



Fred. Olsen Cruise Lines

# EXPLORATION OF South America & the Antarctic

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JOURNEY GUIDE

28<sup>TH</sup> JANUARY 2026 | S2603



# YOUR CRUISE STARTS HERE

## Hello!

We are delighted that you have chosen to join us for this special Exploration of South America and the Antarctic Grand Voyage. Our Captain, officers, and crew can't wait to welcome you on board *Borealis*.

This Journey Guide has been designed to share with you all the fascinating things you can see and do while on your cruise with us. We will talk you through what you can do once we arrive at each port of call, as well as our wonderful on-board experiences as we sail between the destinations.

For us, your cruise is as much about the journey as it is about the destinations we visit. Our on-board experiences have been designed to encapsulate what we think is special about how we cruise and to ensure you get the most out of your journey with us and the destinations we will be visiting.

Being such a special voyage, we have been working with our trusted destination partners to plan some fascinating overnight stays for you so you can fully immerse yourself in the places you'll visit on your cruise. At each port of call, we have carefully researched and hand-selected some wonderful tour options for you, designed to help you see the real destination and not just the tourist hotspots.

We hope you enjoy reading all about your upcoming journey and look forward to welcoming you on board.

See you soon!

**Martin, James & Tabi**

Your Journey Planning Team







## CRAFTED WITH CARE

Like every Fred. Olsen cruise, your 'Exploration of South America and the Antarctic' sailing has been created with a particular focus. On the following pages, we've hand-picked shore tours for each port of call that are ideal for the story of your sailing. Look out for this symbol ☆ to make the most out of your sailing.



Chilean Fjords

## RUGGED & REMOTE LANDSCAPES

Cruising the most remote unspoilt straits in the world aboard *Borealis* is an experience like no other.

This Grand Voyage allows you to witness the awe-inspiring natural beauty of the Antarctic Peninsula and Chilean Fjords. Here, you'll experience the might of its snow-capped mountains and the sheer volume of icebergs and glaciers.

You'll also have the opportunity to embark on a once-in-a-lifetime adventure, exploring the spectacular landscapes of Iguazú Falls, Easter Island, or even the verdant Amazon Rainforest.



Antarctic Peninsula



Ahu Tongariki





Gauchos

## LIFE IN LATIN AMERICA

Our Journey Planners have timed your overnight stay in Rio de Janeiro to coincide with the iconic Carnival in the Sambadrome, where extravagant costumes and sizzling samba rhythms create a dazzling spectacle.

During your exploration of South America, you'll also have the opportunity to witness the sensual footwork of the Argentinian Tango and embrace the rustic Gaucho lifestyle in Uruguay.



Rio Carnival



Sloth

## SOUTH AMERICAN WILDLIFE

Throughout your cruise, you'll have plenty of opportunities to see some of the most fascinating and endemic wildlife species in the world.

The Falkland Islands offer chances to witness colonies of curious Magellanic and rockhopper penguins. During your scenic cruising across the Antarctic Peninsula, keep an eye out for cetaceans such as gracious orcas and mighty blue whales.

Meanwhile, upon arrival in Costa Rica, join a shore tour to encounter wildlife within the rainforests like howler monkeys, sloths and brightly coloured toucans.



# PACKING FOR YOUR ADVENTURE

We know there is a lot to think about before you go on holiday, so we've compiled this handy checklist to help you remember everything you need for your cruise.

## Before you travel don't forget to pack

- ☐ Walking or hiking boots
- ☐ Reusable water bottle
- ☐ Backpack
- ☐ Camera
- ☐ Binoculars
- ☐ Currency
- ☐ Formal wear
- ☐ Passport and relevant visa documentation

### For warmer destinations we recommend packing

- ☐ Sun cream
- ☐ Sunglasses and sun hat
- ☐ Swim wear
- ☐ Cool, loose clothing
- ☐ Light waterproof jacket

### For cooler destinations we recommend packing

- ☐ Waterproof and wind-proof jacket and trousers
- ☐ Woollen or thermal underwear
- ☐ Warm hat, scarf and gloves



# YOUR GRAND VOYAGE

## YOUR ITINERARY

This itinerary shows all the amazing places you will see during your cruise. The Captain may sometimes change your route to ensure you get the best experience, based on the weather conditions and currents of the day.





|                         |                                      |
|-------------------------|--------------------------------------|
| Wed 28 Jan              | Southampton                          |
| Thu 29 Jan              | Cruising                             |
| Fri 30 Jan              | La Coruña, Spain 🚢                   |
| Sat 31 Jan – Sun 01 Feb | Cruising                             |
| Mon 02 Feb              | Las Palmas, Gran Canaria             |
| Tue 03 – Wed 04 Feb     | Cruising                             |
| Thu 05 Feb              | Praia, Cape Verde 🚢                  |
| Fri 06 – Tue 10 Feb     | Cruising                             |
| Wed 11 Feb              | Salvador, Brazil                     |
| Thu 12 Feb              | Cruising                             |
| Fri 13 – Sun 15 Feb     | Rio de Janeiro, Brazil 🌅 🚢           |
| Mon 16 Feb              | Ilhabela, Brazil ⚓                   |
| Tue 17 – Wed 18 Feb     | Cruising                             |
| Thu 19 – Fri 20 Feb     | Buenos Aires, Argentina 🌅 🚢          |
| Sat 21 Feb              | Montevideo, Uruguay                  |
| Sun 22 – Mon 23 Feb     | Cruising                             |
| Tue 24 Feb              | Port Stanley, the Falkland Islands ⚓ |
| Wed 25 – Thu 26 Feb     | Cruising                             |
| Fri 27 Feb – Sun 01 Mar | Cruising the Antarctic Peninsula     |
| Mon 02 – Tue 03 Mar     | Cruising                             |
| Wed 04 Mar              | Punta Arenas, Chile                  |
| Thu 05 Mar              | Cruising by Cape Deseado, Chile      |
| Thu 05 – Sat 07 Mar     | Cruising the Chilean Fjords, Chile   |
| Sun 08 – Mon 09 Mar     | Cruising                             |
| Tue 10 Mar              | Valparaíso, Chile 🚢                  |
| Wed 11 Mar              | Coquimbo, Chile                      |



|                     |   |                                           |
|---------------------|---|-------------------------------------------|
| Thu 12 Mar          | • | Cruising                                  |
| Fri 13 Mar          | • | Iquique, Chile 🚌                          |
| Sat 14 Ma           | • | Arica, Chile                              |
| Sun 15 Mar          | • | Cruising                                  |
| Mon 16 Mar          | • | Paracas, Peru 🚌                           |
| Tue 17 – Wed 18 Mar | • | Callao, Peru 🌙 🚌                          |
| Thu 19 – Sun 22 Mar | • | Cruising                                  |
| Mon 23 – Tue 24 Mar | • | Fort Amador (for Panama City), Panama 🌙 🚌 |
| Tue 24 Mar          | • | Cruising the Panama Canal, Panama         |
| Wed 25 Mar          | • | Puerto Limón, Costa Rica                  |
| Thu 26 Mar          | • | Colón, Panama                             |
| Fri 27 – Sat 28 Mar | • | Cartagena de Indias, Colombia 🌙 🚌         |
| Sun 29 Mar          | • | Cruising                                  |
| Mon 30 Mar          | • | Willemstad, Curaçao                       |
| Tue 31 Mar          | • | Cruising                                  |
| Wed 01 Apr          | • | Bequia, the Grenadines ⚓                  |
| Thu 02 Apr          | • | St. John's, Antigua                       |
| Fri 03 Apr          | • | Phillipsburg, St. Maarten                 |
| Sat 04 – Thu 09 Apr | • | Cruising                                  |
| Fri 10 Apr          | • | Ponta Delgada, the Azores                 |
| Sat 11 – Mon 13 Apr | • | Cruising                                  |
| Tue 14 Apr          | • | Southampton                               |



Anchor Port



Overnight Port



Shuttle Bus Available



# LA CORUÑA SPAIN

**Estimated arrival:** 12:30 Fri 30 Jan | **Estimated departure:** 18:00 Fri 30 Jan

**Average temperature:** High: 13°C Low: 8°C | **Currency:** Euro (€) | **Average coffee price:** £2.00

**Shuttle bus available:** Yes | **Distance to transport:** 20m | **Distance to centre:** 2 ½ miles

The vibrant 9<sup>th</sup>-century port town of La Coruña offers a delicate combination of old and new architecture, with shimmering glass modern buildings contrasting with the deeply historical medieval district. You can immerse yourself in local life by sampling traditional Galician dishes like 'pulpo a la gallega', octopus with paprika and olive oil or 'empanada gallega', a savoury pastry filled with meat or seafood. After ascending the hillsides of Monte de San Pedro park for remarkable vistas of the Atlantic Ocean, discover rocky Costa da Morte, a rugged stretch along the coast of Galicia which tempted ships to run aground, creating a storied and legendary past. Alternatively, you may wish to explore the spiritual heart of Spain at Santiago de Compostela with its beautiful mix of Romanesque, Baroque and Gothic buildings.

Monte de San Pedro Park



Costa da Morte



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of La Coruña and what we think is special about this port of call.

## SANTIAGO DE COMPOSTELA ON YOUR OWN

Tour code LCG/OYO | £45pp | 5 hours

Hop on this scenic transfer to the historic city of Santiago de Compostela, renowned for its pilgrimage heritage and architectural beauty. Your time here is yours to spend as you wish, whether you'd like to explore its charming streets, delight in local cuisine such as tapas, or visit the magnificent Santiago de Compostela Arch Cathedral Basilica.

**Itinerary:** 1-hour coach drive to Santiago – 2 ¾ hours of free time in Santiago – 1-hour coach drive back to the ship

**What's included:** Escort and coach transport.

**Walking:** ½ a mile over cobblestones. Any additional walking is at your own discretion.

**Important information:** Guests should not leave any personal belongings inside the coach, as a different coach may be used for return transfer. Please note, Cathedral entry is not included.



Iberian cold cuts & Wine



Santiago de Compostela Cathedral

## WALK & TAPAS TOUR

Tour code LCG/ZZ | £39pp | 3 hours

Immerse in the rich history and lively Galician food culture of La Coruña. Joined by a local guide, enjoy a leisurely stroll across the Plaza de María Pita, named after the legendary heroine who famously thwarted Sir Francis Drake. Admire the impressive Modernist Town Hall, a grand structure with an ornate façade and three elegant domed towers while you soak in the charming atmosphere of the city's streets. Continue your cultural experience and sample an array of authentic Galician flavours. Delight in local tapas crafted from premium Iberian cold cuts, perfectly complemented by renowned regional wines such as Albariño or Ribeiro.

**Itinerary:** 15-minute walk to the Plaza de María Pita – 1 ¾ hours walking tour through La Coruña – 45-minute tapas stop at a local restaurant – 15-minute walk back to the pier

**What's included:** Local guide, tapas, and a glass of wine.

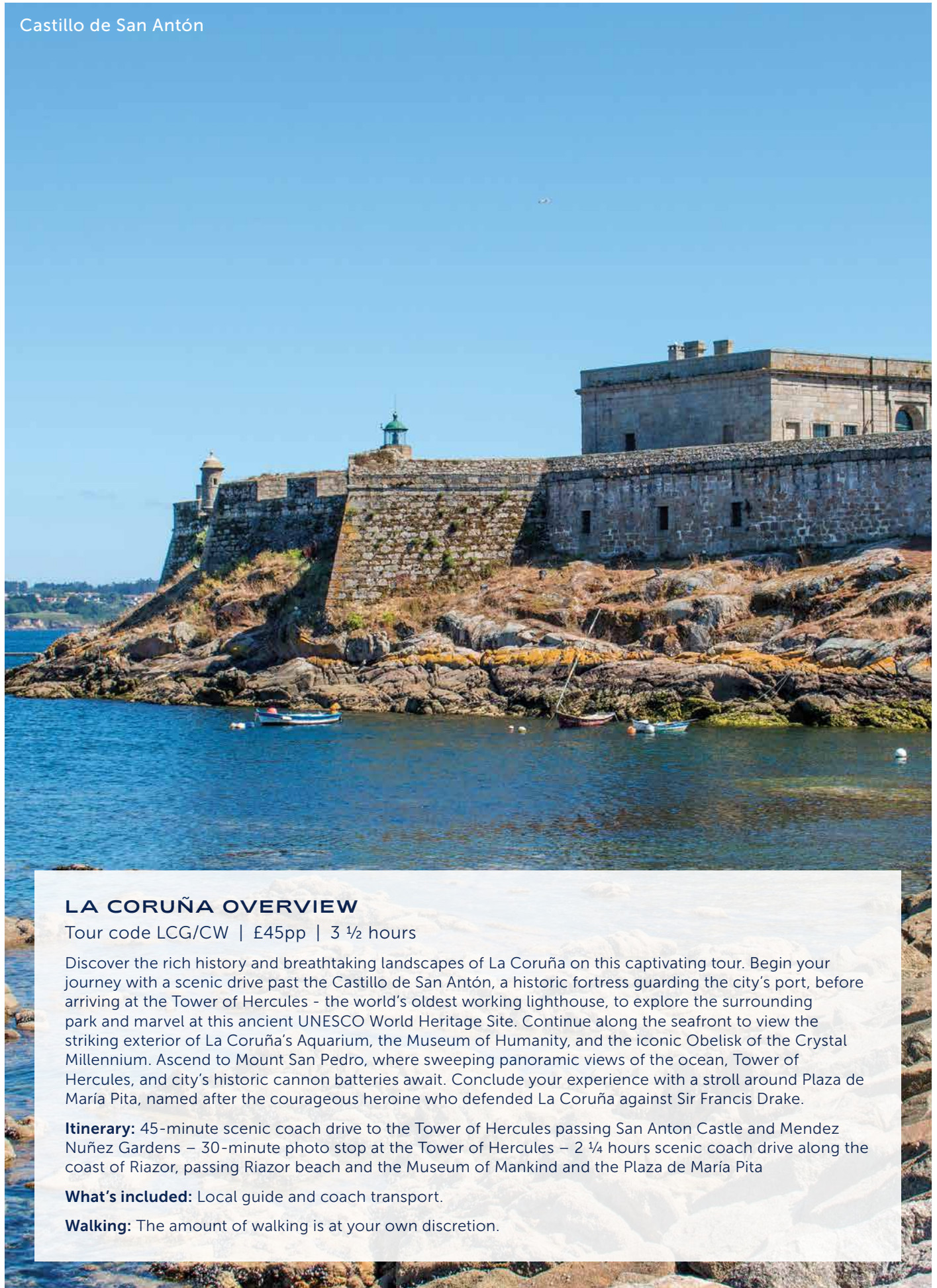
**Walking:** 1 ¾ miles over uneven ground, with 7 steps.

**Important information:** This tour is not suitable for guests with limited mobility.



# ADDITIONAL SHORE TOURS

Castillo de San Antón



## LA CORUÑA OVERVIEW

Tour code LCG/CW | £45pp | 3 ½ hours

Discover the rich history and breathtaking landscapes of La Coruña on this captivating tour. Begin your journey with a scenic drive past the Castillo de San Antón, a historic fortress guarding the city's port, before arriving at the Tower of Hercules - the world's oldest working lighthouse, to explore the surrounding park and marvel at this ancient UNESCO World Heritage Site. Continue along the seafront to view the striking exterior of La Coruña's Aquarium, the Museum of Humanity, and the iconic Obelisk of the Crystal Millennium. Ascend to Mount San Pedro, where sweeping panoramic views of the ocean, Tower of Hercules, and city's historic cannon batteries await. Conclude your experience with a stroll around Plaza de María Pita, named after the courageous heroine who defended La Coruña against Sir Francis Drake.

**Itinerary:** 45-minute scenic coach drive to the Tower of Hercules passing San Anton Castle and Mendez Nuñez Gardens – 30-minute photo stop at the Tower of Hercules – 2 ¼ hours scenic coach drive along the coast of Riazor, passing Riazor beach and the Museum of Mankind and the Plaza de María Pita

**What's included:** Local guide and coach transport.

**Walking:** The amount of walking is at your own discretion.





Seafood Market

## OLD TOWN GASTRONOMY WITH GALICIAN PULPO

Tour code LCG/DD | £79pp | 4 hours

Dive into the culinary traditions of Galicia on this immersive ocean-to-table experience. Begin your journey with a leisurely walking tour through a charming seaside town, where you will stroll through a bustling local market, brimming with the freshest seafood and vibrant regional produce, learning about the flavours that define Galician cuisine. Admire your expert chefs roll up their sleeves and demonstrate how to prepare a signature regional dish, before getting the chance to taste the local flavours.

**Itinerary:** 1 ½ hours walking tour of La Coruña's Old Town – 30-minute visit to Plaza de Lugo – 30-minute walk to a local restaurant – 1 ¼ hours preparation demonstration and tasting of Galician food – 15-minute walk back to the pier

**What's included:** Guide and tastings.

**Walking:** 4 miles over flat ground and cobblestones.



## ESTRELLA EXPERIENCE

Tour code LCG/EX | £99pp | 3 hours

Immerse yourself in the fascinating world of Galician beer at the Estrella Galicia Museum. This unique experience begins with a guided tour, offering a behind-the-scenes look at the rich history and craftsmanship of this iconic brew. Next, learn how to pour your own pint using the perfect serve method and savour the flavours of five signature brews, carefully paired with regional cheeses to enhance each sip. Before you leave, take home your Estrella Galicia glass, the perfect souvenir of this flavourful journey into Galicia's rich brewing heritage.

**Itinerary:** 45-minute scenic coach drive to the Estrella Galicia Museum – 2-hour visit to the Estrella Museum and beer tasting – 15-minute coach drive back to the pier

**What's included:** Local guide, coach transport, admission to the Estrella Galicia Museum, and beer and cheese tastings.

**Walking:** Less than 1 mile. Ramps are available.

Brewery

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# LAS PALMAS GRAN CANARIA

LAS PALMAS

**Estimated arrival:** 09:30 Mon 02 Feb | **Estimated departure:** 17:00 Mon 02 Feb

**Average temperature:** High: 20°C Low: 15°C | **Currency:** Euro (€) | **Average coffee price:** £2.00

**Shuttle bus available:** No | **Distance to transport:** 50m | **Distance to centre:** ½ a mile

Las Palmas combines the vibrancy of a modern city with a rich maritime history, as well as perfectly clear waters lapping against golden beaches. With year-round sunshine, you can explore the charismatic Historic Quarter, home to the twin towers of Santa Ana Cathedral, built in a unique combination of Renaissance, Gothic, and Neoclassical styles, before discovering picturesque plazas and authentic tapas bars offering delicious dishes like papas arrugadas (wrinkly potatoes) with spicy majo sauce. Meanwhile, you could visit nearby Maspalomas, home to the renowned sand dunes that create a desert-like landscape, or wander along the promenade in Las Palmas and enjoy a dip in the azure blue seas.

Maspalomas



Santa Ana Cathedral





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Las Palmas and what we think is special about this port of call.

## DOLPHIN WATCHING CRUISE

Tour code LPA/X | £79pp | 5 hours

Connect with nature as you embark on a dolphin watching cruise across the shimmering waters of Gran Canaria aboard a catamaran with a glass bottom. Accompanied by a cetacean expert, you'll learn more about the local marine life including their diets, migration and conservation efforts. As you sail between Arguineguín and Mogán, keep an eye out for playful dolphins, striking pilot whales and gracious turtles – all of which are frequently sighted. During your sailing, enjoy a complimentary soft drink or water and take a stop for a swim in the refreshing waters.

**Itinerary:** 1-hour scenic coach drive to Puerto Rico Harbour – 2 ½ hours catamaran cruise – 30 minutes of free time in Puerto Rico – 1-hour coach drive back to the pier

**What's included:** Escort, expert guide, coach transport and a soft drink.

**Walking:** Less than ¼ of a mile, with 4 steps. Any additional walking is at your own discretion.

**Important information:** This tour is not suitable for wheelchair users. Please wear comfortable shoes and swimwear underneath casual clothes and bring your own towel and sunscreen. Swimming is subject to weather conditions.



Pilot Whale



Mojo Sauce

## MOJO SAUCE WORKSHOP & WINE TASTING

Tour code LPA/MX | £35pp | 4 hours

Discover Finca La Laja, a charming family-run farm owned by the Lugo Jorge family in the heart of Agaete Village. With over 200 years of history, it's celebrated for its lush vineyards, orange groves and coffee plantations. Join a guided tour to explore the farm's traditional coffee and wine production and take part in a hands-on workshop to create your own Mojo Picón sauce, a beloved Canarian speciality. You'll also have the opportunity to taste the family's unique recipe alongside a curated selection of the farm's exquisite wines.

**Itinerary:** 45-minute coach drive to Agaete Village – 2-hour visit to Farm Los Berrazales and Mojo Workshop – 10-minute coach drive to Agaete Harbour – 20-minute photo stop at Agaete Harbour – 45-minute coach drive back to the pier

**What's included:** Local guide, coach transport, mojo workshop and snacks.

**Walking:** 1 mile with 15 steps.

**Important information:** This tour is not suitable for guests with limited mobility.



## ADDITIONAL SHORE TOURS

### BUGGY ADVENTURE

Tour code LPA/V | £75pp | 4 ½ hours

Set off on an exhilarating off-road buggy adventure through one of the most emblematic ravines on the island of Gran Canaria. Led by your guide, you'll navigate rugged trails as you wind through the dramatic terrain, marvelling at the incredible views of the Gran Canarian Valley. Along the way, you'll uncover the island's remarkable diversity, from arid, rocky landscapes to idyllic beaches, each revealing a different side of this unique region.

**Itinerary:** 1-hour coach drive to San Fernando – 2 ½ hours Buggy adventure – 1-hour coach drive back to the pier

**What's included:** Local guide and buggy hire.

**Walking:** Less than ¼ of a mile with 1 large step to board the buggy.

**Important information:** You must present a valid driving licence. Children must be 12 years or older to participate. This tour is not suitable for those with limited mobility or wheelchair users.



Gran Canarian Valley





Fargas

## GRAN CANARIA - THE SCENIC NORTH

Tour code LPA/N | £21pp | 3 ½ hours

Head north along the scenic route to Fargas, also known as 'the Town of Water', due to its natural springs and long-standing history with water production, to explore its beautiful blend of vibrant beauty and rich cultural heritage. Continue to Arucas, a picturesque town located in the north of the island, to admire its awe-inspiring Neo-Gothic Church of San Juan Bautista, showcasing towering spires, vibrant stained-glass windows and a striking bell tower. From here, it's just a stone's throw to the noteworthy three-kilometre-long Las Canteras Beach, home to the seaside promenade, the Paseo de las Canteras, lined with local restaurants, art installations, street performers and souvenir shops.

**Itinerary:** 30-minute scenic coach drive to Fargas – 45-minute visit to Fargas – 30-minute coach drive to Arucas – 45-minute visit of Arucas – 20-minute coach drive to Las Canteras – 30-minute visit to Las Canteras – 10-minute coach drive back to the pier

**What's included:** Local guide and coach transport.

**Walking:** 3 miles, with 65 steps. You will be standing for the majority of this tour.

**Important information:** This tour is not suitable for guests with limited mobility.



# ADDITIONAL SHORE TOURS

Maspalomas Beach



## MASPALOMAS BEACH TRANSFER

Tour code LPA/TX | £19pp | 5 hours

Hop on this scenic transfer to Maspalomas Beach, one of Gran Canaria's most famous natural landmarks. Known for its vast, golden sand dunes that stretch across the coastline and its historic 19<sup>th</sup>- century lighthouse, this beach offers a unique blend of nature and culture. Spend your time exploring the striking dunes, relaxing by the calm, clear waters, or taking a leisurely stroll along the shore. You can also visit the iconic lighthouse or enjoy authentic Canarian beachfront dining, soaking up the vibrant atmosphere and stunning views at your own pace.

**Itinerary:** 50-minute coach drive to Maspalomas beach – 3 ¼ hours of free time at Maspalomas beach – 50-minute coach drive back to the pier

**What's included:** Escort and coach transport.

**Walking:** The amount of walking is at your own discretion.

**Important information:** Please wear your swimwear underneath casual clothes and bring your own towel.



## MASPALOMAS & MOGÁN HARBOUR BOAT TRIP

Tour code LPA/K | £35pp | 5 hours

Journey to the iconic Maspalomas Beach, where vast golden sands and rolling dunes await before reaching Puerto de Mogán, a charming town affectionately nicknamed 'Little Venice' for its enchanting canals and vibrant floral displays. Take your time to explore its quaint streets at your leisure, soaking in the serene atmosphere. To top it all off, embark on a scenic boat cruise to Puerto Rico. Admire coastal views of Mogán Harbour and keep your eyes peeled for local marine life as you glide across the crystal-clear waters.

**Itinerary:** 50-minute coach drive to Maspalomas Dunes Viewpoint – 25-minute photo stop at Maspalomas Dunes Viewpoint – 30-minute coach drive to Puerto de Mogán – 1 ½ hours of free time in Mogán – 45-minute boat ride to Puerto Rico – 1-hour coach drive back to the pier

**What's included:** Local guide, coach transport and boat trip.

**Walking:** 1 ¼ miles over mainly flat terrain. Any additional walking is at your own discretion.

**Important information:** This tour is not suitable for those with limited mobility or wheelchair users. Please note the boat trip is a shared service.



Mogán Harbour

### KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# PRAIA CAPE VERDE

PRAIA

**Estimated arrival:** 08:30 Thu 05 Feb | **Estimated departure:** 18:00 Thu 05 Feb

**Average temperature:** High: 26°C Low: 20°C

**Currency:** Cape Verdean Escudo (ECV) | **Average coffee price:** £2.00

**Shuttle bus available:** Yes | **Distance to transport:** 100m | **Distance to centre:** 2 ½ miles

Praia, the capital of Cape Verde on Santiago Island's southern tip, offers a vibrant city centre just a short bus ride from the port. Discover its authentic, bustling streets and explore beyond the city into verdant valleys and plantations. Visit Cidade Velha, the first European-established city in West Africa and a UNESCO World Heritage Site known for its historical significance in the slave trade. Experience the town's unique blend of African and Mediterranean influences and immerse yourself in local culture with a traditional Funaná dance. Upon arrival, you can expect to encounter friendly locals and the area's lived-in character.

Santiago Island



Cidade Velha





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Praia and what we think is special about this port of call.

## HISTORICAL PRAIA & CIDADE VELHA

Tour code RAI/A | £49pp | 3 ¾ hours

Discover the island of Santiago's heritage as you explore its historic sites and colonial architecture. Stroll through Praia, Cape Verde's capital, with its narrow cobblestone streets and lively Main Plaza, before visiting the Municipal Market to browse authentic, handcrafted stalls. Accompanied by a knowledgeable guide, uncover the island's colonial past at the Archaeology Museum - home to artefacts from sunken ships - and the Real de São Filipe Fort. Continue to Cidade Velha, the oldest settlement in Cape Verde and the first European city in the tropics. Learn about the island's deep-rooted connection to legendary explorers such as Columbus and Charles Darwin. Conclude your experience with Cape Verdean cuisine and the infectious rhythm of a traditional Batuco performance.

**Itinerary:** 10-minute coach drive to Praia city centre – 30-minute walk across Praia city centre – 20-minute visit to the Archaeology Museum – 5-minute walk to Municipal Market – 35 minutes of free time at Municipal Market – 25-minute drive to Cidade Velha – 20-minute visit to Cidade Velha Fortress – 15-minute drive through Cidade Velha – 15-minute walk through Cidade Velha – 30-minute Batuco performance with a refreshment – 25-minute coach drive back to the pier

**What's included:** Guide, coach transport, Cape Verdean snacks, and a soft drink or beer.

**Walking:** 2 miles over cobblestones, with 3 steps to get on/off the bus.



Praia market



Cidade Velha

## FUNANÁ DANCE

Tour code RAI/B | £55pp | 2 hours

Immerse yourself in the vibrant rhythms of the local way of life as you wander through Praia's bustling streets. Stroll through Pedonal Street where you'll find a lively vegetable market, a staple to the Cape Verdean way of life. Enjoy a taste of Cape Verde as you sip local wine paired with traditional nibbles, while taking in an energetic Funaná dance performance. This traditional music and dance genre reflects the fusion of African and colonial influences.

**Itinerary:** 10-minute coach drive to Praia city centre – 5-minute walk – 25 minutes of free time in Pedonal Street markets – 1 ½ hours Funaná experience and wine tasting – 10-minute coach drive back to the pier

**What's included:** Guide, coach transport, wine tasting, Cape Verdean snacks, and a Funaná performance.

**Walking:** ½ a mile with 3 steps on/off the coach.



# ADDITIONAL SHORE TOURS

## COLONIAL CITY WALK

Tour code RAI/D | £42pp | 2 ½ hours

Uncover the history and culture of Praia, the capital of Cape Verde, on a leisurely walk. Begin your journey with an external visit to the 19<sup>th</sup>-century school, Liceu Domingos Ramos. Get a sense of the Cape Verdean way of life with a visit to the bustling local farmers market, Mercado Municipal da Praia, a lively maze of colourful stalls brimming with fresh produce, handmade crafts, and the sounds of daily life. Continue your exploration and admire the city's historic colonial buildings, characterised by pastel façades, arched windows, and charming, timeworn details, and visit the gracefully restored 16<sup>th</sup>-century Nossa Senhora da Graça Church.

**Itinerary:** 10-minute coach drive to Praia City Centre – 5-minute visit to Liceu Domingos Ramos – 5-minute walk to Ethnographic Museum – 15-minute visit to Ethnographic Museum – 15 minutes of free time – 20-minute walk through Mercado Municipal – 5-minute visit to Nossa Senhora – 30-minute refreshment break – 30-minute walk through city – 10-minute coach drive back to the pier

**What's included:** Guide, coach transport, soft drinks and traditional snacks.

**Walking:** 2 miles. You will be walking/standing for the majority of the tour duration.

**Important information:** This tour is not suitable for guests with limited mobility.



Colonial buildings in Praia

## PRAIA 4X4 ADVENTURE

Tour code RAI/G | £85pp | 4 hours

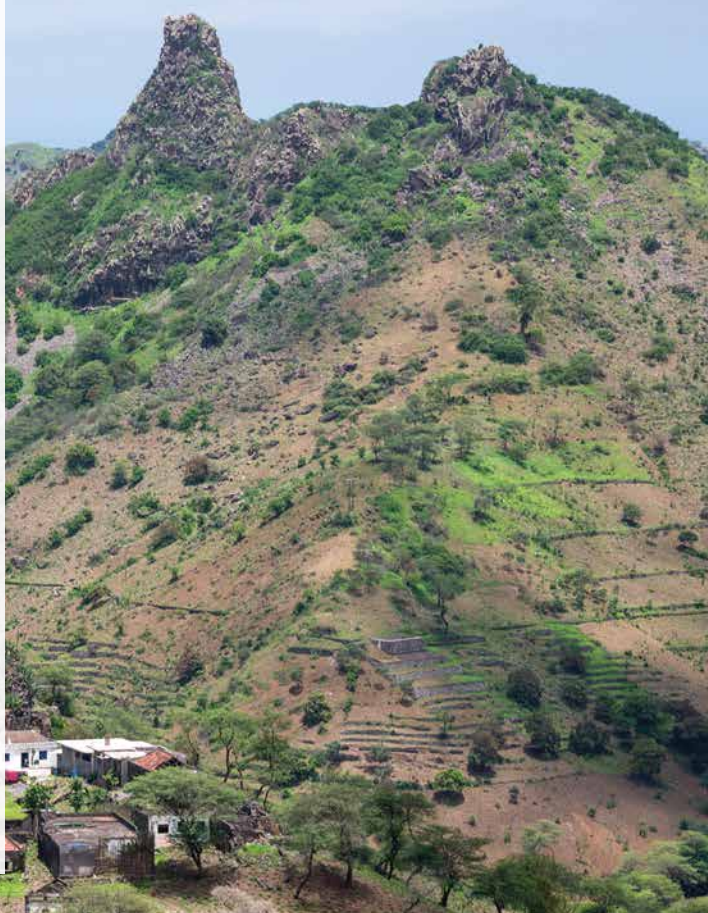
Embark on a thrilling Jeep safari to explore the most remote yet beautiful areas of Santiago Island. Journey through the village of São Tomé, and discover an idyllic beach nestled within a rocky valley. Continue to the scenic São Francisco Beach and Wolves Point, home to the oldest lighthouse on Santiago. Visit the volcanic fishing village of Moia-Moia, then travel to Praia Baixo, an area known for its black sand beaches and colourful fishing boats. Complete your adventure with a photo stop in São Domingos, a tranquil town surrounded by lush hills.

**Itinerary:** 20-minute 4x4 drive to São Tomé – 20-minute visit to São Tomé – 10-minute 4x4 drive to São Francisco beach – 10-minute visit to São Francisco beach – 40-minute 4x4 drive to Ponta Lobo with photo stop – 30-minute 4x4 drive to Moia-Moia with photo stops – 1 hour of free time at Praia Baixo with refreshments – 40-minute 4x4 drive back to the pier with photo stops

**What's included:** Guide, Jeep transport, and refreshments including traditional fish pastries and beer or a soft drink.

**Walking:** Less than ¼ of a mile. Any additional walking is at your own discretion.

São Domingos







Grey-headed Kingfisher

## BIRDWATCHING ON SANTIAGO ISLAND

Tour code RAI/H | £68pp | 4 hours

Embark on a bird-watching adventure in search of some of Cape Verde's most captivating wildlife. Accompanied by a knowledgeable guide, head out on a gentle stroll, keeping an eye out for a variety of vibrantly coloured birds including red herons, red-billed tropicbirds, and grey-headed kingfishers. If you're lucky, you may even catch a glimpse of one of Cape Verde's iconic birds of prey such as Alexander's Hawks – a majestic bird with striking, expansive wingspans.

**Itinerary:** 10-minute coach drive to Achada Tras – 15-minute visit to Achada Tras – 15-minute coach drive to Milho Branco – 15-minute visit to Milho Branco – 25-minute coach drive to São Jorge Point View – 30-minute visit to São Jorge Point View – 50-minute coach drive back to the pier

**What's included:** Local guide and coach transport.

**Walking:** 3 miles over cobblestones and uneven terrain, with a large step on/off the coach.

**Important information:** This tour is not suitable for guests with limited mobility. Binoculars and recommended.

## ISLAND DISCOVERY

Tour code RAI/C | £79pp | 7 ½ hours

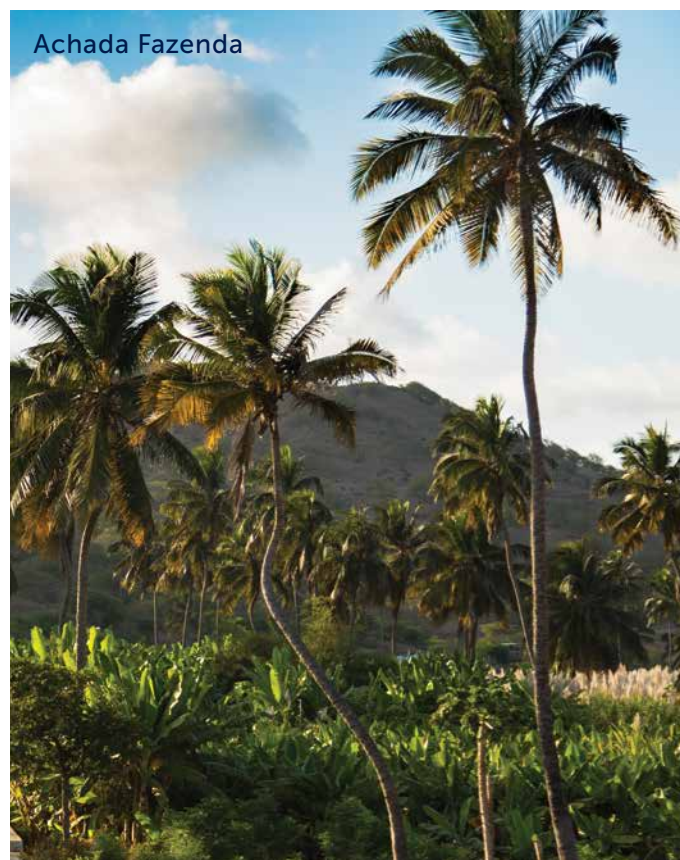
Set off on an unforgettable adventure as you explore the highlights of Santiago, Cape Verde's largest island. Enjoy a scenic coach journey through the São Domingos Valley en route to a local grog factory, where you can sample an aromatic rum-based cocktail. Continue past the colourful fishing village of Calheta to Achada Fazenda, the greenest valley on the island, and Pedra Badejo, a peaceful coastal town. Experience the Cape Verdean way of life in Assomada, the island's second-largest city, known for its vibrant open-air market. Travel through dramatic volcanic landscapes to visit Picos and São Lourenço dos Órgãos, a picturesque village in a volcanic crater, and Rui Vaz, where you'll enjoy a delicious lunch.

**Itinerary:** 30-minute coach drive to São Domingos – 20-minute visit to the Grog factory – 20-minute coach drive to Alchada Fazenda – 15-minute visit to Alchada Fazenda – 15-minute coach drive to Pedra Badejo – 15-minutes visit to Pedra Badejo – 25-minute coach drive to Island Flamingos – 10-minute visit to Island Flamingos – 30-minute coach drive to Assomada – 30 minutes of free time at the Assomada market – 10-minute coach drive to Picos – 10-minute photo stop – 25-minute coach drive to São Lourenço dos Órgãos – 30-minute visit – 40-minute coach drive to Ruiz Vaz Village – 40-minute lunch break in Ruiz Vaz – 40-minute coach drive back to the pier

**What's included:** Local guide, coach transport, and lunch with a soft drink or beer.

**Walking:** 3 miles over some uneven terrain, with 3 steps to get on/off the coach.

**Important information:** This tour is not suitable for guests with limited mobility.



Achada Fazenda

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Coach transport is not air conditioned.
- Wildlife sightings cannot be guaranteed.
- Regretfully, collapsible wheelchairs, electric scooters and walking aids **cannot** be stored on the coach transport unless otherwise stated

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# SALVADOR BRAZIL



**Estimated arrival:** 08:30 Wed 11 Feb | **Estimated departure:** 16:00 Wed 11 Feb  
**Average temperature:** High: 31°C Low: 25°C | **Currency:** Brazilian Real (R\$) | **Average coffee price:** £2.70  
**Shuttle bus available:** No | **Distance to transport:** 100m | **Distance to centre:** 1 mile

The city of Salvador is a living museum of 17<sup>th</sup> and 18<sup>th</sup> century colonial architecture and churches laden with gold. The UNESCO-listed historic centre is divided into upper and lower sections and is packed with colourful houses with red-tiled rooftops. Music is hugely popular and is a fusion of African and Brazilian cultures, thus creating the pulsating beats of the bossa nova and carnival-like samba.

Colonial architecture



Samba





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Salvador and what we think is special about this port of call.

## DISCOVER BRAZILIAN NATURE

Tour code SSA/Z | £85pp | 7 hours

Embark on an unforgettable adventure along Bahia's iconic coastline, getting closer to some of Brazil's marine life. Enjoy a scenic journey along the Coconut Coast to Praia do Forte, a charming beach town known for its natural beauty and laid-back way of life. Here, you'll visit the renowned Tamar Project, a sea turtle conservation initiative where you can learn about the efforts to protect the five endangered sea turtle species of Brazil. Continue your exploration with a visit to the stunning Guarajuba Beach, where you'll enjoy some free time as well as a delicious buffet lunch.

**Itinerary:** 1 ¾ hours coach drive to the Tamar Project – 1-hour visit to the Tamar Project – 20-minute visit to Guarajuba Beach – 2 hours of free time and lunch at Guarajuba Beach – 1 ¾ hours coach drive back to the pier

**What's included:** Guide, coach transport, admission to Tamar Project and à la carte lunch.

**Walking:** ¾ of a mile, with 20 steps over some sand. Any additional walking is at your own discretion.



Rescued sea turtle

## Pelourinho Square



## SALVADOR SIGHTSEEING

Tour code SSA/F | £65pp | 7 hours

Delve into the cultural wonders of Salvador, a city of contrast and colour. Visit the spectacular Church of Bonfim, one of the city's most important pilgrimage sites, renowned for its religious significance. Drive through the scenic Vale do Nazaré to Dique do Tororó, where striking Orixá statues rise from a tranquil lake. Continue your exploration through the modern skyline and refresh yourself with a traditional Bahian lunch, showcasing the region's unique culinary flavours. Stop for a photo at the historic Farol da Barra, a picturesque lighthouse, then continue your journey with a guided walk through the heart of Salvador's historic centre. Uncover significant landmarks including the striking City Hall, UNESCO-listed Pelourinho Square, and the ornate Cathedral Basilica, where you can admire its detailed interior. Conclude your journey with a visit to Mercado Modelo, a bustling market filled with local crafts and souvenirs.

**Itinerary:** 30-minute coach drive to the Bonfim Church – 20-minute visit to the Bonfim Church – 20-minute coach drive through Vale do Nazare to Dique do Tororo – 10-minute coach drive by Dique do Tororo – 40-minute coach drive to the restaurant – 1 ¼ hours lunch – 40-minute coach drive to Farol da Barra – 10-minute photo stop at Farol da Barra – 2-hour walking tour – 20-minute coach drive to Mercado Modelo – 30-minute visit to Mercado Modelo – 15-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to Bonfim Church and Cathedral Basílica, and a traditional lunch.

**Walking:** 1 ½ miles over cobblestones, with 40 steps.

**Important information:** This tour is not suitable for guests with limited mobility.



# ONCE IN A LIFETIME EXPERIENCE

## IGUAZÚ FALLS

11<sup>th</sup> February | Tour code SSA/Y  
3 nights | Depart from Salvador  
Rejoin *Borealis* in Rio de Janeiro

**Prices from £3,450pp**

**This tour is fully booked, please call to join the waitlist**

Over four days, venture inland on a remarkable journey to witness one of the world's most awe-inspiring natural wonders, Iguazú Falls, a breathtaking stretching across three kilometres, with 275 individual cascades and drops of over 70m.



Iguazú Falls



## DAY ONE

Disembark *Borealis* in Salvador and journey to the airport where you'll board your flight to Foz do Iguaçu via Campinas, São Paulo. Upon arrival at Iguaçu Airport, board your private transport to the Gran Meliá Hotel, located on Argentina side of the falls and just a short distance from the waterfalls. After check-in, enjoy dinner at the hotel restaurant before retiring for the night.

## DAY TWO

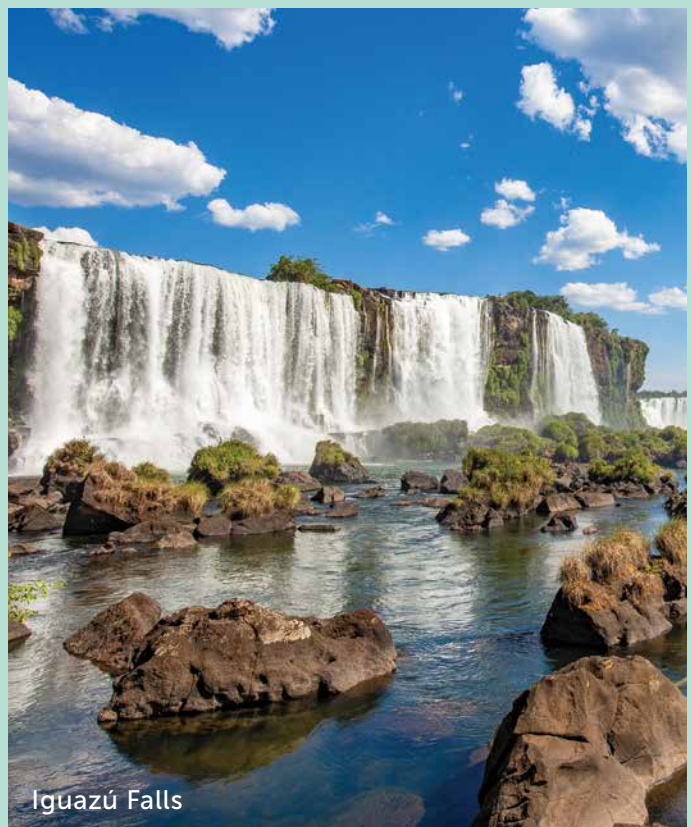
After enjoying breakfast at the hotel, depart for a guided tour of the Brazilian side of the falls, offering sweeping panoramic vistas. Embark on a scenic walk along hiking trails that showcase the over 240 cascades and access breathtaking viewpoints. Your experience continues with the Macuco Safari, an unforgettable adventure that combines a 4x4 jungle ride, short hike, and an exhilarating boat ride near the base of the falls. After, tuck into a well-earned lunch served at the Belmond Hotel. Return to the Gran Meliá Hotel in Argentina to relax or explore the surrounding area at your own pace. In the evening, journey to Rafain Churrascaria, Brazil an all-you-can-eat Brazilian barbecue experience accompanied by a Latin American folkloric show highlighting the music and dance of Brazil, Argentina and Paraguay.

## DAY THREE

After tucking into a delicious breakfast at your hotel, embark on a journey to the Argentinean side of the Iguaçu National Park. Step aboard the Ecological Train to the Devil's Throat Station, where a footbridge takes you to the most impressive waterfall in the park — the Garganta do Diabo, also known as the Devil's Throat. Continue your exploration to the upper and lower circuits of the park's trails, surrounded by lush rainforest and diverse wildlife, before pausing for lunch at the Aqva Restaurant in Puerto Iguazú. In the afternoon, you'll visit the Three Borders Landmark, where Brazil, Argentina and Paraguay meet, before returning to the hotel for some free time to explore further or relax. Conclude your day with dinner alongside your fellow guests at your hotel.

## DAY FOUR

Begin your day with a tasty breakfast at the hotel before enjoying a morning of leisure to explore at your own pace or relax. Check-out of your hotel and embark on a journey where you'll have the opportunity to tuck into a delicious lunch at Casa do Chef in Brazil, with an exclusive dining experience led by a renowned local chef. After, travel to Brazil Airport, where you'll board your flight to Rio de Janeiro. Upon arrival in Rio, board your transfer to the port where you'll rejoin *Borealis*.



**What's included:** Guide, coach transport, flights, admission fees and a three-night stay at Hotel Gran Meliá Iguazú on a full board basis.

**Walking:** You must be confident that you can walk distances over varying terrains in high temperatures and humidity. This tour will involve considerable walking and standing, some of which will be over uneven ground. Steps will be encountered throughout the tour.

**Important information:** Once confirmed, this tour is non-refundable.



## ADDITIONAL SHORE TOURS

### SALVADOR BEACH TRANSFER

Tour code SSA/G | £39pp | 5 hours

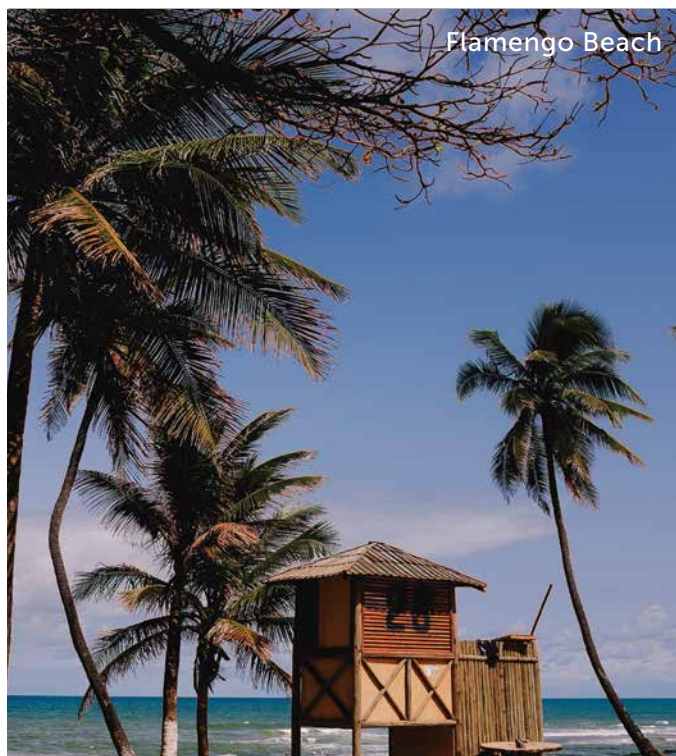
Relax and unwind with a day at one of Salvador's most picturesque beaches. Renowned for its golden sand, gently swaying palm trees, and warm, inviting waters, Flamengo Beach captures the essence of the perfect Brazilian beach. Whether you choose to relax under the sun or take a stroll along the shoreline, there's plenty of time to enjoy the surroundings at your own pace. Enjoy access to an onsite beach bar and restaurant, where you can sip a refreshing drink or indulge in local flavours as you soak up the sunshine.

**Itinerary:** 50-minute coach drive to Salvador Beach Club – 3 ¼ hours at Salvador Beach Club – 50-minute coach drive back to the pier

**What's included:** Escort, coach transport, and beach club access.

**Walking:** Less than ¼ of a mile over sand. Any additional walking is at your own discretion.

**Important information:** Please come with swimwear underneath casual clothes, and bring a towel and sunscreen. Lifeguards will be on duty, however, you should remain cautious of currents. Complimentary beach chairs and umbrellas are available.



Farol da Barra



### PANORAMIC SALVADOR

Tour code SSA/P | £30pp | 4 hours

Explore Salvador, a diverse city known for its Portuguese colonial architecture, Afro-Brazilian culture, and tropical coastline. Journey through Salvador's historic low city, where you'll find the iconic Bonfim Church—an ornate landmark with an intricately decorated interior. Refresh yourself with a delicious ice cream before passing through Dique do Tororó and the modern cityscape, and make a stop at the historic Farol da Barra, a prominent lighthouse and symbol of the city. Accompanied by a local guide, uncover the stories behind key sites such as Campo Grande, Forte de São Pedro, and Contorno. Beyond its cultural spirit, admire the tranquil Itapagipe Peninsula before rounding off your visit at Mercado Modelo, a lively market brimming with local crafts and souvenirs.

**Itinerary:** 35-minute coach drive through Salvador and Lower City – 40-minute visit inside Bonfim Church – 10-minute coach drive by Dique do Tororó – 30-minute coach drive through the modern city – 20-minute photo stop at Farol da Barra – 25-minute scenic coach drive through Salvador – 40-minute visit to the Itapagipe Peninsula – 30-minute visit to Mercado Modelo

**What's included:** Local guide, coach transport and an ice cream.

**Walking:** ½ a mile, over uneven ground with 20 steps. Ramps are available.



## FRADE ISLAND SCHOONER CRUISE

Tour code SSA/W | £59pp | 7 hours

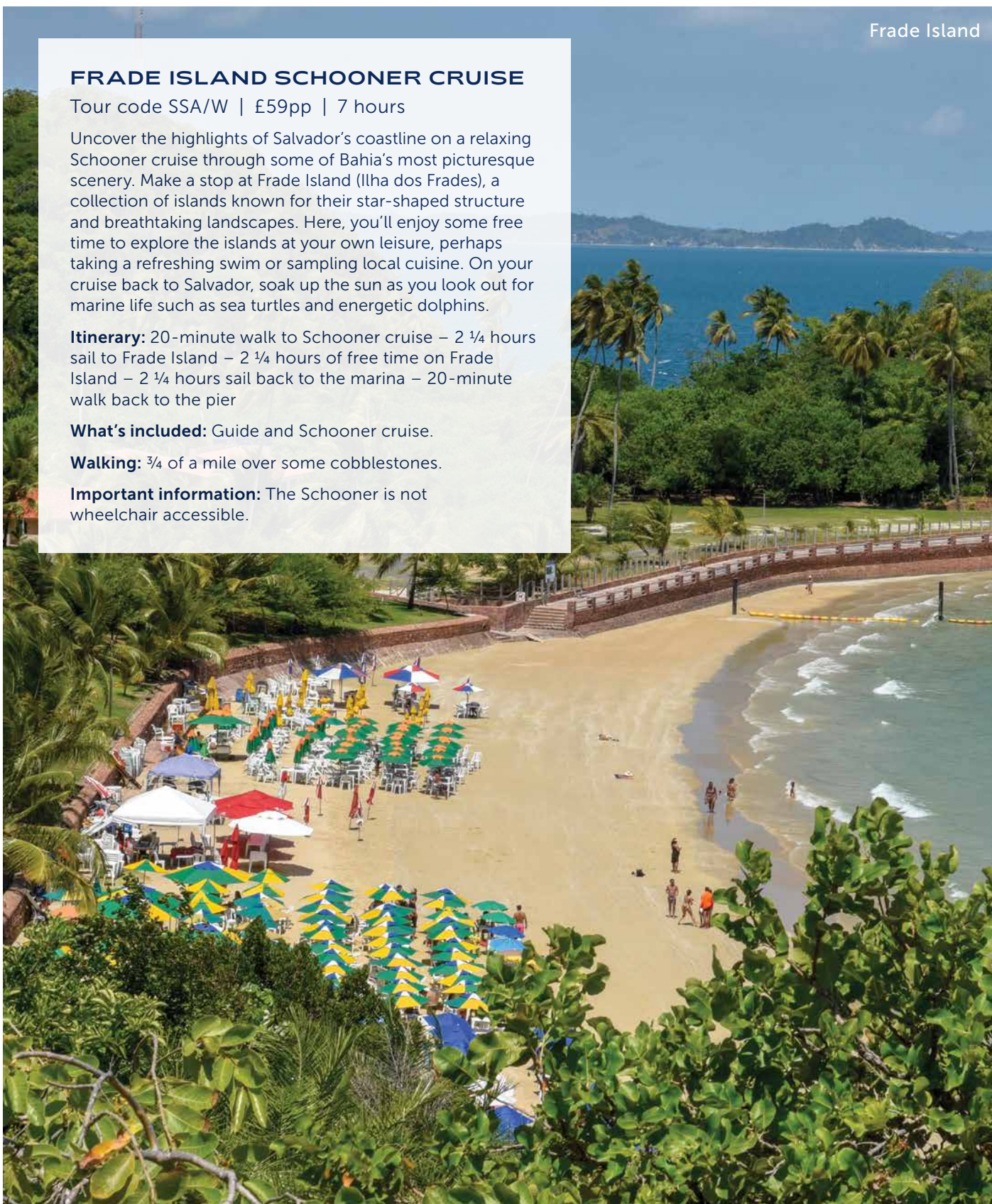
Uncover the highlights of Salvador's coastline on a relaxing Schooner cruise through some of Bahia's most picturesque scenery. Make a stop at Frade Island (Ilha dos Frades), a collection of islands known for their star-shaped structure and breathtaking landscapes. Here, you'll enjoy some free time to explore the islands at your own leisure, perhaps taking a refreshing swim or sampling local cuisine. On your cruise back to Salvador, soak up the sun as you look out for marine life such as sea turtles and energetic dolphins.

**Itinerary:** 20-minute walk to Schooner cruise – 2 ¼ hours sail to Frade Island – 2 ¼ hours of free time on Frade Island – 2 ¼ hours sail back to the marina – 20-minute walk back to the pier

**What's included:** Guide and Schooner cruise.

**Walking:** ¾ of a mile over some cobblestones.

**Important information:** The Schooner is not wheelchair accessible.



## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# RIO DE JANEIRO BRAZIL

RIO DE JANEIRO



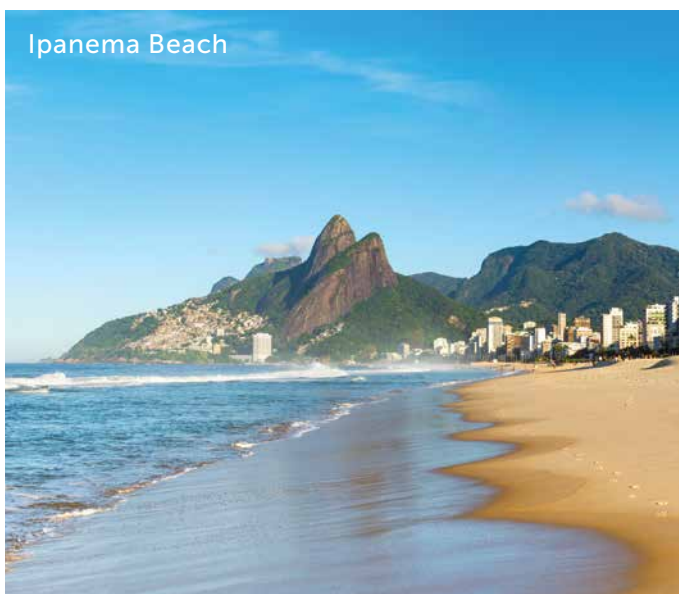
**Estimated arrival:** 19:00 Fri 13 Feb | **Estimated departure:** 18:30 Sun 15 Feb 

**Average temperature:** High: 31°C Low: 24°C | **Currency:** Brazilian Real (R\$) | **Average coffee price:** £1.00

**Shuttle bus available:** Yes | **Distance to transport:** 200m | **Distance to centre:** 7 miles

Famed for its iconic landmarks of Copacabana Beach, Sugarloaf Mountain and the majestic Christ the Redeemer, Rio de Janeiro promises you unforgettable adventures. Experience a private mass at Christ the Redeemer, a tranquil moment amidst breathtaking vistas, or immerse yourself in the heart of Rio on a shore tour exploring its rich tapestry of sports, culture and cuisine. From the legendary Maracanã Stadium to the golden sands of Ipanema Beach, no trip to Rio is complete without savouring a traditional Brazilian barbecue, a delicious celebration of the city's flavourful culinary heritage.

Ipanema Beach



Christ the Redeemer Statue





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Rio de Janeiro and what we think is special about this port of call.

## Sunset from the Sugarloaf Mountain



### SUGARLOAF SUNSET

Tour code RIO/X | £89pp | 4 hours

Embark on an unforgettable journey up the Sugarloaf Mountain, perfectly timed to catch a breathtaking sunset over Rio de Janeiro. Travel through the lively Flamengo Park and along scenic Botafogo Beach before arriving at Praia Vermelha. From here, board a cable car to Morro da Urca, where you'll enjoy lush gardens and panoramic views. Continue your ascent to Sugarloaf Mountain – a towering granite peak rising dramatically from the ocean. As the sun dips below the horizon, take in stunning views of Rio, including Christ the Redeemer, Copacabana Beach, and Guanabara Bay, all bathed in golden light.

**Itinerary:** 40-minute coach drive to Praia Vermelha – 20-minute wait for cable car – 10-minute cable car to Morro da Urca – 30-minutes of free time at Morro da Urca – 20-minute wait for second cable car – 10-minute cable car to Sugarloaf Mountain – 30-minutes of free time at Sugarloaf Mountain – 40-minute descend down cable cars – 40-minute coach drive back to the pier

**What's included:** Local guide, coach transport and fast-track cable car tickets.

**Walking:** ½ a mile, with 80 steps. A lift is available. Any additional walking is at your own discretion.

**Important information:** Sunset is not guaranteed and is based on weather conditions.

### PRIVATE MASS AT CHRIST THE REDEEMER

Tour code RIO/T | £95pp | 4 hours

Uncover the majesty and spiritual allure of one of the New Seven Wonders of the World – Christ the Redeemer. Hop aboard a charming cogwheel railway and ascend 2,400ft through lush rainforest to reach the iconic statue. Marvel at sweeping views over Rio de Janeiro and its dramatic mountainous backdrop. For those seeking an extra thrill, climb 220 steps to the summit for an even more striking panorama. Deepen your experience with a private mass at the serene Our Lady of Aparecida Chapel, nestled 2,300ft above sea level at the statue's base. End your unforgettable journey with a scenic drive past the world-famous Copacabana Beach.

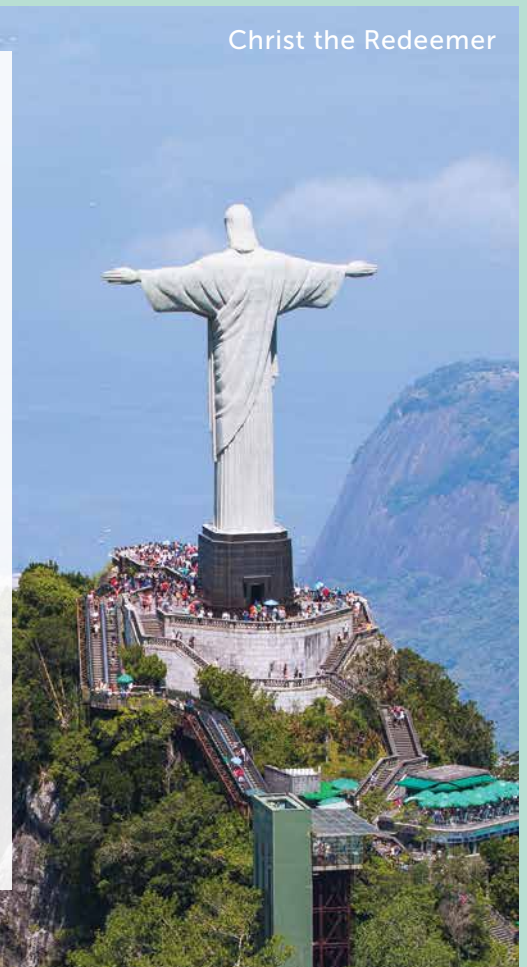
**Itinerary:** 40-minute coach drive to Corcovado Station – 30-minute train ride up the Corcovado – 1 ¼ hours of free time at the Christ the Redeemer – 30-minute private mass – 20-minute descend down the mountain – 40-minute coach drive back to the pier

**What's included:** Local guide, coach transport, train ride, admission to Christ the Redeemer, and private mass.

**Walking:** Less than ¼ of a mile, with 220 optional steps. Any additional walking is at your own discretion.

**Important information:** Queues are expected at the Corcovado Train Station.

## Christ the Redeemer





# ONCE IN A LIFETIME EXPERIENCE

Rio Carnival

## RIO CARNIVAL- CAMAROTE LOUNGE

13<sup>th</sup> & 14<sup>th</sup> February

Tour code RIO/CAR3

8 hours | From Rio de Janeiro

Prices from £750pp

Embrace the rhythm and colour of Rio's Carnival with an all-inclusive camarote experience that places you just steps from the dazzling energy of the Samba Parade. From your elevated lounge, watch as the Sambadrome comes alive—its brilliant white runway transformed by waves of feathered dancers, glittering costumes, soaring floats, and heart-pounding percussion. A seamless transfer brings you to the venue, where a welcome glass of chilled prosecco and elegant canapés set the tone for an unforgettable evening. With access to viewing balconies, you'll be close enough to catch every sequin, step and swirl of movement.

**Itinerary:** 45-minute coach drive to the Sambadrome – 15-minute walk to Frisa – 6-hour Carnival – 15-minute walk to the coach – 45-minute coach drive back to the pier

**What's included:** Guide, FOCL escort, coach transport, admission to the Camarote Lounge, and entertainment between main presentations.

**Walking:** Less than ½ a mile, with 20 steps to access the second floor of the lounge.

**Important information:** The Camarote Lounge does not offer reserved or guaranteed seating, however, there are common areas with seating available. Please be aware that this event draws in crowds and potential queueing in and around the Sambadrome area may cause transfer delays and periods of standing in queues. The event begins in the evening, approximately at 20:00 - 21:00 and concludes around 05:00 - 06:00. There will be shuttles at 00:30, 02:30 and 04:30. Please note, the travel time from the pier to the Sambadrome may be longer depending on traffic conditions.





## RIO CARNIVAL - FRISA SEATING INSIDE THE CAMAROTE LOUNGE

13<sup>th</sup> & 14<sup>th</sup> February | Tour code RIO/CAR2

8 hours | From Rio de Janeiro

Prices from **£879pp**

Step into the heart of Rio's Carnival with an unforgettable evening in an all-inclusive camarote - a lounge overlooking the legendary Sambadrome runway. From this privileged perch, you'll be perfectly placed to take in every beat and burst of colour as samba schools parade past in a spectacle of music, movement and breathtaking creativity. After a transfer to the venue, begin your evening with a glass of chilled prosecco and a selection of fine canapés. Just steps from the runway, the Frisa seating area offers a front view of the glittering costumes, soaring floats and intricate choreography that define this world-famous celebration. As fireworks light up the sky to mark the start of the parade, settle in and let the rhythm of Rio carry you through a night of pure Carnival magic.

**Itinerary:** 45-minute coach drive to the Sambadrome – 15-minute walk to Frisa – 6-hour Carnival – 15-minute walk to the coach – 45-minute coach drive back to the pier

**What's included:** Guide, FOCL escort, coach transport, admission to the Camarote Lounge, private reserved seating, entertainment between main presentations, Camarote t-shirt, open bar with premium beverages and quality catering service.

**Walking:** Less than ½ a mile, with 3 steps to access the Frisa and 20 steps to access the second floor of the lounge.

**Amenities:** Toilet facilities are available, however, long lines and public bathroom conditions are to be expected.

**Important information:** Please be aware that this event draws in crowds and potential queueing in and around the Sambadrome area may cause transfer delays and periods of standing in queues. The event begins in the evening, approximately at 20:00–21:00 and concludes around 05:00–06:00. There will be shuttles at 00:30, 02:30 and 04:30. Camarote boxes are shared with other carnival guests. Dinner is not served at tables. There are stations scattered throughout the camarote where guests can serve themselves at any time they wish. Upon arriving at the Sambódromo, guides and coordinators will show you the meeting point for the return transfer to the pier and assist and provide information throughout the Sambódromo. Fast food and drinks can be purchased at concession stands behind the grandstands. Lines can be long. In case of rain, this area is not covered, however, you will have plastic ponchos. Please expect some level of crowding upon arrival at the Sambódromo, and some lines may be unavoidable. Food consumption is allowed in the Camarote Lounge only. Please note, the travel time from the pier to the Sambadrome may be longer depending on traffic conditions.



## RIO CARNIVAL - GRANDSTAND

13<sup>th</sup> & 14<sup>th</sup> February | Tour code RIO/CAR1

8 hours | From Rio de Janeiro

Prices from **£250pp**

Feel the rhythm of Rio come alive as you witness the world's most iconic celebration from the heart of the Sambodromo. With space in the sought-after Sector 9 Grandstand - specially designated for visitors - you'll enjoy a prime vantage point for this unforgettable spectacle. A seat cushion is provided to keep you comfortable as the night unfolds in a dazzling display of colour, music and movement. Watch as samba schools parade down the runway, each bringing their own blend of energy, elaborate costumes and towering floats. From this area, you're perfectly placed to soak up every moment - from the thunder of the drums to the shimmer of sequins, surrounded by the electric energy that makes Carnival in Rio one of a kind.

**Itinerary:** 45-minute coach drive to the Sambadrome – 15-minute walk to Sector 9-6-hour Carnival – 15-minute walk to the coach – 45-minute coach drive back to the pier

**What's included:** Guide, FOCL escort, coach transport, grandstand ticket and a bottle of water.

**Walking:** Less than ½ a mile, with 64 steps to access Sambodromo grandstand. Ramps are available.

**Amenities:** Toilet facilities are available, however, long lines and public bathroom conditions are to be expected.

**Important information:** This tour is not recommended for wheelchair users or guests with limited mobility. You will depart from the pier to the Sambódromo at 20:00. The return journey to the pier will be operated by a shuttle service at 00:30, 02:30 and 04:30. Upon arriving at the Sambódromo, guides and coordinators will show you the meeting point for the return transfer to the pier and assist and provide information throughout the Sambódromo. Fast food and drinks can be purchased at concession stands behind the grandstands. Lines can be long. In case of rain, this area is not covered, however, you will have plastic ponchos. Please expect some level of crowding upon arrival at the Sambódromo, and some lines may be unavoidable. Please note, the travel time from the pier to the Sambadrome may be longer depending on traffic conditions.



## ADDITIONAL SHORE TOURS



Maracanã Stadium

### RIO SIGHTSEEING

Tour code RIO/SX | £29pp | 3 hours

Capture the essence of South America's most iconic city, Rio de Janeiro, from its rich cultural tapestry to its world-famous coastline. Journey through downtown Rio, where colonial heritage meets gleaming skyscrapers, revealing the city's striking contrast. Pass notable landmarks such as the striking Metropolitan Cathedral and the vibrant Sambódromo, a centrepiece of the world-renowned Rio Carnival. Travel along the scenic Rodrigo de Freitas Lagoon and pause for photos at Leme Beach, a peaceful stretch with golden sands and gentle surf. Accompanied by a local guide, uncover the stories behind Rio's landscapes and enjoy a picture-perfect moment with Sugarloaf Mountain as your backdrop.

**Itinerary:** 1 ¾ hours coach drive through Rio – 20-minute photo stop at Leme Beach – 10-minute coach drive to Aterro do Flamengo – 10-minute photo stop – 35-minute coach drive back to the pier

**What's included:** Local guide and coach transport.

**Walking:** Less than ¼ of a mile, over sand. Any additional walking during photo stops is at your own discretion.



Rio de Janeiro's Botanic Garden

### MARACANÃ STADIUM & IPANEMA

Tour code RIO/J | £85pp | 6 hours

Step into the wonders of Brazilian sport and beaches with a visit to the world-renowned Maracanã Stadium and Ipanema Beach. Maracanã Stadium is one of the largest stadiums in the world and is deeply connected to the legacy of beloved footballer Pelé. Here, you'll have the unique opportunity to explore behind the scenes of this iconic sporting venue and get a feel for its record-breaking size. Continue your journey with a visit to one of Brazil's most famous beaches, Ipanema. Enjoy free time to relax on its golden sands, take a swim in the inviting waters, and soak up the vibrant atmosphere. Round off the experience by savouring a classic Brazilian barbecue.

**Itinerary:** 30-minute coach drive to Maracanã Stadium – 50-minute visit to Maracanã Stadium – 40-minute coach drive to Ipanema – 1 ¾ hours of free time at Ipanema – 10-minute coach drive to Carretão Ipanema – 1 ½ hours lunch – 40-minute coach drive back to the pier

**What's included:** Local guide, coach transport, admission to Maracanã Stadium and a BBQ lunch.

**Walking:** 1 ¾ miles with 240 optional steps. Any additional walking is at your own discretion.

**Important information:** This tour is not suitable for guests with limited mobility. Should you wish to swim at Ipanema, please wear your swimwear underneath your clothes and bring your own towel.



Metropolitan Cathedral

### RIO DE JANEIRO BOTANICAL GARDEN

Tour code RIO/GX | £45pp | 4 hours

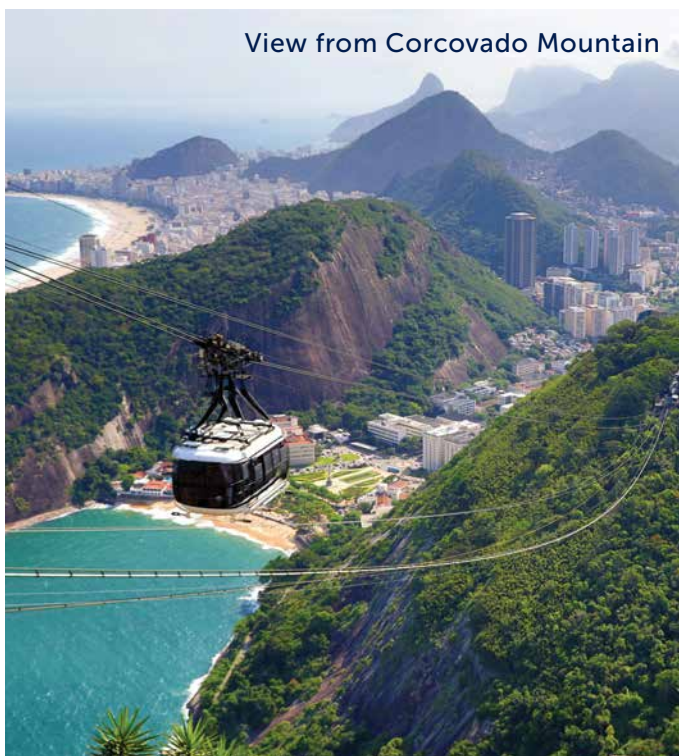
Discover the vibrant beauty of Rio de Janeiro's Botanical Garden, one of the most important ecological sanctuaries in the world. Nestled beneath the renowned Christ the Redeemer, this 140-hectare park is home to over 6,000 species of tropical plants and trees. Embark on a guided tour before enjoying some free time to stroll along the peaceful pathways, surrounded by lush greenery. Keep an eye out for native birds such as the curious curió and melodic sabiá, which add to the garden's rich natural charm and biodiversity.

**Itinerary:** 45-minute coach drive to the Rio de Janeiro Botanical Garden – 3-hour visit to the Rio de Janeiro Botanical Garden – 45-minute coach drive back to the pier

**What's included:** Guide, coach transport and admission to the Rio de Janeiro Botanical Garden.

**Walking:** ¾ of a mile over uneven terrain, with 20 steps.





View from Corcovado Mountain

## CHRIST THE REDEEMER & CORCOVADO MOUNTAIN

Tour code RIO/ZX | £65pp | 4 hours

### Limited capacity

Immerse yourself in Rio's most iconic landmark, Christ the Redeemer. Drive through Rio's city centre and embark on a cogwheel train to the top of the Corcovado Mountain. Perched ontop of the luscious green mountain, the famous Christ the Redeemer overlooks Rio from 709m above sea level. Here, you'll enjoy a 360° view of the city, taking in highlights such as Guanabara Bay, Sugarloaf Mountain, and the verdant Tijuca Forest, one of the largest urban natural reserves in Brazil.

**Itinerary:** 40-minute coach drive to Corcovado Train Station – 20-minute train up to Corcovado – 1 ¾ hours visit to Corcovado and Christ the Redeemer – 20-minute train down Corcovado – 40-minute coach drive back to the pier

**What's included:** Guide, coach transport, train ride and admission to Christ the Redeemer.

**Walking:** ½ of a mile with 220 optional steps. Any additional walking is at your own discretion.

**Important information:** Queues are expected at the Corcovado Train Station.

## TIJUCA FOREST BY JEEP

Tour code RIO/JX | £99pp | 4 hours

Set off on an open-air Jeep adventure through the stunning Tijuca Atlantic Forest – the largest urban forest in the world. Marvel at panoramic views of Rio de Janeiro from Vista Chinesa, with sights of iconic landmarks like Copacabana Beach and Sugarloaf Mountain. Travel deep into lush greenery, where you may encounter monkeys, sloths, and brilliantly coloured tropical birds while having the chance to experience the sound and beauty of hidden waterfalls. Enjoy a scenic hike through the heart of the Tijuca National Park, soaking up the natural beauty, before savouring a delicious Brazilian-style picnic surrounded by the sights and sounds of the forest.

**Itinerary:** 30-minute Jeep ride to Tijuca Forest – 20-minute visit to Vista Chinesa – 15-minute Jeep ride and photo stop at Belvedere Emperor's Table – 1-hour Jeep ride and waterfall exploration – 30-minute walk in the Tijuca National Park – 1-hour picnic – 30-minute Jeep ride back to the pier

**What's included:** Guide, Jeep transport, admission to Tijuca National Park and Vista Chinesa, and picnic lunch comprising empanadas, sandwiches, tea and desserts.

**Walking:** 2 miles over uneven forest terrain.

**Important information:** This tour is not suitable for pregnant guests or those with limited mobility and/or back conditions. Collapsible wheelchairs and walking aids cannot be stored on the transport.



View from Chinese Vista

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate
- Please note that due to carnival season, Rio de Janeiro is expected to be very crowded.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# ILHABELA BRAZIL

**Estimated arrival:** 06:30 Mon 16 Feb | **Estimated departure:** 16:30 Mon 16 Feb  
**Average temperature:** High: 28°C Low: 19°C | **Currency:** Brazilian Real (R\$) | **Average coffee price:** £1.00  
**Shuttle bus available:** No | **Distance to transport:** 200m | **Distance to centre:** 500m

Ilhabela is a mountainous island with vast areas of dense Atlantic Rainforest, and has been declared a biosphere reserve by UNESCO, so is the perfect habitat for 300 species of bird. Second only to the Amazon, it is one of the world's most diverse ecosystems, although its trees are lower in height and more open. Notable landmarks are the historic church of Ilhabela and the Engenho D'Água plantation.

Church of Ilhabela



Ilhabela



Ilhabela is an anchor port. Disembarking when your ship is at anchor is a very different experience to when it's docked portside. A small boat or tender, which is accessed via the steps of a secured gangway, will be used to transport you between the ship and the port.



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Ilhabela and what we think is special about this port of call.

## SAMBA EXPERIENCE

Tour code IBE/K | £79pp | 3 hours

Travel into the heart of the Itaquanduba Community to the Leões do ITA Samba School where you'll be greeted by local Samba dancers and musicians. Immerse yourself in the energetic music and rhythms of Samba while learning how to play a range of Samba instruments and practise the art of the traditional Brazilian dance. Once you've mastered your skills, enjoy a tour of the school and uncover the vibrant costumes and famous carnival floats.

**Itinerary:** 25-minute minibus drive to the Samba School – 2-hour visit, Samba lesson and tour – 25-minute minibus drive back to the pier

**What's included:** Guide, minibus transport, and Samba lessons.

**Walking:** Less than ¼ of a mile, with 6 steps.

**Important information:** This tour involves loud music. Loose and comfortable clothing and footwear are recommended.



Percussion instruments

## FISHING & COOKING EXPERIENCE

Tour code IBE/N | £135pp | 5 hours

Set off on a unique fishing and cooking experience along the picturesque Ilhabela Canal. Accompanied by local fishermen, hop on board your fishing boat and learn about the techniques behind caiçara fishing – a traditional fishing technique used in Brazil. Once you've mastered the technique, you'll enjoy a hands-on experience, helping prepare a variety of delicious dishes using your catch of the day.

**Itinerary:** 45-minute sail to the fishing grounds – 1-hour fishing experience – 2 ¼ hours cooking class and lunch – 40-minute return sail back to the pier

**What's included:** Guide, fishing trip, cooking class, and catch of the day lunch.

**Walking:** ¼ of a mile, with 3 steps to board the boat.

**Important information:** Insect repellent is strongly recommended.



Fishing boats in Ilhabela Canal



## ADDITIONAL SHORE TOURS

### WATERFALL & BEACH BY 4X4

Tour code IBE/G | £45pp | 3 ½ hours

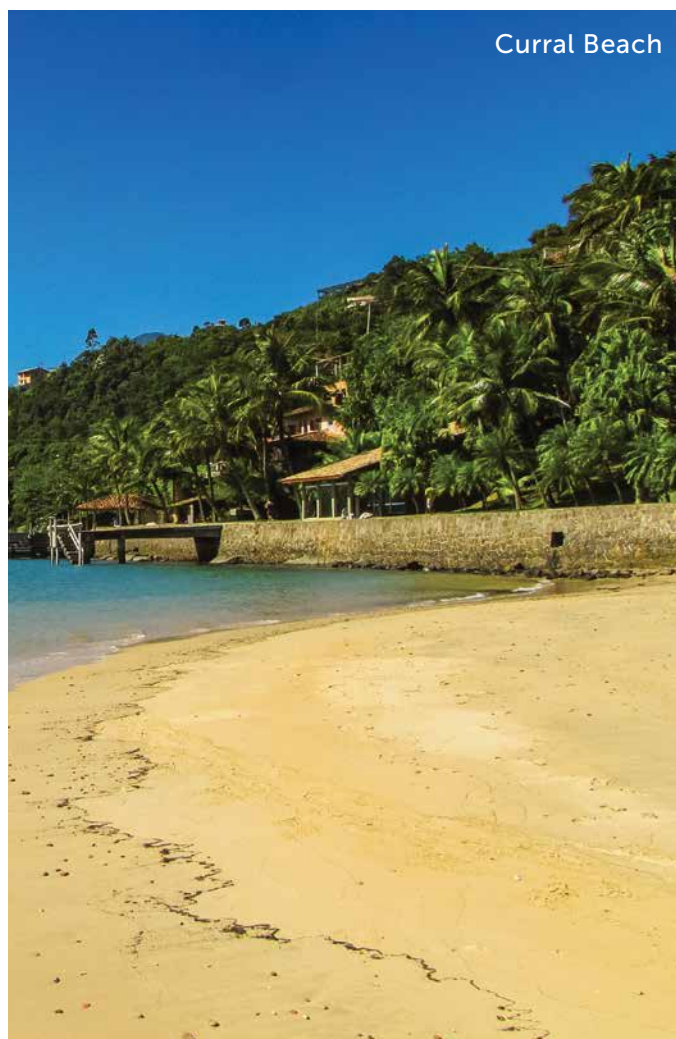
Journey across the south of the Ilha de São Sebastião Island by 4x4 to visit the famous Curral Beach, one of the most beautiful beaches in São Paulo State. Enjoy some free time to relax on the golden sand or swim in the warm, inviting waters. Continue your exploration towards the remarkable Três Tombos Waterfalls. Located close to Feiticeira Beach, these spectacular waterfalls are a highlight of Ilhabela, with the largest fall being over 20m. If you're feeling brave, take the chance to swim in the refreshing waters; otherwise, simply soak up the serene atmosphere. On the return journey, have a photo stop at the Cabras Island Viewpoint and uncover the beautiful view of the São Sebastião Canal.

**Itinerary:** 55-minute 4x4 drive to Curral Beach with photo stop – 1 ½ hours of free time at Curral Beach – 20-minute 4x4 drive to the Três Tombos Waterfalls – 30-minute visit to the Três Tombos Waterfalls – 15-minute 4x4 drive back to the pier

**What's included:** Local guide, 4x4 transport and admission to the Três Tombos Waterfalls and Cabras Island Viewpoint.

**Walking:** 1 mile over uneven ground, with 4 large steps to access the 4x4 vehicles.

**Important information:** Due to bumpy conditions, this tour is not suitable for pregnant guests, those with back/neck conditions, or guests with limited mobility. If you wish to swim, please come wearing your swimwear underneath your clothes and bring your own towel.



Curral Beach



Cachaça

### INTRODUCTION TO ILHABELA

Tour code IBE/H | £55pp | 3 ½ hours

Discover the wonders of Ilhabela – a beautiful city combining beaches, rainforests and a diverse culture. Set off to the Barreiros Viewpoint to admire the sweeping vistas of the São Sebastião Channel and visit the 17<sup>th</sup>-century Church of Nossa Senhora D'Ajuda. Continue to the Engenho D'Água Farm, once an important site for sugar production, to explore its old sugar and banana farm. Enjoy a tour of the farm and get to sample cachaça, a distilled spirit made from fermented sugarcane juice. Here, you will also have the chance to visit the majestic Toca Waterfall. Proceed to the Água Branca Waterfall, known for its historic importance to the island, this waterfall previously powered the old turbines of a hydroelectric powerplant that generated energy for Ilha de São Sebastião.

**Itinerary:** 10-minute mini-bus drive to Barreiros Viewpoint – 10-minute photo stop at Barreiros Viewpoint – 25-minute visit to Sino's Beach – 15-minute visit to the Church of Nossa Senhora d'Ajuda – 30-minute visit to Engenho D'Água Farm – 20-minute photo stop at Água Branca Waterfall – 1 ½ hours mini-bus drive back to the pier

**What's included:** Local guide, minibus transport, admission to the Engenho D'Água Farm and a sample of cachaça.

**Walking:** ½ a mile over varying terrain with 41 steps.

**Important information:** Insect repellent is strongly recommended.



## SCHOONER CRUISE TO JABAQUARA BEACH

Tour code IBE/I | £55pp | 4 hours

Uncover the highlights of the São Sebastião Channel on a relaxing cruise through picture-perfect scenery, whilst enjoying seasonal fruits. Make a stop at the remarkable Jabaquara Beach, a peaceful sandy beach with crystal clear waters. Here, you'll enjoy some free time to explore the beach at your own leisure, perhaps taking a refreshing swim or relaxing on the golden sands.

**Itinerary:** 1 ¼ hours scenic cruise to Jabaquara Beach – 1 ¾ hours of free time at Jabaquara Beach – 1-hour scenic cruise back to the pier

**What's included:** Local guide, boat cruise, and seasonal fruit snack.

**Walking:** ¼ of a mile.

**Important information:** This tour is not suitable for wheelchair users or guests with limited mobility. There will be a small tender boat to arrive at the shore of Jabaquara Beach, which involves a wet landing, so please wear clothes you don't mind getting wet. Please wear swimwear underneath casual clothes and bring your own towel.



Jabaquara Beach

### KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Regretfully, collapsible wheelchairs, electric scooters and walking aids **cannot** be stored on the tour transport.
- Please note that buses in Ilhabela are not equipped with sound systems.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# BUENOS AIRES ARGENTINA



**Estimated arrival:** 08:00 Thu 19 Feb | **Estimated departure:** 18:00 Fri 20 Feb 

**Average temperature:** High: 28°C Low: 20°C

**Currency:** Argentine Peso (ARS) | **Average coffee price:** £2.35

**Shuttle bus available:** Yes | **Distance to transport:** 150m | **Distance to centre:** 10 miles

A rich combination of European grandeur and Latino passion, the capital city of Argentina is steeped in history. Buenos Aires has a diverse range of architecture, tree-lined boulevards and museums. Jazz and tango clubs are popular, with the latter having originated in the city in the 18<sup>th</sup> century and now one of the most famous Latin dances. The city is synonymous with one of the most powerful women of our time, Eva Perón, who helped change the history of Argentina.

Buenos Aires



Tango



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Buenos Aires and what we think is special about this port of call.

## Tango

### AN EVENING AT THE TANGO

Tour code BUE/Q | £79pp | 4 hours

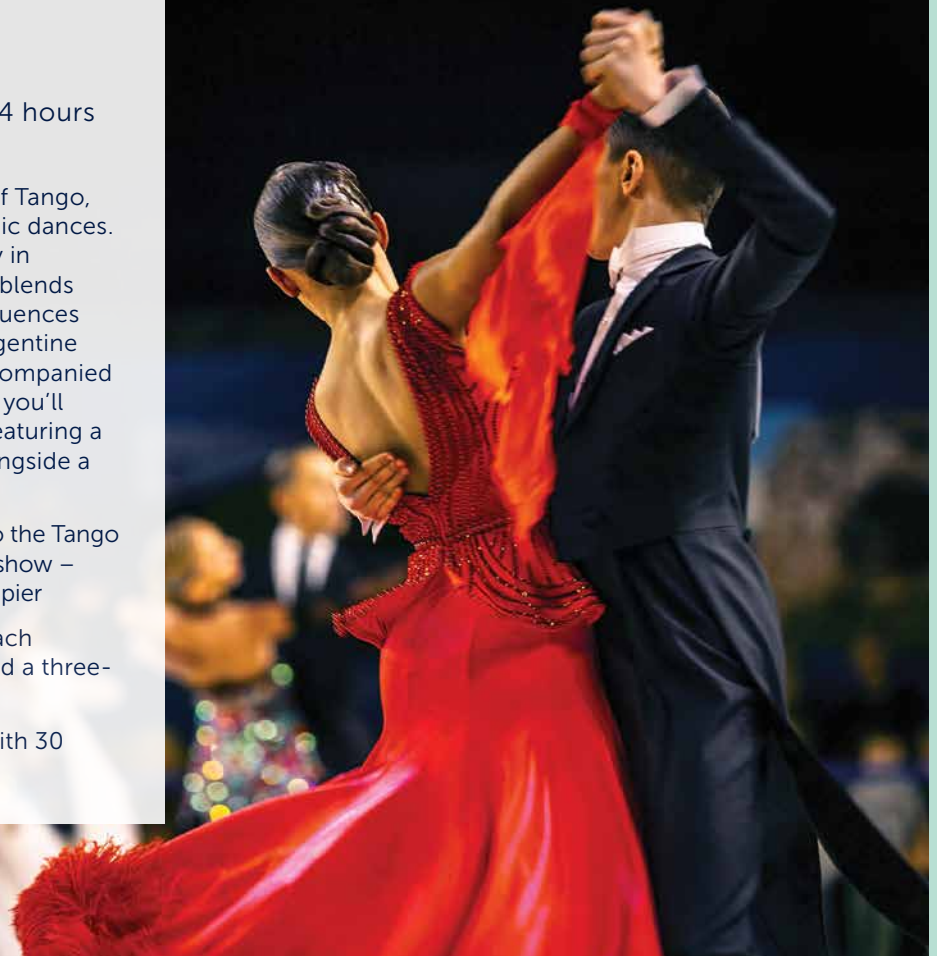
#### Limited capacity

Immerse yourself in the passion of Tango, one of South America's most iconic dances. Originating in the late 19<sup>th</sup> century in Buenos Aires, this intimate dance blends African, European, and Creole influences and soon became a symbol of Argentine identity and cultural heritage. Accompanied by a delicious three-course meal, you'll enjoy a live Tango performance featuring a variety of singers and dancers alongside a traditional Argentine orchestra.

**Itinerary:** 30-minute coach drive to the Tango venue – 3-hour dinner and Tango show – 30-minute coach drive back to the pier

**What's included:** Local guide, coach transport, Tango performance, and a three-course meal.

**Walking:** Less than ¼ of a mile, with 30 steps. A lift is available.



Casa Rosada

### INSPIRING EVITA

Tour code BUE/P | £115pp | 4 hours

Uncover the life and legacy of the politician and activist, Eva Perón (also known as Evita), the iconic First Lady of Argentina. Famous for her empowerment and political influence, Evita remains one of Argentina's most beloved political figures. Begin your journey with a visit to the Plaza de Mayo, the political heart of Argentina, where you'll see the Casa Rosada and the famous balcony from which Evita addressed her adoring fans. Proceed to the Recoleta Cemetery to view Eva's tomb before discovering the wonders of the renowned Evita Museum. The museum - housed in the mansion where her charity, the Eva Perón Foundation, once gave shelter to single mothers - uncovers the story of her life and showcases personal artefacts such as her dresses.

**Itinerary:** 20-minute coach drive to Plaza de Mayo – 10-minute Plaza de Mayo drive-through – 15-minute coach drive to the Recoleta Cemetery – 30-minute visit to the Recoleta Cemetery – 15-minute coach drive to the Evita Museum

**What's included:** Local guide and historian, coach transport, admission to the Evita Museum and Recoleta Cemetery, hot drink and a croissant.

**Walking:** 1 ½ miles with 20 steps.



# ONCE IN A LIFETIME EXPERIENCE

## IGUAZÚ FALLS

9<sup>th</sup> February

Tour code BUE/IF

13 hours | From Buenos Aires

Prices from £679pp

Iguazú National Park



Uncover the natural wonders of Iguazú Falls, the largest and most spectacular waterfall system in the world. Board your flight and head to Puerto Iguazú, taking in the verdant landscapes from above. Upon arrival, embark on a panoramic tour of the Upper Circuit of Iguazú Falls, where you'll encounter spectacular views of the thundering waterfalls.

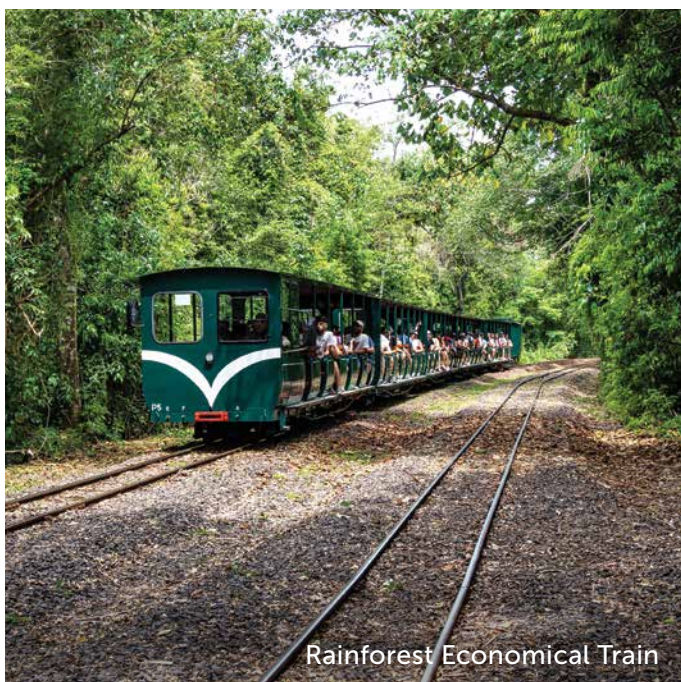
Continue your exploration of Iguazú Falls on board the Rainforest Ecological Train. Journey through luscious vegetation, passing cascading waterfalls and keeping an eye out for exotic wildlife such as tropical birds and butterflies. Arrive at the magnificent Devil's Throat Waterfall, a horseshoe-shaped waterfall with an average flow of 1,800 cubic metres per second and spend some time soaking up the wonders of this breathtaking scenery. Complete your day with a delicious, Argentine-style dinner before flying back to Buenos Aires.

**What's included:** Guide, coach transport, return flights, admission to Iguazú Falls, train ticket, lunch and dinner.

**Walking:** 3 miles over varying terrain, with 50 steps.

**Important information:** Please ensure you bring your passport.

Lake Titicaca



Rainforest Economical Train



## ADDITIONAL SHORE TOURS



La Boca

### BUENOS AIRES HIGHLIGHTS

Tour code BUE/A | £30pp | 4 hours

Embark on a panoramic journey discovering the highlights of Buenos Aires. Drive through the vibrant streets of Argentina's capital and stop to visit the famous Recoleta Cemetery, where you'll see the tomb of Eva Perón, the iconic First Lady of Argentina. Accompanied by an insightful guide, head to the Plaza de Mayo, home to the Presidential Office, the old colonial Town Hall, and the cathedral. Enjoy some Argentine refreshments at a local café before exploring the charming streets of San Telmo and along the roads of La Boca, a region famous for its colourful tin houses.

**Itinerary:** 30-minute coach drive to Recoleta Cemetery – 45-minute visit to Recoleta Cemetery – 15-minute drive to Plaza de Mayo – 30-minute Plaza de Mayo and historical city centre drive-through – 45-minute refreshment stop – 15-minute drive to La Boca – 45-minute visit to La Boca – 15-minute coach drive back to the pier

**What's included:** Local guide, coach transport, and refreshments including croissants and a hot drink.

**Walking:** 1 mile with 5 steps on/off the coach transport.

### TIGRE DELTA CRUISE

Tour code BUE/B | £55pp | 4 hours

Discover the natural landscapes of Argentina's Pampas region, exploring the charming city of Tigre. Located just north of Buenos Aires, this city is the gateway to the rivers and wetlands of the vast Paraná Delta. During your time here, enjoy a leisurely cruise on a riverboat, whilst tucking into light refreshments. As you glide through the green labyrinth of channels and streams, pass by small islands, riverside villas, Victorian docks, English gardens, and traditional rowing and boating clubs.

**Itinerary:** 1-hour coach drive to Tigre – 1 ¾ hours boat ride through the Tigre Delta – 1-hour coach drive back to the pier

**What's included:** Local guide, coach transport, private river cruise and a light refreshment.

**Walking:** Less than ¼ of a mile, with a gangplank to board the boat.

**Important information:** This tour is not suitable for wheelchair users.



Tigre



## ADDITIONAL SHORE TOURS

Tigre Delta

### TIGRE DELTA BY KAYAK

Tour code BUE/V | £160pp | 5 hours

Embark on a kayaking adventure and discover the spectacular Delta of Tigre, an impressive natural landscape where the River Plate and Paraná River form islands intercepted by verdant canals. Catch a leisurely river boat from the city of Tigre to an island and begin your kayaking journey. Accompanied by a knowledgeable guide, learn more about the landscapes and local way of life while you admire views of riverside villas and luscious gardens as you paddle along the calm waters. Enjoy a well-earned break with a light lunch comprised of empanadas, meats and cheeses, before boarding the scenic boat back.

**Itinerary:** 1-hour coach drive to Tigre – 15-minute river boat to an island – 30-minute safety briefing and donning of equipment – 1 ½ hours kayaking experience – 30-minute light lunch – 15-minute boat to Tigre – 1-hour coach drive back to the pier

**What's included:** Guide, coach transport, kayak hire and instructor, and a light lunch comprising of empanadas, meats and cheeses.

**Walking:** Less than ¼ of a mile with 1 ½ hours of kayaking.

**Important information:** This tour is not suitable for wheelchair users or guests with limited mobility. Guests must have a moderate level of fitness to participate in this tour.



Wine



### ARGENTINIAN WINE TASTING

Tour code BUE/MX | £99pp | 1 ¼ hours

Set off on an extraordinary wine-tasting journey, sampling the finest wines from Argentina's most celebrated regions. From the high altitudes of Mendoza - home to some of the world's highest vineyards - to the cool, crisp climates of Patagonia, Argentina produces Malbec grapes renowned for their rich, velvety character and exceptional quality. Accompanied by an expert guide, savour the unique flavours and aromas that define these wines, while uncovering the rich culture and heritage behind Argentina's vibrant wine industry.

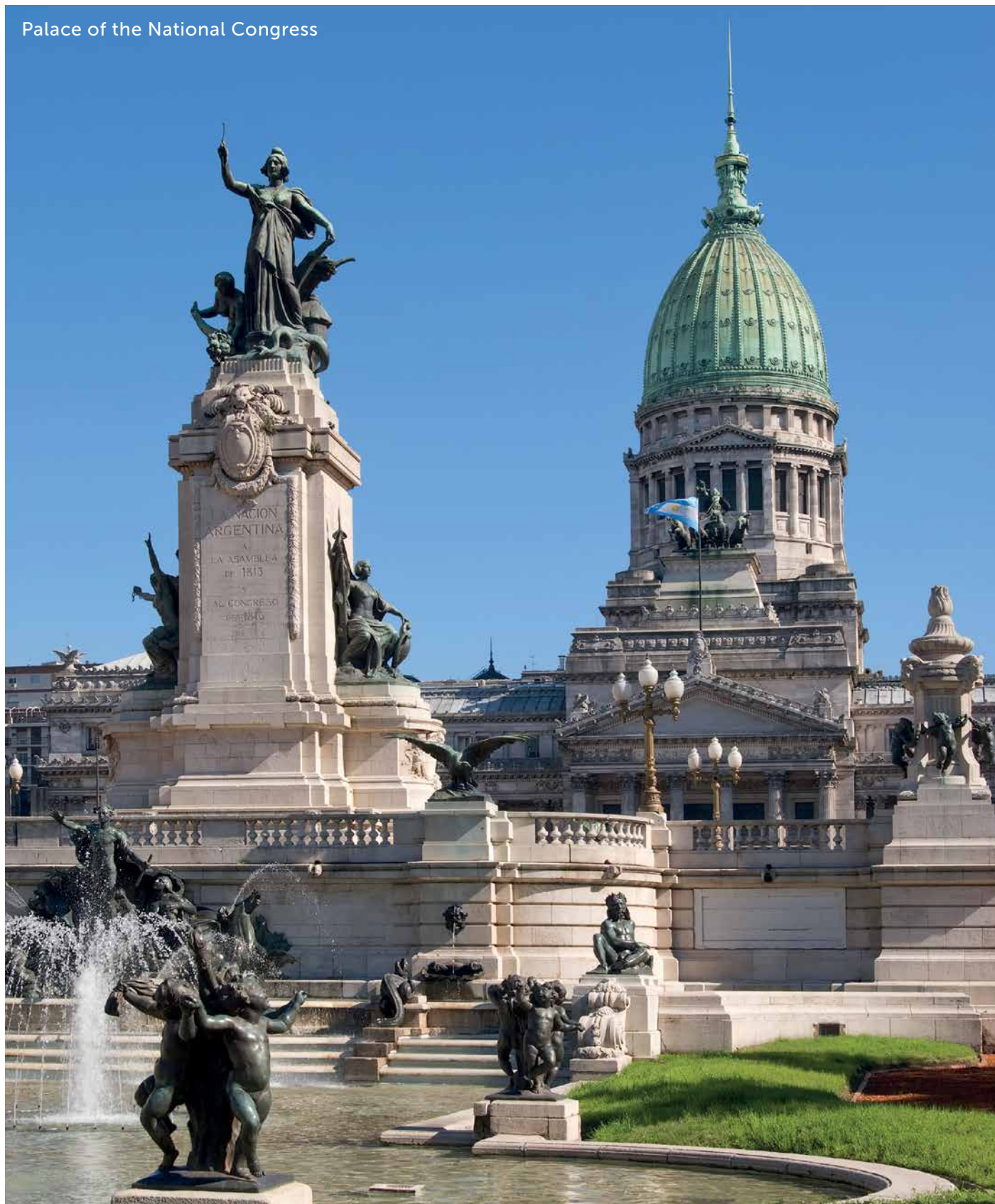
**Itinerary:** 30-minute coach drive to the wine tasting venue – 1-hour wine tasting – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport and wine tasting.

**Walking:** Less than ¼ of a mile with 10 steps.



## Palace of the National Congress



### KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- Wildlife sightings cannot be guaranteed.
- All distances are approximate.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# MONTEVIDEO URUGUAY

**Estimated arrival:** 07:30 Sat 21 Feb | **Estimated departure:** 16:30 Sat 21 Feb

**Average temperature:** High: 27°C Low: 19°C

**Currency:** Uruguayan Peso (UYU) | **Average coffee price:** £2.80

**Shuttle bus available:** No | **Distance to transport:** 50m | **Distance to centre:** 700m

South America's southernmost capital, Montevideo is surrounded by stunning natural landscapes, but also has a vibrant city centre to explore. The Old City is home to many of the city's historic structures, including the Palacio Salvo, once the tallest building in South America. A statue of José Artigas, leader of the Uruguayan Gauchos, stands in the Plaza de Independencia, erected for his bravery and heroism when leading his gaucho army.

Palacio Salvo



Old City





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Montevideo and what we think is special about this port of call.

## GAUCHO TRADITIONS & TASTES AT ESTANCIA LA RÁBIDA

Tour code MVD/D | £175pp | 7 hours

Immerse yourself in the gaucho way of life with an unforgettable ranch experience. Drive past Montevideo's iconic landmarks, including Independence Square and the Legislative Palace, en route to Estancia La Rábida, a family-run ranch located in the heart of the countryside. With the ranch owners as your hosts, enjoy a tractor-drawn trailer tour through scenic fields and along peaceful shores. Continue your experience with hands-on gaucho activities such as herding, cattle management, and caring for the horses. Refresh and recharge with a traditional barbecue lunch and soak up the relaxed atmosphere of the ranch.

**Itinerary:** 10-minute coach drive to Independence Square – 15-minute photo stop at Independence Square – 15-minute drive to Legislative Palace – 10-minute photo stop at Legislative Palace – 50-minute drive to Estancia La Rábida – 2-hour tractor-drawn trailer tour of the ranch – 2 ½ hours lunch and gaucho activities – 50-minute coach drive back to the pier

**What's included:** Local guide, coach transport, admission to the Estancia La Rábida and a BBQ lunch.

**Walking:** Less than ¼ of a mile over uneven ground. Any additional walking is at your own discretion.

**Important information:** You must be able to get on/off the trailer unaided. Sturdy walking boots are recommended.



Wine tasting

Gauchos



MONTEVIDEO

## MILONGA AT SPINOGLIO WINERY

Tour code MVD/I | £99pp | 5 hours

Uncover the renowned wine and rhythms of Uruguay in the scenic Cuchilla de Pereira region. Visit Bodega Spinoglio, a family-run winery where you'll explore the historic wine cellars and an informative on-site museum. During your visit, enjoy a traditional Milonga show—a lively, soulful performance blending tango music, dance, and local culture. Soak up the atmosphere of tango music while sampling a selection of local wines, perfectly paired with regional snacks.

**Itinerary:** 50-minute coach drive to Bodega Spinoglio – 3 ½ hours visit including Milonga show and snacks – 50-minute coach drive back to the pier

**What's included:** Local guide, coach transport, wine tasting, and snacks.

**Walking:** Less than ¼ of a mile, with 20 steps.



## ADDITIONAL SHORE TOURS

### EXPLORE LIKE A LOCAL

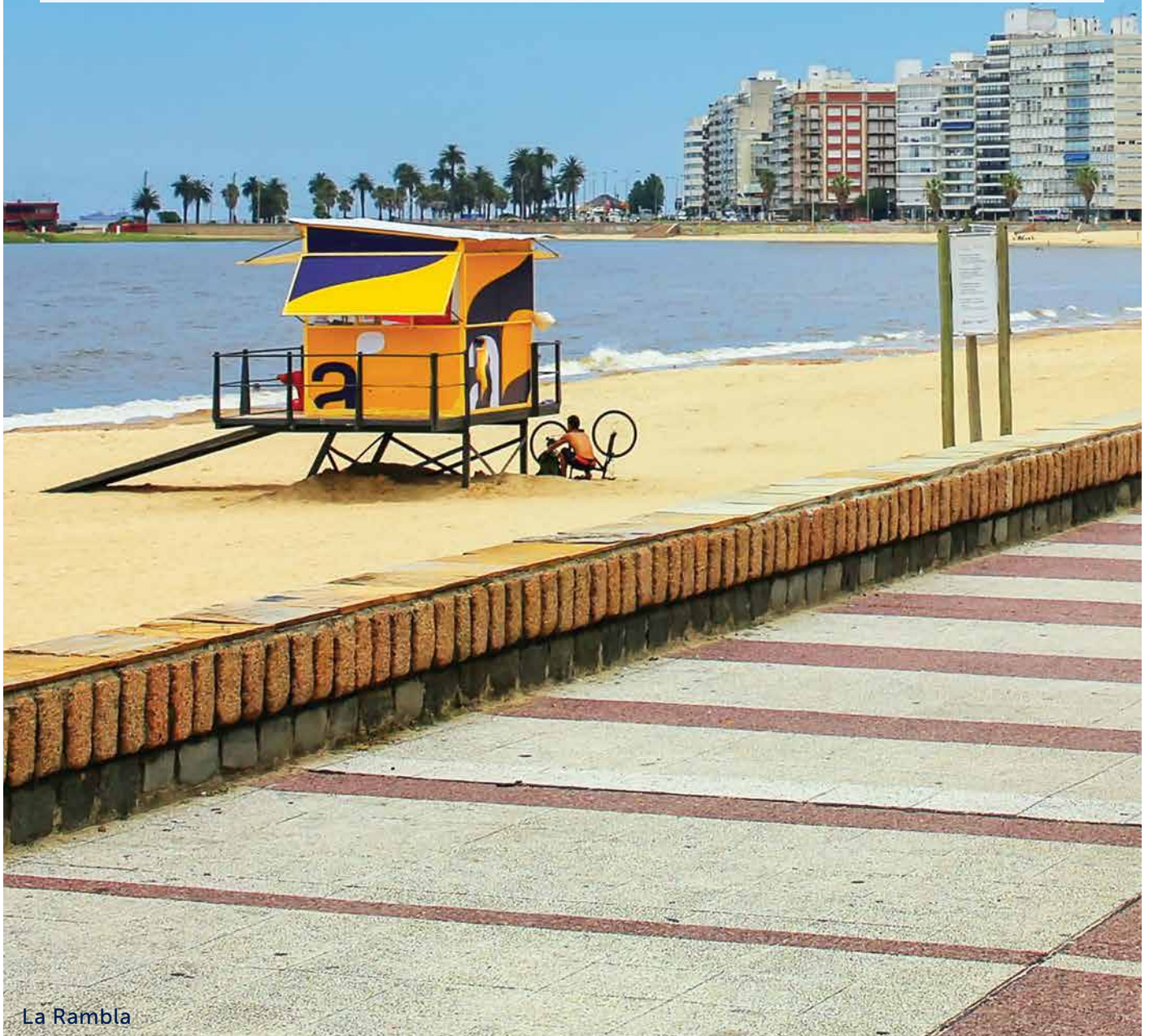
Tour code MVD/EX | £45pp | 4 hours

Begin your exploration with a scenic drive through Uruguay's capital, Montevideo, stopping for a photo opportunity at the iconic Independence Square before heading to the Montevideo Agricultural Market. Discover the market's rich history as you browse a variety of handicrafts and local delicacies. Continue to the Ferrando Market, a lively and diverse market filled with global food stalls and gourmet groceries. Here, you'll have the chance to sample a range of Uruguayan specialties, from craft beers and locally roasted coffee to traditional sweet and savoury treats. Complete your experience with a relaxing stroll along the picturesque La Rambla, where you can enjoy free time on the beach, walk the promenade, or simply take in the serene coastal atmosphere.

**Itinerary:** 45-minute coach drive to the Montevideo Agricultural Market with a photo stop – 45-minute visit to the Montevideo Agricultural Market – 15-minute coach drive to Ferrando Market – 1-hour visit to the Ferrando Market – 20-minute coach drive to La Rambla – 30 minutes of free time at La Rambla – 15-minute coach drive back to the pier

**What's included:** Guide, coach transport, and Uruguayan food samples.

**Walking:** Less than ½ a mile over cobblestones. Any additional walking is at your own discretion.



La Rambla





White-faced Ibis

## BIRDWATCHING

Tour code MVD/P | £85pp | 4 hours

Explore the diverse ecosystems and stunning landscapes surrounding Montevideo, home to a wide variety of exotic bird species. Journey through Santiago Vázquez, where you'll discover the unique terrain surrounding the peaceful Lecocq National Park. Keep an eye out for fascinating birds such as the white-faced ibis, long-tailed reed finch, American oystercatcher, and green-barred woodpecker. Travel to Penino and Pascual Beaches and refresh yourself with a taste of Uruguay's famous pastries - bizcochos and alfajores – then enjoy a scenic stroll along the sandy shores, offering spectacular views and even more opportunities for exceptional birdwatching in this tranquil natural setting.

**Itinerary:** 45-minute coach drive to Santiago Vázquez – 1-hour birdwatching – 30-minute coach drive to Penino and Pascual Beaches – 1-hour birdwatching with refreshments – 45-minute coach drive back to the pier

**What's included:** Guide, coach transport, a drink, and pastries.

**Walking:** ½ a mile over uneven ground and sand. Any additional walking is at your own discretion.

**Important information:** This tour is not suitable for guests with limited mobility.

## MONTevideo HIGHLIGHTS

Tour code MVD/Z | £25pp | 4 hours

Experience the heart of Uruguay's capital on a scenic coach journey, passing key landmarks and cultural treasures. Travel past iconic sites including Plaza Independencia and the Legislative Palace, one of Latin America's most striking parliamentary buildings. Visit the beautiful Montevideo Agricultural Market, where artisanal products, boutique shops, and a lively food scene await. Continue past historical sites such as the Obelisk and La Carreta Monument, before enjoying sweeping views from Plaza Virgilio. Complete your Montevideo experience with a coastal drive along La Rambla, where the charming Carrasco neighbourhood meets the city's sandy beaches.

**Itinerary:** 15-minute coach drive to Plaza Independencia – 15-minute photo stop – 15-minute drive to the Legislative Palace – 15-minute photo stop – 10-minute coach drive to Montevideo Agricultural Market – 1 hour of free time at the market – 20-minute drive to Parque Battle – 15-minute photo stop at La Carreta Monument – 30-minute drive to Carrasco – 15-minute photo stop at Plaza Virgilio – 30-minute coach drive back to the pier

**What's included:** Guide and coach transport.

**Walking:** Less than ¼ of a mile. Any additional walking is at your own discretion.



Legislative Palace

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# PORT STANLEY THE FALKLAND ISLANDS

PORT STANLEY

**Estimated arrival:** 09:00 Tue 24 Feb | **Estimated departure:** 16:00 Tue 24 Feb

**Average temperature:** High: 13°C Low: 5°C

**Currency:** Falkland Islands Pound (FKP) | **Average coffee price:** £3.40

**Shuttle bus available:** No | **Distance to transport:** 40m | **Distance to centre:** 200m

Port Stanley became capital of the Falkland Islands in 1845, and along with the rest of the islands is a British Overseas Territory, although Argentina has contested this sovereignty for almost 200 years, most notably in 1982. The town itself has extensive displays from this conflict, and also about the flora, fauna and wildlife of the area. Gentoo and Magellanic penguins, oystercatchers, grebes and kelp geese can be seen here.



Port Stanley Post Office



Port Stanley



Port Stanley is an anchor port. Disembarking when your ship is at anchor is a very different experience to when it's docked portside. A small boat or tender, which is accessed via the steps of a secured gangway, will be used to transport you between the ship and the port.



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Port Stanley and what we think is special about this port of call.

## SEAL BAY PENGUINS

Tour code PSY/A | £275pp | 7 hours

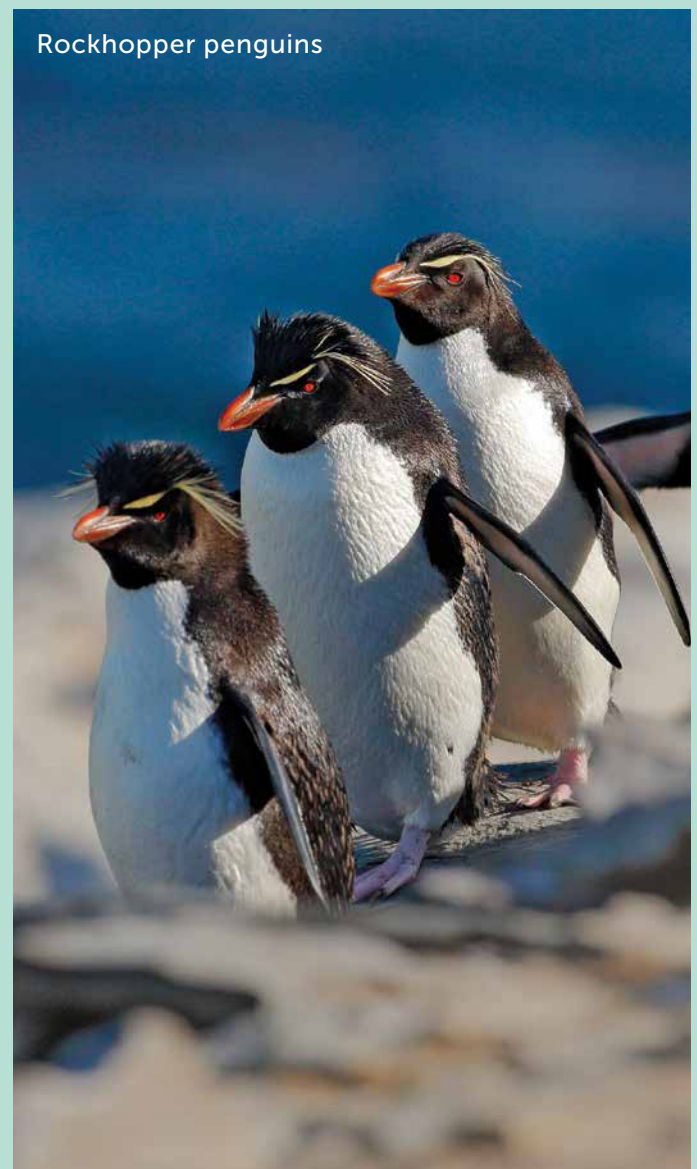
Embark on an unforgettable wildlife adventure at Seal Bay, one of the Falkland Islands' most exclusive destinations, where wildlife outnumbers visitors by approximately 600 to one. Travel by 4x4 vehicle across otherworldly landscapes to reach thriving penguin colonies. Upon arrival, search for fascinating wildlife including Macaroni, Magellanic, and the quirky rockhopper penguins, easily recognised by their vibrant yellow crests. These penguins offer excellent photo opportunities as they waddle, preen, and interact in their natural habitat. Enjoy a refreshing break with home-made soup and hot drinks before continuing your exploration, keeping a keen eye out for sea lions and the majestic King penguins.

**Itinerary:** 1-hour 4x4 drive to the Jetty Centre – 1 ½ hours 4x4 off-road drive to the rockhopper penguins – 1-hour rockhopper photo opportunity – 20-minute 4x4 off-road drive to Sandbeach – 30-minute lunch – 10-minute 4x4 off-road drive to the gentoo colony – 20-minute gentoo photo opportunity – 1 ¼ hours 4x4 off-road drive to the Jetty Centre – 1-hour 4x4 drive back to the pier

**What's included:** Local guide, 4x4 Jeep transport, coach transport, soup and hot drinks.

**Walking:** 2 miles over uneven ground. Any additional walking is at your own discretion.

**Important information:** Due to the 4x4 ride, this tour is not suitable for pregnant guests, those with pre-existing back/neck conditions, or wheelchair users. You must stay near your guide at all times.



Rockhopper penguins

PORT STANLEY

## Boot Hill



## FALKLAND BATTLEFIELDS - A MOUNTAIN PERSPECTIVE

Tour code PSY/B | £75pp | 2 ½ hours

Travel back to the 1982 war and uncover the Falkland Islands' political and socio-economic history. Head west towards the epicentre of the conflict's main battles, passing landmarks such as the iconic 'Boot Hill' and Estancia Farm. Known as the key base for British troops, Estancia Farm is a remote settlement that supported critical military operations. Accompanied by a knowledgeable guide, learn more about the turbulent history of the Falklands and visit the wreckage site of a Chinook and Puma helicopter – a poignant reminder of the air losses suffered during the war.

**Itinerary:** 50-minute coach drive to Estancia Farm – 10-minute photo stop near Estancia Farm – 1 ½ hours scenic coach drive back to Port Stanley with visits to the Chinook and Puma wreckage

**What's included:** Local guide and coach transport.

**Walking:** All walking is at your own discretion, with 3 steps to access the coach.



## ADDITIONAL SHORE TOURS

### JOE'S GENTOO PENGUINS AT NEWANS STATION

Tour code PSY/MS | £89pp | 2 hours

**This tour is fully booked, please call to join waitlist**

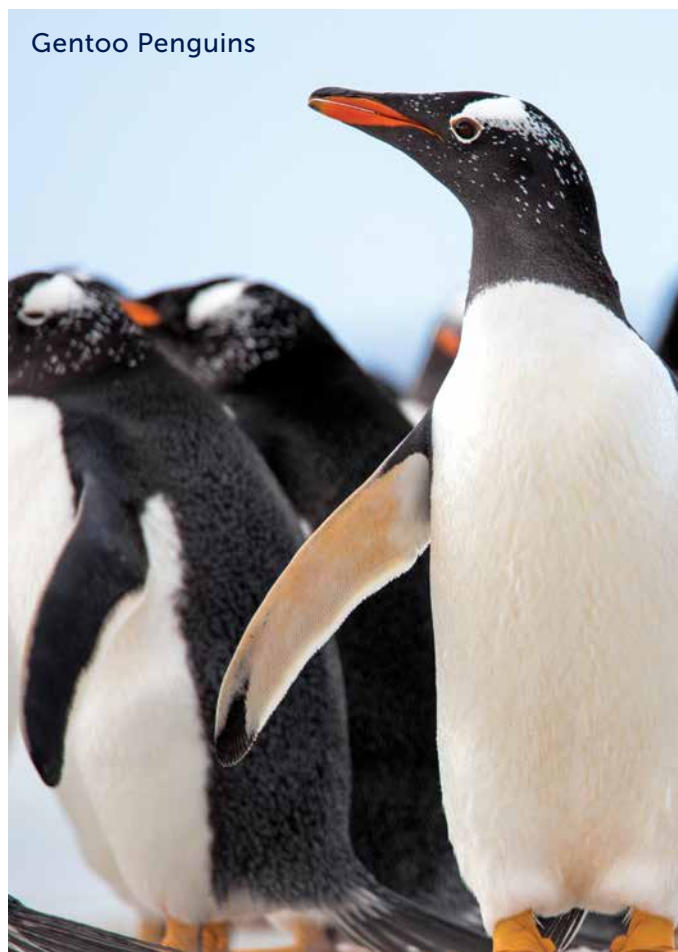
Discover the unique wildlife of the Falklands, including the curious gentoo penguins, known for their striking white head markings and lively behaviour. Journey by 4x4 across otherworldly beaches and rugged coastline in search of these charming birds, which make up approximately 121,500 breeding pairs. During your penguin adventure, don't forget to look out for other fascinating wildlife, including giant petrels, skuas, and upland geese, all contributing to the incredible biodiversity that makes the Falklands a truly unforgettable destination.

**Itinerary:** 15-minute minibus drive to Newans Station – 15-minute 4x4 off-road drive to the penguin colony – 1-hour penguin experience – 15-minute 4x4 off-road drive to Newans Station – 15-minute minibus drive back to the pier

**What's included:** Nature guide, minibus transport, 4x4 transport, cookies, and a hot drink.

**Walking:** ½ a mile over uneven ground, with 1 large step to access the vehicle.

**Important information:** Due to the 4x4 ride, this tour is not suitable for pregnant guests, those with pre-existing back/neck conditions or wheelchair users. Flash photography is not permitted. Guests must be over 3 years old in order to participate in this tour. You must stay near your guide at all times.



Gentoo Penguins



Stanley Government House

### HIGHLIGHTS OF PORT STANLEY

Tour code PSY/C | £65pp | 2 hours

Set off on a scenic coach drive through the picturesque city of Port Stanley, the charming capital of the Falklands. Be welcomed by a local guide and travel through the city centre, passing key landmarks including the 1982 Battle Memorial, shipwrecks, and Stanley Airport. Along the way, learn about life on this remote island while viewing government buildings, hospitals, and schools. Venture beyond town to uncover stunning harbour views filled with fishing boats and the shipwreck of the Lady Elizabeth. Complete your experience at the Historic Dockyard Museum, where you'll explore the Falklands' rich social, maritime, and military history.

**Itinerary:** 20-minute coach drive to Lady Elizabeth ship – 10-minute photo stop – 10-minute drive to the Totem Pole – 10-minute photo stop – 10-minute drive to the Whale Bone Arch – 10-minute photo stop – 20-minute scenic drive through Port Stanley – 10-minute photo stop at the Government House – 5-minute drive to the 1982 Liberation Monument – 10-minute photo stop – 5-minute coach drive to the Historic Dockyard Museum – 5-minute optional coach drive back to the pier

**What's included:** Local guide, coach transport and admission to the Historic Dockyard Museum.

**Walking:** Less than ¼ of a mile, with 3 steps to access the coach.

**Important information:** You will have the choice to take the bus back to the pier or visit the Historic Dockyard Museum and make your way back on your own.





Christchurch Cathedral

## WALKING TOUR OF STANLEY

Tour code PSY/GS | £45pp | 2 hours

Uncover the wonders of Port Stanley on a leisurely walking tour through this charming capital. Stroll past key highlights including Christ Church Cathedral, the iconic Whale Bone Arch, and the 1982 Battle Memorial. Continue by Government House with its beautifully maintained gardens, gaining fascinating insights into island life in this remote region. Complete this experience with a visit to the Historic Dockyard Museum, allowing you to explore the Falklands' rich social, maritime, and military history.

**Itinerary:** 2-hour walking tour of Port Stanley

**What's included:** Local guide and admission to the Historic Dockyard Museum.

**Walking:** 2 miles over uneven ground with a few steps.

**Important information:** Toilet facilities are not available. This tour is not suitable for guests with limited mobility.

## Falkland sheep

### AN INSIGHT INTO LOCAL LIFE AT FITZROY FARM

Tour code PSY/E | £95pp | 4 ½ hours

Immerse yourself in the authentic way of life for farmers in the remote Falkland Islands. Journey through the rugged landscapes surrounding Stanley en route to Fitzroy Farm. Meet the farmers and discover the origins of sheep farming, along with the care and welfare of their flocks. Witness a hands-on sheep shearing demonstration and a skilled dog-handling display. Then relax with a traditional Falklands "smoko" – a spread of home-made cakes, pastries, and scones with cream and jam. Enjoy time at your leisure to browse locally crafted souvenirs or explore displays on the 1982 war. Conclude your experience with a visit to the farm's horticultural gardens and get up close to the farm's adorable animals, such as pet sheep, miniature horses, and dogs.

**Itinerary:** 45-minute minibus drive to Fitzroy – 1 ¼ hours shearing and dog handling demonstration – 40-minute refreshment stop and free time at Fitzroy Settlement Hall – 1-hour tour of the farm – 45-minute scenic minibus drive back to the pier

**What's included:** Local guide, minibus transport, admission to the Fitzroy Farm and smoko refreshments comprised of cakes, pastries and scones.

**Walking:** 1 mile over uneven ground, with a few steps.

**Important information:** Sturdy and comfortable footwear is recommended. Wheelchairs and electric scooters cannot be stored on the transport.



## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# SCENIC CRUISING

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## CRUISING BY THE ANTARCTIC PENINSULA, ANTARCTICA

Fri 27 Feb – Sun 01 Mar

This vast stretch of land, ice and sea is an example of nature at its most spectacular. The Antarctic Peninsula has offers breathtaking natural beauty of one of the world's remarkable regions, and is home to penguins and many species of whale, who are drawn here by the high volume of krill available. The closest land to the Peninsula is Ushuaia, some 700 miles away.







# PUNTA ARENAS CHILE



**Estimated arrival:** 08:30 Wed 04 Mar | **Estimated departure:** 18:00 Wed 04 Mar

**Average temperature:** High: 14°C Low: 5°C | **Currency:** Chilean Peso (CLP) | **Average coffee price:** £2.20

**Shuttle bus available:** No | **Distance to transport:** 250m | **Distance to centre:** ½ a mile

Punta Arenas, a cosmopolitan city along the Straits of Magellan, is one of the southernmost cities on Earth, often referred to as 'The End of the World'. It is closely linked to the intrepid explorer Ferdinand Magellan, whose discovery of this passage was crucial before the Panama Canal was built, playing a pivotal role during the California Gold Rush. The city's vibrant maritime history is reflected in its colourful buildings, historic mansions, and monuments like the Magellan statue in Plaza Muñoz Gamero. You can enjoy stunning views of the surrounding Patagonian landscape, including the nearby Torres del Paine National Park, while a boat ride to Magdalena Island offers the opportunity to see the largest colony of Magellanic penguins.



Punta Arenas



Punta Arenas



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Punta Arenas and what we think is special about this port of call.

## MAGDALENA ISLAND NATURE RESERVE

Tour code PUQ/F | £199pp | 5 hours

Set sail through the dramatic landscapes of Magdalena Island, a remote, windswept haven rich in wildlife and rugged natural beauty. Home to the largest penguin colony in Chile, the island offers a rare opportunity to disembark and walk among hundreds of charismatic Magellanic penguins in their natural habitat. On your return cruise, search the surrounding waters, potentially being lucky enough to witness dolphins playfully swimming alongside the boat.

**Itinerary:** 2-hour catamaran cruise to Magdalena Island – 1-hour visit to Magdalena Island – 2-hour catamaran cruise back to the pier

**What's included:** Local guide, catamaran cruise and a light lunch including a sandwich, cake, dried fruit and fruit juice.

**Walking:** 1 mile over uneven ground, with 24 steps.

**Important information:** This tour is not suitable for guests with limited mobility. Sturdy walking boots are recommended. Wheelchairs and electric scooters cannot be stored on the transport.



Asado



Magellanic penguins

## LOCAL ASADO EXPERIENCE

Tour code PUQ/M | £189pp | 3 ½ hours

Immerse yourself in the captivating scenery of Punta Arenas and discover the rich culture and cuisine of the region. Enjoy a scenic drive through the city, including a photo stop at the El Ovejero Monument and the Plaza de Armas, home to a memorial honouring the Portuguese explorer, Ferdinand Magellan. Continue your journey with a visit to the Cerro de la Cruz viewpoint, where stunning panoramic vistas unfold over the dramatic landscapes of Tierra del Fuego. Experience authentic hospitality as you are welcomed into a local's home to savour traditional lamb asado and a selection of Patagonian delicacies, perfectly paired with Chilean wine.

**Itinerary:** 20-minute minibus drive to Bulnes Avenue – 15-minute photo stop at El Ovejero Monument – 35-minute minibus drive to Plaza de Armas – 15-minute photo stop at Plaza de Armas – 10-minute minibus drive to Cerro de la Cruz – 15-minute photo stop at Cerro de la Cruz – 15-minute minibus drive to a local home – 1 ½ hours asado experience – 15-minute minibus drive back to the pier

**What's included:** Local guide, minibus transport and an asado lunch accompanied by Patagonian delicacies and Chilean wine.

**Walking:** Less than ¼ of a mile over uneven ground, with 20 steps.

**Important information:** Wheelchairs and electric scooters cannot be stored on the transport.



# ONCE IN A LIFETIME EXPERIENCE

## ATACAMA DESERT

4<sup>th</sup> March | Tour code PUQ/AD

6 Nights | Depart from Punta Arenas

Rejoin *Borealis* in Valparaíso

**Prices from £3,799pp**

**This tour is fully booked, please call to join waitlist**

Set out on a remarkable seven-day journey through northern Chile. From the vivid rock formations of Rainbow Valley, to the dramatic steam vents of El Tatio geysers at sunrise. Travel through sweeping desert plains, salt-crusted landscapes and timeless Andean villages.



El Tatio

Muñoz Gamero Square



Pukará de Quitor



Santiago







## DAY ONE

Begin your Chilean adventure with a guided exploration of Punta Arenas, beginning at the historic Muñoz Gamero Square, home to the statue of explorer Hernando de Magallanes, before heading up to La Cruz Hill. From this elevated viewpoint, take in sweeping views of the city, and on clear days, a glimpse of distant Tierra del Fuego. Pause for a visit to the elegant Municipal Cemetery, known for its grand mausoleums and cypress-lined paths, and continue to the Ovejero monument, a tribute to the region's deep-rooted sheep-farming heritage. A scenic drive along the coastal road beside the Strait of Magellan completes the morning. Enjoy lunch at a local restaurant before transferring to the airport for your flight to Santiago. On arrival, you'll be taken to the welcoming Hotel Bidasoa, where dinner is served and your evening is at leisure.

## DAY TWO

After breakfast at your hotel, transfer to Santiago Airport for your flight north to Calama, the gateway to the Atacama Desert. From here, travel across arid plains and copper-tinged hills to the oasis village of San Pedro de Atacama, where you'll check in at the charming Hotel Cumbres. Enjoy a relaxed lunch before setting off on your first adventure: the striking Rainbow Valley. This ancient landscape is a marvel of geology, where layers of mineral-rich rock, shaped over millions of years, rise in vivid bands of red, green and blue. Return to the hotel for dinner, then head out once more for an unforgettable evening under the Atacama sky. At the Ayllu de Séquitur, sip warming infusions and sample local wine and cheese as you hear traditional Licanantay stories about the cosmos. With the help of telescopes, you'll explore one of the clearest night skies on Earth.

## DAY THREE

Enjoy a leisurely breakfast at the hotel before setting off to the Chaxa Lagoon, a tranquil spot within the Atacama Salt Flat. Surrounded by volcanoes and distant mountains, this peaceful lagoon is home to graceful pink flamingos. Return to your hotel for lunch, before continuing to the remarkable Moon Valley. Tucked within the Salt Mountain Range, this ethereal landscape is shaped by centuries of wind and water erosion. Its salt-crusted ground, towering dunes and unusual rock formations give the impression of walking on another planet. Following your visit, return to the hotel for some free time. Dinner will be served at the hotel, bringing the day to a close.

## DAY FOUR

Rise early for an unforgettable morning at El Tatio, one of the world's highest-altitude geothermal fields. As the sun begins to rise, watch steam columns burst into the crisp morning air, casting shifting colours through the mist. After this remarkable experience, return to your hotel in San Pedro de Atacama for a well-earned lunch. In the afternoon you will embark on a visit to the Atacama Saltpan, a lagoon containing 40% salt where you will have the opportunity to take an unforgettable swim and float on the surface. The evening is yours to enjoy at your own pace, whether you choose to relax, explore the village, or simply take in the desert stillness. Dinner will be served at the hotel, rounding off the day.

## DAY FIVE

Start the morning with a hearty breakfast at the hotel, before making your way to the remarkable archaeological site of Pukará de Quitur. From here, set off on a trek towards the Quitur Viewpoint, following a scenic trail along the San Pedro River, offering sweeping views of the surrounding desert and mountains. At the site, learn about the history of this pre-Columbian fortress and hear how it evolved through different periods of occupation. Return to the hotel in time for a relaxed lunch. The rest of the afternoon is yours to unwind, with a spa treatment or simply enjoying the peace of the Atacama at your own pace.

## DAY SIX

Enjoy breakfast at your hotel before departing for Calama Airport, where you'll board your flight back to Santiago. On arrival, you'll be transferred to the Hotel Bidasoa and check-in before sitting down to a leisurely lunch. The afternoon is yours to unwind, take a moment to relax, explore the hotel's peaceful gardens, or simply enjoy some downtime. Later, head out with your group for a relaxed dinner at a local restaurant, where you'll have the chance to savour more of Chile's distinctive flavours.

## DAY SEVEN

After breakfast at your hotel, set off on a panoramic tour of Santiago, taking in the key landmarks. From Colonial architecture to contemporary boulevards, this is a chance to see how the city's rich past and dynamic present intertwine. After, travel into the Casablanca Valley to visit Bodegas Re, a family-run winery where tradition meets innovation. Wander through their fascinating underground cellar, where giant amphoras are used in the winemaking process. Enjoy a tasting of distinctive wines, paired with cheese and olives, before gathering in the winery's gardens for a relaxed countryside barbecue. As the afternoon draws to a close, transfer to the port of Santiago to step back aboard *Borealis*.



Rainbow Valley

**What's included:** Guide, flights, coach transport, admission fees, a two-night stay at Bidasoa and a four-night stay at the Hotel Cumbres San Pedro de Atacama on a full board basis.

**Walking:** You must be confident that you can walk distances over varying terrains in high temperatures and humidity. This tour will involve considerable walking and standing, some of which will be over uneven ground. Steps will be encountered throughout the tour.

**Important information:** Once confirmed, this tour is non-refundable.



# ONCE IN A LIFETIME EXPERIENCE

## TORRES DEL PAINE NATIONAL PARK & LAKE DISTRICT

4<sup>th</sup> March | Tour code PUQ/TP

6 Nights | Depart from Punta Arenas

Rejoin *Borealis* in Valparaíso

**Prices from £3,999pp**

**Limited capacity**

Over seven unforgettable days, venture deep into the heart of Chilean Patagonia to discover the breathtaking landscapes of Torres del Paine National Park, named the eighth Wonder of the World in 2014.



Torres del Paine

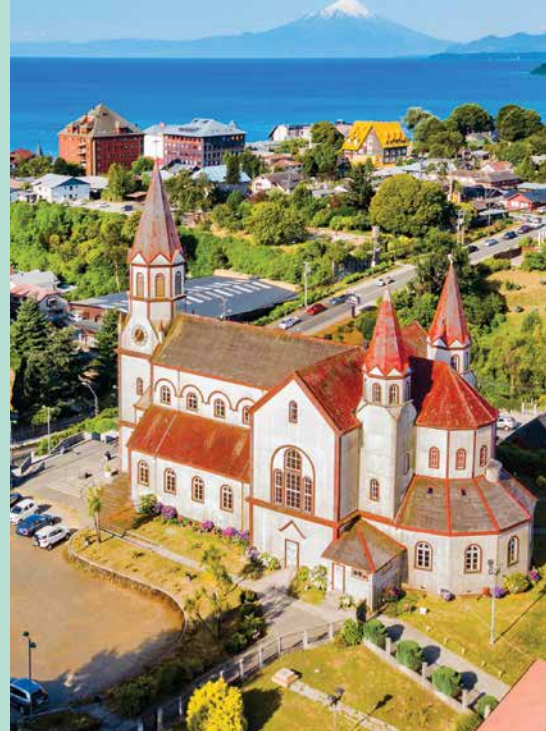
Petrohué Falls



Bodegas Re



Puerto Varas





## DAY ONE

Depart from Punta Arenas and begin your journey north through the vast Patagonian landscape en route to Hotel Río Serrano, nestled on the edge of Torres del Paine National Park. On arrival, check in and settle into your surroundings before sitting down to a delicious lunch with views of the rugged terrain that surrounds you. The afternoon is yours to enjoy at your own pace, you can unwind with a spa treatment, take a stroll by the river, or simply relax and take in the scenery. As evening falls, enjoy dinner at the hotel before retiring for the night.

## DAY TWO

After breakfast at the hotel, set out to explore the extraordinary Torres del Paine National Park - recognised as a UNESCO Biosphere Reserve since 1978 and voted the eighth Wonder of the World in 2014. Marvel at the towering granite peaks of the Torres themselves, soaring more than 10,000ft into the sky, alongside the dark, sculpted Cuernos and sweeping views of wild rivers, glaciers, and turquoise lakes. Pause at a scenic lookout over Grey Lake before continuing to a nearby restaurant for lunch. In the afternoon, visit Salto Grande for a walk to the powerful waterfall and enjoy panoramic views over Lake Nordenskjöld and Lake Sarmiento. On the return journey, stop in Cerro Castillo before heading back to the hotel for dinner and a well-earned rest.

## DAY THREE

Enjoy a relaxed breakfast at the hotel before departing for Punta Arenas Airport, where you'll board your flight to Puerto Montt. A packed lunch will be provided to enjoy during the journey. On arrival in Puerto Montt, travel to the charming lakeside town of Puerto Varas and check in at the welcoming Hotel Petra Wyndham. With its beautiful views and peaceful setting, it's the perfect place to unwind after a day of travel. Dinner will be served at the hotel, leaving the rest of the evening free to relax and settle in.

## DAY FOUR

After breakfast at the hotel, set off to explore the natural beauty of Chile's Lake District. First, make your way to the Petrohué Falls, where crystal-clear waters tumble over dark volcanic rock, framed by the snow-covered peak of Osorno Volcano. Then, climb the slopes of the volcano to La Burbuja, a lookout point sitting 1,200m above sea level to soak up the views across the Petrohué Valley. Later, descend to the charming town of Puerto Varas on the shores of Llanquihue Lake. Enjoy a relaxed lunch, before taking some time to wander through the town's main square or browse local shops. Return to the hotel in the early evening, where a warm dinner awaits after a full day.

## DAY FIVE

Begin with breakfast at your hotel before heading to the lakeside village of Frutillar, known for its distinct German heritage and charming wooden architecture. Set on the western shore of Lake Llanquihue, South America's third-largest natural lake, this peaceful town offers a glimpse into Chilean culture. Visit the local museum to learn about the German settlers who arrived in the late 1800s, and how their traditions

continue to shape life here today. Afterwards, enjoy lunch at a nearby restaurant. In the afternoon, transfer to Puerto Montt Airport for your flight back to Santiago. Once you've landed, make your way to Hotel Bidasoa to settle in, before heading out to a local restaurant for a relaxed evening meal.

## DAY SIX

Enjoy breakfast at your hotel before setting out to explore Santiago, Chile's vibrant capital. Your city tour takes in both historic and modern highlights, beginning with a view of the Presidential Palace, followed by a panoramic look at Plaza de Armas and its impressive cathedral. As you journey through the city's downtown core, take in the rich mix of architecture from Neoclassical to Art Deco and Neo-Gothic. Continue into the upper part of town for a different perspective over the city's skyline, before travelling to the Maipo Valley for a visit to the historic Santa Rita Winery. Take a guided tour of the cellars and enjoy a tasting of four premium wines, accompanied by cheese and crackers. Lunch follows at the atmospheric Doña Paula restaurant. Return to the hotel with time to refresh before heading out for dinner at a local restaurant.

## DAY SEVEN

After breakfast at your hotel, head into the Casablanca Valley to discover Bodegas Re, a boutique family winery. Wander through the atmospheric cellar, where ancient Maule Valley jars shape the art of winemaking here. During your visit, sample distinctive vintages, each poured alongside freshly baked bread and briny olives, and learn how ancestral methods blend seamlessly with modern viticulture. To finish, savour a relaxed countryside barbecue in the winery's sun-dappled gardens. Then, transfer back to the pier, ready to rejoin *Borealis*.

Maipo Valley



**What's included:** Guide, flights, coach transport, admission fees, a one-night stay at Hotel Río Serrano, a two-night stay at Hotel Petra by Wyndham, and a two-night stay at Hotel Bidasoa on a full-board basis.

**Walking:** You must be confident that you can walk distances over varying terrains in high temperatures and humidity. This tour will involve considerable walking and standing, some of which will be over uneven ground. Steps will be encountered throughout the tour.

**Important information:** Once confirmed, this tour is non-refundable.



# ONCE IN A LIFETIME EXPERIENCE

## EASTER ISLAND

4<sup>th</sup> March | Tour code PUQ/EI

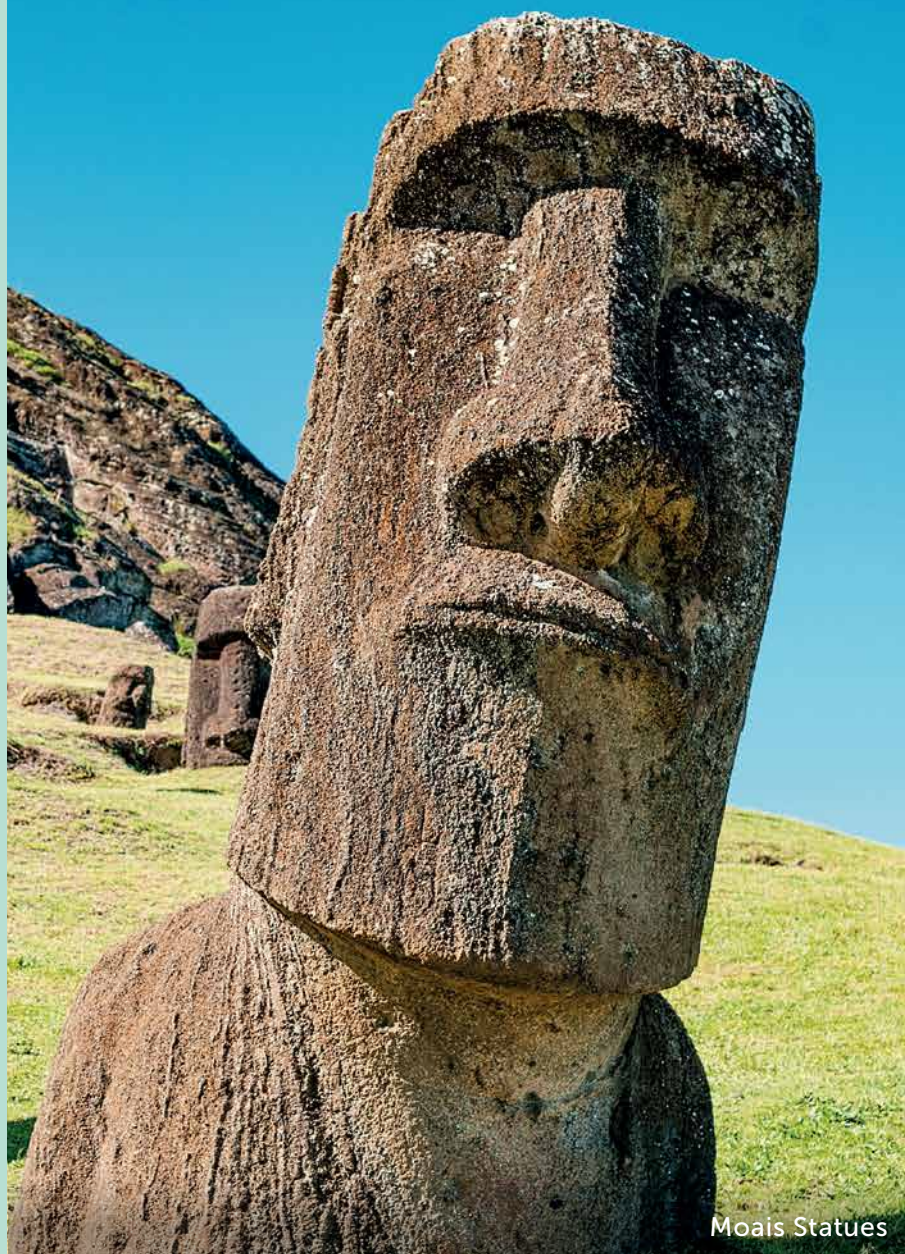
6 Nights | Depart from Punta Arenas

Rejoin *Borealis* in Valparaíso

**Prices from £6,800pp**

**This tour is fully booked, please call to join waitlist**

This seven-day journey takes you from the colourful southern city of Punta Arenas to the remote and legendary Easter Island. Along the way, you'll experience the country's rich culture, dramatic landscapes and ancient history. Highlights include guided city tours, a visit to the sacred Orongo ceremonial village, and time to admire the iconic moai statues at Akivi and Ahu Tongariki.

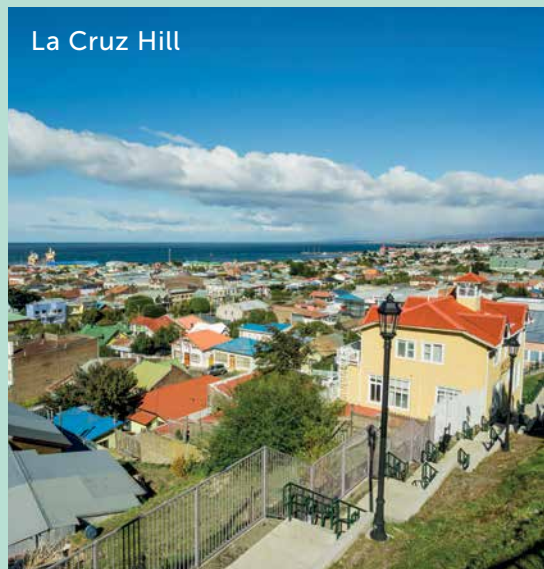


Moais Statues

La Moneda



La Cruz Hill



Rano Kau







## DAY ONE

Depart Punta Arenas and set off on a scenic tour of this historic southern city. Begin at Muñoz Gamero Square, where the statue of explorer Hernando de Magallanes proudly stands, before heading up to La Cruz Hill for sweeping views over Punta Arenas and, on a clear day, as far as Tierra del Fuego. Continue to the Magallanes Municipal Cemetery, known for its grand mausoleums and tree-lined avenues and pause at the Ovejero Monument, a tribute to the region's sheep-farming heritage. A drive along the picturesque Magellan Strait coastal road rounds off your morning. Enjoy a relaxed lunch at a local restaurant before transferring to the airport for your flight to Santiago. On arrival, travel to the welcoming Hotel Bidasoa, where a delicious dinner awaits before you retire for the night.

## DAY TWO

An early start sees you checking out of your hotel with a takeaway breakfast in hand as you make your way to the airport for your flight to Easter Island. Upon arrival, you'll receive a warm Polynesian welcome, complete with a traditional flower lei, before enjoying a relaxed lunch at a local restaurant. Your island exploration begins at the archaeological site of Tahai, one of the oldest settlements on the island, with the earliest remains dating back to 700 AD. Here you can admire the three Ahu or Ceremonial Platforms located on a small rocky cliff that rises above the sea, including Ahu Vai Uri, made up of five moai statues; Ahu Tahai; and Ahu Ko Te Riku, made up of one single statue wearing a pukao or hat. Next, explore Akivi, home to seven restored moai statues said to represent the explorers sent by King Hotu Matua, where you'll learn the fascinating stories behind these iconic figures. After returning to your hotel for some free time, enjoy dinner at a local restaurant before ending your evening at the ceremonial centre of Ahu Tahai, where you'll watch the sun set behind the moai creating a picturesque photo opportunity. Retire to your hotel for a well-deserved rest.

## DAY THREE

An early morning departure takes you to Ahu Tongariki, Easter Island's largest restored platform, where 15 moai stand in front of the sunrise. After, return to your hotel for a well-earned breakfast before continuing your adventure to Rano Raraku, the volcanic quarry where every moai on the island was born. Scattered across its slopes are 397 statues, many still partially carved, offering a remarkable glimpse into the craftsmanship. Return to Ahu Tongariki for a different perspective, before heading to Te Pito Kura to see the island's largest carved moai and the magnetic stone known as the "Navel of the World." Next, visit the idyllic Anakena Beach, famed for its soft white sand and the restored platforms of Ahu Nau Nau and Ahu Ature Huke. From here, a walk takes you to where you will enjoy your packed lunch. In the afternoon, discover Ahu Vinapu, where stonework hints at ancient Incan influence, and view the island's only remaining moai carved from red scoria. Conclude with a visit to Ahu Vaihu, an unrestored platform where toppled moai remain just as they fell. Return to your hotel for some well-deserved free time before dining at a local restaurant and retiring for the evening.

## DAY FOUR

Start your day with breakfast at the hotel before leaving the village behind for a relaxing drive towards Rano Kau, an ancient volcanic giant closest to Hanga Roa offering breathtaking views of its vast crater and shimmering freshwater lake from the Mirador viewpoint. A short drive brings you to Orongo, one of Easter Island's most fascinating archaeological sites. Perched on the edge of the crater, is an ancient ceremonial village of 52 stone-built houses. After exploring Orongo, enjoy a leisurely lunch before having some free time to wander the town at your own pace. Later, a transfer will return you to the hotel for a chance to relax. In the evening, immerse yourself in the vibrant traditions of the Rapa Nui people with a captivating dinner show at a local restaurant. Through dance, music and storytelling, you'll gain a deeper appreciation for the island's rich cultural heritage and ancient customs. As the evening draws to a close, return to your hotel.

## DAY FIVE

Begin the day with a transfer to the airport, where you'll board your flight back to Santiago. On arrival, make your way to your hotel and settle in before heading out for a late evening dinner at a local restaurant. After a relaxed meal, return to the hotel for a well-earned rest.

## DAY SIX

Your penultimate day unfolds with a guided tour of Santiago, Chile's dynamic capital. Explore the grandeur of La Moneda, and the historic Plaza de Armas. As you weave through Santiago's winding streets, admire a captivating mix of architectural styles, from 19<sup>th</sup>-century Neoclassical to Art Deco and Neo-Gothic. Continue to the city's upper districts for a new perspective on Santiago's sprawling skyline. Enjoy lunch at a local restaurant before an afternoon of leisure to explore at your own pace. In the evening, a short transfer takes you to a local restaurant, where you'll enjoy a final dinner filled with Chilean flavours. Afterwards, return to Hotel Bidasoa for a restful night.

## DAY SEVEN

Start your final day with a leisurely breakfast at Hotel Bidasoa before heading out to Bodegas Re, a charming family-run winery on the outskirts of Santiago. Enjoy a guided tour of the atmospheric cellar, where old family jars and giant amphoras tell the story of their unique approach to viticulture. A curated tasting follows, paired with cheese and olives. Afterwards, relax over a countryside barbecue in the vineyard's tranquil gardens, savouring the flavours of the region in a beautiful setting. Later, a scenic drive takes you to the port city of Valparaíso, where you'll rejoin your awaiting ship.

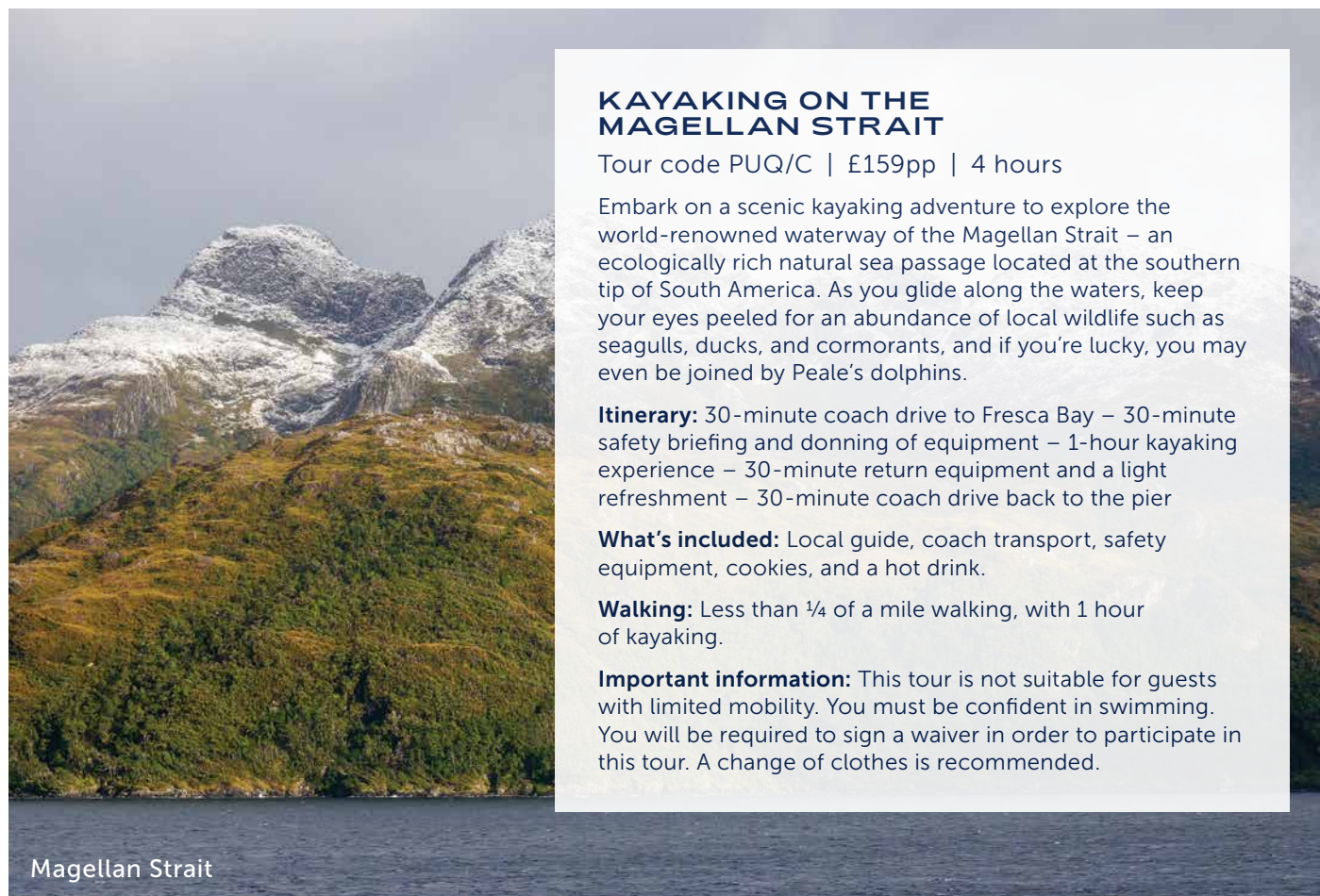
**What's included:** Guide, flights, coach transport, admission fees, a three-night stay at hotel Tahatai, Easter Island, a three-night stay at Hotel Bidasoa on a full-board basis.

**Walking:** You must be confident that you can walk distances over varying terrains in high temperatures and humidity. This tour will involve considerable walking and standing, some of which will be over uneven ground. Steps will be encountered throughout the tour.

**Important information:** Once confirmed, this tour is non-refundable.



## ADDITIONAL SHORE TOURS



Magellan Strait

### KAYAKING ON THE MAGELLAN STRAIT

Tour code PUQ/C | £159pp | 4 hours

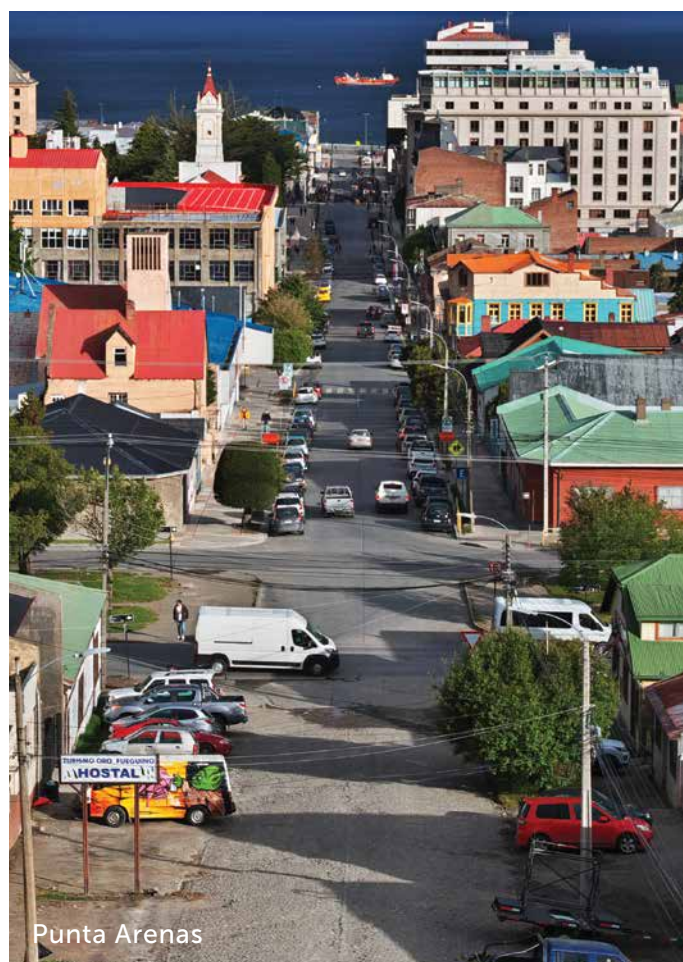
Embark on a scenic kayaking adventure to explore the world-renowned waterway of the Magellan Strait – an ecologically rich natural sea passage located at the southern tip of South America. As you glide along the waters, keep your eyes peeled for an abundance of local wildlife such as seagulls, ducks, and cormorants, and if you're lucky, you may even be joined by Peale's dolphins.

**Itinerary:** 30-minute coach drive to Fresca Bay – 30-minute safety briefing and donning of equipment – 1-hour kayaking experience – 30-minute return equipment and a light refreshment – 30-minute coach drive back to the pier

**What's included:** Local guide, coach transport, safety equipment, cookies, and a hot drink.

**Walking:** Less than  $\frac{1}{4}$  of a mile walking, with 1 hour of kayaking.

**Important information:** This tour is not suitable for guests with limited mobility. You must be confident in swimming. You will be required to sign a waiver in order to participate in this tour. A change of clothes is recommended.



Punta Arenas

### PANORAMIC PUNTA ARENAS

Tour code PUQ/L | £65pp | 3  $\frac{3}{4}$  hours

Set off on a panoramic drive along Bulnes Avenue, where you will encounter El Ovejero, one of Patagonia's iconic symbols. Continue to a renowned pioneer cemetery, shaded by tall cypress trees and adorned with splendid mausoleums, before visiting the Maggiorino Borgatello Salesiano Museum. Founded by Salesian missionaries, the museum offers a fascinating insight into the region's flora, fauna, and the history and habitat of its indigenous peoples. Uncover spectacular panoramic views of the city and the Magellan Strait from the Cerro de la Cruz viewpoint. Conclude your journey at the city's main square, Plaza de Armas, with a delicious local snack served in a charming, refurbished pioneer house.

**Itinerary:** 30-minute coach drive to the pioneer cemetery with photo stop – 20-minute visit to the pioneer cemetery – 5-minute coach drive to the Maggiorino Borgatello Salesiano Museum – 1-hour visit to the Maggiorino Borgatello Salesiano Museum – 10-minute drive to the Plaza de Armas – 25-minute visit to the Plaza de Armas – 50-minute coach drive to Cerro de la Cruz with photo stop – 35-minute refreshment stop – 10-minute coach drive back to the pier

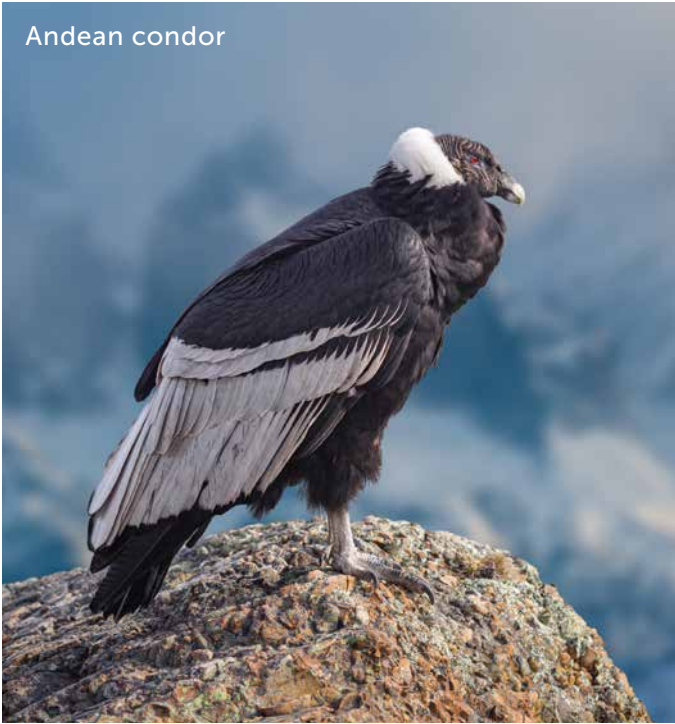
**What's included:** Local guide, coach transport, and refreshments.

**Walking:** Less than  $\frac{1}{4}$  of a mile over uneven terrain with 30 steps.

**Important information:** Please note, most of the museum's interpretive panels are written in Spanish only.



Andean condor



## CONDORS OF PATAGONIA

Tour code PUQ/N | £125pp | 4 ½ hours

Journey into the heart of Chilean Patagonia to Olga Teresa Estancia, home to the largest colony of Andean condors in the Andes Mountain Range. These majestic birds, with wingspans of up to three metres, are among the world's largest flying species and a powerful symbol of the Andes. Begin with a short presentation to learn about their behaviour and habitat, then join an expert guide and venture to the slopes of Cerro Palomares in search of the condorera, where these remarkable birds nest and soar above the dramatic Patagonian landscape.

**Itinerary:** 1 ½ hours coach drive to Olga Teresa Estancia – 15-minute briefing – 15-minute coach drive to Cerro Palomares – 1-hour Condor watching experience – 1 ½ hours coach drive back to the pier

**What's included:** Local guide, coach transport, and refreshments.

**Walking:** ¾ of a mile over uneven ground, with 3 steps.

**Important information:** This tour is not suitable for guests with limited mobility.

## A VOYAGE INTO THE PAST

Tour code PUQ/EX | £49pp | 3 hours

Delve into the rich maritime history of Patagonia and uncover fascinating insights into Ferdinand Magellan's 1519 expedition and the early inhabitants of Tierra del Fuego. Begin your journey at the Nao Victoria Ship Museum, where a full-scale replica of Magellan's ship and an extensive collection of maritime artefacts await. With a knowledgeable guide, continue to the Maggiorino Borgatello Salesiano Museum to explore exhibits showcasing the region's unique history, flora and fauna. Complete your experience with a visit to two key landmarks in Punta Arenas – the vibrant Plaza de Armas and the Cerro de la Cruz Viewpoint, offering breathtaking panoramic views over Tierra del Fuego and beyond.

**Itinerary:** 10-minute coach drive to the Nao Victoria Ship Museum – 1-hour visit to the Nao Victoria Ship Museum – 10-minute coach drive to the Maggiorino Borgatello Salesiano Museum – 1-hour visit to the Maggiorino Borgatello Salesiano Museum – 20-minute coach drive to Cerro de la Cruz with photo stop – 25-minute visit to Plaza de Armas – 5-minute coach drive back to the pier

**What's included:** Local guide, coach transport, and admission to the Nao Victoria Ship Museum and Maggiorino Borgatello Salesiano Museum.

**Walking:** ½ a mile over varying terrain with 20 steps.

**Important information:** Local guide, coach transport, and admission to the Nao Victoria Ship Museum and Maggiorino Borgatello Salesiano Museum.

Plaza da Armas



## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings are not guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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## SCENIC CRUISING

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### CRUISING THE CHILEAN FJORDS, CHILE

Thu 05 – Sat 07 Mar

Surrounded by majestic glaciers and snow-capped peaks, the fjords of the Chilean Coast are full of hidden lakes and waterfalls; beginning at Reloncavi Sound and ending at Cape Horn, with narrow fjords, incredibly deep inlets, and creaking ice crevices, created by glacial activity. These fjords are home to Megellanic penguins, dolphins, whales, and unusual birdlife, in particular the Andean condor, one of the largest birds in the world.



# VALPARAÍSO CHILE



**Estimated arrival:** 08:30 Tue 10 Mar | **Estimated departure:** 17:00 Tue 10 Mar

**Average temperature:** High: 22°C Low: 12°C

**Currency:** Chilean Peso (CLP) | **Average coffee price:** £1.05

**Shuttle bus available:** Yes | **Distance to transport:** 100m | **Distance to centre:** 1 mile

Valparaíso, the jewel of the Pacific, enchants with its brightly coloured architecture and myriad street murals that bring the city to life. Immerse yourself in the city's history, marked by periods of turbulence before democracy was restored in the 1990s. Visit the Historic Quarter, awarded UNESCO World Heritage status in 2003, and explore the handicraft stores to discover the 'porteños' artists inspired by the city's rolling hills, daily lifestyle, and colourful houses. Nearby, the renowned Casablanca wine valley offers premium wine tastings led by expert sommeliers. A trip to Santiago, Chile's capital, reveals a thriving metropolis with landmarks like the Palacio de La Moneda and the Plaza de Armas.

Valparaíso Historic Quarter



Valparaíso





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Valparaíso and what we think is special about this port of call.

## Santiago

### HIGHLIGHTS OF SANTIAGO

Tour code VAP/B | £115pp | 8 ½ hours

Uncover Santiago – a dynamic capital city situated in the most spectacular of settings. Upon arrival, take in the urban landscape as you pass notable landmarks such as Plaza de Armas and the grand La Catedral de Santiago. Journey through the surrounding suburbs for a unique perspective of the city before stopping to enjoy a traditional Chilean lunch at a local restaurant. Visit the bustling Los Dominicos Handcraft Market, where you'll enjoy some free time to stroll through the handcraft shops.

**Itinerary:** 1 ½ hours coach drive to Santiago – 40-minute visit to La Moneda – 1 ½ hours visit to Plaza de Armas – 20-minute coach drive to a local restaurant – 1 ½ hours lunch – 30-minute coach drive to the Los Dominicos Handcraft Market – 50 minutes of free time at the Los Dominicos Handcraft Market – 1 ½ hours coach drive back to the pier

**What's included:** Local guide, coach transport, and a Chilean lunch.

**Walking:** Less than ¼ of a mile with 12 steps. Any additional walking is at your own discretion.



VALPARAÍSO

## Rioja Palace



### BELLE EPOQUE OF VIÑA DEL MAR

Tour code VAP/Z | £45pp | 4 hours

Embark on an unforgettable journey, uncovering the highlights of Viña del Mar's golden era, when the city blossomed into a chic coastal retreat for the wealthy of Santiago and Valparaíso. Discover the town's rich history, culture, and elegance as you explore iconic landmarks such as Vergara Palace, set within the peaceful Quinta Vergara Park. Admire its ornate architecture and stroll through the serene gardens that frame this historical gem. Continue to the Municipal Theatre of Viña del Mar, a cultural cornerstone renowned for its enduring role in the city's artistic life. Conclude your tour at the opulent Rioja Palace, where the grand ballroom, manicured gardens and beautifully preserved furnishings offer a glimpse into aristocratic splendour.

**Itinerary:** 30-minute coach drive to Vergara Palace – 1 ¼ hours visit to Vergara Palace – 10-minute coach drive to the Municipal Theatre – 40 minute visit to the Municipal Theatre – 15-minute coach drive to Rioja Palace – 45-minute visit to Rioja Palace – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport and admission to the Municipal Theatre and Rioja Palace.

**Walking:** ½ a mile with 40 steps. Any additional walking is at your own discretion.



## ADDITIONAL SHORE TOURS

Cerro Alegre

### VALPARAÍSO IN DEPTH

Tour code VAP/A | £65pp | 4 hours

Begin with a coach drive through the downtown area, passing notable landmarks such as Plaza Sotomayor, home to the Naval Headquarters and the Heroes of Iquique Monument. Continue on to Cerro Alegre, a colourful neighbourhood known for its artistic charm and vibrant streets. Travel through Cerro Alegre and walk downhill to Yugoslavo Promenade, offering breathtaking views over the city and its bay. Enjoy refreshments at a local restaurant before taking a traditional funicular ride. Complete your experience with a visit to La Sebastiana Museum, the former home of poet Pablo Neruda, now a fascinating museum celebrating his life and legacy.

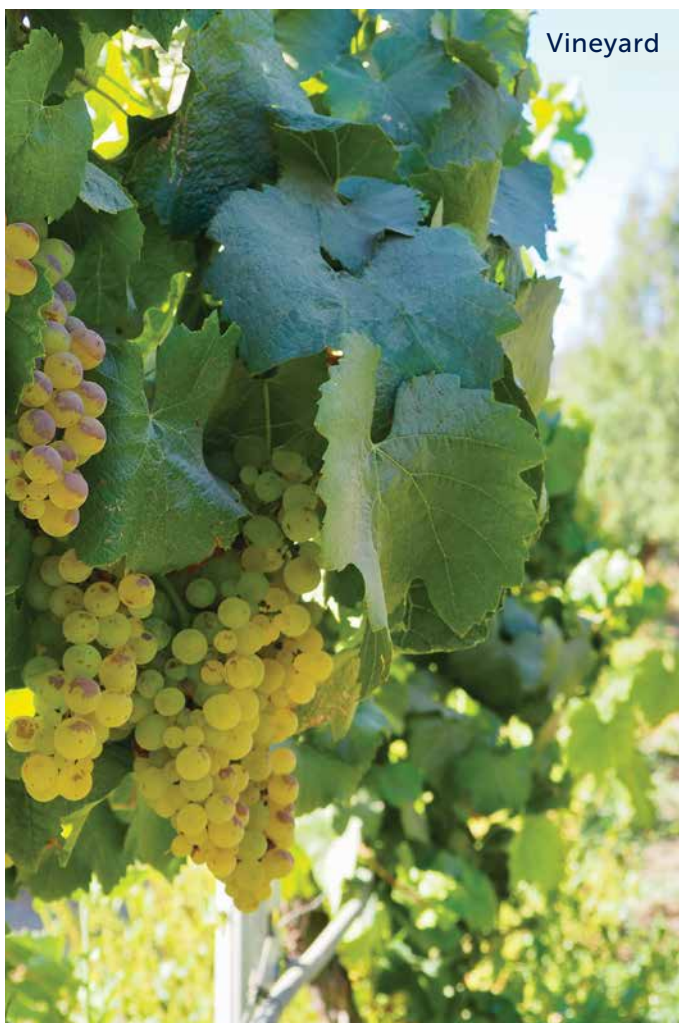
**Itinerary:** 20-minute coach drive through downtown – 15-minute coach drive to Cerro Alegre – 40-minute coach drive through Cerro Alegre to Yugoslavo Promenade – 40-minute refreshment break – 15-minute funicular ride – 25-minute photo stop at Sotomayor Square – 15-minute coach drive to La Sebastiana – 50-minute visit to La Sebastiana Museum – 20-minute coach drive back to the pier

**What's included:** Guide, coach transport, an empanada and a glass of wine.

**Walking:** Less than ½ of a mile over uneven ground with 210 steps.

**Important information:** Bags and photography are not permitted inside La Sebastiana Museum however, lockers are available. Unfortunately, collapsible wheelchairs, electric scooters and walking aids cannot be stored in the coach transport.





## LIVE THE CHILEAN SPIRIT AT CASABLANCA VALLEY

Tour code VAP/C | £169pp | 6 ½ hours

Immerse yourself in the Chilean spirit while discovering the picturesque countryside of the Casablanca Valley, a renowned region for world-class Chilean wine. Home to flourishing vineyards, the ocean breeze cools the grapes on the vine, producing wines rich in intense, fruity flavours. Visit a local winery to learn about the winemaking process and enjoy a tasting of select varieties. Continue to Puro Caballo, a cultural venue celebrating Chilean heritage and horsemanship, where you'll experience local traditions and witness an authentic horse show performance. During this vibrant spectacle, savour more regional wine alongside a traditional Chilean lunch. Complete your experience with a visit to Viña del Mar's Fonck Museum, featuring fascinating artefacts from Easter Island and the Chilean mainland, including exquisite Mapuche silverwork.

**Itinerary:** 50-minute coach drive to the winery – 1-hour visit to the winery and wine tasting – 20-minute coach drive to Puro Caballo – 2 ¼ hours horse show and lunch – 50-minute coach drive to the Fonck Museum – 40-minute visit to the Fonck Museum – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to the Fonck Museum, horse show performance, Chilean lunch, and a selection of Chilean wine tastings.

**Walking:** Less than ½ a mile over uneven terrain, with 45 steps.



## VALPARAÍSO & VINA DEL MAR HIGHLIGHTS WITH WINERY

Tour code VAP/D | £60pp | 4 hours

Journey through the vibrant streets of Valparaíso to the heart of Casablanca Valley, a lush, ocean-cooled region ideal for premium wine production. Here, visit one of the valley's renowned wineries to discover the meticulous wine process and enjoy a tasting of the exceptional varieties crafted on site. Accompanied by a local guide, continue your exploration with a visit to Viña del Mar. Known as Chile's Garden City, this elegant coastal destination is famed for its manicured parks, pristine beaches, and lively yet relaxed atmosphere, offering a perfect blend of natural beauty and cultural charm.

**Itinerary:** 1-hour coach drive to the winery – 1-hour visit to the winery – 50-minute coach drive to Viña del Mar – 40-minute visit to Viña del Mar – 40-minute coach drive through Valparaíso back to the pier

**What's included:** Local guide, coach transport, and wine tasting.

**Walking:** Less than ¼ of a mile, with 10 steps.

### KNOW BEFORE YOU GO

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- All distances are approximate.
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# COQUIMBO CHILE

**Estimated arrival:** 08:30 Wed 11 Mar | **Estimated departure:** 16:30 Wed 11 Mar

**Average temperature:** High: 21°C Low: 14°C

**Currency:** Chilean Peso (CLP) | **Average coffee price:** £1.85

**Shuttle bus available:** No | **Distance to transport:** 150m | **Distance to centre:** 400m

This coastal gem can be found on Chile's Pacific coast and is known for its unique blend of history, culture and natural beauty. Steeped in rich heritage, the city's winding streets are adorned with vibrant façades and historic landmarks, and lead onto bustling local markets which provide the perfect opportunity to sample local cuisine and embrace the warmth and vibrancy of Chilean hospitality. Beyond the city, the Elqui Valley awaits exploration. Nestled between the Andes Mountains and the Pacific Ocean, the region is home to charming villages, verdant vineyards, crystal-clear rivers and rugged mountains. It is also famous for its production of pisco – a grape brandy considered to be the national spirit of Chile.

Coquimbo



Pelicans in Coquimbo





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Coquimbo and what we think is special about this port of call.

Pisco

## PISCO DISTILLERY & ELQUI VALLEY

Tour code CQQ/G | £99pp | 6 ½ hours

Journey into the enchanting Elqui Valley, renowned for its unique geography and exceptional Pisco production. Visit a Pisco distillery to learn about the distillation process, vineyards, and cellars, followed by a tasting of the tipple, celebrated for its smooth, aromatic flavour and distinct character. Continue to the charming town of Vicuña, where you'll explore the main square, exterior of Bauer Tower (the old city hall), and Vicuña's historic church. Wander through a local handicraft market before savouring a delicious traditional three-course lunch at a nearby restaurant.

**Itinerary:** 1 ¾ hours coastal coach drive to Elqui Valley with a photostop – 50-minute visit to Pisco Distillery – 40-minute drive to Vicuña – 50-minute visit to Vicuña – 1-hour lunch at a local restaurant – 1 ½ hours coach drive back to the pier

**What's included:** Guide, coach transport, pisco tasting, and a three-course lunch with a drink.

**Walking:** ¼ of a mile, with 12 steps.



COQUIMBO

Limari Valley



## PETROGLYPHS AND WINE TASTING IN LIMARI VALLEY

Tour code CQQ/H | £99pp | 6 hours

Journey from Coquimbo along the stunning coastline, passing beautiful beaches such as La Herradura, towards the "Enchantment Valley," an open-air archaeological site of great cultural importance dating back over 3,000 years to the El Molle culture. Here, you'll uncover remarkable petroglyphs and pictographs, including masks, sun symbols, and snake-like shapes intricately engraved in rock. Continue your adventure with a visit to a renowned local winery, where clear skies, virgin soils, and coastal freshness create perfect conditions for exceptional grapes. Enjoy a guided tour of the facilities and the opportunity to sample a selection of fine local wines, perfectly paired with regional delicacies.

**Itinerary:** 1 ½ hours coach drive to the Enchantment Valley – 1-hour visit to the petroglyphs – 30-minute coach drive to the vineyard – 1-hour tour of the vineyard – 30-minute wine tasting experience – 1 ½ hours coach drive back to the pier

**What's included:** Guide, coach transport, and wine tastings (including 3 glasses of wine, cheese, and fruits).

**Walking:** 1 ¼ miles over uneven terrain, with 21 steps.

**Important information:** This tour is not recommended for guests with limited mobility.



## ADDITIONAL SHORE TOURS

### DISCOVER COQUIMBO & LA SERENA

Tour code CQQ/B | £40pp | 4 hours

Embark on an exploration showcasing the best of Coquimbo and its surroundings. Drive through the authentic streets of downtown Coquimbo to Plaza de Armas, where a local guide shares tales of the city's rich history and notorious pirates like Sir Francis Drake. Continue along La Herradura Beach towards La Serena, a charming coastal city known for its colonial architecture and vibrant culture. Marvel at its iconic lighthouse before exploring an archaeological museum featuring impressive collections from the Molles and Diaguitas cultures, including a monumental moai statue in the Easter Island exhibit. Complete your experience and browse the arts and crafts at La Recova Market.

**Itinerary:** 30-minute scenic coach drive through Coquimbo – 10-minute photo stop at La Herradura Beach – 20-minute coach drive to La Serena – 10-minute photo stop at Coastal Avenue – 20-minute scenic coach drive through downtown La Serena – 45-minute visit to the archaeological museum – 15-minute walk to La Recova – 40-minute visit to La Recova Market – 20-minute coach drive with photostop at a panoramic viewpoint – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport, and admission to the archaeological museum.

**Walking:** ½ a mile, with 10 steps.

La Serena



Elqui Valley

### VIÑEDOS DE ALCOHUAZ - ALTITUDE WINE JOURNEY

Tour code CQQ/F | £155pp | 7 hours

**This tour is fully booked, please call to join waitlist**

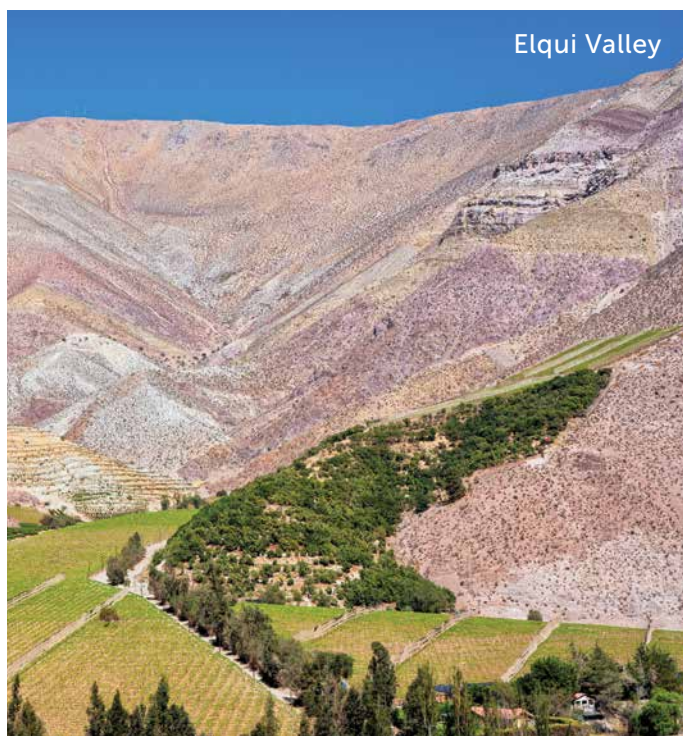
Explore Viñedos de Alcohuz, a world-renowned winery set against the stunning backdrop of the Andes. Along the way, enjoy views of the dramatic mountains and the green, vibrant Elqui Valley. Upon arrival, join an expert guide to tour the winery and its pristine vineyards. Learn about the wine-making process and how the Elqui Valley's unique climate and location make it one of the best places in the world for producing wine. Finish your visit with a tasting of four high-altitude wines, each paired with delectable local dishes, giving you a real flavour of the region.

**Itinerary:** 2 ¼ hours coach drive to Viñedos de Alcohuz – 1 ½ hours wine tour – 40-minute wine tasting experience – 2 ¼ hours coach drive back to pier

**What's included:** Guide, coach transport, admission to Viñedos de Alcohuz, wine tasting and snacks.

**Walking:** Less than ¼ of a mile with 3 steps.

**Important information:** This tour is not suitable for guests with limited mobility.





## ALFA ALDEA SUN OBSERVATORY

Tour code CQQ/D | £95pp | 5 hours

Step into an astronomer's footsteps and discover the famous Alfa Aldea Sun Observatory. Located in the heart of the Elqui Valley, this observatory is renowned as a prime area for viewing celestial phenomena. Meet your physicist guide and learn about solar phenomena before getting an incredible opportunity to observe the sun through a last-generation telescope with solar filters. See sunspots and solar flares and learn more about the sun, our closest star. Conclude with a scenic drive through the vineyards and landscape of the Elqui Valley.

**Itinerary:** 1 ¾ hours coach drive to the Alfa Aldea Sun Observatory – 1 ½ hours visit to the Alfa Aldea Sun Observatory – 1 ¾ hours coach drive back to the pier

**What's included:** Guide, coach transport, and a selection of refreshments including cheese, olives, meat, pisco sour, and wine.

**Walking:** Less than ¼ of a mile, with 20 steps.



### KNOW BEFORE YOU GO

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# IQUIQUE CHILE

**Estimated arrival:** 08:30 Fri 13 Mar | **Estimated departure:** 20:00 Fri 13 Mar

**Average temperature:** High: 25°C Low: 18°C | **Currency:** Chilean Peso (CLP) | **Average coffee price:** £2.50

**Shuttle bus available:** Yes | **Distance to transport:** 50m | **Distance to centre:** 3 miles

Located in northern Chile on the Pacific coast, Iquique is a busy city, with a rich history of significant landmarks such as the Astoreca Palace, built in a striking Georgian style at the turn of the 20<sup>th</sup> century, and now preserved as a museum; or the UNESCO World Heritage Site of the deserted town of Humberstone, and the Santa Laura Saltpeter Works. Close by is the Atacama Desert, said to be one of the driest coastal deserts in the world; but is home to moisture-rich valleys, the San Pedro volcano and Tatío geysers. The city is considered to be one of the most important cities in the north of Chile, due to the abundance of natural mineral deposits found here, a valuable and coveted resource.





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Iquique and what we think is special about this port of call.

## HUASCO SALT FLAT NATIONAL PARK

Tour code IQQ/D | £99pp | 7 hours

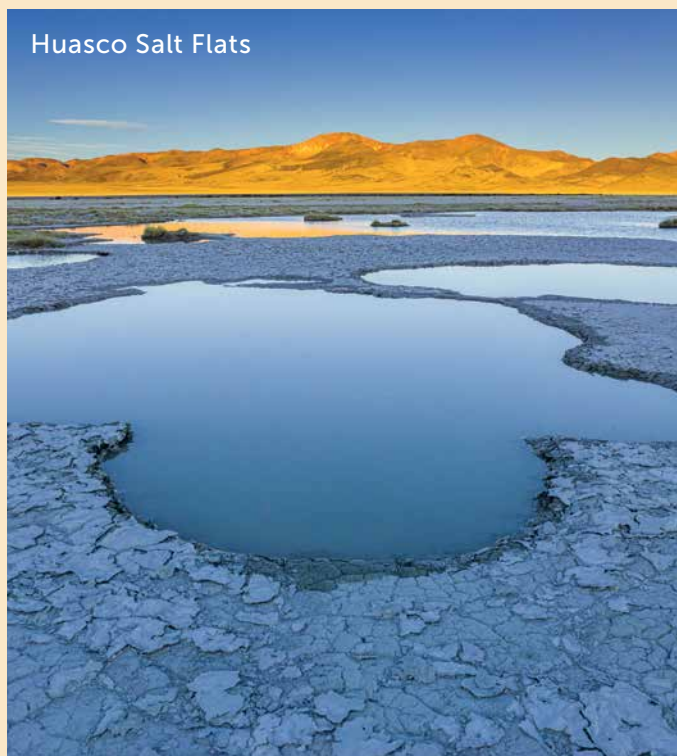
Embark on a scenic journey into the vast Atacama Desert, admiring this stark landscape of rock and sand en route to the salt flat. Visit Pozo Almonte, a quaint town in the heart of the desert, and continue your journey to the Huasco Salt Flat National Park. This fragile ecosystem, dotted with ponds and salt marshes, is home to diverse wildlife, including elegant flamingos. Recharge with a bite to eat while soaking up the spectacular landscapes and enjoying some free time to discover the salt flats before heading back to your awaiting ship.

**Itinerary:** 1 ¼ hours scenic coach drive to Pozo Almonte – 25-minute visit to Pozo Almonte main square and church – 1 ¼ hours coach drive to Huasco Salt Flat National Park – 1 ¼ hours visit to the Huasco Salt Flat National Park – 30 minutes of free time and lunch – 2 ½ hours coach drive back to the pier

**What's included:** Guide, coach transport, admission to Huasco Salt Flat National Park, and a packed lunch.

**Walking:** ¼ of a mile over uneven terrain.

**Important information:** This tour is not recommended for guests with limited mobility. It may be cooler at the salt flats.



Humberstone

## HUMBERSTONE AND PANORAMIC IQUIQUE

Tour code IQQ/F | £79pp | 4 ½ hours

Experience the whirlwind history of Humberstone, a once-thriving mining town that was home to thousands before being abandoned in 1960. Today, its silent streets and empty buildings remain eerily frozen in time, offering a powerful glimpse into Chile's industrial past. Afterwards, return to the vibrant city of Iquique, where culture and charm await. Enjoy a panoramic drive past the city's main attractions before taking a guided stroll along Calle Baquedano, a historic pedestrian street lined with elegant buildings from the mining era. Complete your experience with a visit to the Moorish-style Centro Español, where you'll admire its striking oil paintings and enjoy a light snack in unique surroundings.

**Itinerary:** 1-hour coach drive to Humberstone – 1-hour visit to Humberstone – 1-hour coach drive to Iquique – 25-minute drive along Iquique's coastal road – 20-minute walk down Calle Baquedano – 25-minute refreshment break at Centro Español – 20-minute coach drive back to the pier

**What's included:** Guide, coach transport, and light refreshments.

**Walking:** 1 mile over uneven ground with 6 steps.



## ADDITIONAL SHORE TOURS

### HUMBERSTONE AND CERRO PINTADOS GEOGLYPHS

Tour code IQQ/E | £89pp | 6 ½ hours

Journey through the pristine Atacama Desert towards the renowned town of Humberstone. Once a thriving nitrate town, since the 1960s, Humberstone has been a ghost town. Explore the town's historic buildings, including a theatre, a hotel, a school, and even a swimming pool. Continue through the town of Pozo Almonte and the vast Tamarugal Forest and arrive at Pintados Park. Accompanied by an expert guide, uncover over 400 ancient geoglyphs intricately carved into the hillsides, offering a captivating glimpse into the region's mysterious past. Refresh yourself with a delicious, packed lunch on the hillsides, then soak up the scenery on your journey back to the ship.

**Itinerary:** 1-hour coach drive to Humberstone – 1-hour visit to Humberstone – 45-minute coach drive to the Pintados National Park – 1-hour visit to the Pintados National Park – 20-minute coach drive to a local campsite – 40-minute picnic lunch break – 1 ¾ hours coach drive back to the pier

**What's included:** Guide, coach transport, and a picnic lunch.

**Walking:** 1 ¼ miles over uneven terrain.

**Important information:** This tour is not recommended for guests with limited mobility.

Cerro Pintados Geoglyphs



### SANTA LAURA & THE ATACAMA GIANT

Tour code IQQ/C | £95pp | 7 hours

Set off on an unforgettable journey through the Atacama Desert, a breathtaking landscape of barren sand and rock, en route to the abandoned mining town of Santa Laura. Accompanied by a local guide, explore the remnants of the industrial town and visit the Museum of Saltpeter where you'll learn more about this UNESCO World Heritage Site. Continue your exploration to Cerro Unita, and uncover the spectacular Atacama Giant – a massive, anthropomorphic astronomical calendar built into the hillside. Conclude with lunch in the quaint village of Pozo Almonte.

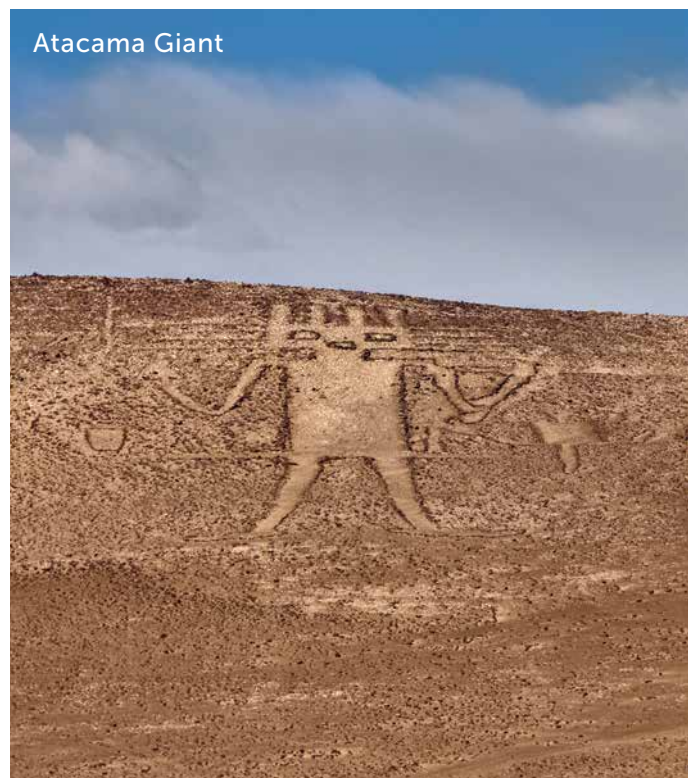
**Itinerary:** 1-hour coach drive to Santa Laura – 50-minute visit to Santa Laura including visit to the Museum of Saltpeter – 1-hour coach drive to Cerro Unita – 40-minute visit to the Atacama Giant – 1-hour scenic coach drive to Pozo Almonte – 1-hour lunch break – 1 ½ hours coach drive back to the pier

**What's included:** Guide, coach transport, admission to the Museum of Saltpeter and lunch.

**Walking:** 1 mile with 15 steps.

**Important information:** This tour is not recommended for guests with limited mobility.

Atacama Giant





## IQUIQUE HIGHLIGHTS

Tour code IQQ/A | £65pp | 3 hours

Explore the charming city of Iquique, known for its rich mining heritage and elegant coastal architecture. Begin your journey in the city's main square, Plaza Prat, with a visit to the Regional Museum, home to a fascinating collection of archaeological remains, including remarkably preserved mummies from the Chinchorro and Inca cultures. Accompanied by a knowledgeable local guide, stroll along Calle Baquedano, a pedestrian street lined with historic buildings and visit the grand Astoreca Palace. Continue with a scenic drive past Cavancha Beach and make your final stop at Centro Español, a Moorish-style treasure where you'll enjoy a refreshing Chilean cocktail.

**Itinerary:** 15-minute coach drive to Plaza Prat – 20-minute visit to Plaza Prat – 15-minute walk to the Regional Museum – 30-minute visit to the Regional Museum – 10-minute walk by Calle Baquedano to Astoreca Palace – 30-minute scenic coach drive through the city – 20-minute refreshment break at Centro Español – 20-minute coach drive back to the pier

**What's included:** Guide, coach transport, and local refreshments.

**Walking:** ½ a mile with 32 steps, a ramp is available.



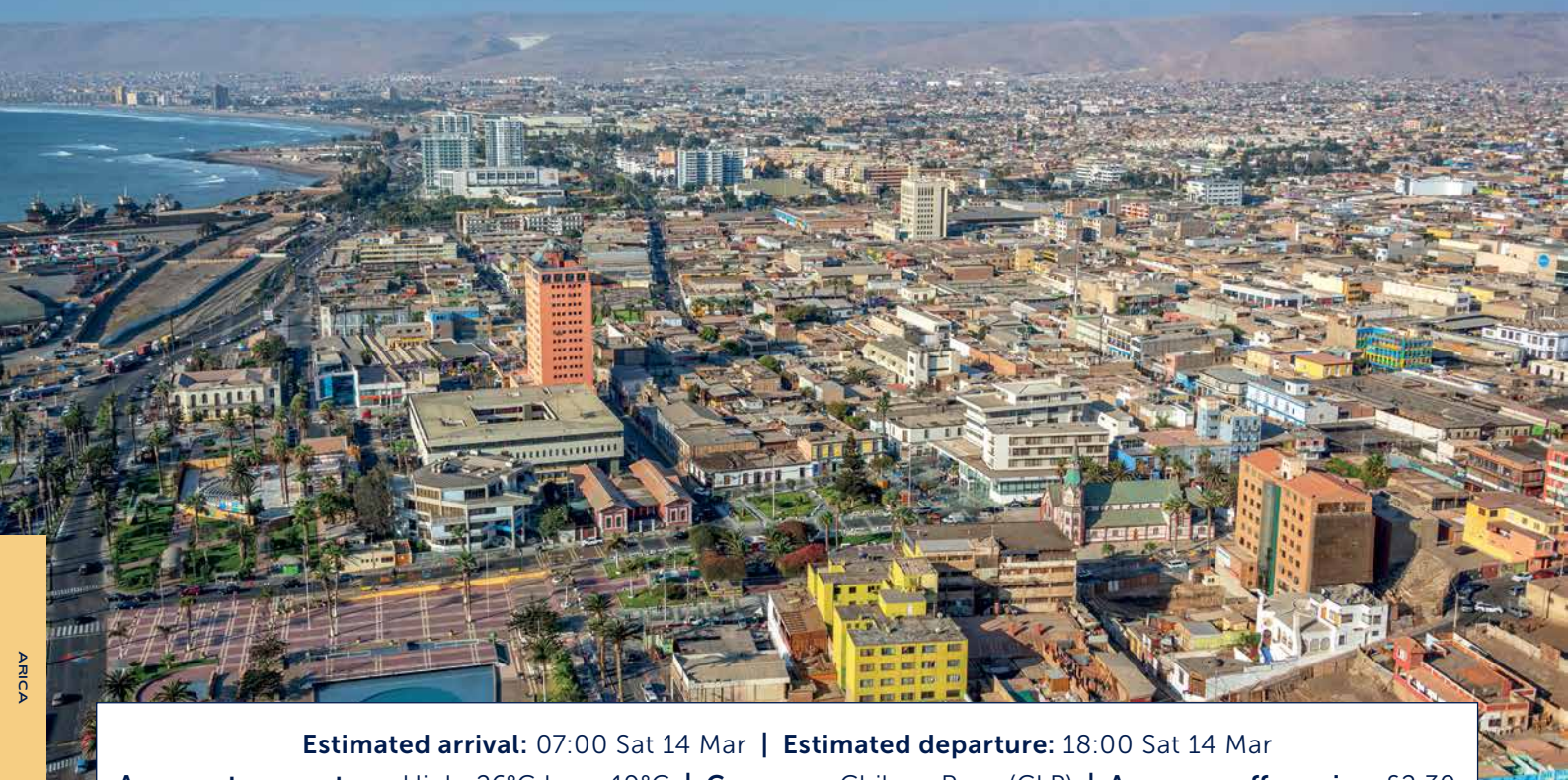
## KNOW BEFORE YOU GO

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- Wildlife sightings cannot be guaranteed.
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# ARICA CHILE



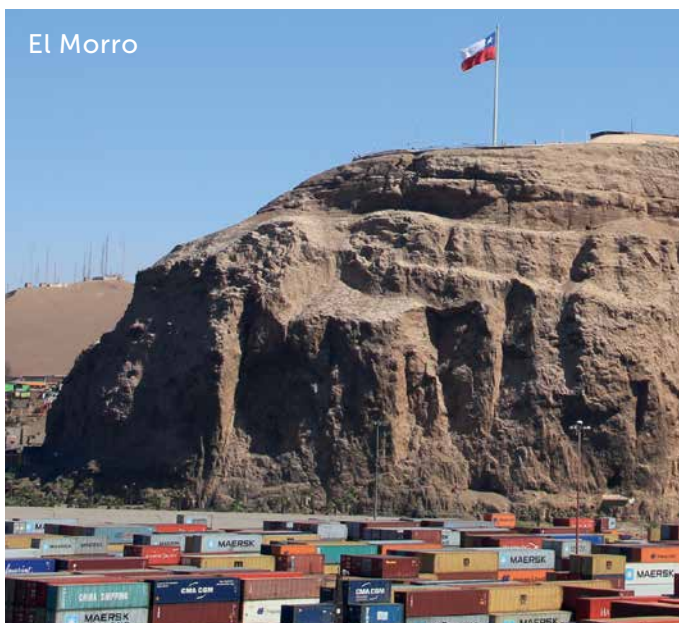
**Estimated arrival:** 07:00 Sat 14 Mar | **Estimated departure:** 18:00 Sat 14 Mar

**Average temperature:** High: 26°C Low: 19°C | **Currency:** Chilean Peso (CLP) | **Average coffee price:** £2.30

**Shuttle bus available:** No | **Distance to transport:** 50m | **Distance to centre:** 1 mile

Arica is a main commercial hub in South America, and also home to the oldest mummies in the world, which can be seen at the Museo de Sitio Colón. The Gothic-style Catedral de San Marcos is Arica's most colourful and iconic building; and the natural 110m-high rock, El Morro, which looks out over the city and is home to the Museo Histórico y de Armas, telling the story of a battle between the Chilean and Peruvian armies which took place here.

El Morro



Arica





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Arica and what we think is special about this port of call.



Olive tree

## AZAPA VALLEY OLIVE ROUTE

Tour code ARI/J | £69pp | 4 ½ hours

Head to a traditional olive hacienda and discover the importance of the olive tree to agriculture in the fertile Azapa Valley. Accompanied by an expert guide, learn about the unique irrigation systems that support olive cultivation and uncover fascinating insights into their upkeep. Delight your senses with a tasting of regional olive varieties before continuing to the San Miguel Archaeological Museum. Here, immerse yourself in the rich history of Arica through a remarkable collection of pre-Columbian artefacts and ancient mummies. Conclude your experience with a visit to a vibrant local fruit and vegetable market, offering a deeper understanding of the valley's agricultural heritage.

**Itinerary:** 20-minute coach drive to the olive hacienda – 1 ¼ hours visit to the farm with tastings – 20-minute coach drive to the San Miguel Archaeological Museum – 50-minute visit to the San Miguel Archaeological Museum – 30-minute coach drive to the fruit and vegetable market – 50-minute visit to the fruit and vegetable market – 25-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to the olive hacienda and San Miguel Archaeological Museum, olive tastings and a drink.

**Walking:** ½ a mile, with 20 steps.

## COPDA VALLEY

Tour code ARI/C | £99pp | 6 ½ hours

Explore the village of Codpa, a lush oasis nestled 1,850m above sea level at the headwaters of the fertile Vitor River. Begin your journey with a stop to admire the striking Presencias Tutelares sculptures, dramatic monuments rising from the desert landscape—so have your camera ready. Upon arrival in Codpa, enjoy a welcome taste of traditional Pintatani wine before strolling through the village to take in its impressive architecture and historic church. Be immersed in the region's culture as local musicians perform traditional dances with infectious energy.

**Itinerary:** 40-minute coach drive to the Presencias Tutelares – 20-minute visit to the Presencias Tutelares sculptures – 1-hour coach drive to Codpa – 1 ¾ hours visit to the town with free time and a folklore performance – 1 ¼ hours lunch at a local restaurant – 1 ½ hours coach drive back to the pier

**What's included:** Guide, coach transport, folklore performance, welcome drink, and lunch.

**Walking:** ½ a mile with 10 steps.



Vitor River, Codpa



# ADDITIONAL SHORE TOURS

## DISCOVER ARICA

Tour code ARI/K | £65pp | 4 ½ hours

Uncover the highlights of Arica on an unforgettable journey through this historic city and its scenic surroundings. Begin at the San Miguel Archaeological Museum in the Azapa Valley, where an expert guide will introduce you to a fascinating collection of artefacts, including ancient mummies. Continue to the nearby geoglyphs, mysterious designs etched into the desert hillsides. Visit the peaceful region of Pampa Chaca to admire the imposing Presencias Tutelares sculptures, symbolic guardians of the valley. Return to the city to explore Plaza Colón, the central square named after Christopher Columbus, and admire the striking San Marcos Church.

**Itinerary:** 40-minute coach drive to San Miguel Archaeological Museum – 50-minute visit to the San Miguel Archaeological Museum – 20-minute coach drive to the geoglyphs – 20-minute photostop at the geoglyphs – 30-minute coach drive to the Presencias Tutelares sculptures – 55-minute visit to the Presencias Tutelares sculptures with a refreshment – 20-minute coach drive to Arica – 20-minute visit to Plaza Colón – 15-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to the San Miguel Archaeological Museum and a refreshment.

**Walking:** ¾ of a mile over some uneven terrain with 22 steps.



## COASTAL WALK & HISTORIC ARICA

Tour code ARI/L | £55pp | 3 hours

Set off on a captivating cultural journey through Arica, uncovering the city's remarkable 7,000-year history. Travel to the Alacrán Peninsula, once an island, which has long been vital to Arica's fishing industry and the ancient collection of guano. Stroll across the peninsula, appreciating its significant role throughout the generations. Continue to the Morro of Arica viewpoint, home to one of Chile's largest flags, offering stunning panoramic views. Explore the nearby Museum of History and Weapon dedicated to commemorating the 1929 peace treaty between Peru and Chile.

**Itinerary:** 20-minute coach drive to the Alacrán Peninsula – 50-minute walk across the Alacrán Peninsula – 25-minute coach drive to the Morro of Arica – 55-minute walk to the Morro of Arica with a visit to the Museum of History and Weapon – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport and admission to the Museum of History and Weapon.

**Walking:** 1 ½ miles over uneven terrain.

**Important information:** This tour is not suitable for guests with limited mobility.



## ARICA SIGHTSEEING

Tour code ARI/P | £45pp | 2 ½ hours

Immerse yourself in the natural and cultural highlights of Arica as you journey through this captivating coastal city. Drive along the rugged Pacific coastline, passing renowned beaches such as La Lisera and Playa Corazones—a striking volcanic beach framed by dramatic cliffs and crashing waves. Continue towards the iconic Morro of Arica, a historic headland that towers over the city, offering sweeping panoramic views across the ocean and desert landscape. Complete your experience with a visit to the vibrant Main Plaza, where you'll encounter the beautifully preserved San Marcos Church, an elegant Gothic-style structure designed by Gustave Eiffel, rich in history and architectural charm.

**Itinerary:** 30-minute scenic coach drive along the Pacific Coast – 20-minute photo stop at Playa Corazones – 20-minute coach drive to Morro de Arica – 20-minute photo stop at Morro de Arica – 20-minute coach drive to the Main Plaza – 20-minute photo stop at the San Marcos Church – 20-minute coach drive back to the pier

**What's included:** Guide and coach transport.

**Walking:** ¼ of a mile, with 2 steps to access the coach.

**Important information:** Please note collapsible wheelchairs or walking aids cannot be stored on transport. San Marcos Church is outside viewing only.





## ARICA HIGHLIGHTS

Tour code ARI/A | £45pp | 4 ½ hours

Journey into the heart of Arica and explore this coastal city known for its endless sunshine and storied history. Enjoy a scenic drive to the San Miguel Archaeological Museum, home to an impressive collection of pre-Columbian artefacts and remarkably preserved mummies dating back to 5,000 B.C. Continue with a photo stop near the renowned geoglyphs etched into the desert hillsides. Soak up the local culture with a visit to a bustling fruit and vegetable market, where you can shop for delicious treats. Conclude your journey with a tour of Arica's highlights, including the iconic San Marcos Church in charming Colón Square.

**Itinerary:** 40-minute coach drive to the San Miguel Archaeological Museum – 50-minute visit to the San Miguel Archaeological Museum – 20-minute coach drive to the geoglyphs – 20-minute photo stop at the geoglyphs – 30-minute coach drive to the fruit and vegetable market – 40-minute visit to the fruit and vegetable market – 30-minute coach drive to the main square – 20-minute visit to the main square – 20-minute coach drive back to the pier

**What's included:** Guide, coach transport, and admission to the San Miguel Archaeological Museum.

**Walking:** ½ a mile with 22 steps.

**Important information:** Visit to San Marcos Church is outside only. It is recommended to bring local currency to the market.



San Marcos Church

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# PARACAS PERU

PARACAS

**Estimated arrival:** 07:00 Mon 16 Mar | **Estimated departure:** 20:00 Mon 16 Mar

**Average temperature:** High: 28°C Low: 20°C | **Currency:** Peruvian Sol (PEN) | **Average coffee price:** £2.00

**Shuttle bus available:** Yes | **Distance to transport:** 100m | **Distance to centre:** 12 miles

The small port town of Paracas on Peru's west coast, has a reputation for its wonderful beaches, and is a destination point for the uninhabited Ballestas Islands, home to sea lions, pelicans and Humboldt penguins. Paracas is perfectly placed for tours to many of Peru's most spectacular natural wonders. Close by is the designated UNESCO World Heritage Site, Paracas National Reserve that spans desert, ocean, islands and the Paracas Peninsula, and is a sanctuary for seals, penguins, flamingos and dozens of seabird species, along with Athens Beach. The Islas Ballestas – affectionately known as the Peruvian Galapagos, are volcanic islands that boast spectacular scenery and are home to countless cormorants and Inca terns, as well as breeding sea lions. The Paracas Candelabra is a well-known prehistoric geoglyph found on the northern face of the peninsula, a must-see landmark and a great spot to capture on camera.

Humbolt penguins



Ballestas Islands





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Paracas what we think is special about this port of call.

## THE BALLESTAS ISLANDS

Tour code GSM/A | £125pp | 3 ½ hours

Set off on an unforgettable journey to the Ballestas Islands, often called 'Peru's Galápagos' for their stunning volcanic landscapes and rich wildlife. Board your boat and cruise across the shore, keeping a keen eye out for playful dolphins and a variety of seabirds. As you approach the islands, your expert guide will share fascinating insights into the diverse creatures that inhabit the area. Common species to encounter include sea lions, seals, and charming penguins, while pelicans and frigatebirds soar overhead, creating a truly immersive wildlife experience in a breathtaking natural setting.

**Itinerary:** 30-minute coach drive to Paracas Luxury Collection Hotel – 20-minute check-in and safety briefing – 2-hour boat tour to the Ballestas – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport and boat trip.

**Walking:** ¼ of a mile with 2 steps to board the boat.

**Important information:** Please be warned that the sea may be rough. This tour is not suitable for guests with limited mobility.



Nazca Lines



Sea lions on Ballestas Island

## THE NAZCA LINES

Tour code GSM/I | £550pp | 4 hours

Embark on a unique and unforgettable experience, viewing the landscapes of Paracas and Peru from a completely different perspective - by plane. Head to Pisco Airport and board your flight to discover the magnificent Nazca Lines, an extraordinary series of animal figures and geometric shapes etched into the desert below. These enigmatic geoglyphs, created by the Nazca culture, remain one of the world's greatest archaeological mysteries, believed to hold astronomical and spiritual significance. Marvel at the vast scale of the ancient drawings and hear fascinating legends surrounding the 2,000-year-old designs, gaining a deeper appreciation for this mysterious and awe-inspiring cultural treasure.

**Itinerary:** 45-minute coach drive to Pisco Airport – 40-minute check-in at the airport – 1 ¾ hours flight experience – 45-minute coach drive back to the pier

**What's included:** Guide, coach transport, and flight experience.

**Walking:** Less than ¼ of a mile.

**Important information:** You must bring your passport to the airport. Please supply passport details and your weight to the Destinations Team prior to your tour. This tour is not suitable for guests with limited mobility or wheelchair users.



# ONCE IN A LIFETIME EXPERIENCE

## LAKE TITICACA

16<sup>th</sup> March | Tour code GSM/TD

2 Nights | Depart from Paracas

Rejoin *Borealis* in Callao

**Prices from £1,600pp**

**Limited capacity**

Over three unforgettable days, journey from the coastal calm of Paracas to the breathtaking highlands of Peru. With time to gently acclimatise in Puno, this experience offers a deeper look at the traditions, landscapes and spiritual heart of Lake Titicaca.

Juliaca Altiplano

## DAY ONE

Step ashore in Paracas and begin your journey inland with a transfer to Lima International Airport, where you'll enjoy a relaxed lunch at the airport restaurant ahead of your flight to the Andean city of Juliaca. On arrival, a scenic drive takes you through the altiplano to the shores of Lake Titicaca and your hotel in Puno, Hotel Lago Titicaca, a peaceful setting ideal for acclimatising to the higher altitude. Settle in and take the evening at a gentle pace. Dinner is served at the hotel, followed by a restful night.

## DAY TWO

After an early breakfast, board a boat and head across the glassy waters of Lake Titicaca to the Uros Islands, a floating world built entirely from totora reeds. Your journey continues to Amantani Island, a tranquil, windswept place where traditional Andean life still thrives. After a short walk across the island's terraced hillsides, you'll enjoy a traditional, home-cooked lunch with a local family. In the afternoon, visit Koanos Hill and the Pachatatata temple, believed to date back to the pre-Inca Pukará or Chiripa cultures. If you wish, continue walking to Llaquistiti Hill, home to the Pachamama temple. Return to your hotel in the evening for dinner and a night's rest.

## DAY THREE

After an early breakfast, leave the shores of Lake Titicaca behind as you journey towards Lampa, an Andean town often called the 'Pink City' for its distinctive stonework and Colonial charm. Known for its quiet streets and rich history, Lampa offers a glimpse into Peru's Colonial past. Visit the Church of Santiago Apóstol, an 18<sup>th</sup>-century landmark housing one of the town's most intriguing surprises: two detailed replicas of Michelangelo's Pietà, one inside the church itself, the other in the nearby City Hall. The church, with its mix of Baroque and indigenous styles, also holds traces of catacombs and age-old relics. After your visit, continue on to Juliaca Airport for your flight to Lima. Upon arrival, transfer to the pier in Callao to rejoin your ship *Borealis*.

**What's included:** Guide, flights, coach transport, admission fees, a two-night stay at Hotel Lago Titicaca on a full-board basis.

**Walking:** You must be confident that you can walk distances over varying terrains in high temperatures and humidity. This tour will involve considerable walking and standing, some of which will be over uneven ground. Steps will be encountered throughout the tour.

**Important information:** Once confirmed, this tour is non-refundable. Puno's altitude is over 12,000ft. The journey from *Borealis* to Puno will take you from sea level to 3,826m (12,549ft) above sea level. This tour is not suitable for guests with heart or respiratory difficulties.

Lake Titicaca





# ONCE IN A LIFETIME EXPERIENCE

## CUSCO & MACHU PICCHU

16<sup>th</sup> March | Tour code GSM/FD

2 Nights | Depart from Paracas

Rejoin *Borealis* in Callao

**Prices from £2,150pp**

**This tour is fully booked, please call to join waitlist**

Discover the glorious heights of Inca culture and the grandeur of the Andes on this exhilarating three-day experience.

Machu Picchu



## DAY ONE

After disembarking *Borealis*, you will be transferred to Lima International Airport for your flight to Cusco, pausing to enjoy lunch at a local restaurant on the way. After a brief flight, you will land in Cusco and be transferred to your hotel, Hotel Palacio del Inca where you will enjoy dinner before spending the remainder of your evening at your own leisure.

## DAY TWO

After an early morning buffet breakfast, journey to Ollantaytambo where you will board the train to Aguas Calientes and travel through the Urubamba Valley. Continue through the Sacred Valley of the ancient Incas, a winding valley home to rugged gorges, snow-capped peaks and archaeological remains. Enjoy lunch at a local restaurant before visiting the archaeological site. The highlight of your day is the timeless wonder and grandeur of Machu Picchu, the Lost City of the Incas. Your local guide will take you to explore the terraces and aqueducts, leading to the Temple of the Three Windows. See the sun's rays pass through the temple to light the Sacred Plaza and visit the curious stone block believed to be a solar clock. Explore this Inca retreat perched between Huayna Picchu and Machu Picchu that hovers 2,000ft above the rumbling Urubamba River and contains baths, temples and 150 houses, all in a remarkable state of preservation. After this incredible visit, return to the train station to hop aboard the train back to Ollantaytambo, where you will be transferred to your hotel by coach. Upon arrival, enjoy dinner and the rest of the evening at your leisure at the hotel.

## DAY THREE

Following breakfast, journey to the sacred site of Koricancha, where you can admire the Dominican Convent of Santo Domingo that was built on the foundations of the Temple of the Sun, the most sumptuous temple in the Inca Empire. The curved, mortar-less masonry wall at the west end of the church is one of the greatest existing examples of Inca stonework. After, continue to the ruins of Sacsayhuaman,

a true testimonial to Incan architectural skills. To conclude your city tour, you will pause at the awe-inspiring Cusco Cathedral before enjoying a tasty lunch and beer tasting at a local restaurant before continuing to Cusco Airport where you will board your flight to Lima. Upon arrival in Lima, you will transfer to Callao where you will rejoin *Borealis*.

**What's included:** Guide, flights, coach transport, admission fees, a two-night stay at Hotel Palacio del Inca on a full-board basis.

**Walking:** You must be confident that you can walk distances over varying terrains in high temperatures and humidity. This tour will involve considerable walking and standing, some of which will be over uneven ground. Steps will be encountered throughout the tour.

**Important information:** Cusco's altitude is over 11,000ft. The journey from the ship to Cusco will take you from sea level to 3,200m (10,500ft) above sea level. This tour is not suitable for people with heart problems or respiratory difficulties. An Andean immigration card will be required to board flights and the train to Machu Picchu and must also be shown at the check-in at any hotel. Once confirmed, this tour is non-refundable.



Ruins of Sacsayhuaman



## ADDITIONAL SHORE TOURS



Scallops

### SCALLOPS FROM SEA TO TABLE

Tour code GSM/G | £250pp | 3 ½ hours

Embark on a flavourful journey through Peru, discovering one of the country's most celebrated cuisines—fresh seafood. Travel to the Paracas Luxury Collection Hotel before setting off on a leisurely boat trip to the pristine Athenas Beach. Accompanied by a fishing expert, learn how local artisan fishermen cultivate and harvest scallops in sustainable hatcheries, with the chance to taste a freshly caught scallop straight from the sea. Continue your sensory adventure at the Chalana Restaurant, where you will savour six varieties of shellfish expertly paired with a regional wine, offering a true taste of Peru's coastal culinary heritage.

**Itinerary:** 45-minute coach drive to the Paracas Luxury Collection Hotel – 15-minute boat ride to Athenas Beach – 20-minute scallop hatchery experience – 15-minute boat ride back to the Paracas Luxury Collection Hotel – 1 ¼ hours tasting experience – 45-minute coach drive back to the pier

**What's included:** Guide, coach transport, boat trip, hatchery experience, shellfish tastings and a glass of wine.

**Walking:** ½ a mile with 3 steps.

**Important information:** This tour is not suitable for guests with limited mobility. Please supply any dietary restrictions to the Destinations Team on board. Collapsible wheelchairs, scooters and walking aids cannot be stored on the tour transport.

### TAMBO COLORADO

Tour code GSM/X | £75pp | 4 ¼ hours

Uncover the history of Tambo Colorado, the only Incan complex built entirely from adobe and tape-rammed earth. Journey through dramatic landscapes to this well-preserved ancient settlement and discover the striking buildings, offering a glimpse into life within the Incan community. Accompanied by an expert guide, explore the various structures while learning about their unique construction and remarkable preservation. Enhance your understanding with a visit to the site museum, where you will delve deeper into the development of the Incan coastal civilisation.

**Itinerary:** 1 ½ hours coach drive to Tambo Colorado – 1-hour guided tour of Tambo Colorado with museum – 15 minutes of free time – 1 ½ hours coach drive back to the pier

**What's included:** Guide, coach transport and admission to Tambo Colorado.

**Walking:** ½ a mile over uneven terrain with 15 steps.

### Tambo Colorado





## THE PISCO ROUTE

Tour code GSM/B | £85pp | 6 hours

Step into the world of Peru's most renowned drink, pisco, on a journey through the scenic Ica Vineyards. Travel to the heart of the Pisco Valley and visit Fundo El Arrabal, where you'll discover the traditional methods of pisco production and sample this iconic spirit. Continue to the Hacienda La Caravedo, an industrial plantation widely regarded as the finest in South America and enjoy an informative tour of their facilities. Complete your experience and savour a glass of their famous El Portón pisco, immersing yourself in the rich heritage and flavours of Peru's national drink.

**Itinerary:** 1 ¾ hours coach drive to Fundo El Arrabal – 1 ¼ hours visit to Fundo El Arrabal including tastings – 30-minute coach drive to the Hacienda La Caravedo – 1-hour visit to the Hacienda La Caravedo including tastings – 1 ¾ hours coach drive back to the pier

**What's included:** Guide, coach transport, admission to the Fundo El Arrabal and Hacienda La Caravedo and pisco tasting.

**Walking:** Less than ¼ of a mile.



Pisco

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# CALLAO PERU

**Estimated arrival:** 07:00 Tue 17 Mar | **Estimated departure:** 23:30 Wed 18 Mar 

**Average temperature:** High: 27°C Low: 20°C

**Currency:** Peruvian Sol (PEN) | **Average coffee price:** £1.90

**Shuttle bus available:** Yes | **Distance to transport:** 100m | **Distance to centre:** 8 miles

Callao has been restored to its former glory, with culture, cuisine and history evident in its commercial centre, where many Colonial buildings still exist with stately houses and a seafront promenade. Callao and Lima are gateways to the legendary lost city of the Incas, Machu Picchu - built in the 15<sup>th</sup> century, it was abandoned when the Inca Empire was conquered by the Spaniards. In 1911, it was discovered by Professor Hiram Bingham, and was named as one of the New Seven Wonders of the World in 2007.

Lima



Callao





# HAND-PICKED SHORE TOURS

Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Callao and what we think is special about this port of call.

## LIMA THROUGH TIME

Tour code CLL/P | £69pp | 5 ¾ hours

Step back in time and uncover the rich, layered history of Lima, from its Colonial roots to its modern skyline. Begin at Casa Aliaga, the oldest continuously inhabited house in the Americas, home to 18 generations of the Aliaga family and filled with elegant décor and remarkable Peruvian art. With a knowledgeable local guide, explore this living piece of history before continuing to Casa Garcia Alvarado in the Miraflores district - a beautifully preserved early 20<sup>th</sup>-century mansion that reflects the city's Republican-era charm. Complete your journey in San Isidro and Casa Luna, where you'll be warmly welcomed by the resident family and invited to discover their extraordinary collection of niños manuelitos - charming nativity scenes from Peru and across the globe.

**Itinerary:** 1 ¼-hour coach drive to Downtown Lima – 40-minute visit to Casa Aliaga – 1-hour coach drive to Casa Garcia Alvarado – 40-minute visit to Casa Garcia Alvarado – 30-minute coach drive to Casa Luna – 40-minute visit to Casa Luna – 1-hour coach drive back to the pier

**What's included:** Local guide, coach transport, admission to Casa Aliaga, Casa Garcia Alvarado and Casa Luna, light snacks and a soft drink.

**Walking:** ½ a mile with 43 steps. A lift is available at Casa Aliaga.



Miraflores

## LIMA'S MAGIC FOUNTAINS BY NIGHT

Tour code CLL/MNF | £35pp | 4 ¾ hours

A magical experience awaits as night falls and you discover the wonders of Lima's spectacular fountain show. Enjoy a scenic drive through Miraflores to the enchanting Magic Water Circuit, recognised by the Guinness Book of World Records as the largest water fountain complex in the world. Stroll through the circuit of 13 fountains and marvel at the vibrant coloured lights, dancing jets of water, and captivating melodies that create a truly unforgettable atmosphere, blending technology and art in perfect harmony.

**Itinerary:** 1-hour coach drive to Miraflores – 25-minute visit to Parque del Amor – 55-minute coach drive to the Fountains Park – 1 ½ hours visit to the Fountains Park – 1-hour coach drive back to the pier

**What's included:** Local guide and coach transport.

**Walking:** ¾ of a mile with 23 steps.



Magic Water Circuit



# ONCE IN A LIFETIME EXPERIENCE

## AMAZON RAINFOREST

18<sup>th</sup> March 2026 | Tour code CLL/AMA

5 nights | Depart from Callao

Rejoin *Borealis* in Fuerte Amador

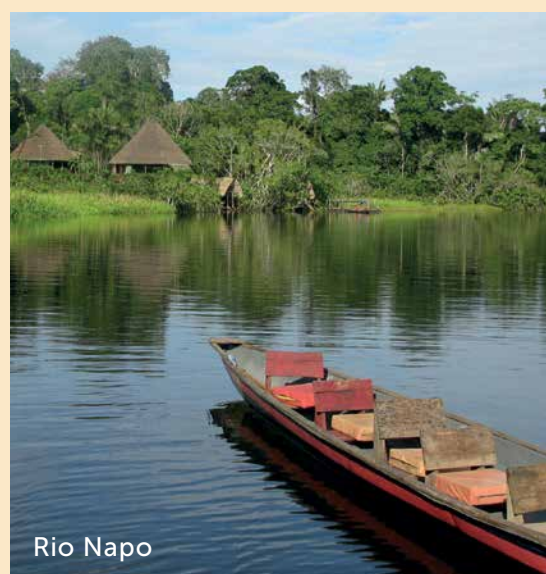
**Prices from £3,500pp**

### Limited capacity

On this six-day experience, you will have the chance to marvel at the wonder of the most diverse ecosystem on the planet. Stretching across 40% of the South American continent, the Amazon Rainforest is a fascinating region home to several million species of animals and many indigenous tribes.



La Compañía de Jesús



Rio Napo



Jaguar



Mitad del Mundo





## DAY ONE

Board your flight from Lima to Quito, where upon landing, you will be welcomed by your guide before travelling to a local restaurant for a delicious lunch. After, head north toward the Equator to visit the Mitad del Mundo (Middle of the World), where you'll have the chance to stand with one foot in each hemisphere. Nearby, at the equatorial line, lies the Intiñan Equator Museum, offering a fascinating insight into pre-Columbian cultures of Ecuador with hands-on demonstrations related to the area's distinctive geography, astronomy and natural phenomena. Conclude with a tasty dinner back at your hotel before retiring for the evening.

## DAY TWO

A transfer will take you to Quito Airport where you will board a flight to El Coca, just a short 40-minute flight over the eastern Andes to Coca. Upon arrival at the airport, you'll be greeted by a representative from Minga Lodge. From there, travel to the dock, where you'll board a motorised canoe for a scenic river journey to Minga Lodge. Along the way, keep an eye out for birds including herons and kingfishers. Upon reaching the lodge, enjoy a welcome drink, brief orientation, delicious lunch and some free time to relax before the afternoon's activities which could entail: A rainforest hike accompanied by an expert guide where you'll travel deep into the Amazon rainforest to discover its unique flora and wondrous wildlife, with new species of plants and insects still to be uncovered; A shamanic cleansing experience by a local healer, where you'll learn about ancestral medicine and the tools used by native tribes in the amazon; Weapons training, where you'll follow in the footsteps of an Indigenous weapons expert and learn how to throw a spear and shoot a blowgun, testing your precision as you take aim at targets of papayas mounted on sticks.

## DAY THREE

An early start to the day affords the opportunity to enjoy a spot of early morning birdwatching session before breakfast. Paddle along a tributary of the Rio Napo in a canoe or kayak, where you might spot over 30 different species of bird in just one hour, including the prehistoric-looking Hoatzin and majestic eagles. Afterwards, return to the lodge for a delicious breakfast, before embarking on a thrilling Amazon expedition. Hop aboard your off-road expedition vehicle for a thrilling journey into the heart of the Amazon guided by experts, revealing towering ancient trees covered with vibrant epiphytes and elusive wildlife that calls this lush paradise home, including butterflies and majestic jaguars. Tuck into a delicious lunch at the Lodge Agricultural Learning Centre. Partake in a chocolate making experience, with a stroll down "flavour alley" to discover and sample the regional wonders. In the professional chocolate-making lab, you'll create and taste your very own chocolate bar, made with the finest Cacao Fino de Aroma from the region. Return to the Lodge for dinner to conclude an unforgettable day. You will also have the opportunity to embark on an optional night walk around the Dwarf Cayman Pond, where you can photograph poisonous frogs, butterflies, reptiles and other nocturnal wildlife.

## DAY FOUR

Your morning on day four will commence with a coffee tasting, where you'll taste locally grown and expertly roasted coffee. Explore the nuances of aroma, acidity, body and flavour through different brewing methods, before enjoying a hearty breakfast. Take part in a jewellery making workshop where you'll meet talented local women artisans who transform seeds and nuts from the rainforest into beautiful, handcrafted pieces that reflect the spirit of the Amazon. Next on the agenda, you'll join a local farmer for a traditional Kichwa cooking experience where you'll harvest fresh produce and cook alongside Kichwa chefs, learning how to prepare classic Amazonian dishes. After, tuck into a local lunch back at the Lodge, before venturing out to delve into the world of Melipona bees with a visit to the Melipona Bee Conservation for a honey tasting. Learn about their role in the ecosystem and sample different types of their rich, flavourful honey. Conclude with a river fishing adventure out on the tranquil tributaries in the direction of the Rio Napo. Cast your line and enjoy the thrill of fishing in the heart of the Amazon, before enjoying a delicious dinner back at the hotel.

## DAY FIVE

Begin your final day with breakfast at the lodge and a peaceful walk along the boardwalk before beginning your journey to El Coca airport, where you'll board your flight back to Quito. Once you arrive in Quito, you'll head out on a city tour, showcasing why Quito was honoured as the world's first UNESCO World Heritage City. Highlights included in this scenic tour include the magnificent San Francisco Church and its museum of sacred art, the lavishly decorated La Compañía de Jesús with its dazzling gold-leaf interior, and the vibrant Independence Plaza, framed by the Presidential Palace and Quito's Cathedral. Enjoy a tasty lunch at local restaurant, before transferring to your hotel for the evening and enjoying dinner before retiring for the night.

## DAY SIX

After breakfast, transfer to the Quito International Airport for a flight to Bogota. Once you have arrived in Bogotá, proceed to boarding your flight to Panama. Upon arrival in Panama, a representative will meet you at Tocumen Airport and transfer you to Fuerte Amador Port where you will rejoin *Borealis*.

**What's included:** Guide, transport, three-night stay at Minga Lodge, two-night stay at Holiday Inn Airport Hotel Quito and full board basis

**Walking:** This tour will involve a considerable amount of walking and standing, some of which will be over uneven ground. Steps will be encountered throughout the tour. You will need to be confident that you are able to walk distances over varying terrains in high temperatures.

**Important information:** Flat, comfortable shoes, hat, sunglasses, long-sleeved shirts, hiking trousers, sunscreen and insect repellent are recommended. Please note once you have booked this tour is non-refundable.



## ADDITIONAL SHORE TOURS

### LARCO MUSEUM

Tour code CLL/WX | £55pp | 4 ¼ hours

Uncover an extensive collection of Peruvian history at the remarkable Larco Museum, renowned for its vast array of pre-Columbian artefacts spanning over 3,000 years. Accompanied by an expert guide, explore fascinating exhibits including intricate textile art and the impressive gold vault, home to exquisite jewellery and ceremonial objects. After immersing yourself in the rich culture and history, relax in the museum's beautifully maintained gardens with light appetizers and a refreshing drink.

**Itinerary:** 1-hour coach drive to the Larco Museum – 2 ¼ hours visit to the Larco Museum with refreshments – 1-hour coach drive back to the pier

**What's included:** Guide, coach transport, admission to the Larco Museum, and refreshments.

**Walking:** ½ a mile. Any additional walking is at your own discretion.



Larco Museum

### Plaza Mayor



### LIMA HIGHLIGHTS

Tour code CLL/A | £55pp | 5 ¼ hours

Discover the highlights of Peru's vibrant capital on this unforgettable exploration of Lima. Arrive at the historic Plaza Mayor, where the city was founded, and admire the impressive Presidential Palace and Archbishop's Palace. Visit the grand Cathedral of Lima, home to intricate Churrigueresque altars and exquisitely carved wooden choir stalls. With insight from your local guide, uncover Lima's rich heritage as you explore landmarks such as the Convent of Santo Domingo. Continue with a scenic coach journey through the elegant residential districts of San Isidro and Miraflores, known for their grand mansions, modern towers, and luxury hotels. Complete your experience at El Parque del Amor, with panoramic views of the Pacific Ocean.

**Itinerary:** 1 ¼ hours coach drive to Historic Lima – 10-minute walk to Plaza Mayor – 10-minute visit to Plaza Mayor – 5-minute walk to the Cathedral of Lima – 35-minute visit to the Cathedral of Lima – 10-minute walk to the Santo Domingo Convent – 35-minute visit to the Santo Domingo Convent – 1-hour coach drive to El Parque del Amor – 30-minute visit to El Parque del Amor – 1-hour coach drive back to the pier

**What's included:** Guide and coach transport.

**Walking:** ½ a mile with 45 steps. A ramp is available.



## LIMA SIGHTSEEING & HANDICRAFT MARKET

Tour code CLL/B | £35pp | 5 ¾ hours

Immerse yourself in the wonders of Lima, one of South America's most beautiful and diverse cities. Begin in the historic Colonial district at the grand Plaza Mayor, home to architectural gems such as the Archbishop's Palace, City Hall, and the Presidential Palace. Travel through the charming district of San Isidro before arriving at the clifftop El Parque del Amor, where sweeping ocean views and striking sculptures await. Continue your cultural discovery with a visit to the vibrant Mercado Indios, a bustling market filled with colourful weavings, paintings, and wood carvings. Take the opportunity to purchase a unique souvenir and experience the warmth and creativity of Peruvian craftsmanship.

**Itinerary:** 2-hour scenic coach drive to and through Lima – 1-hour scenic coach drive of San Isidro and Miraflores – 25-minute visit to El Parque del Amor – 20-minute coach drive to the Mercado Indios – 50-minute visit to the Mercado Indios – 1-hour coach drive back to the pier

**What's included:** Guide and coach transport.

**Walking:** ½ a mile with 32 steps. A ramp is available.



## PALOMINO ISLANDS BY BOAT

Tour code CLL/L | £119pp | 3 ½ hours

Board a boat and embark on an unforgettable journey to the picturesque Palomino Islands, located just off the coast of Lima. As you cruise across the Pacific, your captain will highlight notable landmarks, including the historic Fort of Real Felipe and San Lorenzo Island. Upon reaching the Palomino Islands, marvel at the dramatic rocky islets, sea caves, and thriving wildlife that make this area a natural sanctuary. Watch sea lions basking on the rocks and seabirds soaring overhead. For the adventurous, there's even the opportunity to swim in the clear waters, perhaps alongside curious sea lions that inhabit this remote and remarkable corner of Peru.

**Itinerary:** 30-minute coach drive to the Marina Club – 2 ½ hours boat ride to the Palomino Islands – 30-minute coach drive back to Callao Port

**What's included:** Guide, coach transport, and boat ride.

**Walking:** ¼ of a mile with 1 step.

**Important information:** Swimming near the islands cannot be guaranteed. You must be a confident swimmer to swim near Palomino Islands. Please wear your swimsuit underneath casual clothes and bring a towel.

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# FORT AMADOR (FOR PANAMA CITY) PANAMA

FORT AMADOR

**Estimated arrival:** 08:00 Mon 23 Mar | **Estimated departure:** 04:30 Tue 24 Mar ☞

**Average temperature:** High: 33°C Low: 24°C | **Currency:** US Dollar (\$) | **Average coffee price:** £1.90

**Shuttle bus available:** Yes | **Distance to transport:** 500m | **Distance to centre:** 7 ½ miles

Nestled at the Pacific gateway of the Panama Canal, Amador is a charming and scenic causeway that paves the way for discovering Panama's rich traditions and historical significance. This peaceful retreat, stretching out into the bay, is the perfect place to take a leisurely stroll along palm-lined promenades, all while enjoying sweeping views of Panama City's striking skyline and the steady flow of ships bound for the canal. Amador offers the opportunity to discover Panama's unique biodiversity, savour freshly caught seafood at one of the many waterfront cafés and watch as the sun sets over the Pacific. For those keen to delve deeper, the UNESCO World Heritage Site of Casco Viejo is close by, and the old town is a delight to explore with its cobbled streets, Colonial architecture, and warm, welcoming Panamanian charm.

Amador Causeway



Casco Viejo



# HAND-PICKED SHORE TOURS

Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Fort Amador and what we think is special about this port of call.

## ECO CRUISE ON GATUN LAKE

Tour code AMD/D | £67pp | 3 ½ hours

Embark on an ecological boat ride through the picturesque Gatun Lake, a vital part of the Panama Canal and surrounded by lush rainforest. Accompanied by a knowledgeable local guide, uncover the rich culture and history of the region as you cruise through this tranquil waterway. Glide past dense jungle landscapes and keep a lookout for native wildlife, including exotic birds, monkeys, sloths, and crocodiles that inhabit the area.

**Itinerary:** 45-minute coach drive to Gamboa Resort – 15-minute check-in – 1 ½ hours boat ride – 15-minute check-out of Gamboa Resort – 45-minute coach drive back to the pier

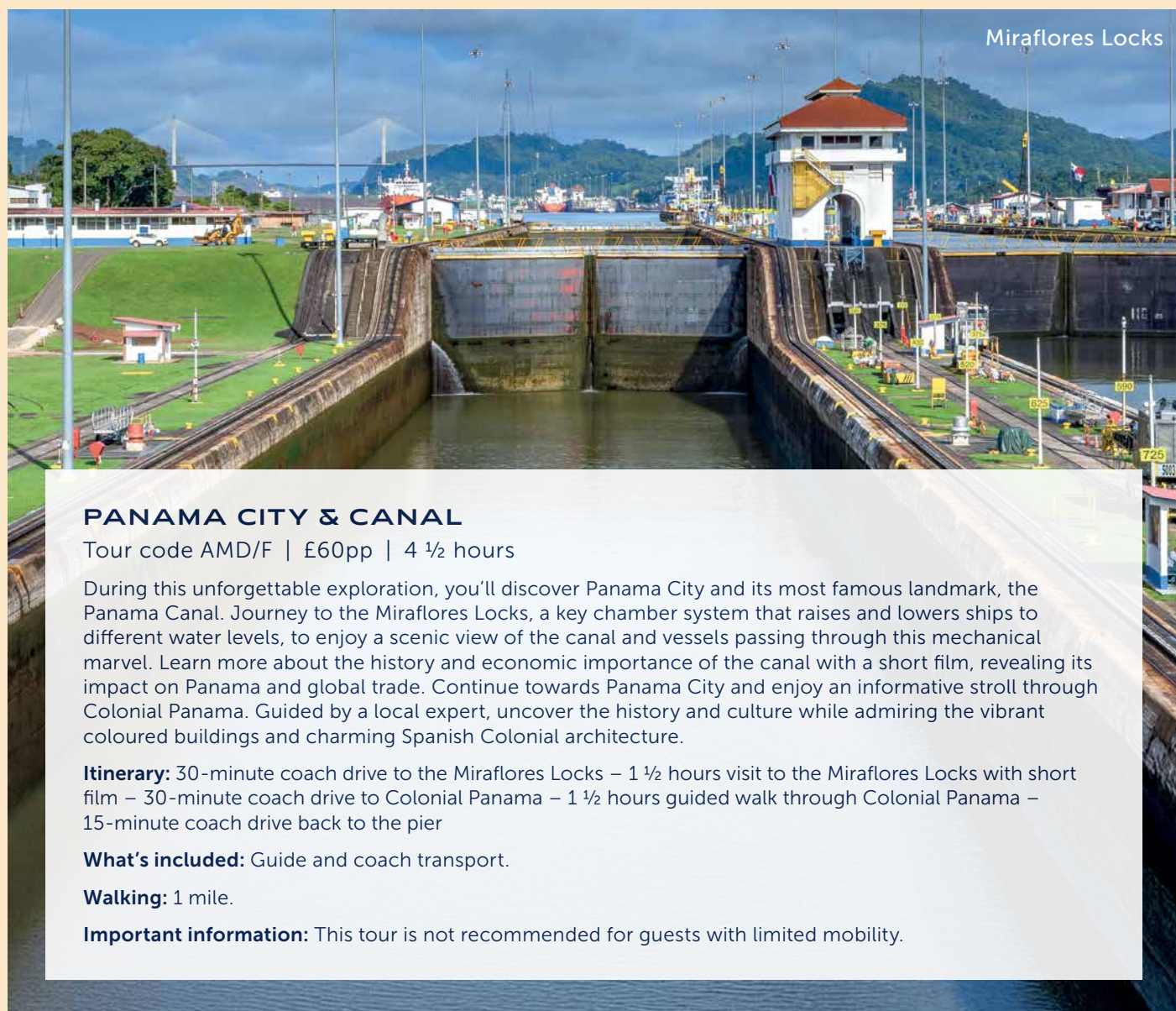
**What's included:** Guide, coach transport, and boat ride.

**Walking:** ¼ of a mile.

**Important information:** Collapsible wheelchairs, walking aids and scooters cannot be stored on the transport.



Gatun Lake



Miraflores Locks

## PANAMA CITY & CANAL

Tour code AMD/F | £60pp | 4 ½ hours

During this unforgettable exploration, you'll discover Panama City and its most famous landmark, the Panama Canal. Journey to the Miraflores Locks, a key chamber system that raises and lowers ships to different water levels, to enjoy a scenic view of the canal and vessels passing through this mechanical marvel. Learn more about the history and economic importance of the canal with a short film, revealing its impact on Panama and global trade. Continue towards Panama City and enjoy an informative stroll through Colonial Panama. Guided by a local expert, uncover the history and culture while admiring the vibrant coloured buildings and charming Spanish Colonial architecture.

**Itinerary:** 30-minute coach drive to the Miraflores Locks – 1 ½ hours visit to the Miraflores Locks with short film – 30-minute coach drive to Colonial Panama – 1 ½ hours guided walk through Colonial Panama – 15-minute coach drive back to the pier

**What's included:** Guide and coach transport.

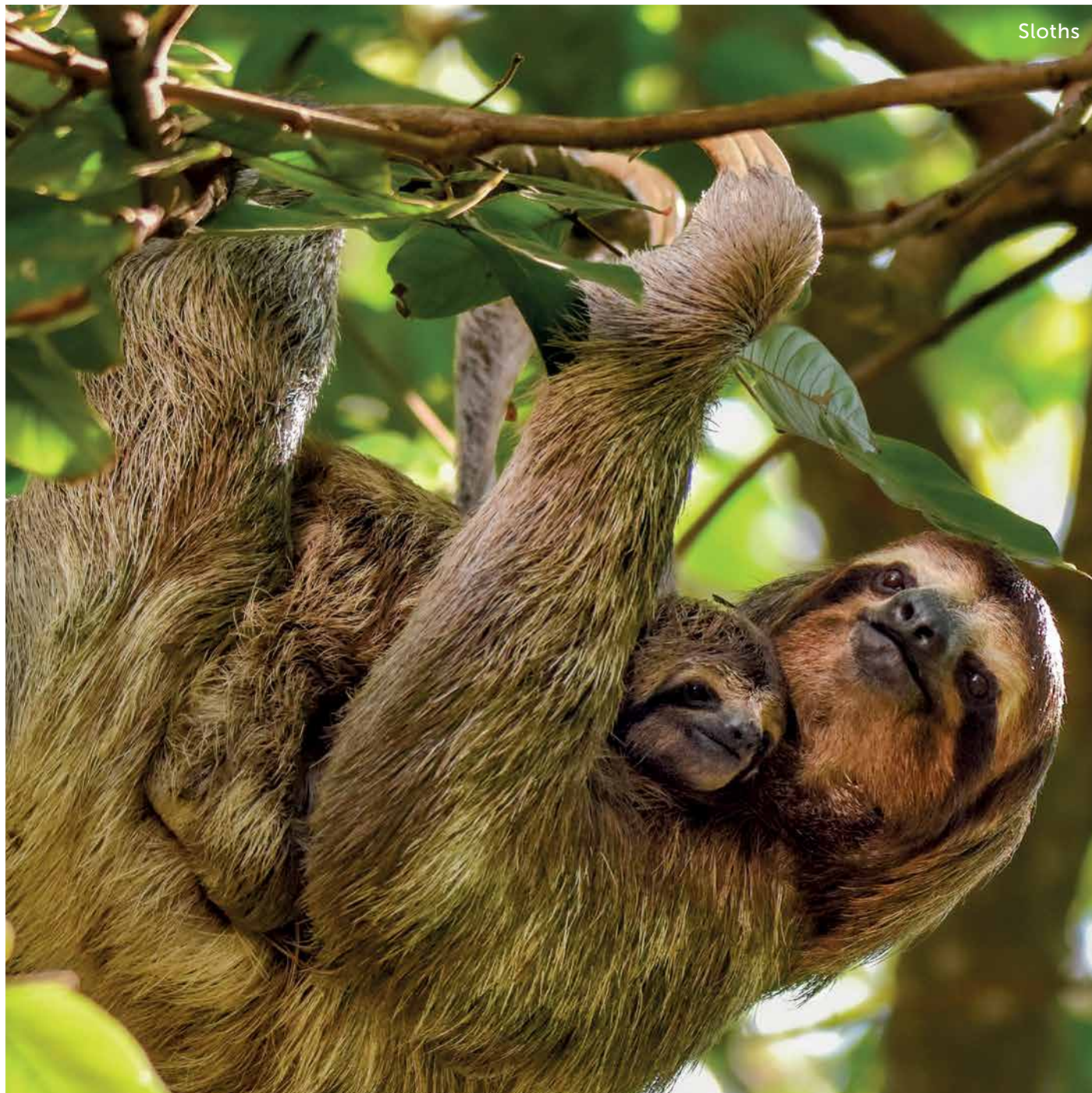
**Walking:** 1 mile.

**Important information:** This tour is not recommended for guests with limited mobility.



## ADDITIONAL SHORE TOURS

Sloths



### AERIAL TRAM

Tour code AMD/C | £79pp | 4 hours

Set off on an exploration of Gamboa Rainforest Resort, nestled within the lush Soberania National Park, a protected area renowned for its incredible biodiversity and rich wildlife. Be welcomed by a refreshing cocktail before boarding the Aerial Tram for a breathtaking journey to the upper forest canopy, where spectacular views of the vibrant rainforest await. Continue your adventure by visiting the resort's captivating butterfly garden and sloth rescue centre, where dedicated conservationists work tirelessly to care for and protect these incredible creatures.

**Itinerary:** 45-minute coach drive to Gamboa Resort – 30-minute welcome to the resort – 1 ¼ hours Aerial Tram experience – 45-minute visit to exhibits – 45-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to the Gamboa Resort, and Aerial Tram experience.

**Walking:** ½ of a mile with some steps.



## SHAPING OF PANAMA

Tour code AMD/E | £49pp | 4 hours

Uncover the history of Panama on a journey through the historic districts of the city. Travel towards the Old Panama ruins where you'll find crumbling stone walls, ancient streets, and the remains of a once-thriving settlement. Accompanied by a local guide, head to Colonial Panama, a captivating area known for its cobbled streets, colourful façades, and lively local atmosphere. Enjoy some free time to explore at your own leisure before relaxing on your coach back to the pier.

**Itinerary:** 30-minute coach drive to the Old Panama Ruins – 1-hour guided walk in Old Panama – 30-minute coach drive to Colonial Panama – 1-hour guided walk in Colonial Panama – 30 minutes of free time – 15-minute coach drive back to the pier

**What's included:** Guide and coach transport.

**Walking:** 1 ¾ miles.

**Important information:** This tour is not recommended for guests with limited mobility.



## Cinta Costera



## PANAMA HIGHLIGHTS

Tour code AMD/B | £42pp | 3 hours

Discover the history and architecture of Panama City as you explore its charming Old French Quarter. Drive over the iconic Bridge of the Americas, a major link between continents, towards Casco Antiguo. Here, uncover the narrow streets and Colonial architecture while learning about the fascinating history of the city's old town. Continue driving past notable districts of the city, including the modern Cinta Costera, City of Knowledge and Balboa Town. Enjoy a photo stop at the Panama Canal Administration Building and the historic headquarters overseeing canal operations.

**Itinerary:** 45-minute coach drive to the Bridge of the Americas with photo stop – 1-hour scenic coach drive through Casco Antiguo – 1-hour scenic coach drive through Panama City – 10-minute photo stop at Panama Canal Administration Building – 15-minute coach drive back to the pier

**What's included:** Guide and coach transport.

**Walking:** Less than ¼ of a mile.

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate
- Wildlife sightings cannot be guaranteed.
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*Borealis* cruising the Panama Canal



# SCENIC CRUISING

## CRUISING THE PANAMA CANAL, PANAMA

Tue 24 Mar

The Panama Canal is one of the world's greatest feats of engineering, stretching 48 miles across the continental divide, from Panama City on the Pacific side to Colón on the Atlantic side. The canal transit takes approximately eight hours and offers amazing views of both manmade construction and unspoilt scenery. Referred to by many as the 'eighth wonder of the world', your ship will pass through three locks, being lifted and lowered in excess of 170ft in the process. Between these locks is a 21-mile transit through Gatun Lake, which was once the largest artificial lake in the world.





# PUERTO LIMÓN COSTA RICA

PUERTO LIMÓN

**Estimated arrival:** 08:30 Wed 25 Mar | **Estimated departure:** 17:00 Wed 25 Mar

**Average temperature:** High: 30°C Low: 21°C

**Currency:** Costa Rican Colón (CRC) | **Average coffee price:** £2.60

**Shuttle bus available:** No | **Distance to transport:** 100m | **Distance to centre:** 200m

With a rich history shaped by its Afro-Caribbean heritage, Puerto Limón is renowned as a gateway for the export of bananas, pineapples, and coffee; but go beyond this economical backbone of Costa Rica and you can explore the city's nearby rainforests, home to several species of frogs, insects, and reptiles; and Cahuita National Park, where sloths, monkeys, and birds live together in harmony. Meanwhile, you can spend time with members of Costa Rica's Bribri indigenous tribe and discover their use of medicinal plants and the importance of cacao in their culture.

Spider Monkey



Limón



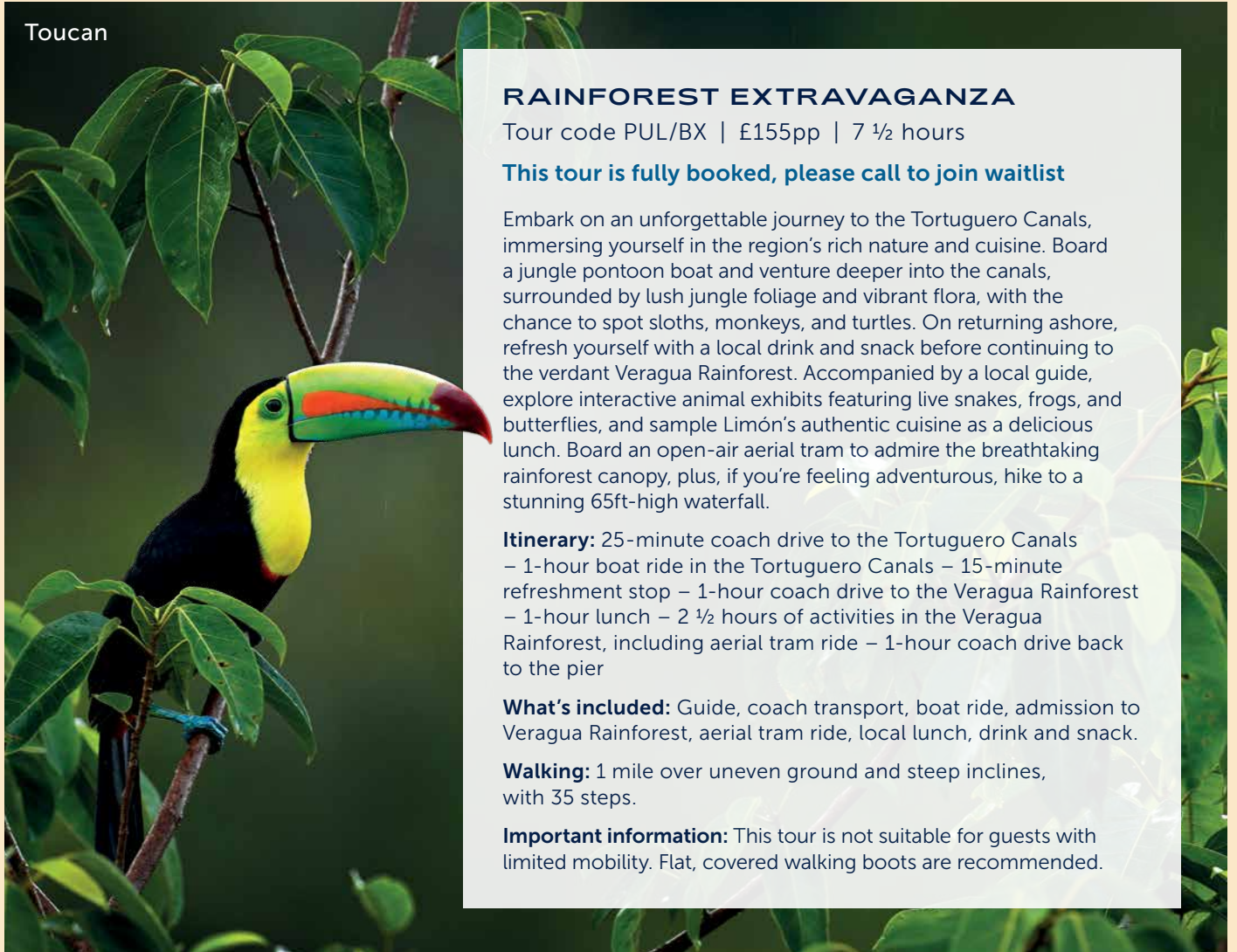


# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Puerto Limón and what we think is special about this port of call.

## Toucan



### RAINFOREST EXTRAVAGANZA

Tour code PUL/BX | £155pp | 7 ½ hours

**This tour is fully booked, please call to join waitlist**

Embark on an unforgettable journey to the Tortuguero Canals, immersing yourself in the region's rich nature and cuisine. Board a jungle pontoon boat and venture deeper into the canals, surrounded by lush jungle foliage and vibrant flora, with the chance to spot sloths, monkeys, and turtles. On returning ashore, refresh yourself with a local drink and snack before continuing to the verdant Veragua Rainforest. Accompanied by a local guide, explore interactive animal exhibits featuring live snakes, frogs, and butterflies, and sample Limón's authentic cuisine as a delicious lunch. Board an open-air aerial tram to admire the breathtaking rainforest canopy, plus, if you're feeling adventurous, hike to a stunning 65ft-high waterfall.

**Itinerary:** 25-minute coach drive to the Tortuguero Canals – 1-hour boat ride in the Tortuguero Canals – 15-minute refreshment stop – 1-hour coach drive to the Veragua Rainforest – 1-hour lunch – 2 ½ hours of activities in the Veragua Rainforest, including aerial tram ride – 1-hour coach drive back to the pier

**What's included:** Guide, coach transport, boat ride, admission to Veragua Rainforest, aerial tram ride, local lunch, drink and snack.

**Walking:** 1 mile over uneven ground and steep inclines, with 35 steps.

**Important information:** This tour is not suitable for guests with limited mobility. Flat, covered walking boots are recommended.

## CARIBBEAN RAIL & TORTUGUERO CANALS

Tour code PUL/D | £75pp | 4 hours

Ride the Caribbean Rail through Costa Rica's lush rural landscapes, once vital to the banana trade, and enjoy sweeping vistas along the way - keeping watch for sloths and monkeys in the treetops. Head to the Tortuguero Canals where you can refresh yourself with a selection of local snacks before embarking on a tranquil cruise through winding waterways fringed by dense jungle, a haven for diverse wildlife. Look out for elegant waterfowl gliding by and playful white-faced capuchin and spider monkeys swinging through the trees.

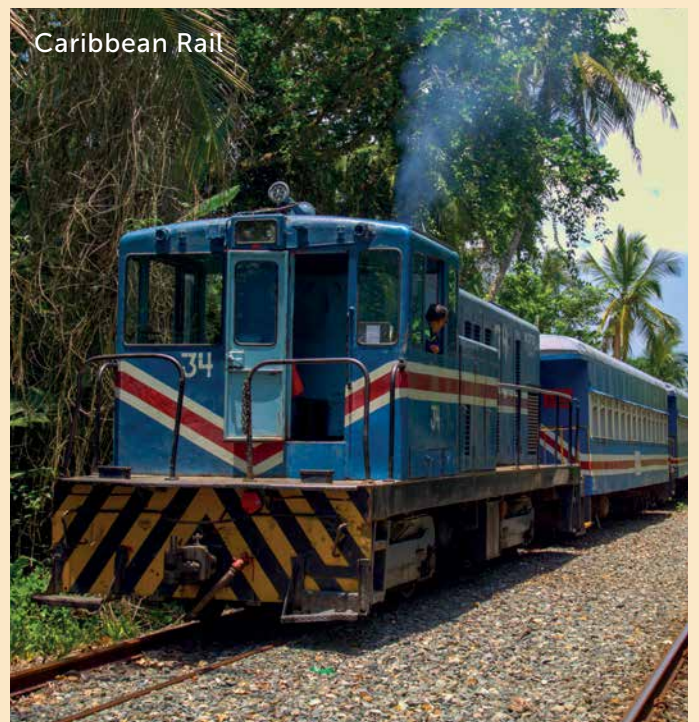
**Itinerary:** 30-minute coach drive to boat station – 1-hour boat ride – 20-minute refreshment stop – 10-minute coach drive to train station – 1 ¼ hours train ride – 45-minute coach drive back to the pier

**What's included:** Guide, coach transport, boat ride, train ride and local snacks.

**Walking:** ½ a mile with 10 steps. You must be able to get on/off the train and boat unaided.

**Important information:** Flash photography is not permitted.

## Caribbean Rail





## ADDITIONAL SHORE TOURS

### TORTUGUERO CANALS & CULTURAL SHOW

Tour code PUL/A | £75pp | 5 hours

Board a jungle pontoon boat in Moín and journey through the serene Tortuguero Canals, guided by an expert who will help you spot colourful orchids, delicate water lilies, and an array of wildlife including monkeys, sloths, and vibrant toucans. Upon returning to shore, enjoy a refreshing drink and a local snack as you're welcomed by a lively traditional dance performance. Continue your adventure with a visit to a nearby banana plantation, where you'll discover the local methods used to cultivate some of Costa Rica's key exports, including bananas, coffee, and cocoa.

**Itinerary:** 20-minute coach drive to the Tortuguero Canals – 10-minute check-in to the boats – 1-hour boat cruise along the Tortuguero Canals – 20-minute refreshment stop – 45-minute cultural show – 15-minute comfort break – 30-minute coach drive to the banana plantation – 1-hour visit to the banana plantation – 30-minute return coach drive back to the pier

**What's included:** Local guide, coach transport, boat cruise, cultural show, drink and a local snack.

**Walking:** ¼ of a mile, with 20 steps, with 4 steps in/out of the coach.

**Important information:** Flash photography is not permitted.



Tortuguero Canals



Cahuita National Park

### CAHUITA NATIONAL PARK

Tour code PUL/E | £59pp | 5 hours

Explore the remarkable Cahuita National Park on a fascinating hike through its verdant landscapes. Guided by a naturalist guide, keep watch for wildlife such as howler monkeys, sloths, and armadillos. Cross through peaceful swamplands, where you might spot birds including ibis and green kingfishers. Continue onwards to a secluded beach fringed with coconut trees, where you can unwind in the sun while enjoying a delicious tropical fruit buffet and a well-deserved refreshing beverage.

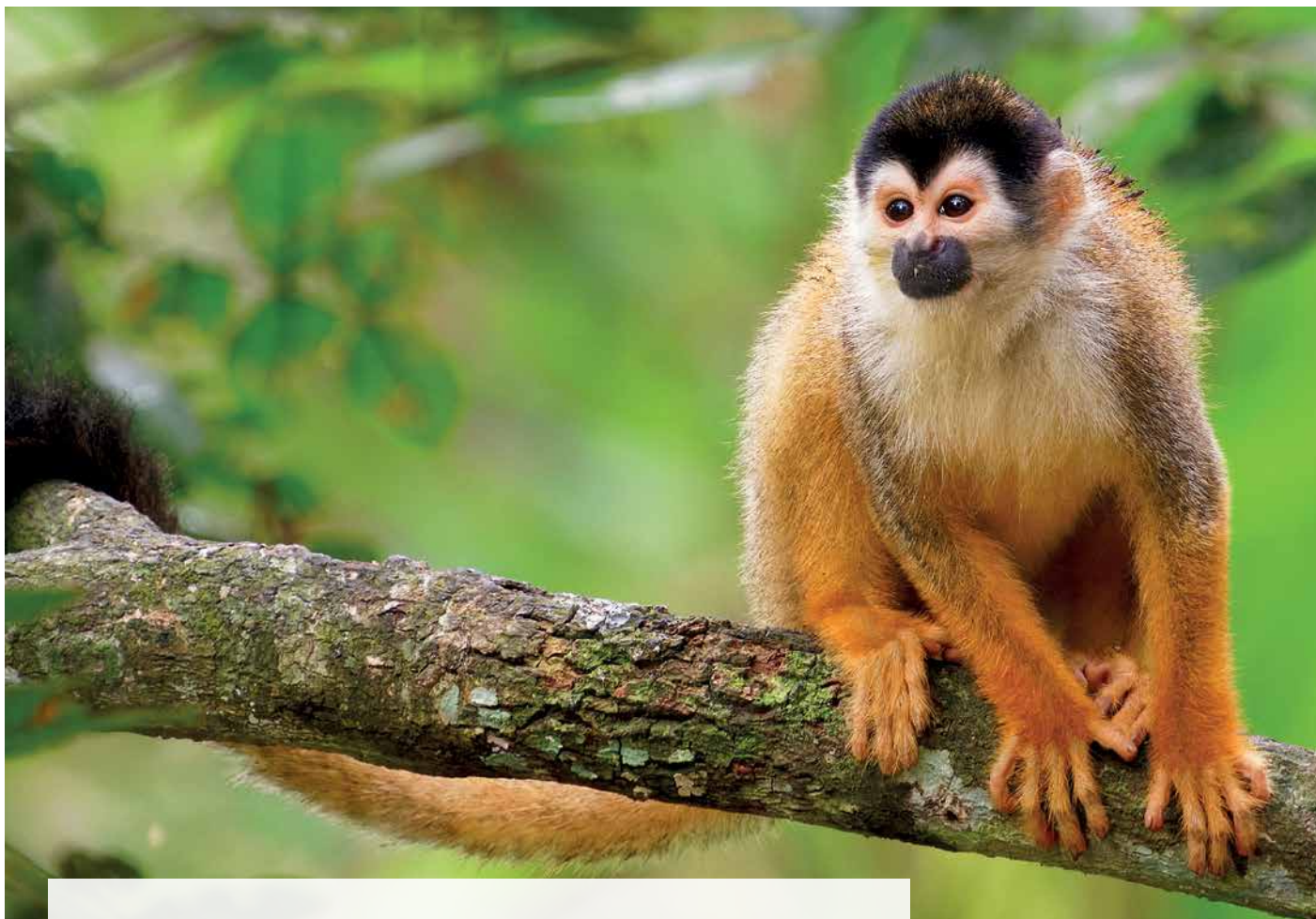
**Itinerary:** 1-hour coach drive to Cahuita National Park – 15-minute comfort break – 1 ¼ hours nature walk – 45-minute time at leisure at the beach – 15-minute coach drive to the Cacao Trails – 30-minute refreshment stop and free time – 1-hour return coach drive back to the pier

**What's included:** Guide, coach transport, admission to Cahuita National Park, a drink and a tropical fruit buffet.

**Walking:** 1 mile over uneven terrain which may be slippery.

**Important information:** This tour is not suitable for guests with limited mobility or those with a fear of heights. Flash photography is not permitted. Flat, covered walking boots are recommended.





## RAINFOREST SKY WALK

Tour code PUL/I | £65pp | 3 ¼ hours

Discover the rainforest by walking along scenic trails and three suspended bridges, offering a unique perspective of the vibrant canopy above. Guided by a local expert, explore lush tropical plants and towering trees while keeping a lookout for wildlife such as monkeys, sloths, birds, and frogs. During your visit, you'll also see coffee, cacao, and banana plants, and learn about these vital crops and their significance to the local economy. Conclude with delicious local snacks and a refreshing drink.

**Itinerary:** 30-minute coach drive to Las Brisas Park – 15-minute comfort break – 1 ½ hours walk along the bridges and trails – 30-minute refreshment break – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to Las Brisas Park, and refreshments.

**Walking:** 2 miles over uneven ground and across bridges.

**Important information:** This tour is not suitable for guests with limited mobility or those with a fear of heights. Flat, covered walking boots are recommended.

Squirrel Monkey

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Regretfully, collapsible wheelchairs, electric scooters and walking aids **cannot** be stored in the tour transport.

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# COLÓN PANAMA

**Estimated arrival:** 08:30 Thu 26 Mar | **Estimated departure:** 17:30 Thu 26 Mar

**Average temperature:** High: 29°C Low: 25°C | **Currency:** US Dollar (\$) | **Average coffee price:** £2.90

**Shuttle bus available:** No | **Distance to transport:** 150m | **Distance to centre:** Under 1 mile

The Caribbean province of Colón lies at the Atlantic end of the fascinating Panama Canal, and is rich in history and outstanding natural beauty, from the UNESCO-listed Fort San Lorenzo to Portobelo National Park. The Panama Canal Visitor Centre offers unrivalled views of the impressive manmade locks – inspired by Roosevelt in 1898 to allow shorter passage for naval ships. A real feat of engineering, it is now considered one of the Seven Wonders of the Modern World.

Fort San Lorenzo



Colón





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Colón and what we think is special about this port of call.

## FLAVOURS OF PANAMA

Tour code ONX/W | £115pp | 5 ½ hours

Embark on a sensory journey through Panama, tasting the nation's finest exports from renowned coffee to rich cacao and craft beer. Begin at a specialty coffee shop, where an expert barista will guide you through Panama's unique Geisha coffee processing methods - washed, honey, and natural - and offer tastings of each, alongside delicious coffee-based desserts. Next, visit a chocolate workshop to learn about chocolate production and enjoy a hands-on experience making chocolate bars with Panamanian cacao. Complete your experience with a visit to a local brewery to discover Panama's vibrant craft beers and relax with a refreshing pint, rounding off this unforgettable flavour-filled adventure.

**Itinerary:** 1 ¼ hours coach drive to Colonial Panama – 1 ¼ hours Geisha coffee experience – 1 ¼ hours chocolate workshop – 30-minute visit to Rana Dorada Brewery – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport, chocolate workshop, one pint of beer and tastings.

**Walking:** 1 mile.



Emberá Village



Chocolate workshop

## AUTHENTIC EMBERÁ INDIAN VILLAGE

Tour code ONX/E | £85pp | 5 ½ hours

Set back over 600 years and uncover the lives of the Emberá Indian Tribe, one of Central America's most authentic cultures. Journey through lush jungles to Chagres National Park, where you'll board traditional canoes and glide up the river towards an Emberá village. Along the way, admire the verdant landscapes and perhaps spot exotic wildlife by the river. Upon arrival, the village chief will welcome you to their home with traditional hospitality and vibrant dancing. Accompanied by an expert guide, explore the village, sample a selection of Emberá foods and admire the tribe's rich culture and exquisite craftsmanship. Take the opportunity to purchase a hand-crafted souvenir before returning through the jungle by canoe.

**Itinerary:** 1 ¼ hours coach drive to the Chagres National Park – 30-minute canoe ride to the village – 2-hour visit to the village – 30-minute return canoe ride – 1 ¼ hours coach drive back to the pier

**What's included:** Local guide, coach transport and Emberá food tasting.

**Walking:** 1 mile over uneven terrain.

**Important information:** This tour is not suitable for guests with limited mobility. Please remain respectful to the Emberá tribe and their homes.



## ADDITIONAL SHORE TOURS

### OLD CITIES OF PANAMA

Tour code ONX/N | £69pp | 6 hours

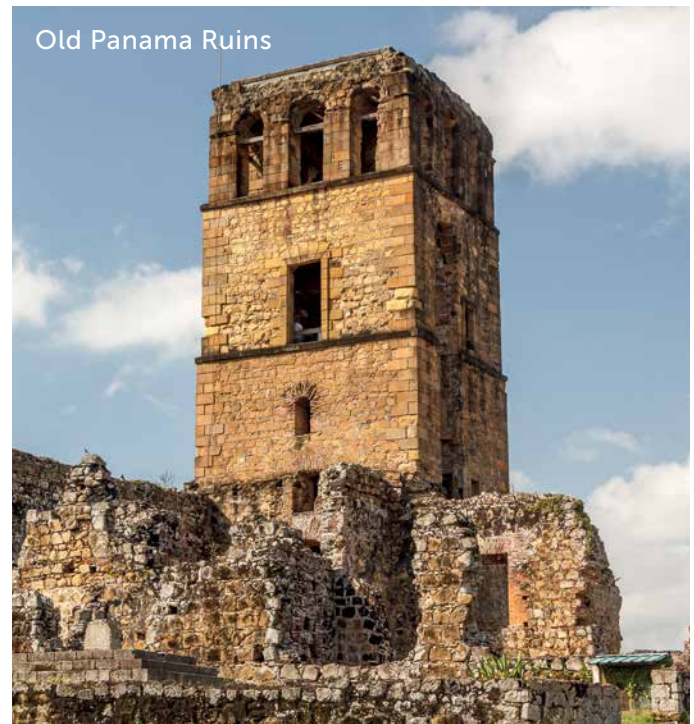
Get to know the history that came to shape Panama, once known as the Pearl of the Pacific. Journey to the Old Panama Ruins, which were founded in 1519 and later destroyed by the infamous Welsh Captain Henry Morgan in 1671. Here, uncover the ruins of churches and convents, Colonial palaces, bridges and military buildings that attest to the grandiose past of this city. Guided by a local, continue your exploration with a gentle stroll through the Old French Quarter of Panama City, admiring its unique architecture, influenced by a wonderful blend of French, Spanish and Italian styles.

**Itinerary:** 1 ½ hours coach drive to the Old Panama Ruins – 1-hour guided walk at the Old Panama Ruins – 30-minute coach drive to Colonial Panama – 1-hour walk across Colonial Panama – 1 hour of free time in Colonial Panama – 1 ½ hours coach drive back to the pier

**What's included:** Local guide, coach transport and light snacks.

**Walking:** 2 ½ miles over cobblestones.

**Important information:** This tour is not suitable for guests with limited mobility.



### FORT AMADOR AND SOBERANÍA PARK

Tour code ONX/Q | £59pp | 5 ½ hours

Journey along the trails of Soberanía National Park, one of Panama's most important green areas. Stroll through the lush tropical rainforest, spotting exotic birds and monkeys while learning about the ecological significance of this protected ecosystem. Continue your exploration to Fort Amador, a former US Army base that offers breathtaking panoramic views of the Panama Canal and Panama City skyline. Enjoy some free time to explore Fort Amador at your leisure, whether soaking up the breathtaking scenery or visiting a local café.

**Itinerary:** 1 ¼ hours coach drive to the Rainforest Discovery Centre – 2-hour visit and hike across Soberanía National Park – 20-minute coach drive to Fort Amador – 45-minute visit to Fort Amador – 1 ¼ hours coach drive back to the pier

**What's included:** Guide, coach transport, and admission to Metropolitan Park.

**Walking:** 1 mile over uneven terrain.

**Important information:** This tour is not suitable for guests with limited mobility.



Fort Amador



## FORT SAN LORENZO

Tour code ONX/M | £65pp | 3 hours

Visit the ruins of Fort San Lorenzo, an outstanding example of Spanish Colonial military architecture and a UNESCO World Heritage Site. Journey through the former US Army Base of Fort Sherman, before making your way through dense tropical forest to reach the 400-year-old remains of Fort San Lorenzo. Surrounded by the Caribbean Sea and over 30,000 acres of protected rainforest, this fascinating historical site is not only great for exploration but is also an excellent place for birdwatching. As you explore, your knowledgeable guide will share fascinating insights into what life was like here throughout its tumultuous history.

**Itinerary:** 1-hour coach drive to Fort San Lorenzo – 1-hour walk across Fort San Lorenzo – 1-hour coach drive back to the pier

**What's included:** Local guide, coach transport and admission to Fort San Lorenzo.

**Walking:** 1 mile over uneven ground.



Fort San Lorenzo

### KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# CARTAGENA DE INDIAS COLOMBIA

**Estimated arrival:** 14:30 Fri 27 Mar | **Estimated departure:** 18:00 Sat 28 Mar ☞

**Average temperature:** High: 31°C Low: 25°C

**Currency:** Colombian Peso (COP) | **Average coffee price:** £1.00

**Shuttle bus available:** Yes | **Distance to transport:** 50m | **Distance to centre:** 4 ½ miles

Bursting with Spanish heritage, Cartagena de Indias is one of Colombia's gems, home to culturally rich neighbourhoods of Colonial architecture and history. You will have the opportunity to explore the military fort of San Felipe de Barajas, considered to be a spectacular feat of Spanish military engineering, before strolling through the city's narrow streets lined with merchant houses and balconies adorned with colourful flowers. Colombian emeralds are farmed here, said to be the purest in the world with colour and a purity like no other, where you can create a piece of jewellery at a local workshop.

Cartagena Old Town



San Felipe de Barajas





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Cartagena de Indias and what we think is special about this port of call.



Coffee beans

## COLOMBIAN COFFEE EXPERIENCE

Tour code CTG/H | £69pp | 3 hours

Uncover Colombia's most celebrated export with a hands-on coffee experience in the heart of Cartagena de Indias. Begin with a scenic walk through the historic Walled City to the tasting venue, where you'll learn about the milling and cupping processes that define Colombia's world-renowned coffee. Discover the distinct aromas and flavours of various regional beans, guided by expert baristas. Enjoy the opportunity to sample a range of brews, each with its own unique character. After your tasting, make your way back to the ship via the vibrant streets of the old town and the modern district of Bocagrande, rich with local colour and energy.

**Itinerary:** 30-minute coach drive to the Walled City – 15-minute walk to the coffee tasting venue – 1 ¼ hours coffee experience – 40-minute walk through the Walled City and free time for shopping – 35-minute coach drive back to the pier

**What's included:** Guide, coach transport, and coffee experience.

**Walking:** ½ a mile over cobblestones with 22 steps. Any additional walking is at your own discretion.

**Important information:** Collapsible wheelchairs, electric scooters and walking aids cannot be stored on the transport.

## LA BOQUILLA VILLAGE & DRUM SHOW

Tour code CTG/L | £55pp | 4 ½ hours

Journey from Cartagena de Indias, passing the remarkable San Felipe de Barajas Fortress, to the charming village of La Boquilla. Here, be welcomed with a traditional dance performance and a refreshing cup of coconut water before hopping into a wooden canoe to glide along the tranquil river. Keep an eye out for birds such as kingfishers and pelicans that gather along the mangroves. Immerse yourself in the fishing culture of La Boquilla, then return to the village to enjoy an interactive musical show where you'll learn to play the drums, embracing the rhythm of this vibrant community.

**Itinerary:** 15-minute coach drive to the San Felipe Fortress de Barajas Fortress – 15-minute photo stop at San Felipe de Barajas Fortress – 30-minute coach drive to La Boquilla fisherman's village – 15-minute folkloric welcome reception – 1-hour mangrove tour by canoe – 15-minute folklore show and refreshment – 15-minute coach drive to the drum school – 1-hour drum demonstration – 30-minute coach drive back to the pier

**What's included:** Local guide, coach transport, canoe ride, folklore shore and coconut water.

**Walking:** 1 mile over uneven terrain with 20 steps.

**Important information:** This tour is not suitable for wheelchair users. Sturdy shoes you don't mind getting wet are recommended.



Heron in La Boquilla



## ADDITIONAL SHORE TOURS

Jeweller

### EMERALD JEWELLERY CLASS & WORKSHOP

Tour code CTG/F | £40pp | 4 hours

Colombia is renowned for its emeralds, and this experience offers a fascinating insight into how these precious stones are mined and crafted. Enjoy a scenic drive through Cartagena de Indias, passing notable landmarks such as the historic San Felipe de Barajas Fortress and the modern district of Bocagrande. On arrival at the Emerald Museum, meet a local expert who will guide you through the mining process and the art of fine jewellery making. Try your hand at creating your own piece using sterling silver and emerald before learning more in the museum, where you'll find rare emerald specimens, antique jewellery, and expertly cut gems.

**Itinerary:** 45-minute coach drive to the Emerald School – 2-hour emerald workshop – 15-minute visit to Emerald store – 30 minutes of shopping time – 30-minute coach drive to the pier

**What's included:** Local guide, coach transport and jewellery workshop with one piece for keepsake.

**Walking:** Less than ¼ of a mile with 22 steps.

**Important information:** Additional jewellery can be purchased from the workshop.

### View from La Popa Monastery

### VIEWS OF CARTAGENA

Tour code CTG/M | £35pp | 3 hours

Journey to the ancient La Popa Monastery, perched on a hilltop and offering sweeping views over Cartagena de Indias. Continue to the impressive San Felipe de Barajas Fortress for a brief photo stop before heading to the vibrant Getsemaní district. Just outside the old city walls, Getsemaní has become a bohemian hub filled with street art, from tropical birds to striking murals of colourfully dressed Afro-Colombian women. Refresh yourself with a traditional Colombian ice cream while passing through the scenic Manga neighbourhood bay, known for its elegant mansions and peaceful waterfront views.

**Itinerary:** 30-minute coach drive to the La Popa Monastery – 30-minute visit to the La Popa Monastery – 25-minute coach drive to the San Felipe de Barajas Fortress – 15-minute photo stop at the San Felipe de Barajas Fortress – 15-minute coach drive to the Getsemaní district – 30-minute walk in the Getsemaní district – 15-minute refreshment break – 30-minute coach drive back to the pier

**What's included:** Local guide, coach transport and a Colombian ice cream.

**Walking:** 2 miles over cobblestones with 22 steps.

**Important information:** This tour is not suitable for guests with limited mobility.





## EXPLORING CARTAGENA

Tour code CTG/I | £35pp | 3 ½ hours

Discover the highlights of Cartagena de Indias as you explore this vibrant colonial gem. Drive to the imposing San Felipe de Barajas Fortress, a powerful symbol of Spanish military might, before heading to the lively Getsemaní district, famous for its colourful Colonial architecture and artistic energy. Stroll through the enchanting old city, where cobbled streets reveal grand Spanish-style buildings, stately merchants' houses, and ornate churches rich in history. Round off your experience with a visit to the Emerald Jewellery store, where you'll find exquisite emerald collections, indigenous craftsmanship, and fascinating artefacts showcasing Colombia's rich cultural heritage.

**Itinerary:** 15-minute coach drive to the San Felipe de Barajas Fortress – 15-minute photo stop at San Felipe de Barajas Fortress – 15-minute coach drive to the Getsemaní district – 40-minute walk in the Getsemaní district – 15-minute coach drive to the Old Town – 40-minute walk in the Old Town – 15-minute coach drive to the Emerald Jewellery Store – 30-minute visit to the Emerald Jewellery Store – 25-minute coach drive back to the pier

**What's included:** Local guide, coach transport and admission to the Emerald Jewellery store.

**Walking:** 1 ¼ miles with 40 steps.

**Important information:** This tour is not suitable for guests with limited mobility. Collapsible wheelchairs, electric scooters and walking aids cannot be stored on the transport.



San Felipe de Barajas



Getsemaní

## CARTAGENA DE INDIAS CITY TOUR

Tour code CTG/A | £40pp | 4 hours

Begin with a visit to the imposing San Felipe de Barajas Fortress, followed by a drive to the Las Bóvedas Dungeons. Once a military prison, these dungeons have now transformed into a bustling handicraft market. Browse local stalls offering artisanal goods before enjoying a leisurely stroll through the walled city, where Spanish Colonial architecture lines the charming, cobbled streets. Explore the San Pedro Claver Cloister and Monastery, a site of deep historical and cultural significance, and complete your experience with a visit to the Emerald Jewellery store, where expert craftsmanship brings Colombia's most precious gems to life.

**Itinerary:** 15-minute coach drive to the San Felipe de Barajas Fortress – 45-minute visit to the San Felipe de Barajas Fortress – 15-minute coach drive to Las Bóvedas – 20 minutes free time in Las Bóvedas to shop – 10-minute coach drive to the Old City – 30-minute walk in the Old City – 30-minute visit to the San Pedro Claver Cloister – 15-minute coach drive to the Emerald Jewellery store – 30-minute visit to the Emerald Jewellery store – 30-minute coach drive back to the pier

**What's included:** Local guide, coach transport and admission to the Emerald Jewellery store.

**Walking:** 1 mile over cobblestones with 50 steps.

**Important information:** This tour is not suitable for guests with limited mobility.

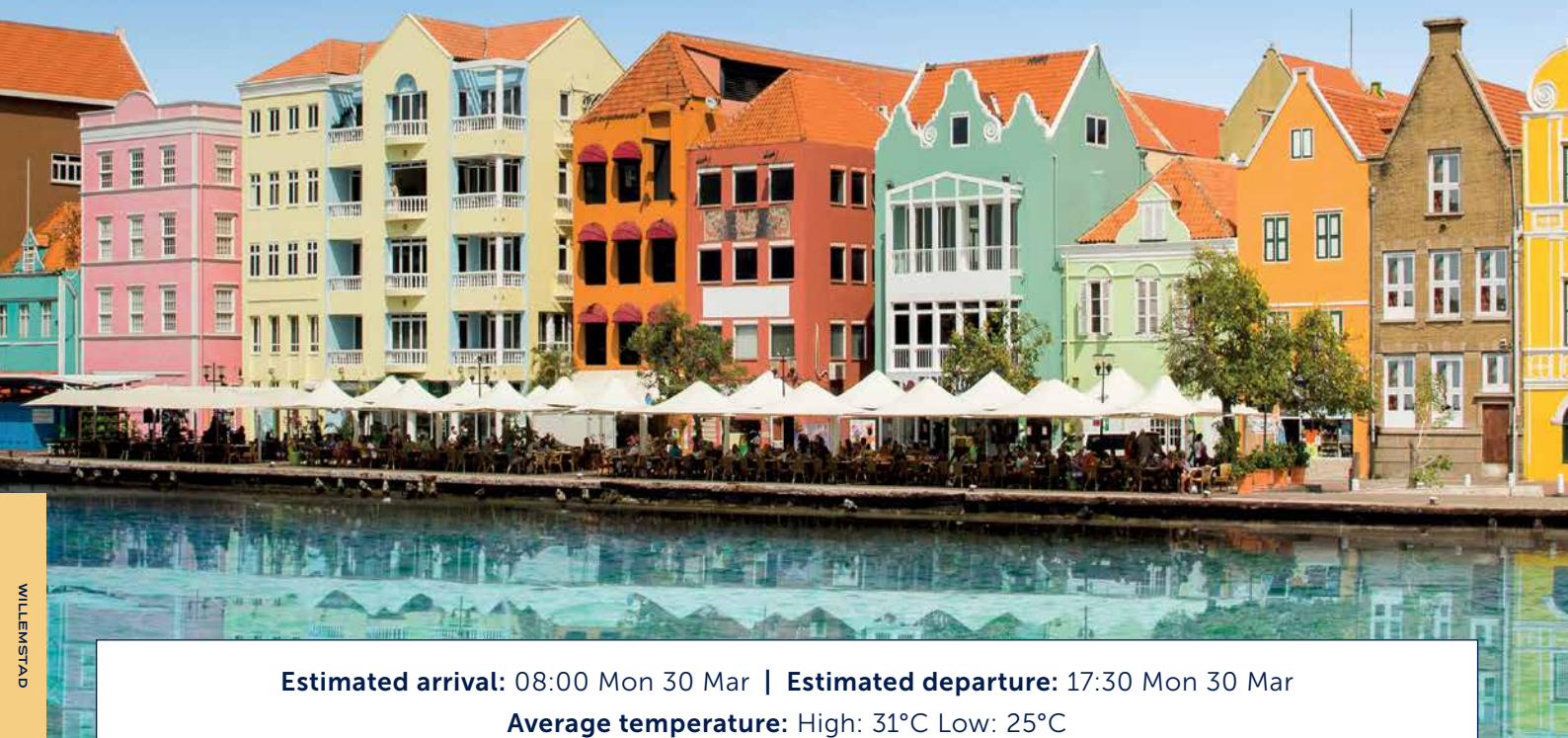
### KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# WILLEMSTAD CURAÇAO



**Estimated arrival:** 08:00 Mon 30 Mar | **Estimated departure:** 17:30 Mon 30 Mar

**Average temperature:** High: 31°C Low: 25°C

**Currency:** Netherlands Antillean Guilder (ANG) | **Average coffee price:** £2.50

**Shuttle bus available:** No | **Distance to transport:** 100m | **Distance to centre:** 800m

UNESCO-protected Willemstad on Curaçao has narrow-gabled, 18<sup>th</sup> century houses in cool pastel shades, juxtaposed with intense yellows and royal blues. It's akin to a carbon copy of Amsterdam, but with the warming Caribbean climate thrown in. The town has a number of intriguing museums worth visiting: the Curaçao Museum, the Maritime Museum and Kura Hulanda. At Scharlooweg 77 is the house known as the 'Wedding Cake', a near perfect example of Dutch Colonial architecture. Willemstad is divided into two sections, Otrobanda and Punda, and both boast a rich, cultural heritage. They are connected by the Queen Emma Bridge, also known as the Swinging Old Lady, a floating, pontoon bridge powered by diesel, which swings open daily to allow ships in and out of the harbour.



Queen Emma Bridge



Willemstad



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Willemstad and what we think is special about this port of call.

## SEE & SEA ISLAND TOUR

Tour code WIL/F | £35pp | 2 ½ hours

Take a short drive to the Seaworld Explorer and board this state-of-the-art semi-submarine. Descend into the hull and sit in comfort, five feet below the surface of the water. Enjoy a narrated tour of the coral reefs, viewing dozens of tropical fish and delicate colonies of coral through your large, clear glass windows. Watch as a diver hand feeds the hungry fish right in front of your window. Go back on land and cross over the Queen Juliana Bridge, 200ft above the city, offering beautiful views of Willemstad. Visit Landhuis Chobolobo where Curaçao liqueur is distilled in 100-year-old barrels, and you will get to sample this famous liqueur. You will have the opportunity to be dropped off downtown to explore at your own pace and make your own way back to the ship.

**Itinerary:** 20-minute coach drive to semi-submarine – 1-hour semi-submarine experience – 30-minute drive to Landhuis Chobolobo – 25-minute visit to Landhuis Chobolobo – 15-minute coach drive back to the pier

**What's included:** Guide, coach transport, semi-submarine experience and Curaçao liqueur.

**Walking:** Less than ¼ of a mile over uneven terrain with 10 steps to access the semi-submarine.



Coral reef

WILLEMSTAD

Aloe vera juice



## NATURAL PRODUCTS OF CURAÇAO

Tour code WIL/X | £36pp | 3 hours

Discover the natural treasures of Curaçao - aloe vera and herbs - on a visit to the Dinah Veeris Botanical & Historical Garden. An expert guide will lead you through the enchanting garden, charming cottages, and a variety of authentic trees and herbs. After exploring, browse the garden's shop before heading to an aloe vera farm, where you'll learn about the cultivation of this remarkable plant, often hailed as a miracle. Sample 100% pure aloe vera juice and receive a mini aloe vera body lotion as a keepsake.

**Itinerary:** 35-minute coach drive to the Dinah Veeris Botanical & Historical Garden – 1-hour visit to the Dinah Veeris Botanical & Historical Garden – 15-minute coach drive to the aloe vera farm – 40-minute visit to the aloe vera farm – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to the Dinah Veeris Botanical & Historical Garden and the aloe vera farm and tastings.

**Walking:** ½ a mile over uneven terrain.



## ADDITIONAL SHORE TOURS

### DISCOVER CURAÇAO ISLAND

Tour code WIL/C | £40pp | 3 ½ hours

Uncover the vibrant city of Willemstad and the tropical charm of Curaçao on this unforgettable adventure. Begin at the Curaçao Museum, where you'll discover what life was like on the island in the 19<sup>th</sup> century. Enjoy sweeping views of the colourful Punda and Otrobanda districts before heading into Curaçao's scenic countryside. Explore the dramatic Hato Caves, a network of grottos adorned with stalactites, stalagmites, and crystal-clear pools. Then visit the Landhuis Chobolobo to sample the famous blue Curaçao and learn how this iconic drink is made. On your way back to the pier, drive through downtown Willemstad, with the option to stay for independent sightseeing or shopping.

**Itinerary:** 15-minute coach drive to the Curaçao Museum – 30-minute tour of the Curaçao Museum – 25-minute coach drive to the Hato Caves – 1-hour tour of the Hato Caves – 40-minute coach drive to the Landhuis Chobolobo – 20-minute visit to the Landhuis Chobolobo – 30-minute coach drive back to Willemstad/the pier

**What's included:** Local guide, admission to Curaçao Museum and Hato Caves and blue Curaçao tastings.

**Walking:** ½ a mile with 70 steps in the Hato Caves.



Punda, Willemstad



Caracas Bay

### PANORAMIC CURAÇAO

Tour code WIL/H | £25pp | 2 ½ hours

Uncover the wonders of Curaçao on an unforgettable journey through the island's most captivating highlights. Begin at Landhuis Chobolobo, the historic distillery where the iconic Curaçao liqueur is still crafted in 100-year-old barrels and enjoy a tasting of this world-famous spirit. Continue past elegant, luxury villas to the scenic Caracas Bay, taking in breathtaking views over the crystal-clear waters. Here, visit a charming Caribbean handcraft shop, where you can browse a delightful selection of local souvenirs.

**Itinerary:** 20-minute coach drive to Landhuis Chobolobo – 30-minute visit to Landhuis Chobolobo – 30-minute coach drive to Caracas Bay – 15-minute photo stop at Caracas Bay – 15-minute coach drive through Villa Area – 15-minute visit to Caribbean Handcraft – 25-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to Landhuis Chobolobo and tastings.

**Walking:** Less than ¼ of a mile.



## WILLEMSTAD TROLLEY TRAIN

Tour code WIL/G | £26pp | 1 ½ hours

Hop on board the Willemstad Trolley Train and journey through the vibrant capital of Curaçao. Pass key landmarks of the island, including Scharloo, a former residential district lined with picture-perfect Colonial buildings, such as the recently restored Bolo di Bruid – the 'Wedding Cake House'. Continue past the striking Pietermaai Cathedral and the lush Queen Wilhelmina Park. As you wind through the city's colourful streets, soak up the lively atmosphere en route to your final landmark, Fort Amsterdam – a historically significant site and proud part of Curaçao's UNESCO World Heritage designation.

**Itinerary:** 15-minute taxi drive to the Trolley Train – 45-minute scenic trolley ride to the Pietermaai Cathedral – 10-minute Cathedral stop – 10-minute scenic trolley ride to Fort Amsterdam – 5-minute visit inside Fort Amsterdam – 15-minute optional taxi back to the pier

**What's included:** Guide, trolley train and return taxi transport.

**Walking:** Less than ¼ of a mile.

**Amenities:** Toilet facilities are not available.



Bolo di Bruid



Cas Abao Beach

## CASA ABAO BEACH BREAK & SCENIC DRIVE

Tour code WIL/Z | £40pp | 5 ¼ hours

Set off on a relaxing drive across the stunning island of Curaçao, beginning with a visit to Nena Sanchez's Art Gallery, renowned for its vibrant Dutch Caribbean landscapes bursting with bright, captivating colours. Next, continue to the idyllic Cas Abao Beach, one of Curaçao's most beautiful shores, famed for its pristine white sand and inviting turquoise waters. Enjoy ample leisure time to swim in the calm sea, unwind on your sunbed, or sip a refreshing soft drink while soaking up the serene atmosphere.

**Itinerary:** 30-minute coach drive to the Nena Sanchez Art Gallery – 15-minute visit to the Nena Sanchez Art Gallery – 15-minute coach drive to the Cas Abao Beach – 3 ½ hours of free time at the Cas Abao Beach – 45-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to Nena Sanchez Art Gallery and Cas Abao Beach, beach chair and a soft drink.

**Walking:** ¼ of a mile with 10 steps.

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- If you plan to swim on any of your shore tours, please wear swimwear underneath casual clothes and bring your own towel.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# BEQUIA GRENADINES

**Estimated arrival:** 08:30 Wed 01 Apr | **Estimated departure:** 16:30 Wed 01 Apr

**Average temperature:** High: 29°C Low: 24°C

**Currency:** Eastern Caribbean Dollar (EC\$) | **Average coffee price:** £2.20

**Shuttle bus available:** No | **Distance to transport:** 20m | **Distance to centre:** 20m

Fondly known as the 'Big little Island', Bequia is the northernmost of the Grenadines, with a lasting seafaring history. Famous for its sandy white beaches and topaz blue sea, it never feels crowded on Bequia, as can be seen from the few houses dotted within the lush green hillsides. A captivating part of the island is the Moonhole, where a huge natural rock arch has formed, but is now a private nature reserve and marine and wildlife sanctuary.



Bequia



Moonhole



Bequia is an anchor port. Disembarking when your ship is at anchor is a very different experience to when it's docked portside. A small boat or tender, which is accessed via the steps of a secured gangway, will be used to transport you between the ship and the port.



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Bequia and what we think is special about this port of call.

## MAGICAL MUSTIQUE

Tour code BEQ/C | £155pp | 5 ½ hours

Hop on board a leisurely cruise to the exclusive island of Mustique, sailing past the Grenadines' iconic landmarks, including the 'Moonhole' residential area and the historic whaling station of Petit Nevis. Upon arrival in picturesque Britannia Bay, Mustique, embark on a scenic coach journey to discover the island's stunning beauty. Relax and refresh yourself with a three-course lunch in a charming local fishing village before enjoying free time to explore at your own pace - whether swimming in the crystal-clear waters, strolling along traditional Caribbean streets, or simply sunbathing on the golden beaches.

**Itinerary:** 1 ½ hours boat cruise to Britannia Bay – 1 ½ hours lunch – 2 hours of free time – 1 ½ hours boat cruise back to the pier

**What's included:** Guide, boat cruise, coach transport, and a three-course lunch with a drink.

**Walking:** ¼ of a mile with 5 steps. Any additional walking is at your own discretion.



Britannia Bay

## BEQUIA SCENIC TOUR

Tour code BEQ/B | £49pp | 2 ½ hours

Discover the wonders of Bequia and the Grenadines on a scenic journey through breathtaking landscapes and vibrant island culture. Travel past historic Hamilton Fort to Mount Pleasant, where panoramic views of the Caribbean Sea and nearby islands await. Continue to the charming Paget Farm Community, where you can immerse yourself in the rich traditions of the island's oldest fishing community. Complete your experience with a refreshing drink at the rustic Whalebone Bar, known for its unique decor.

**Itinerary:** 10-minute coach drive to Fort Hamilton – 15-minute photo stop at Fort Hamilton – 20-minute coach drive to Mount Pleasant – 15-minute photo stop at Mount Pleasant – 25-minute coach drive to the Paget Farm Community – 15-minute visit to the Paget Farm Community – 15-minute coach drive to the Whalebone Bar – 20-minute visit to the Whalebone Bar – 15-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to the Paget Farm Community, and a soft drink.

**Walking:** ¼ of a mile with 5 steps.



Traditional fishing boats



## ADDITIONAL SHORE TOURS

### BEQUIA HIKING ADVENTURE

Tour code BEQ/G | £47pp | 4 hours

Embark on a scenic hike through the lush landscapes of Bequia, the largest island in the Grenadines. Journey past picturesque beaches on the island's southern coast before ascending Ma Peggy Whaling Lookout – Bequia's highest point, offering breathtaking 360-degree views of the island, the Caribbean Sea, and neighbouring isles. Pause to cool off and refresh yourself while savouring the stunning scenery, then continue your descent towards Lower Bay Beach – an idyllic, pristine spot perfect for swimming or relaxation after your adventurous trek.

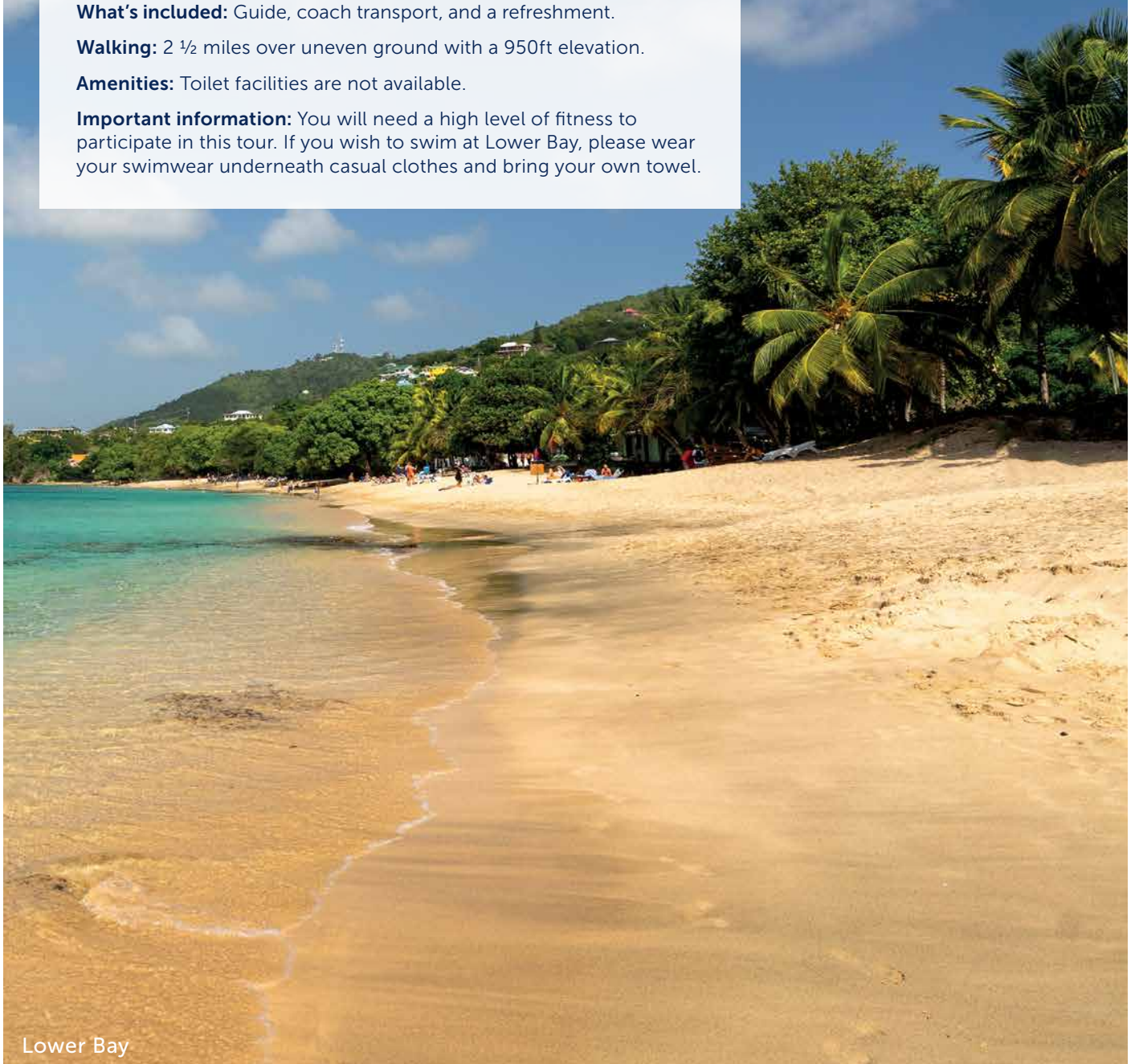
**Itinerary:** 20-minute coach drive to Bequia south side – 10-minute hike briefing – 1-hour hike up to Ma Peggy Whaling Lookout – 30-minute photo stop at the top of Ma Peggy Whaling Lookout – 1-hour hike down – 30-minute refreshments stop at Lower Bay Beach – 30-minute coach drive back to pier

**What's included:** Guide, coach transport, and a refreshment.

**Walking:** 2 ½ miles over uneven ground with a 950ft elevation.

**Amenities:** Toilet facilities are not available.

**Important information:** You will need a high level of fitness to participate in this tour. If you wish to swim at Lower Bay, please wear your swimwear underneath casual clothes and bring your own towel.



Lower Bay



Mango tree



### FIREFLY PLANTATION

Tour code BEQ/H | £42pp | 2 hours

Uncover the horticultural highlights of Bequia with a visit to the tranquil Firefly Plantation, a 20<sup>th</sup>-century estate boasting pristine grounds, a luxury hotel, and vibrant flowering trees. Accompanied by the Head Gardener, stroll through the gentle hillsides of this working plantation and discover an array of tropical fruits and plants, including sugar cane, citrus, and mango trees. After your guided tour, relax at the hotel and enjoy a refreshing fruit drink made from fresh produce harvested directly from the garden, perfectly capturing the essence of Bequia's lush landscape.

**Itinerary:** 15-minute safari truck drive to Firefly Plantation – 1-hour tour of Firefly Plantation – 30-minute refreshment break – 15-minute safari truck drive back to the pier

**What's included:** Guide, safari truck transport, admission to the Firefly Plantation and fresh juice.

**Walking:** ½ a mile with 5 steps.

### KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- Wildlife sightings cannot be guaranteed.
- All distances are approximate.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# ST. JOHN'S ANTIGUA

**Estimated arrival:** 10:30 Thu 02 Apr | **Estimated departure:** 21:30 Thu 02 Apr

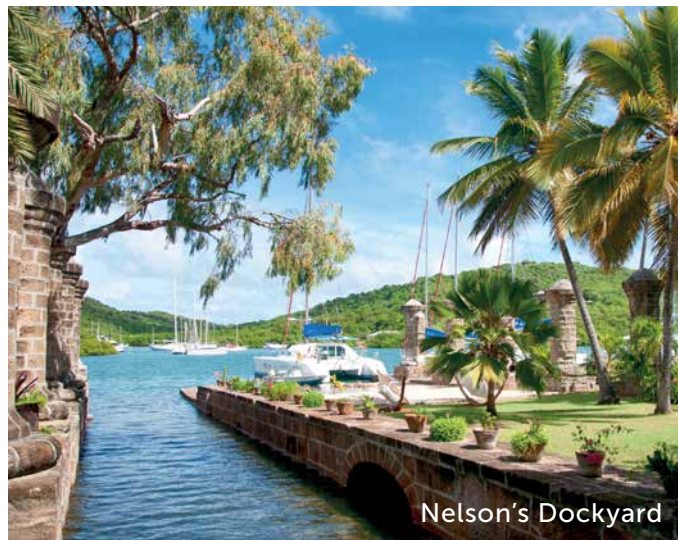
**Average temperature:** High: 29°C Low: 23°C

**Currency:** Eastern Caribbean Dollar (EC\$) | **Average coffee price:** £2.90

**Shuttle bus available:** No | **Distance to transport:** 200m | **Distance to centre:** 200m

Known as having a beach for every day of the year, Antigua and Barbuda are often referred to as the 'crown jewels' of the Caribbean. Explore the natural wonder of Devil's Bridge, where the Atlantic has sculpted a natural arch over centuries, surrounded by geysers and blowholes. In St. John's, vibrant red and yellow Colonial buildings contrast beautifully with the azure sea and green hills. Discover the island's history at Nelson's Dockyard in the English Harbour, a UNESCO World Heritage Site with ties to the Royal Navy. Visit the Blockhouse Ruins at Shirley Heights for panoramic views of the Atlantic Ocean, Nelson's Dockyard and English Harbour. Don't miss Betty's Hope, one of the island's earliest and most influential sugar plantations, established in 1674.

St. John's



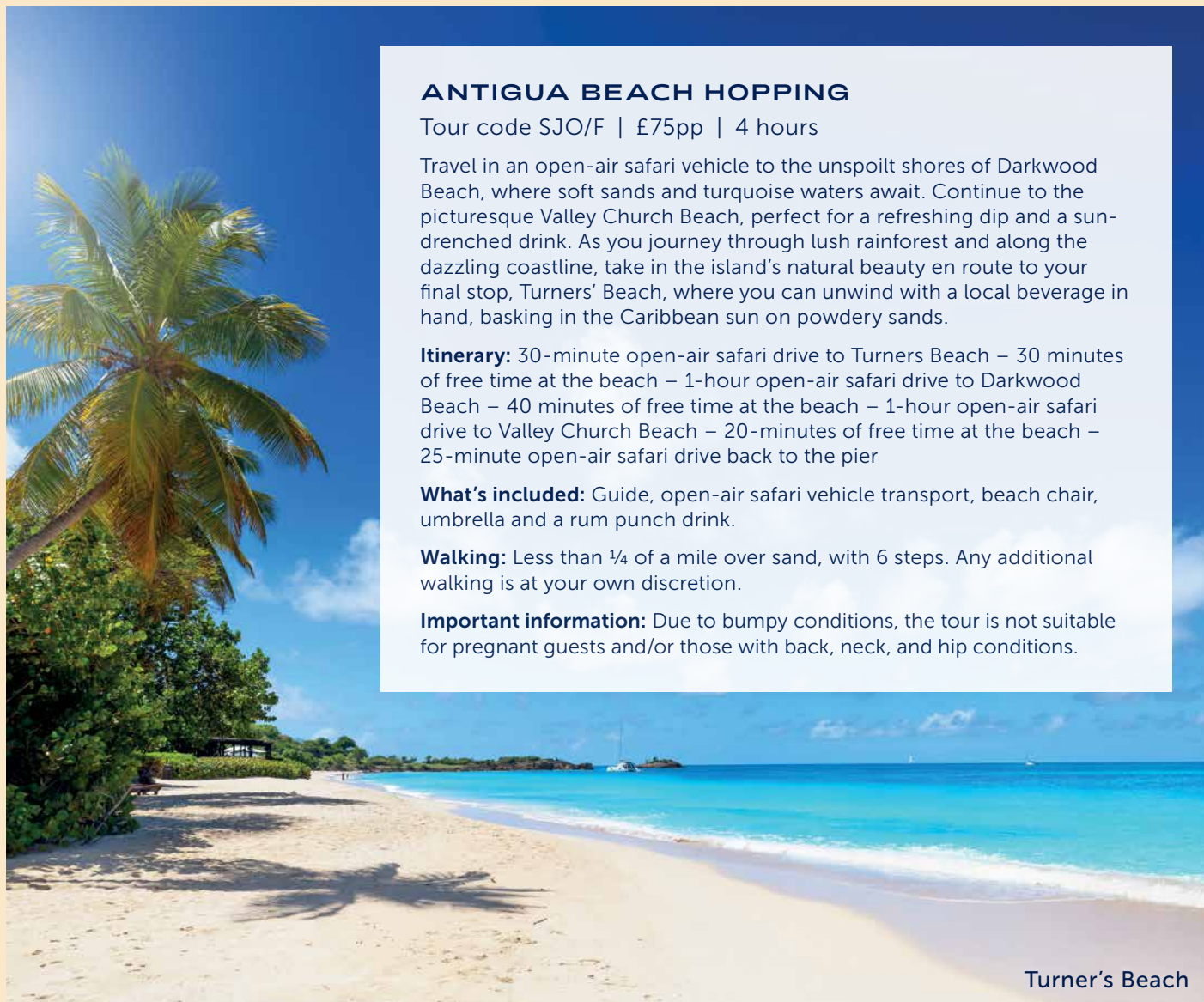
Nelson's Dockyard



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of St. John's and what we think is special about this port of call.



**ANTIGUA BEACH HOPPING**  
Tour code SJO/F | £75pp | 4 hours

Travel in an open-air safari vehicle to the unspoilt shores of Darkwood Beach, where soft sands and turquoise waters await. Continue to the picturesque Valley Church Beach, perfect for a refreshing dip and a sun-drenched drink. As you journey through lush rainforest and along the dazzling coastline, take in the island's natural beauty en route to your final stop, Turners' Beach, where you can unwind with a local beverage in hand, basking in the Caribbean sun on powdery sands.

**Itinerary:** 30-minute open-air safari drive to Turners Beach – 30 minutes of free time at the beach – 1-hour open-air safari drive to Darkwood Beach – 40 minutes of free time at the beach – 1-hour open-air safari drive to Valley Church Beach – 20-minutes of free time at the beach – 25-minute open-air safari drive back to the pier

**What's included:** Guide, open-air safari vehicle transport, beach chair, umbrella and a rum punch drink.

**Walking:** Less than ¼ of a mile over sand, with 6 steps. Any additional walking is at your own discretion.

**Important information:** Due to bumpy conditions, the tour is not suitable for pregnant guests and/or those with back, neck, and hip conditions.

Turner's Beach



## NELSON'S DOCKYARD & ENGLISH HARBOUR CRUISE

Tour code SJO/V | £79pp | 3 ½ hours

One of Antigua's most iconic landscapes, English Harbour is home to the historic Nelson's Dockyard, a beautifully preserved Georgian naval base and UNESCO World Heritage Site. Travel through the island's lush interior on a scenic journey to the dockyard, where history and natural beauty meet. Step aboard a boat and cruise the sparkling waters of English Harbour, taking in its unspoilt coastline and vibrant blue seas. Back on land, enjoy free time to explore at your own pace – wander among historic buildings, admire the yachts, or relax as you soak up the harbour's timeless charm.

**Itinerary:** 45-minute coach drive to Nelson's Dockyard – 1-hour visit to Nelson's Dockyard and English Harbour – 30-minute boat cruise – 30 minutes of free time – 45-minute coach drive back to the pier

**What's included:** Local guide, coach transport and boat ride.

**Walking:** ½ a mile over uneven ground with 15 steps.



## ADDITIONAL SHORE TOURS

### Antigua beach

#### ISLAND SAFARI BY TUK-TUK

Tour code SJO/EX | £85pp | 3 ½ hours

Dive into Antigua's rich history and vibrant culture as you journey across the island by tuk-tuk. Begin in the capital, St. John's, and travel through the historic city before heading into the verdant rainforest. Continue through lush greenery to a pristine beach, where you can relax and take in the picturesque views whilst enjoying a slice of banana bread, fresh fruit and a non-alcoholic drink or rum punch. Enjoy free time to swim in the clear waters, explore the shoreline, or simply unwind on a sunbed. On your return journey, pass secluded beaches and colourful buildings of St John's.

**Itinerary:** 40-minute tuk-tuk drive to the rainforest – 20-minute fruit sampling – 40-minute tuk-tuk drive to a local beach – 1 hour of free time at the beach – 45-minute tuk-tuk drive back to the pier

**What's included:** Guide, tuk-tuk, banana bread, fresh fruit and a non-alcoholic drink or rum punch.

**Walking:** Less than ¼ of a mile over varying terrain. Any additional walking is at your own discretion.

### ANTIGUA HIGHLIGHTS

Tour code SJO/A | £39pp | 2 ¼ hours

Discover what makes Antigua so special as you explore the island's rich culture, history, and daily life. Travel through the capital, passing the iconic St. John's Cathedral and Antigua Recreational Ground en route to the Old Factory Road, a bustling stretch lined with local shops and colourful homes. Venture deeper into the island's lush rainforest, taking in landmarks such as Fig Tree Drive and the majestic Boggy Peak. On your return, soak up the beauty of the Caribbean landscape, with sweeping views of the turquoise sea and white sand beaches.

**Itinerary:** 30-minute scenic coach drive through St. John's – 45-minute scenic coach drive through the rainforest – 30-minute coach drive back to the pier

**What's included:** Guide and coach transport.

**Walking:** Less than ¼ of a mile, with 4 steps.



St. John's Cathedral



## WINE & PINEAPPLE CATAMARAN

Tour code SJO/C | £49pp | 3 hours

Set aboard your catamaran and discover Antigua's stunning north-western coastline. Sail past Fort James, secluded beaches, and elegant five-star hotels while enjoying a fresh Antiguan pineapple paired with sparkling wine. Pause your voyage at one of the island's famous 365 beaches, where you can swim in tranquil waters and spot marine life, including turtles. After a refreshing break, rejoin your catamaran and relax on the return journey to St John's.

**Itinerary:** 3-hour scenic catamaran cruise across Antigua's coastline

**What's included:** Guide, catamaran cruise, fresh pineapple, sparkling wine, rum punch, beers, soft drinks and water.

**Walking:** ¼ of a mile. Any additional walking is at your own discretion.



Antigua

## ANTIGUAN LOCAL LIFE

Tour code SJO/Z | £79pp | 4 hours

Immerse yourself in authentic Antiguan life as you explore the island's vital farming and agricultural heritage. Visit the charming Smith's Estate, a working cattle and sheep farm where you'll gain insight into daily life for local farmers. At nearby Claremont Farm, sample Antigua's famous black pineapples—exceptionally sweet, low in acidity, and bursting with tropical flavour. Complete your experience at Weatherill's Estate, once one of the island's most productive sugar mills, and see a restored windmill that can be climbed for sweeping views over Antigua's lush landscapes.

**Itinerary:** 30-minute coach drive to the Smith's Estate – 30-minute visit to the Smith's Estate – 40-minute coach drive to Claremont Farm – 35-minute visit to Claremont Farm – 45-minute coach drive to the Weatherill's Estate – 35-minute visit to the Weatherill's Estate – 25-minute coach drive back to the pier

**What's included:** Guide, coach transport, and pineapple tastings.

**Walking:** ½ a mile over varying terrain, with 6 steps.



Antiguan Pineapples

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- If you'd like to swim during your shore tours, please wear swimwear underneath casual clothes and bring your own towel
- Regretfully, collapsible wheelchairs, electric scooters and walking aids cannot be stored in the tour transport.

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# PHILIPSBURG ST. MAARTEN

**Estimated arrival:** 08:30 Fri 03 Apr | **Estimated departure:** 17:30 Fri 03 Apr

**Average temperature:** High: 30°C Low: 24°C

**Currency:** Netherlands Antillean Guilder (ANG) | **Average coffee price:** £2.40

**Shuttle bus available:** No | **Distance to transport:** 500m | **Distance to centre:**  $\frac{3}{4}$  of a mile

Philipsburg, the capital of Dutch St. Maarten, lies between Great Bay and the Great Salt Pond in the Caribbean, where Dutch and French cultures blend with British and African influences. Despite being governed by two nations, St. Maarten and French St. Martin share a rich, intertwined heritage. Today, schoolchildren on both sides learn Dutch, English, and French. While ashore, savour the local dish of conch and dumplings, visit Maho Beach, Simpson Bay, and Oyster Bay for swimming, snorkelling and boat cruises, and explore Philipsburg's vibrant duty-free shops, beachfront bars, casinos and restaurants. Experience the thrill of aircraft landing just metres above you at Maho Beach, a unique and exhilarating spectacle.

Simpson Bay



Philipsburg





# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Philipsburg and what we think is special about this port of call.

## SCENIC TOUR & TOPPER'S RHUM DISTILLERY

Tour code PHI/P | £75pp | 3 ½ hours

One of St. Maarten's most famous exports is rum, and this unforgettable experience offers a fascinating insight into the history of this iconic Caribbean liquor. Travel to Topper's Rhum, home to St. Maarten's official rum, and learn about the rich heritage of rum and the Topper's brand. Guided by an expert, explore the laboratory where unique rum flavours are crafted and visit the production room where the bottles are made. Finish your visit with over 20 delicious tastings of rum, immersing yourself in the true flavour of St. Maarten's celebrated spirit.

**Itinerary:** 1-hour scenic coach drive to Topper's Rhum Distillery – 1 ½ hours guided tour of Topper's Rhum Distillery with tasting experience – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport, admission to Topper's Rhum and rum tastings.

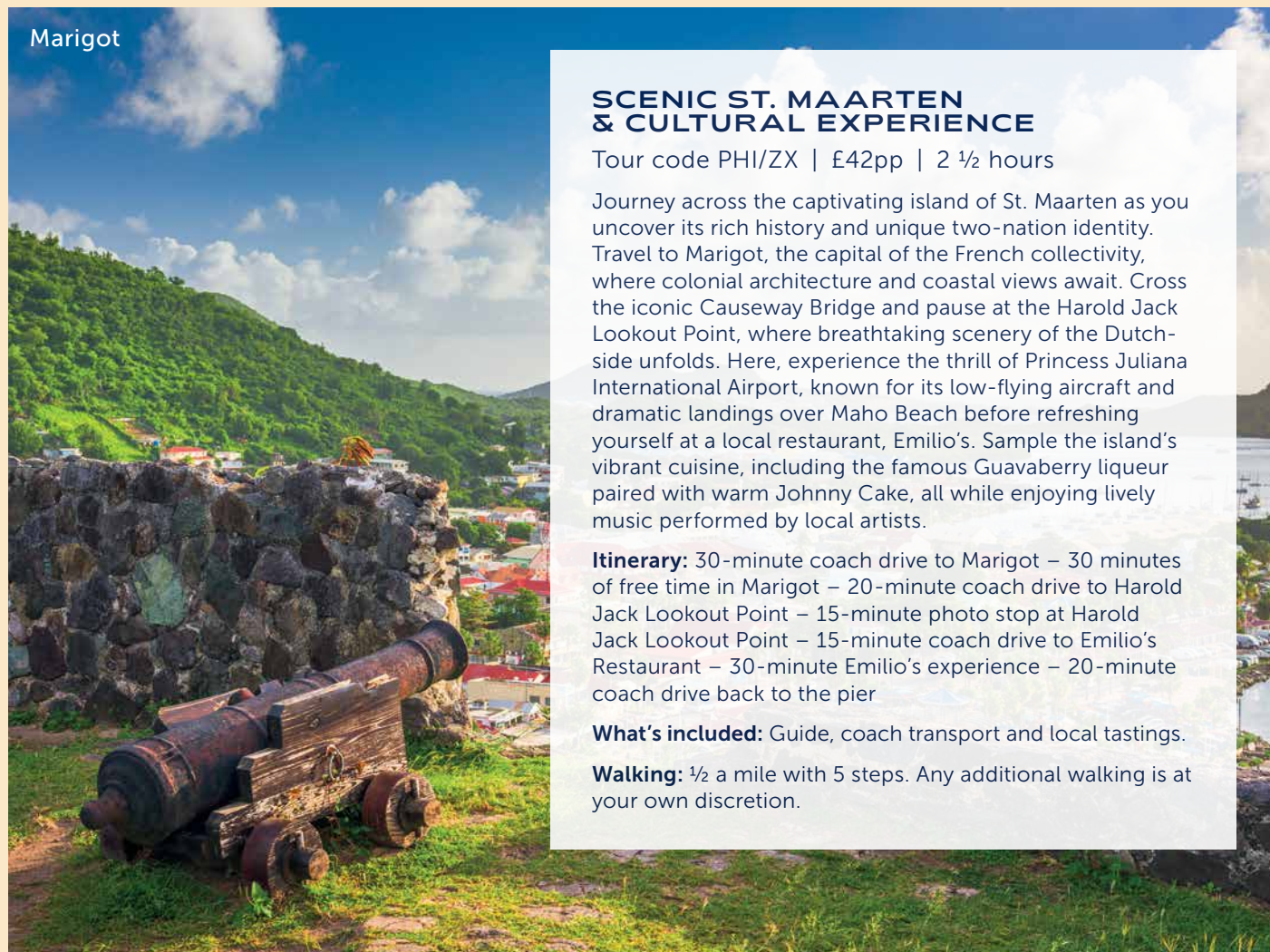
**Walking:** ¼ of a mile with 10 steps. You will be standing during the guided tour.

**Important information:** This tour is not suitable for wheelchair users or those with limited mobility.



Rhum

## Marigot



## SCENIC ST. MAARTEN & CULTURAL EXPERIENCE

Tour code PHI/ZX | £42pp | 2 ½ hours

Journey across the captivating island of St. Maarten as you uncover its rich history and unique two-nation identity. Travel to Marigot, the capital of the French collectivity, where colonial architecture and coastal views await. Cross the iconic Causeway Bridge and pause at the Harold Jack Lookout Point, where breathtaking scenery of the Dutch-side unfolds. Here, experience the thrill of Princess Juliana International Airport, known for its low-flying aircraft and dramatic landings over Maho Beach before refreshing yourself at a local restaurant, Emilio's. Sample the island's vibrant cuisine, including the famous Guavaberry liqueur paired with warm Johnny Cake, all while enjoying lively music performed by local artists.

**Itinerary:** 30-minute coach drive to Marigot – 30 minutes of free time in Marigot – 20-minute coach drive to Harold Jack Lookout Point – 15-minute photo stop at Harold Jack Lookout Point – 15-minute coach drive to Emilio's Restaurant – 30-minute Emilio's experience – 20-minute coach drive back to the pier

**What's included:** Guide, coach transport and local tastings.

**Walking:** ½ a mile with 5 steps. Any additional walking is at your own discretion.



## ADDITIONAL SHORE TOURS

### SIMPSON BAY BEACH BREAK

Tour code PHI/Z | £45pp | 4 hours

Set off for a relaxing escape to one of St. Maarten's most idyllic beaches – Simpson Bay Beach. Located on the Dutch side of the island, this serene stretch of coastline offers the perfect setting to unwind at your own pace. Swim in the crystal-clear Caribbean waters, bask in the sunshine with a cocktail in hand, or savour the vibrant local culture and cuisine at nearby beachside spots. After your time in paradise, return to Philipsburg and take the opportunity to browse for unique souvenirs and gifts before making your own way back to the ship.

**Itinerary:** 30-minute coach drive to Simpson Bay Beach – 3 hours of free time at Simpson Bay Beach – 30-minute coach drive back to Phillipsburg

**What's included:** Guide, coach transport, beach lounge chair and a cocktail.

**Walking:** Less than ¼ of a mile with 5 steps.



Simpson Beach



Phillipsburg

### SAIL & SNORKEL CRUISE

Tour code PHI/SS | £99pp | 3 ½ hours

Step on board the *Spirit of St. Maarten* and embark on an unforgettable sailing adventure, uncovering the island's stunning beauty from the sea. As you soak up the Caribbean sun, enjoy a delicious fresh buffet. Pause near the coast for the chance to snorkel in the crystal-clear waters, discovering vibrant coral reefs, colourful fish, and graceful sea turtles.

**Itinerary:** 10-minute walk to the water taxi pier – 20-minute safety briefing and donning of equipment – 30-minute sailing experience – 1-hour snorkelling experience – 1-hour sail back to the water taxi pier – 10-minute walk back to the pier

**What's included:** Sailing vessel, open bar and fresh buffet lunch.

**Walking:** ¼ of a mile with 3 steps.



## SUNSET CRUISE

Tour code PHI/ZZ | £65pp | 1 ½ hours

Complete your day in Phillipsburg with an unforgettable sunset cruise that captures the true magic of St. Maarten. As you gently glide across the calm Caribbean waters, relax and unwind while taking in the breathtaking landscapes, from Phillipsburg's vibrant, colourful waterfront to the peaceful, tranquil bays that stretch out before you. Keep an eye out for playful dolphins dancing alongside the boat as the sky transforms into a palette of oranges and pinks. As the sun begins to set, savour a refreshing rum punch or a tippie of your choice perfectly complemented by the soothing sounds of Caribbean music.

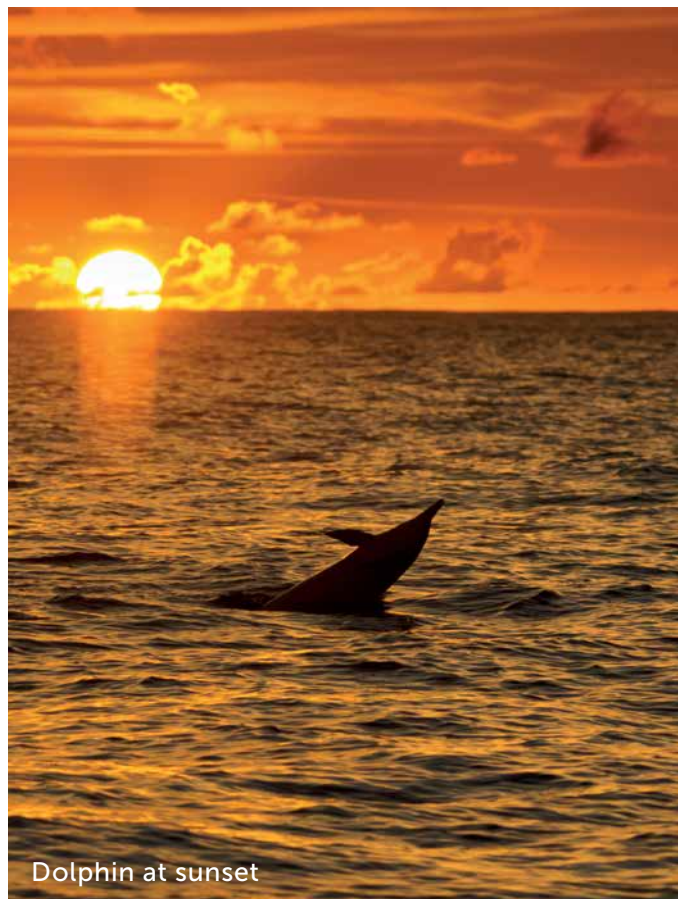
**Itinerary:** 10-minute walk to the water taxi pier – 20-minute safety briefing – 1-hour sunset cruise – 10-minute walk back to the pier

**What's included:** Catamaran cruise, rum punch or similar beverage and soft drinks.

**Walking:** ¼ of a mile with 3 steps onto the cruise.



Sun conure



Dolphin at sunset

## BIRD PARK EXPERIENCE

Tour code PHI/WX | £49pp | 3 hours

Uncover the wildlife of St. Maarten on an unforgettable island adventure, encountering exotic birds and reptiles along the way. Begin with a visit to the scenic Coralita Lookout, offering sweeping views of nearby St. Barthelémy. Joined by a knowledgeable local guide, explore the island's rich history and culture before getting up close to iguanas, a common native species. Journey past the symbolic border monument to Parrot Ville, a vibrant tropical bird sanctuary where you'll have the chance to meet, feed and learn about a colourful array of birds, including the sun conure, ring-necked parakeet and black-headed caique.

**Itinerary:** 30-minute coach drive to Coralita Viewpoint – 15-minute photo stop at Coralita Viewpoint – 10-minute coach drive to iguana feeding location – 5-minute iguana feeding experience – 15-minute coach drive to Parrot Ville – 1 ¼ hours visit to Parrot Ville – 30-minute coach drive back to the pier

**What's included:** Guide, coach transport and admission to the Coralita Lookout and Parrot Ville.

**Walking:** 1 mile over uneven terrain.

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed
- If you wish to swim during your tours, please wear swimwear underneath casual clothes and bring your own towel.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

Full terms and conditions can be found at the back of your guide or at [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information).



# PONTA DELGADA AZORES

**Estimated arrival:** 08:30 Fri 10 Apr | **Estimated departure:** 15:30 Fri 10 Apr

**Average temperature:** High: 17°C Low: 13°C | **Currency:** Euro (€) | **Average coffee price:** £1.00

**Shuttle bus available:** No | **Distance to transport:** 200m | **Distance to centre:** 500m

During your visit to the island of São Miguel, home to beautiful mountains, sandy beaches, and the famous twin crater lakes of the extinct Sete Cidades Volcano, there will also be the opportunity to explore Lagoa do Fogo, one of the highest crater lakes on the island, offering glorious autumnal scenery. You may choose to relax in the natural hot springs of Furnas Valley, surrounded by lush greenery and cascading waterfalls, or try the local delicacy of 'Cozido das Furnas', a hearty stew cooked underground by the heat of volcanic activity. You'll also be ideally placed to taste the island's tea at Europe's only tea plantation, Gorreana, sample a sweet local pineapple, as it's quite possible to experience four seasons in one day, so crops are plentiful, or join an exhilarating whale-watching tour.



Furnas Valley



Old Town



# HAND-PICKED SHORE TOURS



Our Journey Planners have carefully selected the below shore tours to allow you to discover the very best of Ponta Delgada and what we think is special about this port of call.

## SCENIC DRIVE TO THE CRATER LAKES

Tour code PDL/G | £30pp | 2 hours

Experience the natural phenomena of the Sete Cidades Crater Lakes. This awe-inspiring landscape is home to the iconic green and blue twin lakes separated by a seven arched bridge, which symbolises the seven cities of the lost continent of Atlantis. Your guide will offer insights into the importance of the lakes and the many myths and legends connected to them, including the famously tragic love story between the Princess and Shepherd.

**Itinerary:** 45-minute coach drive to the Sete Cidades Crater Lakes – 15-minute photo stop at the Sete Cidades Crater Lakes Viewpoint – 20-minute coach drive to the Carvao Viewpoint – 10-minute photo stop at the Carvao Viewpoint – 30-minute coach drive back to the pier

**What's included:** Local guide and coach transport.

**Walking:** Less than ¼ of a mile to access the viewpoints.

**Amenities:** Toilet facilities are not available.



Sete Cidades Crater Lakes

## WHALE WATCHING

Tour code PDL/Z | £85pp | 3 ½ hours

Embark on a scenic catamaran cruise for a wildlife-spotting adventure. Departing from the pier, you will sail across the crystalline waters in search of dolphins and whales in their natural habitat. These blue coastal waters are home to an abundance of magnificent marine mammals including the humpback, minke, blue, sei, and northern bottlenose whales. You may also catch a glimpse of turtles, sunfish or schools of tuna. These resident species live here all-year round, giving you a fantastic opportunity to watch them as they breach the surface along the coastline. Your crew will be on hand to direct your attention to any wildlife spotted and answer any questions.

**Itinerary:** 5-minute walk to Whale Watching Base – 20-minute safety briefing – 2 ½ hours whale watching cruise – 5-minute walk back to the pier

**What's included:** Guide and whale watching cruise.

**Walking:** Less than ¼ of a mile, with 2 steps to board the catamaran.

**Important information:** Due to bumpy conditions, this tour is not recommended for young children, pregnant guests or those with pre-existing back, neck and hip conditions. Collapsible wheelchairs, electric scooters and walking aids cannot be stored on the transport.



Sperm whale

## ISLAND NATURE

Tour code PDL/H | £55pp | 3 ¾ hours

Experience the natural highlights and unique culture of São Miguel. Join your guide as you travel through the lush green forests to Sete Cidades Crater Lakes, one of the seven natural wonders in Portugal. You will have the opportunity to see how the residents of this area live, witnessing their strong sense of tradition and culture before visiting a local hotel to enjoy some local Azorean wine and cheese.

**Itinerary:** 1-hour coach drive to the Sete Cidades Village – 30-minute stop at the Sete Cidades Village – 10-minute coach drive to Santiago Lake – 10-minute visit to Santiago Lake – 5-minute coach drive to the Sete Cidades Crater Lakes – 15 minute visit to the Sete Cidades Crater Lakes – 40-minute coach drive to hotel – 45-minute visit to the hotel – 10-minute coach drive back to the pier

**What's included:** Local guide, coach transport and refreshments.

**Walking:** ½ a mile with 20 steps at the hotel. Lifts are available.



Sete Cidades Crater Lakes



## ADDITIONAL SHORE TOURS

### PINEAPPLE GREENHOUSE & TEA PLANTATION

Tour code PDL/T | £45pp | 3 ½ hours

Taste the flavours of the Azores on this tour. See firsthand how the island's greenhouses are used to cultivate and market São Miguel's intensely flavoured pineapples, a major island crop that thrives in the rich volcanic soil of the area. Next, journey along the north road and enjoy the impressive views of the green landscapes, as you make your way to the Gorreana Tea Plantation, the oldest tea garden in Europe. Here, you will be treated to an incredible view over the plantation, and learn about the production processes in the factory, before concluding with a tea tasting session.

**Itinerary:** 20-minute coach drive to the Pineapple Plantation – 30-minute visit to the Pineapple Plantation – 55-minute coach drive to the Gorreana Tea Plantation – 45-minute visit to the Gorreana Tea Plantation – 1 hour coach drive back to the pier

**What's included:** Local guide, coach transport, admission to the Pineapple Plantation and Gorreana Tea Plantation and tea tasting.

**Walking:** Less than ¼ of a mile over gravel and uneven ground, with 15 steps. You will be standing for the majority of the tour.



Tea plantation

### CRATER LAKES SCENIC DRIVE & BIKE RIDE

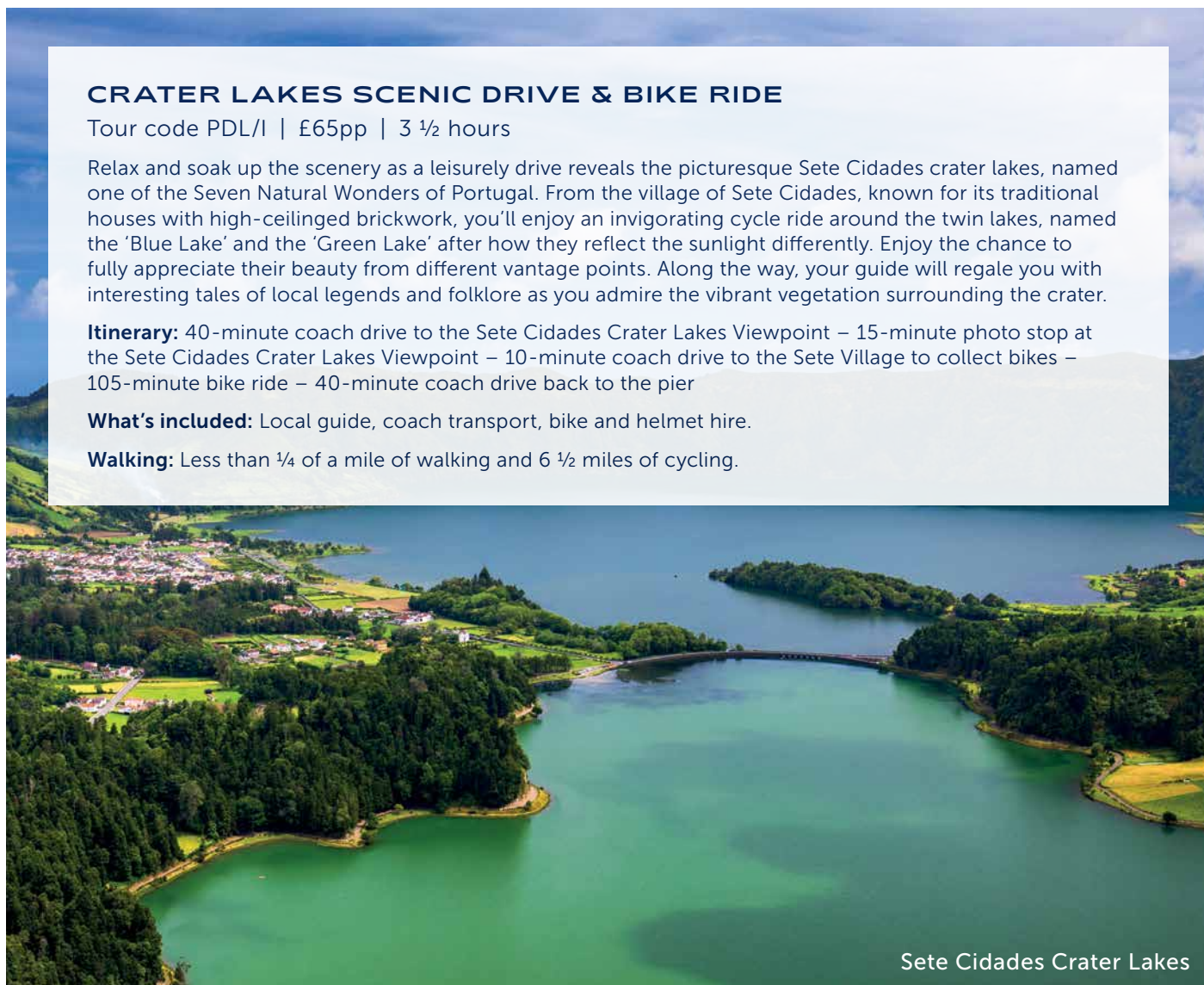
Tour code PDL/I | £65pp | 3 ½ hours

Relax and soak up the scenery as a leisurely drive reveals the picturesque Sete Cidades crater lakes, named one of the Seven Natural Wonders of Portugal. From the village of Sete Cidades, known for its traditional houses with high-ceilinged brickwork, you'll enjoy an invigorating cycle ride around the twin lakes, named the 'Blue Lake' and the 'Green Lake' after how they reflect the sunlight differently. Enjoy the chance to fully appreciate their beauty from different vantage points. Along the way, your guide will regale you with interesting tales of local legends and folklore as you admire the vibrant vegetation surrounding the crater.

**Itinerary:** 40-minute coach drive to the Sete Cidades Crater Lakes Viewpoint – 15-minute photo stop at the Sete Cidades Crater Lakes Viewpoint – 10-minute coach drive to the Sete Village to collect bikes – 105-minute bike ride – 40-minute coach drive back to the pier

**What's included:** Local guide, coach transport, bike and helmet hire.

**Walking:** Less than ¼ of a mile of walking and 6 ½ miles of cycling.



Sete Cidades Crater Lakes



## HIGHLIGHTS OF THE ISLAND

Tour code PDL/C | £49pp | 4 hours

Discover the magical landscape of the island of São Miguel with its vast peaks, dense tropical jungle, and sapphire blue lakes. Visit one of the most beautiful sights of the Azores, the Fire Lake, 'Lagoa do Fogo' – a huge body of water that fills the ground of an extinct crater; Caldeira Velha, a natural monument in a lush tropical valley with warm waterfalls and picturesque hot springs; and the Gorreana Tea Factory, the only tea plantation in Europe, where you will learn the family's production secrets, whilst enjoying a cup of tea and slice of pineapple cake.

**Itinerary:** 40-minute coach drive to the Fire Lake – 15-minute visit to the Fire Lake – 10-minute coach drive to Caldeira Velha – 30-minute visit to Caldeira Velha – 35-minute coach drive to the Gorreana Tea Plantation – 1-hour visit to the Gorreana Tea Plantation – 10-minute coach drive to Santa Iria Belvedere – 10-minute visit to the Santa Iria Belvedere – 30-minute coach drive back to the pier

**What's included:** Local guide, coach transport, admission to the Fire Lake, Gorreana Tea Plantation and Santa Iria Belvedere, tea and pineapple cake.

**Walking:** ½ a mile over uneven ground with steep inclines and 80 steps up/down to Caldeira Velha.

**Important information:** This tour contains a high level of fitness therefore, is not suitable for guests with limited mobility.



Sete Cidades Crater Lakes



Caldeira Velha

## SETE CIDADES JEEP ADVENTURE

Tour code PDL/D | £70pp | 3 ½ hours

Enjoy an exhilarating four-wheel Jeep drive up into the mountains to explore the rugged mountains covered with indigenous trees, hydrangeas and other varieties of vegetation contrasting with the softness of the valleys, the sparkling streams and the small villages. Visit Sete Cidades and the main crater of this extinct volcano, 575m above sea level. From the edge of the crater, admire the magnificent view of the two lakes. You will also have the opportunity to visit Santiago Lake, situated at the bottom of an extinct crater.

**Itinerary:** 45-minute Jeep drive to Sete Cidades – 2-hour Jeep tour across Sete Cidades village and lakes – 45-minute Jeep drive back to the pier

**What's included:** Guide, driver and 4x4 Jeep transport.

**Walking:** Less than ½ of a mile over uneven ground, with 1 large step to board the Jeep.

**Important information:** Due to bumpy conditions, this tour is not recommended for young children, pregnant guests or those with pre-existing back, neck and hip conditions.

## KNOW BEFORE YOU GO

- Access to toilet facilities is available on all tours unless otherwise specified.
- All distances are approximate.
- Wildlife sightings cannot be guaranteed.
- Collapsible wheelchairs, electric scooters and walking aids **can** be stored in the tour transport unless otherwise specified.

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# YOUR ON BOARD EXPERIENCES

We have a host of activities for you to enjoy whilst you are on board with us. Whether you would like to join us in one of our Speciality Restaurants, sit and watch the world go by in The Observatory Lounge, or would prefer to fill your time meeting your fellow guests and enjoying our entertainment programme, there are plenty of options for you to try.

Visit your My Cruises account to discover the pre-bookable experiences which are available for your cruise.





# DELICIOUS DINING

Dining in our elegant restaurants and dining venues is a high point of every Fred. Olsen cruise. There are deliciously tempting dishes – expertly crafted by our chefs – on offer throughout the day, presented with the personal touch of Fred. Olsen’s famous on board service. At the heart of the dining experience on *Borealis* are the ship’s elegant and spacious two-tiered main restaurants; Aurora and Borealis.

## FORMAL NIGHTS

On your cruise we will be hosting ten Formal Nights, your chance to dress to impress and enjoy a night of extra indulgence, with an extra special menu. Ladies may choose to wear glamorous dresses, skirt or trousers with a sparkly top, while many gentlemen opt for black tie or a smart suit and tie. Your Formal Nights are subject to change and will be confirmed in your *Daily Times* once on board.

We are also pleased to announce you will also have nine Theme Nights throughout your cruise, these are subject to change and will be confirmed in your *Daily Times* once on board.

**60s Night**  
**Carnival Night**  
**Rock ‘n’ Roll**

**Nautical Day**  
**Polar Night**  
**1920s Night**

**Black & White Ball**  
**Masquerade Ball**  
**British Night**







## COLOURS & TASTES

Pre-bookable dining option

**£15pp pre-book**

**£20pp on board**

Our Colours & Tastes restaurant offers an unforgettable experience with three distinct menus that rotate throughout your cruise: the indulgent Gourmet Grill, the timeless Traditional Italian, and the bold Asian Fusion.

## TRADITIONAL AFTERNOON TEA

Pre-bookable extra

**£13pp**

A delicious afternoon tea will be served on selected sea days in the buffet restaurant, with a selection of sandwiches, scones and cakes on offer, accompanied by freshly brewed tea or coffee. For something extra special, you can also book ahead for our Traditional Afternoon Tea in our stylish Observatory Lounge on selected sea days. Your choice from a selection of premium teas by the Rare Tea Company is served, along with elegant finger sandwiches, pastries and warm scones with jam and clotted cream. Traditional Afternoon Tea can be booked up to eight weeks prior to sailing via your My Cruises account.



## THE CHEF'S TABLE EXPERIENCE

**From £100pp**

For true culinary enthusiasts, savour an exclusive multi-course menu crafted by our expert chefs, paired with premium wines selected by our Sommeliers. Hosted by a Fred. Olsen representative, this intimate evening offers an extraordinary dining experience.





# BOOKABLE EXPERIENCES

We have a wide range of bookable experiences available throughout your cruise. Spaces for these special experiences are limited, so we highly recommend booking before you sail. Visit your My Cruises account to find out more about available experiences for your cruise and secure your spot.



## MARTINI EXPERIENCE

From £22pp

In our fun Martini Experience our talented Bar Team shake up a storm and teach you how to create your favourite tipples. From the original dirty martini to recipes with a modern twist, discover the origins of this classic cocktail in this immersive experience. Our Martini Experience is limited to just 30 people.



## RARE TEA TASTINGS

From £18pp

Passionate about their craft, our knowledgeable tea sommeliers can recommend an infusion for any type of taste or mood with their range of luxury, sustainable teas supplied by London-based The Rare Tea Company. Our tea tastings are limited to just 14 people per session.



## ARGENTINIAN & URUGUAYAN WINE TASTING

From £60pp

With our expert Sommelier, learn how to fully appreciate the intricacies of a selection of Argentinian and Uruguayan wines. From their production methods to the depth of flavour and aroma in every glass, you can learn the art of pairing food with wine to create combinations which perfectly blend the nuances of their flavour.



## CARIBBEAN RUM TASTING

From £40pp

Joined by our expert Sommelier, enjoy an immersive tasting experience featuring a curated selection of premium local rums from across the diverse islands of the Caribbean. Learn about the unique distillation methods, aging processes, and cultural influences that shape each spirit's distinct character, all while savouring the rich history and flavours of the region.



## BEHIND-THE-SCENES TOUR

From £59pp

Step behind the scenes to explore areas of the ship that are usually off-limits to guests and uncover the secrets and challenges of running a cruise ship. Venture into the Galley to see how our chefs prepare your delicious meals, learn what it takes to manage the stores and laundry room, and enjoy visits to the Engine Control Room and the Bridge. Throughout the tour, you will have the opportunity to meet and speak with our dedicated crew members and gain an insight into life on board. Spaces are limited to just 12 guests per tour.

**Important information:** This tour is not suitable for wheelchair users due to the stairs to the lower decks.



## PORT & CHOCOLATE PAIRING

From £30pp

Chocolate is an important part of the South and Central America's culture. Join our expert Sommelier for this special chocolate and Port wine tasting and discover which flavours make the best pairings. Spaces for this session are limited, so we highly recommend booking before sailing to avoid disappointment.



## GUEST SPEAKER LUNCHES

From £15pp

Throughout the cruise, some of our wonderful guest speakers will be hosting private lunches with small groups focusing on a particular topic of conversation within their area of expertise, giving you the chance to chat to them on a more intimate and personal level.







# SPA & WELLNESS

Whether you prefer filling your time with exciting experiences and physical activities, or would rather do as little as possible, *Borealis* has plenty of activities on offer.



## THERMAL SUITE

Book on board

**Passes from £15pp**

**Packages from £99pp**

Our Thermal Suite is a relaxation centre with the ambience of a Turkish bath. The steam rooms are filled with aromatherapy vapours which are the perfect way to unwind and de-stress, while our heated ceramic relaxation beds are designed to match the curvature of your spine and melt away muscle tension. Our mineral bath, heated to body temperature, gently embraces you with warmth to alleviate sore joints and soothe away your aches, providing wonderful relief for tired muscles. This is the perfect experience for poor circulation and just right after a long day exploring ashore.



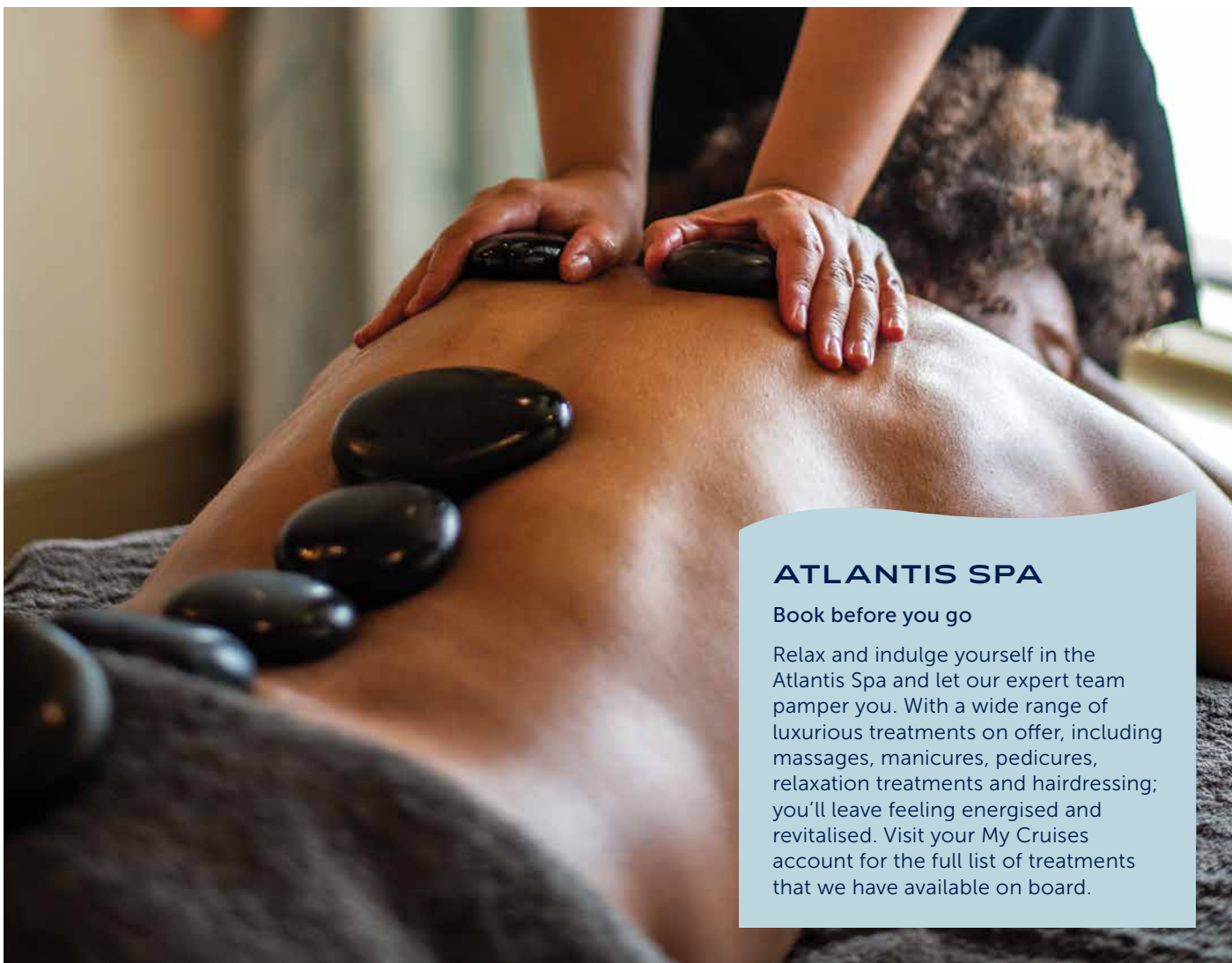


## SWIMMING POOL & JACUZZIS

*Borealis'* all-weather swimming pool is perfect for taking a cooling dip after a few hours in the sunshine, or simply swimming a few lengths. For blissful relaxation, head for a Jacuzzi and let the warm, bubbling water soak any cares away. The pool is surrounded by plenty of open deck space and comfortable loungers, so there's somewhere to relax when you're not in the water too, while nearby, the al fresco Poolside Café offers delicious dishes for you to enjoy at your leisure.

## FITNESS CENTRE

If you enjoy working out, *Borealis'* fully equipped Fitness Centre has a wide selection of running machines, cross trainers, bikes and weights available. We also run a variety of complimentary yoga, aerobics and Pilates classes here which are suitable for everyone from beginners to regular gym-goers. You can also treat yourself to Personal Training sessions with our fully qualified, friendly trainers, where you can receive a one-to-one programme tailored just for you. Full details on these classes can be found in your *Daily Times* once on board.



## ATLANTIS SPA

**Book before you go**

Relax and indulge yourself in the Atlantis Spa and let our expert team pamper you. With a wide range of luxurious treatments on offer, including massages, manicures, pedicures, relaxation treatments and hairdressing; you'll leave feeling energised and revitalised. Visit your My Cruises account for the full list of treatments that we have available on board.



# SHORE TOUR INFORMATION

Our way is about creating experiences that attract like-minded travel enthusiasts; people who love to experience nature, absorb other cultures and are as excited to engage with the wonders of the world as we are.

At each port of call we have carefully researched and selected some wonderful options for you. Each tour has been designed, and will be operated by our trusted tour providers, whose tour guides are immersed in local knowledge.

## TO BOOK YOUR TOURS

We hope you are looking forward to your cruise. As tours are sold on a first-come, first served basis we recommend booking before you travel to secure your place. You can do this online at [fredolsencruises.com/my-cruises](https://fredolsencruises.com/my-cruises).

Pre-booking for shore tours will close five working days prior to departure. After this time, they can be booked once on board through our Destinations Team.

## HELPFUL INFORMATION

- **Look out for your *Daily Times***  
Your on board *Daily Times* will have lots of information on ports of call, timings and where to find more details. This will be delivered to your cabin each evening.
- **Meet your on board Destinations Team**  
Your Destination Manager and their team will be on board to provide advice on where to go and what to do at each destination, and they can also assist you with booking (or altering) your tours. The team will host port talks throughout the cruise, just look out for details in your *Daily Times*.
- **Check your tour mobility requirements**  
Some of our tours involve a lot of walking or require a certain amount of mobility. Please do check the details before you book as we would not like you to be disappointed if you are unable to participate.
- **Anchor Ports**  
Disembarking when your ship is at anchor is a very different experience to when it's docked portside. Getting ashore in this instance often involves the use of the ship's tender, a small boat, which is accessed via the steps of a secure gangway.  
  
Your safety and wellbeing are, of course, our main concern, and we want you to be as comfortable as possible when getting on and off your cruise ship. There are approximately 25 steps from the ship to the tender on our vessels.  
  
If you have any questions about access at these ports, please contact our friendly team.

## FAQS

For more frequently asked questions please visit: [fredolsencruises.com/faqs](https://fredolsencruises.com/faqs)

## TERMS & CONDITIONS

All tours listed in this booklet are managed by and operated by our local tour providers, whose services you are purchasing. All tours include local tour provider insurance and are guaranteed to get you back to the ship before it departs.

Access to toilet facilities is available on all tours unless otherwise specified. Collapsible wheelchairs, electric scooters and walking aids can be stored in the tour transport unless otherwise specified. On some occasions, tours may operate in a different order than stated. Outdoor activities may be cancelled in the event inclement weather makes it unsafe to operate the excursion as planned, in which case a full refund will be given. Wildlife sightings cannot be guaranteed.

Please ensure that you are equipped with appropriate footwear and clothing for your chosen tour. Please review the requirements before making a booking. Specific details can be found within each tour description.

All prices and timings listed in this guide are correct at the time of printing, however they are subject to change without notice.

For full terms and conditions, please visit [fredolsencruises.com/legal/shore-tour-information](https://fredolsencruises.com/legal/shore-tour-information). To request a printed copy, please contact us on **01473 746 163**.

## CONTACT INFORMATION

### Before you travel:

Our shore-based Destinations Team is available  
Monday – Friday, 9:00am – 5:00pm.  
Phone: 01473 746 163

### Once on board:

You can find our on board Destinations Team on Main Deck 6, next to Guest Services. Their opening hours will be detailed in the *Daily Times*.

### Guest Services:

To make a booking for Speciality Dining or The Atlantis Spa, please visit your My Cruises account or contact our friendly Guest Services Team.

Monday – Saturday, 9:00am – 5:00pm

Phone: 0800 0355 145

Email: [guest.services@fredolsen.co.uk](mailto:guest.services@fredolsen.co.uk)





## UNFORGETTABLE 2027 GRAND VOYAGE AROUND THE WORLD WITH JAPAN & HAWAII

This extraordinary world cruise aboard *Borealis* is an epic voyage of discovery, showcasing an incredible array of iconic landmarks, diverse cultures and natural wonders in a mix of renowned cities and hidden gems.

To find out more, scan the QR code to the left



Mount Fuji

## TOUR PROVIDERS

- Noatum
- Inter cruises
- A.A.B Viking
- FBTT Travel
- Abercrombie & Kent Brazil
- Furlong Incoming
- Viajes Bueme's
- Corea & Co
- Sullivan Shipping Services
- DMC Chile S.A
- Abercrombie & Kent Peru
- Rendezvous Antigua
- Elite Shore Excursions
- Swiss Travel
- SEICO
- Delilse Walwyn Agencia Acoreana de Viagens





**BOREALIS**

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Sister-ship to our flagship, *Bolette*, *Borealis* is perfectly suited to taking guests on journeys around the globe.

702 CABINS | 1,360 GUESTS | 662 CREW  
61,849 GT | LENGTH 237.94M | BEAM 34.45M