



MSC

EXCURSIONS

Discoveries designed for you



Cruise : **Caribbean, Cuba & Antilles**
Martinique, Guadeloupe, Saint Lucia, Barbados, Trinidad and Tobago, Grenada, Saint Vincent & The Grenadines, Virgin Islands (British), St. Maarten, Dominica, Saint Kitts and Nevis, Antigua and Barbuda

Cruise Ship: **MSC PREZIOSA**

Departing from: **Fort de France, Martinique**

Itineraries: **Pointe-a-Pitre, Castries, Bridgetown, Port of Spain, Saint George, Kingstown, Fort de France, Road Town, Philipsburg, Roseau, Basseterre**

Departure Date: **05/01/2019**

Duration: **15 Days, 14 Nights**

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

Pointe-a-Pitre

Sun 6 January 2019

EXPLORER PACKAGE CASTRIES SLU01 BRIDGETOWN BRB05 SAINT GEORGE GRE13 - EXPPR002

Duration
00 m

Explorer package Castries SLU01 Bridgetown BRB05 Saint George GRE13

CITY TOUR

A GLIMPSE OF GUADELOUPE - GUA08

Duration
4 h

This classical visit will give you the opportunity to discover the lush volcanic island of Basse-Terre where you will be taken on picturesque roads bordered by luxuriant vegetation and nature tropical landscapes. First you will cross the national park of Guadeloupe with its dense tropical forest, and enjoying the refreshing Cascade aux Écrevisses. Afterwards the Domaine de Valombreuse botanical garden which will captivate you with its exceptional richness: here you will enjoy the primary forest nearby orchids and cacao trees, the palm grove and spectacular exotic plants. Through sugarcane plantations, you will then visit a genuine colonial property and the estate where you will be able to taste one of the Caribbean's best rum agricole. Please note: This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 5pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code GUA08 if you will be in transit in Pointe a Pitre or code GUA08D if you will be disembarking in Pointe a Pitre.

A GLIMPSE OF GUADELOUPE FOR DISEMBARKING GUESTS - GUA08D

Duration
4 h

This classical visit will give you the opportunity to discover the lush volcanic island of Basse-Terre where you will be taken on picturesque roads bordered by luxuriant vegetation and nature tropical landscapes. First you will cross the national park of Guadeloupe with its dense tropical forest, and enjoying the refreshing Cascade aux Écrevisses. Afterwards the Domaine de Valombreuse botanical garden which will captivate you with its exceptional richness: here you will enjoy the primary forest nearby orchids and cacao trees, the palm grove and spectacular exotic plants. Through sugarcane plantations, you will then visit a genuine colonial property and the estate where you will be able to taste one of the Caribbean's best rum agricole. Please note: This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 5pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code GUA08 if you will be in transit in Pointe a Pitre or code GUA08D if you will be disembarking in Pointe a Pitre.

NATURAL WONDERS
SCENIC DRIVE AND WALK TO CARBET WATERFALLS - GUA11

Duration
 3:30 h

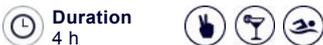
The southern end of Basse-Terre island is dominated by the La Grande Soufrière volcano, which rises to a majestic height of 1,647 m amid Guadeloupes lush green rainforest. It is also where you'll find the gorgeous Carbet Waterfalls, the main highlight of this tour. After boarding a comfortable coach at the port of Pointe-à-Pitre, your journey to the famous falls consisting of three separate cascades will first take you through the Capesterre-Belle-Eau region to the island's Hindu temple, a testament to Guadeloupes multi-ethnic society. A photo stop will be made at this colourfully decorated place of worship, following which the picturesque route continues right into the rainforest and to the 110-m mid-level fall. An exhilarating walk will then take you to the viewing platform, which affords truly breathtaking views of the cascade as it gushes through the dense vegetation. The sun glinting on the sparkling water coming over the mountainside is a perfect photo moment, so do remember to bring your camera. Your tour then draws to a leisurely close with your scenic journey back to your ship. Please note: for reasons of safety, direct access to the falls and the pool has been prohibited, by order of the National Park Authorities, since 2004. The tour is considered to be unsuitable for guests with mobility problems. Guests are recommended to wear comfortable clothing and sturdy walking shoes. Accessing the viewing platform involves going up/down approx. 400 steps.

BOTANICAL GARDENS & BEACH - GUA16

Duration
 5 h

On the road to the fishing village of Deshaies, the tour leaves from the port of Pointe à Pitre and ventures into the very fertile northern part of the Island of Basse-Terre. During this commented ride on the picturesque roads snaking through sugar cane plantations you will stop to admire the beach of Grande Anse and make a nice photo stop before to visit the best Botanical Garden in the Caribbean: le Jardin Botanique de Deshaies. Here you will find without doubt the most various and beautiful flowers and plants species in all the Caribbean: it is the right place for nature lovers. Look at the flamingos in the pond, the bougainvilleas alley, the orchids, the cactus gardens and the aviary among the several attractions. A short drive and you will reach a pleasant seafront resort for an hour of idleness and relaxation. Your sun bed awaits you on the wonderful caramel tinted sand. A complimentary drink will be served at the beach bar allowing you to further enjoy the outing before heading back to the ship. Please note: Guests are recommended to wear light clothing, swimsuit, towel, sunscreen, hat, and flat comfortable shoes.

 *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
PASSIONATE SEALIFE AND SNORKELING - GUA17

Duration
 4 h

A modern motor boat will pick you up directly at the Cruise ship pier. Through the Rivière Salée (Salt River) and the mangrove eco-system you will reach the Grand-Cul-de-Sac-Marin, part of the National Park of Guadeloupe. Your guide instructor will accompany you snorkeling at the coral reef and will show you the sea-life of this extraordinary environment, world biological reserve of the UNESCO. The second part of the tour has as scenery the near and enchanting sandy island where you will enjoy the beautiful beach with your complimentary drink. The way back to the port is as well an instructive and surprising boat trip through the natural and breathtaking landscapes of Guadeloupe. Please note: Children minimum age: 4. Guests should be able to swim. Snorkeling material is included and available in the motorboat for all guests.

CITY TOUR
GADELOUPE HIGHLIGHTS - GUA19

Duration
 3:30 h

This tour of Grande-Terre island begins with a short drive to one of Guadeloupes key historical monuments, the mid-18th-century Fort Fleur d'épée. Situated high above the coastal town of Le Gosier on the southern shores of Grand-Terre, the fortress once played a critical role in the Seven Years War between France and Great Britain, but is now used to host temporary art exhibitions. Moving on, you'll then stop in Le Gosier itself for lovely views of one of Guadeloupes most popular snapshot scenes: the Îlet du Gosier. Located just a stones throw out to sea, this tiny coral isle is home to swaying palm trees and a pretty lighthouse. Leaving Le Gosier, you will reach Sainte Anne for a pleasant stop at the Village Artisanal on the sea front. As you then make your way through Sainte-Annes lushly vegetated Le Grands Fonds region, you'll be heading for a final photo stop at the cemetery, famed for its black-and-white checkerboard tombs, before returning to your ship.



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SCENIC ROUTE

PANORAMIC TOUR TO THE POINTE DES CHATEAUX - GUA20

Duration 4 h



Leave the ship and treat yourself to a tour of panoramic views to one of the islands most popular destinations: the Pointe des Châteaux, or castle point, located at the islands easternmost tip. A scenic drive along the southern coastline will see you reach St. Anne, a fishing village noted for its lovely seafront promenade and local handcraft products. You'll then head east along the coastal road to the Pointe des Châteaux, an incredible rock formation sculpted by the wind to resemble a castles crenellations. A walk will take you up to the highest spot, from where you'll catch spectacular views of the neighbouring Caribbean islands simply perfect for a photo or two. As the outing continues, you will stop for a refreshing drink before passing through a landscape of sugarcane plantations to reach Morne-à-LEau, a town curiously noted for its artistic cemetery, which represents the unique black-and-white architecture of the West Indies. A short drive will then take you from Morne-à-LEau back to your ship. Please note: the path up to Pointe des Châteaux involves going up/down approx. 400 steps. Guests are recommended to bring a bottle of water on the tour.

SEA & SUN

CATAMARAN TO GOSIER ISLET - GUA22

Duration 3:30 h



Give yourself a chance to turn part-time discoverer on this entertaining outing that will first see you leave your ship and board a comfortable catamaran at the pier of Pointe-à-Pitre. You'll then sail along the scenic south-eastern coast of Grand-Terre to the tiny Îlet du Gosier, which sits opposite Gosier town just out to sea. Since 2003, the uninhabited coral isle has been under the protection of the Conservatoire du littoral, a French coastal protection agency founded in 1975. Once the catamaran has dropped anchor, you can choose whether to swim the short distance or be taken to the islet by rigid inflatable boat. Apart from a lighthouse, the only man-made structure, the island is all about the powdery sand and the beautifully clear turquoise water. After you've had a chance to explore, sunbathe and swim, you'll find cold drinks and exotic fruit waiting for you back on board the catamaran to enjoy on your return sail up to Pointe-à-Pitre. Please note: guests must be at least 4 years of age and no older than 80 years of age to take part. Children must be accompanied by a paying adult throughout the tour and be under their supervision at all times. Guests must be alert with no health issues such as sea sickness or back problems and have a good balance as there may be some swaying on the catamaran. A maximum weight restriction of 130 kg/286 lbs per guest applies. Guests are recommended to wear swimwear under comfortable clothing and high-factor sunscreen as well as to bring a hat.

ALL INCLUSIVE BEACH RESORT ESCAPE - GUA23

Duration 6 h



The southern shoreline of Grande-Terre Island and the coastal resort of Sainte-Anne are your destinations on this extended half-day tour, which begins with a 30-minute coach transfer from the pier. You'll be welcomed on arrival and can then proceed to enjoy a few hours of quality beach time, making use of all the amenities on offer. Lounge on a sunbed at the waters edge, take part in sporting activities like trapeze acrobatics, archery, soccer or windsurfing or simply let yourself be pampered during your stay. There's also a buffet lunch and drinks from an open bar to round off your experience and make sure your creature comforts are well looked after. At the end of your time, the coach will be waiting to return you to the ship. Please note: guests are recommended to bring beach towels as they are not provided at the resort. The buffet lunch and open bar are only available at the resorts main restaurant, not at the beach bar. The open bar includes soda, wine, beer, mix drinks and cocktails, but does not include premium beverages (available only at an additional cost not covered by the price of the tour). The tour is not recommended for guests using a wheelchair. Non-motorized water sports are included in the price of the tour as well as use of a beach chair and access to the pool.

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Castries

Mon 7 January 2019

ACTIVE & ADVENTURE

CATAMARAN CRUISE TO THE PITONS - SLU01



Duration
4 h

An exciting introduction to St. Lucia, and a marvelous way to experience the wonderful marvel of nature by cruising to see the islands magnificent landmark which is now a World Heritage Site. This is a relaxing excursion for those who wish to enjoy natures beauty and the sea. Leaving the Castries harbor behind, you will cruise along the west coast on passing by the picturesque Vigie and La Toc peninsulas. Take in the lush vegetation of the coastline and the small villages of Anse la Raye and Canaries, then on towards to the Soufriere Bay for the sighting of Petit and Gros Piton rising majestically to over 2,600 feet out of the sea, where picture taking moments are not to be missed. Circling the Bay will give each and every one and opportunity to capture this wonder of nature. You will then cruise up along the coast to one of the scenic bays where an assortment of dry snacks will be served along with fresh local juices before taking a relaxing swim in the cool waters of the Caribbean Sea. Savor these moments as a fresh water shower on board awaits your return before your cruise continues to the idyllic Marigot Bay - one of the islands most sheltered and famous for many battles between the English and French. It is also renowned for its beauty and a film location for such movies as Dr. Doolittle and Firepower. It is then homeward bound to the ship. Of course, the rhythmic sounds of the Caribbean music will have you snapping your fingers, humming a tune or even swaying your hips and on your feet before saying good-bye to this paradise. You couldnt ask for more value as time is on your hands on your return to do that touch of shopping before leaving this simply beautiful island called St. Lucia. Please note: Persons should always take care when going down the ladder into the water for swimming as well as climbing back up. Life jackets are available for anyone before swimming and persons who maybe prone to motion sickness should take the necessary medication prior to the departure of the tour. We recommend that any alcoholic beverages be served after swimming in the interest of safety hence the swimming stop is done on the first half of the tour.

SEA & SUN

BEACH BREAK - SLU04



Duration
4 h

What better way to enjoy a few hours on the island but to while away your time on one of the islands largest beaches. After a short drive through the capital city Castries, your journey takes you in a northerly direction where you will bypass our regional airport, commercial and residential areas before arriving in the Rodney Bay area known for its restaurants, resorts, shopping and entertainment. Here you will be taken to Reduit Beach with beautiful vistas of Rodney Bay and Pigeon Island. You will be escorted to the area where your beach chairs will be laid out for you. Lie back, relax and enjoy the St. Lucian moment along with a cool refreshment of either rum punch or fruit punch. Your guide will indicate the time of departure from this tranquil bliss to the ship. Please note: All beaches are public on the island. BEACH CHAIRS ARE INCLUDED, BUT NOT BEACH UMBRELLAS. Guests are recommended to wear insect repellent.

CULTURE AND HISTORY

ST. LUCIA RYTHMS - SLU08



Duration
3:30 h

This delightful tour commences with a short ride through Castries, the capital. Observe the elegant Victorian buildings along the famous Derek Walcott Square, the home of the Samaan tree (400 years old). St. Marks is an old colonial style house, which is strategically placed high up in the hills and offers a panoramic view. Capture the magnificence of the Castries harbour amidst the deep blue sea with a green backdrop. On a clear day, view Martinique out in the distance along the northern coastline. Enjoy typical Creole snacks and a tasty rum punch or fruit juice after your tour of this enchanting home before heading to your next stop. Just five minutes away you will stop at Caribelle Batik, the home of the silky West Indian Sea Island Cotton, where the fascinating batik process comes alive. It is not only the artistic processes that will fascinate you but also the architecture of the building. This 4-storey Victorian house (haunted according to folklore) stands formidably on the outskirts of Castries and exposes her brow to an inspiring view of the city. The tour continues along the countryside towards the north-eastern section of the island with its lush vegetation to an area called Chassin. Be a part of the St. Lucian traditional practices at one of our Heritage Sites. Upon arrival at the Fond Latisab Creole Park, you will experience Creole traditions and practices that are still enjoyed today. You will be able to see the preparation of farine and cassava bread in the ancient Amerindian manner. You can watch the traditional method of cooking food on macambou leaves. From log-sawing to the hypnotizing rhythms of the Creole music, you will feel fully inducted into the traditions of this rich culture. You might even be able to learn a few words of Patois, the language of Creole heavily laced with French, African and English grammar not to mention learn a few folk dances. Depart Fond Latisab for your drive back to your ship. Notes: Guests should wear comfortable walking shoes. Sandals/shoes preferably with rubber soles and attire should be cool and comfortable. Hat/Cap is also recommended and sun screen.



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ACTIVE & ADVENTURE

AERIAL TRAM ADVENTURE - SLU12

Duration 3:30 h [Hand icon] [Wine glass icon]

Flirtatious hummingbirds, impressive buttress root systems, and slow but persistent ficus stranglers reveal themselves on our rainforest aerial tram ride. Cool tropical breezes and panoramic vistas included. The Aerial Tram Tour transports guests up and away from the heat and bustle of the lowlands to an ecological park located in the heights of St Lucias forest reserve. Sixteen open-air gondolas ascend noiselessly through the rainforest, offering guests a magical view of nature in its majesty towering gommiers, impressive chatanniers, and the remarkable phenomenon of the strangler ficus, alighted upon by playful hummingbirds and banana quits. An experienced Nature Interpreter will point out giant ferns and magnificent heliconia, and identify the calls and the plumage of the birdlife that makes the Caribbean Oceanic forest its home. The descent affords a birds eye view of the forest and a spectacular panoramic vista of the north of the island. With much to see and listen for, the tram ride is a celebration of colour and life and a restorative retreat guaranteed to refresh the senses. Please Note: All participating guests will be required to sign a waiver which may only be available in English.

ADRENALINE - SLU13

Duration 3 h [Hand icon] [Wine glass icon] [Star icon]

Scramble up the suspension bridge past eagles claw, zip through the canopy from tree to tree, leap from the platform onto Tarantulas nest, to terra firma to find your land legs again. The brand new Adrena-line zip line tour is not for the faint of heart. The exciting new tour starts innocuously enough with a short walk through a peaceful part of the forest, but thats as pastoral as it gets. Launch off eagles claw, so named for the grip of the root system that has consumed the volcanic boulder and scramble across the ravine below that delivers you to your first platform. Then get hitched up to a series of cables and zip from platform to platform high up in the tree canopy. Go out on a limb and take the leap onto the rope web below or swing like Tarzan. If your adrenaline isnt flowing then, a brisk hike to the next set of platforms will juice things up a bit before you zip safely and with a thrill to base camp. Please note: Walking/hiking shoes mandatory (no high heels, sandals or flip flops), Long shorts or trousers (not skirts or dresses), Shirts/t-shirts with short or long sleeves recommended (wearing harness), Sun/Rain protection, Insect repellent. Minimum waist 55cm Maximum hip/waist 127cm, Maximum weight 170 kg, Not suitable for pregnant woman or persons with back or neck injuries, Only suitable for the physically fit. All participating guests will be required to sign a waiver which may only be available in English.

LA TILLE WATERFALL & JEEP SAFARI - SLU16

Duration 4 h [Hand icon] [Wine glass icon] [Car icon]

Following a ride through the capital of Castries, you will head up to the Morne View Point for a panoramic view of Castries and its environs, you journey down into the Cul de Sac valley lined with banana plants swaying in the breeze, before heading through the various communities. Your drive will continue through the back roads and small communities and along the main east coast road before arriving at La Tille Waterfall. Disembark the jeeps for a well-deserved stretch wander the gardens and view the various fruit trees and plants, washrooms are also available if needed. Enjoy a cool refreshing drink from the coolers on board before setting of on your short trek to the waterfall. Trek down the natural trail and walking sticks will be provided, if needed. The setting is in the natural forest as you walk along the earthen trail to the waterfall where you can enjoy a cool dip under the refreshing cascade and natural pool or just some relaxing time along the waters edge. Throughout the time spent at La Tille you will learn how this peaceful estate survives on its own hydro & solar system thus providing an environmentally friendly setting. You may also be treated to the local way of roasting cashew nuts not to be missed! Depart La Tille with a brief stop in the Village of Dennery photo stop to view the spectacular scenery of the Atlantic Ocean. This is an adventure not to be missed as you get back on board your 4x4 Jeep for a relaxing journey back to your ship. Dont forget your camera as spectacular photo opportunities abound! Please note: This tour is not recommended for anyone too elderly and not physically fit. There is a lot of exposure to the sun so light clothing, hat or cap is recommended along with sun bloc. Sandals/shoes should be with rubber soles and persons.

CITY TOUR

LA SOUFRIERE VOLCANO - SLU19

Duration 5 h [Hand icon] [Wine glass icon]

The bus first passes through the bustling city of Castries which consists of the colourful market place and the Immaculate Conception Cathedral, with its magnificent paintings, completed by our famous local artist, Dunstan St. Omer. A panoramic view of the island can then be seen from Morne Fortune before you travel through the lush Cul de Sac and Roseau banana plantations on to picturesque Marigot Bay of movie fame. Continuing your scenic drive along a winding road on the edge of a rainforest, where there is an abundance of tropical flowers and trees, you then reach the town of Soufriere. Here, the dramatic Pitons, rising more than 760 metres (2,500 feet), tower over the entire area. You will enjoy a short guided visit of the Sulphur Springs, the worlds only drive-in volcano, so called as you can drive right into the crater to see pools of bubbling lava! Next, you will visit the Maranatha Garden or Prayer Park, where an array of exotic and brightly-coloured specimens of flowers, fruit trees and colourful birds mingle to form a perfect setting for garden-lovers and picture-takers! A refreshing drink awaits, served in a unique atmosphere at the Beacon view point and hilltop restaurant, situated on three naturally ventilated balconies. From here, you can enjoy stunning views of the Pitons, the Caribbean Sea and the Soufriere Valley before returning to Castries harbour. Please note: Minimum age participation is 6 years. Travel traverses bumpy and winding roads. Guests suffering from motion sickness must take adequate precautions. The scenic drive to Soufriere takes approx. 1.5 hours. Guests must be able to walk over uneven surfaces and climb steps.



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ACTIVE & ADVENTURE

SNORKEL BENEATH THE PITON - SLU20

Duration 4 h [Icons: hand, glass, swimmer]

Get on board a boat and depart the Castries Harbour along the west coast of St. Lucia. Cruise along the island's picturesque coastline bypassing the La Toc and Vigie Peninsulas, the famous Marigot Bay and small fishing villages of Anse La Raye and Canaries. As you cruise into the Soufriere Bay you will be awe struck by the magnificent Pitons, two volcanic plugs. These majestic peaks rise up to over 727 metres and are within a UNESCO World Heritage site. A perfect photo opportunity before you begins your Snorkel adventure within the Marine Reserve. A plethora of vibrant underwater life from a variety of corals, sea urchins, star fish, parrot, trumpet and rock fish abounds. Exploring the nooks will yield all sorts of surprises as they act as a nursery for many larger fish. The small beach area beckons where you can rest awhile on the white sand beach before heading back on board for cool refreshment and snacks. You may also have an opportunity of cruising into the idyllic Marigot Bay for photo moments before returning to the ship. Please note: Snorkel locations can be changed at short notice depending on weather and sea conditions in the interest of safety and enjoyment of the guests. The minimum age to participate is 12 years. All participating guests will be required to sign a waiver which may only be available in English.

SCENIC ROUTE

ST. LUCIA BY LAND & SEA - SLU21

Duration 7 h [Icons: hand, fork, swimmer]

First, you will drive through the bustling city of Castries and drive up Morne Fortune with lovely coastline views and then on to Sir Arthur Community College where the buildings are renovated army barracks used during the 18th century wars between the British and the French. Your next stop is the Inskilling monument, erected in honour of the gallant 27th Regiment who captured the Morne for the British in 1796. This hilltop site features original cannons used in the war and spectacular views of Castries. Continue your journey for your next stop at Caribelle Batik, an establishment that has gained a formidable reputation throughout the Caribbean for its batik prints. Departing from Caribelle, the drive offers great views and a photo stop at Marigot Bay overlook. Afterwards, you will pass traditional fishing villages as you travel the scenic west coast road to Soufriere. You will see many of the famous sights starting with the stunning Pitons, a UNESCO world-heritage site, as you arrive in Soufriere. You will drive through town on to the 18th century old Soufriere Estate. Upon arrival, a knowledgeable guide will explain how coconuts are opened, roasted in a traditional oven and turned into copra (dry coconut) before being processed into everyday items such as soap, sun tan lotion and cooking oil, and how cocoa is fermented, dried on racks in the sun and crushed into powder to make cocoa sticks before being made into chocolate. Then enjoy a delicious buffet lunch at the Old Mill with its spinning waterwheel built in 1765. After lunch, you will re-board your bus and take a short drive to Soufriere bay where you will board a customized sail and/or engine-powered catamaran. You will cruise north along the coast, relax and top up your tan before stopping for a refreshing swim at one of the island's secluded bays. On your return to Castries harbour, you will cruise through famous Marigot Bay, one of the loveliest tropical inlets in the Caribbean, famous setting for the film Doctor Dolittle and many well-known movies. Please note: Children under the age of 8, Pregnant Women and Guests with Medical Conditions such as Recent Surgery, Diabetes, Past and Current Cardiac Conditions, Respiratory and Lung Conditions such as Epilepsy and Asthma, High Blood Pressure, Back or Neck Injuries, and Guests taking any medication that might impair regular movements and body activity such as antidepressants, beta-blockers, lithium and base vein constrictors will not be allowed to participate in the swimming portion of the tour for safety reasons. Age restriction: minimum age participation is 4 years. Children must be under the constant supervision of a parent/guardian. This tour is not suitable for guests who use wheelchairs or scooters. Participants with physical limitations should take into account that there may be steps, uneven surfaces and water activity in a slight current. Guests should dress casually and wear flat comfortable rubber-soled shoes or sandals. Guests are recommended to wear a swimsuit under their clothing and bring a beach towel, sunscreen and sunglasses. Weight restriction: max 300 lbs. The scenic drive to Soufriere takes approx. 1.5 hours and traverses winding and bumpy roads. Guests suffering from motion sickness should take adequate precautions. Alcoholic beverages will only be served after swimming. All participating guests will be required to sign a waiver which may only be available in English.

CITY TOUR

NORTHERN VIEWS & HISTORICAL PIGEON ISLAND - SLU28

Duration 2:30 h [Icons: hand, binoculars, hand]

Take a little time to visit the northern reaches of St. Lucia, including Pigeon Island, on a tour that begins with a coach ride through the capital, Castries City, and on to the Morne Fortune vantage point. After a chance to savour and photograph amazing views of Castries Harbour and the northern landscape, you'll travel through the Morne Complex on a scenic route that skirts the city. Look out for charming communities and splendid vistas of the Caribbean Sea and Atlantic Ocean as the coach heads for the small village of La Guerre, where stunning birds-eye views of the marvellous Marquis Estate once one of the islands largest banana plantations and now a luxury resort await you. Your next stop will then be at Monchy, an excellent place to see Rodney Bay and Pigeon Island from afar and take some more photos, before you move on to the Cap Estate residential area, home also of the exclusive St. Lucia Golf and Country Club. Although it is still called an island, the Pigeon Island National Park the final highlight on the tour was actually linked to the mainland by a causeway in the early 1970s. Situated on Pigeon Island is the 19th-century British-built Fort Rodney. A tour of the historic remains will give you a glimpse back in time, after which your return journey will take you through the village of Gros Islet to bring the tour to a close. Please note: guests are recommended to wear cool, comfortable clothing, and flat rubber-soled shoes. Guests should be in good health and not suffering from pre-existing back, leg, hip, neck or respiratory conditions.

CASTRIES BY TROLLEY TRAIN - SLU32

 **Duration**
1:30 h



Prepare to discover the city of Castries - Saint Lucias capital - in a manner less ordinary: by trolley train! You'll begin by being taken around Castries busy streets, passing government buildings, a local craft market and a maze of lanes and alleyways to reach your first stop: the basilica. After a brief inside visit to take photos of the late 19th-century building - the largest of its kind in the Caribbean - you'll return to the train and continue your journey. An on-board tour guide will keep you entertained and informed on points of interest on your way through town en route to the beach. A brief photo stop follows, during which you can sip a complimentary glass of fruit or rum punch or cool your feet at the waters edge with the Caribbean breeze blowing through your hair. Your tour then comes to a close with your return trip on the trolley train back to the ship. Castries busy streets, passing government buildings, a local craft market and a maze of lanes and alleyways to reach your first stop: the basilica. After a brief inside visit to take photos of the late 19th-century building - the largest of its kind in the Caribbean - you'll return to the train and continue your journey. An on-board tour guide will keep you entertained and informed on points of interest on your way through town en route to the beach. A brief photo stop follows, during which you can sip a complimentary glass of fruit or rum punch or cool your feet at the waters edge with the Caribbean breeze blowing through your hair. Your tour then comes to a close with your return trip on the trolley train back to the ship.

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ONLY SOA

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Bridgetown

Tue 8 January 2019

BEST OF BARBADOS - BRB05



Duration
4 h

Step aboard your air-conditioned coach for a scenic drive through the rolling hills of the countryside to St. John's Parish Church which is perched on a cliff, 800 feet above sea level, overlooking coastal St. John and the Atlantic Ocean. The church contains an interesting sculpture depicting the Madonna and Child with the infant St. John. The graveyard contains the tomb of Ferdinand Paleologus, a descendent of the Byzantine Imperial family, who died in Barbados in 1678 after being a resident for over 20 years. Continue on to Orchid World, which sits on 6 acres of land, some 800 feet above sea level in the central parish of St. George. A meandering path winds its way between beautiful outcrops of coral, rock gardens, cool shady gullies and ponds. The Orchids themselves are quite spectacular. Wonderful photo opportunities abound for the professional and amateur photographer. Your last stop is at Sunbury House dates back to 1650. The house was destroyed by fire in 1995, and was gracefully restored and re-opened in 1996. It possesses one of the country's superior collections of antiques. The cellars, originally used for storing yams and other root vegetables grown on the plantation, now house a unique collection of antique carriages, the largest collection in the Caribbean, as well as many items used in the domestic life of the plantation. Sunbury Plantation House, located in the tranquil St. Philip countryside is a living monument to plantation life of bygone era, carefully restored and lovingly cherished by its owners for posterity, for the enjoyment of generations to come.

ACTIVE & ADVENTURE

CATAMARAN & TURTLE SNORKEL - BRB12



Duration
5:30 h

Picture yourself relaxing on the deck of a catamaran, warm sunshine sparkles on a crystal-clear Caribbean sea and smiling faces offer cool refreshing drinks as you glide past beautiful palm-fringed beaches of Barbados. This five hour lunch cruise leaves the Bridgetown Shallow Draught and, after a pleasant sail along the coast, anchors in a quiet bay where you have the choice of swimming, snorkeling on a reef, walking on the beach, or just relaxing onboard. A mouth-watering buffet luncheon is served onboard along with complimentary wine. After 1½ hours of relaxation, you'll sail to an area to snorkel and swim with turtles. Please note: Masks, snorkels and life jackets are provided. Guests are asked to bring swimsuits, towels and sunscreen. Turtle sightings not guaranteed. The Operator reserves the right to reverse the order of the tour. Catamaran may modify route due to weather & sea conditions. All participating guests will be required to sign a waiver which may only be available in English.

NATURAL WONDERS

ATLANTIS SUBMARINE - BRB13



Duration
2:30 h

Imagine yourself in a real submarine, with big view ports all around, fully submerged in the aquamarine Caribbean Sea, as curious exotic fish peek in at you and sea fans sway. This fully narrated must-do undersea voyage, can take you to a shipwreck and to depths of 150 feet, in air conditioned comfort, which in the past has been reserved only for scuba divers. Create amazing unforgettable memories as you are piloted by a professional crew among colourful coral formations, and tropical marine life, aboard the unique Atlantis Submarine. Please note: guests must be at least 4 years of age and at least 90 cm tall to participate in the excursion. Participants should be fully mobile and able to navigate an 11 step ladder unassisted in order to enter and exit the submarine.

SCENIC ROUTE

ISLAND HIGHLIGHTS & BEACH - BRB14



Duration
4:30 h

Get to enjoy two of the best aspects of Barbados, first enjoy a scenic Island tour, then relax on a wonderful beach and soak up the warm Caribbean sun. Your tour will take you into the interior of the Island and your first stop at Gun Hill Signal Station will afford you with breath-taking views of the South and West Coasts of Barbados. From here you continue to cross the Island and eventually you will reach Bathsheba, the famous surfing spot on the spectacular East Coast of the Island. You will have some time to take in the pounding waves on the shoreline before continuing along the East. Enjoy the sights of the rustic countryside before you reach the beach. Here you beach chair awaits and you get to relax in comfort and dip into the clear blue sea. A refreshing complimentary drink will be served and the friendly staff will be more than happy to assist you with any other requests you might have.



MSC

EXCURSIONS

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ACTIVE & ADVENTURE

4X4 JEEP ADVENTURE - BRB15

Duration
3 h

Be greeted by your personal driver/guide as you step into a comfortable vehicle and prepare for an adventure- and fun-filled tour of the island. With your friendly guide providing information as you go, you'll travel through areas not accessible to other types of vehicle. Sit back and drink in views of lush countryside, sugarcane estates and mansions, but also watch out for the Barbadian green monkey, a resident in these parts. Also included are lovely coastal views from the edge of a high cliff as well as a ride down the East Coast Road, a.k.a. the Cattlewash, so named for the sea spray coming up from the Atlantic. Keep your camera at hand throughout and take your pick from an on-board drinks selection to keep yourself hydrated. The convoy continues through quaint villages to a vantage point that overlooks the interior of the island known as the Scotland District. Your journey back to the port is along the West Coast, also called the Platinum Coast as many of the up-market and five star hotels are located along this side of the island. Experience a True Adventure! Please note: Participants must be 5 years of age or older and must be able to walk, they should be in good physical health. Pregnant women and guests with any limited mobility functions, back and heart ailments should not participate on this tour. Guests must be able to walk unaccompanied. Weight Limit: 125 kilos. Participants should wear appropriate clothing & footwear, sunscreen and sunglasses. Enclosed flat practical shoes are recommended.

SCENIC ROUTE

COAST TO COAST SCENIC DRIVE - BRB17

Duration
3:30 h

St. John's Parish Church is perched on a cliff, 800 feet above sea level, overlooking coastal St. John and the Atlantic Ocean. The present building was constructed in 1836, after the hurricane of 1831 destroyed the one built in 1660 and also contains an interesting sculpture depicting the Madonna and Child with the infant St. John. Your Tour will descend into Bathsheba where you will have a brief stop. A visit to Barbados is not complete unless you visit the idyllic spot. Located near the centre of the Island, in the parish of St. Thomas, at an elevation of more than 1000 feet above sea level sits Highland Adventure Centre. On the well maintained grounds stands a gazebo and a spacious deck, along with a well-stocked bar. From here the view of the East Coast is truly breathtaking! The pounding Atlantic surf in the distance, contrasts with the unspoiled beauty of nearby Mount Hillaby, which at 1138 feet above sea level is the highest point on the island. You get the feeling as though you're sitting on top of the world. The ideal place for a photo stop on tour.

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

GEORGE WASHINGTON HOUSE & GARRISON TUNNELS - BRB18

Duration
3:30 h

This is a wonderful opportunity to immerse yourself in Barbados Island Heritage! This exciting excursion allows you to travel back in time in air-conditioned comfort through Historic Bridgetown; Barbados bustling capital city. You will then travel to the spectacular British colonial Garrison- a UNESCO World Heritage Site. Established in 1789, it was the heart of British defence of its valuable possessions in the Caribbean, for more than 100 years. As you arrive at the world famous George Washington House you will be treated to an overview of the Garrison Historic Area; after which you will be escorted on a tour of the house that George Washington spent six weeks of his life in. You will then make your way to the new gift shop which is located at the National Museum where you can purchase your historical souvenirs of your visit to Barbados comfort through Historic Bridgetown; Barbados bustling capital city. You will then travel to the spectacular British colonial Garrison- a UNESCO World Heritage Site. Established in 1789, it was the heart of British defence of its valuable possessions in the Caribbean, for more than 100 years. As you arrive at the world famous George Washington House you will be treated to an overview of the Garrison Historic Area; after which you will be escorted on a tour of the house that George Washington spent six weeks of his life in. You will then make your way to the new gift shop which is located at the National Museum where you can purchase your historical souvenirs of your visit to Barbados.

SEA & SUN

BEACH BREAK - BRB19

Duration
3:30 h

Bask in the sun on a palm-fringed beach in the warm white sand with turquoise waters waiting to be explored! Enjoy a scenic transfer on your air-conditioned transportation through the historic capital of Bridgetown. You will pass Barbados Parliament Buildings, the 3rd oldest Parliamentary institution in the Western Hemisphere, Heroes Square, with its historic statue of Lord Nelson, and Independence Square as you make your way to Carlisle Bay, one of our best beaches and the only natural harbour in Barbados. Upon your arrival, you will be served a complimentary drink and given a brief orientation to the beach and facilities. A beach chair and shared umbrella are provided for your comfort, as well as changing rooms and showers. Play a game of beach volleyball or bring your own snorkel equipment and snorkel the shipwrecks in the sheltered bay. Additional drinks or light snacks are available for purchase. This beach has a spot for everyone - just pack your swimsuits, towel and sunscreen and you are ready to go!



MSC

EXCURSIONS

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NATURAL WONDERS

TURTLE ENCOUNTER - BRB21

Duration 3:30 h [Icons: wheelchair, hand, glass, swimmer]

Join the motor boat for a relaxing sail, through aquamarine waters along the coast of this tropical paradise! You will be looked after by helpful captain and crew, and will join them to snorkel and swim with the majestic sea turtles in their natural habitat.

ACTIVE & ADVENTURE

HARRISONS CAVE & SCENIC DRIVE - BRB22

Duration 3 h [Icons: wheelchair, hand, glass, camera]

Harrison's Cave is a magnificent natural phenomenon, quite in a class of its own. Formed from a particularly beautiful type of crystallized limestone, this stunning cavern is undoubtedly one of the most spectacular natural attractions in the entire Caribbean.

SEA & SUN

ISLAND-STYLE BEACH HOPPING - BRB25

Duration 4 h [Icons: glass, swimmer]

Treat yourself to half a day of exploring some of Barbados must-sees from the comfort of a restored, open-sided jitney bus, once common on the islands sugarcane plantations.

SOMETHING SPECIAL

MOUNT GAY RUM EXPERIENCE & SCENIC DRIVE - BRB26

Duration 35 h [Icon: hand]

Wherever you find sugarcane, youre likely to find rum whether its distilled directly from the sugarcane juice or molasses. This outing will take you to visit a rum distillery with heritage to spare: the Mount Gay Rum Distillery, now in operation since 1703!

ACTIVE & ADVENTURE
JOLLY ROGER PIRATE SHIP - BRB27


Jolly Roger Pirate Ship

CULTURE AND HISTORY
ST. NICHOLAS ABBEY & HERITAGE RAILWAY - BRB28


St. Nicholas Abbey & Heritage Railway

EXPLORER PACKAGE PORT OF SPAIN POS01 SAINT GEORGE GRE02 FORT DE FRANCE MAR22 - EXPPR003


Explorer package Port of Spain POS01 Saint George GRE02 Fort de France MAR22

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Port of Spain

Wed 9 January 2019

SCENIC ROUTE

TRINIDAD HIGHLIGHTS & SCENIC DRIVE - POS01



Duration
4 h

Visit Trinidads highlights on this comprehensive, half-day guided tour. On your tour, relax and enjoy the sights as you pass by the lighthouse, the striking Parliament building known as the Red House as well as the Magnificent Seven, a row of imposing colonial houses originally built at the turn of the century as private residences. Make a brief stop at the tropical Botanical Gardens, a cool shady enclave of exotic trees and tropical flowers. Then its a short drive to Lady Young Lookout for an excellent panoramic view of Port of Spain. Departing, youll head for Santa Cruz Valley with its endless cocoa and coffee plantations. Continue along the scenic North Coast Road and take in a spectacular panoramic view at Maracas Lookout, followed by a brief stop at Maracas Beach, Trinidads most beautiful and popular, before returning to the ship. Please Note: Guests on this tour are encouraged to wear comfortable, casual clothing. There is no picking of fruit allowed in the Botanic Garden.

CITY TOUR

CITY HIGHLIGHTS & MONASTERY - POS02



Duration
4 h

Take in the highlights of Port of Spain and experience the serenity of Mount St. Benedicts Monastery, known as The Abbey of Our Lady of Exile. Begin your tour with an air-conditioned bus ride through the city, passing the striking Parliament building known as the Red House as well as the Magnificent Seven, a row of imposing colonial houses originally built at the turn of the century as private residences. Continuing around the Queens Park Savannah, youll make a brief stop at the tropical Botanical Gardens, a cool shady enclave of exotic trees and tropical flowers. Then its a short drive to Lady Young Lookout for an excellent panoramic view of Port of Spain. You will then journey to the edge of Trinidads rain forest to ascend to the monastery, nestled peacefully in the mountains, originally founded by the Brazilian monk as refuge for monks and others suffering religious persecution. Here your guide will provide a cultural and historical perspective of the monks that have lived the contemplative life for decades. You will visit the beautiful church before returning to Pax Guesthouse for tea and delicious homemade bread before returning to the ship. Please Note: Guests on this tour are encouraged to wear comfortable, casual clothing. Only knee length shorts allowed. No picking of fruit is allowed in the Botanic Garden.

CITY TOUR AND PANYARD EXPERIENCE - POS03



Duration
3:30 h

This tour offers a combination of sightseeing around the city of Port of Spain passing the main places of interest coupled with an introduction to steel band and its history. This is definitely a unique experience and an opportunity to listen to the steel band in its home - a Pan Yard. Enjoy the sweet sound of pan, Trinidad's contribution to music ... the only musical instrument invented in the twentieth century ... like a native. Your mini concert will include classics, contemporary and pop songs and of course, our calypso. Light beverage refreshments provided. Please Note: Guests on this tour are encouraged to wear comfortable, casual clothing. No picking of fruit is allowed in the Botanic Garden.

NATURAL WONDERS

ASA WRIGHT NATURE CENTER - POS06



Duration
5 h

Interested in scenic beauty, peace and tranquillity, nature and a walk through a tropical rain forest? Then this is the tour for you. This tour begins in Port of Spain travelling East by-passing villages and towns set against the backdrop of the scenic Blanchisseuse mountain road, which offers a picturesque drive through tropical rain forests, cocoa, citrus and coffee plantations to the Asa Wright Nature Centre nestled in the Aripo Valley. Asa Wright is a microcosm of bird, insect, butterfly and plant life, which the visitor experiences through a conducted tour of the walkways by expert naturalist guides. For those who prefer a less active day, one can relax in the cosy comfort of the recently restored estate house and admire the view from the verandah, where several species of birds can be seen at the feeders. After the tour we make our journey back to the ship. Please note: This tour is recommended for those who are physically fit. Guests are recommended to wear comfortable, casual clothing with proper walking shoes and Insect repellent. Picking of fruits or flowers is not allowed at the Center.

ACTIVE & ADVENTURE
TRINIDAD JEEP ADVENTURE - POS07

 **Duration**
 4 h
 




On this tour you will have an opportunity of visiting places rarely visited by the local population. Start your day off by taking a short bus ride to the Town of Maraval and board a 4 X 4 Jeep Adventure tour and ascend to the Paramin hillside. Here you will have a firsthand experience of this rich agriculture landmass where farmers plant all of the local herbs used in our everyday cooking while having a panoramic breathtaking view only accessible by four-wheel vehicles. This would also be our first stop where we take a walk through the village and let the locals share with you how they grow their herbs and prepare them for market. From here we continue along the hilly north coast road descending along the Maracas Royal Road towards the Maracas lookout making our second stop and continue to Maracas Beach for a swim and walk along the white sandy bay. After this breath-taking Mountain Adventure, we head back via Maraval. Please Note: Guests are recommended to wear comfortable, casual clothing with their swimsuit underneath and a towel. This is not a self-driven tour.

SEA & SUN
MARACAS BEACH TRIP - POS08

 **Duration**
 4 h
 



For the genuine "beach bum" the drive to the beach will surely be unforgettable. The drive to the beach traverses one of the most picturesque and lush areas of Trinidad's Northern Range before descending on to beautiful Maracas Bay, lined with palms and surrounded by densely covered hills. Caressed by the North East trade winds, this is a most relaxing way to spend some few hours out of your ship. Please Note: Dressing rooms and swimming facilities are available. Beach Chairs and Umbrellas can be rented on the beach at an additional cost. All beaches are public. The drive to / from the beach can take from 40 to 60 minutes depending in traffic conditions.

NATURAL WONDERS
CARONI NATURE SANCTUARY - POS09

 **Duration**
 3 h
 


The Caroni Nature Sanctuary is a mangrove swamp covering an area of 40 square miles at Trinidad's North West Coast. After about 30 minutes drive from Port of Spain we board a large flat-bottomed boat and slowly travel along the beautiful peaceful waterways and lagoons admiring the bizarre Beauty of the Landscape and a variety of birds and other wildlife. The most astounding among these birds is the Scarlet Ibis, a large bright red bird feeding and nesting here. This tour is world renowned among ornithologists as it offers the observer an opportunity to see this rare protected bird with very little effort.

ACTIVE & ADVENTURE
KAYAKING IN THE CARONI WETLAND - POS10

 **Duration**
 3 h
 


After a short drive we arrive at the Caroni Wetland, a 40 square miles mangrove swamp at Trinidad's North West Coast. We go over a briefing by the local guide, board your double kayaks and slowly travel along the beautiful peaceful waterways and lagoons admiring the bizarre Beauty of the Landscape. This tour gives us the opportunity of kayaking through the mangrove waterways and open lakes that offer peaceful setting of lush tropical mangrove and a variety of birds and other wildlife. Your kayak guide will point out the way the mangroves grow and other marine life such as the four-eyed fish that lives in this area of Trinidad. The almost surrealistic beauty of this famous nature re- sort will amaze you. This tour is a must for visitor with an interest in conservation and the protection of the environment. Please note: Minimum age to participate to this tour is 12 years. Guests must be medically fit. Maximum weight is 250 lbs./130 kg. Dry clothes for return to the ship are required. Kayaks can be double.

NATURAL WONDERS

MARACAS WATERFALL - POS14

Duration
 4 h


We leave the Port and drive east to the first capital of Trinidad, St Joseph or Jose de Oruna as it was called in the old days. After a short history lesson, you will continue to the Maracas Waterfall. The Maracas Waterfall is situated in the upper part of the Maracas valley. It is a little over 91.5m. in height and is situated in cool, beautiful surroundings. Please note: Please wear comfortable walking shoes for your hike. Guests will have to walk on rocks and in water. Once buses reach the waterfall parking area, guests are requested to walk about 2.4 km to reach the waterfall. Water will be provided on the buses.

CULTURE AND HISTORY

TRINIDAD VIBES: CARNIVAL & CULTURE - POS16

Duration
 35 h


Since theres hardly a better way to get a feel for a nations culture than through its art, this enjoyable half-day tour intends to showcase two truly Trinidadian art forms. The first of these takes the shape of De Legacy - House of El Tucuche, the gallery and live-in studio of Trinidadian original, LeRoy Clarke. Have a good look at the various works displayed by this national icon of an artist before you move on again to an entirely different art form at Harts Carnival Mas Camp. Mas is short for masquerade and this is your chance to find out how the fabulous costumes worn during Trinidad and Tobagos flamboyant carnival season come to life. In the run-up to carnival held on the Monday and Tuesday before Ash Wednesday these mas camps are brimming with creativity, colour and different kinds of fabric. While youre there, youll get to learn about the carnival and its fascinating history as well as take a selfie trying on one of the elaborate headpieces. Youll then return to the ship full of life-affirming Trini vibes. Please note: guests will be required to remove footwear before entering the art gallery and must be able to climb stairs since gallery extends over 5 floors. This tour is available from December 6th 2017 call to January 31st 2018 call

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Saint George

Thu 10 January 2019

SEA & SUN

HIGH TIME SAIL SNORKEL & BEACH - GRE01



Its Adventure Time when you board your catamaran, High Time for a memorable snorkel and Beach experience. Sail along the picturesque coastline to the Mollinere/Flamingo Bay Marine Park. The crew gives the orientation briefing before leading you on a colourful journey along the reef. You will see brilliantly hued tropical fish, colourful hard and soft coral, sea fans and sponges. Witness the feeding frenzy of Sergeant Majors. After snorkeling, High Time sails off to a pretty white sand beach. Sunbathe, relax on the beach all to the strains of Caribbean Calypso Music. Experience island life the way it was meant to be, at your own time and your own pace. You return to your ship with fond memories of a special place. Please note : Rum Punch, bottled water and sandwiches are complimentary. Guests must be able to walk unaided. All participating guests will be required to sign a waiver which may only be available in English.

SOMETHING SPECIAL

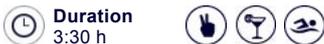
AROUND THE ISLE OF SPICE - GRE02



Discover the scents and aromas of the "Isle of Spice" on this full day sightseeing tour by motor coach. Your driver will follow the picturesque west coast, rich in history and colour until Dougaldston Estate where you will receive an introduction to the spices. The nutmeg factory in Gouyave is your next stop: there, you are shown the seasoning, processing and sorting of nutmegs and mace. Nutmeg products vary from syrup to massage oil, garden mulch to nail varnish; even a pain-relieving spray. By now, you're ready for lunch in Belmont Estate, a plantation house, where you will have the opportunity of tasting some typical Creole dishes while enjoying a fantastic view of the Estate. Leaving the restaurant, you will go to River Antoine Rum Distillery: the place is as antique (1785) as the rum is strong (75% alcohol ouch!). It can be hard to believe that the place is a working distillery, not an elderly museum. Despite its antiquity, it is quite well thought-out, and has environmentally-friendly aspects. To end this day, you will return to the pier through the rain forest over the mountains with a stop at Grand Etang, home of the Mona monkey, where you can take a short walk of the surrounding gardens. Please Note: the order of the visits may vary. This tour is not available for the call of MSC Fantasia on November 23, 2017.

SCENIC ROUTE

CREOLE BUS SENSATION - GRE03



Originally British, the Creole buses were the first large means of transportation on the island in the 50's. Neglected and forgotten over the course of the years due to the competition of modern transport, they are currently making their comeback to provide you with the opportunity of savoring the charm of Grenada in the early days! Nothing has changed: bright colors, and deliciously padded wooden benches. So, off we go for a truly local cocktail. Grenada's capital is very British in nature with the Carenage, an adorable little harbor set in the hollow of an ancient volcano. This is our point of departure from where we launch ourselves in the assault of St George's, following a labyrinth of roads reminiscent of San Francisco, Caribbean style! And on board of the Creole buses, the drive takes a turn for the unexpected! It is indeed a bit of a climb to reach the heights of Grenadian history; we are on our way to the sumptuous panoramas that can be admired from the old forts: Fort George and Fort Frederick. Fort George overlooks the small capital. Its ancient stones and rocks tell the tale of the culture shock between England and France in the old days; as for Fort Frederick, it stands dominant above the tropical rainforest and the Caribbean Sea, offering a panoramic view of 360 degree. Leaving Fort Frederick behind you, you head to the south of the island, "surfing" the hill tops, as the bus follows the road along the tropical hills and slides down the rural delight of the Grenadian countryside. It is only on the beach, with your feet in the water, your head below the sea grape trees and a rum punch in your hand that we propose an end to this Creole escapade! Please note: Maximum weight is 90 kilos. Beach chair available (Usd, 5/chair) but not included in the tour. Guests must be in good health to climb the forts; however they can stay in the bus during the visit.



MSC

EXCURSIONS

Discoveries designed for you

SEA & SUN

NUTMEG & FALLS - GRE05

Duration
4 h

The west coast of Grenada hosts a number of features that are very specific to Grenada: spices and cocoa at Dougaldston Estate, nutmeg in Gouyave and in the tropical heights, waterfalls and plantations! The point of departure is St Georges and we follow the road to the North along the Caribbean Sea. Your first stop is Dougaldston Estate. Founded in 1700, this ancient cocoa plantation opens the wonderful palette of spices and scents of the island. In Gouyave however, fishing is not the only source of income and this small town reveals one of its most surprising features: the nutmeg cooperative plant. Well-protected behind high walls, you will travel about one century back in time: no conveyor belts, no machines; the long processing chain of this precious spice starts off in the hands and nimble fingers of the kind-hearted "mammams". Here you enter in the kingdom of women! Humble and conscientious, their movements are founded day after day in the long tradition of secrets of nutmeg, placing these ageless sites second in the world of exporting nations. On your way back, you make a tiny detour to enjoy a swim in the natural lovely pool at the Concord Falls. There you will discover a very particular type of plantation. Here the nutmeg and cocoa trees grow along the flanks of the hills in the tropical forest that is forever near. Please note: it is not permitted to take photographs inside the Nutmeg factory.

SOMETHING SPECIAL

RUM & BEACH - GRE06

Duration
3:30 h

Without a doubt, Grenada is one of the most charming islands in the Caribbean. The unspoiled natural beauty is what makes the island so unique. Our first stop is at Clark's Court, a rum distillery unlike any other and one of the most interesting historical sites. The factory has been in operation since 1937, and is situated in the southern part of the island, in the Parish of St. Georges. Our guide would explain all the different processes and stages of making the rum. You would learn of the distilling process from sugar cane, syrup and molasses, to rum, and also the aging, blending and bottling process of making rum. On tour you would also get the opportunity to discover old steam engines, some dating as far back as 1886 that are still used. Then you are invited to sample the award-winning rums at the sample bar. You would be given recipes on different ways you can mix the rum and truly appreciate the taste of our fine products. Leaving the Rum Distillery, you will travel to our secluded white sandy beach, graced by crystal clear waters and kissed by almond trees for natural shade. There, you will enjoy paddling in the water with a fresh drink in your hand, during two hours. Included in your package is: restroom facilities with changing rooms, showers and two complimentary beverages. Please note: beach chair available (5Usd/chair) but not included in the tour.

ACTIVE & ADVENTURE

SNORKELING CHAMPAGNE LOBSTER CRUISE - GRE08

Duration
6:30 h

Join us for this unforgettable six hour tour which sails from St. George's Harbour to the enchanted island of Hog. Sail along the scenic South West Caribbean coast of Grenada towards Point Salines, the Southern most point of Grenada. Then you will have an exhilarating experience, sailing upwind on the Atlantic side to the secluded island of Hog. After a snorkeling stop on a vibrant coral reef with colorful tropical fishes and other marine life, you will have your grilled lobster lunch served on Hog Island, where you can just swim or explore the secrets of this "Robinson Crusoe" island. To complete this memorable day, you re-board, sit back, relax and enjoy a smooth one hour and half sail back to St George's. Please note: The following are included on the tour: A complimentary bar with rum punch, sodas, juices and mineral water, Snacks (fruits, French bread and cheese), One glass of Champagne and two glasses of wine during the lunch, A lobster lunch (grilled lobster with potatoes, green salad and garlic bread), Grilled Stirloin Steak, or fish, or chicken, or veggie lunch can be served instead of the lobster (upon request 24 hours in advance), snorkel gear, instructions and a guided snorkel tour

SEA & SUN

TROPICAL BEACH TOUR - GRE09

Duration
3:30 h

Grenada's capital is very British in nature with the Carenage, an adorable little harbour set in the hollow of an ancient volcano. This is your point of departure from where you launch yourselves in the assault of St George's, following a labyrinth of roads reminiscent of San Francisco. It is indeed a bit of a climb to reach the heights of Grenadian history; you are on your way to the sumptuous panoramas that can be admired from Fort George which overlooks the small capital. Its ancient stones and rocks tell the tale of the culture shock between England and France in the old days. It stands dominant above the Caribbean Sea, offering a panoramic view of 360 degrees. Leaving Fort George's you will reach the South Point of Grenada to our secluded white sandy beach, where, with your feet in the water, your head below the sea grape trees and a rum punch in your hand, you will spend the end of this Creole escapade. Please note: beach chair available (5Usd/chair) but not included in the tour.



MSC

EXCURSIONS

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SCENIC ROUTE

MOTORBOAT TO GOUYAVE & BEACH - GRE12

Duration 4 h [Icons: Boat, Hand, Wine, Glass, Sun]

Leave from the water taxi landing stage at the port and go full speed up the west coast for about half an hour, until you reach the fishing town of Gouyave, where we tie up at the jetty. A fifteen minute walk brings you to the nutmeg factory, where you have a guided tour that takes approximately 40 minutes. You will have the opportunity to buy nutmegs and other spices and souvenirs. Back to the boat, where a further 20 minute ride brings you to Flamingo Bay for snorkelling (40 minutes). You then move on to the longest white sand beach, Grand Anse, for up to 45 minutes of bathing, exploring and browsing in the Art & Craft Market, which is right on the beach. After this, you will be taken to the old port of St. Georges, for a leisurely drive (in the boat!) around the picturesque Carenage for 15 minutes, telling you about some of the buildings and the history of the area. After this, it takes just five minutes to get back to the port. Please note: Included in the tour: one glass of rum punch, fruit juice, water, and tuna & cheese sandwiches. Snorkeling equipment: mask and fins are included. Snorkeling is from the boat, not from the shore. Snorkelers should be able to swim.

NATURAL WONDERS

SPICES & RAINFOREST - GRE13

Duration 4 h [Icons: Hand, Wine, Star]

Lying northeast of mainland Venezuela, northwest of Trinidad & Tobago and southwest of St. Vincent & the Grenadines, the island nation of Grenada is generally known as the spice isle due to the widespread farming of mace and nutmeg. In fact, Grenada is among the worlds largest exporters of these spices. A drive through the town of St. Georges, the capital of Grenada, begins your sightseeing tour, after which you will head for the seaside town of Gouyave and the Nutmeg Station, Grenadas largest nutmeg receiving station and the place where this "black gold" is processed. Once you have passed through the protective walls surrounding the station, you will feel as though you have stepped back in time to a pre-industrial age. Neither conveyor belts nor machines work here; instead, the mace and nutmeg processing line is powered by the nimble fingers of numerous women. Your tour then continues along the lovely Belvedere Road, which runs through cocoa, banana, nutmeg and various other spice crops, as you head for Lake Grand Etang, an utterly enchanting expanse of cobalt-blue water that occupies the crater of an extinct volcano high up in the centre of the island. Then, theres time for a refreshing drink at the Visitor Centre before descending through hanging carpets of green mountain fern to Annandale Falls our last stop. It's a short but steep walk to this green paradise, where rushing water is framed by hanging ferns and a variety of the island's flowering and medicinal plants. Please note: photography and/or videoing is prohibited in the nutmeg processing plant.

ACTIVE & ADVENTURE

GRENADA JEEP TOUR - GRE16

Duration 35 h [Icons: Boat, Hand, Wine]

Have some fun on a leisurely jeep ride through the interior of Grenada, beginning in the parish of St. George and heading inland to reach your first stop on the tour: the wonderfully relaxing warm waters of the sulphur spring and pool, which some believe can even have a positive effect on the ageing process. After your dip in the pool, surrounded by the sounds of running water, birdsong and the scent of nutmeg trees, youll move on to your second destination: the Grand Etang Lake. Located in one of Grenadas National Park Reserves, the former volcanic crater is now filled with water and provides the ideal setting for photos. Youll also be able to enjoy complimentary refreshments while admiring the cool rainforest all around. Look out for further splendid views and keep your nose out for whiffs of nutmeg on the return ride to the ship. Please note: the tour is not available for pregnant women or guests suffering from back or spinal problems.

SOMETHING SPECIAL

DONUT BOAT FUN & SIGHTSEEING - GRE18

Duration 15 h [Icons: Hand, Wine]

Join a tour that will see you take a short-but-sweet look at some of Grenadas finest, both from a coach-based and a waterside perspective. The outing begins by air-conditioned coach on a route that leads through the winding streets of historical St. Georges, the islands capital. Travel down Springs Road and Woodlands Road to reach the Prickly Bay Marina at Lance Aux Epines. Youll then get off the coach and instead board an admittedly funny looking Donut Boat. Seated in circular fashion, youll be taken on a leisurely cruise through Prickly Bay and be able to enjoy great views of St. Georges University, the True Blue resort and Lance Aux Epines. A stop is also scheduled at Lance Aux Epines beach for you to have a quick swim, after which youll reboard your coach for the return drive to the ship. Please note: guests wishing to take part may weigh no more than 90 kg (200 lbs). Life jackets are provided during the boat portion. Guests are required to wear closed footwear throughout the tour (flip-flops are not allowed). Guests are recommended to take high-factor sunscreen and a camera.

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

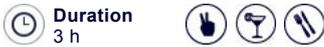
The tour can be provided in 6 languages (ENG-DEU-FRA-ESP-ITA-POR) and it depends on the availability of guides. The final language will be confirmed on board during your cruise

Kingstown

Fri 11 January 2019

CITY TOUR

BEST OF ST. VINCENT - KTN01



Duration
3 h

Best of St. Vincent

CULTURE AND HISTORY

ATLANTIC COAST & RUM DISTILLERY - KTN02



Duration
4 h

Atlantic Coast & Rum Distillery

SEA & SUN

BEQUIA BY SAILING CATAMARAN - KTN04



Duration
55 h

Bequia by Sailing Catamaran

ACTIVE & ADVENTURE

AQUA TERRA - KTN05



Duration
55 h

Aqua Terra

PIRATES OF THE CARIBBEAN & SNORKEL - KTN06



Duration
25 h

Pirates of the Caribbean & Snorkel

SCHOONER PARTY - KTN07



Duration
4 h

Schooner Party



MSC

EXCURSIONS

Discoveries designed for you

NATURAL WONDERS

NORTHERN GRENADINES EXPLORER - KTN08



Duration
45 h



Northern Grenadines Explorer

ACTIVE & ADVENTURE

KAYAK & SNORKEL - KTN09



Duration
4 h



Kayak & Snorkel

NATURAL WONDERS

VERMONT NATURE TRAIL HIKE - KTN10



Duration
4 h



Vermont Nature Trail Hike

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MSC

EXCURSIONS

Discoveries designed for you

Fort de France

Sat 12 January 2019

EXPLORER PACKAGE PHILIPSBURG SMT10 ST JOHN S ATG24 ROAD TOWN TRT01 - EXPPR004



Duration
00 m

Explorer package Philipsburg SMT10 St John s ATG24 Road Town TRT01

ACTIVE & ADVENTURE

GETAWAY JEEP ADVENTURE - MAR15



Duration
4 h



Step off the ship and get in a jeep for an exciting tour of the lesser known regions of Martinique. A scenic drive along the main roads will first take you to the small town of St. Joseph in the islands interior, after which you will enter private property and proceed to the off-road part of your tour, fording a number of rivers along the way before you hit the rainforest and its glorious vegetation. A stop will be made to let you appreciate the sheer tranquillity of this special place. Back on the road again, you can enjoy splendid views of the valleys and mountains before learning a little about Martiniques agriculture when you travel through a banana plantation. Your final stop on the tour is the beautiful Coeur-Bouliki forest near St. Joseph and the Rivière Blanche (White River), where you can take a seat at the river bank and refresh yourself with a delicious drink. Your return to Fort-de-France on interior roads will give you more marvellous views of the bay to enjoy before you arrive back at your ship. Please note: as this tour involves travelling along winding roads, it may be unsuitable for guests who are susceptible to motion sickness.

CULTURE AND HISTORY

FOLKORIC MARTINIQUE & RUM DISTILLERY TOUR - MAR16



Duration
4 h



For an authentic taste of Martinique, step off the ship, board a coach and travel through the rainforest to one of the islands best rum distilleries. On the way, a stop will be made at Balata Church, an exact miniature replica of the Basilica of the Sacred Heart in Paris that affords a spectacular view of Fort-de-France and the bay. A visit to the Depaz rum distillery will not only give you a chance to learn a little about the process of making rum, but also let you sample the special rhum agricole, which is distilled only in Martinique and is made using freshly squeezed sugarcane juice rather than the conventional molasses. A 10-minute drive from the distillery will take you St. Pierre, the former cultural capital of Martinique that was tragically destroyed in a major outbreak of Mount Pelée in 1902. The modern-day town of St. Pierre is Frances 101st City of Art and History. After visiting the Volcano Museum, your return trip to Fort-de-France will take you through Le Carbet, the spot where Columbus landed in 1502 and the town that inspired Gauguin to paint some of his most beguiling canvases. Also on the itinerary are Bellefontaine and its famous boat-shaped house as well as Schoelcher, a seaside resort that was named after a 19th-century French abolitionist writer. Please note: the tour itinerary may be reversed. As this tour involves travelling along winding roads, it may be unsuitable for guests who are susceptible to motion sickness. Shooting videos and taking photos are not permitted inside the St. Pierre Volcano Museum.



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

HIKING & PEACE OF MIND - MAR20



Duration
3 h



Take some time out from your ship and board a minibus for a short ride from Fort-de-France, the capital of Martinique, to the scenic Rue de la Fontaine Didier hiking trail. Look forward to a gentle hike on well-maintained roads through the most spectacular landscape, marked by lush rainforest vegetation, tropical trees and an abundance of wildlife. The trail also takes you past a number of lovely waterfalls before you arrive at Absalon, the final destination of your hike. You will then have time to have a rest, relax and enjoy a well-earned drink on the banks of a small river. To save your feet, a comfortable minibus will then be waiting to take you on an equally scenic return drive to the port and your ship. Please note: guests must be in good physical health and at least 10 years of age to take part. Children must be accompanied by a paying adult (parent/legal guardian) throughout the tour and be under their supervision at all times. Guests are recommended to wear sports or mountain shoes suitable for hiking. All participating guests will be required to sign a waiver which may only be available in English.



MSC

EXCURSIONS

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NATURAL WONDERS

BOTANICAL GARDEN & ITS SUSPENSION BRIDGE - MAR21

Duration
3 h

After a short drive, enjoy a beautiful view of Fort de France while visiting a replica of the Sacred Heart Basilica of Montmartre. Next, your tour will take you to the stunning Botanical Garden where you can walk under the trees and discover a multitude of tropical plants and flowers. Take a moment to cross the Gardens Suspension Bridge where you will find exceptional views you will want to immortalize in photos. Please note: Participants of this tour must be physically fit and able to walk about 1.5 miles. Guests are recommended to wear comfortable closed shoes. The tour itinerary may be reversed. This tour involves winding roads, which may be unsuitable for those who suffer with vertigo and car-sickness. Walking on the suspension bridge is unsuitable for pregnant guests, or guest who suffer from vertigo. The minimum age for the suspension bridge 7 years old. This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 3pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code MAR21 if you will be in transit in Fort de France or code MAR21D if you will be disembarking in Fort de France.

BOTANICAL GARDEN AND ITS SUSPENSION BRIDGE FOR DISEMBARKING GUESTS - MAR21D

Duration
3 h

After a short drive, enjoy a beautiful view of Fort de France while visiting a replica of the Sacred Heart Basilica of Montmartre. Next, your tour will take you to the stunning Botanical Garden where you can walk under the trees and discover a multitude of tropical plants and flowers. Take a moment to cross the Gardens Suspension Bridge where you will find exceptional views you will want to immortalize in photos. Please note: Participants of this tour must be physically fit and able to walk about 1.5 miles. Guests are recommended to wear comfortable closed shoes. The tour itinerary may be reversed. This tour involves winding roads, which may be unsuitable for those who suffer with vertigo and car-sickness. Walking on the suspension bridge is unsuitable for pregnant guests, or guest who suffer from vertigo. The minimum age for the suspension bridge 7 years old. This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 3pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code MAR21 if you will be in transit in Fort de France or code MAR21D if you will be disembarking in Fort de France.

HISTORICAL CLEMENT PLANTATION - MAR22

Duration
3 h

During this excursion you will discover the architectural and industrial heritage of Martinique. Your tour begins with a visit to a tropical botanic garden which showcases more than 300 different botanical species throughout 16 acres of lush landscape. Next you will make your way to the Clement Plantation where you will visit the Main house where you can observe the domestic life of the plantation, and admire the Creole architecture. Your visit to the plantation also includes a visit to the Old Rum Distillery where you can learn about the rum making process and have a rum tasting. Please note: This tour involves winding roads which may not be suitable for those who suffer from vertigo or car- sickness. Participants must be in good health and correctly dressed. This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 3pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code MAR22 if you will be in transit in Fort de France or code MAR22D if you will be disembarking in Fort de France.

HISTORICAL PLANTATION CLEMENT FOR DISEMBARKING GUESTS - MAR22D

Duration
3 h

During this excursion you will discover the architectural and industrial heritage of Martinique. Your tour begins with a visit to a tropical botanic garden which showcases more than 300 different botanical species throughout 16 acres of lush landscape. Next you will make your way to the Clement Plantation where you will visit the Main house where you can observe the domestic life of the plantation, and admire the Creole architecture. Your visit to the plantation also includes a visit to the Old Rum Distillery where you can learn about the rum making process and have a rum tasting. Please note: This tour involves winding roads which may not be suitable for those who suffer from vertigo or car- sickness. Participants must be in good health and correctly dressed. This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 3pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code MAR22 if you will be in transit in Fort de France or code MAR22D if you will be disembarking in Fort de France.

SOMETHING SPECIAL

RUM DISTILLERY WITH LUNCH AT BAMBOU - MAR24

Duration
7 h

You will depart Fort de France and head towards Ste Marie where you will visit the famous St. James Rum Distillery & Museum. There you can try some agricol rum and learn how rum is distilled while visiting the museum. Next you will make your way to Le Bambou for an authentic Creole lunch. After lunch you will board your motor coach and travel to the city of St. Pierre which was destroyed by the eruption of Mt. Pelee in 1902. On your journey back to the ship make sure to be on the lookout for the many quaint fishing villages you will pass along the way. Please note: This tour involves winding roads which may not be suitable for those who suffer from vertigo or car-sickness.



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CULTURE AND HISTORY

MADININA: SLAVES SAVANNAH - MAR26

 **Duration**
3:25 h



Before Martinique came to be known by its current name, it was once called Madinina the island of flowers. And to go with the historical name, this tour will whisk you off on a voyage back in time to discover a little about the islands rich heritage. After leaving the port, the coach will first take you south and around Fort-de-France Bay to the small town of Les Trois-Îlets, home to a living museum called La Savane des Esclaves, or the Slaves Savannah. Designed to offer a window to the daily lives of slaves in Martinique in the 19th century, the museum park covers 2 ha of land and features a traditional village setting, including wooden huts with earthen floors and roofs made of sugarcane leaves. Learn how cassava flour cakes were traditionally made and find out what sort of plants you'd find in a typical Creole garden and how you could put them to nutritional, cosmetic or even medicinal use. As a final highlight to round off the tours heritage theme, a stop will be made at the nearby Pottery Village. See local artisans create all sorts of attractive handmade pottery using methods already practiced by the islands indigenous population, the Arawaks. Leaving potters heaven behind, a short but scenic coach ride will then see you return to the port, your ship and all the comforts of the present day. Please note: guests are recommended to wear comfortable clothing, a hat, sunglasses and high-factor sunscreen.

NATURAL WONDERS

BEACH & TURTLES - MAR28

 **Duration**
3:30 h



Make a date with some of Martiniques very best features on this leisurely half-day tour around its amazing coastal waters on board a special submarine-style motorised catamaran with panoramic viewing windows. The on-board guide will tell you about the history of Flemish Bay as you cross and then you'll sail along the coastline to reach L'Îlet à Ramiers, a tiny green dot in the sea located just off the shore. The catamaran will draw close to the conical islet so you can snap photos and savour the views, especially when you pass the bat cave. Leaving this place of great marine and land-based biodiversity, you'll then move on through the area known as Cap Salomon to head for one of the islands gorgeous beaches. Before you leave the catamaran for some time on the sand, you'll have a chance to benefit from the vessels submarine capabilities and watch sea turtles gracefully swim through the water. After your stay at the beach, enjoy local cake, fruit juice and rum punch to the sound of traditional island music as you make your way back to the pier and your ship. Please note: although sightings of turtles and other marine wildlife are common, they cannot be guaranteed. Children must be accompanied by a paying adult throughout the tour and be under their supervision at all times.

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ALL AREAS

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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

Pointe-a-Pitre

Sun 13 January 2019

EXPLORER PACKAGE PHILIPSBURG SMT10 ST JOHN S ATG24 ROAD TOWN TRT01 - EXPPR005



Duration
00 m

Explorer package Philipsburg SMT10 St John s ATG24 Road Town TRT01

CITY TOUR

A GLIMPSE OF GUADELOUPE - GUA08



Duration
4 h



This classical visit will give you the opportunity to discover the lush volcanic island of Basse-Terre where you will be taken on picturesque roads bordered by luxuriant vegetation and nature tropical landscapes. First you will cross the national park of Guadeloupe with its dense tropical forest, and enjoying the refreshing Cascade aux Écrevisses. Afterwards the Domaine de Valombreuse botanical garden which will captivate you with its exceptional richness: here you will enjoy the primary forest nearby orchids and cacao trees, the palm grove and spectacular exotic plants. Through sugarcane plantations, you will then visit a genuine colonial property and the estate where you will be able to taste one of the Caribbean's best rum agricole. Please note: This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 5pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code GUA08 if you will be in transit in Pointe a Pitre or code GUA08D if you will be disembarking in Pointe a Pitre.

A GLIMPSE OF GUADELOUPE FOR DISEMBARKING GUESTS - GUA08D



Duration
4 h



This classical visit will give you the opportunity to discover the lush volcanic island of Basse-Terre where you will be taken on picturesque roads bordered by luxuriant vegetation and nature tropical landscapes. First you will cross the national park of Guadeloupe with its dense tropical forest, and enjoying the refreshing Cascade aux Écrevisses. Afterwards the Domaine de Valombreuse botanical garden which will captivate you with its exceptional richness: here you will enjoy the primary forest nearby orchids and cacao trees, the palm grove and spectacular exotic plants. Through sugarcane plantations, you will then visit a genuine colonial property and the estate where you will be able to taste one of the Caribbean's best rum agricole. Please note: This tour ends at the port for transit guests and at the airport for guests who are disembarking and booked on flights after 5pm. The duration of the tour also includes the time for transfer to the airport. To book and prepay this tour before your cruise, please use code GUA08 if you will be in transit in Pointe a Pitre or code GUA08D if you will be disembarking in Pointe a Pitre.

NATURAL WONDERS

SCENIC DRIVE AND WALK TO CARBET WATERFALLS - GUA11



Duration
3:30 h



The southern end of Basse-Terre island is dominated by the La Grande Soufrière volcano, which rises to a majestic height of 1,647 m amid Guadeloupe's lush green rainforest. It is also where you'll find the gorgeous Carbet Waterfalls, the main highlight of this tour. After boarding a comfortable coach at the port of Pointe-à-Pitre, your journey to the famous falls - consisting of three separate cascades - will first take you through the Capesterre-Belle-Eau region to the island's Hindu temple, a testament to Guadeloupe's multi-ethnic society. A photo stop will be made at this colourfully decorated place of worship, following which the picturesque route continues right into the rainforest and to the 110-m mid-level fall. An exhilarating walk will then take you to the viewing platform, which affords truly breathtaking views of the cascade as it gushes through the dense vegetation. The sun glinting on the sparkling water coming over the mountainside is a perfect photo moment, so do remember to bring your camera. Your tour then draws to a leisurely close with your scenic journey back to your ship. Please note: for reasons of safety, direct access to the falls and the pool has been prohibited, by order of the National Park Authorities, since 2004. The tour is considered to be unsuitable for guests with mobility problems. Guests are recommended to wear comfortable clothing and sturdy walking shoes. Accessing the viewing platform involves going up/down approx. 400 steps.

BOTANICAL GARDENS & BEACH - GUA16

 **Duration**
5 h



On the road to the fishing village of Deshaies, the tour leaves from the port of Pointe à Pitre and ventures into the very fertile northern part of the Island of Basse-Terre. During this commented ride on the picturesque roads snaking through sugar cane plantations you will stop to admire the beach of Grande Anse and make a nice photo stop before to visit the best Botanical Garden in the Caribbean: le Jardin Botanique de Deshaies. Here you will find without doubt the most various and beautiful flowers and plants species in all the Caribbean: it is the right place for nature lovers. Look at the flamingos in the pond, the bougainvilleas alley, the orchids, the cactus gardens and the aviary among the several attractions. A short drive and you will reach a pleasant seafront resort for an hour of idleness and relaxation. Your sun bed awaits you on the wonderful caramel tinted sand. A complimentary drink will be served at the beach bar allowing you to further enjoy the outing before heading back to the ship. Please note: Guests are recommended to wear light clothing, swimsuit, towel, sunscreen, hat, and flat comfortable shoes.

 *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

PASSIONATE SEALIFE AND SNORKELING - GUA17

 **Duration**
4 h



A modern motor boat will pick you up directly at the Cruise ship pier. Through the Rivière Salée (Salt River) and the mangrove eco-system you will reach the Grand-Cul-de-Sac-Marin, part of the National Park of Guadeloupe. Your guide instructor will accompany you snorkeling at the coral reef and will show you the sea-life of this extraordinary environment, world biological reserve of the UNESCO. The second part of the tour has as scenery the near and enchanting sandy island where you will enjoy the beautiful beach with your complimentary drink. The way back to the port is as well an instructive and surprising boat trip through the natural and breathtaking landscapes of Guadeloupe. Please note: Children minimum age: 4. Guests should be able to swim. Snorkeling material is included and available in the motorboat for all guests.

CITY TOUR

GADELOUPE HIGHLIGHTS - GUA19

 **Duration**
3:30 h



This tour of Grande-Terre island begins with a short drive to one of Guadeloupe's key historical monuments, the mid-18th-century Fort Fleur d'épée. Situated high above the coastal town of Le Gosier on the southern shores of Grand-Terre, the fortress once played a critical role in the Seven Years War between France and Great Britain, but is now used to host temporary art exhibitions. Moving on, you'll then stop in Le Gosier itself for lovely views of one of Guadeloupe's most popular snapshot scenes: the Îlet du Gosier. Located just a stones throw out to sea, this tiny coral isle is home to swaying palm trees and a pretty lighthouse. Leaving Le Gosier, you will reach Sainte Anne for a pleasant stop at the Village Artisanal on the sea front. As you then make your way through Sainte-Annes lushly vegetated Le Grands Fonds region, you'll be heading for a final photo stop at the cemetery, famed for its black-and-white checkerboard tombs, before returning to your ship.

SCENIC ROUTE

PANORAMIC TOUR TO THE POINTE DES CHATEAUX - GUA20

 **Duration**
4 h



Leave the ship and treat yourself to a tour of panoramic views to one of the islands most popular destinations: the Pointe des Châteaux, or castle point, located at the islands easternmost tip. A scenic drive along the southern coastline will see you reach St. Anne, a fishing village noted for its lovely seafront promenade and local handcraft products. You'll then head east along the coastal road to the Pointe des Châteaux, an incredible rock formation sculpted by the wind to resemble a castles crenellations. A walk will take you up to the highest spot, from where you'll catch spectacular views of the neighbouring Caribbean islands simply perfect for a photo or two. As the outing continues, you will stop for a refreshing drink before passing through a landscape of sugarcane plantations to reach Morne-à-l'Eau, a town curiously noted for its artistic cemetery, which represents the unique black-and-white architecture of the West Indies. A short drive will then take you from Morne-à-l'Eau back to your ship. Please note: the path up to Pointe des Châteaux involves going up/down approx. 400 steps. Guests are recommended to bring a bottle of water on the tour.



MSC

EXCURSIONS

Discoveries designed for you

SEA & SUN

CATAMARAN TO GOSIER ISLET - GUA22

Duration 3:30 h



Give yourself a chance to turn part-time discoverer on this entertaining outing that will first see you leave your ship and board a comfortable catamaran at the pier of Pointe-à-Pitre. You'll then sail along the scenic south-eastern coast of Grand-Terre to the tiny Îlet du Gosier, which sits opposite Gosier town just out to sea. Since 2003, the uninhabited coral isle has been under the protection of the Conservatoire du littoral, a French coastal protection agency founded in 1975. Once the catamaran has dropped anchor, you can choose whether to swim the short distance or be taken to the islet by rigid inflatable boat. Apart from a lighthouse, the only man-made structure, the island is all about the powdery sand and the beautifully clear turquoise water. After you've had a chance to explore, sunbathe and swim, you'll find cold drinks and exotic fruit waiting for you back on board the catamaran to enjoy on your return sail up to Pointe-à-Pitre. Please note: guests must be at least 4 years of age and no older than 80 years of age to take part. Children must be accompanied by a paying adult throughout the tour and be under their supervision at all times. Guests must be alert with no health issues such as sea sickness or back problems and have a good balance as there may be some swaying on the catamaran. A maximum weight restriction of 130 kg/286 lbs per guest applies. Guests are recommended to wear swimwear under comfortable clothing and high-factor sunscreen as well as to bring a hat.

ALL INCLUSIVE BEACH RESORT ESCAPE - GUA23

Duration 6 h



The southern shoreline of Grande-Terre Island and the coastal resort of Sainte-Anne are your destinations on this extended half-day tour, which begins with a 30-minute coach transfer from the pier. You'll be welcomed on arrival and can then proceed to enjoy a few hours of quality beach time, making use of all the amenities on offer. Lounge on a sunbed at the waters edge, take part in sporting activities like trapeze acrobatics, archery, soccer or windsurfing or simply let yourself be pampered during your stay. There's also a buffet lunch and drinks from an open bar to round off your experience and make sure your creature comforts are well looked after. At the end of your time, the coach will be waiting to return you to the ship. Please note: guests are recommended to bring beach towels as they are not provided at the resort. The buffet lunch and open bar are only available at the resort's main restaurant, not at the beach bar. The open bar includes soda, wine, beer, mix drinks and cocktails, but does not include premium beverages (available only at an additional cost not covered by the price of the tour). The tour is not recommended for guests using a wheelchair. Non-motorized water sports are included in the price of the tour as well as use of a beach chair and access to the pool.

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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

Road Town

Mon 14 January 2019

THE BATHS BEACH AREA ON VIRGIN GORDA - TRT01



Swap your ship for a boat and first enjoy a 40-minute jaunt to Spanish Town on Virgin Gorda before hopping on an open, safari-style coach for a further five-minute ride to the stunning beach area known as The Baths. Amid the natural beauty of this special place, you can swim, snorkel or simply explore the surroundings. One of the British Virgin Islands most popular sights, The Baths are an unusual geological formation consisting of huge, sea-sculpted granite boulders that line the beach and form tidal pools, tunnels, caves, arches and scenic grottoes. After some time to shop for a souvenir, you will rejoin the coach. As a final touch, a complimentary drink will be served before you re-board the launch. Please note: You are recommended to be in good physical condition, wear comfortable walking shoes (uneven ground) and take swimwear, high-factor sunscreen, a towel and a hat. Not suitable for guests in wheelchairs, baby strollers.

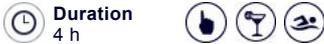
CITY TOUR

ISLAND PANORAMA & BEACH - TRT02



Take a break from the ship and discover Tortola on this panoramic island tour and have some time at the beach as well. After boarding a coach at the port, your tour begins with a drive through Road Town, after which you will travel along the scenic twisting coastal road to Pussers Landing at West End. A 15-minute stop will give you a chance to browse through the boutique-style shops before the tour continues along the dramatic north shoreline en route to Cane Garden Beach, passing through quaint fishing villages along the way. A local restaurant will serve you lunch and then you will have about 2 hours time to relax at the beach or go for a gentle swim. A complimentary beach chair will be provided for your comfort. Your tour then continues with a drive up Ridge Road, giving you a chance to enjoy gorgeous views of Tortola and the neighbouring Virgin Islands, both British and American. Photo stops will also be made along the way. Your tour ends with your return to the port and your

TORTOLA HIGHLIGHTS - TRT03



Starting in Road Town, the capital of the British Virgin Islands, a scenic tour of Tortola awaits you from the breezy comfort of an open-air coach. Travelling up to Fort Hill along Ridge Road, you will pass through the charming districts of Long Trench and Fahie Hill as you head for your destination: Stops will be made for photo taking as you drive along the Ridge Road after which the tour continues on to the beautiful Cane Garden Bay. A stop will be made here for you to enjoy the beach and go for a swim in the invitingly warm water. Your return journey to the port and your ship will take you along Tortolas pretty northern shore over Zion Hill and down Sir Francis Drake Highway back to Road Town. Please note: the price of the tour includes a complimentary beach chair; parasols are available for hire, food and drink for purchase.

ACTIVE & ADVENTURE

THE FOUR-BY-FOUR ISLAND TOUR - TRT05



For a chance to discover Tortola along regular roads as well as on paths that are well off the beaten track giving way to incredible vistas of the neighbouring islands and of Tortola itself join this entertaining and exciting tour in a four-by-four Landrover jeep. With viewpoints that are not normally accessible to the general public on the itinerary, it is advisable to bring your camera and make ample use of the various photo stops made along the way. As the tour takes you through Road Town, the capital of the British Virgin Islands, and along a trail that will reveal the natural splendour of the islands unspoiled flora and fauna, you can get a real feel for these verdant surroundings. To give you some time to swim, sunbathe and enjoy a refreshing drink, a further stop will be made at a sandy beach before you return to the ship. Please note: as the tour involves travelling over rough terrain, it is not suitable for pregnant women and children under 5 years of age. Guests with back problems should bear the rugged nature of the tour in mind.



MSC

EXCURSIONS

Discoveries designed for you

SCENIC ROUTE

MINI VIRGIN ISLANDS CRUISE - TRT09

Duration 4 h [Icons: hand, glass]

This tour is a great way to extend your cruise experience away from the big ship by boarding a pleasure boat at the marina, only a short coach ride away from the port, for a trip around the breathtaking Virgin Islands archipelago. Fabulous views of Tortolas southern coast as well as Salt, Peter and Norman islands await you as the boat slices through the Caribbean Sea. The route will also take you past St. Johns island, 60% of which is covered by the Virgin Islands National Park, and a number of uninhabited islands before reaching Sopers Hole, the landing site of the first Europeans. There will be time for you to explore the boutiques and gift shops before boarding an open-sided coach for a drive along the scenic northern coast up to Ridge Road. A photo stop will be made to capture the amazing view, after which you will return to your ship.

SEA & SUN

BEACH TRANSFER - TRT15

Duration 4 h [Icons: hand, glass]

After boarding a coach at the port, your beach excursion begins with a drive from Road Town along the scenic shoreline and on to one of the of attractive beaches. It is at one of these a generous stretch of gently curving white sand that you can then spend about 3 hours time enjoying your virgin beach experience. A comfortable beach chair is provided free of charge, while the beach bar offers additional soft drinks, water and light snacks for purchase. Please note: outer clothes must be worn over swimwear. Nudity on beaches or topless for ladies is prohibited by BVI law. Complimentary beach chairs are provided. An alternative beach location may be used due to weather conditions.

CITY TOUR

ISLAND SECRETS - TRT16

Duration 3 h [Icons: hand, glass]

The manifold charms of Tortola will reveal themselves on this island tour as you travel in comfort on a modern touring minibus, which will first take you along the southern coastal road from Road Town towards the islands eastern tip. On arrival in East End, the site of the first settlement on Tortola, the minibus will then begin its ascent into the hills. To capture the many stunning views of the sea and adjacent islands, several photo stops will be made on your way along the Ridge Road. You can enjoy a refreshing complimentary drink, at the Look Out overlooking the north shore and get your fill of the dramatic vistas of the surrounding islands after which the minibus will make its way down to the northern shore and take you through several small fishing villages. After passing the famous Bombas Shack home of the islands legendary Full Moon Parties you will cross the island at its narrowest point before arriving at Pussers Landing at the West End. You will have some time to go shopping in the pretty little marina and explore the spice and crafts shops. To end the tour, the minibus takes you back to the port and your ship.

ACTIVE & ADVENTURE

NORMAN ISLAND SNORKEL - TRT19

Duration 3 h [Icons: hand, glass]

Said to have been the inspiration for Robert Louis Stevensons classic Treasure Island novel, Norman Island sits prettily at the southern tip of the BVI archipelago and is your destination on this snorkelling adventure. Your excursion begins with an enjoyable 20-minute boat ride across Sir Francis Drake Channel to reach one of the BVIs prime snorkelling sites, after which an experienced snorkelling instructor will take you to explore the pristine surroundings in a wonderland of colourful coral formations, exotic fish and abundant marine life. Moving on to a beach location, where you can also purchase refreshments, will give you a second chance to go snorkelling on this tour before you head back to the port and your ship. Please note: all snorkelling gear as well as instruction for novices are provided. The snorkel location may change to suit the prevailing weather conditions. All participating guests will be required to sign a waiver which may only be available in English.

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ONLY SOA

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Philipsburg

Tue 15 January 2019

HARLEY IN PARADISE - SMT05



Duration
3 h

You will be in Hog Heaven for this ride through both the Dutch and French sides of St Maarten. After a short bus ride through the capital of Philipsburg arrive to the staging area where you'll pick up your Harley Davidson motorcycle and complete the necessary paperwork. Once briefed and issued a helmet your guide escorts you for a bike ride through the island. The convoy arrives in French capital Marigot, home to Fort Louis, built in 1767 to protect the town from the English. The ride continues through the island and the local countryside. Eventually, arriving back to the staging area, transfer to the bus which will take you back to the ship. A unique way to see this fascinating island, shared by two countries. Please Note: There will be a guide in front. Make sure to bring your credit card and valid current motorcycle license to complete the rental contract. Driver must be 25 years and no person under 18 can participate. All participating guests will be required to sign a waiver which may only be available in English. The tour price includes CDW insurance with a \$3000.00 deductible. The deductible is fully or partially charged to the drivers credit card in the event the motorcycle is returned damaged. Participants should wear long pants and closed shoes for their protection. Tour price is based on a per vehicle rate (vehicle can accommodate up to 2 persons including driver, you can go as a single or take a companion along for free). The tour should only be reserved by one person per vehicle and the rate will be charged to that persons credit card. The tour payment cannot be divided amongst multiple participants, it can only be charged to one account. If you are taking a companion it is only necessary that you register their name with the ships shore excursion office upon embarkation.

GOLDEN EAGLE CATAMARAN - SMT09



Duration
4 h

Go First Class, enjoy great snacks and an open bar while sailing in the sparkling waters. Sail aboard the Golden Eagle! An unforgettable experience while our crew pampers you, as you laze in the shade of Golden Eagles hand painted sails or lie in the nets. Maybe spot a dolphin, flying fish or the enormous whales in season. The first stop will be for snorkelling, after a safety briefing from the crew jump in the water to see tropical marine life. Next, Golden Eagle will anchor off the fabulous golden sand beach, explore the island, look for shells in the crystal clear waters. Our friendly crew will provide you with free flotation and snorkel equipment, together with any help you may need. Enjoy fresh sandwiches and a glass of champagne, with onboard music, sailing back in the azure waters of St. Maarten. Please note: An alternate venue may be visited depending on sea conditions at the time. All participating guests will be required to sign a waiver which may only be available in English.

SCENIC ROUTE

EXPLORER CRUISE & GRAND ISLAND TOUR - SMT10



Duration
4 h

This is the only tour offering a great party cruise on the lagoon with open bar, Calypso entertainer as well as shopping time in Marigot. The tour leaves from the cruise ship pier past the Great Salt Pond on a narrated tour with the guide pointing out places of historic interest explaining some of the colourful history of the island. Upon reaching Marigot browse the outdoor market and walk along the waterfront beneath Fort Louis. From the Marina, you drive to Simpson Bay to board the double-decker catamaran the Explorer Boat. Cruise Simpson Bay Lagoon passing the luxury villas and mega yachts which visit the many marinas situated in the calm waters of the lagoon. With music and great drinks we cruise past Port de Plaisance to Simpson Bay Marina docking at the Explorer private dock where the coaches wait for the short return drive with views of the cruise ships and Philipsburg. Please Note: This tour may operate in reverse order depending on time. All participating guests will be required to sign a waiver which may only be available in English.

PANORAMIC TOUR OF ST. MAARTEN AND BEACH - SMT12



Duration
2:30 h

During this tour, you'll drive from today's modern Dutch capital of Philipsburg past the Great Salt Pond, which served to make the island worth its salt attracting the French. On the way to the French side, you'll pass the Border Monument. Between 1948 and 1816, this border changed 16 times. The tour will travel passed the picturesque seaside town of Grand Case, known for its architecture and exquisite restaurants then will pass through the bustling small capital of French Saint-Martin (Marigot). Then the true meaning of the term Best Of comes through at one of the islands best beaches. Your troubles will blow away like ashes in the breeze. All too soon its time for the drive back to be dropped off at the pier. Please note: Bring a towel, sunscreen and sun glasses. The order of the tour may be reversed depending upon local conditions as traffic can be heavy at times. All beaches are public so please do not leave your personal belongings unattended. There are no lifeguards, so swim at your own risk. Chairs, umbrellas etc. are not included but may be available for rent from local vendors. Remember where the bus drops you off as this is where you will pick up the return. Check your watches as the buses will only wait a few minutes if you are late. Otherwise the return will be at your expenses. Clothing optional sunbathing may be observed throughout beaches in St. Maarten. Limited number of guides in languages other than English. Should a tour guide for your language be unavailable, the tour will be in English only.

NATURAL WONDERS
SEA WORLD EXPLORER - SMT13

Duration
 2:30 h

View the stunning sea life and tropical fish of St. Martins marine world, in the cool comfort of our cruising, underwater observatory. Departing Philipsburg, your over-land transfer takes you through the mountainous Middle Region. A vista of the pristine Caribbean Sea, dotted with islands, presents itself, for your panoramic pleasure, preceding your arrival into French Grand Case. Once on board the Seaworld Explorer, the semi-submarine where the vessel doesn't submerge - you do! Your guide will entertain you en route to Rocher de Creole. Here, a daring diver surrounds himself with clouds of brilliant-colored fish, leading them alongside the viewing chamber, to share the spectacle with you. Sea turtles, eels, barracudas, and stingrays are just some of the reef residents that you'll spot if they're feeling bold and you're lucky! Have your camera ready for some unique vacation photos! A cruise back to shore completes the sea portion of your excursion - relax on the upper deck while enjoying the scenery across the channel to Anguilla. On your return to Philipsburg, you'll view the French islands of Pinel, Tintamarre and St. Barths before you re-cross the invisible border into Dutch St Maarten.

ACTIVE & ADVENTURE
POWER RAFTING ADVENTURE, SNORKEL & BEACH - SMT14

Duration
 4 h

Board a high-speed power rafting boat for foam-flying adventures around the coast of St. Maarten into Simpson Bay Lagoon. Next, snorkel a beautiful coral reef loaded with fish and marine creatures. You will pass the French capital of Marigot and see the historic Fort Louis atop the hillside. Then you're off for a stop at one of St. Maarten's most beautiful beaches. Here, you can relax on the beach or take a refreshing dip in the ocean. Please note: All snorkel gear included - mask, snorkel, buoyancy vest and fins. All participating guests will be required to sign a waiver which may only be available in English.

SCENIC ROUTE
SEA & SEE - SMT26

Duration
 3:30 h

This tour combines the best St. Martin has to offer on land and beneath the ocean's surface. You leave Philipsburg, on the Dutch side of the island, and drive up the eastern side to the second largest town in St. Martin, Grand Case, a quaint, unspoiled fishing village surrounded by an idyllic bay. Here at Grand Case Pier, you board the Seaworld Explorer, a semi-submarine, which takes you on a narrated tour of the coral reefs surrounding Creole Rock. Seaworld Explorer is a state-of-the-art semi-submarine developed in Australia for use on the Great Barrier Reef. The vessel does not submerge; you descend into the hull of the boat and sit in air-conditioned comfort five feet below the surface of the water, exploring sea life in this cruising underwater observatory through large clear glass windows. Acknowledgeable marine experts will provide you with information on the amazing underwater world, and will be happy to answer questions. On the return trip to shore you can relax and enjoy the magnificent view of Grand Case Bay and Creole Rock. Your tour continues to the French capital of Marigot, where you will have time to explore this attractive port city with its sidewalk cafes, open-air market and duty free shops. Please note: sightings of marine wildlife are common, but cannot be not guaranteed.

ACTIVE & ADVENTURE
RHINO RIDERS - SMT27

Duration
 3 h

Experience on-the-water excitement, with these two-man RHINO RIDERS - zippy little 10 inflatable motorboats, which are yours to command for a couple of hours of fun in the sun! At the RHINO RIDER base in the calm waters of Simpson Bay Lagoon, you'll be welcomed by the enthusiastic staff, who will offer basic instruction, and then the opportunity to acquaint yourself with the boats, prior to starting off your adventure. Following a guide, you'll manoeuvre safely through anchorages for hundreds of boats, and alongside mega-yacht marinas, before exiting the lagoon into Marigot - the French capital. View historic Fort Louis, which overlooks the bay, before continuing along the picturesque coastline, and relaxing at Happy Bay - your final destination! It's your choice, whether you snorkel the reef (gear is provided!) or build sandcastles on the secluded beach - this time is yours to enjoy the beautiful surroundings! Please note: Minimum age to participate is 10 years old. Guests must be 18 years old to operate the boat. Weight restriction: 400 lbs per boat. Life vests are required. All participants must follow guide and safety instructions. Wear footwear suitable for wet conditions (water socks, Teva-type sandals, etc.). Wear swimsuit under comfortable, appropriate clothing. Sunscreen and sunglasses are recommended. Participants should be in good physical condition. This tour is not recommended for guests with back problems and for those who do not swim. It is not recommended for pregnant women. The price for riding the watercraft is per person, but only if two persons ride; guests wishing to use a watercraft by themselves must pay for two tickets. During the snorkelling portion of the tour, guests will have to access the water straight from the boat.



MSC

EXCURSIONS

Discoveries designed for you

HISTORICAL PHILIPSBURG BY BICYCLE - SMT32

Duration
3 h

Your guide will meet you at the entrance to the cruise ship terminal and give you a short lesson on the operation of your Trek bicycle. You will start riding along the Point Blanche road to the start of the Boardwalk in the capital, Philipsburg. Your first historical stop will be at the Passangrahan Hotel, St. Maartens oldest inn, which was originally the Governors House and then the Royal Residence when St. Maartens Queen Beatrix would visit. Continue along the Boardwalk for your next stop at the Captain Hodges Wharf which is the center of this bustling & colorful town and was the original fishing and shipping venue in the early 1900s. Walk over to the Philipsburg Courthouse which was built in 1793 and see the lawyers and judges congregating every Wednesday for cases as they have been doing for hundreds of years. Get back onto your bicycle and continue pedaling along the Boardwalk until you come to the end of the beach and cross over to Back Street, one of the three one-way streets which make up the routes through Philipsburg. Pass the oldest traditional West Indian (Gingerbread) cottages, and start your first climb up the Little Bay Hill where you can stop and rest at the Look Out Point which offers an incredible view of the town. Enter the beautifully located Divi Little Bay Resort and begin your second short incline to the historical Fort Amsterdam. Built in 1631, this strategic point was the place of many battles between the Spanish and Dutch fleets in the 17th century. The remaining walls and cannons offer a glimpse into St. Maartens rich history as well as a sense of tranquility while you view Philipsburg and the Cruise Ship Terminal from this spectacular vantage point. Please note: Please bring walking shoes, sunglasses, hat and sunscreen. Guests must be at least 12 years of age and 153 cm/5 ft. in height to take part. Guests must wear closed-toed sports shoes to take part in the tour.

KAYAK SNORKEL ADVENTURE - SMT33

Duration
3:30 h

The tour leaves from the clean sandy Kim Sha beach after a short paddling technique demonstration by the guide. You will paddle through the beautiful Simpson bay and you will reach a small beach at the Pelican Resort where you will pull up your kayak and have a snorkeling instruction by your guide. You will then swim along with your guide to the shallow reef at Pelican Rock, where you will spend some time looking at the beautiful world undersea. Elegant Angel Fish, brightly colored Parrot Fish and hundreds of reef fish are just a few of the amazing creatures you will glimpse in this serene location. There is a beautiful sandy beach where you can rest if you feel the need to as well as an accompanying guide on a kayak who can assist you while snorkeling. On the way back along the Pelican coast, the guide will point out the neighboring islands of Saba, St. Eustatius and St. Kitts that can be seen clearly from this southern side of St. Maarten. Please note: Guests wishing to take part in the tour should be in good physical health. Guests must be at least 10 years of age to take part; a maximum weight restriction of 113 kg/250 lbs per person applies. The tour is considered to be unsuitable for guests with cardiac disease or back/neck injury. Pregnant women are not allowed to participate in this tour. Sightings of marine wildlife are common, but cannot be guaranteed.

CITY TOUR

SWEET ST MAARTEN, MAHO & MARIGOT - SMT65

Duration
5 h

One small island, two great nations, a slew of pristine landscapes, superb beaches, picturesque resorts! This is the Caribbean island of Saint Martin and the resident nations are France in the north and the Netherlands in the south. Your tour begins in Philipsburg, capital of the Dutch half, with a coach ride that will take you across the border. Enjoy the beautiful view at Paradise viewpoint. Next up is Marigot, the capital of French Saint-Martin, while driving by Grand Case, originally a Fishermans Village. In Marigot, you'll have time to go shopping, visit the open-air market or take the weight off your feet at an outdoor café. Before we stop at the famous Maho Beach, we stop as well by Mullet Bay Beach where the sand is white and the seawater is blue great for a photo or two. Your tour then takes you to the famous Maho Beach where you can watch aircraft flying overhead as they prepare to land at the nearby airport. Then cool off at a unique local ice cream shop with a vintage carousel. On the way back to Philipsburg, take some photos during a brief stop at a hilltop viewpoint.

PHILIPSBURG TROLLEY TRAIN TOUR - SMT71

Duration
2 h

All Aboard the Trolley Train! Enjoy the charm and scenery of the Dutch part of the island as you set out to explore the Capital town of Philipsburg and its surroundings. When the first Dutch settlers arrived on St Maarten in 1631, they chose the sandy strip separating Great Bay from Great Salt Pond to build their capital, Philipsburg, where your ship is moored today. This multi-lingual tour starts out with a drive to the Great Salt Pond and continues sightseeing through town for you to step back in time on this interactive exploration of Philipsburg, while we show you all the sites you can choose from to visit, before we stop to taste an islands local flavor. Then you have 30min to enjoy your favorite spot in Philipsburg before we pass by to pick you up to take you back to ship or enjoy more free time to discover Philipsburg on your own. Please note: The audio guide is available in the following languages: English, Spanish, French, German, Italian, Portuguese and Mandarin.

ST. BARTHS ON YOUR OWN - SMT72

Duration
7 h

The day is yours. Experience St Barths at its best, whether you want to visit its beaches, boutiques or enjoy the cuisines of St. Bart's is totally up to you. After an approximately one hour ferry ride from St Maarten, you'll have approximately five hours to explore the spectacular island. Choose from 22 beaches to either swim or to layout and relax along the shore. Eat delicious French cuisine, and shop the best designer stores and chic boutiques at this duty-free port. Please Note: All Nationalities are required mandatory to have Passports for travel to St Barth's. U.S. Passport cards are not accepted. Visas may be required for guests from certain countries and need to be obtained before arriving to the island. Only E.U. I.D. card widely accepted to travel to the island of St. Barths. Inclement weather/rough seas may cause seasickness so guests should take the necessary precautions. Guests must be of legal age in order to drink alcohol.

ACTIVE & ADVENTURE

ST. MARTIN AIRPORT ADVENTURE - SMT82

Duration
 35 h

This Sint Maarten Airport Adventure tour will see you board a boat to visit one of the islands hottest spots and most popular attractions: Maho Beach. You'll drop anchor close to the shoreline and then be able to see what all the fuss is about: aircraft landing and taking off only a stones throw from the beach itself. This is because the runway of Princess Juliana International Airport is very short and ends directly where Maho Beach begins. So while you relax on board the boat or snorkel in the sea, be sure to cast your eyes heavenwards to experience the thrill of watching these low-level landings and take-offs happening live and direct. Your return to the ship lastly brings your outing to a close. Please note: this tour does not access Maho Beach; the boat will merely drop anchor near Maho Beach.

ATV QUAD ADVENTURE - SMT93

Duration
 3 h

ATV QUAD ADVENTURE

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ONLY SOA

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Roseau

Wed 16 January 2019

CITY TOUR

ROSEAU HIGHLIGHTS BY TROLLEY TRAIN - RSU01



Duration
1:30 h

As Dominicas winsome capital, the city of Roseau is well worth a visit, which this enjoyable outing gives you a chance to do on a highly varied 1.5-hour tour by trolley train. The first stop will be made at one of Roseaus many catholic churches to take some photos. Next up are Roseaus colourful Botanical Gardens, which form part of the city itself and are a glory of exotic plants and trees. Enjoy a complimentary Rum or Fruit Juice while viewing the endemic parrots in their protective cages. After an optional walk around the gardens, you will then head for a local vantage point for a chance to take some photos of the gorgeous surroundings and spectacular views, with the Caribbean Sea forming an azure-blue backdrop. You will be able to spot your cruise ship from the viewpoint. As the trolley train makes its way around the winding alleys and streets of Roseau, which is considered to be the most unspoiled capital of the Caribbean, you can enjoy watching its bustling street life from a ringside seat. The conductor will point out buildings and landmarks as you pass them by, so do have your camera ready to take snapshots for your album at home. Please note: inside the Catholic church, women are requested to cover their shoulders and men should refrain from wearing a hat.

DOMINICA FAVOURITES - RSU02



Duration
4:30 h

After leaving the ship and boarding a coach, the first leg of this tour will take you high up to the Morne Bruce vantage point for a chance to see and photograph Roseau from this elevated perspective. Continuing on, you will then pass the Botanical Gardens and Trois Pitons National Park, a great opportunity to take snapshots of the local flora and fauna, on your way to the exquisite Emerald Pool. A local guide will then take you on a 15-minute ramble through the rainforest to reach the towering waterfall and the beautiful pool beneath it. You can go for a dip in the water if you like, but can equally spend the time at the falls simply soaking up the special ambience of the place. The next leg of the tour will then take you to the twin falls at Trafalgar. Prepare to be mesmerised by the rhythm of the water gushing out in two streams, side by side, to cascade to the ground below. A 10-minute walk, headed by your guide, will then take you to the viewing platform for the best-possible view of these amazing falls. The final stop on the tour will be at the Papillote Wilderness Retreat, where you will be served a glass of complimentary rum punch or local fruit juice, after which you will return to Roseau and your ship.

NATURAL WONDERS

NATURES HIDDEN TREASURES & CARIB INDIANS - RSU03



Duration
6 h

The island of Dominica is not only home to a ruggedly verdant landscape, but also boasts a number of enchanting waterfalls, one of which you will visit on this nature-based tour. You'll first head towards the rainforest to visit the Hibiscus Falls, easily accessible on foot from the coach park. You'll have the choice of walking to a vantage point for lovely views of the falls, or of venturing down the steps to reach the pool at the bottom for a refreshing dip in the water. The next stop on the tour will be for an organic buffet lunch served in the eco-village built by Carib Indians, who will also entertain you with a folkloric dance show. You'll also have time to enjoy the beautiful riverside setting before a scenic drive through the Carib Territory will then take you to a photo stop with fine views of the green valleys and dramatic mountains. Another vantage point follows at Morne Bruce, from where views of the city and your ship can be enjoyed. Your final stop before heading back to your ship will be at the Botanical Gardens, situated in Roseau itself and home to a wide variety of exotic plants and birds, among them two endangered species of parrot. Please note: the tour itinerary includes travelling on winding roads. Guests are recommended to wear swimwear under their clothes, bring towels and take a raincoat.

ACTIVE & ADVENTURE

CHAMPAGNE REEF SNORKEL BY BOAT - RSU04



Duration
3 h

This water-based tour begins with a 5-minute walk from the ship to board a catamaran, whose captain will then welcome you and brief you on safety matters. After taking receipt of your snorkelling gear and signing the necessary waiver forms, the boat will set sail on a 15-minute cruise to the south of the island, passing by lush green mountains and small fishing villages on the way. The area is also home to numerous different marine birds, some of which you may well spot flying by. On arrival at the northern end of the Soufriere Scotts Head Marine Reserve, the boat will moor. You can then seek out the bubbly destination of this tour: the famous Champagne Reef, so named after the effervescent effect created in the water by gas escaping from the volcanic rock below. The reef is classed as one of the worlds foremost snorkelling and scuba diving sites, with an unprecedented array of marine wildlife to observe in the water. After some information on snorkelling, each guide will then accompany his or her group into the water, starting gently on a sandbank and working gradually towards the reef itself, while pointing out and naming the many different features of this underwater world. During your cruise back to the ship, you will be served with refreshments to round off your champagne experience. Please Note: All participating guests will be required to sign a waiver which may only be available in English.



MSC

EXCURSIONS

Discoveries designed for you

SEA & SUN

HOT SPRINGS ESCAPE & TITOU GORGE - RSU05

Duration 3 h [Icons: Clock, Hand, Wine]

Treat yourself to the deep relaxation afforded by thermal springs on a leisurely tour whose first stop is at the village of Laudat, located in Dominica's principal eco-tourism centre. One of the region's 6 major tourist destinations is Titou Gorge, a filming location of the Disney blockbuster Pirates of the Caribbean 2: Dead Man's Chest where you can either swim out amid the mountains to reach a crystal-clear waterfall or simply sit in the water and let streams of hot water massage every last knot out of your back, a simply delicious experience. A scenic drive through the stunning landscape of this unspoiled island then follows en route to the wellness village of Wotten Waven, a veritable haven of lush greenery in the hills. A short walk will then take you down a few easy natural steps to the open-air pools. Slip into the water and then simply luxuriate in the hot, mineral-rich water that comes up directly from an underground source. A long soak in the therapeutic water is not only deeply relaxing, but will also give you plenty of time to enjoy the spectacular natural surroundings and clean, invigorating air. Afterwards, spend some time cooling off in the shade on one of the handmade bamboo benches. Some healthy complimentary refreshments will also be served before you head back to the port and your ship. Please note: minimum age to participate is 13 years. You are recommended to wear swimwear (dark colours only) under comfortable clothing, use sunscreen, bring water shoes, towels and a camera. The tour is not suitable for guests with mobility problems and guests suffering from pre-existing heart conditions, recent surgery or injury and high blood pressure.

ACTIVE & ADVENTURE

INDIAN RIVER ROWBOAT - RSU06

Duration 4 h [Icons: Clock, Hand, Wine]

An entertaining excursion awaits you that begins with boarding a fully air-conditioned coach at the quayside before you head for the Indian River, the destination of this rowboat experience. As you make your way up the western coast of the island, you will pass through the Canefield Estate and the picturesque coastal villages of Mahaut and Massacre. A photo stop will also be made on the mountain to capture the magnificent views before you reach Portsmouth and the Indian River. After leaving the coach, you will then board wooden rowboats and set sail on your guided tour of the river, which was formerly used by Carib Indians in their trade with the Europeans. The riverbed is lined with huge Amazonian-type trees and mangroves containing exotic birds and various species of wildlife. At the head of the river, you can disembark and go for a walk through the rainforest. A complimentary glass of the local dynamite rum punch will also be served before you re-board your rowboat and make your way back down the river. The tour ends with your return to Roseau and your ship.

4X4 RAINFOREST & WATERFALL ADVENTURE - RSU07

Duration 3:30 h [Icons: Clock, Hand, Wine]

Take a break from life aboard ship and join this splendid island tour on a specially designed open-air 4x4 vehicle that guarantees bags of fun and all-round panoramic viewing of the island's abundant natural beauty. The adventure begins with a short tour through the capital, followed by Morne Bruce for a little sightseeing and photography. As the 4x4 then winds its way through the mountainous interior to reach the renowned Trafalgar Falls, the full force of nature will be all around you. A 10-minute walk through the lush rainforest will take you to a picturesque viewing point to see the Mother and Father Falls, as they are called. Hop back on the 4x4 and enjoy an exciting ride further into the island's rainforest to Titou Gorge which also served as a film set for Disney's Pirates of the Caribbean 2 - Dead Man's Chest. Thanks to a natural crevice in the mountain that spouts hot and cold water at once, you will also have a chance to take an invigorating swim in the pool. If you feel inclined, you can even swim through the gorge to reach a crystal-clear waterfall a fitting end to your rainforest adventure before you return to the ship. Please note: this is not a self-drive tour; a driver/guide will be provided. The tour is considered to be unsuitable for guests with mobility problems, using a wheelchair or have back, hip or knee injuries/conditions. Pregnant women are not allowed to participate in this tour. A maximum weight restriction of 113 kg/250 lbs per guest applies.

SCENIC ROUTE

ACCESSIBLE DOMINICA & RAINFOREST DRIVE - RSU08

Duration 3 h [Icons: Clock, Hand, Wine]

Don't miss your chance to visit one of Dominica's most beautiful waterfalls, but without needing to put in any strenuous walking first. The tour begins with a cultural drive through the capital of Roseau en route to the Morne Bruce viewpoint for a photo stop. Next up will be Roseau's much-celebrated Botanical Gardens, home to a large variety of exotic plants, flowers and trees as well as the endangered Sisserou and Jaco parrots, which live in protected aviaries. As you then continue on towards the interior of Dominica, the amazing scenery on the way will explain why Dominica is rightfully called the Nature Island of the Caribbean. A stop will be made at the Hibiscus Falls, whose viewing platform is but 30 yards from the car park. An easy walk later will present you with incredible views and a fabulous opportunity to take photos. Time permitting, you can take a short walk down to the pool for a quick dip in the refreshing waterfall. On your way back to the ship, you can enjoy further magnificent views of the dramatic landscape of the Layou Valley.

[Icon: Wheelchair] 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.

NATURAL WONDERS
WHALE & DOLPHIN ADVENTURE - RSU10
 **Duration**
 3:30 h


Among the many species of underwater wildlife inhabiting the coastal waters of Dominica, whales and dolphins are two of the most intelligent and beguiling. A spacious motorised catamaran will take you on a 3-hour cruise along the islands west coast, around 3 miles offshore, during which time you can enjoy the breeze and, if luck is on your side, spot some whales and dolphins. During the cruise, your captain and the crew will tell you all you need to know about the behaviour of these lovable aquatic mammals and what to look out for. Once the boat has dropped anchor, the crew will lower hydrophones into the water to listen for the rhythmic clicking typical of sperm whales, the ping of pilot whales, the whistling of dolphins or the singing of humpback whales. An educational commentary will be delivered during this time. Your whale and dolphin adventure comes to a close with your return to the port and your ship. Please note: no guarantees can be given that any whales or dolphins will be seen. The minimum distance for approaching these animals is 55 yards. As the tour takes you to a calving area and ensuring the welfare of these animals is extremely important, no in-water activity will be permitted on the tour.

SEA & SUN
BEACH & WATERFALLS - RSU13
 **Duration**
 4 h


This leisurely tour begins with a short and gentle walk from the pier along a very well-maintained path to the beautiful Hibiscus Falls, where you can take a dip in the waterfall pool amid the breath-taking and pristine surroundings. After visiting the falls, the tour will continue on through the verdant Layou Valley en route to Mero beach, whose black sand is testament to the islands volcanic origins. The beach is the perfect spot to relax, work on your tan, go for a walk or go for a refreshing swim. To complete your beach experience in true Dominican style, a glass of delicious rum punch or fruit juice will be served prior to heading back to the port and your ship. Please note: use of a beach chair is included in the price of the tour.

ACTIVE & ADVENTURE
RIVER TUBING, RAINFOREST DRIVE & WATERFALLS - RSU15
 **Duration**
 4:30 h


Spend some time off the ship and explore Dominica on a nature-based tour of this beautiful Caribbean island, which is known for its unspoiled natural landscape the world over. A scenic drive through the interior of the island will first take you to Hibiscus Falls. You can then choose whether to view the cascade from the viewing platform or walk down to the pool itself. You will then continue on through the central rainforest reserve by coach towards the Hibiscus eco-village, which forms the starting point of your river tubing experience and is much celebrated for its lovely surroundings and natural river pools. After being welcomed with a glass of fruit juice and a traditional dance performance put on by a Carib Indian cultural group, your exciting river adventure begins to the very heart of the pristine landscape. Apart from a chance to see a variety of birdlife and vegetation, you will be travelling along the boundary to the worlds last and only Carib Indian territory. The route along the river includes slow-flowing stretches just as much as several rapids, which add a frisson of excitement to an otherwise leisurely tour. Please note: you are recommended to wear swimwear and to bring water shoes, a towel and sunscreen. Guests must be at least 6 years of age to take part; any guests who are 75 years of age or older must be in good physical health to take part. A maximum weight restriction of 113 kg/250 lbs per guest applies. This tour is not suitable for pregnant women and guests suffering from pre-existing heart, respiratory, back or neck problems.

CULTURE AND HISTORY
ROSEAU: SCENIC HIGHLIGHTS & CHOCOLATE - RSU20
 **Duration**
 3 h


Let yourself be entertained during a half-day outing that will take you to see some of Dominicas very best sights. First up, you'll go on a drive through Roseaus Botanical Gardens, a centre of cultural activity in the capital and home to a large collection of ornamental and crop plants. Next up is the village of Scotts Head for great views of Soufrière Bay, a marine reserve. From there, you'll head up and into the rainforest to reach the Bois Cotlette Estate where cocoa, coffee and bananas have been grown since the 1720s. Your visit will let you see how cocoa beans are turned into chocolate, have a look around the historical ruins or simply relax in the serene setting while sampling some of the plantations own dark chocolate. Panoramic views of Roseau and your cruise ship then follow from the viewpoint at Morne Bruce, after which your last highlight will be the Trafalgar Falls in the Morne Trois Pitons National Park. After visiting these photo-worthy locations, you'll return to the ship. Please note: guests are recommended to wear comfortable clothing and walking shoes.

CITY TOUR

DOMINICA: BY LAND AND SEA - RSU21

Dominica: By Land and Sea

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

Basseterre

Thu 17 January 2019

SEA & SUN

ST. KITTS BEACH BREAK - STT01



Duration
3:30 h

On leaving the port you will travel through Basseterre to the tourist and residential resort area of Frigate Bay. This is the scenic area, where the land narrows making it possible to view the cresting foams of the Atlantic coast and the tranquil waters of the Caribbean Sea separated only by part of the Royal St. Kitts Golf Course and a few resort accommodations. You will drive up Timothy Hill, the entrance to the Southeast Peninsula. You will enjoy a breathtakingly beautiful drive over the rolling hills, each gentle turn providing a different spectacular view the sea on either side; the land interrupted by salt ponds of differing size. 11 kilometres of natural landscape and environment! You finally arrive at the bar and restaurant on the beach with beautiful vistas of Nevis. A warm smiling Caribbean welcome awaits you. Walk out to the oversized wooden decks decorated with upscale Caribbean themes and then onto the beach with the beautiful sea and the whispers of lapping waves. There is a gift shop, outdoor grill and bar and some water sports available. Spend time walking the beach, swimming or sun-bathing. A beach chair and refreshing drink have been reserved for you at the beachfront restaurant. Relax and enjoy Please note: This tour is not suitable for guests with limited mobility.

ACTIVE & ADVENTURE

SKY SAFARI ZIP LINE - STT09



Duration
3 h

Experience the excitement as you effortlessly sit back and fly along the lines up to 1,400 feet in length, 25 stories above the ground! This is a spectacular 5 line zipline journey based at the Historic Wingfield Estate. After a short orientation, training session and riding the first (trainer) line, you will hop into one of our 4X4 vehicles for a trek up the famous Valley of the Giants where you may encounter monkeys frolicking among the wild fruit trees and you will enjoy fantastic panoramic views of Brimstone Hill National Fortress, Old Road Village, former sugar estates, the Caribbean Sea and Mount Liamuiga, with its volcano crater ridge being the highest point in St. Kitts. With a mile of ziplines to experience soar at speeds up to 60km/h on our North American Engineered Cable System utilizing a cutting edge four point paragliding harness, hands free braking and our patented Skyline Trolley and Catch-Block System, all certified to North American Amusement Park Standards. Fly out through trees, across valleys, over a stream, through tunnels of vegetation to your landing point. During your tour you will also be given an opportunity to walk around the Wingfield Estate Ruins which has a history as a tobacco plantation before it became a sugar plantation in the 17th Century. View the first British masonry in the entire New World as well as the remnants of the different methods of processing sugar which are all on site. Please note: guests be over 30 kilos and under 113 kilos. Guests will not be permitted to partake if pregnant, have a heart condition, or had any previous neck or back injuries. All participating guests will be required to sign a waiver which may only be available in English. This tour is available only during the cruise.

CITY TOUR

DISCOVER ST. KITTS - STT15



Duration
2 h

Your excursion gets off to a start with a driving tour of Basseterre. Basseterre, founded in 1625, later became the capital of St. Kitts in 1727. Historical Basseterre was first ruled by the French from the mid 1600s to the early 1700s when the English took over the reins of ownership. Efforts have been made to maintain aspects of Caribbean architecture that was greatly inspired by both the European and African heritage of the island. Stop at the Roman Catholic Co-Cathedral on your way to the next stop, Romney Manor, home of the world famous Caribelle Batik. Visit the demonstration room, where the acclaimed artists illustrate the wax and dye process of batik making. The Romney Manor Estate encompasses eight acres of historical ruins, ancient Carib Indian Rock drawings and a beautiful botanical garden. Then you will be transported back to your awaiting ship.

ESSENTIAL ST. KITT - STT21



Duration
4 h

A golden opportunity to see the best of St. Kitts awaits you on this half-day tour, with a first stop at Romney Manor in Basseterre. Dating back to the 17th-century, this former sugar estate boasts nearly 5 hectares/12 acres of landscaped gardens and is also home to Caribelle Batik. The complex and highly artistic dyeing process that goes to produce beautiful batiks is carried out entirely by hand here to stunning effect. Moving on, you'll head out of town up to a UNESCO World Heritage Site, the 17th-/18th-century Brimstone Hill Fortress that oversees the surrounding area. The extremely well preserved site affords fabulous views of five neighbour isles, St. Kitts beautiful landscape and of the coastline perfect for a photo or two. The history theme continues with a visit to the Fairview Great House, a card-carrying reminder of St. Kitts colonial era. Feast your eyes on stupendous vistas of the Caribbean Sea, the southeast peninsula and Nevis, St. Kitts sister isle, from the veranda, then explore the wide variety of flowering plants, fruit trees, palms and shrubs found in the well-established botanical gardens, whose oldest sections date back to the 1700s. As the tour winds down with a drive around Basseterre, watch out for its colonial architecture, old churches, cottages and even the site of a former slave market before you return to your ship. Please note: guests are recommended to wear light comfortable clothing and shoes, high-factor sunscreen and to bring a camera. The tour is considered to be unsuitable for guests using a wheelchair.

SCENIC ROUTE
SCENIC RAILWAY RIDE & COASTAL CRUISE - STT23

Duration
 4 h

See the scenic sights of St. Kitts in the most leisurely way possible, first on board a narrow-gauge train the Last Railway in the West Indies and then on a catamaran. The St. Kitts Scenic Railway has been showing visitors the island since 2003, but before that enjoyed an almost 100-year career as the means by which sugarcane was transported from the fields to the sugar mill in Basseterre. But this is no ordinary narrow-gauge train, since it features a second open-sided observation deck from which you'll be enjoying breezy island views all along the route. Unlimited complimentary beverages are served during the ride and your guide will provide information on the former sugar estates, abandoned windmills and chimneys you'll pass on the way. Further points of interest included on the ride are the first British and French settlements in the Caribbean, places where native tribes once lived and the 17th-/18th-century Brimstone Hill Fortress, along with numerous others. At the end of your train ride, you'll be transferred to the marina to board the catamaran for your coastal cruise. You'll be sailing along the storied western coast of the island, with gorgeous views and a complimentary open bar to entertain you as you go. Your tour comes

SCENIC RAILWAY RIDE & ISLAND DRIVE - STT24

Duration
 3 h

Touted to be the Last Railway in the West Indies, the St. Kitts scenic railway train has been acquainting visitors with the beauty of the island since 2003. Before that though, the line was used to transport sugarcane from the fields to the sugar mill in Basseterre, something the trains reliably did from 1912 onwards. The route will take you up along the gorgeous north-eastern coastline, with you relaxing and enjoying unlimited complimentary drinks on board. Best of all, the ride comes with an unusual feature that promises to deliver both spectacular views and built-in air-conditioning: a second, open-sided deck. Superb views of the water, cliffs, lush vegetation, villages, canyons, sugarcane fields, rainforest and Mount Liamuiga looming in the distance unfold before your eyes as you travel on the double-decker train. Your on-board guide will alert you to and provide information on key points of interest, such as former sugar estates, abandoned windmills, chimneys, the first settlements of British and French colonialists, the places where native tribes once lived, the 17th-/18th-century Brimstone Hill Fortress and numerous other places of historical importance. The train ride will be followed by a coach ride along the islands equally interesting and beautiful eastern seaboard before you return to the ship. Please note: the order in which the tour is run may be reversed. Guests are recommended to wear comfortable clothing and comfortable shoes. This tour is not available for the call of March 23rd 2018.

NATURAL WONDERS
DOLPHIN PUSH, PULL & SWIM - STT25

Duration
 2:30 h

Intelligent, inquisitive, interactive and nice by nature, dolphins are some of the world's most lovable marine mammals and this tour gives you a chance to play with them in their natural habitat. After your transfer to the Dolphin Discovery centre, you'll take to the water in the company of a certified trainer, who will also share dolphin facts with you. Shake a flipper, give your dolphin a hug, even plant a kiss on its upturned nose. Then hold on to its fins and prepare to be pulled through the water as it swims backwards during the so-called Belly Ride, a sure highlight of the encounter. Following your interactive experience, you can purchase photos taken while you were in the water before you re-board your transport for the return trip to your ship. Please note: guests must be at least 8 years of age and a minimum of 107 cm/42 in. in height to take part. Children younger than 12 years of age must be accompanied by a paying adult throughout the tour and be under their supervision at all times. The tour is considered to be unsuitable for guests with asthma, back/neck injuries or cardiac disease. Pregnant women are not allowed to participate in this tour. Guests must be capable of navigating stairs to access the Dolphinarium. Guests are required to wear a provided life jacket (mandatory). Cameras are prohibited during the interaction, but photos of your interaction will be available for purchase afterwards. Guests are advised to leave jewellery and other valuables on board the ship. Lockers, showers and dressing rooms are available at no additional cost. Guests are recommended to wear swimwear under comfortable clothing, biodegradable sunscreen (for the sake of the environment) and to bring a towel and cash/credit card for additional purchases. All participating guests will be required to sign a waiver which may only be available in English.

DOLPHIN ENCOUNTER - STT26

Duration
 2:30 h

Suitable for people of (almost) all ages and a real eye-opener, this entertaining Dolphin Encounter tour will see you interact with lovable bottlenose dolphins in their natural environment, the clear waters of the Caribbean Sea. Once you arrive at the Dolphin Discovery centre, you'll be met by a certified and knowledgeable dolphin trainer who will share facts about these highly sociable creatures with you. Then you'll take to the water and begin your encounter, benefiting from the dolphins' naturally playful nature. After enjoying a hug, a flipper shake, a song, a dance, a kiss and numerous tricks that the dolphins will perform for you, you'll have a chance to purchase professional photos taken of your time in the water - a great way to take home memories for your friends to see. The tour then wraps up with your return transport to Basseterre and your ship. Please note: the tour is open to women who are less than 5 months pregnant provided they are accompanied by another paying guest. Women who are more than 5 months pregnant are not allowed to participate in this tour. Guests must be at least 1 year of age and 61 cm/2 ft. in height to take part. Children younger than 12 years of age must be accompanied by a paying adult throughout the tour and be under their supervision at all times. Guests must be capable of navigating stairs to access the Dolphinarium. Cameras are prohibited during the interaction, but photos of your interaction will be available for purchase afterwards. Guests are required to wear a life jacket (mandatory). Lockers, showers and dressing rooms are available at no additional cost. The tour is considered to be unsuitable for guests with asthma. Guests are advised to leave jewellery and other valuables on board the ship. Guests are recommended to wear swimwear under comfortable clothing, biodegradable sunscreen (for the sake of the environment) and to bring a towel and cash/credit card for additional purchases. All participating guests will be required to sign a waiver which may only be available in English. This tour is available only during your cruise.

SEA & SUN
DISCOVER NEVIS & BEACH - STT27

Duration
 4:30 h


Board your boat and be sure to bring along your camera as you sail along the pristine coastline making your way to St. Kitts sister island of Nevis. Upon arrival in Charlestown, the capital of Nevis, a short drive through the tranquil town provides you with a glimpse of a simpler Caribbean lifestyle and some examples of Caribbean style architecture. You will also have the opportunity to see the birth place of Alexander Hamilton, the first Secretary of the Treasury of the United States. You will have a short stop at the Nevis Bath Springs, a natural hot spring, before continuing your tour around the quaint island of Nevis and heading to the Beach where you can enjoy some leisure time swimming. Feel the gently breaking waves caress your skin under the rejuvenating Caribbean sun. Take in breathtaking views of the Caribbean with St. Kitts and the famous Nevis Peak in the background. Please note: Participating children must be accompanied by a paying adult and under their constant supervision throughout the tour. A beach chair and umbrella are included in the cost of the tour. Guests are recommended to bring a towel, their swimsuit worn under comfortable clothing, sun protection and cash for any additional purchases.

ACTIVE & ADVENTURE
ST. KITTS SAIL & SNORKEL ADVENTURE - STT30

Duration
 3:30 h


This entertaining outing will see you board a catamaran and set sail for the southern tip of Basseterre and the site of your deep-water snorkelling experience: Shitten Bay. As you sail along the islands leeward coastline, you'll also pass Frigate and Friars Bays before you reach your destination. Accessible only by sea, the secluded Shitten Bay supports a huge variety of marine wildlife, including several species of reef-dwelling fish and lovely coral formations. You can choose whether to simply relax on the spacious catamaran, or instead take to the water for a refreshing dip or to discover the underwater bounty during a spot of snorkelling. The crew will be able to provide snorkelling instruction for novices and on the way back, rum punch, soft drinks, beer and other beverages will be served to round off your outing and complement the lovely views. Your return to the ship brings the tour to a close. Please note: snorkel gear will be provided. Underwater visibility may be reduced due to sudden unforeseen changes in sea conditions. Children under 16 years of age must be accompanied by a paying adult to snorkel. Alcoholic beverages will only be served after the snorkelling portion of the tour. All participating guests who enter the water must wear a life jacket or swim vest (provided). Participating guests must be able to climb a boarding ladder in order to enter/exit the water. The tour is considered to be unsuitable for guests with mobility problems, neck or back problems and/or a heart condition. Pregnant women are requested to exercise caution. Since the tour is of an active nature, participating guests are required to be reasonably fit. This tour is not available on the calls of 8 Dec 2017, 18 Dec 2017, 29 Dec 2017, 19 Jan 2018, 23 Mar 2018.

NATURE KAYAKING - STT34

Duration
 3 h


Nature Kayaking

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

St. John's

Fri 18 January 2019

CULTURE AND HISTORY

MAIN SIGHTS OF ANTIGUA - ATG23



Duration
3 h

This history-themed tour to the heart of Antiguas impressive National Park begins with a drive through tropical countryside, rolling hills and quaint villages en route to your first stop: Nelsons Dockyard, the worlds oldest working dockyard from the Georgian era. A guided tour of the dockyard, now a major Caribbean yachting centre, then follows. Blessed with a wonderful ambience and beautifully restored buildings, this 18th-century dockyard looks back on an eventful history that your tour guide will provide details of. Next up is a stop at the Blockhouse remains, which offer a commanding view of the Atlantic Ocean and the surrounding coastline. You will then continue on to the ruins at Shirley Heights, a great photo opportunity at a vantage point overlooking Nelsons Dockyard, the English Harbour and surrounds. More scenic vistas and landscapes await you on your return driv

SCENIC ROUTE

PANORAMIC ANTIGUA & BEACH - ATG24



Duration
4:30 h

Spend a few hours off the ship discovering Antigua on this relaxing tour. Board your coach and look forward to the islands gently undulating tropical countryside and picturesque villages as you head for English Harbour, paying a first visit to the ruins at Shirley Heights. This lookout point overlooks the National Park and commands gorgeous views of Nelsons Dockyard and English Harbour. You will then make your way to the Dows Hill Historical Centre for a fascinating multimedia presentation of Antiguas rich history, heritage and culture. The tour then continues with a drive down the lush Fig Tree Drive, which takes you right through Antigua's tropical forest. More amazing countryside awaits you as you approach the final stop on your tour: an enticing white-sand beach, where you can enjoy a refreshing swim in the warm waters of the Caribbean Sea before returning to the ship. Please note: beach chairs and parasols are available for hire at the beach. This tour is not available for the call of MSC Fantasia on December 1st 2017.

NATURAL WONDERS

SWIMMING WITH STINGRAYS AND SNORKEL EXPERIENCE - ATG25



Duration
3:30 h

Also known as the puppies of the sea, the southern stingray is a friendly soul that likes to play. This tour gives you a unique opportunity to get up close and personal with these delightful marine creatures at Antiguas so-called Stingray City, situated in Seatons Village. After boarding a boat and being taken to a nearby coral reef, you will be able to snorkel, swim and feed the rays in the calm and crystal-clear waters of the beautiful Caribbean Sea. Views of the pristine coral reef and gorgeous surroundings serve to add another level of enjoyment to the tour, during which you will also have a chance to find out how these amazing animals live from your experienced guide. This extremely safe, entertaining and educational tour is very family-friendly and a must-do while on the island. Please note: children must be at least 5 years old to take part. All participating guests will be required to sign a waiver which may only be available in English.

ACTIVE & ADVENTURE

ANTIGUA CANOPY TOUR - ATG29



Duration
3:30 h

Discover Antiguas lush rainforest from a birds-eye perspective as you navigate through the treetops on this wonderful canopy tour. A 40-minute drive by air-conditioned taxi will take to the rainforest region, after which highly qualified and experienced guides will ensure your aerial walk is not just highly exciting, but also extremely safe. After your briefing, the excitement starts at the Old Pump House with a walk over a suspension bridge from the side of the building, which spans the gorge to the far bank. Having crossed the bridge, you will then traverse no less than 12 (!) zip-lines as you zigzag your way through the forest and over the spectacular gorge. Look forward to amazing aerial views of rainforest flora and fauna and the chattering of numerous bird species. Guests will be offered a complimentary drink of water during the course. The tour ends with your return to the ship. Please note: this tour is not suitable for pregnant women, guests with a pre-existing heart condition, a history of seizures, back, knee or shoulder problems or other pre-existing health problems. The tour not recommended for guests who suffer from vertigo or acrophobia (fear of heights). Max. weight per guest is 235 lbs; min. height is 4. Guests are required to wear sturdy footwear (no strappy sandals), shorts or long trousers (no skirts) and bring a change of t-shirt. Cameras or camcorders are not allowed for both safety and insurance reasons. Children must be at least 7 years of age to take part. All participating guests will be required to sign a waiver which may only be available in English. This tour is not available for the call of MSC Fantasia on December 1st 2017.

KAYAK & SNORKEL TOUR - ATG30

 **Duration**
4:30 h



This low-impact activity tour gives you an opportunity to spend half a day off the ship and explore Antigua from a waterside perspective. A fast motorboat will first take you from the kayak base to a secluded lagoon to board your kayak. Instructions and a safety briefing will follow, after which your guided 1-hour kayak tour begins, during which you will see otherworldly mangroves, scenic coastal inlets and tiny islands. Having re-boarded the motorboat, you will then be taken around the beautiful North Sound Marine Park, with a snorkelling stop scheduled at a sheltered off-shore reef. The tour also includes a gentle nature hike on Bird Island, an uninhabited isle that offers visitors two sandy beaches, panoramic views and a whole host of wildlife, including many tropical bird species, to observe. A boat will be on hand to take keen snorkelers out to a nearby reef, where guides will provide and fit your gear and show you where fish can be seen. If snorkelling is not for you, you can simply relax on the pristine beach, explore the island or go for a swim in the shallow beachside waters before returning to the kayak clubhouse. Please note: children must be at least 6 years of age to take part. Snorkel gear, fins, snorkel belts, life jackets and refreshments are provided during the tour. We recommend to wear footwear that can get wet, that are flat and non-slip. Participants should be in good physical condition. The max. weight allowed per two-person kayak is 400 lbs./181 kg. This tour is not recommended for guests with limited mobility, heart/neck/hip/back/respiratory problems or for guests who have had recent surgery. Women who are pregnant are prohibited from participating in this tour.

SEA & SUN

ANTIGUA BEACH BREAK - ATG33

 **Duration**
5 h



The Caribbean islands are well known for their spectacular beaches, and none more so than Antigua. This beachy tour gives you a chance to make the most of your time on the island and begins with a 10-minute drive in an air-conditioned minibus to Runaway Bay beach. Accompanied by your tour guide who will point out all the relevant amenities as well as provide information and assistance you can then enjoy all that this lovely spot has to offer. Just the sight of the half-mile sweep of soft, white sand is enough to take your breath away and the warm Caribbean Sea makes for a perfect time in the water. On arrival, a welcoming cocktail (fruit juice or rum punch) will be served that you can then enjoy in utter peace and quiet while comfortably seated in your reserved lounge. Your tour also includes a lunch, after which there will be more time for you to enjoy at the beach. Please note: a lounge chair is provided free of charge at the beach. Parasols can be hired for a nominal charge. The beach area features toilet facilities, freshwater showers as well as a beach bar and a restaurant. This tour is not available for the call of MSC Fantasia on December 1st 2017.

ACTIVE & ADVENTURE

4X4 ISLAND SAFARI & BEACH - ATG35

 **Duration**
3:30 h



Once you've stepped off the ship and boarded a specially customised photo safari jeep, you can simply sit back and begin to enjoy Antigua and its delightfully verdant landscape. This off-road exploration will first take you south of St. Johns en route to the village of Bendals and the ecologically important Body Pond watershed area. Look out for amazing tropical flora and agricultural plantations as you travel through the off-road reaches of the scenic valley. From the village of Swetes, the tour then continues on through lush rainforest, with mango trees and pineapple plants all around, to the southern coast and Old Road Village for refreshments. This was the first western settlement on the island, established in 1632 by the British naval explorer Captain Thomas Warner. Have your camera ready to take some stunning photos of the gorgeous coastline and Caribbean Sea before you head off again along the islands southern coast en route to a heavenly beach and a refreshing dip in the azure-blue waters. Your return journey will take you to see more of Antiguas picturesque villages and stunning landscape with further opportunities to take fabulous photos along the way. The tour ends with your return to the port and your ship. Please note: the tour is considered to be unsuitable for pregnant women and guests suffering from pre-existing neck/back conditions. This is not a self-drive tour; a driver will be provided. This tour is not available for the call of MSC Fantasia on December 25th 2017.

SOMETHING SPECIAL

CATAMARAN CRUISE & LOBSTER LUNCH - ATG36

 **Duration**
6 h



Join us on the beautiful Mystic II for a luxurious catamaran experience that will take you through the gentle coastal waters of the Caribbean Sea with the fresh breeze in your hair simply divine. Antiguas coastline is dotted with pretty boutique resorts and a multitude of spectacular white sandy beaches, one of which will be your first stop. Stretch out on the powdery sand, go for a dip in the balmy waters or take advantage of the sun and work on your tan. The crew will remain on hand to serve you juices or soda to quench your thirst. Part two of the tour will then see you sail on towards the islands western coast to reach the second of two beach visits, while on board a delicious lobster lunch buffet will be prepared for your enjoyment. When it comes to relaxation, you can do no better than find yourself aboard a luxury craft eating lobster for lunch with a glass of something bubbly in your hand. As the Mystic II then makes her way back along the coast, you can enjoy further fabulous views, an open bar and the sweet sound of Caribbean rhythms playing in your ear. Your return to the port and your ship then brings your Caribbean jaunt to a perfect close. Please note: guests are recommended to wear swimwear under their clothes as well as to bring a towel and high-factor sunscreen. The tour is considered to be unsuitable for guests using a wheelchair. This tour is not available for the call of MSC Fantasia on December 1st 2017.

SEA & SUN

BEACH-HOPPING SAFARI - ATG37

Duration
 4 h


This half-day tour of unadulterated beach-based fun begins when you leave the ship to board an open-sided, safari-style bus for a colourful ride through Antiguas beguiling interior. Situated on Antiguas Caribbean seaboard, Turners Beach is a little slice of heaven with soft sand, turquoise water, free use of beach chairs and a serving of rum punch. Enjoy your time here any way you like before the safari bus takes you on to the nearby Darkwood Beach, one of Antiguas most popular stretches of shoreline. You'll have a little time to swim, stroll or simply sit and ponder before you make your way to the third and final coastal gem: the lovely Valley Church Beach. Sip a cool complimentary refreshment as you relax on your free sun lounger and savour the spellbinding surroundings. The scenic route back up to St. Johns will then bring your outing to a close. Please note: guests are recommended to wear swimwear under comfortable clothing, high-factor sunscreen and to bring a towel, a camera and a hat. Toilet facilities are available at most beach stops. The order of the tour and the beaches visited are subject to change.



MSC

EXCURSIONS

Discoveries designed for you

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.

SEA & SUN

Treat yourself to some pure relaxation, basking on a beautiful beach or enjoying the stunning views on a scenic boat trip. A winner for sea and sun lovers.

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.