



**SEVEN SEAS CRUISES®**

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

**MIAMI, FLORIDA to BRIDGETOWN, BARBADOS**

**SS NAVIGATOR January 23, 2023**

**Welcome Ashore!**

Regent Seven Seas Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of 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](http://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](http://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.

## ❖ KEY WEST, FLORIDA

(Prices in USD, per person)

### KEY-012 KEY LIME BIKE TREK

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: January 24, 2023 09:00 AM

Take a leisurely bike ride through carefree, laidback Key West, admiring its most colorful attractions. You will be pedaling a beach cruiser with wide tires that make it even easier to negotiate the completely flat terrain. Along the way, the guide will impart curious facts and stories about Key West's most intriguing characters and landmarks such as the buoy that marks the southernmost point in the continental United States. You will pause for photos at Captain Tony's Saloon, where Jimmy Buffet played early in his career, and see Ernest Hemingway's house, where the larger-than-life author penned "For Whom the Bell Tolls." You will also pedal by the quirky Key West Cemetery, Mel Fisher's Maritime Heritage Museum and the gates leading to Harry Truman's Little White House.

- Pedal a beach cruiser along the flat, shaded streets of Key West.
- Enjoy a leisurely pace, pausing every so often for photos.
- Hear stories about Key West's most unconventional characters.
- Pass Ernest Hemingway's house and Harry Truman's Little White House.
- Dress in casual clothing appropriate for bike riding.
- Wear flat comfortable walking shoes.

This tour includes limited walking and approximately 2½ hours of moderate to easy biking over flat terrain. Exterior stops are made approximately every 5-10 minutes. Participants should be in reasonably good physical condition and know how to ride a bike. The tour is not available to wheelchair guests or those with mobility concerns. The minimum height to participate is 5 feet.

### KEY-004 FURY CATAMARAN SAIL AND SNORKEL

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: January 24, 2023 09:15 AM

Sail through the crystal-clear waters off Key West in a sleek catamaran and then snorkel a portion of North America's only living coral reef. You can expect nonstop scenic beauty as the catamaran slices through the sea and eventually anchors at a prime snorkeling spot. The reef that you will be snorkeling stretches about 221 miles along Florida's southeast coast and is teeming with marine life. While there is no telling what you will see, yellowtail snapper, brightly colored angelfish, manta rays and clown wrasses are commonly spotted. Some fish will be schooling, others hiding in the reef crevasses and still others will swim by completely disinterested in your presence. After about an hour of snorkeling, the onboard bar (beer, wine & soft-drinks) will open for the return cruise.

- Cut through the turquoise waters off Key West in a catamaran.
- Snorkel North America's only living coral reef.
- View a riot of colorful fish and exotic marine life.
- Enjoy the complimentary open bar on the return.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothes and bring a towel from the ship.
- Wear flat comfortable walking shoes.

This tour is only recommended for active guests in good physical condition. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. The boat is not exclusive to cruise line guests and often takes on a party atmosphere following the snorkeling portion of the tour. Guests participating in water activities do so at their own risk and responsibility.

### KEY-005 PARASAILING KEY WEST

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: January 24, 2023 09:45 AM

Enjoy a bird's-eye view of Key West and the gorgeous surrounding seas by parasailing just offshore. The parasailing boat is equipped with the latest technology and safety gear to ensure an exhilarating, carefree ride. Once you're out in the ocean, you and another guest will sit side by side on a tandem bar with an open parachute. You will then take off high into the air, letting the speed of the boat and the wind carry you skyward. It will be a nonstop thrill, as you fly overhead, looking down on the Atlantic Ocean from an aerial perspective that few people ever experience. Feel free to scream because the ride will be exciting.

- Parasail high over the Atlantic Ocean off Key West.
- Share the thrill, as the parasail seat has room for two.
- Revel in the sweeping view from a perspective most people never see.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The walk from the ship to the parasailing boat is approximately 400 yards over a flat, paved surface. Guests must fill out a liability waiver to participate. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. The boat may not be exclusive to guests of your cruise line. The minimum age to participate is 12 years old. The minimum weight is 75 pounds per person, and a maximum combined weight not to exceed 600 pounds. The tour won't operate unless wind speeds are within safety guideline. Photo packages will be available to capture all of the action and excitement.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## KEY-002 PRESIDENT TRUMAN'S KEY WEST

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



(Prices in USD, per person)



Date: January 24, 2023 10:30 AM

Explore the fascinating history of Key West while riding the Old Town Trolley or the Conch Tour Train, and then visit President Harry S. Truman's winter White House. As you drive through Old Key West, the largest historical district in the United States, you will hear colorful anecdotes, learn about the island's pirating history and pass countless landmarks, including the Hemingway House, the Audubon House, traditional conch homes and the buoy that marks the southernmost point in the continental United States. The ride will culminate in Mallory Square, just a short walk from the Harry S. Truman Little White House, where you will enjoy an enlightening tour. Built in 1890 on the waterfront, the building first served as quarters on the naval station and then as the base commandant's house. In 1946, President Truman used it as his winter White House, and it has been preserved as such.

- Ride a trolley or train through historical Old Key West.
- Pass Ernest Hemingway's house and the home where John James Audubon drew birds.
- Hear raucous tales of Key West's freewheeling past.
- Tour the house where President Harry S. Truman wintered.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Following your guided tour, you will follow the signs for the three-block, 200-yard walk back to the pier. Note: The Island portion of tour on tour vehicle is wheelchair accessible. Whitehouse portion of tour is a guided walking tour. Stairs are required to access the second floor.

## KEY-013 KEY WEST BY LAND AND SEA

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: January 24, 2023 10:30 AM

Cruise in a glass-bottomed catamaran that will reveal the colorful marine life in the ocean's crystal-clear waters and then ride the conch train past Key West's must-see attractions. After settling in on the Pride of Key West catamaran, you will head for a coral reef teeming with marine life. While there is no telling what you will see, yellowtail snapper, brightly colored angelfish, manta rays and clown wrasses are commonly spotted. You might even gaze down on a shark or two. Back in Key West, you will hop aboard the open-air but covered Conch Tour Train and loop around town, passing all sorts of historical and cultural sites. Chances are, you will pass Ernest Hemingway's house, President Harry Truman's Little White House, and the buoy that marks the southernmost point in the continental United States. After the one-hour train ride, you will have time to delve deeper into the attractions, if you wish.

- View a remarkable variety of marine life from the comfort of a glass-bottom boat.
- Look for brightly colored tropical fish, eels and even sharks.
- Ride the Conch Tour Train around town for a great overview of Key West.
- Listen to the conductor's entertaining commentary throughout the train ride.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, although the walk to the tour boat dock may take about 10 minutes. The tour is available to wheelchair guests who are able to make their own way on and off the boat and conch train and have an able-bodied companion to assist them. Wheelchairs, walkers and strollers will be stored at the dock during the tour. Guests with mobility concerns should carefully evaluate their personal level of stamina and ability before joining the cruise. Guests prone to motion sickness should take necessary precautions.

## KEY-003 DISCOVER KEY WEST

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: January 24, 2023 10:45 AM

Discover the diversity of Key West through three different attractions: by riding a trolley or train through town, visiting the Key West Aquarium and browsing a nautical museum. Your introduction to Key West will be aboard the Old Town Trolley or the Conch Tour Train. You will follow a route past landmarks that may include the historic waterfront, lively Duval Street and the buoy that marks the southernmost point in the continental United States. An entirely different perspective of early Key West awaits you at the Shipwreck Historium, a museum in a replica of a 19th-century wreckers' warehouse. Inside, you will see artifacts from the Issac Allerton, a merchant ship that sank off Key West in 1856. The Key West Aquarium offers another look at what lies underwater, including jellyfish, sharks and a giant isopod, an insatiable bottom feeder that thrives in cold waters as deep as 7,000 feet.

- Ride a trolley or train through historical Old Key West.
- Hear raucous tales of Key West's freewheeling past.
- Peruse artifacts from a 19th-century shipwreck.
- Browse aquarium tanks teeming with exotic marine life.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Following your self-guided tour of the historium and aquarium, you will be responsible for meeting the all-aboard time designated by the ship. Please check the daily program for the scheduled departure time of the ship.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## KEY-009 KEY WEST WALKING TOUR

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



(Prices in USD, per person)



Date: January 24, 2023 11:00 AM

Enjoy the carefree, laid-back atmosphere of Key West by walking through the historic district with a guide that will regale you with stories of the city's raucous past. As you stroll the shaded streets, you will hear how Key West was once one of America's wealthiest cities per capita. Wreckers, spongers, cigar makers and the U.S. Navy all had a hand in shaping the city's storied, often notorious history. Key West's natural beauty and freewheeling lifestyle has long attracted artists and writers, including John James Audubon, Ernest Hemingway and Tennessee Williams. As you will see while passing the abundant art galleries and boutiques, Key West still celebrates creativity and individual expression. The cuisine also reflects those qualities, as you will discover by sampling conch fritters, a Key West specialty. The tour ends at the Shipwreck Historium, where you will have the opportunity to climb its 65-foot tower for a panoramic view of downtown.

- Take a leisurely walk through Key West's leafy historic district.
- Hear tales of the city's freewheeling past.
- Pause at historical destinations, some of which shaped the city's future.
- Sample spicy conch fritters, a treat synonymous with Key West.
- Climb the tower at the Shipwreck Historium for a sweeping city view.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This walking tour involves 1¼ miles of walking over mostly flat surfaces with a number of stairs at the Shipwreck Historium.

## KEY-001 CATAMARAN GLASS BOTTOM BOAT

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: January 24, 2023 11:30 AM

Explore the turquoise waters surrounding Key West on a glass-bottom boat that allows you to see dramatic underwater vistas and marine life that are generally reserved for scuba divers. As you cruise toward the coral reef on the Pride of Key West, the captain and crew will provide commentary on the ocean ecosystem and some of the more intriguing species of marine life that inhabit these waters. Once you reach the primary viewing area, an incredible underwater wonderland will come into view. You might see purple-hued parrotfish, neon-colored angelfish, massive grouper, silvery barracuda and graceful manta rays. The picture below will constantly change, which will make the experience all the more memorable. For a better look at the scenery above the surface, simply exit the air-conditioned viewing area and head topside. The double-hulled catamaran's open deck is an excellent setting to bask in the sun.

- View a remarkable variety of marine life from the comfort of a glass-bottom boat.
- Look for brightly colored tropical fish, eels and even sharks.
- Relax in the air-conditioned viewing area or topside on the sun deck.
- Hear commentary about Key West's marine life and seafaring past.
- Dress in weather-appropriate clothing.
- Wear flat comfortable rubber-soled shoes.

This tour is available to wheelchair guests, but the wheelchairs are not allowed on board and must be left at the check-in booth. Guests with mobility concerns should evaluate their personal level of ability before joining the tour. Natural sea conditions may create some movement of the vessel and guests must accept responsibility for their movement around the vessel. The catamaran is equipped with restrooms and a snack bar. The boat is not exclusive to Regent guests.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## AUA-002 SCENES OF ARUBA

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: January 27, 2023 10:30 AM

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

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

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

## AUA-003 SEA TREK AT DE PALM ISLAND

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: January 27, 2023 10:30 AM

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

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

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

## AUA-004 DE PALM ISLAND SNORKELING

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: January 27, 2023 10:30 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## AUA-009 SNUBA AT DEPALM ISLAND

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



(Prices in USD, per person)



Date: January 27, 2023 10:30 AM

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

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

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

## AUA-011 SEE & SEA ISLAND DISCOVERY

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: January 27, 2023 10:30 AM

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

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

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

## AUA-006 ARUBA SAILING & SNORKELING

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: January 27, 2023 11:00 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## AUA-007 ARUBA DISCOVER SCUBA DIVING

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



(Prices in USD, per person)



Date: January 27, 2023 01:00 PM

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

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

This tour requires a significant amount of activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to fill out a confidential medical questionnaire and sign a medical waiver. A physician's release may be required. The maximum weight allowance is 300 pounds. The minimum age to participate is 12 years of age. Children under 18 must be accompanied by an adult parent or guardian.

## AUA-008 ARUBA TWO-TANK CERTIFIED DIVE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: January 27, 2023 01:00 PM

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

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

This tour involves significant activity and guests should be in good physical condition and able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Guests taking part in water activities do so at their own risk and responsibility and will be required to fill out a confidential medical questionnaire and sign a medical waiver. A physician's release may be required. Divers must present a certification card. The maximum weight allowance is 300 pounds. The minimum age to participate is 12 years of age. Children under 18 must be accompanied by an adult parent or guardian.

## AUA-005 ARUBA SIGHTSEEING & OSTRICH FARM

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: January 27, 2023 01:30 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## AUA-012 ARUBA'S NATURAL WONDERS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



(Prices in USD, per person)



Date: January 27, 2023 01:45 PM

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

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

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

## AUA-010 ATLANTIS SUBMARINE ADVENTURE

Duration: 1.75 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: January 27, 2023 02:00 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## CUR-001 CURACAO HIGHLIGHTS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$59.00



Date: January 28, 2023 08:30 AM, 12:30 PM

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

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

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

## CUR-003 SCENIC COUNTRY DRIVE

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$59.00



Date: January 28, 2023 08:30 AM, 01:00 PM

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

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

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

## CUR-006 TROLLEY TRAIN THROUGH HISTORY

Duration: 1.75 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: January 28, 2023 08:30 AM, 09:45 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## CUR-002 DISCOVER CURACAO'S BEAUTIFUL BEACHES

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



(Prices in USD, per person)



Date: January 28, 2023 08:45 AM, 01:30 PM

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

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

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

## CUR-007 SEA & SEE ISLAND DISCOVERY

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: January 28, 2023 09:00 AM, 12:15 PM

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

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

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

## CUR-009 BEACH HOP TURTLE SNORKEL ADVENTURE

Duration: 4.00 Hrs Tour Price: \$0.00



Date: January 28, 2023 09:00 AM, 02:00 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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**CUR-008 SEAWORLD EXPLORER SEMI-SUB**

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00

**(Prices in USD, per person)****Date: January 28, 2023 10:30 AM**

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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Accessible Tour

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**KRA-003 GOTO LAKE BIKING ADVENTURE****Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$129.00****Date: January 29, 2023 08:30 AM**

Pedal across Bonaire's relatively flat countryside, admiring the island's natural beauty and observing daily life here in the tropics. A drive through Kralendijk brings you to the departure point where you'll be set up with your mountain bike to begin this 12-mile cycling adventure that passes an array of classic Bonaire sights. Capture panoramas at Tolo Beach, a spectacular stretch of sand also known as Ol' Blue. Admire the dilapidated charm of Landhouse Karpata, a former plantation that raised goats, grew aloe and produced charcoal – now gone to seed. You might see wild donkeys lazing about; they've been island residents ever since Spaniards brought their ancestors here 500 years ago. Ahead lies Goto Lake, a favorite gathering place for Bonaire's flamingoes. They feed in the saltwater shallows here, using their upside-down beaks to scoop up brine shrimp – a diet that gives them their trademark rosy-orange hue. Stopping at Dos Pos, a drinking well at a nearby plantation, you're likely to spot other birds including lively yellow bananaquits. Once at Rincon, the island's oldest town, you'll take a well-earned outdoor rest at the Rose Inn, then leave your wheels behind and hop aboard ours for the return drive to Kralendijk.

- Get fitted and head out for 12 miles of freewheeling tropical exploration by mountain bike.
- Pedal along a coastal path that also turns inland after rounding a flamingo-favored salt lake.
- Pass beautiful beachfront and wander an abandoned old plantation.
- Be on the lookout for wild donkeys and stop by a drinking well that birds frequent.
- At the ride's end, enjoy a rest break in Rincon and a lift by coach back to the ship.
- Wear light-weight clothing.
- Flat, closed-toe shoes are required.
- Bring a hat, sunglasses and sunscreen.

This tour includes a small amount of walking and approximately 2-1/2 hours of moderate to strenuous cycling over mostly flat terrain with occasional inclines. An escort vehicle will accompany the tour. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition and weigh under 240lbs. The cruise line and excursion operator reserve the right to approve guest suitability for participation and there is a minimum height requirement of 54". Closed toe shoes must be worn. While common, wildlife sightings are not guaranteed.

**KRA-006 MUSHI MUSHI CATAMARAN SAIL****Duration: 3.00 Hrs** **Tour Price: \$0.00****Retail Price: \$109.00****Date: January 29, 2023 08:30 AM, 11:00 AM**

Take to the sea aboard a beautiful catamaran and sail into pristine Bonaire Marine Park for a snorkel or simply to enjoy the scenery. Your vessel is the Mushi Mushi, a sleek 40-foot sailing cat with plenty of open deck for sunbathing. While you're welcome to assist the crew as they set and trim the sails, your only real job for the next few hours is to either relax on board, or ease into the water for some undersea sightseeing. As one of the first Caribbean areas to ban reef-harming activities decades ago, Bonaire Marine Park teems with underwater life. Spectacular stands of elkhorn and staghorn coral support a diversity of fish and other marine creatures. If you do opt to jump in and investigate the goings-on, expect to see longsnout seahorses and a full spectrum of colorful reef fish like wrasses, grunts, goatfish, parrotfish and tangs. Sea turtles also thrive here in the protected park waters. This optional snorkeling is unguided, but a crew member will be keeping a watchful eye out from the deck. After about an hour at anchor, the sails will be raised again for the voyage back to harbor, with an open bar en route.

- Skim over clear Caribbean waters aboard a sleek and roomy sailing cat named Mushi Mushi.
- Cross into the long-protected Bonaire Marine Park and moor for a blissful while.
- Choose your pleasure: relaxing and sunbathing on board or investigating the reef by snorkel.
- Under the surface, encounter a world of lush corals, sea turtles, colorful fish and invertebrates.
- Toast the wonders of the sea during the open-bar return sail to Kralendijk.
- Wear swimwear under a cover-up and bring a towel from the ship.
- Flat, comfortable shoes with non-slip sole or aqua socks are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

While this tour includes a limited amount of walking, guests must be able to make their way on and off both the tender boat and the catamaran with limited assistance. The tour is not available to wheelchair guests or those with mobility concerns. Guests wishing to snorkel should be able swimmers and in good physical condition; snorkeling gear is provided. There is a restroom on the boat. Those who participate in any water activities do so at their own risk and responsibility.

**KRA-013 SELFIE SCENIC SPOTS****Duration: 3.00 Hrs** **Tour Price: \$0.00****Date: January 29, 2023 08:30 AM, 01:00 PM**

Snap selfies and plenty of other picture-perfect photos at the most scenic spots on Bonaire and really wow your followers on social media. The island's natural beauty is spectacular, you will visit many of the most picturesque settings, including the idyllic beaches Chachacha and Te Amo near the port. If you wish, the guide will offer suggestions as to the best camera angles to capture the beauty of Bonaire. One of the most panoramic inland views will be from the observation point on the hill Seru Largo in the center of the island. From there, you can see all the way to the salt pans on the coast, which you will soon visit for a much closer look. Two of the most historical sites are nearby—the huts of the slaves that once worked the salt pans and a 19th-century lighthouse, the oldest on Bonaire. A different sort of beach setting awaits you at Sorobon, a stretch of sand that juts far into Lac Bay.

- Stop at Bonaire's most scenic spots to take selfies and all sorts of other photos.
- Capture gorgeous beach settings, inland panoramas and historical attractions.
- Follow the guide's tips to take your photos from the best perspectives.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

Please note: This tour is primarily panoramic in nature with walking at the guest's discretion during short stops. Walking is on sand and uneven ground. 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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Accessible Tour

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## KRA-001 ECO-POWERED TUK-TUK CITY TOUR

Duration: 1.00 Hrs Tour Price: \$0.00

Retail Price: \$69.00



(Prices in USD, per person)



Date: January 29, 2023 08:45 AM, 10:00 AM, 11:15 AM, 12:30 PM, 01:45 PM, 03:00 PM

Bon Bini na Bonaire! Enjoy a brisk round-the-town welcome to Kralendijk from the comfort of an electric-powered Tuk-Tuk, enjoying the open air and sights. On this island, the three-wheeled mini-taxis don't make the "tuk tuk" sound of the famous Thai version – because this Caribbean version is electric, eco-friendly and noiseless. All the better for the scenic environment you'll be touring, and to hear the enlightening commentary by your local driver/guide. One of the top sights you'll encounter in this orientation ride is heavily fortified Fort Orange, built in 1639 for attacks that never came. It still has its cannons, just in case. Another highlight is the delightful Dutch architecture widespread in this island capital city whose name means "coral dike" in that language. You'll also see Bonaire's largest church and have a chance to view the saltwater flats where flamingoes sometimes congregate in the shallows to scoop up brine shrimp with their upside-down beaks and backwards knees. That diet is what gives them their trademark rosy-orange hue. Once the tuk-tukking is done, you'll be dropped back at the pier.

- Hop aboard an eco-friendly electric Tuk-Tuk mini-taxi for an orientation spin around Kralendijk.
- Enjoy your equally-friendly driver/guide's commentary about the sights you're seeing.
- See Fort Orange and its cannons, Bonaire's largest church and more.
- Wear light, weather-appropriate clothing.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen.

This tour is mostly panoramic with limited optional walking at the stops. The tour is not available to wheelchair guests and those with mobility concerns are cautioned only to participate to the extent of their personal ability. The tour sequence may vary. Maximum weight per participant is 260lbs

## KRA-009 CLEAR KAYAK & SNORKEL

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: January 29, 2023 08:45 AM

Get a completely unique perspective on Bonaire's marine life as you paddle a glass-bottom kayak to a nearby beach for a relaxed snorkel. After a brief orientation on kayaking from your naturalist guide, you'll board a two-person kayak and head out into crystal-clear waters. Your stable, sit-on-top kayak will have all the usual features – comfortable backrest seat, life vests, a drybag for your personal belongings – and one nonstandard one: a glass bottom that provides a personal vantage point on the wonders below the surface. Paddling south along the coast, you'll be treated to great views of Kralendijk in one direction and the magnificently unspoiled natural island of Klein Bonaire in the other, surrounded by the protected waters of Bonaire National Marine Park. Speaking of those waters, you can gaze right down into them through the glass bottom of your kayak and see a whole other world where the locals have polyps, fins and flippers. After about 30 minutes of paddling, you'll reach the beach with about an hour to spend as you please, either relaxing on the sand or taking advantage of the snorkeling here, ideal for all skill levels. Afterwards, you'll kayak back to where you started.

- Accompanied by your naturalist guide, paddle along the Bonaire coast in a unique glass-bottom kayak.
- Enjoy outstanding above-water scenery and below-the-water views at the same time.
- Arrive at a beach where the lazing is fine, and the snorkeling is typically calm and excellent.
- Take the plunge to see abundant Caribbean fish, stands of coral, maybe even a Hawksbill or Green turtle gracefully swimming along, completely oblivious to your presence.
- Your special two-person, sit-on-top clear kayak comes equipped with backrest seats, life vests and a drybag for personal belongings.
- Wear swimwear under a cover-up and bring a towel from the ship.
- Flat, comfortable shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 20 minutes of walking, 30 minutes each way of paddling, and additional walking at guests' discretion during free time. There are sandy surfaces to negotiate at the beach. Participants should be in good physical condition, and those who wish to swim or snorkel should be comfortable in the water. Snorkeling gear is provided. The tour is not available to wheelchair guests or those with mobility concerns. There are no restrooms on this tour. Two persons will share each kayak and the combined allowable weight per kayak is 400 lbs. Those who take part in any water activities do so at their own risk and responsibility.

## KRA-002 THE WASHIKEMBA RESERVE BY ATV

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: January 29, 2023 09:00 AM, 11:00 AM

Head into the arid wilds of the Washikemba reserve on an All-Terrain Vehicle and experience a hauntingly beautiful landscape. A brief coach ride brings you to the pick-up point, where you'll get your safety checkout before taking off eastward toward Washikemba. Four-wheeling your way into this rugged region, you'll reach areas most normal vehicles can't – letting you encounter Bonaire in its most natural, undisturbed state. You might even see wild donkeys and goats, and iguanas basking in the sun. At the amazingly remote Spelonk Lighthouse, marking the island's easternmost point, you can't help but notice that the only other way here is by sketchy footpath. And it's sure to be an inspiring moment when you also realize that the only sound you can hear here is surf crashing on a rocky shore. Once you've absorbed that awhile, it's on to one of Bonaire's many caves, some still bearing inscriptions from Arawak Indians who lived here in pre-Columbian days. Today's cave residents are likely to be bats, clinging to the roof in great numbers as they wait for dusk to fly off in search of tasty insects. It's a good thing your dinner plans are elsewhere.

- Experience Bonaire's arid landscape in its natural state in the Washikemba reserve.
- Make your way there by All-Terrain Vehicle, which can take you where other vehicles can't.
- Find yourself at a far-off lighthouse where the only sound is the ocean, or maybe a wild goat.
- Visit a cave where ancients might once have lived, but now only bats. Lots and lots of bats.
- See other wild places, including a remote settlement at the head of the reserve's sea lagoon.
- Wear comfortable clothing, including long trousers.
- Flat, sturdy closed-toe shoes are required.
- Bring a hat, sunglasses and sunscreen.

This tour includes limited walking, mainly at guests' discretion. There will be about 80 minutes of driving an All-Terrain-Vehicle over mostly off-road, bumpy conditions. Guests will be screened to determine their competence in being able to do simple maneuvers on the vehicle. The tour is not available to wheelchair guests, those with mobility concerns, or pregnant women – and is not advised for those with injuries or conditions that could be affected by the bumpy conditions. Minimum age for participation is 18 and all participants must present a valid driver's license. Participants must wear closed toe shoes and weigh less than 260lbs. The local operator may require guests to sign a liability waiver before taking part in the tour. Pricing is per person, not per vehicle.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## KRA-011 BONAIRE HIGHLIGHTS & CULTURAL EXPLORER

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$69.00



(Prices in USD, per person)



Date: January 29, 2023 09:00 AM, 01:00 PM

Discover the diversity of Bonaire on a panoramic tour that combines natural, cultural and historical highlights. Settling in for your picturesque coastal drive, you'll notice the island of Klein Bonaire, a little flat-top paradise just offshore. Another thing you'll notice is that the farther north you go, the more hilly and arid the terrain becomes. Huge candelabra cacti and mesquite trees appear in the landscape as you approach the village of Rincon – located a bit inland by the Spanish, safely beyond the cannon range of 15th-century buccaneer ships. On a visit to the Rose Inn here, you'll hear some regional history while relaxing under a shady tree, sipping a sample of the local favorite: Cadushy Liqueur, made from cacti and lime. For another perspective on the island's past, you'll visit its second oldest building. Mangazina di Rei, which means Storehouse of the King, was where seeds that priests had blessed were stored in centuries past. On a guided walk through the surrounding Culture Park you'll hear fascinating stories about the deep connections Bonaireans have to this important site. On the way back to the pier, you'll pass salt ponds where Bonaire's famous flamingoes gather to feed on brine shrimp.

- Travel around the island by panoramic coach, stopping at numerous natural and cultural landmarks.
- Visit an outdoor venue where the trees are shady and the liqueur is flavored with cactus and lime.
- Learn the history of Bonaire's second oldest building, forming the heart of a cultural park.
- Pass salt ponds where flamingoes congregate to feed on brine shrimp and turn rosy-orange.
- Wear light, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen.

This tour is mostly panoramic with limited optional walking at the stops. It is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. The tour sequence may vary.

## KRA-GL1 MEET THE LOCALS, HISTORIC CULTURAL EXPERIENCE

Duration: 2.00 Hrs Tour Price: \$0.00



GL



Date: January 29, 2023 09:00 AM, 12:00 PM, 03:00 PM

Discover the most fascinating aspects of Bonaire's history on an enlightening walk through downtown and through stories from costumed characters in the Terramar Museum. While strolling through the heart of Kralendijk, the island's capital, you will see how the 17th-century Dutch-built Fort Oranje has been converted into the island's main courthouse. Similarly, the Parliament House was once the private residence of a prominent family. As revealing as these architectural insights will be, few experiences will be quite so revealing as listening to the museum's historical actors describe what life was like in the past. You may hear about the Dutch colonizers, how slavery was abolished and the origins of the island's traditions. The exhibits cover more than 7,000 years of history through artifacts recovered from shipwrecks, 3D reconstructions, descriptive timelines and historical photographs. After browsing the museum, you will have time for shopping at a market near the harbor.

- Walk through Kralendijk with a local guide that will describe the historical architecture.
- Gain an understanding of how the Dutch have influenced Bonaire since the 17th century.
- Listen to costumed historical characters tell stories of their past lives on Bonaire.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

Please note: This tour includes approximately 2 hours of walking. It is available to guests who utilize a collapsible wheelchair and have a companion to assist them. There will be shopping opportunity for some souvenirs during your walking tour.

## KRA-007 MARINE PARK GLASS BOTTOM BOAT TOUR

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$89.00



Date: January 29, 2023 09:15 AM, 12:45 PM, 04:15 PM

View the bountiful undersea world of Bonaire Marine Park from the comfort of a glass-bottom boat, without even getting wet. As one of the first Caribbean areas to ban reef-harming activities decades ago, the park teems with underwater life. Spectacular stands of elkhorn and staghorn coral support a diversity of fish and other marine creatures. You'll see it all clearly from this 32-foot boat designed expressly for this purpose; just settle into a shaded seat and look through the window that runs along the floor of the vessel. It's a relaxed and unimposing way to take in wonders usually hidden under the surface. And it's a scene that continuously changes as the boat slowly motors over one reef, then another. While there's no telling exactly what will come into view, you can expect to see graceful sea turtles coasting in the currents and a full spectrum of colorful fish among the reef corals, including wrasses, grunts, goatfish, parrotfish and tangs. The onboard naturalist can help with fish identification or questions, and there are illustrated Caribbean fish charts on board as well. After about 75 minutes spent surveying this marvelous environment, you'll return to the pier. Dry and content.

- See what's going on underwater in Bonaire's reefs without getting your feet – or anything else – wet.
- Take your shaded seat on a 32-foot glass-bottom boat headed for Bonaire Marine Park.
- Glide slowly from reef to reef in this protected reserve, watching an everchanging scene of corals, turtles, colorful fish and other marine life.
- Rely on the onboard naturalist or fish charts for help telling a goatfish apart from a parrotfish, or a tang.
- Wear light-weight, comfortable clothing.
- Flat, comfortable shoes with non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour, which includes a very limited amount of walking, is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. There is no restroom on the boat.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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**KRA-010 SPICE BEACH CLUB****Duration: 3.00 Hrs** **Tour Price: \$0.00****Retail Price: \$79.00****(Prices in USD, per person)****Date: January 29, 2023 09:15 AM, 11:45 AM**

Spend awhile immersed in Caribbean amenities at a lovely waterfront resort where you can swim, sunbathe, dine or pamper yourself in the spa. The staff at Spice Beach Club will greet you with a cool tropical drink and a warm “bon bini,” the phrase that means “welcome” in the Bonaire’s local language. Once familiarized with the resort’s facilities, you’ll have several hours to spend enjoying this tropical getaway. You might choose sunbathing on a lounge along the powdery white sand, or poolside in the shade of a swaying coconut palm. If you’re ready to get wet, Spice Beach is ready to accommodate: take an easy swim in sea waters known for their calmness and clarity, rent a kayak and paddle along the shore, or gear up with snorkel, mask and fins for a close-up inspection of the marine life. The reefs here in Bonaire are among the healthiest in the Caribbean thanks to almost 50 continuous years of committed environmental protection – so chances are good that you’ll see colorful fish, seahorses and even sea turtles under the surface. If indulgence is on your agenda, an intimate spa and restaurant are on site, as are several private cabanas.

- Enjoy a short, scenic drive along the Bonaire coast to Spice Beach Club.
- Arrive to a warm greeting accompanied by a cool Caribbean drink.
- Spend your hours here doing just what you like – sunning, beaching, swimming, snorkeling, kayaking or enjoying a spa treatment.
- Satisfy your hunger at the onsite restaurant, your thirst at the Beach Bar, or retreat from it all in a private seaside cabana.
- Wear swimwear under a cover-up and bring a towel from the ship.
- Flat, comfortable shoes with a non-slip sole or aqua socks are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is primarily at guests’ discretion, with sandy and uneven surfaces involved at the beach. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. Amenities available for an additional cost include cocktails and drinks from the Beach Bar, lunch at the restaurant, snorkeling equipment, kayak and dive shop rentals and spa treatments. Those who take part in any water activities do so at their own risk and responsibility.

**KRA-004 4x4 ADVENTURE TO BONAIRE’S EAST COAST****Duration: 3.00 Hrs** **Tour Price: \$0.00****Retail Price: \$99.00****Date: January 29, 2023 09:30 AM, 01:30 PM**

Travel off-road in a 4x4 Land Rover to explore Bonaire’s remote eastern shore, a land of giant cacti, plentiful wildlife and stunning natural beauty. You’ll head out from the pier and drive through Kralendijk. As you get further east, you’ll notice the land getting more rugged. Before long, the paved highway will be in the rearview as you enter trackless, arid countryside. This sparsely populated part of the island is both beautiful and rugged. You’re usually more likely to encounter wild donkeys, Caribbean parakeets, yellow-shouldered parrots or prehistoric-looking iguanas than humans around here. One exception is when you reach Sorobon Beach, catering to windsurfers who can’t resist the waves kicked up by the steady offshore breezes. After a pause, you’ll press on to pass one of Bonaire’s five lighthouses then clustered stone huts that once housed slaves who worked in the surrounding salt flats until slavery was brought to an end here in 1863. These saltwater shallows are a known place where Bonaire’s flamingoes gather to feed, using their upside-down beaks to scoop up brine shrimp – the unique diet responsible for their trademark rosy-orange hue. Perhaps they’ll be hungry when you’re passing through.

- Explore an arid, undeveloped part of Bonaire where the scenery is all about rugged beauty.
- Be on the lookout for wild donkeys, chattering parrots, and iguanas lounging in the sun.
- Stop at a faraway, breeze-swept beach where the waves are irresistible to windsurfers.
- Visit salt flats where flamingoes often congregate to feed, and stand around on one leg.
- Wear light-weight clothing.
- Flat, closed-toe shoes are required.
- Bring a hat, sunglasses and sunscreen.

This tour includes a limited amount of walking, mainly at guests’ discretion during the stops. The off-road terrain can be bumpy and there are high steps involved in entering and exiting the vehicle. The tour is not available to wheelchair guests, pregnant women or children under 12. It may also not be suitable for those with mobility concerns or previous back or neck injuries. Depending on rainfall amounts, the dirt roads can become muddy. While common, wildlife sightings are not guaranteed. There is a single restroom facility at Sorobon Beach.

**KRA-005 SAMUR SAIL, BEACH & SNORKEL****Duration: 3.00 Hrs** **Tour Price: \$0.00****Retail Price: \$109.00****Date: January 29, 2023 11:30 AM, 03:00 PM**

Sail a magnificent Siamese junk to the unblemished oasis Klein Bonaire, an uninhabited islet known for its pristine beach and exceptional snorkeling. A Zodiac from the pier will tender you out to the Samur, an authentic 56-foot Siamese junk hand-built in Thailand. As the Samur’s traditional red sails catch the wind and she slides out to sea, it’s easy to imagine you’re being transported back in time. The character of your destination only amplifies this sensation. Afloat in gin-clear waters and as deserted as Robinson Crusoe’s island, Klein Bonaire is just west of Kralendijk – and a world away. En route, your captain will elaborate on what you can expect to find on the island and at Ebo’s Reef just off its shore. The beach here is blissfully uncluttered – no snack stands, chaises or jetski rental operations – and the snorkeling reef presents a colorful array of marine life. You might see parrotfish, angelfish, sea horses and turtles, all gracefully swimming through their world, undisturbed by your presence. Relax in whatever way you please; there’s no set schedule. After about an hour you’ll tender back to the Samur to enjoy tropical fruits and rum punch on the return sail.

- Enjoy two superb sensations: riding the wind on a classic sailing ship and playing on a deserted island.
- Tender out to an authentic Siamese junk hand-built in Thailand with beautiful wood-carved details.
- Set sail for Kleine Bonaire, an unspoiled natural island half a mile and a million years from Kralendijk.
- On the island, spend your time along its gorgeous shores or snorkeling its pristine waters and reef.
- Be treated to rum punch and tropical fruits during the return sail to Bonaire.
- Wear swimwear under a cover-up and bring a towel from the ship.
- Flat, comfortable shoes or aqua socks are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a limited amount of walking, mainly at guests’ discretion on the island. There will be sandy surfaces to negotiate at the beach and guests must be able to make their way on and off both the Zodiac and the sailboat with limited assistance. Those who wish to snorkel should be good swimmers and in good physical condition; snorkeling gear is provided. The tour is not available to wheelchair guests or those with mobility issues. There is a restroom on the boat but none at the beach. A small amount of cash is recommended if guests wish to purchase items such as waterproof cameras, t-shirts or caps on board the Samur. Those who participate in any water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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## KRA-GG1 ECHO CONSERVATION CENTER FOR PARROTS

Duration: 4.00 Hrs Tour Price: \$0.00



(Prices in USD, per person)



Date: January 29, 2023 02:00 PM

Discover how injured parrots are rehabilitated at the Echo conservation center and then hike through a reforested area looking for yellow-shouldered Amazon parrots. As an introduction to the island's natural wonders, you will take a circuitous route to the center, driving along the ocean, past salt pans and on to Goto Lake, where you may spot flamingos. You will delve deeper into the challenges of protecting Bonaire's birds, especially parrots, when touring the center with a naturalist. It will be inspiring to see how the birds are rescued, rehabilitated and eventually released back into the wild. To enhance your experience and understanding of Bonaire's endangered Amazon parrots, you will follow the naturalist into a replanted section of dry forest looking for these magnificent birds. Chunky and brightly colored, they are easy to identify. The birds are usually seen in pairs that remain monogamous throughout their lives, which typically last about 40 years on Bonaire.

- Tour a conservation center that rehabilitates yellow-shouldered Amazon parrots .
- Hike through a replanted forest looking for parrots with a naturalist guide .
- Admire Bonaire's extraordinary natural beauty on a panoramic drive around the island .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 1.5 hours of walking over even and uneven ground plus any additional walking at the guests' discretion, therefore this tour is only suitable for the fit and healthy guests which can walk the trails. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. At the Echo Conservation Center guest must be able to walk narrow, steep hiking trails without help. Trails are narrow, up and down through dry forest with cactus, bushes and trees. It is mandatory to wear trekking shoes and recommended to bring sun hat, sunglasses, mosquito protection. The trails can slippery after rain. Guest should bring insect repellent.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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**GND-002 ADVENTURE JEEP TOUR****Duration: 4.00 Hrs**   **Tour Price: \$0.00****Retail Price: \$169.00****Date: January 31, 2023 08:30 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: January 31, 2023 08:30 AM**

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

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

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

**GND-006 MOUNTAIN RAINFOREST, GRAND ETANG & ANNANDALE****Duration: 4.50 Hrs**   **Tour Price: \$0.00****Retail Price: \$109.00****Date: January 31, 2023 08:30 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



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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: January 31, 2023 09:00 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: January 31, 2023 09:00 AM, 01:00 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-005 MT. GAZO HIKE & SWIM

Duration: 3.75 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: January 31, 2023 09:30 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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## GND-007 SUNNYSIDE GARDENS

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$109.00



(Prices in USD, per person)



Date: January 31, 2023 09:30 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



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**KGN-001 VERMONT NATURE TRAIL HIKE****Duration: 4.00 Hrs**   **Tour Price: \$0.00****Retail Price: \$119.00****Date: February 01, 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 01, 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 01, 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



GL Go Local Tour



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 01, 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 01, 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 01, 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 Kingstown.
- 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

GL Go Local Tour



Accessible Tour

**KGN-004 PANORAMIC ST. VINCENT****Duration: 2.00 Hrs**   **Tour Price: \$0.00****Retail Price: \$79.00****(Prices in USD, per person)****Date: February 01, 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

**GL** Go Local Tour

Accessible Tour

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**STL-001 LAND AND SEA TO SOUFRIERE****Duration: 7.50 Hrs**   **Tour Price: \$0.00****Retail Price: \$149.00****Date: February 02, 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 02, 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 02, 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 02, 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 02, 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-013 St. Lucia Trolley Train

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$49.00



Date: February 02, 2023 09:00 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-015 SKY CANOPY & AERIAL TRAM

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: February 02, 2023 09:00 AM, 10:00 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

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## STL-007 ISLAND SPLENDOR

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



(Prices in USD, per person)



Date: February 02, 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.

## STL-014 RAINFOREST AERIAL TRAM

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$179.00



Date: February 02, 2023 09:30 AM, 11:30 AM, 12:00 PM

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

## STL-2GT CHEF LED: ISLAND SPICES & COOKING TOUR

Duration: 4.50 Hrs Tour Price: \$129.00



Date: February 02, 2023 10:30 AM

Learn to prepare classic St. Lucian cuisine at an exclusive residence and then dine al fresco on your concoctions while enjoying magnificent ocean views. Your experience will begin in the home's garden, where you will see herbs traditionally used to flavor the local cuisine. You will then head to the cooking studio and begin the hands-on class. The exact menu will be determined at that time, but it often includes Caribbean corn soup, fish broth and the national dish of green fig and salt fish salad. Interestingly enough, the dish is made with salted cod and green bananas, not figs. Once you have finished cooking, you will dine on the various dishes. Expect the flavors to be uniquely Caribbean and the textures wonderfully varied. On the return drive, you will stop at the open-air Castries Market, where you will see a host of other cooking ingredients such as yams, breadfruit and other island specialties.

- Prepare classic St. Lucian dishes in a private home under the watchful eye of a local chef.
- Dine al fresco on the dishes that you have just prepared.
- Browse stalls full of locally grown fruits and vegetables at Castries Market.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount of activity. Guests must be able to stand throughout the cooking experience and walk through the market



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.

(Prices in USD, per person)

**IMPORTANT INFORMATION**

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

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

**NOTICE:**

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