

**Philipsburg, Saint Maarten – Charlestown, Nevis – Cabrits, Dominica – Les Saintes – Deshaies, Guadeloupe – Falmouth harbour, Antigua – Gustavia, Saint Barthelemy – Philipsburg, Saint Maarten**

**All tours are offered with English speaking guides. The length of the tours and time spent on the sites is given as an indication 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.**



**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.**

**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.**



## SAINT MAARTEN

**Scenic transfer to the airport**

By air-conditioned vehicle

Minimum 15 participants, no maximum

Duration approx 3h30

Euros 54

Saint Maarten is one of the most unique destinations in the Caribbean. Since 1648 the island has been divided between the French and the Dutch with both sides maintaining their very distinct personality and heritage. The French side, Saint Martin is quiet and refined with gorgeous white beaches, French cuisine and sophisticated resorts.

The Dutch side of Sint Maarten has a more obvious Caribbean flavour with its brightly coloured buildings and tropical flair. St Maarten's capital is Philipsburg which bustles with duty free shopping, quality dining and an active nightlife. Practically, the whole island's economy is based on tourism with around 70% of the population working in the tourist sector. The island is also duty-free, which of course enhances its attractiveness for tourists. Both the French and the Dutch sides of the island benefit from the sandy beaches and coves which create an ideal environment for swimming, snorkelling and water sports.

Departing the Harbor at 9am, you will be dropped off in nearby Philipsburg for a one-hour browsing and shopping on famous Front Street (shops open at 9 am) or for a leisurely stroll along the boardwalk to enjoy the turquoise waters of Great Bay. After enjoying the Dutch Capital, you will be driven past the salt ponds, once the main source of revenue for the island to Oyster Pond, where you will cross the border to the French side .

Following the road to the charming village of Oyster Pond you will arrive at Coralita lookout point. Here kite surfers can often be photographed catching the waves, while in the distance the island of St Barth can be seen. After a short stop the journey continues to Orient bay, the Saint Tropez of the Caribbean, well- known for its clothing optional beach.

The drive continues further through the picturesque countryside of French St Martin past the village of Grand Case, the gourmet Capital of the Caribbean with its many restaurants, alive with creole culture and a local community vibe. Entering Marigot, the capital of the French side of St. Martin, the tour will stop for a 1 hour break giving guests the time for some more souvenir hunting, duty free shopping and/or time to enjoy a coffee in a typical French café.

Leaving the charming French capital of Marigot you will be driven through Bellevue on the way to the border where you will cross back the dutch side of the island. Then you will cross the Simpson Bay causeway, the newest and longest bridge on the island.

Following along airport road and the runway you will arrive at 12h30 at Juliana International airport.



## NEVIS

Nevis is situated in the northern part of the Leeward Islands in the Eastern Caribbean and is separated by the island of St Kitts by a two mile channel. Nevis is reputed for its natural beauty, colonial style plantations, quiet hospitality and pristine beaches. The capital is a well preserved old Caribbean town, offering visitors interesting shopping and dining. More than any other Caribbean island St Kitts and Nevis symbolize the sort of lush tropical paradise usually associated with the South Pacific. The atmosphere is an intoxicating blend of sunlight, sea air, and luxuriant vegetation. In Nevis the ground rises upwards to a cloudy tropical forest, filled with elusive green Vervet monkeys and extravagantly coloured flowers. For ecotourists or indeed anyone with an eye for natural beauty, Nevis will surely exceed expectations.

Unspoilt nature is only one of the many fascinating aspects of this small, and relatively, undiscovered destination. Long ago, St. Kitts and Nevis were the pearls of the British Caribbean; rich and enormously important islands that were famous throughout Europe. Nevis, the "Queen of the Caribbean", generated enormous wealth with its highly productive sugar industry, while on St. Kitts the impregnable fortress of Brimstone Hill stood proudly as the Gibraltar of the West Indies. Romance also plays a part in the island's history for it was under Nevis's blue skies that a certain dashing young naval officer, one Horatio Nelson, met, courted and married Fanny Nisbet, amidst the glamorous background of the colonial plantations.

### Nevis Peak - Nature Connection tour

Transfer with a driver by air-conditioned vehicle

Minimum number of participants 8, maximum 30

Duration 3 hours

Euros 60

Wherever you find yourself on Nevis, your gaze is immediately drawn upwards to Nevis Peak. This potentially active volcano at the centre of the island soars 3232 ft above sea level and dominates its surroundings. The slopes of the volcano and nearby valleys are covered in lush green rain forest, vibrant with life. Discover the flora and fauna of Nevis including bamboo, tropical fruit trees and green Vervet monkeys on our moderately challenging guided hike.

During the short transfer drive to the Atlantic side of the island you will see traces of Nevis's sugar producing past; intense cultivation has exhausted the natural fertility of the soil and the last plantation closed its doors in the mid-20th century.

The hike begins at the ruins of an old plantation in St James parish dating back to the 1650's. Nevis is truly an unspoilt paradise, and the tranquil atmosphere gives a sense of oneness with Nature. As you walk under a canopy of lush vegetation, immerse yourself in the rainforest experience and admire the luxuriant ravines and waterfalls which provide the parish of St James with its water supply. Enjoy breathtaking views of the Atlantic Ocean while your guide shares some local lore and shows you the plants and foliage used as natural remedies by generations of islanders.

This moderately strenuous hike is the perfect way to explore the rainforest and the island's beautiful interior.

Please wear closed shoes with grip and light-weight clothing and take sun lotion and a hat

The drive from the ship to the start of the trail takes approximately twenty minutes each way

You will spend two hours walking and discovering the flora and fauna of Nevis, depending on the group's pace

There is a slight elevation of about 10 ft during the walk.

A local naturalist guide will be waiting to welcome you at base camp before you set off on the hike together.



### Flavours of Nevis

By air-conditioned vehicle

With a driver-guide

Minimum 4 participants, maximum 75

Duration 3h30

Euros 55

A 5 minutes drive takes you to the small museum of Nevis History located in Hamilton house named for one of Nevis's most famous sons, Alexander Hamilton, first ever Secretary of the Treasury in the USA. Then continue through the quaint capital of Charlestown en route to the Bath spring for an explanation of the medical benefits of the natural spring.

The tour continues along to the Fig Tree Church where a copy of Nelson's marriage certificate can be viewed from the vehicle. Enjoy the charm and tranquility of the Nevis country side as you continue to Montpelier Plantation, laid out on 12 acres of lush and green acres. This Relais & Chateaux member offers breathtaking views overlooking Charlestown and St. Kitts. Originally a sugar plantation, it is considered one of the finest inns on Nevis. Many historical charms remain at the hotel. The canons, cobblestones and copper syrup pots reflect the period when Montpelier was a sugar plantation and home to the governor of Nevis - John Herbert's niece Fanny Nisbet did visit on several occasions, bringing her beau Lord Nelson with her. The 300-year-old windmill has been transformed into a candlelit dining venue, the black-and-white Georgian out-buildings turned into offices and a shop. Your driver will take you around the property.

The excursion continues with a visit to the Golden Rock inn, a lovingly restored 18th century sugar plantation. This 96 acre estate located on the slopes of Mount Nevis and surrounded by rain forest, offers breathtaking panoramic views. Original features abound including the chimney and estate mill, as well as the old kitchen quarters with their vaulted ceiling. The place is steeped in history, and as you cross the courtyard bordered by luxuriant tropical flowers, the boundaries between past and present become increasingly blurred.

If you suddenly feel cold or if your hair stands on end, it is because you are now close at Jumby Estate. This is the Eden Browne estate, haunted by the ghost of a bride who lost her husband-to-be in a duel the night before their wedding. (outside view)  
The next stop of the day will be at Nisbet Plantation, which is the ideal location for an island retreat. The great house is the only one located on a beach. There you will get some refreshments. You will drive past the Cottle church ruins, originally intended for slaves to worship, past the site of Jamestown the first settlement in Nevis, which was sunk by a tidal wave.

The next stop will be at the ST Thomas Anglican Church, believed to be the oldest in the eastern Caribbean. From here you will drive back to Charlestown having completely circled the island.



## 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 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. A refreshment will be served during the tour, including our famous rum punch before returning to the ship.

The drive to the river launch site 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 42

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.

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.

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



## LES 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. 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 sea side village.

## 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 12 participants, maximum 20

Duration approximately 5 hours

Euros 95

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

☒Route is fully under the responsibility of the skipper and can be changed at any moment with no further notice



**Keila sailing**

Minimum 4 participants, Maximum 6

Duration 3 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. 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 skipper's decision

Route is fully under the responsibility of the skipper and can be changed at any moment with no further notice

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 35  
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

**Blooming Marvelous! Parc de Valombreuse**

Transport by air-conditioned motor coach  
Minimum 12 participants, Maximum 25  
Duration 4 hours  
Euros 69

The Parc de Valombreuse is the biggest botanical garden in Guadeloupe, showcasing the island's most beautiful plants and flowers. It was created in 1990 by local enthusiast Magguy Cholet in the aftermath of Hurricane Hugo which devastated the island in 1989; more than just a beautiful garden, it is a life-affirming symbol of renewal and hope.

Stroll along the paths of this tropical paradise and discover red, pink and white alpinias, heliconia's, anthuriums and rare white torch ginger flowers. There are also Hibiscus mutabilis whose flowers change colour during the course of the day, ylang ylang with their bewitching scent, Chinese hat plants, papyrus, water lilies, palm trees, fruit trees, and all the traditional medicinal plants used from time immemorial by Creole grandmothers. Nature in harmony; the Parc de Valombreuse is a tropical garden of Eden where plants and birdlife flourish and thrive.

Water features including rivers, waterfalls and pools filled with ornamental Japanese carp add to the atmosphere of sweet tranquility. After a refreshing glass of fruit juice, the excursion continues to Goyave and a visit to the Lékouz brewery.

In the creole tongue "Lékouz" means cousins and the brewery is indeed family affair; Joris Galli works with his wife, his parents, his cousin Ethan, and his sister to produce craft beer with traditional Creole flavours including lemon grass and ginger, lime and a few other inspired creations. You will learn all about the manufacturing process and get a taste of the finished product.

The trip to Petit Bourg takes 50 minutes.



## 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 4hours

Euros 84

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 40

Duration 3hours

Euros 70

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 90

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 105 per person, 2 persons sharing the same boat

Euros 210 per person, 1 person per boat

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 115 per person sharing a buggy

Euros 230 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 12 participants, Maximum 44

Euros 56

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 Falmouth harbour 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 infamous Devils' bridge and the 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.

Your tour continues to Devil's Bridge. For hundreds of thousands of years, the Atlantic's waves have crashed into the east coast of Antigua creating a natural arch, or bridge. Numerous geysers and blowholes surround the arch as waves continually break against the coastal rocks. In addition to being a natural phenomenon, Devil's Bridge also holds cultural importance in Antiguan history. A prehistoric, Amerindian site is located within its vicinity and suggests that prehistoric peoples may have used the area for fishing and settlement. Popular belief suggests slaves leapt to their death off of the natural arch during the period of slavery in Antigua. Devil's Bridge gets its name from these myths as the stories contend the devil claimed those who leapt off the bridge.

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 115

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 BARTHELEMY**

The Island of St. Barthélemy, commonly known as St.Barts, is located at 18° N 63°W, in the north eastern corner of the Caribbean. Steep hills divide the island into several valleys, usually open to the sea on one side. Each valley is distinctive with unique variations of topography, flora, and density of settlement and character of architecture. This diversity creates the illusion of being on a much larger island. The shoreline includes 14 beaches of various sizes, all covered with gleaming white sand. Many are protected from ocean swells by a fringing reef all by law, are public and free. Several offshore areas are included in a marine reserve.

Discovered by Columbus in 1493, St. Barts is part of the French West Indies. Today it is a small piece of France in the Caribbean, some 4400 miles from Paris. It has long been a Caribbean hideaway for the rich and famous, but the island does have other distinguishing features. It is the only Caribbean island to have a Swedish heritage, if only partially. Louis XVI ceded the island to Sweden in exchange for trading rights elsewhere. However, St Barts has been and remains primarily French, and today is a province of Guadeloupe. Though only eight square miles in size, and despite an increasing flow of tourists, some of the island's villages still maintain traditional dress and customs from 17th century France. The capital Gustavia surrounds a harbour of picture book beauty, lined with boutiques and cafés. St Barts with its mountainous landscape leading down to picturesque azure water coves and beaches is undoubtedly one of the jewels of the Caribbean.



**ATV Adventure St. Barts**

Minimum 8 passengers (4bikes) – maximum 16 passengers (8 bikes)

Transfer by boat or taxi to the ATV Base

Maximum: 2 passengers per vehicle, Euros 70 per person

Single occupancy: Euros 140 per person

Duration of the trip 2 hours

Take a magical trip of exploration and adventure and discover St. Barts aboard your own personal ATV vehicle.

Leave behind the picturesque harbour of Gustavia in the direction of the airport through the “col de la Tourmente”. You may even cross the path of an aircraft coming in to land on the minuscule runway – a feat which requires much skill on the part of the pilot as well as a special license.

The drive continues via the valley of “Petites Salines” to arrive in “Grand Fond” overlooking the Atlantic Ocean. Enjoy the dramatic scenery dominated by the island’s highest mountain, “Morne Vitet” (286 m), and the lush green valley contrasting with the raging foam flecked waters of the ocean below. The trail continues round the coastline towards Toiny.

Next you will pass the famous flower filled cemetery of Lorient, the little resort of St Jean with its shops and restaurants. Then up to the top of “Lurin” before making your way down to Gustavia . Back at the ATV’s parking you will have to walk back to Gustavia. (it is a nice 5/10 minutes walk through town and shops along the waterfront)

At the end of the tour you will still have time to explore Gustavia

Helmet and goggles must be worn during the entire ride

The ATVs used for this tour are automatics and can carry one driver and one passenger

The itinerary may be amended without further notice depending on traffic, roads conditions et ...

Participants must wear shoes or tennis shoes, no open-toed footwear

There is storage at the back of the vehicle for your personal belongings

Participants must not be suffering from head, neck, back, leg or knee injuries

Participants must have a valid driving license and a credit card for the deposit (€2000 maximum deductible in case of any damages to the ATV). There is a waiver to sign before departure. Each driver is fully responsible for himself, his passenger and his bike. Any accident or damages to the bike is under his own responsibility

Minimum age requirement for the driver: 18 years of age

Minimum age for the passenger: 12 years of age

Maximum weight per vehicle: 150kg

The pace of the tour depends on the participant’s way of driving

**Sailing the Leeward Coast of St. Barts**

Minimum 12 participants, maximum 18

Duration 3 hours

Euros 99

All aboard for a relaxing tour sailing round the island, to give you the chance to admire the beautiful scenery. Then the captain will drop anchor in the bay of his choice so you can enjoy some leisure time. Sunbathe, swim from the boat into the warm sheltered waters of the bay, snorkel, lounge on the trampoline net, or just read a good book in the shade of the bimini. The crew will serve refreshments before you set sail back to Gustavia.

Swimsuits, T-shirts, sun glasses, towels and sun screen are all highly recommended

The itinerary is subject to weather conditions.

After the tour, you will still have time to stroll around Gustavia

Bring your ship’s snorkelling equipment

