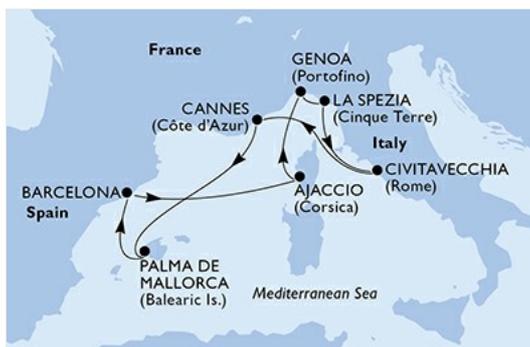




MSC

EXCURSIONS

Discoveries designed for you



Cruise : **MEDITERRANEAN**
Italy, France, Spain

Cruise Ship: **MSC SEAVIEW**

Departing from: **Civitavecchia, Italy**

Itineraries: **Cannes, Palma de Mallorca, Barcelona, Ajaccio, Genoa, La Spezia**

Departure Date: **17/04/2019**

Duration: **8 Days, 7 Nights**

Cannes

Thu 18 April 2019

CITY TOUR

CANNES & ST. RAPHAEL - CEQ02

Duration
4 h



Spend a few hours off the ship exploring the sophisticated seaside town of Cannes and the resort of St. Raphael on the glorious French Riviera. Your first stop after boarding the coach will be Cannes itself, host of the annual Cannes Film Festival and a thoroughly captivating resort that you will then have time to explore at your leisure. Immerse yourself in living history as you amble through the lovely old town, enjoy the view from the castle ruins, check out the yachts moored in the harbour and follow in the footsteps of the jet set as you stroll down the sartorial La Croisette, Cannes famous seafront promenade. Further highlights include the towns many luxury hotels, high-end boutiques and the wonderful Marché Forville market. The next leg of the tour will then see you re-board your coach and head for St. Raphael, an attractive seaside resort popular among artists, sportspeople and politicians seeking relaxation. You will have some free time to spend in town and discover its hidden treasures before the coach returns you to Cannes and your ship. Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made.

CANNES, CAP DANTIBES & ANTIBES - CEQ09

Duration
6:30 h

Apart from the glorious weather and beautiful blue of the Mediterranean Sea, numerous upscale resorts and a highly varied coastline all go to make the south of France so appealing. After a coach-based look at Cannes, the first destination on this entertaining tour is the town of Antibes, situated in between Cannes and Nice on the Côte d'Azur. Places of interest in the superbly preserved medieval town include its cathedral, the 17th-century Château Grimaldi, the Picasso Museum and Port Vauban, now a marina much famed for its numerous high-end yachts and as the playground of billionaires. After leaving town, you'll make your way to the promontory known as Cap d'Antibes, once of strategic military importance and now home to a Napoleonic museum, an archaeological museum and fortified bastions. The spot also affords great views of the surrounding coastline so do keep your camera at hand. Finally, you'll return to Cannes for time to explore on your own before you return to the ship. Please note: all visits are external.

THE PRINCIPALITY OF MONACO & ÈZE - CEQ10

Duration
6 h



Take yourself off the ship for several hours, hop on a coach at the pier and first set off for the lovely Principality of Monaco and Monte Carlo, its largest city. After a photo stop at the Rock of Monaco, you will continue on foot along a pleasant route to reach the old quarter of Monaco. The guided uphill walk will take you down narrow lanes and past the Oceanographic Museum, the cathedral where Princess Grace and Prince Rainier III are interred as well as the royal palace itself. You will also catch glimpses of Monte Carlo's well-known casino, which sits adjacent to the no less famous Hotel de Paris. Some free time to spend in Monte Carlo as you wish will then be yours, after which the coach will take you to the picturesque town of Èze, situated just a little inland from the coast, along the scenic Moyenne Corniche road. Apart from bags of medieval charm, Èze is also home to the Fragonard perfume factory, which forms the next stop on the itinerary. The guided tour of the facility will inform you about the fine art of perfume making and give you a chance to purchase fragrance samples if you wish. The tour then draws to a close with your return to the ship. Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made. The tour does not include an internal viewing of or admission to the Casino.

THE PRINCIPALITY OF MONACO & NICE - CEQ11

 **Duration**
6 h



Make a triple date with Monaco, Monte Carlo and Nice on this extended half-day outing, which begins with a coach ride to the principality and its largest city. On arrival at the Rock of Monaco, you will set off on a guided uphill walk down narrow alleys on a route that will take you past the Oceanographic Museum, the cathedral where the remains of Princess Grace and Prince Rainier III are buried and the fairy-tale palace. Also, watch out for glimpses of Monte Carlos iconic casino, situated right next to the fabulous Hotel de Paris. You will then have some time to spend on your own in Monte Carlo before re-boarding the coach and heading for Nice, taking the scenic Moyenne Corniche road on the way. Included in the drive-by roundup of all that's nice in Nice are the elegant Promenade des Anglais, the legendary Negresco Hotel with its richly adorned, stark white rococo façade, palm-lined boulevards and the Russian Orthodox Cathedral with its characteristic onion-domes and brightly coloured ceramics. A relaxing coach ride back to the ship then concludes the tour. Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made. The tour does not include an internal viewing of or admission to the Casino.

SOMETHING SPECIAL

THE PRINCIPALITY OF MONACO ON YOUR OWN & FRAGONARD FACTORY AT ÈZE - CEQ12

 **Duration**
6 h



Independent travellers, individualists and anyone who simply likes to explore at their own pace will be well served on this appealing outing, which gives you an opportunity to visit both the Principality of Monaco and the small hilltop town of Èze for a guided tour of the famous Fragonard perfume factory. Decide your personal itinerary but suggested visits during your free time may be the late 19th-century Place du Casino, the Garnier-designed Grand Casino, the sophisticated Hotel de Paris and the elegant Café de Paris, to name but a few. However, perhaps the Rock of Monaco will be more your thing, or a stroll through the picturesque old town or even visits to Monaco Cathedral, the Oceanographic Museum or the Aquarium. At the appointed time, you will then re-board the coach to reach the medieval town of Èze, home to the Fragonard perfume factory. The guided look around the facility will familiarise you with the secrets of perfume making and let you buy perfume samples before the coach returns you to the ship again. Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made. Monte Carlo is located in the Principality of Monaco, 10-minute walking time from Monaco. The coaches may park either at Monte Carlo or in Monaco.

Palma de Mallorca

Fri 19 April 2019

CITY TOUR

CITY TOUR - PMI01



Duration
4 h

Sightseeing tour of Palma with a photo opportunity at Bellver Castle, a historic Gothic fortress. You will have free time in the Barrio Gótico (Gothic Quarter) with a visit inside the Gothic Cathedral, built in 1230 on the foundations of an ancient mosque. Spanish traditions are kept alive at the Plaza de Toros where bullfighting events still take place whilst another Majorcan tradition, the creation of imitation pearls, can be witnessed at the pearl factory next door. Majorca pearls have been made on the island since the XIX century and are renowned worldwide for their quality; only experts can tell them apart from real pearls. Please note: only cameras without a flash allowed inside the Cathedral. Conservative attire recommended for visiting sites of religious importance. If the Cathedral is closed on public holidays or during special events, the visit will be external. Conservative attire recommended for visiting sites of religious importance. This tour is considered to be unsuitable for guests using a wheelchair or with walking difficulties. There are some steps inside the bullring and approx. 100 steps to have access to the Cathedral from the coach parking.

NATURAL WONDERS

DRAGONS CAVES & PEARL FACTORY - PMI02



Duration
4:30 h

Speleology is the study of caves and all those with a keen interest in geology and natural phenomena will be bowled over by what is one of the worlds most interesting cave complexes created by the erosion of the sea. At 2 km long, the caves feature a series of lakes, including Martel Lake, the biggest underground lake on Earth. The atmospheric mood will be heightened by a memorable concert staged on small boats. Back above ground, we will have time to visit the Pearl Factory before returning to the ship. Please note: the visit to the Caves is along steps and slippery ground so this tour is not suitable for guests with walking difficulties or using a wheelchair or who are claustrophobic. The visit inside the caves is unguided. The stop at the Pearl Factory will be in Manacor from November to February inclusive and at Porto Cristo from March to October inclusive.

SCENIC ROUTE

SÓLLER AND VINTAGE TRAIN RIDE - PMI28



Duration
4 h

A scenic coach ride, a vintage train and a valley town are all things you will get to experience on this enjoyable half-day tour, which begins with a 1.5-hour drive from Palma to Sóller. Beautifully situated in a bowl-shaped valley with a mountainous backdrop, this bustling town is particularly noted for its lovely buildings constructed by former emigrants returning from France and the Church of Saint Bartholomew. Directly adjacent to this church stands the Banco de Sóller, constructed in Modernisme style in 1912 and designed by the architect and former Gaudí pupil, Joan Rubió i Bellver. And Sóller also boasts two vintage modes of public transport, the first of which is the wonderfully quaint Tranvía de Sóller tramline that has linked the valley town with the nearby Port of Sóller since 1913. The second of these and your ride for the first hour of the route home is the equally old-fashioned electric narrow-gauge Ferrocarril de Sóller train. Have your camera poised to capture gorgeous views during the ride, which includes viaducts, several tunnels and the most glorious orange groves. You will be getting off at the Son Reus station, where a coach will be waiting for the final part of the pleasant journey back to the port and your ship. Please note: the order of the tour may be reversed to accommodate train availability. This tour is not suitable for guests with mobility problems or using a wheelchair. The train ride may take place at the beginning or at the end of excursion. The tour does not include the ride on the Tranvía de Sóller.

Barcelona

Sat 20 April 2019

PANORAMIC TOUR & SHOPPING - BCN02



Duration
4 h

The fabulous city of Barcelona is well worth a visit and this whistle-stop tour will take you to see the key sights during an enjoyable half day off the ship. Upon leaving the port, your tour begins with a drive through Barcelona's main streets and squares. A short stop will be made at Montjuich Hill to take in the superb view over the city before moving on for a brief external viewing of the Sagrada Família, Gaudí's striking yet unfinished neo-Gothic masterpiece. There will also be time to pass by the impressive Barcelona Cathedral, which was built from the end of the 13th until into the 15th century, before taking you to go shopping in the Plaça de Catalunya, a large square in central Barcelona that is ideal for a little retail therapy. Please note: on public holidays or on Sunday afternoon, the shopping stop will be at the La Rambla. Guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made.

 *Wheelchair and disabled-friendly tour* Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.

PANORAMIC CITY TOUR & NOU CAMP STADIUM - BCN05



Duration
3:30 h

Thanks to the sheer scale of its impressive architecture, Barcelonas Camp Nou Stadium one of the worlds most famous football temples and the largest stadium in all of Europe with a capacity to seat nearly 100,000 people is a fascinating destination, whether you are a soccer fan or not. Apart from hosting numerous key UEFA matches throughout the years, the stadium has also been used to stage other events, including concerts given by such major pop artists as Sting, Bruce Springsteen, Peter Gabriel, Tracy Chapman or U2. In 1982, Pope John Paul II even celebrated mass at the stadium, on which occasion he was made an honorary citizen of Barcelona. Your tour begins with a drive-by sightseeing tour past Gaudí's Sagrada Família, a minor basilica, and up Montjuich Hill before arriving at Camp Nou Stadium. Please note: the feasibility of the tour is subject to the schedule of the football club and then the stadium could be closed with very short notice; for this reason the tour could be cancelled even the day before our call for reasons beyond MSCs control. The visit to the stadium includes walking upstairs and downstairs and is not suitable for guests with walking difficulties or using a wheelchair. This excursion is not available on calls falling on a Sunday afternoon. This tour is not available on MSC Armonia call on 13.04.2016.

SOMETHING SPECIAL

FLAMENCO SHOW - BCN10



Duration
4 h

This tour lets you simply sit back and relax on the coach while you enjoy drive-by viewings of Barcelonas main sights, including the magnificent Passeig de Gràcia and Gaudí's unfinished masterpiece, the Sagrada Família, which was consecrated as a minor basilica by the Pope in 2010. Continuing up to Montjuich Hill, you can enjoy breathtaking views of the city below and after a photo stop, head for Poble Espanyol, a unique open-air architectural museum situated on the hill. The museum was originally built for the Barcelona International Exhibition in 1929 with the aim of mimicking a townscape that would reflect the architecture, style and culture typical of various Spanish regions in a single place. A 30-minute flamenco show accompanied by a fruity sangria punch rounds off your tour.

CULTURE AND HISTORY

THE WORLD OF GAUDÍ: COLÒNIA GÜELL, SAGRADA FAMÍLIA & TAPAS CULINARY EXPERIENCE - BCN31



Duration
7 h

While Barcelona is undoubtedly one of the best cities to view the works of master architect, Antoni Gaudí, it is certainly not the only place you can find his fabulous creations. Once such place is a stones throw from Santa Coloma de Cervelló, just a short drive from Barcelona. This is where Gaudí's Church of Colònia Güell stands as part of the larger Colònia Güell complex, founded by the Catalan industrialist, Eusebi Güell, at the end of the 19th century. Despite only the crypt ever being completed, the church is noted for its spacious feel as well as structural features like slanted columns and building materials including basalt rock and mosaics. Moreover, as it is one of the least frequented of Gaudí's works, you will get to visit without the usual crowds. The drive back to Barcelona will then take you down Avinguda Diagonal, a major thoroughfare that bisects the city, to reach Gaudí's masterpiece, the Sagrada Família. Following an approx. 10-minute walk from the parking lot, your guide will tell you all about this hugely ambitious project as you walk around. After lunch in a restaurant on Passeig de Gràcia, you will get to walk down the super-elegant boulevard to catch outside views of further Gaudí highlights like Casa Batlló and Casa Milà. To round off your experience, some free time will also be yours to spend near Barcelonas main square, Plaça de Catalunya, before you return to your ship. Please note: this tour is not suitable for guests with walking difficulties or using a wheelchair.

SCENIC ROUTE
BARCELONA SIGHTS, AQUARIUM & SHOPPING - BCN36


This family-friendly tour offers half a day of seeing the best city sights, but without putting the usual strain on your feet since you will mostly be comfortably seated on a modern coach. The tour begins at Barcelonas Columbus monument, situated at one end of La Rambla Avenue. You'll then head down the equally magnificent Passeig de Gràcia boulevard before continuing your sightseeing with more attractions on the list including the Sagrada Família, Casa Milà and Casa Batlló, all designed by Antoni Gaudí: your guide will call attention to them as you pass by. After passing through the Olympic ring, splendid views of the city follow from Montjuïc hill, where a short photo stop is scheduled. You will then move on to the Port Vell district to visit Barcelona Aquarium, a huge facility that supports around 11,000 animals representing 450 species of marine wildlife. Be sure to check out the shark tunnel and tanks with rays and other large fish during your unguided visit, after which you'll still have time to do some shopping at the co-located Maremàgnum shopping mall. The tour then wraps up with your return to the ship. Please note: this tour is partly guided; the entrance ticket to the Aquarium is included but guests will explore the site on their own. Guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made.

 *Wheelchair and disabled-friendly tour* Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.

CULTURE AND HISTORY
HIGHLIGHTS OF BARCELONA, MONTSERRAT & WINE TASTING - BCN37


Highlights of Barcelona, Montserrat & Wine Tasting

SCENIC ROUTE
BARCELONA SIGHTSEEING (ENDS AT THE AIRPORT) - BCN41D


End your cruise on a high note by taking this opportunity to touch base with the fascinating city of Barcelona before you catch your flight at El Prat International Airport. You'll be able to relax on board a modern coach while the sights of Barcelona are paraded past your eyes. The route will take you past the Passeig de Gràcia boulevard, Gaudí's unfinished Sagrada Família and Plaça de Catalunya in the centre of town. Then, heading out of town, you'll reach Montjuïc Hill for a photo stop to enjoy incredible views of Barcelona. Returning to the city again, you'll then get to stretch your legs on a guided walk through the old Barri Gòtic and also have some free time to spend on your own. The tour ultimately draws to a close with your transfer to El Prat International Airport. Please note: the tour is only for guests disembarking in Barcelona whose flight is scheduled after 17:00 hours. The duration of the tour also includes the time for transfer to the airport. This tour is not recommended for guests using a wheelchair or with walking difficulties.

CULTURE AND HISTORY
GIRONA, FIGUERES & DALÍ MUSEUM - BCN42


An entertaining day of cultural sightseeing awaits you here, starting with a 1.5-hour coach ride to the historical city of Girona. You'll head for the excellently preserved Jewish quarter for an external look at the Isaac el Cec Jewish Centre, the site of 12th-century Romanesque baths, also called the Arab Baths due to their Moorish appearance. Moving on again, you'll then head for the town of Figueres, the birthplace of Salvador Dalí. Once in town, you'll first have time to get lunch on your own, after which you'll pay the fascinating Dalí Theatre and Museum a visit. The museum incorporates the building that housed the town's theatre during Dalí's childhood and is also the place where one of the young artist's first public exhibitions was staged. Apart from giving you a chance to view a huge collection of Dalí works, including 3D installations like the Rainy Taxi and the anamorphic room the Sala Mae West in which the face of Mae West is revealed when viewed from a certain angle, the museum is also Dalí's final resting place with the crypt located under the stage. The tour then wraps up with your return to Barcelona and your ship. Please note: this tour is not recommended for guests with walking difficulties or using a wheelchair.

GAUDIS EXPERIENCE - BCN45

 **Duration**
4 h



Do not miss your chance to immerse yourself in the fascinating world and works of Barcelonas premiere architect: the world-famous Antoni Gaudí. After leaving the port, your tour will take you down the beautiful Passeig de Gràcia avenue for an outside view of Casa Batlló, a flamboyant building that is covered in thousands of multi-coloured tiles. Up next is Casa Milà, a UNESCO World Heritage Site, for another exterior visit, followed by the Park Güell, a garden complex and one of Barcelonas key tourist attractions due to its remarkable, sinuous buildings, stunning mosaics and ceramic-covered benches. The excursion also includes time to visit inside Gaudís unfinished neo-Gothic masterpiece, the Sagrada Família. Your tour ends with a scenic return drive to the port. Please note: this tour is not recommended for guests with walking difficulties.

SOMETHING SPECIAL

FLAVOURS OF BARCELONA: TAPAS, JAMÓN & CITY METRO - BCN49

 **Duration**
6:30 h



Live and direct is how youll experience Barcelona on this appealing city tour and youll do it by taking the underground. First meet your guide and take a shuttle to the drop-off point in town. Then continue by underground for an outside look at the yet unfinished Sagrada Família, visionary brainchild of architect Antoni Gaudí, and some time to spend as you please. Back on the underground again, youll head for Plaza Universidad in the city centre for a stroll down the bustling Las Ramblas avenue. Next up is free time to look around the produce-laden Boqueria market, about which information will be provided before you enter individually. Then, get ready for your jamón experience at Moniberic and sample three kinds of jamón and enjoy a drink. A stroll through the historical Barri Gòtic to the El Born district for tapas then follows, after which youll catch the shuttle back to the ship. Please note: the tour involves extensive periods of walking and standing; it is not recommended for guests with walking difficulties or using a wheelchair.

ACTIVE & ADVENTURE

CYCLING TOUR OF BARCELONA - BCNBK1

 **Duration**
5 h



Get up close and personal with the streets and iconic sights of Barcelona, from the saddle of a bike. As you follow your guide around the citys network of cycle paths, youll find its a really relaxed way of exploring. Cycle up Mount Montjuic to check out the Olympic Stadium, enjoy great views of the harbour and Montjuic castle, marvel at Antoni Gaudís unfinished masterpiece, the immense Sagrada Família, and trundle past quirky boutiques, antique shops and tiny tapas bars in the citys Gothic Quarter. Cycle to the Museum of Art, and past the Olympic Harbour, and see the Statue of Columbus, the Arc de Triumph and Gaudís wave-shaped Casa Mila townhouse. Youll also visit Las Ramblas, the famous boulevard buzzing with flower sellers, street artists and buskers, and therell be time for a refuelling stop at a tapas or seafood bar along the way too. Guests will cycle for a total of 17 km. Children are allowed to take part in this tour provided their height is 155 cm. A declaration of agreement must be signed by an adult with parental authority for children before authorisation can be given for such guests to take part.

BEST OF BARCELONA ON TWO WHEELS - BCNBK2

 **Duration**
6 h



Tour the iconic sights of Barcelona on a pedelec, a bicycle with a small electric motor that assists you up to 25 km/h while pedalling. As you follow your guide around the citys network of cycle paths, youll find its a really relaxed way of exploring. Cycle up Mount Montjuic to check out the Olympic Stadium, enjoy great views of the harbour and Montjuic Castle, marvel at the immense Sagrada Família, and trundle past quirky boutiques, antique shops and tiny tapas bars in the citys Gothic Quarter. Cycle to the Museum of Art, and past the Olympic Harbour, and see the Statue of Columbus, the Arc de Triumph and Gaudís wave-shaped Casa Mila townhouse. Youll also visit Las Ramblas, the famous boulevard buzzing with flower sellers, street artists and buskers, and therell be time for a refuelling stop at a tapas or seafood bar along the way too. Please note: guests will cycle for a total of 25 km. Children are allowed to take part in this tour provided their height is 155 cm. A declaration of agreement must be signed by an adult with parental authority for children before authorisation can be given for such guests to take part.

Ajaccio

Sun 21 April 2019

CITY TOUR

CITY TOUR - AJA01



Duration
3 h

Explore the most attractive areas of this lovely old town, founded by the Genoese in 1492. Ajaccio is best known for being the home of Napoleon Bonaparte who was born here in 1769; there is no street or building in town that does not pay testament to his life. Visit the lush Casone Gardens, one of the towns many green areas and stop at Parata to admire the view over the Bloody Islands, a small group of islets dotted with guard towers. Our trip also includes a tour of Ajaccios historic district. Please note: the visit of the historical part includes a walk on uneven ground; we advise to wear comfortable shoes. In case of religious events, the Cathedral may close. This tour is not suitable for guests with walking difficulties or using a wheelchair.

NATURAL WONDERS

TORTOISES PROTECTION CENTRE - AJA04



Duration
3:30 h

The A Cupulatta Tortoise Protection Centre, the only one of its kind in the whole of Europe, is an ideal destination for families and nature lovers alike. Take advantage of this unique opportunity to see around 3,000 tortoises and turtles that live in these spacious, 2.5-hectare parklands. The number is set to rise even further in the future if the parks breeding programme continues to bear fruit. Opened to the public in 1998, the park has proved to be a popular tourist attraction. The 170 different species of tortoise and turtle that call the park their home are sure to delight and fascinate in equal measure. Watch out for the cutest of the parks inhabitants: baby tortoises and turtles measuring only a few centimetres in length. You can purchase mementos in the parks souvenir shop before your tortoise tour ends with your return to the port and your ship. Please note: as the tour involves about 1.5-2 hours of walking on uneven and rough ground, including some steps; not recommended for guests with walking difficulties or using a wheelchair. Comfortable shoes and a hat recommended.

SIGHTSEEING TOUR AROUND VIZZAVONA FOREST - AJA05



Duration
3:30 h

Corsica is renowned for its natural beauty, so why not join this excursion and experience this wild and rugged island at its best. We will head inland, through the unspoilt splendour of the forests and the mountains. As we leave the coast, the scent of the maquis, the typical Corsican shrubland composed of a variety of sweet-smelling plants such as lavender, myrtle, cyclamen and wild mint, replaces the fresh sea air. You will travel through Bocognano, set on a plateau amidst a chestnut forest. The sturdy grey houses of this town provide a welcome respite from the summer heat and make this a popular summer destination for Ajaccians. The road then winds northwards for 6 km to the Col de Vizzavona, a forest of beech and laricio pines and one of the best hiking spots in Corsica. We will enjoy a little free time in this tranquil shady spot before driving back by the same road to Ajaccio. Please note: this tour is not suitable for guests suffering from vertigo or using a wheelchair. Due to different climatic zone on the mountain, we suggest to bring a warm jacket.

DISCOVER THE CALANQUES - AJA08



Duration
5 h

This half-day outing of scenic beauty begins when you board a coach at the port to head north and up through the mountains, where marvellous photo opportunities of the Sagone Gulf and the sea await you at the San Bastiano Pass. You'll continue climbing until you reach the majestic Monte Cinto, which presides over the landscape at an elevation of around 2,700 m/8,850 ft.. You'll also pass villages and resorts that pepper Liscia Bay en route to the picturesque village of Cargèse, which was founded by the descendants of Greek immigrants to Corsica towards the end of the 18th century. A short stop at the village will give you time to admire both churches - one Catholic, one Greek Orthodox - after which you'll move on again to the breathtaking Calanques de Piana. The rugged inlet, sculpted out of red granite by wind and water, features a little pathway that you'll follow for a chance to see rock formations bearing such evocative names as the Lovers Hearts, the Bishop on the Throne, the Eagle and the Dogs Head. After the visit, your return journey brings the tour to a close. Please note: this tour is not recommended for guests with limited mobility, using a wheelchair or suffering from motion (road) sickness.



MSC

EXCURSIONS

Discoveries designed for you

SOMETHING SPECIAL

CORSICAN FLAVORS - AJA09

 **Duration**
4 h



A delight for the senses, this tour allows you to enjoy the delightful flavors and aromas of some of Corsica's finest products. Leave the port and reach your first destination: a local wine cave where you will have the opportunity to sample some of the local wines and tasty treats. Your next stop will be at the fragrant essential oil distillery. Plants grow naturally on Corsican maquis and are distilled here: their essential oils are used for both medicinal and fragrance purposes. This fascinating tour will enlighten you to the many uses of the local plants and their importance within the perfume industry. A visit to a Miellerie (honey bee farm) is next and allows you to taste some delicious, local honey and hear about the farm's other wonderful honey-based products. Finally, a scenic coach drive will take you back to Ajaccio and to your cruise ship. Please note: this tour is not recommended for guests using a wheelchair.

VIEWS OF CORSICA BY HELICOPTER - AJA10

 **Duration**
1:10 h



Take yourself off the ship and instead to the skies to soak up views of Corsica from a truly unique aerial perspective: in a helicopter! A 20-minute drive will first see you reach the helicopter pad for an initial briefing. The approximately 20-minute flight will then take you over the beautiful landscape of Corsica, a place the Greeks once called Kalliste, the Island of Beauty. Among others, the route will take you over both the Prunelli Gorges and the green interior of the island with every minute on board delivering camera-worthy views for you to savour. Once you're back on terra firma, the transfer back to the ship brings the outing to a close. Please note: this tour is not suitable for guests using a wheelchair or who suffer from vertigo, claustrophobia or back problems. The tour may be cancelled if inclement weather prevails on the day of the call. Each flight has a maximum capacity of 5 guests.

NATURAL WONDERS

LA PARATA & THE SANGUINARIE ISLANDS - AJA12

 **Duration**
4 h



La Parata & The Sanguinarie Islands

Genoa

Mon 22 April 2019

SCENIC ROUTE

PORTOFINO - GOA01T



This tour is rich in scenery and offers a chance to enjoy this lush section of the Italian Riviera. The tour begins with a with a 45-minute coach ride to Santa Margherita Ligure before a 10-minute boat ride to Portofino. Here we will have time at leisure to explore this delightful seaside town, to take pictures or relax in the chic cafés. We will continue by boat to Santa Margherita, from where we will return to Genoa and to the ship. Please note: this tour is available only in April and October and only for guests in transit in Genoa port. The feasibility of the tour depends on weather conditions; have it reconfirmed during your cruise. In case of bad weather the transfer from Santa Margherita to Portofino and vice versa will take place by minibus. This tour is not suitable for guests with walking difficulties or using a wheelchair.

SOMETHING SPECIAL

AQUARIUM - GOA02T



Take the family on this funny excursion to the popular Genoa Aquarium; a quick ferry transfer takes us to what is reputed to be one of Europe's best aquariums, renowned for its size and vast variety of marine creatures. As one of the most natural and environmentally friendly aquariums in the world, everyone will enjoy the collections of multi-coloured tropical fish, sharks, natural corals, penguins and dolphins. After you will have a quick boat trip back to the ship. Please note: this tour is only for guests in transit in Genoa port. No guided visit inside the Aquarium; only cameras without a flash allowed. The Aquarium is wheelchair-friendly; guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the ferry and that wheelchairs must be collapsible/foldable since ferries have neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made.

CULTURE AND HISTORY

HISTORICAL CENTRE - GOA03T



A short ferry transfer takes you to Piazza Caricamento for a pleasant walk through Genoa's historic town centre. We will wander the charming narrow streets known as carruggi to reach Piazza de Ferrari, the commercial heart of Genoa, where we will admire Palazzo Ducale (external visit only). You will visit the Cisterne del Ducale where a light buffet made of bruschetta and focaccia, typical to Genoa, awaits you. Your tour will continue with external views of the Cathedral of San Lorenzo. Free time in the old port before returning to the port. Please note: this tour is only for guests in transit in Genoa port and is not suitable for those who use a wheelchair. This tour includes extensive periods of walking (approx. 2.5 hours) and the boat has no ramps or lifts.

SOMETHING SPECIAL

SIGHTSEEING ON OPEN BUS & AQUARIUM - GOA06T



Enjoy a panoramic tour of Genoa while sitting comfortably on an open bus and admire the main squares and streets of this lively city. You will discover the elegant 16th century district of Via Garibaldi, the imposing Piazza de Ferrari area with the Ducal Palace. You will also pass by the Carlo Felice Theatre and the Columbus house and along the fashion street, Via Roma, with the most elegant Italian brands. During your tour on the bus, multilingual commentary is provided. Next stop will be the Aquarium whose visit is included in the tour, an opportunity to admire on your own a vast variety of marine creatures, coloured tropical fishes, sharks, corals, penguins and dolphins. At the end the visit, no rush to return to the ship. Passengers will take their time to enjoy the town and return by shuttle bus departing every 30 minutes from the Aquarium drop on. Please note: this tour is only for guests in transit in Genoa port. No guided visit inside the Aquarium; only photos without a flash allowed during the visit. This tour is not suitable for guests using a wheelchair and can be booked only during your cruise.



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EXCURSIONS

Discoveries designed for you

ACTIVE & ADVENTURE

DISCOVER GENOA BY SEGWAY - GOA14T



Duration
2:30 h

Short but sweet, this entertaining tour takes you off the ship to discover the city of Genoa by Segway, a great means of transport that's not only fun and very green, but also makes for leisurely urban exploration without having to get footsore in the process. Your guided roundup of Genoa's main sights takes you through the town's historical centre and includes views of the 13th- to 16th-century Doges Palace, the birthplace of Christopher Columbus and Porta Soprana, the best known section of Genoa's remaining city walls. Your Segway tour then rolls to a close with your return to the ship. Please note: this tour is not suitable for guests with mobility problems, pregnant women and guests whose weight is less than 45 kilos or more than 117 kilos. The minimum age required to drive the Segway is 16 years old; all guests aged 6/15 can participate in this excursion but will share the Segway with an adult on condition the guests' total weight does not exceed 117 kilos. Guests have to sign a release act in order to take part in the tour. Assistance throughout the tour only in English and Italian.

SOMETHING SPECIAL

GENOA & PALAZZO DEL PRINCIPE - GOA16T



Duration
3:15 h

Just a few hours of your time is all it takes to get the best of Genoa, beginning with a short walk from the port to your first stop: the truly resplendent 16th-century Palazzo del Principe. You will have a chance to explore the historical building with its frescoes, tapestries, artwork by old masters and other hidden treasures during the guided visit. A private coach will then whisk you off on a non-stop drive around Genoa, taking in such sights as the port district, Genoa's famed aquarium, the Fiera del Mare indoor arena and the expo complex. After passing through Albaro, a district once favoured by the aristocracy, you will move on to the city centre. Look forward to views of the monuments on Victoria Square, the lawns displaying Columbus caravels in flowers, the main Via XX Settembre and bridge, Piazza de Ferrari and Columbus House and proceed to Piazza Caricamento. Time to stretch your legs follows during a short walk with outside views of the Doges Palace, St. Lawrence's Cathedral and St. George's Palace to enjoy. After some free time, the tour ends with a short boat trip back to the ship. Please note: this tour is only for guests in transit in Genoa port and is not suitable for guests using a wheelchair.

SCENIC ROUTE

GENOA PANORAMIC TOUR - GOA18T



Duration
3:15 h

Thanks to its illustrious past and collection of ornate buildings, Genoa also goes by the name of La Superba Italian for The Proud One and it is this civic beauty you'll be exploring on this leisurely sightseeing tour. Your guided coach tour begins at the port and takes you past such historical buildings as Columbus birthplace and the 13th-century Palazzo San Giorgio, then continues down the seafront Corso Italia to reach the picturesque Boccadasse district. You'll have some free time to spend in this pretty harbour, flanked by the colourful houses of the resident fishing folk. When you move on again, you'll pass through the residential neighbourhood of Albaro and catch glimpses of Piazza Tommaseo and Piazza Vittoria as you head for the historical Piazza de Ferrari, Genoa's main square. Another break is scheduled here for you to explore on your own, with possible areas of interest being the old town and San Lorenzo Cathedral or a look at the Palazzo Ducale, the Doges Palace. Last up on the itinerary is a drive up Castelletto Hill for splendid views from the observation deck, a perfect spot to take some photos. Please note: this tour is only for guests in transit in Genoa port and is not suitable for guests using a wheelchair.

NATURAL WONDERS

BEHIND THE SCENES AT THE AQUARIUM - GOA19T



Duration
3:30 h

Leave the ship for a few hours and instead check yourself in to a thoroughly educational and family-friendly outing for a behind-the-scenes look at Italy's largest aquarium, the Acquario di Genova. Built to coincide with the Genoa Expo in 1992, which in turn commemorated the 500th anniversary of the New World being discovered by Columbus, the aquarium is home to a vast collection of marine wildlife. After a short ferry transfer to the old part of Genoa and the Acquario, you and your family can first enjoy an unguided visit of the various tanks that provide a habitat for tropical fish, sharks, natural coral, penguins and dolphins. At a prearranged time, you'll then proceed on an expertly guided behind-the-scenes tour of the facility, during which you'll get to see the on-site laboratories, maintenance and plankton farming activities as well as how the animals are cared for and reared. And among the tank backstage areas, highlights include the jellyfish and dolphin enclosures. Your time at the Expo site wraps up with a little more time to explore on your own before the boat returns you to the ship. Please note: this tour is only for guests in transit in Genoa port. No guided visit inside the Aquarium except for the behind the scenes part; only cameras without a flash allowed. Guides available only in English and Italian. This tour is not suitable for guests using a wheelchair.

SOMETHING SPECIAL

A TASTE OF GENOA, DIOCESAN MUSEUM & PESTO DEMONSTRATION - GOA21T



This enjoyable half-day outing begins with a boat transfer to Genoa's aquarium area from where you'll then set off on your city tour. A walk through the narrow lanes called caruggi of Genoa's historical district will see you reach the Diocesan Museum, located in the old residence of the canons of the Cattedrale di San Lorenzo and accessible through its lovely cloister. Follow your guide inside the Cardinal Fieschi's room, where recipes and instructions will be given to learn the use of mortar and pestle to prepare a classic pesto alla Genovese. In addition to seeing the expert preparing the pesto sauce, you'll also learn about the ingredients and the secret of making perfect pesto and curious history of the green sauce. Next, walk to the lovely cloister, built in the XII century, for a tasty treat of bruschetta and focaccia with the freshly made pesto. The guided return walk will then take you through the historical district to the aquarium area and from there, back to the pier by boat. Please note: this tour is only for guests in transit in Genoa port. It includes long walking; it is not suitable for guests with walking difficulties or using a wheelchair.

ENJOY MILAN AT YOUR OWN PACE - GOA22T



Milan is the most famous town for fashion and shopping, here you will immerse into its famous designer shops including Gucci, Armani, and Versace, and for its stylish ambience. Take advantage of this tour to have good chance for window browsing and soak up the atmosphere of this famous city. Leave the port for a 2-hour coach drive to Milan and enjoy free time in the city with some good shopping opportunity. At the fixed time, you will meet your coach again to drive back to Genoa port and to your cruise ship. Please note: this tour is only for guests in transit in Genoa port. Guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made.

 *Wheelchair and disabled-friendly tour* Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.

CITY TOUR

MAGNIFICENT MILANO - GOA23T



Get off the ship and spend a day in magnificent Milano, the 2nd largest city in Italy as regards to population, politics and cultural affairs, and the first in the field of commerce, industry and banking. Relax on your 2-hour coach drive on the motorway from Genoa to Milan. Upon arrival, begin an 1,5-hour guided walking tour that will unveil some of Milan's best spots: Piazza Castello until reaching La Scala, Milan's Opera House, Galleria Vittorio Emanuele and Cathedral Square. Enjoy some free time in Piazza Duomo looking for a nice place to have lunch or, for the braver, to climb up the gold statue Madonnina, the statue of the Virgin Mary placed atop the Cathedral. Alternatively, if you are a shopping lover, Milan is the place to be! Your 2-hour coach drive to Genoa port and your cruise ship ends this exclusive excursion. Please note: this tour is only for guests in transit in Genoa port and includes long periods of walking. It is considered unsuitable for guests using a wheelchair.

ACTIVE & ADVENTURE

AUTHENTIC GENOA BY BIKE - GOABK1



This appealing half-day outing lets you discover what makes Genoa so special by bike. Following a moderately difficult route of about 25 km, you'll first cycle around the harbour to pass Genoa Aquarium and the old Lanterna lighthouse on your way to Porta del Molo, an area in the old town. Enjoy the old-world feel as you cycle down the ancient caruggi (lanes) to reach Porta Soprana, an entrance in the old city walls. After a look at the house of Christopher Columbus, you'll pedal on to Genoa Cathedral, consecrated in 1118, and Piazza de Ferrari for a break. Take some photos of the fine buildings on the square, which is near the 13th-century Doges Palace. Next, you'll bike your way to the pretty fishing village of Boccadasse, where you can have a break at one of many cafés or go for a swim at the short stretch of beach. On returning to the city, you'll make your way to Via Garibaldi, a UNESCO World Heritage Site as a street of palaces. After a short climb to a viewpoint, you can enjoy final views of Genoa before biking back to the ship. Please note: this tour is only for guests in transit in Genoa port. Children are allowed to take part in this tour provided their height is 155 cm. A declaration of agreement must be signed by an adult with parental authority for children before authorisation can be given for such guests to take part.



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COSMOPOLITAN GRANDEUR AND COASTAL CHARMS OF GENOA - GOABK2



Duration
4:30 h



This tour is made easier by riding a pedelec - an electrically powered bicycle which assists the rider's pedal power at speeds of up to 25 km/h. Leaving the port, you'll pedal around the harbour basin past Genoa Aquarium and the Old Harbour (Lanterna) all the way to the Porta del Molo. Cycling through the atmospheric narrow caruggi streets, you'll come to the Old City Gate (Porta Soprana) and Christopher Columbus's House, located just outside the ancient medieval city walls. From there, you'll continue to Genoa Cathedral and the Piazza De Ferrari, where you'll have a first short stop to admire the beauty of this magnificent square and the nearby Doges Palace, one of the oldest buildings in the city. Photo break over, you'll leave the old city to visit the famously picturesque village of Boccadasse, where you'll have the opportunity to enjoy a leisurely coffee or a swim from the small but charming beach, surrounded by cafés. Suitably refreshed, you'll cycle back towards the city centre, but turn north before getting there to access a magnificent viewpoint with panoramic vistas of the city. The partly steep and winding road will lead you to the Terrazze Capolinea Funicular Railway Station for a quick coffee break before you make your descent back to the city and port. Please note: guests will have to cycle 27 km with some steep climbs. This tour is available only for guests in transit in Genoa port. Children are allowed to take part in this tour provided their height is 155 cm. A declaration of agreement must be signed by an adult with parental authority for children before authorisation can be given for such guests to take part.

La Spezia

Tue 23 April 2019

CITY TOUR

TRANSFER TO FLORENCE - SPE03



Duration
7 h

Founded during Roman times, the birthplace of the Italian Renaissance, home to a legendary artistic heritage, the capital of Tuscany and a city where a dialect is spoken that counts as the parent language of modern Italian: the place is Florence and your destination on this all-day tour. Best of all, you will have a chance to explore at your own pace and check out only the sights you really want to see. The outing begins with a 2.5-hour coach ride through the wonderful Tuscan landscape, after which Florence awaits in all its splendour. From magnificent architecture and impressive churches, through the Uffizi Gallery and Pitti Palace right up to the famous Ponte Vecchio over the River Arno, Florence provides a never-ending stream of attractions from which to choose. Whichever way you prefer to make the most of your time in this romantic city, just be sure to return to the pick-up point at the given time to catch the coach back to La Spezia and your ship. Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made.

 *Wheelchair and disabled-friendly tour Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*

PISA: THE TOWN OF THE LEANING TOWER - SPE05



Duration
4:30 h

Treat yourself to an enjoyable half day off the ship for an exterior viewing of one of the worlds most famous buildings, the Leaning Tower of Pisa, along with other notable buildings and the town itself. A coach journey will first see you reach Pisa to meet your guide, after which you will first continue on to the Piazza dei Miracoli. Not only is this the site of the notorious tower, the cathedral and the baptistery, but is also the place where Galileo Galilei conducted his ground-breaking acceleration experiments. In addition to seeing the tilting tower, you will also have a chance to explore the inside of the beautiful 13th-century cathedral and to have a look around the no less spectacular marble baptistery (external viewing) that boasts a large Romanesque dome. Pisas pleasantly compact city centre is next, where you will find a whole host of appealing piazzas, buildings, shops and restaurants to occupy the time you will have to spend as you please. You coach will then be waiting to return you to La Spezia and your ship, with more breathtaking views of the Tuscan and Ligurian landscapes to enjoy as you go. Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made. Conservative attire recommended for visiting religious sites.

 *Wheelchair and disabled-friendly tour Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*

CULTURE, ART & HISTORY: DISCOVER FLORENCE - SPE08



Duration
8 h

Leave the ship, board a coach and prepare to enjoy 2.5 hours of glorious Tuscan views on your way to Florence, home to an unsurpassed artistic heritage, a key centre for haute couture and your destination on this all-day tour. After meeting your guide, you will embark on an informative round-up of Florences main artistic, cultural and architectural sights, including Michelangelo Square, from where you can enjoy fabulous views of the city and the surrounding Tuscan hills, the lovely city centre and the 15th-century Cathedral of Santa Maria del Fiore all of them well worth photographing. You will then have a chance to stretch your legs on a walk to Piazza di Santa Croce to see the 14th-century Basilica of Santa Croce, a beautiful white and gold building. Next, you will have time to explore at your own pace, go shopping or choose one of many nice restaurants to have lunch (not included in the price of the tour). Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made. Conservative attire recommended for visiting religious sites.

 *Wheelchair and disabled-friendly tour Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*

AN INTRODUCTION TO LA SPEZIA - SPE10

 **Duration**
3:30 h



Settled since pre-historic times, gateway to the Cinque Terre region, key commercial and naval harbour as well as Ligurias largest town, La Spezia has much to offer and this enjoyable walking tour will acquaint you with its main sights. Starting at the new cathedral, consecrated in 1975, you'll head for the old town and the 13th-century Abbey Church of Santa Maria Assunta, whose various restorations and marble sculptures inside serve to chart La Spezia's history. Your walk continues, taking you down Via del Prione en route to the 13th-century Castello di San Giorgio. You'll also visit the co-located Civic Museum, which was founded in 1873 and currently showcases zoological and historical exhibits, including maps, documents, parchments and artefacts found at the nearby Lunigiana archaeological site. You'll then return to the old quarter and complete your guided tour of the town, after which you can choose to stay in town on your own or take the shuttle back to your ship. Please note: this tour is not suitable for guests with walking difficulties or using a wheelchair.

CULTURE AND HISTORY

TUSCANY COUNTRYSIDE: LUCCA AND WINE TASTING - SPE21

 **Duration**
6 h



Immortalised by artists like Monet, Degas and van Gogh, the entrancing Tuscan countryside is one you can savour during the initial drive from La Spezia to the little town of Lucca, your destination on this entertaining tour. Founded by the ancient Etruscans and still enclosed by a set of fully intact Renaissance walls, Lucca offers visitors a step back in time. A walk through the historical streets will take you past Piazza dell'Anfiteatro, built on the site of the former Roman amphitheatre, en route to an inside visit of the Church of San Michele in Foro. First mentioned as early as A.D. 795, then rebuilt post-1070 by order of Pope Alexander II and finally given its current ornate façade on wards of the 13th century, the church features a nave, two aisles, a semi-circular apse and mullioned windows. Next up is Luccas Cathedral of San Martino, whose construction began in 1063 in Roman style, while the present-day building is Gothic due to 14th-century restoration work. You'll then have some time to spend as you please before an approx. 30-minute drive takes you to Montecarlo, a small community and wine growing region noted for producing the best Tuscan whites. Your destination is a local farmhouse for a taste of homemade food and a chance to visit the wine cellars, the wine production and olive oil pressing areas. This special treat will be followed by your return trip to your ship, which ends the tour. Please note: guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable since the coach has neither a ramp nor a lift. Guests using a wheelchair who would like to participate in this tour are requested to contact the Shore Excursions Desk promptly once they are on board so that arrangements can be made. Conservative attire recommended for visiting religious sites. In case of religious service, the guide will give explanation outside the churches; guests will visit the sites individually.

 *Wheelchair and disabled-friendly tour* Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.

ACTIVE & ADVENTURE

THE VILLAGE OF FRAMURA & BIKE RIDE - SPE27

 **Duration**
5:15 h



A leisurely outing awaits you that combines some gentle exercise in the fresh air with a chance to commune with nature in the beguiling Ligurian landscape. You'll first be taken to La Spezia station, from where you'll head north on a roughly 45-minute train ride through the gorgeous Cinque Terre region to reach Framura, a municipality consisting of various villages and hamlets. After a short walk and ride up in a public lift, you'll set off on your guided bike ride. You'll be cycling down a route of 5 km/3 miles that follows a disused railway line with lush vegetation to either side, several viewpoints and a number of tunnels, now restored and well-lit. If you choose, you can also go off on your own to spend time at one of various beaches that are normally only accessible by sea. The group bike ride will continue on to Levanto, a pretty town that you'll have time to explore on your own. Ultimately, the group will come together again at a pre-appointed time in Framura for a farewell ice-cream before catching the train back to La Spezia. Please note: as the tour involves cycling for a total of approx. 2.5 hours, guests must be at least 7 years of age and in good physical health to take part. Guests are recommended to wear swimwear, comfortable trousers, a short-sleeved shirt, sports shoes and high-factor sunscreen (during summer calls) as well as to take a bottle of water. Adjustable tour bikes of different sizes will be provided.

CITY TOUR

SARZANA & PASTRY TASTING - SPE45

 **Duration**
3:30 h



Sarzana & Pastry Tasting

 *Wheelchair and disabled-friendly tour* Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.

TRANSFER TO PISA - SPE46

 **Duration**
5 h



Transfer to Pisa

SCENIC ROUTE

THE NATIONAL PARK OF CINQUE TERRE - SPE49A

 **Duration**
7 h



Although Cinque Terre is Italian for five lands, the name actually refers to the five picturesque villages of Monterosso al Mare, Vernazza, Corniglia, Manarola and Riomaggiore that sit like little jewels along the Ligurian coastline and together count as a UNESCO World Heritage Site. The rugged and unspoiled Cinque Terre region is your destination on this all-day tour, which begins with a scenic coach ride to Portovenere, listed by UNESCO as a World Heritage Site. Your guide will tell the story of this enchanting fishing village as you admire the panorama that inspired Byron and other Italian and international poets as a muse. You will have some free time to walk along the sea and explore the cosy streets before boarding a boat for a leisurely boat tour along the coast that intends to celebrate the regions incredible natural beauty and its well-loved ancient traditions. You will reach Monterosso al Mare, the largest of the Cinque Terre villages. You will have some free time in the historical centre, home to the early 14th-century Church of San Giovanni Battista. Explore the town or perhaps have lunch in one of the many cafés and restaurants (not included in the price of the tour) before the tour then draws to a close with your train ride to Levanto and then with a coach drive to La Spezia. Please note: the tour is unsuitable for guests with mobility problems or using a wheelchair. We suggest taking a hat and wearing sunscreen during the summer months. Should

SOMETHING SPECIAL

BOCELLI COUNTRYSIDE ESCAPE AND THE LEANING TOWER - SPE55

 **Duration**
9 h



Relax as your informative chauffeur drives you across the beautiful Tuscan countryside in a comfortable Mercedes Benz. Your first stop is Volterra, to see the ancient Roman Theatre, the alabaster laboratory and the medieval Piazza dei Priori. Then you'll visit the Teatro del Silenzio amphitheatre in Lajatico, hometown of world-famous singer Andrea Bocelli. Moving on to the Bocelli Farmhouse, enjoy a guided tour of the vineyards, meet the Bocelli family and discover the wines they produce. You'll also have a chance to taste the family's oil and honey products, and some time to shop at the boutique and visit the Andrea Bocelli museum. For lunch, the Officine Bocelli Restaurant will serve a 4-course meal of traditional Tuscan food. The final stop of the tour is Pisa where you will be chauffeured to Piazza dei Miracoli to admire the Baptistery and the world famous Leaning Tower, with some time to shop or enjoy a gelato before the tour comes to a close. Please note: the driver will act as guide - only English or Italian spoken. This tour is considered to be unsuitable for guests with walking difficulties or using a wheelchair.

BOCELLI SEASIDE: WINE AND ART AT ALPEMARE BEACH CLUB - SPE56

 **Duration**
6 h



This tour is a mix of art, music and wine for those who want to experience the Tuscan Riviera lifestyle. A chauffeur will drive you to vibrant Versilia in a comfortable Mercedes Benz. First stroll through Pietrasanta, the historic town nestled between the coastline and the Apuan alps that inspired Michelangelo to sculpt. Your next stop is the Bocelli Alpe Mare Beach Club, a new beach resort in the stunning town of Forte dei Marmi. Heading over to the Alpe Mare restaurant, enjoy a delicious 4-course lunch accompanied by Azienda Bocelli wine. The experience starts with a guided tasting of Bocelli wines (directly from the family farmhouse in Lajatico) followed by a fresh seafood appetizer. After lunch, enjoy some relaxation on the beach of Alpe Mare Beach Club, with a chance of encountering V.I.P. guests and perhaps even world-famous singer Andrea Bocelli himself! Please note: the driver will act as guide - only English or Italian spoken. This is not a beach tour. Guests will only have time to relax on the beach venue: no bathing or sun-tanning time included.



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EXCURSIONS

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KEY TO SYMBOLS

Possibility of swimming	Long route by bus	Best seller	DIFFICULTY LEVEL
Tasting included	Shooting videos and/or taking pictures is not allowed or subject to fee	New	
Lunch or dinner included	Shopping	Wheelchair and disabled-friendly tour As guests in wheelchairs must be accompanied by their own helper, please inform Excursions Desk staff promptly so they can help make arrangements	
Drink included	Mini Tours		
Snack included	Limited seat	Easy May involve a limited quantity of steps, uneven surfaces and/or periods of standing	
No guide available		Moderate May involve inclines, steps, uneven surfaces and/or extended periods of standing	
		Strenuous Active excursions recommended only for guests in good physical health	

OUR EXCURSIONS CATEGORIES

ACTIVE & ADVENTURE	Head ashore in search of adventure! Opportunities for sport and fun range from trekking and snorkelling to kayak tours and 4x4 vehicle adventures. The active choice.
CITY TOUR	Explore the city centre with a guided tour and soak up the local scenery with a comfortable coach ride. The easy way to get to know your destination.
CULTURE AND HISTORY	Learn all about the history and culture of your destination, with visits to must-see locations and guided tours of key sites. The ideal route to local knowledge.
NATURAL WONDERS	Immerse yourself in spectacular scenery and discover the fascinating flora and fauna of your destination. Your passport to the wonders of the natural world.
SCENIC ROUTE	Admire your destination in total comfort, with a scenic coach tour taking in the best views and the main places of interest. The relaxing road to discovery.
SOMETHING SPECIAL	Pursue your interests in new places! From gastronomic tours and guided shopping trips to religious visits, there's a world of pastimes and passions to explore.

The excursions in the programme are intended to provide MSC Guests with an idea of the different tours that can be arranged in each port of call; this programme is merely a guide and confirmation of each excursion and its description and prices will be made during your cruise.

Shore excursions programs and itineraries may vary depending on local conditions and/or any unforeseen events in relation to the timing on the day of the tour.

Some excursions are very popular and therefore availability cannot always be guaranteed, it is advisable to book in advance to avoid disappointment.

ALL AREAS

The tour can be provided in 5 languages (ENG-DEU-FRA-ESP-ITA) and it depends on the availability of guides. The final language will be confirmed on board during your cruise

ONLY SOA

The tour can be provided in 6 languages (ENG-DEU-FRA-ESP-ITA-POR) and it depends on the availability of guides. The final language will be confirmed on board during your cruise