

Balboa, Panama – San Blas, Panama – Cartagena de Indias, Colombia – Santa Marta, Colombia – Oranjestad, Aruba – Willemstad, Curacao – Kralendijk, Bonaire – St George’s, Grenada – Soufriere, Saint Lucia – Deshaies, Guadeloupe – St John’s, Antigua

All tours are offered with English speaking guides. The length of the tours or time spent on sites is given as an indication as it may vary depending on the road, weather, sea and traffic conditions and the group’s pace. Minimum number of participants indicated per coach or group.

The level of physical fitness required for our activities is given as a very general indication without any knowledge of our passenger’s individual abilities. Broadly speaking to enjoy activities such as hiking, biking, snorkelling, boating or other activities involving physical exertion, passengers should be fit and active. Passengers must judge for themselves whether they will be capable of participating in and above all enjoying such activities.

Please remember that islands in the Caribbean have a subtropical climate. Heavy rainfall may have a negative impact on roads and access to sites such as beaches. If this is the case excursions will be modified accordingly. Hiking paths may become muddy and slippery.



Excursions including snorkelling may have to be modified (change of location) or indeed cancelled without compensation if the organiser and/or captain of the boat judge that local conditions are not consistent with passenger safety.

All information concerning excursions is correct at the time of printing. However Star Clippers reserves the right to make changes, which will be relayed to passengers during the Cruise Director's onboard information sessions.



PANAMA CANAL – BALBOA

The Panama Canal is a major shipping route that traverses the Isthmus of Panama in Central America, connecting the Atlantic and Pacific Oceans. The site is steeped in history and visitors will be amazed at the natural beauty of the place as well as marveling at what human ingenuity can achieve. From the days of Balboa to Teddy Roosevelt, the conquering of the Isthmus has fired the imagination of explorers, presidents and engineers. As Star Flyer rises through Gatun locks into the placid reaches of tree-fringed Gatun Lake, and proceeds along Gaillard Cut to emerge into the broad Pacific Ocean, one can only wonder at the courage, resourcefulness and endurance of those visionary builders from long ago.

The Panama Canal goes from Cristobal (Atlantic side), in the bay of Limon to Balboa (Pacific side) in the Gulf of Panama. It is approximately 80 km long; its minimum width is 91 m. Three locks lift the ships 26m above sea level to Lake Gatun and lower them down again.

SAN BLAS, PANAMA

The remote coral atolls of the San Blas islands are like a string of exquisite pearls strung round the throat of Panama's wildly beautiful Kuna Yala Coast. The islands are the ancestral home of the indigenous Kuna People. The Kuna are proud and self-reliant; they prize their independence which was won with the help of the US in 1952. Their traditional culture is communal and egalitarian with a rich oral history and artistic heritage, expressed through poetic story telling and the intricate appliquéd Mola designs worn by the Kuna womenfolk.



CARTAGENA, COLOMBIA

Cartagena, Old Town Discovery tour

By air-conditioned vehicles and on foot

Minimum 20 participants, no maximum

Duration 3h30

Euros 46

Cartagena is a UNESCO World Heritage site. Located on the north coast of Colombia, Cartagena boasts a spectacular assortment of buildings and massive fortifications dating from the early 1600s. The fortresses were built to protect Cartagena from pirates.

The air-conditioned buses leave the port and pass through the traditional district of Manga so you can admire the beautiful houses dating from the Republican era. The walking tour starts at Santiago's Bastion. You will go down the ramp to San Juan de Dios Street, with its fine colonial architecture and end up at San Pedro Claver's Plaza. Here your guide will tell you about San Pedro Claver church (inside view) and convent and the Jesuit priest for whom they are named. Peter Claver dedicated his whole life to helping and caring for the wretched slaves who arrived in Cartagena; he became an extraordinary moral force in the town, preaching in the city squares and establishing missions for sailors and traders. He was canonized in 1888 by Pope Leo XIII.

The tour continues down towards Custom Plaza, which was the hub of commercial activity during the colonial era, and then on to Plaza de la Proclamacion to admire the Cathedral (outside view). You will also see the Governor's building, headquarters of the Spanish government in colonial days, and listen to a talk on Independence (outside view). You will get the opportunity of visiting the Navy Museum which houses permanent exhibitions relating to the military naval history of Cartagena de Indias. The west wing "the colonial wing" constructed during the 1st part of the 17th century. It served as the 1st school in the Americas for the society of Jesuits and then as an hospital. The eastern wing "the republican wing" was constructed in the early 1900's and quartered the 1st battalion of the newly created Colombia Marines.

The next stop is the Plaza de Bolivar where you can see the statue of Simon Bolivar, the renowned military leader and political visionary who played a key role in securing independence from Spain, as well as the infamous Inquisition Palace.(outside)

Admire the magnificent colonial mansions as we stroll back to the tour bus at Santiago's Bastion. The walking part of the tour is now over but the excursion continues by coach to Las Bovedas. This complex of 47 arcades and 23 vaults was the last fortification built in Cartagena by the military engineer Don Antonio de Arevalo. During the colonial era it was used as barracks for the troops and to store military provisions; later on it served as a jail house. Nowadays, the cells have been converted into boutiques selling a wonderful array of Columbian merchandise and artifacts, so you will be able to do some souvenir shopping.

The excursion ends with a short sightseeing drive through Boca Grande.

On the way back to the pier, there will be a brief stop at the San Felipe de Barajas fort to admire the panoramic view .(photo stop)

Shops are normally closed on Sundays although they may open when a ship is in port. The stop at Las Bovedas depends on whether the shops are open.

This tour is not recommended if you have walking difficulties (the tour involves 1h30 visiting the town on foot.)

Inside visits : San Pedro Claver church and the Navy museum.

Comfortable shoes, hat and sunscreen are all highly recommended.



SANTA MARTA, COLOMBIA

Established in 1525 by the Spanish as a base of conquest, Santa Marta sits at the foot of the world's highest coastal mountain range, the towering Sierra Nevada de Santa Marta on the spectacular coastline of Colombia. Santa Marta is the oldest remaining city in Colombia, founded in 1525 by Rodrigo de Bastidas, a Spanish conquistador. Alongside Santa Marta's natural beauty, the city also possesses a rich history. South American Liberator, Simon Bolivar took his dying breath in La Quinta de San Pedro Alejandrino, and his remains were held in the Cathedral until 1842. Today, La Quinta de San Pedro Alejandrino stands as a museum celebrating Bolivar's life, and its grounds feature beautiful gardens which are home to many of Colombia's most beautiful tropical flora.

Santa Marta city tour

By air-conditioned motor coach and on foot

Duration 3h45

Minimum 20 participants, no maximum

Euros 50

Santa Marta is one of the oldest cities in Colombia, founded in 1525 by Rodrigo de Bastidas, a Spanish conquistador. He accompanied Christopher Columbus on his second voyage to the New World, before getting royal permission to set off on his own voyage of discovery. On October 1499 he set off from Cadiz with his two ships, the San Anton and the Santa Maria de Gracia. He discovered the Gulf of Uraba on the Panamanian/ Columbian coast and explored the northern coast of South America, discovering Panama and founding the town of Santa Marta. Unfortunately he angered a lot of his men because he refused to share out the gold he had obtained, claiming that it was needed to defray costs. Fifty of them conspired to kill him and attacked him while he lay sleeping, stabbing him five times. De Bastidas was seriously wounded but did not die immediately. Medical facilities at Santa Marta were woefully inadequate so he decided to sail to San Domingo where he could be treated properly. He never made it; bad weather forced him to land in Cuba where he died from his injuries. His body was taken to Hispaniola where it lay until the 20th century when it was taken back to Santa Marta and laid to rest in the cathedral.

On this panoramic guided walking tour you will see historic Bolivar Plaza, Lover's square and walk down many colourful & bustling city streets.

The cathedral was built by the Dominican order, four years after the founding of Santa Marta, and was dedicated to Santa Ana. It was the first church built in Continental America and is known as the Mother of Colombian churches. Despite its relatively small size it is one of the city's most iconic landmarks, with its gleaming white neoclassical façade. The cathedral is a great source of pride for the town's inhabitants and is an active place of worship as well as being a historical monument. It is the last resting place of the town's founder, Rodrigo de Bastidas, and is also where the legendary hero and liberator Simon Bolivar was first buried. His remains were later disinterred and removed to Caracas where he was born and raised, but as a sign of respect his heart and entrails were left at Santa Marta.

The Customs House at Santa Marta has been lovingly restored and now houses the Gold Museum, displaying pre-Columbian artefacts and a small yet priceless collection of Tayrona Gold and pottery pieces.

Outside the city lies the country estate of San Pedro de Alejandrino which dates back to the 17th century. It has been the scene of many significant moments in Colombian history. In 1830, Don Joaquin Mier y Benitez offered his home as a refuge to the liberator Simon Bolivar during his last days. The estate was later awarded National Monument status by the Colombian government. The interior of this colonial era mansion has been preserved and the many gardens have been restored to their former glory by the National Tourism Corporation.

Inside visits on this tour include the Customs House Gold Museum, the Cathedral and the San Pedro de Alejandrino estate



ORANJESTAD, ARUBA

Natural Wonders of Aruba

By air-conditioned motor coach

Minimum 20 participants, maximum 50

Duration 3hours

Euros 48

Experience the beauties of Natural Aruba on a tour that takes you on a journey of discovery. You will first make the scenic trip to Aruba's number one ecological attraction, The Butterfly Farm. The farm is an unforgettable encounter with nature in all its diversity. Step into a tropical garden teeming with butterflies and prepare to meet some of the world's most colourful and unusual creatures. From the Butterfly Farm you will journey to the Ayo Rock Formation where you can explore the natural gardens and walk amongst huge boulders. Travelling on, you will pass countless Divi Divi trees and cactae before arriving at a natural bridge carved by the relentless pounding of the surf. You will also see the ruins of a much larger natural bridge which collapsed in 2005.

The excursion ends with the scenic drive to Oranjestad, the capital of Aruba.

Atlantis Submarine Tour

Minimum 20 participants, maximum 24

Duration approximately 1h45

Euros 94

The adventure begins with a short transfer to the submarine on board our shuttle vessel SubSeeker. The submarine is located just off the south east coast of Aruba, waiting to take you on a thrilling dive to the mysterious sunken airplane or the former Danish sail boat "Mi Dushi 1", as well as seeing "The Morgenste", a recently sunk coaster.

The submarine dives down to depths of 120 ft and offers close up views of exotic marine life: schools of brightly coloured tropical fish, huge sponge gardens and the enchanting beauty of the coral fields. Our professional crew will provide an informative and entertaining commentary throughout the tour.

The Atlantis Submarine Tour is a truly unique experience. A close encounter with the underwater world from the air-conditioned comfort of a US Coastguard approved submarine.

You must be able to negotiate a 12 step ladder into and out of the submarine

If the minimum number of participants for an exclusive departure is not reached, the tour may be organized with hotel guests to make up the numbers

Depending on the docking spot, there is a 3 to 10 minute walk to reach the SubSeeker.

The dive itself lasts 45 minutes



4x4 Country Crossing

by jeep

Minimum 14 participants, maximum 16

Duration 4h30

Euros 67

This is an Off-Road island adventure to Aruba's most exotic sites.

Travel in your 4x4 Land rover to Boca Catlina beach where you will spend some time swimming (30 to 45 minutes stop). After a refreshing swim, the tour continues with a visit to the California Lighthouse, located on the island's most North Western tip, the picturesque Alto Vista chapel, the Bushiribana Gold Mill Ruins, and a sea-chiseled lime stone bridge known as "Baby bridge" adjacent to the ruins of the famous Natural bridge which collapsed in 2005.

Vehicles are driven by professional driver-guides

Eight participants per vehicle

You will have to walk to the jeeps (5 to 10 minutes)

Refreshments & a snack will be offered during the tour

Bring your towel and wear a swim suit under your clothes

Andicuri Off-Road Adventure

Duration 3h15

All transfers included

Minimum 5 vehicles, maximum 7

Going Solo (one person on a vehicle) €160

Thrills for Two (2 people on the vehicle) €80

Unleash the Indiana Jones that lies dormant within you and get behind the wheel of our unique UTV all-terrain vehicles. You are in the driving seat on this sensational off road safari exploring Aruba's rugged outback.

Each UTV can take a maximum of two passengers and your professional guide will lead you on a trail blazing drive show casing the wild natural beauty of the Aruban landscape.

The vehicles will proceed in caravan formation, skirting along the rocky coastline with stops at places of interest along the way. You will get to see Andacuri, and the Alto Vista Chapel, also known as the Pilgrim's church, the birthplace of Catholicism on the island over 250 years ago. You will also visit the ruined gold mill which bears witness to the history of gold prospecting in Aruba; adventurers started searching for gold on the island in the 1400's but the first gold was only actually found in 1824 after centuries of back breaking toil and shattered hopes. Of course no tour would be complete without a stop at one of Aruba's most iconic landmarks, the California lighthouse; this 30m guardian of the Aruban coastline bears the name of the vessel SS California which was wrecked there in 1891 and offers spectacular panoramic views.

An UTV off-road vehicle is the most exciting way of exploring the island "off the beaten track", but visitors must expect to pick up dust on the way as you will be driving in caravan

The UTVs used for this tour are automatics

We recommend you wear a scarf or bandana to cover your nose and mouth, bring along sunglasses or goggles, a cap and of course your driving license.

Minimum age to participate in this excursion is 12

Minimum age to drive a UTV vehicle is 25

Drivers must present a valid license.

Snack and a bottle of water included



WILLEMSTAD, CURACAO

Curaçao Country Drive Tour

By air-conditioned motor coach

Minimum 25 participants, maximum 60

Duration 3h30

Euros 46

This tour serves as a wonderful introduction to the beauties of Curaçao and its natural resources. You will leave the town behind you as you head out west. On the way to our first stop you will see several plantation estates and old labour houses. Your knowledgeable guide will be on hand to point out interesting sights and give you all the information you need.

The excursion continues to Boca's, one of the island's national parks. Here land and sea meet in the most dramatic and spectacular way, with wild waves thundering and crashing against the rocky coast; you will also get to see a small water cave. The power of the sea is truly awesome and the force of the unpredictable waves will take your breath away. At West Point there will be a short photo stop so that you can capture the beautiful view of the Caribbean Sea and the characteristic architecture of West Point church.

From here we drive to the Tula Museum located in a lovingly restored plantation house, with good views of the hills, the plantation estate and the Caribbean Sea. The museum guides will give you an insight into how people used to live on the island during slavery and after abolition.

The next photo stop is the most beautiful tropical beach on the island: Knip Beach, with its unforgettable azure blue sea and white beach. You will see a myriad of brightly coloured tropical fish swimming through the crystal waters. This is the perfect spot for taking your tropical vacation photos.

On the return journey we will stop at the Jan Kock Salt Lakes, where you may be lucky enough to see some Flamingos.

Beach hop and turtle Snorkeling adventure

Transfer by bus

Minimum 24 participants, maximum 36

Duration 4hours

Euros 59

Curaçao is known for its beautiful and exclusive beaches. Crystal clear blue waters and sweet, warm sea air will inspire you to explore the island's captivating shores. From the ship the drive will take you through the country- side of the island to a natural beach at the most Western point of the island.

Here you will have a chance to get to know a part of the marine park of the island and possibly spot turtles at this particular spot. Together with your guide, you will discover the beauties of the Caribbean Sea. It is great fun to swim and to explore the amazing and stunning underwater world of Curaçao. This underwater Marine Park has so much to offer, like numerous multi-colored tropical fish and a very good chance to swim around some turtles that frequently visit this beach.

After a short drive we will bring you to Cas Abao Beach. Here you will be able to go swimming again or relax at your beach chair and enjoy a soft drink. Your snorkel guide will assist you and help you recognizing the beautiful fish that surrounds you.

After this fantastic snorkeling experience you will be transferred back to the ship.

Slight currents can occur, could be windy and sometimes there are waves.

Beach can be rocky (dead coral) which can make entering the sea a bit more difficult.

Transfers can either be in open beach bus or air- conditioned coach

Shower, beach chair and drink included in stop at Cas Abao Beach, no facilities at Playa Grandi

50 minutes transfer to first beach (approx 45 minutes snorkeling), 15 minutes transfer to Cas Abao beach where you will stay approx. 1h30

Full face masks and life vests will be provided for the snorkeling . Fins are not allowed as their movement is scaring the turtles."



Seaworld Explorer

Transfer by van

Minimum 20 participants, maximum 34

Duration 1h30

Euros 38

The Seaworld Explorer is a state of the art air-conditioned semi-submarine originally used for research on Australia's Great Barrier Reef. The vessel remains above sea level at all times and accommodates its passengers comfortably in its hull, which sits 5 feet below the surface. Huge glass windows provide spectacular views of the many different varieties of corals and fish which Curacao is famous for. In fact, the fish come right up to your window, making it easy to snap that memorable photo.

Board the Seaworld Explorer semi-submarine and sit in air-conditioned comfort five feet below the surface of the water. View sealife through large windows, and enjoy the dramatic effect of passing over a wall that drops sharply several hundred feet. See tropical fish such as yellowtail snapper, sergeant majors, parrotfish and queen angelfish, as well as delicate colonies of coral. Watch through your private window as a diver is surrounded by hungry fish that he feeds by hand.

15 minutes transfer by van to the Seaworld Explorer basis

50 minutes on the semi-submarine

Seaworld Explorer is fully airconditioned and certified by the Dutch Shipping Inspector

Guests must be able to safely navigate 10 steps into and out of the Seaworld Explorer

KRALENDIJK, BONAIRE

Mangrove Kayaking

Transfer by air-conditioned vehicle to the Kayak base.

Minimum 6 participants, maximum 14

Duration 3 hours

Euros 63

The drive from the pier to the mangrove area, Lac Bay, takes 15 minutes.

This area is a designated National Park and visitors must be accompanied by a trained guide. Experience the tranquil beauty of the mangroves as you glide past bird habitats and fish spawning grounds. Your guide will enhance the tour with brief explanations on the interrelation between plants and animals, without in any way disturbing the peace of the mangroves with a running commentary. The "Sit on Top" Ocean Kayaks with their adjustable back rests are quite comfortable and easy to maneuver through the shallow waters.

Refreshments in the form of juice, soda or water will be provided.

This activity is moderately challenging. Minimum age for participants is 10 years old. Maximum weight : 225 pounds.

Double kayaks will be used

No guests with heart conditions, asthma, walking disabilities, leg injuries, chest injuries and/or recovering from surgery should participate in this tour. Neither should pregnant women.

Please bring towel, sunscreen hat and t-shirt if sun sensitive.

Waterproof cameras are highly recommended

Please wear water resistant shoes

Participants must be able to swim

Before the tour starts, practical instructions on how to maneuver the kayaks will be given.

The kayak tour lasts 2 hours

Under normal circumstances the kayaks are extremely stable, however it is possible to tip them over.



Fun cruise & snorkel

Minimum 10 participants, maximum 20

Duration 3 hours

Euros 59

Make the most of your time on Bonaire by getting into the water and having FUN!

The Bonaire National Marine Park is well known for its legendary clear waters & abundant marine life. The tour includes full snorkeling gear, so you are sure to enjoy some close encounters with the park's colourful inhabitants. Our friendly and attentive crew will make you feel right at home on this spacious 46-foot cruiser built for group comfort & fun.

The helm area has a full hard-top shade that can seat plenty. Wide stairs lead out to a large deck filled with sun-pads or to the foredeck equipped with deck chairs.

Spread out, relax & enjoy!

Snorkel equipment and vests will be provided

Refreshments will be offered: rum punch, beer, soft drinks and water

Footwear is restricted to rubber soled shoes, sneakers or sandals

Guests with walking disabilities, leg injuries, chest injuries and/or recovering from surgery should not participate in this excursion.

While there is some shade on the boat, sunscreen, towels, hats and t-shirts are highly recommended

Participants **MUST KNOW HOW TO SWIM**

Site snorkel - Double Dip Trip

By boat

Minimum 10 participants, maximum 32

Duration 3 hours

Euros 52

Enjoy the fun and relaxed atmosphere on board the "Seacow", a local celebrity! We guarantee a mooving experience ! Bonaire's Marine Park has a worldwide reputation, and this trip offers 2 very different snorkel sites on Klein Bonaire. You will be guided through the wonders of the protected reef may even get to spot a sea turtle!

Aboard the partially shaded boat, you will receive your complete snorkel gear which includes snorkel equipment, mask, fins and snorkel vest. A safety briefing will be given as well as snorkeling instructions and you will be assigned a group and a guide.

Participants should be fit, no pregnant women

Bring protective sun lotion, towel, hat and t-shirts

Participants **MUST KNOW** how to swim

Previous snorkel experience not needed

Footwear limited to rubber soled shoes, sandals, and tennis shoes

The trip to the first snorkel site takes from 15 to 20 minutes depending on weather conditions

The boat is moored and the snorkel guide will lead guests into the water

Snorkeling time at each site is about 45 minutes



Best of Bonaire

By air-conditioned coach or van

Minimum 16 participants, maximum 60

Duration 2h15

Euros 44

Your trip begins with a leisurely drive to the South/East side of the island, through one of the best preserved mangrove areas in the Caribbean. Along the way, your guide will be on the lookout for Bonaire's most famous bird, the shy flamingo. With its deep pink-coral feathers and graceful leggy walk, this bird is especially beautiful in the wild. Donkeys and goats like to graze beside the country roads, so you will be able to take some great photos.

At Sorobon beach, you will make a short stop to view the beautiful bay where you can dip your feet in the warm turquoise coloured water. Enjoy a cool drink, refresh yourself, and then continue your trip to seek out some more flamingos!

Visit the Salt flats, home to the protected flamingo sanctuary. Here, your guide will explain how salt is produced today on Bonaire, and how it was mined by the slaves in the 19th century. At the Slave Huts, you will literally see and touch history as you enter the huts that served as shelters for the slaves working the salt pans.

On the drive back to the ship enjoy a breath-taking coastline view with pink coloured salt pans, and snow white salt mounds on one side and the aqua-blue Caribbean Sea on the other. It's a real live postcard!

Before arriving at the ship, you will have one last chance to see some flamingos at a salt pond.

Bonaire Sailing tour

By boat

Duration 3hrs

Minimum 6 participants, maximum 12

Euros 88

Get a taste of the High Life on our exclusive sailing tour. Sit back & let yourself be pampered while you enjoy a relaxed sail along the beautiful coast of Bonaire on board this unique 44ft sailing yacht.

Destination: a snorkeling paradise at the world famous Bonaire Marine Park. All snorkel equipment is available on board and your crew will help you gear up and get into the water.

Later, the Chef will treat you to delicious freshly made snacks and an open bar awaits your pleasure on this exclusive sailing trip.

Footwear restricted to rubber shoes, sneakers or sandals.

Guests with walking disabilities, leg injuries, chest injuries and/or recovering from surgery should not participate in this excursion.

While there is some shade on the boat, sunscreen, towels, hats and t-shirts are highly recommended

Participants MUST KNOW HOW TO SWIM



SAINT GEORGE'S, GRENADA

Grenada, "the spice island", has more spice per square mile than any other place in the world. The island is fragrant with cocoa, nutmeg, cloves, ginger and vanilla, to name but a few. Despite the abundance of such crops, Grenada is very diverse in its general make-up. The island is volcanic in origin and boasts lush mountains, rain forests, volcanic crater lakes, mangroves, beautiful beaches and delicate coral reefs. Grenada's history is similar to its neighbours. Columbus discovered it in 1498 and named it Conception. However, its lush green hills were so evocative of Andalusia that Spanish sailors, no doubt yearning for their homeland, changed the name to Granada. The French called it La Grenade, but it was the British who gave the island the name used to this day, "Grenada". The French and British battled for the island for almost 100 years before it was eventually ceded to the British in 1783. Grenada achieved independence in 1974. Several years later an attempt was made to establish a Communist state, which ended in the famed invasion of 1983. Although Grenada does cater heavily to tourism, there is a strong push to maintain the natural environment with one-sixth of the island's land devoted to parks and nature sanctuaries.

Eco Trek at Bamboo Fall

Transfer by van to the departure point of the walk

Duration 4 hours

Minimum 20 participants, maximum 60

Euros 47

This activity is physically challenging

This excursion is a must for all Nature lovers; it is a wonderful journey of discovery starting at St George's and following steep winding roads culminating at the rain forest peak, an amazing spot some 1900ft above sea level. This is Grand Etang Forest, a sanctuary and nature reserve located in the islands Central Mountain Range. Here lush vegetation, towering mahogany trees, ferns and colourful tropical flowers provide a vivid background to a wide cross section of bird and animal life.

If you enjoy trekking, then you will love the trail through the rainforest to reach Bamboo falls. The trek will take you over a private plantation where you will see nutmeg, cocoa, bananas, and many other vibrant tropical plants. It can be muddy and slippery, especially if it has rained recently, so please choose your foot wear accordingly.

Bamboo Falls is known as one of the most famous and beautiful of all Grenada's waterfalls and is certainly worth the 30 minute trek to get there.

Enjoy unspoilt nature at its finest and join us on this unforgettable Eco trek.

Fresh local organic orange juice will be available on your return to the Cruise Terminal.

Minimum age for participating in the excursion: 8 yrs old.

Please note that although the hike is not very difficult, Rain forest terrain is muddy and can be slippery. Sturdy hiking shoes or sports shoes are recommended. You must be physically fit to participate to that tour.

Don't forget to bring a bathing suit and towel if you want to go for a dip in the falls.

We recommend you bring a bottle of water for the hike.

Before arriving to the fall you will have to cross a river and have your feet up to the knees into the water.

Walking on possible muddy path is part of the challenge of this tour



Nutmeg and Falls

By air-conditioned van or coach

Duration 4 hours

Minimum 20 participants, maximum 120

Euros 47

The west coast of Grenada boasts a number of distinctive features which are characteristic of the island: spices and cocoa at the Dougaldston Estate, nutmeg in Gouyave and in the tropical heights, waterfalls and of course plantations.

The excursion starts from St George's, taking the northern coast road along the Caribbean Sea. One tranquil fishing village follows another, and the beaches form an extended ribbon of coral and volcanic sand. Life goes on at a gentle laid back pace, typical of the Caribbean. However in Gouyave fishing is not the only source of income; this small town houses a hidden treasure, well protected by high walls: the Nutmeg cooperative plant.

A visit to the Nutmeg cooperative plant is like taking a step back in time some one hundred years. There are no machines or conveyor belts, the precious spice is processed first to last by the nimble fingers of the kind-hearted "mamas". Here women reign supreme, humble and conscientious, they are the Guardians of the Nutmeg tradition. Grenada's enviable position as the second exporter of nutmeg in the world is no doubt thanks to the tireless work of these women and others like them.

After Gouyave the next stop is the Dougaldston Estate, another piece of Grenada's history, founded in 1700. During your trip to this historic cocoa plantation you will discover the wonderful range of precious scents and spices to be found on the island.

Before returning to the ship, we will take a look at the Concord waterfalls and see the nutmeg and cocoa trees that flourish on the hillside, rivalling the tropical luxuriance of the nearby forest.

This Excursion can be organised in the opposite direction.

You will get the opportunity to swim at the waterfall site

Make sure you have proper shoes as the terrain may be slippery.

The drive from The Carenage (St George's) to the Dougaldston Estate will take 50 minutes.

You will visit both a Nutmeg Cooperative (40 mins) and, after a 20 minute drive, Concord Falls (45 minutes)

The drive from Concord Falls to St George's takes 50 minutes.

The "Mamas" or the workers at Dougaldston Estate work to a fixed timetable and so, depending on the time of your visit, you may not actually see them on the job.

Most of them start working very early in the morning and go back home early afternoon.



Sea Riders

Shuttle bus to the marina

Minimum 6 participants (3 boats), maximum 14 (7 boats)

Duration 2h45

Euros 138 with one participant per boat

Euros 69 with 2 participants per boat

Get ready for some wet and wild fun when you explore the island on Sea Riders fast, two person inflatable motorboats.

You will pilot your own boat on this exhilarating adventure that includes a stop with snorkeling. The Sea Riders base at St George lagoon is a short drive from the ship.

Upon arrival you will be welcomed by our friendly and enthusiastic team who will give you an information briefing on how to operate the boats, before you head off across the Caribbean side of Grenada. Follow your guide, passing large yachts in Port Louis Marina and inside the charming Carenage of St George's before entering the Caribbean Sea. After a trip alongside the picturesque and colourful coastline, you will stop at your snorkeling destination. Here you can choose to snorkel on submerged statues by sculptor Jason de Caires Taylor or swim prior to your return to the base and then on to the cruise ship terminal.

Sea Riders Boats accommodate up to two persons.

All drivers must be at least 18 years old.

Supplied safety vest must be worn at all times.

Wear a swimsuit and bring a towel and adequate sun protection.

Women who are pregnant may not participate on this tour.

Snorkeling equipment is included.

The minimum age required to participate is 14 years old.

The combined maximum weight limit on an E-Sea Rider Boat is 400 pounds.

SOUFRIERE, SAINT LUCIA

A lush island of tropical beauty, St. Lucia is part of the Windward Islands. Its 238-square miles are covered with rain forests, banana plantations, palm-lined beaches, mountains and even a drive-in volcano. Like many of its neighbours, St Lucia was a hotly disputed territory, with Britain and France battling for possession. Indeed, the island changed hands no less than 14 times, earning it the nickname of "the Helen of the Caribbean". The English eventually gained control until independence was granted in 1979. St. Lucia has also had its share of natural disasters, including several fires and hurricanes. Though tourism is now the island's economic backbone, sugar cane was the primary industry from the 1800's to 1960. Among St. Lucia's most noted attractions are the Pitons, two volcanic cones rising up from the sea that have become a symbol of the island itself. Today, St Lucia offers its guests a wide range of natural charm with beautiful beaches, lush scenery, fishing villages unchanged by time and friendly Caribbean hospitality.

La Soufriere – Natural Attractions

By air-conditioned mini-van

Minimum 10 participants, maximum 80

Duration 3hours

Euros 44

This tour begins with a leisurely drive through the town of Soufriere, bypassing the town square and the Cathedral. Your journey will continue to the Sulphur Springs, known as the world's only drive-in volcano. This historic site is the result of volcanic eruptions over 300,000 years ago. The sulphurous atmosphere is immediately apparent and sulphur water has been proved to have many medicinal properties, so don't be afraid to breath deeply and inhale the sulphur laden air. The Botanical Gardens and Diamond Baths are very famous, and it is said that Josephine de Beauharnais, later the Empress Josephine, wife of Napoleon, bathed in the waters. Admire the tropical plants along the pathway and the magnificent waterfall before getting back on the bus. After a short drive you will arrive at the Villa des Pitons Restaurant for complimentary drinks and enjoy local rum or fruit punch while relaxing on the verandah. Be sure to have your cameras at the ready, the view of the two majestic twin peaks soaring out of the sea at Soufrière Bay makes for a splendid photo opportunity. The tour ends with a short drive down to the jetty where your ship awaits.



Hotwire Pitons Zip line Ride

By air-conditioned mini-van

Minimum 12 participants, maximum 60

Duration 2h30

Euros 75

This unforgettable experience complements the popular Soufrière excursion and will enhance your enjoyment of the eco tour. The fun filled activity combines the adrenaline rush of zipping under the sheer Petit Piton, with breathtaking views of the historic town of Soufrière and the Caribbean Sea.

Depart ship and take a short drive through the rustic town of Soufriere up to the Hotwire Zipline Adventure Park at Morne Coubaril Estate in Soufriere. On arrival you are taken for a guided tour of this working plantation through a small village of huts made from sticks, modeled on those inhabited by the local population two hundred years ago. The surrounding gardens are well stocked with the plants and flowers indigenous to the island. Your guide will then lead you up the estate driveway to manioc house where you will learn how cassava bread is made.

The grandeur of estate house is next and offers great photo opportunities before you enjoy another live demonstration. You will learn about the process of de-husking a coconut and oven drying copra, before sampling some coconut water and jelly.

After enjoying the bay view from the point (do not forget to bring spare batteries for your camera), you will get the opportunity to taste a ripe cocoa bean at the cocoa and coffee house before seeing the process of fermentation and bean drying, and the cocoa dance used to polish the dried beans. The highlight of the tour is our mule driven sugar cane mill and the chance to enjoy some delicious fresh cane juice.

After the tour, you will be equipped with harness, helmet and gloves and be given a safety briefing and training demonstration before setting off on your zip line adventure. The first platform offers a panoramic view of the bay and the awe inspiring Pitons. While you whizz safely between giant Banyans, your experienced guides will provide a running commentary on the eco-system and the spectacular views provided by this zip line trail, built to US standards.

Eight zip cables move you effortlessly through the estate and you can take your own aerial photos of the Piton and town below, before being carried into a canopy of banyan, coconut, plum and mango trees and across a bamboo-shadowed gorge. The zip lines offer a total immersion in the natural environment.

After your Zip line Adventure you will be escorted to a typical local restaurant to enjoy some refreshment including juice made from fruit produced on the estate. Table settings are simple yet tasteful, and the chairs are all hand-made. The restaurant is surrounded by gingerbread cottages which house our gift shop and washroom facilities. You can purchase a limited offering of alcoholic drinks and sodas at our open-air bar, or choose from a selection of ice cream. Browse our shelves for tasty food products which are made right here on the estate; there is a myriad of locally manufactured goods on offer, so you are sure to find exactly the right souvenir to take back to the ship.

This excursion combines the adrenaline rush of zipping as well as a short sightseeing tour

This tour is not suitable for pregnant women, persons with heart or respiratory conditions and children under 8yrs old

Jeans or bermuda length shorts are recommended as well as sneakers or sandals (NO flip-flops), and shirts with short sleeves (NO sleeveless tops)

Helmet, hairnet and gloves are provided, participants will have to sign a waiver



Morne Choval horse ride

Transfer by van

Minimum 4 participants, maximum 8

Duration 2 hours

Euros 74

Depart the Soufriere dock for a drive through the town of Soufriere and up to Morne Coubaril Estate/Morne Choval Stables. Arrive Morne Coubaril Estate/Morne Choval Stables for your Horse Riding adventure.

After a short briefing, ride back in time through Morne Coubaril's botanical 18th Century plantation. View the replica Carib village and hilltop views of Petit Piton, Soufriere town and the Qualibou volcano. It's all about seeing, smelling and tasting.

After your Horse riding, you are escorted to a rustic restaurant for a refreshment. Depart Morne Coubaril Estate for your drive to the Soufriere docks and return to ship via tender.

Children must be minimum 10yrs old to participate to that tour

10 minutes drive from Soufriere to Morne Coubaril Estate

After a 20minutes briefing, you will start your Horse Ride adventure (Approx. 60 minutes)

A refreshment will be offered at the end of the tour

We recommend you to wear light, comfortable clothing and closed toe shoes – preferably with rubber soles. Long pants, jeans or ¾ pants.

Soufriere Whistle stop & Tet Paul Nature trail

Transfer by air-conditioned vehicle and then on foot

Duration: 2 hours

Minimum 10 participants, maximum 32

Medium level activity tour

Euros 39

Set off from Soufrière Dock for a short drive through the town before going “Back to Nature” on the Tet Paul Trail.

The Tet Paul Nature Trail is a guided hike with knowledgeable and friendly island guides. As you follow the trail through some really spectacular scenery your guide will fill you in on the island's flora and fauna, folk remedies, local customs, history and island life, to make this not just a nature walk but a really interactive cultural experience.

The views all along the hike are out of this world and so it comes as no surprise to find that the trail features its very own “Stairway to Heaven”. Make sure you bring your camera because there are so very many wonderful photo opportunities. Breathtaking sights include the majestic Pitons, two mountainous volcanic rock formations, the far away Island of St Vincent, and the lush southern side of St Lucia including Jalousie Bay. You will also see Fond Gens Libre or valley of the Free, a safe haven during the slave revolt of 1748, Choiseul, Maria Island and the town of Vieux Fort.

At Kaye Cassav or Cassava House, as it's known in English, you will find out how the Amerindians cultivated and processed the root vegetable Cassava and you will even get a “hands on” practical experience. Traditional House, set alongside the trail, will give you an insight into how the ancestors of today's St Lucians once lived. Local residents are dedicated to preserving their heritage and are always delighted to take visitors back in time and talk about their rich cultural history.

At the end of the trail there will be time to relax and enjoy some local refreshments and snacks before heading back to the Soufrière dock where the ship will be waiting.

The nature trail takes you through rain forest, uneven terrain, dirt tracks, narrow paths and in some areas up fairly steep slopes. As a rough guidance the trail is considered to be of easy to moderate difficulty depending on your own level of physical fitness. The Tet Paul Nature Trail hike can take about 45 minutes to complete depending on the group's pace, but you will want to take your time and not rush.

There will be many stunning photo opportunities and beautiful views from various lookout points on the way.

The trail may be muddy if there has been some rain and inclines are moderate to steep.

There is limited shade on this excursion so please bring sunscreen, a sun hat and insect repellent.

Guests should wear light, comfortable clothing and appropriate walking/hiking shoes.

A beverage and snack will be served at the end of the tour.



DESHAIES, GUADELOUPE

Guadeloupe is a Caribbean island with tropical rainforests and a volcano. Guadeloupe is also a department of France, 4306 miles away from Paris but sharing the language, culture and cuisine of the continent. It is an archipelago in the Caribbean sea comprising several distinct islands. Guadeloupe proper is made up of two islands, Basse-Terre and Grande-Terre, separated by a sea water channel, the Rivière Salée. The other islands are Marie Galante, La Désirade and Les Saintes which lie offshore and St Martin and St Barthelemy some 125 miles north. The butterfly shaped island of Guadeloupe has a land area of 530 square miles. The western wing, Basse-Terre is 312 miles square, and the eastern wing, Grande-Terre is 218 miles square. Approximately 386.600 people live on Guadeloupe, with about 50% of the population under 20 years of age. That figure comprises all residents of Guadeloupe's offshore islands as well as French St Martin and St Barts. Guadeloupe has an economy based on agriculture and not tourism. As a result, you won't see villages corrupted by tourism, hawking souvenirs and doing choreographed traditional dances timed for your tour. Everything that you experience in Guadeloupe will be authentic.

A Voyage of discovery to Caret Islet

Transfer by taxi to Saint Rose

Thereafter by boat

Minimum 10 participants, maximum 24

Duration approximately 5 hours

Euros 90

Lunch included

After a short taxi ride to the fishing port of Saint Rose you will be welcomed aboard the Coco Mambo, a motorboat which will take you on a voyage of discovery to Caret Islet, the Coral Reef, Bird Islet and the Mangrove.

The Captain of the boat will guide you to the heart of the Mangrove so that you can explore the rich biodiversity of this unique ecosystem where salt water and fresh water meet.

The Coco Mambo will then continue its route cruising through the turquoise waters off Bird Islet and White Islet (without stopping).

White islet, a sand bank which emerged in 1989 after the terrible destruction wrought by Hurricane Hugo, is a nature reserve, accessible to the public during the daylight hours from October to April. For the rest of the year it is the breeding ground of Terns (seabirds rather like gulls) and strictly protected by the Forestry department.

You will soon reach Caret Islet where you may laze on the sandy beach or, if you prefer, explore the amazing underwater world of the surrounding coral reef (snorkelling equipment provided). The tropical fish in this area are anything but shy and you will be able to admire their vibrant colours at your leisure.

Meanwhile back on the Islet preparations are afoot for a delicious cooked lunch, made exclusively from local produce, to be enjoyed in the shade of the coconut trees. The traditional menu consists of dishes such as Poulet Boucané (similar to Jerk Chicken), and local vegetables, washed down by Planters punch and fruit juice.

Around 14h00 the boat returns to the fishing port of Saint Rose and guests will be driven back to Deshaies.

Beach wear is the order of the day! We suggest wearing a swimsuit under your clothes

Sunscreen is essential

Please note that there are no toilets on board the Coco Mambo

In order to explore the coral reef, you must know how to swim



Keila sailing

Minimum 4 participants, Maximum 6

Duration 4 hours

Euros 90

This private sailing tour is a special moment of soothing on the smooth sea of the the Carribbean coast, aboard Keila One, the yacht of a French writer awarded the Senghor prize. Enjoy swimming in a creek out of crowded beaches, and sailing back until Deshaies . An unique experience in Guadeloupe with an original view of mountains and island of this marvelous coast.

Because of its flat sea, Deshaies is a perfect spot for discovering the real pleasure of sailing and for understanding all the secrets of wind energy on a yacht. Imagine yourself at the steering wheel of this beautiful 44-foot (14 meters) Bavaria, hoisting the mainsail, as the wind pushes you to along the coast of Deshaies. Visit Kahouanne Island, the bay of Pointe Noire or Réserve Cousteau. From the fisherman marina you will set sail until you reach either Pointe Noire or Réserve Cousteau, depending on the wind, where you will anchor. Once anchored you can enjoy wonderful snorkeling and swimming. You can also relax on the boat and enjoy the complimentary beverages. After an hour of fun, you will sail back to the marina in Deshaies. Add this tour to your Guadeloupe itinerary for an experience you'll never forget!

bring your Snorkel equipment from the ship

Not recommended for participants with heart complaints or other serious medical conditions

Not recommended for participants with back problems

Operates in all weather conditions except , decision is under the responsibility of the skipper

Please dress appropriately. Come with sun protection, light rain clothes.

Mangrove kayak safari

Transfer to Sainte Rose by air-conditioned motor coach

Duration 4 hours

Minimum 8 participants, maximum 16

Euro 90

Off the coast of Sainte Rose lies an unspoilt, protected natural paradise: the Grand Cul de Sac Marin lagoon. This nature reserve which is part of the UNESCO biosphere programme offers visitors the chance to explore two distinct environments: islands and islets where mangrove swamps and mangrove forests have developed with their own unique ecosystem and also a lagoon with coral reef, seagrass meadows and marine life.

Ecology and exploration go hand in hand on this excursion; channel the Indiana Jones that sleeps within you and discover the wonders of the mangrove as you paddle through crystal clear turquoise waters. Ile de Mangue (Mango island) : a small island with many different species of birdlife such as Herons and Frigate birds, shallow waters teeming with starfish, sea urchins and sea cucumbers and îlet Biche in the middle of the lagoon. Îlet Biche is considered to be the most beautiful island in the area; it is the place where fishermen have always stopped to rest, and a wooden structure has been erected to provide some shelter. Sea erosion is gradually but inexorably making this little island even smaller. Treasure your time here, it is a privilege that future generations may be denied..

The drive to Sainte Rose takes 45 minutes



Captain Cousteau's underwater nature reserve

Transport by air-conditioned motor coach and public glass bottomed boat

Minimum 15 participants, maximum 40

Euros 60

This site has been part of Guadeloupe's national park since 2010. It is nicknamed Captain Cousteau's nature reserve because it featured in the famous 1950's film "The Silent World", which made Cousteau famous.

Your Cousteau adventure begins at Malendure beach where you will board a glass bottomed boat and head off to the Cousteau Nature Reserve. Once on site you will go down to the lower deck 1.5m below sea level; it has been fitted out with glass panels, specially designed to provide a close encounter experience of the Silent World celebrated by Cousteau.

The second part of the tour gives you the opportunity to go snorkelling, swim alongside brilliantly coloured tropical fish and be a part of this amazing underwater ecosystem.

A cool drink will be served on board

The journey to Malendure beach takes 45 minutes

You can take the snorkelling equipment loaned on the ship

ANTIGUA, SAINT JOHN'S

Columbus discovered this island on his second voyage to the New World, and named it after the statue of a saint in Seville Cathedral who was said to work miracles. However, no attempts were made to colonize the island for over 150 years due to its lack of fresh water. The sole inhabitants were Carib Indians until the English arrived from St. Kitts in 1632. For the next 50 years the English grew cash crops to sustain the island until 1674 when the first sugar plantation was established. For the next 300 years, sugar was Antigua's primary industry until it was replaced by tourism, less than 30 years ago. During the sugar industries' heyday, there were over 150 sugar mills on the island and their remains can still be seen today. The island nation consisting of Antigua and Barbuda gained its independence from England in 1981 and has since made great efforts to bolster its infrastructure to support the ever-growing tourist industry. Antigua has also become one of the Caribbean's largest offshore banking centres. There is no doubt that tourists are Antigua's greatest asset, and with 365 white sandy beaches, one for every day of the year; turquoise water and spectacular coral reefs, not forgetting the duty-free shopping and casinos, Antigua certainly has a lot to offer them.

Ana's beach break

Transfer by air-conditioned vehicle

Minimum 10 participants, maximum 25

Euros 75

How about enjoying your last hours in the Caribbean on one of Antigua's stunning beaches, soaking up the warm sunshine before heading back home?

The beach facility is a 15 minute drive from the Harbour. Your luggage will be stored on site and you can just relax in a sun lounger on the beach. Shower and changing facilities are available and you receive a US\$ 25.00 food and beverage credit to use during your stay.

Transfers to the Airport will be provided at two pre-arranged times in order for the guests to make the most of their last day (1st one at 12.45 pm, second one at 2.15pm) the airlines require guests on international flights to be at the airport at least 2h30 hours prior to their flight departure)

The rate includes all transfers (Port / Beach / Airport) the storage of luggage assisted by luggage attendant, a US\$ 25.00 food and beverage credit, one beach chair and a shared umbrella, shower facility and washrooms

Ana's is not a hotel or a resort but strictly a Beach Bar

2 towels will be provided per guest – 1 for the beach and one to dry off after the final shower



Antigua send off tour

By air-conditioned motor coach

Minimum 20 participants, maximum 50

Duration approximately 4h30

Euros 89

The tour starts with a drive from Antigua's capital, St Johns, to Fort James, named in honour of King James II of England. Fort James is located in a strategic position on a headland overlooking the town at the entrance to St John's harbour. It was one of the many such constructions built by the British in the 18th century to guard against invasion by the French. The powder magazine and several cannons remain on the site; the foundation of the walls can be seen, but what really attracts visitors is the outstanding view of the harbour.

Next you will head off in an easterly direction passing the Sir Vivian Richard's stadium which was built for the 2007 Cricket World Cup and named after the legendary West Indies cricket captain who was born in St John's. You will drive through Pares village before arriving at the Betty's Hope sugar plantation, the pioneering estate with twin windmills. The plantation was first owned by Governor Keynall whose wife inherited the property upon his death. However she fled the island during the French occupation. When the British won back the island, Parliament punished those who had fled and were deemed disloyal to the British Crown by annulling their claims to the land and awarded their property to more loyal subjects. Thus the plantation came into the hands of Christopher Codrington, who named the estate in honour of his young daughter. Codrington, later Governor General of the Leeward Islands, came from a sugar producing family in Barbados and was able to bring all the latest techniques with him when he came to Antigua. The Codrington wealth was generated entirely by slave labour and the name "Betty's Hope" must have sounded tragically ironic to the ears of the hundreds of Africans who lived out their lives as slaves toiling on the estate. Even after the abolition of slavery in 1834, men continued to work on the plantation for a miserable wage, many of them developing great skills as craftsmen, boilers and distillers.

At no great distance from the plantation you will see the remarkable natural phenomenon known as Devil's Bridge. It is here that the Atlantic Ocean and the Caribbean Sea meet; the deep swells and relentless pounding of the waves on soft limestone have created a rocky arch and, in the process, a great photo opportunity.

This farewell tour of the island will finish in style with a delicious lunch at the beautiful Bay House Terrace restaurant, Halcyon Heights. Relax on the terrace, breathe in the scent of tropical flowers and enjoy the amazing views of Dickerson Bay. This is surely the ultimate in Caribbean hospitality; friendly staff and superbly flavourful cuisine. Leave the island with a sweet taste in your mouth and the firm intention of coming back for "seconds".

This tour can only be done by guests who have flights leaving Antigua after 3 pm. They will be transferred to the Airport just after lunch and arrive there by 1:30 pm the latest

1 Drink is included during lunch

The luggage will be loaded on a separate luggage truck and delivered to the Airport at the end of the Tour

