

**Saint John's, Antigua - Iles des Saintes, Guadeloupe - Cabrits, Dominica - beach stop, Martinique - Saint George's, Grenada - Tobago Cays, Grenada - Marigot Bay & Soufriere, Saint Lucia - Bridgetown, Barbados**

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

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

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



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

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



### Saint John's, 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.

### Iles des Saintes, Guadeloupe

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.

### Cabrits, 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 limited

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.

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

Refreshments will be served during the tour

**The Indian River Rowboat**

Transfer by air-conditioned vehicle

Minimum 10 participants, maximum limited

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 Diaboles 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



**Syndicate Nature Trail**

By air-conditioned motor coach and by foot  
 Minimum 10 participants, maximum limited  
 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 Jaco Parrot can be found. The Sasserou 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 limited  
 Duration 3 hours  
 Euros 64

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

### Martinique, Beach stop

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.

### Grenada

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



**Eco Trek at Bamboo Fall**

Transfer by van to the departure point of the walk

Duration 4 hours

Minimum 20 participants, maximum limited

Euros 49

This activity is physically challenging

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

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

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

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

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

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

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

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

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

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

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

**Nutmeg and Falls**

By air conditioned van or coach

Duration 4 hours

Minimum 20 participants, maximum limited

Euros 49

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

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

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

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

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

This Excursion can be organised in the opposite direction.

You will get the opportunity to swim at the waterfall site

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

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

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

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

The "Mamas" or the workers at Dougaldston Estate work to a fixed timetable and so, depending on the time of your visit, you may not actually see them on the job. Most of them start working very early in the morning and go back home early afternoon.



**Shadowfax Sailing**

By sailing boat

Duration 5h30

Minimum 15 participants, maximum limited

Euros 125

LATE LUNCH AFTER THE SNORKELING ACTIVITIES

Join us for an unforgettable sailing excursion from St George's Harbour to Hog island. Cruise along the scenic south west Caribbean coast of Grenada towards Point Salines, the southern most point of the island, before an exhilarating sail upwind on the Atlantic side to reach the secluded Island of Hog.

Before leaving Hog Island there will be a snorkelling stop on submerged statues by sculptor Jason de Caires Taylor before you get back on board for the relaxing one hour sail back to St George's.

Here, a delicious Lobster lunch will be cooked and served while you sit back and enjoy a welcoming Champagne drink. Then you can choose either to swim and relax, or explore the secrets of this "Robinson Crusoe" island.

Included in the excursion:

A full complimentary bar with rum punch, sodas, juices and mineral water

Snacks: fruit, French bread and cheese

A glass of champagne and two glasses of wine during lunch.

Traditional Grenadian fish broth, cooked on the beach

Lobster lunch consisting of grilled lobster, potatoes, green salad and garlic bread

High quality snorkelling equipment, instructions and a guided snorkel tour

This excursion is not recommended for guests who suffer from sea sickness and those with mobility problems

Guests must be good swimmers to participate in the tour

Please do not forget your swim suit, towel, sun glasses and plenty of sun screen.

Available but NOT included : Spirits and beer

**Sea Riders**

Shuttle bus to the marina

Minimum 6 participants (3 boats), maximum limited

Duration 2h45

Euros 140 with one participant per boat

Euros 70 with 2 participants per boat

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

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

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

Sea Riders Boats accommodate up to two persons.

All drivers must be at least 18 years old.

Supplied safety vest must be worn at all times.

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

Women who are pregnant may not participate on this tour.

Snorkeling equipment is included.

The minimum age required to participate is 14 years old.

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





### Tobago Cays

Tobago Cays is comprised of four virtually deserted small islets within Horsehoe Reef. These islets are enormously appealing for those who love underwater exploration. Tobago Cays is a national park with some of the best snorkelling and diving in the world. Divers can glide over the dramatic natural architecture of Horsehoe Reef with its swirling shades of blue, gold, brown, turquoise and green shimmering beneath the surface. There are picnic and camp sites and beautiful protected anchorages for an overnight yacht stop.

#### Discover the Southern Grenadines

By Sailing catamaran

Minimum 20 participants, maximum limited

Duration 3 hours

Euros 70

Cruise through the crystal blue waters and sparkling white sand beaches of the Marine National Park of Tobago Cays. Our first stop is at the Horseshoe Reef for snorkeling and swimming then on to view the exclusive Palm Island Resort. This will be followed by a rum punch and swim stop at the sparkling white sand beach of Mayreau, Salt Whistle, one of the top 10 beaches in the Caribbean. Swim and snorkel as much as you want on this truly memorable tour. You will be back at the beach for the ship's barbecue (weather permitting)

Wear swimwear, suntan lotion, hat, comfortable footwear and light clothing.

Duration depends on sea's condition

Take your snorkeling equipment with you

The boats for this excursion come over from St Vincent and the crossing to Tobago Cays depends very much on conditions at sea. Consequently, the excursion may have to be cancelled in case of rough seas.

This tour is designed for experienced snorkelers.

### Saint Lucia

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



**Soufrière Tour and Caribbean Coast (ship in Marigot Bay)**

By air conditioned mini van

Minimum 12 participants, maximum limited

Duration 5 hours

Euros 80

Lunch included

Departs from Marigot Bay, ends in Soufrière

Departing from beautiful Marigot Bay, you will travel along the western coast, bypassing the fishing villages of Anse la Raye and Canaries, before the descent into the town of Soufriere. The sight of the majestic Pitons, two great peaks which have come to be a symbol of the island itself, will fill you with awe. Arrive at the Villa des Pitons(or similar) for a delicious Creole lunch. Nestled on the hillside this enchanting resort affords a spectacular view of St. Lucia's rain forest.

Your journey will continue to an award winning historical site, the Soufriere Estate's Diamond Botanical Gardens, Waterfall & Mineral Baths. Established in 1745, it is one of the oldest estates on the island and was a portion of the 2000 acres of land that was granted to the owners by King Louis XIV in 1713 in recognition of their services to the Crown & Country. A guided tour takes you through the beautiful Botanical Gardens and the falls which cascade down through mineral-streaked rock walls and jungle thick ferns. The water forms a stream that flows through underground pipes to a series of baths at different temperatures. These mineral baths were originally built in 1784 by the Baron De Laborie and were restored in 1925 by the owners of the estate. These hot mineral springs are enjoyed today for therapeutic bathing. The gardens themselves are quite beautiful and after your guided tour there will be an opportunity to purchase a postcard or small souvenir before departing. Driving up through lushly verdant rainforest you will enter the world's only drive-in volcano, La Soufriere. The roads lead you right up to the remnants of a volcanic crater; a moonscape of barren earth and gravel where pools of muddy water bubble and belch out clouds of steam and a smell of sulphur pervades the atmosphere.

After your informative tour you can enjoy a warm refreshing dip in the sulphurous pool below the bridge.

Passengers should note that the road to Soufriere is very winding so people who suffer from motion sickness should take necessary precautions before the tour.

A buffet lunch will be provided

Beverages are not included during lunch but you will be offered a welcome drink

Please note that the sulphurous water in the swimming pool can cause a chemical reaction; if you wish to bathe please do not wear any jewellery or light coloured swimsuits which could be damaged. Swimming goggles come in handy, as the water may irritate the eyes, and plastic sandals are also useful.



**4x4 jeep safari (ship in Marigot bay)**

Minimum 10 participants, maximum limited  
Duration 3 hours  
Euros 54

A combination of fun, history, sightseeing and a change to see the island from a totally different perspective!

Take off in your jeep and embark on your journey where you will see in the valley banana plants swaying in the breeze and you enjoy a bit of off road experience whilst driving through many communities and the view of our tallest mountain on island – Mt. Gimie.

Stop along the route for a chance to sample refreshing coconut water and other seasonal fruits. Your forest adventure begins as you arrive at the start of your short hike which takes you along a river to a typical local waterfall of water cascading over the rocks, set in the lush greenery of the surrounding vegetation. Enjoy a cool dip in the river before heading back to the jeep for a drive to the nearby quaint and rustic fishing village of Anse la Raye. Interact with the villagers and stroll around the waterfront and maybe a chance to see the fishermen pulling in their catch for the day. Visit the historical Roman Catholic village church, one of the oldest churches on the island. On your return journey, drive along a coastal road enjoying the scenery with elevated sea views, just perfect for photos.

A final stop at the Marigot Bay viewpoint is made and an opportunity to purchase some of the most delicious local sauces on island. Even our local beer – Piton and rum punch. Drive to your ship, with wonderful memories of a fun-filled day!

Participants with walking difficulties must be able to negotiate steps on/off the vehicle

Participants should wear comfortable shoes – preferably with rubber soles

Participants who are pregnant should not participate in this tour

The water at the waterfall is not crystal clear at all times especially when it rains and the river carries top soil and silt which makes the water seem unclean. However it is perfectly safe to swim or take a quick dip.

The walk to the waterfall is 15 minutes approx. each way.

Due care must always be taken on the trail over uneven, rough ground and natural rocks and if it has rained the ground can be slippery and persons should take care.

Be prepared to get your feet/shoes wet when going through the stream.

Participants should remain seated when driving along the roads

**La Soufriere – Natural Attractions (ship in Soufrière)**

By air-conditioned mini-van  
Minimum 10 participants, maximum limited  
Duration 3hours  
Euros 46

This tour begins with a leisurely drive through the town of Soufriere, bypassing the town square and the Cathedral. Your journey will continue to the Sulphur Springs, known as the world's only drive-in volcano. This historic site is the result of volcanic eruptions over 300,000 years ago. The sulphurous atmosphere is immediately apparent and sulphur water has been proved to have many medicinal properties, so don't be afraid to breath deeply and inhale the sulphur laden air. The Botanical Gardens and Diamond Baths are very famous, and it is said that Josephine de Beauharnais, later the Empress Josephine, wife of Napoleon, bathed in the waters. Admire the tropical plants along the pathway and the magnificent waterfall before getting back on the bus.

After a short drive you will arrive at the Villa des Pitons Restaurant for complimentary drinks and enjoy local rum or fruit punch while relaxing on the verandah. Be sure to have your cameras at the ready, the view of the two majestic twin peaks soaring out of the sea at Soufrière Bay makes for a splendid photo opportunity. The tour ends with a short drive down to the jetty where your ship awaits.



**Hotwire Pitons Zip line Ride (ship in Soufrière)**

By air-conditioned mini-van

Minimum 12 participants, maximum limited

Duration 2h30

Euros 77

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

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

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

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

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

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

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

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

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

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

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



**Morne Choval horse ride**

Transfer by van

Minimum 4 participants, maximum limited

Duration 2 hours

Euros 76

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

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

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

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

10 minutes drive from Soufriere to Morne Coubaril Estate

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

A refreshment will be offered at the end of the tour

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

Guests should also pay close attention at the briefing to ensure they fit within the correct category of riders, i.e. inexperienced or experienced in order for the guide to ensure the appropriate horse is allocated for the ride.

**Soufriere Whistle stop & Tet Paul Nature trail**

Transfer by air-conditioned vehicle and then on foot

Duration: 2 hours

Minimum 10 participants, maximum limited

Medium level activity tour

Euros 40

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

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

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

At Kaye Kassav or Cassava House, as it's known in English, you will find out how the Amerindians cultivated and processed the root vegetable Cassava and you will even get a “hands on” practical experience.

Traditional House, set alongside the trail, will give you an insight into how the ancestors of today's St Lucians once lived. Local residents are dedicated to preserving their heritage and are always delighted to take visitors back in time and talk about their rich cultural history.

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

The nature trail takes you through rain forest, uneven terrain, dirt tracks, narrow paths and in some areas up fairly steep slopes

As a rough guidance the trail is considered to be of easy to moderate difficulty depending on your own level of physical fitness

The Tet Paul Nature Trail hike can take about 45 minutes to complete depending on the group's pace, but you will want to take your time and not rush

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

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

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

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

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



### Bridgetown, Barbados

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

By air-conditioned vehicle

Minimum 20 participants, maximum limited

Duration approx 4h30

Euros 84

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 and 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 one last time, from 800 feet above sea level. 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 it is magnificently furnished giving a real insight into the life of a wealthy planter. 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 and arrive there by 1.30 pm at the latest.

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

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

#### Beach Break at Copacabana

Transfer by air-conditioned vehicle

Minimum 10 participants, maximum limited

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

