scenic drive through the Mesopotamia Valley
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

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Date: February 25, 2023 10:00 AM, 01:00 PM

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

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

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



STL-001 LAND AND SEA TO SOUFRIERE**Duration: 7.50 Hrs** **Tour Price: \$0.00****Retail Price: \$149.00****Date: February 26, 2023 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: \$0.00****Retail Price: \$149.00****Date: February 26, 2023 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. No Flip Flops, Shorts or Skirts are permitted.

STL-003 4X4 BEACH SAFARI**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$149.00****Date: February 26, 2023 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



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

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STL-005 SNORKEL AT MARINE PARK

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



(Prices in USD, per person)



Date: February 26, 2023 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: 3.25 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: February 26, 2023 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: \$0.00

Retail Price: \$199.00



Date: February 26, 2023 09:00 AM, 10:30 AM, 11:00 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 eight 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 5 years of age and weigh no more than 350 lbs. The minimum waist measurement for the safety harness is 45.7 cm/18 inches and the maximum waist is 127 cm/50 inches. Guests are required to sign a waiver in order to participate. Guests who go ashore do so with the understanding that they will be mixing with members of the general public. No flip flops, shorts or skirts are permitted.

STL-007 ISLAND SPLENDOR

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: February 26, 2023 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



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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STL-013 St. Lucia Trolley Train

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$49.00



(Prices in USD, per person)



Date: February 26, 2023 09:30 AM, 12:30 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.

STL-014 RAINFOREST AERIAL TRAM

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$179.00



Date: February 26, 2023 10:00 AM, 12:00 PM, 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 gommier trees, whose wood the Carib Indians originally used for hand-carved dugout canoes. If you see bursts of color in the dense foliage, chances are, it will be flowers such as lavender stars and white lace. At the end of your Tram Ride, there is an optional walk through the beautiful Hummingbird Garden.

- 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. The walk through the Hummingbird Garden is approximately 15 to 20 minutes and guests will be walking on uneven terrain, small garden stones and would have to climb approximately 25 to 30 steps. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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❖ ROSEAU, DOMINICA

(Prices in USD, per person)

DOM-001 DOMINICA'S FAVORITES

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: February 27, 2023 08:30 AM, 12:00 PM

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-018 CHOCOLATE EXPERIENCE AT BOIS COTLETTE

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: February 27, 2023 08:30 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.

DOM-004 WHALE AND DOLPHIN SAFARI

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: February 27, 2023 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



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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DOM-002 RIVER TUBING AND EMERALD POOL

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



(Prices in USD, per person)



Date: February 27, 2023 09:00 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-005 CHAMPAGNE SNORKEL

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: February 27, 2023 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: \$0.00

Retail Price: \$99.00



Date: February 27, 2023 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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DOM-020 BONGO BATHS THERAPEUTIC HOT POOLS

Duration: 2.00 Hrs Tour Price: \$0.00



(Prices in USD, per person)



Date: February 27, 2023 09:00 AM, 10:30 AM, 12:00 PM, 01:30 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: \$0.00

Retail Price: \$149.00



Date: February 27, 2023 09:30 AM

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

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

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

DOM-019 CHAMPAGNE SNORKEL BY LAND

Duration: 2.00 Hrs Tour Price: \$0.00



Date: February 27, 2023 09:30 AM, 12:30 PM

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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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DOM-022 EASY DOMINICA & RAINFOREST DRIVE

Duration: 3.00 Hrs Tour Price: \$0.00



(Prices in USD, per person)



Date: February 27, 2023 09:30 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: \$0.00

Retail Price: \$159.00



Date: February 27, 2023 10:00 AM

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

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

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

DOM-014 BOIS COTLETTE ESTATE HERITAGE TOUR - VIP

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: February 27, 2023 10:00 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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DOM-017 DOMINICA BY LAND & SEA

Duration: 4.50 Hrs Tour Price: \$0.00



(Prices in USD, per person)



Date: February 27, 2023 10:00 AM, 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.

DOM-023 ROSEAU HIGHLIGHTS BY TROLLEY TRAIN

Duration: 1.50 Hrs Tour Price: \$0.00



Date: February 27, 2023 10:30 AM, 01:15 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 Botanical 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-021 DOMINICA PANORAMIC DRIVE BY OPEN SAFARI

Duration: 3.50 Hrs Tour Price: \$0.00



Date: February 27, 2023 11:00 AM

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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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DOM-006 RIVER TUBING

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



(Prices in USD, per person)



Date: February 27, 2023 12:00 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



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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PTP-005 MARINE NATURE RESERVE & SNORKELING**Duration:** 4.00 Hrs **Tour Price:** \$0.00**Retail Price:** \$149.00**Date:** February 28, 2023 08:30 AM

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

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

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

PTP-008 ECO KAYAKING & PADDLEBOARD EXPERIENCE**Duration:** 4.50 Hrs **Tour Price:** \$0.00**Retail Price:** \$129.00**Date:** February 28, 2023 08:30 AM, 01:00 PM

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

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

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

PTP-001 SCENIC DRIVE & CARBET WATERFALLS**Duration:** 4.00 Hrs **Tour Price:** \$0.00**Retail Price:** \$69.00**Date:** February 28, 2023 08:45 AM, 09:45 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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PTP-002 BOTANICAL GARDENS & BEACH

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$89.00



(Prices in USD, per person)



Date: February 28, 2023 08:45 AM, 10:45 AM

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

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

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

PTP-007 COUSTEAU RESERVE & NATURE WALK

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: February 28, 2023 08:45 AM

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

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

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

PTP-012 GREAT GRAND-TERRE

Duration: 6.50 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: February 28, 2023 09:00 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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PTP-013 PANORAMIC TOUR TO THE POINTE DE CHATEAUX

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$69.00



(Prices in USD, per person)



Date: February 28, 2023 09:00 AM, 10:00 AM

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

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

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

PTP-006 DISCOVER GUADELOUPE

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: February 28, 2023 09:15 AM, 10:15 AM

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

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

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

PTP-003 THE PARC DES MAMELLES & TREETOP ADVENTURE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$89.00



Date: February 28, 2023 09:30 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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PTP-009 GUADELOUPE HIGHLIGHTS

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

Retail Price: \$69.00



(Prices in USD, per person)



Date: February 28, 2023 09:45 AM, 10:30 AM

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

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

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

❖ ST. JOHN'S, ANTIGUA

(Prices in USD, per person)

SJH-001 BEST OF ANTIGUA

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 01, 2023 08:30 AM, 01:00 PM

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

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

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

SJH-003 DICKENSON BAY BEACH BREAK

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 01, 2023 08:30 AM, 12:30 PM

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

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

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

SJH-004 ISLAND SAFARI AND BEACH

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 01, 2023 08:30 AM, 12:30 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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SJH-010 SWIM WITH THE STINGRAYS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



(Prices in USD, per person)



Date: March 01, 2023 08:30 AM

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

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

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

SJH-015 WALKING TOUR OF ST JOHN'S

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$69.00



Date: March 01, 2023 08:30 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-016 PHOTOGRAPHIC TOUR OF ANTIGUA

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: March 01, 2023 08:30 AM, 12:30 PM

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.

- 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.

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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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SJH-025 MONTSERRAT VOLCANO HELICOPTER TOUR

Duration: 1.75 Hrs Tour Price: \$299.00



(Prices in USD, per person)

Date: March 01, 2023 08:30 AM, 09:15 AM

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.

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

SJH-009 CHAMPAGNE & LOBSTER CATAMARAN CRUISE

Duration: 6.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 01, 2023 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: \$0.00

Retail Price: \$99.00



Date: March 01, 2023 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



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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SJH-019 HOP ON HOP OFF SEA TAXI

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$69.00



(Prices in USD, per person)



Date: March 01, 2023 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.

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.

SJH-020 BLUE WATERS RESORT BEACH RETREAT

Duration: 6.00 Hrs Tour Price: \$219.00

Retail Price: \$369.00



Date: March 01, 2023 09:30 AM

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

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

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

SJH-017 CURTAIN BLUFF - 5 STAR DAY PASS

Duration: 6.00 Hrs Tour Price: \$429.00



Date: March 01, 2023 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.

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

SJH-013 A TASTE OF ANTIGUA

Duration: 2.25 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 01, 2023 10:15 AM, 01:15 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.

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

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SJH-026 ANTIGUA FULL ISLAND HELICOPTER TOUR

Duration: 1.50 Hrs Tour Price: \$199.00



(Prices in USD, per person)

Date: March 01, 2023 10:15 AM, 10:45 AM

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.

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

SJH-018 NICOLE'S TABLE

Duration: 4.50 Hrs Tour Price: \$165.00

Retail Price: \$309.00



Date: March 01, 2023 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.

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.

SJH-012 CATAMARAN SUNSET CRUISE

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 01, 2023 04:00 PM

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.

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

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❖ GUSTAVIA, ST. BARTS

(Prices in USD, per person)

SBH-008 ATV ADVENTURE IN ST. BARTS

Duration: 2.00 Hrs Tour Price: \$169.00

Retail Price: \$319.00



Date: March 02, 2023 08:30 AM, 10:45 AM

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

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

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

SBH-002 ST. BARTS ISLAND OVERVIEW

Duration: 1.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 02, 2023 08:45 AM, 09:45 AM

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

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

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

SBH-003 RIB BOAT SNORKELING

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 02, 2023 09:00 AM, 10:30 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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SBH-006 SEMI-SUBMERSIBLE EXPLORATION**Duration: 1.00 Hrs****Tour Price: \$0.00****Retail Price: \$129.00****(Prices in USD, per person)****Date: March 02, 2023 09:00 AM, 10:00 AM, 11:00 AM**

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

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

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

SBH-004 SAILING THE LEEWARD COAST**Duration: 2.50 Hrs****Tour Price: \$0.00****Retail Price: \$149.00****Date: March 02, 2023 09:30 AM, 12:00 PM, 02:30 PM**

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

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SJU-006 EL YUNQUE RAINFOREST WITH LONG HIKE

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

Retail Price: \$129.00



Date: March 03, 2023 08:30 AM

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-007 SAN JUAN & BACARDI RUM DISTILLERY

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

Retail Price: \$129.00



Date: March 03, 2023 08:45 AM

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.

SJU-003 RAINFOREST VISIT

Duration: 4.25 Hrs **Tour Price: \$0.00**

Retail Price: \$129.00



Date: March 03, 2023 09:00 AM

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.

SJU-012 SAN JUAN CITY TOUR

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$69.00



(Prices in USD, per person)



Date: March 03, 2023 09:30 AM

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

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

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

SJU-004 SAN JUAN CITY & ART MUSEUM

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 03, 2023 09:45 AM

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-014 CULINARY WALKING TOUR

Duration: 3.25 Hrs Tour Price: \$119.00

Retail Price: \$279.00



Date: March 03, 2023 10:30 AM, 11:00 AM

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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General Information

(Prices in USD, per person)

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

(Prices in USD, per person)

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.