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PRICES IN USD

OPTIONAL SHORE EXCURSIONS

MIAMI, FLORIDA to MIAMI, FLORIDA

SS NAVIGATOR March 06, 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 offers a wealth of information about your cruise: learn about and purchase shore excursions, view pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more.

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

❖ ROATAN, HONDURAS

PRICES IN USD



ROA-016 Jolly Roger Catamaran Sailing & Snorkeling with Lunch

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 08, 2023 12:30 PM

Cruise along the gorgeous coast of Roatan in a sailing catamaran, eventually anchoring at a reef that is ideal for snorkeling. Once settled into the modern 60-foot catamaran, you will set off into the turquoise waters of the Caribbean Sea. You will be free to stretch out on the forward sun deck or relax in the comfortable shaded seating. You can expect a carefree and extraordinarily picturesque cruise, as Roatan boasts a wonderfully tropical shoreline that couldn't be more beautiful. In time, the catamaran will stop near a coral reef, affording snorkelers a close-up look at the marine life. Visibility is typically excellent and you will likely observe species such as sergeant majors, mahogany snappers and queen triggerfish. You may even spot a hawksbill turtle or two gracefully swimming by. On the return cruise, you will be served a bountiful lunch with unlimited rum punch, an experience made all the more delightful with Caribbean music playing in the background.

- Cruise the turquoise Caribbean Sea aboard a sleek and spacious sailing catamaran.
- Admire spectacular views in every direction while basking in the sun or sitting in the shade.
- Snorkel a reef known for its abundant intensely colorful marine life.
- Dine on a sumptuous lunch while cruising back to Roatan.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Guests that weigh more than 325 pounds or those with heart or lung conditions may not participate. Snorkelers must be at least 7 years old.

ROA-017 ULTIMATE EXTREME ADVENTURE COMBO

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: March 08, 2023 12:30 PM, 02:00 PM

Soar through a tropical forest on two zip-lines and enjoy a meandering walk through the jungle on a nature trail with towering suspension bridges. Three different activities await you at the extreme adventure park, each thrilling in its own way. You may begin by strolling through the jungle canopy, much of it along suspension bridges and wooden boardwalks that offer close-up views of the flora and fauna. The traditional zip-line offers a more adrenaline-pumping adventure, which involves sitting in a harness and darting through the treetops from platform to platform. It will be absolutely exhilarating as you pass over trees and through pathways cut out of the dense foliage at heart-pounding speeds. For the ultimate thrill, try the Superman Zip. It is the area's only forward-facing zip line with a special harness that allows you to fly through the air headfirst like Superman.

- Spend a thrilling day enjoying the area's only extreme adventure park.
- Enjoy three activities, each one a bold and adventurous challenge.
- Walk through the tree canopy on suspension bridges high above the jungle floor.
- Soar through the trees from platform to platform while seated in a zip-line.
- Fly through the air headfirst like Superman in the area's only forward-facing zip-line.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Minimum weight is 70 lbs., maximum is 250 lbs. Maximum age is 75 years unless in fit condition with no medical issues.

ROA-018 ULTIMATE FISHING ADVENTURE

Duration: 2.00 Hrs Tour Price: \$109.00

Retail Price: \$259.00



Date: March 08, 2023 12:30 PM

Hop aboard a fishing boat and try your luck catching some of the most prized game fish in the Caribbean. Everything you need for sport fishing will be provided on the boat, allowing you to better concentrate on reeling them in. You will be in prime fishing waters teeming with tuna, wahoo, mahi mahi, grouper and king mackerel, and there is no telling what you may catch. The captain and crew will offer fishing tips, provide the best bait for each species and net whatever you catch. Wahoo can often be found around drop-offs and are easy to identify by their long slender bodies marked with zebra-like stripes. Brightly colored mahi mahi, also known as dorado, typically make long runs and leap out of the water during the battle to land them. The king mackerel is another favorite fish to catch, as they are tremendous fighters. Like wahoo, they are aggressive hard-hitters known for their speedy runs.

- Cruise to prime fishing waters along the world's second largest barrier reef.
- Fish for prized game fish such as tuna, wahoo, mahi mahi and grouper.
- Increase your chances for success with fishing tips from the captain and crew.
- Snorkel a reef teeming with non-game fish on the return cruise.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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ROA-020 THE BEST OF THE WEST IN ROATAN

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



FREE SHORE
EXCURSIONS
PRICES IN USD

Date: March 08, 2023 12:30 PM, 02:30 PM

See the highlights of western Roatan, which include a robust shopping village, an extreme nature park and a private waterfront resort. While stopping at the bohemian-style West End Village, you might browse the art galleries, linger over a drink at a waterfront café and stroll the wooden piers while watching the water taxis come and go. You will then visit the area's only extreme adventure park to stroll a nature trail through the jungle canopy, much of it along suspension bridges. From this vantage point high above the jungle floor, you can expect to see colorful flowers, chirping tropical birds and creatures such as iguanas and lizards perched on the branches. Continuing on to the San Simon Beach Club, you will enjoy more free time to savor the island ambiance. You might stroll the resort's pristine stretch of sand, take a refreshing swim in the sea or simply lounge in the shade of a coconut palm.

- Browse the art galleries and shop for handicrafts in laid-back West End Village.
- Take an exhilarating walk through a jungle tree canopy, much of it on suspension bridges.
- Observe creatures such as parrots and monkeys at their level, high in the trees.
- Enjoy the low-key, stress-free atmosphere at a waterfront resort.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

ROA-021 TURQUOISE BAY ALL INCLUSIVE PRIVATE BEACH BREAK

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: March 08, 2023 12:30 PM

Spend hours relaxing with your family at a waterfront resort with a private beach, where everything you could possibly need is included. Upon arriving at the Turquoise Bay Resort, you will receive a welcome cocktail and an enlightening overview of the property so you can maximize your time here. Your family will then be free to enjoy the abundant amenities, which include dining, beverages and endless fun. You might stretch out on a lounge chair on the island's longest private beach and bask in the sun. A leisurely stroll along the shoreline is another popular way to soak up the sun. If you prefer a bit of shade, thatched-roofed palapas and hammocks dot the white-sand beach. The resort offers all sorts of amenities geared toward children, too. Through the Pirates Kid Club, they can go on scavenger and treasure hunts, create art projects and learn how to play a Garifuna drum, all under the teachers' watchful eyes.

- Enjoy the amenities at the Turquoise Bay Resort however you please.
- Swim in the sea, bask in the sun or relax in the shade of a thatched-roofed palapa.
- Take advantage of the supervised Pirates Kid Club for children.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

ROA-022 TURQUOISE BAY ALL INCLUSIVE OVER THE WATER BUNGALOW

Duration: 5.50 Hrs Tour Price: \$399.00

Retail Price: \$599.00



Date: March 08, 2023 12:30 PM

Relax at the exclusive waterfront Turquoise Bay Resort, where you will enjoy the serenity of your own over-the-water bungalow with all sorts of premium amenities. Furnished with a comfortable teak day bed for two, the thatched-roof bungalow will be your home base at the resort. It features a suspended patio with a swim-up platform, a shaded area and a sunny area, and an ice box with a cold bottle of champagne just waiting for you to pop the cork. If you need a towel, drinks or snacks, simply use the pager. Butler service is included to ensure that your time at Turquoise Bay will be completely carefree. Other amenities include access to a reserved beach if you want to stretch out on the sand and a spectacular three-course lunch. Feel free to spend hours enjoying the serenity of your over-the-water bungalow or explore other areas of the resort. The choice is entirely yours.

- Luxuriate in a private, waterfront thatched-roof bungalow at the Turquoise Bay Resort.
- Stretch out on the teak day bed and on a towel at the beach.
- Celebrate with champagne included in your bungalow's ice box.
- Utilize the butler service to make your stay immensely enjoyable.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

Price is for 1 or 2 guests. Only one person needs to book the bungalow for a party of 2. The bungalows will accommodate a third and fourth guests for an additional fee, payable on board. Wheelchair guests will be required to take a few steps at the bungalow and to enter and exit the bus.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ROA-023 TURQUOISE BAY VIP ALL INCLUSIVE BEACH BREAK

Duration: 5.50 Hrs Tour Price: \$129.00

Retail Price: \$279.00



PRICES IN USD

Date: March 08, 2023 12:30 PM

Be treated like a VIP at a waterfront resort where you won't have to lift a finger to enjoy amenities such as a reserved area of the beach, premium drinks and a three-course lunch. Upon arriving at the Turquoise Bay Resort at the east end of Roatan island, you will meander over to a part of the island's longest private beach that has been reserved for you and your party. It is an extraordinary setting to stretch out on a lounge chair and bask in the sun and take a leisurely stroll along the shoreline. If you prefer shade, thatched-roofed palapas and hammocks dot the white-sand beach. Mid-morning hors d'oeuvres will be served, as well as a three-course lunch afterwards. A bar with endless premium beverages will also be open for your enjoyment. Whenever you need a refill, a plush towel or most anything else, simply ask one of the waiters standing by.

- Luxuriate in a reserved area of the beach at the Turquoise Bay Resort.
- Enjoy mid-morning hors d'oeuvres, a three-course lunch and endless premium beverages.
- Bask in the sun or relax in the shade of a thatched-roofed palapa.
- Take comfort in knowing that waiters are standing by to fulfill your requests.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

Wheelchair guests will be required to take a few steps to enter and exit the bus.

ROA-025 HORESBACK RIDE AND SWIM

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 08, 2023 12:30 PM, 01:00 PM, 01:30 PM

Ride a horse to a secluded beach and right into the Caribbean Sea, after which you can relax in the gorgeous coastal setting however you please. Following a briefing at the stables that will help maximize the experience, you will ease onto the saddle of a horse matched to your riding ability. All of the horses are gentle and very familiar with the winding trail, so you won't need to do much more than enjoy the ride. Upon reaching the beach, you can trot along the shoreline and continue into the surf, if you wish. The horses are used to being in the water, so you can expect the transition to be easy and completely natural. After dismounting, you will spend about two hours enjoying the serenity of this idyllic stretch of sand. You might return to the sea for a refreshing swim, enjoy a bit of casual beachcombing and bask in the sun without a care in the world.

- Ride horseback on a meandering trail to a somewhat remote beach.
- Continue riding right into the surf, if you wish.
- Spend hours relaxing at the beach, doing pretty much whatever you please.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel.
- Wear flat, comfortable walking shoes.

Note: Minimum age is 8 years. Maximum weight per person is 220 lbs. This tour is not available for guests who are pregnant, have heart, back or knee problems and who are deaf or blind. Closed toed shoes must be worn. Food is available at the guest's expense. Water shoes and lockers are available for rent.

ROA-026 BEST OF ROATAN

Duration: 4.00 Hrs Tour Price: \$0.00



Date: March 08, 2023 12:30 PM

Enjoy the natural beauty of Roatan, a cultural interaction with the Garifuna people and free time on one of the island's finest beaches. A brief but immensely scenic boat ride will take you through the protected mangroves lining the waterways that flow into French Harbour, which lies just up the coast from Coxen Hole. The setting will seem like a world away from the relative bustle of the town, which serves as Roatan's commercial hub. At a nearby resort, you will delve into the local Garifuna culture by watching folkloric dances that have changed little over the centuries. The traditional Garifuna language, dance and music are so unusual that UNESCO added them to its Intangible Cultural Heritage of Humanity list. Tastings of Garifuna-made cassava bread and chocolate will enhance your understanding of their unique Afro-Caribbean lifestyle. It will be an eye-opening experience that you can reflect on while relaxing on the resort's magnificent beach.

- Cruise through the protected mangroves near French Harbour, Roatan's commercial hub.
- Watch the local Garifuna perform folkloric dances that depict their unusual history.
- Sample traditional cassava bread and chocolate that the Garifuna made by hand.
- Relax however you please at the beach along one of French Harbour's loveliest resorts.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

Minimum age to participate is 2 years. Maximum weight is 260 lbs. Collapsible wheelchairs are allowed. Guests must be able to enter and exit the vehicle on their own. Bring bug spray, water, and sun block.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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ROA-001 TABYANA BEACH DAY

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



PRICES IN USD



Date: March 08, 2023 12:45 PM

Spend the day relaxing at Tabyana Beach, an idyllic setting on Roatan's southwestern tip. The drive there will be immensely enjoyable and scenic, as you will follow a circuitous route in the shadow of a large nature reserve. Upon arriving at Tabyana Beach (approximately a 1-hour drive), you will be free to pass the time doing whatever you please. You might stretch out on the sugar-white sand and bask in the sun, comb the beach looking for shells and read in the shade of a coconut palm. If you are feeling ambitious, you may join a friendly game of beach volleyball. The turquoise sea lapping at the beach couldn't be more inviting for a refreshing swim or to simply wade into the cool waters and gaze out over the spectacular tropical scenery. Kayaks are also available, as is snorkeling equipment. Part of the Mesoamerican Barrier Reef, the world's second-largest coral reef, lies just off shore and is teeming with colorful marine life.

- Relax on Tabyana Beach, a sugar-white stretch of sand on the island's southwestern tip.
- Do whatever you wish, whether it is simply lying in the sun or swimming in the Caribbean.
- Participate in activities such as volleyball, kayaking and snorkeling, if you desire.
- Take in the tropical ambiance as Caribbean music gently plays in the background.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly over sandy surfaces at the guests' discretion. This tour is not available to guests who utilize a wheelchair and those with mobility concerns should evaluate their ability and stamina before joining the tour. Snorkeling equipment, kayaks and lockers are an additional cost. Guests wishing to snorkel or swim should be good swimmers. Those taking part in water activities do so at their own risk and responsibility and may be required to sign a release form. Snorkeling equipment, kayaks and lockers are at an additional cost. Beach chairs are available on a first come-first serve basis and no umbrellas are available. The beach is not exclusive to cruise line guests.

ROA-002 GUMBALIMBA PRESERVATION PARK

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 08, 2023 01:00 PM

Enjoy Roatan's natural beauty at Gumbalimba Park, a tropical paradise where you will follow winding trails through a botanical garden, bird sanctuary and an animal reserve. Along the way, the guide will point out unusual flora such as the gumbalimba tree, after which the park is named. It is also known as the gumbo limbo or more casually as the "tourist tree" because its reddish bark looks like peeling sunburned skin. You can expect the gardens to be a riot of color with indigenous plants that include the delicate, pale-yellow orchid that is the national flower of Honduras. The bird sanctuary will also be ablaze in color as macaws and parrots are abundant. If you are feeling adventurous, you might hold one of the monkeys in the refuge or simply watch them swinging from branch to branch in the trees. Another highlight is Coxen's Cave, which holds replicas of items that pirates once used.

- Wander the natural paths of a botanical garden, bird sanctuary and animal reserve.
- Listen to the naturalist guide describe the indigenous flora.
- Observe brightly colored scarlet macaws, the national bird of Honduras.
- Hold a monkey in the animal reserve, if you like.
- See replicas of pirate treasures in Coxen's Cave.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount walking over natural terrain and some uneven and cobblestone surfaces. This tour is not available to guests who utilize a wheelchair and is not recommended for guests with mobility concerns. Insect repellants with DEET, scented lotions, perfumes, flash photography, smoking and feeding the animals are prohibited. Guests taking part in water activities do so at their own risk and responsibility.

ROA-004 MAYAN REEF CLEAR KAYAK & SNORKEL

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 08, 2023 01:00 PM

Kayak through the crystal-clear waters off Roatan and then enjoy a different perspective of the marine world by snorkeling. The sites for both activities will be chosen the day of the tour to ensure the best conditions. After a brief orientation to maximize your kayaking experience, you will ease into the vessel and paddle off into the typically calm waters. The scenery will be spectacular in every direction, as the island is blanketed with lush tropical foliage and the Caribbean Sea here shimmers with every imaginable shade of blue. Following the kayaking adventure, you will snorkel along a nearby coral reef. Roatan is a paradise for snorkeling known for its crystal-clear waters, and you can expect to see all sorts of brightly colored species such as parrotfish, Atlantic blue tangs and angelfish. Afterwards, you will have time to relax on a beach where there are chairs, hammocks and shops and a restaurant.

- Paddle a kayak across the typically calm waters off Roatan Island.
- Take in the natural beauty as you kayak pass the gorgeous coastline.
- Snorkel a coral reef teeming with colorful marine life.
- Relax at the beach without a care in the world.
- 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 requires strenuous activity and participants should be in good physical condition and able to snorkel and paddle a kayak without assistance. This tour is not available to wheelchair guests or those with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a release form before participating. The tour sequence may be reversed. Participants must be between 8 and 65 years of age. Children younger than 12 years old must ride in the kayak with an adult parent or guardian. The weight limit for the kayak is 400 pounds. Personal belongings are not permitted in the kayak, but may be left on the bus or stored in a locker for \$3. Pictures on CD are also offered for an additional fee. Beach chairs are available on a first come - first serve basis. There are no umbrellas.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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ROA-005 DOLPHIN ENCOUNTER

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$169.00



PRICES IN USD



Date: March 08, 2023 01:00 PM

Wade out into the crystal-clear, waist-high water off Bailey's Key for an unforgettable experience interacting with friendly, playful dolphins in their natural habitat. A speedboat will take you to the island, where naturalist guides will accompany you into the water. You can expect a truly memorable experience as you touch and play with the dolphins, as they are highly curious and quite social animals. Dolphins have excellent vision in the water and above its surface, and they communicate by identifying sound waves through echolocation. During the interaction, the dolphins are sure to be exceptionally gregarious, agile and playful, characteristics that make them endearing to humans. Still, it is their highly evolved brains that set dolphins apart from other animals and make this encounter so wonderful. Afterwards, you will have free time for a bit of shopping at Anthony's Key Resort.

- Zip over to Bailey's Key in a sleek speedboat.
- Wade into the waist-deep waters off Bailey's Key and interact with the dolphins.
- Touch the dolphins if you like, and expect them to hug and even kiss you.
- Gain an understanding of the dolphins' profound intelligence.
- Purchase a photo CD of your experience, if you choose.
- 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 "swimming with the dolphin" program. This tour involves moderate activity and participants should be able to step into and out of the boat, as well as stand unassisted in waist-deep water. This tour is not available to guests who utilize a wheelchair or guests with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility and may be required to sign a release form before participating. The minimum age to participate is 6 years old, and children must be accompanied by an adult parent or guardian.

ROA-008 ISLAND HIGHLIGHTS

Duration: 3.25 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 08, 2023 01:00 PM

Enjoy two aspects of the natural world by observing iguanas in a protected zoo-like habitat and then visiting an eco-park that revolves around birds and butterflies. Roatan is known for its biodiversity, but few tropical animals are as iconic as the iguana, hundreds of which you will see at the Iguana Hideaway. It is an excellent venue to observe these prehistoric-looking reptiles, as iguanas are threatened on Roatan from loss of habitat and being captured for the pet trade. Watch them basking in the sun, lounging in trees and munching on vegetables. Flying creatures take center stage at the Mayan Eden Eco Park, where you will stroll through an enclosure with a huge variety of butterflies indigenous to Honduras. You can also expect to see hummingbirds flitting from blossom to blossom and brightly colored parrots. With the guide's assistance, you can probably coax one to perch on your arm for a photo.

- See hundreds of iguanas in a protected habitat shaded by tropical foliage.
- Hear about iguana behavior, and why the reptiles are endangered on Roatan.
- Walk among hundreds of fluttering butterflies in an eco-park.
- See hummingbirds darting about the eco-park and drinking nectar.
- Snap a selfie with a parrot perched on your arm or shoulder.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately one hour of easy walking and standing, plus additional walking at the guests' discretion during free time. 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. The venues are wheelchair-accessible, but the restrooms are not. Those with mobility concerns should evaluate their stamina and ability before joining the tour.

ROA-014 BIG FRENCH KEY BEACH ESCAPE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: March 08, 2023 01:00 PM

Relax on the beach at Big French Key, a private island where you will be free to enjoy the tranquility and beautiful blue waters. A short ride in a motorboat will bring you to the key, which hasn't changed enormously since Christopher Columbus explored the surrounding Bay Islands in 1503 and described them as "incredibly green and fertile." While a few buildings are scattered about Big French Key, the nearly 12-acre island remains a verdant beach-rimmed paradise caressed by gentle trade winds. Life here revolves around the sea, and you are free to enjoy it in whatever way you wish. You might take a refreshing dip in the crystal-clear water, meander down the beach as the waves gently lap the shore, or do nothing more ambitious than sunbathing in a beach chair. Palm trees provide plenty of shade, where you can read or listen to island music from the outdoor bar. There is also a restaurant.

- Zip across the sea in a speedboat and disembark at Big French Key.
- Enjoy the beach by doing pretty much whatever you please.
- Swim in the refreshing Caribbean Sea or simply relax.
- Bask in the sun or lie in shade, as there is plenty of room to stretch out.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. 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. Guests participating in water activities do so at their own risk and responsibility. Seaweed may be on the beach. Beach chairs & limited number of umbrellas are available on first come first serve basis.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ROA-015 BIG FRENCH KEY BEACH ESCAPE & SNORKELING

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



PRICES IN USD



Date: March 08, 2023 01:00 PM

Zip over to Big French Key on a motorboat to relax on the island's sugar-white stretch of sand and snorkel along a nearby reef that is teeming with colorful marine life. From Roatan, you can see idyllic Little French Key and Big French Key beckoning just offshore. You will soon arrive at the larger of the private islands, where you will spend several immensely relaxing hours at the beach. With absolutely no schedule to follow, you will be free to do as you please. Swim, stroll along the beach and relax in a beach chair under a palm tree. How you spend the time is entirely up to you. A short boat ride will take you to an offshore platform floating above a reef that is ideal for snorkeling. About 96% of the Caribbean's marine life has been spotted in these waters, so you can expect to see a wide variety of colorful, curious and unusual species.

- Zip across the sea in a speedboat and disembark at Big French Key.
- Enjoy the beach by doing pretty much whatever you please.
- Swim in the refreshing Caribbean Sea or simply relax.
- Snorkel a reef that nearly every species of Caribbean marine life inhabits.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. 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. Guests participating in water activities do so at their own risk and responsibility. Seaweed may be on the beach. Beach chairs & limited number of umbrellas are available on first come first serve basis.

ROA-009 GLASS-BOTTOM SEMI-SUB & SHOPPING

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 08, 2023 01:15 PM

Marvel at the colorful marine life just offshore from the comfort of a semi-submersible viewing vessel, then shop for handicrafts and tour the only cameo factory in the Americas. At West Bay Beach, you will board the semi-submersible vessel, which offers the visibility of a glass-bottom boat but with more comforts. Unlike riding in a glass-bottom boat, you won't have to crane your neck to look down at the marine life. The seats in the semi-submersible's enclosed air-conditioned hull have windows six feet below the water's surface, allowing you to look straight out into the underwater world. The sights will be spectacular, as you will cruise over one of the world's largest coral reefs. Afterwards, you will have time to shop for handicrafts at West End Village and for cameos at Stone Castle Cameo. As you will see during a demonstration, the artisans hand-carve each piece from double-layered seashells using a steel engraving tool to cut the designs.

- See the wonders underwater from the comfort of an air-conditioned semi-submersible.
- Observe the brilliantly colored marine life through the large viewing windows.
- Cruise past one of the world's largest coral reefs.
- Shop in a beach town known for its handicrafts.
- Watch artisans hand-carve cameos from seashells.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion during free time. 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 semi-sub, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour.

ROA-010 DEEP SEA FISHING

Duration: 3.50 Hrs Tour Price: \$259.00

Retail Price: \$409.00



Date: March 08, 2023 03:00 PM

Go deep-sea fishing for blue marlin or kingfish, two species known for putting up legendary fights when hooked. Everything will be provided so you can concentrate on catching fish. Blue marlins are among the world's largest, fastest and most recognizable fish. They grow up to 14 feet in length and weigh an average of 200 to 400 pounds. If you catch one of these strikingly beautiful billfish, be prepared for a tremendous fight, as blue marlins are powerful and have a reputation for tenacity that borders on the legendary. Catch a kingfish, and you will have a fight of a different sort on your hands. Kingfish, also known as King Mackerel, are aggressive, hard-hitting and built for speed. They typically feed by sight in the daytime, attacking their prey from underneath, prodigiously leaping out of the water on the follow through, and then returning to the water headfirst. Hook one and it will be an unforgettable experience.

- Set off into waters that offer the best chance of catching blue marlin and kingfish.
- Prepare for a formidable fight, as both species are powerful game fish.
- Bring only your sense of adventure, as everything else will be provided.
- Enjoy the experience of being aboard a deep-sea fishing boat with an affable captain.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

There is minimal walking on this tour, but handling the rods and reels can be strenuous when you hook a fish. The tour is not available to wheelchair guests or those with mobility concerns. Fishing is catch and release. A fishing license isn't required. Actual fishing time is 2 hours.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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HAR-002 MAYAN RUINS OF NIM LI PUNIT

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

Retail Price: \$99.00



Date: March 09, 2023 08:30 AM

Wander through the well-preserved ruins of an archeological site full of royal tombs and stone monuments that commemorate important events to this Mayan community. The complex of buildings within this ceremonial center is rather compact and well-shaded, so exploring should be quite comfortable and easy. As you meander about, you can expect to see a ball court with celestial representations, numerous plazas, tombs of the royal families and monuments with carvings that offer a glimpse into the ancient Mayan civilization. Dozens of these monuments, known as stelae, can be found in Nim Li Punit. The name of the site, which means "large hat" in the Mayan language, refers to the large headdress that one of the rulers is shown wearing on one of the stela. Oil prospectors discovered Nim Li Punit in the 1970s and excavations started shortly afterwards.

- Wander through the well-preserved ruins of a Mayan city.
- See carved stone stelae that reveal the history of the ceremonial site.
- Climb the temples' stairs for panoramic views of the jungle.
- Behold an astronomical observatory where the Mayas tracked the sun's movement.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes significant walking with some uneven natural surfaces and steps to negotiate, which may be slippery when wet. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns or pregnant woman who are past their first trimester. Participants should be in good physical health to climb the temples and stone steps unassisted. Participants must weigh less than 300 pounds. It is a 30-minute boat transfer from Harvest Caye to the mainland of Belize and a 1- hour scenic bus ride to the Mayan site. A hearty breakfast is recommended. Snacks are available for purchase.

HAR-003 PLACENCIA LAGOON WILDLIFE & MANGROVE

Duration: 1.50 Hrs **Tour Price: \$0.00**

Retail Price: \$59.00



Date: March 09, 2023 08:30 AM

Explore the surrounding mangrove estuaries with a naturalist that will point out the wildlife and elaborate on the unusual characteristics of the flora and fauna. As you cruise through the protected lagoon, chances are you will spot West Indian manatees gliding through the shallow waters at a languid pace while grazing on vegetation, one of the reasons they are called sea cows. Manatees typically surface to breathe every few minutes, and you will notice their nostrils above the water before you see the rest of their bodies. As the boat noses into the estuaries, the naturalist will explain how the mangroves provide shelter for a variety of wildlife, particularly birds and fish. You might see great egrets, herons and anhingas, a species of bird that hunts by spearing fish with its sharp slender beak. Roseate spoonbills are also commonly seen sweeping their bills from side to side while foraging for food.

- Cruise into a protected lagoon inhabited by West Indian manatees.
- Listen to a local naturalist explain animal behavior and features of the flora.
- Learn how the coastal mangroves provide breeding grounds for fish and birds.
- Look for easy-to-identify water birds such as great herons.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour requires only limited walking; however, guests must be able to enter and exit the motor launch unassisted. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns. Wildlife sightings are likely but not guaranteed.

HAR-004 RAINFOREST RIVER TUBING

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

Retail Price: \$89.00



Date: March 09, 2023 08:30 AM

Float down a lazy river on an inner tube, taking in the spectacular rainforest scenery and passing by an authentic Mayan village. The river winds its way along the foot of the Maya Mountains, a landscape full of pristine national parks. No paddling will be necessary. Just sit back and let the current carry you downstream at an easy pace that will allow you to fully enjoy the serene jungle atmosphere. Listen for squawking birds, gaze up in the tree canopy and take comfort in knowing that the rainforest is protected from development. Most of the way is shaded, making the trip even more pleasurable. In time, you will arrive at Maya Landings, a small riverside village where you might enjoy a snack on your own and shop for handicrafts.

- Float down a slow-moving river through a pristine rainforest.
- Admire the ever-changing jungle scenery while listening to the sounds of nature.
- Look for wildlife, especially birds such as the keel-billed toucan, Belize's national bird.
- Pause at a Mayan village that fronts the river.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothes.
- Wear shoes that are appropriate for the water.

Walking is limited and mainly at the guests' discretion during free time at Maya Landings. The tour is not available to wheelchair guests, pregnant woman that are past their first trimester, or those with mobility concerns or heart conditions. Guests should be in good health. Participants must be at least 5 years old and weigh less than 275 pounds. Purchases at Maya Landings are cash only. Wildlife sightings are likely but not guaranteed. Guests participating in water activities do so at their own risk and responsibility. A signed insurance waiver may be required. During the rainy season when the water level is higher, the float will be faster; while during the dry season when the water level is lower, the float will be slower. It's a 30-minute boat transfer from Harvest Caye Marina to the mainland of Belize where you will board your air-conditioned bus and travel another 30 minutes to the Jungle Camp Outpost where your river tubing adventure will commence.

HAR-005 JUNGLE RIVER RAFTING

Duration: 6.00 Hrs Tour Price: \$0.00

Retail Price: \$89.00



FREE SHORE
EXCURSIONS
PRICES IN USD

Date: March 09, 2023 08:30 AM

Raft down a spring-fed river through a jungle setting full of indigenous wildlife. Even the journey to the rafting site will be spectacularly scenic, as you will take a winding road along the foot of the Maya Mountains and then pass an authentic Mayan village. A short orientation follows, after which you will ease into the raft and begin floating downstream. The river is rated Class I, a definition that involves small waves and obstructions that can easily be avoided. The guide will instruct everyone in your raft on the best way to paddle around boulders and negotiate the small rapids along the way. Although this is an easy rafting experience, it will still be exhilarating, especially considering the natural beauty. On the return to Harvest Caye, you will stop at the Mayan village for a snack on your own.

- Raft down an easy-to-negotiate spring-fed river at the foot of the Maya Mountains.
- Celebrate the serenity and natural beauty of the jungle.
- Look for wildlife, especially birds such as the keel-billed toucan, Belize's national bird.
- Pause at a Mayan village that fronts the river.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothes.
- Wear shoes that are appropriate for the water.

Walking is limited and mainly at the guests' discretion during free time at Maya Landings. The tour is not available to wheelchair guests, pregnant woman that are past their first trimester, or those with mobility concerns or heart conditions. Guests should be in good health. Participants must be at least 5 years old and weigh less than 275 pounds. Purchases at Maya Landings are cash only. Wildlife sightings are likely but not guaranteed. Guests participating in water activities do so at their own risk and responsibility. A signed insurance waiver may be required. During the rainy season when the water level is higher, the float will be faster; while during the dry season when the water level is lower, the float will be slower. It is a 30-45-minute boat transfer to the mainland and a school bus transfer (non a/c) for an additional 30-60 minutes where you can enjoy scenic vistas of the Maya mountains along the way.

HAR-006 MONKEY RIVER ECO TOUR

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$59.00



Date: March 09, 2023 08:30 AM, 12:30 PM

Cruise the winding Monkey River, looking for wildlife in the surrounding rainforest and then enjoy a hike with a naturalist that will explain the plants' medicinal uses. Along the way, the guide will provide commentary about the region's history, including how the exportation of bananas fueled the economy in the late 19th century. Little evidence of that thriving time period remains, as the meandering Monkey River is bordered by undeveloped rainforest. You can expect to see a variety of wildlife, including crocodiles, turtles, iguanas and perhaps even a troop of screeching black howler monkeys. Also, keep an eye out for keel-billed toucans, the national bird of Belize. Once you disembark, you will hike through the forest while the naturalist guide points out plants with medicinal qualities. For instance, you might learn how the leaves of the soursop are often brewed into a tea that reduces fever and how wild yam is used for its anti-inflammatory properties.

- Cruise the snaking Monkey River while the guide provides enlightening narration.
- Look for wildlife that includes crocodiles, howler monkeys, toucans and water birds.
- Follow a naturalist through the forest and discover which plants have medicinal uses.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Closed-toes shoes, long pants and long sleeves are recommended during the rainy season (June - November)

HAR-008 LUXURY BEACH VILLAS

Duration: 0.00 Hrs Tour Price: \$319.00

Retail Price: \$469.00



Date: March 09, 2023 08:30 AM

Reserve a luxury villa for the day on a secluded section of the beach at Harvest Caye and spend your time doing whatever you please. The villa is a self-contained retreat that will serve as your home base while you are on the island. You might take a refreshing swim in the ocean, stroll along the coast looking for shells, stretch out on the beach and bask in the sun or relax in the shade of a coconut palm. The villas are handsomely furnished with padded recliners on the front porch and a hammock that faces the sea. They are just as comfortable inside. Each villa features air conditioning, a private restroom and shower, Bluetooth audio, a mini-refrigerator and digital safe. Your own private butler and concierge will be standing by if you need anything during your stay.

- Spend a day doing whatever you please in a private beach villa on Harvest Caye.
- Enjoy the serenity and relative seclusion of the villa, away from the crowds.
- Bask in the sun, relax in the shade and stretch out in a recliner, if you wish.
- Enjoy the amenities inside the villa, including a private bathroom.
- Take comfort in knowing your own private butler and concierge will be standing by.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The price listed is per villa, not per person, therefore only one person needs to reserve the villa. Villa rental is for up to 6 guests. You may also request onboard to add up to four more guests at \$49 per person. Food and drinks are available for an additional charge. See excursion HAR-009 to rent the one wheelchair-accessible luxury beach villa.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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HAR-009 LUXURY BEACH VILLA WHEELCHAIR ACCESSIBLE

Duration: 0.00 Hrs Tour Price: \$319.00

Retail Price: \$469.00



PRICES IN USD

Date: March 09, 2023 08:30 AM

Reserve a wheelchair-accessible luxury villa for the day on a secluded section of the beach at Harvest Caye and spend your time doing whatever you please. The luxurious villa is a self-contained retreat with wheelchair ramps, extra-wide doorways and wheelchair-accessible restroom facilities. Guests in wheelchairs will travel to and from the villa in a shuttle made to accommodate wheelchairs and also enjoy use of a specially designed wheelchair that offers access to the beach and the water. Each handsomely furnished villa faces the sea and features an abundance of amenities that includes air conditioning, Bluetooth audio, a mini-refrigerator and digital safe. Your own private butler and concierge will be standing by if you need anything during your stay.

- Spend a relaxing day in a private, wheelchair-accessible beach villa on Harvest Caye.
- Enjoy the serenity and relative seclusion of the villa, away from the crowds.
- Use the specially designed wheelchair to access the beach and water.
- Enjoy the amenities inside the villa, including a private, wheelchair-accessible bathroom.
- Take comfort in knowing your own private butler and concierge will be standing by.
- Dress in weather-appropriate clothing.

Due to limited availability, this one wheelchair-accessible villa is reserved for guests that are fully confined to a wheelchair. The price listed is per villa, not per person, therefore only one person needs to reserve the villa. Villa rental is for up to 6 guests. Food and drinks are available for an additional charge. To reserve this villa, please call 1 855 623 2642 in the United States and Canada or 0345 505 1920 in the United Kingdom. European guests can call +44 345 505 1920. We kindly request that only guests confined to a wheelchair reserve this space.

HAR-010 PRIVATE CANOPY POOL CABANA

Duration: 0.00 Hrs Tour Price: \$119.00

Retail Price: \$269.00



Date: March 09, 2023 08:30 AM

Retreat to the privacy of your own canopy cabana right next to the lagoon-style swimming pool on Harvest Caye, an experience sure to enhance your stay on the island. Each cabana can accommodate up to four people, so it is ideal for families and small groups that want to spend quality time together. Feel free to stretch out on a lounge chair in front of the cabana and bask in the sun or relax on the cushioned seating inside the cabana. If you want privacy, simply draw the curtains. The cabanas are ideally located adjacent to the swimming pool, which features a swim-up bar and a gently cascading waterfall. The cabanas also offer easy access to rest of the pool complex, which includes a variety of shops and the Landshark Bay & Grill.

- Enhance your experience on Harvest Caye by renting a poolside cabana.
- Relax in the lounge chairs in front of the cabana or in the covered seating inside.
- Draw the cabana curtains for privacy.
- Enjoy the proximity of the swimming pool, shopping and restaurant.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Price listed is per cabana, not per person, therefore, only one person needs to reserve the cabana.

HAR-032 GLASS BOTTOM REEF EXPLORER

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 09, 2023 08:30 AM

Behold the teeming marine life that lives along the North Hemisphere's largest barrier reef from the comfort of a glass-bottom boat. UNESCO has designated the reef a World Heritage site because it illustrates the evolutionary history of reef development and provides much-needed habitat for threatened species such as sea turtles, West Indian manatees and American crocodiles. As you cruise through the crystal-clear waters around the massive reef, you can expect to see an ever-changing parade of colorful marine creatures. You may see stingrays, schools of colorful fish and elongated sea cucumbers lurking among the coral formations. This reef system was once endangered, but thanks to a moratorium on oil drilling, restrictions on development and fishing reforms, it is thriving once again. Even naturalist Charles Darwin was impressed when he described it in 1842 as "the most remarkable reef in the West Indies."

- Cruise above a massive barrier reef in a glass-bottom boat.
- Look through the glass bottom at the teeming, ever-changing marine life below.
- Watch for species as diverse as West Indian manatees, American crocodiles and stingrays.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Participants must be at least 5 years old and weigh no more than 275 pounds. Guests with neck, back, or joint issues, respiratory or heart conditions and pregnant women past the first trimester are not allowed to participate. Guests must be mobile and able negotiate steps in and out of the boat.

HAR-036 KR'KCHI CHOCOLATE & CULTURE

Duration: 6.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: March 09, 2023 08:30 AM

Learn how the Ke'kchi Mayan people hand-craft chocolate before visiting a Ke'kchi village for a deeper immersion into their traditional ways. As you drive into the hinterlands, you will pass the beautiful Maya Mountains and several remote villages on the way to the Akte'il Ha Cacao Farm. Here you will watch as the organic cacao, a key ingredient in chocolate, is hand-ground and processed. You will also have the chance to taste the raw cacao during the production. Following lunch, you will proceed to a Ke'kchi residence for a glimpse into the rapidly disappearing world of the traditional Ke'kchi Mayan. You will learn about their indigenous language, the history of the village and how the Mayas use various plants for medicinal purposes. To enhance the experience, you might try your hand at playing handmade Ke'kchi musical instruments such as a harp.

- Watch Ke'kchi Mayan people make chocolate from cacao and sample the product.
- Visit a remote Ke'kchi village to learn more about their traditional lifestyle.
- Play handmade Ke'kchi musical instruments.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Participants must be at least 5 years old and weigh no more than 300 pounds. Guests must be able to walk unassisted and negotiate the 40 or so steps, as well.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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HAR-023 FLIGHTHOUSE ZIPLINE

Duration: 1.00 Hrs Tour Price: \$0.00

Retail Price: \$69.00



PRICES IN USD



Date: March 09, 2023 09:00 AM, 09:30 AM, 10:00 AM, 10:30 AM, 11:00 AM, 11:30 AM

Enjoy an exhilarating ride on a zipline high above Harvest Caye for a birds-eye view of the island, the port and the mountains beyond. The zipline starts from the top of the 136-foot-tall lighthouse known as the Flighthouse, where you will be harnessed in for the adrenaline-pumping ride of your life. You will zip along a course that is more than four football fields long and every inch of it is a thrill, as you will soar nearly six stories above the ground with the wind in your face. You can choose to sit upright or lie flat like Superman while flying down the zipline. Either way, you can reach a top speed of 40 miles per hour—fast enough to get even the bravest adventurer screaming in delight.

- Ride a zipline over Harvest Caye about six stories above the ground.
- Take in the tropical scenery but don't blink, as you'll be racing along at 40 miles per hour.
- Fly through the sky seated upright or in a Superman position.
- Dress in weather-appropriate clothing.
- Wear walking shoes with closed toes or strap-on sandals.

This tour is not recommended for pregnant women or for guests with neck or back injuries, vertigo or heart conditions. Guests should consider their physical fitness level and medical history when determining whether this tour is appropriate for them. Participants must be at least 8 years old and weigh no more than 275 pounds. Lockers rentals are available. Closed Toe shoes are mandatory. Guests are not permitted to carry any item on the zipline, including cameras or phones.

HAR-030 BLACK SWAN ELECTRIC BOAT CRUISE

Duration: 0.75 Hrs Tour Price: \$0.00

Retail Price: \$49.00



Date: March 09, 2023 09:00 AM

Cruise the picturesque western coast of Harvest Caye on the Black Swan, a whisper-silent electric boat that will present one spectacular photo opportunity after another. After settling into the canopied open-air boat with amenities such as free WiFi, you will motor along the shoreline, passing your cruise ship shortly after leaving the marina. Simply sit back and relax as the environmentally friendly boat skirts the beautiful coast providing close-up views of attractions such as the Harvest Caye Flighthouse. While passing this soaring former lighthouse, you may see adrenaline-loving guests zip-lining from the top of the beacon and free-falling while tethered to a bungee-cord. You will also see the Maya Mountains in the distance and perhaps a manatee nearby in the water. To enhance the onboard experience, thirst-quenching fruit punch and rum punch will be served throughout the cruise.

- Cruise along the gorgeous western shore of Harvest Caye in a quiet electric boat.
- Enjoy the shade and complimentary WiFi and drinks throughout the cruise.
- See highlights such as the Maya Mountains, a former lighthouse and your cruise ship.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

HAR-033 PEDALBOARD MANATEE WATCH

Duration: 1.00 Hrs Tour Price: \$0.00



Date: March 09, 2023 09:00 AM, 10:30 AM, 12:00 PM, 01:30 PM

Glide across the surface of the sheltered Harvest Caye lagoon on a stand-up pedalboard that allows you to easily control the speed and direction, so you can explore at your own pace. After a briefing on how best to maximize the experience, you will ease into the calm waters of the lagoon on a one-person pedalboard that is extra wide for stability. It is easy to operate and maneuver. Just hold on to the handlebars, which are much like those on a scooter, and then gently press down on the foot pedals one at a time. The guide will lead the way, while describing the lagoon's ecosystem. Manatees are often spotted in the shallows, grazing on the seagrass growing on the bottom of the lagoon. The West Indian species found in Belize is the largest of all manatees, and the guide will elaborate on their habits and characteristics

- Maneuver around the Harvest Caye lagoon on a stand-up pedalboard.
- Look for manatees and other marine life while admiring the gorgeous tropical scenery.
- Learn about the lagoon ecosystem and the wildlife that it supports.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat comfortable walking shoes.

This tour requires a strenuous amount of activity and participants should be in good physical condition and be able to swim. Must be at least 8 yrs of age and able to swim. Those under 18 must be accompanied by a parent or a guardian. Price is per Pedalboard, Maximum weight is 250 lbs.

HAR-037 CATCH AND RELEASE FISHING

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: March 09, 2023 09:00 AM, 01:00 PM

Go deep-sea fishing in the crystal-clear waters off Harvest Caye, which are teeming with highly prized, fun-to-catch fish such as groupers, snappers and jacks. Once the boat anchors in an area where the fish have been biting lately, a crew member will outfit you with all the necessary tackle and bait. The crew will also offer tips on how best to cast and retrieve the lure or live bait and help you release whatever you reel in. Jacks thrive among the reefs, and if you catch one be prepared for a fierce fight. If you catch a striped fish that grunts like a pig when you pull it out of the water, it will be a grunt. They make that characteristic sound by grinding the teeth deep in their throats. Many types of groupers are found in deeper waters near rocks, drop-offs and ledges. Although groupers are slow swimmers, they can be powerful, especially the massive ones.

- Fish in waters where you are likely to catch groupers, snappers and jacks.
- Enjoy the convenience of everything being provided, including the tackle and bait.
- Follow tips from the captain and crew to increase your chances of catching fish.
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour requires a moderate amount of activity.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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HAR-011 KAYAK IN THE LAGOON RENTAL

Duration: 1.00 Hrs Tour Price: \$0.00

Retail Price: \$25.00



PRICES IN USD



Date: March 09, 2023 09:15 AM, 10:25 AM, 11:35 AM, 12:45 PM, 01:55 PM, 03:05 PM

Paddle around the lagoon on Harvest Caye in a single or double kayak, while admiring the tropical views and keeping an eye out for wildlife. After a brief orientation on how to make the most of your kayaking outing, you will be free to explore Manatee Lagoon. The water here is typically calm, so it couldn't be easier to kayak. Go wherever you like within the lagoon and at your own pace. You might zip from one side to the other for exercise, paddle slowly around the shoreline or pause in the middle of the lagoon and take in the idyllic setting. Kayaks feature a shallow draft, allowing you to maneuver throughout the lagoon, even in just a few inches of water.

- Kayak on your own or share the experience in a double kayak.
- Paddle at your own pace, stopping wherever you please.
- Take advantage of the kayak's shallow draft and go where other vessels can't.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition and must be at least 8 years of age. Single and double kayaks are available and can be selected at the site. The price is per kayak, not per person. Participants in water activities do so at their own risk and responsibility.

HAR-046 BARRIER REEF SNORKEL

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: March 09, 2023 09:30 AM

Snorkel in the azure waters above the North Hemisphere's largest barrier reef, an ecosystem so spectacular that UNESCO has designated it a World Heritage site. Home to threatened species such as sea turtles, West Indian manatees and American crocodiles, the reef is absolutely teeming with marine life. While there is no telling what you will observe beneath the surface of the crystal-clear water, marine creatures such as stingrays, elongated sea cucumbers and schools of colorful fish are abundant. Yellow-striped goatfish, rainbow parrotfish and bluehead wrasses are just a few of the species that are commonly spotted. Although the reef was once endangered, it has made a remarkable comeback due to a moratorium on oil drilling, restrictions on development and fishing reforms. Even naturalist Charles Darwin was impressed when he described it in 1842 as "the most remarkable reef in the West Indies."

- Snorkel above a massive barrier reef that UNESCO has designated a World Heritage site.
- Behold an ever-changing parade of marine life and unusual coral formations.
- Watch for colorful blue tangs, orange-spotted filefish and rainbow parrotfish.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under clothing and bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

Participants must be at least 8 years old, weigh no more than 275 pounds, be mobile, able to climb in and out of the boat, and able to swim. Pregnant women past the first trimester and guests with respiratory or heart conditions, neck, back, or joint issues are may not participate. Guests should consider their physical fitness level and medical history when determining whether this tour is appropriate for them.

HAR-001 MAYAN RUINS & SPICE FARM

Duration: 6.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 09, 2023 10:00 AM

Discover how the Mayas lived by visiting an archeological site on the mainland and how plants are cultivated using modern techniques at the Belize Spice Farm and Botanical Gardens. The ruins are known as Nim Li Punit, which means "large hat" in the Mayan language. The name refers to the depiction of a ruler wearing a large headdress on a Maya stela. Stone stelae with drawings and writing can be found throughout the site, providing a glimpse into the Mayan civilization. The excavated complex of buildings also includes a ball court, plazas and an observatory, all of which are shaded by a canopy of large trees. Plants flourish in the tropical environment as you will discover by riding a tram through the Belize Spice Farm and Botanical Gardens. You will see the fascinating process of how the spices are dried and packaged for export, and then have the opportunity to purchase some of them.

- Wander through the well-preserved ruins of a Mayan city.
- See carved stone stelae that reveal the history of the site.
- Ride a tram through a thriving spice farm and botanical garden.
- Discover how the spices are grown and processed.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes significant walking with some uneven natural surfaces and steps to negotiate, which may be slippery when wet. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns or pregnant woman who are past their first trimester. Participants should be in good physical health to climb the temples and stone steps unassisted. Participants must weigh less than 300 pounds. It is a 30-minute boat transfer from Harvest Caye to the mainland of Belize and a 1- hour scenic bus ride to the Mayan site. Credit cards and cash can be used to purchase handicrafts and spice products. No lunch is provided. A hearty breakfast is recommended. Snacks are available for purchase.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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HAR-020 SPICE FARM & BOTANICAL GARDENS

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



PRICES IN USD



Date: March 09, 2023 10:00 AM

Discover how spices are cultivated and used in the local cuisine at the Belize Spice Farm and Botanical Gardens, a lush and wonderfully fragrant setting in the foothills of the Maya Mountains. Plants flourish in the tropical environment, as you will discover by riding a tram through the naturally fertile property. The farm devotes a large amount of acreage to black pepper and vanilla, but that only touches on the variety of spices. Chances are, you will also see nutmeg, mace, cinnamon, cardamom and cloves thriving throughout the farm. An abundance of tropical trees such as teak, sandalwood and rosewood only add to the idyllic setting. Following the tram tour, you will enjoy free time to wander about the guest center and learn even more about how the farmers nurture the spices that are so essential to traditional Belizean cuisine, such as the curiously named national dish Boil Up.

- Ride a tram through a thriving spice farm and botanical garden.
- Discover how the spices are grown and processed for export.
- Delight in fragrances such as nutmeg and vanilla as they waft through the air.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

HAR-021 Mayan Culture & Medicine Trail

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 09, 2023 10:00 AM

Become immersed in the Mayan culture by watching a village shaman create medicines from indigenous plants that you will see growing in the wild. Once you arrive in the Mayan village, which lies in the shadow of the Cockscomb Jaguar Reserve, you will follow a canopied jungle path through an area full of medicinal plants and herbs. The Mayan guide will point out their uses and how that knowledge has been passed from generation to generation. You will then watch Mayan shaman, herbalist and healer Aurora Garcia Saqui prepare traditional medicines from a number of plants, often grinding them with a hand mill. She will explain which plants are said to cure which illnesses and how she obtained her encyclopedic understanding of their qualities. Later, you will visit a house that has been purified through the ancient art of smudging, in which sacred herbs are burned to release smoke that supposedly cleanses negative energy from the air.

- Visit an authentic Mayan village next to a jungle wildlife reserve.
- Stroll a natural trail with a Mayan guide that will point out the medicinal plants.
- Watch a renowned Mayan shaman concoct medicines from the plants and herbs.
- Visit a house that has been cleansed of negative energy through smudging.
- Sample a traditional Mayan cocoa drink.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 12 years old, weigh no more than 300 pounds, be able to walk unassisted on a gravel trail, and not have heart conditions. Guests should wear long-sleeve shirts, long pants and a poncho during the rainy season from June through November. It is a 45-minute ride via an air-conditioned bus to the Mayan village. Authentic colorful handmade Mayan craft items will be available for sale (cash only).

HAR-022 Mango Creek & Independence Village Life

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$69.00



Date: March 09, 2023 10:00 AM

Get an authentic glimpse into rural life in Belize by driving through several traditional villages, including Mango Creek and Independence, which are divided by a single street. Along the way, the guide will point out the attractions and entertain you with unusual tales about the founding of the adjacent villages. Not far away, you will find Big Creek Port, the only natural deep-water port in Belize. It is a commercial hub where you may see crude oil, bananas and sugar being loaded on ships for export. You will also pass the local airstrip on the return to Mango Creek and Independence, where you may watch a wooden dory being hand-crafted from a single hardwood log. You can also expect to see other artisans creating handicrafts at a village market.

- Drive through several rural villages for a candid look at local life.
- Hear entertaining commentary about the history of the villages.
- Discover which products fuel the economy while driving through Big Creek Port.
- Watch artisans hand-craft various products, including wooden dories.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 3 years old, weigh no more than 300 pounds and be able to walk unassisted. Bring cash for the purchase of drinks, snacks & souvenirs. There is a short ferry ride from Harvest Caye to Malacate Landing where you will board your bus.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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**CMA-020 SEGWAY ADVENTURE & BEACH BREAK****Duration: 3.00 Hrs** **Tour Price: \$0.00****Retail Price: \$119.00****Date: March 10, 2023 08:30 AM**

Ride through downtown Costa Maya on a Segway, a simple-to-operate personal transporter that allows you easy access to the central shopping district and later to a relaxing beach club. Before taking off, you will learn one-on-one how to operate a Segway in a practice area. To move it forward or backward, just lean forward or backward. A similar move steers the Segway left or right. With just two wheels, the Segway stays balanced, so all you have to do is to hop on, stand upright and lean one way or the other. Once you feel comfortable operating the Segway, you will set off caravan-style along the beautiful coastline to the main shopping area of Costa Maya. There you will have time to browse the boutiques before heading on to a beach club, where may swim or do nothing more energetic than sip a cool drink while watching the waves break on the shore.

- Practice operating a Segway before taking off into Costa Maya.
- Appreciate how easy it is to operate the Segway, even with no prior experience.
- Follow the guide through Costa Maya in a caravan of Segways.
- Browse the boutiques in the central shopping plaza.
- Relax at a beach club where you will be free to do as you please.
- Dress in weather-appropriate clothing.
- Wear a swim suit under your clothes and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion during the stops; however, guests must be able to stand on the Segway for approximately 2-hours. There are natural, uneven and sandy surfaces to negotiate. This tour is not available to wheelchair guests; pregnant women; those with back or knee injuries; heart conditions; asthma; epilepsy or mobility issues. Light weight clothing; swimwear; a change of clothes; towel; sun cap; sunglasses; sunscreen; and flat, comfortable walking shoes are recommended. Helmets will be provided and are mandatory. There is a minimum weight requirement of 100 lbs and the maximum allowable weight is 250 lbs. The minimum age to participate in the tour is 12 years of age and the maximum age limit is 65. All children under the age of 18 must be accompanied by an adult parent or guardian. Those taking part in any water activities do so at their own risk and responsibility. The operator does require that participants sign a waiver before being allowed to take part in the tour. It is suggested guests bring cash if they wish to purchase souvenirs. Transfer to the Segway location is via 4-seater taxis which may or may not have a/c.

CMA-038 Dolphin Swim Adventure**Duration: 1.50 Hrs** **Tour Price: \$89.00****Retail Price: \$239.00****Date: March 10, 2023 08:30 AM, 09:30 AM**

Swim with bottlenose dolphins in a water park environment that encourages these highly intelligent mammals to interact with you. After a brief orientation on what to expect during the experience, you will ease into the water. It is a comfortable setting for the dolphins, who are used to interacting with humans. Be prepared for a friendly encounter, as the dolphins will typically swim right up to you, allow you to hug them and even offer a kiss. If a dolphin presents one of its fins, just take hold of it and enjoy the ride as the dolphin pulls you through the water. Chances are, you will be surprised by the dolphin's speed, grace and agility as it zips through the water. You might also see the dolphins leaping acrobatically into the air and hear them communicating through whistles and clicks.

- Spend about a half hour in the water, interacting with bottlenose dolphins.
- Be ready for the friendly dolphins to swim right up to you for a hug.
- Hold onto a dolphin if it presents a fin and zip through the water.
- Have your picture taken as a dolphin kisses you on the cheek.
- Learn about dolphin behavior and their remarkable intelligence.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Participants must be at least 6 years old and 42 inches tall. The tour is not available to pregnant women or guests with neck or back injuries. Guests must be able to fit in a provided life jacket (maximum size is XXL). Cameras aren't allowed in the water, but can be stored in lockers.

CMA-039 Dolphin Encounter**Duration: 1.50 Hrs** **Tour Price: \$0.00****Retail Price: \$109.00****Date: March 10, 2023 08:30 AM, 09:30 AM**

Interact with friendly bottlenose dolphins while standing on a submerged platform that provides a comfortable setting in the water, even for non-swimmers. After a brief orientation on what to expect during the experience, you will ease into the water and wait for the dolphins to approach. You can expect a truly memorable experience as you touch and hug the dolphins, as they are highly curious and quite social animals. Dolphins have excellent vision in the water and above its surface, and they communicate by identifying sound waves through echolocation. They also communicate by whistling and making clicking noises, the exact meaning of which scientists still don't fully understand. During the interaction, the dolphins are sure to be exceptionally gregarious, agile and playful. They may even offer you a kiss, which makes for a great photo opportunity.

- Spend about a half hour in the water, interacting with bottlenose dolphins.
- Stand on a stable submerged platform on which even non-swimmers will feel comfortable.
- Be ready for the friendly dolphins to swim right up to you for a hug.
- Have your picture taken as a dolphin kisses you on the cheek.
- Learn about dolphin behavior and their remarkable intelligence.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Participants must be at least 2 years of age. Women less than five months pregnant may participate if they sign a liability waiver.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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CMA-005 KOHUNLICH MAYAN RUINS**Duration: 7.00 Hrs** **Tour Price: \$0.00****Retail Price: \$149.00****Date: March 10, 2023 09:00 AM**

Take an extensive look into the excavated ruins of Kohunlich, a Mayan city best known for its Temple of the Masks. You will find the city deep in the jungle in an area where majestic cagoon palms grow. Kohunlich is the Mayan word for the tree. While the park-like setting is beautiful, the ruins are even more impressive. They include a sunken palace, acropolis and a ball court, where the ancient Mayas played games. The highlight is the pyramid-shaped Temple of Masks, whose stairway features 10-foot-high sculpted masks of the sun god. Built before 500 AD, these marvelous masks still retain some of their original colored stucco. Kohunlich's broad range of distinctive architecture, natural beauty and secluded location in the jungle set it apart from more commonly visited sites.

- Spend hours wandering through the Mayan ruins at Kohunlich.
- Marvel at the stone masks on the Temple of Masks, the most extraordinary ruin.
- Behold the court where the Mayas played a brutal sport known simply as the ball game.
- Walk through the surrounding jungle, where you may spot toucans and monkeys.
- Dine on regional favorites at the Lagoon Club.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.

CMA-007 CHACCHOBEN MAYAN RUINS**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$129.00****Date: March 10, 2023 09:00 AM**

Explore the ruins of Chacchoben, an ancient Mayan pilgrimage location known as "The Place of Red Corn." On the 50-minute drive there, the guide will describe some of the history and culture of the Mayas that is pertinent to Chacchoben. Because of the dense jungle, the overgrown site wasn't discovered until the 1940s and more than 50 years passed before excavation was begun. Dense foliage still surrounds Chacchoben, lending it an ancient feel that the ruins greatly enhance. While meandering about, you will likely see the original red paint on the stucco walls in one of the pyramids and the temple with a mural showing the astronomical positions of Venus. You will also have time to climb the Gran Basamento, a structure that rises above the tree level, where archaeologists found ceremonial offerings. Before re-boarding your coach for the return transfer to the pier, you will have a brief break to enjoy a complimentary beverage and perhaps purchase a souvenir.

- Explore the ruins of Chacchoben, a Mayan city that dates to about 1,000 BC.
- Hear how a local farmer stumbled upon the undiscovered site in the 1940s.
- See ruins so intact that the original paint is still visible on the stucco walls.
- Climb atop a towering ruin and enjoy sweeping views from above the tree tops.
- Look for tropical birds and howler monkeys in the surrounding jungle.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. The minimum age to participate is 3 years old. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.

CMA-015 CLEAR KAYAK AND BEACH ESCAPE**Duration: 3.00 Hrs** **Tour Price: \$0.00****Retail Price: \$149.00****Date: March 10, 2023 09:00 AM**

Kayak through the crystal-clear waters off the fishing village of Mahahual and then relax at a private beach club that sits on a spectacular stretch of sugar-white sand. After boarding a two-person kayak, you will head out into the crystal-clear water for a unique perspective of the coastline and the wonders below through the kayak's clear bottom. Feel free to paddle along at your own pace, taking in the sights that interest you the most. Looking back from the typically calm sea, you will gaze out over an idyllic tropical landscape, huge stretches of pristine sand and coconut palms swaying in the breeze. Following your kayaking adventure, you will have the opportunity to enjoy the white sands of the beach club and relax however you please. You might take a refreshing swim in the Caribbean, meander along the beach, bask in the sun and snack on fresh fruit while admiring the tropical scenery.

- Kayak through the Caribbean Sea and share the experience with another guest.
- Observe the marine life in the crystal-clear water through the kayak's glass bottom.
- Relax at a private beach club, spending the time however you please.
- Stretch out in the sun on a lounge chair and enjoy the club's laid-back atmosphere.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

The total weight per kayak may not exceed 900 lbs. Children must be at least twelve years old and be accompanied by a parent. A release form may be required to be signed by the tour operator. Those with heart or neck problems, asthma, diabetes or limited mobility will not be permitted to participate.

CMA-003 BEACH SNORKEL

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



PRICES IN USD



Date: March 10, 2023 09:30 AM

Snorkel in shallow waters with a certified dive guide that will lead you along a coral reef at an agreeable pace. The experience is ideal for beginners and intermediate snorkelers, as you will snorkel from the beach and progress only as far as you feel comfortable. Following a briefing on snorkeling basics and how to use the gear, you will enter the shallow water and begin your snorkeling adventure. As you will discover, it isn't necessary to snorkel in deep water to see an array of vibrant tropical marine life. You might observe brightly colorful parrotfish, brilliant angelfish and striped sergeant majors. You may even glimpse an eagle ray gracefully swimming by and burying itself in the sandy bottom. Once you become comfortable snorkeling, feel free to venture out into deeper water with the dive guide.

- Snorkel in shallow crystal-clear waters near the shore.
- Take comfort in knowing that a certified dive guide is nearby.
- Stay in the shallows or snorkel into deeper water, if you choose.
- Observe a variety of marine life regardless of where you snorkel.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of activity. Participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women, or guests with recent back or neck injuries, heart or respiratory conditions, epilepsy or diabetes. Snorkel gear is provided. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a release form. Participants must be at least 12 years old and weigh less than 240 pounds. Children under 18 must be accompanied by an adult parent or guardian. Restrooms facilities and showers are available at the beach.

CMA-014 ATV EXPLORER AND BEACH

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: March 10, 2023 10:00 AM

Experience Mexico's rugged and picturesque coast while driving an ATV off road and then enjoy a relaxing beach break back in Costa Maya. It won't take long before you are driving through the surrounding jungle and zipping along the dirt trails that crisscross the dense foliage. You can expect to leave a dusty wake of flying mud if it has been raining lately. That is half the fun of driving an ATV, which is even more exhilarating in a tropical environment where you never know what lies around the next corner. After your off-road driving adventure, you will head La Bamba Beach, which lies between the Caribbean Sea and the boardwalk in Mahahual. Feel free to take a refreshing swim, bask in the sun and relax in the shade of a coconut palm with a cool, bottomless drink in hand. You might also stroll the boardwalk and explore the town if you like.

- Take the wheel of an ATV and zip through the jungle along dirt trails.
- Relax however you see fit at a private beach club in Mahahual.
- Join the party around the swimming pool and swim in the Caribbean Sea.
- Kayak in the Caribbean if the mood strikes.
- People-watch along the boardwalk that borders the beach club.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes with closed toes.

Participants must be at least 18 years old and under 65 years old, bring a valid driver's license, weigh no more than 290 pounds and wear a helmet and closed toe shoes while driving. This tour is not recommended for guests who utilize a wheelchair, those with limited mobility or guests with back or neck problems. Only one guest is permitted per off-road vehicle. Your clothing may become muddy or soiled. Food is available for purchase at the La Bamba Beach Club.

CMA-012 DISCOVER SCUBA & MAHAHUAL BEACH EXPERIENCE

Duration: 3.50 Hrs Tour Price: \$119.00

Retail Price: \$269.00



Date: March 10, 2023 12:00 PM

Experience the wonders of scuba diving even if you don't have previous experience or are non-certified. To prepare for the dive, you will be outfitted with scuba gear and given an introductory scuba-diving lesson. A dive boat will then bring you to shallow waters so you can practice your newly acquired skills. Once you are comfortable in the water, you will head to a section of the Mesoamerican Reef that is teeming with marine life. While diving, you can expect to see colorful fish such as blue tangs, Creole wrasses and parrotfish. You may even see lobsters hiding in the crevices of the reef and sea turtles swimming by. At the conclusion of the dive, you can either return to the pier or be dropped off at one of the beaches at Mahahual. If you choose the latter, you will be responsible for your own transportation back to the ship, but taxis are plentiful.

- Experience scuba diving, even if you are a beginner or a non-certified diver.
- Become completely comfortable in the water before you start diving.
- Scuba dive along the Mesoamerican Reef, which is teeming with marine life.
- Return to the cruise ship afterwards or head for one of the beaches in Mahahual.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour is only recommended for active guests in good physical condition. It is not recommended for guests with limited mobility or guests who utilize a wheelchair. Participants must sign a liability waiver. Guests must also complete a medical questionnaire, and tour companies may decline participation on medical grounds. Children must be at least ten years of age and accompanied by a parent to participate. This tour may not be exclusive to guests of your cruise ship.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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Accessible Tour

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CMA-013 TWO-TANK CERTIFIED SCUBA DIVE

Duration: 4.00 Hrs Tour Price: \$119.00

Retail Price: \$269.00



PRICES IN USD

Date: March 10, 2023 12:00 PM

Scuba dive in two different areas of the Mesoamerican Reef, the largest barrier reef in the Western Hemisphere. Although half the size of the more well-known Great Barrier Reef, this reef supports corals not found elsewhere and it is typically closer to the shore than its Australian counterpart. The two dive sites will be chosen the day of the excursion depending on the water clarity and conditions, but you can expect to see a riot of brightly colored marine life. Schools of tropical fish, elegant sea fans, oddly shaped sponges and every other imaginable form of sea life can be found on the Mesoamerican Reef. The deeper you dive, the more the marine life will change. After completing both dives, you can either return to the pier or be dropped off at one of the beaches at Mahahual and return on your own when you are ready.

- Enjoy a two-tank dive on the largest barrier reef in the Western Hemisphere.
- See a parade of extravagantly colored fish and coral endemic to the area.
- Observe different marine life at various depths, all of it enthralling.
- Return to the cruise ship afterwards or head for one of the beaches in Mahahual.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour is only recommended for active guests in good physical condition. Participants must present their dive certification cards and show proof that they have dived within the last two years. Divers must also complete a liability waiver and fulfill the medical requirements. Children must be at least 12 years old and accompanied by a parent or guardian to participate. The tour may not be exclusive to guests of your cruise line.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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**COZ-031 AMAZING SECRET RIVER****Duration: 7.00 Hrs** **Tour Price: \$0.00****Date: March 11, 2023 07:15 AM**

Discover the wonders of the underground Secret River that flows through a series of craggy caverns beneath a protected nature reserve. After putting on a provided wetsuit, water shoes and helmet with a headlamp, you will descend into the intricate cave system, following the river that winds through it, which the ancient Mayas relied on for fresh water. You will walk some of the way and swim with the current at other times. You can expect it to be a magical, memorable experience, as the only illumination will be from the headlamps, which will cast eerie shadows on the stalactites and stalagmites. The guide will pause every so often to elaborate on the history of the caves and their formation over millions of years. After the adventure, you will enjoy a traditional Mexican snack. If time allows, you can shop Playa del Carmen's pedestrian-only 5th Avenue, a 5-mile stretch of stores and sidewalk kiosks.

- Follow the Secret River as it slowly winds through a series of caverns.
- Swim part of the way, with the only illumination being from your headlamp.
- Learn about the history of the cave system and its importance to the ancient Mayas.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and comfortable walking shoes.

Participants must be at least 5 years of age. Bring a swimsuit, a change of dry clothes, water shoes and cash or Visa/Mastercard for photos, souvenirs and/or tips. The following items may not be taken inside the cavern: watches, jewelry, photo or video cameras. For safety reasons guests with mobility issues, pregnant women, guests with heart or respiratory conditions and those with back/neck injuries and/or recent surgeries are not allowed to participate. Uneven ground inside the system. Ferry ride across may be rough at times and guests who suffer from motion sickness should take this into account. This tour operates under all weather conditions.

COZ-001 JUNGLE ATV ADVENTURE**Duration: 3.50 Hrs** **Tour Price: \$0.00****Retail Price: \$139.00****Date: March 11, 2023 08:00 AM**

Drive an ATV through narrow jungle paths into remote areas where the ancient Mayas lived thousands of years ago. Following a brief orientation on how to operate the ATV and best maximize the experience, you will take the wheel of a single-person 250cc all-terrain vehicle and ride off. Before long, you will be zipping through dense tropical foliage, following dirt trails and maybe even making your own trails off road. It will be an exhilarating, adrenaline-pumping experience every second that you are behind the wheel. On occasion, you will pause to take in the jungle scenery and observe the wildlife that may be present. Tropical birds and iguanas are abundant in this part of the jungle. For a historical perspective, you will stop at the Mayan planting area and a base camp for workers that extract gum from trees. Once back at the Welcome Station, you can shower off before hopping on your transportation and travel back to the pier.

- Zip through the dense jungle while at the wheel of a single-person ATV.
- Enter areas where the ancient Mayas once lived.
- Revel in the exhilarating adventure of it all.
- Pause to observe wildlife and see areas where Mayas farm today.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes with closed toes.

The ATV portion of the tour travels over bumpy and uneven ground that is sometimes dusty or muddy. Goggles and a helmet must be worn at all times. This tour is not available to guests who utilize a wheelchair, those with mobility concerns, pregnant women, guests with heart problems, asthma, epilepsy, recent back or neck injuries, or conditions or injuries that jarring and bouncing would exacerbate. No one under the influence of alcohol or drugs may operate the ATV. Participants must be at least 16 years old, weigh less than 365 pounds, bring a valid driver's license and sign a release form.

COZ-012 MEXICAN COOKING CLASS & BEACH ESCAPE**Duration: 5.00 Hrs** **Tour Price: \$0.00****Retail Price: \$145.00****Date: March 11, 2023 08:00 AM**

Prepare classic Mexican dishes for your lunch in a hands-on cooking class and then relax at a water park on the beach. All the fun will take place at Playa Mia Grand Beach Park, starting with the preparation of a three-course Mexican meal. The exact dishes will depend on the season, but the chef typically guides the class in making an appetizer of deviled shrimp with chipotle sauce, fresh fish with sautéed vegetables for the main course, and a delectable dessert of caramelized plantains with chocolate and tequila sauce. You will then dine on your concoctions in the park's seaside dining room. Free time at the beach follows, during which you might lazily bask in the sun, swim in the turquoise sea and enjoy the water park amenities. The Twin Twisters water slides and Oasis Hydro Massage Tub are favorites.

- Learn to prepare a three-course Mexican meal in a hands-on cooking class.
- Savor the delicious meal that you just made for lunch.
- Take advantage of the amenities of a seaside water park.
- Plunge down the twin water slides, enjoy a hydro-massage and snorkel, if you choose.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, change of clothes, towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking is mainly at the guests' discretion. However, participants must be in reasonably good physical condition, able to stand during the 90-minute cooking class, climb a flight of stairs to the cooking school and negotiate sandy uneven surfaces at the beach. The tour is not available to wheelchair guests and is not considered suitable for guests with mobility concerns. Participants must be at least 14 years old. A photo ID may be required before guests are served alcoholic beverages. Guests participating in this tour do so at their own risk and responsibility. Some beach services and attractions may be subject to age, height and weight restrictions. Use of the pools and slides is prohibited for guests with any skin disease, lesions, infections, open sores, inflamed eyes, cold, nasal or ear discharge, communicable disease, exposed sub-skin tissues, open blisters, cuts, or wearing a bandage or band-aid.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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COZ-021 OFF ROAD BUGGY ESCAPE

Duration: 4.25 Hrs Tour Price: \$0.00



Date: March 11, 2023 08:00 AM

Tear through the jungle in the most undeveloped part of Cozumel Island and then relax at a beach club, where you may swim and snorkel in the turquoise waters. After taking the wheel of a Buggy, you will pause for photos at the Monument of Two Cultures and then head north in a caravan of off-road vehicles. You will zip down dirt roads and through jungle-like vegetation. If the ground is muddy, all the better, as your Buggy is made to negotiate rugged terrain. Not much of the island has been developed, and the area that you will explore is among the least populated, so you can expect an exhilarating, carefree ride. You won't be roughing it the entire time, as you will stop at one of the beach clubs on the northern coast. Feel free to take a refreshing dip in the swimming pool, ease into a shaded hammock and snorkel in the crystal-clear waters offshore.

- Zip through the jungle in an ATV off-road vehicle.
- See the most undeveloped, naturally beautiful areas of the island.
- Relax at a beach club on the northern shore.
- Swim in the sea and snorkel, if you like.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 16 years of age in order to drive and present a valid driver's license. Participants over 70 years of age will not be permitted to participate. Pregnant women and guest with back/neck injuries or heart conditions are not permitted. Helmet and goggles are provided and must be worn for your safety, Insect repellent is highly recommended. Bring swimsuit, towel and cash for meals and beverages at the Beach Club. Snorkel equipment will be provided. The snorkeling portion is optional and medical restrictions apply. Min. Age to participate in the snorkel portion is 10 yrs. In case the inclement weather the snorkel activity may be not available. Vehicles accommodate up to 4 participants and you may be paired up with others.

COZ-014 DOLPHIN SWIM & RIDE ALL INCLUSIVE

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: March 11, 2023 08:15 AM

Swim with bottlenose dolphins in a lagoon and then participate in a variety of fun-filled water activities. The adventure begins with a brief orientation, during which you will learn about dolphin behavior and what to expect while interacting with these curious highly intelligent mammals. You will then ease into the lagoon wearing snorkeling gear, so you can easily watch the dolphins above and below the water's surface. The highlight will be holding onto a dolphin's fin as it effortlessly zips through the water, carrying you across the lagoon. A hearty lunch follows, after which you might snorkel in the facility's Serenity Cove. The waters are teeming with marine life that include brightly colored tropical fish and manta rays. As alternatives, you may kayak and paddleboard just offshore in the sparkling Caribbean Sea.

- Interact with bottlenose dolphins in the water.
- Hold onto a dolphin's fin and let it effortlessly carry you across the water.
- Relive the experience over a relaxing lunch.
- Snorkel in the dolphin park's Serenity Cove.
- Kayak and paddleboard in the Caribbean Sea, if you choose.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

Walking is limited but guests should be able to stand with stability in the water and be comfortable in water that will be over their heads at times. Participants should be in good physical condition. The tour is not available to wheelchair guests, those with mobility concerns, neck or back injuries, or pregnant women. Participants must be at least four feet tall. Snorkelers must be at least 8 years old. The minimum age for kayaking and paddle boarding is 10 years old. Children under 18 years old must be accompanied by a parent or adult legal guardian. For the safety of the dolphins, remove sunscreen, jewelry, hats and glasses before entering the water. Guests must be 21 years old to drink alcohol, which can only be consumed following the water activities. A photo ID is required. Cameras are not allowed while participating in water activities. Snorkeling, kayaking and paddle boarding activities are offered at the site on a first-come, first-served basis and are subject to cancellation due to weather conditions. The optional activities have no monetary value in the event of weather cancellation. Guests participating in water activities do so at their own risk and responsibility and may have to sign a liability waiver. Photos, videos, souvenirs and lockers are available at an additional charge.

COZ-005 MINI SPEED BOAT SNORKEL & BEACH ADVENTURE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: March 11, 2023 08:30 AM

Take the helm of a speedboat and zip across the Caribbean Sea before finally anchoring in shallow waters to snorkel. Few experiences offer such an adrenaline rush, whether you are the boat's captain or the passenger. A brief orientation at Barracuda Beach will prepare you to maximize the time onboard, after which you will speed off into the turquoise seas. Feel free to cut through the water at full throttle, leaving nothing but high-flying rooster tails in your wake. In time, you will pull into an area that is ideal for snorkeling and observe the wonders underwater. Or if you prefer, spend the entire time swimming, as the sea will be immensely refreshing. Another high-speed boat ride will bring you back to Barracuda Beach for a hearty lunch and to enjoy free time relaxing on this idyllic stretch of sand.

- Race through the sea, cutting your own path as captain of a two-person speedboat.
- Opt to be the passenger and enjoy the high-speed, adrenaline-pumping ride.
- Stop to snorkel in an area teeming with tropical marine life.
- Enjoy lunch on Barracuda Beach and then relax on the soft powdery sand.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes with non-slip soles.

This tour is not available to guests who utilize a wheelchair, those with mobility concerns, pregnant women, or guests with heart problems, recent back or neck injuries, or conditions or injuries that jarring and bouncing would exacerbate. Two guests must share the speed boat. Guests must wear life jackets while in the boats. Participants must be at least 6 years old and at least 18 years old to operate the vehicle and 10 years old to snorkel. Guests under the age of 18 must be accompanied by a parent or guardian. Guests participating in water activities do so at their own risk and responsibility. All guests must sign a release form.

COZ-015 DOLPHIN ENCOUNTER ALL INCLUSIVE

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



PRICES IN USD



Date: March 11, 2023 09:00 AM, 09:00 AM

Interact with bottlenose dolphins in waist-deep water and then take advantage of the facility's available water activities. The fun begins with a brief orientation, during which you will learn about dolphin behavior and what to expect while interacting with these curious highly intelligent mammals. You will then ease into the water and stand on a submerged platform that will keep you about waist-deep in the water. Once the dolphins approach, they will likely offer you a fin to "shake hands," allow you to hug them and give you a ride across the lagoon. The trainers will show you how to feed the dolphins, an interaction that makes the experience even more memorable. Afterwards, you will be served lunch and be free to enjoy included activities such as snorkeling, kayaking and paddle boarding. The choice will be yours, so do as much or as little as you please.

- Interact with bottlenose dolphins while standing in waist-deep water.
- Hug and feed the dolphins and let one effortlessly carry you across the water.
- Relive the experience over a relaxing lunch.
- Snorkel in the dolphin park's Serenity Cove.
- Kayak and paddleboard in the Caribbean Sea, if you choose.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

Walking is limited but guests should be able to stand with stability in the water and be comfortable in water. The tour is not available to wheelchair guests, those with mobility concerns, neck or back injuries, or pregnant women. Participants must be at least four feet tall and 5 years old. Snorkelers must be at least 8 years old. The minimum age for kayaking and paddle boarding is 10 years old. Children under 18 years old must be accompanied by a parent or adult legal guardian. For the safety of the dolphins, remove sunscreen, jewelry, hats and glasses before entering the water. Guests must be 21 years old to drink alcohol, which can only be consumed following the water activities. A photo ID is required. Cameras are not allowed while participating in water activities. Snorkeling, kayaking and paddle boarding activities are offered at the site on a first-come, first-served basis and are subject to cancellation due to weather conditions. The optional activities have no monetary value in the event of weather cancellation. Guests participating in water activities do so at their own risk and responsibility and may have to sign a liability waiver. Photos, videos, souvenirs and lockers are available at an additional charge.

COZ-019 ISLAND DISCOVERY AND CHOCOLATE EXPERIENCE

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: March 11, 2023 09:00 AM

Gain a greater understanding of the Mayan culture at the Mayan Cacao Company, where you will learn how the ancient Maya made chocolate from the cacao tree. The Mayas drank chocolate for ceremonial and medicinal purposes as far back as 500 B.C. They also used cacao as currency and used chocolate in their cuisine. You will sample a local version of the sweet treat along with some traditional handmade tortillas. While touring the grounds, you will see flourishing cacao trees, a typical Mayan residence and a botanical garden of indigenous plants. Following your immersion into the Mayan lifestyle and traditions, you will settle in for a panoramic drive around Cozumel. Much of the route will follow the beautiful coastline, which is rocky in certain areas and rimmed by great stretches of sugar-white beaches elsewhere. In time, you will pause for photos at El Mirador, a spectacular seaside lookout.

- Discover the importance of the sacred cacao seed to the Mayan civilization.
- Realize that Mayas used chocolate from cacao in ceremonies, as medicine and for money.
- Taste a chocolate concoction similar to the chocolate that the ancient Mayas drank.
- Enjoy panoramic views of Cozumel, concentrating on its gorgeous coastline.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

COZ-028 EXCLUSIVE VIP DOLPHIN SWIM

Duration: 3.50 Hrs Tour Price: \$89.00

Retail Price: \$239.00



Date: March 11, 2023 09:00 AM, 09:00 AM

Swim with bottlenose dolphins in the serene lagoon at Dolphinaris Cozumel, where you will enjoy a fulfilling encounter with these affable creatures. During the experience, you will stand on a platform waist-deep in the water, a level that encourages the dolphins to approach. The trainer will use hand signals to communicate with the animals, and you will also see how the dolphins communicate with each other underwater. Chances are, at least one of the dolphins will greet you with a fin shake and a kiss. You will also have the opportunity to snorkel in the lagoon's deeper water, during which you can watch the dolphins frolicking and leaping into the air from an underwater perspective. If a dolphin offers you a fin, hold on, as it will carry you across the water on an exhilarating, one-of-a-kind ride. Lunch in the premium lounge area follows, after which you may snorkel in a large aquarium teeming with marine life.

- Swim with friendly and curious dolphins in their lagoon habitat.
- Watch the trainer communicate with the dolphins and see how the dolphins "speak" to each other.
- Observe dolphins underwater while snorkeling and let one carry you across the lagoon.
- Dine in the premium lounge area and snorkel in an aquarium full of marine life.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Please note: Minimum age to participate is 12 years old. Maximum weight is 290lbs. Valid photo ID is required.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

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General Information

What is Included?

Transportation:

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

Meals and Refreshments:

Included when indicated in the tour description.

Guides:

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

Entrance Fees:

Tours include all required admission fees, where applicable.

What Should I Wear?

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

Cancellations and refunds

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

Prices, Itineraries and General Information

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

Please Note

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

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

PRICES IN USD

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.

PRICES IN USD

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.