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**SS MARINER March 30, 2023**

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## ❖ KUALA LUMPUR (PORT KLANG), MALAYSIA

### KUL-001 CITY OF GARDENS

**Duration:** 8.00 Hrs **Tour Price:** \$79.00

**Retail Price:** \$229.00



**Date:** March 31, 2023 08:30 AM

Revel in the natural beauty of Kuala Lumpur at a lush urban oasis, a setting that will leave you wonderfully relaxed before visiting more bustling downtown attractions. The rainforest-like setting of the city's butterfly park is serene, especially if you do nothing more industrious than sit on a bench and watch the butterflies flit from flower to flower. Then, visit Bird Park to experience the largest free-flight walk-in aviary in the world. The pace will pick up at the Petronas Twin Towers. At the six-level shopping mall Suria KLCC, you will enjoy free time to browse at your leisure.

- Bask in the serenity of a bird park and a butterfly park downtown.
- Make a photo stop at the Petronas Twin Towers.
- Spend free time shopping at Suria KLCC, one of the capital's most upscale malls.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to wheelchair guests, as the sights are not wheelchair accessible. There is a substantial amount of walking and activity, so guests with mobility concerns should evaluate their stamina and ability before joining the tour.

### KUL-004 HISTORIC MALACCA

**Duration:** 8.50 Hrs **Tour Price:** \$0.00

**Retail Price:** \$159.00



**Date:** March 31, 2023 08:30 AM

Explore the rich, centuries-old history of Malacca during this memorable, full-day journey through the city's glorious and colorful past. Depart the pier for the scenic, 2-hour drive along the modern highway to Malacca. This history of Malaysia emanates from Malacca. Parameswara, an exiled Malay Hindu prince from Sumatra, founded this intriguing city in 1400. Upon arrival in Malacca, a visit will be made to St. Peter's Church, the oldest Christian church still in use in Malaysia. From here, you will proceed to the Stadhuys and commence the walking portion of your tour. You will walk to St. Paul's Hill, then continue on to A'Famosa before re-boarding your coach again for the transfer to the Baba and Nyonya Museum. During your guided tour, you will have an opportunity to view the heirlooms unique to the heritage of Malacca. Next, you will proceed for an International Buffet lunch in the Equatorial Hotel or similar. After lunch, a visit will be made to Jonker Street, a haven for antique collectors and bargain hunters. Authentic artifacts and relics, some dating as far back as 300 years, can be found among a host of interesting collectibles, each with its own history. Following your visit, you will rejoin your coach for the return drive to the pier.

Due to heavy traffic conditions, the tour itinerary is subject to change. Conservative dress is required when visiting the mosque; shorts and sleeveless shirts are not permitted inside. This tour involves approximately 2 hours of walking, with 80 steps to negotiate. The drive from the pier to Malacca is approximately 2 hours in each direction.

### KUL-006 KUALA LUMPUR EXPLORATION

**Duration:** 8.00 Hrs **Tour Price:** \$0.00

**Retail Price:** \$169.00



**Date:** March 31, 2023 08:45 AM

Discover Kuala Lumpur during an informative, full-day tour of this picturesque city. Depart the pier for the drive along the modern highway to Kuala Lumpur. Upon arrival, you will take an orientation tour of the city. Along the way, you will stop for photos at the Kings's Palace and the Blue Dome Mosque, one of the country's most beautiful structures, with 470-foot minarets. Visit the National Museum, the country's principal museum. The unique design of this palatial building is based upon classic Malay architecture. Your guided tour of the museum's diverse galleries offers interesting insights into the nation's history, politics, culture, economy, arts, and flora and fauna. Some of the photo stops you will make during the day are: The National Monument; designed by acclaimed sculptor Felix De Weldon, this 50-foot-tall bronze monument was constructed in 1966. The 88-story Petronas Twin Towers, the centerpiece of Kuala Lumpur's city center. Stopping at Independence Square, you will see the 328-foot flagpole marking the spot where the Malaysian flag was hoisted on August 31, 1957 to commemorate the country's independence from British rule. Walk across, for another photo opportunity, to the Jame Mosque. Built in 1909, it is the oldest mosque in Kuala Lumpur, and features graceful arches and domes that are reminiscent of Moorish architecture. Then, continue your walk to the central market. Once a busy wet market, the many shops housed in this heritage building will enchant you with their offerings of antique clocks, jewelry, gems, woodcarvings, batik, and pewter. During the day, you will stop to enjoy a buffet style lunch at one of the city's leading restaurants.

This tour includes approximately 2-hours of walking/standing, plus stairs and steps to negotiate. Additional walking during photo stops is at guests' discretion. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns. Weather appropriate clothing, adequate sun protection and flat comfortable walking shoes are recommended.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## KUL-008 KUALA LUMPUR ON YOUR OWN

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 31, 2023 08:45 AM

Explore Malaysia's capital and largest metropolis on your own, only visiting the attractions that appeal to you. You will be dropped off at Lot 10, a shopping center in the heart of Kuala Lumpur. Plenty of other shopping areas and restaurants are nearby, as are some of the city's top destinations. The guide will be happy to make recommendations or you may simply head off wherever you like. Over the next 3½ hours or so, chances are, you will see a mix of contemporary and traditional architecture that reflects the early history of Kuala Lumpur and its modern sensibilities. Whenever you go, you might use the Petronas Twin Towers as points of reference, as they are two of the world's tallest structures and can be seen from most everywhere. For a respite from the urban hubbub, meander through the Perdana Botanical Gardens, a wonderland of exotic tropical plants that was established more than 100 years ago.

- Spend hours in Kuala Lumpur, exploring on your own and at your own pace.
- See the destinations of most interest to you and stay at them as long as you like.
- Marvel at the delightful mix of modern and traditional architecture.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The coaches are not wheelchair accessible. Guests must be able to board and disembark them on their own; therefore, this tour may not be suitable for wheelchair guests.

## KUL-002 PUTRAJAYA & AGRICULTURAL HERITAGE PARK

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 31, 2023 09:00 AM

Cruise around the massive lake that surrounds much of Putrajaya, a modern master-planned city developed as a high-tech communications center. Named to honor Malaysia's first prime minister, Putrajaya was constructed early this century to accommodate Malaysia's administrative offices when the capital of Kuala Lumpur became too congested to operate effectively. As you will see from the unique perspective of the lake, Putrajaya harmoniously blends contemporary and traditional architecture. Highlights include the green-domed prime minister's office complex known as the Perdana Putra and the rose-granite Putra Mosque, whose five tiers represent the five pillars of Islam. You can also expect to see the Putra Bridge, another gem of Islamic architecture with minaret-style piers. Putrajaya is hailed as one of Malaysia's most environmentally friendly cities, as greenery, parks and wetlands blanket most of the land, which was once covered by rubber and oil palm plantations.

- Cruise the lake that surrounds the relatively new, master-planned city of Putrajaya.
- Learn how and why eco-friendly Putrajaya was developed near Kuala Lumpur.
- Behold landmarks such as the Putra Mosque and the prime minister's office complex.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to wheelchair guests, as the sights are not wheelchair accessible. The tour boat is air-conditioned.

## KUL-007 KLANG HERITAGE AND HOME VISIT

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: March 31, 2023 09:00 AM

Enjoy the diversity of Malaysian life by visiting a family in their residence, browsing the Royal Gallery and enjoying free time in the Little India shopping area. While savoring beverages and cakes with the family, feel free to ask about their daily activities or most anything else. They will be happy to entertain your questions, and an interpreter will be on hand to keep the conversation flowing. The Royal Gallery offers a glimpse into the elite lifestyle of Malaysia's monarchs through exhibits of their personal effects, photography and regalia such as a replica of the crown jewels. The building housed the British administrative offices during the colonial era and was a Japanese headquarters during World War II. You will also have the opportunity to browse the stores in Little India, a vibrant community known for its shopping. You will find a profusion of authentic Indian merchandise such as colorful saris, an assortment of sweetmeats, aromatic spices and exotic fragrances. Visit the beautiful Alam Shah Palace for a photo stop.

- Enjoy the hospitality of a local family in their private residence.
- Trace the lives of Malaysia's rulers through fascinating exhibits at the Royal Gallery.
- Shop for authentic Indian merchandise in the community Little India.

Visit the Alam Shah Palace for a photo stop.

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. There are 15 steps to reach the family home and 30 at the Royal Gallery. Shoes must be removed in the family home.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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### KUL-003 KUALA LUMPUR COUNTRYSIDE & HANDICRAFTS

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: March 31, 2023 09:15 AM

On this delightful and educational tour of rural Kuala Lumpur, you'll explore a cave in the countryside, along with some of the nation's most popular handicrafts. Begin your tour with a visit to Batu Caves in a limestone hill, which has a series of caves and cave temples, located in Gombak district, 13 km north of Kuala Lumpur, Malaysia. It takes its name from the Sungai Batu or Batu River, which flows past the hill. Batu Caves is also the name of the nearby village. The cave is one of the most popular Hindu shrines outside India, dedicated to Lord Murugan. It is the focal point of Hindu festival of Thaipusam in Malaysia which attracts over 1.5 million pilgrims yearly, making it one of the largest annual gatherings anywhere in the world. Next, visit the pewter manufacturer, Royal Selangor, the largest of its type in the world. It is recognized as a Malaysian brand icon. The tour begins at the Gallery where you will learn about the business's pioneering past and its transformation to a world-class company. The Factory Tour shows you live the different pewter production processes - casting, filing, polishing, soldering, hammering and engraving, as well as the intricacies of making Selberan's fine jewelry. You will also have the opportunity to join The Royal Selangor 'School of Hard Knocks', which is an entertaining hour-long pewtersmithing workshop where, for a small fee participants are taught to create their own pewter dish using traditional tools and methods. Afterwards, you'll re-board your coach and return to Port Klang. Please note: This tour involves some walking, and negotiating the 275 steps at the Cave Temple.

### KUL-005 KUALA LUMPUR HIGHLIGHTS

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: March 31, 2023 09:15 AM

See beautiful and historic mosques, museums, memorials and the King's Palace during this scenic tour of Kuala Lumpur, with photo stops along the way. Drive along the modern highway to Kuala Lumpur for an orientation tour of the city. Along the way, you will pass by the Sultan Salahuddin Abdul Aziz Shah Mosque, one of the country's most beautiful structures. Frequently referred to as the Blue Mosque, its 470-foot minarets are the world's tallest. Visit the Thean Hou Temple. This striking, six-tiered temple is regarded as one of the biggest Chinese temples in Southeast Asia, and is home to the patron Goddess Thean Hou of the Hainanese community. Stop for photos at the National Monument, designed by acclaimed sculptor Felix De Weldon, this 50-foot-tall bronze monument was constructed in 1966. Another picturesque stop is the Sri Kandaswamy Kovil Hindu Temple. This huge temple is one of the most prominent Sri Lankan or Ceylonese Tamil temples in Malaysia, and has become a popular tourist attraction in Kuala Lumpur. The temple architecture is believed to have been inspired by the Nallur Kandaswamy Temple in Jaffna, Sri Lanka. During another photo stop at Independence Square, you will see the 328-foot flagpole marking the spot where the Malaysian flag was hoisted on August 31, 1957 to commemorate the country's independence from British rule.

The visit to Thean Hou Temple involves negotiating approximately 80 steps. Additional walking during photo stops is at guests' discretion. This tour is not recommended for wheel chair guests or those with walking or mobility concerns. Weather appropriate clothing, adequate sun protection and flat comfortable walking shoes are recommended.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## PENANG, MALAYSIA

### PEN-007 BUTTERFLY FARM & SPICE GARDEN

**Duration:** 4.00 Hrs **Tour Price:** \$0.00

**Retail Price:** \$59.00



**Date:** April 01, 2023 08:15 AM

Wander through the serene Entopia Butterfly Farm and the Tropical Spice Garden, two spectacular natural venues that showcase the local flora and fauna. At the first locale, you can expect to enter an enclosed vivarium where as many as 15,000 butterflies flit about the garden plants. Waterfalls, ponds and manmade caves enhance the setting's natural beauty and provide a tranquil backdrop. You may also observe rare insect species in an exhibition that explains their unusual characteristics. A fascinating immersion into herbs and spices awaits you at the nearby spice garden, the only such facility in Southeast Asia. As you meander through the 8-acre natural wonderland, you will see exotic spices, aquatic plants and jungle flora that is indigenous to Malaysia. In keeping with the theme of conservation, most of the building materials are recycled or salvaged and repurposed.

- Walk among thousands of butterflies in an enclosed vivarium.
- Feel an immense sense of calm as you wander through the natural setting.
- Discover many of Malaysia's unusual herbs and spices in another garden setting.
- Dress in weather-appropriate clothing, including long pants and a hat.
- Wear flat comfortable walking shoes.
- Bring insect repellent.

This tour involves about two hours of walking, occasionally on uneven paths and slopes. It is not recommended for wheelchair guests or those with mobility concerns.

### PEN-011 HERITAGE JEWELS OF GEORGETOWN

**Duration:** 3.50 Hrs **Tour Price:** \$0.00

**Retail Price:** \$149.00



**Date:** April 01, 2023 08:30 AM

Delve into Georgetown's rich heritage by exploring its finest architectural and cultural treasures, many of which reflect the British colonial rule and the city's status as a UNESCO World Heritage site. For an enlightening look into Georgetown's religious heritage, you will visit the Reclining Buddha Temple. Built in 1845, the temple houses an enormous, gold-plated statue of Buddha in a reclining position that symbolizes complete peace. A short walk across the street will bring you to an even older Burmese Buddhist temple, the only one outside of Myanmar. Georgetown's deep Chinese influence is best expressed through Chung Keng Kooi Mansion, where the head of the Hai San secret society once lived, and Khoo Kongsi, a 650-year-old clan house built to celebrate the success of the Khoo family. You will also stop at Chew Jetty, a settlement of wooden houses on stilts that Chinese immigrants built in the 19th century.

- Discover the attractions that best express Georgetown's cultural heritage.
- Behold the more than 100-foot-long Buddha statue at the Reclining Buddha Temple.
- Browse a mansion once owned by the head of a Chinese secret society.
- See an early Chinese settlement build along the waterfront.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 2½ hours of moderate walking and standing with some steps to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their ability and stamina before joining the tour.

### PEN-002 BATIK CREATION EXPERIENCE

**Duration:** 3.00 Hrs **Tour Price:** \$0.00

**Retail Price:** \$149.00



**Date:** April 01, 2023 08:45 AM

Unleash your creativity by making a batik cotton scarf of your own design in a hands-on class. The fun will take place at Penang Batik, a factory where artisans have been making batik using traditional techniques since 1973. This wax-resistant dyeing technique originated in Java and has evolved to include various methods of production such as block-printing, silk-screening and tie-dyeing. Although you may copy iconic Malaysian designs, you will be encouraged to create a design that reflects your own personal tastes and preferences. It can be as inventive or traditional as you please. If the colors set by the end of class, you can take the scarf with you. Otherwise, it will be mailed to your residence at no extra cost. You will also have time to shop for batik merchandise such as shirts, blouses, tablecloths and napkins.

- Make a batik scarf of your own design in a hands-on class and keep your creation.
- Gain insight into the methods used to create batik at the factory where the class is held.
- Shop for beautiful batik merchandise at the factory boutique.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Walking is limited on this tour. However, guests will have to stand during most of the one-hour workshop.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

**GL** Go Local Tour



Accessible Tour

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## PEN-010 THE GRAND TOUR OF PENANG

Duration: 7.35 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: April 01, 2023 08:45 AM

Enjoy the definitive exploration of Penang, a scenic adventure that will encompass the most representative and revealing attractions, beginning with Kek Lok Si Temple. The largest temple in Southeast Asia, it offers a commanding view over Georgetown and features a towering seven-story pagoda, decorative shrines and tranquil gardens. Chung Keng Kooi Mansion is another architectural treasure with an unusual history, as the head of the Hai San secret society once lived there. Penang is synonymous with batik, and you will see how it is produced by touring a factory that makes traditional batik fabric. The lush countryside surrounding Penang is also well worth a look and through stops at a fruit market and a Malay village, you will gain great insight into rural life. For a glimpse into more modern life, you will take in the urban and coastal views from Penang Bridge, an engineering marvel that connects Penang Island to the mainland.

- Enjoy an in-depth look at Penang through its must-see attractions.
- Take in the spectacular view of Georgetown from a sprawling hilltop temple complex.
- Browse a mansion once owned by the head of a Chinese secret society.
- Drive through the picturesque countryside on the outskirts of Penang.
- Pause for photos at Penang Bridge, which spans the wide Penang Strait.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not recommended for wheelchair guests as the sites are not wheelchair accessible. There will be a substantial amount of walking that can be strenuous at times and more than 100 steps to negotiate. Guests with mobility concerns should evaluate their ability and stamina before joining the tour. The order of sites visited may vary to avoid overcrowding.

## PEN-009 GEORGETOWN HERITAGE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 01, 2023 09:00 AM

Gain a broad understanding of Georgetown's history and culture during this orientation tour of the landmark attractions in this UNESCO World Heritage site. The British influence will be immediately apparent as you pass Fort Cornwallis, which was built in the 18th century to protect the interests of the British East India Company. While pausing at the ornate Reclining Buddha Temple, you will see the namesake gold-plated statue of Buddha, which stretches more than 100 feet long. Queen Victoria donated the land for the temple in 1845. The Chinese influence will come to light at Khoo Kongsi, a clan house adorned with extraordinarily intricate carvings throughout. Tea follows at the Eastern & Oriental Hotel, a beloved institution known familiarly as the E&O. The tour will conclude at Chew Jetty, a historical Chinese settlement of houses built on stilts along the waterfront. Elevated wooden boardwalks connect the dozens of houses on the jetty.

- See the best of Georgetown, a World Heritage site with Asian and European influences.
- Behold the more than 100-foot-long Buddha statue at the Reclining Buddha Temple.
- Marvel at the intricate carvings at a Chinese clan house.
- Savor a British-style tea at the landmark Eastern & Oriental Hotel.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves approximately 1.5-hours of walking/standing on mostly flat surfaces and some uneven ground at the jetty, and numerous steps to negotiate. Tour is not available for wheel chair guests and those with walking or mobility concerns are cautioned to evaluate their personal level of ability and stamina. You must remove your shoes before entering the temple.

## PEN-012 PENANG HILL, TEMPLE & FUNICULAR

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: April 01, 2023 09:15 AM

Ride a tram to the top of Penang Hill for a spectacular view of Georgetown and beyond, and then visit a Buddhist temple so famous that it has become an icon of Malaysia. Upon arriving in the suburb of Air Itam, you will ascend Penang Hill on a railway tram. The views on the way to the top will be outstanding, as the peak rises more than 2,700 feet above sea level. The temperature is significantly cooler atop the mountain, one reason that the British colonials built homes here. After descending, you will drive to Kek Lok Si Temple, a sprawling Buddhist complex built in the early 20th century. The highlight is its seven-story Pagoda of Ten Thousand Buddhas, whose stunning design is Chinese, Thai and Burmese. Inside, you will behold a statue of the Goddess of Mercy, before walking to Liberation Pond. Turtles are often set free here, as they are considered sacred and symbolize longevity.

- Take in the stunning views of Penang Island while riding a tram to the top of Penang Hill.
- Marvel at the Pagoda of Ten Thousand Buddhas at Kek Lok Si Temple.
- Behold the temple's revered Goddess of Mercy.
- See turtles considered to be sacred at Liberation Pond.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of moderate to strenuous walking with more than 200 steps to negotiate at the temple. It is not available to wheelchair guests and not recommended for those with mobility concerns, as participants must be able to enter and exit the tram with limited assistance.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## ❖ PHUKET, THAILAND

### HKT-001 HIGHLIGHTS OF PHUKET

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 02, 2023 08:30 AM

Discover the diversity of attractions on Phuket and gain a cultural understanding of Thailand's only island province. You will learn about cashew production at the curiously named Sri Bhurapa Orchid Company by watching the production process. For a glimpse into Phuket's history, you will visit the Buddhist temple Wat Chalong. A gilt statue of a heroic monk that helped quell the Chinese Coolie Rebellion in 1876 is inside. You will then see one of the world's most valuable collections of seashells at a museum with rarities and curiosities such as the world's largest golden pearl and a shell weighing a quarter ton. Although Promthep Cape may be littered with shells, its ultimate attraction is the view of the island-dotted Andaman Sea from the top of the cape. Architecture is the allure of Phuket Town, as you will discover by meandering through its oldest section, a collection of colonial buildings with Portuguese and Chinese influences.

- Explore diverse attractions ranging from a Buddhist temple to a seashell museum.
- Gain insight into the history of Phuket through its Sino-Portuguese colonial architecture.
- Behold the island's natural beauty while driving and from atop Promthep Cape.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes over 2-hours of walking/standing and numerous steps to negotiate. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns. Actual tour duration is dependent of traffic conditions, which can be heavy at peak times. Shoes must be removed when visiting temples. Seashell Museum will be replaced with similar venue when museum is closed.

### HKT-002 SCENIC PHUKET & ELEPHANT CAMP

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: April 02, 2023 08:30 AM

Broaden your understanding of Thai culture through attractions that reflect various perspectives of daily life, beginning with a factory that processes cashews. Don't be fooled by its misleading name, the Sri Bhurapa Orchid Company is devoted solely to the production of cashews, an important cash crop on the island. Products range from cashew juice said to have medicinal qualities to raw cashews flavored with butter and sweet chilis. The island's devotion to Buddhist comes to light at Wat Chalong, the island's largest temple. If you hear firecrackers going off, don't be alarmed—that's how worshippers traditionally express gratitude for answered prayers. Elephants are also synonymous with Thai culture, and they once roamed wild on Phuket. You will see these extraordinary creatures up close at an elephant camp, where you may watch them demonstrate their intelligence and ability to use tools.

- Understand the importance of cashews to Phuket's economy at a nut-processing factory.
- Visit Phuket's largest Buddhist temple and see the statue of a former heroic monk.
- Watch elephants demonstrate their prodigious intelligence and abilities.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes 3.5 hours of walking/standing on mostly uneven ground and numerous steps to negotiate. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns. Actual tour duration is dependent of traffic conditions, which can be heavy at peak times. Dress modestly and cover your knees and shoulders to enter the temple. Shoes must be removed when visiting temples.

### HKT-003 SPECTACULAR PHANG NGA BAY

Duration: 8.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: April 02, 2023 08:30 AM

This full-day tour takes you to one of the most unique and inspiring spots on earth, Phang Nga Bay. Considered by many a must-see sight, there are very few places in the world with a landscape like Phang Nga. Begin your day with a drive to the island's north end and then cross to the Thai mainland via the Thep Krasatree Causeway. Drive to Phang Nga National Park where you board a motorboat and begin your unforgettable cruise through the spectacular and seductive limestone scenery. Established in 1981, the park lies in the sheltered pale milky-green waters northeast of Phuket Island and is the location of more than 80 awe-inspiring islands. These unique karst formations were created when a collision of great magnitude occurred over 300 million years ago between the Indian subcontinent and mainland Asia. The force of the tectonic plates pushed and rotated what is now Thailand and Malaysia, forcing the limestone above the surface. The resulting karst formations appear like fairy castles out of the sea and they come in all different shapes and sizes. Vegetation on the karsts has evolved to withstand long periods of dryness and an almost complete lack of soil. See spectacular flora hanging off the vertical rock faces and cascading down the cliffs including palm trees, bamboo, ferns and wild orchids. During your cruise enjoy a photo opportunity at the small island of Kao Ping-Gan, where part of the James Bond adventure "The Man with the Golden Gun" was filmed. Visit Koh Panyee, a picturesque village extending out across the water, resting precariously on small pilings. It is inhabited chiefly by Muslim fishermen who originally migrated from Indonesia. Cut off from the mainland and most modern amenities, their unique culture has existed for more than a hundred years. Following a buffet lunch, you will drive back to the ship. A short stop at a recommended shopping venue will be made en route.

- Cruise through the staggeringly beautiful landscape of Phang Nga National Park.
- Pass towering limestone columns rising from the sea and near-vertical cliffs.
- Ease through mangrove forests and into small grottoes carved out of the limestone.
- Stop at an isolated fishing village built on stilts that lacks most modern conveniences.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking; however, there will be some steps and uneven surfaces to negotiate. The tour is not available to wheelchair guests and not considered suitable for guests with mobility concerns. Traffic conditions in Phuket and time in port may affect the tour duration.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## HKT-005 PHUKET HIGHLIGHTS & CULTURAL SHOW

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 02, 2023 08:45 AM

Become immersed in Phuket's culture, spiritualism and natural beauty through its must-see attractions. Few settings on the island are quite so inspiring as Promthep Cape, the top of which you will reach by climbing a few dozen steps. From there, you will gaze out over the spectacular landscape of Nai Harn Beach, which rims a perfect half-moon bay and the island-dotted Andaman Sea beyond. Wat Chalong, the island's largest and most revered temple, is inspirational in a different way. While there, you may see pilgrims who come to pay respects to a former monk that helped quell the Chinese Coolie Rebellion in the 19th century. The temple holds his walking stick, which is said to cure diseases when touched. A traditional dance performance at a village build around a former tin mine will add another layer to your understanding of Thai culture. The opulently costumed performers will dance to the bewitching sounds of Thai flutes and drums.

- Behold the island's natural beauty while driving and from atop Promthep Cape.
- Visit Phuket's largest Buddhist temple and see the statue of a former heroic monk.
- Watch a mesmerizing Thai dance performance in a traditional village.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes over 2-hours of walking/standing and numerous steps to negotiate. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns. Actual tour duration is dependent of traffic conditions, which can be heavy at peak times. Dress modestly and cover your knees and shoulders to enter the temple. Shoes must be removed when visiting temples.

## HKT-006 PHUKET LANDMARKS

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 02, 2023 08:45 AM

Phuket is a tropical island located off the southern coast of Thailand, in the warm, turquoise waters of the Andaman Sea. With its natural heritage of stunning white-sand beaches, exotic marine life and lushly forested hillsides, Phuket is one of Asia's most popular destinations. The island features welcoming inhabitants, outstanding seafood and beautiful waterfalls carved into magnificent mountains. The architectural style of the island is described as turn-of-the-century Indo-Portuguese-Chinese, giving Phuket Town a decidedly strong Mediterranean character. Departing the pier, you will first make your way to Promthep Cape, a headland stretching into the sea and forming the extreme south-end of Phuket Island. It has traditionally been a prominent feature for mariners approaching the island. The vantage point here offers up a breathtaking panoramic vista that overlooks the southern-most tip of the island. Continuing on, you'll next drive to the Big Buddha Temple (Mingmongkol Eak Nakakiri Temple). From nearly anywhere in the area south of Phuket, you will see a towering Buddha Image located right at the top of Nark Kerd mountain. This giant Buddha, as known locally, is a local landmark and a sacred place facing that faces Chalong bay. It is nearly 148 ft. high and 82 ft. across the base. Its official name is "Phra Puttamingmongkol Akenakkiri Buddha". From Big Buddha Temple, you will then proceed to Chalong Temple. This impressive temple is Phuket's largest and most sacred. Of particular interest are the gold-leaf-encrusted statues of three former abbots. One of them, Luang Por Cham, was well known for his medical skills and magical powers, which he successfully used when Phuket was attacked by the Chinese at the turn of the 20th century. Two stops are included on your way back to Phuket, the first is a short stop at a local shop where Thai silk, cultured pearls, pewter, cotton, porcelain, and stones are sold. Your final stop is at the Chinese Shrine. The majority of people in Phuket are Chinese who are descended from those who migrated to Phuket over 100 years ago. Each year, the annual Phuket Vegetarian Festival takes place at the Chinese Shrine. Following your time at the Shrine, you'll transfer directly back to the pier.

This tour includes over 2-hours of easy to moderate walking and steps to negotiate, especially at the Big Buddha Temple where there are a significant number. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Light weight clothing (please dress conservatively in respect of the temple visits); sun cap; sunglasses; and flat, comfortable walking shoes are recommended. The tour may operate in either a coach or a minivan, dependent upon participation levels. If by coach, it will be necessary to transfer to a minivan to reach the Big Buddha Temple.

## HKT-007 SNORKELING AT KOH KHAI

Duration: 5.00 Hrs Tour Price: \$109.00

Retail Price: \$259.00



Date: April 02, 2023 08:45 AM

Snorkel the coral reefs surrounding the petite island of Koh Khai, observing the variety of marine life that flourishes in the crystalline waters. A speedboat will take you to Koh Khai for your snorkeling adventure in the Andaman Sea. Feel free to relax on the island's powdery beach first. You might sunbathe, stroll along the shore and gaze out over the idyllic setting. When the mood strikes, head for the reef just offshore, where the waters are teeming with marine life. While snorkeling, you may spot brilliantly colored butterfly fish pecking for food among the crevices, triggerfish comfortably nestled in the coral and clown anemonefish, whose bright orange coloring and white stripes make them one of the most recognized reef-dwellers. You will also have the chance to snorkel the waters surrounding a different island nearby. Although the same sorts of species flourish here, the underwater scene will constantly change, ensuring that each moment will be a new experience.

- Zip through the Andaman Sea to the island Koh Khai on a speedboat.
- Relax on the beach rimming the island and snorkel whenever you please.
- Cruise to another island and snorkel its crystal-clear waters for a different perspective.
- Dress in weather-appropriate clothing.
- Wear a swimsuit under a cover-up and bring a towel and sunscreen.
- Wear flat comfortable walking shoes.

Participants must be in good physical condition, able to swim comfortably in the sea and be able to negotiate getting on and off the transportation. A ladder is used to get on and off the speedboat at the snorkeling sites and at the marina. The speedboat is boarded from pontoon piers that can rise and fall with the tides. Surfaces may be wet and slippery. The tour is not available to wheelchair guests or to those with mobility concerns. Participants should be in good physical condition. Wildlife sightings, while common, cannot be guaranteed. The snorkeling sites are subject to change depending on the sea and weather conditions. Guests participating in water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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Accessible Tour

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## HKT-WT1 WELLNESS ACTIVITY & COOKING CLASS

Duration: 6.00 Hrs Tour Price: \$239.00

Retail Price: \$439.00



Date: April 02, 2023 08:45 AM

Practice yoga on the beach, meditate in the shadow of a towering statue of Buddha and dine on the concoctions you create in a cooking class, all in the interest of enhancing wellness. Palm-dotted Kata Beach will be the setting for the yoga class, during which the instructor will lead you through a series of postures that may lead to greater relaxation and perhaps a level of inner peace. Then it's on to the Big Buddha, a massive concrete statue layered with white jade marble. In this serene locale, you will meditate in the Buddhist style in hopes of attaining physical and mental benefits. To further understand the local culture, you will travel to Kan Eang@Pier, one of the city's oldest restaurants. Under the watchful eye of a master chef, you will prepare healthy Thai dishes in a hands-on cooking class. As you will discover by dining on the dishes, they will express the nuances of Thai cuisine.

- Relax while practicing yoga at a beautiful, palm-shaded beach.
- Meditate in the shadow of a towering statue of Buddha that will offer inspiration.
- Learn to cooking Thai cuisine in a hands-on class at one of Phuket's oldest restaurants.
- Delight in the nuances, textures and flavors of the Thai dishes that you have prepared.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes limited walking, mainly at the guest's discretion. The tour is available to guests who utilize a wheelchair who can make their way on and off the coach and have a companion to assist them.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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## ❖ SABANG, INDONESIA

### SBG-003 WEH ISLAND DISCOVERY

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$179.00



Date: April 03, 2023 10:00 AM, 10:30 AM, 11:45 AM, 12:15 PM

Follow a wonderfully circuitous route across Weh Island, taking in the natural beauty and then stopping in an alluring oceanfront village. You won't have to travel far inland on the volcanically formed island to find Anak Laut, a clear lake that supplies drinking water to the entire island. Continuing along a series of winding roads, you will soon enter an expanse of emerald-green rainforest and pass through one fishing village after another. Upon reaching the northwesternmost tip of the Indonesian archipelago, you will have a spectacular view from a cliff-top monument that overlooks the Indian Ocean. More scenic wonders await you nearby in Iboih Village, a small beach setting that is a popular spot for divers and snorkelers. Feel free to wander about the village and relax on the beautiful beach, as Iboih is exceptionally welcoming and laid-back. If you are hungry, a snack of sweet pastries made with fried bananas and coconut will be offered.

- Explore the highlights on Weh Island, including its considerable natural beauty.
- Pass through pristine rainforest and fishing villages on the way to a cliff-top lookout.
- Wander about a laid-back seaside village popular with divers.
- Mingle with the local shoppers at a busy market place upon returning to Sabang.
- Dress in weather-appropriate conservative clothing that covers the arms and legs.
- Bring sunscreen and a rain poncho.
- Wear flat comfortable walking shoes.

This tour includes about two hours of easy to moderate walking, mainly at the guests' discretion during the stops. The tour is not available to wheelchair guests and not considered suitable for those with mobility challenges. Most vehicles lack air conditioning.

### SBG-005 BECAK EXPLORATION

Duration: 1.50 Hrs Tour Price: \$99.00



Date: April 03, 2023 10:00 AM, 11:00 AM

Ride through Sabang in a becak, a traditional cycle rickshaw that will allow you to view the attractions from an enlightening street-level perspective. A leisurely jaunt along the beautiful waterfront will bring you to a bustling marketplace, where you can browse stalls full of every imaginable type of food. Besides offering insight into the local Indonesian cuisine, the market will present an authentic slice of life that you will surely find fascinating. As you ride down Sabang's main street, you can't help but be enthralled by the Art Deco architecture, a reminder of the city's colonial past. You will gain a deeper understanding of the island's history at Pantai Tapak Gajah, where you will pause for photos at a hilltop fort that the Japanese built during World War II. The sweeping views over the sea will be spectacular, as will be the setting at Sumur Tiga Beach, an idyllic stretch of sand rimmed by coconut palms.

- Ride around the island in the comfort of a cycle rickshaw known as a becak.
- Browse a bustling market downtown for an authentic slice of local life.
- Take in the sweeping views from a hilltop fort that the Japanese built during World War II.
- Pause for photos of Sumur Tiga Beach, an idyllic setting known as "Sabang's Hawaii."
- Dress in weather-appropriate conservative clothing that covers arms and legs.
- Wear flat comfortable walking shoes.

The tour is not available to wheelchair guests and not considered suitable for those with mobility challenges. Lightweight, neat, conservative dress (arms and legs should be covered); sun cap; sunglasses with head strap; sunscreen; insect repellent; rain poncho; a bottle of water from the ship; leech-proof socks; and flat, comfortable walking shoes are recommended. Those wishing to swim should bring a swimsuit and a towel from the ship. Guests who take part in any water activities do so at their own risk and responsibility.

### SBG-002 ENCHANTING WALK

Duration: 3.55 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: April 03, 2023 10:30 AM, 11:00 AM

Stroll through downtown Sabang and beyond at a leisurely pace that will allow you to thoroughly soak up the ambiance and enjoy the most intriguing attractions. Early on, you will pass the tin-roofed warehouses clustered about the harbor and soon arrive in Sabang's energetic downtown, where fishing and rattan-furniture manufacturing now drive the economy. For a revealing glimpse into daily life, you will visit the bustling Market Place, a collection of shops and stalls offering garden-fresh produce and all sorts of exotic seafood. While walking through the colonial district, be sure notice the plaques on many of the buildings that detail their historical significance. The beaches are also a big draw in Sabang, as they tend to be shaded by swaying coconut palms. After visiting the popular beach at Pantai Kasih, you will see a nearby hilltop fortress from World War II with concrete bunkers dug into the sides of the cliffs.

- Walk through Sabang at a pace that really allows you to appreciate the landmarks.
- Stop and read the enlightening plaques on the most important colonial buildings.
- Mingle with the locals as they shop at one of Sabang's busiest market places.
- Enjoy the beach at Pantai Kasih and swim in the sea, if you choose.
- Dress in weather-appropriate conservative clothing that covers the arms and legs.
- Bring a swimsuit and towel if you wish to swim.
- Wear flat comfortable walking shoes.

This tour includes a significant amount of walking and standing with some stairs. The tour is not available to wheelchair guests or to those with mobility challenges. Participants should be in good physical condition and prepared for warm weather. Guests participating in water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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Accessible Tour

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**SBG-004 WEH ISLAND WANDERING****Duration: 3.50 Hrs****Tour Price: \$0.00****Retail Price: \$199.00****Date: April 03, 2023 10:30 AM, 11:00 AM, 12:40 PM, 01:15 PM**

Enjoy a leisurely drive up to an elevated ridge that offers panoramic views of volcanically formed Weh Island. Not far inland, you will pass by Anak Laut, a clear freshwater lake that supplies drinking water to the entire island. Descending easterly, follow a network of paved roads through lesser-populated areas, peppered with a bucolic slice of life in a serenely solitary & beautiful setting, lapped by vivid blue sea. Stop at Anoi Itam a black sandy beach with steadily beautiful scenery, known as the only black sand beach on Weh Island. Walk up through concrete stairs, ascending gently, to the remnants of a fort built by the Japanese during WW II, as a hilltop outpost. Today, you can still see remnants of the concrete bunkers and gun emplacements that were dug into the sides of the cliffs. Enjoy the views and photo opportunities of an endless turquoise sea over the Indian Ocean, spread across the horizon Your scenic drive winds slowly through hamlets and shorelines to Sumur Tiga Beach. popularly recognized for amazingly owning three fresh water wells on the stunning shore. Enjoy a snack of young coconut and traditional sweet pastries, followed by a bit of free time to take in the natural beauty or swim in the sea. A drive through the city takes you along a circular route connecting public places, historical buildings and populated settlements. Stop at the city garden, a tranquil retreat of exotic tropical plants that offers scenic views across the harbor.

This tour includes over 1-hour of easy to moderate walking, mainly at guests' discretion during the stops. Tour is not available to wheelchair guests and not considered suitable for those with mobility challenges. Lightweight, weather appropriate conservative dress (arms and legs should be covered), sun protection, insect repellent and comfortable walking shoes are recommended. Those wishing to swim should bring a swimsuit under clothes and a towel from the ship. Guests who take part in any water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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Accessible Tour

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## ❖ COLOMBO, SRI LANKA

### CMB-001 COLOMBO CITY & KELANIYA TEMPLE

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: April 06, 2023 07:30 AM

Discover the charms of Colombo on this all-encompassing tour of its attractions, including Kelaniya Temple. Buddhists hold the temple particularly hallow because Buddha is said to have visited. As you explore it, be sure to notice the exquisite artwork depicting the history of Sri Lanka. Continuing on, you will begin a definitive tour of Colombo, driving past icons like the clock tower and landmarks that show the city's great diversity. After passing the University of Colombo and Independence Square, you will arrive at the esteemed National Museum for a visit. Its collection of antiques and objects d'art beautifully expresses the island's cultured side. The museum's more than 4,000 palm leaf manuscripts are especially notable. Although Buddhism is the island's major religion, Hinduism was introduced during the reign of the Tamil kings in the second century BC, and it still thrives today as you will discover at one of Sri Lanka's loveliest Hindu temples.

- Enjoy a remarkable comprehensive tour of Colombo by visiting key landmarks.
- Pause at a temple that Buddha is said to have visited.
- Browse the outstanding collection of artifacts at the National Museum.
- Shop for merchandise such as gem-studded jewelry and antiques, if time permits.
- Enjoy traditional Sri Lankan Cuisine at a nearby hotel.
- Dress in weather-appropriate conservative clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of walking with some uneven surfaces and steps to negotiate. It is not recommended for wheelchair guests or those with walking or mobility concerns. Proper attire is required at the religious sites and shoulders and knees must be covered. Shoes must be removed to enter temples. Shorts, tank tops and short skirts are not permitted. If the National Museum is closed for a holiday, the city drive will be extended. The tour duration may vary depending on traffic conditions.

### CMB-004 SUN, SAND & BLUE WATER

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: April 06, 2023 07:45 AM

Indulge in a relaxing day at the luxurious Blue Water Hotel and Spa, enjoying the amenities of this five-star beach resort. Nestled amongst coconut groves and tropical gardens, the Blue Water overlooks the Indian Ocean on a long stretch of golden beach. The atmosphere is exotic, the amenities superb and the experience unlike any other. It is an ideal setting to truly relax, as you will have nearly four hours to enjoy the hotel's facilities and linger over lunch. You might bask in the sun, take a refreshing swim in the ocean and stroll along the shore as the waves gently lap at your feet. The swimming pool is also spectacular, as it zigs and zags among towering coconut palms that provide plenty of shade. You are also welcome to take advantage of the spa services for an additional fee.

- Enjoy a panoramic drive along the coast to a hotel right on the Indian Ocean.
- Relax and unwind as you please at the Blue Water Hotel and Spa.
- Swim in the sea, soak up the sun and lounge in the shade of a coconut palm.
- Enjoy a savory lunch at the hotel.
- Dress in weather-appropriate clothing.
- Bring swimwear, a hat and sunglasses.
- Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests' discretion. The tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or they should bring a companion who can provide assistance. Participants in water activities do so at their own risk and responsibility. Spa treatments, sport facilities and beverages other than water and soft drinks during lunch are not included in the tour price. Alcoholic beverages will not be available during religious holidays. The tour duration may vary depending on traffic conditions.

### CMB-006 INGIRIYA TEA PLANTATION

Duration: 5.75 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: April 06, 2023 07:45 AM, 08:45 AM

Enjoy a behind-the-scenes tour of a tea plantation that will depict how this important cash crop is cultivated. Upon arriving at Ingiriya plantation, you will be welcomed with garlands made from tea leaves grown on the premises. You will then see how the tea is processed step by step until it is ready for brewing. You will see the tea being plucked from the plant, dried, fermented and graded according to size. Teas grown in this region are known as leafy grade because the leaves are twisted into long particles. Ceylon tea has been produced in Sri Lanka since the crop was introduced in 1867. Much like wine grapes, tea reflects the climatic and soil conditions in which it is grown. The tea produced here is acclaimed for its inherent unique characteristics. You will have the added treat of being able to taste the distinct flavor by sampling a cup of freshly brewed Ceylon tea in the processing facility.

- Observe acclaimed Ceylon tea being produced at a rural plantation.
- Discover how the terroir affects the taste of the tea, much like terroir affects wine.
- Sample a cup of freshly brewed tea with a distinct wonderfully pleasant taste.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about four hours of riding in a coach and 1½ hours of walking with some uneven, natural surfaces and steps to negotiate. The tour is not recommended for wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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Accessible Tour

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## CMB-007 COLOMBO CONTRASTS

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 06, 2023 08:00 AM, 09:00 AM

Discover the irresistible ambiance of Colombo, which has both an Old World and modern side. As you drive through Sri Lanka's largest and perhaps most energetic city, you will see Colombo's passion for contemporary architecture. High rises now tower above the historical area known as the Fort, which takes its name from the fortress that the British built here in the 19th century. You will follow an immensely scenic route to the National Museum, where you will learn more about the history of Sri Lanka, which was known by its British colonial name of Ceylon until 1972. The museum's collection of antiques and objects d'art beautifully express the island's culture, especially the thousands of palm leaf manuscripts on display. For a glimpse into a different sort of lifestyle, you will visit Gangaramaya Temple. The largest temple in Colombo, Gangaramaya is also a Buddhist learning center and features a holy bodhi tree at its center.

- See the complementary mix of modern and colonial architecture throughout Colombo.
- Behold soaring high rises and one of Colombo's oldest Buddhist temples.
- Delve deeply into the culture by browsing the exhibitions in the National Museum.
- Dress in weather-appropriate, conservative clothing.
- Wear flat comfortable walking shoes.

This tour includes about 1½ hours of walking with some uneven surfaces and steps to negotiate. It is not recommended for wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Shoulders and knees must be covered to enter religious sites and shoes must be removed. If the National Museum is closed for a national holiday, the city drive will be extended.

## CMB-WT2 MEDITATION SESSION WITH A BUDDHIST THERA

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: April 06, 2023 08:00 AM

Meditate at a Theravada Buddhist temple while following an elder's instructions with the goal of attaining a certain level of calmness and self-enlightenment. Theravada means "the way of the elders" in the Pali language, and this form of Buddhism closely follows the original doctrines of Buddha and the monastic elders. Theravada draws its spiritual foundation from the Pali canon, the oldest record of Buddha's teachings. Upon arriving at Sri Sugatharamaya temple, you will proceed to the meditation hall to honor Buddha with a flower offering. To enhance your understanding of the religion, the temple's elder or "thera" will explain some of Buddha's teachings. Meditation follows, during which you will be guided step by step to attain a certain state of calmness. Theravada Buddhism emphasizes the importance of meditation for self-liberation and to reach enlightenment. Practicing meditation in such a sacred setting led by an elder can be a transformative experience.

- Practice a form of Theravada Buddhist meditation to achieve a certain level of calmness.
- Listen to a temple elder explain some of Buddha's teachings.
- Learn how Buddhism was introduced into the country nearly 2,500 years ago.
- Dine on a vegetarian curry lunch following the meditation session.
- Knees and shoulders must be covered for both – men and women
- Dress in comfortable clothing that allows for free movement.
- Wear flat comfortable walking shoes.

This tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition.

## CMB-GL-1 SPEND A DAY WITH A LOCAL FAMILY

Duration: 4.50 Hrs Tour Price: \$0.00



Date: April 06, 2023 08:30 AM

Join a Colombo family in their home and learn about their way of life and how they spend a typical day. Dining together is a large part of the day, and the family will happily share how they prepare staples such as jackfruit for meals. This delicious fruit is rich in potassium and has medicinal values, making it all the more popular. Your hosts will show you how they make fried jackfruit chips and other dishes such as boiled jackfruit with freshly grated coconut, lime juice and green chili pickles. Jackfruit is so versatile that many Sri Lankans serve it as dessert with a pinch of salt. After helping to prepare the jackfruit in various ways, you will snack on it, while delving deeper into daily life around the dining table. You will be welcome to ask the family members about anything that comes to mind, so don't be shy.

- Spend an enlightening day with a Sri Lankan family in their home.
- Ask the family members anything that comes to mind, as they will candidly answer.
- Join in as the family prepares typical dishes that will likely include the staple jackfruit.
- Dine on the dishes and come away with an understanding of authentic Sri Lankan cuisine.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 3 hours of walking/standing. Guests will need to manage some uneven terrain along with 10 steps throughout the excursion. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



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Accessible Tour

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## CMB-WT1 AN ULTIMATE TRADITIONAL DANCE THERAPY

Duration: 4.00 Hrs Tour Price: \$119.00

Retail Price: \$269.00



Date: April 06, 2023 08:30 AM

Release tensions and positively alter your mood in a therapeutic Kandyan dance session, where you will practice the graceful moves of Sri Lanka's national dance. It is only fitting that the dance therapy will be held in Mount Lavinia, a city named in honor of a dancer that enchanted the island's 19th-century governor. Here, a dance guru will teach you the basics of traditional Kandyan dance, an ancient folk dance that originated in the Sri Lankan city of Kandy. The dance was supposedly first performed by shamans as an exorcism ritual to cure a king affected by black magic. Today, Kandyan dance has become an iconic performance art throughout Sri Lanka. Traditionally, only percussion instruments accompany the dance moves, some of which you will learn. There are several types of Kandyan dancing, ranging from a sedate form known as "pantheru" to the more vigorous and famous "ves," which involves dervish-like whirling pirouettes.

- Participate in Kandyan dancing, which is thought to relieve stress and brighten moods.
- Follow a dance guru's instruction to maximize this unusual experience.
- Discover the different forms of Kandyan dancing, which originated in the city of Kandy.
- Dress in comfortable clothing that allows for free movement.
- Wear flat comfortable walking shoes.

This tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition and able to keep up with the session.

## CMB-002 THE TREASURE HUNT- A SHOPPING OPPORTUNITY

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 06, 2023 09:00 AM, 10:00 AM

Shop at three of Colombo's finest stores, each with its own specialties that reflect the local culture and craftsmanship. One of the stores will offer a huge selection of handicrafts made using traditional techniques handed down from generation to generation. You might find woven mats, terracotta pottery, fine silverware, aromatic spices and beautiful sarongs made with vibrant batik fabrics. Precious and semi-precious gems have been hallmarks of Sri Lanka since antiquity, and you will have the opportunity to browse a store with exquisite jewelry, many of it studded with brilliant sapphires, star rubies, moonstones and garnets. For designer clothing, the department store Odel reigns supreme. Since many of the fashions available here are made locally for famed designers, prices are a fraction of what you may pay elsewhere. The merchandise ranges from handbags and footwear to swimwear and sportswear. Odel also sells accessories, cosmetics and fine items for the home.

- Shop in three different stores, each with its own unique merchandise.
- Find items ranging from exquisite jewelry to colorful sarongs to fine handbags.
- Purchase designer fashions at reduced prices, as they are manufactured in Sri Lanka.
- Dress in weather-appropriate conservative clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of walking, mainly at the guests' discretion. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The order of the stops may vary.

## CMB-003 PANORAMIC COLOMBO

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 06, 2023 09:00 AM, 10:30 AM

Drive in and around Colombo admiring its most famed landmarks, an experience that will leave you with a wonderful overview of Sri Lanka's largest city. There is no easier, more leisurely way to see the highlights of Colombo, the former capital. The city's modern side is evident in the many high-rises towering above the Fort, an area named because of its 19th-century British fortress. The Fort is also known for the Old Parliament, built in the Neo-Baroque style during the British reign. The British influence is evident throughout Colombo in the streets named for former British governors and in the luxurious Galle Face Hotel, another landmark from the British colonial period. Later, you will see Gangaramaya Temple and a mosque, giving you a religious perspective of Colombo. Higher education is also held in great esteem, as you will see by driving past the Royal College and the University of Colombo.

- Sit back in air-conditioned comfort and enjoy a panoramic ride through Colombo.
- See landmarks from the British colonial days, including the Old Parliament.
- Gain an understanding of Colombo's religious tolerance by passing a temple and a mosque.
- View two institutes of higher education—Royal College and the University of Colombo.
- Dress in weather-appropriate conservative clothing.
- Wear flat comfortable walking shoes.

This tour is a seated panoramic tour with very little walking. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The order of the sights viewed may vary. The tour duration may vary depending on traffic conditions.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## ❖ MALE, MALDIVES

### MLE-001 CITY OF MALE - WALKING TOUR

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 07, 2023 04:30 PM

Date: April 08, 2023 09:00 AM, 11:30 AM

Explore the historic city of Malé during this picturesque and informative walking tour. Travel to the striking three-story Islamic Center, Malé's most renowned architectural landmark and location of the Grand Friday Mosque, which accommodates over 5,000 worshippers and is the largest Muslim sanctuary in the Maldives. You'll continue to the mid-17th-century Friday Mosque, which is built from coral stone and features a number of ancient tombstones erected in memory of past sultans and nobles, and notice the gleaming white minaret added in 1675. See the Presidential Palace and shrine of Abu al Barakaath Yusuf al Barbari, a Moroccan merchant who converted the then-king, and subsequently the nation, from Buddhism to Islam. You'll visit Sultan Park and the National Museum, housed in a surviving section of the no-longer-standing Sultan's Palace, and discover artifacts, coins, arms and other compelling antiquities. Stop at the tomb of Mohammed Thakurufaanu, one of the nation's greatest heroes, then view verdant Jumhooree Maidan, a public square often used for social gatherings. As a delightful conclusion to your excursion, you'll take in a local market and browse an inviting souvenir shop to find that perfect remembrance of enthralling Malé.

- Marvel at the arresting three-story Islamic Center, a famed Malé landmark.
- Observe the Grand Friday Mosque, the Maldives' largest, which holds over 5,000 worshippers.
- Survey the coral stone Friday Mosque and its distinctive white minaret.
- Admire the Sultan Park and National Museum, home to artifacts, arms, coins and other antiquities.
- Pause at the tomb of a national hero and appreciate an expansive, lush public square.
- Wander through a busy local market and shop at an enticing souvenir shop.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Due to Muslim traditions, guests are strongly advised to dress conservatively. Legs and shoulders should be covered; wear long pants, full-length skirts or dresses, and tops with sleeves.
- Bring a hat, sunglasses and sunscreen.

This tour involves approximately one mile of walking. Photographs of the Islamic Center's Grand Friday Mosque are not permitted. Mosque visits are exterior only. The National Museum closes on Fridays and Saturdays, so the museum visit will be substituted by additional time at the stops on those days. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

### MLE-012 BEACH ESCAPE TO ADAARAN VADOO

Duration: 7.00 Hrs Tour Price: \$169.00



Date: April 08, 2023 07:30 AM

Enjoy the day relaxing at the five-star Adaaran Vadoo, a luxurious resort right on the beach. While enjoying a welcome drink, you will receive a brief orientation of the amenities so you can maximize your time there. You will then have nearly six hours to spend however you see fit. Knowing that everything is included will make your time all the more pleasurable. There is plenty of pristine beach to stretch out on and the surrounding sea is invitingly shallow near the shore for easy wading. You can take a refreshing swim in the ocean and the resort pool is nearby, if you prefer that environment. Snorkeling is also excellent, as the resort is rimmed by a coral reef teeming with schools of tropical fish. There is also abundant shade, if you wish to relax poolside under a beach umbrella or beneath a coconut palm. To enhance the experience, a sumptuous buffet lunch with regional and international cuisine will be served.

- Spend hours relaxing at the luxurious Adaaran Vadoo, a five-star resort right on the beach.
- Enjoy the fact that everything is included—drinks, lunch and all sorts of amenities.
- Take a refreshing swim, bask in the sun, stroll the beach and snorkel, if you wish.
- Dress in weather-appropriate clothing. • Bring a swimsuit and sunscreen. • Wear flat comfortable walking shoes.

This tour includes minimal walking mainly at the guest's discretion. It is not available to guests who utilize a wheelchair due to the terrain. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

### MLE-013 BEACH ESCAPE TO CENTARA RAS FUSHI RESORT

Duration: 7.00 Hrs Tour Price: \$179.00



Date: April 08, 2023 07:30 AM

Zip over the Centara Ras Fushi adults only resort in a motorboat and then relax at the beach however you see fit, which will make your time there all the more delightful. The retreat is an adults-only resort, so it's more tranquil and laid-back than most family-oriented resorts. The broad beaches are sugar-white and immensely relaxing, especially when you don't have a schedule to follow except your own. Feel free to bask in the sun, stretch out on the sand and read in the shade of a coconut palm. The sea is typically calm, refreshing and stunningly clear, so it's perfect for a casual swim. You might snorkel, as well, and there is no telling what you might see as the water is teeming with brightly colored tropical fish. The setting for Centara Ras Fushi was conceived for the ultimate stress-free island experience, and you can be assured that your time there will be idyllic. A magnificent buffet lunch is included.

- Cruise to Centara Ras Fushi adults only resort in a motorboat.
- Spend hours relaxing however you wish at the resort's beach.
- Enjoy all-inclusive amenities, such as snorkeling and a lunch buffet.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes minimal walking mainly at the guest's discretion. It is not available to guests who utilize a wheelchair due to the terrain. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## MLE-015 GULHI VILLAGE ISLAND TOUR

**Duration: 5.00 Hrs**   **Tour Price: \$0.00**



**Date: April 08, 2023 07:45 AM**

Spend free time on beach-blessed Gulhi, a teeny coral atoll in the Indian Ocean that proves good things come in small packages. About 1,000 people inhabit this idyllic sliver of sand, many of them supporting themselves in traditional ways. The residents fish and process their catch, make handicrafts out of natural materials, and build boats that are used for various purposes. While walking about, you can expect to see fishing boats that typically catch tuna, grouper and the oddly named squirrelfish, a colorful species with spiny fins and rough, prickly scales. You might also see other people making coconut-leaf thatching. Life on Gulhi is wonderfully simple and best expressed through your time at the beach. You will be free to do whatever you please, including swimming in the turquoise seas, basking in the sun while stretching out on the sand and meandering along the coast in the gentle surf.

- Cruise to tiny Gulhi Island and spend time relaxing on one of the beaches.
- Meander through the island's village and observe an authentic slice of life in the Maldives.
- Do whatever you like during free time with no reason to rush or schedule to follow.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes approximately 2 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

## MLE-003 UNDERWATER WORLD BY SUBMARINE

**Duration: 2.00 Hrs**   **Tour Price: \$159.00**   **Retail Price: \$309.00**



**Date: April 08, 2023 08:00 AM, 10:00 AM, 12:00 PM**

Discover the fascinating undersea world of the Maldives in a unique way during this memorable submarine excursion. Journey via local dhoni, a multi-purpose sailboat with a motor or lateen sails, to your awaiting state-of-the-art submarine. You'll realize that this submergible vehicle is the perfect sightseeing conveyance in the Maldives, since ninety-nine percent of the nation consists of water and the country's most exotic creatures live in colorful aquamarine gardens. Understand why the Maldives have been long renowned as a diver's wonderland while appreciating the opportunity to experience life beneath the surface without getting wet. Descend to approximately 120 feet below sea level and rejoice in panoramic, up-close views of vivid corals and some of the over 2,000 species of fish who call the waters of the Maldives' home, ranging from colorful reef fish to reef sharks, moray eels and a wide variety of rays. You'll long treasure the memories you create during your visit to this wondrous undersea world.

- Cruise aboard a local dhoni to your modern sightseeing submarine.
- Explore multi-hued underwater gardens at approximately 120 feet below sea level.
- Applaud a riot of colorful fish from the over 2,000 species that live in the Maldives' waters.
- Search for mesmerizing reef sharks, moray eels, and varying types of rays.
- Wear casual, weather-appropriate clothing and comfortable, non-slip shoes.
- Bring a hat, sunglasses and sunscreen.

The submarine operator has all rights to cancel the tour, even in the last minute, if weather conditions are not congenial for the dive. Guest will be given a full refund in the event of such a cancellation. The total dive time in the submarine is approximately 40-minutes. Participants must manage a steep staircase of approximately 15 steps to embark/disembark the submarine. This tour is not available to wheelchair guests or those with mobility concerns. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

## MLE-004 BEACH ESCAPE TO DHONVELI

**Duration: 4.00 Hrs**   **Tour Price: \$189.00**   **Retail Price: \$339.00**



**Date: April 08, 2023 08:15 AM**

Experience an exquisite beach on postcard-ready Dhonveli, an idyllic coral island in the North Malé Atoll. Board a motorized speedboat for an exhilarating ride to the resort island of Dhonveli, an enchanting island covered with dense tropical vegetation and palm trees. You'll discover a wide sandy beach and picture-perfect aquamarine lagoon, a perfect spot in which to savor the silent beauty of this tropical setting, where you can delve into your latest page turner, swim in the crystalline waters, work on your tan or relish a leisurely stroll on the powdery white sand. Feel your cares melt away during your blissful sojourn in this tropical heaven.

- Set out in a sleek speedboat for a ride to the resplendent island of Dhonveli.
- Absorb the magical ambiance created by the island's luxuriant foliage and stately palm trees.
- Appreciate an inviting, white-sand beach and placid turquoise lagoon.
- Unwind with a good book or take a refreshing dip in the gin-clear water.
- Roam the dazzling beach or relax in the sun's warmth.
- Wear a swimsuit under a coverup or clothing that covers from shoulders to knees and flat, comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.
- Bring a towel from the ship.

The beach visit is approximately 2.5 hours in duration. Wear a swimsuit under a cover-up with beach shoes, and bring sunscreen, a hat, sunglasses and a towel from the ship. There are no lounge chairs, but freshwater showers and restrooms are available. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

**GL** Go Local Tour



Accessible Tour

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## MLE-011 MALDIVES SNORKELING

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: April 08, 2023 09:00 AM, 11:30 AM

Cruise to Hulhumale Island for a snorkeling adventure and visit to its laid-back village. Relax during brief boat ride to Hulhumale Island, the largest land reclamation project the Maldives' government has ever attempted. You'll discover that this artificial island, just a short distance from Malé, was built around a large lagoon, and admire the town's wide, palm-lined streets and marvelous beach that gently slopes into the sea without the interruption of a sea wall. Thrill to ample unguided snorkeling time in the warm Maldivian waters, which offer high visibility and an endless flow of nutrient-rich water that attracts more than 1,000 marine species. Find a seemingly endless variety of fish that may include eye-catching blue-lined snappers, orange clownfish, oriental sweetlips and Moorish idols, which are often found preying on sponges. Perhaps you'll encounter a shy eagle ray or manta ray, the world's largest ray species. Following your underwater exploration, enjoy time on your own in the quaint town to shop or grab lunch if you wish, savoring your final moments on this spellbinding island.

- Sail to Hulhumale Island, the Maldivian government's largest reclamation project.
- Appreciate the artificial island's palm-lined streets and beach that gradually drops into the crystal-clear water.
- Embark on an unguided snorkeling adventure in the warm Maldivian waters.
- Glory in an unending variety of multi-hued fish, such as clownfish, Moorish idols and oriental sweetlips.
- Spot a graceful eagle ray or larger manta ray.
- Revel in free time in the tranquil village to browse inviting shops or have a bite to eat.
- Wear a swimsuit under a coverup or clothing that covers from shoulders to knees and flat, non-slip shoes or aqua socks.
- Bring a hat, sunglasses and sunscreen.
- Bring a towel from the ship.

Walking on this tour during free time and the level of activity while snorkeling is at the guest's discretion. There will be some natural and uneven surfaces to negotiate at the beach. The tour is not available to guests who utilize a wheelchair or guests with mobility concerns. Participants should be in good physical conditions and know how to swim. Guests who participate in any water activities do so at their own risk and responsibility. Fins and mask will be provided. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

## MLE-009 MALDIVES DIVING

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: April 08, 2023 09:15 AM

Dive to gorgeous coral reefs off the coast of Malé, one of the world's finest sites for underwater exploration. Enjoy a leisurely ride via dive boat to a premier dive site off Malé's coast, which offers high visibility and an endless flow of nutrient-rich, warm water that attracts more than a thousand marine species. You'll learn that the Maldives is a nation of nearly 1,200 islands surrounded by thousands of coral reefs, making it a diving mecca, and that your dive site for the excursion will be selected according to that day's sea conditions. Accompanied by a local marine guide, expect to find a seemingly endless variety of fish that may include eye-catching blue-lined snappers, orange clownfish, oriental sweetlips and Moorish idols, which are often found preying on sponges. Perhaps you'll discover a graceful eagle ray or manta ray, green sea turtles or rarely spotted loggerhead or leatherback turtles. Cherish approximately two and a half hours diving the Maldives' crystal-clear waters on this thrilling excursion.

- Cruise in a dive boat to one of the Malé coast's myriad superlative dive sites.
- Glory in an unending variety of multi-hued fish, such as clownfish, Moorish idols and oriental sweetlips.
- Spot a fascinating eagle ray and perhaps a green sea turtle or less-often glimpsed loggerhead turtle.
- Delight in generous time diving in the teeming underwater world.
- Wear a swimsuit under a coverup or clothing that covers from shoulders to knees and flat, non-slip shoes or aqua socks.
- Bring a hat, sunglasses and sunscreen.
- Bring a towel from the ship.

This tour includes a minimal amount of walking. There are steps to negotiate as you embark and disembark the dive boat. The tour is not available to guests who utilize a wheelchair or guests with mobility concerns. It is available to certified divers only, who must present proof of certification before being allowed to take part in the tour. This is a one-tank dive. Guests must provide their dive suit sizes and the number of dives in which they intend on participating at least three days prior to the excursion. Guests who participate in any water activities do so at their own risk and responsibility. Operation of this tour is subject to prevailing weather and sea conditions. A minimum of 12 guests is required in order for the tour to operate. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

## MLE-014 SCENIC MALDIVES - PHOTO FLIGHT

Duration: 2.00 Hrs Tour Price: \$199.00



Date: April 08, 2023 09:30 AM

Fly over the Maldives in a seaplane that will present a literal bird's-eye view of the sovereign island nation. It won't be long before you're airborne and witness to some of the world's most beautiful tropical sights. The Maldives consist of dozens of atolls in the Indian Ocean, all of which are encircled by a crystal-clear lagoon. The water is so clear that it's possible to see frolicking dolphins and other marine creatures even from the air. You can expect to pass over small uninhabited islands, fishing villages and luxury resorts, some of them built on stilts above the sea. Besides taking in the extraordinary natural beauty of the islands, in all likelihood you will also see outdoor enthusiasts zipping through the water on jet skis and catamarans and lounging about the seemingly endless beaches. As picturesque as the Maldives are at ground level, they are even more spectacular when seen from above.

- Fly over the islands that made up the Maldives in a seaplane.
- Behold absolutely gorgeous tropical scenery in every direction.
- Marvel at the water's clarity and its ever-changing hues of blue.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the seaplane and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## ❖ GOA (MORMUGAO), INDIA

### MRM-002 A TASTE OF GOA

Duration: 7.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: April 10, 2023 08:30 AM

Discover Goa's unique blend of Indian and Portuguese cultures, where Christianity and Hinduism exist side by side, and delight in the region's culinary wonders. Churches present the best insight into the Portuguese colonists, as they built both Se Cathedral and the Basilica of Bom Jesus in the 17th century. As you will see, Bom Jesus contains the tomb and mortal remains of St. Francis Xavier, who spread Christianity in the Portuguese colonies. For an enlightening religious contrast, you will next visit the ornate Hindu temple Shantadurga, which is dedicated to the goddess Durga, the protective mother of the universe. For a literal taste of the region, you will stroll the aromatic grounds of a spice farm and then dine on a sumptuous meal flavored with spices grown on the premises such as turmeric and cardamom.

- Behold two extraordinary Portuguese-built churches in Old Goa that date to colonial days.
- Gain a different religious perspective of Goa by visiting one of its largest Hindu temples.
- Tour a spice farm and then savor a lunch made with ingredients grown right there.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

### MRM-GL1 GOA THROUGH THE EYES OF A LOCAL

Duration: 6.50 Hrs Tour Price: \$149.00



Date: April 10, 2023 08:30 AM

Spend an enlightening day with a baker in her hometown of Panjim, where she will introduce you to her friends and other business owners to give you a genuine feel for daily life. Your hostess Gletta has spent her entire life in the Latin Quarter of Panjim and knows it well. As she takes you through the maze of cobbled streets, you will pass brightly colored Portuguese villas and an array of restaurants and stores. After a cup of tea with a seamstress friend of Gletta's, you will drop by the bakery, where Gletta will demonstrate how she bakes traditional items such as Goan leavened bread in a wood-fired oven. You will then head for her favorite markets to buy spices and other essential ingredients. A quick stop at a nearby pub for an aperitif distilled from cashew fruit follows, after which you will sit down for an authentic Goan meal at Cafe Venite, Gletta's favorite lunch spot.

- Join bakery owner Gletta for an immersive look into how she spends a typical day in Panjim.
- Visit a seamstress friend of Gletta's for a cup of tea and lively conversation.
- Observe how Gletta bakes traditional leavened bread in her wood-fired oven.
- Join Gletta for an aperitif in a pub and an authentic Goan meal afterwards.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

### MRM-001 HIGHLIGHTS OF GOA

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: April 10, 2023 08:45 AM

Explore several of the most historical churches in Old Goa and enjoy an overview of Panjim, the charming capital of the state of Goa. You will see the legacy of the colonizing Portuguese in Se Cathedral, an imposing church that is larger than any church in Portugal. Like Se Cathedral, the Basilica of Bom Jesus was built in the 17th century and is considered the finest example of Baroque architecture in India. Another church, Our Lady of the Immaculate Conception, awaits you in Panjim, as well as other highlights such as the colonial neighborhood Fontainhas, one of the few Latin quarters in Asia. The Portuguese settled here in the 18th and 19th centuries, and you will see their influence in the brightly colored houses with tile accents. For a glimpse into modern life in Panjim, you will visit a Goanese family in their home.

- Behold two extraordinary Portuguese-built churches in Old Goa that date to colonial days.
- Recognize the Portuguese influence that still dominates in one of Asia's few Latin quarters.
- Enjoy the hospitality of a Goanese family that will welcome you into their home.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

### MRM-003 GOA CHITRA & BEACH

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 10, 2023 09:00 AM

Browse an ethnographic museum with its founder before relaxing at a luxurious resort right on the beach. Victor Hugo Gomes founded Goa Chitra Museum to preserve traditional ways and promote awareness of the agrarian lifestyle. He will lead you through exhibitions that may include agricultural tools, typical Goan crafts and musical instruments. In addition to the thousands of items on display, the museum features an organic farm that is well worth a look. To further enhance your understanding of the local lifestyle, Gomes will host a folkloric performance at the museum. You will then head to the Taj Exotica Resort & Spa to spend time relaxing however you please. The resort overlooks the Arabian Sea, so there are plenty of water-oriented activities in which you may partake.

- Follow the founder of an ethnographic museum through the enlightening displays.
- Learn about Goa's traditional ways and agrarian lifestyle.
- Watch an entertaining folkloric performance at the museum.
- Relax at a luxurious beachfront resort.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Towels are provided by the hotel.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## MRM-WT2 MEDITATE WHILE CRUISING

Duration: 5.75 Hrs Tour Price: \$129.00

Retail Price: \$279.00



Date: April 10, 2023 09:00 AM

Calm your mind and revitalize your body by meditating aboard a houseboat while cruising one of Goa's most tranquil rivers. You may sail past tidal marshes, cultivated paddy fields and clusters of residences carved out of dense forests. The scenery will depend on the river chosen, but regardless, you can expect the cruise to be immensely relaxing. To enhance the sense of tranquility, a yoga guru will guide you through a series of meditative postures. When practiced in this setting, yoga and meditation become all the more transformative as you try to achieve peace in body and mind. Using controlled deep breathing techniques, you can expect to revitalize the body, calm the mind and increase positive energy. The goal is to become more aware of what you are experiencing moment to moment, without judgments, regrets about the past or worries about the future. It's all about living in the present.

- Take in the gorgeous scenery as you cruise a tranquil river on a houseboat.
- Practice meditation on board under the guidance of a yoga guru.
- Strive to achieve greater relaxation and increase your positive energy through meditation.
- Savor a delicious and healthy lunch on board.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Due to the areas involved this tour is not available to wheelchair guests. Participants must be able to enter/exit the boat on their own and participate on the relaxing exercises. This tour must be purchased no later than 3 days prior to the operating date.

## ❖ MUMBAI (BOMBAY), INDIA

### MUM-002 ELEPHANTA CAVES

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 11, 2023 08:30 AM

Explore the extraordinary caves carved out of solid basalt rock on Gharapuri Island, which is considered the heavenly mountain residence of Lord Shiva. After cruising to the island, you will follow a stepped path to the Elephanta Caves, which hold a collection of shrines, courtyards and grand halls filled with exquisite stone sculptures and reliefs of Hindu gods and goddesses. All of them were carved in the 6th century, a feat so spectacular that UNESCO has deemed the caves a World Heritage site. The Portuguese, who ruled this area for about 200 years starting in the 16th century, named the island Elephanta for a large stone elephant statue found near the shore. Unfortunately, the Portuguese destroyed many of the sacred statues inside by using them for target practice. Even so, the sublime beauty of the caves remains and they still resonate with spiritual energy.

- Discover the collection of Hindu shrines carved in the Elephanta Caves in the 7th century.
- Hear the history of the Elephanta Caves and their significance to Hindus.
- Learn how the caves became a World Heritage site as a perfect expression of Indian art.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes a short walk and climbing numerous steps. Although palanquins or sedan chairs are available at Elephanta Island, the cruise line doesn't encourage or sanction their use.

### MUM-004 JEWISH CHRONICLES OF INDIA

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$59.00



Date: April 11, 2023 08:30 AM

Gain insight into the history and development of the Jewish community in India, by visiting various synagogues and monuments. Your first stop will be the Gate of Mercy synagogue, a tiny unadorned building that is the oldest synagogue in Mumbai. The Victorian-style Magen David Synagogue presents quite a contrast, as it is fronted by pillars and is quite ornate. As more Jews came to India toward the end of the 19th century, Tifereth Synagogue was built nearby to accommodate them. You will also visit Keneseth Eliyahu, which many consider to be the most beautiful synagogue in the city. As you will discover, the interior is as marvelous as its stone-and-brick exterior. It features decorated pillars, carved marble and a magnificent stained-glass arch rising to the high ceiling.

- Discover the history of the many Jews that came to India and settled in Mumbai.
- See synagogues that range from being wonderfully ornate to quite simple.
- Learn about the founders of the key synagogues and how they impacted Mumbai.
- Dress in weather-appropriate, conservative clothing.
- Wear flat comfortable walking shoes.

This tour includes about three hours of moderate walking with some steps. The tour is not recommended for wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Shorts or revealing clothing are prohibited inside the synagogue, and you may have to remove your shoes before. The order of the sights viewed or visited may vary. Participants must carry their passports with them.

### MUM-005 OLD MUMBAI

Duration: 8.00 Hrs Tour Price: \$79.00

Retail Price: \$229.00



Date: April 11, 2023 08:30 AM

Experience the many charms of Old Mumbai, which you will reach by following a curved lighted route that was once known as the Queen's Necklace. Nearby, you will visit Babulnath, a temple dedicated to the god Shiva, before delving further in the city's oldest sections, including an area where the East Indians settled in the early 1800s. Another historical perspective will present itself at a 150-year-old mansion decorated with period furnishings, where you will watch a sari-tying demonstration. Afterwards, you will meet some dabbawallahs, a group of workers that deliver home-cooked meals to office workers throughout the city by bicycle and train. Other highlights that reveal aspects of Old Mumbai include the city's first Art Deco theater and the British-designed Bombay High Court. You will also visit the bustling Victorian-style Crawford Market and browse the Albert Museum, a showcase for the industrial arts and life in the 19th century, when Mumbai was called Bombay.

- Explore Old Mumbai through its most historical and architecturally important landmarks.
- Gain an understanding of why different ethnic groups moved into Old Mumbai.
- Watch a demonstration of sari tying in a 19th-century mansion.
- Meet some dabbawallahs, who will explain how they deliver meals throughout the city.
- Dine on cuisine similar to that found in the tribal areas between India and Pakistan.
- Dress in weather-appropriate, conservative clothing.
- Wear flat comfortable walking shoes.

This tour includes a significant amount of moderate walking and with some steps. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. Shoes must be removed before entering temples and women must wear skirts or dresses that reach below the knees. The Dabbawallahs cannot be seen on Sundays or holidays, and the Albert Museum is closed on Wednesdays. The order of the sights viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## MUM-003 RELIGIOUS BEATS

Duration: 6.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: April 11, 2023 08:45 AM

Delve deeply into Mumbai's varied religions by visiting a temple complex that Hindus visit to become absolved of their sins by viewing five sacred urns. You will also see a pink sandstone temple for a sect that supposedly represents the purest form of Hinduism. For a general glimpse into religion, you will pass Haji Ali mosque, which welcomes worshippers of all faiths. You may see others practicing Zoroastrianism, a pre-Islamic religion of Iran, in an unusual temple where a perpetual fire burns as part of the rituals. The Jewish influence is also substantial in Mumbai, as you will discover by visiting a synagogue that a family of philanthropists built in the 19th century. You will also have the opportunity to browse the 18th-century, Anglican-built St. Thomas Cathedral. It features a Gothic tower and elegant fountain that an eminent English architect designed.

- Recognize the huge variety of religions that are practiced harmoniously in Mumbai.
- View places of worship for Hindus, Zoroastrians, Jews and Anglicans.
- Learn when and how the various religions were introduced in Mumbai.
- Dress in weather-appropriate, conservative clothing.
- Wear flat comfortable walking shoes.

This tour includes a significant amount of walking at times on uneven ground. There are also steps to negotiate. The tour is not considered suitable for wheelchair guests or those with mobility concerns. Shoes must be removed to enter temples. Women must wear skirts or dresses that reach below the knees. The order of the sights viewed or visited may vary.

## MUM-GL1 COLABA, MUMBAI THROUGH THE EYES OF A LOCAL

Duration: 7.00 Hrs Tour Price: \$129.00



Date: April 11, 2023 09:00 AM

Live like a Mumbaikar for a day by joining your hostess as she goes about her daily routine in Colaba, the most historical section of Mumbai. The experience will begin by dropping off her child at school, where you will meet the teachers, discuss the curriculum, and see firsthand the challenges of teaching in multiple languages to an average of 60 students per classroom. By comparison, the bustling marketplace that you will visit next will seem like a calm oasis. You will watch as your hostess haggles with vendors and purchases all the fresh ingredients she typically needs for the day. Lunch follows at one of Colaba's many Parsi restaurants, most of which were started by descendants of Persians that fled to India to escape religious persecution. The city's cultural diversity will also be apparent during your visit to a Hindu temple, as Hinduism is just one of four major religions practiced here.

- Join your Mumbaikar hostess for the day as she goes about her daily routine.
  - See a typical school environment and talk to the teachers after she brings her child to class.
  - Browse a Hindu temple and meander about a bustling marketplace.
  - Dine at a Parsi restaurant that reflects the tastes of Colaba's large Persian population.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

## MUM-001 HIGHLIGHTS OF MUMBAI

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: April 11, 2023 09:30 AM

Gain a thorough understanding of Mumbai by visiting the city's most significant landmarks, starting with the temple of the International Society for Krishna Consciousness. Here, you will witness prayer chanting offered for the welfare of humanity. You will then be treated to a sweeping view of Mumbai by driving through the hilltop Hanging Gardens neighborhood. A photo stop follows at Dhobi Ghat, a famed outdoor laundry where thousands of pieces of clothing are hand-washed and ironed each day. You will also see historical highlights such as the Mahatma Gandhi memorial, the British-designed Bombay High Court and the Prince of Wales Museum, where you will browse artifacts such as ivory carvings, terracotta figurines and miniature paintings. This comprehensive tour ends at the impressive Gateway of India, an archway built in the 16th-century Gujarat style with four turrets and intricate latticework carved into the yellow basalt stone. It is considered Mumbai's principal landmark.

- Drive throughout Mumbai, admiring its most representative landmarks.
- Stop to watch prayer chanting and launderers hand-wash and iron piles of clothing.
- Marvel at Mumbai's architecture, much of it built by British colonialists.
- Browse the intriguing exhibitions in the Prince of Wales Museum.
- Behold the extraordinary Gateway of India archway, a Mumbai icon.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of moderate walking and standing with several steps to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Shoes and shorts are not allowed in temples.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## MUSCAT, OMAN

### MUS-002 MYSTICAL MUSCAT

**Duration:** 4.00 Hrs **Tour Price:** \$0.00

**Retail Price:** \$149.00



**Date:** April 14, 2023 08:30 AM

Discover the historic and religious sites of Muscat, Oman's political, economic and commercial hub, during an enlightening tour of this time-honored city. Begin your exploration with a scenic drive through the fashionable residential district of Shati Al Qurum, then continue to the stunning Sultan Qaboos Grand Mosque, the largest sanctuary in Oman. You'll visit the vibrant Muttrah Souq, where scents of exotic Arabian perfumes and spices fill the air, and roam among a multitude of shops offering Omani daggers, or khanjars, as well as handmade Omani attire, antiques, traditional silver jewelry and handicrafts made from copper, camel bone, wood and leather. Proceed to Bait Al Zubair, a private museum housing extensive collections of traditional Omani items including photographs, paintings and maps. You'll drive along Muscat's picturesque coastal road, passing through the charming fishing village of Sidab and then into Muscat's Old Town for a photo stop at the splendid Al Alam Palace, official residence of Sultan Qaboos. Learn that the opulent palace, which boasts excellent vistas over Muscat Bay, was built in the 1970s between Al Jalali and Al Mirani, two imposing 16th-century fortresses constructed by the Portuguese that are testament to Muscat's enduring legacy.

- Drive through Muscat's sophisticated enclave of Shati Al Qurum.
- Gaze at the largest place of worship in Oman, the dazzling Sultan Qaboos Grand Mosque.
- Browse an endless assortment of colorful merchandise amid the heady aromas of the Muttrah Souq.
- Study historic Omani items such as maps and paintings at the Bait Al Zubair museum.
- Drive through a quaint fishing village on your way to Muscat's Old Town.
- Take memorable photos of elaborate Al Alam Palace, residence of Oman's Sultan Qaboos.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a mosque visit; men should wear long trousers and women should cover their hair, arms and knees to the wrists and ankles.
- Bring a hat, sunglasses and sunscreen.

Due to Muslim tradition, conservative dress is required for men and women entering the mosque. Shorts, short skirts, beachwear, sleeveless t-shirts or blouses and revealing outfits are considered inappropriate and not permitted inside the mosque. Food, drinks and smoking are strictly prohibited in the mosque. Slip-on shoes are recommended, as guests must remove their shoes before entering the mosque. Photography is prohibited at the Bait Al Zubair museum. The Grand Mosque is closed on Fridays and every day after 11:00 a.m., so calls that occur during these times will only have an exterior visit.

### MUS-003 FASCINATING OMAN

**Duration:** 8.50 Hrs **Tour Price:** \$149.00

**Retail Price:** \$299.00



**Date:** April 14, 2023 08:30 AM

Experience Oman's exceptional blend of historic and contemporary sites during this comprehensive tour with lunch at the 5-star Grand Hyatt Muscat. Travel by coach along the Batinah Coast to the centuries-old Nakhl Fort, which perches on a 200-foot-high hilltop with spectacular views, and stroll through the ladies' sitting room, reception halls, prison, split-level terraces and courtyards. Delight in the Nakhl Springs, a tranquil and photogenic setting framed by majestic mountains, or jebels, and a dense green oasis. Drive through the village of Nakhl before pausing for lunch at the luxurious Grand Hyatt, then rejoin your coach for a photo stop at the Zawawi Mosque, Oman's most exquisite sanctuary. Admire the splendid Al Alam Palace, which offers scenic vistas overlooking Muscat Bay, and visit Bait Al Zubair, a private museum housing extensive collections of traditional Omani items including photographs, paintings and maps. Wrap up your tour at the vibrant Muttrah Souq, where scents of exotic Arabian perfumes and spices fill the air, and roam among a multitude of shops offering Omani daggers, or khanjars, as well as handmade Omani attire, antiques, traditional silver jewelry and handicrafts made from copper, camel bone, wood and leather.

- Wander through the captivating rooms and courtyards of the ancient Nakhl Fort.
- Discern the Islamic architectural flourishes of the fabulous Zawawi Mosque.
- Take memorable photos of elaborate Al Alam Palace, which sits on a prime spot above Muscat Bay.
- Study historic Omani items such as maps and paintings at the Bait Al Zubair museum.
- Browse an endless assortment of colorful merchandise amid the heady aromas of the Muttrah Souq.
- Savor a satisfying lunch at the luxurious, 5-star Grand Hyatt Muscat.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes numerous steps to negotiate, especially at the Nakhl Fort. Due to Muslim tradition, conservative dress is required for men and women. Legs and shoulders should be covered; shorts, short skirts, beachwear, sleeveless t-shirts or blouses and revealing outfits are not considered appropriate. The order of sites viewed or visited may vary. \*Nakhl Fort is closed for renovation until further notice. A visit to Barka Fort will be made in its place.

### MUS-005 SPLENDORS OF MUSCAT

**Duration:** 4.00 Hrs **Tour Price:** \$0.00

**Retail Price:** \$149.00



**Date:** April 14, 2023 08:45 AM

Explore the splendid souqs, palaces, mosques, museums and resorts of Muscat during this wide-ranging tour. After a brief drive, you'll arrive at the vibrant Muttrah Souq, where scents of exotic Arabian perfumes and spices fill the air, and roam among a multitude of shops offering Omani daggers, or khanjars, as well as handmade Omani attire, antiques, traditional silver jewelry and handicrafts made from copper, camel bone, wood and leather. In Muscat's Old Town, stop for photos at the splendid Al Alam Palace, official residence of Sultan Qaboos. Learn that the opulent palace, which boasts excellent vistas over Muscat Bay, was built in the 1970s between Al Jalali and Al Mirani, two imposing 16th-century fortresses constructed by the Portuguese. Behold the Zawawi Mosque, Oman's most exquisite sanctuary, and continue to Bait Adam, a museum found in a private home, where you'll examine a unique collection of items including currency, paintings, photographs and guns. Receive a warm greeting from your host, who will offer you Arabic coffee and dates, and bask in the hospitality of endlessly bewitching Oman.

- Browse an endless assortment of colorful merchandise amid the heady aromas of the Muttrah Souq.
- Take memorable photos of elaborate Al Alam Palace, residence of Oman's Sultan Qaboos.
- Admire the Islamic architectural flourishes of the fabulous Zawawi Mosque.
- Find an engrossing selection of Omani items such as paintings, currency and photographs at the Bait Adam museum.
- Share Arabic coffee and dates with your gracious host at Bait Adam.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

Due to Muslim tradition, conservative dress is required for men and women. Legs and shoulders should be covered; shorts, short skirts, beachwear, sleeveless t-shirts or blouses and revealing outfits are not considered appropriate. U.S. dollars are accepted at the souq.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

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## MUS-014 HOP ON HOP OFF MUSCAT, CLASSIC 1 DAY TICKET

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$75.00



Date: April 14, 2023 08:45 AM, 09:15 AM, 09:45 AM, 10:15 AM

Uncover the Arabian charms of Muscat on this double-decker bus hop-on, hop-off day of independent discovery. Gain a richer perspective on Oman's capital city, an entrancing metropolis dominated by dramatic mountains, while listening to informative recorded commentary in English and a variety of other languages aboard your bus. With eight stops to choose from, explore at your leisure, opting when and where to leave and rejoin the route. You might roam the vibrant Muttrah Souq, where scents of exotic Arabian perfumes and spices fill the air, or capture sea breezes along the Al Muttrah Corniche. Marvel at Islamic architectural wonders such as the Royal Opera House, the Palace of Parliament and Al Alam Palace, residence of the sultan. You can revel in nature's gifts at Qurum Park, Qurum Beach and the coastal mangroves, and delve into the mesmerizing Old Quarter with an included walking tour. As an extra perk, take advantage of included shuttle service to the stunning Sultan Qaboos Grand Mosque, the largest sanctuary in Oman. With the flexibility of your hop-on on, hop-off adventure, you're certain to make the most of your time in beguiling Muscat.

- Sightsee glorious Muscat with complete freedom, using a hop-on, hop-off bus day-long pass.
- Select from eight available stops to launch your independent exploration and rejoin your bus whenever you are ready to move on to the next location.
- Deepen your knowledge of the city with recorded commentary in English provided on the bus.
- Discover remarkable architectural highlights including Al Alam Palace and the Royal Opera House.
- Take in the local atmosphere at the Muttrah Souq, Qurum Park and the waterfront Al Muttrah Corniche.
- Benefit from two added bonuses, a walking tour of the intriguing Old Town and a shuttle to the dazzling Sultan Qaboos Grand Mosque.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- If you wish to visit the mosque, dress appropriately; men should wear long trousers that cover the ankle and women should cover their hair, arms and knees over the wrists and ankles.
- Bring a hat, sunglasses and sunscreen.

As the HOHO buses are shared with non-cruise tourists; Guests can expect long lines and wait times between buses. Walking on this tour is primarily at the guest's discretion at any chosen stops. Guests must be able to negotiate a step to enter and exit the bus and there are approximately six-to-eight steep, narrow steps to negotiate to reach the upper-deck seating. The upper deck is open and is not air-conditioned. Your tour ticket includes complimentary headphones and a map. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the bus and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina. Shorts, culottes, tight trousers and leggings are not permitted. No tight or see-through blouses are permitted. Duration noted is the total time of the sightseeing loop, not including any optional time guests may spend at the stops. The loop begins and ends at the cruise ship pier. The frequency of the buses is every 30 minutes, with the last bus departing from stop #1 at 5:00 pm. The shuttle service to the mosque departs from stop #1, the Muttrah Souq, and operates during mosque visiting times only.

## MUS-015 VISIT OF AL HOOTA CAVE

Duration: 7.50 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: April 14, 2023 08:45 AM

Wonder at a massive limestone cave formed around two million years ago and study the creatures that live within at a geological exhibition. Settle in for an approximately 2 ½ hour leisurely drive through some of the most hauntingly beautiful scenery in Oman, with craggy Jebel Shams, the country's tallest mountain, coming into focus as you venture inland. At the foothills of the mighty peak, you'll find Al Hoota Cave, which remained undiscovered until the 1960s, when a shepherd found that one of his goats had fallen through an opening in the ground. As you walk through the cave, the only underground marvel of its kind open to the public in the Arabian Peninsula, you'll see unusually shaped stalagmites and stalactites, including one that resembles a lion and others that look like curtains, and pass lakes teeming with small fish that are blind and lack pigmentation because they live in total darkness. After a brief stop at the gift shop, visit the adjacent geological exhibition, where you'll see the cave's fish and other indigenous creatures such as scorpions, Arabian toads and wadi racing snakes. Complete your exhilarating excursion with an international buffet lunch at the nearby Falaj Daris Hotel.

- Glory in Oman's starkly beautiful landscapes as you drive inland toward the Al Hoota Cave.
- Glimpse magnificent Jebel Shams, a rugged, rock-strewn mountain that is Oman's tallest.
- Examine the cave's evocatively shaped stalagmites and stalactites, such as one reminiscent of a lion.
- View underground lakes that are home to unusual fish both blind and lacking pigmentation.
- Survey the cave's residents, including the blind fish, toads, snakes and toads, at a geological exhibition.
- Browse souvenirs at the cave's gift shop and enjoy a buffet lunch at a hotel in the town of Nizwa.
- Wear casual, conservative, weather-appropriate clothing and comfortable, non-slip sole walking shoes.
- Bring a light sweater or jacket, as temperatures are cool within the cave.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of moderate-to-strenuous walking. There will be some rough and uneven surfaces to negotiate and over 200 steps to climb. The pathways in the cave can become slippery. The tour is not available to guests who utilize a wheelchair or guests with mobility concerns. Guests should be in good physical condition.

## MUS-001 OMANI DHOW CRUISE

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: April 14, 2023 09:00 AM

Relax during a wonderful sightseeing experience on an exclusive dhow boat cruise along the waters hugging glittering Muscat. You'll learn that dhows, characteristic Middle Eastern boats with wooden hulls and triangular sails, are crafted in the town of Sur using traditional Omani techniques that have been passed on for centuries from generation to generation. However, feel comfortable learning that modern features and safety enhancements have been added in Muscat for your even greater enjoyment. At the Marina Bander Al Rowdha, you'll board your dhow and embark on a private, approximately 1 ½-hour cruise that traces the edge of Muscat's Old Town. Take in scenic vistas reflecting Oman's history, from examples of colonial Portuguese architecture on the Al Muttrah Corniche to the contemporary wonders of the Al Alam Palace, and refresh with complimentary soft drinks and water along the way. As you glide over the Gulf of Oman's serene waters, you'll agree there's no better way to absorb glorious Muscat.

- Soak up captivating views of Muscat from the comfort of a traditional dhow boat updated with modern features.
- Follow the contours of Muscat's Old Town for a perfect vantage point on the city's silhouette.
- Admire architectural landmarks such as the 20th-century Al Alam Palace and the colonial Portuguese structures lining the Al Muttrah Corniche.
- Revitalize with included soft drinks and water served aboard your dhow.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes limited walking from the marina entrance to the dhow boat. There will be approximately six steps to negotiate. There are no restroom stops on this tour. The tour is subject to weather and/or sea conditions.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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## MUS-011 DOLPHIN WATCHING

Duration: 4.00 Hrs Tour Price: \$119.00

Retail Price: \$269.00



Date: April 14, 2023 09:00 AM

Get up close to Oman's abundant marine life during this dolphin watching and snorkeling expedition. After a brief drive to a marina, you'll embark a touring boat and set out in search of dolphins and whales about a mile off the rugged coast of Muscat. Although sightings are not guaranteed, you'll likely discover it's not unusual to spot three or four different varieties of dolphin or toothed whales during this relaxing trip out to sea. If you're lucky, you might even encounter some of the larger species of filter-feeding, or baleen, whales. Among the dolphins common to the area, learn that spinners are the most acrobatic and travel in pods that can number more than a thousand fish, sometimes accompanied by their tiny pink newborn calves. Should you see these playful creatures, marvel at the way they spin high up into the air, a behavior that is not fully understood yet is nonetheless exhilarating to watch. Continue your journey to the waters off Bandar al Khiran, where you'll have the opportunity to snorkel in the crystal-clear sea and explore coral beds that abound with a variety of exotic fish, Oman's vividly hued underwater treasures.

- Cruise across the blue-green waters of the Gulf of Oman in search of dolphins and whales.
- Seek out spinner dolphins, whose acrobatic feats include whirling out of the water and into the air.
- Watch for local species of whales such as toothed whales or elusive baleen whales.
- Snorkel in the transparent waters of Bandar al Khiran, where coral beds and their colorful denizens prosper.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- If you wish to snorkel, wear a swimsuit under a cover-up or your clothing.
- Bring a towel from the ship.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately three hours aboard the boat. It is not recommended for guests who utilize a wheelchair, guests with mobility concerns or guests with neck or back injuries. There are no changing facilities. Although dolphin sightings are common, they are not guaranteed. Snorkeling equipment will be provided. Participants will snorkel directly from the boat in water 15-to-20 feet deep. Guests must be able to swim and get in and out of the boat without assistance in order to participate. Guests who participate in any water activities do so at their own risk and responsibility.

## MUS-013 BAIT ADAM MUSEUM AND LOCAL LUNCH

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: April 14, 2023 11:00 AM

Familiarize yourself with Muscat's history, culture and traditions during this scenic tour of Bait Adam, a museum established in a typical Omani home, and partake in lunch with your inviting hosts. Relax during a brief drive to Bait Adam, where you'll examine a unique collection of items including currency, paintings, photographs and guns, all displayed throughout the residence's striking first floor. In the attached private home, you'll receive a warm greeting from your hosts, along with an offering of Arabic coffee and dates. Settle in as the head of the household enchants you with details about the history of Oman and its distinctive traditions, including marriage ceremonies, festivals such as Eid and the holy month of Ramadan. As a marvelous conclusion to your visit, you'll sit for a traditional lunch of Omani specialties in this remarkable setting steeped in history.

- Find an engrossing selection of Omani items such as paintings, currency and photographs at the Bait Adam museum.
- Share Arabic coffee and dates with your gracious hosts, who reside in the museum's private rooms.
- Absorb invaluable information about Omani life and customs, including festivals and marriage ceremonies.
- Rejoice in a delicious lunch of tried-and-true Omani dishes in the museum.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 hours of walking. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. During lunch, guests will be seated on cushions on the floor.

## MUS-006 VISIT OF BAIT ADAM MUSEUM

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: April 14, 2023 01:00 PM

Learn about life in Oman past and present during this brief yet captivating visit to Muscat's Bait Adam, a museum established in a traditional home. Relax during a brief drive to Bait Adam, where you'll examine a unique collection of items including currency, paintings, photographs and guns, all displayed throughout the residence's striking first floor. As soon as you arrive, you'll receive a warm greeting from your hosts, along with an offering of Arabic coffee and dates. Settle in as the head of the household enchants you with details about the history of Oman and its distinctive traditions, including marriage ceremonies, festivals such as Eid and the holy month of Ramadan. You'll come away from this illuminating outing with a much deeper understanding of life in alluringly enigmatic Oman.

- Find an engrossing selection of Omani items such as paintings, currency and photographs at the Bait Adam museum.
- Share Arabic coffee and dates with your gracious hosts, who reside in the museum's private rooms.
- Absorb invaluable information about Omani life and customs, including festivals and marriage ceremonies.
- Wear casual, conservative, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes a moderate amount of walking mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, are able to both make their way on and off the coach and have a companion to assist them. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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## ❖ DUBAI, UAE

### DXB-012 HOP ON, HOP OFF - DUBAI CITY TOUR

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$75.00



Date: April 15, 2023 04:00 PM, 04:30 PM

Enjoy sightseeing, shopping, museums, markets, souks, local dining or the beach, as this tour allows you to experience the best of Dubai at your leisure. The open top double decker bus provides fantastic views and a great atmosphere to explore. From the towering Burj Khalifa and the seven-star Burj Al Arab, to the mysterious gold and spice souks, this fully narrated audio tour allows you to hop-on or hop-off at over 26 locations throughout the city. Your tour ticket is valid for the entire day and includes a choice of three exciting routes; the Red Loop City Tour is 2 hours in duration, the Green Beach Tour is 1 hour and the Blue Marina Tour is 1 hour 30 minutes. Frequency of the buses is every 20 minutes and the last bus departure for the day commences at 6:00 pm. The recorded commentary is available in 12 languages including English, German, Spanish, Portuguese, French, Italian, Chinese, Japanese, Arabic, Russian, Hindi, and Farsi in addition to English live guides on the red loop. Once you have completed your day in Dubai, complimentary shuttle service back to the cruise ship terminal is every 30 minutes from Dubai Mall stop #1. Tour includes complimentary headsets and maps. Additional free options available with your Big Bus Ticket include: Creek Dhow Cruise, Free Entry to Dubai Museum, 4 optional walking tours, Reward Booklet, Wafi Discount Shopping Card. Please note: This tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the bus and have an able-bodied companion to assist them. Amount of walking and level of exertion on this tour is primarily at guests' discretion, at any chosen stops. Guests must be able to negotiate a step to enter and exit the bus and there are approximately 6-8 steep, narrow steps to negotiate to reach the upper deck seating. The upper deck is open and is partially air-conditioned. Weather appropriate clothing, adequate sun protection and flat comfortable walking shoes are recommended. To enter mosques conservative dress is required and shoulders, arms and knees should be covered. Mosques are not available for visitation on Friday. Duration noted is the total time of all loops, not including any optional time guests may spend at the stops.

As the HOHO buses are shared with non-cruise tourists; Guests can expect long lines and wait times between buses. This tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the bus and have an able-bodied companion to assist them. Amount of walking and level of exertion on this tour is primarily at guests' discretion, at any chosen stops. Guests must be able to negotiate a step to enter and exit the bus and there are approximately 6-8 steep, narrow steps to negotiate to reach the upper deck seating. The upper deck is open and is partially air-conditioned. Weather appropriate clothing, adequate sun protection and flat comfortable walking shoes are recommended. To enter mosques conservative dress is required and shoulders, arms and knees should be covered. Mosques are not available for visitation on Friday. Duration noted is the total time of all loops, not including any optional time guests may spend at the stops.

### DXB-001 DISCOVER DUBAI

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: April 15, 2023 05:00 PM

Catching sight of the gleaming metropolis of Dubai, it is difficult to believe that barely 30 years ago it was a little more than a desert-strewn wilderness where nomadic tribes roamed the sands and a cluster of settlers crowded around the banks of Dubai Creek. On this half-day excursion, explore modern Dubai, where the old fort and ancient houses stand in stark contrast to the uniquely designed high-rise steel and glass buildings. Begin with a photo stop at the dazzling luxury hotel, Burj Al Arab, designed to resemble a billowing sail and dominating the Dubai coastline. The Jumeirah Mosque, an impressive example of Islamic architecture with its two towering minarets, is your next photo opportunity. Built in the medieval Fatimid tradition, this stone mosque is one of the largest sacred structures in Dubai. The Al Bastakiya district is next, with its narrow lanes and tall wind-towers, built to catch a breeze and naturally cool the houses during the summer heat. Within this maze of limestone and coral dwellings built by Iranian merchants, enjoy a tantalizing glimpse of the old Dubai. A visit to the Dubai Museum, located in the 200-year-old Fort Fahidi, is your next stop. Opened in 1971, the museum houses a treasure trove of local antiquities, preserving the emirate's history and traditions. Some of the exhibits contain artifacts that date back from the times of pearl diving and long before the discovery of oil. Next is a photo stop at the beautifully restored former residence of Sheikh Saeed al Maktoum, ruler of Dubai until 1958, followed by a visit to the Gold and Spice Souqs. Take in the fragrance of exotic spices, sharpen your bargaining skills and be enticed by the glittering displays of gold jewelry, before returning to the ship. Please note: This tour includes approximately 1 hour of walking and/or standing, and is not considered suitable for wheelchair guests. Those with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Hats and comfortable walking shoes are recommended and out of respect for local customs, clothing must cover your knees and arms.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

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**DXB-006 WALKING TOUR OF OLD DUBAI**

**Duration: 3.75 Hrs**   **Tour Price: \$0.00**

**Retail Price: \$99.00**



**Date: April 15, 2023 05:00 PM**

The very best way to become acquainted with a destination and truly experience the local scene is to explore it on foot. This wonderful tour that affords you an up-close look at many of the city's important landmarks is designed to take you through Old Dubai, which stands in stark contrast to the gleaming high-rise buildings that define modern Dubai. Traveling by coach, it's a short transfer to Dubai Creek where you will have a brief photo stop before proceeding on to the Bastakia area where your walking tour commences. This part of Old Dubai is one of the most picturesque historical sites in the city and has been designated as a heritage area. Many of its vintage homes and wind towers have undergone renovations in the last few years and its narrow alleyways have been designated as pedestrian thoroughfares. Your guided walk will lead you past small galleries and colorful cafés before arriving at one of the local residences where you will have a short visit and enjoy some refreshment. From here, your tour continues towards the Al Fahidi Fort (Dubai Museum) and passes through the old Textile souq, where a fascinating cornucopia of textiles in varying colors and textures are presented for sale. You may wish to return on your own later to do some shopping as the choices here are virtually unlimited and prices are negotiable. Next, you'll visit the Sheikh Saeed House, a magnificent restored home which was the official residence of Sheikh Saeed Al Maktoum who ruled Dubai from 1912-1958 and was the grandfather of the present ruler. The home, which dates back to 1896, today houses a rare collection of historic photographs, coins, stamps and documents that chronicle Dubai's history. Following your visit here, you'll next make your way to your final stop, the popular Heritage and Diving Village. Located near the mouth of Dubai Creek, the village serves to recreate life as it was in Dubai in days gone by, highlighting the emirate's maritime past, pearl diving traditions and architecture. Delightfully created displays tell the story of Dubai's rich heritage and provide an attractive venue for local potters and weavers to display their wares. At night, the village becomes a venue for open-air dining and live entertainment. Rejoining your coach at the village, it's a short transfer back to the pier. Please note: This tour includes approximately 3 hours of walking and/or standing, and is not considered suitable for wheelchair guests. Those with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Lightweight clothing, hats and comfortable walking shoes are recommended.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

**GL** Go Local Tour



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## **General Information**

### **What is Included?**

#### **Transportation:**

Licensed and insured late model, coaches, vehicles, watercraft, and other modes of transportation are utilized.

#### **Meals and Refreshments:**

Included when indicated in the tour description.

#### **Guides:**

Licensed, English-speaking, local guides accompany all tours, where available.

#### **Entrance Fees:**

Tours include all required admission fees, where applicable.

### **What Should I Wear?**

When taking a shore excursion, comfortable walking shoes, sunglasses, a hat and sunscreen are suggested. You may consider bringing an umbrella, raincoat, sweater, or jacket. And don't forget your camera!

### **Cancellations and refunds**

- In order to ensure quality guides and sufficient transportation, we must provide the tour operator with passenger counts at least 36 hours in advance. Therefore no refunds will be given within 36 hours of the tour.
- Tours operate rain or shine.
- Tours require minimum participation levels to operate so please sign up as early as possible. Tours may be cancelled if minimum participation levels are not met.

### **Prices, Itineraries and General Information**

- Shore excursions prices are subject to change to meet unexpected cost increases or currency fluctuations.
- The information contained in this document was current at the time of printing, however changes may occur before your scheduled departure. Please consult the Destination Services Desk onboard for information and current pricing.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) may be limited or denied. In such instances, adjustments will be made to minimize inconvenience to guests.
- Some tours have limited availability. Please sign up early to avoid disappointment.
- Regent Seven Seas Cruises reserves the right to require Guests to complete a liability waiver for select shore excursions. For more information, please visit the Destination Service.

### **Please Note**

While the greatest care has been taken to offer the finest services available, Regent Seven Seas Cruises will not be held responsible for any act, event or omission during the time that passengers are not onboard the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodation, ground transfers and shore excursions are made by Regent Seven Seas Cruises for the convenience of our Guests with the suppliers of the services. Each Guest agrees not to hold Regent Seven Seas Cruises, its owners, employees, agents or representatives liable, the absence of its own negligence, for any loss, injury, expense, or damage which result directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component other than water transportation or any other option that is available for purchase.

Arrangements with independent contractors include, but are not limited, to services, products, and transportation provided elsewhere that onboard Regent Seven Seas Cruises vessels in connection with tours whether arranged or organized by tour operators, travel agents, or Regent Seven Seas Cruises. Tours including hotel accommodations and transportation by vessel(s) not owned or operated by Regent Seven Seas Cruises or by air, rail, or land are not under the supervision and control of Regent Seven Seas Cruises.

**IMPORTANT INFORMATION**

Notwithstanding that Regent Seven Seas Cruises, at the Guest's option, arranges air transportation, hotel accommodations, groups transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Regent Seven Seas Cruises, being a "for profit entity", earns a fee on the sale of the optional services.

Tour departure times are subject to change so please reference your actual tour ticket for the correct departure time.

**NOTICE:**

All Regent Seven Seas Cruises shore excursions are per person, are subject to change and availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Regent Seven Seas Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion information contained in this shore excursion book is subject to change without notice at Regent Seven Seas Cruises' discretion. All shore excursion descriptions and fares listed are subject to change without notice. Regent Seven Seas Cruises is not responsible or liable for typographical errors, omissions or misprints.