



A Variety of Choices

We know the destinations you'll be visiting. Our team works with reputable, local tour operators to offer you a variety of excursions to choose from.

Flexibility & Peace of Mind

We offer:

- Dedicated pre-cruise and onboard specialists to assist you.
- Convenient one-stop shopping for all ports.
- Flexibility to modify or cancel day tours up to 48 hours prior to arrival into port.
- If your tour is delayed, we'll hold the ship for you.
- Fully insured local tour operators.

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 .

Key to Activity Levels and Tour Feature Icons

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

Tour Descriptions for Puerto Limon, Costa Rica

AERIAL TRAM & RAINFOREST ADVENTURE

Puerto Limon, Costa Rica Tour Code: LIO_02

Relax and enjoy your two hour drive to the rainforest and discover this private reserve that is connected to the 2nd largest national park in Costa Rica, Braulio Carrillo National Park. Experience the rainforest as never before! This fascinating open-air gondola ride will give you a bird's-eye view of the most interesting part of the rainforest – the canopy. Your aerial tram will take you into the heart of the rainforest.

The rainforest canopy is teeming with wildlife. You'll see towering trees, giant ferns, bursts of color and myriad wildlife form part of this natural hanging garden. Your expert naturalist guide will point out aspects of this captivating canopy that few human eyes ever see during your over one hour tram ride. After your ride, take an optional one hour guided walk through the rainforest, garnering a deeper appreciation from this perspective of this complex environment.

Note: We recommend you wear light clothes, closed-toe shoes and bring raingear and insect repellent. Gondolas cannot accommodate participants in wheelchairs. A box lunch is included.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$135*	\$104*	7 hours	

TRAIN, BUS & BOAT ADVENTURE


Puerto Limon, Costa Rica Tour Code: LIO_26

View the scenic Costa Rican countryside by train and bus and explore Tortuguero Canals by covered boat on this combination excursion. A short drive will bring you to the station to board the open-air train for an approximately 45-minute scenic journey through the countryside. You'll pass by lush tropical forests, banana plantations and small towns. A short drive brings you to the covered boats for your exploration of the Tortuguero Canals.

Cruise the canals for about 45 minutes and keep your eyes open for the abundant wildlife such as sloths, white-faced spider and howler monkeys, crocodiles, and many species of waterfowl. Return to the dock and enjoy a fruit buffet, natural juices and coffee while listening to live calypso music. Souvenirs are available for purchase. You'll stop briefly at a banana plantation and learn interesting facts about this amazing fruit before returning to your ship.

Note: Participants must be at least 3 years of age and be in good physical condition for walking and standing. This tour is not for guests with disabilities, back, neck or shoulder problems, heart condition, prone to seizures or vertigo or pregnant women. Overweight customers that have walking difficulties and shortness of breath should consider their fitness before taking this tour. Bring raingear, insect repellent, a camera and/or binoculars and wear comfortable clothing and shoes. Wildlife sightings are common, but are not guaranteed. The banana plantation

may not have workers present on holidays and it may stop production without notice.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$83*	\$62*	4½ hours	AGE 

VERAGUA RAINFOREST & TORTUGUERO CANALS

Puerto Limon, Costa Rica Tour Code: LIO_37

This eco-adventure will take you to the 3,400 acre Veragua Rainforest mountain reserve for a gondola ride up through the canopy, then cruise the Tortuguero Canals. Upon arrival at Veragua, you'll be met by your guide who will lead you through this site of incredible natural beauty. You'll visit the fascinating world of frogs and insect displays. Take a stroll through the butterfly garden which houses some of the most colorful butterflies in the world!. Board a state-of-the-art aerial gondola for ride through the canopy to the river area below. Take a short walk along the elevated wooden trails and a quick gondola ride back up through the canopy.

A typical lunch will be served and you'll have time to browse a selection of local handicrafts. Continue with a scenic ride on the way to the pier and board your boat for your cruise along the peaceful Tortuguero Canals. They provide shelter to an abundance of wildlife so keep an eye out and your camera handy. After your river cruise, enjoy fresh fruits, juice and coffee, before returning to Puerto Limon.

Note: Participants must be at least 3 years of age and be in good physical condition for walking and standing. You'll have the option of taking the waterfall trail with 350 steps. This tour is not for guests with disabilities, back, neck or shoulder problems, heart condition, prone to seizures or vertigo or pregnant women. Overweight customers that have walking difficulties and shortness of breath should consider their fitness before taking this tour. Bring raingear, insect repellent, a camera and/or binoculars and wear comfortable clothing and shoes. Wildlife sightings are common, but are not guaranteed.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$156*	\$125*	7¼ hours	AGE  

BIRDS & NATURE AT BOCUARE JUNGLE HAVEN


Puerto Limon, Costa Rica Tour Code: LIO_36

Experience scenic Costa Rica while touring a rainforest in the Estrella Valley and enjoy a visit to Bocuare Jungle for lunch and a swim. A scenic drive will take you past quaint towns and plantations en route to the rainforest. Join a guided hike to explore this unique ecosystem, cross a lagoon on a hanging bridge, view plantations and other stunning flora. Over 115 different bird species have been spotted here.

You'll visit the site of an old sugar mill and learn how sugar cane is processed, help in the extraction and sample the sweet results. Board a tractor-pulled wagon to Bocuare and upon arrival you can take a swim or lounge by the

pool, enjoy a typical Costa Rican lunch, and browse for souvenirs before returning to the port.

Note: Participants must be at least 3 years of age and be in good physical condition. Tour involves stand for periods of time, walking down the lagoon crossing, hanging bridges and steps. This tour is not for guests with disabilities, back, neck or shoulder problems, heart condition, prone to seizures or vertigo or pregnant women. Overweight customers that have walking difficulties and shortness of breath should consider their fitness before taking this tour. Bring raingear, insect repellent, a camera and/or binoculars and wear comfortable clothing and shoes. Wildlife sightings are common, but are not guaranteed. Bring a towel and a swimsuit if you would like to enjoy the swimming pool.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$104*	\$72*	6½ hours	AGE 

TORTUGUERO NATIONAL PARK & CHOCOLATE EXPERIENCE

Puerto Limon, Costa Rica Tour Code: LIO_38

Head out to the Tortuguero National Park limits for a cruise into the heartland of the rainforest through an intricate network of backwater canals – a tropical sanctuary with an amazing array of wildlife. Learn about the history of chocolate and enjoy a taste.

After an approximately 30-minute drive and upon arrival at the dock, you'll board your boat for your one-hour plus cruise, accompanied by a naturalist guide. During your boat tour, keep an eye out for the three species of monkeys that live in the area - howler, spider and capuchin.

You may also see some of the more common bird species such as toucans, egrets, green and great blue herons, jacanas and parrots, which are just a few of the hundreds of different birds that inhabit this area. Other animals commonly observed in the waterways are fishing bats, iguanas, lizards, sloths and crocodiles.

Visit a gourmet bean-to-bar chocolate factory in Puerto Viejo. This is a permaculture farm where resident volunteers and staff work to restore the cacao and forest garden, in a balanced ecological and sustainable way. You'll take a guided hike through a cacao forest while learning about the history and science of chocolate. You'll also enjoy a chocolate tasting and tour the facility to see how it's made.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$104*	\$83*	5½ hours	—

CHOCOLATE EXPERIENCE IN PURA VIDA COUNTRY

Puerto Limon, Costa Rica Tour Code: LIO_39

Cacao has deep roots in the history of the Caribbean coast of Costa Rica. Now for the first time, there is gourmet

bean-to-bar chocolate factory right in Puerto Viejo. This is a permaculture farm where resident volunteers and staff work to restore the cacao and forest garden, in a balanced ecological and sustainable way.

You'll also enjoy a tasting of a variety of chocolates from small farms in Costa Rica. You'll take a tasting tour through the history of chocolate from an Aztec ceremonial drink to fine European style chocolate bars mixed with locally grown spices and herbs. You'll also tour the facility to see how it's made.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$83*	\$57*	3½ hours	—

RAINFOREST WALK, CANAL CRUISE & BANANA PLANTATION

Puerto Limon, Costa Rica Tour Code: LIO_35

The province of Limon is prized for its vibrant Caribbean culture, stunning scenery and intricate waterways. You'll explore the region, learn about its history and people, walk through a rainforest, and cruise the Tortuguero Canals on this tour.

You'll visit a family owned reserve where you can enjoy a walk through the rainforest using a network of interconnected low-rise bridges. As you saunter along, keep your eyes open and camera ready for wildlife that might peek out, such as monkeys that call this paradise home.

Board an open-air, covered pontoon boat for a journey along the peaceful Tortuguero Canals. The canals offer a lively landscape with a diversity of flora and fauna. You may see green and great blue herons, egrets, belted kingfishers and jacanas. Returning to the reserve, enjoy a bowl of fresh fruit. You'll have time to stop by the gift shop for souvenirs. Board your transportation for a visit to a banana plantation and learn about its impact on the economy.

Note: Participants must be at least 3 years of age and be in good physical condition for walking and standing. This tour is not for guests with disabilities, back, neck or shoulder problems, heart condition, prone to seizures or vertigo or pregnant women. Overweight customers that have walking difficulties and shortness of breath should consider their fitness before taking this tour. Bring raingear, insect repellent, a camera and/or binoculars and wear comfortable clothing and shoes. Wildlife sightings are common, but are not guaranteed. The banana plantation may not have workers present on holidays and it may stop production without notice.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$72*	\$51*	4 hours	AGE 

WILDLIFE RESCUE CENTER & CAHUITA NATIONAL PARK



Puerto Limon, Costa Rica Tour Code: LIO_40

Begin with a scenic motor coach ride from the port to the Tree of Life Wildlife Rescue Center where you can see animals like baby sloths, monkeys, coatis, kinkajous, deer and peccaries. The Tree of Life Rescue Center is a non-profit organization that devotes its efforts to provide a safe haven to animals that need refuge from loss of habitat, accidents and pet trade or hunting.

Many of these animals can be nursed back to a healthy condition and released back into their natural habitat. You'll see many rainforest animals up close and learn how they came to be part of the rescue efforts. The animal population is always evolving due to the release program.

You'll also learn about the cacao that is processed inside the rescue center premises and see how it is processed into chocolate. Explore nature trails of the Cahuita National Park with your guide. Enjoy refreshments and a tropical fruit buffet.

Note: Guests must be at least 8 years of age and of good physical condition for walking and standing. This excursion involves walking over uneven terrain and climbing of steps. This tour is not for guests with disabilities, back, neck or shoulder problems, heart condition, prone to seizures or vertigo or pregnant women. Bring raingear, insect repellent, a camera and wear comfortable clothing and shoes.

ACTIVITY LEVEL	2	Adults from	Children from	Approximate Duration	Tour Features
		\$93*	\$72*	4¾ hours	AGE  

JAGUAR RESCUE CENTER

Puerto Limon, Costa Rica Tour Code: LIO_41

The generous efforts of the Jaguar Rescue Center Foundation located in the town of Puerto Viejo, is home to the #1 attraction in Costa Rica's south Caribbean. Experience the most amazing fauna conservation effort in the country and interact first hand with all the wildlife.

Toucans, hawks, monkeys, sloths, tamanduas, ant eaters, deer and parrots are some of the animals that you will encounter. The foundation works endlessly to restore all of these animals to good health so they can be released back into their natural habitat.

Note: Bring raingear, insect repellent, a camera and wear comfortable clothing and shoes. Wear closed-toe shoes. Currently there are no jaguars at this site but there are other animals for you to enjoy.

ACTIVITY LEVEL	1	Adults from	Children from	Approximate Duration	Tour Features
		\$149*	\$149*	4½ hours	

RAINFOREST ZIPLINING

Puerto Limon, Costa Rica Tour Code: LIO_34

Experience an adrenaline filled journey and enjoy yourself while riding 11 suspended cable lines and 12 platforms in the middle of the rainforest. With the longest zipline at almost 900 feet long and with heights of up to 265 feet above the ground, you'll be able to observe the beautiful jungle while travelling at full speed, with amazing panoramic views.

Trained and experienced guides will provide a detailed safety talk for participants before starting this adventure. You'll also have the highest level and quality of safety equipment at your disposal.

Note: Participants must be at least 12 years of age, weight at least 99 lbs. and no more than 235 lbs., must be in good health and will be required to sign a waiver. This tour is not recommended for pregnant women or guests with back problems. There is minimal walking involved on gravel and uneven terrain. Wear light clothing, walking shoes, hat or visor, sunscreen and insect repellent.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
3	\$104*	\$104*	3½ hours	AGE  

A HACIENDA EXPERIENCE

Puerto Limon, Costa Rica Tour Code: LIO_29

This unique, family owned, century-old hacienda belongs to the Ortuno family, whose wealth comes from ancestral agricultural production of sugarcane, coffee and macadamia nuts. This hacienda is nestled in the mountains of Turrialba offering wonderful views of the valley, river and the endless fields that dot the landscape.

Upon arrival at the hacienda, you'll have the opportunity to learn about the cultivation and processing of sugarcane. An introduction to coffee cultivation will show you the process from the red coffee berry, to the roasted coffee bean, followed by a coffee tasting session. You'll also visit one of the country's largest and orchid collections and a macadamia nut drying and peeling plant.

After lunch, you'll visit a picturesque colonial metal-and-wood chapel brought by German pilgrims in 1880. A shop offering the hacienda's products including coffee, macadamia nuts and organic sugarcane products may be purchased.

Note: This tour involves walking on uneven ground with some steps and is not suitable for guests with walking difficulties. Venue is not wheelchair accessible. Wear light clothing, walking shoes, hat or visor and bring sunscreen and insect repellent.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$104*	\$83*	8 hours	

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.

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Please Note

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