



ATLAS

OCEAN VOYAGES



OCTOBER 4, 2021

ATLAS ASHORE – LAND EXCURSIONS

13-NIGHT CONNECTING EUROPEAN AND CARIBBEAN ISLANDS

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ADVENTURE WHEREVER YOU GO

Make plans for your 2021 luxe-adventure vacation with a selection of carefully curated land excursions. Atlas Ashore experiences range from the historical to the intriguing to the exhilarating, ensuring an adventure for every kind of traveler.

LISBON, PORTUGAL



LIS510PRE: LISBON TO THE MAX: FROM TRADITIONAL TO ADVENTURESOME - OCTOBER 2, 2021 | \$675^{PP}



3 DAYS / 2 NIGHTS | MEALS: YES

Get an early start to your holiday by arriving early in Lisbon with this pre-cruise option that allows you to immerse yourself in the city's diverse range of activities that include satisfying your adventurous side.

After arriving in Lisbon, transfer from the airport to your five-star Lisbon hotel for check-in. Once you are settled in and have had lunch, meet in the lobby for your afternoon walking tour of the city. Your exploration takes you down cobbled streets in the oldest section of town that still resonates with a vibrant character. Ride the Elevador da Gloria, a funicular that ascends to the suburb of Bairro Alto which was once the home of wealthy merchants. The views of the city from here are incredible. Next, walk through the Chiado Quarter, a popular shopping and theater district that has been an enclave for artisans. Enjoy some free time here to further explore on your own and do some shopping before returning to the hotel. After dinner in the hotel, the evening is at your leisure.

Day two begins with breakfast at the hotel and then you will meet your guide in the lobby for the transfer to Arrábida National Park. It is here along the Sesimbra Coastline that you will take part in a coasteering adventure. Fast becoming a hot spot for coasteering, this rugged stretch of coastline is perfect for the sport and offers an unparalleled opportunity to experience the natural beauty of Portugal up-close in a manner that also gets your adrenaline pumping. Your coasteering challenge includes navigating your way along narrow paths that cling to the cliffsides, scrambling over rocks, climbing, rappelling, zip-lining and occasionally jumping into the ocean and swimming. Not to worry, all safety precautions have been taken so you can relax and enjoy it to the fullest. Be sure to wear clothes and shoes that can get wet, all other equipment is provided. After approximately three hours, you will complete your coasteering and return to the hotel for lunch. The remainder of the day and evening are at your leisure with dinner in the hotel.

Start your final day with an early breakfast at the hotel, check-out and then join your guide and head off to Sintra, considered by many to be Portugal's most picturesque location. Upon arrival, you will visit two of its most well-known landmarks, starting with Quinta da Regaleira. This 19th-century residence is nothing less than amazing with its Gothic façade and incredible gardens. From here, make your way to Pena Palace. Perched high atop a mountain, the Palace is a stunning representation of 19th-century Romanticism architecture, featuring painted terraces, decorative battlements and statuary that is sure to inspire.

Following your visit at the Palace, you will transfer directly to the pier in Lisbon where you will embark the ship.

Special Note: This tour includes a significant amount of walking that includes steps and uneven surfaces over several days and Vigorous physical activity that includes climbing during the coasteering adventure on Day 2. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. It is not recommended for those with a fear of heights. Participants should be in good physical condition. Casual, comfortable clothing; flat athletic shoes with non-slip sole and a closed toe; a sun cap; sunglasses and sunscreen. All safety equipment will be provided. Guests will need to sign a waiver before being allowed to take part in the coasteering portion of the tour.

LIS410PRE: AN INTRODUCTION TO LISBON'S LEGENDARY SITES - OCTOBER 4, 2021 | \$575^{PP}



2 DAYS / 1 NIGHT | MEAL: YES

Get an early start to your holiday by arriving early in Lisbon with this pre-cruise option that allows you experience the character of the city and some of its key attractions.

After arriving in Lisbon, transfer from the airport to your five-star Lisbon hotel for check-in. Once you are settled in and have had lunch, meet in the lobby for your afternoon walking tour of the city. Your exploration takes you down cobbled streets in the oldest section of town that still resonates with a vibrant character. Ride the Elevador da Gloria, a funicular that ascends to the suburb of Bairro Alto which was once the home of wealthy merchants. The views of the city from here are incredible. Next, walk through the Chiado Quarter, a popular shopping and theater district that has been an enclave for artisans. Enjoy some free time here to further explore on your own and do some shopping before returning to the hotel. After dinner in the hotel, the evening is at your leisure.

Day two begins with breakfast at the hotel and after check-out, meet your guide in the lobby and head off to Sintra, considered by many to be Portugal's most picturesque location. Upon arrival, you will visit two of its most well-known landmarks, starting with Quinta da Regaleira. This 19th-century residence is nothing less than amazing with its Gothic façade and incredible gardens. From here, make your way to Pena Palace. Perched high atop a mountain, the Palace is a stunning representation of 19th-century Romanticism architecture, featuring painted terraces, decorative battlements and statuary that is sure to inspire.

Following your visit at the Palace, you will transfer directly to the pier in Lisbon where you will embark the ship.

Special Note: This tour includes a significant amount of walking that includes steps and uneven surfaces over several days. The tour is not available to wheelchair guests or those with physical limitations and limited mobility. Participants should be in good physical condition. Casual, comfortable clothing; flat walking shoes with non-slip sole and a closed toe; a sun cap; sunglasses and sunscreen.



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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS



FNC501: CANYONING ADVENTURE DOWN RIBEIRA DAS CALES - OCTOBER 6, 2021 | \$129^{pp}



4.5 HOURS | MEALS: SNACK

Satisfy your thirst for adventure on this canyoning tour that delivers an incredible dose of adrenaline by exploring a canyon, all the while overcoming natural obstacles via a variety of methods and techniques.

Meet your guide at the pier and drive to Funchal's Ecological Park where your canyoning experience down Ribeira das Cales begins at Chão da Lagoa. After changing into your wetsuit (please wear a swimsuit under your clothes), you will receive your safety briefing and equipment and head out to conquer the canyon and river that winds through it. As you make your way downstream, you will encounter areas where you will need to rappel, scramble over rocks, swim and negotiate through lakes and waterfalls.

While the activity is challenging enough to engage those experienced with the sport, it is also well-suited for first timers as well. A guide is always with you to assist and if necessary, steer you to

an alternate route if you become uncomfortable with a section of the trail. Along with the physical challenges, this is also a wonderful way to reach the more inaccessible but beautiful areas that form Madeira's stunning landscape.

When you reach the end of your canyon trek, change out of your wetsuits, and make the drive back to the pier.

Special Note: This tour includes approximately two hours of moderate to vigorous physical activity that includes climbing, rappelling, scrambling over rocks, negotiating natural and uneven surfaces, jumping and swimming. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. It is not recommended for those with a fear of heights. Participants should be in good physical condition. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a closed toe; a sun cap; sunglasses and sunscreen. All safety equipment will be provided including Neoprene suit and socks, helmet, harness, and connectors. Guests will need to sign a waiver before being allowed to take part in the tour.

FNC502: SOAR OVER FUNCHAL – TANDEM PARAGLIDING EXPERIENCE - OCTOBER 6, 2021 | \$149^{pp}



2 HOURS | MEALS: NONE

Have you ever wanted to experience flight the way a bird does? Silently soaring on the air currents. Well, here is the perfect opportunity to take to the skies with an experienced paragliding pilot.

Leave the pier and drive approximately 30 minutes to one of three take-off spots on the island, chosen based on the prevailing weather conditions for the day. Dependent on the take-off location and weather, your flight can last anywhere from 15 to 30 minutes.

On arrival, you will be briefed on what to expect, the local conditions, your flight plan, instructions for take-off and landing, and other safety-related advisements. Once you are geared up and harnessed to your pilot, it's time for take-off. As you reach the end of the launch area, feel the adrenaline rush as the ground falls beneath you and the wind catches your canopy and you are airborne! It's an incredible feeling, soaring over the landscapes of Madeira as you ride the wind currents and experience the sensation of flying without the assist of an engine!



As you float back down to earth, relish these final moments of flight and be prepared to be hooked on this sport! After touchdown, you will be picked up and transferred back to the pier, no doubt filled with unforgettable memories and ready to share today's adventure with your fellow travelers.

Special Note: This tour includes a limited amount of walking over uneven, natural surfaces. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. It is not recommended for those who suffer from a fear of heights. We recommend wearing long pants; flat walking or sport shoes with a closed toe and non-slip sole; sunglasses and sunscreen. Flights are subject to prevailing weather conditions and ramp take-off order. Guests will be required to sign a waiver before being allowed to participate in the tour.

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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS



FNC503: COASTERING ALONG THE RUGGED CLIFFS OF PONTA DE SÃO LOURENÇO - OCTOBER 6, 2021 | \$169^{PP}



5.75 HOURS | MEALS: LUNCH

Engage in a trio of fun and challenging activities on this exhilarating adventure that has you climbing, rappelling, and jumping into the sea along a dramatic stretch of Funchal's coastline.

Leave the pier and start your drive to Ponta de São Lourenço, en route enjoy a panoramic tour of the city's highlights that include the City Center, City Market, the Old Town, and the Municipal Garden. On arrival, gear up and receive a safety briefing and overview on what to expect.

Located on the Eastern edge of the island, The Nature Reserve of Ponta de São Lourenço is known for its completely different landscape which includes breathtaking mountains, unique rock formations, endemic plants, and a surprisingly quiet and calm seaside. Start at a spot pre-selected by your guide and then set-off on your adventure. Experience the unique geology of Funchal up-close as you find yourself scrambling along cliffs at sea level (not to worry, there are handholds for you), rappelling, jumping into the ocean and snorkeling. The safety team is always close by and of course,

the jumping is optional.

Aside from the adrenaline rush of doing things that physically challenge you, this activity gives you the unique opportunity of seeing normally inaccessible areas of the coastline and perhaps coming across some remarkable finds such as fossils, unique sea life and a variety of birds. After nearly two hours of jumping, swimming, and climbing, jump one last cliff and then make the climb back up to the top where you will have a chance to rest and change into dry clothing.

Heading back to town, a stop for lunch is made at Taberna do Capitão, located in a 200-year-old building that once served as a warehouse. The menu pays homage to the experience of sharing simple, yet flavorful authentic dishes that are made with passion and perfectly blend tradition and modern culinary innovation. Afterwards, return to the ship filled with a satisfied palate and a sense of accomplishment in having conquered an incredible challenge.

Special Note: This tour includes approximately two hours of moderate to vigorous physical activity that includes climbing, rappelling, scrambling over rocks, negotiating natural and uneven surfaces, jumping and swimming. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. It is not recommended for those with a fear of heights. Participants should be in good physical condition and know how to swim. The minimum age to join the tour is 18 years old. We recommend wearing weather appropriate comfortable clothing that can get wet; flat walking or sport shoes with a closed toe; a sun cap; sunglasses and sunscreen. All safety equipment will be provided including a Neoprene suit and socks, helmet, harness, and connectors. Guests will need to sign a waiver before being allowed to take part in the tour.

FNC301: FUNCHAL'S ICONIC CABLE CAR AND EXHILARATING TOBOGGAN EXPERIENCE - OCTOBER 6, 2021 | \$89^{PP}



3.5 HOURS | MEALS: NONE

Experience two of Madeira's most well-known attractions by traveling to the top of Monte by cable car and then tobogganing back down!

Since the late 19th century, the Parrish of Monte has been a favorite destination for visitors to Madeira. Nestled high on a mountain overlooking Funchal, it was once a health resort for wealthy Europeans. A steam railway was built to bring patrons and cruise line guests up the hillside but was closed in 1939 and the steel used for the fight against the Nazis in WWII. Today, a cable car takes visitors up to the town and provides extraordinary views over the surrounding landscape.

A transfer from the pier brings you to the old part of town where the cable car station is located. The ride up the mountain is approximately fifteen minutes and the first image you will see when you approach the top is the 18th-century twin-towered façade of the Our Lady of Monte Church, a landmark throughout the city. After spending some time strolling about the town, it's time to head back down to Funchal. Guests will have the option of returning via the cable car or riding on one of the famous basket sledges called "toboggans". These wicker baskets glide on greased rags and are powered by two sled drivers who wear white uniforms and straw hats. Wearing special rubber-soled shoes, they are able to steer and brake the toboggan. The ride is completely safe and shouldn't be missed for the fun factor alone.

Back in Funchal, you will next visit the Blandy Wine Lodge. After an informative talk about the history of Madeira Wine and the wine lodge, you will be invited to taste some of this world-famous wine. Afterwards, board your coach and drive back to the pier.

Special Note: This tour includes approximately 90 minutes of moderate to vigorous walking/standing that includes steps, inclines, and uneven surfaces. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. Participants should be in reasonably good physical condition. We recommend wearing weather appropriate comfortable clothing to include a warm sweater or jacket; flat walking shoes with a closed toe; a sun cap; sunglasses and sunscreen.



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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS



FNC302: A PANORAMIC GLIMPSE OF MADEIRA'S MOST SCENIC LANDMARKS - OCTOBER 6, 2021 | \$69^{pp}



4 HOURS | MEALS: NONE

Enjoy a relaxing panoramic tour of Funchal that offers spectacular scenery and highlights several of the island's landmarks, all from the comfort of your coach.

Start off from the pier and head east to the area where Funchal first started to expand and to Ponta do Garajau which is known for its statue of Christ the Redeemer that stands looking out to sea with outstretched arms. Stopping at the viewpoint here, you will be treated to wonderful views over Funchal and the Nature Park of Garajau.

Continue along the southern coast passing the village of Machico which is tucked away in the bay and sprawls over the surrounding hillsides. Legend has it that the first two settlers to Madeira landed here, Robert Machim (hence the name of the town) and Ana D'Arafet. What started out as a small fishing village is now a popular holiday resort. From here, the road travels north and to our next stop at the Portela Pass viewpoint. From this lofty height of 2,197 feet, you are treated to the magnificent

panorama of mountains and sea on all sides. The route then turns inland to Ribeiro Frio where a stop is made at the trout hatchery. While here, you can enjoy sampling the local drink "poncho" which is made from rum and honey.

Back on the coach, the road climbs steeply through woodlands and lush green vegetation as it makes its way through Poiso Pass where views of the summits of Pico Ruivo and Pico do Areiro should be visible in the distance. Once you have crossed over the pass, the road descends rapidly to Terreiro da Luta. Situated at a height of 2,670 feet, this was once the site of the terminal for the old funicular. Nearby, is the Peace Monument, a large column of rough basalt erected in 1925 and surrounded by a statue of the Virgin Mary and Child.

Returning to Funchal, pass the well-known village of Monte as you make your way back to the pier.

Special Note: This tour is primarily seated with an optional refreshment stop and photo stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation and have a companion to assist them. We recommend wearing weather appropriate comfortable clothing to include a warm sweater or jacket; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen.

FNC304: SCENIC MADEIRA OVERVIEW AND TRADITIONAL BEVERAGE TASTINGS - OCTOBER 6, 2021 | \$69^{pp}



4 HOURS | MEALS: NONE

Explore Funchal from the coast, to the mountains, valleys, and forests, then top it off with a stop for a wine tasting at one of Funchal's iconic wine lodges.

Meet your guide in the port and begin your drive west from Funchal, passing through the residential area of the town to nearby Câmara de Lobos village – "The Sea Wolves Lair." A picturesque fishing village, it was once painted by Sir Winston Churchill. A stop here will allow you to explore some of the surrounding area and at a local bar, see a demonstration of how to make a famous local drink called "Poncha", that is made from rum and honey. Afterward, be treated to a tasting.

Next, head into the mountains and pass the vineyards of Estreito de Câmara Lobos, one of the most important wine growing areas on the island. The steep valleys here are a prime example of the terraced cultivation seen throughout Madeira.

Continue on through pine woods and eucalyptus forest to reach Cabo Girão, the second highest sea cliff in the world and the highest in Europe. Due to its sheer vertical rise, the viewpoint here offers simply breathtaking views not only along the coast, but over Funchal and the distant horizon. From here, follow a winding road to Eira do Serrado, enjoying spectacular views along the way. Stop here and take a short walk to the summit of Pico do Serrado at 3,000 feet. From this vantage point, you are treated to superb views of Madeira's highest peaks and the Curral das Freiras Village (Nun's Valley) below, a hamlet so remote that the Santa Clara Convent Nuns used it as an escape from the pirate raids of the 16th century. Descending back down the path, you will have the opportunity to try another local drink called "ginja", a cherry liqueur, served with a slice of Madeira Honey cake.

On the return to Funchal, you will make one final stop at the iconic Blandy Wine Lodge for a tasting of world-famous Madeira wine. Afterwards, drive back to the port.

Special Note: This tour includes approximately 90 minutes of mild to moderate walking/standing that includes steps, uneven surfaces, and some inclines. The tour is not available to wheelchair guests and may not be suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing to include a warm sweater or jacket; flat walking shoes with a closed toe; a sun cap; sunglasses and sunscreen.



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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS



FNC306: OFF-ROAD JEEP EXPEDITION TO FUNCHAL'S HIDDEN NATURAL WONDERS - OCTOBER 6, 2021 | \$75^{PP}

 4 HOURS | MEALS: NONHE

The hidden, untouched natural paradises and secret locales of Madeira beckon on this off-road adventure that travels where conventional vehicles can't.

Meet your driver/guide in the port and receive a brief overview of what to expect on your adventure, then make the short walk to your awaiting jeep. Once aboard, head out to explore areas most visitors will never see. The island is full of hidden valleys and mountains that are only accessible by off-road vehicles and your outing today will introduce you to many of them. Climb mountains, descend into lush valleys, and cross small streams, all the while experiencing spectacular views and the unique native flora of the island.

After approximately three hours of journeying through the island's pristine wilderness settings in your jeep, you will find yourself back in urban Madeira where you will stop for a refreshment before driving back to the port.

Special Note: This tour is primarily seated; however, the ride will be bumpy and over off-road tracks. The tour not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. It is not recommended for those who may suffer from motion sickness. We recommend wearing weather appropriate comfortable clothing that includes a sweater or jacket; flat walking shoes with a non-slip sole; a sun cap; sunglasses, sunscreen, and insect repellent.

FNC309: TOUR FUNCHAL BY ECO-FRIENDLY TUKXI - OCTOBER 6, 2021 | \$49^{PP}

 1 HOUR | MEALS: NONE

Enjoy this new and eco-friendly introduction to the city of Funchal's highlights in a motorized, open-air, three-wheeled Tukxi.

The Tukxi is inspired by the glamour of the Dolce Vita Italian and the early tricycle – the iconic Ape Calessino and is a combination of innovation and ecology. Their versatility and mobility give them the ability to access areas that are normally inaccessible to other types of vehicles, along with offering a more intimate experience with the soul of the city. And along with all of those things, they are just plain fun!

Meet your driver/guide in the port and set off on a route that includes historical and cultural points of interest such as Avenida do Mar; Sé; the Old Town; the Socorro viewpoint; Municipio Square; Saint Peters Church; the Cas Cruzes Viewpoint; Santa Clara Convent; the Municipal Garden; Santa Catarina Park; Quinta Magnólia and Estrada Monumental Lido. After approximately one hour, your tour will end back at the port.

Special Note: This tour is primarily seated with walking optional at the photo stops. The tour is not available to wheelchair guests and may not be suitable for those with limited mobility who must make their own way in and out of the Tukxi with limited assistance. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen.



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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS



FNC310: AN EXCLUSIVE LOOK AT FUNCHAL'S GOURMET GASTRONOMY - OCTOBER 6, 2021 | \$149^{PP}

 6 HOURS | MEALS: LUNCH

Join this delightful gastronomic tour that has you visiting some beautiful locations in Funchal along with enjoying some delicious local culinary favorites.

Start with a short drive from the pier to Funchal's Old Town where upon arrival, you'll commence a guided walking tour that takes you past some notable sites and then to the Mercado dos Lavradores which is the local market. A stroll through this colorful market showcases a variety of fruits, flowers, and fish for sale. You will surely want to sample some of the fruit and perhaps even make a purchase or two.

Continue with your walk along Funchal's charming streets to Fábrica Santo António, renowned for its sweets. Founded in 1893, it is dedicated to making traditional Madeiran treats that include candies, "Broas" - which are Madeiran biscuits, and the famous Honey Sugar Cane Cake. During your stop here, you will be given a small bag with several cookies to taste and a glass of Passion Fruit juice. And of

course, no visit would be complete with enjoying a slice of the Honey Sugar Cane Cake.

Following your stop, rejoin your coach and drive to the Cabo Girão Viewpoint, the highest cape in Europe at 1900 feet. From its suspended glass platform, you can take in sweeping views of the ocean and surrounding landscape. Next, travel to the Adega da Quinta Restaurant where more wonderful views await of Câmara de Lobos Bay and where you will be treated to a wine tasting and snack of Bolo do Caco - a regional bread, and cheeses.

Return to Funchal where lunch awaits you at Taberna do Capitão, a newly established restaurant in the center of Funchal. The rustic venue features an ancient wooden ceiling and floors and stone walls, not to mention delicious food and wine. After what is sure to be a wonderful dining experience, you will return to pier.

Special Note: This tour includes approximately 90-minutes of mild to moderate walking/standing that includes some steps. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation and have a companion to assist them. We recommend weather appropriate clothing, comfortable shoes, sun cap, and sunglasses.

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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS

SCT501: TREKKING ADVENTURE IN TENERIFE'S MACIZO DE ANAGA - OCTOBER 7, 2021 | \$99^{PP}

  5 HOURS | MEALS: NONE

Spend the day hiking through the unspoiled natural paradise of Tenerife's Anaga mountains where you will be treated to unparalleled views and discover a wealth of diverse flora and fauna.

Your tour begins with a drive from the port towards Pico Ingles, one of the most beautiful viewpoints on the island. Drink in the views of the Anaga Mountains with its laurel forest, Santa Cruz and along the island's southeast side. Your hike begins at an altitude of nearly 3,100 feet with a walk through the fragrant laurel forest, also called Laurisilva, and the tree heather bush forest. These two species of vegetation are well-adapted to the environment here and thrive in the altitude and humidity of the area.

Continuing on, you will cross over the ridge and hike up to the mountain village of Taborno. The village offers up stunning views of the Afurcal Valley and the rock islands of Roque Dentro and Roque Fuera. The homes here have been built on the ridge so that they are protected from landslides in the area, while the less steep slopes are used for planting and as pastureland for goats.

Next, continue through deep valleys and gardens to the old coal-burning village of Las Carboneras and from there your path brings you through another area of the laurel forest and along a creek where orchids and moss grow.

After approximately three hours of hiking in this unspoiled paradise, you will rejoin your transportation and drive back to the port.

Special Note: This tour includes approximately three hours of moderate to vigorous walking/hiking that includes steep inclines, natural and uneven surfaces. The tour is not available to wheelchair guests or those with physical limitations or other health concerns. Participants should be in good physical condition. We recommend wearing weather appropriate comfortable clothing that should include long pants; a jacket; flat hiking shoes/boots with a non-slip sole and closed toe; a sun cap; sunglasses and sunscreen and bring a bottle of water from the ship. Guests may be required to sign a waiver before being allowed to take part in the tour.



SCT502: FORESTAL PARK ADVENTURE CHALLENGE - OCTOBER 7, 2021 | \$125^{PP}

  5 HOURS | MEALS: NONE

Challenges abound at Forestal Park, the largest treetop adventure park in the Canary Islands. Get in touch with nature and enjoy a variety of adrenaline-rushing experiences during this day that delivers pure fun.

From the port, drive directly to Forestal Park, located at the gates of Teide National Park. On arrival, receive an overview of the activities available to you which include climbing walls and rope ladders, leaping off Tarzan Swings and high rope obstacles in the treetops.

The treetop challenge courses are divided into three groups, from the easiest to the hardest. Once you've decided which course you want to tackle, it's time for the fun to begin. Not only will you be testing yourself physically, you will also be nurturing your passion for nature as you are surrounded by the beauty of Canary pines and a landscape filled with amazing biodiversity. Capping things off, each of the courses ends with a thrilling zipline ride down to the ground.

After approximately three hours experiencing everything Forestal Park has to offer, you will rejoin your transportation and drive back to the port.

Special Note: This tour includes approximately three hours of moderate to vigorous physical activity that includes walking, climbing and ziplining in a natural surface setting. The tour is not available to wheelchair guests, those with other physical limitations or health concerns or pregnant women. Participants should be in good physical condition. We recommend wearing weather appropriate comfortable clothing that should include long pants; flat sport shoes with a non-slip sole and closed toe; a sun cap; sunglasses and sunscreen. Guests may be required to sign a waiver before being allowed to take part in the tour.

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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS

SCT301: EXPLORE THE UNESCO WORLD HERITAGE SITE OF MOUNT TEIDE NATIONAL PARK - OCTOBER 7, 2021 | \$59^{PP}



5 HOURS | MEALS: NONE

Spend the day exploring the UNESCO World Heritage site of Mount Teide National Park, location of Spain's highest mountain which is also the highest mountain in the Atlantic Ocean.

From the pier, make the short drive in the direction of La Laguna where you will join the road that leads into the Esperanza Forest. Cool Eucalyptus, abundant greenery and tantalizing glimpses of Mount Teide characterize this wonderful route to the National Park. Weather permitting, a photo stop will be made at the viewpoint so that you can capture the incredible scenery. Before reaching your destination, another stop will be made for a short coffee break.

Declared a National Park in 1954 and a UNESCO World Heritage Site in 2007, Las Cañadas covers an area of over 33,000 acres and is in fact, the interior crater of the mountain from which the majestic peak of Mount Teide emerges. In contrast to the greenery of the Esperanza Forest is the stark wilderness of the lava fields as seen in the nearby Ucanca Valley. Towering over all of this is Mount Teide at over 12,000 feet. Not only is it the highest mountain in Spain, but it is also the 13th-highest mountain in the European Union.

Next, make your way to the zone called Roques de Garcia, an area known for its multitude of uniquely shaped volcanic rocks that are impressive in both their size and shape. The tour will pause here for you to enjoy some free time and capture some remarkable photos before driving back to the pier.

Special Note: This tour is primarily seated with limited walking mostly at the guest's discretion during free time. The driving time on the coach is approximately 3.5 hours. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation with limited assistance and have a companion to assist them. We recommend wearing weather appropriate comfortable clothing to include a light jacket; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen.



SCT303: A COMBINATION WALKING AND PANORAMIC TOUR OF LA LAGUNA AND BODEGA VISIT - OCTOBER 7, 2021 | \$59^{PP}



4.25 HOURS | MEALS: SNACK

Step back in time and travel to La Laguna, the former capital with a vibrant Old Town that has received status as a UNESCO World Heritage Site.

Drive north from the pier to La Laguna where you will start your visit of the Old Town on foot. Filled with elegant buildings and palaces from the 15th – 17th centuries, the town also has a large number of religious buildings, including the Santuario del Cristo, a 17th-century Franciscan convent that is the first you will pass. From here, head toward Calle Obispo Rey, a beautiful street lined with colorful buildings from the 18th century, some of which are adorned with lovely facades. During your walk you will also visit Plaza de la Adelantado and enjoy some free time here to stroll about on your own.

Next, re-board your coach and take a picturesque panoramic drive through Tegueste, Tejina and Valle Guerra before arriving in Tacoronte, a fertile agricultural area and wine capital. A stop will be made at a local "bodega", an old wine cellar filled with barrels of local wine. Here, amongst the wine barrels and hams and cheeses hanging from the ceiling, you are invited to taste some of these delicious wines and snack on local delicacies.

Following your Bodega visit, rejoin your coach and make the drive back to the pier.

Special Note: This tour includes nearly 2.5 hours of moderate walking/standing that includes some steps and uneven surfaces and two hours on the coach. The tour is not available to wheelchair guests and is not considered suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing to include a light jacket or sweater; flat walking shoes; a sun cap; sunglasses and sunscreen.

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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS

CAS501: CAPTAIN YOUR OWN SPEED BOAT FOR THE DAY! - OCTOBER 16, 2021 | \$399^{PP}



5.5 HOURS | MEALS: SNACK

No trip to St. Lucia is complete without seeing the Pitons. While there are many ways to do this, the most exciting is at the helm of your personal speedboat!

Drive north from the pier to the Rodney Bay Marina where your boat awaits. On arrival, sign your waiver, receive your operating instructions and safety briefing. Once this has been accomplished, board your personal 17-foot Atomix speed boat and head out for a scenic cruise along St. Lucia's picturesque west coast. Following your guide, you will zip over the water as you make your way to the town of Soufriere. As you circle Soufriere Bay, take in stunning views of the Pitons, and learn about the town's history and its famous "drive-in" volcano. The only volcano of its kind in the Caribbean, which if visiting by land, you can literally drive into the caldera and then view hissing pools of steam and bubbling sulfur springs.

From here, you will cruise up the coast and make a brief stop at the fishing village of Canaries before continuing on to Anse Cochon and its idyllic beach. Take time here for a refreshing dip in the water, do some snorkeling or just sit back and relax, soaking up the sun and amazing scenery.

As you head back to Rodney Bay, relish the last moments of the sea breeze blowing through your hair, the sun warming your skin and the incomparable views of the lush green mountains and encircling sapphire blue waters. Back at the marina, you will no doubt reluctantly leave your boat behind and catch the transfer back to the ship, refreshed and exhilarated from your speed boat adventure.

Special Note: All drivers must be at least 18 years of age and have a valid driver's license. Each boat carries a maximum of two guests. Children 6 years and above can join the tour but must be accompanied by an adult at all times. Participants should be in good health and physical condition and not have any respiratory, heart, back, leg, hip or neck conditions. Those who are prone to motion sickness are cautioned to take the necessary precautions prior to the tour. The boats are equipped with life jackets. We recommend wearing swimwear under comfortable clothing, flat rubber-soled shoes, sunscreen and bringing a towel and camera.



CAS502: TREKKING MAJESTIC GROS PITON – A UNESCO WORLD HERITAGE SITE - OCTOBER 16, 2021 | \$279^{PP}



7 HOURS | MEALS: LUNCH

Geared for those seeking a physically challenging experience while enjoying the best of nature, this trek up Gros Piton is something you won't want to miss.

The UNESCO World Heritage Site of Gros Piton is one of St. Lucia's most distinguished and recognizable landmarks. Standing between Soufriere and Choiseul, it rises a remarkable 2,619 feet above sea level. Nestled 700 feet up on its southern face is the historically symbolic village of Fond Gens Libre (Valley of the Freed People), one of the two gateways to the Gros Piton Nature Trail and where we will head to after leaving the pier. The route there takes you on an incredibly scenic drive through the town of Castries, up the Morne and along the west coast, passing the villages of Anse La Raye and Canaries and eventually through Soufriere to the trail head.

The path up the mountain is alive with natural, cultural, and historical charm with several caves and look-out points that date back to the days of the Brigands. The trail also weaves through three different ecosystems that boast a literal Eden of flora and fauna, some endemic to the mountain. As you ascend to the top, you'll climb over boulders, natural steps, and uneven terrain, truly a hike for the adventurous! Reaching the top, you will be rewarded with not only a sense of accomplishment, but breathtaking views over the southern part of the island.

Descending back to the trail head, take time for a quick picnic-style lunch before joining your transportation and making the transfer back to the ship. Perhaps a bit exhausted, but happily so.

Special Note: Participants should be in good health and physical condition and not have any respiratory, heart, back, leg, hip, or neck conditions. The tour is not recommended for small children and any children must be accompanied by an adult parent/guardian at all times. Those who are prone to motion sickness are cautioned to take the necessary precautions prior to the tour as the road to Gros Piton is winding and bumpy. Guests should wear cool, comfortable, and appropriate hiking attire and sturdy shoes/hiking boots. We recommend bringing insect repellent, an additional small bottle of water and a camera.

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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS

CAS301: 4X4 JEEP SAFARI ADVENTURE AND SCENIC CATAMARAN TOUR - OCTOBER 16, 2021 | \$99^{pp}



 4.5 HOURS | MEALS: SNACK

Enjoy two experiences that provide you with different, yet equally wonderful opportunities to see the different facets that make this island so special.

Meet your guide in the port and make the short walk to your 4X4 Safari Jeeps. After a short briefing, climb aboard and head out to explore the island. First, travel through the city of Castries as you make your way to the west side of the island, at times going off-road where you are surrounded by St. Lucia's natural beauty. Stopping at the hilltop in Millet, drink in panoramic views of the Roseau Valley, Marigot Bay and the Caribbean Sea spread out below you.

Your last jeep stop before reaching Marigot Bay is at Anse La Ray, a delightful fishing village that is perhaps the most representative of the island's traditional character with its French and Colonial buildings that date back 100 years.

Upon reaching Marigot Bay, leave your jeep behind and board a well-appointed catamaran and cruise down the scenic coastline, passing secluded beaches, pristine coves and admiring the dramatic backdrop of the majestic Pitons. Adding to your enjoyment, a stop is made at an exquisite beach where you can take a refreshing swim. Back on board, bask in the sun while uplifting Caribbean tunes, a tropical drink and fruit snacks enhance the wonderful island vibe as you sail back to the ship.

Special Note: This tour is primarily seated; however, the Jeep safari ride will be bumpy and over off-road tracks. The tour not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. Those who may suffer from motion sickness are cautioned to take the appropriate precautions prior to the start of the tour. We recommend wearing weather appropriate comfortable clothing that includes a sweater or jacket; flat walking shoes with a non-slip sole; a sun cap; sunglasses, sunscreen, and insect repellent. Those who wish to swim should wear a swimsuit under their clothes and bring a towel and are cautioned that any swimming activities are at their own risk and responsibility.



CAS302: RAINFOREST AERIAL TRAM EXPERIENCE AND ICONIC STONY HILL GREAT HOUSE VISIT - OCTOBER 16, 2021 | \$149^{pp}

 4 HOURS | MEALS: SNACK

A unique experience awaits you on this tour that has you riding high above St. Lucia's lush rainforest and later, visiting the iconic Stony Hill Great House.

Hop aboard your coach at the pier and head off on a scenic drive that winds through Morne Fortune and small rural communities nestled within lush tropical vegetation. Arriving at the Rainforest Sky Ride Park, a 1,250-acre reserve, an expert nature guide will greet you and share a short introductory video that explains the origins of the Rainforest Aerial Tram and what awaits you. Following that, board your eight-person gondola and start your trip along the 6,200 feet of cable that has you suspended up to 125 feet above the ground below. On the outbound portion of your trip, your gondola travels through the lower and intermediate levels of the rainforest, while on the return, the excitement builds as you soar through the upper levels of this incredible ecosystem.

During your experience in the park, there is also the opportunity to access the canopy via a pulley system that requires minimal physical effort and at the same time, preserves the beauty of the rainforest. You may also take part in an optional 20-minute guided nature walk over a fern loop trail that travels over the luxuriant forest floor.

Following your incredible experience exploring the rainforest, re-board your coach and make the scenic drive to Stony Hill Great House, a privately-owned home in the north of St. Lucia. Surrounded by 1.5 acres of meticulously landscaped tropical gardens, it offers stunning views. A guided tour of the grounds highlights the orchid house, perfume trees, waterfall, ponds and the flower and cactus beds. Afterwards, for your added enjoyment, you are treated to a steel pan performance on the home's veranda while sipping on refreshing fruit juice and tasting some local delicacies. When your visit concludes, drive back to the ship.

Special Note: This tour is primarily seated. There is approximately one hour of mild walking/standing. The tour is not available to wheelchair guests. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses, sunscreen, and insect repellent.

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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS

**CAS305: HOMEGROWN ST. LUCIA –
FROM ART TO RUM - OCTOBER 16, 2021 | \$99^{PP}**



 3.5 HOURS | MEALS: NONE

Not only does St. Lucia offer visitors stunning scenery, pristine white beaches, and a laid-back ambience, it also has a historical past and a culture that has led to the creation of some authentic “home-grown” products. This tour provides a wonderful introduction to some of them.

Begin with a drive through the city of Castries, a main hub on the island. Pass the bustling market and the century-old cathedral before heading up to Morne Fortune. From this vantage point you will be treated to sweeping views of the city and the spectacular mountain range that extends across the island.

Continuing on, your route will wind up into the hills and to Eudovic’s Art Studio where you will meet one of St. Lucia’s foremost sculptors. Joseph Eudovic was already well-known as the Caribbean’s leading wood sculptor and teacher of arts and crafts, working for the government of St. Lucia. He boldly decided to open his art gallery, workshop, and studio to the visitors of the island, and to sell his works locally and internationally. Today, he has welcomed over a million visitors. The craftsmanship that goes into his sculptures is simply remarkable and you may wish to take this opportunity to purchase one of his unique pieces that has caught your eye.

Next, drive along a scenic ridge that separates the Cul de Sac Valley from the Roseau Valley where you will have views of banana plantations, Marigot Bay and St. Lucia’s lush green mountains. As you travel down the west coast, you will stop in the small fishing village of Anse La Raye where you will have an up-close look at the local lifestyle. Have some time here to stroll along the narrow village lanes, pause in the yard of the old Roman Catholic Church for photos or mingle with the polite and cheerful village vendors selling their handicrafts.

Hopping back aboard your coach, travel to St. Lucia’s only rum distillery to discover how rum is linked to the island’s history. Your guided visit of the factory includes life-like displays of a cane cutter and his family, an old-fashioned street scene, and the colors, sounds and sights of Carnival floats. You will also gain insight into the distilling process and later, be invited to sample some of the award-winning local blends produced here. Afterwards, travel to Marigot Bay, one of the most beautiful and safe bays in the Caribbean. An impressive collection of luxury sailboats and super-yachts make this yachting haven their home.

Your final stop is at the Pink Plantation, located on two acres of lush vegetation and tropical gardens. Situated on historical Morne Fortune, the plantation also has one of the best panoramic views of the city and the northern part of the island. During the French occupation, it was used for housing senior military officers and later became a small coffee estate. During your visit, you will have a chance to observe the making of wild orchid hand-painted ceramics and silk screen fabrics as well as viewing some original artwork. Before heading back to the ship, relax on the verandah and admire the scenery while savoring a local snack and fresh fruit juice.

Special Note: This tour includes approximately 90 minutes of mild walking/standing that includes some steps and uneven surfaces. The venues visited are not wheelchair accessible and therefore, the tour is not available to wheelchair guests. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses, sunscreen, and insect repellent.



**CAS310: TOUCH THE ICONIC PITONS – ST. LUCIA’S
UNESCO WORLD HERITAGE SITE - OCTOBER 16, 2021 | \$99^{PP}**



5 HOURS | MEALS: SNACK

St. Lucia’s crowning glory is without a doubt, its towering Piton mountains. So glorious in their unspoiled centuries-old beauty, they have been designated a UNESCO World Heritage Site.

Your day discovering the unparalleled majesty of St. Lucia’s spectacular nature starts with a picturesque drive to the island’s west coast and the area of Soufriere, where nearby, the Tet Paul Nature Trail starts. If you thought the scenery up to this point was great, it becomes even more impressive on the trail.

This easy hiking experience has you navigating your way up grand stairways that wind through the lush rainforest and past viewpoints that offer spectacular vistas that include Jalousie Bay and St. Lucia’s iconic peaks – the Gros and Petit Pitons. Returning to the main entrance, enjoy some complimentary drinks and snacks before rejoining your coach for the short drive to the lovely Toraille Waterfall. Just when you think it couldn’t get any better, you will find yourself sublimely immersed in

the heavenly setting of this natural wonder and its pristine cascade of water.

Following your respite at the waterfall, it’s time to travel back to the pier.

Special Note: This tour includes approximately 90 minutes of moderate walking that includes some steps and uneven natural surfaces. The tour is not available to wheelchair guests or those with walking difficulties. Participants should be in reasonably good physical condition. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses; sunscreen and insect repellent.

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ACTIVITY LEVEL: MILD



ACTIVITY LEVEL: MODERATE



ACTIVITY LEVEL: VIGOROUS

CAS312: SNORKEL THE REEFS AT ANSE COCHON - OCTOBER 16, 2021 | \$99_{pp}



4 HOURS | MEALS: NONE

Whether you have snorkeled before or not, this underwater tour of the shallow, inner coral reefs located at the UNESCO World Heritage Site Pitons Marine Sanctuary, is a must for those looking to explore beneath the surface of the sea.

Your perfect ocean adventure begins with boarding your well-equipped catamaran at the pier. Once aboard, the experienced crew will brief you on techniques, safety and the ecology of St. Lucia's reefs as you sail out to the coral reef at Anse Cochon. Your comfortable catamaran offers water-level entry and in-water ladders to allow for a safe return to the deck.

Arriving at the reef, you will start your snorkeling experience. All snorkelers are supervised while in the water and you may come and go onboard the vessel as you please. Truly incredible memories are not made up of days; they are made up of moments, and besides seeing the incredible towering Pitons while in St. Lucia, some of the most amazing moments and sights are actually found underwater here.

After approximately one hour in the water, you will head back to the pier, making a brief stop in Marigot Bay to capture some photos.

Special Note: This tour is primarily seated, with approximately one hour of time spent in the water at your discretion. There will be a swim ladder to negotiate to enter and exit the catamaran while in open water. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. Participants should be good swimmers and comfortable in water over their head and ocean currents. Those who may suffer from motion sickness are cautioned to take the appropriate precautions prior to the start of the tour. We recommend wearing your swimsuit under a cover-up, flat walking shoes with a non-slip rubber sole; a sun cap; sunglasses and sunscreen. Please bring a towel. Those who enter the water are cautioned that any water activities are at their own risk and responsibility.



CAS313: DEEP SEA FISHING ADVENTURE - OCTOBER 16, 2021 | \$329_{pp}



4 HOURS | MEALS: SNACK

Spend an exciting day fishing the waters of St. Lucia on this exhilarating tour.

At the Castries Harbor you will board your fully equipped Bertram sport-fishing boat. Once everyone is aboard, you will cruise approximately 3-4 miles off the west coast of the island where you will begin your hunt for the perfect trophy fish. Take turns in the chair where both novices and experts alike will feel the thrill of a potential fish strike. The waters here are known as being a habitat for blue and white marlins, sailfish, dorado, tuna, wahoo, and other varieties. The experienced captain and crew will be more than happy to show you the ropes and assist as needed to help you reel in the "big one".

After approximately 3-hours of trolling these waters, during which you will be treated to snacks and beverages, you will head back to the harbor where your spectacular day on the water comes to a close.

Special Note: This tour includes limited walking but there will be 2 steps to negotiate to enter and exit the boat with limited assistance. The tour is not available to wheelchair guests, pregnant women, or persons with heart or respiratory conditions. Those who are prone to motion sickness are advised to take the necessary precautions prior to the start of the tour. We recommend weather appropriate clothing such as shorts and t-shirts, sun cap, sunglasses, and sunscreen. Flat, rubber-soled shoes are mandatory. The minimum age to participate is 15 years old and anyone under the age of 18 must be accompanied by a parent or adult legal guardian. The maximum allowable weight is 300 lbs. Please be advised your catch cannot be brought back on board the ship.

***** Cancellations within 48 hours of the tour's scheduled operation will result in a 100% cancellation penalty.**

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SANTA CRUZ, TENERIFE, CANARY ISLANDS, SPAIN

SCT301AP: EXPLORE THE UNESCO WORLD HERITAGE SITE OF MOUNT TEIDE NATIONAL PARK -

OCTOBER 7, 2021 | \$189^{pp}



5 HOURS | MEAL: NONE

Spend the day exploring the UNESCO World Heritage site of Mount Teide National Park, location of Spain's highest mountain which is also the highest mountain in the Atlantic Ocean.

From the pier, make the short drive in the direction of La Laguna where you will join the road that leads into the Esperanza Forest. Cool Eucalyptus, abundant greenery and tantalizing glimpses of Mount Teide characterize this wonderful route to the National Park. Weather permitting, a photo stop will be made at the viewpoint so that you can capture the incredible scenery. Before reaching your destination, another stop will be made for a short coffee break.

Declared a National Park in 1954 and a UNESCO World Heritage Site in 2007, Las Cañadas covers an area of over 33,000 acres and is in fact, the interior crater of the mountain from which the majestic peak of Mount Teide emerges. In contrast to the greenery of the Esperanza Forest is the stark wilderness of the lava fields as seen in the nearby Ucanca Valley. Towering over all of this is Mount Teide at over 12,000 feet. Not only is it the highest mountain in Spain, but it is also the 13th-highest mountain in the European Union.

Next, make your way to the zone called Roques de Garcia, an area known for its multitude of uniquely shaped volcanic rocks that are impressive in both their size and shape. The tour will pause here for you to enjoy some free time and capture some remarkable photos before driving back to the pier.

Special Note: This tour is primarily seated with limited walking mostly at the guest's discretion during free time. The driving time on the coach is approximately 3.5 hours. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation with limited assistance and have a companion to assist them. We recommend wearing weather appropriate comfortable clothing to include a light jacket; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen.



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ACTIVITY LEVEL: MILD



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