

Windward Islands

Bridgetown, Barbados – Rodney Bay, Saint Lucia – Cabrits, Dominica – Falmouth harbour, Antigua – Basseterre & Friars beach, Saint Kitts – Les Saintes – Martinique, beach stop – Bridgetown, Barbados

All tours are offered with English speaking guides. The length of the tours and time spent on sites is given as an indication only as it may vary depending on the road, weather, sea and traffic conditions and on 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.



Barbados

Flavour of Barbados (Island Discovery tour ending at the Airport)

By air-conditioned vehicle

Minimum 20 participants, maximum 64

Duration approx 4h30

Euros 80

Your tour starts along the famous West Coast of Barbados, allowing you to catch a glimpse of the lives of the rich and famous who own villas there. Along the route you will pass through Holetown and Speightstown, two typically charming Caribbean towns. Next you will head inland. Your first stop will be at Farley Hill National Park with its Great House ruins and vibrant gardens, with a large variety of plants and trees and a spectacular view of the East Coast. Enjoy a leisurely stroll through the park before going on to discover the East Coast up close.

Moving on from here you continue along the coast for a while with another picture stop at Bathsheba, the famous surfing spot in Barbados. From here you will head up the hill again to your next stop at St. John's Parish Church which offers incredible views of the picturesque East Coast. Enjoy this breathtaking scene, from 800 feet above sea level, one last time. The church building and grounds are a treasure belonging to the Barbados National Trust.

A short scenic drive will take you to your lunch stop at Sunbury Plantation. This Great House was originally built over 300 years ago and is magnificently furnished, giving a real insight into the life of a wealthy plantation owner. Discover all its treasures before enjoying a sumptuous buffet lunch in the courtyard.

From here a short drive will take you to the Airport where you will find your luggage ready to be checked in.

This tour can only be done by guests who have flights leaving Barbados after 3 pm. You will be transferred to the airport just after lunch.

Lunch is included during the tour but the drinks will be at your own expense.

Your luggage will be loaded on a separate luggage truck and it will be delivered at the airport at the end of the tour.

Beach Break at Copacabana

Transfer by air-conditioned vehicle

Minimum 10 participants, maximum 25

Euros 75

How about enjoying your last hours in the Caribbean on a beautiful beach in Barbados, 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.

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

Light lunch is included as well as two drinks

One beach chair and a shared umbrella, shower facility and washrooms are available

Copacabana is NOT a hotel or a resort but strictly a beach bar

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



Saint Lucia, Rodney Bay

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.

Safari Beach Getaway

On board 4X4 open back land rover vehicles
Minimum 12 participants, maximum 40
Duration 3h30
Euros 55

Your island adventure begins as you set off in a 4x4 open back Land Rover jeep on a scenic ride to explore some of the Island’s natural beauty. The journey takes you from Rodney Bay through the capital city of Castries, up to the Morne viewpoint and through small, quaint communities. Enjoy the views of the lush green tropical vegetation of the mountainside and the flora adorning the roadside that surrounds you along your route. Driving through from Beausejour into Massade you will have a short off road experience over bumpy terrain before through Cap Estate to your final stop at the historic Pigeon Island Landmark which abounds with interesting facts and the many ruins that are located around the park. You will get off the jeep to walk inside the park to the beach.

Here you can enjoy a refreshing swim, stroll around the park or just lay back on the sand and take in your surroundings. Before you know it, it’s time to return to the ship with fond memories.

We will spend around 1h30 on the beach.

Swimwear should be worn underneath clothing, towel, cap or hat

The main beach is located on the Caribbean coast. Beach chairs and umbrellas are available for rental at \$3 each

The excursion includes a short 10 minutes travel on roads that are rugged and you will be bounced about. Beware if you suffer from motion sickness

You are asked not to stand and lean out of the vehicles while in motion or keep your hands inside to avoid any overhanging branches

Passengers who are pregnant should not participate in this tour.



Views of St. Lucia

By air-conditioned bus or minivan

Minimum 20 participants, maximum 80

Duration 3 hours

Euros 40

After boarding your air-conditioned bus, you will drive through Castries where various points of interest will be pointed out by your tour guide. Then there will be a winding drive up the Morne for a panoramic view of the city, the harbour and even as far as the island of Martinique! You will continue up to the Morne complex to view the Inniskilling Monument, erected in honour of the British 27th Inniskilling Regiment who captured the Morne from the French in 1796. This area is home to one of St Lucia's highest Educational institutions, the OECS Secretariat, and also the main Television station on the island. After a short drive you will come to Caribelle Batik "Howelton house" where you will see an artist creating an original work of art using hot wax, and get the opportunity to shop around for a special gift for that special someone! Your journey continues on secondary roads along the hills on the outskirts of the city, taking you through small communities and affording scenic views of the Atlantic and Caribbean coasts.

There will be a short stop at La Guerre to enjoy spectacular views of the Marquis Estate – which was once the largest banana plantation on the island. Your drive continues through other small communities and in Monchy, you can admire the wonderful view of Rodney Bay and Pigeon Island before descending the hill to the private residence of the Sony's – Stony Hill. This property boasts a well manicured lawn edged by a tropical garden and a breathtaking view of the Rodney Bay area. Tasty local snacks await you along with cool refreshing local fruit juices; you can relax under the mango tree close to the pool deck or stroll through the gardens. Restrooms are available before your short journey back to the ship.

This tour is ideally suited for persons wishing to go at a leisurely pace while enjoying the beauty the island has to offer.

Sea trek helmet diving at Pigeon island National Park

Minimum 4 participants, maximum 10

Duration 3hours

Euros 70

Sea Trek, one of the world's premier underwater Helmet diving experiences, is truly incredible. Under the supervision of friendly, certified Sea Trek Guides, you will take a walk on the "wet" side and come face to face with the marvel of marine life as you walk with a school of zebra fish and others and discover a world of incomparable beauty. There is no need to surface for air or tussle with bulky equipment, just gear up with your helmet and walk in. Imagine walking in zero gravity while surrounded by incredible aquatic life ... that's Sea Trek !

Depending on the number of persons on the excursion, the order of the tour may be changed, with guests exploring the Park first before embarking on Sea Trek. (the interpretation Center is closed at Pigeon Island until further notice)

After a safety briefing and getting outfitted for your sea trek adventure, you will

Spend 30 minutes sea trekking and then you will have 1h30 at your convenience to explore the park, swim or relax

Don't forget to bring a bathing suit, a towel and adequate sun protection

Guests should not have wet clothing on the bus and therefore a change dry clothing should be brought



Aerial Tram adventure

Transfer by bus & gondolas

Duration 3 hours

Minimum 8 participants, maximum 32

Euros 90

The Gondolas are open air, PA System is not used on the Gondolas.

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.

Depart Rodney Bay for a drive to the community of Chassin at the base of La Sorciere to Rainforest Sky Rides, St Lucia's premiere eco-adventure Adventure Park located in the heights of St Lucia's forest reserve for your Aerial tram tour. On arrival at the park you will be met by your Aerial Tram nature guide. Board your open-air gondola as you 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 bird's 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 color and life and a restorative retreat guaranteed to refresh the senses. At some 2000 feet, the community of Chassin at the base of La Sorciere is home to Rain Forest.

After your Aerial Tram adventure, you will also have the option to walk the Fern trail before heading to the Amazona Gift shop for a refreshment and some relax time. Board bus for drive back to Rodney Bay and your ship.

The minimum age for this tour is 5yrs/Maximum age is 70yrs. Please note that the maximum age limit is a general guideline and all guests participating in this tour must be in good health and physical condition and not suffering from heart, respiratory, back, leg, hip or neck conditions. Maximum Weight: 250lbs

Participants should wear light comfortable clothing, shorts, t-shirts and flat rubber closed toe shoes. No sandals, high heels or flip flops allowed for the trails.

After the tour guests will have the option of walking the Fern trail or heading to the Amazona Gift shop and washrooms for some relax time and to wait for those guests who are on the walk. The terrain on the walk is uneven, dirt, grass and gravel and some steps throughout.



Dominica

Christopher Columbus discovered this island on a Sunday, hence the name Dominica. Little has changed since that fateful day and it is said that if Columbus were to visit the Caribbean today, this is the only island he would recognise. Contemporary visitors will find an island that is unspoiled and rich in natural beauty. The only characteristic Dominica shares with its Caribbean counterparts is that the French and the British fought for control of the island. The British finally succeeded and controlled the island until it was granted full independence in 1978. The similarity with its neighbours ends there. Dominica is 29 miles long and 16 miles wide and does not conform to the typical image of a Caribbean island. It is lush with mountains and few beaches and no over developed tourist spots. The whole atmosphere of Dominica centres on its forest landscape. The mountain ranges stretch from one end of the island to the other, averaging 3000 feet and peaking as high as 5000 feet. The mountains provide not only a geographical backbone, but an ecological one as well. Their sides are covered with dense rain forests and foliage and spawn some 365 rivers and streams with numerous waterfalls and natural pools. Dominica is a real island paradise with a natural beauty all its own.

The Hurricane season runs from June 1st to November 30th. Conditions during the first couple of months are often unpredictable and excursions may sometimes be delayed and itineraries changed due to bad weather.

River Tubing Adventure

By air-conditioned vehicle

Minimum 10 participants, maximum 30

Duration 3h30

Euros 60

Driver guide on the transfer to/from the Layou River

GET READY...TO GET WET!

This excursion in the so-called "Land of 365 rivers" on the Nature isle of the Caribbean is wet and wonderful from the word go. The launch site is a 45 minute drive from Cabrits. After a safety briefing you will be provided with all the necessary equipment: life vest, modified inner tube, a paddle and then the fun can commence. Once everybody is safely in the water your guides will let you loose to begin your adventure, gently spinning and swirling in the current, taking in the exotic scenery at the same time, if you can manage it.

There will be a brief stop to enjoy a typical Dominican pastime : river bathing; you will get the opportunity to swim in the crystal clear water for a short while before continuing the scenic route down the river until the exit point. Our professional guides are only a shout away to ensure your comfort and safety at all times. Once everybody is back on dry land refreshments will be served at the Hillsborough Reception centre, including our famous rum punch and fresh fruit, before returning to the ship in Roseau.

The drive to the launch site on Layou river takes 45 minutes

You will spend approx 1 hour on the river

This tour is unsuitable for people who are physically challenged

Appropriate walking and water shoes are strongly advised

Conditions on the river will determine the operation of the tour

Please bring towels

River local guides will take over your driver guide on the river cruise



The Indian River Rowboat

Transfer by air-conditioned vehicle

Minimum 10 participants, maximum 25

Duration 2h30

Euros 40

Driver guide on the transfer to/from the Indian River

Situated in the centre of the town of Portsmouth to the North of Dominica, the Indian River is like a mini Amazon teeming with life. It owes its name to the Kalinago people, formerly known as Carib Indians, who settled on its upper banks.

The river gushes down the Morne aux Diables mountain range and then meanders gently to the lowlands of Portsmouth where it flows into the Caribbean sea. As it is below sea level, the water in the lower parts of the river is brackish giving rise to a unique ecosystem of flora and fauna. Some of the species, which include herons, kingfishers and iguanas, are only to be found in this particular area of Dominica. Many of which are still present after the passing of devastating hurricane Maria. Vegetation continues to grow up and return in full force.

Experienced boatmen will take the oars and row you along the river in slow moving wooden boats so that you can appreciate the great variety of wild life and plants on the river bank at your leisure.

See for yourself the places where scenes from "Pirates of the Caribbean" were filmed. Up river, you will get off the boat for a while to take a short 10 minutes stroll through the botanical gardens and visit the renowned 'Bush Bar'. Try the signature rum punch, aptly named "Dynamite"; a singularly potent brew. There is lots to see so don't forget to take your camera.

Afterwards you will get back into the rowing boat for a trip down river where you will board your buses and return to the ship at Cabrits.

Approx 15 minutes drive to the Indian River facility

The boat trip will be preceded by a security briefing

You will spend a total of 60 minutes up and down on the river

River local guides will take over your driver guide on the rowboat

Syndicate Nature Trail

By air-conditioned motor coach and by foot

Minimum 10 participants, maximum 40

Duration 4 hours

Euros 48

Your Excursion begins with a short air-conditioned drive through the second town of Portsmouth passing by the scenic Indian River up to the Syndicate National Park in the Northern Forest Reserve. Your trained Forest Guide will then join you and lead you on a comprehensive hike on the Nature Trail, approximately 2000 ft. above sea level, narrating in detail the existing flora and fauna and exotic bird life within this Forest Reserve. This Reserve is exclusive in that it is the last remaining habitat where one of the endemic National Birds, the Sisserou and the Jaco Parrot can be found. The Sisserou has been relocated to a bird sanctuary off island until most vegetation has returned. At the end of your bird watching tour, you will continue to the Syndicate Resource center for refreshments. Your tour then proceeds back to the ship at Cabrits.

It is 45 minutes drive to Syndicate National Park

The walk is approx 1h30 at a gentle pace



Love & Chocolate

Transport by air-conditioned vehicle
Minimum 6 participants, Maximum 15
Duration 3 hours
Euros 60

Love and Chocolate have been synonymous since time immemorial. The Aztecs considered Chocolate to be an aphrodisiac and the Emperor Montezuma consumed vast quantities of cocoa beans to enhance his love life. Nowadays scientists have found that there is evidence to substantiate these claims. Chocolate naturally contains chemical substances like serotonin the happiness hormone and phenylethylamine which is released in the brain when people fall in love.

This excursion will take you to an island paradise where Love and Chocolate and love of chocolate are inextricably entwined.

Enjoy a scenic tour of the island in air-conditioned comfort as you head towards your destination: the Pointe Baptiste Estate, located near Calibishie Village. The estate is a private domain stretching over 25 acres. There is a historical guesthouse from 1930, a chocolate factory with a cottage above it and magnificent gardens filled with flowers.

It all began with a love story. Once upon a time two British aristocrats, Lennox Napier and Elma Gordon Cumming met and fell in love. Unfortunately the course of true love did not run smooth because Elma was a married mother of two at the time. Elma sacrificed everything to be with her beloved, she divorced her husband and lost custody of her two children in the process. Divorce was considered very shocking at the time and Elma was no stranger to scandal; her own father had been accused of cheating at Baccarat when playing with the Prince of Wales (later Edward VII) and was dismissed from the army and shunned by society for the rest of his life.

Elma and Lennox first discovered Dominica in 1931 when on a Caribbean cruise (cruising is sometimes a life changing experience!). They moved there the following year and settled near Calibishie, building a house they named Pointe Baptiste in the midst of inaccessible virgin forest.

The chocolate factory is actually the brainchild of their grandson who grew up at Pointe Baptiste but also spent time in England and France where he developed a passion for fine chocolate. When he decided to come back home he found that it was impossible to get the quality chocolate he had enjoyed in Europe. He decided to remedy the situation and began to study the art of chocolate making in earnest, building a few drying racks and making a small quantity of 80% dark chocolate from cocoa beans grown on the estate.

Although his original intention was just to make some high quality chocolate for his own personal consumption, through word of mouth his reputation grew and people would knock on his door and ask to buy some.

Nowadays the Chocolate factory is a small family run business; the cocoa beans are grown and harvested on the Pointe Baptiste estate using ecologically sound, sustainable practices.

Find out about chocolate making and discover the inimitable taste of this gourmet chocolate: dark chocolate (60%, 80 %, 90% or even 100% pure cocoa beans) flavoured with Ginger, Coffee, Spice (Nutmeg, Cinnamon & Cloves), Hot Pepper, Lemongrass, Tangerine, Mint and Milk chocolate. Each guest will be given a bar of chocolate of their choice and can of course purchase chocolate truffles or cocoa nibs.

This excursion also includes a tour of the flower garden, one of the most beautiful in Dominica with a wide variety of mature trees, flowers, orchids and medicinal plants. The air is heavy with the scent of Jasmin, Ylang-ylang and Frangipani trees and it is a veritable paradise for birds, butterflies and nature lovers.

After the tour there will be time for some refreshments before returning to the ship.

45 drive to Pointe Baptiste each way



Antigua

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.

Kayak Eco Tour

Transport by van

Minimum 6 participants, maximum 32

Duration 4 hours

Euros 80

The ideal way to explore the coastal mangrove eco-system on the beautiful north east coast of Antigua is by kayak. Knowledgeable tour guides will provide an introduction to the history and ecology of the mangroves and reefs, home to an astonishing variety of lobster, crabs, fish and bird life. This will be followed by a thrilling motor boat ride across the lagoons to Bird Island, one of Antigua's many offshore islands, where you will get the chance to swim, snorkel and explore. This is an outdoor experience that is both educational and fun. You will be taken by van (approximately 30 minutes drive each way) from the ship to the Kayak Adventure land base located at Seaton's Village on the North East coast of Antigua. On arrival at the base you can change, if necessary, and will be equipped with life jackets (mandatory) and an alert whistle. After a short briefing on procedure, you will board a 20 foot motorboat for a 15-minute water transfer to the mangrove pontoon where the kayaks are moored. The guides will advise you on safety precautions and kayak handling and then you will be paired up and the kayak adventure can begin. The tour guides will lead you through an easy trail of inlets, tiny uninhabited islands, mangrove alleys and pretty bays in safe coastal waters. It is a great opportunity for learning something about the flora and fauna of the mangrove and spotting tropical birds and teeming marine life.

After the kayak tour and return to the kayak platform, the adventure continues with a twenty minute motor boat ride to an uninhabited island. Bird Island has two beaches, snorkelling reefs, a sunken cave and hills to be explored. It is one of 12 islands in the North Sound and is the habitat of turtles, stingray, starfish, conch, parrot fish, egrets, red billed tropical birds, frigates and humming birds. You may choose to take advantage of the guided nature walk for some excellent photo opportunities, go for a swim or simply laze under a coconut tree. Snorkelling enthusiasts can take the short boat ride to the reefs and snorkel to their heart's content. Back at the kayak base you will be welcomed by some good old fashioned Caribbean hospitality before returning to the ship.

We recommend you bring reef shoes

Kayaks are for two people. They are safe, comfortable, easy to manoeuvre and suitable for beginners

Great strength and athletic ability are not required, but you must know how to swim

Water proof cameras are also recommended.



Swim and Snorkel with the Rays

Transport by air conditioned vehicle

Minimum 10 participants, maximum 80

Duration 3hours

Euros 66

Stingrays are beautiful and graceful swimmers, gliding like flying carpets over the ocean floor. Join us on an informative and fun excursion to Stingray City, situated amongst the coral reefs off the north east coast of Antigua, for a close encounter with a ray. You can even hold one of these gentle creatures in your arms, while trained guides will tell you all about them.

An air conditioned bus will pick you up from the pier and take you on a 30 minute scenic drive to the quaint fishing village of Seaton's on the north east coast of the island, home base for Stingray City. Here you will be greeted by professional staff who will brief you on the equipment and give you safety tips to ensure fun interaction with the rays. Afterwards, you will be taken by boat to the calm crystal clear waters surrounding the coral reef where the stingrays live. Upon arrival at the enclosure, you will disembark on to a floating platform where your local guide will issue you with snorkel equipment and give a safety briefing before you enter the water. The warm waters on the sand bar and surrounding reef have a maximum depth of 4ft, and provide an ideal environment for everyone to enjoy meeting these amazing creatures. Your guide will introduce you to the Rays, who are incredibly friendly, and encourage them to come to the surface enabling you to touch them gently and take photos. Stingrays have a barb midway down their long tails, but they only use it for defensive purposes when they feel threatened. Enjoy watching these majestic creatures as they glide through the waters. If you're feeling brave, you may want to feed them a little squid, along with your guide. Stingrays do not have teeth but a vacuum like mouth which sucks up their food. Many other forms of local marine life may be found at the stingray enclosure, including crabs, lobster, shellfish and starfish.

Back at the home base you can enjoy a refreshing rum or fruit punch and look through the wonderful digital photos of your adventure (these are available for purchase and make a great souvenir). The return journey to St John's is by air conditioned vehicle.

There is a 30 minute transfer each way between Falmouth harbour and the Stingray base.

Participants must know how to swim

Children 4 years and under are not allowed

Physically handicapped guests are not allowed on the tour due to the difficulties of getting in and out of the boat

Participants should wear bathing suits with a shirt, soft-soled shoes (gym shoes, top-siders, and rubber-soled sandals), and a hat and bring their own beach towel, sunscreen and camera.



Canopy Tour

Transfer by minibus

Minimum 4 participants, maximum 36

Duration approximately 3h30

Euros 88

You will be met at the ship and taken to the Antigua rain forest about 30 minutes distance. Upon arrival at the Antigua Rainforest Company, you will be greeted by Rangers and handed a cool moist towel to refresh yourself after the journey. There will be a briefing session to prepare you for the excursion and then the exhilarating tree top adventure can begin. The Antigua Canopy Tour is a unique eco-tour through Antigua's lush rain forest, an unforgettable journey through verdant forest, high above the trees.

The tour starts out at the Old Pump House with a walk over a suspension bridge spanning a gorge in order to access the zip lines for your aerial journey. There are zip lines from 52 feet to 328 feet in length criss-crossing the gorge; the topography of the area means that the excursion will mostly be above the tree tops, entering and exiting via a "corridor" in the foliage at either end. In all there are a series of 9 zip lines, 1 vertical descent, 1 tree house, and 2 suspension bridges, giving you a wonderful bird's eye view of the flora and fauna and a feeling of "total immersion" in the forest environment. There are some short treks into the gorge and then a series of connecting zip lines which criss-cross the area at tree canopy level. The gorge is full of fascinating plants and exotic fruit and has a definite tropical feel, especially when you take a break in our tree house, hidden away from the rest of the world! The terrain features tall trees, prominent boulders, a rock pool and a small waterfall. The dense vegetation includes a variety of wild fruit, vines, mosses and lichens.

This tour is not recommended for pregnant women, persons with a history of heart conditions, seizures, back, knee or shoulder problems or any other pre-existing health issues

Maximum weight : 265 lbs, minimum height 4 ft.

Participants should not wear strapless shoes or sandals, and ladies should wear shorts or trousers

The excursion provides optimum security with state of the art safety helmets and harnesses that have been designed by the world's leading specialists in challenge course equipment

All staff guides have successfully undergone a rigorous training programme conducted by ACCT, world leaders in the field of challenge course installation, operation and inspection.



Reef riders

Transfer by minibus

Minimum 4 participants (2boats), maximum 10 participants (5boats)

Duration approximately 4hours

Euros 99 per person, 2 persons sharing the same boat

Euros 198 per person, 1 person per boat

Not available on dec 31st.

Captain your own 2 seater inflatable motorboat on a guided tour of Antigua's South coast and discover an exciting underwater world teeming with marine life!

Sit back in air-conditioned comfort and enjoy the view as you drive through a typically West Indian landscape with traditional villages and old stone churches, until you reach Jolly Harbour where the excursion begins. Here you will be met by a highly trained guide who will give you a safety briefing on how to operate your inflatable 2 seater with its 30 horse power engine, and help you to familiarise yourself with the boat.

Now the adventure can begin! Follow your guide out of the harbour, in and out of bays and around reefs, until you reach Cades Reef, Antigua's premier snorkelling area.

After some expert tuition on snorkelling, you will be all set to put on your mask, fins and buoyancy belt and discover a fascinating variety of marine life including Parrot fish, Damsel fish, Grunts and Angel fish among others. Alternatively you may prefer just to take a dip or relax and soak up the sun on your boat, the choice is yours.

You will then be guided back along the coastline to Jolly Harbour, passing dozens of pristine beaches with crystal clear waters and getting the chance to make the most of the Antiguan sunshine and fabulous scenery before returning to the pier.

Don't forget your swimsuit, towel, sunscreen and of course a camera.

Snorkelling equipment includes a security buoyancy belt, mask, snorkel and fins.

Professional instruction and supervision by PADI trained guides.

Guests must be at least 18 yrs old to drive the boats

Maximum combined weight of the participants: 400 pounds

This tour is not suitable for guests with back problems, pregnant ladies or non-swimmers



Antigua Shaka Buggy adventure

Duration 4 hours

Minimum 4 participants (2 vehicles), maximum 10 (5 vehicles)

Euros 109 per person sharing a buggy

Euros 218 for a single person

'Pilot' your own 2 seater Shaka Buggy and take a ride on the wild side with an exciting Shaka Buggys tour! Perfect for off-road adventure lovers, this 4x4 action-packed excursion showcases all that Antigua has to offer.

Take off in an intimate group of up to 10 (5 Buggies with 2 Guests in each) with a friendly and informative guide, who will be lead driver and feel like a true explorer in one of our 2-seat off-road Shaka Buggies. After a short walk from the pier your friendly and knowledgeable guide will welcome you and escort you to your waiting air-conditioned taxi for a 35 minutes drive to St John's. have also made two small changes on the description. The Stingray – transfer to is between Falmouth and the location (not St. John's as stated). The Buggy fleet has been updated and all buggy's are now automatic.

After your orientation it's time to take the wheel and heading across the island, you'll visit Antigua's best scenic spots and sights. The customized 4-wheel drive route starts in St John's and heads out of town, where you'll traverse through Bendals to Mount McNish and view St John's and your cruise ship from a magnificent and panoramic view point. Then it's through dirt tracks through the rural areas to beautiful Body Ponds, a series of ponds as you'll blaze through the trails of Antigua's one and only tropical rainforest to Wallings Dam. A trek to the top rewards you with fresh breezes, sounds of the birds chirping and stunning views of lush green gardens, all in peaceful tranquility--you've never taken a buggy tour like this!

Continuing on, your next stop will be at a picturesque and unspoilt Antiguan beach on the south-west coast. Here you we will have a short stop for a drink while relaxing by the edge of this great beach. Choose to laze or swim, and soak up the sunshine before your adventure winds to an end. On the way back, the scenery will continue to amaze you as you journey slowly through Fig Tree Drive towards St John's. Your awaiting taxi will take you back to Falmouth Marina.

The buggies are automatic so participants have to be able to drive automatic vehicle.

This 4WD excursion is not for children under seven and drivers must be 25 years or older.

Each buggy has 2 seats

Maximum combined weight of Guests per 2 seater-Shaka Buggy is 450lbs.

Actual drive time is approximately 90 minutes.

We recommend participants to wear comfortable clothing including a swimsuit, and bring along sunglasses, sunblock and a towel as well as your valid driver's license.

Itinerary and beach location can change due to weather/sea conditions.



Sugar & Spice & All Things Nice?

Antigua Heritage Tour by air conditioned vehicle

Duration 3 hours

Minimum 10 participants, Maximum 14

Euros 60

This excursion gives you a unique insight into Antigua's tragic history and the opportunity to see many "hidden gems", places that are largely ignored by tourists who are not interested in venturing beyond the white sandy beaches to delve into the past.

Explore the island accompanied by your knowledgeable local guide, starting off in Antigua's quaint northern capital, St John's, and travelling through the heart of the island, enjoying the lush tropical countryside and rolling hills. However behind the tranquil, picturesque scenes of village life lies a very different story.

Prosperity built on the blood sweat and tears of slave labourers.

The tour will take you to Betty's Hope sugar plantation, which has the only twin sugar mills in the Eastern Caribbean and renovated sugar trains. The distillery, still house and other buildings are now in ruins and the site is an open air museum and memorial to the countless African slaves who lived and died there. You will also visit the Collins Estate Great House and historic Parham, the oldest town in Antigua.

After the island of Antigua was recaptured from the French in 1674, the plantation was awarded to Sir Christopher Codrington, scion of a wealthy family of sugar plantation owners established in Barbados. Sir Christopher decided to name the estate "Betty's Hope" in honour of his daughter. He brought all the latest techniques with him when he moved from Barbados and set about creating one of the first full-scale sugar plantations on the island with 393 slaves. The Codrington family's wealth derived from sugar plantations and the lease of the island of Barbuda where they bred cattle and slaves for the estate. Animal and human livestock.

Indeed the slaves were considered to be no more or less than cattle; their human dignity was stripped from them and they endured incredible hardship toiling to produce sugar to fund the privileged lifestyle of their masters. Hours were long and there was no social or family life. Fathers, mothers and children were often separated and sold on for profit, just as a farmer will sell off a young lamb or a prize bull. Despite these inhuman conditions, many of these African slaves developed considerable skills as craftsmen, boilers or distillers.

For more than 300 years the plantation dominated the lives of generations of Antiguan. Even after the abolition of slavery in 1834 many had no choice but to continue working on the plantation, enduring harsh conditions and exhausting manual labour for pitifully small wages. Conditions began to improve in the 1940's, with the rise of a strong Labour Movement led by the national hero, V.C Bird. The development of tourism has also been extremely positive, providing opportunities for alternative employment and better prospects.

The tour continues up the road to the Collins Estate dating back to 1668. The estate produced huge amounts of sugar cane on its 145 acres and the Great House which was built in 1818 has been restored to its former glory. The estate includes the tower, chimney, surrounding ruins and burial ground.

The final stop is the town of Parham, established in 1632 which was the centre of Antigua's sea-borne trade for almost 200 years. In the 1700's Antigua's sugar industry became the focus of activity in Parham which developed into a thriving civic and trading metropolis. You will see St Peter's Anglican church built in 1840, an architectural masterpiece featuring stucco walls and a unique ribbed wooden ceiling said to have been taken from the frame of a slave ship. You will also see the Police station and Magistrate's Court built around 1917 and the Emancipation Bell which is now rung for Sunday services, marriages, funerals and at midnight on December 31st, to ring the New Year in.

You will then drive back to English Harbour where your ship will be waiting.



I do, You do, We all do SEA DOO!

Transfer by van

Duration 2 hours

Minimum 4 participants, Maximum 10

Euros 110

Join us on a unique snorkelling adventure with your own personal underwater SEA DOO sea scooter. You will be met at the pier by your driver/guide and taken for a short 5 minutes' drive through to Galleon Beach at English Harbour.

The excursion will begin with a safety briefing as well as orientation and snorkelling training before you get to put on your mask and fins and go snorkelling with your battery powered SEA DOO sea scooter.

The SEA DOO will propel you effortlessly through the marine ecosystem as you follow your expert guide through the crystal clear waters. Admire marine animals like turtles, stingrays and a host of tropical fish on this amazing marine safari. Take snorkelling to another level and create some truly lasting memories.

After the snorkelling experience a bus will be waiting to take you back to English Harbour.

Snorkelling equipment includes SeaDoo, mask, snorkel and fins

Professional instruction and supervision by PADI trained guides

Participants must be able to swim

This is NOT scuba diving but snorkelling enhanced by the use of a SEADOO water scooter

Always exercise caution; carefully follow the warnings and instructions provided by your guide

Children always require adult supervision & must wear a Personal Floatation device(PFD) at all times.

Do not wear loose or flowing clothing or equipment that could be drawn into the propeller.

Users with long hair should tie it up or wear a swimming cap when using the Seascooter. Do not wear lose or flowing clothes



Saint Kitts

Originally called the “fertile isle” by the Carib Indians, St. Kitts (officially named St. Christopher) still fits the description. A mountainous island of volcanic origin its slopes rise up to almost 4000 feet, providing an ideal climate for abundant vegetation and one of the Caribbean’s largest rain forests. St. Kitts also has the distinction of being one of the only islands the French and British ever shared. This lasted only long enough to ward off the Caribs and the Spanish before they turned on each other. Possession of the island changed several times between the two before the British took final sovereignty with the Treaty of Versailles. The British also used St. Kitts as a mother colony of sorts, sending parties out to other nearby islands to begin colonization. In many ways, St. Kitts has changed little since those days. The sugar industry was closed in July 2005 with Tourism now primary industry. St. Kitts gained independence in 1983 with its sister island of Nevis, just 2 miles off the southern coast; and has since been striving for controlled development in an effort to maintain its original attributes. Today the island still remains quiet in comparison to other Caribbean nations, but St. Kitts and Nevis are beginning to gain recognition for exactly that reason. They are very much alive with their own unique characteristics, serene atmosphere, beautiful unspoiled scenery and some palm-lined beaches.

The essential St Kitts Tour

Drivers guide

By air-conditioned mini-van

Minimum 8 participants, maximum unlimited

Duration 3h30

Euros 52

This could very well be the Caribbean’s most memorable island tour. It includes Brimstone Hill Fortress National Park, Romney Gardens, Caribelle Batik Studio and an interesting drive through Basseterre. Brimstone Hill Fortress is perched on a 40 acre hilltop, 780 ft above sea level. For three hundred years it has borne witness to innumerable sea battles between the British and the French, more than at any other place in the two nation’s naval history. The first cannons were mounted on Brimstone Hill in 1690 as the English and French fought for control of the island. The next 200 years saw the intermittent construction of an amazing work of architectural and engineering genius. This magnificent structure is the second largest of its type in the entire western hemisphere and one of the best preserved. Its spectacular panoramic views include coastline, country side and five neighboring islands. The Brimstone Hill Fortress, also known as The Gibraltar of the West Indies, is of world heritage value and is a recommended must-see for all visitors to St. Kitts.

No visit to St. Kitts is complete without a visit to Romney Gardens and Caribelle Batik Studios. This 10-acre garden setting is quite simply stunning. It is at this glorious location that local artists produce the fabric and apparel for which Caribelle Batik has become widely acclaimed. The garden setting and picturesque experience is a photographer’s dream and will be remembered by visitors for years to come.

You will also get to drive through beautiful Basseterre. This historic Capital City is a perfect example of an original Caribbean town. Observe the traditional French architecture and Victorian structures. Old churches, West Indian cottages and a former slave market are also included in this interesting driving tour of Basseterre.

Your next visit is to the Palm court gardens where his inspiring property will command you to either take pictures of the harbour or the beautiful palms on the property. Be sure to see the fine works of art created there at the Shell Works Studio.



Safari Island Drive

Drivers guide

By open safari vehicle

Minimum 10 participants, maximum 38

Duration 3h30

Euros 54

You will ride in a comfortable open safari vehicle, and enjoy the beauty of this most scenic of the smaller Caribbean islands in a full island tour.

After driving through town you will proceed westward to the renowned Caribelle Batik and Romney Manor Gardens. Here you will have some time to enjoy this spectacular location and see examples of batik work.

Then you will re-board the vehicle and continue your scenic ride around the island, as your entertaining and knowledgeable guide points out places of historical and cultural interest. Information will be presented on historical Old Road Village, where the British first landed, on Middle Island and on the world famous Brimstone Hill Fortress as you drive by. Your next stop will be at Gibbon's Hill, from where visitors can see the Atlantic Waters meeting with the Caribbean Sea in a splash of waves that never ceases to fascinate visitors. The island tour continues to Black Rocks where another stop will be made to enjoy this natural wonder and to stretch your legs. Afterwards you will take the the Kim Collins Highway to Frigate Bay and the scenic look out at Timothy Hill before returning to your ship with a host of memories and, hopefully, some excellent photos.

This tour does not stop at Brimstone Hill Fortress

At Home with the Kittitians

By air-conditioned vehicle

Duration 3 hours

Minimum 4 participants, Maximum 12

Euros 59

This excursion is totally in line with the new Millenium travel trend mindset which focuses on "experience tourism", really getting to know a place from the inside out and not just boarding a coach and being whisked from one monument to another.

What's on offer is a unique opportunity to find out about island life from the islanders themselves; share an authentic moment of hospitality with local people who open up their homes and hearts to welcome you and listen to their own personal "Island story".

Relax and savour some local flavours during your first home visit in beautiful Frigate Bay. Your new friends will take you up to Timothy Hill where you can enjoy panoramic vistas of Frigate Bay one side and see where the Caribbean sea meets the Atlantic ocean on the other. There will be time for a photo session before you are introduced to your second hosts for the day.

More than a day trip this is a life experience. Get to see how people live on the Island of St Kitts, talk about family life, pastimes, hobbies and how life on the island has changed over the years. You will come away with a much deeper understanding of Caribbean life, and hopefully a bunch of new friends.



St. Kitts Scenic Rail Tour

By rail and road

Minimum 10 participants, maximum 40

Duration 3hours

Euros 80

This national rail tour runs a complete circle around the island allowing visitors the opportunity to see the entire country by rail and by road. No trip to this two-island federation is complete without the experience of traveling on the new St. Kitts Scenic Railway, one of the most beautiful train rides in the world. This one-of-a-kind narrow gauge railroad was built almost a century ago to deliver sugar cane from the fields to the sugar mills in the capital city of Basseterre. This still operational railway now provides a fascinating way to see the entire island from the comfort of double-deck railcars built specifically for touring the island of St. Kitts. The upper level features a spacious open-air observation deck with panoramic views of the surrounding countryside. The lower level provides air-conditioned comfort with expansive vaulted windows. Island ambiance is evoked with comfortable rattan furniture, complimentary specialty drinks, island music and a colourful narrative history of the Caribbean.

The railway hugs the northeastern coastline with rippling fields of sugarcane stretching from the shoreline up to the mountains. The high volcanic mountain ranges, coated with lush green rainforests, rise nearly 4000 feet above sea level. The train rolls across tall steel bridges spanning deep “ghuts” or canyons, and winds through small villages and farms. Your railway conductor will point out old sugar estates, abandoned sugar mills and windmills while giving insight into the island’s unique history. Your experience is complimented by a scenic bus drive on the Southern coast. Enjoy the excellent vistas of Brimstone fortress, the British “Gibraltar of the Caribbean” and Middle Island where Thomas Jefferson’s great-grandfather is buried; and the neighbouring island of Nevis where American statesman and first Secretary of the U.S. Treasury, Alexander Hamilton, was born. A truly unique experience! All aboard the St. Kitts Scenic Railway!

The actual ride by train is approx. 2 hours and the train is very slow

The island tour is completed by a bus drive back to the ship

Very leisurely tour – no walking included at all

Iles des Saintes

A cluster of eight small islands, Les Saintes lies just six miles off the southern coast of Guadeloupe. Only two of the islands, Terre-de-Haut and Terre-de-Bas, attract any tourists, as the other six islands are little more than rocky outcrops. The locals are primarily fishermen, known for their large boats and unique head gear, called “salako” hats. Les Saintes have acquired a well-deserved reputation for beautiful beaches and reefs and attract divers from around the world. Happily though, mass tourism is unknown here and the charm of these enchanted isles remains unspoiled. The tender will take you to the tiny capital “Le Bourg”, a charmingly picturesque seaside village.



Martinique

The island of Martinique, along with Guadeloupe, is France's westernmost "department". Martinique is not a colony, but actually a part of France, much like a state. The natives are considered French citizens. Martinique has been one of the few islands in the Caribbean that has always remained under the French. It holds a special place in French history being the birthplace of the Empress Josephine, consort of Napoleon Bonaparte. Although mountainous and volcanic in its composition, Martinique was originally named "the island of flowers" by the Carib Indians. The fertile soil on the island yields flowers and fruit like poinsettias, hibiscus, bougainvillea, bananas, papaya and pineapples. The agriculture of Martinique only accounts for part of its natural beauty as the coastline boasts magnificent beaches and coves.

Funtastic Mountain Bike adventure

Duration 2h30/3hrs

Euros €77

More than just a beach, Grande Anse is a charming little town. Small houses line the seafront, facing a bay protected by the green slopes of Morne Réduit to the north, and Morne Champagne to the south. The beach itself is picture postcard perfect, a long stretch of fine sand punctuated by palm trees.

Your Mountain bike trail leader will meet you in town and kick off with some interesting information about the unique characteristics of the area, its climate, terrain, and volcanoes.

Leaving behind the tranquil charms of Anses d'Arlet with its much photographed church, dedicated to Saint Henri and small streets lined with creole houses, you will set off on a picturesque Mountain Bike trek. The trail climbs up towards Morne Blanc, Fond Fleury and affords spectacular views of Diamond Rock and Morne Larcher. The downhill run will be via Petite Anse beach, before returning to port.

The roads are winding and hilly, and the second half of the trail is particularly steep

Make sure you have sun protection and a bottle of water, it's going to be a long, hot ride!

A motorised vehicle will follow you up the trail, for your comfort

The trail extends over 18 km; this is a strenuous, high level activity excursion which is only for experienced riders

