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Key to Activity Levels and Tour Feature Icons

Please refer to the back pages for the key and other important information

Tour Descriptions for Nassau, Bahamas

ATLANTIS AQUAVENTURE

Nassau, Bahamas Tour Code: NAS_25

Come play at Atlantis Aquaventure, a one-of-a-kind 141 acre water park. Containing over 20 million gallons of water, this non-stop water experience consists of thrilling water slides, a mile long river ride with high intensity rapids, wave surges, and special effects. You can also visit the huge, open-air marine habitat where you'll find up to 50,000 fascinating sea creatures.

Whether you prefer a ride down an exhilarating water slide or a gentle float on a never ending lagoon, you'll find it at Atlantis.

Note: Participants 3 years of age or younger are free if accompanied by a participating paying parent or guardian at least 18 years of age. Participants must be at least 48" tall to ride the water slides. There is a considerable amount of walking on this tour, approximately 0.4 mile.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort.

ACTIVITY LEVEL		Adults from	Children from	Approximate Duration	Tour Features
		\$141*	\$88*	6½ hours	

ATLANTIS AQUAVENTURE - HALF DAY

Nassau, Bahamas Tour Code: NAS_20

Come play at Atlantis Aquaventure, a one-of-a-kind 141 acre water park. Containing over 20 million gallons of water, this non-stop water experience consists of thrilling water slides, a mile long river ride with high intensity rapids, wave surges and special effects. The excursion also includes access to their huge, open-air marine habitat where you can find over 50,000 fascinating sea creatures.

Whether you prefer a ride down an exhilarating water slide or a gentle float on a never ending lagoon, you'll find it at Atlantis.

Note: Participants 3 years of age or younger are free if accompanied by a participating paying parent or guardian at least 18 years of age. Participants must be at least 48" tall to ride the water slides. There is a considerable amount of walking on this tour, approximately 0.4 mile.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort. This tour is offered on Norwegian Getaway and Norwegian Escape only.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$141*	\$88*	5 hours	

SEAHORSE SAIL & SNORKEL

Nassau, Bahamas Tour Code: NAS_08

This tour offers the ideal combination of sailing and snorkeling. After a short stroll, you'll board your catamaran, which features a shaded lounge and spacious deck, for a cruise through historic Nassau Harbor en route to one of two spectacular reefs. Here, you'll see natural coral reefs teeming with the ocean's wildlife on a snorkel adventure.

During your sail, you'll receive your snorkel gear and instructions from the knowledgeable crew, who will accompany you into the water to ensure your safety and enjoyment. Unlimited rum punch is offered after snorkeling, and a full premium cash bar is available at an additional cost.

Note: Participants must be at least 7 years of age to snorkel and in good physical condition. Parental discretion is needed for children under 7 to participate. Participants are required to wear life vests and sign a waiver release form. An approximately 10 to 15-minute walk is required to board transportation.

Snorkeling takes place at a reef with a depth of approximately 5 to 15 feet. Swimming is not a requirement but it's recommended. Wear your swimsuit, bring sunscreen and a towel.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$62*	\$51*	3½ hours	—

BLUE LAGOON ISLAND BEACH DAY

Nassau, Bahamas Tour Code: NAS_46

Start your day with a 40-minute scenic boat ride through historic Nassau Harbour towards Blue Lagoon Island. Enjoy this private island at your leisure. Swim on a pristine beach or just relax and lounge in a double hammock. Take part in sports activities such as volleyball, and beach soccer. You can also visit the Dolphin Encounter's facility and observe friendly Bahamian Atlantic bottlenose dolphins and sea lions in their all-natural habitat.

Refresh yourself with a tropical drink and a complimentary lunch. Enjoy use of inner tubes, noodles and float mats. Other non-motorized equipment and activities, such as aqua bikes, paddle boats, kayaks, guided snorkeling and inflatable aqua and bounce parks are available for an additional fee.

Note: Participants 3 years of age or younger are free if accompanied by a participating paying adult. Approximately 1/2 to 1 mile of walking on the pier is required. Wear your swimsuit, bring a towel and cash or credit card for purchases

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$62*	\$41*	5 hours	 

DISCOVER ATLANTIS & BEACH BREAK

Nassau, Bahamas Tour Code: NAS_61

Upon arrival at the Atlantis Resort, you'll be escorted to a reserved location on the beach where you'll be provided a beach lounge chair and towel to enjoy the beach. A self-guided map will help you find your way around the resort. You can shop at a variety of unique stores, try your luck in the casino or visit the Dig, a unique marine habitat that is home to more than 50,000 marine life. Water bikes, paddle boats, kayaks, water hammocks and snorkeling equipment are all available at an additional charge.

Note: Participants 3 years of age or younger are free if accompanied by a participating paying parent or guardian at least 18 years of age. There is a considerable amount of walking on this tour, approximately 0.4 mile. This tour does not include the use of the swimming pools, water slides, pool deck and pool lounge chairs.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$79*	\$49*	6½ hours	

DISCOVER ATLANTIS & BEACH BREAK – HALF DAY

Nassau, Bahamas Tour Code: NAS_62

Upon arrival at the Atlantis Resort, you'll be escorted to a reserved location on the beach where you'll be provided a beach lounge chair and towel to enjoy the beach. A self-guided map will help you find your way around the resort. You can shop at a variety of unique stores, try your luck in the casino or visit the Dig, a unique marine habitat that is home to more than 50,000 marine life. Water bikes, paddle boats, kayaks, water hammocks and snorkeling equipment are all available at an additional charge.

Note: Participants 3 years of age or younger are free if accompanied by a participating paying parent or guardian at least 18 years of age. There is a considerable amount of walking on this tour, approximately 0.4 mile. This tour does not include the use of the swimming pools, water slides, pool deck and pool lounge chairs.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort. This tour is offered on Norwegian Getaway and Norwegian Escape only.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$88*	\$57*	5 hours	

DISCOVER ATLANTIS

Nassau, Bahamas Tour Code: NAS_60

Immerse yourself in the legend of Atlantis, upon arrival you'll be escorted on a guided exploration. Discover the world's largest marine habitat and view over 50,000 sea animals representing 200 different species. Come to discover the lost city of Atlantis in just one day at Atlantis Paradise Island.

After the guided portion of the tour, you'll have some time on your own to return to the Dig and its exhibits, shop at Marina Village, try your luck at the casino, explore the hotel's grand lobby or have a bite to eat at your own expense.

Note: Participants 3 years of age or younger are free if accompanied by a participating paying parent or guardian at least 18 years of age. This is a walking tour, while most is on level terrain, there is a considerable amount of walking involved. Not recommend for guests with physical limitations. This tour does not include access or use of the resort pools, beaches or water slides.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$67*	\$46*	2½ hours	

ATLANTIS DOLPHIN INTERACTION & BEACH DAY

Nassau, Bahamas Tour Code: NAS_33

Enjoy an awesome day at Atlantis. Wade into the waters of one of the world's largest dolphin habitats where you'll touch, hug, and even kiss your new dolphin friends. Watch as they show off their playful side through some of their favorite behaviors. This intimate interaction begins with an orientation and includes 30-minutes in the water. Let the dolphins of Atlantis welcome you to join in the fun. Wet suits, personal lockers, beach towels, and non-alcoholic refreshments are provided.

After your interaction, enjoy some fun in the sun at an Atlantis private beach where you can sunbathe, swim or simply relax. A beach lounge chair, beach towel and complimentary soft drinks are provided. Water bikes, paddle boats, kayaks, water hammocks and snorkeling equipment are available at an additional charge. You'll also receive an Atlantis map, so you can take a self-guided tour at your leisure of the Ruins Lagoon, a recreation of the sunken streets of mythical Atlantis and the Dig, a replica of an archaeological excavation site.

Note: There is a considerable amount of walking on this tour, approximately 0.4 mile. For children under 10

years of age, a parent or appointed guardian must participate in the program. Children must be able to comprehend and follow instructions. Wetsuits are mandatory. Dolphin Observer tickets are sold onboard only.

Bring your swimsuit and a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$151*	\$114*	3 hours	AGE 

ATLANTIS AQUAVENTURE & DOLPHIN CAY INTERACTION

Nassau, Bahamas Tour Code: NAS_38

Enjoy a full day of water fun at Atlantis! Explore the Dolphin Cay and play with dolphins in one of the largest dolphin habitats in the world. Meet and connect with dolphins in a 30 minute in-water interaction where you'll touch, hug and even kiss these amazing animals. You'll also have access to Dolphin Cay's private beach.

The dolphin program includes a video orientation and a trainer talk, complimentary wet suit, natural fruit, infused water, personal locker, towels, beach service and all-day access to Dolphin Cay's private beach. Non-motorized water sports are available for rent.

Your day continues at Aquaventure, the only water park of its kind in the world. This 141-acre park features the Power Tower and Mayan Temple offering eight high-speed body and inner tube slides, numerous children's water play activities, relaxing pools and a mile long action river ride that you won't want to miss! Experience white water rapids, rolling waves, gentle currents, themed caves and special effects as you float along in a single or double tube.

Note: Participants must be at least 2 years of age for the Dolphin Interaction program and at least 48 inches tall to ride water slides at Aquaventure. A parent or appointed guardian must participate in the programs with all children under the age of 10.

There is a considerable amount of walking on this tour, approximately 0.4 miles – in addition to the amount of walking, numerous steps and inclines at Aquaventure. Tour is not recommended for the physically challenged or pregnant women. Dolphin Observer tickets are sold onboard only. Wetsuits are mandatory at Dolphin Cay, sandals or aqua socks are strongly recommended.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$219*	\$167*	6½ hours	AGE  

ATLANTIS DOLPHIN CAY SWIM & BEACH DAY

Nassau, Bahamas Tour Code: NAS_42

During this unforgettable excursion you'll learn about dolphins at the Interactive Learning Center. Upon arrival at Atlantis, you'll watch an informative video and listen to a marine mammal specialist in preparation of your swim. Then swim alongside dolphins as you explore their playground and enjoy Dolphin Cay's signature 'foot push,' as dolphins propel you across the lagoon on a boogie board.

After your interaction, enjoy some fun in the sun at an Atlantis private beach where you can sunbathe, swim or simply relax. A beach lounge chair, beach towel and complimentary soft drinks are provided. Water bikes, peddle boats, kayaks, water hammocks and snorkeling equipment are all available at an additional charge.

You'll also receive an Atlantis map, which will allow you to take a self-guided tour at your leisure of the Ruins Lagoon, a recreation of the sunken streets of mythical Atlantis and the Dig, a replica of an archaeological excavation site.

Note: Participants must be at least 6 years of age and a minimum height of 3 feet. Children 6-9 years of age must wear a support vest and be accompanied by a paying parent or guardian. This tour is not recommended for pregnant women. Guests must be able to swim in deep water without support vests or assistance. There is a considerable amount of walking on this tour, approximately 0.4 mile. Dolphin Observer tickets are sold onboard only.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
	\$251*	\$219*	4 hours	AGE   

ATLANTIS AQUAVENTURE & DOLPHIN CAY SWIM

Nassau, Bahamas Tour Code: NAS_54

Enjoy a full day of water fun at Atlantis! Explore Dolphin Cay and play with dolphins in one of the largest dolphin habitats in the world. After a brief orientation, you'll glide alongside a dolphin wearing your mask and snorkel. Then enjoy the signature foot push, where a dolphin propels you across the lagoon on a boogie board. The dolphin program includes use of a wet suit, natural fruit, infused water, personal locker, towels, beach service, and all-day access to Dolphin Cay's private beach. Non-motorized water sports are available for rent.

Your day continues at Aquaventure, the only water park of its kind in the world. The 141 acre Aquaventure features the Power Tower and Mayan Temple offering eight high-speed body and inner tube slides, numerous children's water play activities, relaxing and a mile-long action river ride that you won't want to miss! Experience white water rapids, rolling waves, gentle currents, themed caves and special effects as you float along in a single or double tube.

Note: Participants must be at least 6 years of age and a minimum height of 3 feet. Children ages 6-9 must be wear a support vest and be accompanied by a paying parent or guardian. There is a considerable amount of walking on this tour, approximately 0.4 mile - in addition to the amount of walking, numerous steps and inclines, at Aquaventure. Tour is not recommended for physically challenged guests or pregnant women.

The dolphin swim portion of the tour includes 30 minutes in the deep water lagoon, but the entire dolphin program may last approximately 2 hours. Wetsuits are mandatory at Dolphin Cay. Sandals or aqua socks are strongly recommended Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort. Tour order may vary.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
3	\$324*	\$272*	6½ hours	AGE   

ATLANTIS AQUAVENTURE & SNUBA

Nassau, Bahamas Tour Code: NAS_71

Enjoy a close up view of the beautiful marine life while you SNUBA® in the shallow confines of the Atlantis lagoon. Your certified instructor will provide you with a safety briefing, then you're ready to experience a 30 minute dive to admire the colorful tropical fish and the lagoon.

Next, come play at Aquaventure, the 141 acre centerpiece of the Atlantis Resort. Ride swells of rapids in a tropical waterscape and fly down 7 story slides. The Atlantis is home to an exhilarating waterscape of pools, water coasters, body slides and rivers that introduce the next generation of water experiences. You'll also have access to the beach and to the open air marine habitat, where you can find over 50,000 fascinating sea creatures. Lounge chairs, towels and life jackets are provided. Non-motorized water sports are available for rent.

Note: Participants must be at least 10 years of age. No snorkeling or scuba experience necessary. Wetsuits are mandatory for the SNUBA portion of the tour. There is a considerable amount of walking on this tour, approximately 0.4 miles – in addition to the amount of walking, numerous steps and inclines at Aquaventure. Tour is not recommended for physically challenged guests or pregnant women. Sandals or aqua socks are strongly recommended.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort. This tour is not offered on Norwegian Sky.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$219*	\$177*	6½ hours	AGE  

STAND UP PADDLE BOARDING

Nassau, Bahamas Tour Code: NAS_07

Begin your adventure of discovery aboard a sleek double-deck catamaran, the M/V Blue Manta. Listen to a narrated tour which recants the history of one of the oldest waterfront cities in the western hemisphere. Arrive at the Stand Up Paddle Board site where your experienced guide provides a safety briefing and demonstration.

Then, board your paddle board and walk your way through some of the world's most beautiful waters. Purchase some food to feed the fish and watch them gather around you. Also, enjoy the opportunity to snorkel for a closer look underwater or bask in the sun on the uncovered top deck of the catamaran.

Note: Participants must be at least 12 years of age, weigh no more than 220 lbs. and be in good health. Paddle boards accommodate 1 guest. Time paddle boarding is approximately 40 minutes. Bring a towel and wear sunscreen. Guests must sign a waiver release form. This tour is not offered on Norwegian Sky.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
3	\$62*	\$41*	2½ hours	AGE 

BLUE LAGOON DOLPHIN SWIM

Nassau, Bahamas Tour Code: NAS_17

Learn about, meet and interact with the most beloved mammal in the ocean - the bottlenose dolphin. Upon arrival, you'll meet the trainers for an educational briefing. This program takes place in approximately 20 foot deep water, in small groups of no more than 10, so everyone has the opportunity to meet the dolphins while in the water and to ask questions. Highlights include a petting and feeding session with the dolphins, the popular high speed 'foot push' and optional professional photo and DVD/video opportunity.

Note: Participants must be at least 6 years of age. Children between the ages of 6 to 12 must be accompanied in the water by a paying parent or guardian. The paying parent or guardian and child must be booked at the same time. Pregnant women are not allowed. You must be able to walk about 1/2 to 1 mile on the pier.

You'll transfer to and from Blue Lagoon Island, by boat from the pier, approximately 40 minutes each way. Guests must sign a waiver release form. Actual in-water encounter time is approximately 30 minutes. Life jackets are provided and required. wet suits are available during cooler weather. Wear your swimsuit and bring a towel from your ship.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$251*	\$219*	3½ hours	AGE

BLUE LAGOON DOLPHIN ENCOUNTER

Nassau, Bahamas Tour Code: NAS_04

Learn about, meet and interact with the bottlenose dolphin. The friendly nature and legendary intelligence of these animals account for their huge popularity. You'll be transferred to and from Blue Lagoon Island by boat, from the pier (40 minutes each way). This lagoon is home to 19 bottlenose dolphins. Upon arrival, you'll meet

the dolphin trainers for a 10 minute educational briefing and be helped onto a floating platform in small groups for the opportunity to touch and interact with dolphins in waist-deep water.

Note: Participants ages 3 or younger receive free admission if accompanied in the program by a participating paying adult (parent or guardian at least 18 years of age). Children between the ages of 3 to 12 must be accompanied in the water by a paying guardian/parent. The paying guardian/parent must be book at the same time of the child participant; these booking cannot be made onboard as space is very limited. Actual in-water encounter time is approximately 10-15 minutes. Approximately 1/2 to 1 mile of walking on the pier is required. Wear your swimsuit and bring a towel from your ship. Space is very limited so please book early.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$167*	\$135*	3½ hours	

BLUE LAGOON SEA LION ENCOUNTER

Nassau, Bahamas Tour Code: NAS_35

Begin your tour with a 40 minute scenic boat ride through historic Nassau Harbor to Blue Lagoon Island. Upon arrival you'll attend a fun and interactive orientation covering the natural history of sea lions, animal training techniques, ocean conservation and wildlife guidelines. This educational and entertaining encounter is your chance to experience sea lions up-close.

You'll have the opportunity to kiss, hug, feed and play with these humorous marine mammals. Your interaction will take place from specially designed, waist-deep submerged platforms in a calm, private island lagoon with ten or less guests in your program. It will be a unique adventure, you'll never forget!

Note: Note: Participants must be at least 8 years of age and be a minimum of 48 inches tall. Guests ages 8 to 12 must be accompanied by a responsible paying adult with a ticket. Guests must be able to go up and down steps to access the platform. Not advised for pregnant women and tour is not able to accommodate handicapped guests. An approximate 10 to 15-minute walk is required to board transportation.

No cameras or videos will be allowed on the sea lion encounter platform. A professional on-site photo and video staff will capture your sea lion interaction, which may be purchased at an additional cost

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$167*	\$125*	3½ hours	AGE 

BLUE LAGOON PROGRAM OBSERVER

Nassau, Bahamas Tour Code: NAS_05

Come along as an observer and watch your family and friends as they come 'face to fins' with dolphins on their encounter, swim or sea lion program. You'll be transferred to and from Blue Lagoon Island by boat, from the pier, approximately 40 minutes each way. Enjoy viewing bottlenose dolphins and sea lions in their all natural habitat - without getting wet!

As an observer, you'll have a fun interactive orientation briefing covering their natural history, animal training techniques, ocean conservation and wildlife guidelines. Enjoy the up-close and personal view of these gentle marine mammals from a nearby platform - as you remain high and dry.

Note: Participants ages 3 or younger receive free admission if accompanied in the program by a participating paying parent or guardian at least 18 years of age. This tour is for observers whose family members are participating in any of the Dolphin Encounter, Swim or Sea Lion programs.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$51*	\$41*	3½ hours	

UNDERSEA VIEWBOARD

Nassau, Bahamas Tour Code: NAS_14

Begin your adventure of discovery aboard a sleek double-deck catamaran, the M/V Blue Manta. Listen to a narrated tour which recants the history of one of the oldest waterfront cities in the western hemisphere. Arrive at the View-board site and listen as your experienced guide provides safety briefing and demonstration. Then, board your personal view-board and kick your way through some of the world's most beautiful waters. Purchase some food to feed the fish and watch them gather around you. Also, enjoy the opportunity to snorkel for a closer look underwater or bask in the sun on the uncovered top deck of the catamaran.

Note: Participants must be at least 12 years of age, weigh no more than 220 lbs. and be in good health. Viewboard activity time is approximately 40 minutes. Bring a towel and wear sunscreen. Guests must sign a waiver release form. Tour is not offered on Norwegian Sky.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$51*	\$30*	2½ hours	AGE 

ATHOL ISLAND SNORKEL

Nassau, Bahamas Tour Code: NAS_12

Board your powered catamaran for a narrated harbor cruise on the way to the snorkeling site off of Athol Island. While cruising around one of the most beautiful harbors in the world, you'll be briefed on historical points of interest as well as the homes of the rich and famous. Once at the snorkel site you'll discover the real beauty of the Bahamas. You'll snorkel in some of the clearest water you've ever seen. The friendly staff will guide you along the reef and highlight the fish that you see, answering any questions that you might have.

Note: Participants must be at least 6 years of age to snorkel, and able to swim. A moderate 10 to 15-minute walk is required to/from the boat. Snorkeling equipment is provided prior to departure.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$41*	\$30*	2½ hours	AGE

UNDERSEA SNORKEL

Nassau, Bahamas Tour Code: NAS_21

See the best of Nassau Harbor's oldest cities and its history while enjoying music aboard a double-deck 48 foot catamaran. When you reach the snorkel site, dive in and spend the next hour exploring the undersea world with a live colorful reef and where the fish can feed from your hands.

Note: Participants must be at least 8 years of age and weigh no more than 250 lbs. This tour includes use of mask, snorkels and fins. Bring your swimsuit. Not advised for pregnant women. Complimentary bottled water or soda included. Guests must sign a waiver release form. Tour is not offered on Norwegian Sky.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$46*	\$36*	2½ hours	AGE 

SUB EXPERIENCE

Nassau, Bahamas Tour Code: NAS_37

Join the adventure-seeking aquanauts for an underwater experience. The SUB is like an underwater motorbike with a big bubble filled with a constant flow of air. You'll be given a lesson on how to use the SUB and some basic safety guidelines. Following an orientation, the SUB guides will take you on a tour of a beautiful shallow reef where they'll feed the fish for you and stop along the way to point out marine life. Once you arrive to the site, you'll dip into your SUB bubble and follow your guide. The trips are done in shifts of approximately 10 or 11 people at a time and you are welcome to enjoy a snorkel experience between shifts. It's easy and fun; you don't need prior Scuba experience.

Note: Participants must be at least 12 years of age, 5' or taller and in good health. Wet suits and videos of your SUB adventure will be available at an additional cost. They will be shown in the shop following your return to the dock. Guests must sign a waiver release form. The approximate SUB experience is 30-45 minutes. Guests do not need to be strong swimmers. If time permits, guests can snorkel between shifts, it is optional and complimentary. Snorkel gear is included.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$167*	\$114*	5 hours	AGE 

SEGWAY EXPERIENCE

Nassau, Bahamas Tour Code: NAS_34

Explore Nassau's spectacular blue water and beaches, as you and your Segway glide along the walkways lining the harbor. Your tours starts just blocks from the cruise port, where you'll be assigned your personal Segway, meet your guide and receive a brief orientation and training. You'll be surprised how quickly you'll

learn to master the Segway. Then, it is off to explore the waterfront along the walkways lining the beaches and spectacular blue water.

You'll stop at a colorful collection of local restaurants and bars for a brief break and a chance to purchase refreshment. Your new found skills are apparent as you enjoy some good natured competition on this low speed activities course. You'll be dropped off at Junkanoo Beach, where you can enjoy a swim from this nice sandy beach. Food and refreshments are available for purchase. From here, it's an easy 10 minute walk back to the ship.

Note: Participants must be at least 10 years of age and weigh no more than 275 lbs. While not particularly physically demanding, participants should be reasonably fit and comfortable being on their feet for each of the 30-minute tour segments. This tour is not suitable for pregnant women. Wear comfortable shoes, bring a towel and swim suit, the beach offers changing rooms.

ACTIVITY LEVEL 	Adults from \$88*	Children from \$88*	Approximate Duration 2 hours	Tour Features 
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ARDASTRA ZOO & GARDENS

Nassau, Bahamas Tour Code: NAS_00

You'll drive through the heart of downtown, where you'll see the House of Parliament, the Supreme Court, Public Library and other historical buildings as your knowledgeable driver guide provides a narration. At Ardastra Gardens, Zoo and Conservation Centre, enjoy a peaceful retreat of lush tropical gardens and over 200 birds, reptiles and mammals. The gardens are also home to a collection of endangered animals and beautiful flamingoes, the National Bird of the Bahamas.

You'll participate in the Flamingo Experience, a unique encounter where the flock of flamingoes puts on their show and entertains you. You can also hand feed the colorful and playful Lory Parrots and take a photo with the resident cockatoo, snake or peacock. While walking the gardens, friendly and informed staff will answer any questions you may have. Snacks and refreshments are available for purchase and you can shop for souvenirs in the gift shop.

Note: There is some walking involved. A hat, sunglasses and sunscreen are recommended.

ACTIVITY LEVEL 	Adults from \$49*	Children from \$39*	Approximate Duration 3 hours	Tour Features 
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SELF-DRIVE MINI BOATS

Nassau, Bahamas Tour Code: NAS_26

Take a walk over to the marina, adjacent to the British Colonial Hotel for your self-drive mini boat adventure. Here, you'll receive a Captain's safety briefing instructions on how to operate the vessel and some snorkeling tips. Your boating adventure begins with a slow harbor cruise, while your guide points out all the significant

and historical landmarks.

Then, depending on weather conditions, you'll go out to either Athol Island or Cable Beach where you'll be able to experience the thrill of driving your own boat in open waters. Next, you'll head over towards a Captain's choice beach to relax or snorkel at the crystalline waters along the coastline. Returning to the marina, enjoy a complimentary bottle of water or a rum punch before you walk back to the pier.

Note: Note: Participants must be at least 5 years of age, weigh no more than 275 lbs., be able to get in and out of the boat and be good swimmers. Drivers must show a valid driver's license. Not advised for pregnant women or guests with back problems. There is an approximate 20-25 minute walk from the pier to the marina.

Boats require a minimum of two passengers, if you book as a single, you may be paired up with another guest. Wear a swimsuit, bring a towel, hat and sunscreen. Beach location is dependent upon weather conditions. A signed waiver release is required. Snorkel gear is provided.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
3	\$114*	\$93*	3½ hours	AGE 

CHARM & BEAUTY OF THE BAHAMAS

Nassau, Bahamas Tour Code: NAS_10

Enjoy a narrated tour passing some of the most historic points of interest in Nassau including Fort Charlotte, Government House and Office of the Prime Minister, among others. You'll visit the historic 1789 Buena Vista Estate, home of the John Watling's Distillery for a self-guided tour and rum tasting. View Bahamian hand crafted rums and spirits being produced. Upon departing the distillery, your tour takes you past the Straw Market, Pompey Museum, Rawson and Parliament Squares, the Supreme Court, Senate Chambers and the House of Assembly.

Then, head over to Paradise Island, for a brief photo stop and enjoy the beautiful sights. Returning to the cruise pier, you can enjoy shopping before heading back to your ship.

Note: Entrance fees to forts or museums are not included.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$44*	\$30*	3 hours	—

PARADISE ISLAND & SIGHTSEEING

Nassau, Bahamas Tour Code: NAS_76

See the best that Nassau has to offer. This tour will take you along Bay Street, the heart of Nassau's shopping district, to the Queen's Staircase built in the days of England's Queen Victoria, it consists of over 65 steps cut out of solid coral rock. Catch your breath and shop around the kiosk before going to your next stop, Fort Fincastle.

This fort was built in 1793 and it was designed based on the shape of a paddle wheel steamer. Next, take an outside visit to Fort Charlotte, built in the British-Colonial era to defend the island against marauding pirates. Before returning to your ship, there will be a brief photo stop at the famous Atlantis Resort on Paradise Island.

Note: Fort Charlotte will be an outside visit.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$57*	\$36*	2 hours	—

GLASS-BOTTOM BOAT

Nassau, Bahamas Tour Code: NAS_18

Board your mono-hull glass-bottom boat for a narrated cruise along Nassau's coastline. Your guide will share general information about Nassau and the Bahamas and point out historical sites and homes of the rich and famous. Once the vessel is positioned over the reef; you'll be guided down to the viewing deck. Here, you'll be given an informative briefing of all that you see through the glass. Afterward, you'll slowly cruise back through the harbor to the pier, while enjoying complimentary rum or fruit punch.

Note: Participants must be able to walk onto the boat via the gangway. There are 10 to 12 steps to access the viewing deck. Participants must be at least 21 years of age to consume alcohol. An approximately 10 to 15-minute walk is required to board transportation for all Nassau tours.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$34*	\$19*	1½ hours	—

SEE & SEA

Nassau, Bahamas Tour Code: NAS_02

This tour combines the SeaWorld Explorer tour with a one hour city tour of Nassau. Take a scenic boat cruise past downtown Nassau and famous Paradise Island. Upon arrival at Sea Gardens Marine Park, you'll board the SeaWorld Explorer, an underwater-viewing vessel. Observe the amazing coral formations and a variety of tropical fish through the clear glass windows while sitting five feet below the surface, in air conditioned comfort. Watch as your Captain entices the fish with food for a great photo opportunity.

After, board a minibus for your tour of Nassau. You'll travel to historic Bay Street in downtown and Rawson Square - the center of the Bahamian Government. Learn about the picturesque pastel buildings, erected in the early 1800s, which include the House of Parliament, the Colonial Secretary's Office and the Supreme Court. Your next stop will be Fort Fincastle and the Queen's Staircase, sitting atop one of the highest points in Nassau. You'll also drive past the Governor's Mansion and see the impressive statue of Christopher Columbus.

Note: Sequence of stops on land may vary due to traffic conditions. An approximately 10 to 15-minute walk is required to your board transportation.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$72*	\$62*	2½ hours	—

SEAWORLD EXPLORER

Nassau, Bahamas Tour Code: NAS_03

This sightseeing tour highlights the panoramic views of Nassau and Paradise Island with a cruise aboard the SeaWorld Explorer, a semi-submarine that offers an underwater tour of Sea Gardens Marine Park. Transfer by boat from the dock in Nassau for an approximately 20 minute scenic ride and take in the sights of famous resorts surrounded by multi-million dollar homes and marinas boasting opulent yachts.

Upon arrival at Sea Gardens Marine Park, you'll board the SeaWorld Explorer, your underwater-viewing vessel. Observe the amazing coral formations and a variety of tropical fish through the clear glass windows while sitting five feet below the surface, in air conditioned comfort. Watch as your Captain entices the fish with food for a great photo opportunity.

Note: An approximately 10 to 15-minute walk is required to board your transportation.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$62*	\$41*	1½ hours	—

PARASAILING ADVENTURE

Nassau, Bahamas Tour Code: NAS_52

Join a professional Captain and crew for an exhilarating flight above the crystal clear waters of the Bahamas. You'll get outfitted to fly the skies of Nassau and get a bird's eye view of Paradise Island, Atlantis Resort, Cable Beach and the downtown area of Nassau from 400 feet above. Your flight will begin and end from the Parasail boat deck.

Note: Participants must be at least 8 years of age and weigh no more than 275 lbs. Children under the age of 12 must be accompanied by a participating adult. The maximum combined weight for this tour is 450 lbs. All flights are tandem or triple (2 or 3 persons). Bring a towel and wear sunscreen. The approximate flight time may be from 7 to 8 minutes depending on the amount of guests per boat.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$99*	\$99*	1 hour	AGE 

DISCOVER SCUBA DIVING

Nassau, Bahamas Tour Code: NAS_32

Discover the exciting world of SCUBA in the crystal clear waters of the Bahamas. You'll be given a lesson by

a diving instructor who will teach you the basic concepts and skills for diving. After receiving safety instructions, diving gear and practicing a few skills, accompany your instructor on a shallow dive with depths of approximately 15-30 feet.

This is a one-tank dive for beginners, your dive will last about 40-45 minutes depending on your air consumption. Here, you'll find a large school of tropical fish while you explore the undersea world. All gear and equipment is included, except for wetsuits, which are available at an additional cost. Dive cameras, t-shirts, food and soft drinks are available for purchase.

Note: Participants must be at least 10 years of age, be a good swimmer and in good health. Not advised for pregnant women or participants with history of heart or lung disorders. A signed, completed medical history waiver form is required. Due to restrictions by the Dive Provider, any SCUBA participants currently taking any medication or with a previous medical condition should bring a note from their primary physician stating that they are medically cleared to participate on a SCUBA excursion.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$188*	\$188*	5 hours	AGE

CERTIFIED TWO-TANK DIVE (WITH GEAR)

Nassau, Bahamas Tour Code: NAS_44

Discover the tropical corals, colorful marine life, dramatic walls, reefs, and fascinating wrecks surrounding New Providence Island. Your first dive will be a wall covered with coral reef appropriate for new and advanced divers. Your dive master will lead the dive to 80 feet for approximately 30 minutes, however, you may prefer to stay up on the shallower ledge while others dive deeper. Your second dive is either a shallow reef or a wreck dive. Here, you may explore a 100 foot freighter in 50 feet, the famous James Bond wreck in 40 feet or dive in the Cessna used in the filming of Jaws.

Note: Participants must be at least 10 years of age, in good health and be certified. Dive Certification Card and proof of diving at least once within the past 12 months is required or present proof of a refresher course. A signed, completed medical history waiver form is required. Due to restrictions by the Dive Provider, any SCUBA participants currently taking any medication or with a previous medical condition should bring a note from their primary physician stating that they are medically cleared to participate on a SCUBA excursion. Diving equipment is provided, bring a towel.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$172*	\$162*	5 hours	AGE C

CERTIFIED TWO-TANK DIVE (WITHOUT GEAR)

Nassau, Bahamas Tour Code: NAS_43

Discover the tropical corals, colorful marine life, dramatic walls, reefs, and fascinating wrecks surrounding New Providence Island. You'll be asked to bring your own equipment as only weights and tanks are provided.

Your first dive will be a wall covered with coral reef appropriate for new and advanced divers. Your dive master will lead the dive to 80 feet for approximately 30 minutes, however, you may prefer to stay up on the shallower ledge while others dive deeper. Your second dive is either a shallow reef or a wreck dive. Here, you may explore a 100 foot freighter in 50 feet, the famous James Bond wreck in 40 feet or dive in the Cessna used in the filming of Jaws.

Note: Participants must be at least 10 years of age, in good health and be certified. Dive Certification Card and proof of diving at least once within the past 12 months is required or present proof of a refresher course. A signed, completed medical history waiver form is required. Due to restrictions by the Dive Provider, any SCUBA participants currently taking any medication or with a previous medical condition should bring a note from their primary physician stating that they are medically cleared to participate on a SCUBA excursion.

Full gear is not included, only weights and tank are provided on this tour, so bring additional necessary equipment as it is not available to rent or consider tour which includes gear. Bring a towel.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$141*	\$130*	5 hours	AGE 

ATLANTIS AQUAVENTURE & WALKING WITH SHARKS

Nassau, Bahamas Tour Code: NAS_70

Walk across the bottom of the world famous Mayan Temple Shark Exhibit at Atlantis. Utilize state-of-the-art, clear glass helmets, and come face to face with the Caribbean reef and nurse sharks in this unique environment. After a safety briefing, walk throughout the tank with these creatures and other marine life. Next, continue to Aquaventure, the only water park of its kind in the world.

The 141 acre Aquaventure features the Power Tower and Mayan Temple offering eight high-speed body and inner tube slides, numerous children's water play activities, relaxing pools, beautiful white-sand beaches, and a mile-long action river ride that you won't want to miss! Experience white water rapids, rolling waves, gentle currents, themed caves and never-before-seen special effects as you float along in a single or double tube. Lounge chairs, towels and life jackets are provided. Non-motorized water sports are available for rent.

Note: Participants must be at least 10 years of age. No snorkeling or scuba experience necessary. There is a considerable amount of walking on this tour, approximately 0.4 mile - in addition to the amount of walking, numerous steps and inclines, at Aquaventure. Tour is not recommended for physically challenged guests or pregnant women. Wetsuits are mandatory in the Shark tank. Sandals or 'aqua socks' are strongly recommended.

Bring a credit card for food and beverage purchases. The bus to Atlantis takes approximately 25 minutes each way. Guests are required to meet at the place and time stated on their Shore Excursion ticket, as tickets will not be honored directly at the resort. Tour is not offered on Norwegian Sky.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$251*	\$209*	6½ hours	AGE 

GLASS BOTTOM KAYAK & SNORKEL ADVENTURE

Nassau, Bahamas Tour Code: NAS_22

Your adventure begins aboard the M/V Blue Manta, a sleek, double-deck catamaran. Tropical island melodies play as you cruise through Nassau Harbor. Enjoy a narrated tour which recants the history of one of the oldest waterfront cities in the western hemisphere.

When you reach the ocean kayak site, your experienced guide will give you a short safety briefing and show you how to operate your kayak. Your guide will escort you along the shoreline to explore a spectacular undersea world from your glass bottom kayak. After you reach your final destination, you'll have a chance to snorkel over the reef with the equipment provided. Tour includes use of kayak, snorkels and fins. Complimentary soda or bottled water included.

Note: Participants must be at least 8 years of age and weigh no more than 225 lbs. Not advised for pregnant women. Guests must sign a waiver release form. An approximately 10 to 15-minute walk is required to board your transportation. Tour is not offered on Norwegian Sky.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$78*	\$57*	2½ hours	AGE 

Activity Levels

- ACTIVITY LEVEL 1** Involves walking over relatively level terrain, possibly some cobblestone, gravel or a few steps. Comfortable shoes are recommended.
- ACTIVITY LEVEL 2** Involves a considerable amount of physical activity such as substantial walking over cobblestone streets, climbing stairs or steep terrain. They're not recommended for guests with walking difficulties. Comfortable, sturdy shoes are recommended.
- ACTIVITY LEVEL 3** Involves physical exertion for extended periods. The terrain may be uneven or steep. It can also indicate a need for swimming in a light current, biking or horseback riding. Recommended only for physically fit and adventurous travelers.

Tour Features Icon Legend



Age Requirement - This tour has specific age requirements.



C-Card - Must present a nationally recognized Scuba certification card, logged a dive within the past 12 months and bring a physician's note if you have a medical condition or are taking medication at the time of cruising.



Debark - Tour will conclude at the airport, a Norwegian Cruise Line program hotel or an assigned central location for your convenience. Guests are responsible for ensuring their debarkation tour is compatible with their departure flight times. Please allow extra time in case of unforeseen delays, and note that the tour will still run in it's entirety. Refer to the details section of the selected tour for more information.



Family Recommended - This tour is great for families.



Flightseeing Tours - Due to aircraft weight and balance limitations, the flight company charges an additional rate for passengers that weigh 250 lbs. or more. Space is capacity controlled, please call 1.866.625.1167 for assistance.



Guests with Disabilities - This tour accommodates guests that are full-time wheelchair users. Guests can remain in their wheelchair for the duration of the Excursion. Please contact the Shore Excursion staff upon boarding to ensure that your needs can be accommodated.



Height Requirement - This tour has specific height requirements.



Hiking - Sturdy walking shoes required.



Limited Mobility - This tour requires guests to transfer from their wheelchair to board the motorcoach (wheelchairs must be collapsible). Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.



Meal - A meal and beverage is provided on this tour.

Outerwear - Outerwear/speciality equipment as noted will be provided by the Tour Operator.



Passport - This excursion crosses an international border so you'll need a valid passport. Some guests from certain countries may also need a visitor's visa.



Shopping - Time permitting, shopping is available on this tour.



Snack - A light snack or refreshment is served on this tour.



Ultimate Tour - With Norwegian's Ultimate Touring, experience custom adventures like yacht charters, VIP tours and small group touring.



Weight Requirement - This tour has specific weight requirements.

Book Early

Our most popular tours sell out quickly so book early. Once your cruise is reserved and deposited, you can start booking your excursions. Excursions may be booked online, up to two days prior to sailing date, subject to remaining availability.

It's Easy

Visit www.ncl.com and log in to My NCL or complete the registration to create an account. For assistance, call **1.866.625.1167** in USA & Canada. European guests should visit www.ncl.eu and for assistance call **+49 0611 3607 0** or **0845 201 8900** in the UK .

Please Note

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