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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 Ocho Rios, Jamaica

### BEST OF OCHO RIOS

Ocho Rios, Jamaica Tour Code: OCJ\_03

This tour takes you to an unforgettable collection of beautiful spots in and around Ocho Rios. You'll visit the island's premier attraction, Dunn's River Falls. It's a place of unique beauty where the river cascades over a giant limestone staircase to a white sand beach and the warm Caribbean Sea. Enjoy a guided stroll through the groves of trees and plants at the Shaw Park Botanical Gardens. The manicured grounds are beautified by a reflecting pond, gazebos and a natural waterfall. Discover the lush vegetation of ferns and gigantic trees that form canopies over the roadway on your drive through Fern Gully. A final stop is made in the town for shopping before returning to the ship.

Note: Participants must be at least 4 years of age, a minimum of 3 ft tall and weigh no more than 300 lbs. Guests should consider their physical fitness level and medical history when determining whether climbing the falls is appropriate.

<b>ACTIVITY LEVEL</b>	<b>3</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$62*	\$41*	4½ hours	AGE  

### BAMBOO RAFTING ON THE MARTHA BRAE RIVER

Ocho Rios, Jamaica Tour Code: OCJ\_06

When Christopher Columbus arrived in Jamaica in 1494, the Spanish settlers established a capital and called it New Seville in homage to the celebrated Spanish city of the same name. Your tour will take you through St. Ann's Bay, a town juxtaposed with the spot where Jamaica's first capital once stood. St. Ann's Bay boasts a statue of Columbus which you'll see during your drive through town. The drive along the coast will take you through Runaway Bay where some of the last Spanish settlers fled after the British captured the island. After a scenic drive passing seascapes and mountain ranges you'll arrive at your destination, the Martha Brae River.

At the start of the raft ride you'll be greeted with a complimentary drink before boarding your 30 ft. long bamboo raft with seating for two. Your raft Captain will tell you the tale of Martha Brae, the magical Indian maiden whom the Spanish colonists tortured to reveal the location of a secret gold mine. She ultimately succumbed to her tormentors and led them to the mine. En route Martha summoned her magical powers to transform the river, drowning the Spanish soldiers and herself as well. Legend says that her ghost still guards the entrance to the mine to this day. Ponder the legend as you glide downstream this 90 minute tranquil river ride.

Note: Participants must be at least 3 years of age and must be able to get on and off the raft. Maximum weight per raft is 540 lbs.

<b>ACTIVITY LEVEL</b>	<b>1</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$83*	\$83*	5 hours	AGE 

## RIVER TUBING SAFARI

Ocho Rios, Jamaica Tour Code: OCJ\_12

In 1494, when the Spanish discovered Jamaica, they named the village Ocho Rios, after the wondrous 'eight rivers' they saw here. Today you'll explore one of those rivers - the amazing, untouched White River. Take a step back in time when your adventure begins at the 17th-century landmark, Spanish Bridge. As you get ready to journey down the cool waters of the White River, which gained its name from the pristine clarity of its water, you'll receive a safety briefing from your experienced guides who will also outfit you with all of your safety equipment. This three mile ride down the river, not only gives you the rich history of Jamaica, it shows you the beauty of the land as you pass by coconut plantations, bamboo groves and along river banks filled with indigenous flora and fauna.

The real adventure lies in the White River as you enjoy her many moods, which will bring you to challenging rapids and enchanting lagoons. The breathtaking views and vistas of this tour, which takes you between two of the island's most scenic parishes, can only be found on this River Tubing Safari. As you disembark, you'll find yourself in one of Jamaica's most beautiful valleys. The White River Valley property is a garden paradise with over 100 species of flowers. The property's facilities and buildings mirror the architecture of a traditional Jamaican village, so be sure to stop by Parrot Bar and indulge in some traditional Jamaican jerk cuisine, refresh yourself with a cool drink, browse the Valley Trader gift shop or just take in the sights of the real Jamaica.

Note: Participants must be at least 6 years of age and weigh no more than 300 lbs. This tour is not recommended for guests with heart, neck/back problems or pregnant women. Tour participation is limited.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$83*	\$62*	3½ hours	AGE 

## ULTIMATE ADVENTURE ZIP, TUBING & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_45

Come and experience an unforgettable 3-in-1 value packed adventure! Take a picturesque journey into the countryside to the pristine White River Valley property. This amazing experience will give you a taste of the award winning Canopy Tour as you travel via 3 traverses, through the trees before continuing your adventure on the award winning River Tubing Safari. The extensively trained canopy guides will give you a short safety briefing, before you take an invigorating nature walk to your 1st platform. Soar through the trees on three horizontal traverses ranging from 65 to 160 feet in length. Become "Tarzan" or "Jane" while you traverse from tree to tree overlooking the pristine waters of the White River, where your next adventure takes place.

Take a step back in time when your river tubing adventure begins at the 17th century landmark, "Spanish Bridge". This is a site, you can only see during your river tube ride. As you get ready to journey down the cool waters of the White River, you'll receive a safety briefing from the experienced river guides, who will also outfit you with all of your equipment for your journey ahead. This refreshing three mile ride down the White River reveals the beauty of the land as you pass through coconut plantations, bamboo groves and along river banks filled with indigenous flora and fauna. The real adventure lies ahead as you enter the challenging rapids and

enchanting lagoon. The highlight of this ultimate adventure is Dunn's River Falls, 600 feet of cascading waterfalls. Climb in and get wet!

Note: Participants must be at least 6 years of age and weigh no more than 265 lbs. Not recommended for guests with back or neck injuries or pregnant women.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$177*	\$177*	5½ hours	AGE 

## ZIPLINE & RIVER TUBING COMBO

Ocho Rios, Jamaica Tour Code: OCJ\_33

Come and experience an unforgettable two in one value packed adventure. Take a picturesque journey into the countryside to the pristine White River Valley. This amazing experience will give you a taste of the award-winning canopy tour as you travel via three traverses through the trees before continuing your adventure on the award-winning river tubing safari. Extensively trained canopy guides will give you a short safety briefing before you take an invigorating nature walk to your first platform. Soar through the trees on three horizontal traverses ranging from 65 to 160 feet in length. Become Tarzan or Jane while you traverse from tree to tree overlooking the pristine waters of the White River where your next adventure takes place.

Take a step back in time when your river tubing adventure begins at the 17th century landmark, Spanish Bridge. This is a site you can only see on your river tubing expedition. As you get ready to journey down the cool waters of the White River, you'll receive a safety briefing from your experienced river guides who will also outfit you with all of your equipment for your journey. The three mile ride down the White River, not only gives you the rich history of Jamaica, it also shows you the beauty of the land as you pass through coconut plantations, bamboo groves and along river banks filled with indigenous flora and fauna. The real adventure lies on the White River as you enjoy her many moods, which will bring you to challenging rapids and enchanting lagoons.

As you disembark the river, back at the White River Valley property you'll have a garden paradise to enjoy. Visit the property's facilities nestled within the architecture of a traditional Jamaican village. Be sure to stop by the Parrot Bar and Grill to indulge in some of traditional Jamaican jerk cuisine, refresh yourself with a cool drink, browse the Valley Trader gift shop or just sit back and relax before you head back to your ship.

Note: Participants must be at least 6 years of age and weigh no more than 264 lbs. This tour is not recommended for guests with heart, neck/back problems or pregnant women. Tour participation is extremely limited.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$125*	\$114*	4½ hours	AGE 

## ZIPLINE ADVENTURE

Ocho Rios, Jamaica Tour Code: OCJ\_23

A winding nature trail through lush jungle in the heart of the spectacular Cranbrook Flower Forest leads you to the start of your unforgettable Canopy Tour adventure. After instruction from extensively trained guides, you'll take a short nature walk to the first platform nestled on the hillside overlooking the treetops and jungle 'canopy'. Begin your tour by soaring through the trees using an intricate system of harnesses, pulleys and carabineers on horizontal traverses, while gazing at the surrounding jungle until you arrive at the next cliffside platform, 45 feet above the ground. A series of traverses ranging from 105 feet to 660 feet in length will have you swinging through the Laughlands River Gorge, a giant valley carved from the surrounding mountain by ancient waters – a sparkling river still flows through it.

From your bird's eye view, you'll survey the flora and fauna of this magnificent landscape, all while listening to the gentle sounds of nature. At different points in the tour, you'll even get a glimpse of the miles away Caribbean Sea and learn interesting facts about the surrounding tree and plant life from your well-informed guides. After leaving the valley, you'll really fly, embarking on a series of long throws, with the last traverse being 600 feet long. Here, after removing your equipment, you can unwind from your exhilarating adventure with a walk through the flowering trees of Cranbrook before being transferred back to the cruise ship pier via Chukka Cove Farm.

Note: Participants must be at least 6 years of age and weigh no more than 264 lbs. This tour is not recommended for guests with heart, neck/ back problems, mobility/balance problems or pregnant women.

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


## BOBSLED JAMAICA & ZIPLINE

**Ocho Rios, Jamaica Tour Code: OCJ\_70**

Experience three exciting activities on this one excursion, the Sky Explorer chairlift, the Jamaica Bobsled and a zipline canopy tour through the tropical coastal forest. Board the air-conditioned transportation for a short transfer to Mystic Mountain. Embark the Sky Explorer chairlift for a fun ride up 700 feet through the tropical forest canopy. At the peak spend a few minutes exploring the interesting educational displays about the history and culture of Jamaica and her people. Next, get ready for the thrill of your life on the one and only Jamaica Bobsled adventure ride. After an orientation, board your specially made Jamaica Bobsled and hold on as it plunges through 3280 feet of twists and turns down the mountain. After coming to a controlled stop, you're slowly lifted back to the top on an elevated tramway.

Next, receive an orientation, safety equipment and harness system for your flight through the canopy on a series of cables and pulleys that are interconnected on both tree and land-based platforms. The canopy tour ends at the mid-station of the chairlift where you can catch a ride back to the top. You may spend as much time as you desire admiring the panoramic views, swimming in the infinity edge pool or enjoying a tasty snack from the restaurant. When you are ready to depart, simply hop a ride on the Sky Explorer chairlift back to the bottom where a shuttle will take you back to the ship.

Note: Participants must be at least 8 years of age, at least 46" tall and weigh no more than 300 lbs. Guests with heart conditions, neck & back injuries or whom are pregnant are not allowed to participate.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$125*	\$104*	4 hours	AGE    

## BOBSLED JAMAICA AND DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_43

Experience the three most popular attractions at Rainforest Bobsled Jamaica and the surreal beauty of Dunn's River Falls with this compressive package. First, at Mystic Mountain, a ride on the Rainforest Sky Explorer spirits you over the lush seaside tropical forest canopy, straight up 700 feet to the mountain's peak. Upon disembarking, the first attraction to be noticed (and not to be missed) is the educational pavilion, featuring interactive Jamaican history exhibits.

A short walk will bring you to the crown jewel - the Bobsled Jamaica attraction. This signature ride features a gravity-driven plunge through 3,280 feet of twists and turns on a specially designed sled evoking the glory of the 1988 and 1992 Jamaican Olympic bobsled teams. The track for the bobsled run was laid specifically to avoid disturbing the natural landscape. As such, the trail curves around ancient trees, hugs majestic cliff faces and limestone outcroppings looming over the shoreline, and ushers you through narrow chutes of dense rainforest. You control your own decent with an in-sled handbrake, allowing for either a leisurely tour through the forest or a pulse-quickenning dive to the bottom of the mountain. Once your bobsled slides to a graceful stop, you are slowly raised back through the rainforest to the top of the mountain, completing the entire circuit in about 10 minutes.

Again at the peak, the Rainforest Sky Explorer waits to carry you down to the base, gliding this time through the dense canopy, affording you breathtaking views of the virgin forest and the rich biodiversity contained within.

Note: Participants must be at least 46 inches tall and not suffer from a previous heart condition, neck or back injuries or is pregnant.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$104*	\$93*	4½ hours	

## WET 'N DIRTY MUD BUGGY & DUNN'S

Ocho Rios, Jamaica Tour Code: OCJ\_80

Climb up through 600 feet of cool refreshing water as it cascades over natural limestone at the renowned Dunn's River Falls. Guides will assist you, while ascending the rushing water as it plunges into the pristine Caribbean Sea. After, you'll be transported to Prospect Estate where your comfortable two seated dune buggy awaits you. Upon arrival, you'll receive a brief orientation and helmet fitting. Now you're ready to jump behind the wheel and start your engine for an experience of a lifetime.

Enjoy a rough ride through the wilderness of tropical Jamaican woodlands on this 980 acre property with incredible scenery and views of the sparking Caribbean. A few stops will be made so that you can see and

take pictures of historic highlights and learn a little about Jamaican flora. Be prepared to get wet and dirty! Watch as the farmer effortlessly climbs a 30 foot coconut tree and sample fresh fruits of the season. You'll return to the tour center with time to shop for souvenirs and to meet and feed the exotic, colorful birds in the aviary.

Note: Participants must be at least 8 years of age. Drivers must present a valid drivers license. Dune buggy seats two, price is per person. Wear comfortable clothing and shoes. Bring a change of clothes, towel and sunscreen. Please leave jewelry and other valuables on the ship. This tour may be done in reverse.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
<b>2</b>	\$114*	\$114*	4½ hours	<b>AGE</b>

## DOLPHIN SWIM & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_18

Relax during your short drive in air-conditioned comfort to the world famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. After this invigorating experience you will be transported to Dolphin Cove, upon arrival you'll be met by a friendly hostess and offered a complimentary fruit drink.

This unique park, surrounded by lush tropical jungle, is home to a beautiful family of bottlenose dolphins, sharks, stingrays, exotic birds, snakes and iguanas. After a brief orientation, you're ready to enter the world of nature's most fascinating creatures - the dolphins. Get to know the animals as you interact with them in deep water. Experience the thrill of "riding" the dolphin belly to belly. Dance, sing, play and even enjoy a kiss or two. After enjoying this experience of a lifetime, spend time watching the dolphins at play in their natural habitat, the Caribbean Sea.

Enjoy a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary. Interact with exotic sea creatures in the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts at Dolphin Cove. Watch in amazement as a local wood carver makes ordinary pieces of wood come to life. Learn about Jamaican culture and enjoy many other amenities at Dolphin Cove. Shuttle buses are available at 10 minute intervals to return you to the ship. Optional shopping is available at your convenience. Tour may operate in reverse order.

Note: Participants must be at least 8 years of age to participate. This tour is not recommended for those who are pregnant, have back or neck injuries and heart or respiratory conditions.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
<b>2</b>	\$156*	\$99*	4½ hours	<b>AGE</b> 

## DOLPHIN SWIM

Relax during your short drive in air-conditioned comfort to Dolphin Cove. Upon arrival you'll be met by a friendly hostess and offered a complimentary fruit drink. This unique park, surrounded by lush tropical jungle, is home to a beautiful family of bottlenose dolphins, sharks, stingrays, exotic birds, snakes and iguanas. After a brief orientation, you're ready to enter the world of nature's most fascinating creatures - the dolphins. Get to know the animals as you interact with them in deep water. Experience the thrill of "riding" the dolphin belly to belly. Dance, sing, play and even enjoy a kiss or two. After enjoying this experience of a lifetime, spend time watching the dolphins at play in their natural habitat, the Caribbean Sea.

Enjoy a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary. Interact with exotic sea creatures in the touch tank display.

Enjoy a hands-on experience on how to make unique pottery at Wassi Arts. Watch in amazement as a local wood carver makes wood come to life. Learn about Jamaican culture and enjoy many other amenities. Shuttle buses are available at 10 minute intervals to return you to the ship. Optional shopping is available at your convenience. Tour may operate in reverse order.

Note: Participants must be at least 8 years of age to participate. This tour is not recommended for those who are pregnant, have back or neck injuries and heart or respiratory conditions. Dolphin observer ticket available for purchase onboard.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$135*	\$93*	2½ hours	<b>AGE</b>

## DOLPHIN ENCOUNTER & DUNN'S RIVER FALLS

Enjoy a short drive in air-conditioned comfort to the world famous Dunn's River Falls where you will climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. After this invigorating experience you will be transported to Dolphin Cove, upon arrival you'll be met by a friendly hostess and offered a complimentary fruit drink. This unique park, surrounded by lush tropical jungle, is home to a beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas. After a brief orientation, you're ready to enter the world of nature's most fascinating creatures - the dolphins. Get to know these gentle creatures from a platform in shallow water, experience the emotion as you caress these beautiful animals; enjoy a splash and even a kiss or two.

After enjoying this experience of a lifetime, spend time watching the dolphins at play in their natural habitat, the Caribbean Sea. Take a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary. Interact with exotic sea creatures in the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts at Dolphin Cove. Watch in amazement as a local wood carver makes ordinary pieces of wood come to life. Learn about Jamaican culture and enjoy many other amenities at Dolphin Cove. Shuttle buses are available at 10 minute intervals to return you to the ship. Optional shopping is available at



your convenience. Tour may operate in reverse order.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$114*	\$93*	4½ hours	—

## DOLPHIN ENCOUNTER

Ocho Rios, Jamaica Tour Code: OCJ\_76

Enjoy a short drive in air-conditioned comfort to Dolphin Cove. Upon arrival you'll be met by a friendly hostess and offered a complimentary fruit drink. This unique park, surrounded by lush tropical jungle, is home to a beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas. After a brief orientation, you're ready to enter the world of nature's most fascinating creatures - the dolphins. Get to know these gentle creatures from a platform in shallow water, experience the emotion as you caress these beautiful animals; enjoy a splash and even a kiss or two.

After enjoying this experience of a lifetime, spend time watching the dolphins at play in their natural habitat, the Caribbean Sea. Take a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary.

Interact with exotic sea creatures in the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts. Watch in amazement as a local wood carver makes wood come to life. Learn about Jamaican culture and enjoy many other amenities. Shuttle buses are available at 10 minute intervals to return you to the ship. Optional shopping is available at your convenience. Dolphin observer ticket available for purchase onboard.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$93*	\$72*	2½ hours	—

## DOLPHIN SEATREK & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_52

Relax during your short drive in air-conditioned comfort to the world famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. After this invigorating experience you will be transported to Dolphin Cove, upon arrival you'll be met by a friendly hostess and offered a complimentary fruit drink. This unique park, surrounded by lush tropical jungle, is home to a beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas.

Enjoy the amazing view of one of the natural Dolphin Lagoons as you're escorted to Dolphin Trek Island. After a safety briefing you'll be ready to begin an experience, like no other. Dolphin Trek, with the Sea Trek helmet, is the ultimate sea trek program where participants can walk underwater while surrounded by dolphins. Enjoy the exciting underwater world and colorful sea life as you explore the bottom of the natural dolphin lagoon. After enjoying this experience of a lifetime, spend time watching the dolphins at play in their natural habitat, the Caribbean Sea.

Take a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary. Interact with exotic sea creatures in the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts at Dolphin Cove. Watch in amazement as a local wood carver makes ordinary pieces of wood come to life. Learn about Jamaican culture and enjoy many other amenities at Dolphin Cove. Shuttle buses are available at 10 minute intervals to return you to the ship. Optional shopping is available at your convenience. Tour may operate in reverse order.

Note: Participants must be at least 8 years of age to participate. This tour is not recommended for those who are pregnant, have back or neck injuries and heart or respiratory conditions.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$177*	\$177*	5½ hours	AGE

## DOLPHIN COVE OBSERVER AND DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_01

Relax during your short drive to the world famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as they plunge directly into the pristine Caribbean Sea. After this invigorating experience you are transported to Dolphin Cove, where you'll be met by a friendly hostess and offered a complimentary fruit drink. This unique cove surrounded by lush tropical jungle is home to a beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas. Here you can enjoy watching the dolphins at play in their natural habitat, the Caribbean Sea.

Take a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds, snakes and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary. Interact with exotic sea creatures in the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts at Dolphin Cove. Watch in amazement as a local wood carver makes ordinary pieces of wood come to life. Learn about Jamaican culture and enjoy all of the amenities. At the conclusion of your tour you'll have the option of being dropped-off at a local shopping plaza for shopping at your leisure and then make your own way back to your ship or return directly to your ship.

Note: Shuttle buses are available at 10-minute intervals to return you to your ship. You will not interact with dolphins on this tour. The Dunn's River Falls are the highlight of Jamaica and tend to be very congested. All guests participating in a tour that visits the falls should wear foot protection that can get wet. River socks are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Participants who do not wish to climb the falls may enjoy the small beach at the base. The walk to the beach is on a slope with many stairs, therefore participants should be in reasonably good health.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$59*	\$59*	4½ hours	—

## SHARK ENCOUNTER & DUNN'S RIVER FALLS

**Ocho Rios, Jamaica Tour Code: OCJ\_44**

Enjoy a short drive in air-conditioned comfort to the world-famous Dunn’s River Falls where you’ll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. After this invigorating experience, you’ll be transported to Dolphin Cove, home to a beautiful family of bottlenose dolphins, exotic birds, sharks, snakes and iguanas. You’ll be escorted to Shark’s Cove where you’ll be met by a highly trained shark encounter facilitator.

Participate in a 15 minute safety briefing before facing your fears and interacting with the most fascinating and fearsome of all sea creatures, the shark! See Pirates of Shark’s Cove and the rambunctious, hilarious Shark Show. Then the Shark’s 'victim' (you) will get a chance to touch, hold, feed and explore while swimming in the same water as these creatures. After this exciting experience, enjoy a leisurely walk through the lush tropical jungle for an up-close experience with the beautiful and friendly birds, snakes and iguanas. Browse through the largest gift shops of any attraction in Jamaica, stocked with the widest range of dolphin souvenirs; visit the jewelry store and craft market for locally handcrafted items. Shuttle buses are available at 10 minute intervals to return you to your ship or optional shopping at your convenience.

Note: Participants must be at least 8 years of age. We recommend you wear your swimsuit under comfortable clothing, water shoes to climb the falls, and bring a change of clothes and a towel. Lockers are available for rent at both Dunn’s River Falls and Dolphin Cove. This tour is not recommended for guests with heart, neck/back problems, mobility/balance problems or pregnant women.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$125*	\$99*	4½ hours	<b>AGE</b>

**DUNN’S RIVER FALLS**

**Ocho Rios, Jamaica Tour Code: OCJ\_78**

Relax during your short drive in air-conditioned comfort to the world famous Dunn’s River Falls where you’ll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. It’s a place of unique beauty where the river cascades over a giant limestone staircase to a white sand beach and the warm Caribbean Sea. Guides are provided to assist you when ascending the rushing waters.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$41*	\$30*	2 hours	—

**OCHO RIOS HIGHLIGHTS**

**Ocho Rios, Jamaica Tour Code: OCJ\_34**

Your tour begins with a scenic drive along the coast to a small town known as St. Ann’s Bay. View the sights from your comfortable coach as your guide narrates the history and provides interesting facts about Jamaica. Observe the town’s classic Court House of 1866 and Statue of Columbus, honoring his landing here. Continue to Fern Gully, a gorge filled with a hundreds of varieties of ferns.

Visit Konoko Falls and Park, the Taino Indians called this Paradise and you'll see why these original inhabitants choose this as a settlement site. You'll hear the roar and feel the fresh mist of the spray from the spectacular waterfall. Follow the trails with your guide through this amazing rainforest. Visit the museum which features artifacts from the original inhabitants and early colonials that were excavated on site.

Stop at the colorful gift shop offering native products and handicrafts before re-boarding your coach. Enjoy a cup of Jamaica's Blue Mountain Coffee and delicious banana bread as you relax at the Almond Tree Restaurant overlooking the Caribbean Sea. On the return, you'll drive through bustling Ocho Rios, there's an optional drop off at the shops in the center of town or you may return directly to the ship.

Note: Participants must be at least 3 years of age, weigh no more than 300 lbs. and be in good physical condition.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$51*	\$41*	4¼ hours	AGE  

## FLAVORS OF JAMAICA

Ocho Rios, Jamaica Tour Code: OCJ\_63

A warm Jamaican welcome awaits you from your hostess who will greet you under the great mahogany tree, planted by Sir Winston Churchill in 1953. Be escorted on a scenic walk through a beautiful ornamental garden where you'll see a wide variety of herbs and tropical plants such as Cat Whiskers, Plumbago and the Canon. Pick an herb or two! At the end of the garden path, experience an awesome panoramic view of the Caribbean Sea! Then it's off to the verandah of the historical and majestic Great House that was once a Fort, where your senses will be tantalized by the different herbs and spices that you'll be using.

Each person will have their own work station with a clear view of the Chef "Irie" as he instructs and guides you in the preparation of the special blend Jerk Sauce, Coconut 'Run Down' with Shrimp, Jamaican festival (knead your own dough), ripe banana fritters and preparation of the callaloo for steaming. Taste the famous Blue Mountain coffee and learn about the many uses of coconut and banana, which are staples in every Jamaican home. After learning how to prepare these delightful meals, you'll be seated on the lawn under the trees to enjoy your authentic Jamaican lunch, consisting of your own Jerked Chicken. Your meal is served with Fruit Punch or Coconut Water.

Note: Participants must be at least 10 years of age to participate.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$93*	\$72*	3 hours	AGE 

## BOB MARLEY EXPERIENCE

Ocho Rios, Jamaica Tour Code: OCJ\_46

This authentic Jamaican country bus, the "Zion Bus Line", will take you on a unique tour from Island Village in

Ocho Rios, via Claremont to the birth and final resting place of the "King of Reggae - Bob Marley. This pilgrimage has been specifically designed for Reggae enthusiasts and hardcore Bob Marley fans, who would like to visit the "Graceland" of Reggae. The bus ride is a scenic tour of rural St. Ann. Rock to the rhythm of Bob's greatest hits as your "dreadlocked" driver negotiates the narrow winding country roads to the mountain village of Nine Miles.

Level the vibes with an IRIE Rum punch and listen carefully as your "ductor" (conductor & guide) tells tales of the life and times of young Bob and how he grew up in the hills of St. Ann. On the return trip, stop at the local Jerk Centre for an authentic Jamaican lunch treat of Jerked pork or chicken, rice and peas, festival and lemonade. If you're a baby boomer who was hip to the 60's and 70's music of Bob Marley, Peter Tosh and Jimmy Cliff or if you're now a fan of Shaggy, Beenie Man and the Dance Hall phenomenon, this is a Reggae experience you can't miss.

Note: Participants must be at least 18 years of age. Not recommended for pregnant women or guests with neck/back injuries or any heart condition.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$104*	\$104*	5 hours	AGE 

## GREEN GROTTO CAVES

Ocho Rios, Jamaica Tour Code: OCJ\_02

A 40 minute drive from the pier along the coastline provides some insights about Jamaica's culture and lifestyle. Your guide will unfold Jamaica's history in a lively and interactive conversation en route to the Green Grotto Caves in Discovery Bay. Located just 3 km from where Christopher Columbus landed in 1494, it is said to be the place that the Arawak (Tainos) Indians first found shelter. It was also known to be a place of refuge for runaway slaves in the 18th century. Estimated at over 5 million years, it's the first historic cave worldwide to receive the Green Globe 21 certification, a global affiliation working with travel and tourism companies and communities to develop and maintain good environmental practices. The caves are characterized by coastal limestone and feature a series of interconnected passageways and chambers, light holes, stalactites and stalagmites, as well as two lakes.

Their most striking features are rock formations and the small 'grotto' lake at the innermost cavern. Take a 3/4 mile guided stroll through a maze of exquisite dripstone formations and learn about the sensitive eco-system found within and around the caves. See limestone formations that have been christened after the individuals they resemble, including Abraham Lincoln, Freddie Krueger and the cartoon character, Scooby Doo among others. Your attraction guide will also demonstrate the cave's musical stones and be sure to toss a coin in the wishing well before your departure. A refreshing beverage is provided at the end of the tour.

Note: Participants must be at least 4 years of age and a maximum weight of 300 lbs. This is a walking tour and visitors will be guided through areas that are paved, uneven surfaces with gravel and rocks. Visitors need to be sure footed and must be able to bend to negotiate small access ways. Slippery when wet caution signs are posted through the caves as a reminder to visitors. There are 62 steps throughout the tour. All visitors are fitted with a sanitary helmet liner and hard helmet and offered a spray of mosquito repellent prior to the start of the tour.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
<b>3</b>	\$51*	\$30*	3½ hours	AGE 

## RAINFOREST BOBSLED JAMAICA

Ocho Rios, Jamaica Tour Code: OCJ\_42

All rollercoaster enthusiasts and adventure seekers will simply love this thrill ride as you fly down the mountain and through the lush tropical forest on a specially built Jamaican bobsled and raised track. Board your air-conditioned transportation for the short drive to Mystic Mountain. Upon arrival embark the Sky Explorer chairlift for a picturesque 15-minute ride through the tropical canopy to the top station. Prior to boarding the bobsled spend a few minutes discovering the interactive educational displays showcasing Jamaica's history, culture and of course the story of Jamaica's original bobsled team that competed in the 1988 and 1992 Winter Olympics.

After a safety orientation, board your bobsled for an exhilarating ride down the mountain. The ride features a gravity-driven plunge of 3,280 feet with many twists and turns as you make your way through the tropical forest. You control the speed of your descent with an in-sled handbrake, allowing for either a leisurely ride or a pulse quickening dive to the bottom of the mountain. Once you come to a controlled stop, you and the bobsled are slowly raised back to the top through the forest on an elevated tramway. Spend as much time as you desire at the top admiring the panoramic views, swimming in the infinity edge pool or enjoying a tasty snack from the restaurant. When you're ready to depart, simply hop a ride on the Sky Explorer back to the bottom where a shuttle will take you back to the ship.

Note: Participants must be at least 46 inches tall and not suffer from a previous heart condition, neck or back injuries or is pregnant.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
<b>2</b>	\$83*	\$72*	3 hours	

## HORSEBACK RIDE N' SWIM

Ocho Rios, Jamaica Tour Code: OCJ\_10

Saddle up for the approximately 2 1/2 hour horseback ride n' Swim. Ride along Papillion Cove, where the movie "Papillion" was filmed in 1973 and locations where "Return to Treasure Island" (1985) and "Passion and Paradise" (1988) were shot. You'll see the remains of Richmond and Llandoverly - two of the oldest sugar plantations on the island. Enjoy the refreshing breeze of the Caribbean Sea as your trail takes you along the charming coastline to Chukka Beach.

Your experienced guides will enlighten you about Jamaica's rich history, culture, flora and fauna. Enjoy a refreshing drink of water or purchase a drink at the bar as your guides unsaddle your mounts and prepare for the amazing bareback ride in the Caribbean Sea. Afterwards, take a shower while your guides prepare the horses for your return trip to Chukka Cove. Browse the gift shop filled with unique Jamaican treasures. Jerk chicken and cold drinks are available for purchase from the Chukka Bar and Grill.

Note: Passengers must be at least 6 years of age and weigh no more than 230 lbs. This tour is not recommended for guests with neck/back problems or pregnant women. Tour participation is limited.

<b>ACTIVITY LEVEL</b> <span style="border: 1px solid black; padding: 2px;">2</span>	<b>Adults from</b> \$114*	<b>Children from</b> \$114*	<b>Approximate Duration</b> 3 hours	<b>Tour Features</b> <b>AGE</b> 
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## CAMEL SAFARI & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_64

Enjoy a short drive in air-conditioned comfort to the world famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. After this invigorating experience you'll be transported to Prospect Estate. Here you will board a b"Jitney" which is an open-aired tractor drawn carriage, to embark on a unique journey through time.

As you ride along, your entertaining and informative host will regale you with tails of this amazing plantation and those that once inhabited it. Be amazed as you are shown Jamaica's flora and the secret medicinal powers that they hold - some of which are still being used today. Get a bird's eye view of the Magnificent White River George as it rushes through the lush rain forest below. Feed the ostriches and have your picture taken. Then journey on to the Great House, which once served as a fort, and houses the largest collection of Turtle Shell combs in the world. Take a stroll in the Gardens with beautiful and fragrant flowers and marvel at the magnificent view from the Great House verandah.

The highlight of your tour will be arriving at Camel Park where you'll be amazed at the beauty and grace of these gentle giants. After a brief orientation and riding helmet fitting, you will mount your camel and embark on an experience you will never forget. View the plantation in a totally unique way as the camels gently walk along the sandy path through wooded forests. At the end of your ride feel the emotion as this giant creature lowers its head for one last stroke as you say goodbye to your new found friend.

Note: Participants must be at least 3 years of age. This tour is not recommended for those who are pregnant, who have back or neck injuries or with heart and respiratory conditions. Tour may be done in reverse.

<b>ACTIVITY LEVEL</b> <span style="border: 1px solid black; padding: 2px;">2</span>	<b>Adults from</b> \$104*	<b>Children from</b> \$83*	<b>Approximate Duration</b> 4½ hours	<b>Tour Features</b> <b>AGE</b>
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## REGGAE PARTY SAIL & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_04

Venture out on the high-spirited 51-foot trimaran 'Cool Runnings 1' or the 74-foot catamaran 'Cool Runnings'. You're destined for an experience from which you'll return with memories of riding the ocean waves to the rhythms of reggae and soca music while sipping island punches. The sail is along the beautiful coastline of Ocho Rios to Jamaica's premier attraction, Dunn's River Falls. Upon arrival, you'll be led up the falls by an attraction guide, or you may choose to relax on the beach or at the base of the cool waterfall. On the return

sail, it's party time with the friendly crew and your choice of island punches and sodas.

Note: Participants must be at least 3 years of age and must be in good physical condition to climb the waterfall. This tour is not recommended for guests with heart, neck/ back problems or pregnant women. All guests participating in a tour that visits the falls should wear foot protection that can get wet. River socks are available for rent at the falls. The rocks at the falls are slippery.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$72*	\$62*	3 hours	<b>AGE</b>

## GLASS BOTTOM KAYAKING & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_05

After a brief orientation and being fitted with your life vest, board your glass-bottom kayak for a guided journey on the crystal clear Caribbean Sea to Dunn's River Falls. You'll be amazed and fascinated at the underwater world, its spectacular beauty, and the wide and varied array of corals and sea life. See the wonders of waterfalls and enjoy fantastic photo opportunities on your way to Dunn's River Falls. Upon arrival, your friendly hostess will lead you to your capable guides who will assist you in climbing the 600 feet of cool refreshing water as it cascades over natural limestone terraces.

Feel the excitement as you ascend the rushing waters as they plunge directly into the pristine Caribbean Sea. After enjoying the falls, you'll head to Dolphin Cove and experience all that it has to offer. At the conclusion of your tour you'll have the option of being dropped off at a local shopping plaza for shopping at your leisure and then make your own way back to your ship or return directly to your ship.

Note: Participants must be at least 8 years of age. This tour is not recommended for those who are pregnant, who have back or neck injuries, or those with heart and respiratory conditions. You will not interact with dolphins on this tour. The Dunn's River Falls are the highlight of Jamaica and tend to be very congested. All guests participating in a tour that visits the falls should wear foot protection that can get wet. River socks are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Participants who do not wish to climb the falls may enjoy the small beach at the base. The walk to the beach is on a slope with many stairs, therefore participants should be in reasonably good health.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$93*	\$72*	4½ hours	<b>AGE</b>

## 4X4 SAFARI TO DUNNS RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_14

Hop in a 4X4 Land Rover to experience the real Jamaica. Enjoy a scenic ride along Jamaica's North Coast. Admire the view from the hills of St. Ann, 2, 000 feet above sea level. See the beauty of the coastline. Visit a coffee plantation and sample different kinds of seasonal fruits. The highlight of your tour will be the world famous Dunn's River falls, where you can climb the 600 feet of this magnificent cascading waterfall. Get wet



and enjoy it!

Note: Participants must be at least 6 years of age and weigh no more than 300 lbs. This tour is not recommended for guests with heart, neck/back problems or pregnant women. Tour sequence may vary.

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

## ATV SAFARI

Ocho Rios, Jamaica Tour Code: OCJ\_36

Start your tour at Chukka Cove Farm with a short safety briefing and riding lesson then head across the Richmond Property. Ride through a river bed, lush forests, tropical foliage and the village of Chester. A refreshment is served as you enjoy the spectacular view of the coastline and the Caribbean Sea. After a leisurely ride back, end your tour with a dip in the deep blue water of a private cove, carved by nature to form a perfect pool at Chukka Bay.

A swim in the cooling Caribbean waters is guaranteed to revitalize and relax you after this exciting tour. Browse the gift shop filled with unique Jamaican treasures or purchase a cold drink and Jerk Chicken from the Chukka Bar & Grill (for purchase).

Note: Participants must be at least 16 years of age and weigh no more than 300 lbs. This tour is not recommended for guests with heart, neck/ back problems or pregnant women. Drivers must have valid driver's license.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$114*	\$114*	3½ hours	AGE 

## MINI BOAT ADVENTURE & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_50

Enjoy a short drive in air-conditioned comfort to Dolphin Cove, where you'll be met by a friendly hostess and offered a complimentary fruit drink. You'll meet your Skipper who will provide you with safety instructions for the great adventure you are about to embark on. Your Skipper will also take you out to safe harbor before handing the helm over to you, to be Captain of your own boat. The ride to Dunn's River Falls can take 30 to 40 minutes and is shared with your partner. You'll be amazed at the spectacular view of the lush vegetation that surrounds the coast as you go exploring. Upon arrival at Dunn's River Falls your hostess will lead you to your capable guides, who'll assist you in climbing the 600 feet of cool refreshing water as it cascades over natural limestone terraces.

You'll then be transported back to Dolphin Cove by bus (approximate 5 minute drive). Watch the beautiful bottlenose dolphins at play in their natural habitat, the Caribbean Sea. Enjoy a walk through the lush tropical jungle for an up close experience with friendly birds, snakes and iguanas. Interact with exotic sea creatures in

the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts. Watch a local wood carver makes ordinary pieces of wood come to life. Learn about Jamaican culture and enjoy the amenities. Shuttle buses are available at 10 minute intervals to return you to the ship and optional shopping at your convenience.

Note: Participants must be at least 8 years of age. This tour is not recommended for those who are pregnant and with neck, back, cardiovascular or respiratory conditions. We recommend comfortable clothing and shoes, water shoes for falls climb, swim wear, change of clothes, a towel and sunscreen. We recommend that jewelry and other valuables be left on board; Lockers are available for rent at both Dolphin Cove and Dunn's River Falls. Cameras are permitted on property, however no filming or picture taking will be allowed in the Dolphin Area. Pictures can be taken from the observation areas. Tour may operate in reserves order.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
<b>2</b>	\$104*	\$83*	4½ hours	<b>AGE</b>

## BAMBOO BEACH

Ocho Rios, Jamaica Tour Code: OCJ\_25

"Reggae-style" hospitality reigns at Bamboo Beach. Located in a gorgeous and secluded natural cove, the clear blue water and breathtaking views of this vibrant beach create an unforgettable tropical paradise. Relax on beach chairs under coconut palms and hundred year old sprawling almond trees that line the seashore. Enjoy fun cultural entertainment and get a real feel of Jamaica as dancers, reggae drummers, exotic singers and artistic acrobats present enjoyable performances right on the beach.

Take a swim in the sea, dip your toes in the sand, and sip on cool glasses of unlimited beer, Jamaican mojitos, rum punch and lemonade as the DJ plays a fashionable mix of local and reggae beats. Enjoy an array of tasty dishes for lunch, all freshly prepared by the chef. These culinary treats are served at a buffet bar and mix Jamaican and Asian accents to give you a taste of the island. Dancing in the morning, drinking cocktails at noon, and "taking it cool" is Bamboo Beach's philosophy! There will be a stop for shopping at a Norwegian Cruise Line recommended store on the way back to the pier.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
<b>1</b>	\$62*	\$41*	4 hours	

## BAMBOO BEACH & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_26

This is the ultimate combination of adventure and entertainment with a trip Bamboo Beach Club where "reggae-style" hospitality reigns and to the famous Dunn's River Falls. Join hands for an exhilarating climb up the natural stone staircase at Dunn's River Falls. Your climbing guide will take you along the best route and will point out the many cool plunge pools you can slide into as you journey upwards. At Bamboo Beach, smooth white sand, clear blue water and breathtaking views create an unforgettable tropical paradise. Enjoy cultural entertainment and get a real feel of Jamaica as dancers, reggae drummers, exotic singers and artistic

acrobats perform vibrant and energetic shows right on the beach.

Take a swim in the sea, dip your toes in the sand, and sip on cool glasses of unlimited beer, Jamaican mojitos, rum punch and lemonade as our DJ plays a mix of local and reggae beats. Enjoy an array of tasty dishes for lunch, all freshly prepared by our chef. These culinary treats are served at the buffet bar and mix Jamaican and Asian accents to give you a taste of the island. Dancing in the morning, drinking cocktails at noon, and “taking it cool” is Bamboo Beach’s philosophy! There will be a stop for shopping at a Norwegian Cruise Line recommended store on the way back to the pier.

Note: Participants under 5 years of age may find it difficult to climb the waterfall. Dunn’s River Falls is not recommended for pregnant women or anyone with heart, neck, back or knee problems. Tour order may vary.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$93*	\$72*	5 hours	

## BAMBOO BEACH & AQUA TUBING ADVENTURE

Ocho Rios, Jamaica Tour Code: OCJ\_27

Rolling on the river takes on a whole new meaning on a tubing trip down Jamaica’s White River. Experienced and attentive guides take you on a breathtaking 3 mile journey through pools and gentle rapids in large comfortable inner tubes. Relax and breath in the history and aromas of Jamaica as the Spanish first did hundreds of years ago when arriving at this very same location! You’ll reach the exit point after about 45 minutes. At Bamboo Beach, enjoy cultural entertainment and get a real feel of Jamaica as dancers, reggae drummers, exotic singers and artistic acrobats perform vibrant and energetic shows right on the beach.

Take a swim in the sea, dip your toes in the sand, and sip on cool glasses of unlimited beer, Jamaican mojitos, rum punch and lemonade as our DJ plays a mix of local and reggae beats. Enjoy an array of tasty dishes for lunch, all freshly prepared by our chef. These culinary treats are served at the buffet bar and mix Jamaican and Asian accents to give you a taste of the island. Dancing in the morning, drinking cocktails at noon, and “taking it cool” is Bamboo Beach Club’s philosophy! There will be a stop for shopping at a Norwegian Cruise Line recommended store on the way back to the pier.

Note: Participants 5 years of age and younger will need to ride on guardians tube. Maximum weight per person is 280 lbs. Tour order may vary.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$104*	\$83*	5 hours	 

## BAMBOO BEACH VIP

Ocho Rios, Jamaica Tour Code: OCJ\_57

Enjoy all the services and amenities offered at Bamboo Beach but receive extra special VIP treatment Jamaican style! As a VIP guest, you will be taken to the gorgeous south side of the beach, which has been

sectioned off for your exclusive use. You'll have unlimited access to Bamboo Beach, but you can also relax and enjoy the tranquility of this beautiful little corner. Pick your spot on a beach chair that is grouped amongst shady random clusters of hundred year old coconut and almond trees. Enjoy unlimited champagne, cocktails, beer and rum drinks from the private VIP bamboo bar and watch as the chef grills your pick of unlimited fresh lobster (when in season) or steak, shrimp, fish and jerk chicken along with special tapas and salads made from Jamaica's finest fruits and vegetables.

The charming hostesses will deliver everything to your chair, so you're free to relax and enjoy the cultural entertainment. Get a real feel of Jamaica as dancers, reggae drummers and exotic singers present exciting performances right on the beach. Nannies will be available to entertain the kids so adults can enjoy a quiet walk along the shoreline. Take a swim in the sea, dip your toes in the sand, or catch a golden suntan in this little slice of paradise. Everything's "Irie" at Bamboo Beach! There will be a stop for shopping at an Norwegian Cruise Line recommended store on the way back to the pier.

<b>ACTIVITY LEVEL</b> <b>1</b>	<b>Adults from</b> \$93*	<b>Children from</b> \$62*	<b>Approximate Duration</b> 4 hours	<b>Tour Features</b> 
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## BAMBOO BEACH VIP & DUNN'S RIVER FALLS

Ocho Rios, Jamaica Tour Code: OCJ\_58

Travel to Bamboo Beach where you'll receive extra special VIP treatment, Jamaican style! You'll be taken to the gorgeous south side of the beach, which has been sectioned off for your exclusive use. You'll have unlimited access to Bamboo Beach, but can also relax and enjoy the tranquility of this beautiful little corner. Pick your spot on a beach chair that is grouped amongst shady clusters of hundred year old coconut and almond trees. Enjoy unlimited champagne cocktails, beer and rum drinks from the VIP bamboo bar and watch as the chef grills your pick of unlimited fresh lobster (when in season) or steak, shrimp, fish and jerk chicken along with special tapas and salads made from Jamaica's finest fruits and vegetables.

The charming hostesses will deliver everything to your chair, so you're free to relax and enjoy the cultural entertainment. Get a real feel of Jamaica as dancers, reggae drummers and exotic singers present exciting performances right on the beach. Nannies will be available to entertain the kids so adults can enjoy a quiet walk along the shoreline. Take a swim in the sea, dip your toes in the sand, or catch a golden suntan in this little slice of paradise. Everything's "Irie" at Bamboo Beach! At Dunn's River Falls, enjoy a fun filled climb up the spectacular falls. A climbing guide will take you along the best route and point out the many plunge pools you can slide into as you journey upwards. There will be a stop for shopping at an Norwegian Cruise Line recommended store on the way back to the pier.

Note: Participants under 5 years of age may find it difficult to climb the waterfall. Dunn's River Falls is not recommended for pregnant women or anyone with heart, neck, back or knee problems. Tour order may vary.

<b>ACTIVITY LEVEL</b> <b>2</b>	<b>Adults from</b> \$114*	<b>Children from</b> \$93*	<b>Approximate Duration</b> 5 hours	<b>Tour Features</b> 
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## BAMBOO BEACH VIP & AQUA TUBING ADVENTURE

Ocho Rios, Jamaica Tour Code: OCJ\_75

Enjoy VIP treatment Jamaican style at Bamboo Beach with unlimited drinks and food and experience a breathtaking 3 mile river journey, as you float along in large inner tubes.

You'll be taken to the lovely south side of the beach, which has been sectioned off for your exclusive use. Relax on beach chairs under coconut palms and hundred year old sprawling almond trees that line the seashore.

Enjoy unlimited champagne cocktails, beer and rum drinks and watch as the chef grills your choice of unlimited fresh lobster (when in season) or steak, shrimp, fish and jerk chicken. Enjoy lively entertainment as dancers, reggae drummers, singers and acrobats perform right on the beach. Nannies will be available to entertain the kids.

Rolling on the river takes on a whole new meaning on a tubing trip down Jamaica's White River. Experienced guides take you on a breathtaking 3 mile journey through pools and gentle rapids in large comfortable inner tubes. Enjoy the natural beauty as you pass coconut plantations, bamboo groves and along river banks with native flora and fauna. You'll reach the exit point after about 45 minutes. There will be a stop for shopping at a Norwegian Cruise Line recommended store on the way back to the pier.

Note: Participants 5 years of age and younger will need to ride on guardians tube. Maximum weight per person is 280 lbs. Tour order may vary.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$114*	\$93*	5 hours	

## GOOD HOPE CULTURAL EXPLORER PASS

Ocho Rios, Jamaica Tour Code: OCJ\_73

Your Cultural Explorer's Pass includes a guided tour of one of the most sought after great houses of the 18th century, access to the brand new pool and leisure area, Colonial Village and children's playground. Sip a variety of alcohol based beverages on the Appleton Estate rum tasting experience then head out on a horse and carriage ride for a unique view of the rest of the plantation – including an ancient factory, pottery barn and waterwheel. Don't miss the one-of-a-kind aviary, filled with exotic and indigenous birds! Bring a camera, swimsuit, towel, sunscreen, cash/credit card and a change of clothes if desired.

Note: Participants must be at least 4 years of age and weigh no more than 250 lbs. Amount of walking is approximately 300 ft. over grass, unpaved, paved and gravel surfaces.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$93*	\$72*	6 hours	AGE  

## GOOD HOPE THRILL SEEKER PASS

Ocho Rios, Jamaica Tour Code: OCJ\_74

Your Thrill Seeker Pass includes the popular Zip, Tube & Slide Combo, as well as unlimited access to the 250 year old great house and unique Caribbean Village where you can learn about many of Jamaica's locally manufactured products. Enjoy awe-inspiring views and thrills as you fly through the rainforest and over river canyons on the Zipline Canopy. Then take a river tubing journey from an ancient aqueduct down a natural slide and into the Martha Brae River.

Wander through one of the most sought after great houses of the 18th century and discover its unique tales. Relax in the brand new pool and leisure area or tackle the ultimate adult challenge course while the younger ones enjoy the kids play area. Bring a camera, swimwear, towel, sunscreen, cash/credit card and a change of clothes if desired.

Note: Participants must be at least 6 years of age and weigh no more than 250 lbs. Amount of walking is approximately 300 ft. over grass, unpaved, paved and gravel surfaces. No back or neck injuries, recent surgery or pregnant women and must have full use of legs and arms.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$135*	\$93*	6 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

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