



SHORE EXCURSIONS

7
nights

STAR FLYER

Leeward Islands

(27 December-2025, 10 January, 24 January, 07-March-2026 sailings)



Sat	St. Maarten (Philipsburg)
Sun	Barbuda (River Bay)
Mon	Dominica (Cabrits)
Tue	Iles des Saintes (Terre-de-Haut)
Wed	Guadeloupe (Deshaies)
Thu	Antigua (Falmouth Harbour)
Fri	St. Barthélemy (Gustavia)
Sat	St. Maarten (Philipsburg)

What you need to know before booking your shore excursion:

- All our excursions are led by local English-speaking guides or driver-guides.
- The length of the tours and time spent on the sites is given as an indication as it may vary depending on weather, sea and traffic conditions and on the group's pace.
- The level of physical fitness required for our activities is given as a very general indication.
- Transportation: roads in the islands can be winding and bumpy. Vehicles used (coasters, minibuses, minivans) have generally small seats and limited space and legroom.
- Guests will be required to sign a liability waiver to participate in some activities.

How you can book your shore excursions:

- Shore excursions can be booked onboard, using the "sign-up lists" available at the Library.
- The price of the excursion will be added to your on-board account.
- A minimum number of participants is required for each tour; if the required number is not attained, the tour may be cancelled.
- To provide the best service and to avoid disappointments, please book your shore excursions as early as possible: places are limited and there is a booking deadline for each port.
- Cancellation and changes are possible until the booking deadline. After the booking deadline, 100% cancellation fees will be charged. Booking deadlines will be indicated on the Daily Program and on the booking forms.
- Transfers and tours ending at the airport can also be prepaid prior to your cruise.

Important notes:

- Departure times of the excursions are mentioned in the Daily Program of each port, which you will receive in your cabin the evening before each stopover.
- All information concerning excursions is correct at the time of printing. However, Star Clippers reserves the right to make changes. The latest updated tour descriptions are available onboard the ship in a file at the Library and on Star Clippers' website (you can download the file using the QR code).



Date of last update: 6th of June 2025

BARBUDA (River Bay) – Amazing Barbuda



01:30



89 €



Moderate



Minibus, boat

Min 10 / Max 44
participants

Sightseeing

A unique and exclusive opportunity to see Antigua's sister island, Barbuda, which is a wonderful place famed for its deserted pink sand beaches, Frigate Bird Sanctuary and crystal-clear waters. It is certainly somewhere very few cruise ship passengers will or can claim to have visited in the Caribbean. Upon arrival on the jetty in Barbuda you will be transferred to an air-conditioned minibus with your local guide to be taken for a guided sightseeing tour of Barbuda. After a short drive you will arrive at Martello Tower. This tower, 32 feet high, and its fort of three guns was used as a lookout along the south coast and for sighting in-coming or wrecked ships. This information was then signaled onward to the village of Codrington, several miles north. The fort guarded the main anchorage on the south-western side of Barbuda. After driving through the small capital town – Codrington – you will board a motorboat and visit the famous Frigate birds sanctuary, located towards the north end of the lagoon in a mangrove locality. This is the largest Frigate Bird (*Fregata magnificans*) nesting gathering in the world with an estimated 1,500 Frigate Birds. At the end of the boat tour, return at the jetty in River Bay, where you can enjoy some time at the beach or return onboard.

Please note:

- The order of the visits may vary.
- Dress for the weather, wear comfortable walking shoes and bring a hat, sunscreen and water.
- If you plan to stay at the beach at the end of the tour, wear a swimsuit under your clothes and bring a towel.

DOMINICA (Cabrits) – The Indian River by rowboat



02:30



55 €



Moderate



Minibus,
Rowboat

Min 8 / Max 40
participants

Sightseeing | Outdoors

Situated in the center of the town of Portsmouth in northern Dominica, the “Indian River” owes its name to the Kalinago people, formerly known as Carib Indians, who once settled on its upper banks. The river flows from the Morne aux Diabls mountain range and meanders gently through the lowlands of Portsmouth into the Caribbean Sea. Because it is below sea level, the lower parts of the river are brackish, supporting a unique ecosystem of flora and fauna. Species such as herons, kingfishers, and iguanas are often seen here and many still thrive even after the devastation caused by Hurricane Maria. The surrounding vegetation continues to flourish and regenerate.

Experienced boatmen will row you in traditional wooden boats, moving slowly to let you take in the rich wildlife and lush vegetation along the banks. You will also see filming locations from Pirates of the Caribbean.

Upriver, you will disembark for a short 10-minute stroll through botanical gardens and visit the famous Bush Bar. Try the signature “Dynamite” rum punch - a strong local specialty.

Please note:

- Rowboats accommodate up to 8 passengers. The boat ride includes a safety briefing and lasts approximately one hour round-trip.
- Dress for the weather, wear comfortable walking shoes and bring a hat, sunscreen, insect repellent, and water.
- The drive between the port and the Indian River is approximately 15 minutes. A driver-guide will accompany you on the drive; river guides will take over for the rowboat tour.

DOMINICA (Cabrits) – Touna Auté Carib Native Village



04:30



75 €



Moderate



Minibus

Min 8 / Max 24
participants

Sightseeing

A fascinating encounter with Dominica's Kalinago community at Touna Auté village.

The Kalinagos live in a communally owned mountain and coastal area on the northeast of the island, bounded by the stunning Pagua River. Touna Auté is surrounded by spectacular mountain gorges and is home to one of the island's endemic parrots, the Jaco red-necked parrot. The chief of the community, a former Kalinago chief, will welcome you and provide a historical overview of the Kalinago people. You will learn about their ancestral and sustainable cultivation techniques, how cassava bread is made, and discover the secrets of medicinal plants still widely used in daily life. Weather permitting, you can also swim in the crystal-clear waters of the river pools.

You'll also have the chance to sample local drinks and specialties and shop for traditional arts and crafts of which the Kalinago people are very proud.

Please note:

- This tour involves moderate walking over uneven surfaces, with some inclines and steps.
- Dress for the weather, wear comfortable hiking shoes (closed shoes with grip), and bring a hat, sunscreen, insect repellent, water, and water shoes.
- If you plan to swim at the river pools, wear a swimsuit under a cover-up and bring a towel.
- The journey between Cabrits and Touna Auté takes approx. 60–75 minutes each way with a driver-guide, on winding and occasionally bumpy roads across the mountains. The village guide will join the group upon arrival.

DOMINICA (Cabrits) – Syndicate National Park Nature Trail and Falls



04:00



59 €



Strenuous



Transfer by
minibus, hiking

Min 10 / Max 20
participants

Active & Adventure | Outdoors

Your excursion begins with a short, air-conditioned drive through the town of Portsmouth, passing the scenic Indian River, up to Syndicate National Park. This park is nestled at the foot of Dominica's tallest mountain, Morne Diablotin, in the Northern Forest Reserve. A local Forest Guide will join you and lead a comprehensive hike on the Nature Trail, approximately 2000 ft (600 m) above sea level.

During the hike, your guide will narrate details about the flora, fauna, and exotic birdlife within this forest reserve. This reserve is unique as it is the last remaining habitat of the endemic birds - the Sisserou and the Jaco Parrot. The Sisserou has been relocated to an off-island bird sanctuary until the vegetation recovers.

After the hike, you will proceed to Milton Falls (also known as Syndicate Falls), a secluded waterfall surrounded by lush forest. Watch the water plunge powerfully into the natural pool below, where you will have the opportunity to take a refreshing swim.

Afterwards, walk back to Syndicate Cafe for refreshments before returning to your ship in Cabrits.

Please note:

- The walk is approximately 1.5 hours at a gentle pace on a relatively easy, flat, and well-signposted route.
- The Milton Falls trail is a short 15-minute walk with minimal elevation gain but includes 4 river crossings - proper hiking shoes are mandatory. Rainforest terrain can be muddy and slippery.
- Dress for the weather, wear comfortable hiking shoes (closed shoes with grip), and bring a hat, sunscreen, insect repellent, water, and water shoes.
- If you wish to swim at the waterfall, wear a swimsuit under a cover-up and bring a towel.
- Driving time is approximately 45 minutes each way between Cabrits and Syndicate National Park, with a driver-guide. The hiking guide will join at the National Park.

ÎLES DES SAINTES (Terre-de-Haut) – Speed Boat Tour and Snorkel in Les Saintes Bay



03:00



109 €



Moderate



Speedboat

Min 10 / Max 24
participants

Boating | Snorkeling

Explore the stunning Les Saintes Archipelago from the water on a panoramic guided tour by speedboat. Sail through this picturesque bay, passing landmarks like Ilet Cabrit, Terre de Bas, Ilet Redonde, Grand Ilet, Ilet de la Coche, and the Ilets Les Augustins.

The tour includes a guided snorkeling session in the warm, crystal-clear waters near the “Pain de Sucre”.

Please note:

- This tour is not suitable for guests with reduced mobility, back or neck issues, or pregnant women.
- Snorkeling is optional, but only suitable for experienced swimmers.
- Min age: 7 years (minors must be accompanied by an adult). Max weight: 220 lbs / 100 kg.
- Wear your swimsuit under your clothes and aqua shoes. Bring a towel, sunscreen, sunglasses, and a hat.
- Snorkeling equipment is provided (mask, snorkel, and snorkel vest, NO fins).

GUADELOUPE (Deshaies) – Botanical Garden and Reimonenq Distillery



03:45



89 €



Moderate



Motorcoach

Min 20 / Max 35
participants



Rum tasting

Sightseeing | Tasting

Meet our local guide at the harbor of the charming fishing village of Deshaies, located on the northwest coast of Basse-Terre. Your tour begins with a short drive to the famous Jardins botaniques de Deshaies, a lush paradise of tropical flora from around the world, located on the outskirts of the village. Stroll along the beautifully landscaped walkways and observe exotic birds such as elegant flamingos, colorful parrots, lorikeets and more. You can also enjoy local snacks and a refreshing drink.

You'll then head to the Reimonenq Distillery, a pillar of the island's rum-making heritage. Discover the age-old traditions of rum-making on a guided tour of the distillery museum, where you'll learn more about the history, techniques and unique characteristics of this world-famous spirit. Finally, treat yourself to a rum tasting and savor the smooth flavors of locally produced rum.

Please note:

- This tour involves moderate walking (approx. 2 hours) over rough terrain with slopes and a few steps.
- Wear comfortable shoes and bring a hat, sunscreen, insect repellent and water.
- The journey from Deshaies to the distillery takes about 35 minutes.

GUADELOUPE (Deshaies) – Catamaran tour along Deshaies coast



03:00



85 €



Moderate



Catamaran

Min 10 / Max 22
participants

Boating | Snorkeling

A beautiful experience during a tour that combines the pleasure of a pleasant sailing with the joy of a break at anchor in a beautiful cove. From Deshaies, enjoy a magnificent panorama on the coast, alternating creeks and hills. Enjoy the pleasure of sailing in the Caribbean Sea, wind in the sails. Then, drop anchor at Petite Anse (“small cove”): it is time for a swim at the end of the morning. Snorkeling equipment is available on board for those who would like to discover the underwater. Back on board, a snack and planter’s punch and fruit juice will be served onboard while you enjoy this green setting.

Please note:

- This tour is not suitable for guests with reduced mobility, back or neck issues and pregnant women.
- The itinerary and tour sequence may be changed at the captain’s discretion depending on weather conditions.
- The stop for swimming or snorkeling lasts approx. 1h / 1h15, depending on sailing time. The boat stops around 100 meters from the beach, or closer depending on the wind direction.
- Swimming and snorkeling are optional, but only suitable for experienced swimmers.
- Wear your swimsuit under a cover-up and bring a hat, sunscreen, sunglasses and a towel.
- Snorkeling equipment is provided (mask, snorkel, and snorkel vest, NO fins).

ANTIGUA (Falmouth Harbour) – Antigua’s heritage and views



03:00



69 €



Moderate



Minibus

Min 15 / Max 40
participants

Sightseeing

Enjoy an amazing guided tour featuring three key stops to discover Antigua’s rich history: Nelson’s Dockyard (a UNESCO World Heritage Site), Shirley Heights Lookout, and the ruins of Betty’s Hope Sugar Plantation. Board your air-conditioned minibus for a short drive to English Harbour and Nelson’s Dockyard. Built in 1725, Nelson’s Dockyard was the base for the English naval squadron patrolling the West Indies. Follow a local guide on a short, informative walking tour through the Dockyard, exploring beautifully restored Georgian buildings, detailed plaques, and many points of interest. You’ll be served a refreshing rum punch or fruit punch, followed by free time to explore the Dockyard’s museum, art gallery, gift shop, and boutiques. Next, take a short drive to Shirley Heights Lookout, a former signal station used to warn of enemy ships approaching. Enjoy a picture-perfect view of Nelson’s Dockyard, English Harbour, and the Atlantic Ocean. Continue through Antigua’s countryside to the ruins of Betty’s Hope Sugar Plantation, home to the only twin sugar mills in the Eastern Caribbean and renovated sugar trains. This open-air museum is a memorial to the countless African slaves who lived and died there. Sir Christopher Codrington, a member of a wealthy sugar plantation family from Barbados, named the estate “Betty’s Hope” after his daughter. Bringing the latest sugar plantation techniques from Barbados, he established one of Antigua’s first full-scale plantations with 393 slaves. For over 300 years, the plantation shaped the lives of generations of Antiguan.

Please note:

- This tour includes moderate walking over uneven surfaces.
- Dress for the weather, wear comfortable walking shoes and bring a hat, sunscreen and water.
- Estimated driving times: 5 min from the port to Nelson’s Dockyard; 10 min from Nelson’s Dockyard to Shirley Heights; 25 min from Shirley Heights to Betty’s Hope; 30 min from Betty’s Hope to the port. The order of visits may vary.

ANTIGUA (Falmouth Harbour) – Canopy adventure in Antigua



03:30



89 €



Moderate to
Strenuous



Minibus

Min 4 / Max 30
participants

Active & Adventure

The Antigua Canopy Tour is a unique eco-tour through Antigua's lush rainforest, an unforgettable journey high above the trees. After a 30-minute drive, you will arrive at the Antigua Rainforest Company, where rangers will greet you and give a briefing session to prepare you for the excursion. Then the exhilarating treetop adventure begins.

The tour starts at the Old Pump House with a walk over a suspension bridge spanning a gorge to access the zip lines for your aerial journey. The zip lines range from 52 feet to 328 feet in length, criss-crossing the gorge. The topography means the excursion will mostly be above the treetops, entering and exiting via a "corridor" in the foliage at either end. In total, there are 12 zip lines, 3 aerial walkways, and 2 suspension bridges, offering a wonderful bird's eye view of the flora and fauna and a feeling of total immersion in the forest environment.

There are short treks into the gorge and a series of connecting zip lines criss-crossing the area at canopy level. The gorge is full of fascinating plants and exotic fruit, with a definite tropical feel, especially when you take a break in the tree house hidden away from the rest of the world. The terrain features tall trees and prominent boulders.

Please note:

- This is a very active tour and is only recommended for guests in very good physical condition.
- Participants must sign a waiver. Min height is 4 feet / 122 cm (minors must be accompanied by an adult). Max weight is 235 lbs / 106 kg.
- Wear comfortable clothing (jeans or bermuda-length shorts recommended), sneakers or sandals (no flip-flops), and shirts with short sleeves (no sleeveless tops). Bring a hat, insect repellent, sunscreen, a change of shirt and water. For guests with long hair, it is suggested to wear it in a ponytail or bun. Lockers are available at the canopy base. Helmet, hairnet, and gloves are provided. No cameras are allowed on the tour, except GoPro.
- There is a 40-minute (unguided) transfer between Falmouth Harbour and the canopy base.

ANTIGUA (Falmouth Harbour) – Stingray encounter



03:00



82 €



Moderate



Minibus, Boat

Min 10 / Max 60
participants

Sightseeing | Snorkeling

Board an air-conditioned minibus for a 30-minute scenic drive across the island to the northeast coast and the village of Seaton's, home base for Stingray City. Here you will be greeted by local staff who will brief you on the equipment and give safety tips to ensure a fun interaction with the rays.

Take a boat to the calm crystal-clear waters surrounding the coral reef where the stingrays live. Upon arrival at the enclosure, you will disembark onto a floating platform where your local guide will provide snorkel equipment and give a safety briefing before you enter the water. The warm waters on the sandbar and surrounding reef have an average depth of 4 ft and provide an ideal environment for everyone to meet these amazing creatures.

Your guide will introduce you to the rays, who are incredibly friendly, encouraging them to come to the surface so you can gently touch them and take photos. Stingrays have a barb midway down their long tails, but they only use it defensively if they feel threatened. You may want to feed them a little squid along with your guide. Stingrays do not have teeth but a vacuum-like mouth that sucks up their food. Other local marine life at the stingray enclosure may include crabs, lobster, shellfish, and starfish. Back at the home base, you can enjoy a refreshing rum or fruit punch and browse digital photos of your adventure (available for purchase).

Please note:

- Participants must be good swimmers. Minors must be accompanied by an adult.
- Wear a swimsuit under your clothes and soft-soled shoes and bring a hat, sunscreen, sunglasses, water shoes, a towel from the ship and water. Snorkeling equipment is provided.
- There is a 30-minute (unguided) transfer between the port and Stingray City, plus 15-minute transfer by boat between the base and the stingray's place. Stingray City is a popular destination in Antigua and can be crowded.

ANTIGUA (Falmouth Harbour) – Kayak adventure and desert Island



04:00



89 €



Active (Sport)



Minibus,
Speedboat, Kayak

Min 6 / Max 16
participants

Active & Adventure | Outdoors

The ideal way to explore the coastal mangrove ecosystem is by kayak. Knowledgeable tour guides will introduce the history and ecology of the mangroves and reefs, home to an astonishing variety of lobster, crabs, fish, and bird life. Board a minivan and drive across the island to the Kayak Adventure land base located at Seaton's Village, on the Northeast coast of Antigua. On arrival at the kayak base, you can change and will be equipped with life jackets (mandatory) and an alert whistle. You will board a 20-foot motorboat for a 15-minute water transfer to the mangrove pontoon where the kayaks are moored. The guides will advise you on safety precautions and kayak handling before the adventure begins. The tour guides will lead you through an easy trail of inlets, tiny uninhabited islands, mangrove alleys, and pretty bays in safe coastal waters. It is a great opportunity for learning about the flora and fauna of the mangroves and spotting tropical birds and teeming marine life.

After the kayak tour, the adventure continues with a 20-minute motorboat ride across the lagoons to Bird Island, one of Antigua's many offshore islands. It is the habitat of turtles, stingrays, starfish, conch, parrotfish, egrets, tropical birds, frigates, and hummingbirds. You may choose either to stay on the island relaxing on the small beach OR take a short boat ride to the reefs and snorkel. Return to the kayak base and then to the port at the end of the tour.

Please note:

- This is a very active tour and is only recommended for guests in very good physical condition.
- Min age is 7 years old; Min height is 4 feet / 122 cm (minors must be accompanied by an adult); Max weight is 250 lbs / 113 kg. Double kayaks will be used. Participants must be good swimmers and will be required to sign a waiver.
- Wear a swimsuit under your clothes and bring sunscreen, sunglasses, hat, water shoes, a towel from the ship, and extra dry clothes. Waterproof protection for mobile phones and cameras is highly recommended.
- There is a 30-minute (unguided) transfer between Falmouth Harbour and the kayak base. Approx. 45 minutes kayaking and approx. one hour at Bird Island (snorkeling) OR at the desert island. The order of activities may change.

SAINT BARTHELEMY (Gustavia) – Sailing the Leeward Coast of St Barts



03:00



135 €



Moderate



Catamaran

Min 12 / Max 18
participants

Boating

This tour is available only on on 27 December, 10 January, 24 January and 07-March sailings

For this excursion there is a special booking deadline (4 days prior arrival in St Barthélemy)

Step aboard for a relaxing sail along the picturesque leeward coast of Saint Barthélemy, where stunning views and gentle breezes create the perfect setting for a serene experience at sea. As you cruise around the island, admire its rugged coastline, crystal-clear turquoise waters, and secluded coves.

The captain will anchor at Molinière Bay - or another calm, scenic cove - for a swim stop. Take a dip directly from the boat, soak up the sun on the trampoline net, unwind in the shade under the bimini, or simply enjoy the tranquility with a good book in hand. Refreshing drinks will be served on board before you set sail back to Gustavia. After the tour, you will still have time to explore the charming streets, boutiques, or cafés of Gustavia at your leisure.

Please note:

- This tour is not suitable for guests with reduced mobility, back or neck issues, and pregnant women.
- Min age: 12 years (minors must be accompanied by an adult).
- Swimming during the stop is optional, but only suitable for experienced swimmers.
- The use of snorkeling equipment is not allowed during the swim stop.
- Wear a swimsuit under a cover-up and bring a hat, sunscreen, sunglasses and a towel from the ship.
- The itinerary and tour sequence may be changed at the captain's discretion depending on weather conditions.

SINT MAARTEN (Philipsburg) – Two nations, one island (ending at SXM airport)



4:00



69 €



Easy



Motorcoach

Min 10 / Max 30
participants

Lunch is
not included

Panoramic | Airport transfer

This excursion ends at SXM airport at approx. 12:30 and is suitable for guests with flight after 15:00.

Discover one of the Caribbean's most unique destinations - Sint Maarten, an island shared by two nations since 1648. Though there is no physical border, the Dutch and French sides each retain their own distinct character and charm. The Dutch side (Sint Maarten) radiates a vibrant Caribbean energy with colorful buildings, lively culture, and tropical flair. As a duty-free destination, it's also a shopper's paradise. In contrast, the French side (Saint Martin) is serene and elegant, boasting pristine white-sand beaches, fine French cuisine, and sophisticated resorts.

From the cruise port, you will be taken to nearby Philipsburg, the capital of Dutch Sint Maarten, where you will have approximately one hour of free time. Enjoy shopping along the renowned Front Street, or take a relaxing stroll on the beachfront boardwalk, overlooking the turquoise waters of Great Bay.

Next, begin a scenic drive past historic salt ponds and through Oyster Pond town, where you'll cross into the French territory. Along the way, stop at the picturesque Coralita Lookout Point, offering stunning views - and on clear days, a glimpse of nearby St. Barth. The route then takes you through Orient Bay and the town of Grand Case, before arriving in Marigot, the capital of French Saint Martin. Here, you will enjoy approximately 45 minutes of free time to shop for souvenirs, browse local markets, or simply relax with a coffee in a classic French café.

After soaking in the ambiance of the French capital, you will return to the Dutch side, crossing the scenic Simpson Bay Lagoon, and arrive at Princess Juliana International Airport at approximately 12:30 PM, for your onward travel.

Please note:

- Airlines require guests on international flights to arrive at the airport 2:30 prior to flight departure.
- Lunch is not included in the tour. Food and beverage available at the departure hall of the airport.
- Guests will have approximately 1 hour of free time in Philipsburg and 45 minutes of free time in Marigot.
- Dress for the weather, wear comfortable walking shoes and bring a hat and water.
- Estimated driving times: 10 min between the port and Philipsburg, 1:15 between Philipsburg and Marigot, 40 min between Marigot and the airport.

SINT MAARTEN (Philipsburg)

Star Clippers also offers the following transfer services (optional, at an additional cost):

- Shared Transfer to Princess Juliana Intl. Airport airport (SXM).

Guests who have purchased a shared transfer cannot choose their own pick up time.

There is a fixed departure from the port at approximately 09:00 (arrival at the airport at around 09:30).

This transfer is suitable for guests whose flight departs after 12:00.

- Private transfers to Princess Juliana Intl. Airport or to hotels.

Private transfers can be arranged from the pier to any hotel on the island, regardless of location.

Pick up from the pier for private transfers is no later than 10:00.

- Private transfers from hotels to the airport.

Private transfers can be arranged from any hotel on the island, regardless of location.

This service can only be pre-booked prior to your cruise and cannot be booked onboard.

Transfers and excursions ending at the airport can also be booked prior to your cruise.

Bookings made onboard during the cruise are always subject to availability.

If you wish to book a private transfer, we recommend that you book well in advance prior to your cruise, as the number of vehicles may be limited at certain times of the year.

For information and reservations please contact our reservations department or your travel agent.

The ship will be alongside at St Maarten Cruise terminal (1.5 from Philipsburg, on the Dutch side of the island).

SXM airport is located 12 km from the Cruise Terminal (approx. 30 minutes drive).

All guests are requested to leave the ship by 10:00am. There is no left-luggage service at the cruise terminal.



EXCURSIONS ACTIVITY LEVEL:

- ✓ **Easy:** excursion accessible to all participants, as it mainly takes place by bus or boat. Any footpaths and stairs that need to be negotiated are short or easy.
- ✓ **Moderate:** a certain basic level of fitness is required; excursion involving moderate walking - sometimes over uneven or unpaved paths and stairs.
- ✓ **Moderate to strenuous:** active participation is required; excursion involving walking long distances over uneven or steep terrain. May involve several flights of stairs or extended staircases.
- ✓ **Strenuous:** a good level of fitness is required; an excursion involving extensive uphill walking on inclines, uneven terrain with many steps. Excursion involving off-road driving, not suitable for pregnant women or anyone with a medical condition (back, neck, etc.) that could be affected by bumpy roads.
- ✓ **Active (sport):** Very good physical condition, stamina and skill are required. Passengers should be fit and active to participate in tours involving hiking, kayaking, snorkeling, cycling or similar activities.

The level of physical fitness required for our activities is given as a very general indication.

MAIN EXCURSIONS CATEGORIES:

- ✓ **Sightseeing:** it gives a quick but enriching overview, visiting and seeing the main attractions, landmarks and places of interest in a particular area, often including popular spots and sometimes hidden gems.
- ✓ **Panoramic:** it involves a limited number of long drives with commentary by the guide, no internal visits and - generally - limited walking between stops.
- ✓ **Active & Adventure:** Hiking, kayaking, Zip line, 4x4 off-road.
- ✓ **Outdoors:** Activities like hiking that let you explore the natural beauty of the region.
- ✓ **Wildlife:** Get up close to the region's fauna and learn about them in their natural habitats.
- ✓ **Snorkeling.** Guests participating in the snorkeling must be experienced swimmers. Itinerary and snorkel sites are subject to change due to sea and weather conditions. Check in the tour description to see if the snorkeling equipment is provided or if you must bring the equipment from the ship.
- ✓ **Boating:** Experience the destination from the water, whether it's sailing, cruising, or other maritime activities.

WHAT TO WEAR AND BRING WHEN GOING ASHORE ON EXCURSION:

- ✓ Unless special clothing suggestions are included in the excursion description, we recommend functional clothing and comfortable footwear.
- ✓ Comfortable shoes to help with any steep paths and uneven cobbles.
- ✓ A hat or cap, sun lotion, insect repellent.
- ✓ Water.
- ✓ For boat excursions or excursions including beach stop: swimsuit, beach towel, sunglasses, sunscreen, water shoes, snorkel mask.
- ✓ Mobile phone or camera to capture the moment.
- ✓ Ship card to get back on board.
- ✓ Some cash (US \$ is widely accepted, bring Euros for French islands).
- ✓ A copy of the Daily Program, to check last tender or last gangway time, tender schedule, lunch time, etc.
- ✓ For ports with tender service (ship at anchor), bring a rucksack or fanny pack so that your hands are free to hold on to the safety grip when boarding the tender.