



## Shore Excursions

Whether its adventure, leisure or a sightseeing tour, we offer a wide variety of experiences for every budget. Here are some other key benefits:

### **Convenience**

- One-stop shopping for all ports on your itinerary
- Dedicated call center and onboard tour experts
- Easy pre-cruise booking online or through our call center

### **Peace of Mind**

- All tour operators are insured
- No hidden cost for transfers or entrance fees
- No upfront payment for pre-booked tours

Norwegian Cruise Line makes arrangements for Guests for shore excursions solely for the convenience of the Guest; Norwegian does not act on behalf of or supervise the parties or persons who own, furnish, or operate such excursions, and the same are provided by independent contractors. Norwegian assumes no responsibility for, nor guarantees the performance of, any such excursion provider, and Guests acknowledge that Norwegian shall not be liable for losses or injuries arising from the acts or omissions of such provider.

## Tour Indicators/Symbols

Level 1:	Involves walking over relatively level terrain, possibly some cobblestone, gravel or a few steps. Comfortable shoes are recommended.
Level 2:	Involves a considerable amount of physical activity such as substantial walking over cobblestone streets, climbing stairs or steep terrain. They're not recommended for guests with walking difficulties. Comfortable, sturdy shoes are recommended.
Level 3:	Involves physical exertion for extended periods. The terrain may be uneven or steep. It can also indicate a need for swimming in a light current, biking or horseback riding. Recommended only for physically fit and adventurous travelers.
Meal:	Mmmm – these tours include meals. Got a special dietary need? Head to the Shore Excursion Desk and they'll be happy to help you out.
Age Requirements:	These tours have specific age requirements.
Weight Requirements:	These tours have specific weight requirements.
Height Requirements:	These tours have specific height requirements.

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## Tour Descriptions

### Ocho Rios, Jamaica

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

Tour Code: OCJ\_01

Dolphin Cove and Dunn's River Falls

Approximate Duration: 4 hours

Level 2

Relax during your short drive to the world-famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as they plunge directly into the pristine Caribbean Sea. After this invigorating experience you're transported to Dolphin Cove where you are met by friendly hostesses and given a complimentary fruit drink. This unique cove surrounded by lush tropical jungle is home to our beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas. There you can enjoy watching the dolphins at play in their natural habitat, the Caribbean Sea. Visit Little Port Royal, a replica of Jamaica's most famous pirate 'haunt' and witness pirates roaming through town. Browse through the largest gift shops of any attraction in Jamaica, stocked with the widest range of dolphin souvenirs, and visit our jewelry store and craft market for locally hand crafted items. Listen to the rhythms of the Caribbean music and sample the world-famous Blue Mountain Coffee and liquors at our very own 'Starbucaneers'. Have your hair braided and watch our local fashion show. Learn about our Jamaican culture and enjoy the amenities.

**Note:** Shuttle buses are available at 10-minute intervals to return you to your ship. You will not interact with dolphins on this tour.

Tour Code: OCJ\_02

Green Grotto Caves & Dunn's River Falls

Approximate Duration: 5 hours

Level 3

Estimated at over 5 million years old, the Green Grotto Caves is the first historic cave worldwide to receive the Green Globe 21 certification, a global affiliation working with travel and tourism companies and communities to develop and maintain good environmental practices. The caves are characterized by coastal limestone and feature a series of interconnected passageways and chambers, light holes, stalactites and stalagmites, as well as two lakes. Their most striking features are rock formations and the small 'grotto' lake at the innermost cavern. Take a 3/4-mile guided stroll through a maze of exquisite dripstone formations and learn about the sensitive eco-system found within and around the caves. See limestone formations that have been christened after the individuals they resemble, including Abraham Lincoln, Freddie Krueger and the cartoon character, Scooby Doo among others. Your guide will demonstrate the cave's musical stones and be sure to toss a coin in the wishing well before your departure. A refreshing beverage is provided at the end of the tour. On the return drive to Ocho Rios, you'll visit Dunn's River Falls. Climb the spectacular 600-foot waterfall at Dunn's River Falls and then shop for souvenirs in the center of town before returning to your ship.

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

Tour Code: OCJ\_03

Best of Ocho Rios

Approximate Duration: 4 ½ hours

Level 2

This tour takes you to an unforgettable collection of beauty spots in and around Ocho Rios. First, you'll visit the island's premier attraction, Dunn's River Falls. It is a place of unique beauty, where the river cascades over a giant limestone staircase to a white-sand beach and the warm Caribbean Sea. You may choose to climb the icy waterfalls with the aid of an experienced falls guide, just simply relax at the base of the waterfalls, or swim in the sea. Next, you'll be taken on a guided stroll through the groves of trees and plants at the Shaw Park Botanical Gardens. The manicured grounds are beautified by a reflecting pond, gazebos and a natural waterfall. Then drive through Fern Gully, a gorge with a dense growth of ferns and gigantic trees that form canopies over the roadway. A final stop is made in the town for shopping before returning to your ship.

**Note:** Order of stops may be changed to avoid crowds.

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Tour Code: OCJ\_04

Cool Running's Reggae Party Sail

Approximate Duration: 3 hours

Level 3

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

Tour Code: OCJ\_05

Glass Bottom Kayaking & Dunn's River Falls

Approximate Duration: 4 hours

Level 2, Age Requirements

After a brief orientation and being fitted with your life vest, enter your glass-bottom kayak to take a guided journey on the crystal-clear Caribbean Sea to Dunn's River Falls. You'll be amazed and fascinated at the underwater world, its spectacular beauty, and the wide and varied array of corals and sea life. See the wonders of waterfalls and enjoy fantastic photo opportunities on your way to Dunn's River Falls. As you approach Dunn's River, enjoy a truly spectacular view of the world's most talked about waterfall. Upon arrival to the world-famous Dunn's River Falls, your friendly hostesses will lead you to your capable guides who will assist you in climbing the 600-feet of cool refreshing water as it cascades over natural limestone terraces. Feel the excitement as you ascend the rushing waters as they plunge directly into the pristine Caribbean Sea. After enjoying the falls, you'll head to at Dolphin Cove and experience all that it has to offer.

**Note:** Participants must be at least 8 years of age. This Tour is not recommended for those who are pregnant, who have back or neck injuries, or those with heart and respiratory conditions. You will not interact with dolphins on this tour.

Tour Code: OCJ\_06

Legendary Martha Brae Rafting

Approximate Duration: 5 hours

Level 1, Weight Requirements

Enjoy a countryside drive along the coast to one of the most picturesque places in Jamaica, the 'Land of Wood and Water', for a unique Jamaican experience. See the lifestyles of rural and urban Jamaica en route to the Martha Brae rafting village. Upon arrival, and after you are greeted with a welcome tropical drink, stroll the beautiful lawns and visit the herb garden, which is a presentation of Jamaican herbs that are famous for their medicinal and healing properties, prior to embarkation. Picture yourself on a bamboo raft built for two, gliding slowly down a river that meanders gently through whispering groves of bamboo and ferns, as you listen to the chatter of birds and the soft chop-chop of the raftman's pole. As your raft makes its way pass shaded banks and dappled sunlight, the raft Captain will tell you the legend of 'Matibereon' as the mild river breeze washes over you. Float along the river and relax in an atmosphere of tranquility on the three-mile journey before arriving at the Rafter's Rest, where the bus awaits for the return trip to Ocho Rios.

**Note:** Participants must not weigh more than 280 lbs.

Tour Code: OCJ\_10

Horseback Ride n' Swim

Approximate Duration 3 ½ hours

Level 2, Age & Weight Requirements

Saddle up for the approximately 2 1/2-hour Horseback ride n' Swim. Ride along Papillion Cove, where the movie "Papillion" was shot in 1973, and locations where "Return to Treasure Island" (1985) and "Passion and Paradise" (1988) were shot. You'll see the remains of Richmond and Llandoverly, two of the oldest sugar plantations on the island. Be caressed by the refreshing breeze of the Caribbean Sea as your trail takes you along the charming coastline to Chukka Beach. Your experienced guides will educate you on our rich history, culture, flora and fauna. Enjoy a refreshing drink of water or purchase a drink at the bar whilst your guides unsaddle your mounts and prepare for the amazing bareback ride in the Caribbean Sea. Afterwards, take a shower while the guides resaddle the horses for the return trip to Chukka Cove. Browse the gift shop filled with unique Jamaican treasures and enjoy a cold drink and jerk chicken from the Chukka Bar and Grill.

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

Tour Code: OCJ\_12

River Tubing Safari

Approximate Duration: 3 ½ hours

Level 2, Age & Weight Requirements

In 1494, when the Spanish discovered Jamaica, they named the village Ocho Rios, after the wondrous 'eight rivers' they saw here. Today you'll explore one of those eight rivers that the Spanish found – the amazing, untouched White River. Take a step back in time when your adventure begins at the 17th-century landmark, Spanish Bridge. This is a site you can only see on your river tubing expedition. As you get ready to journey down the cool waters of the White River, which

gained its name from the pristine clarity of its water, you'll receive a safety briefing from your experienced guides who will also outfit you with all of your safety equipment for your journey ahead. This three-mile ride down the White River not only gives you the rich history of Jamaica, it shows you the beauty of our land as you pass by coconut plantations, bamboo groves and along river banks filled with indigenous flora and fauna. The real adventure lies in the White River as you enjoy her many moods, which will bring you to challenging rapids and enchanting lagoons. The breathtaking views and vistas of this tour, which takes you between two of our island's most scenic parishes, St. Mary and St. Ann on what locals call the 'Interparish Express', can only be found on the River Tubing Safari Tour. As you disembark the White River, you'll find yourself in one of Jamaica's most beautiful valleys. The White River Valley property is a garden paradise with over 100 species of flowers for your viewing pleasure. The property's facilities and buildings mirror the architecture of a traditional Jamaican village, so be sure to stop by Parrot Bar and indulge in some of our traditional Jamaican jerk cuisine, refresh yourself with a cool drink, browse the Valley Trader gift shop or just take in the sights of the real Jamaica.

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

Tour Code: OCJ\_14

Chukka 4x4 Safari to Dunn's River Falls

Approximate Duration: 5 hours

Level 3, Age & Weight Requirements

Experience the real Jamaica in our zebra-striped safari Jeeps®. Drive up through the famous Fern Gully, getting a glimpse of the 200 different ferns, and have a view of the mountains and valleys. We'll take you up to the highest viewpoint, Murphy Hill (2,000 feet above sea level) to look down upon Ocho Rios, the cruise ship pier, the Blue Mountains, and, on a clear day, Cuba. You'll pass through small villages, where you'll learn the history of old churches and see local marketplaces. During this tour, you'll visit one of Jamaica's largest estates, observing a working cattle station and a small coffee plantation. Taste and learn about our fruits and Jamaica's great history. The highlight of your tour will be the Dunn's River Falls, where you can climb the 600-foot cascades. Get Wet! Enjoy! Yeah Mon! You have just seen the best Jamaica has to offer.

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

Tour Code: OCJ\_16

Dune Buggy Safari

Approximate Duration 3 ½ hours

Level 2, Age & Weight Requirements

Get ready for the rugged terrain that the mountains of Jamaica have to offer! This tour is for those who want to go off road for a bumpy, dusty, dirty ride in your very own dune buggy built for two. After a safety briefing, start your engines for a practice drive and then it's time to hit the road across the trails of this lush tropical countryside. Travel in the depths of the Cascade Rainforest where the sun plays hide and seek through the canopy of thick tropical foliage. Make your full circle through the hills, passing through orchards and stop for a quick Jamaican-style refreshment as you view the picturesque countryside from the Old Pimento (Allspice) House. Listen as your guide shares with you a bit of local history, environment and culture. As you make your way up into the rural Jamaican countryside, be sure to watch out for rare exotic birds that can only be seen in their natural habitat. Then it's homeward bound on to a downhill back-road trail for a swim in the refreshing and crystal-clear waters of the White River. Before heading back to your ship, stop by the souvenir shop and pick up some pictures or gifts for those at home!

**Note:** Passengers must be at least 6 years of age; the driver must be at least 18 years of age and provide a valid driver's license. Participants must weigh no more than 265 lbs. This tour is not recommended for guests with neck/back problems or pregnant women. Tour participation is extremely limited. Lunch and additional refreshments are available for purchase.

Tour Code: OCJ\_18

Dolphin Swim & Dunn's River Falls

Approximate Duration: 4 hours

Level 2, Age Requirements

Relax during your short drive to the world-famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as they plunge directly into the pristine Caribbean Sea. After this invigorating experience, you're transported to Dolphin Cove where you are met by friendly hostesses and given a complimentary fruit drink. This unique cove surrounded by lush tropical jungle, is home to our beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas. There you'll participate in a brief orientation and then enter the world of nature's most fascinating creatures – the dolphins. Get to know the animals as you interact with them in deep water. Experience the thrill of 'riding' the dolphin belly to belly. Dance, sing, play and even enjoy a kiss or two. After enjoying this unique experience, spend the rest of the day at Dolphin Cove and all that it has to offer.

**Note:** Participants must be at least 8 years of age. Shuttle buses are available at 10-minute intervals to return you to your ship. This tour is not recommended for guests with heart, neck/ back problems, mobility/balance problems or pregnant women.

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Tour Code: OCJ\_21

The Ocho Rios Spirit

Approximate Duration: 3 ½ hours

Level 1

The tour takes you through the quaint town of St. Ann's Bay and continues to Seville Heritage Park, where the major attraction is the collection of artifacts on display in the Great House, depicting various aspects of the life of the Taino Indians – the first inhabitants of Jamaica, the Africans and Europeans who came next. Upon your return to Ocho Rios, enjoy a refreshing drink at Ruins Restaurant before going to the Fern Gully Gorge, which boasts over 100 species of ferns and shrubs. The tour continues to Wassi Art Pottery Works, an unexpected treasure chest of unusual pottery that delights collectors and visitors. On the tour, you can meet the artisans at work and observe the process of making the beautiful art ware from start to finish...the clay shed, the potter, the firing and oh yes, the showroom, where the finished works are displayed. Then pause for a while at the fantastic Island Village, where the picturesque open-air setting with boardwalk, natural spring lagoons and trees provide a refreshing experience, which will give new dimension to your experience in Ocho Rios.

Tour Code: OCJ\_23

Original Canopy Tour

Approximate Duration: 4 hours

Level 3, Age & Weight Requirements

A winding nature trail – through lush jungle in the heart of the spectacular Cranbrook Flower Forest – leads to the start of this unforgettable Canopy Tour adventure. After instruction from extensively trained guides, you'll take a short nature walk to the first platform nestled on the hillside overlooking the treetops and jungle 'canopy'. You begin your tour by soaring through the trees using an intricate system of harnesses, pulleys and carabineers on horizontal traverses, while gazing at the surrounding jungle until you arrive at the next cliffside platform, 45 feet above the ground. A series of traverses ranging from 105 feet to 660 feet in length will have you swinging through the Laughlands River Gorge, a giant valley carved from the surrounding mountain by ancient waters (a sparkling river still flows through it). From your bird's eye view, you'll survey the flora and fauna of this magnificent landscape, all while listening to the gentle sounds of nature. At different points in the tour, you'll even get a glimpse of the miles-away Caribbean Sea and learn interesting facts about the surrounding tree and plant life from our well-informed guides. After leaving the valley, you really fly, embarking on a series of long throws – with the last traverse being 600 feet long. Here, after removing your equipment, you unwind from your exhilarating adventure with a walk through the flowering trees of Cranbrook before being transferred back to the cruise ship pier via Chukka Cove Farm.

**Note:** Participants must be at least 8 years of age and no older than 70, and weigh no more than 264 lbs. Anything you take must be carried by you throughout the entire tour, at all times leaving both hands free. This tour is not recommended for guests with heart, neck/ back problems, mobility/balance problems or pregnant women. Tour participation is limited.

Tour Code: OCJ\_33

Zipline & River Tubing Combo

Approximate Duration: 4 hours

Level 2, Age & Weight Requirements

Come and experience an unforgettable two in one value packed adventure with us. Take a picturesque journey into the countryside to the Pristine White River Valley property. This amazing experience will give you a taste of our award-winning canopy tour as you travel via three traverses through the trees before continuing your adventure on our award-winning river tubing safari. At Chukka, our hallmark is safety so our extensively trained canopy guides will give a short safety briefing before you take an invigorating nature walk to your first platform. Soar through the trees on three horizontal traverses ranging from 65 to 160 feet in length. Become Tarzan or Jane while you traverse from tree to tree overlooking the pristine waters of the White River where your next adventure takes place. Take a step back in time when your river tubing adventure begins at the 17th century landmark, Spanish Bridge. This is a site you can only see on your river tubing expedition. As you get ready to journey down the cool waters of the White River, you'll receive a safety briefing from our experienced river guides who will also outfit you with all of your equipment for your journey ahead. This three-mile ride down the White River, not only gives you the rich history of Jamaica, it also shows you the beauty of our land as you pass through coconut plantations, bamboo groves and along river banks filled with indigenous flora and fauna. The real adventure lies on the White River as you enjoy her many moods, which will bring you to challenging rapids and enchanting lagoons. As you disembark the river, back at the White River Valley property you'll have a garden paradise to enjoy. Visit the property's facilities nestled within the architecture of a traditional Jamaican village. Be sure to stop by the Parrot Bar and Grill to indulge in some of our traditional Jamaican jerk cuisine, refresh yourself with a cool drink, browse the Valley Trader gift shop or just sit back and relax before you head back to your ship.

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

Tour Code: OCJ\_34

Coyaba Gardens & Dunn's River Fall

Approximate Duration: 4 hours

Level 3

A serene tropical garden, traversed by meandering streams is 'Coyaba', an Arawak word for paradise. This tour through a tranquil garden features exotic tropical flora, springs and waterfalls and streams filled with aquatic life. The Coyaba Museum is testimony to the first known inhabitants of the island, the Arawak Indians. Exhibits and artifacts dating from the Discovery Period (15th century), through the Plantation and Colonial Periods of the island's history to the select contemporary pieces of Jamaica's musical legend, Bob Marley, are some of the treasures of the museum. The gift shop showcases some of Jamaica's best crafts, hand-made cigars, pottery, Blue Mountain Coffee, spices, preserves and unusual books and prints. From Coyaba, you'll journey to the island's premier attraction, Dunn's River Falls, a 600-foot-high waterfall that cascades over smooth boulders. You may climb the magnificent waterfall or view the falls from any viewing platform, or just enjoy the other facilities that include a beach, park and craft shopping. On the return drive, there is an optional stop in the town of Ocho Rios for shopping.

Tour Code: OCJ\_36

ATV Safari

Approximate Duration 3 ½ hours

Level 2, Age & Weight Requirements

Dare to be adventurous, dare to experience a different level of excitement, dare to be young at heart! Start your tour at Chukka Cove Farm with a short safety briefing and riding lesson then head across the Richmond Property. Ride through a river bed, lush forests and tropical foliage, riding through the hillside near the Village of Chester. Journey deeper into the scenic countryside, along paths that meander along shadowed corridors, beneath the jungle canopy, across river beds and over hillocks. A refreshment is served whilst you enjoy the spectacular view of the coastline and the Caribbean Sea. In the distance you can see the remains of an old Sugar Factory, situated on one of the oldest estates in Jamaica. After a leisurely ride back to Chukka Cove, end your tour with a dip in the deep blue water of our private cove – carved by nature out of rock to form a perfect pool at Chukka Bay. This swim in the cooling Caribbean waters is guaranteed to revitalize and relax after an exciting tour. Browse the gift shop filled with unique Jamaican treasures and enjoy a cold drink and jerk chicken from the Chukka Bar and Grill.

**Note:** Participants must be at least 18 years of age and weigh no more than 300 lbs. This tour is not recommended for guests with heart, neck/ back problems or pregnant women. Tour participation is extremely limited.

Tour Code: OCJ\_38

Bob Marley Zion Bus Experience

Approximate Duration: 5 hours

Level 2, Meal, Age Requirements

Our authentic Jamaican country bus, the Zion Bus Line, will take you on a unique tour from Island Village in Ocho Rios, via Claremont to the birth and final resting place of the King of Reggae, Bob Marley. This pilgrimage has been specifically designed for reggae enthusiasts and hardcore Bob Marley fans who would like to visit the 'Graceland' of reggae. The bus ride is a scenic tour of rural St. Ann. Rock to the rhythm of Bob's greatest hits as your dreadlocked driver negotiates the narrow winding country roads to the mountain village of Nine Miles. Level the vibes with an Irie rum punch and listen carefully as your 'ductor' (conductor and guide) tells tales of the life and times of young Bob and how he grew up in the hills of St. Ann. On the return trip, stop at the local jerk center for an authentic Jamaican lunch treat of jerked pork or jerked chicken, rice and peas, festival and 'belly wash' lemonade. If you're a baby boomer who was hip to the 60s & 70s music of Bob Marley, Peter Tosh and Jimmy Cliff or if you are now a fan of Shaggy, Beenie Man and the Dance Hall phenomenon, this is a reggae experience you can't miss. It's a must for every reggae enthusiast.

**Note:** Participants must be at least 18 years of age. This tour is not recommended for guests with heart, neck/ back problems or pregnant women. Tour participation is extremely limited.

Tour Code: OCJ\_39

Sandals Resort Beach Break (Adults Only)

Approximate Duration: 5 hours

Level 1, Age Requirements

Enjoy a fun-filled day at a Sandals all-inclusive resort. Climb aboard your air-conditioned motorcoach and travel from the cruise ship pier along the scenic coastline of Ocho Rios enjoying spectacular sea views and lush vegetation along the way. Sandals all-inclusive resorts offer a variety of activities, panoramic ocean views and romantic settings, exclusively for adults. Upon arrival, resort representatives will provide you with a brief orientation of the resort – from a stunning lobby to lush gardens to the rippling waters of the crystal clear freshwater pool and a spectacular beach. Lounge on the beach, take a dip in the crystal waters of the Caribbean Sea, or enjoy canoeing, snorkeling, windsurfing, kayaking, sailing or paddle boats. Join in on a variety of beach games and organized activities or work out in the fully-equipped fitness center. Tempt your taste buds with unlimited international gourmet cuisine at the resort's restaurant or, for a lighter lunch, the snack bar offers grilled fare.

**Note:** Participants must be at least 18 years of age. A lounge chair, activities, and unlimited food and drinks (alcoholic and non-alcoholic) are included. Guests with heart conditions are not permitted on this excursion. Guests are required to bring

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their own beach towel. Some optional activities at Sandals may be unsuitable for pregnant guests. Watersports activities are on a first come, first served basis and participation should be in full accordance with the resorts regulations and restrictions. Sandals Resorts is strictly a 'no tipping' resort; please do not offer tips to your attendants there. Although Sandals Resorts are for couples only, you do not need to travel in couples for this tour. However, you must be at least 18 years of age.

Tour Code: OCJ\_40

Dolphin Encounter & Dunn's River Falls

Approximate Duration: 4 hours

Level 2

Relax during your short drive to the world-famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. After this invigorating experience you're transported to Dolphin Cove, where you are met by friendly hostesses and given a complimentary fruit drink. This unique cove surrounded by lush tropical jungle, is home to our beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas. There you'll participate in a brief orientation and then enter the world of nature's most fascinating creatures; the Dolphins. Get to know these gentle creatures from a platform in shallow water and experience the emotion as you caress these beautiful animals; enjoy a splash and even a kiss or two. After enjoying this unique experience spend the rest of the day at Dolphin Cove and all that it has to offer.

**Note:** Shuttle buses are available at 10-minute intervals to return you to your ship. Children under 8 years of age must be accompanied by a paying adult.

Tour Code: OCJ\_41

Jamaica Heartbeat Tour

Approximate Duration: 4 ½ hours

Level 2

See the opulence of a Jamaican great house, a community school, a 19th century church, then plant a tree; you have now experienced the heartbeat of our island home Jamaica. Your first stop is Roaring River Great House, the seat of authority on the estate and the former home of the wealthy Englishman Lord Brown Low. The house is a good example of the architectural readaptation of classical Georgian into a tropical setting with its beautiful wrap-around verandah. On the property, you'll have an opportunity to meet animals like cows and horses, then plant a tree thereby contributing to our rainforest. Continue to the Chalkie Hill Basic School where the students will be on spot to greet you with a song or a poem as you visit the school. From there you'll visit the 138-year-old St. Ann Parish Church consecrated on Wednesday, September 20, 1871; this 19th century church is constructed of cut stone and beautiful stained glass arch windows and elegant wooden benches.

Tour Code: OCJ\_42

Rainforest Bobsled Jamaica

Approximate Duration: 3 hours

Level 2, Height Requirements

All rollercoaster enthusiasts and adventure seekers will simply love this thrill ride as you fly down the mountain and through the lush tropical forest on a specially built Jamaican bobsled and raised track. Board your air-conditioned transportation for the short drive to Mystic Mountain. Upon arrival embark the Sky Explorer chairlift for a picturesque 15-minute ride through the tropical canopy to the top station. Prior to boarding the bobsled spend a few minutes discovering the interactive educational displays showcasing Jamaica's history, culture and of course the story of Jamaica's original bobsled team that competed in the 1988 and 1992 Winter Olympics. After a safety orientation briefing, board your bobsled for an exhilarating ride down the mountain. The ride features a gravity-driven plunge of 3,280 feet with many twists and turns as you make your way through the tropical forest. You control the speed of your descent with an in-sled handbrake, allowing for either a leisurely ride or a pulse quickening dive to the bottom of the mountain. Once you come to a controlled stop, you and the bobsled are slowly raised back to the top through the forest on an elevated tramway. Spend as much time as you desire at the top admiring the panoramic views, swimming in the infinity edge pool or enjoying a tasty snack from the restaurant. When you are ready to depart, simply hop a ride on the Sky Explorer back to the bottom where a shuttle will take you back to the ship.

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

Tour Code: OCJ\_43

Bobsled Jamaica and Dunn's River Falls

Approximate Duration: 4 ½ hours

Level 2, Height Requirements

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

away is the crown jewel of Rainforest Bobsled Jamaica at Mystic Mountain: the Bobsled Jamaica attraction. This signature ride features a gravity-driven plunge through 3,280 feet of twists and turns on a specially designed sled evoking the glory of the 1988 and 1992 Jamaican Olympic bobsled teams. The track for the bobsled run was laid specifically to avoid disturbing the natural landscape. As such, the trail curves around ancient trees, hugs majestic cliff faces and limestone outcroppings looming over the shoreline, and ushers you through narrow chutes of dense rainforest. You control your own descent with an in-sled handbrake, allowing for either a leisurely tour through the forest or a pulse-quickening dive to the bottom of the mountain. Once your bobsled slides to a graceful stop, you are slowly raised back through the rainforest to the top of the mountain, completing the entire circuit in about 10 minutes. Again at the peak, the Rainforest Sky Explorer waits to carry you down to the base, gliding this time through the dense canopy, affording you breathtaking views of the virgin forest and the rich biodiversity contained within.

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