

EXPLORATIONS

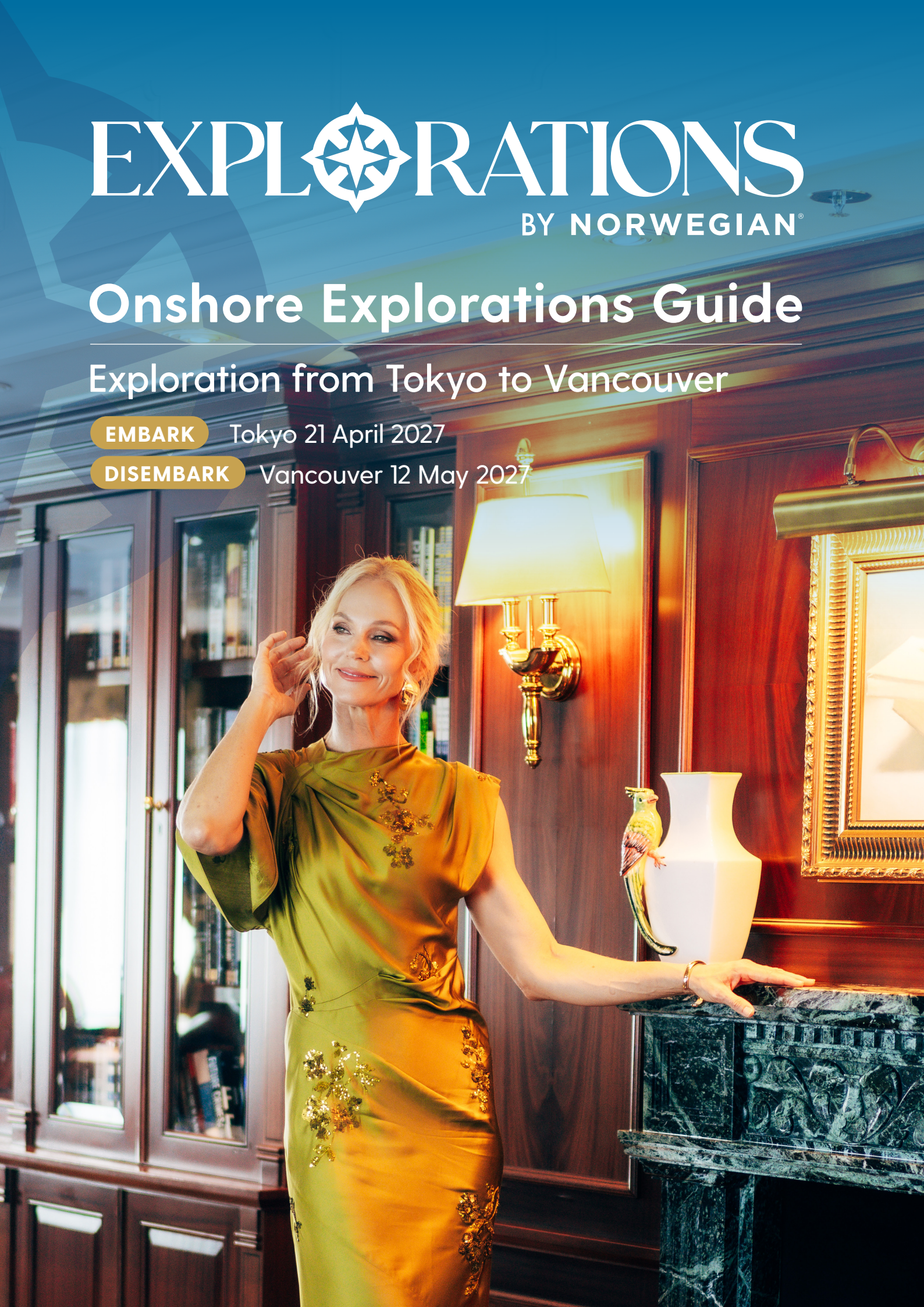
BY NORWEGIAN®

Onshore Explorations Guide

Exploration from Tokyo to Vancouver

EMBARK Tokyo 21 April 2027

DISEMBARK Vancouver 12 May 2027



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
Tokyo	Japan	TOK-001	Highlights	PANORAMIC TOKYO	\$119	3.5	EASY	Settle in for a relaxing drive through downtown, past the glorious Imperial Palace and on to Senso-ji temple in the ancient district of Asakusa. According to legend, Senso-ji was founded in the 7th century to honour Kannon, the goddess of compassion, after two brothers fished a statue of her out of the Sumida River. It is Tokyo's oldest temple and as you will see extraordinarily colourful. Beyond the temple, you will find Nakamise, a lengthy street with a shopping arcade that dates to the 17th century. Although destroyed during the Great Kanto Earthquake of 1923 and again during World War II, Nakamise was rebuilt to its original Edo period splendor. Merchandise ranges from kimonos to folding fans to all sorts of traditional foods.	Credit cards are not accepted in most of the Nakamise shops. The tour will not visit the Buddhist Temple Senso-ji. Please note that Asakusa and Nakamise are not included in the route. Passengers with wheelchairs are reminded that a few steps need to be negotiated to board the coach and that wheelchairs will be stored in the boot of the coach (fold-up wheelchair). The coach cannot accommodate an electric scooter.
Tokyo	Japan	TOK-002	Local Discovery	HIGHLIGHTS OF TOKYO & JAPANESE BBQ LUNCH	\$189	8	MODERATE	Visit the marquee attractions of Tokyo, all of which celebrate Japan's history, cultural diversity and architectural splendor. The 19th-century Imperial Palace is certainly high on the list, as it is regarded as Tokyo's heart and soul. It was built on the site of the former Edo Castle, the seat of power for the Tokugawa shoguns. You will enjoy a spectacular view of the exterior and grounds before continuing on to Meiji Shrine, Tokyo's most renowned Shinto shrine. To enter, you will pass through a 40-foot-high torii gate made of 1,500-year-old cypress. Unlike many other places of worship, the shrine is elegantly understated, even austere, imbuing it with a wonderful serenity. You will also visit Senso-ji, the oldest temple in Tokyo, which is dedicated to Kannon, the Buddhist goddess of compassion. To enhance your understanding of local culture, you will enjoy Japanese-style BBQ for lunch.	The minimum age to participate is 18. This tour includes about 3½ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. The tour is not considered suitable for guests with mobility concerns. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary. Please advise Destination Services if any dietary restriction.
Tokyo	Japan	TOK-003	Local Discovery	HIGHLIGHTS OF TOKYO & WESTERN LUNCH	\$169	7.5	MODERATE	Tour Tokyo's most storied destinations, from the glorious Imperial Palace to revered religious sites that reflect Japan's deep Buddhist and Shinto beliefs. The palace was built on the site of the former Edo Castle, the seat of power for the Tokugawa shoguns. Japan's emperor and empress reside at the palace, so only an exterior visit is possible, but you won't be disappointed. The grounds are magnificent and offer numerous photo opportunities at places like the Niju-bashi Bridge, which spans the moat. Another highlight is Meiji Shrine, Tokyo's most renowned Shinto shrine. The shrine is elegantly understated, even austere, imbuing it with a wonderful serenity that the surrounding forested park enhances. For a different religious perspective, you will explore Senso-ji, the oldest temple in Tokyo. Founded in the 7th century, it is dedicated to Kannon, the Buddhist goddess of compassion.	This tour includes about 3½ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. The tour is not considered suitable for guests with mobility concerns. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-005	Highlights	MEIJI SHRINE AND TOKYO TOWER	\$129	4	MODERATE	See two Tokyo icons: a shrine dedicated to Japan's first modern emperor and a soaring telecommunication tower that boldly announced the country's rebirth after World War II. Tokyo's history will come alive as you arrive at Meiji Shrine, Tokyo's most renowned Shinto shrine. It is dedicated to Emperor Meiji the Great, who transformed Japan from a feudal state into a world power. The soaring torii gate entry makes quite the statement, as it was constructed with 1,500-year-old cypress. Once inside the elegant shrine, you will likely feel a great sense of serenity. Tokyo Tower, on the other hand, will leave you with a sense of city's single-minded purpose to emerge from the devastation of the war. The colossal communication tower was erected in 1958 as a symbol of Japan's rebirth and defines Tokyo's skyline. After riding an elevator to the tower's nearly 500-foot-high Grand Observation Platform, you will be treated to an astounding view of the city.	This tour includes about 2¼ hours of moderate walking and standing with some steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-006	Highlights	TOKYO GARDEN AND TOWER	\$139	3.75	MODERATE	Enjoy Tokyo from two entirely different perspectives: while strolling through a centuries-old garden and from an observation platform high above the city. Koishikawa Korakuen Garden is a wonderfully serene setting in the heart of the city that dates to 1629. Although Japanese in many ways, the garden also incorporates Chinese concepts such as its high-arched full moon bridge. Even the word "Korakuen" comes from an ancient Chinese text and means "the garden for enjoying power later on." As you stroll the winding paths, you will encounter viewpoints that reproduce famous landscapes but in miniature. You will also see flowering bushes, bamboo-covered hills, weeping cherry trees and even rice paddies. For a more expansive view of Tokyo, you will ride an elevator to the 500-foot-high Grand Observation Platform on Tokyo Tower, the second-highest structure in Japan. The communication tower was erected in 1958 as a symbol of Japan's rebirth following World War II.	This tour includes about 2¼ hours of moderate walking and standing with some steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The order of the sights viewed or visited may vary.

Tokyo	Japan	TOK-007	Highlights	SHOPPING: MODERN AND TRADITIONAL	\$109	4.5	MODERATE	Spend hours in Tokyo's most famous and diverse shopping districts, where you will find everything from traditional Japanese goods to the latest fashions, designer jewellery and high-end electronics. Next to Senso-ji temple, the lengthy street Nakamise has been a shopping mecca for centuries. The cacophony of sounds and the throngs of people will be wonderfully invigorating, and you can't help but enjoy the experience. Then it's off to the Ginza shopping and entertainment district, where the merchandise tends to be more modern and fashionable. The list of international boutiques and stores reads like a Who's Who of luxury designers for clothing, jewellery, fragrances and leather goods. The merchandise is absolutely exquisite throughout. As you will spend nearly two hours in Ginza, you are sure to see the exclusive Wako Department Store, whose clock tower has been a symbol of the district since it was erected in 1932.	This tour includes about 3¼ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. The tour is not considered suitable for guests with mobility concerns. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-008	Highlights	TOKYO SKYTREE AND OSAKUSA TEMPLE	\$149	4.5	MODERATE	Visit the oldest temple in Tokyo and then ride up a futuristic broadcast tower to its sky-high observation deck for a phenomenal view of the city and even Mt. Fuji on a clear day. After passing through the Thunder Gate of Senso-ji temple in the district of Asakusa, you will behold a stately five-story pagoda and Japanese-style garden whose profound serenity encourages contemplation. The mood will be much different along Nakamise, a lengthy and typically bustling shopping street adjacent to the temple. You will have time to browse before heading to Tokyo Skytree, the world's tallest freestanding broadcast tower. It is an original in every sense, including the tower's unique white colour with a tinge of blue that is meant to pay homage to Japan's traditional indigo dyers. While the tower's primary role is to transmit digital broadcasts, it also features a soaring observation deck that will offer you an unrivaled, breathtaking view of Tokyo.	This tour includes about 2¼ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-010	Highlights	TOKYO GEISHA PERFORMANCE & DINNER	\$369	3.5	MODERATE	Spend a relaxing evening lingering over an authentic Japanese-style dinner, followed by a traditional geisha performance that will lend great insight into the Japanese culture. The hallmarks of your kaiseki-style dinner are its meticulous preparation and beautiful presentation. Each course will be a work of art that beautifully blends delicate textures, flavours and colours. Originally, kaiseki meals were simple and vegetarian; they only later become elaborate affairs. A genuine geisha performance will follow. In this elegant centuries-old art form, female entertainers dressed in colourful floor-length kimonos will sing, dance and play traditional musical instruments such as a three-stringed Japanese lute. Geishas are highly trained performers who study a range of arts that traditionally include poetry, calligraphy and performing the tea ceremony. In the 1920s, there were about 80,000 geishas in Japan, but today there may be only a thousand, so this performance will be a rare treat.	This tour includes limited walking; however, participants will be seated on the floor on a tatami mat. The tour is not available to wheelchair guests or those with mobility concerns. Shoes must be removed in the restaurant. The minimum age to participate is 18.
Tokyo	Japan	TOK-011	Highlights	MT. FUJI & HAKONE NATIONAL PARK	\$269	9	STRENUOUS	Marvel at Japan's spectacular natural beauty in Hakone National Park, a land dominated by steaming hot springs and Mt. Fuji, the tallest peak in Japan. Although it will take 2½ hours to reach the park, it will be well worth the time. Upon arriving, you will ride an aerial gondola up to Owakudani Station, which perches 3,425 feet above sea level. The views throughout the ride and atop the station will be absolutely spectacular. Along the way, be sure to notice the plume of hot steam that continuously rises from Mt. Kami, the highest elevation within the park. Later, in Owakudani Valley, you will enjoy a close-up view of the hot springs, steam vents and bubbling pools rising from the valley floor. Following lunch at a hotel, you will cruise Lake Ashi. The highlight will be the view of Mt. Fuji, which will also be reflected on the water's surface, weather permitting.	This tour includes about one hour of walking that can be strenuous at times with a significant number of steps and uneven ground to negotiate. Travel time in the coach is about 5½ hours to and from Hakone, including one rest stop in each direction. The tour is not available to wheelchair guests and not recommended for those with mobility concerns. Mt. Fuji is often shrouded in clouds and views cannot be guaranteed. Guests can ride in the coach up to Owakudani Station instead of the gondola, if they prefer. The order of the sights viewed or visited may vary. There will be a Japanese set meal for lunch. Special dietary requests might not be accommodated. Heavy traffic may be expected.

Tokyo	Japan	TOK-012	Highlights	HISTORIC KAMAKURA	\$139	6	MODERATE	Discover the charms of Kamakura, an ancient capital with a profusion of temples and shrines and an exceptionally popular shopping area. Your first stop will be at the Great Buddha, an outdoor bronze statue that lords over the grounds of Kotokuin temple. Cast in 1252, the 93-ton statue was housed inside another temple until the 15th century, when a tsunami destroyed the building. The Great Buddha is seated in the lotus position, his hands positioned in a meditative gesture. You will also explore nearby Tsurugaoka Hachimangu shrine, which was founded in the 11th century and dedicated to the Shinto god of war. The shrine's lotus ponds and tree-lined lanes are wonderfully peaceful and will leave you in an ideal frame of mind for the excitement you can expect to encounter at historical Komachi Dori. This always-busy stylish street is lined with hundreds of restaurants and boutiques, and you will have plenty of time to explore them.	This tour includes about two hours of moderate walking and standing with some steps, plus any additional walking at the guests' discretion during free time. There are 62 steps to reach the main hall at Tsurugaoka Hachimangu shrine. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are prohibited. The tour is not considered suitable for guests with walking difficulties. The order of the sights viewed or visited may vary. The guests who do not wish to go up can still enjoy other parts of the ground.
Tokyo	Japan	TOK-016	Highlights	TOSUMO WRESTLING & TRADITIONAL TEMPLE	\$269	5	MODERATE	Gain insight into sumo wrestling by watching a live match and for a complete change of pace browse a serene Buddhist temple. Shortly after dining in the historical Sumida district, you will observe the wrestlers as they prepare for the competition. You will see them perform ceremonial rituals such as stomping their feet and rinsing their mouths with water. The significance of each gesture will be explained to enhance your understanding of Japan's national sport. You will also learn about the wrestlers' daily life, diet and training. After the match, the wrestlers will be available for questions and to take photos with you. Visiting the Senso-ji temple will be impressive in an entirely different way as it is Tokyo's oldest and most significant Buddhist temple. Rituals and tradition are also important there as you will discover by selecting a slip of paper known as omikujii, whose message may predict your future.	This tour includes limited walking, mainly at the guest's discretion. 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.
Tokyo	Japan	TOK-017	Highlights	GEISHA PERFORMANCE & HISTORIC CASTLE	\$299	3.5	MODERATE	Watch a delightfully entertaining geisha performance and browse the ruins of Edo Castle, a fortification that was once the seat of power for the Tokugawa shogunate. The geisha will perform a traditional dance called nihon-buyo, which originated in the early 17th century. The roots of this complex dance can be traced to kabuki theatre and the practice of Zen Buddhism. The geisha may use props such as a fan to help tell the story and convey emotions. As an accompaniment, a musician will play instruments such as a three-string shamisen lute and a taiko, a traditional barrel-shaped drum. Viewing the remnants of the castle will add an entirely different cultural perspective. Much of the original castle has been destroyed by fires and earthquakes, but a few turrets and gates remain. The Imperial Palace was built on the site of the main castle. Still, the most photographed spot is the Niju-bashi Bridge, which spans the moat.	This tour includes limited walking, mainly at the guest's discretion. 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.
Oarai	Japan	OAR-002	Highlights	TASTES & GARDENS OF OARAI	\$179	4.5	MODERATE	Observe an authentic slice of Japanese daily life at the Nakaminato fish market and then stroll through a botanical wonderland that a powerful feudal lord created. While browsing the rows of fish and other marine creatures in the market, you will observe the diversity of species caught in the surrounding waters, often near the crease where the cold and warm waters of the Pacific meet. You might see whole Bluefin tunas, piles of prawns and long-legged spider crabs, all on ice. You will view a different side of the natural world at Kairakuen, a beautiful garden that lord Tokugawa Nariaki constructed in 1841 for the enjoyment of his family and the public. You can expect to see towering bamboo groves, a multitude of flowering shrubbery and thousands of plum trees. Plums are used to make a wine known as umeshu, which you will learn more about at a museum that focuses solely on plum wine and sake.	This tour includes approximately 3 hours of walking. It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Oarai	Japan	OAR-003	Highlights	HIGHLIGHTS OF MITO	\$209	4	MODERATE	Walk through a garden considered to be one of the three most beautiful in Japan and then browse an art museum with treasures from the Mito branch of the Tokugawa clan. Lord Tokugawa Nariaki constructed Kairakuen Garden in 1841, and it remains one of the most delightful landscapes in Mito, even though much of it was rebuilt following an earthquake in 2011. The name Kairakuen, which means "a park to enjoy together," is still appropriate, as the hillside setting is extraordinarily popular among residents and visitors. You will also browse the Tokugawa Museum, whose collection includes a wealth of arts, crafts, historical photographs and personal effects that the Tokugawa family donated. The most treasured items are relics from Tokugawa Ieyasu, the first shogun of the Edo Period, who unified Japan at the beginning of the 17th century. As a result, the country enjoyed 250 years of relative peace and stability.	This tour includes approximately 3 hours of walking. It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Oarai	Japan	OAR-004	Highlights	HISTORICAL RECORD OF MITO	\$209	4.5	MODERATE	Delve into the intriguing history of Mito by visiting attractions that reveal how the city rose to prominence in the peaceful Edo Period. Tokugawa Ieyasu, the feudal lord who unified Japan in the early 1600s, chose Mito as a major power base and many of his family treasures are in the Tokugawa Museum. Browsing the museum's displays and historical documents will offer great insight into the family that significantly shaped Mito. In 1841 the city's 9th lord, Tokugawa Nariaki, founded Kodokan, a school for the local samurai. You will see where the students were taught subjects such as the military arts and Confucianism, one of Japan's three traditional religions.	This tour includes approximately 2 hours of walking. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Oarai	Japan	OAR-005	Highlights	THE LEGACY OF MITO CLAN	\$209	4.25	MODERATE	recognise the lasting influence of the Mito clan by exploring two attractions that Tokugawa Nariaki, the 9th lord of Mito, founded in the mid-1800s. The powerful lord established Kodokan as a school for local samurai, and it presents an authentic look into that lifestyle. You will see the traditional tatami classrooms where the students were taught history, Confucianism and military arts such as fencing. The lord also created Kairakuen Garden, which broke precedent as it was magnanimously designed for the public as well as the ruling clan. In fact, the name Kairakuen means "a park to enjoy together." While meandering through the serene setting, you will soon understand why it is considered one of the three most beautiful gardens in Japan. While Kairakuen features a distinctive groves of bamboo and cedars, it is more well-known for its more than 3,000 plums. When they bloom in the spring, the garden becomes an explosion of colour.	This tour includes approximately 3 hours of walking. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

Oarai	Japan	OAR-006	Local Discovery	CULTURAL KASAMA	\$219	3.75	MODERATE	<p>OVERVIEW</p> <p>Delve into the cultural roots of Kasama, a city renowned for its unique pottery and the former residence of pioneering 20th-century artist Kitaoji Rosanjin. As you tour his thatched-roof farmhouse Shunpu Banri-so, you will learn about its Edo-Period design and traditional features such as the samurai-style gate. The historical property is so impressive that the Kasama Nichido Museum of Art annexed it. Although acclaimed as a potter, Rosanjin was even more famous as a culinary visionary, calligrapher and painter. His artwork is displayed inside. While visiting a nearby pottery studio, you will discover the wonders of Kasama ceramics, which date back more than 250 years. Much of pottery is earth tone, the result of the granite fragments and high iron content that pleasantly browns the clay once it is fired. The potters originally created general household pieces but branched out into decorative pottery after World War II, when plastic containers became the rage.</p>	<p>PLEASE NOTE</p> <p>This tour includes a moderate amount of walking mainly at the guest's discretion. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Local currency is required for purchases. Credit cards are accepted at some places but not everywhere. The order of the site visited or viewed may vary.</p>
Oarai	Japan	OAR-007	Local Discovery	SEASIDE PARK AND FISH MARKET	\$219	4	MODERATE	<p>Observe an authentic slice of Japanese daily life at the bustling fish market in nearby Hitachinaka and stroll through a seaside park that is celebrated for its natural landscape and fields of flowers. While browsing the rows of fish and other marine creatures in the market, you will observe the diversity of species caught in the surrounding waters, often near the crease where the cold and warm waters of the Pacific meet. You might see whole Bluefin tunas, piles of prawns on ice and long-legged spider crabs, all as fresh as the moment they were plucked from the sea. You will view a different side of the natural world at Hitachi Seaside Park, a sprawling landscape of sand dunes, forests and grasslands. As you meander the garden paths, you can expect to see an array of flowers in bloom, which you can easily identify with a flower calendar in hand.</p>	<p>This tour includes a moderate amount of walking in hilly or steep terrain with gravel paths. Tour is not recommended for guests utilising mobility devices but it is available to guests who utilise a collapsible wheelchair, can both 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. Sequence of sites visited may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.</p>
Oarai	Japan	OAR-008	Highlights	SAKE BREWERY & KASAMA INARI SHRINE	\$259	4.25	MODERATE	<p>Browse a sprawling Shinto shrine constructed in the mid-19th century and enjoy a sampling of premium sakes after seeing how they are produced in Japan's oldest sake brewery. To enter the Kasama Inari Shrine, you will pass through a traditional torii gateway – said to separate the sacred from the profane – and a grand two-story gate known as a romon. Once inside the main sanctuary, be sure to notice the statues of foxes, animals that are considered to be divine messengers. Some of them hold objects in their mouths, each with its own meaning. For instance, a fox with a scroll symbolises wisdom. Nearby, you will find Sudo Honke, a brewery where 55 generations of the Sudo family have been producing sake since 1141. While enjoying a traditional lunch, you will sample a selection of the sakes, which are known for their well-rounded, deep-flavour profile. These high-grade sakes are best served chilled.</p>	<p>Tour is not recommended for guests utilising mobility devices but it is available to guests who utilise a collapsible wheelchair, can both 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. Entrance to the Sake Brewery is a completely gravel pathway where wheelchair guests are recommended to walk. Sequence of sites visited may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.</p>
Miyako	Japan	MIY-001	Highlights	SCENIC MIYAKO	\$209	3.75	MODERATE	<p>Marvel at the extraordinary natural beauty of Miyako, particularly along its coast where you will find the Sanno Iwa Rocks. The three rock formations rise out of the sea just offshore and are one of the most iconic sights within the Iwate Prefecture. The towering pine tree-topped middle rock is considered male, the next largest sandstone rock female and the roundish rock is said to resemble a taiko drum. Although the stratified male and female rocks were once connected, the drum rock supposedly rolled there from elsewhere. You will also view Miyako's dramatic shoreline from the water by cruising past some of the most picturesque areas. You will end up at Jodogahama Beach, a sheltered stretch of sand whose name means "pure land," which reflects a Buddhist concept of paradise. It is impossible to take a bad photo there as the seascape features calm waters, a white pebble shoreline and a collection of jagged, rocky islands.</p>	<p>This tour includes a moderate amount of walking mainly at the guest's discretion. It is not available to guests who utilise a wheelchair.</p>
Miyako	Japan	MIY-002	Highlights	RYUSENDO CAVE TOUR	\$209	3.75	STRENUOUS	<p>Behold the geological wonders above and below the surface and come away with a deep appreciation for the power and beauty of nature. While pausing for photos of the three coastal Sanno Iwa Rocks, you will learn about their formation millennia ago. You will notice that two of the rocks feature horizontal strata much like the shoreline, but the third massive rock is different and supposedly originated elsewhere. A walk through Ryusendo Cave will present a contrasting view of the local geology, as it was created out of limestone. From the winding path and observation platforms, you will see brilliant-blue, spring-fed underground lakes and an array of stalactites and stalagmites, all illuminated with coloured LEDs for dramatic effect. Some of the formations have names that describe their shapes such as Turtle Rock and Dragon's Abyss. Legend has it that if you drink from the cave's Fountain of Long Life, you will add three years to your life.</p>	<p>This tour includes a moderate amount of walking. It is not available to 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.</p>
Miyako	Japan	MIY-003	Highlights	HAND-ROLLED SUSHI EXPERIENCE	\$279	2.5	EASY	<p>Learn to hand-roll sushi using a variety of ultra-fresh local ingredients and then dine on your concoctions. On the way to the lunch venue, you will pause for photos of Jodogahama Beach. It is named for a Buddhist concept of paradise, as this stretch of sand couldn't be more ideal. The sea is sheltered, white pebbles rim the coastline and the rocky islands just off shore are extraordinarily picturesque. The sushi that you will prepare in a nearby restaurant will be aesthetically pleasing, as well—and delicious. Sushi once referred only to pickled fish preserved in vinegar, but it now includes a broad array of seafood and vegetables prepared with rice made with sushi vinegar. The sushi ingredients may top a small rice ball or be served in a dried seaweed cup or inside a coned-shaped hand roll made of nori seaweed. The sushi that you hand-roll will depend on what fresh ingredients are available that day.</p>	<p>This tour includes limited walking, mainly at the guest's discretion. 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.</p>

Miyako	Japan	MIY-004	Local Discovery	LOCAL COOKING EXPERIENCE & SANRIKU RAILWAY	\$289	4	EASY	Take a hands-on cooking class and relax over a glass of locally brewed sake while riding the train along the picturesque coast. You will learn to prepare two traditional snacks made with the fish-based paste surimi. The first dish, known as chikuwa, is a popular seafood treat that is skewered on a bamboo spear and then grilled or steamed. You will also make satsuma-age, a fried fish cake that is lightly roasted and dipped in a soy-based sauce. After dining on the finished products, you will board the Sanriku Railway and settle for an immensely scenic and relaxing train ride along the shore. The train is considered a symbol of rebirth, as it was inoperable for three years following a devastating earthquake and tsunami in 2011. The views throughout the journey will be magnificent, as the coast in the Iwate Prefecture is hauntingly rugged, lined with remote beaches and shaped by the relentless forces of nature.	This tour includes a moderate amount 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. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.
Miyako	Japan	MIY-005	Highlights	JAPAN: LEARN ABOUT TSUNAMI DESTRUCTION	\$209	3.5	MODERATE	Discover how the Great East Japan Earthquake in 2011 and the tsunami that soon followed forever changed life in this part of the country. A towering concrete seawall now follows Miyako's shoreline and should protect the city from future tsunamis. It rises about 40 feet high and looks especially imposing up close. You will see the devastation that the earthquake and tsunami left behind by watching a film of the disaster in the Taro Kanko Hotel. It is an appropriate setting for the screening as the tsunami reached the hotel's fourth floor and only the steel frame remained when the waters receded. The earthquake was the most powerful ever recorded to hit Japan, and the toll in lives and damage was nearly incalculable. Sanno Iwa Rocks survived intact just offshore, and as you will see, the natural phenomenon is quite the sight. The guide will explain the significance of the three rocks that rise out of the sea.	This tour includes a moderate amount of walking mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can both make their way on and off the coach and have a companion to assist them. There are approximately 30 steps at the seawall. When guests arrive at the hotel, they will be required to remove shoes and sit on the floor for the duration of the film. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.
Aomori	Japan	AOJ-001	Highlights	BEST OF AOMORI	\$319	8	STRENUOUS	Enjoy a comprehensive tour of the Aomori Prefecture while admiring its finest contemporary and historical landmarks. Your immersion into Aomori will begin at Hirosaki Castle, a fortification that Lord Tsugaru built when he governed the region in the early 17th century. The castle sits atop a sloped stone wall surrounded by fortified moats and looks impenetrable. You will also see the original castle grounds, which are now an expansive park dotted with thousands of cherry trees. Nearby, you will browse Tsugaru Neputa Village, a museum full of enormous parade floats depicting Japanese gods, historical figures and mythological beings. You will also visit Zenringai, a district of Soto Zen temples. Incredibly, nearly three dozen of them line one street. For a glimpse of Aomori's natural beauty, you will meander through Siebien, a Bugaku-style garden that combines formal and semi-formal plantings. Don't miss the yew tree pruned in the shape of a revered god.	This tour includes approximately 4 hours of walking. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Aomori	Japan	AOJ-002	Highlights	LAKE TOWADA & OIRASE GORGE	\$329	7.5	MODERATE	Gaze out over the natural beauty south of Aomori from scenic lookouts and by riding the Hakkoda Ropeway to the summit of towering Mt. Hakkoda. You will enjoy an unobstructed panorama of the dual-crater Lake Towada from the Hakka-Toge observation deck at its southern end. From this elevated vantage point, you will have a sweeping view across the crystal-clear waters to the mountain ridge that forms the edge of the caldera and far beyond to Mt. Hakkoda. It will be a sight to behold. More natural beauty awaits you at Oirase Gorge, which the Oirase River continues to carve through the foothills at the base of Lake Towada. The river's most dramatic cascades have been colourfully named after their physical characteristics and to recognise local legends. The waterfall names include Bead Curtain and Happy Marriage. Still, few views will rival the one from the aerial tram that you will ride to the top of Mt. Hakkoda.	This tour includes approximately 2 hours of walking. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Aomori	Japan	AOJ-003	Local Discovery	NEPUTA VILLAGE & HIROSAKI CASTLE	\$259	5.5	STRENUOUS	Delve into the cultural and historical sides of the city of Hirosaki by visiting a museum filled with outrageous parade floats and a spectacular castle surrounded by cherry trees. The museum of Tsugaru Neputa Village holds massive floats with painted screens created for the annual summer festival in Hirosaki, and they look even more spectacular up close. The museum also includes exhibits of cultural items such as three-string shamisen musical instruments, local handicrafts and antique toys. Nearby, you will find the 17th-century fortification Hirosaki Castle. The original castle tower was destroyed by fire after being struck by lightning, but it was rebuilt in the early 19th century, although scaled down from five to three stories to comply with restrictions of the Edo Period. The castle will appear even more imposing from ground level, as it rises above the fortified moats below. Thousands of cherry trees blanket the adjacent park on the original castle grounds.	This tour includes approximately 3 hours of walking. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Aomori	Japan	AOJ-004	Highlights	BIG BUDDHA TEMPLE & NEPUTA HOUSE WARASSE	\$209	3.25	MODERATE	Behold Japan's tallest seated Buddha statue at a contemporary temple and browse the massive, wildly colourful parade floats in a museum downtown. A greenish patina graces the outdoor statue of Buddha at the Seiryu-ji temple complex, which rises nearly 70 feet and blends harmoniously with the forested backdrop. Also known as the Temple of the Blue-Green Dragon, Seiryu-ji is constructed primarily of cypress, lending it a wonderful fragrance as you browse the interior. You will also visit the Neputa Museum Warasse, which showcases some of the gigantic parade floats from Aomori's annual Neputa summer festival. To better understand the scope of the parade, which draws millions of people, you might watch a video in the museum or walk through the exhibits in the Neputa Tunnel. Both detail the history of the festival and how the techniques used to create the floats have changed over the years. They are now made with wire, bamboo and fragile washi paper.	This tour includes approximately 2 hours of walking. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Aomori	Japan	AOJ-005	Highlights	HIGHLIGHTS OF GOSHOGAWARA	\$209	4.5	MODERATE	Admire the creativity of Goshogawara at a renowned ceramics studio and at a museum that exhibits outlandish parade floats from the city's annual Neputa festival. Upon reaching Tsugaru Kanayama Pottery, you will learn about the various techniques used to produce its distinct pottery from local clay, which is coveted for its earthy hues ranging from copper brown to rusty red. Depending on the technique, the kiln's pine ashes can leave characteristic patterns on the pottery such as teeny spots that look like sesame seeds. For a different perspective of Goshogawara's creativity, you will visit the Tachi-Neputa House, a museum that displays large parade floats featured in the city's version of the joyous Neputa summer festivals held throughout the Aomori Prefecture. The floats were once taller but had to be scaled back as modern utility lines were added over the streets. Even so, the floats are magnificent, especially when illuminated to enhance their dramatic effect.	This tour includes approximately 2 hours of walking. It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

Aomori	Japan	AOJ-006	Local Discovery	NEPUTA VILLAGE & FUJITA MEMORIAL GARDEN	\$279	4.75	MODERATE	Browse a museum full of enormous, brightly coloured parade floats and meander through a Japanese landscape garden designed in an Edo Period style. The annual summer festival held in the ancient castle town of Hirosaki is renowned for its gigantic and outrageous floats, many of which are later housed in a museum in Neputa Village. You will enjoy a close-up look at these masterful pieces made with wire, bamboo and fragile washi paper. They typically depict Japanese gods, historical figures and mythological beings. Cultural items such as three-string shamisen musical instruments, local handicrafts and antique toys are displayed, as well. You will also stroll through the century-old Fujita Memorial Garden, which is named for its original owner, entrepreneur Fujita Kenichi. The property's upper and lower gardens feature classic elements such as ponds, waterfalls and thoughtfully placed rocks and trees that create a harmonious and serene atmosphere.	This tour includes approximately two hours of walking with approximately 75 steps at venues. 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. Please bring local currency as credit cards are not accepted everywhere.
Aomori	Japan	AOJ-007	Highlights	SEIBIEN GARDEN & HISTORICAL DISTRICT	\$279	4.25	MODERATE	Appreciate the tranquility of a late Edo Period garden and an architectural gem within a preservation district that was constructed even earlier. Laid out in the early 1900s, Seibien Garden features a distinctive style that combines formal and semi-formal plantings, stone bridges and glass-smooth ponds with stepping stones. Few settings are quite so serene, especially in a city as large as Hirosaki. As you stroll the garden paths, be sure to seek out the yew tree pruned in the shape of a revered god, just one of the reasons that Seibien Garden is recognised as an official Place of Scenic Beauty. In nearby Kuroishi, you will walk along Nakamachi Komise, one of the primary streets in the historical shopping district. The setting has changed little since feudal times when the komise – a wooden arcade that runs the length of the street – was built to protect shoppers from winter snow and summer sun.	This tour includes approximately two 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. Please bring local currency as credit cards are not accepted everywhere.
Aomori	Japan	AOJ-008	Highlights	PANORAMIC AOMORI	\$199	5.45	MODERATE	Behold the tallest seated Buddha in Japan and gaze out over a spectacularly scenic national park while riding the cable car ropeway above the slopes of Mount Tamoyachi. Erected in 1984, the massive bronze Showa Daibutsu Buddha peacefully overlooks the grounds of Seiryu-ji Temple, whose five-story pagoda is also impressive. Much of the temple was constructed from locally sourced cypress, a species of tree found within the densely forested Towada-Hachimantai National Park. You will enjoy a literal bird's-eye view of that protected mountainous park while riding the Hakkoda Ropeway. If the day is clear, you can see well beyond the city of Aomori and Mutsu Bay. The summit offers 360° views that you may find even more majestic. Jogakura Bridge presents a different perspective of the wooded national park. While standing on this deck-arch bridge – the longest of its kind in Japan – the views will seem to go on forever.	This tour includes approximately 3 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Aomori	Japan	AOJ-009	Highlights	GLIMPSE OF AOMORI	\$269	5.5	MODERATE	Visit attractions that present vastly different side of Aomori, the capital of its namesake prefecture. For the ultimate view of the city's mountainous backdrop, you will ride a cable car on the Hakkoda Ropeway to the summit of Mount Tamoyachi. Few settings are quite so magnificent as national parkland blankets the slopes. Aomori is also synonymous with apples and has become the largest apple producer in Japan. The climate is ideal for cultivating the fruit as the extreme differences in temperature produce exceptionally sweet and juicy apples. You will have the opportunity to pick a few and taste their celebrated quality. A more complete meal will follow at the Aomori Gyosai centre fish market, where you will create your own nokke-don, which literally means rice bowl with toppings. Dozens of vendors offer seafood right off the fishing boats so you can easily custom-build a lunch that suits your taste.	This tour includes approximately 4 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Aomori	Japan	AOJ-010	Highlights	HIROSAKI SIGHTSEEING	\$189	5.25	MODERATE	Explore a seemingly impenetrable castle as a prelude to apple-picking, an activity just as synonymous with the area. Although a devastating fire from a lightning strike destroyed the original Hirosaki Castle, it was rebuilt in the 19th century. That version stands today atop a sloped stone wall that fortified moats protect. Although the castle was scaled down from five stories to three to comply with restrictions of the Edo Period, it is an absolutely beautiful structure around which the castle town of Hirosaki developed. The surrounding park is dotted with thousands of cherry trees that put on quite the show when in bloom. Apple trees are just as revered as you will discover at the Hirosaki Apple Park, where nearly 80 varieties are grown. Besides eating apples that you pick right off the trees, you can visit an apple house that sells everything from apple curry to apple sundaes.	This tour includes approximately 2 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Aomori	Japan	AOJ-011	Highlights	ICONIC AOMORI	\$169	5.5	MODERATE	See some of the beloved attractions that define Aomori and its namesake prefecture, including a seaside Shinto shrine with hundreds of bright vermilion torii gates. These gates signify the boundary between the sacred and the secular and can be surprisingly large. The torii at Takayama Inari Shrine are so close together that they form a tunnel that snakes along the forest, giving the setting an almost mystical atmosphere. The shrine is dedicated to the gods of harvest and maritime safety. The bounty of the surrounding seas will be especially apparent at the Auga Fresh Market, where you can expect to see everything from live octopus to nori, a dried seaweed used in countless Japanese dishes. You may wish to snack there before independently exploring Shinmachi Street, Aomori's main thoroughfare for shopping. Whether you prefer department stores or one-of-a-kind boutiques, you can find plenty of them along this bustling street.	This tour includes approximately 2 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Hakodate	Japan	HKD-003	Highlights	HAKODATE'S HISTORY & CULTURE	\$219	4.25	MODERATE	Enjoy an immersion into the history and culture of Hakodate through landmarks that reveal how the city transitioned from its 19th-century isolationist policies. Hakodate was one of the first ports that opened to foreign trade following Japan's period of self-isolation, which ended with the Kanagawa Treaty of 1854. Afterwards, most foreigners settled in Motomachi, where you can't help but notice the distinct styles of architecture that include Russian, British and Chinese. Not far away in the urban oasis Gorykaku, you will take in the beautiful parkland and the 19th-century, star-shaped Fort Gorykaku from atop a soaring observation tower. A brief walk will then bring you to the Hakodate magistrate's office, a reproduction of the original that was constructed using traditional methods and materials. Once the diplomatic centre of the region, the office holds a collection of revealing artifacts that detail the cultural evolution of Hakodate.	This tour includes about two hours of walking and standing with a few steps and some steep terrain to negotiate at Motomachi. The amount of walking and the level of exertion during free time is at each guest's discretion. This tour is not recommended for wheelchair guests or those with walking or mobility concerns. Shoes must be removed to enter magistrate's office.

Hakodate	Japan	HKD-004	Highlights	ONUMA NATIONAL PARK	\$189	4	MODERATE	Cruise through the serene waters of volcanically formed Lake Onuma in its namesake national park, and then hike along its coast for a different perspective of the natural beauty. Being a volcanic lake, the water is relatively acidic and somewhat uninhabitable for marine creatures. Even so, you may well see waterfowl, ruddy kingfishers and white-tailed eagles soaring overhead. The most dramatic sight in the park will surely be Mount Komagatake, an active volcano that dominates the landscape to the north. Occasionally, smoke plumes from volcanic tremors can be seen spewing from the mountaintop, but significant eruptions are rare. You should have an excellent view of the graceful mountain while cruising the lake and later while hiking a nature trail through the park. Wildflowers should be abundant, and you can also expect to enjoy panoramic views of southwestern Hokkaido as you cross the bridges linking the small islands in Lake Onuma, which fills an ancient caldera atop Mt. Akagi-yama.	This tour includes about one hour of walking on mostly gravel and cobbled surfaces with a few steps. Onuma Park has several walking trails and one of them is wheelchair accessible, as is the boat. The 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.
Hakodate	Japan	HKD-005	Highlights	HAKODATE HIGHLIGHTS	\$189	4	MODERATE	Gain a greater understanding of life in Hakodate by visiting the Morning Market, riding the tram to the city's highest point and meandering through a historical neighbourhood. The market spans nearly four city blocks and is a wonderful place to observe daily life, as the locals bustle among hundreds of stalls, most featuring fresh seafood. You can expect to see familiar items such as squid, salmon roe and Atka mackerel, as well as more unusual ones like jellyfish, fermented carp and barnacles. Locals also come here for fruit, spices and domburi rice bowls. You will then board an aerial tram and enjoy sweeping views as you ride up to the summit of forested Mount Hakodate, an extinct volcano. You will also have the opportunity to stroll the cobblestone streets of Motomachi, a district at the foot of the mountains, where most foreigners lived after Hakodate was opened to the west in 1854.	This tour includes about one hour of walking and standing with a few steps and some steep terrain to negotiate at Motomachi. The amount of walking and the level of exertion during free time is at each guest's discretion. This tour is not recommended for wheelchair guests or those with walking or mobility concerns.
Hakodate	Japan	HKD-006	Highlights	PANORAMIC HAKODATE	\$139	2.5	EASY	Sit back and relax on this enlightening driving tour through Hakodate that takes in the key landmarks, including Mount Hakodate, an extinct volcano that looms over the city. Hakodate was one of the first ports that opened to foreign trade following Japan's period of self-isolation, which ended in 1854. Since then, Hakodate has grown to become the island's third largest city, even though its land is somewhat limited by mountains and the sea. The panoramas may include landmarks such as Fort Goryokaku, the 19th-century Motomachi district and the Kanemori red-brick warehouses along Hakodate's waterfront. Still, the highlight will be the panoramic drive to the top of Mount Hakodate, an extinct volcano now covered with forest. The summit offers spectacular sweeping views in every direction and is the best vantage point to see the urban sprawl below. Afterwards, you will also have the chance to stretch your legs while pausing for photos in the Yahatazaka area.	This tour requires minimal walking during photo stops. It 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.
Hakodate	Japan	HKD-007	Highlights	BEST OF HAKODATE FROM ABOVE	\$239	4	MODERATE	Take in Hakodate's must-see attractions and natural beauty from atop an extinct volcano, while meandering through a historical district and from a soaring observation tower. You will reach the summit of forested Mount Hakodate on an aerial tram that will present outstanding views. Be sure to notice the mountain's shape, which resembles a "cow lying down," the mountain's odd nickname. Later, you will stroll the cobblestone streets of Motomachi, where most foreigners lived when Japan's era of isolation ended in 1854. The international ambience is still unmistakable, as you will see through architectural treasures such as a Russian Orthodox church, the former British consulate and a Chinese meeting hall. More spectacular views await you from 350-foot-high Goryokaku Tower. If it is a clear day, you can see across the Tsugaru Channel. The tower also provides the best vantage point to see Fort Goryokaku, a star-shaped citadel built in the 19th century to protect Hakodate from Western imperialists.	This tour includes about an hour of walking and standing with a few steps and some steep terrain to negotiate at Motomachi. It is not recommended for wheelchair guests or those with walking or mobility concerns.
Hakodate	Japan	HKD-008	Highlights	HISTORICAL HAKODATE	\$179	6	MODERATE	Delve into Hakodate's past through attractions that reflect its development after the city opened to foreign trade following Japan's period of self-isolation. Business is still booming as you will discover at the Morning Market, a collection of hundreds of shops that span nearly four city blocks. Everything imaginable will be on display, including fresh seafood, aromatic spices and domburi rice bowls. The market is also a great place to people-watch as the locals go about their daily lives. Continuing on, you will soon reach Goryokaku Tower, a 350-foot-high observation point that offers sweeping views of Hakodate and the Yokotsu Mountain Range in the distance. The tower also offers an excellent view of Fort Goryokaku, a star-shaped citadel built in the 19th century to protect Hakodate from Western imperialists. Free time follows in the bay area, whose red-brick warehouses have been converted into an entertainment complex with restaurants, shops and a microbrewery.	This tour includes approximately 4 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Hakodate	Japan	HKD-009	Highlights	HAKODATE HORIZONS	\$189	5	MODERATE	See Hakodate from various vantage points, each of them leaving you with a different impression of this photo-worthy city. While riding the cable car ropeway along the forested slopes of Mount Hakodate, the views will seem to go on forever. Upon reaching the observatory at the summit, you will be treated to another spectacularly scenic perspective of the urban sprawl below. You will also stop in Motomachi, a neighbourhood in the foothills where most foreigners lived when Japan's era of isolation ended in 1854. The international ambience is still apparent, especially in architectural treasures such as the former British consulate and the Russian Orthodox church, whose onion-shaped domes are striking. Then, there is Cape Tachimachi, which juts out into the sea at the southeastern end of Mount Hakodate. If you see bursts of violet in the vegetation that comes right the edges of the cliffs, it is likely wild rugosa roses in bloom.	This tour includes approximately 4 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Hakodate	Japan	HKD-010	Highlights	THE SOOTHING NATURE OF HAKODATE	\$159	5.75	MODERATE	OVERVIEW Become refreshed and revitalised while strolling through a classic Japanese-style garden and by soaking your feet at a hot springs resort. Few greenspaces are quite so relaxing as the well-shaded gardens of Kosetsuen, which were originally designed for a wealthy merchant in the late 19th century. Of all the gardens on the volcanically formed island of Hokkaido, it is the only one officially designated as a cultural property. It is that impressive. The draw of Yunokawa Onsen is its hot springs, which first became famous in the 17th century, when a lord of an aristocratic family supposedly recovered from a terminal illness after bathing there. If nothing more, your footbath in the mineral-rich waters will be incredibly soothing and put you in just the right mood to explore the area along Hakodate Bay. Once used for international trade, its red-brick warehouses have been redeveloped into a shopping, dining and entertainment complex.	This tour includes approximately 4 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.

Hakodate	Japan	HKD-011	Highlights	HAKODATE'S VOLCANIC WONDERS	\$179	5	MODERATE	Cruise through the brilliant blue waters of volcanically formed Lake Onuma and enjoy a soothing footbath in a geothermally heated hot springs. A picturesque drive through the naturally beautiful Onuma Quasi-National Park will bring you to the lake, which filled in a caldera left by a volcanic eruption in 1640. While cruising its shimmering sheltered waters, you may spot birds such as blue-and-white flycatchers, ruddy kingfishers and white-tailed eagles soaring overhead. The most dramatic sight will surely be Mount Komagatake, an active volcano that dominates the landscape to the north. Occasionally, smoke plumes from volcanic tremors can be seen spewing from the mountaintop, but significant eruptions are rare. A bit closer to Hakodate, you will ease into a refreshing footbath at the Yunokawa Onsen hot springs. The waters are rich in minerals that may have health benefits as soaking in them is said to improve joint pain and fatigue.	This tour includes approximately 3 hours of moderate uphill 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. The order of sites visited may vary.
Hakodate	Japan	HKD-012	Highlights	THE MANY FACES OF HAKODATE	\$189	6.5	MODERATE	Visit landmarks that showcase the diversity of Hakodate, one of the island's largest cities even though its footprint is somewhat limited by mountains and the sea. One of the more hidden attractions is Japan's first monastery for women, which the city forest surrounds. Although its late 19th-century Gothic and Romanesque design is impressive, the red-brick monastery garners just as much attention for the shell-shaped madeleine cookies that the nuns bake. They are among the most popular gifts on the entire island of Hokkaido. There is no mistaking Goryokaku Tower as its rises 350 feet above Hakodate. The observation deck will provide you with the best view of Fort Goryokaku, a star-shaped citadel built in the 19th century. More than 1,600 cherry trees grace the banks of the surrounding moat. Not far away in the Hakodate bay area, you will enjoy free time to browse the shops in the historical red-brick warehouses.	This tour includes approximately 4 hours of moderate uphill 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. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Kodiak	United States of America	KOD-001	Highlights	CITY OF KODIAK PANORAMIC DRIVE	\$109	1	MODERATE	Enjoy an enlightening driving tour of downtown Kodiak and the attractions in the immediate countryside, leaving you with a greater appreciation for life on an Alaskan island. On the drive out of town, you will pass the once-thriving salmon canneries along Cannery Row, a Russian Orthodox church and seminary, and the Kodiak History Museum, which is housed in Alaska's oldest building. Constructed in 1808, it has been deemed a National Historical Landmark. For a glimpse at the natural beauty on the outskirts of Kodiak, you will pass lovely Mission Beach before pausing for photos at Mill Bay Beach. One of Kodiak's oldest roadways will take you back to town, where you will see the high watermark from the 1964 tsunami that a 9.2-magnitude earthquake caused. The water crested 35 feet above the low tide mark. You will also pause for photos at the scenic viewpoint that is overlooked by a World War II pillbox.	This tour involves minimal walking while pausing for photos. If you choose, you may remain on the vehicle during the occasional stops.
Kodiak	United States of America	KOD-002	Active	FORT ABERCROMBIE STATE PARK NATURE WALK	\$129	2.5	STRENUOUS	Explore Kodiak's spectacular beauty and wartime history during this scenic walk through a portion of the 183-acre Ft. Abercrombie State Park. Depart the pier for the drive to the headquarters of Ft. Abercrombie State Park. With the map provided, you will walk along well-maintained trails offering breathtaking ocean views. A variety of seabirds inhabit the park's coastline, and whale sightings are frequently reported in this area throughout the season. During your walking tour, you will see numerous World War II bunkers from Kodiak's wartime past. Although some of the bunkers were designed for lookouts and others for storage, all are an important part of the history and growth of Kodiak. Return to the park headquarters, where you will re-board your coach for the return drive to the pier.	This tour involves a 1.5-mile walk. Whale sightings are not guaranteed. This tour is not recommended for guests with limited mobility or guests who utilise a wheelchair.
Kodiak	United States of America	KOD-003	Highlights	KODIAK CITY OVERVIEW	\$159	3	MODERATE	Gain a deeper understanding of Kodiak's history and culture by visiting many of its most revealing attractions. On the scenic drive out of town, you will pass the once-thriving salmon canneries along Cannery Row, before stopping at the Kodiak History Museum, which is housed in Alaska's oldest building. Constructed in 1808, it has been deemed a National Historical Landmark and contains a wealth of fascinating artifacts from the Russian colonial period, the early American era and World War II. You will see collections of a different nature at the Alutiiq Museum, which celebrates the indigenous Aleutian people. Alaska's stunning natural beauty steals the show at Fort Abercrombie State Park where you will go back in time while you visit the WWII Military History Museum.	This tour involves moderate walking, sometimes over uneven surfaces. It is also necessary that participants can negotiate stairs on occasion.
Kodiak	United States of America	KOD-008	Highlights	KODIAK WILDLIFE & SIGHTSEEING CRUISE	\$409	2.5	EASY	Cruise along the spectacularly scenic coast of Kodiak Island with a local captain that will point out the sights while regaling you with stories of the Alaskan wilderness. Our captains are experienced outdoorsmen and entertaining and informative host so you can expect every moment to be memorable. Your adventure will begin in the harbour, where many of the king crab boats from the television series "Deadliest Catch" moor for the summer before they start heading for the Bering Sea. As you head out on your tour, you will soon understand why Kodiak Island is nicknamed the Emerald Island—dense green forests blanket it. While skirting along the shore, you will pass bird rookeries, where hundreds of puffins and the kittiwakes that nest in the sheer cliffs. You may also spot majestic bald eagles nesting high in the Sitka spruce trees. Marine species are also abundant, so keep an eye out for humpback whales, sea lions and sea otters.	This tour includes limited walking, mainly at the guest's discretion. Guests must be of the ability to access this tour on their own accord without any type of mobility assistance. While wildlife sightings are common, they are not guaranteed.
Kodiak	United States of America	KOD-009	Active	KODIAK WATERFRONT WALKING TOUR	\$169	1.5	MODERATE	This 90-minute walking tour takes guests into the rough-and-ready world of Alaska's commercial fishing industry. A knowledgeable guide will lead the tour through the Kodiak waterfront and help guests learn about Alaskan fishing boats, gear, and the lives of working commercial fishermen. Along the way, guests will hear life and death stories of the Alaskan fishing industry and have the chance to meet real fishermen as they prepare their gear and boats for another fishing trip. The tour introduces guests to the different kinds of fishing vessels in Alaska and the equipment, crab pots, nets and hooks used to catch seafood off Alaska's coast. The tour includes an examination of a fisherman's cold water immersion survival suit, which helps fishermen survive the cold waters of Alaska in the event of a fishing vessel sinking. Along with the human activity on the docks, guests should keep an eye out for bald eagles, harbour seals and Steller sea lions, which often frequent the harbour. Guests will also learn about the Great Alaskan Earthquake and Tsunami of 1964 which destroyed much of the town of Kodiak and its fishing fleet. The tour begins at the dock where guests disembark from their ship and ends at the Fishermen's Memorial at the Kodiak harbourmaster Building in downtown Kodiak. Guests are encouraged to explore Kodiak from there, including visits to other nearby museums and shopping. Guides are current or former Alaskan commercial fishermen with years of Alaska commercial fishing experience. Their knowledge of the gear, the boats, the ocean, and the fishermen of Kodiak insures a highly personal introduction to this unique and dangerous profession.	This tour involves walking approximately 1.5 miles over paved streets. harbour access ramps can be steep when the tide is low. Guests should be capable of walking and standing for 90 minutes. This tour is not suitable for those with mobility issues.

Seward	United States of America	SWD-001	Highlights	EXIT GLACIER AND SEALIFE CENTRE	\$219	5.5	MODERATE	Walk along the base of massive Exit Glacier, and then visit an aquarium and rehabilitation centre to see how it aids injured animals. The easily accessible glacier lies within Kenai Fjords National Park and is one of dozens spilling down from the Harding Icefield. Standing near the base of the dense, bluish mass of ice, you may hear it crackle and groan as it imperceptibly inches along. To further enhance your experience, a park ranger will lead you on an interpretive walk. Back in Seward, you will visit the Alaska SeaLife centre, the state's only public aquarium and ocean wildlife rescue centre. During free time, you may see indigenous wildlife such as puffins and sea lions in naturalistic habitats. Many of the animals are being rehabilitated in hopes of returning them to the wild. You may also observe scientists that are pioneering research on Alaska's marine ecosystems and declining animal populations.	This tour includes approximately three hours of moderate to easy walking, at times over uneven and natural surfaces. This tour is not available to wheelchair guests or those with mobility concerns.
Seward	United States of America	SWD-004	Highlights	ALYESKA RESORT TRAM RIDE & WILDLIFE CENTRE	\$269	7.5		Board a motorcoach for a scenic journey north to the resort community of Girdwood. Enjoy a tram ride to the top of Mount Alyeska and a deli-style lunch. The Alyeska Aerial Tram is a three-to-seven minute scenic ride from The Hotel Alyeska to 2,300 ft. in elevation and the top of Mt. Alyeska. From the Tram, you can see for miles in all directions – including views of the Turnagain Arm, up to seven “hanging” glaciers, and endless peaks deep into the Chugach Mountain range. Don't forget to look down! In the summer months, moose and bear sightings are common on our aerial tram rides, too. At the Upper Tram Terminal, there is an observation deck providing even more breath-taking panoramic views of majestic mountains, hanging glaciers, sparkling streams, towering spruce, and an array of wildlife. The observation deck is a perfect place to enjoy a relaxed lunch or beautiful evening sunset. Telescopes are also available along the deck. In the summer months, you can also enjoy exploring, berry picking and even hiking on a glacier. There is time on own to visit the community or take a short hike at one of the local trails. Also, included is a visit to the Alaska Wildlife Conservation centre to see Alaskan wildlife up close. The AWCC is dedicated to preserving Alaska's wildlife through conservation, research and animal care. They take in injured and orphaned animals and provide shelter and quality care. The centre consists of large spacious habitats for the animals, where you might see brown bears, moose and bison roaming freely.	
Seward	United States of America	SWD-006	Local Discovery	KENAI FJORDS NATIONAL PARK CRUISE	\$349	7		Cruise through the pristine waterways of the Kenai Fjords National Park aboard a catamaran while marveling at the natural beauty and abundant wildlife. Along the way, a park ranger will provide commentary that describes the ecology, geology and history of this magnificent landscape. The massive Harding Icefield covers much of the park and its dozens of glaciers have sculpted the unspoiled terrain into a natural wonderland. The catamaran will bring you close enough to the Holgate Glacier to hear it creak and groan if you are there when chunks of the tidewater glacier break away. Small icebergs are often seen floating in the water where the glacier empties into Holgate Arm. Chances are, you will spot marine mammals such as Dall's porpoise, Steller sea lions and sea otters. Whales such as humpbacks also inhabit these waters while migrating. Be sure to scan the coast for bear, mountain goats and moose.	This tour is primarily panoramic in nature with walking at the guest's discretion. This tour includes limited walking, mainly at the guest's discretion. There is a ramp and some steps to board the boat. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the bus/boat and have a companion to assist them.
Seward	United States of America	SWD-007	Highlights	ALASKA SEALIFE CENTRE ANIMAL ENCOUNTER	\$239	2	EASY	Enjoy a behind-the-scenes tour of the Alaska Sealife centre during which you can interact with the marine life and the scientists that conduct research there. One of the animal encounters will involve hand-feeding puffins in the aviary. The birds typically eat small fish and squid and aren't shy about approaching humans for a meal. Puffins are widespread along coastal Alaska and their distinct colouring, particularly their reddish-orange bill, makes them easy to recognise in the wild. During the other animal encounter, you will watch giant Pacific octopuses being feed and learn about these elusive, solitary sea creatures. The only hard part of an octopus is its parrot-like beak. Consequently, even a 50-pounder can fit its soft-tissue body through a 2-inch opening. Octopus have the uncanny ability to quickly change the colour and texture of their skin, which is why they are called “chameleons of the sea.” The scientists will elaborate on the characteristics of the animals that you encounter.	This tour is wheelchair accessible.
Seward	United States of America	SWD-008	Highlights	RESURRECTION BAY CRUISE	\$309	4.5	EASY	Watch for wildlife while cruising the sheltered waters of Resurrection Bay, a deep fjord on the Kenai Peninsula. The first governor of Russian Alaska named the bay for its calm waters after finding refuge there when sailing during a violent storm. The serenity enhances the natural beauty of this wild landscape, which couldn't be more majestic. As you skirt along the rugged coastline, you will likely pass large bird rookeries and colonies of sea lions. Other commonly spotted wildlife includes orcas, Dall's porpoise and seals. You may even see a number of humpback whales breaching the water's surface as they feed using an ingenious communal method known as bubble-netting. The ship's captain will provide commentary of the natural spectacles that you are bound to witness. Bear Glacier is one of them. The longest glacier in Kenai Fjords National Park, it terminates into a lake that is usually dotted with icebergs.	Total time cruising is 5 hours. There are steps and a ramp. Toilet onboard. This tour is not wheelchair accessible. Please note that this tour is not exclusive to Explorations by Norwegian guests.
Seward	United States of America	SWD-009	Highlights	KENAI MOUNTAINS AND WILDLIFE CENTRE	\$279	7.5		Marvel at the gorgeous scenery while driving through the mountainous Kenai Peninsula to a wildlife centre for injured and orphaned animals. You will pass through a landscape of deep-water lakes, pristine streams and dense forests before arriving at the chateau-style Alyeska Resort for lunch. It's a beautiful setting for dining and hiking, if you wish, as there will be time to follow one of the easy-to-negotiate trails that start at the resort. The nearby Alaska Wildlife Conservation centre will provide an up-close look at some of the iconic Alaskan animals that inhabit the surrounding forests. You can expect to see large creatures such as reindeer, brown bear and wood bison, as well as smaller mammals that may include bald eagles and Canadian lynx. They are all in various stages of rehabilitation in hopes of being returned to the wild. Gaining insight into their care will be an eye-opening and moving experience.	This tour includes a moderate amount of walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can both make their way on and off the coach and have a companion to assist them. The Conservation centre will be explored by bus; however, guests may then choose to explore on foot. Guests who utilise a wheelchair will have limited access to the facility as all roads are gravel. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.
Seward	United States of America	SWD-013	Highlights	SCIENTIST IN ACTION: VETERINARY TALK	\$159	1.5	EASY	Meet with a veterinarian at the Alaska SeaLife centre and learn how marine mammals in need are rehabilitated in hopes of returning them to the wild. Animals that have been abandoned, stranded or injured are brought to the facility from all over Alaska and attended to until they can care for themselves. The veterinarian will recount some of the centre's successes using real case studies. You may hear about a harbour seal named Ravioli that was nursed back to health after being separated from its mother. Sea otters such as Zippy, who was entangled in a fishing net until it nearly died, are also frequently brought to the centre. Then, there was Tyonek, a beached Beluga whale calf that was fed formula until it gained enough weight to be safely transferred. Many of these case studies are heartwarming, but other animals weren't so fortunate, and their stories will be just as insightful.	This tour includes approximately one hour of walking. It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. A handicap accessible coach may be available with advance notice. There are elevators at the centre.

Hubbard Glacier	United States of America	HUB-001	Highlights	HUBBARD GLACIER & WILDERNESS EXPLORER	\$339	2	STRENUOUS	Cruise remarkably close to Hubbard Glacier for the ultimate look at this huge river of ice that has the distinction of being North America's largest tidewater glacier. After boarding the boat directly from the cruise ship in the mouth of Disenchantment Bay, you will settle into the heated cabin with large windows that provide excellent viewing. The vessel also features a shallow draft, allowing it to easily cruise around the icebergs near the face of the glacier, which is hundreds of feet high above the waterline. Hubbard Glacier is nicknamed the Galloping Glacier because at times it advances several feet a day. Few natural sights are quite so spectacular as when large chunks of ice calve – or break off – from the glacier with a thundering roar. The naturalist guide will describe the glacier's characteristics in fascinating detail, as well as the wildlife, which includes harbour seals, bald eagles, orcas and even humpback whales.	This tour is not wheelchair accessible. Little walking is required; however, participants must be able to negotiate transit of a narrow, moderately steep gangway with only minor assistance to embark and disembark the tour vessel.
Sitka	United States of America	SIT-001	Highlights	RAPTOR CENTRE AND HISTORIC PARK	\$119	3	MODERATE	Trace Russia's influence on Sitka in the 19th century and tour a raptor centre that rescued injured birds in hopes of returning them to the wild. The Russians first gained a foothold in Alaska in 1804 by overpowering the indigenous Tlingits. That battlefield is now part of the Sitka National Historical Park, where you will browse exhibits explaining the conflict. Here you can walk the forest trail lined with totems and view cultural exhibits This tour also presents the chance to see Alaskan wildlife up close at the Alaska Raptor centre, a rehabilitation facility for birds of prey. This Bald Eagle centre operates with bird care professionals assisted by volunteers to rescue birds, provide them with rehabilitative care and hopefully release them back into the wild. Time will be available to view the flight centre, clinic window, outside deck habitat areas and gift shop.	This tour involves walking of up to one mile within an hour and a half. The order of sites visited may be reversed. This tour does allow wheelchairs as there are ramps at the stops. At the end of the tour, guests will have the option to stay downtown to explore on their own. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used.
Sitka	United States of America	SIT-002	Active	HISTORIC SITKA AND NATURE WALK	\$109	3.25	MODERATE	Your tour begins with a transfer to the Alaska Raptor centre, where you'll encounter the swamp-like muskeg soil and alpine meadow where most of Alaska's bird, plant and wild berries thrive. Then explore and photograph the Raptor centre's open bird habitat and new Eagle Flight centre, home to bald eagles, owls, hawks, and other birds of prey. During your visit, the staff will explain the Raptor centre's mission and answer questions. Next, you'll proceed for a visit to Sitka National Historical Park, where walking trails lined with authentic totem poles will guide you through the lush Tongass National Forest. As you cross the bridge at Indian River, you'll learn about the rain forest's ecosystem, local plant, and animal life and your guide will share stories of the history of the towering totems. Afterward, you'll walk along the harbour's shoreline and pass by many Victorian-style homes and ornate churches. Your guide will also point out iconic landmarks such as Sheldon Jackson College and the Russian Bishop's House, although visits inside are not included in the walk.	The tour involves three miles of walking over uneven ground, trails and stairways at a steady pace and is not recommended for guests with limited mobility. The order of sites visited may be reversed. A visit inside the Bishop's House is not included in the walk.
Sitka	United States of America	SIT-004	Highlights	SEA OTTER AND WILDLIFE QUEST	\$249	2.5	EASY	Cruise the pristine waters off Sitka in search of marine life such as sea otters while listening to a naturalist elaborate on the most intriguing characteristics of the species. You may settle into a comfortable seat in the boat's main cabin or remain topside on the observation deck. Either way, you will enjoy an uninterrupted view of the sea. As you scan the waters for marine life, the naturalist will describe how humpback whales feed here in the summer and how animals such as sea otters now thrive. The animals were nearly extinct due to aggressive fur hunting in the early 1800s, and their comeback is a wonderful success story. Other creatures commonly spotted include sea lions, porpoise, harbour seals and a huge variety of seabirds. Puffins are particularly easy to identify because of their bright orange beaks.	The tour operates in all weather conditions. Each vessel features a warm and comfortable cabin with enclosed seating, large windows, a snack bar and restrooms. A sweet and savoury snack as well as coffee, tea, and hot chocolate will be provided. Participants must negotiate 3-4 steps with non-lifting assistance to embark & disembark the catamaran. Vessels are not able to accommodate Motorised Scooters, however manual wheelchairs can be used.
Sitka	United States of America	SIT-006	Active	WILDERNESS SEA KAYAKING ADVENTURE	\$189	3	STRENUOUS	Kayak through the typically calm, crystal-clear waters off Sitka, enjoying the serenity and natural beauty so characteristic of this area. Following a short orientation briefing, during which you will learn how to maximise the experience, you will ease into a two-person kayak and paddle off. The guide will lead the way and acquaint you with the marine environment. The backdrop of towering mountains blanketed by dense forests will be absolutely inspiring, one of the reasons that Jean-Michel Cousteau's Ocean Futures recommends this excursion. While kayaking through the protected bays and inlets, you might spot bald eagles overhead or perched in the trees along the shore, hunting for fish near the surface. You may also see sea lions, harbour seals and porpoise as you paddle through the enchanting setting. Afterward, you will return to the base camp for a hot beverage and snack before being transferred back to the pier.	This tour includes approximately one hour of kayaking and is recommended for guests in good physical condition. Guests will be required to sign a waiver in order to participate. Guests will be given life jackets, which must be worn throughout the tour. Only the provided life jackets will be permitted. Children must be at least six years old to fit into the required life jacket. Raingear will also be provided, if needed. Participants must weigh at least 40 pounds and not more than 250 pounds.
Sitka	United States of America	SIT-010	Active	TONGASS RAINFOREST NATURE HIKE	\$169	3	STRENUOUS	Take an unforgettable hike through Tongass National Forest, the world's largest temperate rainforest, and observe the diversity of flora and fauna. You will follow the Starrigavin Trail through dense woods and muskeg, a common type of bog. In time, you will come to an estuary and creek, where the naturalist guide will explain the ecosystems, including how salmon spawn here each season. Once you reach the boardwalk, you will enjoy a different perspective of the estuary before ascending into the headlands. As the elevation rises, even slightly, you will notice a change in the vegetation. The animals that frequent these areas change accordingly, giving you a comprehensive look into the local forest life. You will also pass Mosquito Cove, an area named for the insects that swarmed here when charcoal was made during the early 19th century. Fortunately, the mosquitoes left when the industry died.	Each group sets its own pace and may hike between two and four miles. The hike includes steep climbing over uneven surfaces. The path mostly follows a level boardwalk and gravel path, but it does gain about 300 feet in elevation at the highest point. It is recommended that participants are in good physical condition. This non-smoking tour operates in all weather conditions. A rain poncho will be provided, if needed. The minimum age to participate is ten years old and children must be accompanied by a parent.

Sitka	United States of America	SIT-012	Active	OCEAN RAFT ADVENTURES	\$189	2.5	STRENUOUS	An Ocean Rafting Adventure is the perfect way to make your visit to Sitka an exciting and unforgettable one. You'll begin by being equipped with state of the art gear for this adventure. The gear includes a coast guard style exposure suit, balaclava, safety glasses and gloves. At up to 30 mph fun on the waves comes with a blast of fresh air in the open seating of raft. Specially designed straddle seats provide comfortable and secure seating for this exciting trip out into nature. This thrill ride takes you off shore in ocean waters where you'll fly over the ocean swells while watching seabirds glide past. </p> <p>Watch for whales and sea otters on your way to explore the ravaged volcanic coastline of Kruzof Island. While exploring this coastline you'll get up close to towering cliffs, where sea birds nest and go right into volcanic sea caves (weather permitting). At opportune times the Captain stops the boat and shuts down the engine so you can listen to the surf crashing off of volcanic cliffs and the songs of nesting seabirds or for whales breathing. Welcome to a world filled with the sights, sounds and smells of the ocean. This is an intimate glimpse of Alaska's wild splendor that will excite your senses and leave you with lasting memories.	This tour includes limited walking but guests must be in good physical condition and able to take a high step to enter the raft. The raft ride is very bumpy with hard turns and jolts. It is not recommended for pregnant women, those with back, neck or hip joint problems or those who are prone to motion sickness. The tour is not available to wheelchair guests or those with mobility concerns. Participants must be at least nine years old and not weigh more than 350 pounds unless they can fit into an XXX extra-large exposure suit. Gear includes a balaclava hood, glasses, gloves and a cold weather flotation suit. There is a possibility that you will get wet. The tour route may vary depending on the prevailing weather conditions.
Sitka	United States of America	SIT-014	Highlights	SEA OTTERS, RAPTORS AND BEARS-OH MY!	\$289	5.25	EASY	Observe Alaska's iconic wildlife by cruising the waters off Sitka, visiting a centre for injured birds of prey and touring a facility for rescued bears. After settling into a deluxe Alaskan-built vessel you will begin your quest through the beautiful barrier islands, in search of humpback whales, and sea otters. Sea lions and seals typically frolic near these rocky coasts. You might also scan the forest edge for brown bears and Sitka black-tailed deer. Following your viewing adventure at sea, you will visit the Alaska Raptor centre, where injured birds of prey receive medical treatment in hopes of releasing them back into the wild. A wildlife interpreter will introduce you to some of the raptors such as bald eagles. An up-close look at brown bears follows at the Fortress of the Bear rescue facility. Many of the bears were saved after they had a conflict with human neighbours.	This tour includes approximately 90 minutes of easy walking. There will be steps to negotiate to board and disembark the vessel and the coach. The tour is available to wheelchair guests who have a collapsible wheelchair, can make their own way on and off the vessel and coach and have an able-bodied companion to assist them. Electric wheelchairs and scooters are not permitted. Upon embarkation, wheelchair guests must advise Destination Services on board that they will be participating in this tour, as arrangements must be made with the vessel operator to accommodate. Those with walking difficulties are cautioned to carefully evaluate their personal level of stamina and ability before joining the tour. 99.9% - Wildlife Viewing Success! Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used. Tour may run in reverse order.
Sitka	United States of America	SIT-018	Highlights	SITKA HISTORICAL WATERFRONT & SCENIC CRUISE	\$269	2.5	EASY	Cruise the pristine waters off Sitka, admiring the impressive scenery while the guide offers all sorts of fascinating facts about the local history and wildlife. One of the most fascinating topics is how Sitka served as the capital of Russian America until 1867, when the United States purchased Alaska. You may also hear about Sitka's cultural history. Once known as the "Paris of the Pacific," Sitka claims to have had the first opera house, performing arts theatre and grand piano on North America's west coast. Wildlife thrives around Sitka, and you might see bald eagles soaring overhead and sea otters, sea lions and seals frolicking near the rocky coast. Don't forget to scan the forest edge for brown bears and black-tailed deer.	Guests must be mobile enough to walk the dock ramp and board a boat. Restrooms are available prior to departure. Minimum age is 7 years, maximum weight is 250 lbs.
Sitka	United States of America	SIT-020	Highlights	BEST OF SITKA	\$129	3.5	MODERATE	This unique Alaska excursion explores the historical highlights of this former "Russian" capital city and includes a wildlife tour through the Alaska Raptor centre, a guided walk-through Sitka National Historical Park, and a visit to Fortress of the Bear. The Raptor centre operates with bird care professionals assisted by volunteers to rescue birds, provide them with rehabilitative care and hopefully release them back into the wild. After your introduction to the centre, time will be available to view the flight centre, clinic window and gift shop. Guests can also stroll the outside deck habitat areas for an up-close look at bald eagles, owls, hawks, and other birds of prey in residence. Next, you'll visit the Sitka National Historical Park, where the 1804 "Battle of Alaska", was fought. The park hosts totem lined trails, cultural exhibits, and carving rooms where Native Alaskan artisans demonstrate their totemic art form. The final stop is visiting the Fortress of the Bear, which allows you to get within 25 feet of Alaska's brown and black bears in a naturalised setting. You will enjoy observing 3 populations of bears from a covered viewing platform and interact with an experienced naturalist.	The order of sites visited may be reversed. At the end of the tour, all guests will have the option to be dropped off in town to explore Sitka on their own. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used.

Sitka	United States of America	SIT-027	Active	SITKA SOUND KAYAK ADVENTURE	\$269	2	STRENUOUS	Paddle a two-person kayak around the sheltered waters of Sitka Sound, an area teeming with wildlife. After an orientation and a few minutes to practice paddling, you will skirt along the stunningly beautiful coastline. The guide will lead the way and acquaint you with the marine environment. The backdrop of towering forest-blanketed mountains will be absolutely inspiring. If the weather is clear, you will see Mount Edgecumbe, a massive but dormant volcano that dominates Kruf Island. While scanning the water's surface, you may spot Stellar sea lions, harbour seals and porpoise. Humpback whales voraciously feed in the sound before migrating to Hawaii to breed and calve, and the sight of one breaching the water is a mesmerising spectacle. Be sure to look skyward as bald eagles are commonly sighted.	Participants must be at least 6 years of age and weigh at least 50 pounds. Maximum height is 6 ft 6 inches, and maximum weight is 275 pounds. Weather-appropriate attire, comfortable shoes and a warm hat is suggested. All participants will be paired in tandem (2 person) kayaks for the paddle portion of the tour; if a guest does not have a paddle partner, they will be paired with another guest or guide. Wildlife sightings are frequent, but not guaranteed. Routes and visibility will vary based on weather and sea conditions.
Sitka	United States of America	SIT-029	Highlights	DISCOVER SITKA NATIONAL HISTORICAL PARK	\$69	1.5	EASY	Follow a nature trail through Sitka National Historical Park that showcases totem poles just like the ones that were exhibited at the 1904 World's Fair. Created in 1910 to commemorate the Battle of 1804 between the Tlingits and the Russians, the forested park is Alaska's oldest and is rich in history. During this self-guided walk, you will learn about the many ecosystems in the surrounding rainforest and the unusual tale of how Alaska's first governor gathered the original totem poles to promote the state. The indigenous Tlingit people carved and painted the totems, which feature stylised human, animal and supernatural forms that are highly symbolic. Some of the totems honour important people or events, such as the Bicentennial Pole of 1976, which was carved under the direction of the park's first Native American superintendent. When crossing the bridge over Indian Creek, you can see the salmon spawning during the months of mid-July into September. At the conclusion of the walk you'll have the option to either enjoy the short walk along the waterfront back into downtown on your own or board again the motorcoach to be dropped off at Centennial Hall. From here, you can make your way back to the ship on your own via the free shuttle, which also departs from Centennial Hall.	Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended. This tour is self-guided at the National History Park. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used. kindly note that Salmon spawning is only during the months of mid-July into September.
Sitka	United States of America	SIT-030	Highlights	DISCOVER THE FORTRESS OF THE BEARS	\$79	1.5	EASY	Enjoy a close-up look at three populations of Alaskan bears that have been rescued and are being rehabilitated so that they can live long, fulfilling lives. The venue for this immersion into the iconic bears of Alaska is the Fortress of the Bear, a rescue centre that opened in 2007. Since that time, the centre has cared for dozens of young bears and relocated them into caring environments. Circumstances prevent the bears from being released back into the wild. You can observe the brown and black bears from just 25 feet away, a rare opportunity that will make the experience even more meaningful. The naturalists will explain how the bears were rescued, their personality traits and their daily routines, one of the highlights being feeding time. Their seasonal diets include everything from fish and fruit to peanut butter and honey. As you will see, the brown bears are noticeably larger than the black bears.	Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used.
Skagway	United States of America	SKA-001	Highlights	WHITE PASS SCENIC RAILROAD	\$239	2.75	EASY	Hop aboard the vintage White Pass & Yukon Route Railway for an immensely picturesque train ride high into the mountains, following a path blasted out of the rocks in 1898, during the height of the Klondike Gold Rush. As soon as the narrow-gauge train begins its ascent, you will understand why the beloved WP&YR is known as "The Scenic Railway of the World." The train will climb almost 3,000 feet in just 20 miles and present one breathtaking view after another, from thundering Bridal Veil Falls to the rugged peaks at Inspiration Point. You will also pass over the soaring bridge that spans precipitous Dead Horse Gulch, named for pack animals loaded with prospecting gear that fell to the bottom of the gorge. It will be an exhilarating ride on a railway so ingeniously constructed that it is recognised as an International Historic Civil Engineering Landmark.	This tour is highly recommended for guests with limited mobility and guests who utilise a wheelchair/scooter. Lift car on every consist can accommodate devices up to 30 inches wide and 700 pounds guest & lift combined.
Skagway	United States of America	SKA-002	Highlights	SKAGWAY BY STREETCAR	\$99	1.5	EASY	Ride around Skagway and beyond in a yellow streetcar patterned after the one President Warren G. Harding famously rode through town in 1923. A costumed conductor will provide the commentary as you travel around the waterfront, through the Historic District and up to a scenic overlook that presents a panoramic view of Skagway and the surrounding glaciers and mountains. Keep your camera ready for shots of the Gold Rush Cemetery, the Garden City residential district and for the lively reenactment of the 1898 gunfight between legendary con man Soapy Smith and resident Frank Reid. Spoiler alert: both died. This tour is highly amusing and informative in the tradition of Harding's streetcar ride, during which Martin Tjen, an Alaskan humourist styled after Will Rogers, kept the president entertained.	Tour is not wheelchair friendly, guest need to manage steps to the vehicle (including a stepstool) onto the Streetcar. Wheelchairs, walkers, and scooters cannot be accommodated on the vintage Street Cars.
Skagway	United States of America	SKA-003	Active	RAINFOREST BICYCLE TOUR	\$189	2.75	STRENUOUS	Enjoy a leisurely bike ride through a temperate rainforest, following a five-mile path that offers outstanding views of the Taiya River Valley and a look into the area's history. The journey begins in Dyea, a former boomtown that rivaled Skagway during the Klondike Gold Rush. Now deserted, Dyea lies on the Chilkoot Trail that thousands of prospectors once travelled to reach the gold fields. As you bicycle out of town, you will pass ruins of historic gold rush buildings, reminders of Dyea's past glory. The often-shaded path is relatively flat and easy to negotiate, allowing you to concentrate on the surrounding natural beauty. You will bicycle through fields blanketed with wildflowers and see towering mountain peaks in the distance. Once you reach the coastal flats, keep an eye out for bald eagles that come to feast on salmon. Along the way, the guide will impart all sorts of fascinating details about the flora and fauna.	Tour includes bike ride of approximately five miles in 90 minutes of easy riding. Participants must be at least 4 feet, 6 inches tall and confident on a bicycle equipped with hand brakes. This tour is recommended for guests in good physical condition. The minimum age to participate on this tour is 10 years old. Children must be accompanied by a parent.
Skagway	United States of America	SKA-010	Active	CHILKOOT TRAIL HIKE AND FLOAT ADVENTURE	\$189	4.25	STRENUOUS	Enjoy hike along the historic Chilkoot Trail to a tidal estuary where you will begin rafting down the meandering Taiya River. As you hike the trail, you will follow in the footsteps of the thousands of prospectors that followed this route to the Yukon gold fields in the late 1890s. The trail passes through a vast swath of rainforest, where you can expect to see splashes of bright wildflowers, an abundance of birds and crystal-clear streams that are prime waters for spawning salmon. This hike will allow for plenty of photo stops. Along the way, the guides will regale you with Klondike folktales and facts about the area's natural history. Once you reach the Taiya River, you will settle into a raft and float downstream. The scenery will be spectacular, and you may see bald eagles and seals patrolling the mouth of the river for salmon. Your tour will conclude with a stop along the river. Here, you will have an opportunity to take in the spectacular panoramic beauty of your surroundings while snacking on homemade cookies and hot drinks. Following your visit, you will return to the pier.	This tour involves two miles of hiking over uneven terrain that is very steep and narrow in spots. It is recommended for guests in good physical condition. The raft trip has no whitewater. The minimum age to participate is seven years old and maximum 350lbs.

Skagway	United States of America	SKA-012	Active	KLONDIKE ROCK CLIMBING AND RAPPELLING ADVENTURE	\$189	3.25	STRENUOUS	Climb the steep granite walls of White Pass and admire the stunning scenery from the top, after which you can rappel down the sheer cliff. While this may sound like an excursion for a Sherpa, no rock-climbing experience is needed. You will be outfitted in all the appropriate gear and guides will be right there to harness you in and help you out. To warm up, you will hike a nature trail to the base of the cliffs, which retreating glaciers have smoothed, making for easier climbing. The rock face offers multiple routes to the top, allowing you to choose the way that fits your skill level. Some climbs are easy, others more challenging. The reward at the top will be a stunning, bird's-eye view of the Skagway River and the wilderness below. For one last thrill, you can rappel straight down the cliff face, if you like.	This tour involves a brief hike over uneven and sometimes steep terrain. Guests weighing more than 300 pounds will not be permitted on this tour. The minimum age to participate on this tour is eight years old. Children must be accompanied by a parent. Rock-climbing shoes, a helmet, a harness and a snack will be provided.
Skagway	United States of America	SKA-014	Active	GHOSTS AND GOODTIME GIRLS HISTORIC WALKING TOUR	\$99	2	MODERATE	Join a madam from the Red Onion Saloon for a fun and informative walking tour through downtown Skagway! First, you'll be greeted at your dock by costumed and highly entertaining Madam. After a quick shuttle transfer to town, she will guide you through the back alleys and former red-light districts of Skagway. Here, women of the evening brushed shoulders with notorious characters, wide-eyed stampedeers, and dangerous odds. Stories of Klondike Kate, Cad Wilson and Diamond Lil depict the adventurous stories of the women who stampeded north. You will pass historic and haunted gold rush buildings as you learn of Skagway's rich history and the women who helped make it what it is. Your experience culminates with a stop at the world-famous Red Onion Saloon's restored Brothel Museum. Here, join in a champagne toast and explore the hallways and bedrooms of this celebrated brothel, observing original relics and images of the ladies who worked there. Bring your camera and you may even catch a glimpse of the resident ghost, Lydia!	This tour involves about one half mile of walking and 25 steps to reach the upper floor of the Red Onion Saloon. Guests should be prepared to stand for up to 10 minutes at a time. Participants must be at least 14 years old.
Skagway	United States of America	SKA-015	Highlights	SCENIC RAIL & YUKON SUSPENSION BRIDGE	\$239	4.75	MODERATE	Ride a vintage train along a mountain railway built during the height of the Klondike Gold Rush and then enjoy a different perspective of the wilderness from a soaring suspension bridge. After boarding an old-fashioned parlor car, you will settle in for a dramatic train ride on the White Pass & Yukon Route Railway, following a path that climbs almost 3,000 feet to the summit of White Pass and on to Fraser, British Columbia. The scenery will be stunning the entire way. Upon arriving in Fraser, you will drive up the gorgeous Klondike Highway to the Yukon Suspension Bridge, which spans the white-water rapids of the Tutshi River. You can also take in the breathtaking scenery from an overlook platform and see replicas of boats used during the gold rush in the late 1890s. On the return drive to Skagway, you will pause for photos at picturesque Tormented Valley and Pitchfork Falls.	All guests must carry a valid passport as this tour will be crossing both the U.S. and Canadian borders. As this tour enters Canada from the United States, participants must clear U.S. and Canadian Immigrations. Guests must bring their passports. Canada requires visas for residents of some countries and non-U.S. or Canadian citizens should check requirements with their individual consulates, as they are responsible for obtaining the necessary documentation on their own. If minor children are in the company of only one parent or another adult or legal guardian, a letter is needed stating that the child can travel into Canada on the tour without the other parent or without both parents if the minor is with a legal guardian such as a grandparent. The letter needs to be signed, dated and have a contact phone number for the parent or parents who are not travelling with the child. During the visit at the Suspension Bridge, the actual crossing or walking across the suspension bridge is optional. Guests will be getting on and off the coach multiple times for photo stops and should be able to navigate the four steps on/off the coach without assistance.
Skagway	United States of America	SKA-016	Active	KLONDIKE ADVENTURE PARK AND ZIP LINES	\$189	3.5	MODERATE	Soar high above the forest floor on an exhilarating, adrenaline-pumping zip line at an adventure park in the wilderness. After an immensely scenic drive up the Klondike Highway, you will stretch your legs on a short hike to the park. Consider it a great warm up for the thrills that lie ahead. The real adventure begins as you step onto the first zip line platform and then step off into thin air, safely harnessed in for the ride of your life. It's all downhill from there. The zip line runs are of different lengths and start from various heights, but they all provide the ultimate adrenaline rush as you race through the trees at heart-pounding speeds. You will be treated to a literal bird's-eye view of the gorgeous landscape below so don't blink because it will go by fast.	This tour is only recommended for guests in good physical condition. Participants must be at least 60 inches tall, weigh between 90-250 pounds and sign a waiver. No prior experience is necessary. A rain jacket will be provided.

Skagway	United States of America	SKA-018	Highlights	KLONDIKE EXPLORER & SKAGWAY HIGHLIGHTS	\$89	2.5	MODERATE	Develop a sense of Skagway's early, rough-and-tumble history by touring the city's most revealing landmarks and then follow the scenic Trail of '98, which was built during the Klondike Gold Rush. The sightseeing begins on Broadway, a thoroughfare with attractions such as the Skagway Centennial Statue and the notorious Red Onion Saloon, which was a brothel during the gold rush. Leaving Skagway behind, you will follow the Trail of '98, an alternate route up the White Pass and on to the Klondike goldfields that was safer than the Chilkoot Trail. As you drive along this famed route, you will hear stories of the stampeders that stormed Skagway in the late 1890s in hopes of striking it rich. On the return drive, capture the perfect memories at photo stops along the way.	All guests must carry a valid passport as this tour will be crossing both the U.S. and Canadian borders. This tour involves a limited amount of walking and standing, mainly at the guest's discretion. The tour is available to guests who utilise a collapsible wheelchair, are able to make their way on and off the coach and have a companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability before joining the tour. Guests should be prepared for the possibility of rain. The order of the sites viewed or visited may vary. As this tour enters Canada from the United States, participants must clear U.S. and Canadian Immigrations. Guests must bring their passports. Canada requires visas for residents of some countries and non-U.S. or Canadian citizens should check requirements with their individual consulates, as they are responsible for obtaining the necessary documentation on their own. If minor children are in the company of only one parent or another adult or legal guardian, a letter is needed stating that the child can travel into Canada on the tour without the other parent or without both parents if the minor is with a legal guardian such as a grandparent. The letter needs to be signed, dated and have a contact phone number for the parent or parents who
Skagway	United States of America	SKA-023	Highlights	KLONDIKE SUMMIT, SUSPENSION BRIDGE & SALMON BAKE	\$189	4	MODERATE	Follow a scenic mountain route used during the gold rush to a soaring suspension bridge and feast on salmon, baked Alaskan-style. You will set out on the Klondike Highway, a historic passage through White Pass that was once a trade route for the Tlingit tribe and a path to the gold fields during the late 1890s. While ascending the soaring mountain summit, you will enjoy spectacular views and hear stories of the hardships that early travellers endured to reach Alaska's interior. You will be treated to a closer look at the natural beauty while walking across the Yukon Suspension Bridge, which spans the churning Tutshi River. A traditional salmon bake follows in a setting that is anything but traditional. You will dine at Liarsville, a re-creation of a gold rush camp complete with a general store, saloon and costumed characters for added ambiance.	All guests must carry a valid passport as this tour will be crossing both the U.S. and Canadian borders. As this tour enters Canada from the United States, participants must clear U.S. and Canadian Immigrations. Guests must bring their passports. Canada requires visas for residents of some countries and non-U.S. or Canadian citizens should check requirements with their individual consulates, as they are responsible for obtaining the necessary documentation on their own. If minor children are in the company of only one parent or another adult or legal guardian, a letter is needed stating that the child can travel into Canada on the tour without the other parent or without both parents if the minor is with a legal guardian such as a grandparent. The letter needs to be signed, dated and have a contact phone number for the parent or parents who are not travelling with the child. During the visit at the Suspension Bridge, the actual crossing or walking across the suspension bridge is optional. Guests will be getting on and off the coach multiple times for photo stops and should be able to navigate the four steps on/off the coach without assistance.

Skagway	United States of America	SKA-042	Highlights	GOLD PANNING & SLED DOGS	\$139	3	EASY	Watch a team of sled dogs demonstrate their pulling power and then try your hand at panning for gold like the prospectors that once poured into this area to make their fortunes. The venue for these eye-opening experiences is Dredge Town, a collection of buildings that look like they're right out of the Klondike Gold Rush of 1898. The sled drivers, known as mushers, will describe how the dogs are cared for and trained to maximise their strength and stamina to pull the sleds, often competitively in contests such as the demanding 1,000-mile Iditarod. As you will see, the dogs are spectacular athletes. You will get to meet the next generation of puppies who are there for you to cuddle and hold. Puppy kisses guaranteed! Enter the Gold Rush Training Camp, where you will learn how to extract paydirt, sluice, and assay your results. Learn the art of gold panning with a humorous and educational show. Practice your technique in heated water troughs. Gold is guaranteed and so is a great time! Weigh your fortune with our assayers.	This tour includes a moderate amount of walking. Tour is wheelchair accessible. Service/guide animals are allowed on this tour. However, the service/guide animal will not be allowed to enter the dog musher's area. Please note that the tour includes a sled dog demonstration by an Iditarod musher, but the guests do not get to ride on the sled. Guests do get the same kind of interaction with the dogs & of course the puppies as on other tours just without the ride. Casual clothing and comfortable, flat walking shoes are suggested. Dress in layers.
Skagway	United States of America	SKA-044	Highlights	MUSHERS CAMP & SLED DOG EXPERIENCE	\$259	3.15	EASY	Visit a musher's camp and ride a wheeled sled that Alaskan huskies will effortlessly pull through the Alaskan wilds. The camp lies in Dyea, a gold rush boomtown that is now somewhat of a ghost town. The last leg of the journey there will be in an all-terrain Mercedes Unimog made to negotiate the off-road terrain. After learning a bit about competitive mushing in events such as the famed Iditarod, you will hop onto a custom-designed wheeled sled behind a team of powerful dogs. They will then whisk you down a zigzagging, one-mile trail in the Tongass National Forest. The sheer strength and stamina of the dogs will be apparent from the get-go. Back in camp, the mushers will elaborate on their dog-sledding strategies, trace the history of the sport and demonstrate how the dogs and mushers train. Afterwards, you can interact with some of the puppies.	This tour includes limited walking, mainly at the guest's discretion.
Icy Strait Point	United States of America	ISP-001	Highlights	WHALE & MARINE MAMMALS CRUISE	\$199	2.5	EASY	Watch humpback whales and other marine creatures cavorting in the nutrient-rich waters at Point Adolphus, one of Alaska's premier observation points. During the cruise, a naturalist will describe the diversity of animals that converge here each summer. They come primarily to feed in the waters that are extraordinarily rich in halibut, salmon and plankton. Point Adolphus is noted for having the highest concentration of humpback whales in the Alaskan panhandle, so be on the lookout for these majestic and intelligent creatures. You can expect them to be breaching the water's surface, waving their flukes up and down as they dive, and feeding voraciously to fatten up for their winter migration south. You might also observe frolicking Dall's porpoises, Stellar sea lions, curious harbour seals and Orca whales. You may also see graceful bald eagles swooping down to grab fish in their talons, and perhaps even bears and deer in the surrounding wooded landscape.	This tour includes very limited walking, although there are stairs to negotiate for those who wish to sit on the open-air observation deck. The tour is available to wheelchair guests who have a collapsible wheelchair and a companion to assist them. Those guests who are prone to sea sickness should take appropriate pre-emptive measures before commencing the tour.
Icy Strait Point	United States of America	ISP-002	Highlights	WHALES, WILDLIFE & BEAR SEARCH	\$299	5.5	MODERATE	Venture into the pristine wilds to look for iconic Alaskan animals such as humpback whales and grizzly bears in their natural habitats. Your adventure will begin aboard a whale-watching boat accompanied by a naturalist that will describe the creatures that you may soon observe. The nutrient-rich waters here are teeming with humpback whales that come to feed each summer before heading south to their breeding grounds. What a sight to watch these behemoths, which grow to about 50 feet long, as they breach the water's surface and then dive down to feed again. Chances are, you will also catch sight of porpoises, sea lions and seals. After disembarking, you will drive deep into the remote Spasski River Valley to a raised observation platform to look for brown bears. Bald eagles and Sitka black-tailed deer are also commonly spotted here.	On the bear search portion of the tour, Guest must be able to walk 800 yards unassisted. There may also be stairs to negotiate for upper deck viewing on the touring vessel. The tour is not available to wheelchair guests. Those who are prone to sea sickness should take appropriate pre-emptive measures before commencing the tour and guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability before joining the tour. Children under 8 years of age are not allowed on the tour and anyone under 18 years of age must be accompanied by a parent or adult guardian. While touring, you will be in wilderness areas that are not fenced with wildlife that is not in captivity; therefore, wildlife sightings are not guaranteed. The road to the Spasski River site is an unpaved remote road that will be bumpy.

Icy Strait Point	United States of America	ISP-004	Active	SCENIC MOUNTAIN ASCENT AND WORLD'S LARGEST ZIPRIDER	\$269	1.5	MODERATE	Ride the world's largest and longest zip-line high above the treetops and down a mountain at hair-raising speeds. This exhilarating adventure on the Zip Rider is for the thrill-seeker, not the faint-hearted. Available to virtually everyone, your fun starts with a mesmerising ascent on the Sky Peak Gondola. You will find the views of Icy Strait, your ship, and maybe even a glimpse of the Glacier Bay National Park breathtaking. Upon reaching the staging area at 1,300 feet above sea level, the real thrill begins as you are strapped into the harness seat and step off the zip-line platform into thin air. Travelling at speeds up to 60 miles per hour, you will zoom along over the dense forest. As you look down, the scenery will zip by. The ride is more than a mile long with a plummeting vertical drop. It is just like flying but without the airplane. As you approach the landing zone on the beach, the Zip Rider will automatically brake, easing you onto the soft sand. Includes unlimited Gondola rides!	This tour includes limited walking; however, most of it is over both gravel surfaces. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women or guests with back or neck problems. Minimum weight requirement is 90 lbs., and the maximum allowable weight is 275 lbs. Children under 18 years of age must be accompanied by a parent or adult guardian. Sturdy, flat shoes; warm layered clothing and waterproof outerwear is suggested as you may be exposed to the elements. Participants will be required to sign a liability waiver before being allowed to take part in the tour. Ride time is 30 mins after the scheduled time on the printed ticket or wristband. Ride times are called in order from early to late. Arriving before designated time, may require waiting for some time. Lockers are available. Cameras need to be tethered.
Icy Strait Point	United States of America	ISP-009	Active	ICY STRAIT KAYAK ADVENTURE	\$259	2.5	MODERATE	Explore the pristine waters of Icy Strait Point on this tour that highlights the protected waters of Port Frederick. From the pier, you will walk the short distance to the Kayak centre where you will receive a safety briefing and kayaking orientation. Following that, you will hop in your two-person kayak and begin your adventure. You'll spend nearly two hours paddling about these pristine waters, delighting in the serenity and joy of being out on the water, as well as having the opportunity to observe the bountiful wildlife that inhabits this wilderness area. Your guide will help you spot animals, explain their habits, and offer all sorts of tidbits to maximise your time kayaking along the shoreline. While there are no certainties regarding what you might observe, humpback whales typically feed along the very same route that you will be travelling. You may see one in the distance breaching the water's surface, waving its fluke before diving, or spy hopping, which is when a whale pokes just its head out of the water to look around. The nutrient-rich waters of Icy Strait are also home to orcas, sea lions, porpoises, sea otters and seals. During your excursion, you will also paddle to an even more serene area, frequented by bald eagles. There are few sights more visually arresting than following the flight of one of these majestic creatures as it rides the wind until swooping down to catch a fish with its talons. After returning to the beach at Icy Strait Point, you will turn in your equipment and head back to the ship, or perhaps visit the nearby Welcome centre.	This tour includes an 8 – 15 min walk over gravel surfaces to the Kayak centre. The tour is not available to wheelchair guests, those with mobility concerns, pregnant women, or guests with back or neck problems. Participants should be in good physical condition. Children under 18 years of age must be accompanied by a parent or adult guardian. The height of participants must be between 4' 10" and 6' 6". Those who take part in water activities do so at their own risk and responsibility. Participants will be required to sign a liability waiver before taking part in the tour. Minimum age to participate is 12 years old.
Icy Strait Point	United States of America	ISP-010	Highlights	SPAASKI RIVER VALLEY WILDLIFE & BEAR SEARCH	\$159	2.5	MODERATE	Look for bears, deer, and bald eagles in their natural habitats from an elevated observation area in the remote Spasski River Valley. As you leave Hoonah, Alaska's largest Tlingit Indigenous settlement, the guide will enlighten you with stories about the Tlingits and their fascinating history. Upon reaching the valley, you will walk along a gravel path and boardwalk to the elevated viewing platform. Be on the lookout for the diverse wildlife that makes its home here, including brown bears, which are highly intelligent omnivores that primarily eat vegetation. While this is an excellent area to observe animals, they roam freely, so there are no guarantees that you will see them. The Sitka black-tail deer is another native that may be spotted from the observation area, as well as land otters, mink and marten. And don't forget to look skyward for bald eagles, a highly efficient bird of prey that frequents the valley.	On the bear search portion of the tour, Guest must be able to walk 800 yards unassisted. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of stamina and ability before joining the tour. During the tour, you will be in wilderness areas that are not fenced with wildlife that is not in captivity. Therefore, wildlife sightings are not guaranteed. The road to the Spasski River site is an unpaved remote road that will be bumpy. Minimum age to participate is 8 years old.
Icy Strait Point	United States of America	ISP-016	Active	BACK COUNTRY JEEP ADVENTURE	\$279	2.5	EASY	Spend hours exploring the wilds and roads less travelled on Chichagof Island in a Jeep Wrangler designed for outdoor adventure. You will travel along old logging roads that were built to harvest valuable timber such as hemlock, spruce and cedar trees. The route will cut through some of the most spectacular, undeveloped countryside in Alaska. The fifth largest island in the United States, Chichagof lies within the limits of the 17-million-acre Tongass National Forest, America's largest national forest. The terrain ranges from seaside estuaries to alpine mountain peaks, and you will have plenty of chances to stop and view the gorgeous scenery. With its remote location and limited accessibility, Chichagof is home to some of the animals most often associated with Alaska, including the world's largest brown bear population, estimated to be three bears per square mile. You might also see bald eagles soaring above, land otters, Sitka black-tail deer and red squirrels.	Drivers must be at least 25 years old, are required to show a valid driver's license and must sign a liability/insurance waiver. Minors under 18 must be accompanied by at least one parent or guardian. If available, a car seat or booster seat for children will be provided upon request. Parties of fewer than four people will share a Jeep. Multiple stops will be made along the way to allow for guests to switch drivers. Jeep® and Jeep Wrangler® are registered trademarks of Chrysler Group LLC. Prices are per person, 4 people per Jeep. Uneven log road can be bumpy at times. Guests with neck or back issue should proceed with caution.

Icy Strait Point	United States of America	ISP-019	Active	WILDERNESS HIKE	\$159	2.5	MODERATE	Hike an abandoned logging road through the wilds of Chichagof Island, which lies within the 17-million-acre Tongass National Forest. Even the drive there will be spectacular, as you will pass through the seemingly endless natural beauty of Spasski River Valley before reaching Tongass, America's largest national forest. Upon arriving, you will hike about two miles on a logging trail that cuts through private lands and eventually reaches a secluded mountaintop viewing area. Along the way, your local guide will share knowledge of the flora and fauna that inhabit the area, along with history of the land. Because of its remote location and limited accessibility, Chichagof is home to some of the animals most often associated with Alaska, including the world's largest brown bear population, estimated to be three bears per square mile. You might also see bald eagles soaring above, land otters, Sitka black-tail deer and red squirrels.	Participants must be at least eight years of age. Group size is limited to 12 hikers per guide. Participants must be in good health and able to independently navigate terrain. This tour operates in all weather conditions.
Icy Strait Point	United States of America	ISP-021	Highlights	SKY PEAK GONDOLA - BREW WITH A VIEW	\$89	1	EASY	Ride the Sky Peak gondola to the summit of Hoonah Mountain as many times as you like and enjoy a flight of locally brewed beers at the top. The thrills will begin the moment the window-walled gondola starts ascending, and the views will only get better the higher you go. You will gaze out over the dense forest that blankets the mountain, across Glacier Bay and beyond to the northernmost point of Chichagof Island. Upon reaching the summit, you will drop by a brewery outpost for a sampling of its most popular beers, all made with locally sourced ingredients. You will be free to descend on the gondola whenever you wish, but there is no need to rush. If you would like to stretch your legs, you could wander along the spectacularly scenic half-mile trail that winds through the Tongass National Forest. Keep an eye out for eagles and deer along the way.	The terrain at the base and top of the mountain is gravel with inclines and declines. This tour is fully accessible, and the Gondola can accommodate all mobility devices. Restrooms are available at the top of the mountain. Minimum age to purchase this tour option is 21 years of age. Ticket includes unlimited rides on the Sky Peak Gondola.
Icy Strait Point	United States of America	ISP-028	Active	OCEAN RAFT ADVENTURE	\$269	2	MODERATE	Look for wildlife while zipping along the rugged coastline in an open-air, high-speed boat. You will ride in a Rigid Hull Inflatable vessel that is 27 feet long and designed to race through the sea with maximum maneuverability. It will be an absolute thrill the entire time. The exact route will depend on the weather conditions, but you can expect to enjoy close-up views of thundering waterfalls, tidal flats and land animals such as brown bears and Sitka black-tailed deer. The seas here are also teeming with iconic Alaskan animals. You may spot humpback whales breaching the water's surface, pods of orcas, frolicking sea otters and sleek seals. Be sure to look up, as bald eagles and puffins also make their homes in the area. Along the way, the captain will throttle back and elaborate on the importance of the waterways to the native Tlingit, many of whom still follow a traditional lifestyle around Icy Strait Point.	Participants must be at least 10 years old. Guests must be able to walk without assistance. You will be provided a Coast Guard-approved exposure suit to wear over your own clothing, which will keep you warm and dry during the tour. This tour is not recommended for guests with back or neck injuries or expectant mothers. Guests should consider their physical fitness level and medical history before joining the tour.
Icy Strait Point	United States of America	ISP-030	Local Discovery	SEAFOOD FEAST & TRIBAL CONNECTIONS	\$149	2	EASY	Watch a traditional tribal performance that reflects the history of the Tlingits as a prelude to a feast of fresh seafood and other Alaskan dishes. The Tlingits have lived in this part of southeastern Alaska for thousands of years and their traditions run deep. This unique experience is showcased by Huna Tlingit members through live storytelling and traditional dress, creating an immersive celebration of their heritage and customs. Learn about their history, from the time advancing glaciers displaced them from their original homeland in Glacier Bay to the founding of Hoonah, meaning "where the north wind doesn't blow. Many of their performances express the significance of indigenous animals such as ravens, seals and eagles. Others tell of the tribe's struggles with the harsh environment and poignant social issues. Following the performance, you will dine on a sumptuous meal of classic Alaskan dishes.	This tour includes about 30 minutes of moderate walking and standing with some gravel and boardwalk surfaces to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, can make their own way on and off the vehicle and have an able-bodied companion to assist them. Photographing or videotaping tribal performances is prohibited; however, performers are available for photos after the show. This tour may run in reverse order.
Icy Strait Point	United States of America	ISP-037	Highlights	MOUNTAINTOP FOREST TRAM	\$129	1.5	EASY	Ride a state-of-the-art window-walled gondola to the top of Hoonah Mountain and then board an open-air tram for an inspiring ride through an old-growth forest. The views will be spectacular in every direction as you ascend the mountain, which rises more than a quarter mile above the sea. The wheeled tram will offer a closer look at the natural world as it winds through the woods for about six miles. The towering stands of Sitka spruce and western hemlock are a wonder to behold. The significance of the forest becomes even clearer as your guide describes the delicate balance of its biodiversity and fascinating geology. Wildlife is abundant and it's not uncommon to spot Sitka black-tailed deer and bald eagles. You will also enjoy sweeping views of the Port Frederick Inlet, Spasski River Valley, glacially carved reflecting ponds and beautiful bogs known as muskegs.	The tour is available to wheelchair guests.
Icy Strait Point	United States of America	ISP-040	Highlights	SKY PEAK GONDOLA	\$49	ALL DAY	EASY	Enjoy unlimited rides in a window-walled gondola to the mountaintop that looms behind Icy Strait Point and spend the day enjoying the outdoors as you please. As you ascend over the forested slopes, the views will be spectacular in every direction, especially once you reach the summit, which is more than a quarter mile above sea level. Glacier Bay stretches out before you and Tongass National Forest goes on as far as the eye can see. If you wish to hike through the woodlands, feel free. Wherever you wander, be sure to keep an eye out for wildlife as bald eagles and deer are abundant. You won't have to rush your time at the summit because your all-day gondola pass allows you to descend whenever you wish.	Photography allowed on the Gondola. This tour is accessible.

Juneau	United States of America	JNU-001	Highlights	MENDENHALL GLACIER EXPLORER	\$89	2.5	MODERATE	Discover Juneau's scenic natural beauty by driving around the downtown waterfront and visiting Mendenhall Glacier, an ever-changing river of ice just outside of town. While travelling along the bustling waterfront, you can expect to see one historical building after another, some dating to the late 1890s, before Juneau was even incorporated. A short drive will bring you to the Mendenhall Glacier Recreation Area, where you can stretch your legs and snap photos of the ancient glacier from various angles. Photo Point offers the closest view of the glacier. You might also venture out on the trail system for a first-hand look at this relatively new ecosystem that was once covered by ice.	Mendenhall Glacier is ADA accessible and provides both a wheelchair ramp and elevator to reach the visitor centre. The order of sites visited may vary. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used. This tour operates under a special use permit issued by the U.S. Forest Service. Visitor centre at Mendenhall Glacier will have reduced hours this summer. The hours of operation will be Sunday-Friday from 10 AM until 5 PM. Please note that even outside these hours, our tours can still access the glacier, trails, and restrooms. The visitor centre will close Saturday's. To assist our guests during times when the Visitor centre is closed, we will have staff on-site to help with directions and logistics.
Juneau	United States of America	JNU-003	Highlights	WHALES, GLACIERS & RAINFOREST TRAILS	\$289	5	MODERATE	See wildlife via land and sea during this exclusive whale-watching and rainforest eco-tour. This small-group, fully guided tour has been recommended by Jean-Michel Cousteau's Ocean Futures Society based on its philosophy that guided experiences in nature should inspire people, young and old, to act responsibly for the protection of our planet's vital ecosystems. Depart the pier for the narrated drive to the Mendenhall Glacier Recreation Area. Upon arrival, you will take a guided hike along a lush rainforest trail. Along the way, your naturalist guide will help you track the glacier's recession over the past 100 years and teach you about how the Tongass National Forest is used for shelter, food, and medicine. Various stops will be made for interpretation and photo opportunities along the one-mile nature trail. After your scenic hike, grab a snack including water will be provided during the drive to the sheltered harbour at Auke Bay. Tour operator encourages guests to bring a reusable water bottle to minimise the use of plastic. Upon arrival, you will embark an exploration vessel equipped with large windows that open fully and perimetre seating to offer you an unrestricted viewing experience. This stable, covered, and heated watercraft is also equipped with a hydrophone to hear the solemn sounds of the whales (conditions permitting). During your cruise in these protected waters, your naturalist guide will help you pinpoint an abundance of wildlife that includes humpback whales, orcas, sea lions, porpoise, seals, sea birds, and more. You will want to keep a camera handy as you travel quickly from place to place or drift quietly while you observe Alaska's most notable marine denizens. Your tour will include a frame-able postcard with complimentary access to a digital booklet, Remembering Juneau by Land & Sea is provided as a memento of your day. At the conclusion of this unique water and wilderness adventure, you will be transferred back to the pier.	This tour involves approximately 1 mile of hiking on an improved trail. The group size will be limited to 20 participants to ensure a comfortable and interactive atmosphere. Guests are advised to dress warmly in layers, and wear sturdy, yet comfortable closed-toe walking shoes. Rain ponchos, binoculars, water and a snack will be provided. This tour may operate in reverse order. This tour operates in all weather conditions. Liability waiver required to be signed in the presence of the tour operator. All participants must be of age and ability to meet the mobility challenges mentioned above.
Juneau	United States of America	JNU-004	Active	MENDENHALL GLACIER - GUIDE'S CHOICE ADVENTURE HIKE	\$159	4.5	STRENUOUS	Experience Alaska's spectacular natural beauty on an exhilarating hike through the Mendenhall Glacier National Recreation Area. Your adventure begins not far from Juneau on a meandering trail through a valley that will stimulate your senses and leave you with an even greater respect for Mother Nature. You can expect to pass a rushing mountain stream, feel the gentle mist of a cascading waterfall, hear the high-pitched whistle of a bald eagle and smell the fragrances of a secluded forest glen. Along the way, a naturalist will point out the natural wonders and describe the wildlife that flourishes here. The surrounding peaks are home to mountain goats, black bears, beavers and porcupine, and there is no telling what you may spot. As you follow the trail, you will pause at the best viewpoints to take in panoramic vistas of this expansive wilderness in the shadow of Mendenhall Glacier.	This strenuous hike of up to six miles will last approximately three hours on a bumpy trail over uneven ground with an elevation gain of about 600-800 feet. Participants should be in good physical condition. Guests with back or neck problems should consult a physician before booking tour is not wheelchair accessible. The number of guests will be limited to ensure a personalised, interactive experience. This tour operates in all weather conditions. A poncho, hiking stick, belt pack, bottled water and snack will be provided.
Juneau	United States of America	JNU-006	Highlights	WHALE WATCHING & WILDLIFE QUEST	\$219	4	EASY	Embark on an unforgettable adventure into Alaska's stunning wilderness with a family-owned, Tlingit operated company. For over 50 years, we've proudly shared Southeast Alaska with guests from around the world. Cruise into the pristine waters off Juneau, an ideal area to spot humpback whales voraciously feeding to fatten up for their winter migration south. After settling into a spacious catamaran that has been specially designed with large windows for wildlife viewing, you will cruise into the island-studded waters of Stephens Passage. Against a majestic backdrop of snow-capped peaks and glaciers, the onboard naturalist will describe the habits of the wildlife you may encounter, including humpback whales, the main attraction in these waters. Chances are, you will see these majestic creatures breaching the water's surface and waving their flukes up and down as they dive for food. You may even spot the whales bubble-net feeding, a curious technique in which they force small fish upwards by blowing bubbles beneath them, which makes for easy feeding. Other frequently seen wildlife includes orcas, Stellar sea lions, Dall's porpoise and bald eagles.	A sweet and savoury snack is included, and hot beverages will be provided. Beer, wine, speciality cocktails, & additional n/a drinks are available for purchase onboard. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used. All tour timing is approximate. Guests not able to take 3-4 steps onto motorcoach must provide at least 24-hours' notice to confirm if a lift vehicle is available.

Juneau	United States of America	JNU-009	Active	MENDENHALL GLACIER NATIVE CANOE ADVENTURE	\$319	3.5	MODERATE	Paddle through the tranquil, iceberg-dotted waters of Mendenhall Lake and pause at the face of Mendenhall Glacier to behold the enormous river of ancient, bluish ice. Following an orientation briefing, you will ease into a traditional native canoe that accommodates 19 people and begin your paddling adventure. Glacial waters feed the pristine lake and small icebergs that have calved from the glacier typically bob along the surface. The experience of canoeing through this unique landscape will leave with a greater appreciation of the glacier's majesty. The view will be especially memorable when you stop at thundering Nugget Falls to stretch your legs and enjoy a snack. A relic of the last ice age, Mendenhall Glacier is named for Thomas Corwin Mendenhall, a physicist that helped determine the boundary between America and Canada when he was superintendent of the U.S. Coast Guard and Geodetic Survey.	This is a participatory trip, so guests must be able to paddle and be in good physical condition. Guests with back or neck problems, those with limited mobility and guests who utilise a wheelchair will not be permitted. Children must weigh at least 40 pounds and be accompanied by an adult to participate. No experience is necessary to participate. All gear will be provided, including full-length raingear if needed. This tour operates in all weather conditions but has limited capacity. Guests must sign a waiver to participate.
Juneau	United States of America	JNU-011	Highlights	PILOT'S CHOICE GLACIER HELICOPTER EXPLORER*	\$629	2.75	MODERATE	Enjoy an eagle's-eye view by helicopter of high alpine lakes, "icefalls" hanging from sheer cliffs, and some of the most remote peaks and glaciers in the Juneau Icefield. Your pilot will choose two different glacier landings among the 36 named glaciers stretched across 1,500 square miles of the Juneau Icefield; a few landing possibilities include the Herbert, Taku, Norris, Gilkey, Hole in the Wall or the famous Mendenhall Glacier. Moments after departing the Heli-base, you will enjoy a breathtaking view only seen by few. Your flight takes you over ice spires, deep blue crevasses, and meltwater pools. With approximately 50 minutes of helicopter time, you will have plenty of opportunities to take in the incredible views. During the two approximately 15-minute landings you will have the opportunity to explore, take photographs, and get an up-close opportunity to appreciate this ancient landscape. On the ice, your pilot will escort you on an informative walk on the glacier's surface while describing the magnificent area that surrounds you. The Pilot's Choice tour is an incomparable dynamic journey of discovery, a once-in-a-lifetime experience sure to provide enduring memories of Southeast Alaska.	Tour is 2¼ hours in length which includes approximately 50 minutes helicopter time and 2 separate landings - each about 15 minutes. The remaining time is for transportation to and from the dock, a safety briefing, outfitting of glacier boots and aircraft assignment. All times are approximate. No bags, iPads, tablets, purses, fanny packs, camera bags, diaper bags or GoPro extension poles, selfie sticks, walking sticks or canes, food or beverages, including water bottles, smoking, including E-cigarettes are allowed on the flight. Glacier boots are provided at the heliport. Infants up to and including the day prior to their second birthday are considered a lap child and should be added to the parent's weight they will be sitting on and are at no cost. On or after their 2nd birthday, the child is required by FAA to have their own seat and will be charged accordingly. Due to aircraft weight and balance limitations, the flight company charges an additional rate for passengers that weigh 250 lbs. or more fully clothed. Space is capacity controlled, please call 1.866.625.1167 for assistance. This is a weather dependent tour, and all cancellations are at the sole discretion of the tour operator. Guests must be able to walk a minimum of 30 yards on the pavement at the heli-base. Guests must be able to navigate
Juneau	United States of America	JNU-015	Highlights	MENDENHALL GLACIER AND WHALE QUEST	\$309	5.25	EASY	Discover the wonders of Mendenhall Glacier at its visitor centre and cruise a purpose-built vessel through waters where humpback whales and other marine creatures are commonly spotted. The glacier is the only one in Southeast Alaska accessible by road, just one of the facts you will learn while browsing the Mendenhall Glacier Visitor centre. The glacier is 13 miles long and is part of the massive Juneau Icefield, a remnant of the last ice age. Time permitting, you can stroll the glacier-view path at the centre or watch salmon in a nearby stream before driving on to Auke Bay. Here, you will embark a catamaran specially designed for wildlife viewing. Humpback whales are the star attractions in these waters, but you may also spot orcas, sea lions and bald eagles. To enhance the experience, the vessel is outfitted with a hydrophone that may allow you to hear the sounds of the whales below. Throughout the cruise, your onboard naturalist will explain the behaviour and habitat of the humpback whale.	Tour can operate in reverse order. This tour is not recommended for persons who are fully confined to a wheelchair. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used. Guests must be able to make their own way on and off the coach and have a companion to assist them during the multiple embarkations and disembarkations. The glacier is most enjoyable for guests that can comfortably walk at least 250 yards unassisted on paved inclined pathways at the Mendenhall Glacier Visitor centre.
Juneau	United States of America	JNU-022	Highlights	BEST OF JUNEAU	\$179	4.75	MODERATE	Hit the highlights in and around Alaska's capital, which borders Gastineau Channel in the shadow of Mendenhall Glacier. It won't take long to reach the glacier's visitor centre, as the ever-changing river of ice is the region's only glacier accessible by road. Despite Juneau's harsh climate, a surprising variety of flora flourishes, as you will discover at Glacier Gardens Rainforest Adventure. A covered shuttle will take you through this natural wonderland, which lies within America's largest national forest. Don't miss the Upside-down Flower Towers, which are inverted trees adorned with moss and crowned with dozens of indigenous flowers. The Alaska State Museum presents Alaska's history through a collection of rare artifacts, including ones from the gold rush era and from the land's first inhabitants. The whaling exhibits are particularly enlightening as they reflect the so-called Golden Age of Whaling in the early 19th century.	No flash photography at the museum. It is available to guests who utilise a collapsible wheelchair, can both 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. This tour operates under a special use permit issued by the U.S. Forest Service.

Juneau	United States of America	JNU-026	Active	HISTORIC GOLD MINING & PANNING ADVENTURE	\$119	1.5	MODERATE	Relive Juneau's gold rush history by panning for gold in Gold Creek, where prospector Joe Juneau struck it rich in 1880. Accompanied by a costumed prospector, you will enjoy a narrated tour through the capital's historic district before making your way to Last Chance Basin. The route will be the same one that Juneau followed, guided by the Tlingit Chief Kowee. Juneau's discovery launched a gold rush that lasted six decades and produced \$150 million in nuggets, a figure worth about \$7 billion today. After watching a panning demonstration, you will have the opportunity to coax a nugget out of the creek. Finding gold is guaranteed, but it will take skill and a bit of good luck to leave with a large nugget worth taking home. After panning in the creek, you may view the remnants of the old mine as your guide recaptures the history of Juneau's gold discovery.	This tour involves some walking over uneven and natural terrain. The tour is not available to guests who utilise a wheelchair and those guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability. Layers of comfortable, weather appropriate clothing that is suited for the outdoors and flat, comfortable walking shoes are suggested. Guests should be prepared for the possibility of rain. Children under 18 years of age must be accompanied by an adult parent or guardian. This tour involves walking over uneven and natural terrain.
Juneau	United States of America	JNU-027	Highlights	GOLD CREEK SALMON BAKE	\$99	1.5	EASY	Feast on freshly caught, wild Alaskan salmon grilled over an open fire to bring out its flavours and enjoy the outdoor setting along a beautiful creek. This salmon bake has been operating for more than 30 years and has been fine-tuned to a culinary art form. The salmon will be grilled over a fragrant Alderwood fire, imparting the fish with a unique taste. Be sure to bring a hearty appetite, as this is an all-you-can-eat feast. Besides succulent salmon, the menu will include classic dishes such as Barbecue ribs, baked beans, wild rice pilaf, cornbread and various salads. Go back for seconds or even more but leave room for blueberry cake for dessert. To enhance the alfresco dining experience, local musicians will perform throughout. Afterwards, you will have time to roast marshmallows over a crackling fire, walk to a nearby waterfall and see the remnants of an old mine.	This tour involves walking over uneven and natural terrain. The tour is not available to guests who utilise a wheelchair and those guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability before joining the tour. Children under 18 years of age must be accompanied by an adult parent or guardian. Beer and wine are available for purchase. You will be dining under a canopy of translucent domes, so you are well-protected from rain.
Juneau	United States of America	JNU-028	Active	GLACIER VIEW SEA KAYAKING	\$189	3.5	STRENUOUS	Kayak through the crystal-clear waterways surrounding North Douglas Island while enjoying the scenic backdrop of Mendenhall Glacier. Once you arrive at the island, the guide will share paddling tips to maximise your experience on the water. You will then ease into a two-person kayak and paddle into pristine areas full of wildlife such as the Mendenhall Wetlands. The experience will give you a sense of how the indigenous Aleut people once travelled these same coastal waterways in search of pelts for Russian fur trading companies. Mendenhall Glacier will loom in the distance and will look especially majestic if the weather is clear. As you paddle along, the guide will elaborate on the historical significance of places such as Smugglers Cove and point out the local flora and fauna. Keep an eye out for marine life such as porpoise, seals, sea lions and even whales. Don't forget to look overhead for bald eagles. Enjoy a light snack before transferring back to the cruise ship pier.	This tour can involve up to two hours of kayaking and is recommended for guests in good physical condition. The tour is not available to guests who utilise a wheelchair or those with mobility concerns. Children under 18 years of age must be accompanied by an adult parent or guardian. Minimum weight to participate is 40 pounds and the maximum weight is 250 pounds. Guests must wear lifejackets from the tour operator while kayaking. Raingear and splash skirts are provided, if needed. Participants must sign a liability waiver.
Ketchikan	United States of America	KTN-004	Highlights	GREAT ALASKAN LUMBERJACK SHOW	\$89	1.5	EASY	Watch Alaska's lumberjacks battle British Columbia's premier woodsmen in an axe-wielding, chainsaw-cutting competition to determine who will claim the title "Bull of the Woods." You will see the mighty lumberjacks test their prodigious strength and agility in more than a dozen events that include chopping, sawing, speed climbing and log rolling. The entertaining events recognise Alaska's rich logging history, and these world-class athletes do justice to that proud past. Many of them have competed in these sorts of lumberjack events on ESPN, so you can imagine the level of their skills. The competitors encourage rowdy crowds, so feel free to cheer as loudly as you want for the next Paul Bunyan to be.	Videotaping the show is not permitted.
Ketchikan	United States of America	KTN-007	Highlights	LIGHTHOUSE, TOTEMS & EAGLES EXCURSION	\$169	2.5	EASY	Join your captain and crew on a cruise through the waters surrounding the naturally beautiful islands around Ketchikan. Once onboard, relax inside the heated main cabin or out on the observation deck, as you prepare for your first sighting of the iconic American bald eagle. Along the way, you will be treated to panoramic views of the historic lighthouse on Guard Island and the Tlingit and Haida hand-carved totem poles and clan house at Totem Bight State Park. You will also witness a diversity of ecosystems as you cruise past coastal residential areas on Revillagigedo Island and along the undeveloped shoreline of Gravina Island, much of which is blanketed by the Tongass National Forest, our world's largest temperate rainforest. Wildlife is abundant, so keep an eye out for not just bald eagles, but harbour seals, sea lions, seabirds, and whales. While taking in the scenery, enjoy a hot chocolate, freshly brewed coffee, or soda of your choice alongside a snack sampler plate of Alaskan specialties, including a traditional alder-smoked salmon.	Guests must be able to navigate a minimum of 3 steps to safely join the tour. Upon request, a complimentary van shuttle can be provided to guests with mobility concerns. Walkers, wheelchairs and strollers are not allowed onboard the tour boat but can be stored at the Ward Cove Mill until after the tour. Guests with infants who would like them to remain in their mobility assistance equipment should either, bring some kind of carrier pack or bring a removable car seat that they can bring with them on board.

Ketchikan	United States of America	KTN-008	Local Discovery	CRUISE GEORGE INLET AND CRAB FEAST	\$279	4.5	EASY	Cruise the extraordinarily beautiful shores of George Inlet and then dine on freshly caught Dungeness crabs at the historic George Inlet waterfront lodge. After boarding an enclosed vessel, you will spend the next hour and a half cruising the magnificent Inside Passage and George Inlet. Along the way, you will see the historic George Inlet Cannery, an abandoned short-seam silver mine, Mahoney Falls and an amphitheatre-shaped basin known as a cirque that the Mahoney Glacier formed. Breathe in the fresh air and spectacular scenery as your crew shares stories and the history of this magnificent waterway. While pausing in an estuary, you can be hands on by volunteering to pull up a crab pot from the abundant waters surrounding Revillagigedo Island, overflowing with delicious Dungeness Crab. No Alaskan crabbing excursion would be complete without a feast of fresh Dungeness Crab! A fresh Asian salad, and a scrumptious cheesecake with blueberry topping dessert will round out this hearty meal, a fine ending to any day on the sea. This feast tends to be a very robust gathering and has been called a "Rowdy good time!" Your hosts will lead you through a panorama of local tall tales then demonstrate the easiest way to crack your crabs The remote location will only add to your dining pleasure at the rustic, yet elegant, George Inlet Lodge. This historic building was once an old cannery bunkhouse located 90 miles away. Two local businessmen moved the bunkhouse to its present location at the site of an old gold mine. The lodge's warmth and charm create a relaxing experience that will be the highlight of your Alaskan journey.	This tour involves walking on uneven surfaces and negotiating steep inclines and stairs. It is not recommended for guests with limited mobility or those who utilise a wheelchair. Depending on the tide, the gangway to the boat can be steep. There are 79 covered stairs from the bus drop off to the lodge deck; however, a vehicle is available to transport guests that don't want to walk the stairs. The lodge restaurant will not be exclusive to your group. Tour may run in reverse order. Alternative meals are available for those that do not like crab. Alternative meals are available for those who do not eat crab.
Ketchikan	United States of America	KTN-014	Highlights	RAINFOREST CANOE & NATURE TRAIL	\$189	3.5	MODERATE	Paddle a canoe across a mountain lake and learn about the native flora and fauna while dining on an Alaskan-style snack. Following a short but picturesque drive to the lake, you will board a large, 37-foot canoe patterned after those used by Alaska's indigenous people. Each canoe holds 20 people and is designed for stability and maneuverability. The guide will point out wildlife along the way and elaborate on the most fascinating aspects of the various species that thrive in the surrounding Tongass National Forest. You will also learn about the peoples that first settled this part of Alaska while pausing lakeside for a snack.	This tour involves approximately 90 minutes of canoeing and is recommended for guests in good physical condition. The tour is not available to guests who utilise a wheelchair or those with mobility concerns. Children under 18 years of age must be accompanied by an adult parent or guardian. This tour is not recommended for women in their third trimester of pregnancy. Participants must be able to climb in/out of a canoe and paddle. Minimum weight to participate is 40 pounds in order to fit into the required life jacket. Each guest will be assigned a life jacket, which must be worn throughout the canoe portion of the tour. Only life jackets provided by the tour operator will be permitted. Rain jackets will be provided if necessary. Participants will be required to sign a liability waiver.
Ketchikan	United States of America	KTN-016	Local Discovery	SAXMAN NATIVE VILLAGE & LUMBERJACK SHOW	\$169	4	MODERATE	Become absorbed in the rich culture of Southeast Alaska's Native Americans and witness a rip-roaring lumberjack competition on this comprehensive tour of Ketchikan. Your first stop will be a visit to Saxman Native Village. For generations, Tlingit villages have maintained a tradition of welcoming visitors in regal style. In this Native community, tribal elders and others have worked hard to pass on many of the traditions that have long defined their culture. As you enter the Beaver Clan House, where you'll be welcomed by rhythmic pounding drums, song and dance. Visitors are encouraged to participate in the final dance before moving onto the Saxman Totem Park, one of the largest gatherings of totem poles in the world. The next stop is the Village Carving center where world famous carvers work and pass on their skills to eager apprentices. Visit the Village Store to purchase some of the finest Native Alaska art available. On the return trip, see sights of downtown Ketchikan and drive past Creek Street, the historic 'red light district'. Then, let the fun begin with a stop at the Great Alaska Lumberjack Show! Hardy lumberjacks bring to life Alaska's colourful forest history with an action-packed competition in the partially covered and heated outdoor arena. Cheer on your team of world champion lumberjacks in events such as chopping, sawing, tree climbing and much more.	This tour involves a moderate amount of walking and standing, some of it on gravel pathways. 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 a companion to assist them. Lift buses are not able to accommodate Motorised Scooters, however manual wheelchairs can be used. Those guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability before joining the tour. Be prepared for the possibility of rain. There may be a short wait prior to the lumberjack show. If this is the case, time can be spent on your own or in the adjacent shop. The order of the sites viewed or visited may vary.
Ketchikan	United States of America	KTN-017	Highlights	TOTEM TRADITIONS & POTLATCH PARK	\$99	2.25	MODERATE	Gain a greater understanding of the symbolism behind totem poles, the culture of the native people and the fascinating history of Ketchikan. After departing the pier for a scenic drive along the North Tongass Highway, you'll arrive at Potlatch Park, a recreated 19th-century Alaska Native village. Here, you'll learn centuries of history and examine beautifully carved totem poles, one an impressive 42 feet tall! The poles depict thunderbirds, ravens, eagles, whales and other creatures, all imparting legends of the land and its people. Peer into a clan house where a diorama shows how Natives actually lived in the 1800's. At the carving centre, you'll be able to view the tools artisans use to perfect their craft and hear from your driver-guide stories of how these carvers preserve the heroes, spirits and ancestors in the standing cedar monuments. You will also have the chance to visit an amazing collection of antique cars and dream of cruising around in beauties like a 1937 Ford pickup, 1932 Packard or the gorgeously preserved 1924 Stanley Steamer. Before departing, stop into the quaint Alaska Totem Trading Store, where you will have the opportunity to relax and enjoy a cookie and beverage and browse the display of rare antique firearms dating from 1535 through the 1860's.	This tour involves approximately a half mile of walking on gravel pathways and over uneven terrain. The tour is not available to guests who utilise a wheelchair and those with mobility concerns are cautioned to evaluate their personal level of stamina and ability before joining the tour. Be prepared for the possibility of rain. The order of the sites viewed or visited may vary.

Ketchikan	United States of America	KTN-018	Active	BACK COUNTRY JEEP® & CANOE SAFARI	\$269	4	MODERATE	Drive a four-wheel-drive automatic Jeep Wrangler along mountainous roads through Tongass National Forest. Befriend your fellow travellers and group into teams of 4 per Jeep. The safari travels from sea level to the sub-alpine region of this unique coastal island. Learn about the area's natural history as you drive abandoned logging roads. Along the way, you'll make a stop to take advantage of photo opportunities and to rotate drivers, so everyone has a turn at the wheel. Your next destination is the secluded mountain lake - Lake Harriet Hunt - where you'll board a Tlingit-style 37 foot, 20 passenger canoe, much like the Alaska Natives used to travel the coastal waterways. Your safari guide will then lead a brief nature walk through old-growth forest from the remote camp where your cook will prepare an Alaska-style snack.	Order of tour may vary. Children must weigh at least 40 lbs. This tour is not recommended for women in their third trimester of pregnancy. Participants must be able to climb in/out of a canoe and paddle. Drivers must be at least 25 years of age, show a current driver's license and sign a liability/insurance waiver. Jeep® portion of the adventure is approximately 1 1/4 hours. Paddling duration is approximately 30 minutes. Not recommended for guests with back problems. This tour operates under a special use permit issued by the U.S. Forest Service
Ketchikan	United States of America	KTN-031	Highlights	BERING SEA CRAB FISHERMEN'S TOUR	\$179	4.5	EASY	Join seasoned Bering Sea fishermen for an extraordinary journey of discovery on the Aleutian Ballad, a storied crab boat featured on the television series "Deadliest Catch." You will set out into the protected waters off Ketchikan and relax in the heated and sheltered outdoor amphitheatre until the boat reaches prime crabbing water. In time, the crew will start hauling up crab pots and long lines from the depths, revealing all manner of sea life such as king crab, octopus, prawns and rock fish. The catch will then be placed into an on-deck aquarium for you to view and even touch, if you desire. The crew will also relate stories of their lives at sea and point out the indigenous marine life, which may include seals, sea otters and whales.	Guests must be at least 5 years of age. We recommend you dress warmly and in layers. Time spent on Aleutian Ballad is approximately 3 hours, transportation to and from port is 1.5 hours. The crab pot used for demonstration purposes will contain artificial crabs as the king pot has been repurposed to help unfortunate families. This ""memorial"" pot is covered in tags that people have written to loved ones and all guests are given the opportunity to add a tag if they choose and to donate to the Fishermen's Memorial Fund of which the proceeds go toward helping fishermen's families. However, live king crab are in the on-deck aquarium. This tour is not exclusive to Regent Seven Seas guests.
Ketchikan	United States of America	KTN-032	Highlights	TONGASS RAINFOREST EXPEDITION	\$119	2.5	MODERATE	Walk through the pristine natural environment of Tongass National Forest, the largest such wilderness in America. As you follow the shaded nature trail through the understory, you can expect to be enthralled by the majesty of the towering, centuries-old trees and the serenity of the forest. While pausing at a meadow, the naturalist guide will identify some of the more unusual plants and describe their characteristics. You will enjoy a different perspective of the wilderness from a viewing platform at a nearby rapids, where bald eagles are often spotted. You will also pause farther down the trail next to a crystal-clear stream where salmon spawn each year. Here, the guide will explain some of the traditions and legends of the indigenous people that lived in the forest.	This tour covers approximately 2.5 miles of moderate hiking over natural terrain. It is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition. Participants must be at least four years old and children under 18 must be accompanied by a parent or adult guardian. Strollers and walkers are not allowed on the trail. Wildlife sightings are not guaranteed.
Ketchikan	United States of America	KTN-055	Highlights	WATERFRONT & WILDLIFE CRUISE	\$279	2	EASY	Cruise along Ketchikan's beautiful waterfront in a window-walled expedition boat and look for Alaska's most iconic wildlife on the outskirts of town. Whether you settle in on the observation deck or inside the heated cabin, you will enjoy spectacular views of Ketchikan and its backdrop of mountainous rainforest. Commentary will enhance your understanding of the sights, which include the town's oldest working salmon cannery and Whiskey Cove, an infamous cove that rumrunners used during Prohibition. You will also learn about the area's indigenous people when cruising past the world's largest collection of totem poles at Saxman Native Village. Wildlife is especially abundant around Nichol's Passage, where whales, seals and porpoises are frequently spotted. The captain will maneuver the boat to ensure the best views and pause so you can clearly see an active bald eagle's nest. Built with large sticks for stability and moss for comfort, bald eagle nests can weigh up to 1,000 pounds.	It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Ramps can be steep depending on the tide and guests may need to walk up to 100 yards to the vessel. Guests with back and/or neck problems, guests with asthma, heart or respiratory conditions and limited mobility guests. Only collapsible wheelchairs are permitted on this tour due to vehicle/vessel used.
Ketchikan	United States of America	KTN-066	Local Discovery	GEORGE INLET LODGE CRAB FEAST	\$159	3	EASY	Take a spectacular scenic coastal road to the historic George Inlet Lodge where you will experience the world-famous George Inlet Lodge Alaskan crab feast. Being one of the few highways in this part of Revillagigedo Island, it is surrounded by natural beauty that makes the drive even more memorable. Upon reaching the waterfront George Inlet Lodge, you will be served an entrée of steaming-hot Dungeness crab. s These tasty crustaceans are caught in the chilly waters of the Pacific Ocean and have become synonymous with Alaskan dining. The meal includes plenty of other local specialties including an Asian Romaine salad with homemade dressing, smoked salmon dip and cheesecake topped with seasonal blueberries. Afterwards, you might browse the remote lodge, which has quite the history. It was originally built in the 1940s as a salmon cannery bunkhouse. When the cannery closed decades later, the bunkhouse was transported about 90 miles up the George Inlet waterway to its present location, which was once the site of a gold mine.	It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Shuttle is provided for those without the ability to navigate the stairs. Alternative meals are available for those that do not like crab.

Ketchikan	United States of America	KTN-083	Highlights	KETCHIKAN PUB CRAWL	\$119	2	EASY	Want to learn about a place? Drink with locals! This fun, informative and entertaining 90-minute walking tour is sure to please anyone who wishes to get off the beaten path and immerse themselves in the culture of Alaska's First City. Ketchikan is famous for "doing business at the bar" and you'll learn why as you hear infamous stories of days gone by, the prohibition era when the red-light district was in full swing and the colourful history of Ketchikan's most popular hot spots. You'll enjoy a sampler beverage at several of Alaska's most historic pubs, nibble on some locally sourced delights, meet the genuine characters who make Ketchikan unique and enjoy a stroll down historic Creek Street. At your final stop you'll be entertained by live music while you relax with new friends. Join the locals and belly up to the bar in Ketchikan!	This is a walking tour not recommended for guests that utilise a wheelchair. Guests must be 21 years of age, have legal photo ID and be able to walk over the course of ¼ mile, flat terrain. Dress for the weather and wear good walking shoes.
Victoria	Canada	YYJ-001	Active	BUTCHART GARDENS FLORAL ADVENTURE	\$179	3.5	MODERATE	Meander through fragrant Butchart Gardens at your leisure, taking in the splendor of themed gardens featuring colourful flora from various countries and areas of the world. As you stroll the winding trails, it may be difficult to imagine that this incredibly lush, botanical wonderland was once a barren rock quarry. The transformation began in 1912, when Jennie Butchart started depositing top soil by horse and cart into a section of the abandoned quarry now known as the Sunken Garden. Be sure to see it and other highlights such as the aromatic Rose Garden, the exotic Mediterranean Garden and the Italian Garden near the Butchart family's former estate. To minimise Butchart Gardens' environmental impact, wood waste and branches are repurposed as mulch and weeds are treated organically. The gardens are so inspiring, you may wish to re-create a version once you return home by purchasing various seeds from the themed areas.	This tour includes a moderate amount of walking mainly at the guests' discretion. It is available to guests who utilise a collapsible wheelchair, are able to both make their way on and off the coach and have a companion to assist them. Guests with mobility concerns should evaluate their personal level of ability and stamina before joining the tour.
Victoria	Canada	YYJ-002	Active	VICTORIA WALKING TOUR	\$89	2	MODERATE	There are fewer cities more spectacularly suited for a walking tour than Victoria. This delightful two-hour excursion will commence at the cruise terminal and start out along the seawall that is lined with the well-manicured lawns and gardens of those lucky enough to live with a view of the Strait of Juan De Fuca and the Olympic Mountain Range. Stepping away from the bustle of the cruise terminal, walk down into the heart of town which is full of shopping, restaurants, nightclubs and much more. The inner harbour of Victoria is a bustling and vibrant area with regular seaplane departures to the surrounding islands, street performers, local crafts and food vendors. This is also the location of the Royal BC Museum, the British Columbia Parliament Buildings and the world-famous Fairmont Empress Hotel with its façade of century-old ivy covered walls. As you make your way through the city, your experienced local guide will share with you the inside stories and history of the area and a true insider's knowledge of all things unique to the City of Victoria. Your guided tour concludes on the lawns of the Empress Hotel and you are encouraged to further explore Downtown on your own before heading back to the ship at your leisure. For those who don't wish to walk back, a shuttle will be available.	This tour includes a moderate amount of walking over mostly even surfaces and some inclines. The tour is not available to guests who utilise a wheelchair and not considered suitable for guests with mobility concerns. For those who don't wish to walk back, a shuttle will be available.
Victoria	Canada	YYJ-003	Highlights	VICTORIA WITH CRAIGDARROCH CASTLE	\$119	2.5	MODERATE	Enjoy a panoramic driving tour through the heart of Victoria and then ramble through a Victorian castle that an industrialist built in the late 19th century. As you pass through downtown Victoria, chances are you will pass landmarks such as the parliament buildings, the grand Fairmont Empress hotel and the esteemed Royal British Columbia Museum, which holds a treasure-trove of natural history artifacts. In time, you will arrive at Craigdarroch Castle, which Scottish immigrant Robert Dunsmuir constructed after becoming fabulously wealthy from coal mined on Vancouver Island. You will tour the castle on your own, which you give you to opportunity to linger in the areas you find most intriguing. The meticulously restored castle is furnished with period pieces and features some of the finest stained-glass windows in North America, most of which depict floral scenes. Few places offer such a glimpse into privileged late 19th-century life.	This tour includes a moderate amount of walking with numerous stairs to negotiate at Craigdarroch Castle and no elevators. The tour is not available to guests who utilise a wheelchair and may not be suitable for guests with mobility concerns.
Victoria	Canada	YYJ-004	Highlights	SCENIC VICTORIA CITY TOUR	\$99	2	EASY	Enjoy a remarkably comprehensive look at Victoria by travelling through its most representative residential neighbourhoods and by passing the must-see landmarks such as the parliament complex. The tour begins by passing through a neighbourhood of beautiful waterfront homes that overlook the Strait of Juan de Fuca and the Olympic Mountain range beyond. Part of the international boundary between the United States and Canada lies in mid-channel. Still, Craigdarroch Castle is the most impressive residence in Victoria. As the guide will point out, a coal baron built the stone home in the late 19th century, although he died before it was completed. You will also pass key attractions in the inner harbour district, which include the Parliament of Victoria, the grand Fairmont Empress hotel and the Royal British Columbia Museum. This tour also allows you the option of staying in town at its conclusion and returning on your own later.	This tour includes minimal walking mainly at the guests' discretion. It is available to guests who utilise a collapsible wheelchair, are able to make their way on and off the coach and have a companion to assist them.
Victoria	Canada	YYJ-005	Highlights	WHALE AND WILDLIFE TOUR	\$329	3.5	EASY	Cruise into the pristine waters off Victoria with whale spotters that will point out orcas and other marine creatures. After settling into the vessel, which features viewing areas inside and topside, you will head into the surrounding waters. Orcas are abundant here, as they come to feed primarily on Chinook salmon. Orcas are better known as killer whales, although they are actually members of the dolphin family. They typically travel in pods, which sometimes include as many as 80 orcas. It's quite the sight to watch them zipping about as they use echolocation to locate their prey. To enhance the experience, the ship's engine will be cut off when orcas approach. Orcas are easy to identify because of their black-and-white markings and sleek appearance. Depending on the day, you may also spot minke whales, humpback whales and elephant seals. Birds are also abundant, so keep an eye out for osprey, bald eagles and peregrine falcons.	This tour includes minimal walking mainly at the guests' discretion. It is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the tour vessel, and have an able-bodied companion to assist them. Wildlife sightings are not guaranteed.
Victoria	Canada	YYJ-008	Highlights	GRAND VICTORIA AND HIGH TEA AT EMPRESS HOTEL	\$209	2.5	MODERATE	Drive past Victoria's most extraordinary attractions on the way to the grand Fairmont Empress hotel, where you will experience a traditional afternoon tea that reflects the city's British colonial heritage. The tour will begin with a look at the upscale neighbourhoods that surround the inner harbour. There are several scenic overlooks along the way, where you will pause for photos before passing landmarks such as Victoria's parliament buildings and the Royal British Columbia Museum. Their architecture is decidedly British, as is the tradition of serving afternoon tea at the Fairmont Empress. You will partake of this beloved ritual in the lobby lounge, a beautiful setting for sipping tea and indulging in the treats on the tea tower, which typically include fresh-baked scones, strawberry preserves, clotted creams and tasty pastries. The tea's china pattern is exclusive to the Fairmont Empress and mirrors that of the china that King George VI and Queen Elizabeth used at the hotel when visiting in 1939. After a memorable and relaxing 90-minute visit at The Empress, you may either return to the cruise terminal on the coach or elect to spend more time in the city and make the 20-minute walk back to the pier on your own.	This tour includes minimal walking mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, are able to make their way on and off the coach and have a companion to assist them. You can't overdress for high tea at the Fairmont Empress, which requires a minimum of wearing smart casual dress.

Victoria	Canada	YYJ-009	Highlights	SCENIC VICTORIA CITY & BUTCHART GARDENS	\$239	4.5	MODERATE	Enjoy a delightful and enlightening introduction to Victoria through its architectural gems and natural beauty, best displayed at Butchart Gardens. After passing through waterfront neighbourhoods with panoramic views of the Strait of Juan de Fuca and the Olympic Mountain range beyond, you will drive around Victoria's lovely inner harbour. Urban highlights include the parliament buildings and the grand Fairmont Empress hotel, both of which reflect British colonial architecture. Still, the City of Gardens is known even more for its natural beauty, which takes centre stage at Butchart Gardens. Its roots date to 1912, when Jennie Butchart began to transform an abandoned rock quarry into a lush floral garden. Today, Butchart Gardens contains themed gardens full of indigenous and exotic flora that thrives in Victoria's mild coastal climate. If you find the gardens inspiring, you might purchase seeds from some of the plants and create your own version of the attraction back home.	This tour includes moderate walking mainly at the guests' discretion. 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. Guests with mobility concerns should evaluate their personal level of ability and stamina before joining the tour.
Victoria	Canada	YYJ-010	Active	CRAFT BREWERY & DISTILLERY TASTING TOUR	\$249	2.5	MODERATE	Sample a selection of craft beers and single-malt whiskies made with locally sourced ingredients at the only combined microbrewery and distillery in Canada. A guide in a Scottish tartan kilt will lead you on an entertaining behind-the-scenes tour of both locales – Macaloney's Caledonian Distillery and Twa Dogs Brewery – and describe the production of the whiskies and beers in detail. You can expect it to be an eye-opening experience as these libations are made exclusively using traditional techniques that guarantee their extraordinary quality. During the tastings, you will be served two distinctly aged whiskies and three beers that may include an aromatic raspberry crème brûlée ale, an IPA made from four different hops and a sour beer flavoured with coriander and salt. An enlightening driving tour through Victoria follows, during which you will pass through Canada's oldest Chinatown and view the iconic Empress Hotel and grand Parliament complex along the Inner harbour.	This tour includes some steps to negotiate. Comfortable clothing and flat walking shoes are recommended. Participants must be at least 19 years of age and carry a valid ID to take part in the tour.
Victoria	Canada	YYJ-011	Highlights	BC BITES & SIGHTS	\$239	2.5	MODERATE	Discover why Victoria is so revered for its cuisine through inspired tastings and admire the gorgeous scenery while travelling between venues. The exact restaurants will be chosen the day of the excursion, but you can expect to visit Victoria's trendiest, most characteristic ones. James Bay, the city's oldest neighbourhood, is nearly surrounded by water so chances are you will be treated to seafood after strolling the boardwalk at Fisherman's Wharf. A ferry will bring you to the upper harbour, where you will find Chinatown, which is the oldest such neighbourhood in Canada. You will also be treated to a craft beer or cocktail sampling in the Bastion Square area of Old Town. The square looks out over the picturesque inner harbour. Continue along Government Street to your final tasting at the original location of Rogers Chocolates, open for business since 1885. From here, your tour concludes in front of the iconic Fairmont Empress where you can opt to remain downtown at your leisure or return on the shuttle bus.	Participants must be at least 19 years of age and at least 21 years of age to consume alcohol and carry a valid ID. This tour operates rain or shine. This tour includes about two hours of easy to moderate walking and standing that includes some steps. The tour is not recommended to wheelchair guests and may not be suitable for guests with walking difficulties. Guests should evaluate their personal level of stamina and ability before joining the tour. Shuttle bus return is included.
Victoria	Canada	YYJ-021	Highlights	SECRET GARDEN AND TEAHOUSE	\$179	2.5	MODERATE	Tucked behind a stately hedge in a quiet suburb lies one of Victoria's best kept secrets- the magical Abkhazi Garden with its exquisite design and rich history. During this self-guided walk, wander through this beautiful garden of dramatic glaciated rocky slopes, magnificent Garry oaks and gorgeous vistas. Then, filled with the garden's sights and scents, retreat to the charming teahouse to enjoy a three-tier Royal tea. Seated in the teahouse-Prince and Princess Abkhazi's original residence- allow yourself to be transported back in time, as your guide recounts the couple's captivating story of privilege and tragedy, separation, and romance. It's a story that spans three continents and a world war, and which gave life to this exquisite garden. Finally, relaxed by the tranquility of this garden oasis and replete after a royal tea, reboard your coach for a reflective city tour before heading back to the pier. Garden is closed to the general public.	Participants must be at least 8 years of age. Wear good walking shoes. This tour is offered on select sailings. Guests with mobility issues are not recommended to take this tour as there are multiple steps that need to be managed. Gluten free / Vegetarian option is available at the teahouse, but advance notice of 24 hours must be given. Family style dining so you may be sitting at a table with other cruise passengers. No video recording of staff in the teahouse due to privacy policy. Photos can be taken.
Victoria	Canada	YYJ-022	Active	BUTCHART GARDEN AND TIM HORTONS ADVENTURE	\$199	4	EASY	Stroll through fragrant Butchart Gardens at your leisure after stopping for a snack at Tim Hortons, a Canadian institution named for the legendary hockey player that co-founded it. A hot beverage and a few tasty Timbits – the franchise's bite-size donuts – will get you started on the right foot. Once you reach Butchart Gardens, you can wander about as you please. Once a barren rocky quarry, the site has been transformed into a botanical wonderland, beginning in 1912 when Jennie Butchart started depositing top soil by horse and cart. Over the past century or so, gardens have been added and others expanded to allow for the plants to be grouped by the areas in the world where they are indigenous. Upon arrival, our driver will provide you with a pass and maps, ensuring you have everything you need to explore the gardens at your own pace. You'll have a generous 2 hours to stroll through the magnificent displays of flowers, charming pathways, and serene landscapes. Remember to hold on to your pass carefully, as replacements cannot be printed, and losing it will prevent entry into the garden. Join us on this extraordinary Butchart Gardens and Tim Hortons Adventure for a memorable tour that combines natural beauty, culinary delights, and unforgettable sights.	The rose garden blooms until mid-August. Driver will provide commentary not a step on guide. Ticket replacements cannot be printed and losing it will prevent entry into the garden. If guests miss the bus departure time on the return the driver will give a 5-minute grace period then guests left will have to taxi or Uber back at their expense.
Vancouver	Canada	YVR-001	Highlights	DISCOVER VANCOUVER	\$129	2	MODERATE	Acquire an enlightening overview of Vancouver by viewing its most alluring attractions and then exploring on your own. Although large and metropolitan, Vancouver has still retained much of its natural beauty in urban oases such as Stanley Park. After pausing there to admire a display of First Nation totem poles and take in the serenity, you will enjoy an entirely different ambience in bustling Chinatown. Exotic open-air markets, heritage buildings and pagoda-topped telephone booths are staples in this ethnic neighbourhood, which dates back to 1890 when Chinese immigrants settled in what was then known as Shanghai Alley. Another historical perspective awaits you in Gastown, an area that developed in the early 1870s. The neighbourhood is named for settler "Gassy" Jack Deighton, a saloon owner who was considered full of hot air because he spun tall tales. The cobbled streets of Gastown are now lined with upscale boutiques, galleries and restaurants.	There are cobblestoned surfaces to negotiate in Gastown. The tour is available to wheelchair guests who have 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 should evaluate their personal level of stamina and ability before joining the tour. The order of the venues viewed may vary. Cancellations made within 3 days or less are subject to a 100% cancellation penalty.

Vancouver	Canada	YVR-002	Highlights	VANCOUVER HIGHLIGHTS & CAPILANO PARK	\$259	4	MODERATE	Drive through neighbourhoods that present the true character of Vancouver and then walk along a suspension bridge in the heart of a coastal rainforest. The urban highlights include seeing the late 19th-century community of Chinatown, the historical architecture in Gastown and serene Stanley Park, a green oasis that's 10% larger than New York City's expansive Central Park. On the other side of Vancouver harbour, you will find a spectacular suspension bridge that spans the deep gorge of the Capilano River. A cable bridge has been at this location since 1903 and this most recent 450-foot version in Capilano Park offers stunning views in every direction, especially down to the roaring river hundreds of feet below. The bridge is surrounded by dense coastal rainforest and wildlife is abundant, so keep an eye out for birds in particular. You might also follow the boardwalks and other suspension bridges through the towering Douglas firs.	This tour includes about two hours of walking, mainly at the guests' discretion. The tour is not recommended for wheelchair guests, those with mobility concerns or those who suffer from a fear of heights. The order of the venues viewed may vary. Cancellations made within 3 days or less are subject to a 100% cancellation penalty.
-----------	--------	---------	------------	--------------------------------------	-------	---	----------	---	--



EXPLORATIONS
BY NORWEGIAN®