

# SHORE EXCURSIONS

Take a break from our great on-board activities to experience the ports with pre-arranged excursions. Explore the possibilities listed here and book yours while availability lasts!

When choosing your excursions from the list below, please make note of the title, code and price of the tours that you wish to reserve. To make a reservation, please follow the detailed Booking Information on the [Excursions](#) page of our website.

## Important Information:

- Only one excursion may be booked in each port for any one individual.
- Most tours do not include lunch, but note that with the exception of the 6 tours that specify "Vegan," any tours that include food will be "standard fare." However, MSC will try to accommodate requests for a vegetarian option, if you let us know by February 7, 2020. See details in the notes following descriptions of tours with non-vegan food.
- There is no way to know what time an excursion will begin until you get onboard.
- Any tour can be canceled if a minimum number of participants is not reached.
- All prices are per person unless otherwise noted. Child rates apply from age 2 through 13.
- Vegan tours with codes ending in HOL: deadline for both submitting your request and canceling is January 17, 2020; after that a 100% penalty applies.
- Tours with regular codes: deadline for submitting your request is January 31, 2020. Deadline for changing or canceling is 48 hours prior to arrival in the port of call where tour is scheduled; after that a 100% penalty applies.



	<i>Easy. May involve a limited quantity of steps, uneven surfaces and/or periods of standing.</i>
	<i>Moderate. May involve inclines, steps, uneven surfaces and/or extended periods of standing.</i>
	<i>Strenuous. Active excursions recommended only for guests in good physical health.</i>
	<i>Snack included.</i>
	<i>Drink included.</i>
	<i>Lunch or dinner included.</i>
	<i>Possibility of swimming.</i>
	<i>Limited seats.</i>
	<i>Shooting videos and/or taking photos is not allowed or subject to a fee.</i>
	<i>Long route by bus.</i>
	<i>No guide available.</i>
	<i>Wheelchair and disabled-friendly. Must be accompanied by your own helper. Inform Excursions Desk promptly to make arrangements.</i>

SUN. FEB. 23, 3:30 PM – 12:30 AM **SAN JUAN, PUERTO RICO**

*Please Note: Due to our late arrival in San Juan, most of these tours will take place during our vegan dinner onboard.*

## SAN JUAN PANORAMIC TOUR

CODE:  
SJU01

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$59 PER ADULT  
\$41 PER CHILD



Discover San Juan! Leaving the pier by air-conditioned minibus or motor coach you'll visit Old San Juan and view the massive, ancient fortresses and great stonewalls that have protected the capital city since they were built by the Spanish Conquistadors in the 16th century. A guided visit then follows at the San Cristobal Fortress, considered the largest fort ever built by the Spaniards in the New World, built in 1634. A drive through the Old City lets you see all the different Spanish architecture. Enjoy a brief stop at the Capitol Building. Once the visit to the old Colonial city has ended, you'll continue the tour to what is known as New San Juan, a modern city with its high-rise condos, luxurious resort hotels and casinos. This tour is a blend of this city's old and new interesting history. You will return to the Old City for some free time at Plaza Colón to do some shopping, take pictures or to explore the local surroundings before returning to the ship.

*Please note: Wear comfortable walking shoes. Some stops are unguided, allowing guests to be at their leisure and browse on their own. Tour price includes the admission to the San Cristobal Fort. Please ask for and keep your receipt at San Cristobal Fort, as proof of purchase. Fortifications are open every day from 9:00AM to 6:00PM.*

## SAN JUAN PANORAMIC & BACARDI

CODE:  
SJU06

DURATION:  
APPROX. 4 HOURS

PRICE:  
\$72 PER ADULT  
\$50 PER CHILD



A scenic, air-conditioned drive begins your tour, first heading to the town of Cataño and Casa Bacardi, where you can find out about both the time-honored process of making rum and the history of the Bacardi family. Naturally, a chance to sample one of the delicious rums is included in your visit. As you leave the town towards the district known as New San Juan, you will pass through the Condado district – a modern area with high-rise condominiums, luxurious resort hotels and casinos – en route to Old San Juan to see the ancient strongholds and huge stone walls that were built by Spanish Conquistadors in the 16th century. Due to the superb views afforded of the enormous San Cristobal Fortress from Plaza Colon, a stop will be made there for you to take photos and do some shopping before returning to the ship.

*Please note: You are recommended to wear comfortable walking shoes. The Bacardi distillery is a popular site, for this reason there may be an extended waiting time to get in. Some of the stops are unguided, allowing guests to browse on their own. The entrance fee, a commemorative Bacardi Cup and a welcome drink are included in the price of the tour. Guests wishing to consume alcohol must be at least 18 years of age. Should you decide to enhance your experience with an add-on tour option once at Bacardi, you will have to arrange your return transfer to the ship at your own expense.*

SUN. FEB. 23, 3:30 PM – 12:30 AM **SAN JUAN, PUERTO RICO**

*Please Note: Due to our late arrival in San Juan, most of these tours will take place during our vegan dinner onboard.*

## OLD SAN JUAN HISTORICAL WALK & COFFEE TASTING

CODE:  
SJU27

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$59 PER ADULT  
\$41 PER CHILD



Favored by Puerto Rico's rich volcanic soil and climate, coffee has numbered among the island's major crops since the 18th century and has given rise to a rich coffee culture, a taste of which you can savor on this interesting tour through the historical district of San Juan. To set the mood, the tour begins with a delicious cup of freshly brewed Puerto Rican café con leche, to which your friendly barista will add his own personal latté-art flourish. As you then stroll through the streets of Old San Juan, your guide will tell you about the island's historical ties with the black beverage as well as how coffee and the church are connected. A photo stop will be made at Plaza de Colón and the statue of Christopher Columbus, which was erected to mark the 400th anniversary of his discovery of Puerto Rico. You'll also get to see some of the oldest churches in the Western hemisphere, the main Plaza de Armas with its "Four Seasons" fountain as well as San Juan city hall, a replica of the one in Madrid. Then, to end our historical walk, we will get refreshed with another delicious coffee treat so you can enjoy a special blend from our mountains and a touch of the delicious flavors of the Caribbean. It will be a day to remember, walking through history, enjoying the lovely architecture, sipping coffee and tasting our culture while meeting new friends.

*Please note: The tour involves approx. 1.5 miles of walking over cobblestones.*

## SUNSET STROLL THROUGH OLD SAN JUAN – EVENING TOUR

CODE:  
SJU28

DURATION:  
APPROX. 1.5 HOURS

PRICE:  
\$49 PER ADULT  
\$34 PER CHILD



What better way to end a relaxing day on the ship than with a leisurely stroll through beautiful Old San Juan? Situated on its own little island and home to a slew of historical landmarks, Old San Juan is not only a joy to explore, but also affords priceless views of the sun setting over the Caribbean Sea. Your fully guided tour begins with a short transfer to Ballajá Barracks, a beautiful Spanish-built 19th century building. Soak up amazing views of San Juan bay at dusk as you walk through the cobble streets, passing such notable landmarks as the Plaza del Quinto Centenario, San José Church and Calle del Cristo en route to the Monumento a la Rogativa which commemorates a torch-lit procession held by the town's womenfolk at the end of the 18th century to thwart British attempts to besiege the town. The ladies succeeded, the British fled and the city was spared. You'll have some time to take photos and buy refreshments at this special spot before continuing on through San Juan gate and down Paseo de la Princesa, one of the city's grandest boulevards. At the end of your guided walk, you can choose either to return to the ship or spend some extra time on Calle Fortaleza, at the end of which lies the 16th-century fortress that is the official residence of the Governor of Puerto Rico.

SUN. FEB. 23, 3:30 PM – 12:30 AM **SAN JUAN, PUERTO RICO**

**Please Note: Due to our late arrival in San Juan, most of these tours will take place during our vegan dinner onboard.**

### EL MORRO & MORE: WALKING TOUR WITH VEGAN LIGHT LUNCH

CODE:  
SJU29HOL

DURATION:  
APPROX. 5 HOURS

PRICE:  
\$99 PER ADULT  
\$89 PER CHILD



**VEGAN**

Old San Juan's enchanting streets, located on a peninsula jutting into the Caribbean Sea, are perfect for exploring on foot – something this tour gives you ample opportunity to do. Escorted by your guide, you'll first board a coach to reach Fort San Felipe del Morro, or simply El Morro, perched on the tip of the promontory. Built in the 16th century, the imposing fortress features six different lines of defense, including a water battery tower and casemate guns. After a look around, you'll move on to the adjoining Ballajá Barracks area and then the totem dedicated to the indigenous Taíno people at the Plaza del Quirio Centenario. Right next door you'll find San José Square and its white-fronted church, a jewel of Spanish Gothic architecture completed in 1735. You'll also see many French- and Spanish-inspired buildings from various eras, so keep your camera at hand. Next up is an inside look at the Cathedral of San Juan Bautista, whose earliest parts date back to 1540, followed by a photo stop and water break at the Rogativa monument in honor of Puerto Rican women who stymied a British invasion in 1797. The spot also affords great views of San Juan Bay, the nearby 16th-century Fortaleza and the governor's private residence. The last visit on your walk will then be the mid-18th-century Chapel of Christ the Savior before time will be yours to do some shopping on your own. The tour includes light vegan fare and comes to a close with your return to the ship.

*Please note: The walking tour of Old San Juan concludes with 1 hour of free time to go shopping, after which the guide will escort guests back to the ship. Guests wishing to remain in Old San Juan for longer can return to the ship on foot (approx. 15-minute walk) or take a taxi at their own expense. The price of the tour includes admission to the San Felipe del Morro Fort. Guests are advised to ask for and keep the receipt at the Fort of San Felipe del Morro as proof of purchase. Daily fort opening times are between 9:00 AM and 6:00 PM.*

### OLD SAN JUAN HARBOR CRUISE

CODE:  
SJU35

DURATION:  
APPROX. 1.5 HOURS

PRICE:  
\$82 PER ADULT  
\$57 PER CHILD



You'll be leaving one ship and boarding another on this short-but-sweet outing to enjoy an informative cruise around San Juan bay. As you pass various landmarks, your on-board guide will tell you all about the 16th-century citadel known as Castillo San Felipe del Morro, then La Fortaleza, completed in 1540 and since then official residence of the island's governor, as well as the beautiful esplanade called Paseo de la Princesa, to name but a few of the appealing sights during the cruise. You'll be able to enjoy a refreshing drink while you cruise, and you'll know when it's over when you hear the historic cannon being fired. You'll then return to the ship.

*Please note: Guests are advised that the motion of the sea may trigger motion sickness.*

SUN. FEB. 23, 3:30 PM – 12:30 AM **SAN JUAN, PUERTO RICO**

**Please Note: Due to our late arrival in San Juan, most of these tours will take place during our vegan dinner onboard.**

## ACCESSIBLE HIGHLIGHTS OF SAN JUAN SMALL GROUP EXCURSION

CODE:  
SJU37

DURATION:  
APPROX. 5 HOURS

PRICE:  
\$99 PER ADULT  
\$69 PER CHILD



This accessible San Juan shore excursion by night combines the best highlights of San Juan into one accessible tour. Explore the lower part of Old Town San Juan, experience a panoramic driving tour of several historic Puerto Rican landmarks and enjoy a dinner at an authentic, accessible Puerto Rican restaurant\* (price of meal is not included). Start your tour by meeting your tour guide at the San Juan cruise dock. From here, you will head out on a leisurely stroll along Calle Marina down to the popular street, Paseo de la Princesa, in the lower part of Old Town San Juan. Escorted by your tour guide, you will explore the charming little historic plazas and landmarks located along the boulevard, as well as the old town walls and a beautiful fountain at the end of the street. The area is peppered with street vendors selling everything from snacks to art and other fun souvenirs. Musicians help make the atmosphere extra special with traditional island rhythms being played live. After some time of exploration here, you will be picked up by your driver and accessible van and head out on a panoramic evening driving tour, experiencing some of the best historic landmarks of the city. From the comfort of your accessible van you will see the spectacular old Fort San Cristobal, the breathtaking El Capitolio, the famous Casa Olimpica and other popular highlights. Your final stop of the evening will be at an accessible restaurant for a taste of Puerto Rico! This restaurant offers a variety of traditional island cuisine, servers dressed in traditional colonial clothes and music that makes the place come alive. Sit down and enjoy a relaxing meal on your own while you enjoy the unique atmosphere here. (Cost of food is not included.) At the end of your evening, you will be escorted back to the cruise dock in your accessible van.

*\*A note from Holistic Holiday at Sea: According to MSC Cruises, this restaurant will offer a vegetarian option, which must be requested prior to the cruise. Please note that this information has not been vetted by HHS and we cannot guarantee that this will, in fact, be the case. Also, please be aware that the vegetarian options may or may not be vegan. If you book this tour and want the vegetarian lunch, be sure to email [bookings@holisticholidayatsea.com](mailto:bookings@holisticholidayatsea.com) by February 7, 2020 and let us know, including the number of people you are requesting this for.*

*Please note: This tour is designed to be accessible for all guests. The tour route avoids steps and stairs. Accessible bathrooms with wide doors for wheelchairs are present along the tour route. An accessible vehicle with a wheelchair lift or ramp will be used for transportation. Guides are not allowed to push wheelchairs. The order of the sites viewed or visited may vary. The price includes vehicle, tour guide and entrance tickets. Lunch/snack costs are not included. In many ports the number of accessible vehicles is extremely limited; therefore, guests are encouraged to make their accessible shore excursion reservations as far in advance as possible. Vehicle capacity: Combined weight (guest seated on mobility device) : Max 600 lbs / 272kg. Combined height (guest seated on mobility device) : 55 in/140 cm. Maximum Length : 45 in / 114 cm Maximum Width : 40 in / 102 cm. Fully confined guests needing to bring along their own wheelchair/ scooter should use code SJU37A to book this tour.*

SUN. FEB. 23, 3:30 PM – 12:30 AM **SAN JUAN, PUERTO RICO**

*Please Note: Due to our late arrival in San Juan, most of these tours will take place during our vegan dinner onboard.*

## LA BOMBA NATIVE & CULTURAL EXPERIENCE WITH VEGAN DINNER

CODE:  
SJU38HOL

DURATION:  
APPROX. 4 HOURS

PRICE:  
\$122 PER ADULT  
\$110 PER CHILD



**VEGAN**

*The 4:00 pm departure is sold out, and a second option has opened. As long as space is still available on this tour, those requesting this excursion will be departing at approximately 5:30 pm.*

One of the things that makes Puerto Rico unique is its mixture of cultures. It has been influenced by the Taino Indians, the Spanish and the African slaves. Each of these cultures had its own music, food, dances and traditions that have come together and evolved into the Puerto Rico we know today. Join us in a short drive to visit the town of Loiza, which hugs the coastline. Experience the richness of the island's culture and traditions, especially in the form of music, food and crafts and the fascinating Afro-Caribbean cultural heritage of Puerto Rico. Learn about the key role bees play in our recuperation after hurricanes Irma and Maria affected the Island and how we can help to keep the bees safe and ensure pollination for the food supply we depend on. As a unique cultural experience, learn the magic moves and rhythm of La Bomba where we all can come together and enjoy this traditional music and dancing following the beats of the African drum. You will also learn the meanings of the women's head turban and have the chance to purchase one to take back home as a souvenir. Then after having fun with this traditional dance, let's taste a vegan version of some alcapurrias, a traditional finger food. After these samples, enjoy a vegan dinner with a refreshing agave-sweetened lemonade or bottle of water. This tour offers an exciting evening full of insights into the history of Puerto Rico's culture and traditions that will allow you to explore a beautiful part of the Island.

*Please note: This excursion involves walking over uneven terrain and climbing some steps. Not recommended for guests with physical limitations. Guests are recommended to bring comfortable, sturdy walking shoes and insect repellent.*

## NIGHTS AT CASA BACARDI

CODE:  
SJU39

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$72 PER ADULT  
N/A PER CHILD



Casa Bacardi opens its doors at night! Find out what makes Bacardí one of the world's most awarded rums. Your tour begins with a scenic ride on an air-conditioned coach to Casa Bacardí, located in the town of Cataño. The Bacardí company was originally founded by Don Facundo Barcardí Massó, a Spanish immigrant to Cuba during the 1800s. The first distillery opened in Cuba, but the conflict in the country led the Bacardi family to move their distillery to Puerto Rico. When you arrive at the large Bacardí Distillery, you'll enter gates with a bat emblem and walk past tropical palms and decorated sculptures. As you explore the building, you'll discover the story behind Bacardí's legendary cocktails; participate in interactive exhibits that let you watch, listen, and even sniff the products on display; and pass zones that describe the rum-making process including wood barrelling, ageing, and finishing. You'll find out what attributes make up the flavor of the rum, such as its sweetly scented apple, melon, and coconut-laced flavors, during your guided tour. Then, enjoy a fascinating mixology showcase performed by one of the Bacardí Brand Specialists.

*Please note: Admission fee included. Tour admission includes a commemorative Bacardi cup. Guests must be at least 18 years of age to participate and to sample alcoholic beverages. Bacardi is a popular site, for this reason, extended wait time may be experienced. Traffic in Old and New San Juan can be congested and rerouting may be encountered. It is recommended guests wear comfortable walking shoes.*

SUN. FEB. 23, 3:30 PM – 12:30 AM **SAN JUAN, PUERTO RICO**

*Please Note: Due to our late arrival in San Juan, most of these tours will take place during our vegan dinner onboard.*

## SAN JUAN SIGHTSEEING EXPERIENCE & FIESTA LATINA

CODE:  
SJU40



DURATION:  
APPROX. 2 HOURS



PRICE:  
\$92 PER ADULT  
\$65 PER CHILD



Discover why Puerto Rico is known as the Shining Star of the Caribbean as you enjoy the panoramic views of the Old and New San Juan City. Board a bus for transportation and enjoy a guided sightseeing drive through our old town, with the opportunity to make a few stops for picture taking of its many historic landmarks, such as the Capitol Building. Once the visit to the old Colonial City has ended, you'll continue the tour to what is known as New San Juan, our modern city where you can add memorable images of your visit to our beautiful Island. After the sightseeing, you will stop at one of the most popular restaurants in the heart of the city for a complimentary drink and a folklore show. Our folklore has been influenced by the most vibrant rhythms from Africa as well as the fieriest expressions of Flamenco from Spain. We would like to take you on a journey where you can experience a variety of dances and sounds originating from Cuba, Brazil and Dominican Republic. You will get to enjoy popular rhythms like the Mambo, Samba, Merengue, Plena, Salsa and Flamenco. Latin Fiesta has all you expect to see in our beautiful island of Puerto Rico. Be a part of the show, embrace the experience, and enjoy the magic of Latin America's folklore.

*Please note: This tour is open for all ages. Participants must be 18 years old to sample alcoholic beverages. Wear comfortable shoes and clothing. Order of stops may vary depending on traffic and local conditions. Traffic in Old and New San Juan could get congested and rerouting may be encountered. Guests with difficulty walking are welcomed, however, there are some steps to climb at the show.*

## Luminescent Night Kayaking Adventure

CODE:  
SJU41



DURATION:  
APPROX. 5.5 HOURS



PRICE:  
\$109 PER ADULT  
\$79 PER CHILD



Do not miss the opportunity to join one of the most unique and memorable tours in Puerto Rico. Take a relaxing trip into the enchanting bioluminescent bay at Laguna Grande of Fajardo. Under the blanket of the night sky and the historical lighthouse of Fajardo, you will be able to kayak your way into the water and literally make it glow. A most fascinating natural phenomenon! This distant bay is filled with bioluminescent organisms that light up in a manner similar to glow worms or fire flies when physically agitated. While the organisms themselves are tiny, when a large number of them light up simultaneously, the effect is the same as a miniature milky way sweeping through the water. Truly an amazing experience. Your tour includes life jackets, oars, a bottle of water and guides.

*Please note: Transfer by bus to Bioluminescent Bay is unguided and approximately 1.5 hours each way; traffic can be heavy at times. Minimum age is 6 years old. All kayaks are of double occupancy and the maximum combined weight per kayak is 400lbs (180kg). All participants must know how to swim. Guests are recommended to bring a towel, wear comfortable clothing, swimwear and sandals. The tour is considered to be unsuitable for pregnant women, guests with back/neck injuries, cardiac or respiratory conditions, seizure disorders, problems with balance or guests with mobility problems or using a wheelchair. Guests are discouraged from bringing electronic items. Nature and environmental issues may include current causing delay on setting, glow variation, mosquitoes, etc. Guests will be required to sign a waiver and/or release form disclosing any medical conditions which may only be available in English. Guests may purchase refreshments at an additional cost.*

**CATAMARAN SAIL & SNORKEL WITH VEGAN LUNCH**

CODE:  
SMTCTHOL

DURATION:  
APPROX. 3.5 HOURS

PRICE:  
\$99 PER ADULT  
\$69 PER CHILD



**VEGAN**

*The 11:30 am departure is sold out, and a second option has opened. As long as space is still available on this tour, those requesting this excursion will be departing at approximately 3:00 pm.*

Departing directly from the cruise ship pier, you will enjoy approximately 45 minutes of scenic and breathtaking sailing along the coastline to the snorkeling location, "Divi Little Bay." Sail back, relax and enjoy a delicious snack and a cold drink while taking in the amazing scenery. Upon arrival at Divi Little Bay, you will have approximately 1 hour to enjoy this wonderful snorkeling experience or just swim in the crystal clear Caribbean Sea, after which guests will re-board the vessel for a vegan lunch and another scenic sail back to the cruise ship pier.

*Notes: Minimum age to participate is 4years; maximum weight to participate is 350 lbs.*

**HARLEY IN PARADISE**

CODE:  
SMT05

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$202 PER ADULT  
N/A PER CHILD



You will be in "Hog Heaven" for this ride through both the Dutch and French sides of St Maarten. After a short bus ride through the capital of Philipsburg, you will arrive at the staging area where you'll pick up your Harley Davidson motorcycle and complete the necessary paperwork. Once briefed and issued a helmet, your guide escorts you for a bike ride through the island. The convoy arrives in the French capital Marigot, home to Fort Louis, built in 1767 to protect the town from the English. The ride continues through the island and the local countryside, eventually arriving back at the staging area, where you will transfer to the bus that will take you back to the ship. This is a unique way to see this fascinating island, shared by two countries.

*Please note: There will be a guide in front. Make sure to bring your credit card and valid, current motorcycle license to complete the rental contract. Driver must be 25 years and no person under 18 can participate. All participating guests will be required to sign a waiver that may only be available in English. The tour price includes CDW insurance with a \$3,000.00 deductible. The deductible is fully or partially charged to the driver's credit card in the event the motorcycle is returned damaged. Participants should wear long pants and closed shoes for their protection. Tour price is based on a per vehicle rate. The vehicle can accommodate up to 2 persons including the driver; you can go as a single or take a companion along for free. The tour should only be reserved by one person per vehicle and the rate will be charged to that person's credit card. The tour payment cannot be divided amongst multiple participants, it can only be charged to one account. If you are taking a companion, it is only necessary that you register their name with the ship's shore excursion office upon embarkation.*



**EXPLORER CRUISE &  
GRAND ISLAND TOUR**

CODE:  
SMT10

DURATION:  
APPROX. 4 HOURS

PRICE:  
\$72 PER ADULT  
\$50 PER CHILD



This is the only tour offering a great party cruise on the lagoon with open bar, Calypso entertainer as well as shopping time in Marigot. The tour leaves from the cruise ship pier, passing the Great Salt Pond on a narrated tour with the guide pointing out places of historic interest and explaining some of the colorful history of the island. Upon reaching Marigot, browse the outdoor market and walk along the waterfront beneath Fort Lous. From the Marina, you drive to Simpson Bay to board the double-decker catamaran, the Explorer Boat. Cruise Simpson Bay Lagoon passing the luxury villas and mega yachts that visit the many marinas situated in the calm waters of the lagoon. With music and great drinks we cruise past Port de Plaisance to Simpson Bay Marina docking at the Explorer private dock where the coaches wait for the short return drive with views of the cruise ships and Philipsburg.

*Please note: This tour may operate in reverse order depending on time. All participating guests will be required to sign a waiver that may only be available in English.*

**"AMERICA'S CUP" 12  
MT YACHT**

CODE:  
SMT11

DURATION:  
APPROX. 2.5 HOURS

PRICE:  
\$92 PER ADULT  
\$64 PER CHILD



Sign up this week to experience the thrill of racing multi-million dollar "America's Cup" race boats in the warm blue waters and brisk trade winds of St. Maarten. Dennis Conner's America's Cup winning Stars & Stripes, Canada II and True North are yours for this once in a lifetime adventure. Our expert crew will show you exactly what to do in your "crew members" position. Then it's off to the racecourse... grind a winch...trim a sail...punch a stopwatch, or just sit back, relax, and enjoy the complimentary refreshments. For this unique adventure...this highlight of your holiday, previous sailing experience...is NOT necessary! After the race, enjoy the complimentary victory rum punch party, while you browse through our museum souvenir boutique.

*Please note: The minimum age to participate is 9 years old. A waiver is required for participation. As these boats are pure race boats, they have no toilet facilities aboard. All guests are asked to wear soft-soled running shoes. T-shirts and shorts over a swimsuit are ideal. There is ample storage space below for beach bags, etc. A small plastic bag to prevent a camera from being splashed is a good idea.*

**PANORAMIC TOUR  
OF ST. MAARTEN AND  
BEACH**

CODE:  
**SMT12**

DURATION:  
**APPROX. 2.5 HOURS**

PRICE:  
**\$49 PER ADULT  
\$34 PER CHILD**



During this tour, you'll drive from today's modern Dutch capital of Philipsburg past the Great Salt Pond, which served to make the island "worth its salt," attracting the French. On the way to the French side, you'll pass the Border Monument. Between 1948 and 1816, this border changed 16 times. The tour will travel past the picturesque seaside town of Grand Case, known for its architecture and exquisite restaurants, then will pass through the bustling small capital of French Saint-Martin (Marigot). Then the true meaning of the term "Best of" comes through at one of the island's best beaches. Your troubles will blow away like ashes in the breeze. All too soon it's time for the drive back to be dropped off at the pier.

*Please note: Bring a towel, sunscreen and sun glasses. The order of the tour may be reversed depending upon local conditions. Traffic can be heavy at times. All beaches are public, so please do not leave your personal belongings unattended. There are no lifeguards, so swim at your own risk. Chairs, umbrellas etc. are not included but may be available for rent from local vendors. Remember where the bus drops you off, as this is where you will pick up the return. Check your watches as the buses will only wait a few minutes if you are late. Otherwise, the return will be at your expense. Clothing optional sunbathing may be observed throughout beaches in St. Maarten.*

**SEA WORLD EXPLORER**

CODE:  
**SMT13**

DURATION:  
**APPROX. 2.5 HOURS**

PRICE:  
**\$59 PER ADULT  
\$41 PER CHILD**



View the stunning sea life and tropical fish of St. Martin's marine world in the cool comfort of our cruising, underwater observatory. Departing Philipsburg, your over-land transfer takes you through the mountainous "Middle Region". A vista of the pristine Caribbean Sea, dotted with islands, presents itself for your panoramic pleasure, preceding your arrival into French Grand Case. Here you will board the Seaworld Explorer, the semi-submarine – where the vessel doesn't submerge, you do! Your guide will entertain you en route to "Rocher de Creole". Here, a daring diver surrounds himself with clouds of brilliant-colored fish, leading them alongside the viewing chamber, to share the spectacle with you. Sea turtles, eels, barracudas, and stingrays are just some of the reef residents that you'll spot if they're feeling bold and you're lucky! Have your camera ready for some unique vacation photos! A cruise back to shore completes the "sea" portion of your excursion – relax on the upper deck while enjoying the scenery across the channel to Anguilla. On your return to Philipsburg, you'll view the French islands of Pinel, Tintamarre and St. Barths before you re-cross the invisible border into Dutch St Maarten.

**SEA & SEE**

CODE:  
SMT26

DURATION:  
APPROX. 3.5 HOURS

PRICE:  
\$62 PER ADULT  
\$43 PER CHILD



This tour combines the best St. Martin has to offer on land and beneath the ocean's surface. You leave Philipsburg, on the Dutch side of the island, and drive up the eastern side to the second largest town in St. Martin, Grand Case, a quaint, unspoiled fishing village surrounded by an idyllic bay. Here at Grand Case Pier, you board the Seaworld Explorer, a semi submarine, which takes you on a narrated tour of the coral reefs surrounding Creole Rock. Seaworld Explorer is a state of the art semi submarine developed in Australia for use on the Great Barrier Reef. The vessel does not submerge; you descend into the hull of the boat and sit in air-conditioned comfort five feet below the surface of the water, exploring sea life in this cruising underwater observatory through large clear glass windows. Knowledgeable marine experts will provide you with information on the amazing underwater world, and will be happy to answer questions. On the return trip to shore you can relax and enjoy the magnificent view of Grand Case Bay and Creole Rock. Your tour continues to the French capital of Marigot, where you will have time to explore this attractive port city with its sidewalk cafes, open-air market and duty free shops.

*Please note: sightings of marine wildlife are common, but cannot be not guaranteed.*

**SEA & SEE WITH VEGAN LUNCH**

CODE:  
SMT26HOL

DURATION:  
APPROX. 4.5 HOURS

PRICE:  
\$87 PER ADULT  
\$61 PER CHILD



**VEGAN**

This tour combines the best St. Martin has to offer on land and beneath the ocean's surface. You leave Philipsburg, on the Dutch side of the island, and drive up the eastern side to the second largest town in St. Martin, Grand Case, a quaint, unspoiled fishing village surrounded by an idyllic bay. Here at Grand Case Pier, you board the Seaworld Explorer, a semi-submarine, which takes you on a narrated tour of the coral reefs surrounding Creole Rock. Seaworld Explorer is a state-of-the-art semi-submarine developed in Australia for use on the Great Barrier Reef. The vessel does not submerge; you descend into the hull of the boat and sit in air-conditioned comfort five feet below the surface of the water, exploring sea life in this cruising underwater observatory through large clear glass windows. Knowledgeable marine experts will provide you with information on the amazing underwater world, and they will be happy to answer questions. On the return trip to shore you can relax and enjoy the magnificent view of Grand Case Bay and Creole Rock. Your tour continues to the French capital of Marigot, where you will have time to explore this attractive port city with its sidewalk cafes, open-air market and duty-free shops. A vegan lunch is included.

*Please note: Sightings of marine wildlife are common, but cannot be guaranteed.*

## RHINO RIDERS

CODE:  
SMT27

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$99 PER ADULT  
\$69 PER CHILD



Experience on-the-water excitement with these two-man RHINO RIDERS – zippy little 10-foot inflatable motorboats, which are yours to command for a couple of hours of fun in the sun...! At the RHINO RIDER base in the calm waters of Simpson Bay Lagoon, you'll be welcomed by the enthusiastic staff, who will offer basic instruction and then the opportunity to acquaint yourself with the boats, prior to beginning your adventure. Following a guide, you'll maneuver safely through anchorages for hundreds of boats and alongside mega-yacht marinas before exiting the lagoon into Marigot – the French capital. View historic Fort Louis, which overlooks the bay, before continuing along the picturesque coastline, and relaxing at Happy Bay – your final destination...It's your choice, whether you snorkel the reef (gear is provided!) or build sandcastles on the secluded beach – this time is yours to enjoy the beautiful surrounding.

*Please note: Minimum age to participate is 10 years old. Guests must be 18 years old to operate the boat. Weight restriction: 400 lbs per boat. Life vests are required. All participants must follow guide and safety instructions. Wear footwear suitable for wet conditions (water socks, Teva-type sandals, etc.). Wear swimsuit under comfortable, appropriate clothing. Sunscreen and sunglasses are recommended. Participants should be in good physical condition. This tour is not recommended for guests with back problems and for those who do not swim. It is not recommended for pregnant women. The price for riding the watercraft is per person, but only if two persons ride; guests wishing to use a watercraft by themselves must pay for two tickets. During the snorkeling portion of the tour, guests will have to access the water straight from the boat.*

## HISTORICAL PHILIPSBURG BY BICYCLE

CODE:  
SMT32

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$62 PER ADULT  
\$43 PER CHILD



Your guide will meet you at the entrance to the cruise ship terminal and give you a short lesson on the operation of your Trek bicycle. You will start riding along the Point Blanche road in the capital, Philipsburg. Your first historical stop will be at the Freedom Fighter's Monument and one of the island's most famous plantation homes. Continue to the Great Salt Pond, where your guide will talk about the island's important salt trade. You will then head over the Ring Road to the Prince Bernard Bridge and on to your next stop, the famous Philipsburg Courthouse and the outdoor street market, for a photo opportunity. Get back onto your bicycle and continue pedaling along the Boardwalk until you come to the Walter Plantz Plaza, where you will enjoy a refreshing drink, dip in the pristine blue waters of the Great Bay and take a fresh water shower before heading back to your ship.

*Please note: Please bring walking shoes, sunglasses, hat and sunscreen, and a towel if you plan to swim. Guests must be at least 12 years of age and 153 cm/5 ft. in height to take part. Guests must wear closed-toe sports shoes to take part in the tour.*

## KAYAK SNORKEL ADVENTURE

CODE:  
SMT33

DURATION:  
APPROX. 3.5 HOURS

PRICE:  
\$72 PER ADULT  
\$50 PER CHILD



The tour leaves from the clean, sandy Kim Sha beach after a short paddling technique demonstration by the guide. You will paddle through the beautiful Simpson Bay, and you will reach a small beach at the Pelican Resort where you will pull up your kayak and receive snorkeling instructions from your guide. You will then swim along with your guide to the shallow reef at Pelican Rock, where you will spend some time looking at the beautiful undersea world. Elegant Angel Fish, brightly colored Parrot Fish and hundreds of reef fish are just a few of the amazing creatures you will glimpse in this serene location. There is a beautiful sandy beach where you can rest if you feel the need to as well as an accompanying guide on a kayak who can assist you while snorkeling. On the way back along the Pelican coast, the guide will point out the neighboring islands of Saba, St. Eustatius and St. Kitts that can be seen clearly from this southern side of St. Maarten.

*Please note: Guests wishing to take part in the tour should be in good physical health. Guests must be at least 10 years of age to take part; a maximum weight restriction of 113 kg/250 lbs per person applies. The tour is considered to be unsuitable for guests with cardiac disease or back/neck injuries. Pregnant women are not allowed to participate in this tour. Sightings of marine wildlife are common, but cannot be guaranteed.*

## DISCOVER ST. MAARTEN BY JEEP

CODE:  
SMT35

DURATION:  
APPROX. 4 HOURS

PRICE:  
\$92 PER ADULT  
\$64 PER CHILD



This tour gives a chance to the adventuresome to get away from the crowds and share with fellow guests a 4x4 experience on trails and some regular island roads to enjoy wonderful views of incredible St. Maarten. The convoy will explore several rustic areas with special emphasis on popular island attractions including the famous gourmet mecca at Grand Case and the scenic lookout at Cole Bay Hill, offering a view of the famous Simpson Bay Lagoon and neighboring islands. Enjoy a scenic drive past Oyster Pond and Dawn Beach. There will be time to explore the shops, markets and restaurants at the French capital, Marigot, after spending an hour on the wonderful Caribbean Beach, where guests may enjoy a walk on the beach or sit back and relax! You will then head back towards the cruise ship pier via Cole Bay Hill Look-Out Point.

*Please note: Driving responsibilities can be rotated. Guests planning to drive must be 23 years of age or older and have a valid driver's license. All vehicles must remain with the group throughout the tour. Minimum age is six. Optional food & beverage services, along with beach chairs and umbrellas are available at an additional charge. The Jeeps have an automatic transmission. All participating guests will be required to sign a waiver that may only be available in English.*

## BEACH BREAK WITH LUNCH\*

CODE:  
SMT40

DURATION:  
APPROX. 4.5 HOURS,  
LUNCH INCLUDED

PRICE:  
\$59 PER ADULT  
\$41 PER CHILD



A sun-drenched tour awaits you that includes a scenic trip. A modern coach will take you from today's Dutch capital of Philipsburg past the Great Salt Pond, the place that once made the island literally "worth its salt" and served to attract the attention of the French, and on to a rustic, laidback facility on the Dutch side –just a local hideout, down to earth and truly Caribbean. You will then have plenty of time to savor all this picture-perfect beach has to offer, which includes a refreshing welcoming drink, a light lunch\* and use of a beach chair. A scenic return journey then brings you back to the pier and your ship.

*\*A note from Holistic Holiday at Sea: According to MSC Cruises, this tour will offer a vegetarian option, which must be requested prior to the cruise. Please note that this information has not been vetted by HHS and we cannot guarantee that this will, in fact, be the case. Also, please be aware that the vegetarian options may or may not be vegan. If you book this tour and want the vegetarian lunch, be sure to email bookings@holisticholidayatsea.com by February 7, 2020 and let us know, including the number of people you are requesting this for.*

*Please note: You are recommended to bring a towel, sunscreen and sunglasses. Traffic can be heavy at times. As all beaches are public without life guards, you will swim at your own risk and are advised not to leave personal effects unattended. The price of the tour includes use of a beach chair, but not umbrellas, which may be available for rent from local vendors at additional cost. Please make a mental note of where you are dropped off so you may return for the pick up when it is time to leave. Please be punctual, as transport will only wait for a few minutes before departing. Guests who arrive late will have to take a taxi back at their own expense. Clothing optional sunbathing may be observed throughout beaches in St. Maarten.*

## ST. MAARTEN ISLAND TOUR

CODE:  
SMT57

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$62 PER ADULT  
\$43 PER CHILD



Treat yourself to a few hours of fun off the ship by joining this thoroughly laid-back tour of Saint Martin island. After meeting your guide at the pier, the fully narrated outing begins with a drive through Philipsburg, the attractive capital of the Dutch Sint Maarten, as you head for Cole Bay Hill, where gorgeous views of Simpson Bay Lagoon await you. On a clear day, you may even catch a glimpse of St. Kitts, Nevis, Sint Eustatius and Saba in the distance. You'll then travel through Cole Bay and Simpson Bay, two fishing villages, and past the airport to reach Maho Beach. A stop at the lovely stretch of shoreline – also known as Airport Beach due to its proximity the runway – will give you a chance to take photos before you move on to Marigot, the capital of the French Saint Martin. You'll have some time to explore the coastal town on your own. Check out the sidewalk cafés, open-air markets, fashionable shops and trendy boutiques before the scenic return drive takes you back to the pier and your ship.

*Please note: Traffic can be heavy at times. Clothing optional sunbathing may be observed throughout beaches in St. Maarten.*

## SWEET ST MAARTEN, MAHO & MARIGOT

CODE:  
SMT65

DURATION:  
APPROX. 5 HOURS

PRICE:  
\$45 PER ADULT  
\$32 PER CHILD



One small island, two great nations, a slew of pristine landscapes, superb beaches, picturesque resorts! This is the Caribbean island of Saint Martin, and the resident nations are France in the north and the Netherlands in the south. Your tour begins in Philipsburg, capital of the Dutch half, with a coach ride that will take you across the border. Enjoy the beautiful view at Paradise viewpoint. Next up is Marigot, the capital of French Saint-Martin, after driving by Grand Case, originally a fisherman's village. In Marigot, you'll have time to go shopping, visit the open-air market or take the weight off your feet at an outdoor café. Before we stop at the famous Maho Beach, we stop as well by Mullet Bay Beach where the sand is white and the seawater is blue - great for a photo or two. Your tour then takes you to the famous Maho Beach where you can watch aircraft flying overhead as they prepare to land at the nearby airport. Then cool off at a unique local ice cream shop with a vintage carousel. On the way back to Philipsburg, take some photos during a brief stop at a hilltop viewpoint.

## PHILIPSBURG TROLLEY TRAIN TOUR

CODE:  
SMT71

DURATION:  
APPROX. 2 HRS.

PRICE:  
\$42 PER ADULT  
\$29 PER CHILD



All aboard the Trolley Train! Enjoy the charm and scenery of the Dutch part of the island as you set out to explore the Capital town of Philipsburg and its surroundings. When the first Dutch settlers arrived on St Maarten in 1631, they chose the sandy strip separating Great Bay from Great Salt Pond to build their capital, Philipsburg, where your ship is moored today. This multi-lingual tour starts out with a drive to the Great Salt Pond and continues sightseeing through town, enabling you to step back in time on this interactive exploration of Philipsburg. You will be shown all the sites you can choose from to visit, before we stop to taste the island's local flavor. Then you have 30 minutes to enjoy your favorite spot in Philipsburg before we pass by to pick you up to take you back to ship or enjoy more free time to discover Philipsburg on your own.

*Please note: The audio guide is available in the following languages: English, Spanish, French, German, Italian, Portuguese and Mandarin.*

## ST. BARTH'S ON YOUR OWN

CODE:  
SMT72

DURATION:  
APPROX. 6 HRS.

PRICE:  
\$92 PER ADULT  
\$64 PER CHILD



The day is yours. Experience St Barth's at its best; whether you want to visit its beaches, boutiques or enjoy the cuisines of St. Barth's is totally up to you. After an approximately one hour ferry ride from St Maarten, you'll have approximately five hours to explore the spectacular island. Choose from 22 beaches to either swim or to layout and relax along the shore. Eat delicious French cuisine, and shop the best designer stores and chic boutiques at this duty-free port.

*Please note: All nationalities are required to have passports for travel to St Barth's. U.S. passport cards are not accepted. Guests in possession of an E.U. I.D. card may use that instead of a passport. Visas may be required for guests from certain countries and need to be obtained before arriving at the island. Inclement weather/rough seas may cause seasickness, so guests should take the necessary precautions. Guests must be of legal age in order to drink alcohol.*

## PIRATE SKY RIDE, FLYING DUTCHMAN, SCHOONER RIDE & ZIP LINE

CODE:  
SMT80

DURATION:  
APPROX. 6 HOURS

PRICE:  
\$142 PER ADULT  
\$99 PER CHILD



Made with thrill seekers in mind, this tour delivers plenty of excitement. It kicks off with a 30-minute coach ride to the Rockland Estate, home to an 18th-century plantation house. From here, you'll go on another half-hour ride on the Pirate Sky Ride cable car to reach the Crow's Nest on Sentry Hill at an elevation of 341 m. Several platforms encircling the mountain afford panoramic views of the neighboring islands of Saba, Sint Eustatius, Saint Barthélemy and Anguilla. After a safety briefing, you'll then take the Flying Dutchman – a zip line course – down the mountain again. Prepare for a fast and furious ride: you'll be whizzing down the line at a speed of up to 90 km per hour (56 mph). Then take the Pirate Sky Ride back up the top to enjoy another zip line ride (after a safety briefing) en route to the Schooner Ride, from where you'll take an inner tube down along a specially designed track. At the end, you can choose to buy a photo or video of your adventure and explore the estate. Finally, return to the ship by coach.

*Please note: Guests wishing to take part must be at least 132 cm (4 ft. 4 in.) and no more than 203 cm (6 ft. 6 in) in height and no more than 124 kg (275 lbs) in weight. Guests will be required to wear securely fastened closed shoes (open shoes or flip flops are not permitted). The tour is considered to be unsuitable for pregnant women or guests with neck or back injuries and/or with heart problems. Guests wishing to take part in only the Pirate Sky Ride & Flying Dutchman activities are requested to book using code SMT80A (\$112/adult, \$78/child); guests wishing to take part in only the Pirate Sky Ride & Zip Line Adventure are requested to book using code SMT80B (\$109/adult, \$76/child); guests wishing to take part in only the Pirate Sky Ride & Schooner Ride are requested to book using code SMT80C (\$82/adult, \$57/child); guests wishing to take part in only the Pirate Sky Ride, Zip line & Schooner Ride are requested to book by using code SMT80D (\$132/adult, \$92/child).*



## ST. MAARTEN 360°

CODE:  
SMT81

DURATION:  
APPROX. 5.5 HOURS

PRICE:  
\$69 PER ADULT  
\$48 PER CHILD



Taking yourself off the ship and joining this half-day outing will reward you with this combination tour including two signature photo stops and experience on St Maarten's newest attraction, Rockland Estate Park. Board your air-conditioned transportation for an approximately 2 hour tour ride prior to arriving at Rockland Estate. On your photo stops you will go to the famous airport beach, Maho, and stop at Harold Jacks for a fantastic overview of St. Maarten. On arrival at the park, you'll first head for the 18th-century plantation house and hear the unfortunate tale of Trace Wilson, who was born into slavery on the estate in 1818. Following a safety briefing, you'll then board the Pirate Sky Ride cable car and enjoy 30 minutes of sublime aerial vistas to reach Crow's Nest on Sentry Hill, the island's highest elevation at around 341 m. The peak is surrounded by a series of viewing platforms from which you can soak up a 360° views of the area. Look for the neighboring islands of Saba, Saint Barthélemy and Anguilla. If visibility is particularly good, you may even be able to catch sight of Sint Eustatius, Saint Kitts and Nevis as well as Montserrat. Take the Pirate Sky Ride back down when you're ready, after which you can explore the estate until you return to the ship by coach.

*Please note: Guests will be required to wear securely fastened closed shoes (open shoes or flip flops are not permitted). Guests using a wheelchair are advised that they must be accompanied by a paying helper to provide assistance with getting on and off the coach and that wheelchairs must be collapsible/foldable, since the coach has neither a ramp nor a lift.*

## ST. MARTIN AIRPORT ADVENTURE

CODE:  
SMT82

DURATION:  
APPROX. 3.5 HOURS

PRICE:  
\$72 PER ADULT  
\$50 PER CHILD



This Sint Maarten Airport Adventure tour will see you board a boat to visit one of the island's hottest spots and most popular attractions: Maho Beach. You'll drop anchor close to the shoreline and then be able to see what all the fuss is about: aircraft – landing and taking off only a stone's throw from the beach itself. This is because the runway of Princess Juliana International Airport is very short and ends directly where Maho Beach begins. So while you relax on board the boat or snorkel in the sea, be sure to cast your eyes heavenwards to experience the thrill of watching these low-level landings and take-offs. Your return to the ship brings your outing to a close.

*Please note: This tour does not access Maho Beach; the boat will merely drop anchor near Maho Beach.*

## ATV QUAD ADVENTURE

CODE:  
SMT93

DURATION:  
APPROX. 3 HRS

PRICE:  
\$92 PER ADULT  
\$65 PER CHILD



Have some four-wheeling fun on the back roads of St. Maarten on an easy-to-handle, all-terrain quad bike that will take you up mountain trails and down to the beach. After a short safety class, strap on your helmet and rev up your 350cc ATV - easy to operate and safe for beginners. Enjoy panoramic views as you head to the mountains. Stop at the beach for a relaxing time before returning to the ship.

*Please note: Guests under 16 years old must be accompanied by an adult. Guests must be licensed drivers, 18 or older. This tour is not recommended for guests with limited mobility. Bring sunscreen, swimsuit and towel.*

**ACCESSIBLE  
HIGHLIGHTS OF ST.  
MAARTEN SMALL  
GROUP EXCURSION**

CODE:  
SMT94

DURATION:  
APPROX. 4 HRS

PRICE:  
\$135 PER ADULT  
\$95 PER CHILD



This accessible shore excursion is a fun and memorable way to spend your day in St. Maarten! Start your tour by meeting your friendly guide's accessible van at the cruise dock, and head out on a beautiful scenic drive, visiting both capital cities of St. Maarten, Marigot (French) and Philipsburg (Dutch). In both cities, you'll have a chance to get out of the van and get a firsthand experience of the island. Stroll along the picturesque boardwalk and enjoy charming small souvenir shops in Philipsburg, and browse the local Island Market in Marigot, peppered with market stalls manned by locals selling fruit, vegetables, spices, meats and souvenirs. This half day accessible St. Maarten shore excursion also gives you an opportunity to taste your way through the unique Dutch and French heritage of the island. Sample Dutch cheese, taste French pastries and enjoy a visit to one of the best Rum distilleries of the island for a delicious tasting experience. At the end of your St. Maarten adventure ashore, you'll be escorted back to your cruise ship.

**SOLD OUT**

*Please note: This tour is designed to be accessible for all guests. The tour route avoids steps and stairs. Accessible bathrooms with wide doors for wheelchairs are present along the tour route. An accessible vehicle with a wheelchair lift or ramp will be used for transportation. Guides are not allowed to push wheelchairs. The order of the sites viewed or visited may vary. The price includes vehicle, tour guide and entrance tickets. Lunch/snack costs are not included. In many ports the number of accessible vehicles are extremely limited; therefore, guests are encouraged to make their accessible shore excursion reservations as far in advance as possible. Vehicle capacity: Combined weight (guest seated on mobility device) : Max 500 lbs / 227kg. Combined height (guest seated on mobility device) : 52 in/132 cm. Maximum Length : 45 in / 114 cm Maximum Width : 40 in / 102 cm. Fully confined guests needing to bring along their own wheelchair/ scooter should use code SMT94A to book this tour.*

## MAIN SIGHTS OF ANTIGUA

CODE:  
ATG23

DURATION:  
APPROX. 3 HOURS

PRICE:  
\$52 PER ADULT  
\$36 PER CHILD



This history-themed tour to the heart of Antigua's impressive National Park begins with a drive through tropical countryside, rolling hills and quaint villages en route to your first stop: Nelson's Dockyard, the world's oldest working dockyard from the Georgian era. A guided tour of the dockyard, now a major Caribbean yachting center, then follows. Blessed with a wonderful ambience and beautifully restored buildings, this 18th-century dockyard looks back on an eventful history about which your tour guide will provide details. Next up is a stop at the Blockhouse remains, which offer a commanding view of the Atlantic Ocean and the surrounding coastline. You will then continue on to the ruins at Shirley Heights, a great photo opportunity at a vantage point overlooking Nelson's Dockyard, the English Harbor and surrounding area. More scenic vistas and landscapes await you on your return drive.

*Please note: The tour sequence may vary or operate in reverse.*

## PANORAMIC ANTIGUA & BEACH

CODE:  
ATG24

DURATION:  
APPROX. 4.5 HOURS

PRICE:  
\$72 PER ADULT  
\$50 PER CHILD



Spend a few hours off the ship discovering Antigua on this relaxing tour. Board your coach and look forward to the island's gently undulating tropical countryside and picturesque villages as you head for English Harbor, paying a first visit to the ruins at Shirley Heights. This lookout point overlooks the National Park and commands gorgeous views of Nelson's Dockyard and English Harbor. You will then make your way to the Dow's Hill Historical Center for a fascinating multimedia presentation of Antigua's rich history, heritage and culture. The tour then continues with a drive down the lush Fig Tree Drive, which takes you right through Antigua's tropical forest. More amazing countryside awaits you as you approach the final stop on your tour: an enticing white-sand beach, where you can enjoy a refreshing swim in the warm waters of the Caribbean Sea before returning to the ship.

*Please note: Beach chairs and parasols are available for hire at the beach.*

## SWIMMING WITH STINGRAYS AND SNORKEL EXPERIENCE

CODE:  
ATG25

DURATION:  
APPROX. 3.5 HOURS

PRICE:  
\$89 PER ADULT  
\$62 PER CHILD



Also known as the "puppies of the sea", the southern stingray is a friendly soul that likes to play. This tour gives you a unique opportunity to get up close and personal with these delightful marine creatures at Antigua's so-called Stingray City, situated in Seatons Village. After boarding a boat and being taken to a nearby coral reef, you will be able to snorkel, swim and feed the rays in the calm and crystal-clear waters of the beautiful Caribbean Sea. Views of the pristine coral reef and gorgeous surroundings serve to add another level of enjoyment to the tour, during which you will also have a chance to find out from your experienced guide how these amazing animals live. This extremely safe, entertaining and educational tour is very family-friendly and a must-do while on the island.

*Please note: Children must be at least 5 years old to take part. All participating guests will be required to sign a waiver that may only be available in English.*

**ANTIGUA CANOPY  
TOUR**

CODE:  
**ATG29**

DURATION:  
**APPROX. 3.5 HOURS**

PRICE:  
**\$102 PER ADULT  
\$71 PER CHILD**



Discover Antigua’s lush rainforest from a bird’s-eye perspective as you navigate through the treetops on this wonderful “canopy” tour. A 40-minute drive by air-conditioned taxi will take you to the rainforest region, after which highly qualified and experienced guides will ensure your aerial walk is not just highly exciting, but also extremely safe. After your briefing, the excitement starts at the Old Pump House with a walk over a suspension bridge from the side of the building, which spans the gorge to the far bank. Having crossed the bridge, you will then traverse no less than 12 (!) zip-lines as you zigzag your way through the forest and over the spectacular gorge. Look forward to amazing aerial views of rainforest flora and fauna and the chattering of numerous bird species. Guests will be offered a complimentary drink of water during the course. The tour ends with your return to the ship.

*Please note: This tour is not suitable for pregnant women, guests with a pre-existing heart condition, a history of seizures, back, knee or shoulder problems or other pre-existing health problems. The tour is not recommended for guests who suffer from vertigo or acrophobia (fear of heights). Max. weight per guest is 235 lbs; min. height is 4'. Guests are required to wear sturdy footwear (no strappy sandals), shorts or long trousers (no skirts) and bring a change of t-shirt. Cameras or camcorders are not allowed for both safety and insurance reasons. Children must be at least 7 years of age to take part. All participating guests will be required to sign a waiver that may only be available in English.*

## KAYAK & SNORKEL TOUR

CODE:  
ATG30

DURATION:  
APPROX. 4.5 HOURS

PRICE:  
\$79 PER ADULT  
\$55 PER CHILD



This low-impact activity tour gives you an opportunity to spend half a day off the ship and explore Antigua from a waterside perspective. A fast motorboat will first take you from the kayak base to a secluded lagoon to board your kayak. Instructions and a safety briefing will follow, after which your guided 1-hour kayak tour begins, during which you will see otherworldly mangroves, scenic coastal inlets and tiny islands. Having re-boarded the motorboat, you will then be taken around the beautiful North Sound Marine Park, with a snorkelling stop scheduled at a sheltered off-shore reef. The tour also includes a gentle nature hike on Bird Island, an uninhabited isle that offers visitors two sandy beaches, panoramic views and a whole host of wildlife, including many tropical bird species, to observe. A boat will be on hand to take keen snorkelers out to a nearby reef, where guides will provide and fit your gear and show you where fish can be seen. If snorkeling is not for you, you can simply relax on the pristine beach, explore the island or go for a swim in the shallow beachside waters before returning to the kayak clubhouse.

*Please note: children must be at least 6 years of age to take part. Snorkel gear, fins, snorkel belts, life jackets and refreshments are provided during the tour. We recommend to wear footwear that can get wet, that are flat and non-slip. Participants should be in good physical condition. The max. weight allowed per two-person kayak is 400 lbs./181 kg. This tour is not recommended for guests with limited mobility, heart/neck/hip/back/respiratory problems or for guests who have had recent surgery. Women who are pregnant are prohibited from participating in this tour.*

## KAYAK & SNORKEL TOUR WITH VEGAN SNACK

CODE:  
ATG30HOL

DURATION:  
APPROX. 4.5 HOURS

PRICE:  
\$79 PER ADULT  
\$55 PER CHILD



**VEGAN**

This low-impact activity gives you an opportunity to spend half a day off the ship exploring Antigua from a waterside perspective. A fast motorboat will first take you from the kayak base to a secluded lagoon to board your kayak. Instructions and a safety briefing will follow, after which your guided 1-hour kayak tour begins. You will see otherworldly mangroves, scenic coastal inlets and tiny islands. Having re-boarded the motorboat, you will then be taken around the beautiful North Sound Marine Park, with a snorkelling stop scheduled at a sheltered off-shore reef. The tour also includes a gentle nature hike on Bird Island, an uninhabited isle that offers visitors two sandy beaches, panoramic views and a whole host of wildlife, including many tropical bird species, to observe. A boat will be on hand to take snorkelers out to a nearby reef, where guides will provide and fit your gear and show you where fish can be seen. If snorkelling is not for you, you can simply relax on the pristine beach, explore the island or go for a swim in the shallow beachside waters before returning to the kayak clubhouse. A light vegan snack will be served.

*Please note: Children must be at least 6 years of age to take part. Snorkel gear, fins, snorkel belts, life jackets and refreshments are provided during the tour. We recommend that you wear flat, non-slip footwear that can get wet. Participants should be in good physical condition. The maximum weight allowed per two-person kayak is 400 lbs./181 kg. This tour is not recommended for guests with limited mobility, heart/neck/hip/back/respiratory problems or for guests who have had recent surgery. Women who are pregnant are prohibited from participating in this tour.*

**ANTIGUA BEACH  
BREAK WITH VEGAN  
LUNCH**

CODE:  
**ATG33HOL**

DURATION:  
**APPROX. 5 HOURS**

PRICE:  
**\$62 PER ADULT  
\$44 PER CHILD**



**VEGAN**

The Caribbean islands are well known for their spectacular beaches, and none more so than Antigua. This tour gives you a chance to make the most of your time on the island and begins with a 10-minute drive in an air-conditioned minibus to the beach. Accompanied by your tour guide, who will point out all the relevant amenities as well as provide information and assistance, you can then enjoy all that this lovely spot has to offer. Just the sight of the half-mile sweep of soft, white sand is enough to take your breath away, and the warm Caribbean Sea makes for a perfect time in the water. On arrival, a welcoming cocktail (fruit juice or rum punch) will be served that you can then enjoy in peace and quiet while comfortably seated in your reserved lounge. Your tour also includes a vegan lunch, after which there will be more time for you to enjoy at the beach.

*Please note: A lounge chair is provided free of charge at the beach. Parasols can be hired for a nominal charge. The beach area features toilet facilities, freshwater showers as well as a beach bar and a restaurant.*

**4X4 ISLAND  
SAFARI & BEACH**

CODE:  
**ATG35**

DURATION:  
**APPROX. 3.5 HOURS**

PRICE:  
**\$72 PER ADULT  
\$50 PER CHILD**



Once you've stepped off the ship and boarded a specially customized photo safari jeep, you can simply sit back and begin to enjoy Antigua and its delightfully verdant landscape. This off-road exploration will first take you south of St. John's en route to the village of Bendals and the ecologically important Body Pond watershed area. Look out for amazing tropical flora and agricultural plantations as you travel through the off-road reaches of the scenic valley. From the village of Swetes, the tour then continues on through lush rainforest, with mango trees and pineapple plants all around, to the southern coast and Old Road Village for refreshments. This was the first western settlement on the island, established in 1632 by the British naval explorer Captain Thomas Warner. Have your camera ready to take some stunning photos of the gorgeous coastline and Caribbean Sea before you head off again along the island's southern coast en route to a heavenly beach and a refreshing dip in the azure-blue waters. Your return journey will take you to see more of Antigua's picturesque villages and stunning landscape – with further opportunities to take fabulous photos along the way. The tour ends with your return to the port and your ship.

*Please note: This tour is considered to be unsuitable for pregnant women and guests suffering from pre-existing neck/back conditions. This is not a self-drive tour; a driver will be provided.*

**CATAMARAN CRUISE & LOBSTER LUNCH\***

CODE:  
ATG36

DURATION:  
APPROX. 6 HOURS

PRICE:  
\$112 PER ADULT  
\$78 PER CHILD



Join us on the beautiful Mystic Cruises for a luxurious catamaran experience that will take you through the gentle coastal waters of the Caribbean Sea with the fresh breeze in your hair – simply divine. Antigua's coastline is dotted with pretty boutique resorts and a multitude of spectacular white sandy beaches, one of which will be your first stop. Stretch out on the powdery sand, go for a dip in the balmy waters or take advantage of the sun and work on your tan. The crew will remain on hand to serve you juices or soda to quench your thirst. Part two of the tour will then see you sail on towards the island's western coast to reach the second of two beach visits. While on board, a delicious lobster lunch buffet will be prepared for your enjoyment.\* When it comes to relaxation, you can do no better than find yourself aboard a luxury craft eating lobster for lunch with a glass of something bubbly in your hand. As the Mystic Cruises then makes her way back along the coast, you can enjoy further fabulous views, an open bar and the sweet sound of Caribbean rhythms playing in your ear. Your return to the port and your ship then brings your Caribbean jaunt to a perfect close.

*\*A note from Holistic Holiday at Sea: According to MSC Cruises, this tour will offer a vegetarian option, which must be requested prior to the cruise. Please note that this information has not been vetted by HHS and we cannot guarantee that this will, in fact, be the case. Also, please be aware that the vegetarian options may or may not be vegan. If you book this tour and want the vegetarian lunch, be sure to email bookings@holisticholidayatsea.com by February 7, 2020 and let us know, including the number of people you are requesting this for.*

*Please note: Guests are recommended to wear swimwear under their clothes as well as to bring a towel and high-factor sunscreen. The tour is considered to be unsuitable for guests using a wheelchair.*

**BEACH-HOPPING SAFARI**

CODE:  
ATG37

DURATION:  
APPROX. 4 HOURS

PRICE:  
\$75 PER ADULT  
\$53 PER CHILD



This half-day tour of unadulterated beach-based fun begins when you leave the ship to board an open-sided, safari-style bus for a colorful ride through Antigua's beguiling interior. Situated on Antigua's Caribbean seaboard, Turner's Beach is a little slice of heaven with soft sand, turquoise water, free use of beach chairs and a serving of rum punch. Enjoy your time here any way you like before the safari bus takes you on to the nearby Darkwood Beach, one of Antigua's most popular stretches of shoreline. You'll have a little time to swim, stroll or simply sit and ponder before you make your way to the third and final coastal gem: the lovely Valley Church Beach. Sip a cool complimentary refreshment as you relax on your free sun lounger and savor the spellbinding surroundings. The scenic route back up to St. John's will bring your outing to a close.

*Please note: Guests are recommended to wear swimwear under comfortable clothing, high-factor sunscreen and to bring a towel, a camera and a hat. Toilet facilities are available at most beach stops. The order of the tour and the beaches visited are subject to change.*

**ANTIGUA: STINGRAY,  
ISLAND & BEACH WITH  
LUNCH\***

CODE:  
**ATG39**

DURATION:  
**APPROX. 8 HOURS**

PRICE:  
**\$139 PER ADULT  
\$97 PER CHILD**



This tour is the magical combination of tropical beauty, swimming with stingrays, colonial history and a beautiful beach. You will drive through a tropical countryside to enchanting Stingray City, fringed and protected by its own reef. Here the delightfully calm, crystal-clear waters make possible an actual swim with the rays. The unbeatable scenery and pristine coral reef encircling the area enhance this amazing experience, second to none in the world. Your next stop is at Nelson's Dockyard, the only working Georgian dockyard in the world. Built in 1725, Nelson's Dockyard was the base for the English naval squadron. Upon arrival at the site, you will be taken on a short, guided tour of the fascinating area with its restored buildings. The tour continues with a drive through the lush foliage of Fig Tree Drive, home of Antigua's rain forest, where you will see tropical plants, flowers and fruit trees. Then, you will stop at beautiful Ffryes Beach on the southern side of the island. Enjoy a welcome drink and lunch at a West Indian styled beach restaurant.\* Relax in a beach chair and work on a tan, swim in crystal clear waters of the Caribbean Sea, or simply comb the lovely beach.

*\*A note from Holistic Holiday at Sea: According to MSC Cruises, this tour will offer a vegetarian option, which must be requested prior to the cruise. Please note that this information has not been vetted by HHS and we cannot guarantee that this will, in fact, be the case. Also, please be aware that the vegetarian options may or may not be vegan. If you book this tour and want the vegetarian lunch, be sure to email bookings@holisticholidayatsea.com by February 7, 2020 and let us know, including the number of people you are requesting this for.*

*Please note: Guests must be a minimum of 5 years old to participate at Stingray City. Guests with mobility restrictions and pregnant women are not allowed to take part in this tour. Guests should wear swimsuits and bring along towels and sunblock. Snorkel gear is provided at Stingray City. Umbrellas are available for rent. This tour includes entrance fees and beach chair.*



**EVERGLADES TOUR:  
ENDS AT MIA AIRPORT**

CODE:  
MIA01D

DURATION:  
APPROX. 4 HOURS

PRICE:  
\$65 PER ADULT  
\$46 PER CHILD



Round off your cruise experience with a trip to one of the world's most primal wetland areas, which occupies a sizeable portion of southern Florida and gives an impression of how the state would have looked many millennia ago: the Everglades. After boarding an airboat, you'll embark on a thrilling ride that not only offers numerous photo opportunities, but will also give you a chance to do a bit of wildlife spotting on the way. At the end of your trip, you'll have time to browse the gift shop before you are transferred to Miami International Airport to end the tour.

*Please note: This tour is intended for guests disembarking from Miami who are booked on a flight from Miami International Airport after 4:00 pm. Guests using a wheelchair who wish to participate are required to contact the Shore Excursions' Desk 48 hours prior to the tour.*

**MIAMI CITY TOUR:  
ENDS AT MIA AIRPORT**

CODE:  
MIA02

DURATION:  
APPROX. 5 HOURS

PRICE:  
\$59 PER ADULT  
\$41 PER CHILD



Seize this opportunity to add a final flourish to your cruise by paying the city of Miami, the symbol of Florida, a visit. From the comfort of a modern coach, you'll be able to soak up the scenery as you pass Miami Beach, travel through the beautiful Art Deco district and take in the city's main neighbourhoods and streets. Time permitting, you'll also be able to do some shopping at the Bayside Marketplace – a large entertainment and retail complex once heavily featured on the TV series, Miami Vice – before the tour draws to a close with your transfer to Miami International Airport.

*Please note: The tour is intended only for guests disembarking in Miami who are booked on a flight from Miami International Airport after 16:45 hours/4:45 pm.*

**MINI MIAMI TOUR &  
DOLPHIN MALL: ENDS  
AT MIA AIRPORT**

CODE:  
MIA03

DURATION:  
APPROX. 5 HOURS

PRICE:  
\$62 PER ADULT  
\$43 PER CHILD



Add a final treat to the last day of your cruise by making a date with the vibrant city of Miami on this coach-based sightseeing tour, which ends with your transfer to Miami International Airport. Apart from a chance to enjoy views of the splendid Miami Beach and a whistle-stop round-up of city sights, you'll also get to enjoy some retail therapy at one of Miami's largest shopping centres: The Dolphin Mall. With more than 240 retail outlets divided into three distinct zones – Playa, Ramblas and Moda – this is the perfect spot to pick up a souvenir.

*Please note: The tour is intended only for guests disembarking in Miami who are booked on a flight from Miami International Airport after 4:45 pm.*

**HOP ON HOP OFF  
MIAMI CITY TOUR-  
FOR DISEMBARKING  
GUESTS**

CODE:  
MIA05

DURATION:  
3 HOURS MINIMUM

PRICE:  
\$59 PER ADULT  
\$39 PER CHILD



If you're disembarking in Miami, why not spend a few hours soaking up the city's inimitable Art Deco charm on a tour that lets you decide what you want to see from the comfort of an open-topped hop-on/hop-off double-decker bus? A short drive from the cruise terminal will take you to Miami's Big Bus Central Station, from where you will have your choice of two exciting loops; the Miami Beach Loop or the City Loop. During the 45 minute City Loop, or the 1 hour 45 minute Miami Beach loop, you'll be free to hop off and on again at any one of over 20 stops along each route, with buses running at intervals of about 30 minutes for both the City Loop and Beach Loop. All routes end at the Big Bus Central Station at the Bayside Marketplace. Return whenever you like to suit your flight schedule and catch the shuttle to your respective airport, with some lovely memories to take with you as you fly home.

*Please note: This tour is available (1) for guests booked on flights departing from Miami International Airport after 2 pm to destinations within the USA or after 3 pm to international destinations, (2) for guests booked on flights departing from Ft. Lauderdale-Hollywood International Airport after 3.30 pm to destinations within the USA or after 4.30 pm to international destinations and (3) for guests with a reservation at a local hotel for an extended stay. Upon completion of the tour, shuttle buses from the Bayside Marketplace to Miami International Airport depart at 1:00 pm, 3:00 pm and 5:00 pm. Shuttle service to Ft Lauderdale Airport is available at 1:00 pm, 3:00 pm and 5:00 pm. For guests booked into a local hotel for an extended stay, a taxi service is available at additional expense. Luggage can be picked up at Central Station at any time between 10:30 am and 4:45 pm.*

**GRAND TOUR:  
EVERGLADES & BEST  
OF MIAMI**

CODE:  
MIA09D

DURATION:  
FULL DAY

PRICE:  
\$92 PER ADULT  
\$64 PER CHILD



This excursion provides a unique way to see what South Florida is all about, a unique mix of art, architecture, people and culture from everywhere, beautiful beaches and wild nature. Great photo opportunities and lots of free time to discover and enjoy a very special place! On this combined Everglades and Miami tour you will discover the many facets of this area. Travel into the wild nature of the Everglades on an airboat, spot the local wildlife and assist to a live alligator show. Back to "civilization" you will discover and cruise through many vibrant areas like Little Havana, the Art Deco District and colorful Wynwood. You will have free time for lunch and shopping.

*Please note: Food is not included in the tour price; time will be given during the tour to have lunch at your own expense. This tour ends at Miami port for transit guests and at Miami airport for those who are disembarking and booked on flights leaving from MIA Airport after 7.30 pm. The duration of the tour also includes the time for transfer to the airport. To book this tour, please use code MIA09T if you will be in transit in Miami or code MIA09D if you will be disembarking in Miami.*