

# EXPLORATIONS

BY NORWEGIAN®

## Onshore Explorations Guide

### Exploration from London to Cape Town

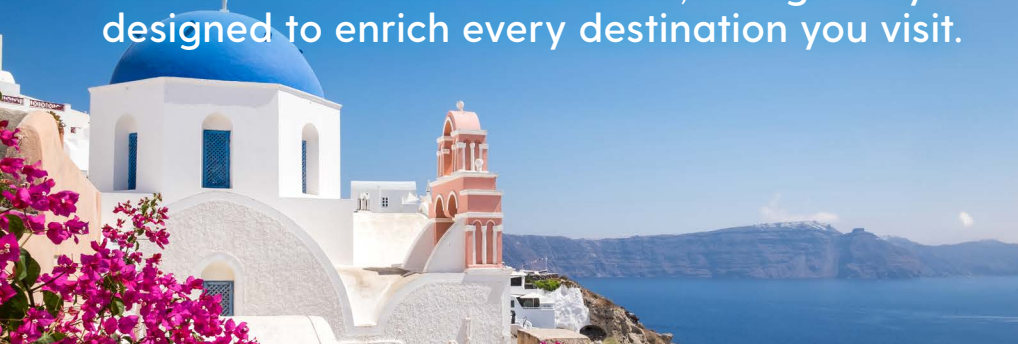
**EMBARK** Southampton (London) 31 October 2026

**DISEMBARK** Cape Town 24 November 2026



## DISCOVER

Some of the world's most significant historical, cultural and artistic landmarks, thoughtfully designed to enrich every destination you visit.



To make choosing your experience simple, our onshore explorations are grouped into three clear categories:

### Highlights

Effortlessly experience the must-see sights and key points of interest in each port.

### Local Discovery

Go deeper into the destination, with immersive experiences that reveal local life, culture and character.

### Active

Explore your ports of call from a fresh perspective through engaging activities such as cycling, hiking, kayaking and more.

Every port offers a carefully curated collection of tours and adventures. Experience awe-inspiring natural sights, world-renowned landmarks and authentic local culture, history and cuisine that bring these destinations to life.

## Reasons to Explore Onshore

### Seamless and Secure Experiences

All excursions are carefully monitored by shipboard staff and depart directly from the pier for your comfort, safety and convenience.

### Expert Local Guidance

Enjoy insightful commentary from professional, English-speaking guides who bring each destination to life.

### Thoughtfully Planned Itineraries

Our experienced excursion specialists design every tour to help you make the most of your time ashore.

### Premium Transportation

Travel with trusted, licensed and insured tour operators using the best available climate-controlled vehicles.

## Helpful Hints for Your Onshore Exploration

- Wear casual, weather-appropriate clothing and comfortable walking shoes suitable for the day's activities. For more active experiences, sturdy, non-slip footwear or hiking shoes are recommended.
- Dress respectfully when visiting cultural or religious sites. Shoulders and knees should be covered where required.
- Bring a hat, sunglasses and sunscreen to stay protected from the sun.
- Carry bottled water to stay hydrated, particularly during active or warmer excursions.
- For water-based activities, remember to bring swimwear and a towel.
- Insect repellent may be useful for outdoor or nature-focused explorations.



While excursions may be shown for embarkation and disembarkation ports, they may not be available to book on the day you board or leave the ship due to operational requirements. The excursions listed are offered exclusively for ports of call during the voyage.

Once onboard, you are welcome to visit the Destinations Desk to discuss your onward travel plans. In some cases, transfer services may be available to suit your individual arrangements. Please note that these services are not listed in this document, as they cannot be pre-booked and are available for purchase only whilst onboard **Regatta**.

## Important Information About Onshore Explorations

Onshore Explorations offered through **Explorations by Norwegian** are operated by independent, licensed third-party providers. Explorations by Norwegian facilitates these experiences but does not operate them directly.

Details such as itineraries, routes, duration, departure times, pricing and availability are provided as a **guide only** and may be updated, adjusted or withdrawn without notice. Onshore Explorations may be modified or cancelled due to weather conditions, safety considerations, capacity limitations or other operational requirements.

Participation in any Onshore Exploration is at the guest's own discretion and risk. Explorations by Norwegian is not responsible for the actions, services or omissions of third-party tour operators. Cancellation terms and conditions may vary depending on the specific Onshore Exploration and operator.

**All pricing is listed in US\$ on a per person basis. Pricing is correct as at 10 March 2026 but may be subject to change.**

Official Port Name	Country	Tour Code	Onshore Explorations Category	Tour Name	US\$ Cost Per person	Duration (Hours)	Walking	Overview	Please note
Southampton	United Kingdom	SOU-004	Highlights	ROYAL CAPITAL & TOWER OF LONDON	\$219	9.5	STRENUOUS	Enjoy a panoramic sightseeing tour of London's iconic landmarks and free time to explore other attractions that sound alluring. The route will take you past Buckingham Palace and St. Paul's Cathedral on the way to the imposing Tower of London. One of the most famous fortified buildings in the world, the Tower was built by order of William the Conqueror. It has served as a palace, prison, treasury, arsenal and even a zoo, and today it houses the priceless crown jewels. Also on view are the Medieval Palace, the infamous Bloody Tower and over 90 inscriptions made by prisoners in the Beauchamp Tower. Following free time for lunch in Central London, you will continue the panoramic sightseeing tour, passing some of the city's most important and royal monuments such as Westminster Abbey, Big Ben, the Houses of Parliament and London Bridge. Depending on traffic conditions, time will be allotted for photo stops.	The drive to/from London takes about two hours. This tour is not available for wheelchair guests and those with mobility concerns should evaluate their ability and stamina before joining. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-005	Highlights	LONDON ON WATER & LAND	\$139	9	MODERATE	See the most famous attractions in London by cruising the River Thames and by driving through the heart of the capital. The river cruise will offer a unique water perspective of landmarks such as the Houses of Parliament, an extraordinarily beautiful building also known as the Palace of Westminster. French Impressionist Claude Monet famously painted the Parliament at different times of the day from the same Thames perspective that the cruise offers. Following lunch on shore, you will begin the panoramic driving portion of the tour. The exact route will depend on the traffic, but you can expect to see highlights such as Buckingham Palace, Big Ben and St. Paul's Cathedral. Acclaimed English architect Christopher Wren designed the cathedral and was entombed there in 1723.	The drive to/from London takes about two hours. This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off the transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-006	Highlights	LONDON PANORAMA	\$109	9	EASY	Delight in this sweeping driving tour around London that focuses on highlights such as Westminster Abbey, Buckingham Palace and the Houses of Parliament. The exact route will depend on the traffic and time of day, but you can expect to see Trafalgar Square, home of the imposing Nelson's Column, and pass through Admiralty Arch and into The Mall. It will be quite a sight as Buckingham Palace stands at the far end and the delightful oasis St. James' Park beckons to the side. Nearby, you will see Whitehall with its poignant Cenotaph war memorial. You can also count on exploring the square mile of the old city, whose medieval and Georgian atmospheres still survive. The massive Tower of London and majestic St. Paul's Cathedral are but a few of the draws.	The drive to/from London takes about two hours. This tour is mostly panoramic and the amount of free time depends on the traffic conditions. This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-008	Highlights	PANORAMIC LONDON & MADAME TUSSAUDS	\$219	9	MODERATE	Drive past many of London's signature landmarks and browse the extraordinary life-like exhibits in Madame Tussauds wax museum. You will soon gain an overall impression of London through icons such as Buckingham Palace, the official residence of her Majesty the Queen, and Westminster Abbey, scene of coronations and state ceremonies for centuries. Depending on the traffic, you will pause for photos of famed locales such as the Houses of Parliament and Big Ben, which rises above its north end. Following free time for lunch, you will visit Madam Tussauds, the world-famous museum with a collection of more than 300 wax figures of the royal family and celebrities ranging from Kate Winslet to David and Victoria Beckham. If you are politically minded, you might browse the museum's World Leaders section that features wax figures such as Nelson Mandela.	The drive to/from London takes about two hours. This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-009	Highlights	LONDON ON YOUR OWN	\$99	8.5	EASY	If you prefer exploring London on your own, this private motorcoach transfer is ideal. You will be dropped off at a convenient location in the heart of the city, and your return transfer will depart hours later from the same place. A host will travel with you to and from the ship to answer any questions you may have about sightseeing or shopping. You will also be given pamphlets about the most popular attractions and important phone numbers if you need assistance during your travels. Where you go will be entirely up to you, a luxury that encourages you to concentrate on the attractions that interest you the most. With no schedule to follow, you can stay at your chosen attractions as long as you want, allowing you to thoroughly explore them.	This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. The sites visited, amount of walking and the level of exertion are at the guests' discretion. Meals, entrances and incidental expenses while in London are at guests' discretion and own expense. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-010	Highlights	BATH - UNESCO WORLD HERITAGE SITE	\$149	8	MODERATE	Venture into Bath to see the ancient Roman baths that transformed the city into England's very first spa resort. The baths also contributed to UNESCO declaring the city a World Heritage site. Bath's other notable features include a wealth of stately, honey-coloured Georgian architecture and its location in the quintessentially English rolling countryside. Although it will take about two hours to reach Bath, it will be well worth the time. Besides exploring the famed bath complex, which was founded in 75 AD, you will visit Pulteney Bridge, one of few such structures in the world with shops along both sides of its span. Designed in 1769 with pilasters and domes at both ends, the bridge is an architectural gem. You will also spend time along the Royal Crescent, one of the finest examples of Georgian architecture in England, before enjoying free time to explore further on your own.	Because of the numerous steps and inclines, this tour is not available for wheelchair guests, and those with mobility concerns should evaluate their ability and stamina before joining the tour. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-011	Highlights	STONEHENGE & SALISBURY	\$179	7	MODERATE	Become immersed in mystery and antiquity by visiting medieval Salisbury and mythical Stonehenge. You will see the lofty spire of Salisbury's 13th-century cathedral long before arriving in town. Inside, you will find a remarkable range of historical items, including the oldest working clock in Britain and an original copy of the Magna Carta signed at Runnymede in 1215. Being perhaps the most well-known prehistoric site in England, Stonehenge is equally intriguing. Although built in three stages, the iconic stone circle that now stands at Stonehenge was constructed about 2500 BC in the late Neolithic period. UNESCO declared Stonehenge a World Heritage site for being the world's most architecturally sophisticated prehistoric stone circle. Its massive stones were transported as far as 150 miles and erected using precise interlocking joints. Exactly how Stonehenge was constructed and its ultimate purpose are not completely understood, but the guide will offer theories.	This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.

Southampton	United Kingdom	SOU-012	Highlights	WINCHESTER CASTLE & CATHEDRAL	\$129	4	MODERATE	Explore Winchester, a city that lies at the centre of English history and embodies the romantic vision of an English heartland. Winchester Cathedral is one of Europe's largest cathedrals and is the lengthiest Gothic cathedral on the continent. Highlights include the elaborate carvings in the magnificent choir area and the Winchester Bible, the largest and finest of all surviving 12th-century English bibles. You may also view the simple gravestone of novelist Jane Austen, who lived in nearby Chawton. Continuing on, you will see the remains of Winchester Castle, specifically its Great Hall from the 13th century. Now a museum, the Great Hall displays a replica of the round table where King Arthur and his knights supposedly congregated. The table hangs on the wall and dates to medieval times, although King Henry VIII later had it decorated with a Tudor rose at its centre.	This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-013	Highlights	BLAST FROM THE PAST	\$209	4.75	MODERATE	View hundreds of the world's fastest, rarest and most revolutionary automobiles and other motorized vehicles at the Beaulieu National Motor Museum. There is so much to see and do that you don't have to be an car buff to find something to your liking. You might come across a Karl Benz-produced 1898 Velo, Triumph motorcycles, a replica of the magical flying car from the movie "Chitty Chitty Bang Bang" and a 1927 Sunbeam built specifically to shatter the land speed record – which it did. You can concentrate on one aspect of motoring such as cars of the Edwardian Era or take a wider approach and browse all sorts of different collections. The museum contains thousands of historical photos, blueprints for prototypes and unusual memorabilia ranging from petrol pumps to coiled bulb horns. There is even a talking crash-test dummy that will describe how safety features have evolved over time. Outside the museum, step into Palace House, the elegant ancestral home of the Montagu family. Wander through its richly decorated Victorian rooms and chat with costumed guides who bring the 19th century to life. Nearby, discover the peaceful Beaulieu Abbey, founded by Cistercian monks in the 13th century, with atmospheric ruins and an exhibition on monastic life. You can also ride England's oldest monorail, glide through the treetops on the Skytrain, or enjoy tranquil walks through the extensive landscaped gardens and grounds. This tour is Escorted not guided.	Wheelchair passengers must be able to board the motorcoach and have an able-bodied companion to assist them. Beaulieu offers good accessibility across much of the estate. The National Motor Museum is fully accessible via ramps and lifts, while the ground floor of Palace House can be accessed by wheelchair users, with visual guides available for the upper rooms. The lower levels of Beaulieu Abbey are also accessible, though the upstairs Domus exhibition is only reachable by stairs; an image book is provided as an alternative. Please note the Skytrain monorail is not wheelchair accessible, and while most pathways between attractions are suitable for wheelchairs, some garden and riverside paths may be uneven or gravel surfaced.
Southampton	United Kingdom	SOU-014	Highlights	PORTSMOUTH HISTORIC DOCKYARD	\$219	5	STRENUOUS	Enjoy an enlightening walk-through Portsmouth's historic dockyard and see a host of captivating maritime attractions along the redeveloped waterfront. As you approach, you can't help but notice the Emirates Spinnaker Tower soaring above the quays. The tower design represents sails billowing in the wind, so it perfectly sets the stage for a deep dive into England's naval history. The collection of historic ships along the waterfront tells that story in vivid detail. As you step aboard HMS Victory, you will learn about her most famous role as the flagship of Admiral Horatio Nelson in the 1805 Battle of Trafalgar. More than two and a half centuries earlier, Henry VIII's flagship Mary Rose sank during the Battle of the Solent and rested on the bottom of the sea until it was salvaged in 1982. You will see the ship's remains and thousands of Tudor artifacts in the museum that now holds her.	HMS Victory features stepped stairs, rope bannisters, low ceilings, narrow and low doorways, low lighting, and uneven floors. The upper decks can become slippery when wet, so caution is advised. Wheelchair access is available to the Lower Gun Deck. The Mary Rose Museum has low light levels, which some visitors may find challenging. No Flash photography on HMS Victory, The Mary Rose and National Museum of Royal Navy.
Southampton	United Kingdom	SOU-015	Highlights	THE D-DAY STORY	\$169	4.25	EASY	Gain a greater understanding of D-Day through imagery, military equipment and personal effects that bring the story to life like never before. While history books detail much of this dramatic World War II invasion, only the D-Day Story museum presents the event from the perspective of the people that experienced it. As you browse the collection of artifacts, you will realise the enormous scale of the operation, from its planning stages through the legacy of D-Day. This Allied invasion ultimately liberated Western Europe, but it greatly affected everyone involved as you will discover through their own heartfelt words and personal stories. The thousands of items on display include everything from flame-throwing tanks to photos with handwritten notes that reveal what the soldiers were thinking. The exhibits will evoke a range of emotions by shedding new light on D-Day. Later, you will pause for photos of Southsea Castle, a fortification that Henry VIII built to defend the English coast.	Wheelchair passengers must be able to board the motorcoach and have an able-bodied companion to assist them.
Lisbon	Portugal	LIS-002	Highlights	SCENIC LISBON	\$129	3.5	EASY	Step back to the Age of Discovery at the harbour where intrepid sea-going explorers such as Vasco de Gama sailed in search of new lands, survey the grand monastery built to honour their adventures and take in sweeping city views and picturesque squares on this intriguing tour. At the old harbour, you'll admire the fortified Belém Tower, a welcome sight for hardy sea-going voyagers upon their return to Portugal after months at sea. Marvel at the magnificent Gothic Jerónimos Monastery, a UNESCO World Heritage site built to commemorate the explorer's adventures and considered the most elaborate expression of the Manueline style, a unique form of decoration punctuated with marine symbols such as ropes, shells and coral. You'll appreciate a photo stop at the Alto do Parque Belvedere overlook high above Lisbon. Revel in the neoclassical beauty of Baixa, the heart and soul of the city, as you drive along Liberdade Avenue and pass Marques de Pombal Square and Restauradores Square, sights that will remain indelibly etched in your memory.	This tour includes approximately one hour of walking. There will be uneven surfaces to negotiate. On Mondays, the Jerónimos Monastery church is closed, so an outside visit will be substituted.
Lisbon	Portugal	LIS-003	Highlights	MEDIEVAL OBIDOS	\$149	5	MODERATE	Revel in the sights of Lisbon's artfully decorated avenues and squares and the beautiful scenery of the countryside on an approximately one-hour panoramic drive to the medieval walled village of Obidos, complete with a guided walking tour and plenty of free time. Learn how Óbidos became a perpetual wedding gift from kings to their queens since 1298, when King Dinis presented the town to his young bride after she noted that the ramparts around it twined "like a ribbon around a bouquet of shining white houses." Begin a guided walking tour through narrow lanes with colourfully accented homes, and have a exterior visit the 17th-century Santa Maria parish church, featuring walls adorned with beautiful blue-and-white azulejos tiles. You'll relish time on your own at Pillory Square, which is anchored by a monument given to local fishermen in 1492 by Queen Leonor to honour her son but which was later used to punish criminals. Perhaps you'll choose to relax in a quaint outdoor café, browse inviting shops, hike up to the castle that is now a hotel, or explore the old lookout path on top of the wall encircling the city to conclude your unique, off-the-beaten-path experience.	This tour includes moderate-to-extensive walking. There will be some uneven surfaces and numerous steps to negotiate. The tour is not available to guests who utilise a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Lisbon	Portugal	LIS-004	Highlights	PORTUGUESE RIVIERA AND SINTRA	\$149	5	MODERATE	Journey along Portugal's picturesque coast through the resort towns of Estoril and Cascais into the green and glorious countryside of the Serra de Sintra mountains, described by the poet Byron as a "glorious Eden," to visit elegant French-style formal gardens and a charming old-world village. In enticing Sintra, one of the most eye-catching Portuguese towns, enjoy a panoramic city tour and treasure a view of the alluring medieval royal palace, Portugal's best-preserved royal residence. Travel along a scenic coastal road through the resort town of Cascais, a historic fishing port that is today a favourite swimming and surfing mecca for Lisbon residents, as you marvel at historical and natural sights that span centuries.	This tour includes uneven surfaces and some steps to negotiate. It is not considered suitable for guests who utilise a wheelchair.

Lisbon	Portugal	LIS-005	Highlights	FATIMA - A PILGRIMAGE	\$149	5.5	MODERATE	Hear the inspiring story of Fátima during a leisurely drive through scenic countryside to the town where three peasant children announced they had seen the Blessed Virgin Mary, who told them prayer would result in changes such as the fall of communism. You'll learn from your guide that the apparitions began in 1917 and continued for six months until the last occurrence, when 70,000 believers joined the children at the site and declared they had witnessed the miracle of the sun "dancing" in the sky. Marvel at how the modest shrine that was first installed there has grown to include a massive basilica, a sanctuary and a huge main square, which hosts millions of Marian pilgrims and tourists from around the world. Take advantage of free time to explore the sprawling basilica, gaze at its 213-foot tower and visit the exact site of the apparitions, now a chapel marked by a marble pillar with a statue of the Virgin Mary. You might also wish to examine a piece of the Berlin Wall in the sanctuary, which represents the power of prayer, and contemplate the spiritual influence that wrought so many profound changes.	This tour includes approximately 30 minutes of walking, plus any additional walking at the guest's discretion during free time. There will be uneven surfaces to negotiate. The tour is not considered suitable for guests who utilise a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Travel time to Fátima is approximately 1 ¼ hours each way by coach.
Lisbon	Portugal	LIS-007	Highlights	THE GARDENS OF LISBON	\$109	3.5	MODERATE	Appreciate the beauty and scintillating, perfumed aromas of two of Portugal's most acclaimed formal gardens, and see tributes to Portugal's intrepid explorers who sailed for parts unknown. Visit Queluz Palace's exquisite botanical wonderland, which was inspired by the gardens of Versailles, and view its tiled canals, hanging gardens and sculptures. At Ajuda Palace, you'll discover Renaissance-style grounds brimming with over 5,000 exotic plants imported from former Portuguese colonies in Africa, Asia and South America. In the old harbour, admire the fortified 16th-century Belém Tower, a welcome sight for hardy sea-going voyagers upon their return to Portugal after months at sea. Marvel at the magnificent Gothic Jerónimos Monastery, a UNESCO World Heritage site built to commemorate the explorer's adventures and considered the most elaborate expression of the Manueline style, a unique form of decoration punctuated with marine symbols such as ropes, shells and coral. You'll find the stunning Monument to the Discoveries on the Tagus River bank, a perfect way to honour Portugal's influence during early exploration of our world.	This tour includes approximately two hours of walking. There will be some uneven and slippery surfaces to negotiate. The tour is not recommended for guests with mobility concerns. The order of sites viewed or visited may vary. This tour will operate in all weather conditions.
Lisbon	Portugal	LIS-010	Highlights	SCENIC SINTRA & CASCAIS	\$109	4.5	MODERATE	Take in spectacular views at the westernmost point of Portugal, spend free time in a characteristic Portuguese village and discover engaging Cascais, a popular oceanfront resort, on this gratifying tour. During a photo stop at the wild and isolated headland of Cabo da Roca, once the end of the known world, stand mesmerized atop a massive cliff as the raging Atlantic Ocean pounds mercilessly onto the rocks below. Travelling toward famed Sintra, nestled into the northern slope of the majestic Serra de Sintra mountains, discover grand houses with walled gardens scattered throughout forested hills. Upon your arrival, you'll appreciate approximately one hour to wander through Sintra's charming warren of narrow lanes, which are lined with lush greenery and flowers, and admire the sub-tropical vines that trail from mossy walls and balconies. In postcard-ready Cascais, once a fishing village and now a favourite swimming and surfing mecca, revel in time on your own to take in the manifold beauties of glorious Portugal.	This tour includes a limited amount of walking. There will be some uneven surfaces to negotiate. The tour is not considered suitable for guests who utilise a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites viewed or visited may vary.
Lisbon	Portugal	LIS-012	Highlights	LISBON HOP ON HOP OFF	\$79	5	EASY	Enjoy an amazing Hop On - Hop Off experience that allows you to explore the city at your leisure, hopping off at stops along the way to enjoy major attractions and soak in the local flavour of Lisbon. You'll come across distinctive modern architecture alongside leisure areas and restaurants. While you're there, don't miss the Oceanarium, the second largest of its kind in the world. You can hop off at Restauradores Square to Bairro Alto; Jerónimos Monastery, Monument to the Discoveries, Belém Tower among others top sights. Your Hop on Hop off ticket will get you through many of Lisbon's finest districts, including Baixa, Graça, Alfama and Estrela, using Belem Line you can get to visit Basílica da Estrela, Parque Eduardo VII, and many more.	PLEASE NOTE As the HOHO buses are shared with non-cruise tourists, guests can expect long lines and wait times between buses. Walking on this tour is at the guests' discretion at any stops they choose to hop-off at. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate clothing, sun cap, sunglasses, sunscreen, a bottle of water from the ship and flat, comfortable walking shoes are recommended. The duration will vary based upon the guests' choice of stops and time spent at each. The entire loop without stops is approx. 2hrs in Belem Line - 2hrs in Oriente Line. The buses do not have air-conditioning or heat. Inclined steps to reach the double decker bus upper level. Entrance fees not included in the tour price. Air-conditioned not guaranteed. Tour sensitive to weather conditions (rain, wind and sun).
Lisbon	Portugal	LIS-016	Highlights	LISBON OPEN AIR SIGHTSEEING TOUR	\$69	2.5	EASY	Ride through Lisbon atop an open-air double-decker bus, enjoying unobstructed views of the capital city while listening to enlightening commentary that lends a historical perspective. By tour's end, you will have captured the essence of Lisbon as few experiences present so many key attractions. You will pass beautiful squares and lush parks with monuments to the most influential Portuguese kings, expansive shopping malls in gentrified neighbourhoods and the neoclassical Estrela Basilica, an ornate 18th-century church that contains the tomb of Maria I, Portugal's first queen. Along the way, you will see the lengthy suspension bridge that spans the Tagus River from different perspectives. Being red, it is often compared to San Francisco's Golden Gate Bridge. You will gain and even deeper understanding of Lisbon during photo stops at the UNESCO World Heritage site Jerónimos Monastery and at Belém Tower, the riverfront fortress from which so many Portuguese explorers set sail.	This tour is primarily panoramic in nature with walking at the guest's discretion during stops. It is not recommended for guests who utilise a wheelchair. Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended.

Lisbon	Portugal	LIS-017	Highlights	SINTRA-COLARES WINE CELLAR	\$279	5	MODERATE	Sample several unique wines with an unusual history from the westernmost wine region in continental Europe. On the way to the Sintra-Colares cellar. Currently under metro works, therefore we won't be able to visit it. This landmark should pique your curiosity about the local history, which is especially interesting with regard to wine. The Colares region is one of the few places in the world suitable for growing ramisco grapes because they must be planted in deep sandy trenches so the roots can reach the clay soil below. The vines must also be maintained low to ground to survive the steady salty winds. It is a fascinating and arduous process that you will learn about during the wine and tapas tasting at the wine cellar, which was founded in 1931. There are some experiences that you must live in Lisbon, one of them is the unique visit to the emblematic city of Sintra, its history, its ancient winery and its gastronomic charms. A "must-visit" in Sintra's historical centre and a delightful lunch at the emblematic restaurant " Café de Paris", which is located in the historic centre opposite the Royal Palace. It has been open since 1945 and is a venue with a unique atmosphere and decades of outstanding service. It has become a place for socializing, and is considered the most emblematic eatery in the historical centre. The building has been recently renovated and restored, presenting itself as a diversified restaurant space, including the Café Paris Restaurant and several rooms with features ranging from classic to contemporary. Their services meet the needs of our customers providing an experience of glamour, refinement and quality and their cuisine is traditionally Portuguese, but also offer several international classic dishes, guaranteeing a high quality standard. SINTRA: The setting for a historic palace, surrounded by beautiful gardens and the protagonist of romantic legends, Sintra is a Portuguese villa close to Lisbon that was declared a World Heritage Site in 1995. Located in the middle of a natural park, Sintra is an essential excursion from Lisbon.	This tour includes approximately 1 hour of walking. The sights visited are not wheelchair accessible and therefore it is not recommended for guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.
Lisbon	Portugal	LIS-023	Highlights	LISBON TASTES & TRADITIONS	\$139	3.5	MODERATE	Sample two classic Portuguese appetizers and stroll to a culinary venue. Pass through two of Lisbon's most popular plazas – Restauradores Square, which commemorates Portugal regaining its rule from Spain in 1640. Also, see Rossio Square, an expansive plaza known for the eye-catching, wavy design on its pavement. Your immersion into Lisbon's cuisine will begin with a tasting of pastéis de bacalhau, a deep-fried fritter made with potato puree and salt codfish. The guide will describe its preparation and heritage, which dates to the late 1700s. Lisbon is also known for its pastel de nata, an egg custard tart pastry. It too was first invented in the 18th century, supposedly to use up because of the huge amount of eggs donated by the community. You will have the opportunity to see other local dishes and treats while browsing a bustling local food market.	This tour includes approximately 1.6 miles of walking at a steady pace, part of which will be on uneven surfaces. The tour is not recommended for guests who utilise a wheelchair, scooter, or who have any walking limitations. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing. Guests who miss the return transportation will be responsible for getting back to the ship. The tour is sensitive to weather conditions. Entrance fees are not included. The tour includes local food tasting. Participants will have leisure time during which they can explore and shop for souvenirs to bring back home. Guests must advise Shore Excursions Desk if any dietary restrictions.
Lisbon	Portugal	LIS-024	Highlights	BUZZING AROUND IN LISBON	\$349	5	EASY	See the real Lisbon while riding around the capital city in a Tuk Tuk and stop along the way for speciality tastings that reflect the local cuisine. You will begin with an iconic Portuguese liqueur known as ginjinha, a sweet drink made by infusing sour cherries in aguardente (type of distilled alcoholic spirit) with sugar and cinnamon. Lisbon is also renowned for its tapas, more commonly called petiscos, which you will enjoy on at the traditional restaurant Cozinha da Estacao. The ingredients may range from codfish fritter to smoked Iberian ham. Dessert follows at the legendary bakery Pastéis de Belém, which has been serving its namesake egg custard tarts since 1837. One bite and you will understand their popularity. Another sampling awaits at a rooftop bar where you will enjoy a refreshing drink and breathtaking views of the skyline.	Due to the nature of this tour, it is only available for guests 21 and over. Tour is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Lisbon is undergoing street works. Road closures or traffic changes without prior notice are conceivable. Weight restrictions can be applied for guests weighing more than 118Kg (260lbs). Marathons and other events may take place on Sundays, and as a result, traffic in Lisbon may be blocked at Belem, along the riverbank, across the 25 de Abril bridge, and/or down the Marginal all the way to Cascais.
Agadir	Morocco	AGA-001	Highlights	HIGHLIGHTS OF AGADIR	\$129	4	MODERATE	Gaze at spectacular vistas from the hilltop ruins of Agadir's Old Quarter. Travel along a splendidly scenic route to the enchanting earthen remains of the ancient Kasbah, which offers a sweeping panorama of the city's beautifully broad avenues and sandy beaches. Once a conglomeration of Berber and Jewish hamlets, and stop at Medina Coco Polizzi; a village built to commemorate the old city of Agadir which was destroyed during the earthquake in 1961. Designed by master craftsman Coco Polizzi, this medina impresses with its architecture. Inspired by ancient Moroccan constructions as well as superb buildings from around the world, it was erected in accordance with nature and the traditions of the kingdom. Relish a guided tour of the colourful Souk El Had, also known as the Sunday Market. You'll be afforded the opportunity to seek out one-of-a-kind souvenirs, such as a thuya wood box, painstakingly crafted from the native cypress tree mentioned by Saint John in the Book of Revelation.	This tour includes approximately 2 ½ hours of walking. There will be uneven surfaces and a significant number of steps to negotiate. The tour is not available to guests who utilise a wheelchair and guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina. The Souk in Agadir is closed on Mondays and will be substituted with a visit and free time at the modern Kasbat Souss.
Agadir	Morocco	AGA-001OE	Highlights	OE-HIGHLIGHTS OF AGADIR	\$269	4	MODERATE	Gaze at spectacular vistas from the hilltop ruins of Agadir's Old Quarter. Travel along a splendidly scenic route to the enchanting earthen remains of the ancient Kasbah, which offers a sweeping panorama of the city's beautifully broad avenues and sandy beaches. You'll appreciate ample time to explore and photograph the amazing sights of the verdant Souss River Valley, the rolling Anti-Atlas Mountains and the intriguingly stark Tichka Plateau. Return to bustling Agadir, once a conglomeration of Berber and Jewish hamlets, and stop at Medina Coco Polizzi; a village built to commemorate the old city of Agadir which was destroyed during the earthquake in 1961. Designed by master craftsman Coco Polizzi, this medina impresses with its architecture. Inspired by ancient Moroccan constructions as well as superb buildings from around the world, it was erected in accordance with nature and the traditions of the kingdom. Relish a guided tour of the colourful Souk El Had, also known as the Sunday Market. You'll be afforded the opportunity to seek out one-of-a-kind souvenirs, such as a thuya wood box, painstakingly crafted from the native cypress tree mentioned by Saint John in the Book of Revelation.	Please note: This tour includes approximately 2 1/2 hours of walking over both even and uneven surfaces and there are a significant number of steps to negotiate. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Lightweight clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. The Souk in Agadir is closed on Mondays and will be substituted with a visit & free time at the modern Kasbat Souss.

Agadir	Morocco	AGA-002	Highlights	HIGHLIGHTS OF AGADIR AND FANTASIA	\$129	4.5	MODERATE	<p>Exult in astonishing views from the hilltop ruins of Agadir's Old Quarter, delight in signature folkloric entertainment at a famed restaurant and stroll through a diverse marketplace where you'll enjoy time to shop. Travel along a splendidly scenic route to the enchanting earthen remains of the ancient Kasbah, which offers a sweeping panorama of the city's beautifully broad avenues and sandy beaches.</p> <p>At the renowned Agadir Fantasia restaurant, relish a drink under the shelter of a unique caidal tent as you watch a thrilling performance featuring Moroccan dancers, acrobats and magnificent horses. Revel in a guided tour of the colourful Souk El Had, also known as the Sunday Market. You'll be afforded the opportunity to seek out one-of-a-kind souvenirs such as a thuya wood box, painstakingly crafted from the native cypress tree mentioned by Saint John in the Book of Revelation. As you roam the pleasant alleyways of the souk, reflect on the unforgettable cultural experiences of your day.</p>	This tour includes approximately 2 1/2 hours of walking over both even and uneven surfaces and there are a significant number of steps to negotiate. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Lightweight clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. The Souk in Agadir is closed on Mondays and will be substituted with a visit & free time at the modern Kasbat Souss.
Agadir	Morocco	AGA-002OE	Highlights	OE-HIGHLIGHTS OF AGADIR AND FANTASIA	\$269	4.5	MODERATE	<p>Designed for travellers who prefer an added measure of intimacy and flexibility, our new Explorations Exclusive tours limit group size to just 16 guests maximum. The Explorations Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world. Exult in astonishing views from the hilltop ruins of Agadir's Old Quarter, delight in signature folkloric entertainment at a famed restaurant and stroll through a diverse marketplace where you'll enjoy time to shop. Travel along a splendidly scenic route to the enchanting earthen remains of the ancient Kasbah, which offers a sweeping panorama of the city's beautifully broad avenues and sandy beaches. Appreciate ample time to explore and photograph the amazing sights of the verdant Souss River Valley, the rolling Anti-Atlas Mountains and the intriguingly stark Tichka Plateau. At the renowned Agadir Fantasia restaurant, relish a drink under the shelter of a unique caidal tent as you watch a thrilling performance featuring Moroccan dancers, acrobats and magnificent horses. Revel in a guided tour of the colourful Souk El Had, also known as the Sunday Market. You'll be afforded the opportunity to seek out one-of-a-kind souvenirs such as a thuya wood box, painstakingly crafted from the native cypress tree mentioned by Saint John in the Book of Revelation. As you roam the pleasant alleyways of the souk, you'll reflect on the unforgettable cultural experiences of your day.</p>	This tour includes approximately 2 ½ hours of walking. There will be uneven surfaces and a significant number of steps to negotiate. The tour is not available to guests who utilise a wheelchair and guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina. The Souk in Agadir is closed on Mondays and will be substituted with a visit and free time at the modern Kasbat Souss.
Agadir	Morocco	AGA-003	Highlights	THE WALLS AND SOUKS OF TAROUDANT	\$139	5.5	MODERATE	<p>Meander through the atmospheric streets of an elegant city known as the Grandmother of Marrakech, discover Moroccan spices in an authentic Berber marketplace and enjoy time on your own to shop for local treasures. As you drive through the lush landscape of the Souss River Valley, keep your eyes peeled for the singularly whimsical sight of goats perched on the branches of argan trees. Admire the ochre-hued walls that encircle Taroudant, which was built as a base for attempted takeovers of its newer neighbour, the stronghold of Marrakech. You'll begin your guided tour at the magnificent enclosed ramparts that lead to the Place Assaraq, or Big Area, whose bustling streets and winding alleyways are filled with donkeys, also called Berber taxis, and even the occasional dromedary. Stroll to the colourful souks, where you'll learn about the use of spices in traditional cuisine and view craftspeople hard at work producing highly prized argan oil. Indulge in free time to shop for precious goods including jewellery, Berber carpets and coveted, aromatic thuya wood. At the Palais Oumensour relax over light refreshments as you relish the distinctive culture and history surrounding you.</p>	This tour includes approximately 2 ½ hours of walking. There will be uneven surfaces and some steps to negotiate. The tour is not available to guests who utilise a wheelchair and guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina.
Agadir	Morocco	AGA-003OE	Highlights	OE- THE WALLS AND SOUKS OF TAROUDANT	\$269	5.5	MODERATE	<p>Designed for travellers who prefer an added measure of intimacy and flexibility, our new Explorations Exclusive tours limit group size to just 16 guests maximum. The Explorations Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world.</p> <p>Meander through the atmospheric streets of an elegant city known as the Grandmother of Marrakech, discover Moroccan spices in an authentic Berber marketplace and enjoy time on your own to shop for local treasures. As you drive through the lush landscape of the Souss River Valley, keep your eyes peeled for the singularly whimsical sight of goats perched on the branches of argan trees. Admire the ochre-hued walls that encircle Taroudant, which was built as a base for attempted takeovers of its newer neighbour, the stronghold of Marrakech. You'll begin your guided tour at the magnificent enclosed ramparts that lead to the Place Assaraq, or Big Area, whose bustling streets and winding alleyways are filled with donkeys, also called Berber taxis, and even the occasional dromedary. Stroll to the colourful souks, where you'll learn about the use of spices in traditional cuisine and view craftspeople hard at work producing highly prized argan oil. Indulge in free time to shop for precious goods including jewellery, Berber carpets and coveted, aromatic thuya wood. At the 16th-century Palais Salam Hotel, relax over light refreshments as you relish the distinctive culture and history surrounding you.</p>	This tour includes approximately 2 ½ hours of walking. There will be uneven surfaces and some steps to negotiate. The tour is not available to guests who utilise a wheelchair and guests with mobility concerns are cautioned to carefully evaluate their personal level of ability and stamina.
Agadir	Morocco	AGA-004	Highlights	AGADIR'S CABLE CAR	\$99	4	EASY	<p>Enjoy the ultimate view of seaside Agadir while riding a cable car to the fortified hilltop Kasbah and snap photos of other attractions while touring the city below. An earthquake in 1960 leveled much of Agadir, especially in the Talbordjt district, which has been completely rebuilt with landmarks such as the Mohammed V Mosque. As you will discover, its soaring minaret dominates the area. The earthquake also severely affected Souk El Had, which had to be reestablished in a different location. During free time in what is now among the largest urban marketplaces in Africa, you can browse its stalls and shops, which number in the thousands. Riding the cable car will add yet another dimension to your understanding of Agadir and its outstanding location at the foot of the Anti-Atlas Mountains. The views will be breathtaking the entire way, especially once you reach the 16th-century Kasbah, the site of Old Town.</p>	This tour includes approximately 1.5 hours of walking. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Coaches do not have a lift, and entering and exiting must be done via stairs.
Agadir	Morocco	AGA-005	Local Discovery	COOKING CLASS AT ARGAN'S MUSEUM	\$229	4	EASY	<p>Join a hands-on cooking class at a modern museum and dine on your culinary creations for lunch. As an introduction to the types of spices and produce found in this part of Morocco, you will first visit Souk El Had, a massive marketplace that offers every imaginable ingredient essential to Moroccan cuisine. You will next stop at the Targent Museum, which is dedicated to the endemic argan tree and the women that traditionally produce its prized oil. Although the oil can be consumed – the flavour is distinctly nutty – it is more readily used in cosmetics as it is a superior moisturizer. During class, the chef will show you how to prepare tagine, a slow-cooked stew that contains many of the ingredients displayed in the souk. The stew is typically cooked in a clay pot with a cone-shaped lid that is also called a tagine. As you will discover, the dish is wonderfully flavourful.</p>	This tour includes approximately 1.5 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Coaches do not have a lift, and entering and exiting must be done via stairs. The order of the sights may vary.

Agadir	Morocco	AGA-006	Highlights	GATEWAY TO SECRET PARADISE VALLEY 4x4	\$229	8	MODERATE	Ride through the aptly named Paradise Valley in a 4x4 Jeep and enjoy authentic cultural experiences along the way. Before heading inland, you will visit a fishing village where traditional ways are still practiced. Ahead lie the Anti-Atlas Mountains, home to the majority of Morocco's indigenous Berber people. To better understand the culture, you will enjoy breakfast and lunch with local families in their houses. Between meals, you will ride through the surrounding fields of bananas that are irrigated through time-honoured means and on into Paradise Valley. The natural beauty within this secluded mountain oasis is extraordinary as you will discover firsthand from the open-air Jeep and on a short hike to a collection of crystal-clear natural pools. More natural wonders await you in Tamri National Park, which is rimmed with coastal sand dunes. Its estuary is a bird-watcher's paradise. Audouin's gulls, Maghreb magpies and isabelline warblers are commonly spotted there.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Coaches do not have a lift, and entering and exiting must be done via stairs. The order of the sights may vary.
Agadir	Morocco	AGA-007	Active	MASSA 4x4 ADVENTURE	\$219	7.5	MODERATE	Travel through some of the most naturally beautiful and bio-diverse areas south of Agadir on a rousing adventure in a 4x4 Jeep. Upon reaching Tifnit, the guide will explain why this former fishing village was completely bulldozed in late 2023 to create a more sustainable community within the Souss Massa National Park. As you will see firsthand, this protected parkland features pristine golden beaches and the Massa River, a natural haven for birds such as flamingoes, which can be seen wading in the shallows. The park is equally renowned for its sand dunes, especially the ones that you will traverse at Sidi Rbat and Rasmouka. A traditional lunch follows at an authentic Berber village in the Anti-Atlas Mountains, after which you will stop at the Youssef Ben Tachfrin Dam at the base of the mountains. Besides providing essential drinking water, the dam irrigates the vast and now fertile Chtouka Plain.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Coaches do not have a lift, and entering and exiting must be done via stairs. The order of the sights may vary.
Agadir	Morocco	AGA-CM1	Highlights	CAPTURE THE MOMENT-AGADIR	\$89	4			
Arrecife (Lanzarote)	Spain	ACE-001	Highlights	PANORAMIC LANZAROTE	\$119	3.5	MODERATE	Venture into the barren landscape of a national park on a captivating volcano tour and sample Lanzarote's fine wines, produced using an unorthodox method due to the island's harsh environment. Explore Lanzarote's otherworldly terrain within the Timanfaya National Park and learn that the area's Fire Mountains didn't exist until volcanic upheaval in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F, and listen to a gripping modern recording of diary entries from an 18th-century priest who described the eruptions. Pass the salt flats of Janubio en route to La Geria Winery, a renowned vineyard that produces distinct wines primarily from the malvasia grape. Discover that to survive in the dry soil, the vines are planted in funnel-shaped craters and the ground covered with porous volcanic granules to retain moisture. Sample a few of the resulting dry to semi-sweet to sweet wines and appreciate this unique method of cultivation and the unexpected bounty of this seemingly sterile land.	This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and gravel surfaces to negotiate. The tour is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina and may make arrangements with the guide to not participate in some of the walking portions of the tour. Participants must be at least 21 years of age to be served alcoholic beverages.
Arrecife (Lanzarote)	Spain	ACE-002	Highlights	NORTHERN LANZAROTE & ALOE VERA FARM	\$179	4	MODERATE	Delight in a spectacular tour of Lanzarote's fertile north, visiting a palm-filled village, a former pirate lookout, an intriguing aloe vera farm and a captivating cavern. You'll be enchanted by the village of Haria, which rests in a verdant area known as the Valley of 1,000 Palms. Tradition dictates that a palm is planted for each child born here. At the Mirador del Rio, you'll discover that pirates favored this perfectly-situated mountaintop location as an ideal lookout. Appreciate the stunning vistas enhanced by a fabulous 1973 building by local artist and architect Cesar Manrique that is cleverly integrated into the landscape. Nearby lies an aloe vera farm where you'll discover that the majestic succulent feels right at home in Lanzarote's rich volcanic soil. Learn of its multiple medicinal applications and importance as an ingredient in cosmetics, soap, shampoo and even beverages. Visit the hauntingly beautiful Jameos del Agua, a series of underground grottoes formed by volcanic activity 3,000 years ago, another example of the diverse natural wonders of this fascinating island.	This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and, at Jameos del Agua, numerous steps to negotiate. The tour is not available to guests who utilise a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Arrecife (Lanzarote)	Spain	ACE-003	Highlights	TIMANFAYA NATIONAL PARK & ALOE VERA WINE REGION	\$179	4.5	MODERATE	Experience two contrasting sides of southern Lanzarote on this coach and walking tour of a volcanic national park and an award-winning winery, where an unorthodox method is used to produce its wine due to the island's harsh environment. Explore Lanzarote's otherworldly terrain within the Timanfaya National Park and learn that the area's Fire Mountains didn't exist until volcanic upheaval in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F, and relish a chance to traverse its volcanic dunes on the back of a camel. Next, enjoy a panoramic drive en route to La Geria Winery, a renowned vineyard that produces distinct wines primarily from the malvasia grape. Learn that to survive in the dry soil, the vines are planted in funnel-shaped craters and the ground covered with porous volcanic granules to retain moisture. Sample a few of the resulting dry to semi-sweet to sweet wines and appreciate this unique method of cultivation and the unexpected bounty of this seemingly sterile land.	This tour includes approximately 90 minutes of easy-to-moderate walking. There will be some uneven ground and some steps to negotiate at the wine cellar. Guests should be mobile enough to ride in a wicker-basket chair mounted on the camel. The tour is not available to guests who utilise a wheelchair and not considered suitable for guests with mobility concerns. Participants must be at least 21 years of age to be served alcoholic beverages.
Arrecife (Lanzarote)	Spain	ACE-005	Highlights	LANZAROTE WINERIES TOUR	\$139	4.5	MODERATE	recognise that Lanzarote deserves global accolades for its little-known wines on this visit to two wineries, where you'll sample their most celebrated vintages. Discover that due to the island's harsh environment, vintners have had to devise ingenious methods to grow their vines, such as planting them in funnel-shaped craters and covering the ground with porous volcanic granules to retain moisture. Visit Bodega Suarez, a whitewashed winery that combines traditional techniques with modern technology, and taste its intriguing wines. Unleash your inner oenophile in Rubicon winery, one of the oldest winery in the Canary Islands, where award-winning wines you'll sample might include a fruity red with violet tones and a lovely, amber-coloured muscat. Set in La Geria and surrounded by centenarian eucalyptuses, the winery stands solemnly overlooking the National Park of Timanfaya. Along the tour, stop at the Monument to Fertility, an avant-garde piece of art used by César Manrique to pay his very own tribute to the island. Learn how even the hardest environment can offer authentic treasures to those who are able to work through adversities. The nearby Casa-Museo del Campesino was César Manrique's way to recognise the efforts made by country people from Lanzarote, who faced treacherous conditions in order to bring the land back to life.	This tour includes approximately three hours of easy-to-moderate walking/standing. There will be some gravel surfaces and, at the wine cellars, some steps to negotiate. The tour is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Participants must be at least 21 years of age to be served alcoholic beverages. The order of sites viewed or visited may vary.

Arrecife (Lanzarote)	Spain	ACE-007	Highlights	GRAND TOUR OF LANZAROTE	\$309	8	MODERATE	Explore Lanzarote's lunar-like countryside formed centuries ago by now-extinct volcanoes that left behind grottoes, craters and mountains, and enjoy a tasting at a local winery. In Timanfaya National Park, discover the area's Fire Mountains didn't exist until volcanic upheaval formed them in the 1730s. You'll marvel at the beautifully desolate and bizarre landscape of the park, where the temperature beneath the surface can approach 1,000°F. Visit La Geria Winery, a renowned vineyard that produces distinct wines from vines that are planted in funnel-shaped craters covered with porous volcanic granules to retain moisture. Appreciate this unique method of cultivation and sample the fruits of the vintner's labour. Relish a lunch of traditional Canarian cuisine before your visit to Mirador del Rio, a perfectly-situated lookout favored by pirates in days of yore. You'll appreciate the stunning vistas, which are enhanced by a fabulous 1973 building by local artist and architect Cesar Manrique that is cleverly integrated into the landscape. Next, visit an extraordinary botanical space: the Cactus Gardens. Designed by renowned local artist César Manrique and set within a former volcanic quarry. It showcases over 4,500 cactuses from around the world, beautifully integrated into the island's unique environment, respective the unbreakable bond between art and nature that can be felt in all Manrique's works.	This tour includes approximately three hours of easy-to-moderate walking/standing. There will be some gravel surfaces and, at the wine cellar, some steps to negotiate. The tour is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Arrecife (Lanzarote)	Spain	ACE-011	Highlights	SWIMMING WITH SEA LIONS	\$299	5	STRENUOUS	Watch sea lions perform at a wildlife park and then ease into the water and interact with these gregarious marine mammals. The venue for this adventure will be the Rancho Texas Lanzarote Park, an American Western-themed ranch setting with an array of animals. As an introduction to the wildlife, you will watch birds of prey perform spectacular aerial maneuvers, sometimes flying right over your head. A sea lion performance follows, during which their intelligence, playfulness and agility in the water will be apparent. Sea lions can also walk on all fours, the characteristic that most distinguishes them from seals. To help maximise your experience with the sea lions, an instructor will be in the water with you. Being social animals, the sea lions are sure to approach and encourage you to interact with them. Afterwards, feel free to meander through the park and observe the other animals, which include bison, Komodo dragons and white tigers.	Participants must be at least 7 years of age. Sunscreen is not allowed to be used during the interaction with Sea Lions. This tour includes approximately 3 hours of walking. Children age 7 to 12 each one has to be accompanied by one paying adult during the swim, it is not possible that children do the activity on their own. All participants, or a legal guardian, will be required to sign a liability release form before beginning the program.
Arrecife (Lanzarote)	Spain	ACE-013	Highlights	EXOTIC CAVE & PARADISIAC LUNCH	\$299	4.5	MODERATE	Dive into one of the most amazing and unique Caves in the world " JAMEOS DEL AGUA" designed by César Manrique. The Jameos de Agua, a cultural space that reflects Manrique's ideology that art must be in harmony with the environment and nature. The eruption of the La Corona volcano created the lava tubes, which then collapsed, forming jameos or opening in their roofs. Within this natural space, Manrique designed an auditorium, an aquatic habitat and a restaurant with a hardened black lava floor. Dine in one of the most paradisiac spots on the island "Villa Toledo at Tegui Region", where our guests will be delighted with a typical mediterranean cuisine starting with a fresh salad and a delicious Seafood Paella paired with local wine and a sweet or acid savour dessert will surely be as memorable as the volcanic setting.	Coaches do not have a lift and entering and exiting must be done via stairs. This tour includes approximately 2 hours of walking and standing over even, and uneven volcanic stone pavement. The sights on this tour are not wheelchair accessible; therefore, it is unavailable to wheelchair guests. Any allergies must be noted when booking the tour. As this excursion involves standing and walking for periods of time over even, and uneven volcanic stone pavement for approximately 2 hours, those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes as well as a hat and sunglasses are suggested for outside areas.
Arrecife (Lanzarote)	Spain	ACE-014	Highlights	AUTHENTIC flavourS OF THE VOLCANIC ISLAND	\$269	4.5			
Porto Grande	Cape Verde	PRG-003	Highlights	ISLAND DISCOVERY	\$219	6.5	STRENUOUS	Experience São Vicente's unique natural attractions by hiking through a picturesque valley, swimming in a volcanically formed lagoon and gazing over the landscape from high atop a mountain. Discover Mato Ingles, a charming village founded by 19th-century English traders, and begin a hike along a path through an exceptionally arid valley. Despite the barren appearance, you'll notice small farms scattered about, growing crops such as corn, potatoes and beans. After a brief coach ride, arrive at the eastern shore and appreciate the stark contrast of the white sands of Praia Grande's beach against the backdrop of black lava mountains. Enjoy a traditional island cocktail known as a pontche, made with sugarcane molasses and grogue, the national liqueur of Cape Verde. You'll marvel at the stunning scenery at Baja das Gatas, or Catfish Bay, where you may swim in a volcanically formed lagoon before savouring a hearty traditional lunch at a nearby restaurant. Ascend to the top of majestic Monte Verde, the highest point on São Vicente, for sweeping vistas of the myriad landscapes blanketing this fascinating island.	This tour includes a hike of approximately 75 minutes, at times over uneven and stony natural surfaces. It is not available to guests who utilise a wheelchair or guests with mobility concerns. Participants should be in good physical condition. Cape Verde has limited tourist infrastructure. Transportation is usually via buses or mini-buses that do not have air-conditioning or microphones and are used at other times as public transportation on the island. Some of the roadways have uneven surfaces. There will be no narration during the driving portions of the tour, and there will likely be a separate guide at each stop along the way. Except at the restaurant, there are no restroom facilities available on this tour.
Porto Grande	Cape Verde	PRG-004	Highlights	HIGHLIGHTS OF CAPE VERDE	\$109	3.5	EASY	See the world from atop a volcano, discover arid but productive valleys and walk white sands nestled against black lava cliffs on this panoramic coach tour. Ascend to the top of volcanic Monte Verde, the highest point on São Vicente, for sweeping vistas of the entire island. You'll see lovely Mindelo and the eastern-shore beaches from your vantage point and appreciate the plant life and garden crops such as corn, sweet potatoes and bananas. Descend to Baja das Gatas, or Catfish Bay, and its sheltered lagoon created by volcanic eruptions spanning centuries. At Praia Grande beach, notice the stark contrast of the white sand against the backdrop of black lava mountains as you enjoy a pontche, a traditional island cocktail made with sugarcane molasses and grogue, the national liqueur of Cape Verde. Passing through an agricultural valley, find the stream that provides the island with much-needed irrigation. You'll learn that despite São Vicente's discovery in 1462, it wasn't developed until the 19th century because of its arid nature and lack of substantial water sources, adding to your understanding of this enthralling island.	This tour includes a limited amount of walking, mainly at the guest's discretion during the stops. The tour is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Cape Verde has a limited tourist infrastructure. Transportation is usually via buses or mini-buses that do not have air-conditioning or microphones and are used at other times as public transportation on the island. Some of the roadways have uneven surfaces. This tour offers no restroom stops or facilities.

Porto Grande	Cape Verde	PRG-005	Highlights	SPECTACULAR SAN VICENTE	\$109	4	MODERATE	Appreciate the island's spectacular diversity on this enlightening coach tour showcasing an eclectic blend of urban life and natural wonders. You'll pass landmarks such as the Belem Tower, a replica of the famed Lisbon original that pays homage to the island's discovery in 1642 on Saint Vincent's Day. Arrive at Praça Estrela, a thriving marketplace for West African merchants displaying wares ranging from handmade crafts to fine jewellery, and visit a locally grown vegetable market. You'll stop briefly at Praça Nova, a striking colonial square that offers a glimpse into the city's casual social life, and ascend volcanic Monte Verde to encounter sweeping views of São Vicente. Here, on the island's highest peak, get a bird's-eye view of Mindelo and its beaches, such as crescent-shaped Praia Grande, renowned for the remarkable contrast between its white sands and the backdrop of the black lava mountains. Passing through an agricultural valley, appreciate the stream that provides the island's much-needed irrigation. You'll learn that despite São Vicente's discovery in 1462, it wasn't developed until the 19th century because of its arid nature and lack of adequate water, a tidbit of knowledge that will only enhance your appreciation for the island's blend of natural beauty and human ingenuity.	This tour includes a limited amount of walking, mainly at the guest's discretion during the stops. It is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Cape Verde has a limited tourist infrastructure. Transportation is usually via buses or mini-buses that do not have air-conditioning or microphones and are used at other times as public transportation on the island. Some of the roadways have uneven surfaces. This tour offers no restroom stops.
Dakar	Senegal	DKR-001	Local Discovery	LAKE RETBA & VILLAGE FEAST	\$269	7	MODERATE	Drive off-road through the sand dunes surrounding Lake Retba in a 4x4 vehicle and feast on traditional Senegalese dishes at a nearby village. As you race over the desolate, rather remote terrain where the grueling Paris-Dakar rally once ended, the ride will be exhilarating. You can expect it to be bump, unpredictable and nonstop fun. The lake is less than a mile from the Atlantic Ocean and salt was harvested there for years until unprecedented flooding changed the colour and composition of the water. Enjoy a lunch with Senegalese traditional dishes at Keur Salim lodge then get a glimpse into the lifestyle of the traditional Wolof village of Noflaye.	This tour includes approximately 2-hours of moderate walking/standing, some of it over uneven terrain and natural surfaces. This tour is not wheelchair or scooter accessible due to uneven terrain and venue limitations. Guests should be comfortable navigating 20-30 stairs, both up and down. Light-weight clothing; sun caps; sunglasses; sunscreen and flat, comfortable walking shoes are suggested. Shorts are not allowed. Due to environmental changes in the area, the microorganisms that turn the lake pink have lost their colour.
Dakar	Senegal	DKR-002	Highlights	UNFORGETTABLE GOREE ISLAND	\$139	4.5	MODERATE	Take the ferry to notorious Gorée Island, where beginning in the 15th century countless slaves were held before being shipped to the New World. Now a UNESCO World Heritage site, this island was once the largest slave-trading centre on the African coast. In the House of Slaves, you will hear the curator's lecture detailing the cruelty of that time period. You will then visit Saint Charles Borromeo's Church and a fortress with a towering monument memorializing the Africans who were brutalized and dehumanized during the slave trade. During free time that follows, you can wander about the stark island and perhaps see the buildings and cells that housed the men, women and children who were shackled around the neck and arms. The Gate of No Return marks the spot where the Africans saw their last glimpse of their homeland before boarding ships for the New World. Your time on Gorée Island will be unforgettable.	This tour includes approximately 2.5 hours of moderate walking/standing, some of it over uneven terrain and natural surfaces. This tour is not wheelchair or scooter accessible due to uneven terrain and venue limitations. Guests should be comfortable navigating 20-30 stairs, both up and down. Light-weight clothing; sun caps; sunglasses; sunscreen and flat, comfortable walking shoes are suggested. Shorts are not allowed. At times, tour might have to use a non exclusive public ferry and tour duration might vary to accommodate the ferry schedule. Additionally, shorts and miniskirts are not permitted at the venue.
Dakar	Senegal	DKR-003	Highlights	HIGHLIGHTS OF DAKAR	\$209	4	EASY	Settle in for a revealing drive through the capital of Senegal with stops at Dakar's traditional and contemporary attractions. Initial highlights along the way include Kermel Market, the President's Palace and see the New Great Mosque Massalikun Jinaan with its impressive architecture. A photo stop awaits you at the Door of Millennium, which was built in 2000 to symbolise Senegal's entry into the new millennium. For a look at Senegalese college life, you will pass by the University and see its moto "lux mea lex". Upon reaching the Mamelles area, the highest point on the peninsula, you will enjoy yet another perspective of the city. Finally, at the Sand Painting Gallery, you will discover how Senegal's colourful sands are creatively used in original paintings.	This tour is available for those who utilise a manual wheelchair; however, guests must be able to take a few steps and independently board and disembark from vehicles. A companion is required to assist throughout the tour. Guests are not required to climb all the stairs, as a scenic view is also available from ground level. Please note that the Monument of the African Renaissance has 198 stairs.
Dakar	Senegal	DKR-004	Highlights	AFRICAN ART IMMERSION	\$299	7	EASY	Accompany a Senegalese art professor to two museums that focus on early African art and meet some of the country's contemporary artists. While browsing the IFAN Museum, you will see a collection of ritual masks, weapons and musical instruments that lend insight into the regional traditions and history. The carvings on the wooden granary doors are particularly interesting as they are highly symbolic. The Museum of Black civilisations has an even wider focus by celebrating Black cultural contributions worldwide. Many of the artifacts have been returned to Senegal after colonists plundered them over the centuries. Revered Senegalese poet and the country's first post-colonial president, Léopold Sédar Senghor initiated the creation of both museums. You will mingle with some of West Africa's most talented artists at their ateliers, where you will see works in progress. To enhance your understanding, the artists and the art professor will describe how African art is changing.	This tour is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; flat, comfortable walking shoes are recommended. There are 15 stairs at the Black civilisation Museum.
Dakar	Senegal	DKR-005	Local Discovery	SENEGALESE COOKING CLASS	\$269	5.5	EASY	Learn to prepare one of Senegal's national dishes in a hands-on cooking class at a restaurant in Dakar. Your culinary instruction will begin at a local market where you will gather the necessary ingredients for Chicken Yassa, a dish popular across West Africa. The chef will show you how to pick out the freshest, most flavourful ingredients such as lemons, olives and Scotch bonnet chilli peppers. Although yassa can be made with lamb and fish, it is traditionally prepared with chicken in Senegal, where this comfort food dish originated. In essence, the chicken is browned, the onions are caramelized and the other ingredients are added in stages so as not to overwhelm the flavour. For instance, the hot chilli peppers are put in as the very last step. Chicken yassa is typically served with a side of steamed white rice, but the chef may have another suggestion. When the dish is ready, it will be served for lunch.	Dress in weather-appropriate clothing. Wear comfortable walking shoes. This tour is not wheelchair or scooter accessible due to uneven terrain and venue limitations.
Banjul	Gambia							Description Pending	
Abidjan	Ivory Coast (Cote D'Ivoire)	ABJ-001	Highlights	GRAND BASSAM	\$279	5	MODERATE	Venture to Grand Bassam, the former colonial capital of the Ivory Coast, tucked between a lagoon and the ocean, on this enlightening coach tour, briefly the French colonial capital of the Côte d'Ivoire in the late 1890s until government administration was transferred to nearby Bingerville. View splendid French Colonial buildings in the Ancien Bassam district during your narrated tour, some restored to their original grandeur, and pass sights such as the colonial governor's palace. In the fascinating National Costume Museum, browse exhibits of colourful native garb, ceremonial masks and models of traditional houses and gain a deeper understanding of the vibrant history of the Ivory Coast. Wander through one of Grand Bassam's finest arts and crafts markets with ample time to survey exquisite brass carvings, colourful batik paintings, eye-catching ceramics, intricate wickerwork and finely embroidered scarves in a dazzling display of Ivory Coast artistry.	This tour includes approximately three hours of easy walking/standing. Due to very hot conditions, guests should be in good physical condition. It is recommended that you bring local currency (Euros) as many shops do not accept U.S. currency or credit cards. The order of sites viewed or visited may vary. Tour is not wheelchair accessible.

Abidjan	Ivory Coast (Cote D'Ivoire)	ABJ-002	Highlights	AKWABA ABIDJAN TO BINGERVILLE	\$259	5	MODERATE	Explore two important Ivory Coast cities both with an African heart and colonial heritage reflected in their architecture on this illuminating coach tour. Delve into Bingerville, capital of the Ivory Coast for 25 years in the early 1900s and named in honour of Louis-Gustave Binger, a French officer and explorer appointed governor of the region in 1893. Notice the city's prevalent French influence from Boulevard François Mitterrand that connects Abidjan to Bingerville, sitting on a plateau overlooking the lagoon, to French Colonial buildings in various states of restoration. Even though the official language is French, you'll feel a distinct West African atmosphere in the Combes Museum, which features sculptures depicting the Ivory Coast's enthralling ceremonies and rituals. View other noteworthy sights such as the governor's house, now an orphanage, and lush botanical gardens. You'll pass through Cocody, an upscale residential Abidjan neighbourhood that's also home to the presidential palace and numerous embassies, including the largest United States Embassy in Africa.	This tour includes approximately 90 minutes of easy-to-moderate walking/standing. Due to very hot conditions, guests should be in good physical condition. It is recommended that you bring local currency (Euros) as many shops do not accept U.S. currency or credit cards. The order of sites viewed or visited may vary. Tour is not wheelchair accessible.
Abidjan	Ivory Coast (Cote D'Ivoire)	ABJ-008	Highlights	DISCOVER BANCO FOREST	\$259	5	MODERATE	Behold the natural wonders that await in Banco National Park on a hike through the woodlands and while browsing its arboretum and ecological museum. The park's resources have been protected since the early 1950s so there is plenty to see within the forest, which blankets much of the area due north of Abidjan. While following the naturalist guide through the landscape of tropical hardwoods – the city's so-called "green lung" and primary source of water – you will hear fascinating facts about the indigenous plants and animals commonly found there. You may spot monkeys in the trees, deer-like duikers and striking black-and-white African civets. The biodiversity is remarkable, especially for a national park so close to a densely populated metropolis. Hundreds of different plant species thrive in the arboretum, including native teak and shrubbery. You will learn more about the natural world in the museum, giving you plenty to reflect upon after your visit.	Minimum age to participate is 12 years of age. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Lome	Togo	LFW-001	Highlights	VOODOO CEREMONY IN SANGUERA	\$179	3	EASY	Delve into the practice of voodoo, a little-understood religion, during a memorable and revealing ceremony in a quaint village. Enjoy an approximately one-hour scenic drive to the village of Sanguera, where you'll be greeted by the chief priest and receive a refreshing libation upon your arrival. After taking a seat, hear information about the traditional beliefs and ceremonies of voodoo, a formally recognised religion in Togo and not the mischaracterized and oversimplified stereotype often seen in popular media. While you watch the enthralling event unfold to the beat of rhythmic drums, you'll realise that this is a real voodoo ritual and not a show, so the developments are genuine and not scripted. As a result, understand that the tour content and duration may vary. You'll long cherish the sacred rite you've been privileged to attend on this unforgettable excursion.	This tour includes limited walking. There will be some uneven and natural surfaces to negotiate. The tour is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Please keep in mind that you are visiting a destination where conditions and equipment may not be up to the same standards that are available in other areas of the world; however, they will be the best available. Travel time to Sanguera is approximately one hour each way by coach. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.
Lome	Togo	LFW-003	Local Discovery	LAKE TOGO & ZANGBETO DANCE	\$299	8	MODERATE	Indulge your senses with the unique traditions and flavours of Togo while visiting several villages, watching a ceremonial dance and sitting for a delectable lunch. Settle in for a picturesque 45-minute drive along coastal trails and through coconut groves en route to Agbodrafo, a former slave-trading post, and on to Pedakondji, a fisherman's hamlet where you'll observe the villagers going about their daily lives. You'll savour a delicious buffet lunch at the marvellous Hotel Le Lac, which sits on the shore of glittering Lake Togo, before continuing your journey through seaside Aného, known at one time as Little Popo. Arrive in Glidji, the spiritual heart of the Guen people, and meet the priests of Glidji's sacred forest. You'll discover Hlande, a village in the farmlands, and from the comfort of a shaded patio watch the breathtaking ritual dance of the Zangbeto, the traditional night guardians. As you conclude your wide-ranging exploration, you're sure to be transformed by the allure of bewitching Togo.	This tour includes approximately 2 ½ hours of easy walking/standing. There will be some uneven and natural surfaces and steps to negotiate. The tour is not available to guests who utilise a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Please keep in mind that you are visiting a destination where conditions and equipment may not be up to the same standards that are available in other areas of the world; however, they will be the best available. The return drive to the pier is approximately 90 minutes by coach. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.
Lome	Togo	LFW-006	Highlights	TRADITIONA L TOGO	\$159	4.5	MODERATE	Behold the distinctive African traditions of Togo by visiting a market for voodoo practitioners, touring a rural school and watching a folkloric dance with a village monarch. Enjoy a brief drive through Lomé, an engaging capital city of wide boulevards lined with colonial buildings. You'll find that, although the country's religion is predominately Christian, many of the people remain faithful to the religious ancestry of voodoo, which you'll see at an open-air market frequented by traditional healers seeking ingredients for rituals or the creation of magic charms and potions. Following this compelling and rather unusual visit, travel into the countryside to a Togolese village school, where you'll learn how rural children cope with Togo's educational challenges. You'll find the nearby ceremonial grounds and meet the village's distinguished royal court, who will introduce you to the local monarch. After an enlightening presentation of tribal customs, sit with the monarch for a rousing folk dance performance accompanied by traditional rhythmic drumming. You'll relish free time after the entertainment to explore the village, absorbing the charisma of this intriguing land.	This tour includes approximately 90 minutes of easy-to-moderate walking/standing, plus any additional walking at the guest's discretion during free time. There will be some uneven and natural surfaces to negotiate. The tour is not available to guests who utilise a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Please keep in mind that you are visiting a destination where conditions and equipment may not be up to the same standards that are available in other areas of the world; however, they will be the best available. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.
Sao Tome	Sao Tome and Principe	TMS-002	Highlights	BIRD WATCHING & SAO NICOLAU WATERFALL	\$99	3.5	MODERATE	Follow winding trails through a luxuriantly green forest on a search for rare species of birds found on São Tomé, with the picturesque São Nicolau waterfall cascading in the background. Travel toward the island's centre, home to tropical forests and volcanically formed mountains, and keep watch for some of the approximately 135 avian species that have been spotted on the island, including many from the West African mainland. You'll discover there are as many endemic bird species here as are found in the renowned Galapagos Islands. Arrive at the São Nicolau waterfall in the heart of the forest, where you'll spend approximately two hours accompanied by an expert guide, who will point out many indigenous and migratory species. Keep an eye out for native birds such as the bronze-naped pigeon, the giant weaver and the São Tomé paradise flycatcher, and glimpse native African birds such as the harlequin quail and the velvet-mantled drongo. Perhaps you'll view a species only found here, the São Tomé Sunbird, formerly known as the giant sunbird due to its size and a remarkable denizen of this stunning island.	This tour includes several hours of moderate walking/standing. There will be some steps, as well as natural and uneven surfaces to negotiate, along with the possibility of mud. The tour is not available to guests who utilise a wheelchair and may not be suitable for guests with mobility concerns, who are cautioned to evaluate their personal level of ability and stamina. Participants should be in good physical condition. Guests should be prepared for the possibility of rain. There are no restroom facilities on this tour. The order of sites viewed or visited may vary and can be influenced by weather conditions. Wildlife sightings, while likely, are not guaranteed.

Sao Tome	Sao Tome and Principe	TMS-003	Highlights	HIGHLIGHTS OF SAO TOME	\$169	3.5	MODERATE	Glory in the culture and history of São Tomé and view its marquee attractions, including the National Museum, Presidential Palace and lively city market. Drive through charming São Tomé, a capital city founded in 1485 by the Portuguese and noted for its colonial architecture and brightly coloured buildings. You'll uncover the island's rich past at the National Museum, which houses myriad artifacts, many religious in nature, in a 16th-century Portuguese-built fortress that overlooks the Atlantic Ocean. Visit the nearby Pantufo fishing village, where you'll revel in a traditional folkloric performance that lends even greater insight into the island's culture. Returning to the city centre, find the Presidential Palace, which features a rose-pink façade with neoclassical elements, and make your way through many popular squares to the bustling city market for a rewarding dive into local life. You'll wend your way through narrow walkways between stalls of fresh vegetables and aromatic spices and watch for vendors tugging at their ears, a signal that their merchandise is especially good. Absorb the fascinating lifestyle of the citizens of bewitching São Tomé on this satisfying tour.	This tour includes approximately 2 ½ hours of moderate walking/standing. There will be some steps as well as natural and uneven surfaces to negotiate. The tour is not available to guests who utilise a wheelchair and it may not be suitable for guests with mobility concerns, who are cautioned to evaluate their personal level of ability and stamina. Guests should be prepared for the possibility of rain. Bring small change in either USD or EUR to purchase any drinks or local products. The order of sites viewed or visited may vary and can be influenced by weather conditions. It is important to note that photos or video of the Presidential Palace are strictly forbidden.
Sao Tome	Sao Tome and Principe	TMS-006	Highlights	MONTE CAFÉ PLANTATION & CITY TOUR	\$239	8	MODERATE	Delve into the island's highlights on this over-arching excursion that visits a beautiful waterfall and a coffee plantation, and includes a tour of the enchanting capital and a colourful folkloric show. Journey toward the island's centre, a land of tropical forests and volcanically formed mountains, and discover the postcard-ready São Nicolau waterfall, an idyllic setting in the deep forest that hosts an abundance of colourful endemic birds flitting among the trees. Travel to the Monte Café Plantation, where you'll learn about the factors that affect the taste, aroma and quality of their coffee and how the beans are transported from the fields, dried, roasted and sorted before export.  Following a traditional Santomean lunch at a downtown restaurant, explore the beguiling capital of São Tomé, founded in 1485 by the Portuguese, during a visit to the National Museum, which is housed in a 16th-century Portuguese-built fortress that overlooks the Atlantic Ocean. Nearby, you'll experience the quaint Pantufo fishing village, where you'll revel in a traditional folkloric performance. Back in São Tomé, appreciate highlights such as the rose-pink Presidential Palace, inviting colonial-era plazas and a gallery that showcases local artists. You'll cherish your captivating overview of this thoroughly entrancing island.	This tour includes approximately two hours of moderate walking/standing. There will be some steps, inclines, natural, uneven and possibly slippery surfaces to negotiate, as well as the possibility of mud. The tour is not recommended for guests who utilise a wheelchair or guests with mobility concerns. Guests should be prepared for the possibility of rain. Bring small change in either USD or EUR to purchase any drinks or local products. The order of sites viewed or visited may vary and can be influenced by weather conditions. It is important to note that photos or video of the Presidential Palace are strictly forbidden.
Sao Tome	Sao Tome and Principe	TMS-007	Highlights	EAST COAST TO SAO JOAO PLANTATION	\$229	7	MODERATE	Explore plantation life and island traditions along the eastern shore of São Tomé, a bucolic setting of verdant forests and gorgeous beaches. Take a leisurely drive to the picturesque eastern side of the island, passing several colourful villages, and arrive at Roça Água Izé, a working cocoa plantation. You'll watch how the raw cocoa is processed and learn that its production has become vital to the island's economy since it was introduced by the Portuguese in 1822. Refresh with a cooling coconut water at a seaside blowhole called Boca de Inferno, which translates as Hell's Mouth, then continue to the Roça São João plantation and absorb its history during an enlightening walking tour led by Isaura Cavalho, a manager of the lovely ecotourism property.  Discover the plantation raises cattle, promotes local artists and excels at culinary endeavours, which you'll experience first-hand during a delicious lunch of Santomean cuisine accompanied by energising Bulawe drum music. At sublime Seven Waves Beach, relish time at your leisure before taking in a lively folkloric dance performance in the charming fishing village of Pantufo. You'll bask in the intriguing culture and gracious warmth of the Santomean people on this marvellous excursion.	This tour includes approximately 2 ½ hours of moderate walking/standing, plus any additional walking at the guest's discretion during free time. There will be some steps, natural and uneven surfaces to negotiate, as well as the possibility of mud. The tour is not available to guests who utilise a wheelchair and it may not be suitable for guests with mobility concerns, who are cautioned to carefully evaluate their personal level of ability and stamina. Guests should be prepared for the possibility of rain. Bring small change in either USD or EUR to purchase any drinks or local products. The order of sites viewed or visited may vary and can be influenced by weather conditions. Restroom facilities on this tour are limited and may be quite basic in nature.
Sao Tome	Sao Tome and Principe	TMS-008	Highlights	AFRICAN ART & LUNCH	\$149	3.5	MODERATE	Browse a museum and a gallery with eclectic collections of art and artifacts before dining on traditional Santomean cuisine. The São Sebastião Museum is housed in a Portuguese-built 16th-century fortress that later served as a prison. Although the exterior is rather austere, the artwork displayed inside is inspiring, especially the religious works from the colonial period. Other highlights include rooms devoted to agriculture, porcelain, slavery and the country's independence from Portugal. CACAU – an acronym whose translation means the House of the Arts, Creativity, Environment and Utopias – is an art gallery and cultural centre as it also contains a craft shop, theatre and restaurant. The guide will describe the contemporary paintings and sculptures, the majority of them by local artists. Live music as an accompaniment will make the experience all the more memorable. After browsing the gallery, you will settle in for a delightful lunch in the on-site restaurant.	This tour includes approximately 1 3/4 hours of moderate walking/standing that includes some steps, natural and uneven surfaces as well as the possibility of mud. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Light-weight clothing to include long sleeves and long pants; sun cap; sunglasses; sunscreen; insect repellent; a bottle of water from the ship; and flat, comfortable walking shoes with a non-slip sole are recommended. Guests should be prepared for the possibility of rain and bring small change in either USD or EUR to purchase any additional drinks or local products. The order of the sites viewed or visited may vary and can be influenced by weather conditions.
Walvis Bay	Namibia	WAL-005	Highlights	SWAKOPMUND SIGHTSEEING	\$269	5	MODERATE	Explore Swakopmund's colonial past during this orientation tour that includes a visit to the Walvis Bay Lagoon. Journey along the scenic coast to the mouth of the Swakop River and find Swakopmund, an enchanting seaside resort that resembles a Bavarian village. You'll see the town's colonial past reflected in the early 19th-century art nouveau architecture found on many appealing buildings that have been declared national monuments. Discover the neo-Baroque German Evangelical Lutheran Church and the elegant historic Railway Station, which is now the Swakopmund Hotel's reception area. After passing the town's historic jetty. Explore the Kristall Gallery, which displays crystals weighing up to 14 tons, and appreciate free time at the Brauhaus Gallery, a town centre shopping arcade.	The tour is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. This tour does not include a photo stop at Dune 7. Bring a hat, sunglasses and sunscreen.
Walvis Bay	Namibia	WAL-006	Highlights	SEAL & PELICAN CRUISE	\$259	4	MODERATE	Applaud the splendid natural beauty of Southern Africa's western coast during this dolphin and seal cruise on the Walvis Bay Lagoon. Short transfer to the Walvis Bay Marina and board an open-air boat for a three-hour cruise in the renowned Walvis Bay Lagoon, declared a Wetland of International Importance as it is one of the most significant ecological sites along Southern Africa's western coast. You'll learn that the lagoon is well-known for its native bird species and vast array of intra-African and Palaeartic migrants, and find the water is usually very calm yet teeming with avian and marine life. Continue on to Pelican Point, a sand spit separating Walvis Bay from the Atlantic Ocean, where you'll likely encounter a large Cape fur seal colony, and watch for schools of heavyside and bottlenose dolphins that often swim alongside the boat. Keep a sharp lookout for white-chinned petrels, Wilson's storm petrels, cape gannets, pelicans and cormorants. During your cruise, you'll savour a delicious repast of fresh oysters, sparkling wine, soft drinks and a selection of open-faced sandwiches, a perfect accompaniment to your outdoor adventure.	This tour includes approximately three hours of boating on open water. The tour is not recommended for guests with mobility concerns or guests who utilise a wheelchair. There is a drastic change between high and low tide, which may make it difficult to embark and/or disembark the boat, and the weather can be windy and cold at times. Operation of this tour is entirely dependent upon prevailing weather conditions. Wildlife sightings, while likely, are not guaranteed. Participants must be at least 21 years of age to be served alcoholic beverages.

Walvis Bay	Namibia	WAL-008	Highlights	TREASURES OF THE NAMIB DESERT BY OFF-ROAD VEHICLE	\$309	5	STRENUOUS	Experience the treasures of the Namib Desert during this memorable off-road expedition that includes a stop at the renowned Walvis Bay Lagoon. Board your off-road vehicle for a drive to the Namib-Naukluft National Park, which encompasses the Naukluft Mountain Range and part of the Namib, one of the world's oldest deserts and site of the world's highest and most vividly coloured sand dunes. As you explore the unique plant life and terrain of this arid region, you'll discover Moon Landscape, a vastly eroded valley that is reminiscent of the lunar surface due to the wind's effect on the rock formations and sand. You'll proceed to the Welwitschia Valley, where thousands of bizarre welwitschia plants are scattered about. After stopping to view these distinctive specimens as well as a variety of interesting lichens, you'll continue to a scenic location for a refreshment of orange juice and savoury snacks.	This tour involves off-road travel over bumpy, uneven and dusty gravel roads. It is not recommended for guests with mobility concerns or guests who utilise a wheelchair, unless they remain seated inside the vehicles during the photo stops. The tour is not recommended for guests with dust allergies. Each vehicle will accommodate three to ten guests. Bring a hat, sunglasses and sunscreen.
Walvis Bay	Namibia	WAL-009	Highlights	LIVING DESERT BY OFF-ROAD VEHICLE	\$309	4.5	MODERATE	Discover the unique denizens of the world's oldest desert during this off-road adventure in the Namib Desert. Settle in for a vista-filled drive in an off-road vehicle to the eerily beautiful Namib Desert. Upon arrival, you'll be led by an expert guide through seemingly lifeless landscapes in search of indigenous species and learn how they adapt to the inhospitable environment. Perhaps see creatures like the sidewinding adder, the Palmetto gecko, the sand-diving lizard, the Namaqua chameleon and various other diminutive beetles, lizards and geckos that live and survive in the torrid desert conditions. Enjoy refreshing orange juice and savoury snacks. During your return along a scenic coastal road, contemplate the nearly ineffable beauty of the bewitching Namib and its resilient tenants.	This tour involves off-road travel over bumpy, uneven and dusty gravel roads. It is not recommended for guests with mobility concerns or guests who utilise a wheelchair, unless they remain seated inside the vehicles at the various photo stops. The tour is not recommended for guests with dust allergies. Each vehicle will accommodate three to ten guests. Travel time to the Namib Desert is approximately 45 minutes by coach in each direction. Bring a hat, sunglasses and sunscreen.
Walvis Bay	Namibia	WAL-010	Highlights	BIRDING TOUR	\$209	4	MODERATE	Thrill to sightings of a profusion of bird species during this tour to the rich feeding grounds of the Walvis Bay Lagoon and salt mine. Journey to the ecologically indispensable Walvis Bay Lagoon, declared a Wetland of International Importance, and begin your quest to identify the wide variety of shore birds and waders who congregate there, including sandpipers, plovers, pelicans and herons, depending upon the season. You'll enter the sedimentation pans of the expansive Walvis Bay Salt Holdings, the largest producer of solar sea salt in sub-Saharan Africa and enjoy a close-up view of the many resident birds, perhaps even seeing phalaropes, grebes and terns, including the rare Damaran tern. Travel farther along the beach to Pelican Point and discover a large Cape fur seal colony, along with osprey and exotic African black oystercatchers.	This specialised tour is recommended only for birding enthusiasts. The tour is available to guests who utilise a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. One set of binoculars and a birding book will accompany each vehicle. Wildlife sightings, although likely, are not guaranteed. Kuiseb River delta is not visited on this tour. Bring a hat, sunglasses and sunscreen.
Walvis Bay	Namibia	WAL-011	Highlights	TOWNSHIP TOUR	\$239	5	MODERATE	Delve into the daily bustle of Swakopmund on a visit to a working-class residential district during this rewarding tour. Travel a coastal road to Mondesa Township, which was established in the early 1950s to provide housing for Owambo, Damara and Herero people working in the city of Swakopmund. You'll find that this district, just a brief distance from Swakopmund's centre, reveals a radically different world from the tourist centre, providing you with an invaluable opportunity for personal growth by interacting with the friendly families who reside there. Observe the inhabitants' daily life during an approximately three-hour customised tour that engages you in the resident's everyday activities, and learn some of the region's history to assist you in bridging the cultural gap and achieving increased understanding. In addition to benefitting from your immersion into a much different way of life, you'll feel gratified that a portion of your visitor's fee is contributed to a community fund that honours and supports the district's citizens.	This tour must be booked at least ten days prior to the sailing date. Once booked, it is non-refundable. All interaction with the community should be conducted in a non-intrusive manner, respecting the inhabitants' privacy at all times. Bring a hat, sunglasses and sunscreen.
Walvis Bay	Namibia	WAL-012	Highlights	SANDWICH HARBOUR	\$299	4.5	MODERATE	Explore the Sandwich Harbour area in a 4x4 vehicle that can negotiate vastly different, otherwise inaccessible terrains. As an introduction to the natural wonders, you will first stop at Walvis Lagoon, which attracts a remarkable variety of seabirds and thousands of pink flamingoes. The species that you see will depend on the season, as many of the birds are migratory. You will then travel south through Namib-Naukluft Park, a hauntingly beautiful arid landscape with towering sand dunes. A natural tidal lagoon rims the coast, whose sparse vegetation stabilises the dunes, which would otherwise shift dramatically. If the tides and ocean swells permit, you will drive to the lagoon along the beach. If not, you will travel entirely across the surrounding dunes, some of which rise more than 200 feet above sea level. Either way, you can expect to see a massive number of water birds, including cormorants, terns and waders.	This tour requires a moderate amount of activity and participants should be in good physical condition. The tour is not available to wheelchair guests, guests with mobility concerns and guests who have had recent back or neck injuries.
Walvis Bay	Namibia	WAL-013	Active	PELICAN POINT KAYAKING	\$309	4.5	MODERATE	Cruise across Walvis Bay in a catamaran for a kayaking adventure from Pelican Point and return in a 4x4 vehicle that's ideal for negotiating the salt pans and sand dunes. While cruising, you will enjoy spectacular views of Walvis Bay and the surrounding natural areas. As you will notice even before disembarking, long slender Pelican Point is a haven for wildlife. Thousands of Cape fur seals frolic in the sea and along the coast, bottlenose and Heaviside's dolphins often breach the water's surface and seabirds are seemingly everywhere, especially pelicans, cormorants and petrels. Chances are, you will be treated to an even closer look at the bountiful marine life and wildlife while kayaking through the typically calm waters. A different sort of adventure awaits once you hop in the 4x4 vehicle and race off across the salt pans, along Donkey Bay. The views along the way will be absolutely magnificent.	This tour requires a moderate amount of activity and participants should be in good physical condition. The tour is not available to wheelchair guests, guests with mobility concerns and guests who have had recent back or neck injuries.
Walvis Bay	Namibia	WAL-016	Highlights	MOON LANDSCAPE AND WELWITSCHIA	\$209	4.5	MODERATE	Marvel at a vast national park that is distinguished by massive sand dunes and otherworldly terrain during a tour of a remarkable desert environment. Continuing on, you'll enter the Namib-Naukluft National Park, which includes part of the Namib Desert and is the country's largest nature preserve, and notice its striking rusty-hued sand dunes, whose colours vary due to the iron in the sand oxidizing to a darker shade as the dunes age. In spite of the seemingly harsh conditions, find flora and fauna thriving here, such as the raggedy welwitschia, which resembles wilted lettuce and produces only two leaves in its up to 500-year lifetime. You'll journey to Moon Landscape, a vastly eroded valley that is reminiscent of the lunar surface. Discover that even though the environment appears to be barren, it supports a complex ecosystem of lichens and shrubs subsisting on the occasional moisture provided by sea fog that rolls in from as far as 20 miles away. You'll wonder at nature's incredible adaptability during this fascinating excursion.	This tour includes limited walking, mainly at the guest's discretion during stops. The tour is not recommended for guests with mobility concerns or guests who utilise a wheelchair, unless they remain seated inside the vehicles during the photo stops. The tour is not recommended for guests with dust allergies. This tour does not include a stop at Dune 7. Bring a hat, bottle of water, sunglasses and sunscreen.

Cape Town	South Africa	CPT-008	Highlights	SUNDOWNERS ON SIGNAL HILL	\$185	2	EASY	Experience breathtaking vistas and photo opportunities over Cape Town during this brief yet memorable sunset visit to Signal Hill. Begin with a drive along historic Kloof Neck Road toward Signal Hill, a flat-topped promontory that rises from the heart of Cape Town near imposing Table Mountain and the distinctive Lion's Head rock outcropping. You'll learn the picturesque hill is renowned for its noon gun and offers a spectacular perspective of Cape Town and the surrounding area, especially at first light and as the sun dips into the Atlantic Ocean. Upon arriving at a perfectly placed vantage point on the summit, take in magnificent sunset views over Table Bay and Cape Town, and relish a selection of canapés and a glass of sparkling wine, an ideal complement to the marvellous setting. Back on your coach, you'll drive past the appealing shoreside neighbourhoods of Camps Bay, Clifton, Bantry Bay, Sea Point and Green Point, a lovely glimpse into the way of life in fascinating Cape Town.	Although Signal Hill is wheelchair friendly, the touring vehicle is not. Tour is not available for wheel chair guests and not recommended for those with mobility concerns. Tour is dependent upon weather conditions.
Cape Town	South Africa	CPT-014	Highlights	CAPE TOWN AND TABLE MOUNTAIN	\$189	3.5	MODERATE	Embrace the beauty of Cape Town during this scenic trip up Table Mountain, the city's most celebrated landmark. Drive up Kloof Nek Road to the Lower Cableway Station, where you'll board a Swiss-engineered cable car and ascend from the 1,190-foot Valley Station to the 3,477-foot Mountain Station. During the approximately four-minute journey, rejoice in sweeping views as the floor of the car rotates 360 degrees. You'll learn that Table Mountain, named after its flat-topped central massif, is flanked by Devil's Peak and Lion's Head with Signal Hill in the foreground. Notice these outcroppings form a sort of amphitheatre that encloses the city centre and then joins a chain of mountains that runs like a spine through the Cape Peninsula from Table Mountain to Cape Point, from which Cape Town derives its name. You'll discover the protected landscape extending to Cape Point is a UNESCO World Heritage site and home to one of the highest concentrations of endemic flora and fauna in any area of its size, with an impressive 2,285 plant varieties, more than those of the entire United Kingdom combined. Upon your descent, conclude your invigorating visit with a panoramic orientation tour of utterly captivating Cape Town.	This tour involves a substantial amount of walking/standing. Although Table Mountain is wheelchair friendly, the touring vehicle is not. Tour is not available for wheel chair guests and not recommended for those with mobility concerns, or with a fear or heights. Due to the popularity of the site, there may be some congestion. The visit to Table Mountain is weather permitting; should the cableway be closed, Signal Hill.
Cape Town	South Africa	CPT-015	Local Discovery	STELLENBOSCH AND WINE TASTING	\$149	4.5	MODERATE	Uncover the enthralling history, architecture and flavours of the town of Stellenbosch and its surrounding valley during an introductory tour with free time to explore followed by a wine tasting. Relax during a leisurely drive to the Stellenbosch Valley, a broad, fertile dale on the Eerste River named after its founder, Governor Simon van der Stel, who discovered it in 1680. You'll learn that today Stellenbosch is a major university town characterized by typical Afrikaner Cape Dutch architecture and streets lined with ancient oak trees, some of which have been declared National Monuments. Enjoy an orientation drive through Stellenbosch followed by approximately one hour at your leisure to explore the town independently and browse a wide selection of curio shops. You might visit the Stellenbosch Museum, which is comprised of four restored houses depicting different eras, the 1709 Schreuder House, the 1788 Bletterman House, the early-19th-century Grosvenor House and the 1850 O.M. Bergh House. Continue to one of the area's acclaimed wine estates, where you'll learn about the well-honed skills employed in the cellar and be invited to participate in a tasting. Raise your glass to the superb Stellenbosch Valley, a bountiful paradise steeped in South Africa's Dutch history.	This tour includes approximately one hour of walking/standing, some on uneven gravel surfaces, and steps to negotiate. Amount of walking and level of exertion during free time is at guests' discretion. Tour is not available for wheelchair guests and not recommended for those with mobility concerns.
Cape Town	South Africa	CPT-016	Highlights	CAPE TOWN OSTRICH & DURBANVILLE WINERY	\$179	4.5	MODERATE	Delight in avian wildlife at the Cape Town Ostrich Ranch and sample the excellent wines of the Durbanville wine region on this engaging tour. Settle in for a scenic drive north along the coast toward Bloubergstrand, where you'll stop for photos of the breathtaking views across Table Bay to Cape Town and Table Mountain. Continue to the Cape Town Ostrich Ranch and embark on a guided tour that introduces you to the habits, breeding and characteristics of this unique bird. You'll see West Coast white ostriches, dwarf ostriches, black-neck ostriches, emus, rheas, peacocks, ostrich chicks, the incubator, a cactus garden and the leather factory, all amid spectacular vistas of Table Mountain and the surrounding countryside. As a charming highlight, applaud an opportunity to be photographed alongside the ostriches with Table Mountain in the background. Proceed to the slopes of the Tygerberg hills in the Durbanville wine region, which benefits from cool ocean breezes and misty nights, and find one of the region's renowned wine estates. Join a guided tour of the cellar, after which you'll be invited to participate in a tasting of varietals produced and bottled on the estate, a satisfying cap to your winning excursion.	This tour involves significant walking over paved, uneven and sandy surfaces, with steps to negotiate. Tour is not available for wheelchair guests and not recommended for those with mobility concerns.
Cape Town	South Africa	CPT-023	Highlights	HIGH TEA AT MOUNT NELSON	\$209	3	EASY	Applaud a precious South African tradition performed in style during a visit to the sumptuous, Mount Nelson Hotel. You'll journey to the exclusive Belmond Mount Nelson, a beloved Cape Town landmark now over a century old. Find the hotel in the very heart of Old Cape Town, amid nine acres of luxuriant, park-like gardens on a historic site at the foot of Table Mountain. You'll learn the property opened its doors on March 6, 1899, and was the brainchild of shipping magnate Sir Donald Currie, who envisioned a counterpart to the finest hotels in London, then the world's capital of upscale hospitality. Discover he was soon gratified with reviews that heaped praise on his enterprise, which surpassed all expectations and even exceeded comparisons with its British rivals. After settling into the hotel's salon or conservatory, you'll be treated to a tantalizing array of delicate sandwiches and savouries, tempting cakes, pastries and scones, all accompanied by a variety of teas and coffees. As a relaxing finish to your tour, you'll return to the ship through some of Cape Town's most picturesque neighbourhoods while skirting the Atlantic coastline of this dazzling city.	Tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the transportation and have an able-bodied companion to assist them.
Cape Town	South Africa	CPT-026	Highlights	ROBBEN ISLAND	\$185	4.25	STRENUOUS	Ponder the struggle against apartheid at Robben Island, a UNESCO World Heritage site best known as the prison where Nelson Mandela was incarcerated. You'll learn that for over four centuries, Robben Island was a place of punishment for exiles and criminals as well as a place of confinement for lepers, lunatics and the sick, and from 1960 was used by the apartheid regime to isolate political prisoners such as Mandela. Discover that the last of the political inmates was released in 1991 and the site subsequently opened to the public as the Robben Island Museum, with many of the former political prisoners becoming guides. After a pleasant ferry ride with Cape Town and Table Mountain as your backdrop, arrive at Robben Island and board a bus for a 45-minute orientation drive, seeing the old leper colony, a Muslim shrine and a shipwreck before visiting the limestone quarry where political inmates performed backbreaking labour. Embark on an approximately 45-minute walking tour through the maximum-security block and cherish an opportunity to look into Mandela's compact former cell. As you return to the mainland by ferry, let your thoughts linger on this stirring and uplifting sojourn.	This tour includes a substantial amount of walking, at times over uneven terrain, grass and sand, and there are many steps to negotiate. Tour is not available for wheelchair guests and not recommended for those with mobility concerns. The ferry ride is approximately 30 minutes in each direction and is strictly weather dependent. As the local government provides the guide and vehicles on the island, all tours are shared experiences. They also can change allocation of ferries without prior notice and some of the vessels can take 45-60 minutes to reach Robben Island.

Cape Town	South Africa	CPT-029	Highlights	PANORAMIC CAPE TOWN BY NIGHT	\$139	2	EASY	Celebrate the allure of vibrant and cosmopolitan Cape Town on this panoramic tour with a scenic stop. You'll step aboard your coach and drive by the Cape Town FIFA World Cup Stadium as you travel toward Sea Point, whose lively seafront promenade, popular with joggers and strollers alike, stretches to Mouille Point. Continue to Clifton, a chic area that is a haven for international jet-setters, who are lured by the white-sand beaches and glistening ocean. You'll learn Clifton's beaches have achieved the coveted blue flag status for meeting the highest standards of cleanliness along with being deemed environmentally sound and adhering to international safety and tourist standards. Appreciate a photo stop at picturesque Maiden's Cove, which offers views of the sparkling Atlantic, the Lion's Head promontory, Table Mountain and its cable car station. Rejoin your coach and wind along a hillside road to historic Kloof Nek Road, which will lead you to the bustling centre of Cape Town, a magnetic city that will be forever etched in your memory.	Walking on this tour is mainly at the guest's discretion during the stop at Maiden's Cove. Tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the transportation and have an able-bodied companion to assist them.
Cape Town	South Africa	CPT-030	Local Discovery	CHEETAH AND OLIVES TASTING	\$129	4.25	MODERATE	Visit a wildlife centre dedicated to the conservation of free-ranging cheetahs and enjoy a tasting of Bordeaux-style wines and olive products at a centuries-old winery. After an introductory video that describes the plight of South African cheetahs, you will tour the Cheetah Outreach facility. Its goal is to care for cheetahs, reduce their interaction with humans and help farmers protect their livestock from cheetahs and other predators. Besides having the opportunity to one of these magnificent creatures, you may interact with an Anatolian Shepherd, a dog traditionally used to guard farm animals. A wine tasting follows at Morgenster Estate in the foothills of Helderberg Mountain. Although known for producing extraordinary wines, including Italian varietals such as Nebbiolo, the estate also makes outstanding olive oil. You can expect to sample several extra-virgin olive oils that may include a particularly intense one extracted from a patented variety of olives that Morgenster has the sole right to cultivate.	This tour is not recommended for passengers in wheelchairs. Guests with walking difficulties can manage with assistance.
Cape Town	South Africa	CPT-031	Highlights	CHAPMAN'S PEAK DRIVE	\$129	3	EASY	Settle in for a spectacularly picturesque drive through the Cape Peninsula, at times following Chapman's Peak Drive, a twisting roadway that skirts the rocky coastline below its namesake mountain. The views will be extraordinary before you even leave the city limits of Cape Town, which sprawls along the base of imposing Table Mountain. Continuing on along the Atlantic Seaboard, you will pass beautiful Hout Bay while pausing on occasion at lookouts such as the ones above Maiden's Cove and the laidback seaside town Noordhoek. Despite the natural beauty in every direction, the star attraction is Chapman's Peak Drive, which is affectionately known as "Chappies." It opened in 1922 and for the last 100 years or so has presented travellers with breathtaking views of the ocean and South Africa's mountainous southwestern coastline. The hairpin turns and steep rises and falls make the drive even more exhilarating.	Tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the transportation and have an able-bodied companion to assist them.
Cape Town	South Africa	CPT-036	Highlights	DIAMONDS & GIN/WINE	\$239	3	EASY	Watch master craftsmen transform rough diamonds into flawless gems and enjoy a tasting of local wines and spirits at a unique attraction in neighbouring Greenpoint. Upon arriving at the Shimansky Rockwell Diamond Experience, you will gain insight into Israeli Yair Shimansky and how he became one of the most acclaimed and innovative diamond jewelers in South Africa. While browsing the exquisite showroom, you will see firsthand how the diamonds are cut and polished to realise their full potential. It is a fascinating process that honours the country's rich history in the diamond trade. While there, you will also be treated to a tasting of premium craft spirits and wine in the lounge. Although the Cape Town area is renowned for wine, perhaps most notably Sauvignon Blanc, local spirits are becoming more popular than ever. A sampling of characteristic gin and perhaps whiskey, paired with hand-crafted chocolates, will highlight their unique tastes.	This tour includes approximately 2 hours of moderate walking/standing; The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Guests are recommended to wear smart casual clothes and shoes.
Cape Town	South Africa	CPT-037	Highlights	KIRSTENBOSCH GARDENS & CONSTANTIA WINE	\$149	4	MODERATE	Stroll the meandering paths of Kirstenbosch National Botanical Garden and enjoy a tasting of premier South African wines at an estate within the Constantia wine route. The garden nestles against the slopes of Cape Town's Table Mountain and the setting couldn't be more beautiful. Only plants indigenous to South Africa grow there and the thousands of species are grouped by common characteristics. Medicinal plants are clustered together, another sub-garden is devoted to plants from the Western Cape and shade-loving plants are featured in the Dell. You will then follow the Southern Hemisphere's oldest wine route into the suburb of Constantia for a sampling of its characteristic wines. Wineries thrive in the surrounding fertile valley, and you will discover much about their histories while savouring reds and whites that best represent the terroir. Afterwards, you will see a different side of the gorgeous countryside by travelling through Hout Bay and Camps Bay.	This tour includes approximately 1.5 hours of moderate walking/standing; There will be some inclines, steps and uneven surfaces to negotiate plus any additional walking at the guests' discretion during free time. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. To avoid congestion at the venues, the order of places visited may be rotated. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended.
Cape Town	South Africa	CPT-038	Highlights	CAPE TOWN HISTORY CITY TOUR	\$99	3	EASY	Gain a remarkably comprehensive overview of Cape Town on a panoramic drive that will present the most historical landmarks. First and foremost is the Castle of Good Hope, a 17th-century star-shaped fort that is the oldest building in town. While touring the Dutch-built castle, you will also have time to browse the on-site military museum and the period furnishings displayed in the esteemed William Fehr Collection. Continuing on to bustling Adderley Street, you will view architectural treasures such as the Victorian-era Standard Bank Building and the imposing Gothic-style St. George's Anglican Cathedral. A stroll through the lush 17th-century Company's Gardens will reveal more than a botanical perspective of Cape Town, as you will also enjoy views of the red-brick House of Parliament and the South African National Gallery. The Foreshore district is an example of how Cape Town has grown – literally, as it was created with reclaimed land that was dredged from the harbour.	This tour includes approximately 2 hours of moderate walking/standing; There will be some inclines, steps and cobblestone surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended.



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