

OCEANIA CRUISES®

OPTIONAL SHORE EXCURSIONS

MIAMI, FLORIDA to PANAMA CITY, PANAMA

SIRENA January 18, 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 **PANAMA POTPOURRI** 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 \$659.00 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

This package is not available for this voyage.

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 the 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 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.

❖ GREAT STIRRUP CAY, BAHAMAS

NPI-41 OCEAN VILLA AT SILVER COVE

Duration: 0.00 Hrs Tour Price: \$899.00



Date: January 19, 2023 08:00 AM

Spend time relaxing in a studio villa on a private beach with an unobstructed ocean view. The villa can accommodate up to six people, making it ideal for families and small groups that prefer to enjoy themselves away from the crowds. Handsomely decorated and beautifully furnished, the villa is air-conditioned for your complete comfort. Cushioned lounge chairs out on the deck provide alternate seating and the beach is just steps away. Feel free to bask in the sun, stretch out in the shade of a beach umbrella, lie on a floating mat, take a refreshing swim in the sea and stroll along the water's edge. The villa features a full bathroom and shower, if you wish to freshen up after coming in from the beach. The dining options are just as generous. A complimentary buffet is offered in the Silver Palms Restaurant and a fruit basket, chips and salsa, and beverages are included in the villa.

- Relax however you wish in a private ocean-view villa that accommodates up to six people.
- Enjoy the serenity of the villa and the easy access to the beach it overlooks.
- Dine in the Silver Palms Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 6 guests.

NPI-46 LAGOON VILLA - ALL DAY

Duration: 0.00 Hrs Tour Price: \$899.00



Date: January 19, 2023 08:00 AM

While away the hours in the comfort of a private villa overlooking the lagoon. With plenty of room for up to eight people, the villa is perfect for groups that prefer an area of their own with easy access to the beach. With comfortable seating inside and on the deck outside, the villa has space for everyone to get together or spend some time in smaller groups. The sheltered waters of the lagoon are just steps away. Cushioned lounge chairs, beach umbrellas and floating mats are there for your enjoyment. You might spend your time basking in the sun, lying in the shade, walking around the lagoon and taking a refreshing swim. What you do is entirely up to you. A fruit basket, chips and salsa, and beverages are offered in the villa and a complimentary buffet lunch is provided.

- Spend time relaxing in a private lagoon villa that accommodates up to eight people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 8 guests, with the ability to add up to two additional guests at an additional charge of \$49 per person.

NPI-47 ONE BEDROOM VILLA - ALL DAY

Duration: 0.00 Hrs Tour Price: \$1049.00



Date: January 19, 2023 08:00 AM

Relax in the comfort of a one-bedroom villa overlooking a sheltered lagoon that is just steps away. With room for up to 10 people, the villa offers all sorts of amenities. Inside, you will find a sectional couch, dining table, television, bedroom with sliding glass doors that open onto the deck and an ensuite bathroom. In addition to being wonderfully comfortable, the villa is situated right on an exclusive area of the lagoon. Whenever you wish, you can enjoy the beautiful stretch of sand and the inviting waters. You might soak up the sun, lie on a lounge chair under a beach umbrella and take a refreshing dip in the glassy-smooth lagoon. Snacks are available in the room and, if you wish additional food and beverages, just call the butler on the villa's phone. A complimentary buffet lunch is also included.

- Spend time relaxing in a one-bedroom lagoon villa that accommodates up to 10 people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 10 guests, with the ability to add up to two additional guests at an additional charge of \$49 per person.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



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NPI-48 2 BEDROOM VILLA FAMILY SUITE - ALL DAY

Duration: 0.00 Hrs Tour Price: \$1399.00



Date: January 19, 2023 08:00 AM

Spend hours enjoying the largest private villa on the island, a luxurious two-bedroom suite with 1,100 square feet full of amenities. With plenty of room for up to 16 people, the villa is perfect for large groups of friends and multiple families. This ultimate, air-conditioned oasis features a beautifully furnished living room, piano and sound system, dining tables inside and outside and two bedrooms where you can comfortably relax, change clothes and take a nap, if you wish. The villa overlooks a prime spot on the lagoon and its wide, gradually sloping beach. You can stretch out on a lounge chair, sit in the shade of a beach umbrella and swim in the lagoon, which is protected so the waters are typically as smooth as glass. To make your stay even more enjoyable, snacks and beverages are in the villa, a butler is standing by and buffet dining is complimentary.

- Spend time relaxing in a two-bedroom lagoon villa that accommodates up to 16 people.
- Enjoy the serenity of the villa and the easy access to the beach and lagoon it overlooks.
- Dine in Restaurant and snack on fruit and other items in the villa.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Price listed is per villa (not per person) therefore only one person needs to reserve the villa. Villa rental is good for up to a maximum of 16 guests, with the ability to add up to four additional guests at an additional charge of \$49 per person.

NPI-50 OSPREY ZIPLINE

Duration: 1.00 Hrs Tour Price: \$59.00



Date: January 19, 2023 08:00 AM, 09:00 AM, 10:00 AM

Race through the air with the greatest of ease on the Osprey zipline, a series of three separate flights that was designed for first-time zipliners. The course takes its name from the bird of prey that is commonly seen perched on the zipline platforms. You too will fly like a bird while taking in the spectacular views of Great Stirrup Island. The first zipline platform is 130 feet above the ground, so expect your adrenaline to be pumping before you even step off into thin air. The second leg of the course isn't quite as high, but it runs for 600 feet – the length of two football fields – which gives you time to savor the experience. The final leg is just as long as the second leg and takes you back to the starting point, where you will have time to catch your breath and relive the excitement with the others in your group.

- Ride three separate ziplines, each one exciting in its own way.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Get a literal bird's-eye view of the scenery as you race between zipline platforms.
- 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. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

NPI-51 SEAHAWK ZIPLINE

Duration: 1.00 Hrs Tour Price: \$69.00



Date: January 19, 2023 08:20 AM, 09:20 AM, 10:20 AM, 11:00 AM

Fly like a bird over the turquoise waters off Great Stirrup Cay on a series of ziplines that begin from a platform more than 130 feet in the air. This zipline adventure is named for the sea hawks commonly spotted on the island diving for prey at more than 30 miles hours. You will also reach adrenaline-pumping speeds as you ride ziplines of varying lengths. Each one is designed with characteristics that you will find exhilarating, if not scary at times. You will end up next to the Silver Cove lagoon, the starting point for an adventurous return trip that will challenge you in an entirely different way. That route follows a fun but daring trail with V-net bridges, a chimney climb and a near-vertical cargo net climb stationed high above the ground. To add to the thrills, on the way back you will ride two more ziplines guaranteed to raise goose bumps.

- Ride ziplines of varying lengths, many of them taking you over the turquoise sea.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Follow a different return route over V-net bridges, a chimney climb and cargo net climb.
- 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. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



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NPI-52 ISLAND ZIPLINE ADVENTURE

Duration: 1.00 Hrs **Tour Price: \$89.00**



Date: January 19, 2023 08:40 AM, 09:40 AM, 10:40 AM, 11:20 AM

Enjoy the ultimate zipline experience, an adventure that combines two zipline courses for a long-lasting adrenaline rush. With access to both the Osprey zipline and the Sea Hawk zipline, you can expect nonstop thrills and spectacular views. The Osprey consists of three ziplines intended for beginners, so it makes for a great warm-up. Even so, it will be exhilarating, especially since some of the starting platforms tower more than 100 feet in the air. The Sea Hawk course is more dramatic because it's longer and much of it is over water. It offers a variety of island views, all of them extraordinary. You might even spot marine life in the sea below. The return route features V-net bridges, a chimney climb and a cargo net climb that add to the excitement. But if you need a breather, feel free to skip the climbs and just zipline most of the way back.

- Travel on both the Osprey and Sea Hawk zipline courses for the ultimate experience.
- Ride ziplines of varying lengths, many of them taking you over the turquoise sea.
- Enjoy the adrenaline rush as you ride the ziplines off platforms high above the ground.
- Follow a return route over V-net bridges, a chimney climb and cargo net climb.
- 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. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.

NPI-31 STAND UP PADDLE BOARD

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



Date: January 19, 2023 09:00 AM, 10:00 AM, 11:00 AM, 12:00 PM

Paddle through the calm turquoise waters of Bertram's Cove on a stand-up paddleboard that you can easily learn to propel. With just a few basic tips from the staff, you will soon be atop the paddleboard. The steps to success are easy to grasp. Start by kneeling on the board with the paddle perpendicular for balance. Slowly stand up on the board, which is designed for stability. Then start paddling at a comfortable speed. The paddleboard offers a unique vantage point to view the marine life in the cove and admire the tropical surroundings. Depending on how vigorously you paddle, the experience can be a good workout or simply a relaxing outing through one of the most scenic areas on Great Stirrup Cay.

- Glide through the calm waters of Bertram's Cove on a stand-up paddleboard.
- Discover how easy it is to paddle board, even for novices.
- Enjoy the physical activity and extraordinary tropical scenery.
- Paddle along at your own pace, taking in the sights above and below the water's surface.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

There is no minimum age to rent a paddleboard.

NPI-15 KAYAK TOUR

Duration: 2.00 Hrs **Tour Price: \$55.00**



Date: January 19, 2023 10:00 AM, 01:00 PM

Paddle through the beautiful turquoise waters south of Great Stirrup Cay in a two-person kayak and share the experience with another guest. After a brief orientation to become familiar with the kayak, you will head off into the shallow crystal-clear waters. The surrounding sea is teeming with marine life, and stingrays and sea turtles are commonly spotted. You can easily identify a hawksbill turtle by its bird-like beak, which is handy for reaching into coral crevices to eat sponges.

- Kayak through the typically clear calm waters south of Great Stirrup Cay.
- Share the kayak with another guest, which makes the experience all the more memorable.
- Look for marine life such as gracefully stingrays and sea turtles.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.

Participants must be at least 8 years old.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



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NPI-44 SWIM WITH THE PIGS

Duration: 1.50 Hrs **Tour Price: \$149.00**



Date: January 19, 2023 10:00 AM, 11:30 AM

Enjoy a wonderfully scenic cruise to nearby Treasure Island, a small privately owned oasis where you can swim with the resident pigs. Before getting into the water, be sure to snap some pictures from the observation deck, as it offers the best perspective of the photogenic island. Following a briefing on how to maximize your experience, you will wade out into the shallow waters. A passel of cute, friendly pigs will soon swim out to greet you. They love attention so be ready for a fun, up-close and personal experience. The guide will show you how to feed the pigs juicy apples and the best ways to interact with them while swimming. The pigs couldn't be friendlier or more enthusiastic about sharing their favorite swimming hole. You might even learn their names, as the pigs are regulars.

- Take in the spectacular tropical views while cruising to Treasure Island.
- Interact with the island's cute, friendly resident pigs in the waters just offshore.
- Pet the pigs, feed them juicy apples and swim with them side by side.
- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel.
- Wear flat, comfortable walking shoes.

Due to safety concerns phones and cameras are not permitted during the animal interaction. The minimum age for participants is 6 years old. Refreshments available (Cash Only Bar).



Easy Activity



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Moderate Activity



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Strenuous Activity



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❖ COSTA MAYA, MEXICO

CMA-004 KOHUNLICH & DZIBANCHE MAYAN RUINS

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



Date: January 21, 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: January 21, 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



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Accessible Tour

CMA-038 DOLPHIN SWIM ADVENTURE

Duration: 1.50 Hrs **Tour Price: \$209.00**



Date: January 21, 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: January 21, 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**

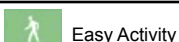


Date: January 21, 2023 09:00 AM

Take an extensive look into the excavated ruins of Kohulich, 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. Kohulich 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. Kohulich'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 Kohulich.
- 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



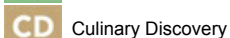
Strenuous Activity



Meal Included



Evening Excursion



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CMA-015 CLEAR KAYAK AND BEACH ESCAPE

Duration: 3.00 Hrs Tour Price: \$149.00



Date: January 21, 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: January 21, 2023 11:30 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

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CMA-007 CHACCHOBEN MAYAN RUINS

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



Date: January 21, 2023 11:30 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: January 21, 2023 11:30 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

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OPTIONAL SHORE EXCURSIONS

CMA-012 DISCOVER SCUBA & MAHAHUAL BEACH EXPERIENCE

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



Date: January 21, 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: January 21, 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



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❖ HARVEST CAYE, BELIZE

HAR-001 MAYAN RUINS & SPICE FARM

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



Date: January 22, 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: January 22, 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



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HAR-004 RAINFOREST RIVER TUBING

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



Date: January 22, 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 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 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: January 22, 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 winding 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: January 22, 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



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HAR-010 PRIVATE CANOPY POOL CABANA

Duration: 0.00 Hrs Tour Price: \$259.00



Date: January 22, 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: January 22, 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: January 22, 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



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HAR-047 BIG SIPPER BELIZE

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



Date: January 22, 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: January 22, 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: January 22, 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



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HAR-023 FLIGHTHOUSE ZIPLINE

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



Date: January 22, 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: January 22, 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 requires a minimal amount of activity. Guest must be able to navigate 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: January 22, 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 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



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Accessible Tour

HAR-005 JUNGLE RIVER RAFTING

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



Date: January 22, 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: January 22, 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: January 22, 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



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Accessible Tour



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HAR-033 PEDALBOARD MANATEE WATCH

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



Date: January 22, 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: January 22, 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: January 22, 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



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HAR-046 BARRIER REEF SNORKEL

Duration: 2.50 Hrs Tour Price: \$119.00



Date: January 22, 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



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❖ SANTO TOMAS, GUATEMALA

STC-004 COUNTRYSIDE AND RIO DULCE BY LAND

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



Date: January 23, 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: January 23, 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 on 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: \$259.00**



Date: January 23, 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



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Accessible Tour

STC-011 TROLLEY TOWN TOUR

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



Date: January 23, 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: \$259.00**



Date: January 23, 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: January 23, 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



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STC-001 LAS ESCOBAS SPRINGS ADVENTURE

Duration: 3.25 Hrs Tour Price: \$129.00



Date: January 23, 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



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❖ ROATAN, HONDURAS

ROA-004 MAYAN REEF CLEAR KAYAK & SNORKEL

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



Date: January 24, 2023 08:30 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.

ROA-005 DOLPHIN ENCOUNTER

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



Date: January 24, 2023 08:30 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



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



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ROA-016 JOLLY ROGER CATAMARAN SAILING & SNORKEL

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



Date: January 24, 2023 08:30 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-001 TABYANA BEACH DAY

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



Date: January 24, 2023 08:45 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-017 ULTIMATE EXTREME ADVENTURE COMBO

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



Date: January 24, 2023 09:00 AM, 11:00 AM

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 Zuperman 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.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



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Wellness Tour



Oceania Exclusive

ROA-020 THE BEST OF THE WEST IN ROATAN

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



Date: January 24, 2023 09:00 AM, 10:00 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.

ROA-021 TURQUOISE BAY ALL INCLUSIVE PRIVATE BEACH

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



Date: January 24, 2023 09:00 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: January 24, 2023 09:00 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.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



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Wellness Tour



Oceania Exclusive



Oceania Select



Accessible Tour

OCEANIA CRUISES®

OPTIONAL SHORE EXCURSIONS

ROA-023 TURQUOISE BAY VIP ALL INCLUSIVE BEACH BRE

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



Date: January 24, 2023 09:00 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.

ROA-002 GUMBALIMBA PRESERVATION PARK

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



Date: January 24, 2023 09:30 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-008 ISLAND HIGHLIGHTS

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



Date: January 24, 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



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ROA-010 DEEP SEA FISHING

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



Date: January 24, 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-026 BEST OF ROATAN

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



Date: January 24, 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-014 BIG FRENCH KEY BEACH ESCAPE

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



Date: January 24, 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.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



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Accessible Tour

ROA-015 BIG FRENCH KEY BEACH ESCAPE & SNORKELING

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



Date: January 24, 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.

ROA-009 GLASS-BOTTOM SEMI-SUB & SHOPPING

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



Date: January 24, 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-025 HORSEBACK RIDE AND SWIM

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



Date: January 24, 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



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Accessible Tour

❖ PUERTO LIMON, COSTA RICA

PEL-002 ECO JUNGLE RIVER CRUISE

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



Date: January 26, 2023 08:30 AM, 12:30 PM

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-010 AERIAL TRAM & RAINFOREST ADVENTURE

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



Date: January 26, 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-014 PANORAMIC BUS TOUR

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



Date: January 26, 2023 08:30 AM, 12:30 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.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



Go Local Tour



Wellness Tour



Oceania Exclusive



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Accessible Tour

PEL-016 WILDLIFE IMMERSION EXPLORATION & KAYAK AD

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



Date: January 26, 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.

PEL-004 CARIBBEAN TRAIN, ECO CRUISE & COUNTRYSIDE

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



Date: January 26, 2023 08:45 AM

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.

PEL-017 CULTURAL JOURNEY & SOUL FOOD DELIGHT

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



Date: January 26, 2023 08:45 AM, 01:00 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.



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-GG1 HANDS-ON CONSERVATION & CULTURAL EXCHA

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



Date: January 26, 2023 08:45 AM

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.

PEL-007 VERAGUA RAINFOREST & AERIAL TRAM

Duration: 5.50 Hrs **Tour Price: \$259.00**



Date: January 26, 2023 09:00 AM, 09:30 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: January 26, 2023 09:00 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



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PEL-015 WILDLIFE RESCUE CENTER, COASTAL SCENIC D

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



Date: January 26, 2023 09:00 AM, 10:00 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.

PEL-GG2 REFORESTATION & RAINFOREST SKY WALK

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



Date: January 26, 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.



Easy Activity



Moderate Activity



Strenuous Activity



Meal Included



Evening Excursion



Culinary Discovery



Food & Wine Trails



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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.