



**SEVEN SEAS CRUISES®**

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## **Complimentary & Optional Shore Excursions**

Prices in USD, Per Person

**MIAMI, FLORIDA to MIAMI, FLORIDA**

**SS NAVIGATOR March 13, 2023**

### **Welcome Ashore!**

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

Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

### **Shore Excursion Points of Distinction**

Professional English-speaking experts to guide you through your journey.

Peace of mind knowing that your excursions are monitored by the ship's staff.

A staff of experienced, excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port.

Travel with premier, licensed and insured, tour companies aboard the best available, climate controlled luxury transportation.

### **Reserve Your Excursions Online!**

Now you can reserve individual shore excursions online, all from the comfort of your home. Our website [www.rssc.com](http://www.rssc.com) offers a wealth of information about your cruise: learn about and purchase shore excursions, view pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more.

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

# Complimentary & Optional Shore Excursions

❖ PUERTO PLATA, DOMINICAN REPUBLIC

Prices in USD, Per Person

## POP-003 DOLPHIN SWIM & OCEAN WORLD ADVENTURE

Duration: 5.50 Hrs Tour Price: \$179.00



Date: March 15, 2023 10:30 AM

Swim with bottlenose dolphins at Ocean World and explore the other attractions at the marine park as you please. After a brief introduction as how to maximize the experience, you will don a lifejacket and swim out into the dolphin habitat. The water is fairly deep so the charismatic dolphins can show off their acrobatic talents and ability to swim at remarkably high speeds. As you will notice, the dolphins' curved mouths make them look like they're constantly smiling. You might hug the dolphins, feed them fish or just watch them frolic. Plenty of time is also allotted to explore other areas of the park. To continue with the animal encounter theme, you might snap pictures with the tropical birds in the avian sanctuary and snorkel among the colorful fish in the reef aquarium. Other activities include taking a refreshing swim and relaxing around the freshwater pool.

- Swim with bottlenose dolphins in water deep enough for them to really show off.
- Spend hours enjoying the attractions at Ocean World, a dolphin habitat with plenty more.
- Walk through the rainforest, watch marine animal shows and snorkel in a reef aquarium.
- Dress in weather-appropriate clothing.
- Bring a bathing suit, towel and sunscreen.
- Wear flat, comfortable walking shoes.

Bring bathing suit, towel, sun block and additional money for pictures, videos and souvenirs. Towels are available for rent. A prior shower is required. An 18 year or older adult must accompany children at all times. Minimum age to participate is 4 years old. Child minimum height is 45 inches (115 cm). Participants must be able to swim and must use lifejackets (provided). No pregnant women allowed. No jewelry on hands, neck and ears allowed to avoid harming the animal. No camera or glasses allowed in the water. Electric mobility equipment i.e. scooters not allow inside the premises. The park is wheelchair friendly with ramps. Wheelchair users must be accompanied by a friend or family member. Showers, restrooms and changing facilities are available.

## POP-006 VIP DOLPHIN SWIM ADVENTURE

Duration: 5.50 Hrs Tour Price: \$199.00



Date: March 15, 2023 10:30 AM

Enjoy the ultimate dolphin experience by swimming with these highly intelligent marine mammals and then letting them take you on exhilarating rides across the enclosed lagoon at Ocean World. Before you enter the water, the trainers will brief you on how best to interact with the dolphins and describe a bit about their behavior. Bottlenose dolphins are social animals, exceptionally playful and extremely curious. You can expect them to swim directly to you for a hug. Few experiences are quite so memorable as sharing the water with dolphins in such close proximity. To demonstrate their strength and speed, the dolphins will take you on a belly ride across the lagoon. Hop on a boogie board, and they will push you across the water. You will have plenty of time to enjoy other animal encounters at the bird sanctuary and by snorkeling in the reef aquarium.

- Swim with bottlenose dolphins, ride on their bellies and interact with them up close.
- Spend hours enjoying the attractions at Ocean World, a dolphin habitat with plenty more.
- Walk through the rainforest, swim in the sea and snorkel in a reef aquarium.
- Dress in weather-appropriate clothing.
- Bring a bathing suit, towel and sunscreen.
- Wear flat, comfortable walking shoes.

Bring bathing suit, towel, sun block and additional money for pictures, videos and souvenirs. Towels are available for rent. A prior shower is required. An 18 year or older adult must accompany children at all times. Minimum age to participate is 4 years old. Child minimum height is 45 inches (115 cm). Participants must be able to swim and must use lifejackets (provided). No pregnant women allowed. No jewelry on hands, neck and ears allowed to avoid harming the animal. No camera or glasses allowed in the water. Electric mobility equipment i.e. scooters not allow inside the premises. The park is wheelchair friendly with ramps. Wheelchair users must be accompanied by a friend or family member. Showers, restrooms and changing facilities are available.

## POP-008 PUERTO PLATA DOMINICAN EXPERIENCE

Duration: 5.50 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:30 AM

Become immersed in the Dominican culture through a hands-on cooking class and by joining a fiesta where you will learn traditional dances. The fun will take place at Ocean World, a dolphin habitat and adventure park. On the drive there, you will tour historical Puerto Plata and take in the beauty of the Dominican countryside. Upon arriving, you will be served a welcoming coco loco rum drink and join a cooking class, where you will prepare several traditional dishes. An authentic Dominican lunch follows, during which you will taste other popular dishes, such as fried-plantain tostones. The celebration of all things Dominican continues at a fiesta where you will learn to dance the merengue and the bachata. The former is the national dance of the Dominican Republic, the latter is considered the country's soulful version of the blues. You will also be treated to a folkloric ballet performance, which will enhance your understanding and appreciation of the local culture.

- Enjoy a panoramic driving tour through the most historical areas of Puerto Plata.
- Participate in a hands-on cooking class followed by a lunch of traditional dishes.
- Learn to dance the merengue and bachata at a lively Dominican fiesta.
- Watch a folkloric ballet performance that beautifully expresses the Dominican culture.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Drinks, photos and local souvenirs are available for purchase. Light comfortable walking shoes are recommended for this tour. Clothes covering knees and shoulders are recommended to enter the Cathedral. Order of the activities can be alternated. Foldable wheelchairs are allowed, electric scooters are not.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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Duration: 6.50 Hrs Tour Price: \$0.00



Prices in USD, Per Person



Date: March 15, 2023 10:30 AM

Climb among the waterfalls on the Damajagua River and continue your water-themed adventure at a remote oceanside beach where you may snorkel, kayak and paddleboard. Although there are dozens of waterfalls on the jungle-enshrouded river, you will focus on seven of the lower cascades, which have a higher volume of water and are easier to reach. Some of the waterfalls feature natural stone slides into the sparkling waters below, while others tumble over steep cliffs and form natural pools that are ideal for swimming. After this exhilarating experience, you will dine at a Dominican-style beach house and then spend hours enjoying the house's private stretch of sand along the Atlantic Ocean. Spend that time however you please. You might bask in the sun, stroll along the beach and relax in a beach chair shaded by an umbrella. If you are feeling more ambitious, all sorts of watersports are available for your enjoyment.

- Walk through the rainforest to a series of waterfalls on the Damajagua River.
- Swim in the pools beneath the waterfalls and relax on the surrounding boulders.
- Dine at a remote beach house and relax on its beautiful private beach.
- Kayak, snorkel and paddleboard just off the beach, if you wish.
- Dress in weather-appropriate clothing.
- Bring a bathing suit, towel and sunscreen.
- Wear flat, comfortable walking shoes.

Guests must be a minimum of 8 years of age, maximum Weight 250 lbs./114 kg. No non-swimmers to enter the water. Not suitable for sufferers of respiratory problems, pregnant women or persons with neck or back conditions. Not wheelchair accessible. Guests under the influence of alcohol or drugs will not be allowed to participate. Closed-toe secure footwear must be worn. Signed release required. The beach is lined with rocky areas and cliffs. Food & beverage available for purchase. Bring a towel. Sun loungers and umbrellas are included. Changing rooms and fresh water showers available on the beach.

## POP-013 ATV ADVENTURE & BEACH

Duration: 4.50 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:30 AM

Drive your own ATV through the beautiful Dominican countryside, following an off-road trail that winds through forested and open areas, across riverbeds and most anywhere else that the guide leads. During the briefing at Chukka Ocean Outpost Coconut Cove, you will learn the ins and outs of operating the one-person ATV and what to expect as you race off caravan-style into the wilderness. You can expect the experience to be a nonstop thrill and extraordinarily scenic as you ride through parts of the Dominican Republic that few travelers ever see. Along the way, you will pass through traditional villages and stop for coffee in a country home, which will give you a genuine look at rural daily life. An hour or so at the Coconut Cove beach follows, during which you can bask in the sun on a lounge and take a refreshing swim in the sea while recounting the highlights of your off-road adventure.

- Race off-road through the jungle wilderness on your own ATV.
- Zip through remote areas and into villages and stop for coffee in a private home.
- Spend free time relaxing at the beach and swimming in the sea.
- Dress in weather-appropriate clothing.
- Bring a bathing suit and sunscreen.
- Wear flat, comfortable walking shoes.

Guests must be 16 years of age and present a valid driver's license. Maximum Weight 265 lbs./120 kg. Not suitable for pregnant women or persons with neck or back conditions. Not wheelchair accessible. Guests under the influence of alcohol or drugs will not be allowed to participate. Closed-toe secure footwear must be worn. Eye protection and bandanas recommended. Wear comfortable cool clothing, swimwear and sunscreen. Bring a towel. Signed release form required. Food & beverage available for purchase.

## POP-014 ZIP & ZOOM

Duration: 5.50 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:30 AM

A scenic drive by safari truck through the countryside will take you to Chukka Ocean Outpost at Coconut Cove. Get ready to experience an authentic Dominican adventure on your easy-to-handle ATV (single rider), as you set off to discover the untouched hills and plains of this beautiful terrain. Then take a look at this picturesque beach-side oasis as you soar from above on ziplines with speeds that reach up to 18 miles per hour, directly over the Atlantic Ocean! Continue the fun on our private beach and enjoy the watersports or soak up some Caribbean sun with amazing views for selfies and photo ops.

- Fly over the sea and beach on a series of thrilling ziplines.
- Race off-road through the jungle wilderness on your own ATV.
- Spend free time relaxing at the beach and swimming in the sea.
- Dress in weather-appropriate clothing.
- Bring a bathing suit and sunscreen.
- Wear flat, comfortable walking shoes.

Guests must be 16 years of age and present a valid driver's license. Maximum Weight 265 lbs./120 kg. Not suitable for pregnant women or persons with neck or back conditions. Not wheelchair accessible. Guests under the influence of alcohol or drugs will not be allowed to participate. Closed-toe secure footwear must be worn. Knee length shorts required for zipline. Signed release form required. Food & beverage available for purchase.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

## POP-015 WILD TRUCK ADVENTURE & BEACH BREAK W/ LUNCH

Duration: 5.00 Hrs Tour Price: \$0.00



Prices in USD, Per Person



Date: March 15, 2023 10:30 AM

Hop aboard a former military truck and race through the countryside as a prelude to relaxing on the beach. The 6-wheel-drive vehicle is ideal for traveling through the rugged hills that surround Puerto Plata. You will not only enjoy beautiful views, but also get an authentic glimpse of the Dominican culture by pausing in villages to observe daily life. The residents will demonstrate how they hand-roll cigars using different blends of locally grown tobacco. You will also enjoy tastings of coffee and chocolate, two other products synonymous with the Dominican Republic. Coffee has been grown there since the 1700s, and despite the country's size, it is one of the world's largest producers of organic cocoa used to make chocolate and flavor other foods. Continuing on, you will drive to Chukka Ocean Outpost Coconut Cove for a hearty buffet lunch and to relax on the private beach that rims the cove.

- Ride through the countryside in an ex-military truck that can go where other vehicles can't.
- Sample locally made coffee and chocolate and watch artisans hand-roll premium cigars.
- Enjoy lunch and beach time at Chukka Ocean Outpost Coconut Cove.
- Dress in weather-appropriate clothing.
- Bring a bathing suit and sunscreen.
- Wear flat, comfortable walking shoes.

Not suitable for pregnant women or persons with neck or back conditions. Not wheelchair accessible. Signed release form required.

## POP-016 POWER SNORKEL ADVENTURE

Duration: 5.00 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:30 AM

Take a trip under the waves of the Atlantic along the remote shores of the Dominican Republic. After a 45 minute off-road adventure in an open air safari truck through the Dominican countryside, you will arrive at this hidden bay used only by local fisherman. Discover the coral reef system, and the creatures that inhabit it, as you are pulled through the aquamarine waters by your Sea Scooter. Marvel at the beauty as your knowledgeable crew guide you through the reef system identifying the various tropical fish and coral formations. Make your way back to shore where it's a short trip to Ocean Outpost at Coconut Cove. It's time to grab a cocktail and sink your toes into the soft golden sands while listening to typical Dominican rhythms.

- Observe the underwater wonders at Coco Beach using a motorized power-snorkel.
- Zip through the water and around the coral reefs much faster than you could with flippers.
- Purchase lunch or enjoy beach time at Chukka Ocean Outpost Coconut Cove.
- Dress in weather-appropriate clothing.
- Bring a bathing suit and sunscreen.
- Wear flat, comfortable walking shoes.

Guests must be a minimum of 10 years of age, maximum Weight 250 lbs./114 kg. No non-swimmers to enter the water. Not suitable for sufferers of respiratory problems, pregnant women or persons with neck or back conditions. Not wheelchair accessible. Guests under the influence of alcohol or drugs will not be allowed to participate. Signed release required. The beach is lined with rocky areas and cliffs. Food & beverage available for purchase. Bring a towel. Sun loungers and umbrellas are included. Changing rooms and fresh water showers available on the beach.

## POP-017 PUERTO PLATA CULTURE, HISTORY & HERITAGE

Duration: 3.50 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:30 AM, 11:30 AM

Discover the charms of Puerto Plata through its most revealing cultural and historical landmarks. For centuries, the Dominican Republic has produced extraordinary rums, and you will gain a step-by-step understanding of the process at a leading rum factory. Fort San Felipe will offer a glimpse into early life in Puerto Plata, as the Spanish-built fortress is the only remaining structure from the 16th century. Nearby, you will enjoy free time in verdant Central Park, a popular gathering spot in the heart of the city. It is also known as Independence Square in tribute to General Gregorio Luperón, who helped unite the Dominican Republic following the War of Restoration. You will also have the chance to see a museum with an extraordinary collection of amber artifacts and Puerto Plata's stadium, where so many of the country's baseball stars have played. Strolling the malecón seafront boulevard will offer yet another look at local life.

- Delve into the history of Puerto Plata at a fort that the Spanish built in the 16th-century.
- See two museums: one dedicated to rum production, the other displaying amber artifacts.
- Experience local life by meandering through Central Park and strolling the malecón.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is suitable for guests with limited mobility but not recommendable for guests in a wheelchair.

## POP-021 DISCOVER PUERTO PLATA

Duration: 4.00 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:30 AM, 11:00 AM

Gain an overall understanding of Puerto Plata through a diversity of attractions that will lend insight into the local history and lifestyles. At the Brugal rum factory, you will learn how the acclaimed spirits are distilled and aged, according to a proprietary process that the Brugal family has handed down through the generations. While driving around the 60-block historical city center, you will pause to explore the 16th-century Fort San Felipe and browse the unusual Amber Museum. Its collection of plants and ancient creatures preserved in fossilized tree sap, known as amber, is extraordinary. The Luperón House Museum contains photos and personal effects that celebrate the achievements of national hero General Gregorio Luperón. For a perspective of present-day Puerto Plata, you can meander through popular Central Park, browse the artisan shops that line the atmospheric streets and amble down the Pink Alley, a monochromatic walkway where everything is painted bright pink.

- Stop at key attractions within Puerto Plata's 60-block historic city center.
- Tour a rum factory, browse artisan shops and meander through Central Park.
- Browse a museum dedicated to a national hero and another full of amber artifacts.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

There are stairs at the museums and the fortress and cobblestone streets to maneuver.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## POP-022 PARTY AT THE SEA

Duration: 3.50 Hrs Tour Price: \$0.00



Prices in USD, Per Person

Date: March 15, 2023 10:30 AM, 02:30 PM

Drive along the Dominican Republic's northern shore, enjoying spectacular scenery all the way to Sousa Beach. Board your party boat and spend the next few hours sailing along the bay. Enjoy the lively Caribbean music and icy-cold drinks while dancing on board. If you'd like to observe the wonders underwater, snorkeling equipment is available. You don't have to snorkel far from the boat to see all sorts of brilliantly colored reef fish at 3 Rocks Snorkel Spot. You will pass other powdery stretches of sand, dense tropical forests and an airport named for national hero Gregorio Luperón before pulling into Playa Alicia. The crescent-shaped beach that rims the bay is one of the area's most popular and gorgeous shorelines. You can spend your time there doing pretty much whatever you please. You might stroll along the water's edge, swim in the sparkling sea, bask in the sun and lie in the shade.

• Zip along the gorgeous northern coast in a modern powerboat to your snorkel destination. • Dance along with upbeat Caribbean music or relax on board. • Take a refreshing swim and snorkel in the waters that rim the bay of Playa Alicia.

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

Participants must be at least 18 years of age. Power boat has steps, ladder, toilet and shaded areas onboard. Limited snacks served onboard.

## POP-023 HIKING, HORSEBACK & KAYAK ADVENTURE

Duration: 6.25 Hrs Tour Price: \$79.00



Date: March 15, 2023 10:30 AM

Explore the wilderness that surrounds the remote mountain community of Jamao al Norte, beginning with a leisurely horseback ride into the lush landscape. You will follow a trail that winds through the jungle-like forest, where the only sounds will be the rhythmic clip clop of the horse's hooves and birds chirping in the dense foliage. The setting will be absolutely enchanting as it is completely natural. In time, you will arrive at the Jamao River, a crystal-clear waterway with forested and steep rocky banks that will be beautifully reflected on the water's surface. You will then ease into a two-person kayak and paddle along at your leisure, pausing every so often to take in the stunning scenery and scan the shoreline for wildlife. The river is typically so clear that you will be able to see fish swimming below. Following a hearty lunch at a nearby restaurant, you can enjoy free time for hiking.

- Hike, ride a horse and kayak through the remote mountain wilderness that lies inland.
- Enjoy the beautiful tropical setting, a sparsely populated land that is absolutely pristine.
- Relax over a hearty lunch and recount your experience with the other guests.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat comfortable walking shoes.

Guests with back or leg problems and pregnant women cannot participate. Participants must be at least 6 years of age with a maximum weight of 250 lbs.

## POP-019 COUNTRYSIDE SAFARI - LOCAL STYLE

Duration: 5.00 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:45 AM, 03:30 PM

Explore the beautiful tropical countryside in an open-air safari-style vehicle, pausing on occasion to experience local life. Although sugarcane is the most widely grown crop in the Dominican Republic, coffee and cocoa are equally important. While visiting one of the characteristic farms near the country's north shore, you will see how coffee and cocoa flourish in the rich soil and are then processed on site. Samples may be available so you can taste their distinct qualities. As you drive deeper into the countryside, the guide will describe the history of the area, point out natural wonders and elaborate on the culture. Back in Puerto Plata, you will enjoy free time at one of the white-sand beaches along the malecón. Depending on the day and time, the beach could be somewhat empty or full of locals enjoying the pristine setting. Either way, you will get an authentic glimpse into the lifestyle. A traditional Dominican lunch will follow.

- See how coffee and cocoa are grown and processed at a farm in the countryside.
- Enjoy a panoramic drive through the country, often off-road in a safari-style vehicle.
- Learn about the local lifestyle and experience it firsthand by relaxing at the beach.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and towel.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount of activity. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

## POP-020 BUGGIES & BEACH OFF-ROAD

Duration: 3.25 Hrs Tour Price: \$0.00



Date: March 15, 2023 10:45 AM, 03:30 PM

Race through the tropical countryside in an open-air, off-road buggy for an exhilarating experience between stops at several top attractions. You will have the chance to test drive the buggy beforehand so you will feel comfortable whether at the wheel or as the passenger. Then, it's off into the wilds, where you will drive down country lanes, past rivers and into isolated areas that most visitors never see. If it has rained recently, the ride will be even more fun because your caravan of vehicles can zip through long stretches of muddy dirt roads. In time, you will stop to tour a farm that grows coffee, cocoa for chocolate and tropical produce such as mangoes and carambola, the national fruit of the Dominican Republic. Free time at the beach will follow, during which you can lounge about as you wish, stroll the shore and enjoy an invigorating swim in the sea.

- Zip down dirt roads and off-road in an open-air buggy.
- See how coffee, cocoa and fruits are grown at a country farm and enjoy samples of them.
- Relax at a gorgeous beach along the north shore and swim in the ocean, if you wish.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and towel.
- Wear flat comfortable walking shoes.

Driver and passenger will have an opportunity to switch positions during the tour so both guests can drive the buggy. Valid driver's license must be presented to drive the vehicle. Passenger's must be at least 6 years of age.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## POP-002 DOLPHIN ENCOUNTER & OCEAN WORLD ADVENTURE

Duration: 5.50 Hrs Tour Price: \$0.00



Prices in USD, Per Person



Date: March 15, 2023 11:15 AM

Interact with the friendly, highly intelligent dolphins at Ocean World and enjoy the marine park's other attractions at your leisure. Few experiences are quite so memorable as wading out into the waist-deep water for an up-close encounter with the resident bottlenose dolphins. After a brief introduction describing their behavior and what to expect during your interaction, you will ease into the water to touch, feed and hug the dolphins, if you wish. As you will discover, these marine mammals are curious, sociable and love the attention. But the dolphin encounter is only one adventure at the marine park. You might also snorkel in the reef aquarium, take a refreshing swim in the sheltered waters just off the enclosed beach, watch a sea lion show, meander through the rainforest and feed macaws and toucans at the bird sanctuary.

- Enjoy an up-close interaction with bottlenose dolphins in waist-deep water.
- Spend hours enjoying the attractions at Ocean World, a dolphin habitat with plenty more.
- Walk through the rainforest, watch marine animal shows and snorkel in a reef aquarium.
- Dress in weather-appropriate clothing.
- Bring a bathing suit, towel and sunscreen.
- Wear flat, comfortable walking shoes.

Bring bathing suit, towel, sun block and additional money for pictures, videos and souvenirs. Towels are available for rent. An 18 year or older adult must accompany children at all times. Minimum age to participate is 4 years old. No pregnant women allowed. No jewelry on hands, neck and ears allowed to avoid harming the animal. No camera or glasses allowed in the water. Electric mobility equipment i.e. scooters not allow inside the premises. The park is wheelchair friendly with ramps. Wheelchair users must be accompanied by a friend or family member. Showers, restrooms and changing facilities are available.

## POP-004 SEA LION ENCOUNTER & OCEAN WORLD ADVENTURE

Duration: 5.50 Hrs Tour Price: \$0.00



Date: March 15, 2023 11:15 AM

Spend time poolside interacting with South American sea lions and follow up with other animal encounters at Ocean World, an outdoor marine park right on the sea. All you have to do is sit on the side of the pool with your legs in the water, and the sea lions will come to you. As you will discover, these large short-haired mammals are agile, playful and bright. Chances are, the sea lions will waddle over on all four flippers, allowing you to pet and feed them fish. They might even encourage you to play ball, as they are skilled at bouncing beach balls off their noses. The males are the larger sea lions with lion-like manes running down their backs. In addition to this up-close encounter, you can enjoy the park's other attractions, including the rainforest and bird sanctuary. You will also have time for a refreshing swim and to snorkel in the reef aquarium.

- Interact with South American sea lions poolside and feed them if you wish.
- Spend hours enjoying the attractions at Ocean World, a dolphin habitat with plenty more.
- Walk through the rainforest, watch marine animal shows and snorkel in a reef aquarium
- Dress in weather-appropriate clothing.
- Bring a bathing suit, towel and sunscreen.
- Wear flat, comfortable walking shoes.

Bring bathing suit, towel, sun block and additional money for pictures, videos and souvenirs. Towels are available for rent. A prior shower is required. An 18 year or older adult must accompany children at all times. Minimum age to participate is 4 years old. Child minimum height is 45 inches (115 cm). Participants must be able to swim and must use lifejackets (provided). No pregnant women allowed. No jewelry on hands, neck and ears allowed to avoid harming the animal. No camera or glasses allowed in the water. Electric mobility equipment i.e. scooters not allow inside the premises. The park is wheelchair friendly with ramps. Wheelchair users must be accompanied by a friend or family member. Showers, restrooms and changing facilities are available.

## POP-005 SHARK ENCOUNTER & OCEAN WORLD ADVENTURE

Duration: 5.50 Hrs Tour Price: \$0.00



Date: March 15, 2023 11:15 AM

Confront any fear of sharks that you may have by swimming and snorkeling with these much maligned creatures, a fish that has changed little over millions of years. Although you may be apprehensive at first, be assured that these sharks are accustomed to being handled by humans and sharing the water. After easing into the pool, you will be welcome to feed and pet the sharks and snorkel around them for an up-close underwater view. You will notice that shark skin feels like sandpaper because it's covered with grooved, teeth-like scales that point toward the tail to reduce friction when the shark swims. This shark encounter will be a one-of-a-kind experience that you will not soon forget. There are also plenty of other activities to enjoy elsewhere at the park. Feel free to snorkel in the reef aquarium, swim in the sheltered pools, wander through the rainforest and walk about the bird sanctuary.

- Swim and snorkel with sharks, an adrenaline-pumping, once-in-a-lifetime experience.
- Spend hours enjoying the attractions at Ocean World, a dolphin habitat with plenty more.
- Walk through the rainforest, swim in the sea and snorkel in a reef aquarium.
- Dress in weather-appropriate clothing.
- Bring a bathing suit, towel and sunscreen.
- Wear flat, comfortable walking shoes.

Bring bathing suit, towel, sun block and additional money for pictures, videos and souvenirs. Towels are available for rent. A prior shower is required. An 18 year or older adult must accompany children at all times. Minimum age to participate is 4 years old. Child minimum height is 45 inches (115 cm). Participants must be able to swim and must use lifejackets (provided). No pregnant women allowed. No jewelry on hands, neck and ears allowed to avoid harming the animal. No camera or glasses allowed in the water. Electric mobility equipment i.e. scooters not allow inside the premises. The park is wheelchair friendly with ramps. Wheelchair users must be accompanied by a friend or family member. Showers, restrooms and changing facilities are available.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

POP-001 OCEAN WORLD DAY PASS & DOMINICAN ADVENTURE

Prices in USD, Per Person



Duration: 5.00 Hrs Tour Price: \$0.00



Date: March 15, 2023 12:00 PM

Experience a variety of marine adventures and animal encounters at Ocean World, one of the world's largest manmade dolphin habitats. The included day pass entitles you to explore the park's most popular areas, including the rainforest, bird sanctuary and aquariums. You will gain a greater understanding of the marine mammals by watching them flaunt their prodigious talents at the dolphin and sea lion shows while their trainers describe the animals' characteristics. You will also have plenty of opportunities to enjoy the water by swimming in the sheltered sea off the park's beach and by snorkeling in a tropical reef aquarium that is teeming with brightly colored saltwater fish. The Dominican Adventure offers an enlightening glimpse into the local culture, as you might watch skilled artisans hand-roll cigars, carve wooden art objects, demonstrate the merengue and perform a folkloric ballet. To round out your experience, a buffet lunch is included and time is allotted for shopping.

- Spend hours enjoying the attractions at Ocean World, a dolphin habitat with plenty more.
- Walk through the rainforest, watch marine animal shows and snorkel in a reef aquarium.
- Become immersed in the Dominican culture by watching local artisans and performers.
- Dress in weather-appropriate clothing.
- Bring a bathing suit, towel and sunscreen.
- Wear flat, comfortable walking shoes.

Bring bathing suit, towel, sun block and additional money for pictures, videos and souvenirs. Beach chairs and umbrellas available on a first come basis. An 18 year or older adult must accompany children at all times. Electric mobility equipment i.e. scooters not allow inside the premises. The park is wheelchair friendly with ramps. Wheelchair users must be accompanied by a friend or family member. Showers, restrooms and changing facilities are available. Towels are for rent.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

## ❖ SAN JUAN, PUERTO RICO

Prices in USD, Per Person

### SJU-006 EL YUNQUE RAINFOREST WITH LONG HIKE

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 16, 2023 12:30 PM

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

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

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

### SJU-007 SAN JUAN & BACARDI RUM DISTILLERY

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 16, 2023 12:45 PM

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

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

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

### SJU-012 SAN JUAN CITY TOUR

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$69.00



Date: March 16, 2023 12:45 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

## SJU-014 CULINARY WALKING TOUR

Duration: 3.25 Hrs Tour Price: \$119.00

Retail Price: \$279.00



Prices in USD, Per Person

Date: March 16, 2023 01:00 PM, 04:00 PM

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

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

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

## SJU-003 RAINFOREST VISIT

Duration: 4.25 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 16, 2023 01:15 PM

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

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

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

## SJU-004 SAN JUAN CITY & ART MUSEUM

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 16, 2023 01:30 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

## ❖ GUSTAVIA, ST. BARTS

Prices in USD, Per Person

### SBH-004 SAILING THE LEEWARD COAST

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: March 17, 2023 09:30 AM, 12:00 PM, 02:30 PM

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

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

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

### SBH-008 ATV ADVENTURE IN ST. BARTS

Duration: 2.00 Hrs Tour Price: \$169.00

Retail Price: \$319.00



Date: March 17, 2023 09:30 AM, 11:30 AM

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

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

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

### SBH-002 ST. BARTS ISLAND OVERVIEW

Duration: 1.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 17, 2023 09:45 AM, 10:45 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## SBH-003 RIB BOAT SNORKELING

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Prices in USD, Per Person

Date: March 17, 2023 10:00 AM, 11:30 AM

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

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

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

## SBH-006 SEMI-SUBMERSIBLE EXPLORATION

Duration: 1.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 17, 2023 10:00 AM, 11:00 AM, 12:00 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

## ❖ ROSEAU, DOMINICA

Prices in USD, Per Person

### DOM-001 DOMINICA'S FAVORITES

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: March 18, 2023 08:30 AM, 12:00 PM

Travel to the most popular, must-see attractions in and around Roseau for a remarkably comprehensive look into island life. The journey begins with a scenic drive up Morne Bruce to take in the spectacular views from the lookout, which is named for an 18th-century engineer who designed forts on Dominica. At the botanical garden at the bottom of the hill, you will see exotic trees and imperial amazons, a parrot endemic to the island. More natural beauty awaits you at the twin waterfalls near the village of Trafalgar and later within Trois Pitons, the first national park on Dominica. The park has earned UNESCO World Heritage recognition for its smoking fumaroles, hot springs, volcanoes and extraordinary biodiversity. You will follow a naturalist guide on a short hike through the park's rainforest, which will end at the Emerald Pool. A narrow, 40-foot-high waterfall plunges into the pool, making the jungle scenery all the more spectacular.

- Enjoy a magnificent view of Roseau from a 400-foot-high lookout.
- See firsthand why Dominica is called the Nature Isle of the Caribbean.
- Stroll through a botanical garden that is home to parrots only found on Dominica.
- Behold waterfalls cascading over steep cliffs in the dense rainforest.
- Hike through Dominica's first national park, a rugged land of volcanoes and hot springs.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DOM-018 CHOCOLATE EXPERIENCE AT BOIS COTLETTE

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 18, 2023 08:30 AM, 01:00 PM

Enjoy an enlightening and interactive immersion into the processing of cacao beans on Dominica's oldest estate and then create your own chocolate candies in the kitchen. This culinary experience takes place at Bois Cotlette, a colonial estate constructed in the early 1720s with the island's only windmill. After settling in, you will see firsthand how the beans are fermented, dried, roasted and ground for products such as cocoa powders, cocoa butter and chocolate. To enhance your appreciation of the versatile cacao bean, tastings will be offered during each step. Then you will create your own chocolate candies in the estate's kitchen. You might infuse them with caramel, top them with sea salt or add flavors such as bacon and pepper. While sampling your concoctions, you can refer to a chocolate flavor wheel to help you express the characteristics of your signature candies. Afterwards, you may explore the grounds, including the Planter's Herb Garden.

- Enjoy a hands-on chocolate-making experience at the island's oldest estate.
- See the unexpected archaeological treasures excavated on the grounds.
- Observe how cacao beans grown on the estate are processed for chocolate products.
- Create your own chocolate candies, infusing them with your favorite flavors.
- Sample the candies you have created and the estate's dark chocolate candies.
- Stroll the estate's manicured grounds and gardens.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing with some uneven surfaces. Due to accessibility issues, the tour is not available to wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the tour.

### DOM-004 WHALE AND DOLPHIN SAFARI

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: March 18, 2023 08:45 AM

Gain a deeper understanding of the whales and dolphins that inhabit the surrounding seas by cruising on a boat equipped with hydrophones that allow you to hear them communicate. Dominica is one of the best places in the Caribbean for encounters with cetaceans, the family of marine creatures that includes whales, dolphins and porpoises. While cruising the waters off Dominica, you may spot humpback and sperm whales breaching the water's surface and pods of playful dolphins swimming alongside the boat. It will be thrilling to watch these magnificent marine creatures in their natural environment and just as exciting to listen in on their underwater communication through the onboard hydrophones. You may hear large-toothed sperm whales communicating through clicking sounds and hear dolphins "speak" through clicks and whistles. A guide will be on hand to explain this fascinating aspect of cetacean life and answer other questions you may have about whales and dolphins.

- Cruise into the crystalline waters off Dominica to observe whales and dolphins.
- Marvel at the massive size of the whales that breach the water's surface.
- Delight in the antics of the acrobatic dolphins that often swim right next to the boat.
- Hear whales and dolphins communicate through the boat's hydrophones.
- Listen to the naturalist guide explain remarkable aspects of cetacean behavior.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour



## DOM-002 RIVER TUBING AND EMERALD POOL

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Prices in USD, Per Person

Date: March 18, 2023 09:00 AM

Swim in a crystal-clear pool beneath a waterfall and then enjoy an exhilarating river tubing adventure. It won't take long to reach Morne Trois Pitons National Park, a luxuriant tropical forest with precipitous slopes, hot springs, fumaroles that belch volcanic gases and several volcanoes. These geological features are rarely found together, which is why the park has been designated a UNESCO World Heritage site. A short hike through the park will bring you to the shimmering Emerald Pool and the waterfall that forms it. It's an idyllic setting, where you may swim or simply relax along the shore. Afterwards, you will tube down the beautiful Layou River, which has carved a steep gorge through the jungle. You can expect an adrenaline-pumping ride as you maneuver through the rapids, down cascades and into swirling pools, all under the watchful eye and direction of an experienced river guide.

- Drive to Dominica's first national park, a rugged land of volcanoes and hot springs.
- Hike a natural trail through the rainforest and on to the Emerald Pool.
- Swim in the waterfall-fed pool or just relax and enjoy the blissful setting.
- Tube down the Layou River, which snakes through the rainforest.
- Follow the guide's direction and expertly ride the river rapids for the ultimate thrill.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear sneakers or water shoes.

Participants must be able to swim. It is suggested you wear a swimsuit under clothing. The condition of the river will determine the tour operation.

## DOM-005 CHAMPAGNE SNORKEL

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: March 18, 2023 09:00 AM

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica's top spots to observe marine life. A leisurely boat ride will bring you to the unusual reef, which is named for the champagne-like bubbles that continuously rise around it. As the guide will explain, subterranean geothermal activity causes gas to be released through small vents in the ocean floor here, forming streams of rising bubbles. In those areas, the water temperature can reach 90° Fahrenheit and the ocean floor will be warm to the touch. The abundant marine life will be just as mesmerizing, as you can expect to spot sergeant majors, angelfish, white-spotted filefish and schools of soldierfish. In all likelihood, you will also see divers in the deeper water, which reaches depths of up to 70 feet.

- Snorkel Champagne Reef, an underwater wonderland teeming with marine life.
- Watch the continuous streams of champagne-like bubbles rise from the ocean floor.
- Feel the warmth of the ocean floor from the geothermal activity below.
- Observe a variety of marine creatures, including tropical fish and hawksbill turtles.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

## DOM-015 BEST OF THE VOLCANIC SOUTH

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 18, 2023 09:00 AM, 01:00 PM

Explore attractions along the island's southern shore, which include a volcanic complex, several inspiring lookouts and a plantation from the French colonial period. One of the most spectacular views will be from Scotts Head, an elevated finger of land that divides the Caribbean Sea and the Atlantic Ocean. If it is a clear day, you may catch sight of Martinique. You will gain a different outlook at the seaside Morne Plat Pays volcanic complex. Although there hasn't been an eruption since the 13th century, volcanic heat from the complex still radiates up from the sea floor, a phenomenon that the guide will explain in detail. Despite the volcanic threat, one of the island's oldest Roman Catholic churches has stood nearby for centuries, and you will have the opportunity to look at its beautiful interior. For a revealing glimpse into Dominica's past, you will visit Bois Cotlette, an estate built in the 1720s with the island's only windmill.

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Browse Dominica's oldest Roman Catholic church near a still-active volcanic complex.
- Visit the island's oldest estate and see what archaeological excavations have unearthed.
- Pause at Morne Bruce lookout for photos and a view of your cruise ship in the distance.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about one hour of easy to moderate walking, plus any additional walking at the guests' discretion during photo stops. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. There aren't handicap-accessible restrooms at Bois Cotlette.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## DOM-020 BONGO BATHS THERAPEUTIC HOT POOLS

Duration: 2.00 Hrs Tour Price: \$0.00



Prices in USD, Per Person



Date: March 18, 2023 09:00 AM, 10:30 AM, 12:00 PM, 01:30 PM

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

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

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

## DOM-007 RIVER TUBING AND TRAFALGAR FALLS

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: March 18, 2023 09:30 AM

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

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

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

## DOM-019 CHAMPAGNE SNORKEL BY LAND

Duration: 2.00 Hrs Tour Price: \$0.00



Date: March 18, 2023 09:30 AM, 12:30 PM

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica's top spots to observe marine life. A leisurely drive along the coast and through the village of Pointe Michel will bring you to the unusual reef, which lies just offshore. It is named for the champagne-like bubbles that continuously rise around it. Subterranean geothermal activity causes gas to be released through small vents in the ocean floor there, forming streams of rising bubbles. In those areas, the water temperature can reach 90° Fahrenheit and the ocean floor will be warm to the touch. The abundant marine life will be just as mesmerizing, as you can expect to spot sergeant majors, angelfish, white-spotted filefish and schools of soldierfish. In all likelihood, you will also see hawksbill and green turtles and perhaps divers in the deeper water. The remains of a 17th-century shipwreck, including cannons and chains, lie scattered about the ocean floor.

- Snorkel Champagne Reef, an underwater wonderland teeming with marine life.
- Watch the continuous streams of champagne-like bubbles rise from the ocean floor.
- Feel the warmth of the ocean floor from the geothermal activity below.
- Observe a variety of marine creatures, including tropical fish and hawksbill turtles.
- Bring towel, swimwear, comfortable clothing.
- Wear water shoes.

This tour requires a strenuous amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## DOM-022 EASY DOMINICA & RAINFOREST DRIVE

Duration: 3.00 Hrs Tour Price: \$0.00



Prices in USD, Per Person



Date: March 18, 2023 09:30 AM, 01:30 PM

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

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

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability

## DOM-010 RAINFOREST JEEP SAFARI

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: March 18, 2023 10:00 AM

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

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

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

## DOM-014 BOIS COTLETTE ESTATE HERITAGE TOUR - VIP

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: March 18, 2023 10:00 AM

Tour the early 18th-century plantation Bois Cotlette with a noted anthropologist that will offer a historical and cultural explanation of estate, both past and present. Nestled in a valley within the active Morne Plat Pays volcanic complex, the estate is the best-preserved example of plantation architecture on the island and includes buildings for processing coffee, sugar and cocoa. It has been meticulously restored and has become self-sustaining with regard to food, power and water. Mark Hauser, the anthropologist that has led the excavation of the property for years, will accompany you on an in-depth tour of Bois Cotlette. Two stories will emerge. The first will detail the estate's construction; the second will candidly elaborate on the plantation owners and the slaves that worked at the plantation. By the end of the tour, you will have gained a true glimpse of life in the tropics centuries ago.

- Follow an anthropologist on VIP tour of Dominica's oldest estate.
- Gain an understanding of early 18th-century plantation life in the tropics.
- Study excavated artifacts that reveal daily life for the plantation owners and the slaves.
- See how Bois Cotlette has become self-sustaining once again.
- Enjoy traditional Creole snacks and refreshments.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing with some gravel and uneven natural surfaces to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## DOM-017 DOMINICA BY LAND & SEA

Duration: 4.50 Hrs Tour Price: \$0.00



Prices in USD, Per Person

Date: March 18, 2023 10:00 AM, 02:00 PM

Behold the natural beauty of volcanically formed Dominica from a coastal lookout and by snorkeling just offshore before visiting the island's oldest estate. Upon reaching Scotts Head, an elevated peninsula that divides the Caribbean Sea and the Atlantic Ocean, you will be treated to outstanding views of the Morne Plat Pays volcanic complex across the bay. Views are just as spectacular below the water's surface, as you will discover while snorkeling at a marine reserve teeming with tropical fish. If you prefer to stay on land and take in the sweeping vistas, chairs will be available. You will next visit Bois Cotlette, an estate built in the 1720s. It boasts the only surviving windmill on the island and has been the subject of intense archaeological work since 2009. The estate is so well preserved, you can easily imagine living here centuries ago.

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Snorkel the crystalline waters of a marine reserve or simply enjoy the vistas from land.
- Browse the oldest estate on the island and discover its intriguing history.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing and bring a towel, if you snorkel.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking and standing, plus additional walking at the guests' discretion. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility. There aren't handicap-accessible restrooms at Bois Cotlette.

## DOM-023 ROSEAU HIGHLIGHTS BY TROLLEY TRAIN

Duration: 1.50 Hrs Tour Price: \$0.00



Date: March 18, 2023 10:30 AM, 01:15 PM

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

- Settle into a seat on a trolley train for a leisurely ride through Dominica's capital city.
- Hear enlightening commentary that provides a historical perspective of Roseau.
- Pause for photos at the most noteworthy attractions, including the cathedral.
- Meander through the Dominica Botanical Gardens if you like.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is primarily panoramic in nature with walking at the guest's discretion during stops. Casual clothing and comfortable, flat walking shoes or aqua socks are suggested. Participants cannot exceed 350 lbs.

## DOM-021 DOMINICA PANORAMIC DRIVE BY OPEN SAFARI

Duration: 3.50 Hrs Tour Price: \$0.00



Date: March 18, 2023 11:00 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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Accessible Tour

# Complimentary & Optional Shore Excursions

DOM-006 RIVER TUBING

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Prices in USD, Per Person



Date: March 18, 2023 12:00 PM

Float down the Layou River in a comfortable, inflatable tube that will allow you to maximize the experience. The river is the longest in Dominica, the so-called "Land of 365 Rivers," and it eventually empties into the Caribbean Sea. You will tube down a portion that offers a mix of bubbly rapids, swirling eddies and calm pools, all surrounded by stunningly beautiful scenery. After a brief orientation, you will ease into the reliably stable tube and let the river current take you downstream without having to paddle or exert yourself in any way. Simply sit in the center of the circular tube and enjoy. The conditions will change through the adventure, as the river twists, narrows and widens as it meanders through the countryside. You can expect it to be an exhilarating experience that you will not soon forget.

- Tube down a scenic section of the longest river in Dominica.
- Enjoy the thrill of riding the rapids as you race downstream.
- Relish the serenity of the calm pools between the stretches of rapids.
- Marvel at the verdant jungle-like foliage that grows right to the water's edge.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear sneakers or water shoes.
- Bring a towel and sunscreen.

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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Accessible Tour

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# Complimentary & Optional Shore Excursions

## ❖ ST. JOHN'S, ANTIGUA

Prices in USD, Per Person

### SJH-001 BEST OF ANTIGUA

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 19, 2023 08:30 AM, 01:00 PM

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

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

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

### SJH-003 DICKENSON BAY BEACH BREAK

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 19, 2023 08:30 AM, 12:30 PM

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

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

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

### SJH-004 ISLAND SAFARI AND BEACH

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 19, 2023 08:30 AM, 12:30 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## SJH-010 SWIM WITH THE STINGRAYS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Prices in USD, Per Person

Date: March 19, 2023 08:30 AM

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

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

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

## SJH-015 WALKING TOUR OF ST JOHN'S

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$69.00



Date: March 19, 2023 08:30 AM, 12:30 PM

Stroll through downtown St. John's, following a route that the Museum of Antigua and Barbuda has prepared, which ensures that you will see the most historically significant landmarks. The city has retained much of its original layout and is full of magnificent Georgian, Victorian and West Indian vernacular homes. Along the way, the guide will point out architectural features such as lattice work, fretwork patterns and louvered Demerara windows designed to cool the interiors. You can also expect to see the 19th-century Ebenezer Methodist Church and the Cenotaph war memorial that honors soldiers killed in the World Wars. You will also have the opportunity to browse the exhibits in the Museum of Antigua and Barbuda with the curator, who will elaborate on the significance of artifacts ranging from prehistoric pottery and tools to rare hand-carved canoes.

- Walk through Antigua's capital, which has preserved its original 17th-century layout.
- Notice the remarkably diverse architecture that goes well beyond West Indian vernacular.
- Pass religious landmarks and a somber war memorial.
- Browse the Museum of Antigua and Barbuda with the curator using the Whisper Radio Guide.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Please note: This tour includes approximately 2 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

## SJH-016 PHOTOGRAPHIC TOUR OF ANTIGUA

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: March 19, 2023 08:30 AM, 12:30 PM

Venture to some of Antigua's most photogenic locations with professional photographer Jason Pickering, who will offer tips on how best to capture the images with your camera. Your first stop will be Fort James, an 18th-century fortress that overlooks the harbor and your cruise ship. Stepping even further back in time, you will then snap photos of a 17th-century plantation that was the first of its kind on Antigua. The two historical sugar mills on the property are particularly worth shooting. The subject matter will change to natural beauty at Devil's Bridge, a coastal rock formation that spans the head of Indian Creek. Here, Pickering can help you capture the spewing blow holes at just the right moment. Another natural wonder awaits you at Long Bay Beach, a lovely stretch of sand rimmed by water so impossibly turquoise that your pictures of it will look as if they have been digitally altered.

- Capture images of some of Antigua's most photogenic spots.
- Use tips from the professional photographer guide to maximize your pictures.
- Shoot landmarks of historical importance such as the island's first large plantation.
- Snap photos of Antigua's coastal beauty, including blow holes and beaches.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

## SJH-025 MONTSERRAT VOLCANO HELICOPTER TOUR

Duration: 1.75 Hrs Tour Price: \$299.00



Prices in USD, Per Person

Date: March 19, 2023 08:30 AM, 09:15 AM

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

- Observe a still-active volcano on Montserrat from high above in a helicopter.
- See the widespread destruction that the volcano's past eruptions have caused.
- Look for whales and sea turtles in the waters between Antigua and Montserrat islands.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

## SJH-009 CHAMPAGNE & LOBSTER CATAMARAN CRUISE

Duration: 6.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 19, 2023 09:00 AM

Sail in a sleek catamaran along Antigua's beautiful west coast to Deep Bay Beach, a well-protected crescent-shaped stretch of sand where you will spend an hour or so relaxing. Along the way, you will pass a number of other idyllic bays and the ruins of Fort Barrington, a stronghold built in the 18th century to protect the approach to St. John's harbor. Upon arriving at the beach, you will be free to swim in the turquoise seas, bask in the sun and stretch out under a palm tree and watch the world go by. The party will begin in earnest on the return cruise, as the champagne will be flowing and succulent grilled lobster will be served for lunch. To enhance the atmosphere, music will be playing in the background, most likely the light-hearted calypso-style music that is wildly popular on Antigua.

- Enjoy a relaxing and immensely scenic cruise on a well-appointed catamaran.
- Pass hilltop Fort Barrington, which the British built in the late 18th century.
- Spend about an hour doing whatever you please at beautiful Deep Bay Beach.
- Sip champagne and dine on grilled lobster on the return to St. John's.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and suitable beach shoes.

This tour includes limited walking, mainly at the guests' discretion; however, the surfaces at the beach will be sandy and uneven. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their personal level of stamina and ability before joining the tour. Guests must be able to enter and exit the catamaran with limited assistance. Guests participating in water activities do so at their own risk and responsibility. Restrooms and changing rooms are available aboard the catamaran. Guests must be at least 21 years of age to consume alcoholic beverages.

## SJH-011 HISTORICAL ISLAND DRIVE & BEACH BREAK

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 19, 2023 09:00 AM

Discover Antigua's fascinating history through some of the island's most notable landmarks and then relax at a beach within a national park. As you drive inland, you will pass through villages of West Indies-style chattel houses that present an authentic view of daily life. More sweeping vistas await you at the Shirley Heights Lookout, Antigua's southernmost point. If it is a clear day, you might spot the volcanic island of Montserrat on the horizon. Nearby, you will find Nelson's Dockyard Village, a fully restored 18th-century naval base, where you will enjoy a drink in an historical inn and perhaps browse the museum. A short drive later, you will arrive at Pigeon Point Beach, a lovely stretch of sand where you will spend an hour doing whatever you please. You might swim in the Caribbean, bask in the sun and relax in the shade and gaze out over one of the most idyllic spots on Antigua. While there are no beach chairs or umbrellas available at this public beach, there are naturally shaded areas for those who wish to stay out of the sun. The beach is also equipped with restrooms, changing rooms and freshwater showers.

- See historical attractions and the island's stunning natural beauty.
- Drive through villages with characteristic West Indies-style architecture.
- Pause for a drink at a charming inn at trendy Nelson's Dockyard Village.
- Relax at popular Pigeon Point Beach, passing the time as you see fit.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel if you wish to swim.

This tour includes about 90 minutes of easy to moderate walking and standing with some steps, uneven surfaces and sand to negotiate. While the tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them, only Dow's Hill Fort and Nelson's Dockyard are wheelchair accessible. Those with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Guests taking part in water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## SJH-019 HOP ON HOP OFF SEA TAXI

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$69.00



Date: March 19, 2023 09:30 AM

Sail along Antigua's beautiful coastline on a sleek 52-foot catamaran and enjoy some of the island's most magnificent beaches along the way. While you are certainly welcome to stay on board the entire time, the catamaran will stop on three occasions, allowing you the chance to hop off and relax however you see fit and then hop back on the catamaran for the next adventure. The first stop will be Fort James Beach, where you might stretch out on the sand, take in the views from the hilltop fort and drop by one of the beachfront bars. More entertaining and wonderfully laidback bars and restaurants will await you at Mystic Beach, another idyllic setting with lounge chairs and umbrellas available for short-term rental. Not far away, you will find Dickenson Bay Beach, yet another spectacular stretch of sand along Antigua's picturesque northwest coast. Stay on board, visit all three beaches or only the ones you find most appealing. Your choice.

- Sail a spacious catamaran along the gorgeous northwest coast of Antigua.
- Hop off at all or any of three beaches along the way.
- Relax at the beaches and enjoy the bars and restaurants, if you choose.
- Stay on board the catamaran the entire time, if you prefer.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

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

## SJH-020 BLUE WATERS RESORT BEACH RETREAT

Duration: 6.00 Hrs Tour Price: \$219.00

Retail Price: \$369.00



Date: March 19, 2023 09:30 AM

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

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

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

## SJH-017 CURTAIN BLUFF - 5 STAR DAY PASS

Duration: 6.00 Hrs Tour Price: \$429.00



Date: March 19, 2023 10:00 AM

Spend the day relaxing at Curtain Bluff, a 5-star boutique resort with two spectacular beaches, each with its own personality. Although the guide will always be on hand to offer assistance and suggestions, you will be free to spend the day as you please. The beaches are the resort's biggest draws. The water at Bay Beach is typically calm and clear, which makes it ideal for swimming. It's also the best place for kayaking and sailing a Hobie Cat, as you will have full use of the resort's non-motorized watersports equipment. The waves are larger and more robust at Surf Beach, where you might settle into a hammock between palm trees while the sound of the surf lulls you to sleep. You will also have the opportunity to swim in the lap pool, stretch out on the beach and lie in the shade of a palapa.

- Spend hours doing whatever you please at the 5-star waterfront resort Curtain Bluff.
- Enjoy two separate beaches, each with its own characteristics and appeal.
- Take advantage of the complimentary use of the kayaks, paddle-boats and Hobie Cats.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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

## SJH-013 A TASTE OF ANTIGUA

Duration: 2.25 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 19, 2023 10:15 AM, 01:15 PM

Visit a characteristic rum shack in town, where you will learn about the history of rum distilling on Antigua and sample several varieties of the spirit that will be paired with classic Caribbean dishes. The venue is located on Sir Vivian Richards Street, which is named for the famed cricketer and Antiguan national hero, who was born here. Rum may be just as popular as Sir Vivian, as you will discover by tasting a selection of signature Antiguan rums. All the while, your hosts will entertain you with anecdotes about the role that rum has played on the island throughout history. As a complement to the tasting, you will dine on dishes that may include conch fritters, jerk chicken, fish fingers and crab cakes, all prepared with local ingredients. Don't be shy about asking for the recipes; the hosts will be happy to share them.

- Savor a sampling of Antiguan rums at a local rum shack.
- Hear amusing anecdotes and stories about rum production on Antigua.
- Dine on Antiguan dishes that pair perfectly with your rum samples.
- Bring home the recipes for your favorite Antiguan dishes.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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# Complimentary & Optional Shore Excursions

## SJH-026 ANTIGUA FULL ISLAND HELICOPTER TOUR

Duration: 1.50 Hrs Tour Price: \$199.00



Prices in USD, Per Person

Date: March 19, 2023 10:15 AM, 10:45 AM

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

- Enjoy sweeping views of Antigua from a helicopter with tiered seating and large windows.
- Circumnavigate the entire island and come away with a genuine feel for the lay of the land.
- See historical attractions, pristine beaches, secluded coves and a bird sanctuary.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

## SJH-018 NICOLE'S TABLE

Duration: 4.50 Hrs Tour Price: \$165.00

Retail Price: \$309.00



Date: March 19, 2023 10:45 AM

Help to create a three-course meal of Antiguan cuisine with the chefs at Nicole's Table, a cooking school within the home of master chef Nicole Arthurton Dennis. It won't take long to reach Nicole's Table, as the home overlooks St. John's harbor. Upon arriving, you will settle in with a glass of punch, as the chefs explain how to make the most of your hands-on cooking class. Subject matter typically ranges from cooking with rum to jerk cooking over an open fire or grill. The style of cooking and recipes that you will follow will be determined the day of the excursion, depending on which seasonal ingredients are freshest and most flavorful. As you prepare the meal under the guidance of the chefs, they will offer culinary tips, make sure that you thoroughly understand each step and entertain you with anecdotal stories. The highlight will be dining on your savory concoctions on the outdoor verandah.

- Travel to the home of a revered Antiguan chef for a hands-on cooking class.
- Learn to prepare authentic Antiguan cuisine under the guidance of the chefs.
- Use locally sourced ingredients such as shrimp, ginger and dark rum.
- Sit on a breezy verandah while dining on the dishes that you have prepared.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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

## SJH-012 CATAMARAN SUNSET CRUISE

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 19, 2023 04:00 PM

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

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

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



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# Complimentary & Optional Shore Excursions

## PHILIPSBURG, ST. MAARTEN

Prices in USD, Per Person

### STM-023 Aerial Sky Explorer & 360 Views

Duration: 4.75 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 20, 2023 07:30 AM, 08:30 AM

Get a true lift and amazing St. Maarten views from the new Pirate Sky Ride – a smooth chairlift that climbs to the top of one of the island's highest mountains. It takes 30 scenic and tranquil minutes for your chair to reach the Crow's Nest atop Sentry Hill, one of Sint Maarten's tallest summits at 1,125 feet. Once up here, platforms encircle the mountaintop and showcase 360-degree island views, along with vistas of neighboring Saba, St. Eustatius, St. Barts and Anguilla. On a clear day, you might also see St. Kitts, Nevis and Monserrat. Take some time to savor this amazing high-altitude vantage point, and when ready to descend, simply board a Pirate Sky Ride chair for the gentle trip down the mountain. The Rockland Estate below is a restored 1700s plantation house containing a museum that tells the powerful story of Trace Wilson, born into slavery here in 1818, and depicts plantation life as well as customs and traditions of Sint Maarten. Explore this intriguing venue and perhaps sample a local delicacy or beverage (not included) at the estate restaurant before the 30-minute coach ride back to the pier.

- Travel to the historic Rockland Estate, located 30 scenic minutes by coach from the pier.
- After an orientation at the base, board the Pirate Sky Ride chairlift for a thrilling but gentle ride up to the summit of one St. Maarten's tallest peaks.
- Step off at the platforms up top and admire breathtaking 360-degree vistas of this island and several others often visible across the turquoise surrounding waters.

- When ready, descend on the same chairlift and spend some time exploring the estate below.
- Visit the plantation museum and learn the story of Trace Wilson, born into slavery here in 1818.
- Wear casual, weather-appropriate clothing.
- Securely fastened shoes are a must; flips-flops are not allowed.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is accessible for everyone including disabled guests. This is a non-guided tour and in order to participate, guests are required to sign a waiver.

### STM-024 Aerial Sky Explorer and Flying Dutchman

Duration: 4.75 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: March 20, 2023 07:30 AM, 08:30 AM

Enjoy a gentle, scenic ascent to a St. Maarten mountaintop on the Pirate Sky Ride chairlift, then go flying back down on the Flying Dutchman, world's steepest zip line! It's sure to be any adventure-lovers dream experience. You'll travel by panoramic coach from the pier to the Rockland Estate, a restored 1700s plantation house containing a museum that tells the powerful story of Trace Wilson, born into slavery here in 1818. High above this historic venue is Sentry Hill, one of Sint Maarten's highest elevations at 1,125 feet. You'll take a scenic 30-minute ride up to the summit aboard the slow-moving chairlift, then have time at the top to explore the Crow's Nest platforms that showcase 360-degree island views, along with vistas of neighboring Saba, St. Eustatius, St. Barts and Anguilla – and perhaps even out to St. Kitts, Nevis and Monserrat. But your full-adrenaline thrill awaits: after a brief orientation, you'll be launched down the mountain at speeds up to 56 mph on the world's steepest zip line, attached to a flight line in a secure harnessed chair. The plunge carries you down 1,050 feet in elevation over a 2,800-foot run, in seconds. Afterwards, you'll likely be speechless awhile.

- Travel by coach to the historic Rockland Estate, located 30 scenic minutes from the pier.
- Board the Pirate Sky Ride chairlift for a gentle ride up to the summit of one St. Maarten's tallest peaks.
- Admire incredible 360-degree island vistas from the platforms up top and get your orientation for the thrill ride to come.
- Take a deep breath, then take the adrenaline plunge down the Flying Dutchman zip line to the base.
- After you stop hyperventilating, explore the plantation house before the return drive to the pier.
- Wear casual, weather-appropriate clothing.
- Securely fastened closed toe shoes are a must mandatory; flips-flops are not allowed.
- Bring a hat, sunglasses, sunscreen and courage as needed.

No photo taking allowed on the zipline. This is a non-guided tour and in order to participate, guests are required to sign a waiver.

### STM-031 HORSEBACK RIDING: SCENIC TRAIL & SEA RIDE

Duration: 3.00 Hrs Tour Price: \$0.00



Date: March 20, 2023 08:00 AM

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

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

Participants must be at least 8 years of age and weigh no more than 200 lbs. Weight limit is strictly enforced and no refunds will be given if you exceed the limit at the tour site. Guests 8 to 20 years of age must be accompanied by a parent or guardian. Guests with heart conditions, back or neck injuries and pregnant women are not allowed to participate. Helmets are mandatory and will be provided along with a floatation device for the sea. Dismounting the horses will be from a mounting block with assistance from the guides. Guests are divided into smaller groups of about 6 per guide. No bags are allowed to be taken on the tour – lockers will be provided. A 16oz. bottle of water is included. Due to limited availability, guests are encouraged to book early. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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## STM-027 BEACH RENDEZVOUS

Duration: 5.00 Hrs Tour Price: \$0.00



Prices in USD, Per Person

Date: March 20, 2023 08:15 AM

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

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

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

## STM-032 ULTIMATE ISLAND TOUR & EXPLORER CRUISE

Duration: 4.00 Hrs Tour Price: \$0.00



Date: March 20, 2023 08:15 AM

See extraordinarily photogenic St. Martin on a panoramic drive through the countryside and from a water perspective on a leisurely cruise around Simpson Bay Lagoon. Along the way, you will hear commentary that describes the landmarks and history, such as why the island was divided between the French and the Dutch. During free time in Marigot, the French capital on the northern side of St. Martin, you might browse the boutiques for designer fashions. The three-level West Indies Mall on the waterfront is an excellent place to start shopping. More beautiful vistas await you on the lagoon, which is part French and part Dutch. As you glide through the sheltered waters on a 65-foot double-decker catamaran, you may pass Grand Key, Little Key and the entrance to Mullet Bay Pond. Calypso music and an open bar will make the cruise all the more enjoyable. If time permits, you might shop upon returning to Philipsburg.

- Settle in for panoramic drive through both the Dutch and French sides of St. Martin.
- Spend free time in Marigot, the island's French capital.
- Cruise the sheltered waters of Simpson Bay Lagoon on a double-decker catamaran.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

The tour may operate in reverse order. Some shops in Marigot may be closed on holidays/Sundays. Guests must be able to climb 3 steps to board the coach buses and the Explorer boat. It is available to guests who utilize a collapsible wheelchair and have a companion to assist them. The vessel is fast, stable, and has plenty of shade. our may make separate snorkel and beach stops, and alternative destinations may be used based on weather conditions. Some nudity may be observed. Tour participants taking part in any water activities do so at their own risk and responsibility and will be required to sign a release form before being allowed to take part in any snorkeling activities. Minimum age to participate is 12 years of age.

## STM-001 GOLDEN EAGLE SAILAWAY

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: March 20, 2023 08:30 AM

Surrender to the coastal beauty of St. Maarten during this relaxing snorkeling and beach tour aboard a fully-equipped catamaran. Boarding the 65-foot Golden Eagle from the pier, you'll soon be gliding over turquoise waters – feeling the breeze and scanning the seas for dolphin, flying fish, even enormous whales in season. Time and everyday concerns seem to float away as your comfy cat makes her way to an idyllic white sand beach on the calm side of the island. Here, the Golden Eagle will anchor just off the shore and you'll have a delightful decision to make. With your free time, would you most prefer to explore the island, soak up some sun on the beach, or do some snorkeling in the crystal-clear waters? There are no wrong answers, and your crew will be on hand to provide any assistance needed. If you do decide to enter the water to check out the local marine life, you'll receive safety instructions along with the snorkeling and flotation gear needed for a pleasurable visit. After a time, the Golden Eagle will begin the return cruise to the pier. A light snack and liquid refreshments will be served enroute, accompanied by onboard music.

- Enjoy a relaxing coastal jaunt aboard a 65-foot catamaran, bound for a beautiful St. Maarten beach.
- While on the water, be on the lookout for marine life like dolphin, flying fish or even a whale or two.
- Use your free time while anchored as you please – explore the island, sunbathe or snorkel the clear waters.
- A light snack and refreshments will be served during the return trip, accompanied by onboard music.
- Rely on the Golden Eagle crew for assistance in the water or at any point during the excursion.
- Wear a swimsuit and cover-up; consider waterproof non-slip shoes.
- Bring a hat, sunglasses, sunscreen and a towel from the ship.

This tour is not recommended for wheelchair guest or those with limited mobility or back/neck problems. The tour operates on the French side of the island, where some nudity may be observed. Operation of the vessel and beach selection are subject to weather and sea conditions. On rare occasions, sea conditions may make snorkeling more difficult and those who participate in any water activities do so at their own risk and responsibility. Guests must be able to swim from the catamaran to the beach and may be required to sign a liability waiver in order to participate. Participants may not exceed 300 pounds. Beach chairs and umbrellas are not provided, marine life sightings are not guaranteed, and this tour may not be exclusive to cruise line guests.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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Date: March 20, 2023 08:30 AM

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

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

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

## STM-011 TWO NATION VACATION

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: March 20, 2023 08:30 AM

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

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

Walking on this tour is primarily at guests' discretion during photo stops and free time in Marigot. There are some rough surfaces at the Orient Bay lookout. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

## STM-019 MARIGOT, SCENIC DRIVE & SHOPPING

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$59.00



Date: March 20, 2023 08:30 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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## STM-025 OPEN TOP DOUBLE DECKER

Duration: 3.50 Hrs Tour Price: \$0.00



Prices in USD, Per Person

Date: March 20, 2023 08:30 AM

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

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

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

## STM-029 MAHO BEACH

Duration: 4.50 Hrs Tour Price: \$0.00



Date: March 20, 2023 08:45 AM

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

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

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

## STM-030 ACCESSIBLE SCENIC CITY DRIVE

Duration: 3.00 Hrs Tour Price: \$0.00



Date: March 20, 2023 09:00 AM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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# Complimentary & Optional Shore Excursions

## STM-022 TIKI HUT RELAX & SNORKEL ESCAPE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Prices in USD, Per Person



Date: March 20, 2023 09:15 AM

Orchestrate your ideal escape on a floating mini-resort platform in sheltered Little Bay – where the to-do list is as mellow as it comes. There are plenty of options waiting out here and you can stay as long as you like; shuttles back to the pier leave just about every hour. When you first arrive, a safety and information briefing will leave you fully equipped to map out your freeform tropical agenda for the day. Sunbathe, shade-lounge, noodle-float, or tiki-tipple to your heart's content. When hungry, grab a bite at the thatched hut. When the urge for adventure strikes, practice your snorkeling in an onboard saltwater pool then take the plunge into the calm surrounding waters to see what the marine life is up to today. Discover the sunken helicopter that's now an artificial reef, a few cannons from nearby Fort Amsterdam, and whatever sea turtles, colorful reef fish and graceful eagle rays happen to be in the neighborhood at the moment. Climb back onto the platform and relax again on a deck lounge or under an umbrella. This is a life you could easily get used to.

- Travel by water taxi to spend as much time as you like relaxing on a floating mini-resort in Little Bay.
- Take advantage of the thatched tiki bar and grill, umbrellas and lounge chairs – even a saltwater pool.
- Sunbathe, lounge, swim and snorkel, dine and drink out on this sheltered, floating platform.
- Hop in the surrounding water and encounter a helicopter reef, sunken cannons and plentiful marine life.
- Whenever you can tear yourself away, hop the next hourly water taxi back to the pier and your ship.
- Wear swimwear under a cover-up.
- Flat, comfortable shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship.

Walking on this tour is primarily at guests' discretion. Because the tiki hut is on a floating dock, there is movement; therefore, the tour may not be suitable for those who have mobility concerns or suffer from motion sickness. The tour is available to wheelchair guests who have a collapsible chair and an able-bodied companion to assist them. There is no beach and the waters surrounding the Tiki Hut are 15-20 feet deep. Those who take part in any water activities do so at their own risk and responsibility. Flotation devices and snorkeling equipment are provided.

## STM-013 SOUALIGA HISTORICAL ISLAND TOUR

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 20, 2023 09:30 AM

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

- Travel by coach to explore two contrastingly attractive aspects of French Saint-Martin.
- Take a walk inside a free-flight greenhouse at the Butterfly Farm, where winged residents of every color in the rainbow flutter by.
- Enjoy free time in stylish Marigot, the French capital, where the boutiques are duty-free and the bistros and fritter stands are delicious.
- Back on the Dutch side, gaze down on the Philipsburg – and out over the Caribbean – from a hilltop lookout.
- Wear light, casual clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of easy-to-moderate walking over mostly even surfaces, plus any additional walking at guests' discretion during free time and Harold Jack Hill stop. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

## STM-021 SEA TREK ST. MAARTEN HELMET DIVE

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: March 20, 2023 10:00 AM

Make like a lobster and go for a walk along the ocean floor wearing a dive helmet that keeps your head and face completely dry as you observe the wonders underwater. It's easy, fun, comfortable, and you can even keep your glasses on. The trick is Sea Trek's specially designed helmet and breathing tube; you'll learn all about it once you reach their floating platform by water taxi. A brief orientation is all you'll need to be ready for your helmet dive... well, stroll. Geared up and psyched up, you'll begin your effortless walk along the ocean floor at depths up to 20 feet, with your guide pointing out sights around you. Things you might encounter include a sunken submarine, an ancient encrusted cannon and a statue of King Neptune. Of course, marine life is ever on the move, so you never know who might swim by – maybe sea turtles, schools of blue tangs, eagle rays, French grunts, colorful parrotfish. The waters of St. Maarten teem with curious marine creatures. After your helmet session, you can continue your underwater exploring by snorkel, or simply bask in the sun on the Sea Trek platform before returning to the pier.

- Travel by water taxi to the Sea Trek floating platform, where you'll be oriented on helmet diving.
- Forget you're a land animal for a while and go for a relaxed underwater walk along the ocean floor.
- Wearing a clear helmet connected to a breathing tube, you'll walk and sightsee underwater with your face and head unobstructed and dry.
- Your UW guide will point out sights while down below, and marine life will swim by in accord with its own natural rhythms.
- See a photo of yourself helmet diving, taken below and available for purchase back on the platform.
- Wear swimwear under a cover-up.
- Flat, comfortable shoes are recommended; water shoes and snorkel equipment are provided.
- Bring a hat, sunglasses and sunscreen, and a towel from the ship.

Walking on this tour is mainly on the sea floor and at guests' discretion after the helmet dive. Participants will have to climb a 20' ladder. The tour is not available to wheelchair guests or those with mobility concerns, who have had recent heart surgery, have a pace maker, or suffer from epilepsy, severe asthma or diabetes. The tour is not considered suitable for women beyond their first trimester of pregnancy. The minimum age to participate is 8 years old and children under 18 must be accompanied by an adult parent or guardian. SeaTrek will take underwater photos that are available for purchase and loaded onto a USB device. There's a 5% surcharge for credit cards.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## STM-015 ATV ADVENTURE

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Prices in USD, Per Person

Date: March 20, 2023 10:30 AM

Hop onto an All Terrain Vehicle for an exhilarating off-road outing into less-traveled parts of Saint Martin, from lush green fields to gorgeous turquoise and white beaches. Departing from the pier, your guided convoy of two-seaters will soon be zipping along through the St. Maarten landscape. These nimble ATVs perform true to their name, and that's good – because stops made and terrain seen will vary immensely as you work your way around the island, on and off its roads. Among the tour highlights is a visit to Harold Jack Lookout Point, where you'll have a chance to photograph the spectacular scenery. Another top experience will be your visit to legendary Maho Beach where you'll have the opportunity to take a dip in the gin-clear, typically calm waters. After a time, you'll head out along a scenic coastal route toward where you started in Philipsburg.

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

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

## STM-026 HISTORIC PHILIPSBURG BY TROLLEY TRAIN

Duration: 2.00 Hrs Tour Price: \$0.00



Date: March 20, 2023 08:30 AM, 12:30 PM

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

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

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



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## General Information

# Complimentary & Optional Shore Excursions

### What is Included?

Prices in USD, Per Person

#### 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.

# Complimentary & Optional Shore Excursions

Prices in USD, Per Person

## **IMPORTANT INFORMATION**

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

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

## **NOTICE:**

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