

Regent

SEVEN SEAS CRUISES

CCA CHARTER



2010 SHORE EXCURSIONS





FT. LAUDERDALE TO FT. LAUDERDALE

6-NIGHT VOYAGE

MARCH 16, 2010

SEVEN SEAS MARINER



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FT. LAUDERDALE TO FT. LAUDERDALE

MARCH 16, 2010

6 NIGHTS

DATE	PORT	ARRIVE	DEPART
Mar 16	Ft. Lauderdale, USA		5pm
17	<i>Cruise the Atlantic Ocean</i>		
18	Georgetown Cayman Islands	10:30am	5pm
19	Ocho Rios, Jamaica	10am	6pm
20	<i>Cruise the Atlantic Ocean</i>		
21	Nassau, Bahamas	10pm	5pm
22	Ft. Lauderdale, USA		8am



WELCOME ABOARD

The captain, officers, staff and crew look forward to welcoming you as our special guest onboard.

To assist your exploration of each port of call, we have prepared this comprehensive information book with carefully planned excursions that reveal the essence of each destination.

Our knowledgeable Travel Destination Staff onboard can assist you in selecting tours best suited to your personal interest and abilities, or for the independently minded, assist in booking private tours.

We look forward to welcoming you aboard soon.

TOUR SYMBOLS

To assist in your tour selection, please note the symbol indicated beside each tour description. These symbols represent the following:



SEATED TOUR

Although primarily sightseeing tours, these excursions do include walking for short distances over relatively level terrain. They also may include getting into/out of a helicopter or floatplane.



LIGHT ACTIVITY

Tours include walking at sites, or periods of sitting or standing.



EXTREME WALKING OR LONG TOURS

Tours with difficult or extensive walking and/or steps. Also tours of long duration which can become tiring.



MOST ACTIVE TOURS

For the adventurous – these are our most active tours, including biking, hiking, kayaking, horseback riding, river rafting, scuba, snorkeling, or tours which require you to be physically fit to be able to enjoy.



GEORGETOWN, GRAND CAYMAN

STINGRAY CITY FLY-OVER BY HELICOPTER

15 MIN FLIGHT

GRA-6660

DURATION 1 Hour • **TOUR PRICE U.S.** \$269

TWO-TANK CERTIFIED REEF DIVE

GRA-4604

DURATION 4 Hours • **TOUR PRICE U.S.** \$98

GRAND CAYMAN SNORKELING

GRA-7264

DURATION 2½ Hours • **TOUR PRICE U.S.** \$89

STINGRAY SANDBAR SWIM AND SNORKEL

GRA-6254

DURATION 3 Hours • **TOUR PRICE U.S.** \$98

DISCOVER SCUBA

GRA-4603

DURATION 3 Hours • **TOUR PRICE U.S.** \$224

GUIDED SHORE DIVE

GRA-336

DURATION 2 Hours • **TOUR PRICE U.S.** \$98

CAYMAN WETLANDS KAYAK SAFARI

GRA-3927

DURATION 3 Hours • **TOUR PRICE U.S.** \$98

CRUISE, SIGHTSEE AND SEVEN MILE BEACH

GRA-001

DURATION 4 Hours • **TOUR PRICE U.S.** \$89

TURTLES, STINGRAYS, LAND AND SEE ADVENTURE

GRA-002

DURATION 4 Hour • **TOUR PRICE U.S.** \$161

CULTURAL EXPRESS

GRA-003

DURATION 3½ Hours • **TOUR PRICE U.S.** \$89

BEST OF CAYMAN

GRA-004

DURATION 5 Hour • **TOUR PRICE U.S.** \$143

GEORGETOWN, GRAND CAYMAN

STINGRAY CITY FLY-OVER BY HELICOPTER

15 MIN FLIGHT

GRA-6660

DURATION 1 Hours • TOUR PRICE U.S. \$269



Discover the highlights of Grand Cayman in a unique new way during this unforgettable flight-seeing tour via helicopter.

Depart the pier for the brief drive to the airport, where you will be briefed on your helicopter tour. Next, you will board your helicopter for a 15-minute low flight over the beautiful turquoise waters to the reef. As you hover over Stingray City, you will peer out from the extra-large viewing windows, and take in spectacular birds-eye views of the stingrays that gather and feed on the sandbar.

Your tour will then continue over George Town, where you will have an excellent view and photo opportunities of the drop-off wall that makes diving in Cayman waters so popular. You will also see the famous Seven-Mile Beach, a beautiful stretch of white, powder-sand beachfront that is recognized as one of the top five beaches in the world. Next, you will view the grandeur of your ship nestled magnificently against the beautiful backdrop of George Town. Your helicopter will briefly hover here to enable you to take excellent photos of your ship.

At the conclusion of the tour, your helicopter will proceed back to the airport. Upon landing, you will re-board your coaster for the brief transfer back to the pier.

Please Note: *The order of sights visited may vary. The actual flight time is 15 minutes. Due to safety, comfort, weight and balance limitations, passengers weighing 275 lbs. or more will be charged an additional fare to reserve extra space on board the helicopter.*

TWO-TANK CERTIFIED REEF DIVE

GRA-4604

DURATION 4 Hours • **TOUR PRICE U.S.** \$98



Explore the underwater world of Grand Cayman during this spectacular diving excursion that is suitable for beginners and experienced diving enthusiasts.

Depart the pier with your guide for the brief transfer to the dive shop. Upon arrival, you will fill out your liability waiver, receive your safety instructions and scuba equipment, and board the custom-designed dive boat. The first of this two-tank boat dive will take you over the fabulous West Wall, which features an average depth of 90 feet.

The wall features many crevices and overhangs teeming with hard corals, colorful sponges and beautiful gorgonians. After the appropriate surface interval, you will proceed to one of Grand Cayman's beautiful coral reefs or shipwrecks for your second dive. These shallow dive sites attract a colorful and diverse collection of fish and other marine life.

Following your dive, you will return to the dive shop, and be transferred back to the ship.

Please Note: *This tour is only recommended for active guests in good physical condition. You must present your dive certification card, and show proof that you have dived within the last two years. All participants must complete a liability waiver, and fulfill all medical requirements. If you have not dived in the last two years, you may want to take a refresher course before your cruise, or select Discover Scuba instead. Guests are advised to wear a swimsuit under a cover-up, biodegradable sunscreen, a hat and sunglasses, and bring a towel from the ship. For underwater photographers, the dive boats are camera-friendly and have freshwater rinse tanks. Drinking water is provided, and coolers are available to bring along your own refreshments. Freshwater showers are also available. Due to the depths involved, guests must be at least 15 years old to participate on this tour.*

GRAND CAYMAN SNORKELING

GRA-7264

DURATION 2½ Hours • TOUR PRICE U.S. \$89



If you are a beginner or experienced snorkeler, then don't miss this unique opportunity to explore the one of Grand Cayman's most famous shipwrecks.

Depart the pier aboard your boat for the cruise to The Cali, one of Grand Cayman's renowned shipwrecks. Upon arrival, your guide will provide you with safety instructions, snorkeling techniques and details of the ship's history. You will then begin snorkeling, and the crew will be on hand to provide you with assistance in the water.

Afterward, you will proceed to another popular dive site to see some of Cayman's beautiful reef formations, and an abundance of fish that include sergeant majors, parrot fish, angel fish, turtles and more. Your dive masters will feed the fish to bring them closer to view in the crystal-clear waters. Masks, fins, snorkels and life vests are included, and complimentary ice water will be served on board.

At the conclusion of your tour, you will be returned directly back to the pier.

Please Note: *This tour is recommended for active guests in good physical condition. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair. Guests are advised to wear a swimsuit under a cover-up, biodegradable sunscreen, a hat and sunglasses, and bring a towel from the ship.*

STINGRAY SANDBAR SWIM AND SNORKEL

GRA-6254

DURATION 3 Hours • TOUR PRICE U.S. \$98



Experience the graceful beauty of one of Grand Cayman's undersea denizens up-close during this stingray swim and snorkeling tour.

One of the most popular excursions on Grand Cayman is a visit to the world-famous Stingray City Sandbar in the North Sound, where you can snorkel and wade among these friendly Southern stingrays. It is one of the few locations in the world where man can interact with these shy creatures in their natural habitat.

Depart the pier for the brief drive to your snorkeling boat. Upon arrival, you will embark your boat and cruise to the sandbar. Here, you will feed and play with these magnificent creatures in their natural habitat, where the water depth ranges from 3-5 feet.

Following your swim with the stingrays, you will be transferred back to the pier and ship.

Please Note: *This tour is recommended for active guests in good physical condition. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair. Guests are advised to wear a swimsuit under a cover-up, biodegradable sunscreen, a hat and sunglasses, and bring a towel from the ship. Snorkeling gear is included, and allows for better viewing of the stingrays. There is neither coral nor fish at the sandbar.*

DISCOVER SCUBA

GRA-4603

DURATION 3 Hours • **TOUR PRICE** U.S. \$224



If you have always wanted to try scuba diving, then don't miss your opportunity to explore the undersea beauty of Grand Cayman during this memorable scuba experience.

Depart the pier for the brief drive to the dive shop, where you will receive your safety instructions and practice scuba techniques in a freshwater pool. Afterward, you and your PADI instructor will dive at the beautiful Casuarina Point Reef, which lies in approximately 20-30 feet of water. Along the way, you will discover an abundance of marine life, and many species of hard and soft corals. This tour meets PADI standards. Your scuba equipment, professional instruction and transportation are all included.

Following your scuba experience, you will return to the dive facility. Upon arrival, you will be transferred back to the pier.

Please Note: *All participants will have to fill out a liability waiver, and fulfill all medical requirements. This tour is recommended for active guests in good physical condition. Guests are advised to wear a swimsuit under a cover-up, biodegradable sunscreen, a hat and sunglasses, and bring a towel from the ship.*

GUIDED SHORE DIVE

GRA-336

DURATION 2 Hours • **TOUR PRICE** U.S. \$98



Observe the fascinating fish and coral of beautiful Casuarina Point Reef during this picturesque shore dive in Grand Cayman.

Depart the pier for the brief transfer to Don Foster's Dive Shop, where you will be outfitted with all of the equipment required for this dive. After a briefing from your experienced PADI dive instructor, you will be guided around the Casuarina Point Reef. This shallow reef has a maximum depth of approximately 50 feet, thereby enabling 50 minutes of diving time. This is a perfect dive for those who have not dived in over two years, or for newly-certified or junior open-water divers.

Following the dive, you may opt to return to George Town for some shopping, or just relax by the pool or shore.

Please Note: *The maximum depth for this dive is 50 feet, and all required diving equipment is included. Guests are also welcome to bring their own dive equipment. The dive time is approximately 50 minutes in duration. There will be one dive master for every 12 guests. Guests are advised to wear a swimsuit under a cover-up, biodegradable sunscreen, a hat and sunglasses, and bring a towel from the ship. All divers must present a valid certification card to participate in this tour, and fill out a medical waiver and liability release. The minimum age to participate in this tour is 12 years old.*

CAYMAN WETLANDS KAYAK SAFARI

GRA-3927

DURATION 3 Hours • **TOUR PRICE** U.S. \$98



Explore the tranquil beauty of Grand Cayman's ecologically-sensitive coastal environments during this scenic kayaking safari.

Depart the pier for the transfer to the kayak-staging area, which is located on the shore of a calm lagoon and protected from the open sea by a coral reef. Upon arrival, you will meet your guide, and receive your safety and kayaking instructions. After embarking your kayak, you will set off exploring the mangrove-fringed shoreline.

Along the way, your guide will inform you about the island's ecology and history, point out areas of interest, and reveal interesting facts about the plants and animals that you encounter. As you head offshore, shallow sea grass beds will give way to the white sandy bottom. Here, you can relax aboard our private snorkeling platform, and have an opportunity to sunbathe or snorkel in the crystal-clear water. A complimentary mask and snorkel will be provided. Your tour will then continue out to the reef, where you will follow a fascinating trail among the colorful corals and sea fans in the shallow waters behind the reef crest.

Following your tour, you will return to the kayak-staging area and be transferred back to the pier.

Please Note: *This tour is only recommended for active guests that are good swimmers, and weigh less than 250 pounds. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair. Guests are advised to wear a swimsuit under a cover-up, biodegradable sunscreen, a hat and sunglasses, and bring a towel from the ship. Snorkeling equipment will be provided. Children must be at least eight years old and accompanied by a parent in order to participate on this tour.*

CRUISE, SIGHTSEE AND SEVEN MILE BEACH GRA-001

DURATION 4 Hours • **TOUR PRICE** U.S. \$89



Begin this fun day at Grand Cayman's most famous beach with a short walk from the pier to your waiting tour vessel. Once everyone is aboard, you will set-off on a scenic cruise along Grand Cayman's coastline that includes the world-famous Seven Mile Beach. Along the way, your host will provide you with an informative narrative about the island and the sites you are passing.

Disembarking at Seven Mile Beach, you will be welcomed ashore with a refreshing beverage from the bar. At your leisure, take advantage of the powdery white sands of this seaside paradise and cool off in the azure waters of the Caribbean sea. A delicious Barbeque will be served on the beach, along with a complimentary glass of wine. It's your choice to relax and soak up the sun or the more adventurous can avail themselves of the options of snorkeling, riding a Wave Runner or Parasailing high above the translucent waters (these options are available at an additional charge).

At the conclusion of your beach visit, you will be transferred by coach back to Georgetown where you can continue on to the pier, or be dropped in town to do some shopping. Guests who elect to stay in town are responsible for making their own way back to the pier at their own expense.

Please Note: *While most of the walking on this tour is at the guest's discretion, it is a sandy surface at Seven Mile Beach. The tour is not available to wheelchair guests and it is not recommended for those guests with mobility concerns. Light-weight cotton clothing; flat, comfortable walking shoes; swimsuit; sun cap; sunglasses and sunscreen are recommended. Guests wishing to participate in water activities do so at their own risk and responsibility and should bring a towel and change of clothes. Restrooms are available at the beach. The consumption of alcohol before any water activity is strongly discouraged and not recommended. Participants under 16 years of age must be accompanied by a parent or guardian.*

TURTLES, STINGRAYS, LAND AND SEE ADVENTURE GRA-002

DURATION 4 Hours • **TOUR PRICE** U.S. \$161



Board your air-conditioned coach at the pier and start-off on a fun combination Island Sightseeing Tour and Stingray City Snorkel Experience! A drive along Seven Mile Beach and the Hotel Zone gets things started with a stop outside the Governor's Residence for photos.

From here, it's on to Cayman Island's Turtle Farm where you will have a guided tour of the Farm. Also included in this portion of your excursion is a tour of the Rum Factory and a visit to the rock formation and Post Office of 'Hell', where you may send a post card stamped 'from HELL'.

Arriving at the Cayman Islands Yacht Club, you will board a specially outfitted snorkel boat and cruise across the waters to famous Stingray City. Enjoy the chance of a lifetime to interact, play and feed one of the Caribbean's most graceful creatures, the Southern Stingray. These amazing creatures will have you mesmerized as you wait for one to come feed from your hand or gently brush past you in the water. Allow yourself to be introduced to members of the Southern Stingray Family as you meet "Ray Charles", "Sugar Ray", "Martha Ray" and many of the other characters that have become as playful as puppies over the years.

After this unforgettable experience, sit back and relax as you make your way back to the dock to rejoin your coach for the transfer back to Georgetown. Participants have the option of continuing on to the pier, or being dropped in town to do some shopping. Guests who elect to stay in town are responsible for making their own way back to the pier at their own expense.

Please Note: *This tour includes approximately 1 hour of moderate walking over mostly even surfaces. Guests who wish to enter the water to interact with the stingrays will be on a sandbar; however, the water level can range to several feet in depth. The tour is not available to wheelchair guests or those guests with mobility concerns. Light-weight cotton clothing worn over a swimsuit; flat, comfortable walking shoes; sun cap, sunglasses and sunscreen are recommended. Guests wishing to participate in water activities do so at their own risk and responsibility and should bring a towel and change of clothes. Restrooms are available at the sites visited and there is a restroom aboard the tour boat. The consumption of alcohol before any water activity is strongly discouraged and not recommended. Participants under 16 years of age must be accompanied by a parent or guardian.*

CULTURAL EXPRESS

GRA-003

DURATION 3½ Hours • **TOUR PRICE U.S.** \$89



Enjoy the cultural sights and sounds of two of Cayman's top heritage attractions in one customized excursion designed for your enjoyment.

Departing directly from the pier, you will first travel along the South coast of the Island with your experienced tour guide and driver providing an interesting narration as to the history of the Cayman Islands and its people. Following the coast road, you will soon arrive at the Pedro St. James National Historic Site and the famous Pedro's Castle - the birth place of democracy in the Cayman Islands. You'll be amazed at the grandeur of this spectacularly restored site which transports you back in time to experience a long ago era. A tour of the castle, the lush grounds and an animated show completes your visit to Pedro St. James.

Your tour next travels through the original capital of the Cayman Islands - Bodden Town, with its quaint and colorful cottages and traditional Caymanian homesteads while on your way to the Botanical Gardens. Here in this lovely setting, you can stroll about and enjoy viewing some

of Grand Cayman's most exotic plants and indigenous species of wild life, such as the endangered Blue Iguana.

After a leisurely visit at the Botanical Gardens, you will re-board your coach and travel back to Georgetown. Participants have the option of continuing on to the pier, or being dropped in town to do some shopping. Guests who elect to stay in town are responsible for making their own way back to the pier at their own expense.

Please Note: *This tour includes approximately 2 1/2 hours of moderate walking/standing over some uneven surfaces. The tour is not available to wheelchair guests and those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Light-weight clothing; comfortable, flat walking shoes; sun caps, sunglasses and sunscreen are suggested. The order of the sites visited or viewed may vary. Participants under 16 years of age must be accompanied by a parent or guardian.*

BEST OF CAYMAN

GRA-004

DURATION 5 Hours • **TOUR PRICE** U.S. \$143



Enjoy the best of Grand Cayman on this comprehensive tour that provides you with a day full of interesting and exhilarating sights and adventures.

Departing directly from the pier, you will first travel along the South coast of the Island with your experienced tour guide and driver providing an interesting narration as to the history of the Cayman Islands and its people. Following the coast road, you will soon arrive at the Pedro St. James National Historic Site and the famous Pedro's Castle - the birth place of democracy in the Cayman Islands. You'll be amazed at the grandeur of this spectacularly restored site which transports you back in time to experience a long ago era. A tour of the castle, the lush grounds and an animated show completes your visit to Pedro St. James.

Your tour next travels through the original capital of the Cayman Islands - Bodden Town, with its quaint and colorful cottages and traditional Caymanian homesteads while on your way to the Botanical Gardens. Here in this lovely setting, you can stroll about and enjoy viewing some of Grand Cayman's most exotic plants and indigenous species of wild life, such as the endangered Blue Iguana.

Leaving the Botanical Gardens behind, you will continue on to the Kaibo Yacht Club, where upon arrival, guests will be greeted with some thirst-quenching refreshment before boarding a well-appointed motor cruiser for the next part of this unforgettable excursion. A short cruise out across the waters of the North Sound has you arriving at the world-famous Sting Ray City Sandbar where you will have the chance of a lifetime to interact, play and feed one of the Caribbean's most graceful creatures, the Southern Stingray. These amazing creatures will have you mesmerized as you wait for one to come feed from your hand or gently brush past you in the water. Allow yourself to be introduced to members of the Southern Stingray Family as you meet "Ray Charles", "Sugar Ray", "Martha Ray" and many of the other characters that have become as playful as puppies over the years.

Your visit to the Stingray City Sandbar and the other wonderful cultural sites you've experienced during your tour will culminate in an invigorating cruise back to your waiting transportation that will transfer you back to Georgetown. Participants have the option of continuing on to the pier, or being dropped in town to do some shopping. Guests who elect to stay in town are responsible for making their own way back to the pier at their own expense.

Please Note: *This tour includes approximately 2 hours of moderate walking/standing over some uneven surfaces. Guests who wish to enter the water to interact with the stingrays will be on a sandbar; however, the water level can range to several feet in depth. The tour is not available to wheelchair guests or those guests with mobility concerns. Light-weight cotton clothing worn over a swimsuit; flat, comfortable walking shoes; sun cap, sunglasses and sunscreen are recommended. Guests wishing to participate in water activities do so at their own risk and responsibility and should bring a towel and change of clothes. Restrooms are available at the sites visited and there is a restroom aboard the tour boat. The consumption of alcohol before any water activity is strongly discouraged and not recommended. Participants under 16 years of age must be accompanied by a parent or guardian.*

OCHO RIOS, JAMAICA

RIVER TUBING SAFARI

OCH-001

DURATION 3½ Hours • **TOUR PRICE** U.S. \$89

RAFTING ON THE MARTHA BRAE

OCH-3784

DURATION 5 Hours • **TOUR PRICE** U.S. \$89

PROSPECT PLANTATION & DUNES RIVER FALLS

OCH-3785

DURATION 4 Hours • **TOUR PRICE** U.S. \$89

WHITE RIVER KAYAKING EXPEDITION

OCH-3792

DURATION 3½ Hours • **TOUR PRICE** U.S. \$89

JAM-ITALIAN EXPERIENCE & HERITAGE TOUR

OCH-4550

DURATION 5 Hours • **TOUR PRICE** U.S. \$107

THE SPIRIT OF OCHO RIOS

OCH-003

DURATION 3½ Hours • **TOUR PRICE** U.S. \$80

HORSE BACK RIDE & SWIM AT BRACO

OCH-4708

DURATION 5½ Hours • **TOUR PRICE** U.S. \$134

OCHO RIOS, JAMAICA

RIVER TUBING SAFARI

OCH-001

DURATION 3½ Hours • TOUR PRICE U.S. \$89



In 1494, when the Spanish discovered Jamaica, they named the village Ocho Rios, after the wondrous “Eight Rivers” they saw here. Come join this fun tour and explore one of those eight rivers that the Spanish found, the amazing and untouched White River.

Take a step back in time when your adventure begins at the 17th century landmark, “Spanish Bridge”. This is a site you can only see on your river tubing expedition. As you get ready to travel down the cool water of the White River, which gained its name from the pristine clarity of its water, you will receive a safety briefing from the experienced guides, who will also outfit you with all of your safety equipment for the journey ahead.

This three-mile ride down the river, not only gives you the rich history of Jamaica, it also showcases the beauty of Jamaica as you pass through coconut plantations, bamboo groves and along river banks filled with indigenous flora and fauna.

The real adventure lies in the White River as you enjoy her many moods, which includes some challenging rapids and enchanting lagoons. The breathtaking views and vistas of this tour, which takes you between two of the Island’s most scenic parishes, St. Mary and St. Ann, on what is referred to locally as the inter-parish express, can only be found on the River Tubing Safari Tour.

As you disembark the White River, you will find yourself in one of Jamaica’s most beautiful valleys. The White River Valley property is a garden paradise filled with over 100 species of flowers for your viewing pleasure. The property’s facilities and buildings mirror the architecture of a traditional Jamaican village, so be sure to stop by the Parrot Bar and indulge in some traditional Jamaican Jerk cuisine while you refresh yourself with a cool drink. You may also wish to browse the Valley Trader gift shop before it’s time to transfer back to the pier.

Please Note: *This tour involves a moderate amount of activity. The tour is not available to wheelchair guests, those with mobility concerns,*

pregnant women or guests with neck and back problems. Swimwear; flat, comfortable walking shoes or aqua socks; biodegradable sunscreen; sun cap; sunglasses and a towel from the ship are recommended. Tour participants taking part in any water activities do so at their own risk and responsibility. Minimum age to participate is 6-years of age and children under 18-years of age must be accompanied by an adult parent or guardian. Guests may be asked to sign a liability waiver before being allowed to participate in the tour.

RAFTING ON THE MARTHA BRAE

OCH-3784

DURATION 5 Hours • **TOUR PRICE** U.S. \$89



Experience the pristine natural beauty of the Land of Wood and Water during this scenic river-rafting tour in Jamaica.

Depart the pier for the 1.5-hour drive through the Jamaican countryside, and on to the Martha Brae Rafting Center. En route, you will observe the local flora, fauna and rural lifestyle on the Jamaican coast.

Upon arrival at the Martha Brae Rafting Center, you will be greeted with a tropical welcome drink, then embark your bamboo raft built for two. Led by your guide, you will slowly glide down a river that meanders gently through whispering groves of bamboo and ferns. Feel the gentle river breeze as you pass by shaded banks dappled with sunlight and hear the chatter of birds from above.

Float along the river relaxing in an atmosphere of tranquility for approximately one hour and fifteen minutes before arriving at the Rafter's Rest, where you will rejoin your coach for the return to the pier.

Time permitting, there may be a stop at Island Village, a picturesque open air setting that features a boardwalk, natural spring lagoons and beautiful flowering trees as well as locations such as Jimmy Buffett's Margaritaville, Reggae XPlosion, the Internet Jungle, Eight Rivers Gaming Centre and a number of duty free and curio shops.

Please Note: *This tour requires a moderate amount of activity. The tour is not available to wheelchair guests and is not recommended for those guests with mobility concerns. Flat, comfortable walking shoes; sun caps; sunglasses, sunscreen and insect repellent are suggested. Those wishing to swim should wear swimwear under their clothes and bring a towel. Tour participants taking part in any water activities do so at their own risk and responsibility. Each raft will seat 2 guests.*

PROSPECT PLANTATION & DUNES RIVER FALLS OCH-3785

DURATION 4 Hours • **TOUR PRICE** U.S. \$89



Explore Jamaica's lush flora and fauna during this tour of Prospect Plantation, and a visit to Dunn's River Falls.

Depart the pier for the drive through the center of town, and past various hotels en route to Prospect Plantation. Upon arrival, you will be served a welcome drink, then transferred from the mini-bus to an open-air jitney for a guided tour of the plantation. Along the way, you will see some of the 500+ varieties of trees and flowers grown here, including bananas, cassavas, pineapples, coffee, and sugar cane. At one time, Jamaica was the largest sugar producer in the world, making it a very lucrative and important colony for Britain.

After your plantation visit, you will proceed to Dunn's River Falls, a 600-ft. waterfall reminiscent of a giant staircase. Here, the water cascades down from its rocky elevated course to the Caribbean Sea. Accompanied by your guide, you may opt to climb the falls or take a swim at your leisure down on the beach.

Following your tour, you will be transferred back to the pier and ship.

Please Note: *This tour includes a moderate amount of activity. Climbing Dunn's River Falls involves a moderate amount of walking on surfaces that are slippery and participants will be required to hold hands in a chain of guests ascending and descending the falls. The tour is not available to wheelchair guests and not recommended for pregnant women or those with mobility concerns. Swimwear worn under casual clothing; a towel, flat, comfortable walking shoes, sun caps, sun glasses and biodegradable sunscreen are suggested. It is recommended that guests bring their own aqua shoes as the required rental shoes at Dunn River Falls are used daily by the general public. Restrooms will be made available during the tour. Please be prepared that there may be large numbers of visitors present at Dunn's River Falls. The open-air jitney at the plantation is pulled by a tractor and the ride may be bumpy and noisy at times.*

WHITE RIVER KAYAKING EXPEDITION

OCH-3792

DURATION 3½ Hours • TOUR PRICE U.S. \$89



Explore Ocho Rios in a unique new way during this scenic kayaking expedition on the White River.

Depart the pier for the brief drive to the cool hills of Cascade and the White River Valley, a hidden 300-acre paradise featuring a cluster of colorful buildings reminiscent of a rustic Jamaican village.

Upon arrival at the White River Valley, you will be met by your guide. After receiving your instructions, you will embark your kayak for a river ride along the White River. Led by your guide, your ride will commence at the Old Spanish Bridge, which was built by Jamaica's original European inhabitants in the 17th century. From here, you will paddle your way through cascading rapids and crystal clear pools under a canopy of lush tropical vegetation. Halfway through your journey, you will arrive at the Arawak Gazebo, which is nestled in the trees on the bank of the river. Here, visitors may be seen wandering the grounds or swimming in one of the river's largest pools as you float by.

Next, you will proceed down-river through the breathtaking Flipping Rapids, Spinning Rapids, enchanting Blue Lagoon and deep Ackee Hole Lagoon. Your adventure concludes in the serenity of the Bamboo Cathedral, where giant Bamboo trees arching over the water provide the river with perpetual shade.

After disembarking your kayak, you will proceed along a short boardwalk to the beautifully-landscaped gardens in the Village of Flowers. Here, you can browse the Island in the Sun gift shop, or listen to Caribbean music while sipping a refreshing drink at the Parrot Bar.

Following your visit, you will be transferred back to the pier and ship.

Please Note: *This tour involves a moderate amount of kayaking, and is recommended for guests in good physical condition. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or guests with neck and back problems. Wear a swimsuit under a cover-up*

and bring biodegradable sunscreen, a hat, sunglasses, camera, and a towel from the ship. Tour participants taking part in any water activities do so at their own risk and responsibility. Minimum age to participate is 12-years of age and children under 18-years of age must be accompanied by an adult parent or guardian. Guests may be asked to sign a liability waiver before being allowed to participate in the tour.

JAM-ITALIAN EXPERIENCE & HERITAGE TOUR

OCH-4550

DURATION 5 Hours • TOUR PRICE U.S. \$107



You will depart the pier in an air conditioned bus and drive west toward St. Ann's Bay, the capital of the garden Parish. Our first stop is Our Lady of Perpetual Help, a pre-colonial Spanish style Catholic Church started in 1534 when the Spanish relocated the settlement of Sevilla la Nueva from the coastline to higher ground. From here we will visit the statue of Christopher Columbus erected to commemorate his being marooned in Jamaica for a year and establishing the first Spanish settlement.

Soon you will be making your way to the Seville Great House and Heritage Park. The plantation house was built in 1755 by the grandson of Captain Hemmings, an officer of the British Army, who had helped to capture the area from the Spaniards. Declared a national museum by the Jamaica National Heritage Trust, the property has several artifacts from the excavated Spanish colony, which founded in 1509, on display there.

You will then make a visit to Chukka Cove Farm, where you will enjoy complimentary refreshments and use the restrooms.

After this relaxing break, you will make your way back East to Ocho Rios. A short distance up the historic Eden Bower Road, you will come to the fabulously famous "Best little pasta house in Jamaica", Evita's. Here you will be treated to an original Jam-Italian (Jamaican-Italian fusion) gastronomic adventure. This beautiful restaurant is housed in the dramatic setting of an 1860's gingerbread house, overlooking the Ocho Rios Bay. The restaurant is a piece of St. Ann's history in itself. Formerly an Inn, this is where Northern Italian taste gracefully blends with the gentle charm of old Jamaica. Your host Eva (Evita) is from

Venice and enjoys seeing that her patrons eat well and have a good time.

Too soon it's time to depart the salubrious atmosphere of Eden Bower Road and return to Main Street, Ocho Rios.

Your final stop is the new Island Village Shopping and Entertainment complex adjacent to the cruise pier. There you can take in the best Duty Free and souvenir bargains, get into the action at Jimmy Buffets' Margaritaville or relax on the "Village Green". Your return transfer to the ship awaits you in the parking lot.

Please Note: *This tour includes a moderate amount of walking. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of stamina and ability. Casual clothing; flat, comfortable walking shoes; sun caps and sunglasses are suggested.*

THE SPIRIT OF OCHO RIOS

OCH-003

DURATION 3½ Hour • **TOUR PRICE U.S.** \$80



This tour gives you a wonderful overview of Ocho Rios, showcasing several of the area's most notable highlights.

Starting off from the pier, you will enjoy a scenic ride along the coast to the quaint town of St. Ann's Bay, which was the original Spanish capital of the island. View the mid-1800's church and the statues of two historical figures linked to St. Ann's Bay. The statue of Marcus Mosiah Garvey commemorates the Jamaican national hero who was born near St. Ann's Bay in 1887 and championed a back-to-Africa movement for blacks in the U.S. A statue of Christopher Columbus is also found in the square.

Leaving St. Ann's Bay behind, your drive continues to Seville Heritage Park. The major attraction of the Park is the collection of artifacts on display in the Great House which depicts various aspects of the life of the Taino Indians, Africans and Europeans. In the Park, which overlooks the beautiful Caribbean Sea, is the relic of a water wheel which was used to operate the old sugar mill. There is also the Overseer's House and a barbecue on display here.

Enjoy a refreshing drink at Ruins Restaurant along your way and then continue to famous Fern Gully Gorge, which boasts over 100 species of ferns and shrubs. From here, it's on to Wassi Arts Pottery Works, an unexpected

treasure chest of unusual pottery that delights collectors and visitors. The name “Wassi” is an old Jamaican dialect word, probably derived from the word “wasp”. On the tour, you can meet the artisans while they work and observe the process of making the beautiful art ware from start to finish. Take time to visit the showroom where the finished works are displayed and perhaps make a purchase or two.

A final stop will be made at the fantastic Island Village. This picturesque location offers an open-air setting, boardwalk, natural spring lagoons and beautiful flowering trees. Some of the venues here include Jimmy Buffett’s Margaritaville, Reggae XPlosion - an interactive reggae exhibition, Internet Jungle, Eight Rivers Gaming Centre and several duty free and curio shops. After enjoying some free time here, you will re-board your transportation and return to the pier.

Please Note: *This tour includes a minimal amount of walking over mostly even surfaces. The tour is available to wheelchair guests who have a collapsible wheelchair, can make their own way on and off the transportation and have a companion to assist them. Casual clothing; flat, comfortable walking shoes; sun caps; sunglasses; sunscreen and insect repellent are suggested.*

HORSE BACK RIDE & SWIM AT BRACO

OCH-4708

DURATION 5½ Hours • **TOUR PRICE U.S.** \$134



Saddle-up for a scenic tropical journey during this relaxing ride through the Jamaican countryside on horseback.

Depart the pier for the scenic 45-minute coastal drive to the Braco Stables. Along the way, you will pass by the quaint town of St. Ann’s Bay and Seville, the original Spanish capital of Jamaica. You will then continue on past Chukka Cove, Priory and Runaway Bay, home of the Green Grotto Caves, before reaching Discovery, where Christopher Columbus landed in the 15th century. After passing by Columbus Park, you will arrive at Braco Stables. This former mid 18th-century sugar plantation once employed numerous slaves and produced refined sugar that was exported worldwide.

Upon arrival, you will take a guided tour of the estate and outside visit to the original building, which today houses

a pimento-leaf oil factory. Here, oil is extracted from the leaves through a condensation process, then exported for use as a meat preservative and perfume base. Next, you will be matched with a horse suitable to your riding experience and then set-off to explore the countryside on horseback. During your ride you will pass sugarcane and snoozing cows before splashing about in the turquoise surf. From here, it's on to visit the gardens brimming with pimento trees, bougainvillea and fishtail palms.

Following your horseback ride, you will be served a cool drink under the gazebo, and take in wonderful views and photo opportunities of this scenic estate before your return drive to the pier and ship.

Please Note: *This tour involves horseback riding over terrain that may be bumpy and uneven and is recommended for guests in good physical condition. The tour is not available to wheelchair guests, those with mobility concerns, back or neck problems or pregnant women. The minimum age to participate on this tour is 6-years old and children under the age of 18-years must be accompanied by an adult parent or guardian. The maximum weight to participate on this tour is 230 lbs. Due to the horseback ride, bare legs and sandals are not recommended. It is suggested to wear a swimsuit under long pants with sneakers or comfortable walking shoes and bring biodegradable sunscreen, a hat, sunglasses, camera and a towel from the ship.*

COMMONLY ASKED QUESTIONS

Which tours should I take?

There is a wide range of tours to suit varied interests. You should carefully review the tour descriptions to determine which tours are of most interest to you and meet your own desired level of activity. During your cruise there will be a Port Talk given by the Destination Services Manager, and replayed on the television in your suite. These presentations cover the most up-to-date information on our ports and tours. We highly recommend you attend this talk or watch it in your suite. The “Passages” newsletter will advise you of all port talks and Destination Services hours.

How will I know if a tour is sold out?

Reservations are made in the order received. If your chosen tour is not available, your name will be added to a waitlist, and you will receive a notice along with your tour tickets. You should contact Destination Services immediately if you do not receive your tickets, or cannot make the departure time booked. Due to transportation limitations or other ships in port many tours have limited space available. Destination Services can assist you with alternative tour selections should your first choice not be available.

How do I pay for my tours?

Tours booked onboard with Destination Desk – Deck 6 and will be billed to your shipboard account. Tours can also be booked and paid for online in advance of sailing at www.RSSC.com in the “My Account” section of the website.

Can I cancel a tour I have purchased?

Tours are subject to a full cancellation charge if cancelled after the booking deadline. The booking deadline is 36 hours prior to departure time of tour. Unused tickets or voluntary cancellation due to inclement weather are non-refundable.

Waiver and liability?

There are certain tours that require a liability waiver release to be signed. Should you choose not to sign, you will be denied participation in the tour and the tour price will not be refunded. For children on tours that require a liability waiver release, the parent or legal guardian will need to be present on the pier during the tour dispatch in order to complete this liability waiver release, without which unaccompanied minors may be denied participation in the tour. Again, tour price will not be refunded.

Should I tip the tour guide?

While all gratuities are included on board, gratuities for services rendered ashore on an organized tour are a personal matter and left to your discretion. Local guides often anticipate a modest gratuity if you are especially pleased with their knowledge and service. Whenever food or beverages are included in your excursion, RSSC provides the gratuities for these services.

Will I miss the ship if I go on tours?

One very important feature of taking an excursion organized by RSSC is that we closely monitor the departures and returns of all of our tours. Therefore, you can be assured that you will not miss the ship. Please keep in mind that when you make your own arrangements in port, or leave an organized tour, we will no longer be aware of your whereabouts; so be sure to schedule ample time to return to the ship before it sails.

Will I miss meals if I go on tours?

When the ship is in port, meal times are adjusted to best accommodate the departure and return times of the excursions. Certain tour departures may conflict with scheduled meal times, however room service is available. Other exceptions to this are longer tours that include a meal.

Is there time to shop and take a tour while in port?

Yes. Since the majority of our tours are a half-day in duration, there is still plenty of time, in most ports, to shop or even to take an additional tour. Shopping information will be provided onboard. RSSC assumes no responsibility for purchases made ashore.

What else should I anticipate in port?

With regard to photography, some venues prohibit the use of flash cameras, so fast-speed film is recommended. In some places, photography may be prohibited altogether, or a fee may be imposed. We ask that you observe any restrictions and, if in doubt, ask your tour guide for assistance. Please remember that the ports and sites you will visit are popular among both visitors and locals. Therefore, you may encounter crowded conditions whether participating in one of our tours or while sightseeing independently.

What do you recommend for physically challenged guests?

We recommend reserving the accessible sightseeing tours designated in the brochure. As space is limited, it is imperative to make reservations early with Destination Services onboard. Destination Services staff can also address specific questions or concerns.

Will tours be cancelled if the weather is bad?

All tours are subject to cancellation dependent upon weather conditions. The local tour operators closely monitor the weather and excursions are subject to cancellation if conditions do not meet all safety standards. Full refunds will be given in the event of the tour operator canceling a departure due to weather.

Do tours operate in wet weather?

Tours do operate in wet weather, and tickets are non-refundable if voluntarily returned by guests or for nonparticipation. A full refund of tour tickets is only given if the tour operator deems it necessary to cancel a tour due to conditions not meeting all safety standards.

Do other factors affect tour operation?

RSSC reserves the right to withdraw any tour; to limit the participation in any tour; or to make alterations in the operation of any tour which they may deem advisable for the safety or convenience of guests.

TERMS AND CONDITIONS

Travel Documents

All guests must be in possession of a valid passport. All travel documents are the sole responsibility of the individual guest.

Insurance

The extent of insurance coverage in foreign countries varies widely and depends on their laws and customs. Therefore, it is suggested that guests consider obtaining short-term health and accident policies prior to leaving home.

Included in Tours

Any required equipment not provided in connection with tours is specified in the tour descriptions. Local guides typically accompany tours to provide commentary and answer questions. Admission fees, where required, are included. Meals, refreshments and snacks are provided as specified in the descriptions.

Not included in tours

Tours do not include any food or beverages not specified in the tour description nor any expense incurred in returning to the ship separately from the group or before the tour is completed.

Withdrawal of tours

RSSC reserves the right to withdraw any tour; to limit the number of participants in any tour; or to make alterations in the operation of any tour which RSSC or the tour operator deem advisable for the safety or convenience of guests.

Tour departure times

Departure times for all tours will be confirmed onboard and printed on your tour ticket. RSSC reserves the right to adjust itineraries as local events and weather conditions dictate. Please attend the briefings conducted onboard by the Destination Services Desk for an overview of the excursions offered. Times of the briefings will also be published in the ship's daily program.

Shore Excursion Tour Operators

Tour operators are independent contractors. RSSC SHALL NOT BE RESPONSIBLE FOR ANY LOSS, DAMAGE OR INJURY DUE TO ACCIDENTS, DELAYS OR ANY ACT OF OMISSION OF ANY TOUR OR SHORE EXCURSION OPERATORS. Shore Excursions are subject to change due to local customs, strikes, holidays, equipment substitutions or other circumstances or conditions beyond the control of RSSC. Tour operators reserve the right to require individuals to withdraw from an excursion should their presence or conduct be deemed detrimental to other guests.

Responsibility

RSSC and its associates or affiliated companies act only as booking agents for airlines, coach companies, railroads, contractors and others providing tour and excursion services. RSSC's responsibility to guests is governed by the Terms and Conditions in the Ticket Contract, and RSSC shall not be liable in any manner for any reason with respect to other services provided by third parties.

All prices listed are per person in U.S. dollars, are subject to availability and may change or be withdrawn without prior notice. Please visit the "My Account" section of www.RSSC.com for pricing details. RSSC reserves the right to correct errors or omissions and to change any and all fares, fees and surcharges at any time. Ship's Registries: Bahamas and Bermuda. ©2009 Regent Seven Seas Cruises.



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