



# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

---

LIMA/MACHU PICCHU (CALLAO), PERU to MIAMI, FLORIDA

MARINA March 19, 2023

### Welcome Ashore

Oceania Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call. Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations. Your **PERU, PANAMA & PALMS** cruise offers three pricing options that provide discounts of up to 40% when you reserve your shore excursions before your cruise.

### Shore Excursion Points of Distinction

Professional English-speaking experts to guide you through your journey. Peace of mind knowing that your excursions are monitored by the ship's staff. A staff of experienced, excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port. Travel with premier, licensed and insured, tour companies aboard the best available, climate controlled luxury transportation.

### A La Carte Excursions

Individual a la carte shore excursions are available for pre-purchase. Reserving in advance gives you the peace of mind knowing that your tours have been pre-arranged and pre-reserved prior to your arrival.

### Oceania Select Excursions

While all of the shore excursions offer extraordinary experiences, some are so outstanding and so awe-inspiring that they merit special recognition. These tours are designated as Oceania Select excursions and offer unique, one-of-a-kind experiences to the passionate explorer wishing to delve even deeper into a region's culture and history.

### Oceania Exclusive Excursions

For those travelers who prefer an added measure of privacy, intimacy and flexibility, we also offer our Oceania Exclusive excursions. With a minimum participation of 10 guests, and never more than 16, these excursions benefit from a higher level of personal attention and detail only possible in small groups.

### Unlimited Passport Collection Package

For just \$1,319.00 per person, the *Unlimited Passport Collection* affords you the ultimate indulgence - the opportunity to fully experience all that a destination has to offer with UNLIMITED a la carte shore excursions throughout the voyage. You may choose from an array of excursions all for one low price at a **savings of up to 40% off a la carte prices**. As an added bonus, *Unlimited Passport Collection* guests will also receive significant discounts off *Oceania Select* and *Oceania Exclusive* excursions.

### Your World Collection Package

*Your World Collection* provides the flexibility for you to custom design a personalized, value-packed collection of excursions by allowing you to select the exact number of tours you want to take from the entire portfolio. Best of all, **you will save 25% off a la carte prices when you reserve a minimum of 6** shore excursions.

Guests in suites and concierge-level staterooms enjoy a 60-day priority booking period prior to the 120-day online booking window. If you purchase either the *Your World Collection* or *Unlimited Passport Collections* you also receive priority confirmation of your selections. This added benefit is especially appealing if you wish to ensure that you have a place on the most popular tours in marquee cities such as Venice, Rome, St. Petersburg and Istanbul, to name a few.

All excursion packages have the added convenience of being fully refundable until sail date and must be purchased in advance of sailing to enjoy the maximum savings. Packages will be non-refundable thereafter. A la Carte tours will remain fully refundable up until 36 hours before the excursion.

### OceaniaCruises.com

OceaniaCruises.com offers a wealth of information about your cruise: learn about and purchase shore excursions, select pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more. You may purchase tours up until 7 days prior to your sail date. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. And all shore excursions purchased online receive priority processing and guaranteed acceptance. Visit [www.OceaniaCruises.com](http://www.OceaniaCruises.com) today to pre-purchase any of these packages. Next to each tour description, you will find symbols to assist you in choosing the excursion that is right for you.

### ❖ LIMA/MACHU PICCHU (CALLAO), PERU

#### LIM-002 PERUVIAN ART

**Duration: 4.50 Hrs** **Tour Price: \$149.00**



**Date: March 20, 2023 08:30 AM**

Head out into one of the world's most art-aware cities with an expert artist/historian as your guide and tour three of intriguing venues. Travel into Lima by air-conditioned coach, your first stop is in the historic Pueblo Libre district. The superb collection at Larco-Herrera Museum, housed in a viceroy's former mansion, presents three thousand years of ceramic and textile art, including a room full of pre-Columbian erotic relics not for the prudish. In downtown, you'll experience the Contemporary Art Museum, Peru's premier collection of modern and contemporary Latin American art as well as temporary exhibitions of emerging and consolidated artists. Traveling further south to the bohemian enclave of Barranco, you'll stop in to see what's showing at the Casa Luna. This modern home was built by a Swiss citizen, Wilhelm Helbling, and now contains the art and treasures of the Luna Elias-Polo family, who will greet you and show off their extensive collection of 'Niños Manuelitos' Nativity scenes from Peru and all over the world. You'll likely be tempted; this city – and country – has deep artistic talent.

- Travel the city with an art expert as your guide, visiting two outstanding museums and a leading gallery.
- See the world's largest private collection of pre-Columbian ceramics and textiles at Larco-Herrera Museum.
- Tour the The Museum of Contemporary Art of Lima, the only institution dedicated exclusively to the promotion, research and dissemination of contemporary artistic practices in Peru.
- Travel to trending Barranco to call on the Casa Luna Private Art Collection, in the exclusive neighborhood of San Isidro.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes moderate walking, mainly at the guest's discretion. The tour is available to guests who utilize a wheelchair who can make their way on and off the coach and have a companion to assist them. There are a few steps at the museum. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

#### LIM-007 HUACA PUCLLANA, PACHACAMAC AND PASO HO

**Duration: 7.25 Hrs** **Tour Price: \$259.00**



**Date: March 20, 2023 08:30 AM**

Enjoy a wide-ranging immersion into Peruvian culture with visits to an archaeology museum, the ruins of a major Inca city, and a high-stepping Paso horse hacienda. At the National Museum of Archaeology, you'll browse a world-class collection of pre-Columbian ceramics and weavings. Especially intriguing are the rare examples of a knotted thread system that might once have been a written language. In the Lurin Valley outside Lima, tour what remains of Pachacamac, the coast's largest city and ceremonial center at the time the Spaniards arrived. The ruins encircle the rim of a low hill crowned with the partially-restored Temple of the Sun. A highlight here is the reconstructed House of the Mamaconas, where the Inca's chosen women spun fine cloth for their empire's hierarchy. Your next stop, Hacienda Mamacona, shares the name – but the chosen ones here have four hooves and a famous stepping gait. Enjoy a sumptuous Peruvian buffet lunch in the ranch's garden, then thrill to a presentation of the iconic Marinera, where the horse and rider dance in time with a female partner on the ground to the rhythm of live music. Horses are available if you want to experience riding this unique breed firsthand.

- Experience three different Lima cultural venues in depth on a single fascinating excursion.
- Visit a museum where one of the world's premier collections of pre-Columbian ceramics, pottery and weavings puts the early Peru cultures in perspective.
- Walk the partially-restored ruins of Pachacamac in Lurin Valley, the Inca's largest city at the time Pizarro and his fellow conquistadors arrived.
- Enjoy a lovely outdoor buffet lunch at a famous family-run Paso Horse breeding and presentation farm.
- Watch in awe as these high-stepping horses and their riders dance to live music. On ride one yourself.
- Wear casual, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of moderate walking and standing, with some steps and uneven surfaces involved. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### LIM-WT2 MINDFULNESS MEDITATION AND PACHAMANCA

**Duration: 7.50 Hrs** **Tour Price: \$419.00**



**Date: March 20, 2023 08:30 AM**

Experience a meditation session, pay homage to an Inca goddess, savor a lunch cooked in an earth oven and browse for artisanal pottery. The drive from Callao winds through central Lima to fashionable Miraflores and the Jallpa Nina workshop, where stoneware and porcelain artworks are created. The atmosphere here is one of harmony with nature and the Inca heritage of the resident artists. To start your visit off on the right foot, sip a beverage made from natural herbs and fruit as you make a ritual offering to Pachamama, the benevolent Inca earth goddess, thanking her for bountiful life and plentiful harvests. During the mindfulness meditation session that follows, you'll focus on becoming less tethered to judgment and thoughts of the past or future – and more aware of the moment. Practiced for centuries by cultures all around the world, this form of contemplative exercise is well-known to increase emotional and physical health. Having achieved a sense of inner calm, share in a tea ceremony and enjoy lunch cooked in layers over hot stones in a traditional Inca earth oven known as a pachamanca. Afterwards, learn more about the Jallpa Nina workshop and browse their creations.

- Enjoy a picturesque drive through central Lima to Jallpa Nina, a creative pottery workshop in Miraflores.
- Relax in a tranquil atmosphere of harmony with Mother Earth – known as Pachamama to the Incas.
- Sip an herb-and-fruit drink, then settle into a guided mindfulness meditation session that can provide deep mental and physical benefits.
- Finish the session with shared tea, then lunch cooked in an earth oven and uncovered layer by layer.
- Browse the stoneware and porcelain works of art on display at Jallpa Nina and learn how they're made.
- Wear casual, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

### LIM-003 LIMA HIGHLIGHTS

**Duration: 5.00 Hrs** **Tour Price: \$139.00**



**Date: March 20, 2023 08:45 AM**

Enjoy a guided walk in Lima's landmark-filled colonial center, then a drive through the fashionable residential suburbs of San Isidro and Miraflores. Founded in 1535 by Pizarro and known as the City of Kings, Lima was the seat of Spanish rule in the Americas for some 300 years. And the square at Plaza de Armas was its epicenter, surrounded on all sides by buildings of power. See the Government Palace, Lima City Hall, the Archbishop's Palace, and visit grand, twin-towered Lima Cathedral, where Pizarro rests in the crypt. Nearby, step into an exquisite time capsule at Casa de Aliaga, a colonial mansion owned by the same family since 1534. Enjoy coffee and tea here and wander the beautifully-detailed rooms as music plays in the courtyard. The San Francisco Monastery complex features a church, chapels, striking fresco paintings and a cloister inlaid with glazed tiles imported from Seville in the 17th century. The catacombs here were once Lima's main cemetery and are said to contain some 25,000 bodies. Leaving ancient Lima behind, you'll drive into its affluent suburbs, passing handsome mansions and hotels. A stop at El Parque del Amor presents a gorgeous Pacific view.

- Walk the landmarks in and around Lima's main square, the center of Spanish Colonial power for centuries.
- Visit the cathedral where Pizarro lies buried and the ancient catacombs of San Francisco Monastery.
- Enjoy refreshments and music as you wander the rooms of a mansion one family has called home for nearly 500 years.
- Drive through San Isidro and Miraflores and get a sense of how Lima's affluent and intelligentsia live.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. On visits where the Lima Cathedral is closed, a visit to the Santo Domingo Monastery substituted. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion

Page

3



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### LIM-001 MODERN LIMA AND THE OSMA MUSEUM

**Duration: 4.00 Hrs** **Tour Price: \$109.00**



**Date: March 20, 2023 09:00 AM**

Explore Lima's scenic beauty and history away from downtown on a visit to San Isidro, Miraflores and the Pedro de Osma Museum. Your coach journey begins at the pier and winds along handsome boulevards, past scenic beaches and beautiful parks, through tranquil residential districts, and ultimately leading to a palatial mansion-museum in a district where artists and intellectuals hold sway. Highlights along the route include Olivar de San Isidro, a vast park nestled in an olive grove; the café-lined squares and modern apartment highrises of fashionable Miraflores; and the artsy belle époque charm of Barranco. It's here that you'll stop to tour the museum showcasing the collection of Don Pedro de Osma Gildemeister, a connoisseur of Peruvian colonial-era art. The Pedro de Osma Museum and Gallery is housed inside a 1906 residence that is itself an exceptional example of architectural art. Viewing works spanning from the 5th to 18th century, you'll capture a vivid sense of both Peruvian cultural identity and regal Spanish heritage.

- Head out by coach from the city center into the scenic districts of San Isidro, Miraflores and Barranco.
- See the sights of each and learn about their personalities and role in the overall city lifestyle.
- Visit the Pedro de Osma Museum and Gallery, housing the lifetime collection of a connoisseur of Peruvian viceregal art.
- Experience the artworks within a magnificent belle époque residence that is a work of art on its own.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at the guest's discretion. The tour is available to guests who utilize a wheelchair who can make their way on and off the coach and have a companion to assist them. There are about 20 steps at the museum. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

### LIM-003OE OCEANIA EXCLUSIVE - LIMA HIGHLIGHTS

**Duration: 5.00 Hrs** **Tour Price: \$259.00**



**Date: March 20, 2023 09:00 AM**

Designed for travelers who prefer an added measure of intimacy and flexibility, our new Oceania Exclusive tours limit group size to just 16 guests maximum. The Oceania Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world. Enjoy a guided walk in Lima's landmark-filled colonial center, then a drive through the fashionable residential suburbs of San Isidro and Miraflores. Founded in 1535 by Pizarro and known as the City of Kings, Lima was the seat of Spanish rule in the Americas for some 300 years. And the square at Plaza de Armas was its epicenter, surrounded on all sides by buildings of power. See the Government Palace, Lima City Hall, the Archbishop's Palace, and visit grand, twin-towered Lima Cathedral, where Pizarro rests in the crypt. Nearby, step into an exquisite time capsule at Casa Aliaga, a colonial mansion owned by the same family since 1534. Enjoy coffee and tea here and wander the beautifully-detailed rooms as music plays in the courtyard. The San Francisco Monastery complex features a church, chapels, striking fresco paintings and a cloister inlaid with glazed tiles imported from Seville in the 17th century. The catacombs here were once Lima's main cemetery and are said to contain some 25,000 bodies. Leaving ancient Lima behind, you'll drive into its affluent suburbs, passing handsome mansions and hotels. A stop at El Parque del Amor presents a gorgeous Pacific view.

- Walk the landmarks in and around Lima's main square, the center of Spanish Colonial power for centuries.
- Visit the cathedral where Pizarro lies buried and the ancient catacombs of San Francisco Monastery.
- Enjoy refreshments and music as you wander the rooms of a mansion one family has called home for nearly 500 years.
- Drive through San Isidro and Miraflores and get a sense of how Lima's affluent and intelligentsia live.
- Enjoy a higher level of personal attention and flexibility on this Oceania Exclusive small group tour.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. On visits where the Lima Cathedral is closed, a visit to the Santo Domingo Monastery substituted.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### LIM-010 CONVENTS AND MONASTERIES OF LIMA

**Duration: 3.50 Hrs** **Tour Price: \$109.00**



**Date: March 20, 2023 09:00 AM**

Tour Lima's most iconic churches and convents and discover the role they played in Spain's early colonizing of the Americas. Across the river from central Lima in the Rimac district, the Convento de Los Descalzos – Convent of the Barefoot Friars – has stood at the base of San Cristobal Hill since 1592. You'll tour this spiritual Franciscan retreat, viewing its decorated cloister, vestibule sculptures, infirmary and monastic cells, and private courtyard with its original flooring. Once ringed by tranquil vineyards, today surrounded by modern urban sprawl, yet is still surprisingly peaceful within. Back in Lima's UNESCO-listed Historic Center, Santo Domingo Convent is even older and a separate city within the city. Its succession of beautifully decorated cloisters and courtyards hold the tombs of three top-tier Peruvian saints: San Juan Macías, St. Rose of Lima and San Martín de Porres, the Americas' first black saint. During your tour, expect to also see beautiful carved wooden furniture and a series of Cusco School paintings portraying the life of St. Thomas Aquinas here. A visit to the reclusive Convent of El Carmen, where the nuns still make and sell confections from 16th-century recipes, brings this excursion to a sweet close.

- Travel through the Lima town center and across the Rimac River to the Convento de Los Descalzos.
- Take a guided tour of this once-rural Franciscan retreat founded in 1592, now a museum presenting impressive religious art in urban Lima.
- Cross back to Lima's UNESCO-listed Old City to visit the even-older Santo Domingo Convent.
- Discover this city within the city, where three revered Peruvian saints are entombed amidst beautifully polychromed walls and cloistered courtyards.
- Visit the reclusive Convent of El Carmen, where sweets are still made and sold using ancient recipes.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

When the Los Descalzos convent is closed, a visit to the San Francisco Monastery will be substituted. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

### LIM-008 THEN AND NOW IN LIMA

**Duration: 6.75 Hrs** **Tour Price: \$289.00**



**Date: March 20, 2023 09:15 AM**

Delve into Lima past and present during an orientation tour through the city with lunch at a colonial mansion one family has occupied since 1535. From the pier in Callao, drive inland toward the old Rimac district tucked against the arid, pre-Andean hills. Along the way, pass by the landmarks of Plaza Mayor, the main Lima square where Spanish power in the Americas was concentrated for some 300 years – and the Paseo de Aguas, a lovely park built by a lovestruck viceroy in 1770. Heading further back in time, visit Huaca Huallamarca, a monumental two-story pyramid that thrived as an oracle center for 1,200 years before the Spanish arrived. It stands timeless and undiminished by the modern civilization surrounding it in fashionable San Isidro, including a nearby golf course. The onsite museum displays funerary vessels, mummies, and other ancient artifacts unearthed during archaeological excavations here. A spin into upscale Miraflores includes a tour of a local market, and later, a visit to Casa de Aliaga, built in 1535 by a conquistador and still occupied today by his family's 17th generation. It's the perfect place to relax over lunch before the ride back to your ship.

- Travel by coach past the UNESCO-listed landmarks of Plaza Mayor, historic Lima's iconic square.
- Pass through the old Rimac district and admire its signature Paseo de Aguas park.
- Explore Huaca Huallamarca, an excavated adobe-brick pyramid in the middle of the modern city.
- Visit the onsite museum and see unearthed artifacts – including mummies – dating from centuries before the Spanish conquest.
- Drive into Miraflores, visit a local market, and be treated to lunch at Casa de Aliaga, a landmark family mansion as old as Lima itself.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at the guest's discretion during the stops. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### LIM-009 LARCO HERRERA MUSEUM AND OSMA MUSEUM

**Duration: 5.00 Hrs** **Tour Price: \$219.00**



**Date: March 20, 2023 09:15 AM**

Experience two museums that between them showcase 3,000 years of Peru's artistic heritage. You'll travel into historic Pueblo Libre by air-conditioned coach to tour the one-of-a-kind collection at Larco Herrera Museum. Housed within a viceroy's former mansion, the exhibits include ceramics, gold, stone and textiles created by pre-Hispanic cultures, especially those of the Peruvian north. The Textile Room, Cultures Gallery and Gold & Jewelry Room are standouts, as is the Erotic Gallery discretely tucked away across the courtyard gardens. Larco is also one of the few museums where you can enter the storage area containing 30,000 more cataloged objects, many considered world-class examples of pre-Columbian art. Fast-forwarding to the present, you'll tour fashionable Miraflores, a Lima neighborhood known for its parks, colonial mansions and luxe residential towers. Your destination here is a particularly splendid 1906 residence housing the Pedro de Osma Museum and Gallery, an extraordinary collection accumulated by Don Pedro de Osma Gildemeister, a connoisseur of Peruvian art from the 16th through 19th centuries. All the displayed works were originally in Don Pedro's own large home; after his death, his family foundation arranged for them to be enjoyed by the public. Gracias, Don Pedro.

- Experience two exceptional art venues housed in period residences that are works of art themselves
- Tour the world's largest private collection of pre-Columbian ceramics, metalwork and textiles at Larco Herrera Museum.
- Get rare, behind-the-scenes access to the treasures kept on shelves in Larco's storage rooms.
- Visit the Pedro de Osma Museum, presenting Peruvian viceregal art collected over a lifetime by a noted Lima connoisseur.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 3 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

### LIM-005 ANCIENT ORACLE CENTERS IN LIMA

**Duration: 3.75 Hrs** **Tour Price: \$129.00**



**Date: March 20, 2023 10:00 AM**

Visit two impressive ceremonial and religious centers from the ancient days, still standing amidst modern Lima. An expert archaeologist will join you when you arrive at the ruins of Huaca Pucllana, where a pre-Incan civilization was centered between the 5th and 8th centuries BC. They'll guide your tour and share fascinating background on the life and times of the pre-Incans as you wander a sprawling pyramid built of thousands of adobe bricks – surrounded by the townhouses, supermarkets and multiplexes of a modern Lima suburb. Artifacts exhibited at the site's museum provide further insights into the religious ceremonies and sacrifices that once took place here. Continuing on to Huaca Huallamarca, explore another monumental oracle center that thrived for 1,200 years before the Spanish conquest and today stands undiminished by the ravages of time and modern civilization, not far from a golf course in fashionable San Isidro. This imposing two-story adobe pyramid has a steep ramp leading to its upper level and an onsite museum where fascinating objects unearthed here are displayed, including ancient funerary vessels and mummies.

- Tour a pair of massive adobe pyramids of the ancients who lived in Lima long before it was Lima.
- Walk the ruins of Huaca Pucllana with an archaeologist and learn about the pre-Incan civilization that used this as a ceremonial center 2,500 years ago.
- Explore excavated Huaca Huallamarca, an oracle site active for centuries before the Spanish arrived.
- Visit onsite museums at both venues and see fascinating artifacts – including mummies – unearthed by the archaeologists who still labor to unlock the secrets buried here.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a moderate amount of walking over surfaces that can be bumpy and uneven, and is recommended for guests in good physical condition. Pregnant women and guests with neck or back problems should not participate in this tour. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion

Page

6



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### LIM-006 TREASURES OF COLONIAL LIMA

Duration: 6.50 Hrs Tour Price: \$249.00



Date: March 20, 2023 10:30 AM

Walk the UNESCO-listed historical center of Lima, City of Kings, with a historian and genealogist. The architectural and cultural jewels to be discovered in this colonial center are many – and Ronald Edwards knows them well. He'll keep you expertly informed as you amble – and in a few cases drive – from landmark to landmark in the Old City. You'll visit the University of San Marcos; founded in 1551, it's the oldest learning institution in the Americas. At the Jesuit Convent of San Pedro, consecrated in 1638, you'll encounter one of the absolute masterpieces of baroque architecture in Peru. Be wowed by the colonial wooden balconies and courtyard of the Casa de la Riva Agüero, where some of the most important manuscripts and archives of Peruvian history are ensconced. Pass through Lima's huge main square, Plaza Mayor, encircled by buildings of power from the days when this was the epicenter of Spain's empire in the Americas. And visit the fabulously-appointed Casa de Aliaga, a colonial mansion built in 1535 by a conquistador and still occupied today by his family's 17th generation. It's also an ideal place to enjoy lunch before the ride back to your ship.

- Explore Lima's UNESCO-listed Old City with historian and genealogist Ronald Edwards as your guide.
- Walk this "City of Kings," seeing its wealth of colonial landmarks and touring several of them.
- Visit San Marcos University, the Jesuit Convent of San Pedro, the Casa de la Riva Agüero, among other highlights.
- Enjoy a relaxed lunch at Casa de Aliaga, a landmark family mansion as old as Lima itself.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

When Casa de la Riva Agüero is closed, a visit to the San Francisco Monastery will be substituted. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

### LIM-WT1 HEALTHY PERUVIAN COOKING CLASS

Duration: 4.50 Hrs Tour Price: \$319.00



Date: March 20, 2023 10:30 AM

Prepare your own nutritious Peruvian lunch in a hands-on cooking class featuring ingredients in use since pre-Columbian times. Depart the pier by coach and follow your chef as they make the rounds of a vibrant market offering Lima locals freshest seasonal ingredients and an extraordinary range of produce. You'll see far more varieties of potato than you're used to; thousands of types thrive in Peru's wide climate spectrum. Peruvian corn varieties are also incredibly diverse, this being one of the country's most widely consumed foods. A huge array of exotic tropical herbs and fruits is available, too, including sweetly delicate lucuma and cherimoya "custard apples," both found growing wild in nearby Andean valleys. Arriving at your cooking class venue, you'll explore the subtle delights of Peruvian cuisine as you prepare several recipes with the chef guiding. Some of the dishes include naturally healthy alternative ingredients known back at home, the most familiar being quinoa. But other Peruvian superfoods that appear in the day's recipes include the turnip-like maca root, antioxidant-rich purple corn and kiwicha, a staple grain of the Incas, Aztecs and other pre-Columbian people. Once completed, you'll dine on the dishes you've prepared.

- Travel to a wonderfully diverse local market and shop the stands with your chef.
- Encounter more kinds of potato and corn than you've probably ever seen, and Andean fruits they definitely don't stock at your hometown supermarket.
- Stocked with fresh ingredients, head for the cooking class venue and begin your hands-on recipe prep.
- Learn the subtleties of Peruvian cuisine and become familiar with the unique superfoods it involves.
- Sit down and savor the delicious dishes you've prepared. You've earned it.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### LIM-011 THE PERUVIAN CUISINE AND THE FAMOUS PISCO

Duration: 4.00 Hrs Tour Price: \$219.00



Date: March 20, 2023 12:00 PM

Discover why all the buzz that's been building about Peru's cuisine – and its iconic national drink – is well warranted. It's hard to find any magazine about food and lifestyle these days that doesn't have at least one article related to the impact of Peruvian cuisine on international gastronomic trends. This new artisanal visibility is reflected in the appearance of more and better restaurants all over Peru, and especially here in Lima – the country's undisputed foodie mecca. This excursion picks a winner in choosing Malabar in San Isidro as its destination. Created by Pedro Miguel Schiaffino to be a restaurant that "dazzles the spectator" with a very personal, contemporary flavor experience, Malabar blends the Peruvian roots of its chef with the influence of a Cuban grandmother and years spent in Italy. The result is an extremely enjoyable and distinctive cuisine, served in a space exemplifying modern Lima style – all complemented by one of the most extraordinary lists of pisco and wine selections in Peru. Pedro Miguel and a pisco expert will accompany you during your lunch. Buen provecho!

- Taste for yourself why Peru – and Lima – have become such a gastronomy destination.
- Join creator Pedro Miguel Schiaffino for lunch at his landmark restaurant, Malabar.
- Experience the dazzling fusion of Peruvian, Cuban and Italian influences this resto is known for.
- Encounter a list of wine and pisco offerings second to none, with a pisco expert on hand to help you appreciate the subtleties of Peru's signature distilled spirit.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at the guest's discretion. The tour is available to guests who utilize a wheelchair who can make their way on and off the coach and have a companion to assist them. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive



### ❖ SALAVERRY, PERU

#### SLA-008 TEMPLES AND PASO HORSES

**Duration: 5.00 Hrs** **Tour Price: \$299.00**



**Date: March 21, 2023 10:30 AM**

Gain a deeper understanding of the region by visiting an archaeological site and a sprawling hacienda, where you will watch Peruvian Paso horses perform. This area was the capital of the Moche empire until the 9th century, when it may have been destroyed by the catastrophic effects of the weather phenomenon El Niño. The remains of the Moche civilization are intriguing, especially the pyramids. Besides boasting sophisticated construction, the sacred Pyramid of the Moon features huge, complex murals that reveal the Moche culture. The complementary Pyramid of the Sun was more administrative than religious but is equally impressive. At a nearby hacienda, you will learn about Peruvian Paso horses, which are known for their exceptionally smooth, four-beat gait. The ambling gait is especially prized by riders that spend long periods of time on horseback working on the ranches and riding across the rugged countryside. While enjoying a traditional lunch at the hacienda, you will watch the horses perform.

- Ramble through the excavated ruins of the ancient Moche civilization.
- Behold the sacred Pyramid of the Moon and the complementary Pyramid of the Sun.
- Gain insight into the origins of Peruvian Paso horses at a hacienda that breeds them.
- Watch Peruvian Paso horses demonstrate their exceptionally smooth gait.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1.5 hours of walking and approximately 80 steps to visit the Moon temple. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.

#### SLA-004 ANCIENT PALACES, COLONIAL CITY & TEMPLES 1

**Duration: 7.00 Hrs** **Tour Price: \$289.00**

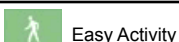


**Date: March 21, 2023 11:00 AM**

This coach excursion calls on a full range of the cultural attractions and archeological landmarks that make this stretch of the Peruvian coast a must-visit. At Huanchaco Beach, you'll see the famous totora-reed surf fishing boats still made and used today by local fisherman following traditions established thousands of years ago. On a visit to the ruins of Chan Chan, you'll explore one of the most elaborate ancient cities built of mud in the New World. In Trujillo, founded by the conquistador Pizarro in 1534, discover a city still in full possession of its Colonial-era character. See the landmark-surrounded main square at Plaza de Armas, colorful historic mansions, the iconic Libertador Hotel and more. At midday, savor lunch at a traditional hacienda, accompanied by a Peruvian Paso Horse show renowned for its stars' distinctive high-stepping, dance-like footwork. And witness a stirring performance of Marinera, Peru's traditional coastal folk dance. After lunch comes perhaps the most impressive sight of all as you tour a pair of enormous terraced pyramids left behind by the Moche, a pre-Columbian empire that flowered for some 600 years before collapsing over 12 centuries ago.

- Experience an immersive journey into the current and ancient cultures of coastal Peru.
- See the Caballitos de Totorá reed fishing boats of Huanchaco and the vast, lost city of Chan Chan.
- Take a panoramic highlights drive through colonial Trujillo and enjoy lunch and a Peruvian Paso Horse show at a local hacienda.
- Explore the massive Temples of the Moon and Sun, power center of the Moche culture for centuries but abandoned for well over a millennium.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable shoes are essential.
- Be sure to bring a hat, sunglasses and sunscreen.

Comfortable footwear is a must for negotiating the ramps and stairs at the temples. Visited areas are going through a continuous process of excavation.



Easy Activity



Moderate Activity



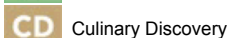
Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

**SLA-004OE OCEANIA EXCLUSIVE - ANCIENT PALACES, CO**

**Duration: 7.00 Hrs Tour Price: \$399.00**



**Date: March 21, 2023 11:00 AM**

Designed for travelers who prefer an added measure of intimacy and flexibility, our new Oceania Exclusive tours limit group size to just 16 guests maximum. The Oceania Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world. This coach excursion calls on a full range of the cultural attractions and archeological landmarks that make this stretch of the Peruvian coast a must-visit. At Huanchaco Beach, you'll see the famous totora-reed surf fishing boats still made and used today by local fisherman following traditions established thousands of years ago. On a visit to the ruins of Chan Chan, you'll explore one of the most elaborate ancient cities built of mud in the New World. In Trujillo, founded by the conquistador Pizarro in 1534, discover a city still in full possession of its Colonial-era character. See the landmark-surrounded main square at Plaza de Armas, colorful historic mansions, the iconic Libertador Hotel and more. At midday, savor lunch at a traditional hacienda, accompanied by a Peruvian Paso Horse show renowned for its stars' distinctive high-stepping, dance-like footwork. And witness a stirring performance of Marinera, Peru's traditional coastal folk dance. After lunch comes perhaps the most impressive sight of all as you tour a pair of enormous terraced pyramids left behind by the Moche, a pre-Columbian empire that flowered for some 600 years before collapsing over 12 centuries ago.

- Experience an immersive journey into the current and ancient cultures of coastal Peru.
- See the Caballitos de Totora reed fishing boats of Huanchaco and the vast, lost city of Chan Chan.
- Take a panoramic highlights drive through colonial Trujillo and enjoy lunch and a Peruvian Paso Horse show at a local hacienda.
- Explore the massive Temples of the Moon and Sun, power center of the Moche culture for centuries but abandoned for well over a millennium.
- Enjoy a higher level of personal attention and flexibility on this Oceania Exclusive small group tour.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable shoes are essential.
- Be sure to bring a hat, sunglasses and sunscreen.

Comfortable footwear is a must for negotiating the ramps and stairs at the temples. Visited areas are going through a continuous process of excavation.

**SLA-001 TRUJILLO AND THE TEMPLES OF THE SUN AND M**

**Duration: 4.00 Hrs Tour Price: \$139.00**



**Date: March 21, 2023 11:30 AM**

Take a spin through the city Pizarro founded in 1534 and visit a pair of immense adobe temples built by the Mochica civilization a dozen centuries earlier. Along the south bank of the Moche River, the two monumental "huaca" temples stand weathered and silent in the desert, vestiges of a culture that flowered here between 1 and 650 AD. The smaller of the two terraced pyramids, the Temple of the Moon, is built of some fifty million hand-made adobe bricks. Yet it's dwarfed by the adjacent Temple of the Sun, the largest mud-brick structure in all the Americas – nearly four football fields long by two wide, and originally topping out at over 130 feet. During a guided visit, encounter vividly painted murals and reliefs that reveal some of the secrets to this long-closed chapter of history. Later, your drive through colonial Trujillo will feel modern by comparison, despite the fact the city's skyline dates back to a time when the New World was still new and delivering vast riches to its conquerors back in Europe. With the impressive Plaza de Armas square at its heart, these streets are a showplace of brilliantly-painted buildings decorated with wrought iron balconies and grills.

- Visit the site where the largest mud-brick structures in the Americas stand, remnants of a lost culture.
- Walk the rampways and terraces of the Temples of the Moon and Sun, unused for some 1,200 years.
- Gain insights on the Moche culture that once thrived here from vibrantly painted wall murals and reliefs.
- See the sights of Trujillo, a well-preserved colonial city set against green and brown Andean foothills.
- Admire must-see landmarks like the Trujillo Basilica, Libertador Hotel, Casa Orbegoso and other splendid period mansions.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable shoes are essential.
- Be sure to bring a hat, sunglasses and sunscreen.

Comfortable footwear is a must for negotiating the ramps and stairs at the temples. Visited areas are going through a continuous process of excavation.



Easy Activity  
Culinary Discovery  
Oceania Select



Moderate Activity  
Food & Wine Trails  
Accessible Tour



Strenuous Activity  
Go Local Tour



Meal Included  
Wellness Tour



Evening Excursion  
Oceania Exclusive

### SLA-GG1 MOCHE COUNTRYSIDE AND ECO NOTEBOOKS

**Duration: 2.50 Hrs** **Tour Price: \$249.00**



**Date: March 21, 2023 11:30 AM**

Create a Moche-themed notebook out of recycled materials while learning about the Moche culture. A short but immensely scenic drive will bring you to one of the river valleys where the Moches flourished from the 1st through 8th centuries. Their descendants still live in the area, and one of them will greet you in their native Muchik language and with a performance on a conch-shell musical instrument known as a pututo. During the workshop that follows, you will make a hand-bound notebook using recycled supplies. An instructor will suggest adding designs that are inspired by the Moche lifestyle. The designs might include fish and sea lions, as marine animals were often depicted on the walls of ancient Moche temples because the people lived along rivers that emptied into the ocean. Present-day Moches create and sell notebooks to supplement their income, but you may keep yours as a souvenir.

- Use recycled materials to create a notebook much like the ones the local Moches make .
- Learn about the Moche culture that was prominent during the 1st through 8th centuries .
- Keep your notebook as a souvenir .
- Enjoy a Moche greeting in the native Muchik language .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 1.5 hours of easy walking / standing on flat terrain to negotiate plus any additional walking at the guests' discretion during free time. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended.

### SLA-005 THE CEVICHE EXPERIENCE

**Duration: 3.50 Hrs** **Tour Price: \$209.00**



**Date: March 21, 2023 11:45 AM**

Watch a master chef prepare Peru's iconic cured fish delicacy, then see local fishermen show off their skills piloting reed "caballito" fishing boats. Life here in coastal Huanchaco seems to revolve around the beach, the surf and especially the fish. That last item is first on your agenda as you make for a waterfront restaurant where an award-winning chef will demonstrate how to prepare the town's most famous dish: ceviche. Although its precise origin is hotly disputed, ceviche has deep roots in this region. In pre-Columbian times, the raw fish was cured in maize juice; today it's marinated in lime juice, a fruit brought here by the conquistadors. Recipe variations abound, but here in Peru, ceviche is traditionally made with sea bass or sole spiked up with diced red onions, habanero peppers and chopped cilantro and accessorized with cold sweet potatoes and cob corn. After tasting your chef's accomplishment, head for the beach for some seahorse-watching. That's what the famous local totora-reed fishing boats look like as they bob in the surf on their fishing missions – and the sight of these rustic vessels standing upright in the sand to dry is an image synonymous with Huanchaco, and time-honored Peruvian traditions.

- Travel by coach to relaxed, beachside Huanchaco – home to reed boats and ocean-fresh ceviche.
- Learn some of the trade secrets as a local restaurant chef assembles Peru's signature cured-fish specialty for your enjoyment.
- Watch Huanchaco fisherman demonstrate their unique skills at piloting traditional "seahorse" surf-fishing boats.
- Capture National Geographic-worthy snaps of these pointed-end reed vessels drying along the sand.
- Wear casual, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately one hour of moderate walking, with some steps involved. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### SLA-003 COLONIAL HOUSES

**Duration: 3.00 Hrs** **Tour Price: \$159.00**



**Date: March 21, 2023 12:00 PM**

Travel to colorful, landmark-filled Trujillo and be introduced to the opulence of its Colonial-era and Republican-era mansions. This city embraced grand style fervently during this chapter of its history, ensconced in the new wealth of the New World. Yet most of these finely aged facades retain a quiet, sober dignity as well. Behind the painted stucco and artistically wrought iron grills and gates, the interiors of these great homes were luxurious private worlds – well-appointed in nearly every detail. You'll see this clearly as you visit Casa Urquiaga, now Peru's central reserve bank headquarters, still showcasing the ex-mansion's formidable collection of furniture, art and pre-Columbian ceramics. And again at the Casa de la Emancipación, a beautifully restored republican home where the document declaring Trujillo's independence from Spain was signed in 1820. Visiting the 1855 Italian Neo-Renaissance Palacio Iturrégui, you'll find yourself mingling with the members of Club Central, a tony private gathering place sporting three internal courtyards ringed by ornate columns, floored in marble and detailed with gold ceiling moldings. At still another of Trujillo's prestigious old addresses, the Casa Aramburú Jimeno, you'll enjoy a refreshing cocktail before the drive back to your ship.

- Travel by coach to Trujillo, founded in 1534 by Pizarro and still keeping one foot in the colonial era.
- Visit several of the city's most opulent mansions, displaying the height of New World wealth and taste.
- Tour a home that's now the offices of Peru's central bank, and another where Trujillo formalized its 1820 independence from Spain.
- Enter Club Central, an opulent 1855 manse with three marble, gilded and colonnaded inner courtyards.
- Sip a cocktail at the Casa Aramburú Jimeno before the drive back to Salaverry pier.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Jeans, t-shirts and athletic shoes or beach-type sandals are not allowed in the Club Central.

### SLA-006 TRUJILLO CITY TOUR AND ARCHAEOLOGICAL MU

**Duration: 3.50 Hrs** **Tour Price: \$129.00**



**Date: March 21, 2023 12:30 PM**

Discover the rich history of Peru's first independent city and its most alluring attractions by visiting an archaeological museum and a vibrant square in the heart of Trujillo. Founded in 1534, Trujillo is the second-oldest Spanish city in Peru. You will gain a greater understanding of the city's fascinating past at the Archaeological Museum of the National University of Trujillo. Located in a 17th-century house, the museum displays a collection of artifacts that trace the region's history, starting with the arrival of the first inhabitants 12,000 years ago. While browsing, you can expect to see revealing ceramics, mummies and relics unearthed in the Moche pyramids nearby. You will next visit Trujillo's bustling city center, an area full of beautifully preserved colonial architecture. Highlights include a 17th-century cathedral, the ornate city hall and several historical residences once owned by affluent colonial families. During free time around the main square of Plaza de Armas, be sure to notice the Freedom Monument.

- Browse an archaeological museum with artifacts such as ceramics and mummies.
- Revel in the engaging atmosphere and fine architecture in Trujillo's bustling city center.
- Spend free time in the main square, one of the most popular shopping areas.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1.5 hours of easy walking. It is available to guests who utilize a collapsible wheelchair, are able to both make their way on and off the coach and have a companion to assist them. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.

### SLA-007 EL BRUJO

**Duration: 5.00 Hrs** **Tour Price: \$169.00**



**Date: March 21, 2023 12:45 PM**

Explore an unusual archaeological site and museum that reveal the intricacies of the ancient Moche culture and the high priestess that ruled. While agriculture has long fueled the economy, the fertile Chicama Valley is also known for El Brujo, which means "The Sorcerer," an archaeological site where remnants of the Moche civilization have been unearthed. As you meander through the archaeological complex, you will discover its importance and the sophistication of the Moche civilization that flourished here until the 9th century. You may also hear legends about how El Brujo originated and why it drew so many shamans and healers. One of the greatest discoveries was the tomb of the Lady of Cao, the high priestess who ruled here. Her mummified body lies in the museum and is adorned with snake and spider tattoos similar to those typically depicted on Moche pottery. Other highlights include jewelry, textiles and a Moche idol sculpted out of a lucuma tree.

- Ramble through the excavated ruins of the ancient Moche civilization.
- Recognize the archaeological significance of the site, known as El Brujo or The Sorcerer.
- See extraordinary Moche artifacts and the mummified, tattooed body of a high priestess.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes significant walking and/or standing - at times on uneven ground and approximately 80 steps; therefore, it is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### SLA-002 CHAN CHAN CITY OF PALACES

**Duration:** 4.00 Hrs **Tour Price:** \$119.00



**Date:** March 21, 2023 01:00 PM

Take a walk through the fascinating ruins of what was once the capital city of the Chimu Empire, predecessors of the ancient Incas. Chan Chan is widely considered one of the most spectacular pre-Columbian sights in the New World – and certainly its most sizable mud-constructed landmark. It's also quite literally a city of palaces. While the city's eight square miles of buildings encompass many modest wattle and daub huts and "middle class" adobe brick houses, it's the many-roomed palaces of the Chimu nobles that will most capture your imagination. Your guide will help interpret the meaning of the intricate decorative reliefs and patterns carved into their fortress-like exterior walls and ceremonial interior courtyards. Oddly, you'll find the most important of the residences' courtyards devoid of ornamentation. Modern archaeologists theorize that these unadorned private spaces were in fact bedecked with showy weavings and fabrics, possessions the Chimu people prized even more than gold and silver. Another intriguing aspect of Chan Chan is the 500-year-plus age range of its buildings – the result of the Chimu's habit of abandoning each palace once its noble owner died, constructing a new one next door. Imagine doing that in the modern world!

- Drive up the Peruvian coast by coach to the UNESCO-listed ruins of Chan Chan, once a city of 60,000.
- Enjoy a guided walking tour of this capital of the Chimu civilization, abandoned after six centuries until the Incas conquered it in 1470.
- Tour the ruins of palatial walled residences that belonged to Chan Chan's nobles and learn about the history and culture behind them.
- Marvel at the sheer scale of this, the largest and most spectacular city built of mud in the New World.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable shoes are essential.
- Be sure to bring a hat, sunglasses and sunscreen.

Comfortable footwear is a must for negotiating the ramps and stairs at the temples. Visited areas are going through a continuous process of excavation.

### SLA-002OE OCEANIA EXCLUSIVE - CHAN CHAN CITY OF PALACES

**Duration:** 4.00 Hrs **Tour Price:** \$229.00



**Date:** March 21, 2023 01:00 PM

Designed for travelers who prefer an added measure of intimacy and flexibility, our new Oceania Exclusive tours limit group size to just 16 guests maximum. The Oceania Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world. Take a walk through the fascinating ruins of what was once the capital city of the Chimu Empire, predecessors of the ancient Incas. Chan Chan is widely considered one of the most spectacular pre-Columbian sights in the New World – and certainly its most sizable mud-constructed landmark. It's also quite literally a city of palaces. While the city's eight square miles of buildings encompass many modest wattle and daub huts and "middle class" adobe brick houses, it's the many-roomed palaces of the Chimu nobles that will most capture your imagination. Your guide will help interpret the meaning of the intricate decorative reliefs and patterns carved into their fortress-like exterior walls and ceremonial interior courtyards. Oddly, you'll find the most important of the residences' courtyards devoid of ornamentation. Modern archaeologists theorize that these unadorned private spaces were in fact bedecked with showy weavings and fabrics, possessions the Chimu people prized even more than gold and silver. Another intriguing aspect of Chan Chan is the 500-year-plus age range of its buildings – the result of the Chimu's habit of abandoning each palace once its noble owner died, constructing a new one next door. Imagine doing that in the modern world!

- Drive up the Peruvian coast by coach to the UNESCO-listed ruins of Chan Chan, once a city of 60,000.
- Enjoy a guided walking tour of this capital of the Chimu civilization, abandoned after six centuries until the Incas conquered it in 1470.
- Tour the ruins of palatial walled residences that belonged to Chan Chan's nobles and learn about the history and culture behind them.
- Marvel at the sheer scale of this, the largest and most spectacular city built of mud in the New World.
- Enjoy a higher level of personal attention and flexibility on this Oceania Exclusive small group tour.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable shoes are essential.
- Be sure to bring a hat, sunglasses and sunscreen.

Comfortable footwear is a must for negotiating the ramps and stairs at the temples. Visited areas are going through a continuous process of excavation.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ❖ GUAYAQUIL, ECUADOR

#### GYE-002 HIGHLIGHTS OF GUAYAQUIL

**Duration: 3.00 Hrs**   **Tour Price: \$119.00**



**Date: March 23, 2023 09:00 AM, 02:00 PM**

Settle back for a mostly-panoramic survey of central Guayaquil's most significant locales and landmarks. Drive along architecturally rich Avenue of Guayaquil and see monuments to the heroes of Ecuador's battle for independence from Spain in leafy Centennial Park. Stand before an impressive equestrian statue of South America's adored action hero, Simón Bolívar in Parque Seminario. And be just as impressed by the number of iguanas free-roaming the grounds and treetops of this handsome urban greenspace the locals call Iguana Park. Enjoy a scenic spin past the Malecón 2000, a long boardwalk along the Guayas riverfront that encompasses gardens, monuments and public enjoyment spaces – an ambitious example of urban renewal gone right – and see the South Market, the Moorish Clock Tower, City Hall and the riverfront Rotonda with its enormous bronze statue commemorating the 1822 meet-up of liberators Bolívar and San Martín. At the end of the Malecón, the brightly colored houses of Guayaquil's oldest neighborhood nestle at the foot of Santa Ana Hill. This classic district, Las Peñas, is trending all over again after a significant resurgence in recent years, and the views from the chapel and lighthouse atop Santa Ana are the best in town.

- Relax and take in the top sights of Guayaquil by panoramic coach.
- See Simón Bolívar captured heroically in statuary in several spots around the city, including on horseback in a park popular with iguanas.
- Drive the riverfront boulevard along the Malecón 2000 boardwalk and see a fabulous Moorish Clock Tower, the impressive Rotonda Monument and more.
- Drive through vibrant Las Peñas, a resurging neighborhood colorful houses, cafés and galleries.
- Catch sweeping city, skyline and water views from the top of Santa Ana Hill.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is mostly panoramic with some stops at the most important landmarks along the Malecón 2000. It is available to guests who utilize a collapsible wheelchair, are able to both make their way on and off the coach and have a companion to assist them.

#### GYE-005 THE FLOWERS OF GUAYAQUIL

**Duration: 6.00 Hrs**   **Tour Price: \$209.00**



**Date: March 23, 2023 09:00 AM**

Enjoy a rare insider's tour of two huge nursery farms in the interior mountains where magnificent orchids and exotic plants are grown for export to the world. Ecuador's biodiversity is truly spectacular, and this excursion plunges you right into the midst of its beauty. Driving inland into the gorgeous highlands, your first stop is Ecuagenera orchid farm, founded over 50 years ago and today the largest orchid exporter in the Americas. More than 4,000 native species of orchids flourish in the jungles of Ecuador, and most of them are propagated here, along with the farm's own newly created species not found anywhere else on earth. Plan on being overwhelmed by the beauty – and heavenly fragrance – of this very magical place. And that theme continues when you move on to tour Magic Flowers, a Rainforest Alliance Certified venue where more than 1,200 species of indigenous Ecuadorian ferns and exotic plants are grown using earth-friendly sustainable practices. Stroll this showplace nursery where thousands of gingers, heliconias and colorful anthuriums thrive and visit the packing facility where these jungle beauties are carefully prepped for shipment to eager gardeners and nurseries throughout the world.

- Bask in the astounding biodiversity of Ecuador as you drive into the highlands to tour two nurseries that rival any you've seen.
- See thousands of orchids being grown at a sprawling farm that even creates entirely new varieties.
- Drink in the beauty of deep-red Burragearas, splashy Cattleya clones and bizarre Vanda crosses.
- Visit a second farm where exotic ferns, gingers, heliconias and anthuriums are grown for shipment all around the world.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, insect repellent, sunglasses and sunscreen as needed.
- The wearing of jewelry is strongly discouraged.

This tour includes approximately 2 hours of easy-to-moderate walking and standing with some natural surfaces possibly involved. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### GYE-003 MUNICIPAL MUSEUM & LAS PENAS

**Duration: 3.50 Hrs** **Tour Price: \$179.00**



**Date: March 23, 2023 09:15 AM, 01:00 PM**

Visit a museum that showcases pre-Colombian artifacts as well as contemporary artwork, and stroll the cobbled streets of Guayaquil's oldest neighborhood. Setting out from the pier by coach, travel along the waterfront Malecón to MAAC, the Anthropological and Contemporary Art Museum. This state-of-the-art venue celebrates the art and culture of Ecuador – from ancient to modern. Wandering the inspiring collections, you'll encounter a huge trove of well-preserved archaeological artifacts, some dating back over 3,000 years. Viewed as a whole, the museum presents a vivid picture of Ecuador's early origins and progression through the centuries. Leaving museum exhibits behind, you'll shift your focus to Las Peñas – a real-world locale with its own history lovingly restored in recent years. Brightly painted homes, some as old as 400 years, cluster here at the foot of Santa Ana Hill. Strolling these cobblestone streets lined with colonial coastal architecture, art galleries, artisanal restaurants and bustling sidewalk cafés, it's hard not to be seduced by the color of daily Guayaquil life. For a true firsthand perspective, you might even try striking up a conversation with one of the locals. They're understandably proud of their neighborhood.

- Travel by coach along the Malecón to a modern riverside building filled with ancient artifacts.
- Browse the collections of the Anthropological and Contemporary Art Museum, spanning from 3,000 years ago to contemporary.
- Gain a deeper understanding of the history of Guayaquil and the cultural patrimony of Ecuador.
- Walk the cobbled streets of Las Peñas, the city's oldest and most colorful neighborhood – more vibrant today than ever.
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, insect repellent, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of easy walking, some of it over uneven surfaces. The tour is available to wheelchair guests who have a collapsible chair, can make their own way on and off the coach and have a companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

### GYE-008 PUERTO EL MORRO

**Duration: 6.00 Hrs** **Tour Price: \$249.00**



**Date: March 23, 2023 09:30 AM**

Cruise the Guayas River, a protected waterway lined with mangroves, where you will likely spot bottlenose dolphins and an incredible variety of birds. You will embark on the river boat at Puerto El Morro. As you motor through the typically calm waters, you can expect to see numerous bottlenose dolphins, an intelligent, social species that can swim as fast as 18 miles per hour. Because they surface two or three times a minute to breathe, it should be a nonstop spectacle when pods of dolphins are in the area. Bottlenose dolphins are also quite acrobatic and may be seen leaping out of the water. They commonly swim alongside the boat, so you might have a remarkably close-up view of them. Birds are even more abundant because the mangroves provide shelter and a breeding ground for the fish that the birds prey on. The guide will point out and identify species such as herons, cormorants and terns.

- Embark a boat at Puerto El Morro and cruise the Guayas River.
- Look for bottlenose dolphins, which inhabit these waters in great number.
- Keep an eye out for birds such as herons and cormorants, as well.
- Dress in weather-appropriate clothing.
- Bring insect repellent and sunscreen.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guests' discretion during stops. It is not recommended for guests who utilize a wheelchair. Guests with mobility concerns should evaluate their ability and stamina before joining the tour. Insect repellent and sun screen strongly suggested.

### GYE-001 HISTORIC PARK & ECUADORIAN LUNCH

**Duration: 5.25 Hrs** **Tour Price: \$179.00**



**Date: March 23, 2023 10:00 AM**

Gain an understanding of Guayaquil and its surroundings as you tour a multi-faceted historical park and savor an Ecuadorian lunch. Your visit to the Historical Park of Guayaquil provides a rich immersion into the urban architecture, cultural traditions and colorful wildlife that together define this 500-year old city on the Pacific. Moving from exhibit to exhibit, often by raised pathway, you'll get a true feel for what has made Guayaquil so special through the centuries. The sprawling venue is divided into three distinct zones, each presenting a different aspect of the region. See important early 20th century buildings in the Urban Architecture section. Tour a rural country house and its farming implements and see what Guayaquil looked like a century ago in the Traditions zone. And get up-close glimpses of indigenous Ecuadorian plants and animals in the Endangered Wildlife habitat. Returning to the heart of Guayaquil by coach, enjoy lunch in one of the city's most popular restaurants, then catch more city sights during a leisurely drive back to the pier.

- Delve into the essence of one of Ecuador's premier cities on a visit to the Historical Park of Guayaquil.
- Explore three distinct zones of this fascinating park, moving from section to section by raised pathway.
- See century-old buildings relocated and preserved here, a fully outfitted country hacienda, and a menagerie of exotic indigenous animals.
- Savor a traditional Ecuadorian lunch, served at a popular restaurant in the city center
- Wear lightweight, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, insect repellent, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of easy walking. The tour is available to wheelchair guests who have a collapsible chair, can make their own way on and off the coach and have a companion to assist them. Keep in mind that not all areas of the Historical Park are wheelchair accessible. Those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### GYE-007 THE CACAO ROUTE

**Duration: 5.00 Hrs** **Tour Price: \$269.00**

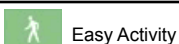


**Date: March 23, 2023 10:00 AM**

See how chocolate is made step by step at Hacienda Castillo using the plantation's highly coveted cacao, which flourishes in the area's dry climatic conditions. Although crops such as mango and papaya thrive at the plantation, cacao is king. While touring, you will gain an understanding of the entire process from growing cacao to processing it. You will see how plantains are planted next to the cacao to provide shade, how the fields are irrigated for optimal humidity and how proper fermentation affects the flavor and aroma. The cacao grown at the plantation is Don Homero—Cerecita, a variety with more antioxidants than most cacao. You will have the opportunity to taste the cacao at various stages of production and then sample the finished product at the plantation's boutique chocolate factory. Because Hacienda Castillo controls every step of production from growing the cacao to making the chocolate, the end product is extraordinary.

- Gain insight into the growing and harvesting of cacao, a key ingredient in chocolate.
- Taste a variety of cacao called Don Homero—Cerecita and the chocolate made with it.
- Tour a plantation where the cacao is grown along with mango and papaya.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of walking. It is not recommended for guests who utilize a wheelchair. Guests with mobility concerns should evaluate their ability and stamina before joining the tour. The terrain is irregular and unpaved and could be muddy and slippery during the rainy season from January to May.



Easy Activity



Moderate Activity



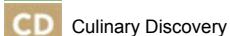
Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour



### ❖ MANTA, ECUADOR

#### MNT-008 CERRO JABONCILLO ARCHAEOLOGICAL SITE

**Duration: 6.25 Hrs**   **Tour Price: \$169.00**



**Date: March 24, 2023 07:00 AM, 12:00 PM**

Travel back over a thousand years to an active archaeological site showcasing artifacts from the culture that dominated the Manta region long before the Spaniards arrived. You'll head out from the pier with a drive along Manta's trademark malecón seafront promenade, while your guide provides enlightening background on the area's pre-Columbian residents such as the Valdivia people, whose pottery fragments are the oldest found anywhere in South America. Reaching the outskirts of town, and higher up into the slopes of Cerro Jaboncillo, you'll tour the archaeological site – and observe what remains of a complex society that controlled large parts of this region between 900 and 1500 AD. Relics found here and on display tell the story of a highly developed culture that used the sea to extend their culture as far as the California Gulf, Mexico, Chile and Peru. Among the most impressive sights are the massive U-shaped stone "power seats" used by the Manteño notables. Your visit to this place is an experience in cultural history, adventure tourism and uniquely unspoiled nature – and provides a memorable glimpse into the story of a once-dominant civilization that has all but vanished.

- Travel by coach from Manta's scenic seafront out into the mountain slopes of Cerro Jaboncillo.
- Tour an active archeological site and museum that showcases a highly developed indigenous culture that once held great power here.
- Admire a range of artifacts dating from between 900 and 1500 AD, including massive ceremonial seats.
- Learn about the peoples who flourished in this region before the Spaniards' arrival.
- Observe the plants and animals that survive in the unique ecosystem around the archaeological site.
- Wear lightweight clothing; include a light rain jacket or umbrella in case of rain.
- Flat, comfortable hiking shoes are recommended.
- Bring a hat, insect repellent, sunglasses and sunscreen as needed.

This tour involves some physical activity, including more than 70 steps. While likely, wildlife sighting is not guaranteed. Please have a hearty breakfast, as this tour does not include lunch. Light snacks will be provided towards the end of the tour. There will be option of purchasing some local snacks.

#### MNT-005 SAN CLEMENTE BEACH BREAK

**Duration: 6.00 Hrs**   **Tour Price: \$109.00**



**Date: March 24, 2023 07:30 AM**

Travel by coach to a pristine stretch of Pacific coast beach where you can swim, relax in the sun or shade, and sip cool drinks from the adjacent hotel. San Clemente Beach is north of Manta and an ideal place to just tune out for a few hours. You'll have time to relax as you please, either on the sand in the sun or on a shaded beach lounge provided by the Palmazul Hotel. They'll also provide up to three complimentary soft drinks – and of course they also a full bar and snacks if you have a hankering. will also be provided. The Palmazul property also offers a fresh pool and is dotted with palm tree shade. Bring along your favorite read, your favorite shipboard friends, or go it alone with just your travel companion. Either way, you'll return to the pier refreshed: While close to the Equator, this section of shoreline is cooled nicely by the waters of the Humboldt Current, which carry a little bit of Antarctic chill up the coast to tropical South America.

- Settle back for a scenic drive to San Clemente Beach, a pristine strand to the north of Manta.
- Enjoy several hours of free time here along the sand with access to the facilities of adjacent Palmazul Hotel.
- Lounge in the warm sun or cool shade, swim in the inviting water, and sip complimentary soft drinks.
- Wear a long-sleeved light cotton shirt and pants over swimwear.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, insect repellent, a towel from the ship, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at guests' discretion. There are natural, sandy surfaces involved. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. Those who participate in water activities do so at their own risk and responsibility.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### MNT-007 ISLA CORAZON - A BIRD PARADISE

**Duration: 7.00 Hrs**   **Tour Price: \$399.00**



**Date: March 24, 2023 07:30 AM**

Travel to the eco-city of Bahía, then embark by launch to tour a river island where some 60 species of birds thrive among the protected mangroves. The drive north from the pier brings you to Bahía de Caráquez, sandwiched between the pounding Pacific and the tranquil Río Chone estuary. Victim of two successive and devastating natural disasters in the 1990s, Bahía has reinvented itself as one of the world's first eco-cities and earned praise worldwide for its sustainable development, reforestation and tourism programs. On arrival, you'll transfer to small launches for the brief trip upstream along the Río Chone to Isla Corazón. A top-tier destination for birdwatchers, this island has become its own eco-tourism showcase, in which local fishermen have protected the mangroves from encroachment by the shrimp farming industry and expanded their territory on the island. This originally-private initiative is now protected by the government – ensuring a secure habitat for some 60 bird species – and Isla Corazón can only be visited on guided tours led by these same fishermen. It's a huge win for the environment and a wonderful natural adventure for you. After your island tour, enjoy lunch at a local hotel back on the mainland.

- Enjoy a scenic coach ride from Manta north to the coastal eco-city of Bahía de Caráquez.
- At Bahía, board a launch and head upstream along the Río Chone to mangrove-wrapped Isla Corazón.
- Guided by a local fisherman responsible for protecting this precious avian habitat, enjoy an island tour and spot some of the 60-or-so bird species that thrive here.
- Cruise by a tiny separate island a colony of endangered Frigate birds now calls home.
- Enjoy lunch back on the mainland and learn about Bahía's impressive environmental accomplishments.
- Wear lightweight clothing; long sleeves and long pants and a light rain jacket recommended.
- Flat, comfortable hiking shoes are recommended.
- Bring a hat, insect repellent, sunglasses and sunscreen as needed.

This tour is not recommended for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.

### MNT-001 MONTECRISTI AND HIGHLIGHTS OF MANTA

**Duration: 4.00 Hrs**   **Tour Price: \$129.00**



**Date: March 24, 2023 08:00 AM, 01:00 PM**

Discover intriguing sights, a rich culture and warm people on this introductory tour of Manta and picturesque Montecristi. You'll visit the Archaeological Museum for background on the history and ethnic origins of this part of Ecuador, enjoy a spin along Manta's scenic seaside promenade, and travel through the suburbs to the neighboring town of Montecristi. Famed for its natural crafts, the central square here is brimming with stalls where vendors offer everything from straw baskets and jewelry to fine handmade Panama hats – which really originated here in Ecuador. A visit to a Cabuya factory provides a rare peek into traditional plant weaving, a once-vibrant industry in the Manta region, today practiced only at this one remaining site. Enjoy a demonstration of the artful, archaic process that turns a natural plant fiber into woven bags once prominently used in agriculture and casual fashion – and leave with a small, eco-friendly bag as a souvenir of your visit. En route back to the pier, you'll stop to inspect the wares at a workshop where the ivory-like nuts of the Tagua palm are fashioned into everything from buttons to small sculptures by craftsmen who've honed their nut-carving skills for generations.

- See Manta's seaside esplanade and explore a museum that brings the area's cultural history to life.
- Walk the central square of Montecristi, a crafts haven known for its world-class Panama hat makers.
- Tour the region's last active Cabuya factory, where a natural plant fiber is intricately woven into bags.
- Visit a workshop and see how the ivory-like nuts of the Tagua palm become buttons and even distinctive, small sculptures by the hands of skilled craftsmen.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### MNT-006 PACOCHE HANDICRAFTS & WILDLIFE REFUGE

**Duration:** 4.25 Hrs **Tour Price:** \$169.00



**Date:** March 24, 2023 08:00 AM, 01:00 PM

Hike into a leafy coastal forest reserve frequented by howler monkeys and exotic birds, and learn how palm nuts are carved and Panama hats are woven. Lush green Pacoche Forest is a precious, ecologically complex remnant of the primeval forest that once covered vast swathes of Ecuador's coast. Today, while still subject to environmental uncertainty, it provides a protected home to an enormous wealth and diversity of species. Your drive from the pier traverses unmarked but obvious habitat boundaries between the predominant dry forest and pockets of wetter forest like the one you'll explore when you arrive at Pacoche Lodge. Your guided hike sets out from a trailhead on the lodge grounds, situated just next to the Pacoche Wildlife Refuge. The lodge's trails offer a private glimpse into this fascinating ecosystem where hundreds of birds flit among the dense canopy and howler monkeys call across the distances. Returning from the rigorous trek, relax and enjoy a presentation of weaving techniques used to make Panama hats – which really should be called Ecuador hats – and discover how many eco-friendly end products can be carved from the ivory-like nuts of the Tagua palm.

- Enjoy a scenic coach trek along Ecuadorian coast roads to the Pacoche Lodge trailhead.
- Embark on a guided trail hike into a protected forest ecosystem that supports a robust variety of canopy and wildlife.
- Be on the lookout for everything from armadillos and howler monkeys to countless exotic bird species.
- Back from the trek, discover how Panama hats are made and ivory-like palm nuts become jewelry or shirt buttons.
- Wear lightweight clothing including a long-sleeved shirt and long pants.
- Sturdy, comfortable walking or hiking shoes with closed toe are required.
- Bring a hat, insect repellent, sunglasses and sunscreen as needed.

This excursion involves walking on trails with steep terrain and a significant number of stairs, so is recommended only for physically fit guests without heart, hip, back or knee problems. Trails within Pacoche can be quite steep and can be muddy and slippery during rainy season. Wildlife sightings, while likely, are not guaranteed.

### MNT-WT1 BEACH YOGA AND COOKING CLASS AT LAS TAN

**Duration:** 6.50 Hrs **Tour Price:** \$469.00



**Date:** March 24, 2023 08:30 AM

Enjoy a yoga session on an eco-resort's private beach, then prepare Ecuadorian dishes in a hands-on cooking class. Settle in for a delightful drive as you head south along the Ecuador coast to Las Tanusas, an Earth-friendly resort built around a secluded beach and focused on providing a healthy, stress-free natural setting. That tranquility combines with the sounds of gently lapping waves and tropical birds to make this an ideal environment for your guided yoga class. Once you've followed your instructor through the poses and achieved a sense of well-being and connection with your inner self, you'll discover that cuisine preparation here at Tanusas is yet another exercise in natural harmony. Seasonal fruits, vegetables and herbs are organically grown on-site, and the seafood is harvested using ancient fishing techniques. Having gathered many of the ingredients for your cooking class in the resort's vegetable garden, you'll visit the BocaValdivia restaurant kitchen to learn how to prepare Ecuadorian dishes with roots going back 10,000 years. Working with these aromatic, wonderfully textured and extraordinarily fresh and colorful ingredients will heighten your senses – while sitting down to enjoy your concoctions afterwards will richly reward your palate.

- Travel along the coast to Las Tanusas Eco-Retreat, a resort focused on harmony with nature and self.
- Savor a guided yoga session on a private beach, to a soundtrack of lapping waves and tropical birds.
- Visit the resort gardens to gather fresh organic ingredients for your hands-on cooking class held at the renowned BocaValdivia restaurant.
- Learn some ancestral Ecuadorian techniques used by the culinary team as you prepare several dishes.
- Trade the kitchen for the dining room and savor the delicious and aromatic food that you've made.
- Wear lightweight, yoga-friendly clothing.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive

### MNT-004 ECUADORIAN TEA & LOCAL DANCE PERFORMAN

**Duration: 2.50 Hrs** **Tour Price: \$149.00**



**Date: March 24, 2023 09:00 AM, 11:00 AM, 02:30 PM**

Be enchanted by the culture of Ecuador at an afternoon tea and traditional dance performance at a beachfront hotel. It's just a brief drive through downtown Manta to the Montecristi Golf Club. The tea served during your afternoon visit is just as carefully blended, while the canapés and sweets that accompany it will feature whatever ingredients are freshest that day – perhaps smoked salmon finger sandwiches along with mango-filled pastries and banana tartlets. After savoring these flavor notes reflective of the Ecuadorian palate, served in luxurious surroundings in the Golf Club, watch an Ecuadorian dance troupe perform modern and traditional dances that showcase the multicultural character of the country. You'll notice African influences and Andean rhythms at play as the dancers gracefully cover the stage in their brightly colored costumes. It's so easy to get swept up by the experience, you might find yourself tempted to try a few of these ethnic Ecuadorian dances moves yourself. No worries: after the show, the troupe will be happy to teach you a step or two.

- Travel by coach to the Montecristi Golf Club
- Relax and enjoy an Ecuadorian afternoon tea with fresh savory and sweet accompaniments.
- Take in a captivating performance by a colorfully costumed troupe of Ecuadorian dancers.
- Feel free to step out on the stage at show's end to try your hand at some of the steps.
- Wear casual, lightweight clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking and is available to wheelchair guests and those with mobility concerns. Wheelchair access is only available at the golf club.

### MNT-003 MONTECRISTI BY CHIVAS

**Duration: 3.00 Hrs** **Tour Price: \$179.00**



**Date: March 24, 2023 09:15 AM, 01:30 PM**

Enjoy a fun-filled ride via local Chivas Bus to the heritage sights and shops of Montecristi. You've probably seen the Chivas before, molded into those adorable miniature ceramic buses sold at craft shops, complete with baskets of chickens and colorful produce strapped to their roof. But the actual-size Chivas Bus is Ecuador's vibrant answer to mass transit. And it's a bouncy, down-to-earth, wonderful ride. Chivas routes crisscross the country, offering reasonably-priced transportation between the towns along the coast and the interior. Your Chivas ride today will be a convoy-style transfer to inland Montecristi, with a local band riding atop one of the buses as the en route entertainment. Beautiful little Montecristi retains the atmosphere and faded elegance of its Spanish heritage – and is also the authentic home of what has long been known as the "Panama hat," misnamed years ago by Teddy Roosevelt during his inspection tour of the Panama Canal construction site. With free time to wander Montecristi once you arrive, you'll see many of these dapper woven toppers offered by the artisans whose stalls line the central plaza. Plenty of tempting straw baskets, jewelry and other colorful handicrafts, too.

- Travel to Montecristi like a native Ecuadorian – aboard a rustic, colorful, wooden-seated Chivas Bus.
- Enjoy the scenic roundtrip journey, with a local band riding atop one of the buses in your convoy.
- Take free time to soak up the character and browse for top-quality crafts in Montecristi.
- Wander the main square market where Panama hats that many consider the world's most authentic are made and sold.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

The Chivas is a local form of transportation, and though great fun, has a high step to enter, wooden seats, no public address system, and is not air-conditioned. This tour is basically a roundtrip transfer to Montecristi. Once there, you will have time to explore the town on your own.

### MNT-GG1 TAKING CARE OF THE OCEAN

**Duration: 3.00 Hrs** **Tour Price: \$139.00**



**Date: March 24, 2023 10:00 AM, 02:00 PM**

Discover how biodegradable fishing nets are used to help protect the ocean waters off Manta. Fishing nets are often lost or discarded at sea, yet still unintentionally continue to trap marine life, a problem known as "ghost fishing." Biodegradable fishing nets made from banana plant fiber are an excellent alternative, as they completely decompose if left in saltwater. After watching how these environmentally friendly nets are made with sustainable materials, you will visit Sanoceanos, the company that tests the nets for endurance and other qualities that are important to the local tuna fishing industry. The process is fascinating and fishing boats now increasingly use the biodegradable nets instead of synthetic nets that can litter the ocean and harm marine life for years. The versatility of the banana fiber may surprise you. It is used to make writing paper, vacuum bags and currency such as the Japanese yen.

- Learn how biodegradable fishing nets protect the seas by decomposing over time .
- See how biodegradable nets are made from a banana fiber known as Manila hemp .
- Recognize the versatility of the natural fiber, which is also used to make paper currency .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 1.5 hours of walking. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ❖ PANAMA CITY, PANAMA

#### PCP-001 PANAMA CANAL EXPERIENCE

**Duration: 7.00 Hrs** **Tour Price: \$279.00**



**Date: March 26, 2023 08:00 AM**

Ride a ferry through several locks in the Panama Canal while enjoying a hearty buffet lunch and some of the most spectacular views in Panama. Once you settle into the spacious ferry, you will cruise north, passing through the Miraflores locks, which will raise the vessel 56 feet to allow it to enter Miraflores Lake. Ahead lie the Pedro Miguel locks, where the water will once raise the ferry so it can enter Gatun Lake, the world's largest man-made lake. You will then cross the Continental Divide and continue on to Gaillard Cut, an excavated gorge more than eight miles long. The soil here was originally unstable, causing landslides that made construction all the more demanding. Excavations continue today to ensure that the canal will remain open. You will see some of the gargantuan floating cranes used to dredge the canal upon arriving in Gamboa, where you will receive a certificate commemorating your canal crossing.

- Cruise through several locks in the Panama Canal on a partial transit.
- Watch the water in the locks raise your vessel through an extraordinary feat of engineering.
- Pass through the world's largest manmade lake.
- See some of the massive equipment that keeps the canal dredged and open to traffic.
- Receive a certificate that commemorates your canal crossing.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair and who are able to both make their way on and off the coach. Restrooms are available on the ferry but not on the coaches.

#### PCP-005 GAMBOA AERIAL TRAM

**Duration: 5.00 Hrs** **Tour Price: \$189.00**



**Date: March 26, 2023 08:30 AM**

Observe the wilds of Soberania National Park from an aerial tram high above the rainforest floor and from atop an observation tower that offers an entirely different perspective. The aerial tram leaves from the contemporary Gamboa Rainforest Resort in the heart of the national park, a wonderfully natural and unspoiled setting. As you ascend from the forest's shaded understory into the sunnier tree canopy, the types of vegetation and animals will change. Mammals such as coatis and capybaras may be spotted at ground level, while sloths, howler monkeys and tropical birds are often seen in the higher altitudes. The ride will offer a spectacular overview of the rainforest that seems to go on forever. Later, you will have the opportunity to climb an observation tower for a different 360°-view of the wilderness. You might also browse the resort's butterfly farm, orchid garden and serpentarium.

- Ride through the rainforest tree canopy in an aerial tram.
- Enjoy sweeping views of the rainforest, which lies within a pristine national park.
- Look for wildlife that includes sloths, howler monkeys and tropical birds.
- Climb an observation tower for a 360°-view of the wilderness.
- Enjoy other attractions such as an orchid garden from your base in a rainforest resort.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes moderate walking, some of it over uneven surfaces. The tour may not be suitable for wheelchair guests as they must be able to both make their way on and off the coach and the tram, as well as have a collapsible wheelchair. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. A light snack will be provided during the tour. Restrooms are available at the resort, but not on the coaches. Wildlife sightings are not guaranteed.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive

### PCP-006 ECO-CRUISE & MIRAFLORES LOCKS

**Duration: 5.50 Hrs** **Tour Price: \$189.00**



**Date: March 26, 2023 08:30 AM**

Marvel at the engineering behind the Miraflores locks on the Panama Canal and then cruise expansive Gatun Lake, looking for wildlife. It won't take long to reach the locks, as they are the nearest ones to the canal's Pacific side. To become familiar with the locks, you will watch a video about the challenges that the engineers overcame during construction and how the locks now function. You will then watch the Miraflores locks in action from a nearby viewing platform. A scenic 45-minute drive inland will bring you to the Gamboa Rainforest Reserve for an eco-cruise on Gatun Lake. As the world's largest manmade lake, Gatun is teeming with wildlife, especially water birds. You will also likely spot all sorts of monkeys on aptly named Monkey Island, which is inhabited by howler, Capuchin and tamarin monkeys. You may also enjoy up-close views of ships transiting the canal.

- Watch a fascinating video that details the construction of the Miraflores locks.
- See the locks functioning in real time from an excellent perspective atop a viewing platform.
- Admire the tropical scenery while driving to the Gamboa Rainforest Reserve.
- Cruise massive Gatun Lake, watching for wildlife.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes moderate walking, some of it over uneven surfaces. The tour is not available to wheelchair guests as the sites are not wheelchair accessible, and it may not be suitable for those guests with mobility concerns. Restrooms are available at Miraflores locks and the Gamboa Resort, but not on the coaches or the tour boat. Wildlife sightings are not guaranteed.

### PCP-002 HIGHLIGHTS OF PANAMA CITY

**Duration: 4.50 Hrs** **Tour Price: \$129.00**



**Date: March 26, 2023 08:45 AM**

See the most historical districts in Panama City while hearing stories about the notorious characters that influenced them, both positively and negatively. Spanish soldier Pedro Arias de Avila founded Old Panama in 1519 and became the country's first governor. Captain Henry Morgan ruthlessly destroyed the city about 150 years later, causing it to be relocated to Casco Antiguo, the colonial city that you will explore next. As you will discover, the French and Spanish architecture throughout the city is extraordinary. Highlights include the Metropolitan Cathedral, whose entrance is flanked by two signature bell towers, and the cross-shaped National Theatre. Another point of interest is the wall engraving at Las Bovedas that recount the French attempt to construct the Panama Canal in the 1880s.

- Take in the must-see attractions in Old Panama and Colonial Panama, its successor.
- Hear tales of Captain Henry Morgan's wanton looting and destruction of Old Panama.
- Observe landmark buildings featuring French and Spanish architecture.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes considerable walking with some steps and uneven surfaces. The tour is not available to wheelchair guests and not recommended for those guests with mobility concerns. It is a 40-minute drive from the pier in a mini-coach to Panama City.

### PCP-003 TWO OCEANS BY RAILROAD

**Duration: 5.50 Hrs** **Tour Price: \$329.00**



**Date: March 26, 2023 09:00 AM**

Travel from one side of Panama to the other in a beautifully restored train, following a railway that serviced the construction of the Panama Canal. The ride will begin on the Pacific Coast side, where you will settle into a restored train car and enjoy sweeping views of the tropical rainforest. Along the way, the guide will describe the history of the railroad, which was completed in 1855 to accommodate the increasing gold-rush traffic and then rebuilt in the early 20th century. Once you cross the Continental Divide on the Caribbean side, you will be treated to a close-up look at the canal's system of locks. Completed in 1914, the Panama Canal is an engineering marvel that is exciting to watch in action as enormous vessels pass through the locks. You will pause at the Gatun locks, where the first concrete was laid in 1909.

- Ride a vintage train across Panama, from the Pacific Ocean side to the Caribbean side.
- Hear the history of the Panama Canal and how the railway was expanded to service it.
- Enjoy views of the rainforest on the way to the canal's famed Gatun locks.
- Have an opportunity to watch massive vessels pass through the locks.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair and who are able to both make their way on and off the train and the coach. A light snack will be served on board the train. Restrooms are available on the train and at Gatun locks, but not on the coaches. Wildlife sightings are not guaranteed.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### PCP-004 TWO OCEANS BY RAILROAD - DOME CAR

**Duration:** 5.50 Hrs **Tour Price:** \$399.00



**Date:** March 26, 2023 **09:00 AM**

Travel from one side of Panama to the other in a beautifully restored train, following a railway that serviced the construction of the Panama Canal. The ride will begin on the Pacific Coast side of the canal, where you will settle into a dome car with ceiling and side windows that present the most expansive view possible of the landscape. Along the way, the guide will describe the history of the railroad, which was completed in 1855 to accommodate the increasing gold-rush traffic and then rebuilt in the early 20th century. Once you cross the country and arrive on the Caribbean side, you will be treated to a close-up look at the canal's system of locks. Completed in 1914, the Panama Canal is an engineering marvel that is exciting to watch in action as enormous vessels pass through the locks. You will pause at the Gatun locks, where the first concrete was laid in 1909.

- Ride a vintage train across Panama, from the Pacific Ocean side to the Caribbean side.
- Settle into a dome car bathed in natural sunlight from the side and ceiling windows.
- Hear the history of the Panama Canal and how the railway was expanded to service it.
- Enjoy views of the rainforest on the way to the canal's famed Gatun locks.
- Have an opportunity to watch massive vessels pass through the locks.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair and who are able to both make their way on and off the train and the coach. A light snack will be served on board the train. Restrooms are available on the train and at Gatun locks, but not on the coaches. Wildlife sightings are not guaranteed.

### PCP-007 U.S. HERITAGE IN PANAMA

**Duration:** 4.00 Hrs **Tour Price:** \$129.00



**Date:** March 26, 2023 **10:00 AM**

Watch a set of locks operating for ships transiting the Panama Canal and visit two former American military bases in the Panama Canal Zone. The Miraflores locks are the ones closest to the Pacific side of the canal and among the most fascinating to watch. To enhance your understanding of the locks, a guide will explain how they function, using a scale model that clearly demonstrates the engineering behind their operation. Still, the highlight is seeing the locks in action from an elevated observation platform. Afterwards, you will travel to Fort Clayton, the former U.S. Army base for the Southern Command Headquarters. An enlightening tour will provide insight on how the troops lived and their mission at the time. You will also drive past the former Albrook Air Force Base, parts of which have been converted into a high-end commercial and residential area that includes an airport.

- Gain insight into the construction of the Miraflores locks through a scale model.
- See the locks functioning in real time from an excellent perspective atop a viewing platform.
- Pass through two former U.S. military bases, one for the Army, the other for the Air Force.
- Drive through Balboa, where most workers lived during the Panama Canal construction.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair and who are able to make their way on and off the coach. Guests with mobility concerns should evaluate their ability and stamina before joining the tour. Restrooms are available at Miraflores locks but not on the coaches



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive

### ❖ PUERTO LIMON, COSTA RICA

#### PEL-005 HACIENDA TAYUTIC EXPERIENCE

**Duration: 8.00 Hrs** **Tour Price: \$169.00**



**Date: March 28, 2023 08:30 AM**

Discover country living Costa Rican-style at a hacienda in the Tayutic Valley, where you will learn how the resident Ortuño family grows sugarcane, coffee and macadamia nuts. Chances are, you will spot other plantations during the drive there, as the fertile valley is agriculturally rich. While at the hacienda, you will see how the cane extract is processed to produce sweets with macadamia nuts. You will also watch a demonstration of how coffee is cultivated and then enjoy a coffee tasting that reflects the method of how the beans are roasted. As you tour the grounds, you will gaze out over the lush valley and the Reventazón River at its heart. The natural beauty will extend into the lunch venue, as you will dine outdoors in a garden that hummingbirds frequent. Afterwards, you might explore the grounds even further, stopping at a wooden chapel that German pilgrim brought here in 1880.

- Enjoy a picturesque drive into the fertile Tayutic Valley.
- Spend the day at a hacienda, watching how sugarcane and coffee are grown and processed.
- Meander about the hacienda grounds, admiring the panoramic views of the valley.
- Browse the hacienda gift shop, which carries merchandise produced on site.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

#### PEL-010 AERIAL TRAM & RAINFOREST ADVENTURE

**Duration: 7.00 Hrs** **Tour Price: \$159.00**



**Date: March 28, 2023 08:30 AM**

Explore different elevations of a rainforest by riding an aerial tram through the tree canopy and walking along the forest floor with a naturalist guide. The tram is open-air on all sides to provide unobstructed views of the Braulio Carrillo National Park in every direction. As you glide through the rainforest canopy for well over an hour, the guide will point out and describe the natural wonders, which include an enormous variety of indigenous flora and fauna. You may spot spider monkeys swinging among the tree branches, flocks of brightly colored parrots and iridescent hummingbirds flitting from flower to flower. The rainforest is teeming with wildlife, so there is no telling what you may encounter. Similarly, as you follow a trail that winds along the rainforest floor, you will learn about the plants and animals that inhabit the ground level and the understory. You can expect it to be an enlightening and wonderfully fulfilling experience.

- Ride an open aerial tram through the rainforest in Braulio Carrillo National Park.
- Follow a naturalist guide along a trail for a look at the flora and fauna at ground level.
- Reflect on your immersion into the natural world over lunch at a café in the park.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. However, wheelchairs cannot be accommodated on the gondola.

#### PEL-016 WILDLIFE IMMERSION EXPLORATION & KAYAK AD

**Duration: 7.50 Hrs** **Tour Price: \$199.00**



**Date: March 28, 2023 08:30 AM**

Discover the wonders within the Cahuita National Park by walking through the forest with a naturalist guide and see the natural world from a different perspective by kayaking. While meandering through the national park, the guide will point out and describe the tropical flora and fauna. You may spot sloths hanging upside down in trees such as banaks, squawking parrots and white-faced capuchin monkeys high in the branches, and neon-colored dart frogs clinging to the brush at ground level. The park has been protected for more than 50 years and its biodiversity is stunning. Iguanas, anteaters, toucans and egrets are common sights. Similarly, while kayaking from Puerto Uva, you can expect to see a variety of flora and fauna as you paddle past the photogenic sea cliffs and sea caves. If you head up the river that empties into the sea, the sights will be much like those in the national park.

- Observe abundant wildlife while walking through a national park with a naturalist guide.
- Paddle along the picturesque coast in a kayak, starting a Punta Uva.
- Enjoy free time for lunch and shopping in Puerto Viejo.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes approximately 3 hours of walking on flat and paved surfaces, as well as some walking on sand during the kayak portion of the tour. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing, closed-toe shoes, water shoes, a towel, suntan lotion, insect repellent, hat and sunglasses are suggested.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour



# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### PEL-009 RAINFOREST EXTRAVAGANZA

**Duration: 7.50 Hrs** **Tour Price: \$299.00**



**Date: March 28, 2023 08:45 AM, 09:45 AM**

Enjoy an enlightening look at Costa Rica's flora and fauna by cruising the waterways in a national park and then exploring the terrestrial world on an aerial tram through a rainforest. The adventure will begin by cruising the Tortuguero Canals in a pontoon boat. The exotic setting is teeming with wildlife such as manatees, caiman, spider monkeys and more than 300 species of birds. This immersion into the jungle habitat will serve as a wonderful prelude to your next stop in the pristine Veragua Rainforest. Following a guided tour through exhibits of indigenous animals such as snakes, frogs and butterflies, you will ride the aerial tram into the rainforest canopy. It will reveal a world that couldn't be experienced otherwise. Expect to see animals rarely seen on the forest floor that may include two-toed sloths and howler monkeys. Afterwards, you follow the Trail of the Giants to a 65-foot waterfall.

- Cruise the glassy waters of the Tortuguero Canals.
- Marvel at a wilderness so biologically diverse that it is known as Costa Rica's Amazon.
- Observe wildlife that may include caimans, sloths and brightly colored tropical birds.
- Ride an aerial tram through a rainforest canopy.
- Hike the Trail of Giants in the shadow of gargantuan trees.
- Follow a second trail to a waterfall in the rainforest.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of moderate walking, at times over uneven and natural surfaces. The tour is not available to wheelchair guests and not recommended for those with a fear of heights. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Don't feed the animals or touch the plants.

### PEL-007 VERAGUA RAINFOREST & AERIAL TRAM

**Duration: 5.50 Hrs** **Tour Price: \$269.00**



**Date: March 28, 2023 09:00 AM**

Experience the wonders of the Veragua Rainforest on aerial tram and then hike through the wilderness. Upon arriving at a research center in the rainforest, a naturalist will lead you through the exhibits of live snakes, frogs and butterflies. It will be an excellent introduction to the natural attractions that lie ahead, starting with an immensely scenic tram ride through the rainforest canopy. You will disembark at the Victoria River and then take a leisurely stroll through the Trail of the Giants, so named for the ancient trees that tower over it. If you are feeling ambitious, you may enjoy the optional walk up to the Puma waterfalls. Later, you will return to the research center to learn about the efforts to discover new species of plants and animals in the most remote reaches of the rainforest.

- Ride an aerial tram through the upper reaches of a rainforest.
- Discover some of the wildlife and exotic plants that thrive in the virgin environment.
- Hike the Trail of Giants in the shadow of gargantuan trees.
- Follow a second trail to a waterfall in the rainforest.
- Learn about the scientific research being conducted in the rainforest.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking over mostly even surfaces. The tour is available to wheelchair guests who can make their way on and off the coach and sit in a coach seat. The tour is also suitable for guests with mobility concerns; however, they should evaluate their ability and stamina before joining the tour. The order of the sites may vary. There will be a brief stop at the café where you can enjoy fresh tropical fruits and juices, or browse for a few souvenirs before it's time to re-join your coach and travel back to the pier.

### PEL-012 PUERTO VIEGO BEACH BREAK & SHOPPING

**Duration: 6.50 Hrs** **Tour Price: \$79.00**

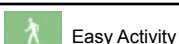


**Date: March 28, 2023 09:00 AM, 10:00 AM**

Relax on a secluded stretch of sand at a beachfront hotel before heading into Puerto Viejo to browse the shops. The hotel grounds are so lushly landscaped with palms, flowers and exotic plants that it resembles a botanical garden. The beach is just as magnificent, as it rims a rainforest. While there, you will be free to spend your time however you please. You might do nothing more ambitious than bask in the sun or relax in the shade with a favorite book in hand. Or you may prefer to stroll from one end of the beach to the other, often in places where the only footprints will be yours. The water is typically calm and crystal-clear, making it difficult if not impossible to resist a refreshing swim. After a couple of hours at the beach, you will continue on into laid-back, Jamaican-influenced Puerto Viejo for a bit of shopping.

- Spend hours relaxing at a lovely hotel beach, doing pretty much whatever you please.
- Enjoy the serenity of the setting, as the beach is secluded and a rainforest surrounds it.
- Browse the shops in Puerto Viejo during free time.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. There is an availability of beach mats, hammocks, showers, restrooms, towels, food & drink for purchase. Lifeguard service is not offered, clients enter the sea at their own risk.



Easy Activity



Moderate Activity



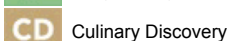
Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### PEL-014 PANORAMIC BUS TOUR

**Duration: 0.00 Hrs** **Tour Price: \$69.00**



**Date: March 28, 2023 09:00 AM, 01:00 PM**

Settle in for a leisurely and immensely scenic drive through the countryside for an enlightening look at rural life on the outskirts of Puerto Limon. As you travel through the verdant fertile landscape, you will learn much about the importance of agriculture to the economy and how it influences the local lifestyle. While pausing at one of the many banana plantations, you will discover how the fruit is grown, packaged and shipped worldwide. Bananas were first cultivated in Costa Rica in 1878, making it the first Central American country to grow the crop. You will see bananas and an array of other fresh produce while stopping at an outdoor market. Pineapples, mangos and more exotic fruits such as mamey sapotes will likely be displayed in abundance. A look at Bananito town will lend insight into the typical daily lives of the Costa Ricans that work on the fruit plantations.

- Enjoy a relaxing drive through the fertile countryside on the outskirts of Puerto Limon.
- Pause at a banana plantation for an understanding of the fruit's economic importance.
- Stop in Bananito town for a look at the local lifestyle and culture.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

### PEL-002 ECO JUNGLE RIVER CRUISE

**Duration: 3.00 Hrs** **Tour Price: \$169.00**



**Date: March 28, 2023 09:15 AM**

Experience the biologically diverse ecosystem of Costa Rica while riding in a pontoon boat through the Tortuguero Canals. Known as Costa Rica's Amazon, the canals are surrounded by rainforest and extremely rich in flora and fauna. As you cruise the labyrinth of natural and man-made canals, you will most likely see beautiful wild orchids in the trees, water lilies blanketing the water's surface and a variety of monkeys, sloths and birds such as toucans. Costa Rica's national bird, the clay-colored thrush, also inhabits the forest and is cherished for its exquisite song. The canals are only accessible on foot or by boat, so the entire area is rather remote and uncrowded. Even so, you may pass villagers going about their daily lives, perhaps paddling by in dugout canoes and scrubbing their laundry along the riverbank.

- Cruise the glassy waters of the Tortuguero Canals in a pontoon boat.
- Marvel at a wilderness so biologically diverse that it is known as Costa Rica's Amazon.
- Look for clusters of wild orchids and blooming epiphytes in the tree branches.
- Observe wildlife that may include caimans, sloths and brightly colored tropical birds.
- Listen for howler monkeys screeching in the treetops.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is primarily seated. The tour is not available to wheelchair guests. Those with mobility concerns should be able to negotiate steps to enter and exit the boat with limited assistance. The boat is not air-conditioned and while covered is open on the sides. Guests are cautioned not to touch the plants or feed the animals. Restrooms are available at the boat dock. While likely, wildlife sightings are not guaranteed. Board your coach at the pier, for a scenic 25-minute ride to a private dock in Moín where you will board the pontoon boat.

### PEL-015 WILDLIFE RESCUE CENTER, COASTAL SCENIC D

**Duration: 5.00 Hrs** **Tour Price: \$139.00**



**Date: March 28, 2023 09:30 AM, 10:30 AM**

Follow a mostly coastal highway south to a wildlife center that rehabilitates abandoned and injured animals in hopes of releasing them back into the wild. The drive will be extraordinarily scenic with ocean on one side and lush vegetation on the other. You will cross several rivers and pass the Cahuita National Park before arriving at the wildlife facility in Puerto Viejo. Despite the name of the Jaguar Rescue Center, it primarily cares for sloths, monkeys, birds and marsupials that may have been attacked by dogs, electrocuted, orphaned or confiscated due to illegal trafficking. You will learn the stories of the animals while watching them being cared for in hopes of relocating them once they are rehabilitated. You can expect it to be an emotionally moving experience, especially when you hear about the many creatures that have been successfully released into a remote natural reserve. A tasty Costa Rican lunch follows.

- Enjoy a panoramic coastal drive south to a wildlife rescue center in Puerto Viejo.
- Watch the naturalists care for the animals, which include mammals, birds and reptiles.
- Learn why the animals were brought to the center and about their chances for recovery.
- Dine on traditional Costa Rican food at a restaurant in Puerto Viejo.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes approximately 2 hours of walking on unpaved and uneven trails. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate, light clothing is suggested, and comfortable, closed-toe walking shoes are mandatory. No flash is allowed at Wildlife Rescue Center, as it disturbs the animals.



Easy Activity

Culinary Discovery

Oceania Select



Moderate Activity

Food & Wine Trails

Accessible Tour



Strenuous Activity

Go Local Tour



Meal Included

Wellness Tour



Evening Excursion

Oceania Exclusive

### PEL-GG2 REFORESTATION & RAINFOREST SKY WALK

**Duration:** 4.25 Hrs **Tour Price:** \$139.00



**Date:** March 28, 2023 **09:30 AM, 10:00 AM**

Follow a winding trail through a dense rainforest and across sky-walk bridges and then plant a tree to help Costa Rica's reforestation. A naturalist guide will lead the way through the vibrant tropical ecosystem while describing the wildlife and pointing out highlights. Among them will be three suspension bridges, the highest being about 165 feet above the forest floor. It will be a thrill to walk across and look straight down into the deep ravine below. While meandering through the forest, you might see colorful birds, monkeys in the tree canopy and butterflies flitting about the flowering vegetation. Frogs are plentiful, including the blue-jeans frog. It's easy to identify because it's bright red, except from the waist down—which is blue, like it's wearing jeans. Although Costa Rica fiercely protects its nature, more trees are always welcome. You will have the chance to plant one in a nearby forest reserve.

- Walk through a rainforest with a naturalist guide that will describe the flora and fauna .
- Cross several suspension bridges that span densely forested, deep ravines .
- Look for tropical birds, monkeys, frogs and butterflies .
- Plant a tree to help reforest a now-protected reserve .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour requires a moderate amount of activity and participants should be in good physical condition. Guest with mobility issues are able to participate but should evaluate their personal level to stamina. Some walking will be over partially uneven and grassy terrain. Guest with long hair should make a ponytail bun. Wildlife sightings are not guaranteed. Wild animals should not be touched or fed.

### PEL-017 CULTURAL JOURNEY & SOUL FOOD DELIGHT

**Duration:** 4.00 Hrs **Tour Price:** \$119.00



**Date:** March 28, 2023 **09:45 AM, 01:15 PM**

Enjoy an enlightening tour of Puerto Limon as a prelude to a cultural performance and hands-on cooking class. The walking portion of the tour will begin at leafy Parque Vargas, a popular gathering place that overlooks the sea. Be sure to notice Uvita Island just offshore, as it is renowned as the spot where Christopher Columbus landed in 1502 on his fourth and final voyage to the New World. He is credited with naming Costa Rica, which is Spanish for "Rich Coast." A dance performance to live calypso music follows at an open-air plaza by the ocean, after at the historic United Fruit Company building you will learn to prepare a few signature local dishes. Chances are, they will include a Costa Rican version of rice and beans, a beef-stuffed turnover, and a sweet plantain tart. Later, you will snack on your tasty concoctions.

- See the highlights of Puerto Limon by walking around the downtown.
- Enjoy live calypso music and a dance performance at an open-air by the ocean.
- Snack on some pure Costa Rican dishes that you have created in a cooking class.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of walking. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Minimum age to participate is 4 years of age. The order of the excursion may vary according to the number of people and weather conditions.

### PEL-GG1 HANDS-ON CONSERVATION & CULTURAL EXCHA

**Duration:** 5.00 Hrs **Tour Price:** \$159.00



**Date:** March 28, 2023 **12:15 PM**

Interact with residents of a rural community that live sustainably and participate in activities that align with those values. As an introduction to Las Brisas, you will learn about its traditional farming methods as you hand-pick organic fruit to snack on later. Similarly, you will observe the community's small-scale production of milk and lend a hand to milk a cow, if you wish. To help reverse the deforestation in the surrounding woodlands, you will then plant a tree seedling as part of the community's effort to counteract climate change. Be assured that the tree will be nurtured until it can survive on its own. Las Brisas lies in the shadow of a somewhat isolated community of indigenous Cabecar people, who will demonstrate their prodigious artistic skills. Feel free to converse with the artisans as they describe their handicrafts and how they have preserved their unique culture.

- Visit a mountain community whose residents follow a sustainable, eco-friendly lifestyle.
- Plant a tree to help reverse deforestation and snack on organic fruit that you have picked .
- Interact with artisans from the neighboring community of indigenous people.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of walking. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Minimum age to participate is 4 years of age. The order of the excursion may vary according to the number of people and weather conditions.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### PEL-004 CARIBBEAN TRAIN, ECO CRUISE & COUNTRYSIDE

**Duration:** 3.50 Hrs **Tour Price:** \$169.00



**Date:** March 28, 2023 01:15 PM

Behold the natural beauty of Costa Rica by cruising the canals of a national park and riding through the jungle on a historical narrow-gauge train. As you cruise the Tortuguero Canals, you will learn about the green sea turtles, leatherbacks and hawksbill turtles that nest along the beaches. The canals are also full of spectacled caiman, southern river otters and West Indian manatees. The surrounding jungle-like forest supports a different sort of wildlife. Spider, howler and Capuchin monkeys can usually be spotted and often heard screeching from the treetops. Colorful tropical birds are just as plentiful, including dark bronze Amazon kingfishers, which are often seen diving into the water to catch fish. Following the cruise, you will ride a train through the heavily forested hills, where you can expect to see playful monkeys, brilliantly colored birds and perhaps even sloths, which are a bit more difficult to spot in the trees as they move at a snail's pace.

- Cruise the glassy waters of the Tortuguero Canals.
- Marvel at a wilderness so biologically diverse that it is known as Costa Rica's Amazon.
- Observe wildlife that may include caimans, sloths and brightly colored tropical birds.
- Ride a narrow-gauge train through the countryside while looking for wildlife.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is primarily seated. It is not available to wheelchair guests. Those with mobility concerns should be able to negotiate the steps of the coach and train with limited assistance. Neither the train nor boat are air-conditioned; both are covered but open on the sides. The tour sequence may vary. While likely, wildlife sightings are not guaranteed. After your cruise, you will be treated to some fresh fruit, ice-cold water and soft drinks.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive

### ❖ ROATAN, HONDURAS

#### ROA-001 TABYANA BEACH DAY

**Duration: 4.00 Hrs**   **Tour Price: \$89.00**



**Date: March 30, 2023 09:30 AM**

Spend the day relaxing at Tabyana Beach, an idyllic setting on Roatan's southwestern tip. The drive there will be immensely enjoyable and scenic, as you will follow a circuitous route in the shadow of a large nature reserve. Upon arriving at Tabyana Beach (approximately a 1-hour drive), you will be free to pass the time doing whatever you please. You might stretch out on the sugar-white sand and bask in the sun, comb the beach looking for shells and read in the shade of a coconut palm. If you are feeling ambitious, you may join a friendly game of beach volleyball. The turquoise sea lapping at the beach couldn't be more inviting for a refreshing swim or to simply wade into the cool waters and gaze out over the spectacular tropical scenery. Kayaks are also available, as is snorkeling equipment. Part of the Mesoamerican Barrier Reef, the world's second-largest coral reef, lies just off shore and is teeming with colorful marine life.

- Relax on Tabyana Beach, a sugar-white stretch of sand on the island's southwestern tip.
- Do whatever you wish, whether it is simply lying in the sun or swimming in the Caribbean.
- Participate in activities such as volleyball, kayaking and snorkeling, if you desire.
- Take in the tropical ambiance as Caribbean music gently plays in the background.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly over sandy surfaces at the guests' discretion. This tour is not available to guests who utilize a wheelchair and those with mobility concerns should evaluate their ability and stamina before joining the tour. Snorkeling equipment, kayaks and lockers are an additional cost. Guests wishing to snorkel or swim should be good swimmers. Those taking part in water activities do so at their own risk and responsibility and may be required to sign a release form. Snorkeling equipment, kayaks and lockers are at an additional cost. Beach chairs are available on a first come-first serve basis and no umbrellas are available. The beach is not exclusive to cruise line guests.

#### ROA-008 ISLAND HIGHLIGHTS

**Duration: 3.25 Hrs**   **Tour Price: \$89.00**



**Date: March 30, 2023 09:30 AM**

Enjoy two aspects of the natural world by observing iguanas in a protected zoo-like habitat and then visiting an eco-park that revolves around birds and butterflies. Roatan is known for its biodiversity, but few tropical animals are as iconic as the iguana, hundreds of which you will see at the Iguana Hideaway. It is an excellent venue to observe these prehistoric-looking reptiles, as iguanas are threatened on Roatan from loss of habitat and being captured for the pet trade. Watch them basking in the sun, lounging in trees and munching on vegetables. Flying creatures take center stage at the Mayan Eden Eco Park, where you will stroll through an enclosure with a huge variety of butterflies indigenous to Honduras. You can also expect to see hummingbirds flitting from blossom to blossom and brightly colored parrots. With the guide's assistance, you can probably coax one to perch on your arm for a photo.

- See hundreds of iguanas in a protected habitat shaded by tropical foliage.
- Hear about iguana behavior, and why the reptiles are endangered on Roatan.
- Walk among hundreds of fluttering butterflies in an eco-park.
- See hummingbirds darting about the eco-park and drinking nectar.
- Snap a selfie with a parrot perched on your arm or shoulder.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately one hour of easy walking and standing, plus additional walking at the guests' discretion during free time. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. The venues are wheelchair-accessible, but the restrooms are not. Those with mobility concerns should evaluate their stamina and ability before joining the tour.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ROA-010 DEEP SEA FISHING

**Duration: 3.50 Hrs** **Tour Price: \$379.00**



**Date: March 30, 2023 09:30 AM**

Go deep-sea fishing for blue marlin or kingfish, two species known for putting up legendary fights when hooked. Everything will be provided so you can concentrate on catching fish. Blue marlins are among the world's largest, fastest and most recognizable fish. They grow up to 14 feet in length and weigh an average of 200 to 400 pounds. If you catch one of these strikingly beautiful billfish, be prepared for a tremendous fight, as blue marlins are powerful and have a reputation for tenacity that borders on the legendary. Catch a kingfish, and you will have a fight of a different sort on your hands. Kingfish, also known as King Mackerel, are aggressive, hard-hitting and built for speed. They typically feed by sight in the daytime, attacking their prey from underneath, prodigiously leaping out of the water on the follow through, and then returning to the water headfirst. Hook one and it will be an unforgettable experience.

- Set off into waters that offer the best chance of catching blue marlin and kingfish.
- Prepare for a formidable fight, as both species are powerful game fish.
- Bring only your sense of adventure, as everything else will be provided.
- Enjoy the experience of being aboard a deep-sea fishing boat with an affable captain.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

There is minimal walking on this tour, but handling the rods and reels can be strenuous when you hook a fish. The tour is not available to wheelchair guests or those with mobility concerns. Fishing is catch and release. A fishing license isn't required. Actual fishing time is 2 hours.

### ROA-016 JOLLY ROGER CATAMARAN SAILING & SNORKEL

**Duration: 3.50 Hrs** **Tour Price: \$119.00**



**Date: March 30, 2023 09:30 AM**

Cruise along the gorgeous coast of Roatan in a sailing catamaran, eventually anchoring at a reef that is ideal for snorkeling. Once settled into the modern 60-foot catamaran, you will set off into the turquoise waters of the Caribbean Sea. You will be free to stretch out on the forward sun deck or relax in the comfortable shaded seating. You can expect a carefree and extraordinarily picturesque cruise, as Roatan boasts a wonderfully tropical shoreline that couldn't be more beautiful. In time, the catamaran will stop near a coral reef, affording snorkelers a close-up look at the marine life. Visibility is typically excellent and you will likely observe species such as sergeant majors, mahogany snappers and queen triggerfish. You may even spot a hawksbill turtle or two gracefully swimming by. On the return cruise, you will be served a bountiful lunch with unlimited rum punch, an experience made all the more delightful with Caribbean music playing in the background.

- Cruise the turquoise Caribbean Sea aboard a sleek and spacious sailing catamaran.
- Admire spectacular views in every direction while basking in the sun or sitting in the shade.
- Snorkel a reef known for its abundant intensely colorful marine life.
- Dine on a sumptuous lunch while cruising back to Roatan.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Guests that weigh more than 325 pounds or those with heart or lung conditions may not participate. Snorkelers must be at least 7 years old.

### ROA-018 ULTIMATE FISHING ADVENTURE

**Duration: 2.00 Hrs** **Tour Price: \$209.00**



**Date: March 30, 2023 09:30 AM**

Hop aboard a fishing boat and try your luck catching some of the most prized game fish in the Caribbean. Everything you need for sport fishing will be provided on the boat, allowing you to better concentrate on reeling them in. You will be in prime fishing waters teeming with tuna, wahoo, mahi mahi, grouper and king mackerel, and there is no telling what you may catch. The captain and crew will offer fishing tips, provide the best bait for each species and net whatever you catch. Wahoo can often be found around drop-offs and are easy to identify by their long slender bodies marked with zebra-like stripes. Brightly colored mahi mahi, also known as dorado, typically make long runs and leap out of the water during the battle to land them. The king mackerel is another favorite fish to catch, as they are tremendous fighters. Like wahoo, they are aggressive hard-hitters known for their speedy runs.

- Cruise to prime fishing waters along the world's second largest barrier reef.
- Fish for prized game fish such as tuna, wahoo, mahi mahi and grouper.
- Increase your chances for success with fishing tips from the captain and crew.
- Snorkel a reef teeming with non-game fish on the return cruise.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ROA-026 BEST OF ROATAN

**Duration: 4.00 Hrs** **Tour Price: \$79.00**



**Date: March 30, 2023 09:30 AM, 11:00 AM**

Enjoy the natural beauty of Roatan, a cultural interaction with the Garifuna people and free time on one of the island's finest beaches. A brief but immensely scenic boat ride will take you through the protected mangroves lining the waterways that flow into French Harbour, which lies just up the coast from Coxen Hole. The setting will seem like a world away from the relative bustle of the town, which serves as Roatan's commercial hub. At a nearby resort, you will delve into the local Garifuna culture by watching folkloric dances that have changed little over the centuries. The traditional Garifuna language, dance and music are so unusual that UNESCO added them to its Intangible Cultural Heritage of Humanity list. Tastings of Garifuna-made cassava bread and chocolate will enhance your understanding of their unique Afro-Caribbean lifestyle. It will be an eye-opening experience that you can reflect on while relaxing on the resort's magnificent beach.

- Cruise through the protected mangroves near French Harbour, Roatan's commercial hub.
- Watch the local Garifuna perform folkloric dances that depict their unusual history.
- Sample traditional cassava bread and chocolate that the Garifuna made by hand.
- Relax however you please at the beach along one of French Harbour's loveliest resorts.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, towel and sunscreen.
- Wear flat comfortable walking shoes.

Minimum age to participate is 2 years. Maximum weight is 260 lbs. Collapsible wheelchairs are allowed. Guests must be able to enter and exit the vehicle on their own. Bring bug spray, water, and sun block.

### ROA-004 MAYAN REEF CLEAR KAYAK & SNORKEL

**Duration: 4.50 Hrs** **Tour Price: \$119.00**



**Date: March 30, 2023 09:45 AM**

Kayak through the crystal-clear waters off Roatan and then enjoy a different perspective of the marine world by snorkeling. The sites for both activities will be chosen the day of the tour to ensure the best conditions. After a brief orientation to maximize your kayaking experience, you will ease into the vessel and paddle off into the typically calm waters. The scenery will be spectacular in every direction, as the island is blanketed with lush tropical foliage and the Caribbean Sea here shimmers with every imaginable shade of blue. Following the kayaking adventure, you will snorkel along a nearby coral reef. Roatan is a paradise for snorkeling known for its crystal-clear waters, and you can expect to see all sorts of brightly colored species such as parrotfish, Atlantic blue tangs and angelfish. Afterwards, you will have time to relax on a beach where there are chairs, hammocks and shops and a restaurant.

- Paddle a kayak across the typically calm waters off Roatan Island.
- Take in the natural beauty as you kayak pass the gorgeous coastline.
- Snorkel a coral reef teeming with colorful marine life.
- Relax at the beach without a care in the world.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This tour requires strenuous activity and participants should be in good physical condition and able to snorkel and paddle a kayak without assistance. This tour is not available to wheelchair guests or those with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a release form before participating. The tour sequence may be reversed. Participants must be between 8 and 65 years of age. Children younger than 12 years old must ride in the kayak with an adult parent or guardian. The weight limit for the kayak is 400 pounds. Personal belongings are not permitted in the kayak, but may be left on the bus or stored in a locker for \$3. Pictures on CD are also offered for an additional fee. Beach chairs are available on a first come - first serve basis. There are no umbrellas.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ROA-014 BIG FRENCH KEY BEACH ESCAPE

**Duration: 4.00 Hrs** **Tour Price: \$79.00**



**Date: March 30, 2023 09:45 AM, 10:45 AM, 11:45 AM, 01:00 PM**

Relax on the beach at Big French Key, a private island where you will be free to enjoy the tranquility and beautiful blue waters. A short ride in a motorboat will bring you to the key, which hasn't changed enormously since Christopher Columbus explored the surrounding Bay Islands in 1503 and described them as "incredibly green and fertile." While a few buildings are scattered about Big French Key, the nearly 12-acre island remains a verdant beach-rimmed paradise caressed by gentle trade winds. Life here revolves around the sea, and you are free to enjoy it in whatever way you wish. You might take a refreshing dip in the crystal-clear water, meander down the beach as the waves gently lap the shore, or do nothing more ambitious than sunbathing in a beach chair. Palm trees provide plenty of shade, where you can read or listen to island music from the outdoor bar. There is also a restaurant.

- Zip across the sea in a speedboat and disembark at Big French Key.
- Enjoy the beach by doing pretty much whatever you please.
- Swim in the refreshing Caribbean Sea or simply relax.
- Bask in the sun or lie in shade, as there is plenty of room to stretch out.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Seaweed may be on the beach. Beach chairs & limited number of umbrellas are available on first come first serve basis.

### ROA-015 BIG FRENCH KEY BEACH ESCAPE & SNORKELIN

**Duration: 4.00 Hrs** **Tour Price: \$99.00**



**Date: March 30, 2023 09:45 AM, 10:45 AM, 11:45 AM, 01:00 PM**

Zip over to Big French Key on a motorboat to relax on the island's sugar-white stretch of sand and snorkel along a nearby reef that is teeming with colorful marine life. From Roatan, you can see idyllic Little French Key and Big French Key beckoning just offshore. You will soon arrive at the larger of the private islands, where you will spend several immensely relaxing hours at the beach. With absolutely no schedule to follow, you will be free to do as you please. Swim, stroll along the beach and relax in a beach chair under a palm tree. How you spend the time is entirely up to you. A short boat ride will take you to an offshore platform floating above a reef that is ideal for snorkeling. About 96% of the Caribbean's marine life has been spotted in these waters, so you can expect to see a wide variety of colorful, curious and unusual species.

- Zip across the sea in a speedboat and disembark at Big French Key.
- Enjoy the beach by doing pretty much whatever you please.
- Swim in the refreshing Caribbean Sea or simply relax.
- Snorkel a reef that nearly every species of Caribbean marine life inhabits.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests participating in water activities do so at their own risk and responsibility. Seaweed may be on the beach. Beach chairs & limited number of umbrellas are available on first come first serve basis.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive



### ROA-002 GUMBALIMBA PRESERVATION PARK

**Duration: 4.00 Hrs** **Tour Price: \$109.00**



**Date: March 30, 2023 10:00 AM**

Enjoy Roatan's natural beauty at Gumbalimba Park, a tropical paradise where you will follow winding trails through a botanical garden, bird sanctuary and an animal reserve. Along the way, the guide will point out unusual flora such as the gumbalimba tree, after which the park is named. It is also known as the gumbo limbo or more casually as the "tourist tree" because its reddish bark looks like peeling sunburned skin. You can expect the gardens to be a riot of color with indigenous plants that include the delicate, pale-yellow orchid that is the national flower of Honduras. The bird sanctuary will also be ablaze in color as macaws and parrots are abundant. If you are feeling adventurous, you might hold one of the monkeys in the refuge or simply watch them swinging from branch to branch in the trees. Another highlight is Coxen's Cave, which holds replicas of items that pirates once used.

- Wander the natural paths of a botanical garden, bird sanctuary and animal reserve.
- Listen to the naturalist guide describe the indigenous flora.
- Observe brightly colored scarlet macaws, the national bird of Honduras.
- Hold a monkey in the animal reserve, if you like.
- See replicas of pirate treasures in Coxen's Cave.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour includes a moderate amount walking over natural terrain and some uneven and cobblestone surfaces. This tour is not available to guests who utilize a wheelchair and is not recommended for guests with mobility concerns. Insect repellants with DEET, scented lotions, perfumes, flash photography, smoking and feeding the animals are prohibited. Guests taking part in water activities do so at their own risk and responsibility.

### ROA-005 DOLPHIN ENCOUNTER

**Duration: 2.50 Hrs** **Tour Price: \$149.00**



**Date: March 30, 2023 10:00 AM**

Wade out into the crystal-clear, waist-high water off Bailey's Key for an unforgettable experience interacting with friendly, playful dolphins in their natural habitat. A speedboat will take you to the island, where naturalist guides will accompany you into the water. You can expect a truly memorable experience as you touch and play with the dolphins, as they are highly curious and quite social animals. Dolphins have excellent vision in the water and above its surface, and they communicate by identifying sound waves through echolocation. During the interaction, the dolphins are sure to be exceptionally gregarious, agile and playful, characteristics that make them endearing to humans. Still, it is their highly evolved brains that set dolphins apart from other animals and make this encounter so wonderful. Afterwards, you will have free time for a bit of shopping at Anthony's Key Resort.

- Zip over to Bailey's Key in a sleek speedboat.
- Wade into the waist-deep waters off Bailey's Key and interact with the dolphins.
- Touch the dolphins if you like, and expect them to hug and even kiss you.
- Gain an understanding of the dolphins' profound intelligence.
- Purchase a photo CD of your experience, if you choose.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes or aqua socks.

This is not a "swimming with the dolphin" program. This tour involves moderate activity and participants should be able to step into and out of the boat, as well as stand unassisted in waist-deep water. This tour is not available to guests who utilize a wheelchair or guests with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility and may be required to sign a release form before participating. The minimum age to participate is 6 years old, and children must be accompanied by an adult parent or guardian.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive

### ROA-009 GLASS-BOTTOM SEMI-SUB & SHOPPING

**Duration: 3.50 Hrs** **Tour Price: \$99.00**



**Date: March 30, 2023 10:00 AM, 11:00 AM, 12:00 PM**

Marvel at the colorful marine life just offshore from the comfort of a semi-submersible viewing vessel, then shop for handicrafts and tour the only cameo factory in the Americas. At West Bay Beach, you will board the semi-submersible vessel, which offers the visibility of a glass-bottom boat but with more comforts. Unlike riding in a glass-bottom boat, you won't have to crane your neck to look down at the marine life. The seats in the semi-submersible's enclosed air-conditioned hull have windows six feet below the water's surface, allowing you to look straight out into the underwater world. The sights will be spectacular, as you will cruise over one of the world's largest coral reefs. Afterwards, you will have time to shop for handicrafts at West End Village and for cameos at Stone Castle Cameo. As you will see during a demonstration, the artisans hand-carve each piece from double-layered seashells using a steel engraving tool to cut the designs.

- See the wonders underwater from the comfort of an air-conditioned semi-submersible.
- Observe the brilliantly colored marine life through the large viewing windows.
- Cruise past one of the world's largest coral reefs.
- Shop in a beach town known for its handicrafts.
- Watch artisans hand-carve cameos from seashells.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion during free time. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and semi-sub, and have an able-bodied companion to assist them. Those with mobility concerns should evaluate their stamina and ability before joining the tour.

### ROA-017 ULTIMATE EXTREME ADVENTURE COMBO

**Duration: 4.50 Hrs** **Tour Price: \$139.00**



**Date: March 30, 2023 10:00 AM, 12:00 PM**

Soar through a tropical forest on two zip-lines and enjoy a meandering walk through the jungle on a nature trail with towering suspension bridges. Three different activities await you at the extreme adventure park, each thrilling in its own way. You may begin by strolling through the jungle canopy, much of it along suspension bridges and wooden boardwalks that offer close-up views of the flora and fauna. The traditional zip-line offers a more adrenaline-pumping adventure, which involves sitting in a harness and darting through the treetops from platform to platform. It will be absolutely exhilarating as you pass over trees and through pathways cut out of the dense foliage at heart-pounding speeds. For the ultimate thrill, try the Superman Zip. It is the area's only forward-facing zip line with a special harness that allows you to fly through the air headfirst like Superman.

- Spend a thrilling day enjoying the area's only extreme adventure park.
- Enjoy three activities, each one a bold and adventurous challenge.
- Walk through the tree canopy on suspension bridges high above the jungle floor.
- Soar through the trees from platform to platform while seated in a zip-line.
- Fly through the air headfirst like Superman in the area's only forward-facing zip-line.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Minimum weight is 70 lbs., maximum is 250 lbs. Maximum age is 75 years unless in fit condition with no medical issues.

### ROA-020 THE BEST OF THE WEST IN ROATAN

**Duration: 5.50 Hrs** **Tour Price: \$109.00**



**Date: March 30, 2023 10:00 AM, 11:00 AM**

See the highlights of western Roatan, which include a robust shopping village, an extreme nature park and a private waterfront resort. While stopping at the bohemian-style West End Village, you might browse the art galleries, linger over a drink at a waterfront café and stroll the wooden piers while watching the water taxis come and go. You will then visit the area's only extreme adventure park to stroll a nature trail through the jungle canopy, much of it along suspension bridges. From this vantage point high above the jungle floor, you can expect to see colorful flowers, chirping tropical birds and creatures such as iguanas and lizards perched on the branches. Continuing on to the San Simon Beach Club, you will enjoy more free time to savor the island ambiance. You might stroll the resort's pristine stretch of sand, take a refreshing swim in the sea or simply lounge in the shade of a coconut palm.

- Browse the art galleries and shop for handicrafts in laid-back West End Village.
- Take an exhilarating walk through a jungle tree canopy, much of it on suspension bridges.
- Observe creatures such as parrots and monkeys at their level, high in the trees.
- Enjoy the low-key, stress-free atmosphere at a waterfront resort.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ROA-021 TURQUOISE BAY ALL INCLUSIVE PRIVATE BEACH

**Duration: 5.50 Hrs** **Tour Price: \$119.00**



**Date: March 30, 2023 10:00 AM**

Spend hours relaxing with your family at a waterfront resort with a private beach, where everything you could possibly need is included. Upon arriving at the Turquoise Bay Resort, you will receive a welcome cocktail and an enlightening overview of the property so you can maximize your time here. Your family will then be free to enjoy the abundant amenities, which include dining, beverages and endless fun. You might stretch out on a lounge chair on the island's longest private beach and bask in the sun. A leisurely stroll along the shoreline is another popular way to soak up the sun. If you prefer a bit of shade, thatched-roofed palapas and hammocks dot the white-sand beach. The resort offers all sorts of amenities geared toward children, too. Through the Pirates Kid Club, they can go on scavenger and treasure hunts, create art projects and learn how to play a Garifuna drum, all under the teachers' watchful eyes.

- Enjoy the amenities at the Turquoise Bay Resort however you please.
- Swim in the sea, bask in the sun or relax in the shade of a thatched-roofed palapa.
- Take advantage of the supervised Pirates Kid Club for children.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

### ROA-022 TURQUOISE BAY ALL INCLUSIVE OVER THE WATER

**Duration: 5.50 Hrs** **Tour Price: \$599.00**



**Date: March 30, 2023 10:00 AM**

Relax at the exclusive waterfront Turquoise Bay Resort, where you will enjoy the serenity of your own over-the-water bungalow with all sorts of premium amenities. Furnished with a comfortable teak day bed for two, the thatched-roof bungalow will be your home base at the resort. It features a suspended patio with a swim-up platform, a shaded area and a sunny area, and an ice box with a cold bottle of champagne just waiting for you to pop the cork. If you need a towel, drinks or snacks, simply use the pager. Butler service is included to ensure that your time at Turquoise Bay will be completely carefree. Other amenities include access to a reserved beach if you want to stretch out on the sand and a spectacular three-course lunch. Feel free to spend hours enjoying the serenity of your over-the-water bungalow or explore other areas of the resort. The choice is entirely yours.

- Luxuriate in a private, waterfront thatched-roof bungalow at the Turquoise Bay Resort.
- Stretch out on the teak day bed and on a towel at the beach.
- Celebrate with champagne included in your bungalow's ice box.
- Utilize the butler service to make your stay immensely enjoyable.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

Price is for 1 or 2 guests. Only one person needs to book the bungalow for a party of 2. The bungalows will accommodate a third and fourth guests for an additional fee, payable on board. Wheelchair guests will be required to take a few steps at the bungalow and to enter and exit the bus.

### ROA-023 TURQUOISE BAY VIP ALL INCLUSIVE BEACH BRE

**Duration: 5.50 Hrs** **Tour Price: \$279.00**



**Date: March 30, 2023 10:00 AM**

Be treated like a VIP at a waterfront resort where you won't have to lift a finger to enjoy amenities such as a reserved area of the beach, premium drinks and a three-course lunch. Upon arriving at the Turquoise Bay Resort at the east end of Roatan island, you will meander over to a part of the island's longest private beach that has been reserved for you and your party. It is an extraordinary setting to stretch out on a lounge chair and bask in the sun and take a leisurely stroll along the shoreline. If you prefer shade, thatched-roofed palapas and hammocks dot the white-sand beach. Mid-morning hors d'oeuvres will be served, as well as a three-course lunch afterwards. A bar with endless premium beverages will also be open for your enjoyment. Whenever you need a refill, a plush towel or most anything else, simply ask one of the waiters standing by.

- Luxuriate in a reserved area of the beach at the Turquoise Bay Resort.
- Enjoy mid-morning hors d'oeuvres, a three-course lunch and endless premium beverages.
- Bask in the sun or relax in the shade of a thatched-roofed palapa.
- Take comfort in knowing that waiters are standing by to fulfill your requests.
- Dress in weather-appropriate clothing.
- Bring a swimsuit and sunscreen.
- Wear flat comfortable walking shoes.

Wheelchair guests will be required to take a few steps to enter and exit the bus.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### ROA-025 HORSEBACK RIDE AND SWIM

Duration: 4.00 Hrs Tour Price: \$129.00



Date: March 30, 2023 10:00 AM, 11:00 AM

Ride a horse to a secluded beach and right into the Caribbean Sea, after which you can relax in the gorgeous coastal setting however you please. Following a briefing at the stables that will help maximize the experience, you will ease onto the saddle of a horse matched to your riding ability. All of the horses are gentle and very familiar with the winding trail, so you won't need to do much more than enjoy the ride. Upon reaching the beach, you can trot along the shoreline and continue into the surf, if you wish. The horses are used to being in the water, so you can expect the transition to be easy and completely natural. After dismounting, you will spend about two hours enjoying the serenity of this idyllic stretch of sand. You might return to the sea for a refreshing swim, enjoy a bit of casual beachcombing and bask in the sun without a care in the world.

- Ride horseback on a meandering trail to a somewhat remote beach.
- Continue riding right into the surf, if you wish.
- Spend hours relaxing at the beach, doing pretty much whatever you please.
- Dress in weather-appropriate clothing with a swimsuit underneath.
- Bring a towel.
- Wear flat, comfortable walking shoes.

Minimum age is 8 years. Maximum weight per person is 220 lbs. This tour is not available for guests who are pregnant, have heart, back or knee problems and who are deaf or blind. Closed toed shoes must be worn. Food is available at the guest's expense. Water shoes and lockers are available for rent.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ❖ SANTO TOMAS, GUATEMALA

#### STC-004 COUNTRYSIDE AND RIO DULCE BY LAND

**Duration: 5.00 Hrs**   **Tour Price: \$169.00**



**Date: March 31, 2023 08:30 AM, 09:30 AM**

Drive into the countryside in the shadow of Rio Dulce National Park, where you will explore a 17th-century castle that the Spanish constructed to defend the area from pirates. Upon reaching the town of Fronteras, also known as Rio Dulce, you will see how Guatemala's largest lake narrows to become the river known as Rio Dulce. The river is so influential that most everything of importance in the area bears its name. You will pause for photos at the Rio Dulce Bridge, a modern structure that offers panoramic views in every direction. Continuing on by boat, you will soon reach San Felipe Castle, which the Spanish built in 1652 to defend the area from British pirates. Even so, the pirates soon captured the fortress and took the treasures inside. The castle was eventually recaptured and rebuilt to be a prison. If you are feeling ambitious, climb the tower for a spectacular view of the river. Following your tour, you will proceed to the Catamaran Hotel for refreshments before returning to the ship.

- Take in Guatemala's natural beauty in the countryside near Rio Dulce National Park.
- Pause for photos at Rio Dulce Bridge, a particularly scenic spot.
- Explore a 17th-century castle that the Spanish built to defend against pirates.
- Climb the castle tower for a spectacular view of the river and surrounding jungle.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

Guides will assist guests embarking the boats, but guests must be able to step into and out of the boat on their own, which can be challenging at low tide.

#### STC-005 QUIRIGUA ARCHAEOLOGICAL NATIONAL PARK

**Duration: 5.00 Hrs**   **Tour Price: \$169.00**



**Date: March 31, 2023 08:30 AM, 09:30 AM**

Explore the Mayan ruins at Quirigua, an archaeological park full of excavated monuments, pyramids and stelae that reflect the civilization that thrived there in the 8th century. A picturesque drive through valleys and rainforest will bring you to the Archaeological Park and Ruins of Quirigua. The monuments, pyramids and terraces that have been excavated are so culturally important that Quirigua has been deemed a UNESCO World Heritage Site. Most of the dwellings, temples and ruins that you will see while wandering about are from the 8th century, a period when the city was remodeled as a royal residence and administrative center. The stelae are particularly outstanding. These monolithic sandstone monuments were carved with metal tools and contain hieroglyphic texts that describe important dates on the calendar and celestial events such as eclipses. The largest Maya stele ever discovered is here. Quirigua once thrived from trading jade and Quirigua's last ruler, Jade Sky, is immortalized on another stele.

- Enjoy a scenic drive through some of the most gorgeous countryside in Guatemala.
- Meander through Mayan ruins dating to the 8th century in an archaeological park.
- Behold the temples that earned Quirigua a UNESCO World Heritage site designation.
- See the largest Maya sandstone monument ever found.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

The drive between the pier and Quirigua is approximately 1½ hours in each direction. This tour involves walking about 1½ miles over bumpy and uneven ground, and is not recommended for guests with limited mobility or guests who utilize a wheelchair.

#### STC-006 ECO-HIKE AT HACIENDA TIJAX

**Duration: 7.50 Hrs**   **Tour Price: \$269.00**



**Date: March 31, 2023 08:30 AM**

Follow a winding path through the rainforest to an observation tower that resembles the ones that the Mayas built to track the stars. On the way to the trailhead, you will drive through the fertile Motagua Valley before pausing at a bridge for photos of the sprawling Rio Dulce National Park. From this elevated perch, you will realize just how pristine the surrounding landscape is. A short boat ride will bring you to the eco-lodge Hacienda Tijax, where you will begin hiking. As you proceed along the trail, the guide will point out the most interesting jungle flora, especially plants used for medicinal purposes and to make products such as rubber and gum. Other highlights include passing over bridges high above the rainforest floor and climbing a Mayan-style observation tower where birders often observe raptor migration. Back at the lodge, you will enjoy free time to swim, horseback ride and kayak.

- Hike through a rainforest with a local guide that will describe the exotic flora.
- Look for canopy birds from the elevated bridges in the jungle.
- Climb a Mayan-style observation tower where birders track species such as broad-winged hawks.
- Enjoy a hearty lunch at the Hacienda Tijax eco-lodge and swim, if you like.
- Dress in weather-appropriate clothing, including long pants.
- Wear a swimsuit under your clothes and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour involves hiking 3¼ miles. It is not recommended for guests with limited mobility or guests who utilize a wheelchair. Horseback riding and kayaking are available for an additional charge.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### STC-011 TROLLEY TOWN TOUR

**Duration: 1.00 Hrs** **Tour Price: \$29.00**



**Date: March 31, 2023 08:30 AM, 09:30 AM, 10:30 AM, 11:30 AM, 01:30 PM, 02:30 PM**

Ride a trolley through Santo Tomas and neighboring Puerto Barrios, as the guide describes the history and folklore associated with these two decidedly different towns. The Belgians founded Santo Tomas in the 19th century and although the name officially changed to Matías de Gálvez in 1958, Santo Tomas is more commonly used. The port is Guatemala's busiest, while neighboring Puerto Barrios is the main port for agricultural products. You will see the highlights of both cities while driving through the downtowns. In Santo Tomas, you might pass the headquarters for the Guatemalan navy, several architecturally noteworthy churches and the Belgian cemetery. Guatemalan president Rufino Barrios founded Puerto Barrios in the 1880s. Today, it is known for its restaurants and entertainment, which you may wish to take advantage of on your own.

- Ride a trolley through the neighboring towns of Santo Tomas and Puerto Barrios.
- Hear commentary about the history of both towns and stop at key attractions.
- Pause at the cemetery where many of Santo Tomas' Belgian founders are buried.
- Notice how Puerto Barrios has been developed around restaurants and entertainment.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

A maximum of three beverages such as beer or soft drinks per person are included on the trolley. Guests must be at least 18 years of age to consume alcohol.

### STC-002 VISIT TO Q'EQCHI INDIGENOUS RIVER COMMUNIT

**Duration: 6.00 Hrs** **Tour Price: \$269.00**



**Date: March 31, 2023 09:00 AM**

Enjoy a delightful cruise along the Tatin River to a community of indigenous Guatemalans of Mayan origin. Although small and exceptionally rural, the community is prospering through the help of a non-profit organization known as Ak'Tenamit. The people have embraced newfound knowledge while still preserving their traditional ways. For instance, they grow vegetables using modern organic and ancient Mayan methods. They fiercely preserve the environment yet promote entrepreneurship through eco-tourism. Ak' Tenamit uses computer-based tutorial learning to empower rural students to be successful. During your visit, you will gain an understanding of how they have progressed and have the opportunity to purchase crafts made by local artisans. Continuing across the river, you will observe daily life among the Q'eqchi villagers. Afterwards, you will be served lunch at a nearby hotel, accompanied by a performance of folkloric Garifuna music and dancing.

- Cruise the Tatin River to a rural community whose residents are of Mayan origin.
- Learn how a non-profit organization is helping the community prosper.
- Gain an understanding of the programs that offer the residents a brighter future.
- Observe daily life among the Q'eqchi villagers in the community.
- Watch a folkloric performance of music and dancing while enjoying lunch.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.

This tour involves a 30-minute walk in the jungle over rough surfaces with some steep steps. Guests must be agile enough to bend and climb while embarking the boat, and endure a bumpy and possible wet ride. The tour is not recommended for guests with limited mobility or guests who utilize a wheelchair.

### STC-010 CHOCOLATE, DRINK OF THE GODS

**Duration: 5.50 Hrs** **Tour Price: \$119.00**



**Date: March 31, 2023 09:00 AM**

Tour a cacao plantation and discover how the fruit is processed for chocolate and how the Aztecs and Maya made a chocolate drink so valued it was reserved for royalty. A plantation that grows cacao or cocoa, the main ingredient in making chocolate, will be the venue for your immersion into chocolate. The tree's scientific name is Theobroma cacao; the first word being Latin for "food of the gods," the second derived from the Aztec word for "bitter water." While touring the cacao plantation, you will learn how the fruit is picked, processed, packaged and exported. The steps are fascinating, and you will have the chance to sample the cacao during the various stages of production. You will taste a cacao seed, a chunk of solid chocolate, a dollop of chocolate paste, and a chocolate beverage similar to the ones that the ancient Aztecs and Mayas drank. You will also learn how the taste of chocolate develops through fermentation.

- Delve into the world of chocolate at a plantation that grows cacao, the main ingredient.
- Learn how the indigenous Guatemalans have processed and eaten cacao for 2,000 years.
- Hear how the Mayas depicted cacao in their hieroglyphics and used the seeds as money.
- Discover how the Mayas valued chocolate so much that it was reserved for royalty.
- Drink a chocolate drink similar to the ones the ancient Mayas consumed.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### STC-001 LAS ESCOBAS SPRINGS ADVENTURE

Duration: 3.25 Hrs Tour Price: \$129.00



Date: March 31, 2023 09:30 AM, 11:00 AM, 12:30 PM

Hike to a gently cascading waterfall in Las Escobas Springs Reserve, where you may swim in the crystal-clear pools below the falls. As you hike along the winding trail that follows the Las Escobas River, you can expect to hear the sounds of the jungle and see a remarkable variety of flora and fauna. More than 450 species of birds live in the surrounding rainforest, including the crested eagle, blue-winged warbler and the rare orange-breasted falcon. The diversity of plants is even more impressive, as thousands of species flourish here. You may see date palms, which are easily recognized by their heart-shaped fronds, and the white nun orchid. It has been Guatemala's national flower since 1934. The trail ends at a serene waterfall, where you will be welcome to swim or simply sit on a rock and admire the idyllic setting. Afterwards, you will observe daily life and interact with the residents in the town of Las Escobas while watching a tortilla-making demonstration.

- Hike through the rainforest, following a trail along the Las Escobas River.
- Swim in a crystal-clear pool at the base of a waterfall in the rainforest.
- Observe indigenous flora and fauna that the guide will describe in detail.
- Interact with local residents in the town of Las Escobas, following the hike.
- Dress in weather-appropriate clothing, including long pants.
- Wear a swimsuit under a cover-up and bring a towel, if you wish to swim.
- Wear flat comfortable walking shoes.

This tour involves walking about 1½ miles over uneven ground. It is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests must be at least 21 years of age to consume alcoholic beverages. The tour is operated in minibuses.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive

### ❖ HARVEST CAYE, BELIZE

#### HAR-001 MAYAN RUINS & SPICE FARM

**Duration: 6.00 Hrs** **Tour Price: \$129.00**



**Date: April 01, 2023 08:30 AM, 10:00 AM**

Discover how the Mayas lived by visiting an archeological site on the mainland and how plants are cultivated using modern techniques at the Belize Spice Farm and Botanical Gardens. The ruins are known as Nim Li Punit, which means “large hat” in the Mayan language. The name refers to the depiction of a ruler wearing a large headdress on a Maya stela. Stone stelae with drawings and writing can be found throughout the site, providing a glimpse into the Mayan civilization. The excavated complex of buildings also includes a ball court, plazas and an observatory, all of which are shaded by a canopy of large trees. Plants flourish in the tropical environment as you will discover by riding a tram through the Belize Spice Farm and Botanical Gardens. You will see the fascinating process of how the spices are dried and packaged for export, and then have the opportunity to purchase some of them.

- Wander through the well-preserved ruins of a Mayan city.
- See carved stone stelae that reveal the history of the site.
- Ride a tram through a thriving spice farm and botanical garden.
- Discover how the spices are grown and processed.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes significant walking with some uneven natural surfaces and steps to negotiate, which may be slippery when wet. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns or pregnant woman who are past their first trimester. Participants should be in good physical health to climb the temples and stone steps unassisted. Participants must weigh less than 300 pounds. It is a 30-minute boat transfer from Harvest Caye to the mainland of Belize and a 1- hour scenic bus ride to the Mayan site. Credit cards and cash can be used to purchase handicrafts and spice products. No lunch is provided. A hearty breakfast is recommended. Snacks are available for purchase.

#### HAR-003 PLACENCIA LAGOON WILDLIFE & MANGROVE

**Duration: 1.50 Hrs** **Tour Price: \$59.00**



**Date: April 01, 2023 08:30 AM, 10:30 AM**

Explore the surrounding mangrove estuaries with a naturalist that will point out the wildlife and elaborate on the unusual characteristics of the flora and fauna. As you cruise through the protected lagoon, chances are you will spot West Indian manatees gliding through the shallow waters at a languid pace while grazing on vegetation, one of the reasons they are called sea cows. Manatees typically surface to breathe every few minutes, and you will notice their nostrils above the water before you see the rest of their bodies. As the boat noses into the estuaries, the naturalist will explain how the mangroves provide shelter for a variety of wildlife, particularly birds and fish. You might see great egrets, herons and anhingas, a species of bird that hunts by spearing fish with its sharp slender beak. Roseate spoonbills are also commonly seen sweeping their bills from side to side while foraging for food.

- Cruise into a protected lagoon inhabited by West Indian manatees.
- Listen to a local naturalist explain animal behavior and features of the flora.
- Learn how the coastal mangroves provide breeding grounds for fish and birds.
- Look for easy-to-identify water birds such as great herons.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour requires only limited walking; however, guests must be able to enter and exit the motor launch unassisted. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns. Wildlife sightings are likely but not guaranteed.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour



### HAR-004 RAINFOREST RIVER TUBING

**Duration: 5.50 Hrs** **Tour Price: \$89.00**



**Date: April 01, 2023 08:30 AM**

Float down a lazy river on an inner tube, taking in the spectacular rainforest scenery and passing by an authentic Mayan village. The river winds its way along the foot of the Maya Mountains, a landscape full of pristine national parks. No paddling will be necessary. Just sit back and let the current carry you downstream at an easy pace that will allow you to fully enjoy the serene jungle atmosphere. Listen for squawking birds, gaze up in the tree canopy and take comfort in knowing that the rainforest is protected from development. Most of the way is shaded, making the trip even more pleasurable. In time, you will arrive at Maya Landings, a small riverside village where you might enjoy a snack on your own and shop for handicrafts.

- Float down a slow-moving river through a pristine rainforest.
- Admire the ever-changing jungle scenery while listening to the sounds of nature.
- Look for wildlife, especially birds such as the keel-billed toucan, Belize's national bird.
- Pause at a Mayan village that fronts the river.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothes.
- Wear shoes that are appropriate for the water.

Walking is limited and mainly at the guests' discretion during free time at Maya Landings. The tour is not available to wheelchair guests, pregnant woman that are past their first trimester, or those with mobility concerns or heart conditions. Guests should be in good health. Participants must be at least 8 years old and weigh less than 275 pounds. Purchases at Maya Landings are cash only. Wildlife sightings are likely but not guaranteed. Guests participating in water activities do so at their own risk and responsibility. A signed insurance waiver may be required. During the rainy season when the water level is higher, the float will be faster; while during the dry season when the water level is lower, the float will be slower. It's a 30-minute boat transfer from Harvest Caye Marina to the mainland of Belize where you will board your air-conditioned bus and travel another 30 minutes to the Jungle Camp Outpost where your river tubing adventure will commence.

### HAR-006 MONKEY RIVER ECO TOUR

**Duration: 3.50 Hrs** **Tour Price: \$59.00**



**Date: April 01, 2023 08:30 AM, 12:30 PM**

Cruise the winding Monkey River, looking for wildlife in the surrounding rainforest and then enjoy a hike with a naturalist that will explain the plants' medicinal uses. Along the way, the guide will provide commentary about the region's history, including how the exportation of bananas fueled the economy in the late 19th century. Little evidence of that thriving time period remains, as the meandering Monkey River is bordered by undeveloped rainforest. You can expect to see a variety of wildlife, including crocodiles, turtles, iguanas and perhaps even a troop of screeching black howler monkeys. Also, keep an eye out for keel-billed toucans, the national bird of Belize. Once you disembark, you will hike through the forest while the naturalist guide points out plants with medicinal qualities. For instance, you might learn how the leaves of the soursop are often brewed into a tea that reduces fever and how wild yam is used for its anti-inflammatory properties.

- Cruise the snaking Monkey River while the guide provides enlightening narration.
- Look for wildlife that includes crocodiles, howler monkeys, toucans and water birds.
- Follow a naturalist through the forest and discover which plants have medicinal uses.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Closed-toes shoes, long pants and long sleeves are recommended during the rainy season (June - November)

### HAR-008 LUXURY BEACH VILLA

**Duration: 0.00 Hrs** **Tour Price: \$499.00**



**Date: April 01, 2023 08:30 AM**

Reserve a luxury villa for the day on a secluded section of the beach at Harvest Caye and spend your time doing whatever you please. The villa is a self-contained retreat that will serve as your home base while you are on the island. You might take a refreshing swim in the ocean, stroll along the coast looking for shells, stretch out on the beach and bask in the sun or relax in the shade of a coconut palm. The villas are handsomely furnished with padded recliners on the front porch and a hammock that faces the sea. They are just as comfortable inside. Each villa features air conditioning, a private restroom and shower, Bluetooth audio, a mini-refrigerator and digital safe. Your own private butler and concierge will be standing by if you need anything during your stay.

- Spend a day doing whatever you please in a private beach villa on Harvest Caye.
- Enjoy the serenity and relative seclusion of the villa, away from the crowds.
- Bask in the sun, relax in the shade and stretch out in a recliner, if you wish.
- Enjoy the amenities inside the villa, including a private bathroom.
- Take comfort in knowing your own private butler and concierge will be standing by.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The price listed is per villa, not per person, therefore only one person needs to reserve the villa. Villa rental is for up to 6 guests. You may also request onboard to add up to four more guests at \$49 per person. Food and drinks are available for an additional charge. See excursion HAR-009 to rent the one wheelchair-accessible luxury beach villa.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### HAR-010 PRIVATE CANOPY POOL CABANA

Duration: 0.00 Hrs Tour Price: \$249.00



Date: April 01, 2023 08:30 AM

Retreat to the privacy of your own canopy cabana right next to the lagoon-style swimming pool on Harvest Caye, an experience sure to enhance your stay on the island. Each cabana can accommodate up to four people, so it is ideal for families and small groups that want to spend quality time together. Feel free to stretch out on a lounge chair in front of the cabana and bask in the sun or relax on the cushioned seating inside the cabana. If you want privacy, simply draw the curtains. The cabanas are ideally located adjacent to the swimming pool, which features a swim-up bar and a gently cascading waterfall. The cabanas also offer easy access to rest of the pool complex, which includes a variety of shops and the Landshark Bay & Grill.

- Enhance your experience on Harvest Caye by renting a poolside cabana.
- Relax in the lounge chairs in front of the cabana or in the covered seating inside.
- Draw the cabana curtains for privacy.
- Enjoy the proximity of the swimming pool, shopping and restaurant.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Price listed is per cabana, not per person, therefore, only one person needs to reserve the cabana.

### HAR-021 MAYAN CULTURE & MEDICINE TRAIL

Duration: 5.00 Hrs Tour Price: \$129.00



Date: April 01, 2023 08:30 AM

Become immersed in the Mayan culture by watching a village shaman create medicines from indigenous plants that you will see growing in the wild. Once you arrive in the Mayan village, which lies in the shadow of the Cockscomb Jaguar Reserve, you will follow a canopied jungle path through an area full of medicinal plants and herbs. The Mayan guide will point out their uses and how that knowledge has been passed from generation to generation. You will then watch Mayan shaman, herbalist and healer Aurora Garcia Saqui prepare traditional medicines from a number of plants, often grinding them with a hand mill. She will explain which plants are said to cure which illnesses and how she obtained her encyclopedic understanding of their qualities. Later, you will visit a house that has been purified through the ancient art of smudging, in which sacred herbs are burned to release smoke that supposedly cleanses negative energy from the air.

- Visit an authentic Mayan village next to a jungle wildlife reserve.
- Stroll a natural trail with a Mayan guide that will point out the medicinal plants.
- Watch a renowned Mayan shaman concoct medicines from the plants and herbs.
- Visit a house that has been cleansed of negative energy through smudging.
- Sample a traditional Mayan cocoa drink.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 12 years old, weigh no more than 300 pounds, be able to walk unassisted on a gravel trail, and not have heart conditions. Guests should wear long-sleeve shirts, long pants and a poncho during the rainy season from June through November. It is a 45-minute ride via an air-conditioned bus to the Mayan village. Authentic colorful handmade Mayan craft items will be available for sale (cash only).

### HAR-036 KR'KCHI CHOCOLATE & CULTURE

Duration: 6.00 Hrs Tour Price: \$139.00



Date: April 01, 2023 08:30 AM

Learn how the Ke'kchi Mayan people hand-craft chocolate before visiting a Ke'kchi village for a deeper immersion into their traditional ways. As you drive into the hinterlands, you will pass the beautiful Maya Mountains and several remote villages on the way to the Akte'il Ha Cacao Farm. Here you will watch as the organic cacao, a key ingredient in chocolate, is hand-ground and processed. You will also have the chance to taste the raw cacao during the production. Following lunch, you will proceed to a Ke'kchi residence for a glimpse into the rapidly disappearing world of the traditional Ke'kchi Mayan. You will learn about their indigenous language, the history of the village and how the Mayas use various plants for medicinal purposes. To enhance the experience, you might try your hand at playing handmade Ke'kchi musical instruments such as a harp.

- Watch Ke'kchi Mayan people make chocolate from cacao and sample the product.
- Visit a remote Ke'kchi village to learn more about their traditional lifestyle.
- Play handmade Ke'kchi musical instruments.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Participants must be at least 5 years old and weigh no more than 300 pounds. Guests must be able to walk unassisted and negotiate the 40 or so steps, as well.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### HAR-047 BIG SIPPER BELIZE

**Duration: 3.00 Hrs** **Tour Price: \$119.00**



**Date: April 01, 2023 08:30 AM, 12:00 PM**

Settle in for a relaxing and wonderfully scenic cruise on the Big Sipper, a double-decker boat that offers up-close views of the area's natural beauty. Along the way, you will pass Placencia Village, head into the Placencia Canal and skirt the idyllic beaches that hug the shore. In the distance, you will see the Maya Mountains, a range that runs from Belize to Guatemala. Even so, some of the best sights are close by, as dolphins are often seen frolicking in the waters just off the bow and sometimes right next to the sides of the boat. West Indian manatees are also commonly spotted in these waters, especially in the slow-moving shallows. Being herbivores, they spend much of their time there foraging on aquatic plants. Feel free to move about the boat. The upper deck is open air; the lower deck and bar area are covered.

- Spend hours on a double-decker boat, enjoying a scenic cruise around Harvest Caye.
- Look for marine life such as dolphins and West Indian manatees .
- Enjoy the Caribbean music, appetizers and access to a full bar .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Minimum age to participate is 12 years of age and children under 18 must be accompanied by an adult parent or guardian. Must be 21 to consume alcoholic beverages. ID will be required.

### HAR-030 BLACK SWAN ELECTRIC BOAT CRUISE

**Duration: 0.75 Hrs** **Tour Price: \$49.00**



**Date: April 01, 2023 09:00 AM, 10:00 AM**

Cruise the picturesque western coast of Harvest Caye on the Black Swan, a whisper-silent electric boat that will present one spectacular photo opportunity after another. After settling into the canopied open-air boat with amenities such as free WiFi, you will motor along the shoreline, passing your cruise ship shortly after leaving the marina. Simply sit back and relax as the environmentally friendly boat skirts the beautiful coast providing close-up views of attractions such as the Harvest Caye Flighthouse. While passing this soaring former lighthouse, you may see adrenaline-loving guests zip-lining from the top of the beacon and free-falling while tethered to a bungee-cord. You will also see the Maya Mountains in the distance and perhaps a manatee nearby in the water. To enhance the onboard experience, thirst-quenching fruit punch and rum punch will be served throughout the cruise.

- Cruise along the gorgeous western shore of Harvest Caye in a quiet electric boat.
- Enjoy the shade and complimentary WiFi and drinks throughout the cruise.
- See highlights such as the Maya Mountains, a former lighthouse and your cruise ship.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

All participants must be able to negotiate 3 steps in and out of the boat and walk from the ship to the boat loading platform.

### HAR-037 CATCH AND RELEASE FISHING

**Duration: 3.00 Hrs** **Tour Price: \$149.00**



**Date: April 01, 2023 09:00 AM, 01:00 PM**

Go deep-sea fishing in the crystal-clear waters off Harvest Caye, which are teeming with highly prized, fun-to-catch fish such as groupers, snappers and jacks. Once the boat anchors in an area where the fish have been biting lately, a crew member will outfit you with all the necessary tackle and bait. The crew will also offer tips on how best to cast and retrieve the lure or live bait and help you release whatever you reel in. Jacks thrive among the reefs, and if you catch one be prepared for a fierce fight. If you catch a striped fish that grunts like a pig when you pull it out of the water, it will be a grunt. They make that characteristic sound by grinding the teeth deep in their throats. Many types of groupers are found in deeper waters near rocks, drop-offs and ledges. Although groupers are slow swimmers, they can be powerful, especially the massive ones.

- Fish in waters where you are likely to catch groupers, snappers and jacks.
- Enjoy the convenience of everything being provided, including the tackle and bait.
- Follow tips from the captain and crew to increase your chances of catching fish.
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour requires a moderate amount of activity.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### HAR-023 FLIGHTHOUSE ZIPLINE

**Duration: 1.00 Hrs** **Tour Price: \$69.00**



**Date: April 01, 2023 09:30 AM, 11:00 AM, 01:30 PM**

Enjoy an exhilarating ride on a zipline high above Harvest Caye for a birds-eye view of the island, the port and the mountains beyond. The zipline starts from the top of the 136-foot-tall lighthouse known as the Flighthouse, where you will be harnessed in for the adrenaline-pumping ride of your life. You will zip along a course that is more than four football fields long and every inch of it is a thrill, as you will soar nearly six stories above the ground with the wind in your face. You can choose to sit upright or lie flat like Superman while flying down the zipline. Either way, you can reach a top speed of 40 miles per hour—fast enough to get even the bravest adventurer screaming in delight.

- Ride a zipline over Harvest Caye about six stories above the ground.
- Take in the tropical scenery but don't blink, as you'll be racing along at 40 miles per hour.
- Fly through the sky seated upright or in a Superman position.
- Dress in weather-appropriate clothing.
- Wear walking shoes with closed toes or strap-on sandals.

This tour is not recommended for pregnant women or for guests with neck or back injuries, vertigo or heart conditions. Guests should consider their physical fitness level and medical history when determining whether this tour is appropriate for them. Participants must be at least 8 years old and weigh no more than 275 pounds. Lockers rentals are available. Closed Toe shoes are mandatory. Guests are not permitted to carry any item on the zipline, including cameras or phones.

### HAR-035 FUNCAT ADVENTURE (PRICED PER BOAT)

**Duration: 1.00 Hrs** **Tour Price: \$69.00**



**Date: April 01, 2023 09:30 AM, 10:40 AM, 11:50 AM, 01:00 PM**

Cruise through the mangroves around Harvest Caye on a Funcat electric catamaran that allows you to stretch out comfortably on the lounge seat and really enjoy the scenery. The covered catamaran has room for two, so you can be the captain or the passenger. Although you will be briefed on how to operate the catamaran, there's really not much to it. Just use the controls on the armrest to go forward or backward. Steering is a breeze, too. Best of all, the catamaran is solar-powered, so there are no emissions and little noise from the electric engine. That way, you can come remarkably close to the wildlife without disturbing the animals in the mangrove-lined saltwater estuaries. Water birds are especially prevalent, so look for egrets, teals and ducks. The mangroves provide a highly protective habitat for birds and their complex root system serves as a nursery for marine life.

- Motor through the mangrove-lined estuaries in a solar-powered electric catamaran.
- Captain the two-person catamaran, be the passenger or switch places if you like.
- Look for wildlife, especially water birds, in the protected mangroves.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat comfortable walking shoes.

This tour require a minimal amount of activity. Guest must be able to naviaget a Fun Cat Boat. Price is per water craft and not per person, so only one person in the party needs to book this tour. There is a maximum of 2 adults and one child under the age of 12 year per water craft. Minimum age to drive is 16 years old with a valid driver's license and must be accompanied by an adult rider. The maximum combined weight cannot exceed 400 lbs.

### HAR-002 NIM LI PUNIT WITH LUNCH

**Duration: 6.00 Hrs** **Tour Price: \$99.00**



**Date: April 01, 2023 10:00 AM**

Wander through the well-preserved ruins of an archeological site full of royal tombs and stone monuments that commemorate important events to this Mayan community. The complex of buildings within this ceremonial center is rather compact and well-shaded, so exploring should be quite comfortable and easy. As you meander about, you can expect to see a ball court with celestial representations, numerous plazas, tombs of the royal families and monuments with carvings that offer a glimpse into the ancient Mayan civilization. Dozens of these monuments, known as stelae, can be found in Nim Li Punit. The name of the site, which means "large hat" in the Mayan language, refers to refers to the large headdress that one of the rulers is shown wearing on one of the stela. Oil prospectors discovered Nim Li Punit in the 1970s and excavations started shortly afterwards.

- Wander through the well-preserved ruins of a Mayan city.
- See carved stone stelae that reveal the history of the ceremonial site.
- Climb the temples' stairs for panoramic views of the jungle.
- Behold an astronomical observatory where the Mayas tracked the sun's movement.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes significant walking with some uneven natural surfaces and steps to negotiate, which may be slippery when wet. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns or pregnant woman who are past their first trimester. Participants should be in good physical health to climb the temples and stone steps unassisted. Participants must weigh less than 300 pounds. It is a 30-minute boat transfer from Harvest Caye to the mainland of Belize and a 1- hour scenic bus ride to the Mayan site. A hearty breakfast is recommended. Snacks are available for purchase.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### HAR-005 JUNGLE RIVER RAFTING

**Duration: 5.50 Hrs** **Tour Price: \$89.00**



**Date: April 01, 2023 10:00 AM**

Raft down a spring-fed river through a jungle setting full of indigenous wildlife. Even the journey to the rafting site will be spectacularly scenic, as you will take a winding road along the foot of the Maya Mountains and then pass an authentic Mayan village. A short orientation follows, after which you will ease into the raft and begin floating downstream. The river is rated Class I, a definition that involves small waves and obstructions that can easily be avoided. The guide will instruct everyone in your raft on the best way to paddle around boulders and negotiate the small rapids along the way. Although this is an easy rafting experience, it will still be exhilarating, especially considering the natural beauty. On the return to Harvest Caye, you will stop at the Mayan village for a snack on your own.

- Raft down an easy-to-negotiate spring-fed river at the foot of the Maya Mountains.
- Celebrate the serenity and natural beauty of the jungle.
- Look for wildlife, especially birds such as the keel-billed toucan, Belize's national bird.
- Pause at a Mayan village that fronts the river.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothes.
- Wear shoes that are appropriate for the water.

Walking is limited and mainly at the guests' discretion during free time at Maya Landings. The tour is not available to wheelchair guests, pregnant women that are past their first trimester, or those with mobility concerns or heart conditions. Guests should be in good health. Participants must be at least 5 years old and weigh less than 275 pounds. Purchases at Maya Landings are cash only. Wildlife sightings are likely but not guaranteed. Guests participating in water activities do so at their own risk and responsibility. A signed insurance waiver may be required. During the rainy season when the water level is higher, the float will be faster; while during the dry season when the water level is lower, the float will be slower. It is a 30-45-minute boat transfer to the mainland and a school bus transfer (non a/c) for an additional 30-60 minutes where you can enjoy scenic vistas of the Maya mountains along the way.

### HAR-020 SPICE FARM & BOTANICAL GARDENS

**Duration: 5.00 Hrs** **Tour Price: \$129.00**



**Date: April 01, 2023 10:00 AM**

Discover how spices are cultivated and used in the local cuisine at the Belize Spice Farm and Botanical Gardens, a lush and wonderfully fragrant setting in the foothills of the Maya Mountains. Plants flourish in the tropical environment, as you will discover by riding a tram through the naturally fertile property. The farm devotes a large amount of acreage to black pepper and vanilla, but that only touches on the variety of spices. Chances are, you will also see nutmeg, mace, cinnamon, cardamom and cloves thriving throughout the farm. An abundance of tropical trees such as teak, sandalwood and rosewood only add to the idyllic setting. Following the tram tour, you will enjoy free time to wander about the guest center and learn even more about how the farmers nurture the spices that are so essential to traditional Belizean cuisine, such as the curiously named national dish Boil Up.

- Ride a tram through a thriving spice farm and botanical garden.
- Discover how the spices are grown and processed for export.
- Delight in fragrances such as nutmeg and vanilla as they waft through the air.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### HAR-022 MANGO CREEK & INDEPENDENCE VILLAGE LIFE

**Duration: 2.50 Hrs** **Tour Price: \$69.00**



**Date: April 01, 2023 10:00 AM**

Get an authentic glimpse into rural life in Belize by driving through several traditional villages, including Mango Creek and Independence, which are divided by a single street. Along the way, the guide will point out the attractions and entertain you with unusual tales about the founding of the adjacent villages. Not far away, you will find Big Creek Port, the only natural deep-water port in Belize. It is a commercial hub where you may see crude oil, bananas and sugar being loaded on ships for export. You will also pass the local airstrip on the return to Mango Creek and Independence. You can also expect to see other artisans creating handicrafts at a village market.

- Drive through several rural villages for a candid look at local life.
- Hear entertaining commentary about the history of the villages.
- Discover which products fuel the economy while driving through Big Creek Port.
- Watch artisans hand-craft various products.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 3 years old, weigh no more than 300 pounds and be able to walk unassisted. Bring cash for the purchase of drinks, snacks & souvenirs. There is a short ferry ride from Harvest Caye to Malacate Landing where you will board your bus.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Select



Accessible Tour



Oceania Exclusive

### HAR-033 PEDALBOARD MANATEE WATCH

**Duration: 0.00 Hrs**   **Tour Price: \$79.00**



**Date: April 01, 2023 10:00 AM, 11:30 AM, 01:00 PM**

Glide across the surface of the sheltered Harvest Caye lagoon on a stand-up pedalboard that allows you to easily control the speed and direction, so you can explore at your own pace. After a briefing on how best to maximize the experience, you will ease into the calm waters of the lagoon on a one-person pedalboard that is extra wide for stability. It is easy to operate and maneuver. Just hold on to the handlebars, which are much like those on a scooter, and then gently press down on the foot pedals one at a time. The guide will lead the way, while describing the lagoon's ecosystem. Manatees are often spotted in the shallows, grazing on the seagrass growing on the bottom of the lagoon. The West Indian species found in Belize is the largest of all manatees, and the guide will elaborate on their habits and characteristics

- Maneuver around the Harvest Caye lagoon on a stand-up pedalboard.
- Look for manatees and other marine life while admiring the gorgeous tropical scenery.
- Learn about the lagoon ecosystem and the wildlife that it supports.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat comfortable walking shoes.

This tour requires a strenuous amount of activity and participants should be in good physical condition and be able to swim. Must be at least 8 yrs of age and able to swim. Those under 18 must be accompanied by a parent or a guardian. Price is per Pedalboard, Maximum weight is 250 lbs.

### HAR-011 KAYAK IN THE LAGOON RENTAL

**Duration: 1.00 Hrs**   **Tour Price: \$25.00**



**Date: April 01, 2023 10:15 AM, 11:25 AM, 12:35 PM, 01:45 PM, 03:55 PM**

Paddle around the lagoon on Harvest Caye in a single or double kayak, while admiring the tropical views and keeping an eye out for wildlife. After a brief orientation on how to make the most of your kayaking outing, you will be free to explore Manatee Lagoon. The water here is typically calm, so it couldn't be easier to kayak. Go wherever you like within the lagoon and at your own pace. You might zip from one side to the other for exercise, paddle slowly around the shoreline or pause in the middle of the lagoon and take in the idyllic setting. Kayaks feature a shallow draft, allowing you to maneuver throughout the lagoon, even in just a few inches of water.

- Kayak on your own or share the experience in a double kayak.
- Paddle at your own pace, stopping wherever you please.
- Take advantage of the kayak's shallow draft and go where other vessels can't.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition and must be at least 8 years of age. Single and double kayaks are available and can be selected at the site. The price is per kayak, not per person. Participants in water activities do so at their own risk and responsibility.

### HAR-032 GLASS BOTTOM REEF EXPLORER

**Duration: 1.50 Hrs**   **Tour Price: \$99.00**



**Date: April 01, 2023 10:30 AM, 02:30 PM**

Behold the teeming marine life that lives along the North Hemisphere's largest barrier reef from the comfort of a glass-bottom boat. UNESCO has designated the reef a World Heritage site because it illustrates the evolutionary history of reef development and provides much-needed habitat for threatened species such as sea turtles, West Indian manatees and American crocodiles. As you cruise through the crystal-clear waters around the massive reef, you can expect to see an ever-changing parade of colorful marine creatures. You may see stingrays, schools of colorful fish and elongated sea cucumbers lurking among the coral formations. This reef system was once endangered, but thanks to a moratorium on oil drilling, restrictions on development and fishing reforms, it is thriving once again. Even naturalist Charles Darwin was impressed when he described it in 1842 as "the most remarkable reef in the West Indies."

- Cruise above a massive barrier reef in a glass-bottom boat.
- Look through the glass bottom at the teeming, ever-changing marine life below.
- Watch for species as diverse as West Indian manatees, American crocodiles and stingrays.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Participants must be at least 5 years old and weigh no more than 275 pounds. Guests with neck, back, or joint issues, respiratory or heart conditions and pregnant women past the first trimester are not allowed to participate. Guests must be mobile and able negotiate steps in and out of the boat.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### HAR-046 BARRIER REEF SNORKEL

Duration: 2.50 Hrs Tour Price: \$119.00



Date: April 01, 2023 10:30 AM, 01:30 PM

Snorkel in the azure waters above the North Hemisphere's largest barrier reef, an ecosystem so spectacular that UNESCO has designated it a World Heritage site. Home to threatened species such as sea turtles, West Indian manatees and American crocodiles, the reef is absolutely teeming with marine life. While there is no telling what you will observe beneath the surface of the crystal-clear water, marine creatures such as stingrays, elongated sea cucumbers and schools of colorful fish are abundant. Yellow-striped goatfish, rainbow parrotfish and bluehead wrasses are just a few of the species that are commonly spotted. Although the reef was once endangered, it has made a remarkable comeback due to a moratorium on oil drilling, restrictions on development and fishing reforms. Even naturalist Charles Darwin was impressed when he described it in 1842 as "the most remarkable reef in the West Indies."

- Snorkel above a massive barrier reef that UNESCO has designated a World Heritage site.
- Behold an ever-changing parade of marine life and unusual coral formations.
- Watch for colorful blue tangs, orange-spotted filefish and rainbow parrotfish.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under clothing and bring a towel and sunscreen.
- Wear flat, comfortable walking shoes.

Participants must be at least 8 years old, weigh no more than 275 pounds, be mobile, able to climb in and out of the boat, and able to swim. Pregnant women past the first trimester and guests with respiratory or heart conditions, neck, back, or joint issues are may not participate. Guests should consider their physical fitness level and medical history when determining whether this tour is appropriate for them.



Easy Activity



Culinary Discovery



Oceania Select



Moderate Activity



Food & Wine Trails



Accessible Tour



Strenuous Activity



Go Local Tour



Meal Included



Wellness Tour



Evening Excursion



Oceania Exclusive

### ❖ BELIZE CITY, BELIZE

#### **BZE-007 LAMANAI MAYAN RUINS AND NEW RIVER CRUISE**

**Duration: 7.00 Hrs** **Tour Price: \$169.00**



**Date: April 02, 2023 08:30 AM**

Look for wildlife while cruising the New River Lagoon to an archaeological site where you will meander through the excavated ruins of a Mayan civilization. After a scenic drive inland to Tower Hill, you will board a riverboat and begin cruising the placid lagoon. You are bound to see an abundance of wading birds and Morelets crocodiles, as this portion of the lagoon is protected and difficult to reach except by boat. If you hear loud whooping from the trees, chances are, it is the sound of territorial male howler monkeys warning other males to stay away. In time, you will disembark at Lamanai, the Mayan word for “submerged crocodile.” As you will discover, the ruins here are well-preserved and include more than 100 structures, including temples, plazas and ball courts, some of which are adorned with carved masks. Lamanai is an extraordinary site that lends great insight into the world of the Maya.

- Cruise the New River Lagoon in a riverboat.
- Observe abundant wildlife, ranging from birds to crocodiles.
- Meander through the ruins of Lamanai, where the Mayas lived for more than 3,000 years.
- Gain an understanding of the Mayas as the guide describes the ancient culture at Lamanai.
- Dress in weather-appropriate clothing, including long pants and a windbreaker.
- Wear flat, comfortable walking shoes.

This tour involves up to two miles of walking over uneven paths and inclines. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. A picnic-style buffet lunch is included.

#### **BZE-010 XUNANTUNICH MAYAN RUINS**

**Duration: 7.00 Hrs** **Tour Price: \$139.00**



**Date: April 02, 2023 08:45 AM**

Explore an ancient Mayan ceremonial site that has been periodically excavated over the past 100 years, revealing a fascinating complex of pyramids, plazas and temples. A meandering two-hour drive and a ride across the Mopan River on a unique hand-cranked ferry will bring you to the site near the Guatemalan border. Curiously, the Maya built Xunantunich in the 7th century A.D., when their civilization was already in decline. In 1890s, archaeologists began crude excavations with dynamite that exposed six major plazas containing dozens of Mayan temples and palaces. As you will discover from the guide while browsing the site, there are still many unanswered questions about why the Maya abandoned Xunantunich. If you climb to the top of El Castillo, the largest and tallest of the pyramids, you will be treated to a panoramic view of the surrounding jungles and valleys. Don't miss the 3-D friezes carved on the sides of the pyramid.

- Walk through the ruins of the excavated Maya city Xunantunich.
- Behold dozens of ancient temples and plazas, many adorned with carved decorations.
- Hear theories about why the Mayas abandoned the site.
- Climb to the top of the tallest pyramid for a spectacular 360° view.
- Enjoy lunch in San Ignacio and perhaps time for shopping.
- Dress in weather-appropriate clothing, including long pants.
- Wear closed-toe walking shoes with non-slip soles.

This tour includes about two hours of moderate to strenuous walking, primarily over natural and uneven surfaces. There are also numerous steps and inclines and surfaces can be muddy and slippery. Climbing on the ruins is not permitted during or after a rain because of the hazard of falling on slippery steps. Participants should be in good physical condition. The tour is not available to wheelchair guests or those with mobility concerns.

#### **BZE-008 ALTUN HA & BELIZE CITY TOUR**

**Duration: 4.00 Hrs** **Tour Price: \$99.00**



**Date: April 02, 2023 09:00 AM, 10:00 AM**

Gain appreciation for the diversity in this part of Belize by exploring a Mayan archaeological site and the architectural highlights in urban Belize City. As you walk around the ancient temples and pyramids in Altun Ha, be sure to notice the still-intact lagoon that the Mayas built. In the Yucatec Maya language, Altun Ha means “rockstone pond,” a reference to the lagoon. One of the city's greatest priest-kings was buried in the Temple of the Green Tomb, along with a huge cache of jewels, including a jade head of the sun god. For a more modern perspective of life in Belize, you will return to Belize City for a look at its landmarks. Highlights include St. John's Cathedral, which is the oldest building in the country constructed by Europeans. You will also see a beautiful colonial mansion where the British governors once lived. It has been converted into the House of Culture museum.

- Explore the excavated ruins of Mayan temples and pyramids in Altun Ha.
- Look for crocodiles in the lagoon for which Altun Ha was named.
- Enjoy a leisurely driving tour of the must-see attractions in Belize City.
- See the oldest European-built edifice in Belize.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Your tour ends at a local restaurant where complimentary refreshments will be provided before returning to the ship. The city highlights portion of the tour depends on venue availability of the day.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion

Page 48



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour



### BZE-015 BELIZE RUM TASTING & CULTURAL SHOW

**Duration: 3.00 Hrs** **Tour Price: \$89.00**



**Date: April 02, 2023 09:00 AM, 10:15 AM**

Tour one of Belize's most historical distilleries and sample some of its renowned products, followed by a folkloric performance that reveals the country's rich heritage. During the brief driving tour of Belize's former capital, the guide will entertain you with stories about the city's Mayan heritage and rum-running history. Upon arriving at One Barrel Rum, you will browse a museum devoted to the locally made, sugar-based spirits. You will also have the opportunity to visit the room where the rum is aged in charred oak casks for one year before being bottled. A tasting follows, during which you may sample bold dark rums, lighter gold rums and vintage rum with an even more distinct taste. Afterwards, you will watch a lively cultural performance at the distillery and then have some free time to browse the gift shop. The distillery's spirits are available for purchase, as well as items that reflect the local culture.

- Hear about Belize City's intriguing past and Mayan heritage while driving through town.
- Browse museum exhibits that show how rum is produced locally.
- Sample a selection of premium rums with distinctly different tastes.
- Watch a cultural performance at the distillery.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Expect about 1½ hours of easy to moderate walking and standing, plus additional walking at the guests' discretion during free time. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their personal level of stamina and ability before joining the tour. Provided hard hats must be worn in the aging room and a liability waiver is required. The minimum age to participate is 18 years old.

### BZE-016 BELIZE CITY HIGHLIGHT TOUR

**Duration: 2.00 Hrs** **Tour Price: \$99.00**



**Date: April 02, 2023 09:00 AM, 11:15 AM**

Settle in for a panoramic drive through downtown Belize City with occasional stops for closer looks at the most captivating attractions. As you travel through the former capital of Belize, enlightening commentary will describe the landmarks, culture and history, which dates to the Maya empire, when the area was an important center for trade. You will likely pass a 19th-century prison that is now the Museum of Belize, the British Colonial-style Supreme Court building and the gracefully tapered Baron Bliss Lighthouse, named for the city's titled benefactor that is buried there. While pausing at St. John's Cathedral, be sure to note the masonry work, as the building was constructed in the early 1800s with bricks that had been used as ballast in ships. The Belize Swing Bridge is another unusual structure. Built in England, it is the oldest swing bridge in Central America and one of the few that is manually operated.

- Enjoy a leisurely driving tour through downtown Belize City.
- See landmarks such as the Baron Bliss Lighthouse and the Belize Swing Bridge.
- Visit St. John's Cathedral, which was built in 1812, making it Belize's oldest structure.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

### BZE-017 BELIZE WILDLIFE RIVER TOUR

**Duration: 2.00 Hrs** **Tour Price: \$79.00**



**Date: April 02, 2023 09:00 AM**

Cruise the Belize River comfortably seated in a covered riverboat and look for wildlife in and around the unspoiled waterway. A narrator will elaborate on the history of Belize City and its Mayan heritage until the boat enters the mouth of the river. Wildlife then becomes the topic of discussion, as this natural area is teeming with all sorts of marine creatures and water birds. The guide will point out much of the fauna, and you can use the provided animal identification card to help recognize other species. Keep an eye out for crocodiles, manatees and dolphins, which often swim alongside the riverboat. Once wildlife is spotted, the captain will bring you as close as possible for the best photo opportunities. You will also learn about some of the jungle plants that the Maya relied on for medicinal purposes.

- Take a riverboat cruise on the meandering Belize River.
- Look for marine life, ranging from Morelets crocodiles to manatees.
- Observe water birds such as ibises and roseate spoonbills along the shoreline.
- Snap excellent wildlife photos from close range.
- Hear about the jungle plants that the ancient Maya used for medicine and food.
- Dress in weather-appropriate clothing.
- Wear flat, comfortable walking shoes.

Participants must be at least 5 years of age, weigh no more than 275 pounds and be able to get in and out of the boat.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### BZE-006 CAVE TUBING AND JUNGLE WALK

**Duration: 5.75 Hrs**   **Tour Price: \$169.00**



**Date: April 02, 2023 09:30 AM**

Hike a jungle trail to a gently flowing river, where you will float on an inner tube through an intricate cave system that the ancient Maya once inhabited. A picturesque drive on the Western Highway will only hint at the natural beauty that lies ahead in the mountains. You will then take a leisurely hike through the gorgeous jungle, accompanied by a naturalist that will point out plants and herbs that the Maya used for medicinal purposes. Upon arriving at the cave entrance, you will don a headlamp, ease into an inner tube and then begin floating 1.5 miles down the river. The water will move slowly but steadily, carrying you from one cave to the next. Occasionally, you will emerge into the sunlight, only to enter another cave system. Lunch follows the experience, making it all the more unforgettable.

- Admire spectacular mountain scenery on the way to the river.
- Hike a jungle trail while listening to a naturalist describe the medicinal plants.
- Sit in an inner tube as the gentle river carries you through a series of caves.
- Use your headlamp to observe the odd formations within the caves' interiors.
- Hear how the Maya once lived in these caves and the surrounding jungle.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear closed-toe shoes that you won't mind getting wet.
- Bring a change of clothes.

The drive from the pier to Jaguar Paw is approximately one hour in each direction. As this tour involves travel over uneven and bumpy roads, guests with back or neck problems are discouraged from participating. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. A liability waiver is required. Participants must be at least 10 years old and at least 40 inches tall. Participants may become claustrophobia in the cave system. Guests must carry their own inner tubes during the hike. Maximum weight limit is 265lbs

### BZE-002 AIRBOAT ADVENTURE & BELIZE CITY TOUR

**Duration: 2.50 Hrs**   **Tour Price: \$149.00**



**Date: April 02, 2023 10:00 AM, 01:00 PM**

Enjoy an enlightening drive past the must-see landmarks in Belize City and then take an exhilarating airboat ride into a marshland teeming with wading birds. Along the way, the guide will relate some of the city's history, starting with the shipwrecked British sailors that settled here in 1683. A century or so later, St. John's Cathedral was built; it is the oldest building in Belize constructed by Europeans and still holds services. Before long, you will embark on an airboat and zip off at speeds approaching 40 miles per hour. Upon reaching Almond Hill Lagoon, the captain will cut the engine and quietly drift through the clear water, where you may spot manatees. You will then enter mangrove-lined Indian Creek, another pristine wildlife area that most other boats can't reach because the water is only inches deep. You can expect to see all sorts of birds such as herons and anhingas and perhaps even a crocodile.

- Learn some of Belize City's history, starting with its establishment in 1683.
- See a church with the distinction of being the oldest European-built structure in Belize.
- Ride an airboat into a lagoon that manatees inhabit.
- Zip through shallow Indian Creek in an airboat and observe the abundant wildlife.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participating children must be at least six years of age and accompanied by a parent. Maximum weight limit is 265lbs.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ❖ COSTA MAYA, MEXICO

#### CMA-004 KOHUNLICH & DZIBANCHE MAYAN RUINS

**Duration:** 8.00 Hrs **Tour Price:** \$269.00



**Date:** April 03, 2023 08:30 AM

Explore two excavated Maya ruins in the dense jungle near the border of Belize, both of them archaeologically significant for their ingeniously designed temples. Dzibanche was discovered in the 1920s and named for the Mayan word for “writing on wood” because of the inscribed wooden lintels over some doors. While browsing the ruins, you may see plazas, stairways adorned with hieroglyphics and the magnificent Temple of the Owls, which features an internal burial chamber with owl-shaped pottery. The city is believed to have been the seat of the Kan or “snake” dynasty that ruled this area beginning in the 6th century. You will also explore the nearby Mayan city of Kohunlich, which was built around the same time. Its most dominant feature is the Temple of the Masks, a structure that honors the sun god with huge stone masks on the stairways. According to archaeologists, the buildings in Kohunlich would have been stuccoed, painted red and decorated with geometric designs.

- Explore the ruins of two Mayan cities with extraordinary temples.
- Climb the soaring Temple of the Cormorants for a sweeping view of Dzibanche.
- Marvel at the stone masks on the Temple of Masks in Kohunlich.
- Walk through the surrounding jungle, where you may spot toucans and monkeys.
- Dine on regional favorites at the Lagoon Club.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.

#### CMA-020 SEGWAY ADVENTURE & BEACH BREAK

**Duration:** 3.00 Hrs **Tour Price:** \$129.00



**Date:** April 03, 2023 08:30 AM

Ride through downtown Costa Maya on a Segway, a simple-to-operate personal transporter that allows you easy access to the central shopping district and later to a relaxing beach club. Before taking off, you will learn one-on-one how to operate a Segway in a practice area. To move it forward or backward, just lean forward or backward. A similar move steers the Segway left or right. With just two wheels, the Segway stays balanced, so all you have to do is to hop on, stand upright and lean one way or the other. Once you feel comfortable operating the Segway, you will set off caravan-style along the beautiful coastline to the main shopping area of Costa Maya. There you will have time to browse the boutiques before heading on to a beach club, where may swim or do nothing more energetic than sip a cool drink while watching the waves break on the shore.

- Practice operating a Segway before taking off into Costa Maya.
- Appreciate how easy it is to operate the Segway, even with no prior experience.
- Follow the guide through Costa Maya in a caravan of Segways.
- Browse the boutiques in the central shopping plaza.
- Relax at a beach club where you will be free to do as you please.
- Dress in weather-appropriate clothing.
- Wear a swim suit under your clothes and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion during the stops; however, guests must be able to stand on the Segway for approximately 2-hours. There are natural, uneven and sandy surfaces to negotiate. This tour is not available to wheelchair guests; pregnant women; those with back or knee injuries; heart conditions; asthma; epilepsy or mobility issues. Light weight clothing; swimwear; a change of clothes; towel; sun cap; sunglasses; sunscreen; and flat, comfortable walking shoes are recommended. Helmets will be provided and are mandatory. There is a minimum weight requirement of 100 lbs and the maximum allowable weight is 250 lbs. The minimum age to participate in the tour is 12 years of age and the maximum age limit is 65. All children under the age of 18 must be accompanied by an adult parent or guardian. Those taking part in any water activities do so at their own risk and responsibility. The operator does require that participants sign a waiver before being allowed to take part in the tour. It is suggested guests bring cash if they wish to purchase souvenirs. Transfer to the Segway location is via 4-seater taxis which may or may not have a/c.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### CMA-038 DOLPHIN SWIM ADVENTURE

**Duration:** 1.50 Hrs **Tour Price:** \$205.00



**Date:** April 03, 2023 08:30 AM, 09:30 AM, 10:30 AM

Swim with bottlenose dolphins in a water park environment that encourages these highly intelligent mammals to interact with you. After a brief orientation on what to expect during the experience, you will ease into the water. It is a comfortable setting for the dolphins, who are used to interacting with humans. Be prepared for a friendly encounter, as the dolphins will typically swim right up to you, allow you to hug them and even offer a kiss. If a dolphin presents one of its fins, just take hold of it and enjoy the ride as the dolphin pulls you through the water. Chances are, you will be surprised by the dolphin's speed, grace and agility as it zips through the water. You might also see the dolphins leaping acrobatically into the air and hear them communicating through whistles and clicks.

- Spend about a half hour in the water, interacting with bottlenose dolphins.
- Be ready for the friendly dolphins to swim right up to you for a hug.
- Hold onto a dolphin if it presents a fin and zip through the water.
- Have your picture taken as a dolphin kisses you on the cheek.
- Learn about dolphin behavior and their remarkable intelligence.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Participants must be at least 6 years old and 42 inches tall. The tour is not available to pregnant women or guests with neck or back injuries. Guests must be able to fit in a provided life jacket (maximum size is XXL). Cameras aren't allowed in the water, but can be stored in lockers.

### CMA-039 DOLPHIN ENCOUNTER

**Duration:** 1.50 Hrs **Tour Price:** \$99.00



**Date:** April 03, 2023 08:30 AM, 09:30 AM, 10:30 AM

Interact with friendly bottlenose dolphins while standing on a submerged platform that provides a comfortable setting in the water, even for non-swimmers. After a brief orientation on what to expect during the experience, you will ease into the water and wait for the dolphins to approach. You can expect a truly memorable experience as you touch and hug the dolphins, as they are highly curious and quite social animals. Dolphins have excellent vision in the water and above its surface, and they communicate by identifying sound waves through echolocation. They also communicate by whistling and making clicking noises, the exact meaning of which scientists still don't fully understand. During the interaction, the dolphins are sure to be exceptionally gregarious, agile and playful. They may even offer you a kiss, which makes for a great photo opportunity.

- Spend about a half hour in the water, interacting with bottlenose dolphins.
- Stand on a stable submerged platform on which even non-swimmers will feel comfortable.
- Be ready for the friendly dolphins to swim right up to you for a hug.
- Have your picture taken as a dolphin kisses you on the cheek.
- Learn about dolphin behavior and their remarkable intelligence.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Participants must be at least 2 years of age. Women less than five months pregnant may participate if they sign a liability waiver.

### CMA-005 KOHUNLICH MAYAN RUINS

**Duration:** 7.00 Hrs **Tour Price:** \$209.00



**Date:** April 03, 2023 09:00 AM

Take an extensive look into the excavated ruins of Kohunlich, a Mayan city best known for its Temple of the Masks. You will find the city deep in the jungle in an area where majestic cahooon palms grow. Kohunlich is the Mayan word for the tree. While the park-like setting is beautiful, the ruins are even more impressive. They include a sunken palace, acropolis and a ball court, where the ancient Mayas played games. The highlight is the pyramid-shaped Temple of Masks, whose stairway features 10-foot-high sculpted masks of the sun god. Built before 500 AD, these marvelous masks still retain some of their original colored stucco. Kohunlich's broad range of distinctive architecture, natural beauty and secluded location in the jungle set it apart from more commonly visited sites.

- Spend hours wandering through the Mayan ruins at Kohunlich.
- Marvel at the stone masks on the Temple of Masks, the most extraordinary ruin.
- Behold the court where the Mayas played a brutal sport known simply as the ball game.
- Walk through the surrounding jungle, where you may spot toucans and monkeys.
- Dine on regional favorites at the Lagoon Club.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### CMA-015 CLEAR KAYAK AND BEACH ESCAPE

Duration: 3.00 Hrs Tour Price: \$149.00



Date: April 03, 2023 09:00 AM

Kayak through the crystal-clear waters off the fishing village of Mahahual and then relax at a private beach club that sits on a spectacular stretch of sugar-white sand. After boarding a two-person kayak, you will head out into the crystal-clear water for a unique perspective of the coastline and the wonders below through the kayak's clear bottom. Feel free to paddle along at your own pace, taking in the sights that interest you the most. Looking back from the typically calm sea, you will gaze out over an idyllic tropical landscape, huge stretches of pristine sand and coconut palms swaying in the breeze. Following your kayaking adventure, you will have the opportunity to enjoy the white sands of the beach club and relax however you please. You might take a refreshing swim in the Caribbean, meander along the beach, bask in the sun and snack on fresh fruit while admiring the tropical scenery.

- Kayak through the Caribbean Sea and share the experience with another guest.
- Observe the marine life in the crystal-clear water through the kayak's glass bottom.
- Relax at a private beach club, spending the time however you please.
- Stretch out in the sun on a lounge chair and enjoy the club's laid-back atmosphere.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

The total weight per kayak may not exceed 900 lbs. Children must be at least twelve years old and be accompanied by a parent. A release form may be required to be signed by the tour operator. Those with heart or neck problems, asthma, diabetes or limited mobility will not be permitted to participate.

### CMA-003 BEACH SNORKEL

Duration: 4.00 Hrs Tour Price: \$109.00



Date: April 03, 2023 09:30 AM

Snorkel in shallow waters with a certified dive guide that will lead you along a coral reef at an agreeable pace. The experience is ideal for beginners and intermediate snorkelers, as you will snorkel from the beach and progress only as far as you feel comfortable. Following a briefing on snorkeling basics and how to use the gear, you will enter the shallow water and begin your snorkeling adventure. As you will discover, it isn't necessary to snorkel in deep water to see an array of vibrant tropical marine life. You might observe brightly colorful parrotfish, brilliant angelfish and striped sergeant majors. You may even glimpse an eagle ray gracefully swimming by and burying itself in the sandy bottom. Once you become comfortable snorkeling, feel free to venture out into deeper water with the dive guide.

- Snorkel in shallow crystal-clear waters near the shore.
- Take comfort in knowing that a certified dive guide is nearby.
- Stay in the shallows or snorkel into deeper water, if you choose.
- Observe a variety of marine life regardless of where you snorkel.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour requires a moderate amount of activity. Participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women, or guests with recent back or neck injuries, heart or respiratory conditions, epilepsy or diabetes. Snorkel gear is provided. Guests taking part in water activities do so at their own risk and responsibility and will be required to sign a release form. Participants must be at least 12 years old and weigh less than 250 pounds. Maximum age to participate is 70 years old. Children under 18 must be accompanied by an adult parent or guardian. Restrooms facilities and showers are available at the beach.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Select



Accessible Tour



Oceania Exclusive

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### CMA-007 CHACCHOBEN MAYAN RUINS

**Duration: 4.00 Hrs** **Tour Price: \$129.00**



**Date: April 03, 2023 09:30 AM**

Explore the ruins of Chacchoben, an ancient Mayan pilgrimage location known as “The Place of Red Corn.” On the 50-minute drive there, the guide will describe some of the history and culture of the Mayas that is pertinent to Chacchoben. Because of the dense jungle, the overgrown site wasn’t discovered until the 1940s and more than 50 years passed before excavation was begun. Dense foliage still surrounds Chacchoben, lending it an ancient feel that the ruins greatly enhance. While meandering about, you will likely see the original red paint on the stucco walls in one of the pyramids and the temple with a mural showing the astronomical positions of Venus. You will also have time to climb the Gran Basamento, a structure that rises above the tree level, where archaeologists found ceremonial offerings. Before re-boarding your coach for the return transfer to the pier, you will have a brief break to enjoy a complimentary beverage and perhaps purchase a souvenir.

- Explore the ruins of Chacchoben, a Mayan city that dates to about 1,000 BC.
- Hear how a local farmer stumbled upon the undiscovered site in the 1940s.
- See ruins so intact that the original paint is still visible on the stucco walls.
- Climb atop a towering ruin and enjoy sweeping views from above the tree tops.
- Look for tropical birds and howler monkeys in the surrounding jungle.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a considerable amount of walking over uneven, rough and sometimes slippery surfaces. It is not available to wheelchair guests and not considered suitable for guests with mobility concerns. The minimum age to participate is 3 years old. There is a government tax of \$5-8 for using video cameras at each site. No tripods or professional video cameras are allowed. Flash photography and food are prohibited inside the ruins.

### CMA-014 ATV EXPLORER AND BEACH

**Duration: 5.00 Hrs** **Tour Price: \$175.00**



**Date: April 03, 2023 10:00 AM**

Experience Mexico’s rugged and picturesque coast while driving an ATV off road and then enjoy a relaxing beach break back in Costa Maya. It won’t take long before you are driving through the surrounding jungle and zipping along the dirt trails that crisscross the dense foliage. You can expect to leave a dusty wake of flying mud if it has been raining lately. That is half the fun of driving an ATV, which is even more exhilarating in a tropical environment where you never know what lies around the next corner. After your off-road driving adventure, you will head La Bamba Beach, which lies between the Caribbean Sea and the boardwalk in Mahahual. Feel free to take a refreshing swim, bask in the sun and relax in the shade of a coconut palm with a cool, bottomless drink in hand. You might also stroll the boardwalk and explore the town if you like.

- Take the wheel of an ATV and zip through the jungle along dirt trails.
- Relax however you see fit at a private beach club in Mahahual.
- Join the party around the swimming pool and swim in the Caribbean Sea.
- Kayak in the Caribbean if the mood strikes.
- People-watch along the boardwalk that borders the beach club.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes with closed toes.

Participants must be at least 18 years old and under 65 years old, bring a valid driver’s license, weigh no more than 290 pounds and wear a helmet and closed toe shoes while driving. This tour is not available for guests who utilize a wheelchair, those with limited mobility or guests with back or neck problems. Only one guest is permitted per off-road vehicle. Your clothing may become muddy or soiled. Food is available for purchase at the La Bamba Beach Club.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Oceania Exclusive

### CMA-012 DISCOVER SCUBA & MAHAHUAL BEACH EXPERIENCE

**Duration: 3.50 Hrs**   **Tour Price: \$199.00**



**Date: April 03, 2023 12:00 PM**

Experience the wonders of scuba diving even if you don't have previous experience or are non-certified. To prepare for the dive, you will be outfitted with scuba gear and given an introductory scuba-diving lesson. A dive boat will then bring you to shallow waters so you can practice your newly acquired skills. Once you are comfortable in the water, you will head to a section of the Mesoamerican Reef that is teeming with marine life. While diving, you can expect to see colorful fish such as blue tangs, Creole wrasses and parrotfish. You may even see lobsters hiding in the crevices of the reef and sea turtles swimming by. At the conclusion of the dive, you can either return to the pier or be dropped off at one of the beaches at Mahahual. If you choose the latter, you will be responsible for your own transportation back to the ship, but taxis are plentiful.

- Experience scuba diving, even if you are a beginner or a non-certified diver.
- Become completely comfortable in the water before you start diving.
- Scuba dive along the Mesoamerican Reef, which is teeming with marine life.
- Return to the cruise ship afterwards or head for one of the beaches in Mahahual.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour is only recommended for active guests in good physical condition. It is not recommended for guests with limited mobility or guests who utilize a wheelchair. Participants must sign a liability waiver. Guests must also complete a medical questionnaire, and tour companies may decline participation on medical grounds. Children must be at least ten years of age and accompanied by a parent to participate. This tour may not be exclusive to guests of your cruise ship.

### CMA-013 TWO-TANK CERTIFIED SCUBA DIVE

**Duration: 4.00 Hrs**   **Tour Price: \$199.00**



**Date: April 03, 2023 12:00 PM**

Scuba dive in two different areas of the Mesoamerican Reef, the largest barrier reef in the Western Hemisphere. Although half the size of the more well-known Great Barrier Reef, this reef supports corals not found elsewhere and it is typically closer to the shore than its Australian counterpart. The two dive sites will be chosen the day of the excursion depending on the water clarity and conditions, but you can expect to see a riot of brightly colored marine life. Schools of tropical fish, elegant sea fans, oddly shaped sponges and every other imaginable form of sea life can be found on the Mesoamerican Reef. The deeper you dive, the more the marine life will change. After completing both dives, you can either return to the pier or be dropped off at one of the beaches at Mahahual and return on your own when you are ready.

- Enjoy a two-tank dive on the largest barrier reef in the Western Hemisphere.
- See a parade of extravagantly colored fish and coral endemic to the area.
- Observe different marine life at various depths, all of it enthralling.
- Return to the cruise ship afterwards or head for one of the beaches in Mahahual.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

This tour is only recommended for active guests in good physical condition. Participants must present their dive certification cards and show proof that they have dived within the last two years. Divers must also complete a liability waiver and fulfill the medical requirements. Children must be at least 12 years old and accompanied by a parent or guardian to participate. The tour may not be exclusive to guests of your cruise line.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### ❖ COZUMEL, MEXICO

#### COZ-001 JUNGLE ATV ADVENTURE

**Duration: 3.00 Hrs**   **Tour Price: \$149.00**



**Date: April 04, 2023 07:30 AM**

Drive an ATV through narrow jungle paths into remote areas where the ancient Mayas lived thousands of years ago. Following a brief orientation on how to operate the ATV and best maximize the experience, you will take the wheel of a single-person 250cc all-terrain vehicle and ride off. Before long, you will be zipping through dense tropical foliage, following dirt trails and maybe even making your own trails off road. It will be an exhilarating, adrenaline-pumping experience every second that you are behind the wheel. On occasion, you will pause to take in the jungle scenery and observe the wildlife that may be present. Tropical birds and iguanas are abundant in this part of the jungle. For a historical perspective, you will stop at the Mayan planting area and a base camp for workers that extract gum from trees. Once back at the Welcome Station, you can shower off before hopping on your transportation and travel back to the pier.

- Zip through the dense jungle while at the wheel of a single-person ATV.
- Enter areas where the ancient Mayas once lived.
- Revel in the exhilarating adventure of it all.
- Pause to observe wildlife and see areas where Mayas farm today.
- Dress in weather-appropriate clothing, including long pants.
- Wear flat comfortable walking shoes with closed toes.

The ATV portion of the tour travels over bumpy and uneven ground that is sometimes dusty or muddy. ATV's are single seaters. Goggles and a helmet must be worn at all times. Closed toe shoes are required to participate. This tour is not available to guests who utilize a wheelchair, those with mobility concerns, pregnant women, guests with heart problems, asthma, epilepsy, recent back or neck injuries, or conditions or injuries that jarring and bouncing would exacerbate. No one under the influence of alcohol or drugs may operate the ATV. Participants must be at least 16 years old, weigh less than 365 pounds, bring a valid driver's license and sign a release form.

#### COZ-022 TULUM MAYAN RUINS AND XEL-HA PARK

**Duration: 8.00 Hrs**   **Tour Price: \$209.00**



**Date: April 04, 2023 07:30 AM**

Explore the ruins of Tulum and then dine at an aquatic park built on a natural inlet where the Mayas once gathered. The Maya built the walled city of Tulum in the 11th century to control maritime commerce, and the city-state's excavated temples and buildings are spectacular. The most prominent is El Castillo, a tower at the edge of a cliff that probably served as a landmark for sailors. As you meander about, be sure to notice the Temple of Frescoes, which was an observatory used to track the sun's movements. The building was once painted red and you can still see remnants of that hue. Nearby, you will find Xel-Ha, which means "where the water is born" in the Mayan language. Although the inlet of Xel-ha has been developed into an aquatic theme park, it has retained the natural beauty that attracted the Mayas centuries ago. Following lunch here, you will enjoy free time to explore.

- Wander through the ruins of Tulum, a Mayan walled city built in the 11th century.
- Explore excavated buildings such as the temple that the Mayas used as an observatory.
- Enjoy free time in an aquatic theme park in a natural inlet where the Mayas lived.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The grounds of the ruins consist of uneven limestone and loose stones so please exercise caution when walking. Approximate walking distance of 1- mile total. This tour is not suitable for guests in wheelchairs or with limited mobility. Wear comfortable walking shoes, hat and light clothing. Bring camera, sun protection, mosquito repellent and cash for purchases. Please note you will have limited time at the Xel-Ha Park (2 hours approximately) and you are free to choose how you will manage your time at the Park.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour



### COZ-023 CHICHEN ITZA MAYAN RUINS

**Duration: 9.00 Hrs**   **Tour Price: \$209.00**



**Date: April 04, 2023 07:30 AM**

Meander through the extraordinarily well-preserved ruins at Chichen Itza, a sacred Mayan center for centuries. Now recognized as a UNESCO World Heritage site, Chichen Itza had enormous importance as a religious, ceremonial and astronomical center, and excavations have unearthed a number of significant structures. The most iconic is the pyramid-like Temple of Kukulcan, which has 365 steps, one for each day of the year. While meandering about the excavated grounds of Chichen Itza, you will also see the largest ancient ball court in the Americas. The acoustics are amazing even by today's standards, as a whisper at one end can be heard at the other end, more than 500 feet away. The Temple of the Warriors is another highlight. Flanked by hundreds of columns with carved figures of Toltec warriors, this massive building was used for ceremonial gatherings. Finally, there is the Sacred Cenote, a sinkhole where people were once sacrificed in hopes of reversing severe droughts.

- Explore the excavated ruins of the sacred Mayan center Chichen Itza.
- Gain an understanding why UNESCO recognized Chichen Itza as a World Heritage site.
- Hear the amazing acoustics in the outdoor ball court, the largest in the Americas.
- See ceremonial temples and a sinkhole used for sacrifices.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Approximate time at the ruins is 45 to 60 minutes. Travel time is approximately 3.5 hours each way (45 minutes ferry transfer to Playa Del Carmen and 2.5 hours bus ride to Mayan Ruins. A snack of granola bar and a bottle of water will be provided on the bus. The grounds of the ruins consist of uneven limestone and loose stones so please exercise caution when walking. Approximate walking distance of 1.5 miles total. This tour is not suitable for guests in wheelchairs or with limited mobility. Wear comfortable walking shoes, hat and light clothing. Bring camera, sun protection, mosquito repellent and cash for purchases. Use of face masks is mandatory. A responsibility waiver has to be signed prior to participation. There is a government tax of \$8-10 USD for the use of videography in all areas of the ruins, this includes taking videos with video cameras, tablets or mobile phones. Tripods or professional video equipment are not permitted. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

### COZ-024 XENSES PARK & PLAYA DEL CARMEN

**Duration: 8.00 Hrs**   **Tour Price: \$209.00**



**Date: April 04, 2023 07:30 AM**

Challenge your senses and sense of reality in Xenses Park, a fantastic setting where up is down, right is left and nothing is as it appears. Two different circuits are available in this highly unusual sensory park. The Consensible Circuit will test your senses in areas such as The Way of the Dwarfs and Giants. Here, you feel small one second and then enormous a moment later. Enter the complete darkness of the Xensatorium and all of your senses but sight will sharpen. The Inconsensible Circuit will play tricks on your sense of balance and reality. You might float down a super-salty river, soar through the air on a zip-line, and meander through a make-believe town where the laws of physics and logic don't apply. The experience will be extraordinarily fun, wildly amusing and mentally challenging. Afterwards, you will enjoy free time in Playa del Carmen to ease back into reality.

- Experience a sensory park where reality is suspended and nothing is as it appears.
- Follow a circuit that tests your five senses in highly unusual ways.
- Meander through a make-believe town where the laws of physics and logic don't apply.
- Ease back into reality by enjoying free time in Playa del Carmen.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 5 years of age. Activities are not recommended for guests with heart problems, fear of heights, any recent surgeries, back pain and those who are claustrophobic or get dizzy easily. The zip-lines have a minimum weight requirement of 88 lbs. and a maximum of 300 lbs. per person, minimum height is 4.5 feet tall. This tour is not suitable for wheelchair guests or those with limited mobility. Some activities are not recommended for pregnant women. Bring swimsuit, water shoes & comfortable clothing, cash for extra purchases including lunch, sunscreen, towel, hat & sunglasses. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### COZ-025 XEL-HA PARL & RIVER TUBING - ALL INCLUSIVE

**Duration: 8.00 Hrs** **Tour Price: \$209.00**



**Date: April 04, 2023 07:30 AM**

Spend a fun-filled day at Xel-Ha, an aquatic theme park where you can enjoy activities such as river tubing, bicycling, snorkeling and soaring like a bird on the zip-line. In this natural wonderland, you will be free to participate in whatever activities interest you the most. You might ease into an inner tube and float down the Xel-Ha River. If you are feeling adventurous, you can climb the Cliff of Courage and then jump off into the river. Riding the zip-lines and then splashing down into the water is another exhilarating, adrenaline-pumping activity. There are also plenty of activities that are less physically demanding. You might meander down a jungle trail, enjoy the serenity of Chacah's Garden and snorkel through the cove, which is teeming with marine life such as angelfish, snapper, turtles and manatees. The day is yours to enjoy as you see fit, whether it's being physically active or simply relaxing.

- Spend a fun-filled day doing whatever you please at the aquatic theme park Xel-Ha.
- Participate in exhilarating activities such as zip-lining and climbing a cliff.
- Enjoy relaxing activities such as river tubing, walking a natural trail and snorkeling.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes food & beverages. Breakfast buffet available from 9:30am – 11:30am. Lunch buffets (4) from 11:30am - 5:30pm. Open domestic bar and unlimited non-alcoholic beverages. Bring swimsuit, water shoes, & comfortable clothing. Bring a towel and extra change of clothes. To avoid affecting the natural balance of the ecosystem, only sunblock and sunscreen containing titanium oxide and zinc oxide is allowed in the Park. Bring credit card or cash to buy souvenirs. Total duration is determined by the tender schedule for the ship's mainland tours. For the mega waterslide & observation tower - Minimum height 3.5 ft. and maximum weight 275 lbs. Participants should know how to swim. Children should always be accompanied by an adult. Refrain from using the slide if you are pregnant, had recent surgery, are under the influence of alcohol, have epilepsy, heart problems, asthma, hypertension, claustrophobia, vertigo or fear of heights. In case you do not wish to use the slide and just go up to enjoy the view, you should wear shoes and only bring your locker key.

### COZ-031 AMAZING SECRET RIVER

**Duration: 7.00 Hrs** **Tour Price: \$129.00**



**Date: April 04, 2023 07:30 AM**

Discover the wonders of the underground Secret River that flows through a series of craggy caverns beneath a protected nature reserve. After putting on a provided wetsuit, water shoes and helmet with a headlamp, you will descend into the intricate cave system, following the river that winds through it, which the ancient Mayas relied on for fresh water. You will walk some of the way and swim with the current at other times. You can expect it to be a magical, memorable experience, as the only illumination will be from the headlamps, which will cast eerie shadows on the stalactites and stalagmites. The guide will pause every so often to elaborate on the history of the caves and their formation over millions of years. After the adventure, you will enjoy a traditional Mexican snack. If time allows, you can shop Playa del Carmen's pedestrian-only 5th Avenue, a 5-mile stretch of stores and sidewalk kiosks.

- Follow the Secret River as it slowly winds through a series of caverns.
- Swim part of the way, with the only illumination being from your headlamp.
- Learn about the history of the cave system and its importance to the ancient Mayas.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and comfortable walking shoes.

Participants must be at least 5 years of age. Bring a swimsuit, a change of dry clothes, water shoes and cash or Visa/Mastercard for photos, souvenirs and/or tips. The following items may not be taken inside the cavern: watches, jewelry, photo or video cameras. For safety reasons guests with mobility issues, pregnant women, guests with heart or respiratory conditions and those with back/neck injuries and/or recent surgeries are not allowed to participate. Uneven ground inside the system. Ferry ride across may be rough at times and guests who suffer from motion sickness should take this into account. This tour operates under all weather conditions.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### COZ-005 MINI SPEED BOAT SNORKEL & BEACH ADVENTURE

Duration: 4.00 Hrs Tour Price: \$209.00



Date: April 04, 2023 08:00 AM

Take the helm of a speedboat and zip across the Caribbean Sea before finally anchoring in shallow waters to snorkel. Few experiences offer such an adrenaline rush, whether you are the boat's captain or the passenger. A brief orientation at Barracuda Beach will prepare you to maximize the time onboard, after which you will speed off into the turquoise seas. Feel free to cut through the water at full throttle, leaving nothing but high-flying rooster tails in your wake. In time, you will pull into an area that is ideal for snorkeling and observe the wonders underwater. Or if you prefer, spend the entire time swimming, as the sea will be immensely refreshing. Another high-speed boat ride will bring you back to Barracuda Beach for a hearty lunch and to enjoy free time relaxing on this idyllic stretch of sand.

- Race through the sea, cutting your own path as captain of a two-person speedboat.
- Opt to be the passenger and enjoy the high-speed, adrenaline-pumping ride.
- Stop to snorkel in an area teeming with tropical marine life.
- Enjoy lunch on Barracuda Beach and then relax on the soft powdery sand.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes with non-slip soles.

This tour is not available to guests who utilize a wheelchair, those with mobility concerns, pregnant women, or guests with heart problems, recent back or neck injuries, or conditions or injuries that jarring and bouncing would exacerbate. Two guests must share the speed boat. Guests must wear life jackets while in the boats. Participants must be at least 6 years old and at least 18 years old to operate the vehicle and 10 years old to snorkel. Guests under the age of 18 must be accompanied by a parent or guardian. Guests participating in water activities do so at their own risk and responsibility. All guests must sign a release form.

### COZ-014 DOLPHIN SWIM & RIDE ALL INCLUSIVE

Duration: 3.50 Hrs Tour Price: \$139.00



Date: April 04, 2023 08:00 AM, 09:30 AM

Swim with bottlenose dolphins in a lagoon and then participate in a variety of fun-filled water activities. The adventure begins with a brief orientation, during which you will learn about dolphin behavior and what to expect while interacting with these curious highly intelligent mammals. You will then ease into the lagoon wearing snorkeling gear, so you can easily watch the dolphins above and below the water's surface. The highlight will be holding onto a dolphin's fin as it effortlessly zips through the water, carrying you across the lagoon. A hearty lunch follows, after which you might snorkel in the facility's Serenity Cove. The waters are teeming with marine life that include brightly colored tropical fish and manta rays. As alternatives, you may kayak and paddleboard just offshore in the sparkling Caribbean Sea.

- Interact with bottlenose dolphins in the water.
- Hold onto a dolphin's fin and let it effortlessly carry you across the water.
- Relive the experience over a relaxing lunch.
- Snorkel in the dolphin park's Serenity Cove.
- Kayak and paddleboard in the Caribbean Sea, if you choose.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

Walking is limited but guests should be able to stand with stability in the water and be comfortable in water that will be over their heads at times. Participants should be in good physical condition. The tour is not available to wheelchair guests, those with mobility concerns, neck or back injuries, or pregnant women. Participants must be at least four feet tall. Snorkelers must be at least 8 years old. The minimum age for kayaking and paddle boarding is 10 years old. Children under 18 years old must be accompanied by a parent or adult legal guardian. For the safety of the dolphins, remove sunscreen, jewelry, hats and glasses before entering the water. Guests must be 21 years old to drink alcohol, which can only be consumed following the water activities. A photo ID is required. Cameras are not allowed while participating in water activities. Snorkeling, kayaking and paddle boarding activities are offered at the site on a first-come, first-served basis and are subject to cancellation due to weather conditions. The optional activities have no monetary value in the event of weather cancellation. Guests participating in water activities do so at their own risk and responsibility and may have to sign a liability waiver. Photos, videos, souvenirs and lockers are available at an additional charge.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### COZ-015 DOLPHIN ENCOUNTER ALL INCLUSIVE

**Duration: 3.50 Hrs** **Tour Price: \$109.00**



**Date: April 04, 2023 08:00 AM, 09:30 AM**

Interact with bottlenose dolphins in waist-deep water and then take advantage of the facility's available water activities. The fun begins with a brief orientation, during which you will learn about dolphin behavior and what to expect while interacting with these curious highly intelligent mammals. You will then ease into the water and stand on a submerged platform that will keep you about waist-deep in the water. Once the dolphins approach, they will likely offer you a fin to "shake hands," allow you to hug them and give you a ride across the lagoon. The trainers will show you how to feed the dolphins, an interaction that makes the experience even more memorable. Afterwards, you will be served lunch and be free to enjoy included activities such as snorkeling, kayaking and paddle boarding. The choice will be yours, so do as much or as little as you please.

- Interact with bottlenose dolphins while standing in waist-deep water.
- Hug and feed the dolphins and let one effortlessly carry you across the water.
- Relive the experience over a relaxing lunch.
- Snorkel in the dolphin park's Serenity Cove.
- Kayak and paddleboard in the Caribbean Sea, if you choose.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel.
- Wear flat comfortable walking shoes.

Walking is limited but guests should be able to stand with stability in the water and be comfortable in water. The tour is not available to wheelchair guests, those with mobility concerns, neck or back injuries, or pregnant women. Participants must be at least four feet tall and 5 years old. Snorkelers must be at least 8 years old. The minimum age for kayaking and paddle boarding is 10 years old. Children under 18 years old must be accompanied by a parent or adult legal guardian. For the safety of the dolphins, remove sunscreen, jewelry, hats and glasses before entering the water. Guests must be 21 years old to drink alcohol, which can only be consumed following the water activities. A photo ID is required. Cameras are not allowed while participating in water activities. Snorkeling, kayaking and paddle boarding activities are offered at the site on a first-come, first-served basis and are subject to cancellation due to weather conditions. The optional activities have no monetary value in the event of weather cancellation. Guests participating in water activities do so at their own risk and responsibility and may have to sign a liability waiver. Photos, videos, souvenirs and lockers are available at an additional charge.

### COZ-021 OFF ROAD BUGGY ESCAPE

**Duration: 4.25 Hrs** **Tour Price: \$109.00**



**Date: April 04, 2023 08:00 AM**

Tear through the jungle in the most undeveloped part of Cozumel Island and then relax at a beach club, where you may swim and snorkel in the turquoise waters. After taking the wheel of a Buggy, you will pause for photos at the Monument of Two Cultures and then head north in a caravan of off-road vehicles. You will zip down dirt roads and through jungle-like vegetation. If the ground is muddy, all the better, as your Buggy is made to negotiate rugged terrain. Not much of the island has been developed, and the area that you will explore is among the least populated, so you can expect an exhilarating, carefree ride. You won't be roughing it the entire time, as you will stop at one of the beach clubs on the northern coast. Feel free to take a refreshing dip in the swimming pool, ease into a shaded hammock and snorkel in the crystal-clear waters offshore.

- Zip through the jungle in an ATV off-road vehicle.
- See the most undeveloped, naturally beautiful areas of the island.
- Relax at a beach club on the northern shore.
- Swim in the sea and snorkel, if you like.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Participants must be at least 16 years of age in order to drive and present a valid driver's license. Participants over 70 years of age will not be permitted to participate. Pregnant women and guest with back/neck injuries or heart conditions are not permitted. Helmet and goggles are provided and must be worn for your safety. Insect repellent is highly recommended. Bring swimsuit, towel and cash for meals and beverages at the Beach Club. Snorkel equipment will be provided. The snorkeling portion is optional and medical restrictions apply. Min. Age to participate in the snorkel portion is 10 yrs. In case the inclement weather the snorkel activity may be not available. Vehicles accommodate up to 4 participants and you may be paired up with others.



Easy Activity

Culinary Discovery

Oceania Select



Moderate Activity

Food & Wine Trails

Accessible Tour



Strenuous Activity

Go Local Tour



Meal Included

Wellness Tour



Evening Excursion

Oceania Exclusive

### COZ-028 EXCLUSIVE VIP DOLPHIN SWIM

Duration: 3.50 Hrs Tour Price: \$229.00



Date: April 04, 2023 08:00 AM, 09:30 AM

Swim with bottlenose dolphins in the serene lagoon at Dolphinaris Cozumel, where you will enjoy a fulfilling encounter with these affable creatures. During the experience, you will stand on a platform waist-deep in the water, a level that encourages the dolphins to approach. The trainer will use hand signals to communicate with the animals, and you will also see how the dolphins communicate with each other underwater. Chances are, at least one of the dolphins will greet you with a fin shake and a kiss. You will also have the opportunity to snorkel in the lagoon's deeper water, during which you can watch the dolphins frolicking and leaping into the air from an underwater perspective. If a dolphin offers you a fin, hold on, as it will carry you across the water on an exhilarating, one-of-a-kind ride. Lunch in the premium lounge area follows, after which you may snorkel in a large aquarium teeming with marine life.

- Swim with friendly and curious dolphins in their lagoon habitat.
- Watch the trainer communicate with the dolphins and see how the dolphins "speak" to each other.
- Observe dolphins underwater while snorkeling and let one carry you across the lagoon.
- Dine in the premium lounge area and snorkel in an aquarium full of marine life.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Please note: Minimum age to participate is 12 years old. Maximum weight is 290lbs. Valid photo ID is required.

### COZ-004 COZUMEL HIGHLIGHTS & SHOPPING

Duration: 4.50 Hrs Tour Price: \$149.00



Date: April 04, 2023 08:30 AM

Gain insight into the history and culture of Cozumel and then shop downtown with a guide that will recommend the best places to find the merchandise you want. To become familiar with the region, you will first visit the Discover Mexico park, where you will see impressive scale models of the most significant buildings and pyramids. For a glimpse of Cozumel's natural beauty, you will stop at El Mirador, where the pounding surf has carved arches in the jagged limestone. Tequila is just as iconic, and you will see how it is produced at a nearby hacienda, after which you will sample several distinctive types of tequila. Back in Cozumel, you will have a choice between two pleasurable options. You can tour a historical museum and then shop on your own, or forgo the museum and spend the entire time shopping.

- Become familiar with the regional history and culture at the Discover Mexico park.
- See iconic El Mirador, where the surf has carved dramatic arches in the limestone.
- Taste a variety of locally produced tequilas at a hacienda.
- Browse a museum and shop or choose to concentrate only on shopping.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking over mostly flat surfaces; however, there are some steps to negotiate and uneven surfaces at El Mirador. The coaches are not wheelchair accessible and guests must be able to get themselves on and off the coach as the driver and guide are not able to provide assistance. Therefore, this tour may not be suitable for guests who utilize a wheelchair and those with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Light clothing, a cap, sunglasses and comfortable walking shoes are recommended. Those who desire to extend their time in town may return to the ship at their leisure and at their own expense.

### COZ-019 ISLAND DISCOVERY AND CHOCOLATE EXPERIENCE

Duration: 3.50 Hrs Tour Price: \$99.00



Date: April 04, 2023 08:30 AM

Gain a greater understanding of the Mayan culture at the Mayan Cacao Company, where you will learn how the ancient Maya made chocolate from the cacao tree. The Mayas drank chocolate for ceremonial and medicinal purposes as far back as 500 B.C. They also used cacao as currency and used chocolate in their cuisine. You will sample a local version of the sweet treat along with some traditional handmade tortillas. While touring the grounds, you will see flourishing cacao trees, a typical Mayan residence and a botanical garden of indigenous plants. Following your immersion into the Mayan lifestyle and traditions, you will settle in for a panoramic drive around Cozumel. Much of the route will follow the beautiful coastline, which is rocky in certain areas and rimmed by great stretches of sugar-white beaches elsewhere. In time, you will pause for photos at El Mirador, a spectacular seaside lookout.

- Discover the importance of the sacred cacao seed to the Mayan civilization.
- Realize that Mayas used chocolate from cacao in ceremonies, as medicine and for money.
- Taste a chocolate concoction similar to the chocolate that the ancient Mayas drank.
- Enjoy panoramic views of Cozumel, concentrating on its gorgeous coastline.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

### COZ-020 CHICHEN ITZA BY AIRPLANE

**Duration: 4.00 Hrs** **Tour Price: \$599.00**



**Date: April 04, 2023 08:30 AM**

Fly to Chichen Itza to explore a sacred site that was one of the great Mayan centers on the Yucatan peninsula for centuries. Now recognized as a UNESCO World Heritage site, Chichen Itza had enormous importance as a religious, ceremonial and astronomical center, and excavations have unearthed a number of significant structures. The most iconic is the pyramid-like Temple of Kukulcan, which has 365 steps, one for each day of the year. The pyramid is oriented to mark the solstices and equinoxes, as the Mayas were skilled astronomers. While meandering about the excavated grounds, you will also see the largest ancient ball court in the Americas and the Temple of the Warriors. Flanked by hundreds of columns with carved figures of Toltec warriors, this massive building was used for ceremonial gatherings. Finally, there is the Sacred Cenote, a sinkhole where people were once sacrificed in hopes of reversing severe droughts.

- Fly to Chichen Itza to explore the remains of a large ancient Mayan city.
- Understand the influence of the Toltecs that migrated to the Yucatan in the 10th century.
- Discover architectural treasures that earned Chichen Itza status as a World Heritage site.
- See a pyramid used for astronomical purposes.
- Stand in a ball court so acoustically amazing that a whisper can be heard 500 feet away.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

About 1½ hours will be spent at Chichen Itza. You will be required to sign a waiver form to participate in this tour. Guests are required to bring a valid ID. Participants must be less than 250lbs to participate in this tour.

### COZ-007 ISLAND TOUR & FOLKLORE

**Duration: 4.00 Hrs** **Tour Price: \$155.00**



**Date: April 04, 2023 09:00 AM**

Develop a sense of Cozumel's intriguing history through attractions that reveal a strong Mayan connection. As you make your way around the island, the guide will point out the landmarks and explain their historical significance. At the Mayan Cacao Company, you will learn how the ancient Mayas produced chocolate from the beans of cacao trees and then sample the company's modern take on chocolate. You will also browse a traditional Mayan house and see cacao plants to better understand how they are harvested. You will also pay a quick visit to a working tequila hacienda and learn about the processing of Mexico's ancestral drink while enjoying a sample of tequila. Then, it's off to El Cedral, site of Cozumel's oldest Mayan ruins, which were built around 800 AD. For an even deeper immersion into the Mayan world, you will watch costumed entertainers perform traditional folkloric dances, followed by a look at El Mirador to watch the crashing surf, which has slowly carved arches in the limestone.

- Become familiar with how the ancient Mayas produced chocolate from cacao beans.
- Gain an understanding of how the Mayas lived at a replica Mayan home site.
- Browse real Mayan ruins that Spanish conquistadors partially destroyed.
- See iconic El Mirador, where the surf has carved dramatic arches in the limestone.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes minimal walking with only a few uneven limestone surfaces at El Mirado, which can be slippery. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns should evaluate their ability and stamina before joining the tour. The order of the sites visited or viewed may vary.

### COZ-012 MEXICAN COOKING CLASS & BEACH ESCAPE

**Duration: 5.00 Hrs** **Tour Price: \$145.00**



**Date: April 04, 2023 09:00 AM**

Prepare classic Mexican dishes for your lunch in a hands-on cooking class and then relax at a water park on the beach. All the fun will take place at Playa Mia Grand Beach Park, starting with the preparation of a three-course Mexican meal. The exact dishes will depend on the season, but the chef typically guides the class in making an appetizer of deviled shrimp with chipotle sauce, fresh fish with sautéed vegetables for the main course, and a delectable dessert of caramelized plantains with chocolate and tequila sauce. You will then dine on your concoctions in the park's seaside dining room. Free time at the beach follows, during which you might lazily bask in the sun, swim in the turquoise sea and enjoy the water park amenities. The Twin Twisters water slides and Oasis Hydro Massage Tub are favorites.

- Learn to prepare a three-course Mexican meal in a hands-on cooking class.
- Savor the delicious meal that you just made for lunch.
- Take advantage of the amenities of a seaside water park.
- Plunge down the twin water slides, enjoy a hydro-massage and snorkel, if you choose.
- Dress in weather-appropriate clothing.
- Bring a swimsuit, change of clothes, towel and sunscreen.
- Wear flat comfortable walking shoes.

Walking is mainly at the guests' discretion. However, participants must be in reasonably good physical condition, able to stand during the 90-minute cooking class, climb a flight of stairs to the cooking school and negotiate sandy uneven surfaces at the beach. The tour is not available to wheelchair guests and is not considered suitable for guests with mobility concerns. Participants must be at least 14 years old. A photo ID may be required before guests are served alcoholic beverages. Guests participating in this tour do so at their own risk and responsibility. Some beach services and attractions may be subject to age, height and weight restrictions. Use of the pools and slides is prohibited for guests with any skin disease, lesions, infections, open sores, inflamed eyes, cold, nasal or ear discharge, communicable disease, exposed sub-skin tissues, open blisters, cuts, or wearing a bandage or band-aid.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

### COZ-026 CORAL INTERACTIVE REEF RESTORATION PROGI

Duration: 3.00 Hrs Tour Price: \$69.00



Date: April 04, 2023 09:30 AM

Help to restore a coral reef with a group of marine biologists that will explain the challenges of protecting the reefs, which provide essential food and shelter for marine life. Part of this fascinating hands-on experience will include a close-up look at coral spawning and reproduction in an aquarium. You might also plant coral fragments that can grow to help reverse the negative effects of disease, storms and high water temperatures. Later, while snorkeling through the coral gardens just off shore, you will see firsthand how coral is gathered for transplanting and gain a deeper understanding of coral restoration. The staff will be happy to answer questions you may have regarding their restoration program and how it benefits marine life and protects the coastline by minimizing waves that severe storms cause. Proceeds from this excursion support coral reef restoration and efforts to educate and empower people to take better care of the ocean.

- Assist a group of marine biologists in their efforts to protect and restore Cozumel's coral reefs.
- Participate in transplanting coral fragments that can slowly grow into larger reefs.
- Discover the challenges of restoring the coral around Cozumel and the benefits of healthy reefs.
- Remain at the beach following the restoration experience, if you like.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Guests are welcome to enjoy the facilities and interact with the staff following the tour. Participants must be at least 5 years old and know how to swim and snorkel. Guests with congestion, a cold, an ear infection, diabetes, a history of seizures, dizziness or fainting, respiratory problems such as asthma, emphysema or tuberculosis, a heart condition, a nervous system disorder or any other physical issue listed on the medical waiver, must bring a signed letter of authorization from a medical doctor to snorkel. Snorkeling gear will be provided. Sunscreen must be biodegradable.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion

Page 63



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

---

### What is Included?

#### Transportation:

Licensed and insured late-model coaches, mini-vans and/or automobiles, watercraft and other modes of transportation are utilized.

#### Meals and Refreshments:

Meals and/or refreshments are included only when indicated in the tour description.

#### Guides:

Licensed, English-speaking local guides accompany all tours.

#### Entrance Fees:

Tours include all required admission fees where applicable.

### What Should I Wear?

When taking a shore excursion, comfortable walking shoes, loose comfortable clothing, sunglasses, a hat and sunscreen are suggested. You may consider bringing an umbrella, raincoat, sweater or jacket. And don't forget your camera!

### Cancellations and Refunds:

- Tours operate rain or shine.
- Tours require minimum participation levels to operate so please sign up as early as possible. Tours may be cancelled if minimum participation levels are not met.
- In order to ensure quality guides and sufficient transportation, we must provide the tour operator with passenger counts at least 36 hours in advance.
- Unlimited Passport Collection and Your World Collection packages are fully refundable prior to embarkation of your cruise. Unlimited Passport Collection and Your World Collection packages that are cancelled after embarkation will incur a 100% cancellation fee.
- A la carte tours are fully refundable until 36 hours in advance of the tour. A la carte tours cancelled less than 36 hours in advance of the tour will incur a 100% cancellation fee.
- In the event of a port cancellation, guests who have purchased a Your World Collection or Unlimited Passport Collection will receive a pro-rata refund for that port based on the price paid. Guests who have purchased an a la carte excursion for a port that is cancelled will receive a full refund.
- No refunds or credits will be given for individual Your World Collection tours not taken, unless the tours are cancelled by Oceania Cruises.

### Prices, Itineraries and General Information:

- All pre-reserved shore excursions will receive priority confirmation over those booked onboard.
- The discount of up to 25% off a la carte excursion prices that is offered with the Your World Collection is subject to a minimum number of excursions that must be purchased. This minimum is based on the number of port days on your cruise.
- Shore excursion prices are subject to change to meet unexpected cost increases or currency fluctuations. Once excursions have been purchased, pricing is guaranteed and not subject to change.
- The information contained in this document was current at the time of printing; however, changes may occur before your scheduled departure. Please consult the Destination Services Desk onboard for information and current pricing.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) maybe limited or denied. In such instances, adjustments in excursions itinerary will be made to minimize inconvenience to guests.
- Some tours have limited availability. Please reserve tours early to avoid disappointment.
- Oceania Cruises reserves the right to require guests to complete a liability waiver for select shore excursions. For more information, please consult the Destination Services Desk.

### Please note:

While the greatest care has been taken to offer the finest services available, Oceania Cruises will not be held responsible for any event or omission during the time that guests are not onboard the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodations, ground transfers and shore excursions, are made by Oceania Cruises with the suppliers of the services for the convenience of our guests. Each guest agrees not to hold Oceania Cruises, its owners, employees, agents or representatives liable, in the absence of its own negligence, for any loss, injury, expense or damage which results directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component other than water transportation or any other option that is available for purchase. Arrangements with independent contractors include but are not limited to services, products and transportation provided elsewhere than onboard an Oceania Cruises vessel in connection with tours, whether arranged or organized by tour operators, travel agents or Oceania Cruises. Tours including hotel accommodations and transportation by any vessel not owned or operated by Oceania Cruises or by air, rail or land are not under the supervision and control of Oceania Cruises.





# OCEANIA CRUISES®

## OPTIONAL SHORE EXCURSIONS

---

**Important Information:**

Notwithstanding that Oceania Cruises, at the guest's option, arranges air transportation, hotel accommodations, groups transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Oceania Cruises, being a "for profit entity," earns a fee on the sale of the optional services.

Tour departure times are subject to change so please reference your actual tour ticket for the correct departure time.

**Notice:**

All Oceania Cruises shore excursion fares are per person, are subject to change and are subject to availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Oceania Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion descriptions and information contained in this shore excursion book are subject to change without notice at Oceania Cruises' discretion. Oceania Cruises is not responsible or liable for typographical errors, omissions or misprints.