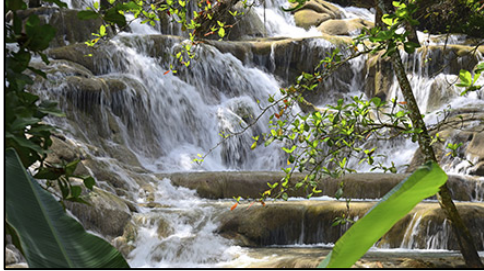


## SHORE EXCURSIONS

### JAMAICA

#### Ocho Rios & Dunn's River Falls Lunch Included



**Difficulty Level:** Strenuous

**Duration:** 5 ½ hours

Time to leave the ship and instead visit one of Jamaica's premiere attractions, the gorgeous Dunn's River Falls near Ocho Rios, which you'll reach after a scenic drive. A plaque provided by the Jamaican Historical Society marks the spot as the site of the battle of Las Chorreras, fought by the English and the Spanish over land rights in 1657 - with the English as the victors. The land was ultimately acquired by the Jamaican government in 1972, since which time it has served locals and visitors alike as a popular recreational area and park. The spring water that feeds the falls is rich in calcium carbonate, which results in deposits of travertine and makes the falls a self-regenerating "living" phenomenon. After a drive to the Dunn's River, your guide will lead you up the naturally terraced river bed as part of a human chain. The climb includes a short pause at the so-called "massage parlor", where the cascading water can soothe tired shoulders. As an alternative to the climb, there are safe spots from which to watch the others ascend the falls. Next up is a tasty Jamaican buffet lunch by the sea, after which a sightseeing drive around Ocho Rios rounds off the tour before you return to the ship.

**Please note:** *Guests are recommended to wear swimwear under comfortable clothing, high-factor sunscreen and to bring a towel plus a change of clothing if swimwear is not worn at the waterfall. Slip-proof or water shoes should be worn since climbing the falls - many terraced steps are both strenuous and very slippery. Guests wishing to climb the falls must be at least 92 cm/3 ft. in height. Guests will not be permitted to jump from the falls.*

#### Horseback Ride & Swim



**Difficulty Level:** Moderate

**Duration:** 4 hours

After leaving the ship and boarding an air-conditioned coach, this equestrian excursion begins with a scenic drive along the beautiful Jamaican coastline to reach the stables where you will saddle up prior to going for a ride. Experienced guides will accompany your horseback experience, providing information on the island's rich history, culture, flora and fauna on the way. Look forward to enjoying the fresh breeze in your face and breathtaking views of the Caribbean Sea as you travel towards Chukka Beach for the water-based leg of the tour. After your mounts have been unsaddled by

## SHORE EXCURSIONS

your guides, you can then ride bareback right into the Caribbean Sea - a swimming experience like no other. To round off the outing, there will be time for you to visit the gift shop. Cold drinks and jerk chicken are also available for purchase at the bar and grill. A scenic return journey to the ship brings the tour to a close.

**Please note:** *Guests must be at least 6 years of age, weigh no more than 230 lbs. and be required to sign a waiver form, which may only be available in English, to take part in the tour. The tour is not suitable for pregnant women.*

### Flavors of Jamaica – Lunch Included



**Difficulty Level:** Easy

**Duration:** 4 hours

Good food is one of life's most basic pleasures and this half-day tour will give you a chance to cook up some of Jamaica's varied cuisine yourself. Whether you're a budding master chef or tend to shun the kitchen, you'll find this experience is at once fun, educational and a treat for your taste buds. You'll first travel from Ocho Rios to the beautiful Prospect Plantation Great House, which originally dates to the 18th century. During a visit to Jamaica in the early 50's, Sir Winston Churchill planted a mahogany tree in the grounds, under which you will first be greeted by your friendly hostess and then taken on a scenic walk through the ornamental gardens. There's also a fabulous view of the sea to enjoy before you head for the veranda and your cooking class. With chef at the helm and you at your own workstation, you'll find out how to make, Dolphin Cove Special Blend Jerk Sauce and coconut with shrimp, prepare a leafy green called callaloo ready for steaming and knead dough for lovely little deep-fried dumplings known as "Jamaican festivals". You'll also prepare your own jerk chicken, which you can then savor when you sit down for a typically Jamaican lunch. The outing ends with your return to the ship.

**Please note:** Guests must be at least 10 years of age to take part. Guests are further recommended to wear comfortable clothing and shoes. Guests are advised to leave jewelry and other valuables on board the ship. Beverages are available at additional cost not covered by the price of the tour.

## SHORE EXCURSIONS

### Island Sightseeing & Green Grotto Caves



**Difficulty Level:** Moderate

**Duration:** 4 hours

Take a scenic drive through the town of Ocho Rios, which is known for its abundant rainfall, verdant landscapes and rolling hills. Other outstanding vistas will be seen along the way, as you travel to Green Grotto Caves, for a touch of adventure and a journey into the underground. The caves are situated no more than 1 km from the spot where Christopher Columbus landed in 1494 and the fact that Runaway Caves numbers among their many former names is testament to one of the uses to which they were put in the 18th century. The caverns also provided sanctuary for the Spanish in the 17th century, later facilitated the activities of arms smugglers and were then used to store rum. Impressive dripstone formations such as stalactites and stalagmites, interconnected passages leading to larger chambers and the grotto itself, with a pool of crystal-clear water, are just some of the attractions that go to make this place so special. On your way back to the surface, a stop will be made at the so-called “Wishing Well”, a pool into which you’ll do well to throw a coin, for luck, for love, for anything your heart desires. Once you return the surface, the coach will be waiting to take you back to your ship in Ocho Rios.

**Please note:** *this tour is unsuitable for guests with mobility problems.*

### Brimmer Hall Plantation Tour & Beach



**Difficulty Level:** Easy

**Duration:** 5:30 hours

Departing the cruise ship pier in Ocho Rios, head through Jamaica’s interior, driving through green gold country until arrival at the Brimmer Hall Plantation. Tractor drawn trams will take you through groves of the plantation where the farmers provide an interesting commentary and demonstration of the working plantation. Sample fresh coconut, sugar cane and other fruits in season! Then on to the Great House. The Brimmer Hall Estate represents life on a plantation during Jamaica’s robust 18th Century period. The former stables have been converted into charming boutiques that you may browse through. Departing the Estate, travel westward along the beautiful North coast highway back to Ocho Rios. Arrive at the Cutlass Bay Beach for relaxation and a swim in the warm Caribbean Sea. Enjoy a lunch including famous Jamaican Jerk. Island music captivates! Return to the Ocho Rios cruise ship Pier after an unforgettable day out.

**Please note:** *It is recommended to wear casual attire, bring towels, slippers and suntan lotion. This tour is not wheelchair accessible therefore it is not recommended for guests with difficulty walking.*