



SEVEN SEAS CRUISES®

OPTIONAL SHORE EXCURSIONS

CAPE TOWN, SOUTH AFRICA to BARCELONA, SPAIN

SS MARINER May 06, 2023

Welcome Ashore!

Regent Seven Seas Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call.

Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

Shore Excursion Points of Distinction

Professional English-speaking experts to guide you through your journey.

Peace of mind knowing that your excursions are monitored by the ship's staff.

A staff of experienced, excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port.

Travel with premier, licensed and insured, tour companies aboard the best available, climate controlled luxury transportation.

Reserve Your Excursions Online!

Now you can reserve individual shore excursions online, all from the comfort of your home. Our website www.rssc.com offers a wealth of information about your cruise: learn about and purchase shore excursions, view pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more.

You may purchase tours up until 7 days prior to your sail date. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. Call your travel agent or visit www.rssc.com today to pre-purchase any of these wonderful programs. Next to each tour description, you will find symbols to assist you in choosing the excursion that is right for you.

❖ WALVIS BAY, NAMIBIA

WAL-008 TREASURES OF THE NAMIB DESERT BY OFF-ROAD VEHICLE

Duration: 5.00 Hrs Tour Price: \$179.00

Retail Price: \$329.00



Date: May 08, 2023 11:00 AM

Experience the treasures of the Namib Desert during this memorable off-road expedition that includes a stop at the renowned Walvis Bay Lagoon. Board your off-road vehicle for a drive to the Namib-Naukluft National Park, which encompasses the Naukluft Mountain Range and part of the Namib, one of the world's oldest deserts and site of the world's highest and most vividly colored sand dunes. As you explore the unique plant life and terrain of this arid region, you'll discover Moon Landscape, a vastly eroded valley that is reminiscent of the lunar surface due to the wind's effect on the rock formations and sand. You'll proceed to the Welwitschia Valley, where thousands of bizarre welwitschia plants are scattered about. After stopping to view these distinctive specimens as well as a variety of interesting lichens, you'll continue to a scenic location for a refreshment of orange juice and savory snacks. Pause for photos at Dune 7, the highest sand dune in the area, then make a brief stop at the Walvis Bay Lagoon and tidal flood plains, declared a Wetland of International Importance for its abundance of marine life, pelicans and a wealth of other avian species.

- See the rugged mountains, shifting dunes and vibrant colors of beguiling Namib-Naukluft National Park.
 - Gaze in awe at a lunar-like topography carved out by the wind at Moon Landscape.
 - Study the uniquely unattractive welwitschia plant, found only in the Namib Desert.
 - Appreciate a relaxing stop for savory snacks and orange juice.
 - Capture dramatic photos at the commanding Dune 7, the area's tallest sand dune.
 - Observe the Walvis Bay Lagoon and tidal flood plains, recognized internationally for its environmental importance.
- Wear casual, weather-appropriate clothing and comfortable walking shoes. •Bring a hat, sunglasses and sunscreen.

This tour involves off-road travel over bumpy, uneven and dusty gravel roads. It is not recommended for guests with mobility concerns or guests who utilize a wheelchair, unless they remain seated inside the vehicles during the photo stops. The tour is not recommended for guests with dust allergies. Each vehicle will accommodate three to ten guests. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

WAL-010 BIRDING TOUR

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: May 08, 2023 11:30 AM

Thrill to sightings of a profusion of bird species during this tour to the rich feeding grounds of the Walvis Bay Lagoon and salt mine. Journey to the ecologically indispensable Walvis Bay Lagoon, declared a Wetland of International Importance, and begin your quest to identify the wide variety of shore birds and waders who congregate there, including sandpipers, plovers, pelicans and herons, depending upon the season. You'll enter the sedimentation pans of the expansive Walvis Bay Salt Holdings, the largest producer of solar sea salt in sub-Saharan Africa, and enjoy a close-up view of the many resident birds, perhaps even seeing phalaropes, grebes and terns, including the rare Damara tern. Travel farther along the beach to Pelican Point and discover a large Cape fur seal colony, along with osprey and exotic African black oystercatchers. Depending upon the weather and time of day, you'll possibly glimpse the dune or sabota lark and perhaps recognize an Orange River white-eye on your return through the enthralling Kuiseb River delta, a fabulous site in which to round out your unforgettable bird-watching foray.

- Catalogue sightings of numerous waders and shore birds at the nutrient-rich Walvis Bay Lagoon.
 - See a plethora of avian species, such as sandpipers, plovers, herons and pelicans.
 - Visit the Walvis Bay Salt mine to look for phalaropes, grebes and terns.
 - Spy osprey and African black oystercatchers at Pelican Point, home to a Cape fur seal colony.
 - Keep watch at the Kuiseb River delta for an Orange River white-eye and a dune or sabota lark.
- Wear casual, weather-appropriate clothing and comfortable walking shoes. •Bring a hat, sunglasses and sunscreen.

This specialized tour is recommended only for birding enthusiasts. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. One set of binoculars and a birding book will accompany each vehicle. Wildlife sightings, although likely, are not guaranteed. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

WAL-006 SEAL & PELICAN CRUISE

Duration: 4.00 Hrs Tour Price: \$49.00

Retail Price: \$205.00



Date: May 08, 2023 12:00 PM

Applaud the splendid natural beauty of Southern Africa's western coast during this dolphin and seal cruise on the Walvis Bay Lagoon. Travel along a littoral road to the historic jetty at Swakopmund and board an open-air boat for a three-hour cruise in the renowned Walvis Bay Lagoon, declared a Wetland of International Importance as it is one of the most significant ecological sites along Southern Africa's western coast. You'll learn that the lagoon is well-known for its native bird species and vast array of intra-African and Palaearctic migrants, and find the water is usually very calm yet teeming with avian and marine life. Continue on to Pelican Point, a sand spit separating Walvis Bay from the Atlantic Ocean, where you'll likely encounter a large Cape fur seal colony, and watch for schools of heavyside and bottlenose dolphins that often swim alongside the boat. Keep a sharp lookout for white-chinned petrels, Wilson's storm petrels, cape gannets, pelicans and cormorants. During your cruise, you'll savor a delicious repast of fresh oysters, sparkling wine, soft drinks and a selection of open-faced sandwiches, a perfect accompaniment to your outdoor adventure.

- Embark an open-air boat for an in-depth exploration of the famed Walvis Bay Lagoon.
 - Survey the lagoon's protected wetland, known for its plethora of avian species and marine life.
 - Spy a large colony of Cape fur seals at sandy Pelican Point.
 - Thrill to schools of heavyside and bottlenose dolphins trailing beside your boat.
 - Search for white-chinned petrels, Wilson's storm petrels or cape gannets amid a flurry of countless pelicans and cormorants.
 - Relish a tasty meal of fresh oysters, open-faced sandwiches, soft drinks and sparkling wine as you cruise.
- Wear casual, weather-appropriate clothing and comfortable walking shoes. •Wear a windbreaker or warm jacket. •Bring a hat, sunglasses and sunscreen.

This tour includes approximately three hours of boating on open water. The tour is not recommended for guests with mobility concerns or guests who utilize a wheelchair. There is a drastic change between high and low tide, which may make it difficult to embark and/or disembark the boat, and the weather can be windy and cold at times. Operation of this tour is entirely dependent upon prevailing weather conditions. Wildlife sightings, while likely, are not guaranteed. Participants must be at least 21 years of age to be served alcoholic beverages. 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

Page

2

WAL-005 SWAKOPMUND SIGHTSEEING

Duration: 5.00 Hrs Tour Price: \$79.00

Retail Price: \$229.00



Date: May 08, 2023 12:15 PM

Explore Swakopmund's colonial past during this orientation tour that includes a visit to the Walvis Bay Lagoon. Journey along the scenic coast to the mouth of the Swakop River and find Swakopmund, an enchanting seaside resort that resembles a Bavarian village. You'll see the town's colonial past reflected in the early 19th-century art nouveau architecture found on many appealing buildings that have been declared national monuments. Discover the neo-Baroque German Evangelical Lutheran Church and the elegant historic Railway Station, which is now the Swakopmund Hotel's reception area. After passing the town's historic jetty, you'll walk to the Karakulia Weavers where Karakul sheep wool is spun, dyed and woven into rugs and wall hangings. Explore the Kristall Gallery, which displays crystals weighing up to 14 tons, and appreciate free time at the Brauhaus Gallery, a town center shopping arcade. En route back to Walvis Bay, you'll pause for photos at Dune 7, the highest sand dune in the area, then make a brief stop at the Walvis Bay Lagoon and tidal flood plains, declared a Wetland of International Importance, and marvel at its rich marine life and myriad bird species.

- Uncover early 19th-century art nouveau architecture in Swakopmund, a seaside resort town that evokes a Bavarian village.
 - See the lovely neo-Baroque German Evangelical Lutheran Church and the ornate former Railway Station.
 - View the town's beloved jetty and the Karakulia Weavers, where sheep wool is made into rugs and wall hangings.
 - Study crystals up to 14 tons at the Kristall Gallery and browse the shops in the Brauhaus Gallery.
 - Capture dramatic photos at the commanding Dune 7, the area's tallest sand dune.
 - Observe the Walvis Bay Lagoon and tidal flood plains, recognized internationally for its environmental importance.
- Wear casual, weather-appropriate clothing and comfortable walking shoes. •Bring a hat, sunglasses and sunscreen.

The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. On days when the Kristall Gallery is closed, a visit to Karakulia Weavers will be substituted. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

WAL-009 LIVING DESERT BY OFF-ROAD VEHICLE

Duration: 5.00 Hrs Tour Price: \$179.00

Retail Price: \$329.00



Date: May 08, 2023 12:15 PM

Discover the unique denizens of the world's oldest desert during this off-road adventure in the Namib Desert. Settle in for a vista-filled drive in an off-road vehicle to the eerily beautiful Namib Desert. Upon arrival, you'll be led by an expert guide through seemingly lifeless landscapes in search of indigenous species and learn how they adapt to the inhospitable environment. Perhaps see creatures like the sidewinding adder, the Palmetto gecko, the sand-diving lizard, the Namaqua chameleon and various other diminutive beetles, lizards and geckos that live and survive in the torrid desert conditions. You'll conclude your tour with a stop at Sundowner Dune to take in spectacular views over the Atlantic Ocean and enjoy refreshing orange juice and savory snacks. During your return along a scenic coastal road, contemplate the nearly ineffable beauty of the bewitching Namib and its resilient tenants.

- Board an off-road vehicle for an exhilarating outing into the breathtaking Namib Desert.
 - Search the barren landscape for indigenous species that have adapted to the challenging environment.
 - Stay alert for glimpses of the Palmetto gecko, sand-diving lizards or Namaqua chameleons.
 - Revitalize with orange juice and savory snacks at Sundowner Dune.
- Wear casual, weather-appropriate clothing and comfortable walking shoes. •Bring a hat, sunglasses and sunscreen.

This tour involves off-road travel over bumpy, uneven and dusty gravel roads. It is not recommended for guests with mobility concerns or guests who utilize a wheelchair, unless they remain seated inside the vehicles at the various photo stops. The tour is not recommended for guests with dust allergies. Each vehicle will accommodate three to ten guests. Travel time to the Namib Desert is approximately 45 minutes by coach in each direction. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

WAL-016 MOON LANDSCAPE & WELWITSCHIA

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: May 08, 2023 12:30 PM

Marvel at a vast national park that is distinguished by massive sand dunes and otherworldly terrain during a tour of a remarkable desert environment. Settle in for an approximately 30-minute drive to Dune 7, the region's largest sand dune, and perhaps find sand-boarders and skiers zipping down its slope. Continuing on, you'll enter the Namib-Naukluft National Park, which includes part of the Namib Desert and is the country's largest nature preserve, and notice its striking rusty-hued sand dunes, whose colors vary due to the iron in the sand oxidizing to a darker shade as the dunes age. In spite of the seemingly harsh conditions, find flora and fauna thriving here, such as the raggedy welwitschia, which resembles wilted lettuce and produces only two leaves in its up to 500-year lifetime. You'll journey to Moon Landscape, a vastly eroded valley that is reminiscent of the lunar surface. Discover that even though the environment appears to be barren, it supports a complex ecosystem of lichens and shrubs subsisting on the occasional moisture provided by sea fog that rolls in from as far as 20 miles away. You'll wonder at nature's incredible adaptability during this fascinating excursion.

- Stand in awe at Dune 7, a massive sand dune enjoyed by sand-boarders and skiers.
 - Experience the Namib-Naukluft National Park, a striking natural preserve that includes part of the Namib Desert.
 - Discern the age of a sand dune from the depth of its rust color, due to oxidation through the years.
 - Wonder at the hardness of the flora and fauna that thrive in the arid desert conditions.
 - Examine the unappealing welwitschia plant, which resembles wilted lettuce and lives up to five centuries.
 - Contemplate a lunar-like topography carved out by the wind at Moon Landscape.
- Wear casual, weather-appropriate clothing and comfortable walking shoes. •Carry bottled water, as you may require hydration. •Bring a hat, sunglasses and sunscreen.

This tour includes limited walking, mainly at the guest's discretion during stops. The tour is not recommended for guests with mobility concerns or guests who utilize a wheelchair, unless they remain seated inside the vehicles during the photo stops. The tour is not recommended for guests with dust allergies. 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

Page

3

WAL-011 SWAKOPMUND TOWNSHIP TOUR

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: May 08, 2023 12:45 PM

Delve into the daily bustle of Walvis Bay on a visit to a working-class residential district during this rewarding tour. Travel a coastal road to Mondesa Township, which was established in the early 1950s to provide housing for Owambo, Damara and Herero people working in the city of Swakopmund. You'll find that this district, just a brief distance from Swakopmund's center, reveals a radically different world from the tourist center, providing you with an invaluable opportunity for personal growth by interacting with the friendly families who reside there. Observe the inhabitants' daily life during an approximately three-hour customized tour that engages you in the resident's everyday activities, and learn some of the region's history to assist you in bridging the cultural gap and achieving increased understanding. Take in a fascinating demonstration on the preparation of the cereal grain mahangu, taste unusual but delicious food and enjoy the dancing of the local children. In addition to benefitting from your immersion into a much different way of life, you'll feel gratified that a portion of your visitor's fee is contributed to a community fund that honors and supports the district's citizens.

- Visit Mondesa Township, a culturally diverse district of Swakopmund built to house the city's workers.
 - Meet the resident families, a priceless opportunity to grasp a culture likely entirely different from your own.
 - Further your knowledge of the township's history to better understand life in Mondesa.
 - Sample flavorful local dishes and watch the preparation of a cereal grain known as mahangu.
 - Applaud the joyous dancing of the district's children.
 - Appreciate that a portion of your fee supports Mondesa's citizens.
- Wear casual, weather-appropriate clothing and comfortable walking shoes. •Bring a hat, sunglasses and sunscreen.

This tour must be booked at least ten days prior to the sailing date. Once booked, it is non-refundable. All interaction with the community should be conducted in a non-intrusive manner, respecting the inhabitants' privacy at all times. 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

Page

4

❖ SAO TOME, SAO TOME & PRINCIPE

TMS-002 BIRD WATCHING & SAO NICOLAU WATERFALL

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$89.00



Date: May 12, 2023 10:30 AM

Follow winding trails through a luxuriantly green forest on a search for rare species of birds found on São Tomé, with the picturesque São Nicolau waterfall cascading in the background. Travel toward the island's center, home to tropical forests and volcanically formed mountains, and keep watch for some of the approximately 135 avian species that have been spotted on the island, including many from the West African mainland. You'll discover there are as many endemic bird species here as are found in the renowned Galapagos Islands. Arrive at the São Nicolau waterfall in the heart of the forest, where you'll spend approximately two hours accompanied by an expert guide, who will point out many indigenous and migratory species. Keep an eye out for native birds such as the bronze-naped pigeon, the giant weaver and the São Tomé paradise flycatcher, and glimpse native African birds such as the harlequin quail and the velvet-mantled drongo. Perhaps you'll view a species only found here, the São Tomé Sunbird, formerly known as the giant sunbird due to its size and a remarkable denizen of this stunning island.

- Search for many of the approximately 135 avian species sighted around the island's center.
- Delight in approximately two hours of bird-watching near the enchanting São Nicolau waterfall.
- Receive valuable information and helpful guidance from an expert guide.
- Look for endemic species such as the bronze-naped pigeon, the giant weaver and the São Tomé paradise flycatcher.
- Catalog sightings of African birds such as the harlequin quail and the velvet-mantled drongo.
- Spot a São Tomé sunbird, formerly called the giant sunbird, which is unique to the area.
- Wear casual, weather-appropriate clothing and comfortable, non-slip sole walking shoes.
- Wear lightweight clothing, including long sleeves and long pants.
- Bring insect repellent and binoculars.
- Carry bottled water, as you may require hydration.
- Bring a hat, sunglasses and sunscreen.

This tour includes several hours of moderate walking/standing. There will be some steps, as well as natural and uneven surfaces to negotiate, along with the possibility of mud. The tour is not available to guests who utilize a wheelchair and may not be suitable for guests with mobility concerns, who are cautioned to evaluate their personal level of ability and stamina. Participants should be in good physical condition. Guests should be prepared for the possibility of rain. There are no restroom facilities on this tour. The order of sites viewed or visited may vary and can be influenced by weather conditions. Wildlife sightings, while likely, are not guaranteed.

TMS-006 MONTE CAFE PLANTATION & CITY

Duration: 7.00 Hrs Tour Price: \$159.00

Retail Price: \$309.00



Date: May 12, 2023 10:30 AM

Delve into the island's highlights on this over-arching excursion that visits a beautiful waterfall and a coffee plantation, and includes a tour of the enchanting capital and a colorful folkloric show. Journey toward the island's center, a land of tropical forests and volcanically formed mountains, and discover the postcard-ready São Nicolau waterfall, an idyllic setting in the deep forest that hosts an abundance of colorful endemic birds flitting among the trees. Travel to the Monte Café Plantation, where you'll learn about the factors that affect the taste, aroma and quality of their coffee and how the beans are transported from the fields, dried, roasted and sorted before export. Following a traditional Santomean lunch at a downtown restaurant, explore the beguiling capital of São Tomé, founded in 1485 by the Portuguese, during a visit to the National Museum, which is housed in a 16th-century Portuguese-built fortress that overlooks the Atlantic Ocean. Nearby, you'll experience the quaint Pantufo fishing village, where you'll revel in a traditional folkloric performance. Back in São Tomé, appreciate highlights such as the rose-pink Presidential Palace, inviting colonial-era plazas and a gallery that showcases local artists. You'll cherish your captivating overview of this thoroughly entrancing island.

- Thrill to the riot of birds chattering and flying about at the photogenic São Nicolau waterfall.
- Tour the facilities at the aromatic Monte Café Plantation to understand the production of their delicious coffee.
- Sit for a typical Santomean lunch served at a downtown restaurant in the bustling capital.
- Discover São Tomé's history at the National Museum, located in a 16th-century Portuguese fortress.
- Enjoy a folkloric dance performance in the fishing village of Pantufo.
- See São Tomé's rose-pink Presidential Palace, several colonial-era squares and a gallery that features local artists.
- Wear casual, weather-appropriate clothing and comfortable, non-slip sole walking shoes.
- Wear lightweight clothing, including long sleeves and long pants.
- Bring insect repellent and binoculars.
- Carry bottled water, as you may require hydration.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately two hours of moderate walking/standing. There will be some steps, inclines, natural, uneven and possibly slippery surfaces to negotiate, as well as the possibility of mud. The tour is not recommended for guests who utilize a wheelchair or guests with mobility concerns. Guests should be prepared for the possibility of rain. Bring small change in either USD or EUR to purchase any drinks or local products. The order of sites viewed or visited may vary and can be influenced by weather conditions. It is important to note that photos or video of the Presidential Palace are strictly forbidden.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

5

TMS-007 EAST COAST TO SAO JOAO PLANTATION

Duration: 7.00 Hrs **Tour Price:** \$139.00

Retail Price: \$289.00



Date: May 12, 2023 10:30 AM

Explore plantation life and island traditions along the eastern shore of São Tomé, a bucolic setting of verdant forests and gorgeous beaches. Take a leisurely drive to the picturesque eastern side of the island, passing several colorful villages, and arrive at Roça Água Izé, a working cocoa plantation. You'll watch how the raw cocoa is processed and learn that its production has become vital to the island's economy since it was introduced by the Portuguese in 1822. Refresh with a cooling coconut water at a seaside blowhole called Boca de Inferno, which translates as Hell's Mouth, then continue to the Roça São João plantation and absorb its history during an enlightening walking tour led by Isaura Cavalho, a manager of the lovely ecotourism property. Discover the plantation raises cattle, promotes local artists and excels at culinary endeavors, which you'll experience first-hand during a delicious lunch of Santomean cuisine accompanied by energizing Bulawe drum music. At sublime Seven Waves Beach, relish time at your leisure before taking in a lively folkloric dance performance in the charming fishing village of Pantufo. You'll bask in the intriguing culture and gracious warmth of the Santomean people on this marvelous excursion.

- Understand the importance of cocoa production to the island's economy during a visit to the Roça Água Izé, a working cocoa plantation.
- Delight in a revitalizing coconut water during a stop at a blowhole named Boca de Inferno, or Hell's Mouth.
- Appreciate a guided tour of the marvelous Roça São João, a rural ecotourism plantation.
- Partake in a traditional Santomean lunch accompanied by joyous Bulawe drum music.
- Stroll the golden sands of Seven Waves Beach during free time.
- Enjoy a traditional dance performance in the fishing village of Pantufo.
- Wear casual, weather-appropriate clothing and comfortable, non-slip sole walking shoes.
- Wear lightweight clothing, including long sleeves and long pants.
- Bring insect repellent and binoculars.
- Carry bottled water, as you may require hydration.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of moderate walking/standing, plus any additional walking at the guest's discretion during free time. There will be some steps, natural and uneven surfaces to negotiate, as well as the possibility of mud. The tour is not available to guests who utilize a wheelchair and it may not be suitable for guests with mobility concerns, who are cautioned to carefully evaluate their personal level of ability and stamina. Guests should be prepared for the possibility of rain. Bring small change in either USD or EUR to purchase any drinks or local products. The order of sites viewed or visited may vary and can be influenced by weather conditions. Restroom facilities on this tour are limited and may be quite basic in nature.

TMS-003 HIGHLIGHTS OF SAO TOME

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

Retail Price: \$159.00



Date: May 12, 2023 11:00 AM, 02:30 PM

Glory in the culture and history of São Tomé and view its marquee attractions, including the National Museum, Presidential Palace and lively city market. Drive through charming São Tomé, a capital city founded in 1485 by the Portuguese and noted for its colonial architecture and brightly colored buildings. You'll uncover the island's rich past at the National Museum, which houses myriad artifacts, many religious in nature, in a 16th-century Portuguese-built fortress that overlooks the Atlantic Ocean. Visit the nearby Pantufo fishing village, where you'll revel in a traditional folkloric performance that lends even greater insight into the island's culture. Returning to the city center, find the Presidential Palace, which features a rose-pink façade with neoclassical elements, and make your way through many popular squares to the bustling city market for a rewarding dive into local life. You'll wend your way through narrow walkways between stalls of fresh vegetables and aromatic spices and watch for vendors tugging at their ears, a signal that their merchandise is especially good. Absorb the fascinating lifestyle of the citizens of bewitching São Tomé on this satisfying tour.

- Discover São Tomé's history at the National Museum, located in a 16th-century Portuguese fortress.
- Enjoy a folkloric dance performance in the fishing village of Pantufo.
- Pass the rose-pink Presidential Palace and several appealing squares in vibrant São Tomé.
- Wander among stalls selling fresh vegetables and aromatic spices at the busy city market.
- Notice the ear-tugging used by the market's vendors to advertise their best goods.
- Wear casual, weather-appropriate clothing and comfortable, non-slip sole walking shoes.
- Wear lightweight clothing, including long sleeves and long pants.
- Bring insect repellent and binoculars.
- Carry bottled water, as you may require hydration.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of moderate walking/standing. There will be some steps as well as natural and uneven surfaces to negotiate. The tour is not available to guests who utilize a wheelchair and it may not be suitable for guests with mobility concerns, who are cautioned to evaluate their personal level of ability and stamina. Guests should be prepared for the possibility of rain. Bring small change in either USD or EUR to purchase any drinks or local products. The order of sites viewed or visited may vary and can be influenced by weather conditions. It is important to note that photos or video of the Presidential Palace are strictly forbidden.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

6

❖ LOME, TOGO

LFW-003 LAKE TOGO AND ZANGBETO DANCE

Duration: 6.00 Hrs Tour Price: \$199.00

Retail Price: \$349.00



Date: May 14, 2023 09:00 AM

Indulge your senses with the unique traditions and flavors of Togo while visiting several villages, watching a ceremonial dance and sitting for a delectable lunch. Settle in for a picturesque 45-minute drive along coastal trails and through coconut groves en route to Agbodrafo, a former slave-trading post, and on to Pedakondji, a fisherman's hamlet where you'll observe the villagers going about their daily lives. Continue your journey through seaside Aného, known at one time as Little Popo, before arriving in Glidji, the spiritual heart of the Guen people, and meet the priests of Glidji's sacred forest. Discover Hlande, a village in the farmlands, and from the comfort of a shaded patio watch the breathtaking ritual dance of the Zangbeto, the traditional night guardians. Conclude your wide-ranging exploration at Hotel Le Lac, sitting on the shore of glittering Lake Togo, where you'll savor a delicious buffet lunch and contemplate the allure of bewitching Togo.

- See the former slave-trade post of Agbodrafo and fisherman's village of Pedakondji.
- Survey the waterfront community of Aného, once known as Little Popo.
- Greet the revered priests of the sacred forest of Glidji.
- Experience the Zangbeto ceremonial dance in the agricultural village of Hlande.
- Savor a flavorful buffet lunch at Hotel Le Lac, an inviting resort on the shore of Lake Togo.
- Wear casual, lightweight, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses, insect repellent and sunscreen.

This tour includes approximately 2 ½ hours of easy walking/standing. There will be some uneven and natural surfaces as well as steps to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Please keep in mind that you are visiting a destination where conditions and equipment may not be up to the same standards that are available in other areas of the world; however, they will be the best available. Return time from Hotel Le Lac to the pier is approximately 45 minutes by coach. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

LFW-006 TRADITIONAL TOGO

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: May 14, 2023 09:30 AM

Behold the distinctive African traditions of Togo by visiting a market for voodoo practitioners, touring a rural school and watching a folkloric dance with a village monarch. Enjoy a brief drive through Lomé, an engaging capital city of wide boulevards lined with colonial buildings. You'll find that, although the country's religion is predominately Christian, many of the people remain faithful to the religious ancestry of voodoo, which you'll see at an open-air market frequented by traditional healers seeking ingredients for rituals or the creation of magic charms and potions. Following this compelling and rather unusual visit, travel into the countryside to a Togolese village school, where you'll learn how rural children cope with Togo's educational challenges. You'll find the nearby ceremonial grounds and meet the village's distinguished royal court, who will introduce you to the local monarch. After an enlightening presentation of tribal customs, sit with the monarch for a rousing folk dance performance accompanied by traditional rhythmic drumming. You'll relish free time after the entertainment to explore the village, absorbing the charisma of this intriguing land.

- View a market where voodoo healers buy ingredients for ceremonies, charms and potions.
- Tour a Togolese village school to discover how rural children are educated.
- Encounter the village's royal court and receive an introduction to the local monarch.
- Join the monarch for a joyous folkloric performance enhanced with soul-stirring drumming.
- Revel in time on your own to immerse yourself in village life.
- Wear casual, lightweight, weather-appropriate clothing and comfortable walking shoes.
- Carry bottled water, as you may require hydration.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of easy-to-moderate walking/standing, plus any additional walking at the guest's discretion during free time. There will be some uneven and natural surfaces to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Please keep in mind that you are visiting a destination where conditions and equipment may not be up to the same standards that are available in other areas of the world; however, they will be the best available. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

LFW-001 VODOO CEREMONY IN SANGUERA

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: May 14, 2023 02:00 PM

Delve into the practice of voodoo, a little-understood religion, during a memorable and revealing ceremony in a quaint village. Enjoy an approximately one-hour scenic drive to the village of Sanguera, where you'll be greeted by the chief priest and receive a refreshing libation upon your arrival. After taking a seat, hear information about the traditional beliefs and ceremonies of voodoo, a formally recognized religion in Togo and not the mischaracterized and oversimplified stereotype often seen in popular media. While you watch the enthralling event unfold to the beat of rhythmic drums, you'll realize that this is a real voodoo ritual and not a show, so the developments are genuine and not scripted. As a result, understand that the tour content and duration may vary. You'll long cherish the sacred rite you've been privileged to attend on this unforgettable excursion.

- Travel to the village of Sanguera to witness the ritual practice of African voodoo.
- Appreciate a greeting and offer of a welcome drink by the village chief.
- Gain a deeper understanding of the oft-misunderstood traditions of voodoo.
- Observe an authentic voodoo ceremony, not simply a rehearsed performance.
- Wear casual, lightweight, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes limited walking. There will be some uneven and natural surfaces to negotiate. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Please keep in mind that you are visiting a destination where conditions and equipment may not be up to the same standards that are available in other areas of the world; however, they will be the best available. Travel time to Sanguera is approximately one hour each way by coach. 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

Page

7

TKD-002 KAKUM NATIONAL PARK CANOPY WALK

Duration: 8.00 Hrs **Tour Price: \$209.00**

Retail Price: \$359.00



Date: May 15, 2023 08:45 AM

Embrace the pristine natural beauty of Ghana's rainforests and wildlife during this scenic and memorable hiking tour of Kakum National Park. Delve into the 138-square mile reserve, created to protect one of the remaining vestiges of Ghana's rapidly diminishing rainforest and the rare wildlife that call it home. You'll begin your guided hike in this semi-deciduous tropical rainforest along the Kuntan Trail, learning about the economic and medicinal value of the dense woodlands and abundant plant life. Thrill to the Canopy Walkway, suspended 100 feet above the ground, and marvel at commanding views of captivating flora, fauna, rare birds and butterflies. In this enthralling ecosystem, you'll understand Ghanaians' devotion to the forest as the hallowed home for the gods and spirits that dwell in its sacred trees, rivers, stones and animals. A very well-deserved refreshment stop is made during the return drive.

- Immerse yourself in the semi-deciduous tropical rainforest at Kakum National Park.
- Explore an endangered Ghanaian rainforest and its native wildlife.
- Learn the vital medicinal and economic value of the region's flora and fauna.
- View thriving plant life, exotic birds and vibrant butterflies from the Canopy Walkway, 100 feet above the ground.
- Understand the reverence in which Ghanaians hold this rapidly diminishing sacred land.
- Wear casual, weather-appropriate clothing and comfortable walking or hiking shoes.
- Bring a hat, sunglasses, sunscreen and bottled water.

This tour includes approximately two hours of walking over forest trails and wooden suspension bridges, in hot, humid weather. Guests should be in good physical condition. Tour is not available for wheel chair guests or those with walking or mobility concerns. Travel time to the park is approximately two hours each way.

TKD-001 CAPE COAST AND ELMINA CASTLES

Duration: 7.00 Hrs **Tour Price: \$209.00**

Retail Price: \$359.00



Date: May 15, 2023 09:00 AM

Peer into Africa's past during this scenic visit to two of Ghana's medieval castles, both boasting a UNESCO World Heritage site designation, on this enlightening and moving tour. Explore 17th-century Cape Coast Castle, a gate of no return for slaves boarding ships bound for the Americas and the Caribbean. See canoes used to transport slaves to their ships and inspect mortars used for the castle's protection. Travel to the seaside Coconut Grove Beach Resort, where you'll enjoy a brief refreshment stop. Visit Elmina Castle, the oldest European-style fortification built outside of Europe and the first slave trading post in Sub-Saharan Africa. See the dungeons where slaves were kept and the spacious rooms where soldiers ate, slept and socialized. Capture photos of a quaint nearby harbor with fishing boats sporting flags from around the world. As your tour ends, you'll ponder these castles' poignant heritage and their impact on countless lives.

- Visit two UNESCO World Heritage Sites and see the gate of no return for slaves being shipped to the Americas, as well as the dungeons where they were kept.
- Relish a cooling refreshment break under the swaying palms of the Coconut Grove Beach Resort.
- Enjoy the picturesque views of fishing boats and fishermen busy tending nets, going and coming to sea, and selling their catch in the busy harbor.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes moderate walking, some over cobblestones and uneven surfaces. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off transportation and have an able-bodied companion to assist them.

TKD-003 TWIN CITY OF SEKONDI-TAKORADI

Duration: 3.25 Hrs **Tour Price: \$0.00**

Retail Price: \$179.00



Date: May 15, 2023 09:15 AM, 01:30 PM

Explore a monkey-filled forest, bustling markets, cultural landmarks and historic sites during this scenic tour of Sekondi and Takoradi, combined as one since 1946. Learn about Ghana's main exports as you cross the harbor to Takoradi's Western Gate. You'll marvel at the unique virgin forest inhabited by scores of monkeys and birds at Monkey Hill, situated in the heart of Takoradi. Drive through the European-style town of Sekondi, passing aged colonial buildings, the stately High Court and tree-shaded residential areas. During a stop at the bustling Albert Bosomtwi-Sam Fishing Harbor, watch nets being repaired and women buying and preparing the fish. You'll view Fort Orange's impressive lighthouse and the Takoradi Market Circle, Western Ghana's commercial and economic hub. Stop for a spirited cultural show with refreshments at a local hotel and reflect on the distinct personalities of Western Ghana's thriving twin cities.

- Discover a virgin forest filled with monkeys and exotic birds at Monkey Hill in metropolitan Takoradi.
- See the European influence on Sekondi in its colonial architecture and tree-lined residential neighborhoods.
- Observe the lively activity of Albert Bosomtwi-Sam Fishing Harbor.
- View imposing Fort Orange lighthouse and Takoradi Market Circle, a commercial and economic hub.
- Revel in a joyous cultural show with refreshments at a local hotel.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour is primarily panoramic with walking at the guest's discretion during stops. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off transportation and have an able-bodied companion to assist them.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

❖ ABIDJAN, IVORY COAST

ABJ-001 GRAND BASSAM

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: May 16, 2023 08:00 AM, 08:00 AM, 08:00 AM, 08:30 AM, 08:30 AM, 08:30 AM

Venture to Grand Bassam, the former colonial capital of the Ivory Coast, tucked between a lagoon and the ocean, on this enlightening coach tour. Observe abundant coconut groves before arriving in Grand Bassam village, briefly the French colonial capital of the Côte d'Ivoire in the late 1890s until government administration was transferred to nearby Bingerville. View splendid French Colonial buildings in the Ancien Bassam district during your narrated tour, some restored to their original grandeur, and pass sights such as the colonial governor's palace. In the fascinating National Costume Museum, browse exhibits of colorful native garb, ceremonial masks and models of traditional houses and gain a deeper understanding of the vibrant history of the Ivory Coast. You'll visit the seaside Assoyam Beach Resort for a delectable lunch and enjoy a refreshing dip in the ocean afterward, if you wish. Wander through one of Grand Bassam's finest arts and crafts markets with ample time to survey exquisite brass carvings, colorful batik paintings, eye-catching ceramics, intricate wickerwork and finely embroidered scarves in a dazzling display of Ivory Coast artistry.

- View the colonial buildings of Grand Bassam, briefly the capital of the Ivory Coast in the 1890s.
- Gain a greater understanding of the Ivory Coast through fascinating exhibits at the National Costume Museum.
- Lunch at the oceanside Assoyam Beach Resort and perhaps enjoy an invigorating dip afterward.
- Browse Grand Bassam's finest craft market and appreciate the handiwork of local artisans.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.
- Bring a swimsuit if you wish to swim at Assoyam Beach.

This tour includes approximately three hours of easy walking/standing. It is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Due to very hot conditions, guests should be in good physical condition. It is recommended that you bring local currency (Euros) as many shops do not accept U.S. currency or credit cards. The order of sites viewed or visited may vary.

ABJ-002 AKWABA ABIDJAN TO BINGERVILLE

Duration: 7.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: May 16, 2023 08:30 AM, 08:30 AM, 08:30 AM, 09:00 AM, 09:00 AM, 09:00 AM

Explore two important Ivory Coast cities both with an African heart and colonial heritage reflected in their architecture on this illuminating coach tour. Delve into Bingerville, capital of the Ivory Coast for 25 years in the early 1900s and named in honor of Louis-Gustave Binger, a French officer and explorer appointed governor of the region in 1893. Notice the city's prevalent French influence from Boulevard François Mitterrand that connects Abidjan to Bingerville, sitting on a plateau overlooking the lagoon, to French Colonial buildings in various states of restoration. Even though the official language is French, you'll feel a distinct West African atmosphere in the Combes Museum, which features sculptures depicting the Ivory Coast's enthralling ceremonies and rituals. View other noteworthy sights such as the governor's house, now an orphanage, and lush botanical gardens. You'll pass through Cocody, an upscale residential Abidjan neighborhood that's also home to the presidential palace and numerous embassies, including the largest United States Embassy in Africa. Savor a leisurely lunch of traditional African dishes at Maquis 331, a favorite neighborhood restaurant in Abidjan, to cap off your fascinating day of discovery.

- Revel in the French-influenced former Ivory Coast capital of Bingerville.
- Experience the Combes Museum, showcasing West African ceremonies and rituals.
- View Abidjan's Cocody district, site of the largest United States Embassy in Africa.
- Enjoy a leisurely lunch in a popular Abidjan neighborhood restaurant.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of easy-to-moderate walking/standing. It is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Due to very hot conditions, guests should be in good physical condition. It is recommended that you bring local currency (Euros) as many shops do not accept U.S. currency or credit cards. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

9

❖ DAKAR, SENEGAL

DAK-001 PINK LAKE RETBA & VILLAGE FEAST

Duration: 8.00 Hrs Tour Price: \$199.00

Retail Price: \$349.00



Date: May 19, 2023 10:30 AM, 11:30 AM

Experience one of Senegal's most intriguing natural wonders and delve into the culture of the area's villages on this enjoyable tour. Journey through the Niayes greenbelt to a village inhabited by the Wolof, one of the largest ethnic groups in Senegal, and behold fascinating rose-colored Lake Retba, also called Pink Lake. You'll learn that the lake's unusual hue comes from an aquatic microorganism that is fed by the water's high salt content, which creates a visible ring along the shoreline. Board a 4x4 truck with a skilled driver for a tour around the lake, over sand dunes and into neighboring villages, where you might mingle with the salt harvesters. You'll drive on the beach where the famed Paris-Dakar endurance car rally historically finished and, on the lake's northern shore, savor a typical Senegalese lunch at the well-loved Keur Salim restaurant. Cherish a visit to Kounoune village, where you'll be honored with a welcome ceremony and watch a performance of traditional dances and friendly wrestling matches between young villagers. You'll be touched by a farewell song and surely left with an indelible warmth for the spirited people of Senegal.

- Pass through the Niayes greenbelt to a village of the Wolof, one of Senegal's largest ethnic groups.
- Stand in awe of Lake Retba, or Pink Lake, whose distinctive rose color is formed by microorganisms thriving in the water's high salinity.
- Thrill to a 4x4 excursion of the lake's perimeter, surrounding sand dunes and nearby villages.
- Cross the finish line of the Paris-Dakar rally as you drive along the beach where the race once ended.
- Sit for a delicious lunch of characteristic Senegalese dishes at the shoreside Keur Salim restaurant.
- Feel the spirit of the Kounoune villagers as they honor you with traditional dance performances and a heartwarming goodbye song.
- Wear casual, lightweight, weather-appropriate clothing and comfortable walking shoes.
- Shorts are not allowed.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately two hours of moderate walking/standing. There will be uneven and natural surfaces to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

DAK-002 UNFORGETTABLE GOREE ISLAND

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: May 19, 2023 10:30 AM, 11:30 AM

Visit notorious Gorée Island, a UNESCO World Heritage site where countless captured Africans were held before being shipped to the New World as slaves. Board a chartered ferry and venture to Gorée Island, where the slave trade flourished for more than 350 years beginning in the 15th century. Upon arrival, you'll discover the House of Slaves, where the curator will detail the cruelty of life during the dark days when man was a mere commodity. Learn that the upstairs of this infamous house was formerly occupied by slave traders and the downstairs reserved for slaves, who lived in abominable conditions. You'll take in sites such as the 1830 Saint Charles Church and a fortress with a towering monument memorializing Africans who were brutalized and dehumanized. Following your guided tour, spend time wandering about the stark island and exploring the buildings and cells once used to house the men, women and children, who were shackled around the neck and arms, and view the Gate of No Return, where they last glimpsed their homeland before being loaded on ships bound for the New World. Over a cooling soft drink at a local restaurant, contemplate this memorable and exceptionally moving experience.

- See where slaves were held before being shipped to the New World at Gorée Island, a UNESCO World Heritage site.
- Hear about the poor conditions under which the captives were quartered at the House of Slaves.
- Survey the 1830 Saint Charles Church and a fortress featuring a monument to African slaves.
- Spend time on your own exploring the housing where slaves were kept and the Gate of No Return.
- Sip on a refreshing soft drink at a welcoming Gorée Island restaurant.
- Wear casual, lightweight, weather-appropriate clothing and comfortable walking shoes.
- Shorts are not allowed.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 1 ½ hours of moderate walking/standing, plus any additional walking at the guest's discretion during free time. There will be uneven and natural surfaces to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The tour may use non-exclusive public ferry service, so the tour duration might vary to accommodate the ferry schedule.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

10

DAK-003 HIGHLIGHTS OF DAKAR

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$189.00



Date: May 19, 2023 10:45 AM, 11:15 AM

Treasure an overview of Senegal's capital and its culture during an illuminating tour of traditional attractions and more contemporary landmarks. Travel to the bustling Kermel Market and pause at the majestic Presidential Palace for photos before passing signature sites such as the Senegalese National Assembly, Our Lady of Victories Cathedral, the Médina district and the Dakar Grand Mosque, which was designed by French and Moroccan architects. You'll make another photo stop at the striking Gate of the Third Millennium, built in 2000 to symbolize the opening of the African continent to the next thousand years, and arrive at the famed Soumbédioune Market to browse local handicrafts and art. Glimpse the lifestyle of Dakar's more affluent residents during a drive through the Fann Corniche district and observe Senegalese college life at the University of Dakar library, an outstanding example of International Style architecture. In the Mamelles area, the Cape Verde Peninsula's highest point, you'll take in expansive views of the city and then admire how Senegal's colorful sands are imaginatively used in original paintings at the Sand Painting Gallery. Relish time for shopping at this unique venue for a keepsake as marvelous as beguiling Dakar.

- Capture dynamic photos at the busy Kermel Market and the neoclassical Presidential Palace.
- View Dakar highlights such as Our Lady of Victories Cathedral, the Médina district and the Dakar Grand Mosque.
- Gaze at the arresting Gate of the Third Millennium and take in breathtaking vistas from an ideally placed lookout.
- Stroll the Soumbédioune Market in search of vibrant art and local handicrafts.
- Observe the affluent Fann Corniche district and a university library built in the International Style.
- Appreciate the creative use of sand as art at the Sand Painting Gallery, perhaps purchasing an eye-catching canvas for yourself.
- Wear casual, lightweight, weather-appropriate clothing and comfortable walking shoes.
- Shorts are not allowed.
- Bring a hat, sunglasses and sunscreen.

This tour includes a limited amount of walking, mainly at the guest's discretion during stops. It is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. 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

Page

11

❖ MINDELO (PORTO GRANDE), CAPE VERDE

PRG-005 SPECTACULAR SAO VICENTE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: May 21, 2023 07:15 AM, 12:15 PM

Appreciate the island's spectacular diversity on this enlightening coach tour showcasing an eclectic blend of urban life and natural wonders. You'll pass landmarks such as the Belem Tower, a replica of the famed Lisbon original that pays homage to the island's discovery in 1642 on Saint Vincent's Day. Arrive at Praça Estrela, a thriving marketplace for West African merchants displaying wares ranging from handmade crafts to fine jewelry, and visit a locally grown vegetable market. You'll stop briefly at Praça Nova, a striking colonial square that offers a glimpse into the city's casual social life, and ascend volcanic Monte Verde to encounter sweeping views of São Vicente. Here, on the island's highest peak, get a bird's-eye view of Mindelo and its beaches, such as crescent-shaped Praia Grande, renowned for the remarkable contrast between its white sands and the backdrop of the black lava mountains. Passing through an agricultural valley, appreciate the stream that provides the island's much-needed irrigation. You'll learn that despite São Vicente's discovery in 1462, it wasn't developed until the 19th century because of its arid nature and lack of adequate water, a tidbit of knowledge that will only enhance your appreciation for the island's blend of natural beauty and human ingenuity.

- Discover Belem Tower, an homage to the island's founding on Saint Vincent's Day by the Portuguese.
- View West African merchants displaying their wares and farmers selling their crops at Praça Estrela.
- Glimpse the city's casual social life at colonial Praça Nova square.
- Encounter sweeping views of the entire island from Monte Verde, São Vicente's highest point.
- Learn of the challenges faced by early settlers due to the island's arid nature and lack of substantial water sources.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes a limited amount of walking, mainly at the guest's discretion during the stops. It is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Cape Verde has a limited tourist infrastructure. Transportation is usually via buses or mini-buses that do not have air-conditioning or microphones and are used at other times as public transportation on the island. Some of the roadways have uneven surfaces. This tour offers no restroom stops.

PRG-006 MINDELO - THE CULTURAL CAPITAL

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: May 21, 2023 07:30 AM, 12:00 PM

Experience the historical and folkloric heartbeat of Mindelo on this enriching coach and walking tour through its cultural museum, open-air market, historic quarter and in a traditional dance performance. You'll stop at charming Praça Nova, a colonial square that offers a glimpse into the city's casual social life. Discover that the city is the island's intellectual and artistic center as you view a handicraft exhibition and visit the esteemed Cape Verdean Cultural Center. You'll explore this venerated home of theater and cultural activities that also hosts rotating local art exhibitions. Notice Mindelo's well-preserved colonial buildings and monuments commemorating key historical events, and see the striking Belem Tower, a replica of the famed Lisbon original, that pays homage to the island's discovery in 1642 on Saint Vincent's Day. You'll browse Praça Estrela, a thriving marketplace where West African merchants display wares ranging from handmade crafts to fine jewelry, and the historic quarter where each street cradles more architectural wonders and surprising national treasures. Cap off your adventure by watching a traditional dance performance complemented with a glass of pontche, a traditional island cocktail, presented with great pride by these socially diverse islanders.

- Glimpse the city's casual social life at colonial Praça Nova square.
- Visit the Cape Verdean Cultural Center, home to a theater, event space and a changing local art exhibit.
- Discover Belem Tower, a homage to the island's founding by the Portuguese on Saint Vincent's Day.
- View West African merchants displaying their wares at Praça Estrela and see the city's historic quarter.
- Enjoy a rousing traditional dance performance complemented by a traditional island cocktail.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately two hours of easy-to-moderate walking/standing and some steps and uneven surfaces to negotiate. It is not available to guests who utilize a wheelchair and guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Cape Verde has a limited tourist infrastructure. Transportation is usually via buses or mini-buses that do not have air-conditioning or microphones and are used at other times as public transportation on the island. Some of the roadways have uneven surfaces. This tour offers no restroom stops or facilities.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

12

PRG-004 HIGHLIGHTS OF CAPE VERDE

Duration: 3.25 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: May 21, 2023 07:45 AM, 12:30 PM

See the world from atop a volcano, discover arid but productive valleys and walk white sands nestled against black lava cliffs on this panoramic coach tour. Ascend to the top of volcanic Monte Verde, the highest point on São Vicente, for sweeping vistas of the entire island. You'll see lovely Mindelo and the eastern-shore beaches from your vantage point and appreciate the plant life and garden crops such as corn, sweet potatoes and bananas. Descend to Baja das Gatas, or Catfish Bay, and its sheltered lagoon created by volcanic eruptions spanning centuries. At Praia Grande beach, notice the stark contrast of the white sand against the backdrop of black lava mountains as you enjoy a pontche, a traditional island cocktail made with sugarcane molasses and grogue, the national liqueur of Cape Verde. Passing through an agricultural valley, find the stream that provides the island with much-needed irrigation. You'll learn that despite São Vicente's discovery in 1462, it wasn't developed until the 19th century because of its arid nature and lack of substantial water sources, adding to your understanding of this enthralling island.

- Encounter sweeping views of the entire island from Monte Verde, São Vicente's highest point.
- View Catfish Bay, a lagoon formed by volcanic activity during centuries past.
- Appreciate the contrast of black lava mountains against the white sands of Praia Grande beach.
- Refresh with a flavorful native drink made with the national liqueur of Cape Verde.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes a limited amount of walking, mainly at the guest's discretion during the stops. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Cape Verde has a limited tourist infrastructure. Transportation is usually via buses or mini-buses that do not have air-conditioning or microphones and are used at other times as public transportation on the island. Some of the roadways have uneven surfaces. This tour offers no restroom stops or facilities.

PRG-003 ISLAND DISCOVERY

Duration: 6.50 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: May 21, 2023 09:00 AM

Experience São Vicente's unique natural attractions by hiking through a picturesque valley, swimming in a volcanically formed lagoon and gazing over the landscape from high atop a mountain. Discover Mato Ingles, a charming village founded by 19th-century English traders, and begin a hike along a path through an exceptionally arid valley. Despite the barren appearance, you'll notice small farms scattered about, growing crops such as corn, potatoes and beans. After a brief coach ride, arrive at the eastern shore and appreciate the stark contrast of the white sands of Praia Grande's beach against the backdrop of black lava mountains. Enjoy a traditional island cocktail known as a pontche, made with sugarcane molasses and grogue, the national liqueur of Cape Verde. You'll marvel at the stunning scenery at Baja das Gatas, or Catfish Bay, where you may swim in a volcanically formed lagoon before savoring a hearty traditional lunch at a nearby restaurant. Ascend to the top of majestic Monte Verde, the highest point on São Vicente, for sweeping vistas of the myriad landscapes blanketing this fascinating island.

- Hike into a picturesque valley from Mato Ingles, an enchanting 19th-century village.
- Notice small farms with flourishing corn, potato and bean crops, despite the barren soil.
- Appreciate the pearly sands of Praia Grande beach and refresh yourself with a flavorful native drink.
- Swim at Catfish Bay, a lagoon formed by volcanic activity in centuries past.
- Savor the nuanced flavors of the Cape Verde Islands with lunch at a popular local restaurant.
- Take in sweeping views from Monte Verde, São Vicente's highest point.
- Wear casual, weather-appropriate clothing and sturdy walking shoes or boots.
- Bring a hat, sunglasses, sunscreen and swim gear.
- Pack a towel and bottle of water from the ship.

This tour includes a hike of approximately 75 minutes, at times over uneven and stony natural surfaces. It is not available to guests who utilize a wheelchair or guests with mobility concerns. Participants should be in good physical condition. Cape Verde has limited tourist infrastructure. Transportation is usually via buses or mini-buses that do not have air-conditioning or microphones and are used at other times as public transportation on the island. Some of the roadways have uneven surfaces. There will be no narration during the driving portions of the tour, and there will likely be a separate guide at each stop along the way. Except at the restaurant, there are no restroom facilities available on this tour.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

13

SANTA CRUZ DE TENERIFE, SPAIN

TCI-003 UNESCO BIOSPHERE RESERVE AND WORLD HERITAGE CEN

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: May 24, 2023 08:30 AM

Travel to the spectacular mountains and historic villages of northeastern Tenerife, indulge in the region's gustatory pleasures and visit a marvelous UNESCO World Heritage site. Drive through the unspoiled, botanically rich wilds of the Anaga Mountains, formed by a volcanic eruption millions of years ago. You'll stop briefly at one of the island's highest points to take in an amazing panoramic view. In remote Taganana, one of Tenerife's oldest villages, delight in locally produced wine, goat cheese and bread at a traditional restaurant. Head inland through the sheer cliffs and splendid laurel forests of the Anaga Massif, where you'll revel in sensational northern and southern views from the Pico del Inglés lookout. Admire the meticulously preserved historic buildings in San Cristóbal de La Laguna, a UNESCO World Heritage site in the idyllic Aguere Valley and capital of the Canary Islands until 1723. See streets that have remained largely unchanged since the 16th century, imbuing the city center with a distinct character. Following your time in San Cristóbal de La Laguna, and before returning to pier, stop to admire the impressive auditorium of Tenerife: considered one of the finest contemporary buildings in Spain. Be astonished by the gigantic wave-shape of the building, it's aim is to connect the city with the sea and gives the impression of an enormous shape of foam about to crash on the rocks.

- Treasure panoramic sights of the Anaga Mountains' rugged, mostly untouched landscape.
- Visit the historic village of Taganana and savor wine, goat cheese and bread at a local restaurant.
- Marvel at awe-inspiring views of the ecologically vital Anaga Massif from the Pico del Inglés viewpoint.
- Appreciate the 16th-century buildings of San Cristóbal de La Laguna, a UNESCO World Heritage site.

Stop to admire the impressive auditorium of Tenerife

- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately two hours of moderate walking. There will be some uneven surfaces and some inclines to negotiate. The tour is not available to guests who utilize a wheelchair and may not be suitable for guests with mobility concerns.

TCI-004 GARACHICO AND PUERTO DE LA CRUZ

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: May 24, 2023 08:30 AM

Journey to a stunning valley, amble through a historic village and relish leisure time for shopping on this enjoyable tour. Drive into the breathtaking Orotava Valley, fed by crystal-clear water from neighboring mountains. Understand why the bountiful valley is known as the Garden of Tenerife as you gaze at hills beautifully blanketed by thriving vineyards and banana plantations. You'll take a guided walk around Garachico, once Tenerife's main port and now an inviting hamlet of palm-lined plazas and historic homes. Marvel at alluring, volcanically formed saltwater pools, remnants of the massive 18th-century eruption of nearby Chinyero volcano, which buried much of the city in lava, and see the 16th-century Castillo de San Miguel. At glorious Mirador de Garachico, you'll be treated to astonishing views and an energizing coffee. In Puerto de la Cruz, a lively resort town that showcases brightly colored boats bobbing in the harbor and luxuriant palm trees shading the streets, learn the town benefitted from the Garachico eruption more than 300 years ago by making it the island's principal northern port, particularly for wine. Enjoy approximately one hour on your own to explore, shop or simply relax and recount the treasures you've witnessed.

- Travel through the lush vineyards and banana plantations of the fertile Orotava Valley.
- Embark on an enlightening guided walk through charming Garachico, a historic seaside village.
- Gaze at magnificent views from the Mirador de Garachico, where you'll also relax over coffee.
- Appreciate time on your own to shop and explore the delightful resort town of Puerto de la Cruz.
- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately two hours of moderate walking. There will be uneven surfaces to negotiate. The tour is not available to guests who utilize a wheelchair and may not be suitable for guests with mobility concerns or those who suffer from vertigo. The itinerary is subject to change, depending on weather conditions.

TCI-007 CANADA DEL TEIDE

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: May 24, 2023 08:30 AM

Travel through a lush pine forest, cherish the magnificence of one of the world's largest volcanoes in a renowned national park, relax over a traditional Canarian lunch and enjoy time on your own in a picturesque resort city. Travel along Tenerife's inland spine past towering Canary Island pine trees in the gorgeously verdant La Esperanza Forest. As the landscape becomes more volcanic, you'll wonder at bizarre rock formations and distinctive flora on your approach to magical Teide National Park, a UNESCO World Heritage site. Thrill to the staggeringly mammoth Mount Teide, the highest elevation in Spain and, measured around its base, the world's third largest volcano. You'll bask in glorious vistas from the majestic vantage point of Roques de García. After heading north toward the sea, savor a sumptuous lunch at a local restaurant in Puerto de la Cruz. Relish some free time in the lively resort town, which has brightly colored boats bobbing in the harbor and luxuriant palm trees shading the streets and ponder the spectacular natural wonders of this unforgettable region.

- Drive through flourishing La Esperanza forest, abundant in Canary Island pine trees.
- Marvel at the unusual volcanic landscape of Teide National Park, a UNESCO World Heritage site.
- Enjoy vistas of Mount Teide, the highest elevation in Spain, from the Roques de García viewpoint.
- Stop at a welcoming local restaurant for a tasty traditional Canarian lunch.
- Make good use of time on your own in the delightful resort town of Puerto de la Cruz.
- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 1 ½ hours of moderate walking. There will be uneven surfaces to negotiate. The trip will take you to an altitude of 7,600 feet over steep and winding roads and may not be suitable for guests with heart and respiratory conditions or those who suffer from vertigo or a fear of heights. The tour is not available to guests who utilize a wheelchair and is not considered suitable for guests with mobility concerns. The House of the Balconies collects a fee of approximately 1.00 euro per person from those who wish to take videos and pictures of the house itself. This amount will be deductible should the guest purchase any souvenir there with a value of over 10.00 euro. The reason for this extra charge is to maintain and preserve all the historic Houses and Palaces at La Orotava. In the event of inclement weather conditions, this tour may not operate.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

14

TCI-005 LA LAGUNA AND VINEYARDS

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: May 24, 2023 08:45 AM

Visit three uniquely compelling villages, tour a captivating wine museum and sample local vintages at an established family-owned winery on this satisfying tour. Admire the meticulously preserved historic buildings in San Cristóbal de La Laguna, a UNESCO World Heritage site in the idyllic Agüere Valley and capital of the Canary Islands until 1723. You'll see streets that have remained largely unchanged since the 16th century, imbuing the city's heart with a distinct character. Survey carefully maintained landmarks in this cultural and religious center, including San Fernando University and the Bishop's Palace. You'll drive further inland to Tacoronte, a quaint town nestled in a richly fertile region. At the renowned Bodegas Álvaro, revel in a tasting of the finest vintages derived from Tacoronte's marvelously flavorful grape, which has brought the town its greatest acclaim as a wine producer. Travel to the charming coastal village of El Sauzal, where you'll tour beguiling La Baranda wine museum, housed in a 17th-century farmhouse, and learn the fascinating history of the Canary Islands' wine production. You'll delight in magnificent views of the northern coastline from the museum's terrace and reflect on the historical and delectable pleasures of your day.

- Appreciate the 16th-century buildings of San Cristóbal de La Laguna, a UNESCO World Heritage site.
- See treasured landmarks such as San Fernando University and the Bishop's Palace on a guided walk.
- Sample premium local wine at the famed Bodegas Álvaro in the charming village of Tacoronte.
- Learn about the intriguing history of wine production at La Baranda museum in wonderful El Sauzal.
- Marvel at extraordinary views of northeastern Tenerife from the museum's terrace.
- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes nearly three hours of easy-to-moderate walking. There will be uneven surfaces to negotiate. The tour is not available to guests who utilize a wheelchair and guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Participants must be at least 21 years of age to be served alcoholic beverages.

TCI-009 GARDENS OF THE VALLEY

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: May 24, 2023 08:45 AM

Rejoice in the vivid abundance of flora in the Canary Islands as you embrace the splendid tranquility of three of the region's loveliest gardens. Travel to the superb Jardín Botánico, a botanical garden in Puerto de la Cruz that was established in 1788 by royal decree of King Charles III of Spain. Exult in the lush plants, shrubs and flowers, many of which are the original specimens brought by conquistadors from the New World to enable the flora to acclimate to Spanish soil. Behold the garden's awe-inspiring centerpiece, a majestic South American fig tree with staggeringly enormous branches and roots. At Sitio Litre Garden, you'll be dazzled by the largest orchid collection in the Canary Islands, the oldest dragon tree in Puerto de la Cruz and a remarkable bonsai exhibit. As you study the prolific greenery, contemplate today's display of spellbinding natural attractions, all presented for your enjoyment by the gardens of Tenerife. Your last stop will be the Palmetum of Santa Cruz. Situated next to the famous Auditorium has wonderful views to the capital of Tenerife and the sea. This garden has a very interesting story: The gardens spread over an artificial hill that was once a rubbish dump piling up with refuse in the 1970s. Nowadays is a botanical garden specialized in Palm trees with species from all over the world. After visiting, you will return to the pier.

- Visit three uniquely beautiful gardens to discover the diverse and glorious flora of the Canary Islands.
- See the 18th-century Jardín Botánico's stunning array of plant life, including a mammoth fig tree.
- Admire the vast collection of orchids showcased at Sitio Litre Garden.
- Walk through hundreds of Palm Trees next to impressive Auditorium of Tenerife.
- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2.5 hours of walking. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

TCI-010 TENERIFE 4X4 ADVENTURE

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: May 24, 2023 09:00 AM

Explore typically unexplored areas of enchanting Tenerife as a four-wheel-drive vehicle takes you through an amazing forest of lofty pine trees and a renowned national park, which features one of the world's largest volcanoes. See towering Canary Island pine trees in the gorgeously verdant La Esperanza forest, punctuated by bizarre rock formations and distinctive flora. Wonder at the hauntingly beautiful volcanic landscape as you approach magical Teide National Park, a UNESCO World Heritage site. Thrill to the staggeringly mammoth Mount Teide, the highest elevation in Spain and, measured around its base, the world's third largest volcano. Take in the uncommon, austere beauty of the lava fields of Ucanca Valley and gaze at the grand panorama from spectacular Mirador del Dedo de Dios, or God's Finger Lookout. You'll pause to capture enthralling photos and reflect on this incredible landscape and its turbulent creation.

- Journey on a 4x4 vehicle for an up-close look at the unspoiled wonders of Tenerife.
- Drive through flourishing La Esperanza forest, abundant in Canary Island pine trees.
- Marvel at the unusual volcanic landscape of Teide National Park, a UNESCO World Heritage site.
- Enjoy vistas of Mount Teide, the highest elevation in Spain.
- Travel to the astonishingly stark lava fields of Ucanca Valley.
- Stop for photos from exceptional Mirador del Dedo de Dios, or God's Finger Lookout.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Wear a jacket or light sweater.
- Bring a hat, sunglasses and sunscreen.

This tour is not recommended for guests who are pregnant or suffer from hip, neck and back injuries, walking difficulties, heart problems, high blood pressure or vertigo. It is illegal to remove any stones or plants from the National Park. Minimum age for participation is six years.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

15

TCI-GL1 TENERIFE SECRET HIDEOUT**Duration: 5.00 Hrs****Tour Price: \$0.00****Retail Price: \$139.00****GL****Date: May 24, 2023 09:00 AM**

Explore the west coast of Tenerife, a gorgeous landscape of remote villages and banana plantations. Have privilege views over the fertile Orotava valley from the Humboldt viewpoint. Over time, sugarcane, grapes and bananas became the dominant crops, and they are still harvested using traditional techniques. To completely understand how the crops are cultivated and packaged for export, you will tour a private banana plantation. The workers will describe the process before serving you a sampling of locally grown bananas and banana liqueur. On the way back to pier, stop at La Garañona Viewpoint, local's favorite spot to take in the beauty of the sea and surrounding.

- Gain an understanding of how crops are harvested using traditional methods.
- Watch bananas being cultivated for export at a plantation.
- Sample locally grown bananas and banana liqueur, which attest to the fruit's diversity.
- Gain an understanding of how crops are harvested using traditional methods.
- Visit an ancient garden hosting the largest orchid collection on the Island.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 2½ hours of walking and standing over some uneven surfaces. It 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.

TCI-002 NORTHERN TENERIFE PANORAMA**Duration: 3.50 Hrs****Tour Price: \$0.00****Retail Price: \$119.00****Date: May 24, 2023 09:30 AM, 01:30 PM**

Exult in views of a verdant valley, Tenerife's dramatic northern coastline and a picturesque resort city that boasts a volcanic black-sand beach on this picturesque tour. Drive into the breathtaking Orotava Valley, which is fed by crystal-clear water from neighboring mountains. From the astonishing Humboldt viewpoint, named for a German naturalist who was a visitor to the island in 1799 and who influenced Charles Darwin, you'll appreciate why the bountiful valley is known as the Garden of Tenerife as you gaze at hills beautifully blanketed by thriving vineyards and banana plantations. Travel to enchanting Puerto de la Cruz, a cheerful resort town that showcases brightly colored boats bobbing in the harbor and luxuriant palm trees shading the streets. Observe the animated Plaza del Charco and the city's stunning beaches, including the bewitching volcanically formed black sands of Playa Jardín, which runs parallel to a vibrant garden. You'll follow narrow coastal roads along the seawall and arrive at the outstanding San Pedro lookout. Pause to take photos and commit to memory the lush landscapes you've absorbed over the day.

- Travel through the lush vineyards and banana plantations of the fertile Orotava Valley.
- Learn why the valley is known as the Garden of Tenerife from the stunning Humboldt viewpoint.
- See the lively Plaza del Charco in the delightful resort town of Puerto de la Cruz.
- View Playa Jardín, a volcanically formed black sand beach parallel to a vibrant garden.
- Take photos of Tenerife's gorgeous northern coastline from the San Pedro lookout.
- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour is mostly panoramic and includes limited walking, mainly at the guest's discretion during stops. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. The itinerary is subject to change, depending on weather conditions.

TCI-002SG NORTHERN TENERIFE PANORAMA - SMALL GROUP**Duration: 3.50 Hrs****Tour Price: \$49.00****Retail Price: \$189.00****Date: May 24, 2023 09:30 AM, 01:30 PM**

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Exult in views of a verdant valley, Tenerife's dramatic northern coastline and a picturesque resort city that boasts a volcanic black-sand beach on this picturesque tour. Drive into the breathtaking Orotava Valley, which is fed by crystal-clear water from neighboring mountains. From the astonishing Humboldt viewpoint, named for a German naturalist who was a visitor to the island in 1799 and who influenced Charles Darwin, you'll appreciate why the bountiful valley is known as the Garden of Tenerife as you gaze at hills beautifully blanketed by thriving vineyards and banana plantations. Travel to enchanting Puerto de la Cruz, a cheerful resort town that showcases brightly colored boats bobbing in the harbor and luxuriant palm trees shading the streets. Observe the animated Plaza del Charco and the city's stunning beaches, including the bewitching volcanically formed black sands of Playa Jardín, which runs parallel to a vibrant garden. You'll follow narrow coastal roads along the seawall and arrive at the outstanding San Pedro lookout. Pause to take photos and commit to memory the lush landscapes you've absorbed over the day.

- Travel through the lush vineyards and banana plantations of the fertile Orotava Valley.
- Learn why the valley is known as the Garden of Tenerife from the stunning Humboldt viewpoint.
- See the lively Plaza del Charco in the delightful resort town of Puerto de la Cruz.
- View Playa Jardín, a volcanically formed black sand beach parallel to a vibrant garden.
- Take photos of Tenerife's gorgeous northern coastline from the San Pedro lookout.
- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour is mostly panoramic and includes limited walking, mainly at the guest's discretion during stops. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. The itinerary is subject to change, depending on weather conditions.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

Page

16

TCI-001 HISTORICAL SANTA CRUZE & TAPAS TASTING

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: May 24, 2023 10:00 AM

Discover the rich history of Santa Cruz on a guided walking tour of the sun-drenched city's treasured landmarks and relax over a delightful repast of tapas at an authentic bodega. Stroll to Plaza de España, a bustling square centered by a stirring monument honoring those who died in the Spanish Civil War. Pass the Church of San Francisco, a charming example of the island's Baroque architecture, as well as the quaint, romantic Plaza del Príncipe. You'll view the 19th-century Teatro Guimerá, the oldest theater in the Canary Islands, renamed in 1923 to honor the great Catalan poet, writer and playwright Ángel Guimerá, who was born here, and renovated with striking frescoes by local artist Ángel Romero. Admire the alluring Carta House Museum and the regal Church of the Immaculate Conception, parts of which date to the early 16th century. Experience a taste of what it's like to be a santacrucero, a local, at a genuine bodega, and feast on a savory selection of tapas and locally produced wine. Return to the azure harbor waters or opt for time on your own to further explore this beguiling city.

- Embark on an illuminating guided walking tour of Santa Cruz's historical landmarks.
- See the classic Baroque edifice of the lovely Church of San Francisco.
- Appreciate Teatro Guimerá, the oldest theater in the Canary Islands.
- Taste a mouthwatering array of local tapas and wine at an authentic bodega.
- Enjoy time on your own to roam through Santa Cruz or take a guided walk back to the harbor.
- Wear casual, weather-appropriate clothing, a jacket and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes over two hours of moderate walking. There will be some uneven surfaces to negotiate. The tour is not available to guests who utilize a wheelchair and is not recommended for guests with mobility concerns. Guests who elect to stay in town at the end of the tour are responsible for making their own way back to the pier. Participants must be at least 21 years of age to be served alcoholic beverages.

TCI-WT1 YOGA BY THE SEA

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$179.00



Date: May 24, 2023 10:00 AM

Treat yourself to a blissful yoga session on a breathtaking golden sand beach with serene island views. Journey to Playa de Las Teresitas, one of the very few beaches on Tenerife that isn't blanketed by the black volcanic sand characterizing most Canary Island coasts. Learn the fascinating history of Las Teresitas, which had a small, rock black sand shoreline until 1973, when about 270,000 tons of white sand were brought in from the Western Sahara to enhance it, and two piers and a breakwater were introduced to prevent waves from carrying the sand back out to sea. On the warm beach, a favorite of locals, you'll appreciate the exquisite skills of your knowledgeable yoga instructors, who will carefully lead you through a session designed to improve your breathing techniques and flexibility. Close the day calmly energized, with an open mind, body and soul that will replenish your spirit and improve your overall well-being.

- Experience a peaceful, harmonizing yoga session on a golden sand beach.
- Hear the history of the beach's transformation from rocky black sand to rare golden sand.
- Improve your breathing technique and flexibility during a class led by skilled instructors.
- Receive enlightening tips and adjustments that will elevate your everyday yoga practice.
- Wear casual clothing that allows for freedom of movement.

This tour includes limited walking, mainly at the guest's discretion. 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

17

❖ ARRECIFE (LANZAROTE), CANARY ISLANDS

LAN-003 SOUTHERN LANZAROTE & WINE TASTING

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$189.00



Date: May 25, 2023 08:30 AM

Experience two contrasting sides of southern Lanzarote on this coach and walking tour of a volcanic national park and an award-winning winery, where an unorthodox method is used to produce its wine due to the island's harsh environment. Explore Lanzarote's otherworldly terrain within the Timanfaya National Park and learn that the area's Fire Mountains didn't exist until volcanic upheaval in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F, and relish a chance to traverse its volcanic dunes on the back of a camel. Pass the salt flats of Janubio en route to La Geria Winery, a renowned vineyard that produces distinct wines primarily from the malvasia grape. Learn that to survive in the dry soil, the vines are planted in funnel-shaped craters and the ground covered with porous volcanic granules to retain moisture. Sample a few of the resulting dry to semi-sweet to sweet wines and appreciate this unique method of cultivation and the unexpected bounty of this seemingly sterile land.

- View the desolate yet strangely beautiful scenery of volcanic Timanfaya National Park.
- Ride a camel across the lunar-like dunes of Lanzarote's fascinating volcanic landscape.
- Sample superb malvasia wines produced in the island's dry volcanic soil using a distinctive technique.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and some steps to negotiate at the wine cellar. Guests should be mobile enough to ride in a wicker-basket chair mounted on the camel. The tour is not available to guests who utilize a wheelchair and not considered suitable for guests with mobility concerns. Participants must be at least 21 years of age to be served alcoholic beverages.

LAN-003SG SOUTHERN LANZAROTE & WINE TASTING - SMALL GRO

Duration: 4.50 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: May 25, 2023 08:35 AM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Experience two contrasting sides of southern Lanzarote on this coach and walking tour of a volcanic national park and an award-winning winery, where an unorthodox method is used to produce its wine due to the island's harsh environment. Explore Lanzarote's otherworldly terrain within the Timanfaya National Park and learn that the area's Fire Mountains didn't exist until volcanic upheaval in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F, and relish a chance to traverse its volcanic dunes on the back of a camel. Pass the salt flats of Janubio en route to La Geria Winery, a renowned vineyard that produces distinct wines primarily from the malvasia grape. Learn that to survive in the dry soil, the vines are planted in funnel-shaped craters and the ground covered with porous volcanic granules to retain moisture. Sample a few of the resulting dry to semi-sweet to sweet wines and appreciate this unique method of cultivation and the unexpected bounty of this seemingly sterile land.

- View the desolate yet strangely beautiful scenery of volcanic Timanfaya National Park.
- Ride a camel across the lunar-like dunes of Lanzarote's fascinating volcanic landscape.
- Sample superb malvasia wines produced in the island's dry volcanic soil using a distinctive technique.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and some steps to negotiate at the wine cellar. Guests should be mobile enough to ride in a wicker-basket chair mounted on the camel. The tour is not available to guests who utilize a wheelchair and not considered suitable for guests with mobility concerns. Participants must be at least 21 years of age to be served alcoholic beverages. Small Group excursions follow the same itinerary and description as our regular group excursions whilst providing an increased intimate experience with your guide. Excursions which include transport via boats and/or meals will not be exclusive to the small groups and may be shared with other guests on excursions.

LAN-002 NORTHERN LANZAROTE & ALOE VERA FARM

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$189.00



Date: May 25, 2023 08:45 AM

Delight in a spectacular tour of Lanzarote's fertile north, visiting a palm-filled village, a former pirate lookout, an intriguing aloe vera farm and a captivating cavern. You'll be enchanted by the village of Haria, which rests in a verdant area known as the Valley of 1,000 Palms. Tradition dictates that a palm is planted for each child born here. At the Mirador del Rio, you'll discover that pirates favored this perfectly-situated mountaintop location as an ideal lookout. Appreciate the stunning vistas enhanced by a fabulous 1973 building by local artist and architect Cesar Manrique that is cleverly integrated into the landscape. Nearby lies an aloe vera farm where you'll discover that the majestic succulent feels right at home in Lanzarote's rich volcanic soil. Learn of its multiple medicinal applications and importance as an ingredient in cosmetics, soap, shampoo and even beverages. Visit the hauntingly beautiful Jameos del Agua, a series of underground grottoes formed by volcanic activity 3,000 years ago, another example of the diverse natural wonders of this fascinating island.

- Discover the delightful village of Haria in the Village of 1,000 Palms, where a tree is planted for each child born.
- Take in sweeping ocean vistas from Mirador del Rio, once a pirate lookout.
- Uncover the many uses of aloe vera at a farm featuring this versatile succulent.
- Admire the distinctive volcanic underground grottoes of Jameos del Agua
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and, at Jameos del Agua, numerous steps to negotiate. The tour is not available to guests who utilize a wheelchair. 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

Page

18

LAN-007 GRAND TOUR OF LANZAROTE

Duration: 8.00 Hrs Tour Price: \$109.00

Retail Price: \$259.00



Date: May 25, 2023 08:45 AM

Explore Lanzarote's lunar-like countryside formed centuries ago by now-extinct volcanoes that left behind grottoes, craters and mountains, and enjoy a tasting at a local winery. In Timanfaya National Park, discover the area's Fire Mountains didn't exist until volcanic upheaval formed them in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F. Visit La Geria Winery, a renowned vineyard that produces distinct wines from vines that are planted in funnel-shaped craters covered with porous volcanic granules to retain moisture. Appreciate this unique method of cultivation and sample the fruits of the vintner's labor. Relish a lunch of traditional Canarian cuisine before your visit to Mirador del Rio, a perfectly-situated lookout favored by pirates in days of yore. You'll appreciate the stunning vistas, which are enhanced by a fabulous 1973 building by local artist and architect Cesar Manrique that is cleverly integrated into the landscape. Survey hauntingly magnificent Jameos del Agua, a series of underground grottoes formed by volcanic activity 3,000 years ago, another example of the diverse natural wonders of this fascinating island and its alien landscapes.

- View the desolate yet strangely beautiful landscapes of volcanic Timanfaya National Park.
- Sample superb malvasia wines produced in the island's dry, volcanic soil using a distinctive technique.
- Take in sweeping vistas of the ocean from Mirador del Rio, once a pirate lookout.
- Admire the distinctive volcanic underground grottoes of Jameos del Agua
- Savor a traditional Canarian lunch at a local restaurant.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately three hours of easy-to-moderate walking/standing. There will be some gravel surfaces and, at the wine cellar, some steps to negotiate. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

LAN-001 PANORAMIC LANZAROTE

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: May 25, 2023 09:00 AM, 01:15 PM

Venture into the barren landscape of a national park on a captivating volcano tour and sample Lanzarote's fine wines, produced using an unorthodox method due to the island's harsh environment. Explore Lanzarote's otherworldly terrain within the Timanfaya National Park and learn that the area's Fire Mountains didn't exist until volcanic upheaval in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F, and listen to a gripping modern recording of diary entries from an 18th-century priest who described the eruptions. Pass the salt flats of Janubio en route to La Geria Winery, a renowned vineyard that produces distinct wines primarily from the malvasia grape. Discover that to survive in the dry soil, the vines are planted in funnel-shaped craters and the ground covered with porous volcanic granules to retain moisture. Sample a few of the resulting dry to semi-sweet to sweet wines and appreciate this unique method of cultivation and the unexpected bounty of this seemingly sterile land.

- View the desolate yet strangely beautiful landscapes of volcanic Timanfaya National Park.
- Hear a modern recording of a priest's diary describing the volcanic eruptions he witnessed in the 1730s.
- Sample superb malvasia wines produced in the island's dry, volcanic soil using a distinctive technique.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and gravel surfaces to negotiate. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina and may make arrangements with the guide to not participate in some of the walking portions of the tour. Participants must be at least 21 years of age to be served alcoholic beverages.

LAN-009 TREKKING ON MOONSCAPE

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: May 25, 2023 09:00 AM

Marvel at some of Earth's most captivating landscapes on this guided trek through Lanzarote's moon-like Natural Park of the Volcanoes. You'll explore fascinating features of the barren terrain, including several craters as well as lava gorges, canals and tubes. Gain a greater understanding of the intriguing phenomena associated with volcanic activity as you roam the beautifully desolate scenery. Walking along the lunar-like landscape, realize why this area is considered a trekker's paradise and an ideal destination for those seeking an adventure in harmony with nature. You'll see the island's unexpected variety of flora, as well as several outstanding geological formations brought about by erosion. Thrill as you enter a volcano that erupted almost continuously from 1730 to 1736 before exhausting itself, one of the highlights of your foray into the enchanting remnants of the island's turbulent volcanic legacy.

- View one of the world's most unique and desolate landscapes at Lanzarote's Natural Park of the Volcanoes.
- Trek to intriguing geological formations, including several craters and lava gorges.
- Enter the fascinating remains of a dormant volcano that last erupted in 1736.
- Wear casual, weather- and activity-appropriate clothing and comfortable, non-slip, sturdy walking or hiking shoes.
- Bring a backpack for belongings, including a hat, sunglasses and sunscreen.
- Carry bottled water, as you may require hydration.

This tour includes approximately 3 ½ hours of hiking over four miles, depending on the group's speed. Participants should be in good physical condition. Guests should be aware that there are certain inherent risks involved in any hiking excursion. A parent or guardian must accompany children under the age of 16 years. Guests must be at least 10 years of age to participate. The tour will operate in all weather conditions. There will be no facilities available during the tour. A minimum number of guests is required for the tour to operate.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

19

LAN-001SG PANORAMIC LANZAROTE - SMALL GROUP

Duration: 3.50 Hrs Tour Price: \$49.00

Retail Price: \$189.00



Date: May 25, 2023 09:05 AM, 01:20 PM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Venture into the barren landscape of a national park on a captivating volcano tour and sample Lanzarote's fine wines, produced using an unorthodox method due to the island's harsh environment. Explore Lanzarote's otherworldly terrain within the Timanfaya National Park and learn that the area's Fire Mountains didn't exist until volcanic upheaval in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F, and listen to a gripping modern recording of diary entries from an 18th-century priest who described the eruptions. Pass the salt flats of Janubio en route to La Geria Winery, a renowned vineyard that produces distinct wines primarily from the malvasia grape. Discover that to survive in the dry soil, the vines are planted in funnel-shaped craters and the ground covered with porous volcanic granules to retain moisture. Sample a few of the resulting dry to semi-sweet to sweet wines and appreciate this unique method of cultivation and the unexpected bounty of this seemingly sterile land.

- View the desolate yet strangely beautiful landscapes of volcanic Timanfaya National Park.
- Hear a modern recording of a priest's diary describing the volcanic eruptions he witnessed in the 1730s.
- Sample superb malvasia wines produced in the island's dry, volcanic soil using a distinctive technique.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and gravel surfaces to negotiate. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina and may make arrangements with the guide to not participate in some of the walking portions of the tour. Participants must be at least 21 years of age to be served alcoholic beverages. Small Group excursions follow the same itinerary and description as our regular group excursions whilst providing an increased intimate experience with your guide. Excursions which include transport via boats and/or meals will not be exclusive to the small groups and may be shared with other guests on excursions.

LAN-005 LANZAROTE WINERIES TOUR

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: May 25, 2023 09:30 AM

Recognize that Lanzarote deserves global accolades for its little-known wines on this visit to three wineries, where you'll sample their most celebrated vintages. Discover that due to the island's harsh environment, vintners have had to devise ingenious methods to grow their vines, such as planting them in funnel-shaped craters and covering the ground with porous volcanic granules to retain moisture. Visit Bodega Suarez, a whitewashed winery that combines traditional techniques with modern technology, and taste its intriguing wines. Unleash your inner oenophile in El Grifo, the oldest winery in the Canary Islands, where award-winning wines you'll sample include a fruity red with violet tones and a lovely, amber-colored muscat, all in bottles with labels created by the island's famed artist César Manrique. At 18th-century La Geria, the island's most recognized winery, you may try wines that range from dry to semi-sweet to sweet, derived from the malvasia grape that is uniquely adapted to grow in volcanic soil. The surprising fertility of this seemingly barren area will delight your palate on this enlightening tasting tour.

- View fascinating wine-growing techniques developed by the island's inspired vintners.
- Taste the surprising bounty of the seemingly barren terrain at three distinct wineries.
- Enjoy Bodega Suarez, a winery that combines traditional techniques with modern technology
- Savor a fruity red or a lovely muscat at El Grifo, a venerable winery in operation since 1775.
- Choose from a variety of dry, semi-sweet or sweet vintages at La Geria, the island's best-known winery.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately three hours of easy-to-moderate walking/standing. There will be some gravel surfaces and, at the wine cellars, some steps to negotiate. The tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Participants must be at least 21 years of age to be served alcoholic beverages. The order of sites viewed or visited may vary.

LAN-WT1 THE HEALING EFFECTS OF ALOE VERA

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: May 25, 2023 09:30 AM

Discover how aloe vera has been used throughout the centuries for its healing properties and learn how to prepare several beneficial products with this so-called "plant of immortality." Upon reaching the Aloe Vera Interpretation Centre in the village of Punta Mujeres, you will browse exhibits that demonstrate the therapeutic advantages of this spiky cactus-like plant that thrives in the volcanic soil on Lanzarote. The benefits include healing skin injuries and sunburn, minimizing wrinkles and even soothing an upset stomach when taken orally. Aloe vera is rich in beta-carotene and other antioxidants, especially the high-quality variety grown on the Canary Islands. You will also have the chance to participate in a workshop to learn how to prepare a soothing face cream or a rejuvenating aloe scrub. Afterwards, you will be given a number of product samples made with locally grown aloe vera.

- Browse exhibits that depict the seemingly miraculous benefits of aloe vera.
- Learn how aloe vera is cultivated locally and how the volcanic soil enriches the plant.
- Prepare a product made with aloe vera and receive similar products as gifts.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 2 hours of easy walking and standing on mainly even surfaces. The interpretation center is not wheelchair accessible and those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. 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

Page

20

LAN-GL1 FARMHOUSE & TRADITIONS

Duration: 2.45 Hrs Tour Price: \$0.00

Retail Price: \$129.00



GL



Date: May 25, 2023 09:45 AM

Gain an understanding of traditional agricultural practices at a farmhouse museum and then browse an 18th-century church built to honor the Madonna answering the villagers' prayers. The highlight of the open-air museum, known as El Patio, is a farmhouse from the 1840s that is furnished with period pieces that present a glimpse into the traditional lifestyle of the time. While browsing, you see how the local farmers survived a series of volcanic eruptions that destroyed their fields. It is a fascinating story, as they used traditional techniques to revitalize the land and turn El Patio into the island's most productive farm. Crops are still grown at El Patio, and you may sample some of them. Not far away, you will find the village of Mancha Blanca, where you will tour the Virgin of Sorrows church. The church was built to honor the Madonna, who supposedly twice answered the villagers' prayers by diverting lava from nearby volcanoes.

- Browse an open-air museum whose centerpiece is a farmhouse from the 1840s.
- Discover how the farmers revitalized their fields following a series of volcanic eruptions.
- Sample some of the crops grown on the farm and perhaps a few local dishes.
- See a church dedicated to the Madonna, who is said to have diverted lava away from it.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 2 hours of walking/standing and this tour includes approximately 60 steps, and there will be some inclines and cobblestone surfaces to negotiate. 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. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

LAN-008 PUERTO DEL CARMEN BEACH TRANSFER

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: May 25, 2023 10:00 AM

Enjoy ample free time at your leisure on the picturesque beach in Puerto del Carmen. Discover that the volcanic origin of the beach has darkened its sand so that it appears as if it has been toasted. Swim in the turquoise waters, stroll along the soft sand or simply unwind in the warmth of the sun. If you wish, rent a comfortable beach lounger and umbrella for shade. If the mood strikes, wander along the nearby promenade, which is lined with cafés, shops and chiringuitos, quintessential Spanish beach bars.

- Indulge in a relaxing day on the volcanic sands of Puerto del Carmen beach.
- Swim in the translucent waters, stroll along the powdery sand or simply bask in the soothing sun.
- Stroll the nearby promenade and find cafes, shops and chiringuitos, charming Spanish beach bars.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses, sunscreen and swim gear.

Additional activities are available at the beach for an extra cost and are not part of the tour package. Guests who participate in any water activities do so at their own risk and responsibility.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

21

AGADIR, MOROCCO

AGA-001 HIGHLIGHTS OF AGADIR

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

Retail Price: \$119.00



Date: May 26, 2023 08:30 AM, 01:30 PM

Gaze at spectacular vistas from the hilltop ruins of Agadir's Old Quarter, visit a fascinating museum and charming animal park and stroll through a diverse marketplace where you'll enjoy time to shop. Travel along a splendidly scenic route to the enchanting earthen remains of the ancient Kasbah, which offers a sweeping panorama of the city's beautifully broad avenues and sandy beaches. You'll appreciate ample time to explore and photograph the amazing sights of the verdant Souss River Valley, the rolling Anti-Atlas Mountains and the intriguingly stark Tichka Plateau. Return to bustling Agadir, once a conglomeration of Berber and Jewish hamlets, and stop at an ethnological museum that boasts a unique collection of traditional Berber jewelry. You'll drive to the Valley of the Birds, a treasure trove of avian marvels that also houses an intimate zoo where goats, llamas and monkeys roam peacefully. Relish a guided tour of the colorful Souk El Had, also known as the Sunday Market. You'll be afforded the opportunity to seek out one-of-a-kind souvenirs, such as a thuya wood box, painstakingly crafted from the native cypress tree mentioned by Saint John in the Book of Revelation.

- Embark on a scenic drive and explore the incredible ruins of Agadir's ancient Kasbah.
- Discover stunning views of the Souss River Valley, the Anti-Atlas Mountains and the Tichka Plateau.
- Visit an absorbing ethnological museum that showcases an amazing array of Berber jewelry.
- Marvel at the Valley of the Birds' alluring aviary and charming zoo.
- Take an illuminating guided tour of the bustling Souk El Had marketplace.
- Shop for wonderful souvenirs including rare thuya wood boxes made from the mountain cypress tree.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of walking. There will be uneven surfaces and a significant number of steps to negotiate. The tour is not available to guests who utilize a wheelchair and guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina. The Souk in Agadir is closed on Mondays and will be substituted with a visit and free time at the modern Kasbat Souss.

AGA-003 THE WALLS AND SOUKS OF TAROUDANT

Duration: 5.50 Hrs **Tour Price:** \$0.00

Retail Price: \$129.00



Date: May 26, 2023 08:45 AM

Meander through the atmospheric streets of an elegant city known as the Grandmother of Marrakech, discover Moroccan spices in an authentic Berber marketplace and enjoy time on your own to shop for local treasures. As you drive through the lush landscape of the Souss River Valley, keep your eyes peeled for the singularly whimsical sight of goats perched on the branches of argan trees. Admire the ochre-hued walls that encircle Taroudant, which was built as a base for attempted takeovers of its newer neighbor, the stronghold of Marrakech. You'll begin your guided tour at the magnificent enclosed ramparts that lead to the Place Assaraq, or Big Area, whose bustling streets and winding alleyways are filled with donkeys, also called Berber taxis, and even the occasional dromedary. Stroll to the colorful souks, where you'll learn about the use of spices in traditional cuisine and view craftsmen hard at work producing highly prized argan oil. Indulge in free time to shop for precious goods including jewelry, Berber carpets and coveted, aromatic thuya wood. At the 16th-century Palais Salam Hotel, relax over light refreshments as you relish the distinctive culture and history surrounding you.

- Thrill at the chance to spot goats amusingly standing atop branches of the beautiful argan tree.
- Discover the incredible culture and history of Taroudant, known as the Grandmother of Marrakech.
- Appreciate a guided tour through beguiling souks and learn about spices used in Berber cuisine.
- Take time to shop for amazing local wares and witness the production of famed argan oil.
- Linger over refreshments at the Palais Salam Hotel, which dates to the 16th century.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of walking. There will be uneven surfaces and some steps to negotiate. The tour is not available to guests who utilize a wheelchair and guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina.

AGA-002 HIGHLIGHTS OF AGADIR AND FANTASIA

Duration: 4.50 Hrs **Tour Price:** \$0.00

Retail Price: \$119.00



Date: May 26, 2023 09:00 AM

Exult in astonishing views from the hilltop ruins of Agadir's Old Quarter, delight in signature folkloric entertainment at a famed restaurant and stroll through a diverse marketplace where you'll enjoy time to shop. Travel along a splendidly scenic route to the enchanting earthen remains of the ancient Kasbah, which offers a sweeping panorama of the city's beautifully broad avenues and sandy beaches. Appreciate ample time to explore and photograph the amazing sights of the verdant Souss River Valley, the rolling Anti-Atlas Mountains and the intriguingly stark Tichka Plateau. At the renowned Agadir Fantasia restaurant, relish a drink under the shelter of a unique caidal tent as you watch a thrilling performance featuring Moroccan dancers, acrobats and magnificent horses. Revel in a guided tour of the colorful Souk El Had, also known as the Sunday Market. You'll be afforded the opportunity to seek out one-of-a-kind souvenirs such as a thuya wood box, painstakingly crafted from the native cypress tree mentioned by Saint John in the Book of Revelation. As you roam the pleasant alleyways of the souk, reflect on the unforgettable cultural experiences of your day.

- Embark on a scenic drive and explore the incredible ruins of Agadir's ancient Kasbah.
- Discover stunning views of the Souss River Valley, the Anti-Atlas Mountains and the Tichka Plateau.
- Take in a celebrated show of traditional dance and majestic horses at the Agadir Fantasia restaurant.
- Savor an illuminating guided tour of the bustling Souk El Had marketplace.
- Shop for wonderful souvenirs including rare thuya wood boxes made from the mountain cypress tree.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of walking. There will be uneven surfaces and a significant number of steps to negotiate. The tour is not available to guests who utilize a wheelchair and guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina. The Souk in Agadir is closed on Mondays and will be substituted with a visit and free time at the modern Kasbat Souss.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

22

❖ GRANADA (MOTRIL), SPAIN

MOT-014 DISCOVER ANTEQUERA & EL TORCAL

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: May 28, 2023 08:00 AM

Behold the haunting beauty and geological wonders in the Natural Park of El Torcal and then explore the historical landmarks in the nearby village of Antequera. After departing from the pier, you will enjoy a leisurely drive inland to the Natural Park of El Torcal, a karst limestone landscape that was covered by the sea millions of years ago. As the water receded over time, it exposed the imprint of marine skeletons and shells. Parts of the porous limestone also eroded, leaving an abundance of caves and towering stacks of rock. You will observe these unusual geological structures and marine fossils in the rocks on a short walk through the stark terrain. Along the way, the guide will describe the history of El Torcal and the effect of the inhabitants who quarried the limestone. Although the last village in El Torcal has long been abandoned, rock dwellings still remain. If you spot birds, chances are they are griffon vultures. Continuing on, you will soon arrive Antequera, a town whose architecture bears Roman, Moorish and Spanish influences. Many of the buildings date to medieval times, and the town's stone monuments known as dolmens are estimated to have been built in 3,000 BC. As you may discover during free time, Antequera also has an abundance of churches, its most well-known being the Church of El Carmen, which features a magnificent Mudéjar coffered ceiling. The Real Colegiata de Santa Maria La Mayor church is also worth a look. Please note: This tour includes approximately 3.5 hours of walking. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.

MOT-007 ANDALUSIAN EXPERIENCE - FLAMENCO & GRANADA

Duration: 7.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: May 28, 2023 08:30 AM

Watch a moving flamenco performance next to Granada's bull fight ring and then enjoy free time in Granada exploring everything from little-known attractions to those as famous as the Alhambra. Depart from the pier and drive inland, past the majestic Sierra Nevada National Park and on to Granada, an Andalusian city that reveres flamenco. Upon your arrival in Granada, marvel in front at the Bullfight Ring (Plaza de Toro), one of the 10th largest in Spain and active agenda. Next, you'll be treated to a highly charged, passionate flamenco performance. Through dance, song and guitar music, the seductive gypsy art of flamenco tells an emotional story with themes ranging from love to oppression. Its roots can be traced back more than 200 years, and nowhere is flamenco admired more than in Granada. After this pure Andalusian experience, you'll transfer to the city center, where you're free to spend the afternoon doing whatever you wish. Wander the labyrinthine streets and plazas in the historic Albaicin neighborhood, a World Heritage Site where the Moors once resided. Behold the ornate cathedral and the Royal Chapel next door where the remains of Queen Isabella and her husband Ferdinand lie. Or simply spend your time browsing the shops for hand-painted ceramics, designer fashions and leather goods, all of which are extraordinary in Granada. After approximately 4 1/2 hours on your own, you'll rejoin your coach and escort at the appointed time and place and make the return journey back to Motril. Those who are not on time for the return transfer will be responsible for making their own way back to the ship, at their own expense.

- Savor a lively Flamenco performance, for over 200 years an ardent expression of Andalusia's heart.
- Enjoy approximately 4 ½ hours of free time in Granada, perhaps viewing its UNESCO World Heritage Sites, the Alhambra and Albaicin.
- Choose to visit the city's extraordinary Cathedral and Royal Chapel.
- Shop for unique handcrafted items such as leather goods, hammered metalwork and pottery.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- If you wish to enter a religious venue, please dress appropriately; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

This tour does not include a visit to Alhambra. This tour is not recommended for guests who wish to visit the Alhambra due to short time in Granada. Walking on this tour is mainly at the guests' discretion during free time. The tour is not available to wheelchair guests due to the transportation used in Granada. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. Those wishing to visit religious sites should wear conservative clothing. For port calls of fewer than 9 hours, the amount of free time will be shortened and the tour's total duration will be 7 hours.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

23

MOT-008 ANDALUSIAN VILLAGE LIFE & TRADITIONAL TAPAS

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$189.00



Date: May 28, 2023 08:30 AM

Immerse yourself in the everyday life of a small, agricultural Andalusian town by touring an olive oil mill, strolling the historic downtown and joining a local family for lunch. Drive through the picturesque Andalusian countryside to Alfarnate, a quaint village nestled in a fertile plain where olives, almonds, chickpeas and cherries flourish in the sun. Agriculture has long fueled Alfarnate's economy, as you'll discover at a mill that presses olives from a grove first planted more than 1,000 years ago. After observing the mill's fascinating production process, relish a taste of the resulting olive oil, which has a distinct local flavor. You'll enjoy a walking tour of the town, whose Moorish character is evident in the three-level tower of the 16th-century Church of Santa Ana. In nearby Alfarnatejo, tour an age-old traditional residence and partake in an enjoyable wine tasting. You'll meet a group of friendly residents, who will greet you warmly and escort you to their family home for an authentic Andalusian meal, regaling you with tales about life in this quaint village. You'll bask in the true spirit of the Andalusian people on this illuminating excursion.

- Study the fascinating process of olive oil production at a mill in the village of Alfarnate.
- Discern the distinctive taste of Alfarnate's oil, pressed from trees standing for over a millennium.
- Wander the inviting, Moorish-influenced streets of Alfarnate on a walking tour.
- Sample local wine and enjoy an informative tour at a centuries-old house.
- Meet hospitable locals in the village of Alfarnatejo and visit their tidy family homes.
- Revel in your hosts' warm hospitality as they treat you to a repast of Andalusian specialties.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately two hours of moderate walking/standing. It is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Participants must be at least 21 years of age to be served any alcoholic beverages. The order of sites viewed or visited may vary. For port calls shorter than nine hours, each visit will be shortened, and the tour's total duration will be approximately seven hours.

MOT-012 GRANADA ON YOUR OWN - TRANSFER

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: May 28, 2023 08:30 AM

Spend hours of free time in Granada, exploring the attractions you find most intriguing, whether landmarks such as the Alhambra or lesser-known areas for shopping and dining. After departing from the pier, you will drive inland, past the majestic Sierra Nevada National Park and on to Granada, the capital of the Andalusian region. The Moors' last stronghold before falling to Spain's Catholic monarchs in 1492, Granada still bears a Moorish influence. For starters, there is the Alhambra, the fortress-palace of the Nasrid sultans. Walking through the seemingly endless rooms and courtyards is an unforgettable experience, as the Alhambra complex is adorned with richly colored mosaics, ornamental columns and romantic archways. The adjoining Generalife gardens are just as magnificent. You might also wander the labyrinthine streets in the historical Albaicin neighborhood, a World Heritage site where the Moors once resided. During Granada's modernization, the Albaicin was almost destroyed, but preservationists prevailed. While wandering about, you may see the remains of an Arab bath complex and some original Moorish homes. Another highlight is the ornate cathedral where the remains of Queen Isabella and her husband Ferdinand lie in the Royal Chapel. As an alternative to sightseeing, you might spend time browsing the shops for hand-painted ceramics, designer fashions and leather goods, all of which are extraordinary in Granada. If you choose to dine, try regional favorites such gazpacho or garlic and almond soup, and a hearty dish of paella for the main course.

This tour includes approximately 6 hours of moderate walking, mainly at the guests' discretion. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. The tour is accompanied by an escort from Pier to Granada. Then, free time for independent exploration. **Tickets to enter the Alhambra are not included and must be purchased in advance.** The bus in Granada stops at the shopping Centre "Centro Comercial Neptuno", which is a 20/25 minute walk from the cathedral of Granada.

MOT-005 DISCOVER MARVELOUS MALAGA

Duration: 7.00 Hrs Tour Price: \$109.00

Retail Price: \$269.00



Date: May 28, 2023 08:45 AM

Experience a definitive tour of Málaga, viewing landmarks such as Gibralfaro Castle, with ample free time for shopping and exploration. Journey west along the Costa del Sol to Málaga, a Moorish-influenced settlement founded by Phoenicians in the 7th century BC. Enjoy a panoramic drive through the picturesque city, and behold astonishing Gibralfaro Castle, protector of Málaga for over 1,000 years. You may roam the extensive ramparts, which boast commanding views of the surrounding landscape, and immerse yourself in the castle's turbulent history at its museum, a building once used to store gunpowder. In the heart of the city, discover the superlative Cathedral of Málaga, a masterpiece under continuous construction from 1528 to 1783, at which time the coffers ran dry. You'll learn the planned second tower never came to fruition, giving rise to the cathedral's quaint nickname of manquita, or one-armed woman. Visit the Picasso Museum, which is housed in the 1881 birthplace of the legendary artist. Explore the city's architecturally rich center on a walking tour and settle in for a lunch of tapas at El Pimpi, a traditional Andalusian bodega. You'll relish free time to shop and wander this city of endless charms.

- Stroll atop the impregnable ramparts of imposing Gibralfaro Castle, perched on a strategic hilltop.
- Admire the marvelous Cathedral of Málaga, a glorious but incomplete architectural masterpiece.
- See the building where Picasso was born, now a museum showcasing his work and personal items.
- Revel in coach and walking tours of Málaga's notable landmarks and architectural treasures.
- Savor a lunch of traditional tapas at El Pimpi, a popular Andalusian bodega.
- Enjoy free time at your leisure to further explore and shop in Málaga's alluring city center.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately two hours of moderate-to-strenuous walking. It is not available to guests who utilize a wheelchair or guests with mobility concerns. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

Page

24

MOT-011 ESSENTIAL GRANADA AND ROYAL CHAPEL

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$189.00



Date: May 28, 2023 08:45 AM

See Granada's most important Moorish-influenced attractions, including Carlos V Palace and the Albaicin neighborhood, a UNESCO World Heritage site. After departing from the pier, you will settle in for a meandering drive inland to Granada, the Moors' last stronghold before falling to Spain's Catholic monarchs in 1492. The capital of the Andalusia region, Granada boasts a wealth of extraordinary architecture, including the Carlos V Palace within the Alhambra complex, your first stop. Construction on the palace began in the early 16th century, following a Renaissance ground plan with a circular courtyard within a square building—the only one of its kind in Spain. Amazingly, a monarch has never lived in the palace, nor did it even have a roof until 1957. Next, walk down the Albaicin quarter, an ancient Moorish neighborhood of winding streets and whitewashed houses. During Granada's modernization, the Albaicin was almost destroyed, but preservationists prevailed. While wandering about, you may see the remains of an Arab bath complex, some original Moorish homes and plenty of unique stores selling handmade merchandise. Continuing on, you will browse a former Moorish-influenced gran Market, the only fully preserved in the Iberian Peninsula. Called "The Corral del Carbón" and built in the fourteenth century, served as a warehouse for merchandise to be sold there, as well as housing the merchants who passed through the city. Later, it was used as a hostel and as coal warehouse in their basement; that's where his current name comes from. After that, in the sixteenth century, Christians adapted it for theatrical performances. Lastly, you will also visit the Capilla Real or Royal Chapel, where the remains of Queen Isabella and her husband Ferdinand lie. A drink at an atmospheric bar follows, after which you will enjoy free time to shop or have lunch on your own. Please note: This tour includes approximately 5.5 hours of walking over cobblestone and paved streets which include inclines. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. Entrance to the Alhambra is not included, even if the Palace of Carlos V is inside the complex. Guests will be able to admire the splendid views over the San Nicolás Viewpoint.

MOT-004 A GLIMPSE OF GRANADA

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: May 28, 2023 09:00 AM

Enjoy an enticing look at the fabled city of Granada with a visit to the Moorish Quarter, the Royal Chapel and the Cathedral of Granada. Explore the old Moorish Quarter of Albaicin, a mesmerizing labyrinth of narrow, crooked streets that has been remarkably well-preserved since medieval times. In this UNESCO World Heritage site, you'll pass cisterns, fountains, plazas, whitewashed houses, villas and the crumbling remnants of the old city gate. From an ideal viewpoint, capture photos of the glorious Alhambra Palace. You'll marvel at Granada's extraordinary cathedral and the adjoining Capilla Real, or Royal Chapel. Within the chapel, find the tombs of influential Queen Isabella and her husband Ferdinand, who chose to be buried in enthralling Seville rather than in Castile and Aragon, their native lands. View Isabella's personal art collection in the sacristy, including works by masters such as Botticelli. At the ornate Renaissance cathedral, delight in the marvelous façade, resplendent gold-and-white interior, spectacular main altar and imposing bell tower. This architectural jewel is certain to leave you with enduring memories of marvelous Granada.

- Roam the maze-like warren of Albaicin, Granada's nearly intact medieval Moorish Quarter, a UNESCO World Heritage site.
- Take spectacular photos of the imposing Alhambra from a perfectly-situated vantage point.
- Gaze at the tombs of Queen Isabella and Ferdinand of Aragon in the Royal Chapel.
- View works by Renaissance masters, including Botticelli, in the royal art collection.
- Stand in awe before the magnificent Cathedral of Seville, erected between 1521 and 1714.
- Admire the cathedral's white-and-gold interior and its dazzling Renaissance and Baroque main altar.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of moderate walking/standing. It is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. The order of sites viewed or visited may vary.

MOT-006 ICONIC ALHAMBRA PALACE & GRANADA

Duration: 7.00 Hrs Tour Price: \$109.00

Retail Price: \$269.00



Date: May 28, 2023 09:00 AM

Marvel at Granada's Moorish sites of monumental importance, the 14th-century Alhambra fortress-palace and the medieval Albaicin quarter, where the Moors once resided. Tour Granada's superb Alhambra, a UNESCO World Heritage site considered to be the most spectacular example of Moorish architecture in Spain. Appreciate the magnificent approach as the Alhambra's towers rise imposingly from a forest of cypress and elm trees. Inside the huge complex, you'll find the fortified Alcazaba citadel and the delicate Palacios Nazaries, a series of stunning administrative and residential quarters. As you wander through seemingly endless rooms and courtyards, you'll be dazzled by richly colored mosaics, intricate ceilings and romantic archways. Relax with a traditional Andalusian lunch and begin your exploration of the old Moorish Quarter of Albaicin, a mesmerizing labyrinth of narrow, crooked streets remarkably well-preserved since medieval times. In this UNESCO World Heritage site, you'll pass cisterns, fountains, plazas, whitewashed houses, villas and the crumbling remnants of the old city gate. Seek out enticing stores selling handmade merchandise such as ceramics, hammered metalwork and exquisite leather goods. The bewitching splendor of Granada awaits under every Moorish archway and behind every intricately carved door.

- Tour a cherished UNESCO World Heritage site, the magnificent Alhambra of Granada.
- Roam the Alhambra's endless rooms, adorned with intricate carvings and beautiful Islamic motifs.
- Explore Albaicin, Granada's nearly intact Moorish Quarter and a UNESCO World Heritage site.
- Enjoy a traditional Andalusian lunch at a local restaurant.
- Shop for unique handcrafted items such as leather goods, hammered metalwork and pottery.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

ONCE BOOKED THIS TOUR IS NONREFUNDABLE. This tour includes nearly 3 hours of moderate to strenuous walking. The tour is not available to wheelchair guests or those with mobility concerns. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. The order of the sites viewed or visited may vary. For port calls of fewer than 9 hours, the visit to the Albaicin quarter will be substituted with a panoramic drive of the city and the tour's total duration will be 7 hours. Keep your photo ID with you as Alhambra security may request this.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

25

MOT-015 PICTURESQUE FRIGILIANA

Duration: 5.00 Hrs Tour Price: \$0.00



Date: May 28, 2023 09:00 AM

Discover the considerable charms of the whitewashed town Frigiliana, which lies within the Natural Park of Sierras de Tejeda, an environmentally protected mountain region. Browsing the archaeological museum will offer an enlightening glimpse into Frigiliana's history from Neolithic times to the present. Highlights include a 16th-century dagger excavated from the castle ruins and a number of Phoenician vessels. The architecture throughout the historical town center is also well worth a look, especially the 17th-century Church of San Antonio. A leisurely walk along the town's cobblestone streets, which feature beautiful inlaid Moorish patterns, will bring you to a restaurant for a tasting of muscatel wine and sun-dried raisins, two of the products most associated with Frigiliana. A heartier traditional meal will be served at a nearby tavern. The dishes there may include a tomato gazpacho that is thicker than most, meatballs in a flavorful almond sauce and gachas, a warm dessert of fried bread squares topped with honey.

- Browse an archaeological museum for a glimpse into Frigiliana's past.
 - Admire the beautiful whitewashed architecture while walking through the town center.
 - Sample local muscatel wine and raisins and a hearty Andalusian meal afterwards.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes approximately 1 hours and 50 minutes of moderate walking/standing; there will be 4 steps to enter/exit the motor coach. Guests will have to manage 20 steps, some inclines as well as paved and cobble stone surfaces 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.

MOT-016 GASTRONOMY TOUR OF SALOBREÑA

Duration: 5.00 Hrs Tour Price: \$0.00



Date: May 28, 2023 09:00 AM

Take a leisurely drive through the picturesque neighborhoods of Salobreña before enjoying tapas and then lunch. The whitewashed village Salobreña sprawls across a steep rocky hill on Spain's lovely Costa Tropical. The castle that crowns the city has been a fixture since being built in the 13th century during the Nasrid dynasty. American author Washington Irving set his tale "The Legend of the Three Beautiful Princesses" at the castle, and you will pause nearby to hear parts of the story read aloud. A sampling of traditional tapas will follow at Bar Antaños, one of the more popular bodegas in Salobreña. In all likelihood, it will be busy and offer an authentic glimpse into daily life. Continuing on, you will soon arrive at Casa Emilio, another favorite venue among the residents. The restaurant is a chiringuito or beach bar, and seafood is prominently featured on the menu.

- Take a panoramic drive through Salobreña and pause near its landmark castle.
 - Enjoy a sampling of tapas and an authentic slice of life at a popular bodego.
 - Savor a lunch of local specialties at a restaurant right on the beach.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes approximately 10 minutes of moderate walking/standing. There will be 4 steps to enter/exit the motor coach. Guests will have to manage stone pavement and ceramic tiles surfaces 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.

MOT-003 CASA DE LOS BATES & ALMUNECAR

Duration: 4.25 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: May 28, 2023 09:15 AM

Revel in the alluring heritage of southern Spain by lingering in the magnificent gardens of a 19th-century mansion and touring an idyllic coastal village. Enjoy a scenic drive to Casa de los Bates, a 19th-century estate that is now an exclusive boutique hotel. You'll marvel at the elegant manor's two different, yet equally exquisite gardens, which boast a multitude of blooming flowers, centuries-old trees and meticulously manicured ornamental shrubs. Stroll the winding garden footpaths or relax next to a coral fountain twinkling in the sunlight, glass of sherry in hand if you choose, with the distant Sierra Nevada mountains as a spectacular backdrop. Travel to nearby Almuñécar, a coastal village with steep, meandering streets punctuated by sunlit plazas and balconies festooned with vivid geraniums. Above it all, find the impressive Moorish Saint Michael's Castle, established by the Romans over 2,000 years ago. Learn the castle successfully defended Almuñécar against Berber pirates, as revealed by the city's grisly coat of arms, which depicts the turbaned heads of these would-be invaders adrift at sea. Appreciate free time to explore the village at your leisure and further uncover its intriguing Roman, Moorish and Christian influences.

- Delight in the splendor of Casa de los Bates, a luxury hotel housed within a 19th-century manor.
- Roam the perfectly manicured trails of Casa de los Bates's two marvelous formal gardens.
- Explore narrow streets and quaint plazas in the seaside village of Almuñécar.
- Marvel at Almuñécar's monumental Saint Michael's Castle, a well-preserved Moorish fortress.
- Revel in time on your own to further discover Almuñécar's alluring meld of civilizations.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of moderate walking/standing, plus any additional walking at the guests' discretion during free time. There is a walk of approximately 400 yards from the coach drop-off point to the village of Almuñécar. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

26

MOT-009 ALPUJARRAS MOUNTAIN DRIVE

Duration: 4.75 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: May 28, 2023 09:15 AM

Journey to the alluring region of Las Alpujarras, or The Grasslands, where whitewashed villages cling to the southern flanks of the Sierra Nevada Mountains. Admire the region's deep valleys and gorges, which run to the Mediterranean and create a unique micro-ecosystem. In this mountain paradise, discover dozens of villages that were once the last stronghold of the Moors. Stop for photos at the Presa de Rules, an impressive dam inaugurated in 2004, and pass through the town of Órgiva, whose church's twin spires pierce the crisp, blue sky. Discover the village of Pampaneira, which lies almost 5,000 feet above sea level, and appreciate the town's distinctive Berber-style architecture, featuring terraced clusters of gray-white box-shaped houses with flat, clay roofs. Enjoy approximately an hour to explore this intriguing town at your leisure, with a choice to follow your guide or wander independently. Travel to the spa hamlet of Lanjarón, renowned for its pure spring water, and relish approximately 45 minutes of free time, perhaps seeking out the fountains bearing poems by Federico García Lorca. Allow the refreshing charm of Andalusia's mountain villages to inspire you.

- View magnificent mountain panoramas in the high-altitude oasis of Las Alpujarras.
- Admire the Presa de Rules dam, a striking engineering achievement.
- Gaze at the Berber-inspired buildings of Pampaneira, a village nearly 5,000 feet above sea level.
- Enjoy approximately one hour to explore Pampaneira on your own or with a guide.
- Relish approximately 45 minutes to explore the town of Lanjarón, renowned for its pristine springs.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

Travel time to Las Alpujarras is approximately 1½ hours by coach in each direction. 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.

MOT-002 NAZARI GARDENS & WINERY VISIT

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: May 28, 2023 09:30 AM

Indulge your senses on an excursion to one of Spain's last remaining Moorish gardens, as well as a tour and tasting at an esteemed winery. In the charming village of Vélez de Benaudalla, discover the stunning medieval Nazarí Gardens, where you'll enjoy approximately an hour to explore at your leisure. You'll realize the serene gardens were designed to stimulate the senses, which is evident as you roam among flowers in full bloom and inhale the park's heavenly scents. Seek out an iconic stand of cypress trees, verdant minarets soaring up into the clouds. Journey to the renowned Bodega Señorío de Nevada, nestled in a valley where Romans produced wine centuries ago. After touring the historic winery, settle in for a delectable tasting of tapas and wine, likely sampling vintages crafted from Spain's native tempranillo grape. You'll learn the name tempranillo translates to "little early one," a quaint moniker that denotes the tendency of this grape to ripen early. Appreciate this varietal's spicy, aromatic and flavorful wines, a fitting conclusion to your stimulating tour.

- Wander among the divine blooms of Nazarí Gardens, one of Spain's few remaining Moorish gardens.
- Gaze in awe at Nazarí Garden's soaring cypress tree stand.
- Tour the famed Bodega Señorío de Nevada winery in a valley originally settled by Romans.
- Savor the winery's signature wines, crafted from tempranillo grapes, along with tempting tapas.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of moderate walking/standing. It is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Participants must be at least 21 years of age to be served alcoholic beverages. The order of sites viewed or visited may vary.

MOT-001 THE SWEET GOLD

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: May 28, 2023 09:45 AM

Discover how profoundly sugar, known as "sweet gold," has influenced the history of Motril by touring a sugar museum, a former sugar factory and a rum distillery. Survey the Museo Preindustrial de la Caña del Azúcar, better known as the Sugar Museum, built on the site of a 16th-century sugar mill. During your guided tour, you'll uncover how sugar has shaped the culture of southern Spain, and Motril in particular, since the 10th century. Learn that the region's microclimate is ideal for growing sugar cane, which over the centuries brought great wealth to Spain, and view exhibits demonstrating the painstaking process of sugar refinement long before modern technology was developed. View the exterior of a nearby sugar factory that operated until 1984, then embark on a brief walking tour of captivating Motril. Journey by coach to renowned Bodegas Ron Montero, a family-owned rum distillery founded in 1963, and appreciate the traditional aging techniques still in use. You'll sample a small glass of the distillery's oak-barrel-aged, distinctly flavored rum and cheerfully toast your fascinating day.

- Enjoy a guided tour of the Museo Preindustrial de la Caña del Azúcar, devoted to Motril's centuries-old sugar industry.
- Examine the remarkable remains of a now-shuttered sugar factory.
- Sip on rum crafted using age-old techniques at Bodegas Ron Montero, a family-run distillery.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of easy-to-moderate walking/standing. It is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Participants must be at least 21 years of age to be served alcoholic beverages. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

27

❖ ALICANTE, SPAIN

ALC-009 ALICANTE BY TROLLEY TRAIN

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$69.00



Date: May 29, 2023 08:30 AM, 10:30 AM

Ride through historical Alicante on a comfortable trolley train, admiring architectural treasures and pausing occasionally for photos in the city's most scenic squares. Depart the pier aboard a charming trolley train for the center of Alicante, vibrant capital of the province bearing the same name. You'll observe remnants of the city's early architecture, especially in the Old Quarter, and catch excellent views of Benacantil Mountain, which rises high above the city and is the site of the seemingly impenetrable Santa Barbara Castle, built by the Moors in the 10th century. You'll see the elegant marble-and-sandstone Casa Carbonell, once the residence of a wealthy textile merchant and now converted to luxury apartments, offices, enticing shops and fine restaurants. Pass Canalejas Park, a late 19th-century urban oasis featuring gates adorned with sculptures of lions and dogs and home to massive ficus trees over a century old. You'll stop to capture wonderful photos at picturesque Plaza Canalejas, Plaza Luceros and Plaza Puerta del Mar for postcard-ready mementos to cherish upon your return home.

- Board a delightful trolley train for a ride through enchanting Alicante.
- Behold the commanding 10th-century Santa Barbara Castle perched atop Benacantil Mountain.
- Appreciate marvelous Casa Carbonell, the opulent former residence of a prosperous textile merchant.
- Take in serene Canalejas Park, which features lush ficus trees over 100-years old.
- Welcome photo stops at striking locations including Plaza Canalejas and Plaza Puerta del Mar.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the trolley train and have an able-bodied companion to assist them.

ALC-003 AMAZING GUADALEST

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: May 29, 2023 09:00 AM

Discover the captivating town of Guadalest on this tour of its spectacularly placed landmarks, which emerge from a craggy rock outcropping. Enjoy an approximately 90-minute scenic drive along the Costa Blanca past picturesque villages surrounded by a beautiful landscape peppered with orange, avocado and medlar groves. Marvel at the tunnel, hollowed from the granite mountaintop, that provides access to Guadalest, and gaze up at the quaint tower jutting directly out of the rock. Nestled among the narrow streets of the village, you'll find the 11th-century Castle of Sant Josep and the 17th-century Orduña House Museum, the focus of your visit. Learn that half the house was built on the rock below while the rest lies directly above the chapel of the adjoining church, once providing the Orduña family privileged access to a private gallery from which they could attend mass. Tour the house's many fascinating rooms, including the large reception area, wine vault, kitchen, dining room, horse stables and private quarters. You'll delight in the library, which features 1,265 rare volumes, and ponder the importance of books for the isolated denizens of this remote yet exquisite corner of Spain.

- Absorb the verdant landscapes and enchanting villages of the Costa Blanca from your coach.
- Behold the picture-perfect village of Guadalest, dramatically perched atop a rock.
- Admire a tunnel carved through the mountain, the quaint tower above and imposing Sant Josep Castle.
- Tour intriguing Orduña House Museum, a fascinating glimpse into bourgeois 17th-century life.
- Wonder at the museum's library, which houses hundreds of rare books.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of moderate walking/standing, plus any walking at the guest's discretion during free time. There will be some steps and steep inclines with uneven surfaces to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites viewed or visited may vary.

ALC-005 DISCOVER VILLOJOYOSA & ALTEA

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: May 29, 2023 09:00 AM

Immerse yourself in the many charms of the Costa Blanca on this enlightening tour of the unspoiled towns of Villajoyosa and Altea. Journey along a marvelous coastal road, taking in panoramic views of the glittering bays lining the Costa Blanca. You'll applaud the small seaside village of Villajoyosa, renowned for its fishing and chocolate factories. Learn that legend has it the rainbow-hued houses on the seafront are deliberately vivid so that fishermen can see them from far out at sea. You'll appreciate time on your own to capture photos of the colorful hamlet and seek out some of the town's famed chocolate. Continuing on, travel to unspoiled Altea's Old Town, an enchanting jumble of whitewashed houses. You'll begin a brief guided walk to the town's square and its charming neo-Baroque Church of Our Lady of Consolation, which features an eye-catching blue-tile dome. Savor additional free time to absorb Altea's relaxing ambience and enjoy the wonderful views from this hilltop town, a diamond among the many jewels in this sparkling region of Spain.

- Take in scenic views of the glittering Mediterranean as you travel by coach along the Costa Blanca.
- Admire alluring Villajoyosa, a colorful village famed for its fishing and chocolate.
- Rejoice in the picturesque whitewashed homes of the serene hilltop village of Altea.
- Enjoy time at your leisure to explore and shop in both intriguing villages.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

Walking on this tour is primarily at the guest's discretion during free time. There will be considerable steps and uneven surfaces to negotiate. The tour is not suitable for guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

28

ALC-007 BENIDORM ON YOUR OWN

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: May 29, 2023 09:00 AM

Indulge in ample free time in jet-setting Benidorm, one of Europe's favorite beach getaways. Settle in for an approximately 45-minute drive to Benidorm and receive a brief orientation of the town's intriguing sites before you begin your approximately three-hour independent exploration. You'll discover Levante Beach near the town center, an ideal spot for people watching, or for a more tranquil experience, stroll to Poniente Beach at the western end of town. Find Benidorm's enchanting Old Town, location of the quaint, white-washed neoclassical Church of San Jaime, as well as Benidorm Castle, from where you can enjoy a superb view of the beaches and the glittering sea. Perhaps you'll visit the top floor of the deluxe Gran Hotel Bali, the tallest building on the Mediterranean. Consider additional attractions such as the wildlife park of Terra Natura and Terra Mítica, a theme park full of attractions for all ages, or simply meander and shop along the inviting streets of this sunlit retreat.

- Appreciate generous free time in chic Benidorm to swim, sunbathe, stroll, shop or sightsee as you wish.
- Choose from among two fabulous beaches, bustling Levante Beach or peaceful Poniente Beach.
- Wander the narrow streets of Benidorm's captivating Old Town and find the diminutive Church of San Jaime.
- Enjoy sweeping vistas from the waterfront Benidorm Castle or atop the Mediterranean's tallest hotel.
- Explore the Terra Natura wildlife park or the Terra Mítica theme park.
- Wear casual, weather- and activity-appropriate clothing and comfortable walking shoes.
- Wear a hat, sunglasses and sunscreen.
- If you wish to swim, wear a swimsuit under a cover-up and pack a towel from the ship.
- If you wish to visit a church, dress appropriately for a religious venue; shoulders and knees must be covered.

Walking on this tour is solely at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Entry to the top floor of the Gran Hotel Bali requires a small entry fee. Guests who participate in any water activities do so at their own risk and responsibility. Guests are asked to be at the appointed pick-up location on time for the return transfer; those not present are responsible for making their own way back to the ship at their own expense.

ALC-014 ROAD TO CALADEROS

Duration: 5.00 Hrs Tour Price: \$99.00



Date: May 29, 2023 09:00 AM

Browse the stalls of the bustling fish market in Torrevieja and then enjoy a light seafood lunch there. More than 300 fishing boats operate out of the harbor, so you can just imagine the volume and variety of seafood that is available on a daily basis. As you meander about the fresh seafood on ice, the guide will describe how the fishing boats operate in the fishing grounds or caladeros. You will also hear about the different types of fishing nets, how the fish are auctioned in large quantities and how they are kept fresh for export. It's a fascinating process as fishing is such an integral part of daily life in Torrevieja. Every imaginable type of seafood comes into the market, and your lunch will feature some of the very freshest that day. Chances are, it will include a tasting of traditional fried fish and octopus rice, a specialty served throughout Costa Blanca.

- See the incredible variety of seafood on display at Torrevieja's main fish market.
- Gain an understanding of the traditional techniques that the fishermen use.
- Sample fresh seafood dishes that are indicative of the cuisine in Costa Blanca.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes approximately 1 hour and 25 minutes of moderate walking/standing; there will be 4 steps to enter/exit the motor coach. Guests will have to manage 2 steps as well tiled surfaces 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.

ALC-015 TAPAS OVER LUCENTUM

Duration: 4.50 Hrs Tour Price: \$0.00



Date: May 29, 2023 09:00 AM

Walk through the Roman ruins in and around Alicante and enjoy a selection of signature tapas at a beachfront restaurant. Founded by the Romans as Lucentum or "The City of Light," Alicante is full of excavated ruins that reveal what life was like during that period. To enhance your understanding of the area in Roman times, reconstructions of ancient structures have been mixed in with the ruins. You will also see how the Romans and the earlier Phoenicians farmed fish and held them in tanks that still exist near Almadraba Beach. Almadraba refers to an ancient fishing technique with nets that continues today. Much of the seafood caught locally ends up in tapas, the small-plate snacks that are synonymous with Spain. You will sample several popular tapas at the restaurant Es Suquet in the San Juan Beach area. The ingredients will be chosen from what's freshest that day, which is often red prawns and eel.

- Wander among the Roman ruins in Alicante, which the Romans called Lucentum.
- See how the Romans farmed fish and held them in seaside tanks that still exist.
- Sample a selection of tapas made with fresh local ingredients that may include seafood.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes approximately 1.7 hours of moderate walking/standing; there will be 4 steps to enter/exit the motor coach. Guests will have to manage 12 steps as well as paved and tiled surfaces 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

29

ALC-016 THE SWEETEST PLACE IN THE WORLD

Duration: 5.00 Hrs Tour Price: \$0.00



Date: May 29, 2023 09:00 AM

Sample a soft nougat sweet in the village famed for its production and enjoy a traditional paella lunch. For centuries, confectioners in Jijona have made the nougat that is now so synonymous with the village that it's known as Jijona turrón. The ingredients include honey, toasted almonds and egg whites. After tasting the golden dessert, you will understand why it's so popular. Back in Alicante, you will visit the Monastery of Santa Faz, which is renowned for holding a piece of fabric that Saint Veronica is said to have used to wipe Jesus' face on the way to his crucifixion. The image of his face was supposedly transferred onto the fabric, which is now in a locked room that can only be accessed with four keys, each held in a different part of the city. A hearty lunch of fideuà at Poniente restaurant follows.

- See how confectioners in Jijona prepare the village's namesake nougat and sample it.
- Visit a monastery that guards a sacred piece of fabric said to bear the image of Jesus' face.
- Enjoy a traditional lunch with a paella as the main course.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes approximately 1 hour and 40 minutes of moderate walking/standing; there will be 4 steps to enter/exit the motor coach. Guests will have to manage 12 steps as well as paved and tiled surfaces 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.

ALC-008 BEACH ESCAPE TO CAMPELLO

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: May 29, 2023 09:15 AM

Relax or stay active on this excursion that offers ample free time at one of the Costa Blanca's most beautiful beaches. You'll discover that despite its proximity to bustling Alicante, the seaside resort town of El Campello offers a tranquil alternative with six miles of golden, sandy beaches and a pedestrian-only waterfront esplanade. Relish this sunlit retreat, a magnificent place to perfect your tan, swim in the azure Mediterranean or people-watch on the wide promenade. If you are more adventurous, partake in water sports such as windsurfing and sailing, ideal ways to explore the quaint small coves nestled along the coast, or land sports like cycling and hiking to venture into the surrounding landscape. Whenever the desire arises, seek out the town's renowned cuisine, as El Campello is well known for its excellent seafood restaurants. Glory in your time amid laid-back El Campello's charms, where your spirits are sure to soar.

- Spend a relaxing day at your leisure on the golden beaches of peaceful El Campello.
- Swim in the turquoise waters of the Mediterranean, stroll along the soft sand or simply bask in the soothing sun.
- Elect to be more active with activities including windsurfing, sailing, hiking or bicycling.
- Sample local seafood specialties at one of El Campello's renowned restaurants, if you wish.
- Wear casual, weather- and activity-appropriate clothing and comfortable walking shoes.
- Wear a hat, sunglasses, sunscreen and swim wear under a cover-up.

Walking on this tour is solely at the guests' discretion. It is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Lounge chairs and any additional activities such as water sports or cycling are optional and not included in the tour cost. Guests taking part in any of the available optional activities do so at their own risk and responsibility. There is no exclusive area reserved for guests. Guests are asked to be at the appointed pick-up location on time for the return transfer; those not present are responsible for making their own way back to the ship at their own expense.

ALC-002 ELCHE'S PALM TREES & PARKS

Duration: 4.15 Hrs Tour Price: \$0.00

Retail Price: \$89.00



Date: May 29, 2023 09:30 AM

Enjoy a relaxing day in verdant Elche and its famed palm groves, a UNESCO World Heritage site, complemented by a panoramic tour of marvelous Alicante. From the comfort of your coach, view the iconic Esplanade of Alicante, covered by more than 6 ½ million small red, black and cream tiles, and pass enchanting Luceros Square, where an impressive fountain featuring sculptures of horses takes center stage. You'll travel to Elche, a beautiful city boasting over a million palm trees, and visit an expansive park where the majority of the protected palms are located. Discover superb 16th-century Santa Maria, a church built on the site of an ancient Arab mosque and where the renowned medieval Mystery Play of Elche is performed annually. Gaze in wonder at the unique eight-armed Imperial Palm at the enchanting Huerto del Cura garden, which is adorned with fountains inspired by Arabic architecture. Revel in free time to further roam the garden's lovely grounds and appreciate the natural wonders of the Spanish Mediterranean.

- View the highlights of Alicante, including the city's iconic tiled Esplanade, on a panoramic coach tour.
- Wander through Elche's protected palm tree groves, a UNESCO World Heritage site.
- Delight in Santa Maria Church, revered site of a Mystery Play that has been performed for centuries.
- Wonder at a distinctive eight-armed Imperial Palm at the alluring Huerto del Cura garden.
- Appreciate free time to wander Huerto del Cura and admire its many natural gifts.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately three hours of moderate walking/standing, plus any additional walking at the guest's discretion during free time. There will be some steps and uneven surfaces to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

30

ALC-006 ALICANTE, NOVELDA & WINE TASTING

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: May 29, 2023 10:00 AM

Visit the beautiful Mediterranean city of Alicante, see an architecturally playful church in Novelda and tour a venerable winery to sample a premier vintage. In the Old Quarter of Alicante, founded in Roman times as Lucentum, the City of Light, commence a walking tour at the 18th-century neo-Baroque town hall, which features two Italianate barley-twist columns. At the 17th-century San Nicolás de Bari Cathedral, you'll view the soaring nave, the peaceful 15th-century cloister and the impressive façade, which is considered one of the finest examples of Spanish Religious Baroque. Back aboard your coach, journey to Novelda and find the stunning Sanctuary of Santa María Magdalena. You'll explore the Catalan-Modernist-style confection, reminiscent of Antoni Gaudí's Barcelona masterpiece, Sagrada Família, and delight in its fanciful curves and eclectic stonework. Continue to nearby Bodega Heretat de Cesilia, an esteemed winery dating back to the early 18th century. Enjoy an introduction to the viticultural process and a tour of the rustic premises, which showcase antique and modern winemaking machinery. Savor a glass of a vintage produced here as a pleasing finale to this enriching tour.

- Admire the elaborate façade of Alicante's neo-Baroque town hall.
- Tour the San Nicolás de Bari Cathedral, which features an acclaimed Spanish Baroque façade.
- Marvel at the imaginative architecture of Novelda's Sanctuary of Santa María Magdalena, suggestive of Gaudí's work.
- Learn about the winemaking process and taste one of the vintages at the Bodega Heretat de Cesilia winery.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 2 ½ hours of moderate walking/standing. There will be some steps, uneven surfaces and a steep incline to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Should there be an event taking place at the cathedral, an inside visit will not be possible. Participants must be at least 21 years of age to be served alcoholic beverages. The order of sites viewed or visited may vary.

ALC-012 ALICANTE TAPAS TRAIL

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: May 29, 2023 10:00 AM

Browse the Central Market in Alicante, where you will see an array of fruits, vegetables and seafood that will likely be ingredients on the tapas that you will enjoy later. Almost all of the products are locally sourced, so they truly represent the ingredients found in the regional cuisine. After meandering through the stalls, interacting with the vendors and sampling some of the delicacies, you will begin a tapas tour. These small-plate snacks will reflect the local cuisine and contain the absolute freshest, seasonal ingredients. Many of the offerings may be unexpected, as Alicante has become a foodie paradise and has attracted inventive chefs from throughout Europe. Because of Alicante's location on the Mediterranean, tapas with seafood such as succulent red prawns are enormously popular. Eel is another favorite that may be prepared with garlic, chili, paprika and parsley. It might also be prepared with picada, a regional sauce often made with fried bread, nuts and olive oil.

- Peruse stalls laden with fresh produce and seafood in Alicante's bustling Central Market.
- Enjoy a selection of tapas made with many of the ingredients carried in the market.
- Savor unusual tapas that some of Europe's most innovative chefs have created.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Order of sites visited may vary. The Central Market is closed on Sundays, the visit will be an exterior one. This is a walking tour. It is available to guests who utilize a wheelchair/scooter and have a companion to assist them. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

ALC-013 THE EXCELLENCE OF MEDITERRANEAN GASTRONOMY

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$179.00



Date: May 29, 2023 10:00 AM

Purchase a variety of fresh ingredients for paella at the bustling Central Market and then make the traditional dish in a hands-on cooking class. While browsing the market stalls with the guide, you will pick up a number of locally sourced items such as tomatoes, garlic, red peppers and seafood. Although the ingredients can change depending on the paella recipe, rice is the one essential that is always constant. The Moors introduced rice to Spain in the 8th century, but paella wasn't invented until the mid-19th century. Originally a humble dish that farm laborers cooked over a wooden fire, paella has become synonymous with the region. Once you arrive at the venue, the chef will demonstrate step by step how to prepare authentic paella Alicante-style. By the end of this hands-on cooking class, you will know exactly how to prepare the hearty dish, which will be served for your lunch.

- Browse the stalls in Alicante's vibrant Central Market and buy the ingredients to make paella.
- Join a chef that will show you how to prepare paella, using the ingredients that you purchased.
- Enjoy the freshly made paella for lunch.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 3 hours of walking/standing and total of 27 steps. Although limited amount of walking is involved and venues are accessible, we do not recommend this tour to guests with walking difficulties due to the extended amount of standing. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. 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

Page

31

ALC-017 PANORAMIC ALICANTE

Duration: 3.00 Hrs Tour Price: \$0.00



Date: May 29, 2023 10:00 AM

Gain an overall understanding of Alicante on a panoramic drive around the city, followed by free time to explore further on your own. Founded by the Romans and repeatedly attacked by sea in medieval times, Alicante has a long rich history, much of which commentary will describe. While traveling downtown, you will pass the towering sculpted fountain at Luceros Square, the bullring at the center of the Plaza de España and Paseo del Puerto, a lovely walkway with mosaic tile work that resembles the motion of the sea. As you head toward the outskirts of Alicante, you will pause for photos along the beautiful coastline and at Santa Faz, a monastery that supposedly holds a piece of fabric used to wipe Jesus' face on the way to his crucifixion. Another stop will be made at the waterfront promenade Explanada, where you will be offered a glass of horchata, a traditional nut-based milky drink.

- Enjoy a panoramic drive around Alicante that will be remarkably enlightening.
- See urban landmarks such as the downtown bullring and the Paseo del Puerto walkway.
- Pause for photos along the coast and at the revered monastery Santa Faz.
- Sample horchata, a traditional vitamin-rich drink made with tiger nuts.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The horcacha is not suitable for those with a nut allergy or diabetes. This tour includes approximately 90-minutes of moderate walking plus any walking at the guests' discretion during free time. There are steps and inclines to negotiate at Santa Barbara Castle and cobblestone surfaces in the old town. The tour is not available to wheelchair guests and those guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability. Weather appropriate clothing; a hat; sunglasses and flat, comfortable walking shoes are suggested. The order of the sites viewed or visited may vary. Tour is operated with minibuses due to narrow road to access the castle.

ALC-GL1 CENTRAL MARKET & PAELLA WORKSHOP

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$239.00



GL



Date: May 29, 2023 10:00 AM

Stroll through a bustling market taking note of the ingredients and then join a chef who will show you how to prepare paella from scratch, an iconic dish that will be your lunch. The items at the Central Market are locally sourced, so they truly represent the ingredients found in the regional cuisine. After meandering through the stalls, interacting with the vendors and sampling some of the delicacies, you will walk to a nearby restaurant for a paella workshop. The chef will show you step by step how to prepare authentic paella Alicante-style. You will have seen many of the ingredients in the market, which will make the preparation all the more relevant. Although the city of Valencia just to the north is known as the birthplace of paella, the version made in Alicante is much the same. Feel free to ask questions as the chef prepares the meal, which you will dine on afterwards.

- Browse the stalls in Alicante's central market, taking note of the merchandise.
- Watch a chef prepare authentic paella, using many of the ingredients that the market offers.
- Understand how paella is prepared step by step, so you can prepare it yourself at home.
- Enjoy the freshly made paella for lunch.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 2 hours of walking/standing; there will be some inclines and cobblestone surfaces to negotiate. 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. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible.

ALC-001 HIGHLIGHTS OF ALICANTE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: May 29, 2023 10:15 AM

Relish a guided introduction to the vibrant resort town of Alicante, founded in Roman times as Lucentum, the City of Light, on this enthralling tour. Journey to Santa Barbara Castle, one of the largest in the Mediterranean region and strategically located atop a rocky mass that soars nearly 600 feet above the city and sea. You'll discover a massive complex that includes numerous ramparts, the medieval Hall of Nobles, the 16th-century Room of Philip II and the ruins of the ancient hermitage of Santa Barbara. Visit Alicante's historical district and admire the more than 6 ½ million small red, black and cream tiles covering the Esplanade, one of the most enduring images of the city. In Alicante's charming Old Quarter, survey Town Hall Square and the Cathedral of Alicante, better known as the San Nicolás de Bari, whose impressive façade is considered one of the finest examples of Spanish Religious Baroque. Enjoy free time in the Esplanade, perhaps walking the broad promenade, browsing the inviting stalls along the way and soaking up the colorful atmosphere of this sun-kissed town.

- Roam Santa Barbara Castle, a vast complex of grand halls and imposing ramparts.
- Glory in sweeping views of Alicante and the sea from the castle's ideal perch high above the city.
- Explore Santa Barbara Castle's Hall of Nobles, defensive ramparts and ruins of an ancient hermitage.
- Tour Alicante's Old Quarter and view beguiling highlights such as Town Hall Square and the Cathedral of Alicante.
- Stroll and shop on the Esplanade, an iconic promenade adorned with millions of colored tiles.
- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

This tour includes approximately 90 minutes of moderate walking, plus any walking at the guest's discretion during free time. There will be some steps, uneven surfaces and inclines to negotiate. The tour is not available to guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

32

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.