

SHORE EXCURSIONS

HOLISTIC HOLIDAY AT SEA XVI

MARCH 3 - 14, 2019



Take a break from our great on-board activities to experience the ports with pre-arranged excursions. Explore the possibilities listed here and book yours while availability lasts!

BOOKING INSTRUCTIONS!

When choosing your excursions from the list below, please make note of the title, code and price of the tours that you wish to reserve. To make a reservation, please follow the detailed Booking Information on the [Excursions](#) page of our website or visit: <http://holisticholidayatsea.com/book-excursion>



Possibility of swimming	Long route by bus	Best seller	DIFFICULTY LEVEL
Tasting included	Shooting videos and/or taking pictures is not allowed or subject to fee	New	
Lunch or dinner included	Shopping	Wheelchair and disabled-friendly tour As guests in wheelchairs must be accompanied by their own helper, please inform Excursions Desk staff promptly so they can help make arrangements	
Drink included	Mini Tours		
Snack included	Limited seat		
No guide available			

Easy
May involve a limited quantity of steps, uneven surfaces and/or periods of standing

Moderate
May involve inclines, steps, uneven surfaces and/or extended periods of standing

Strenuous
Active excursions recommended only for guests in good physical health

Important Information: Please choose only one tour per port. Rates are subject to change until payment is charged and reservations are confirmed. Most tours do not include lunch, but note that with the exception of the 15 tours that specify “Vegan,” any tours that include food will be “standard fare.” There is no way to know what time an excursion will begin until you get onboard. Any tour can be canceled if a minimum number of participants is not reached. MSC Cruises cannot be held responsible for program changes relating to local holidays or for closing times and/or any other local occurrences that prevent the complete or partial execution of the excursions. All prices are per person unless otherwise noted. Child rates apply from age 2 to 13.99. Vegan tours with codes ending in HOL: deadline for both submitting your request and canceling is January 25, 2019; after that a 100% penalty applies. Tours with regular codes: deadline for submitting your request is February 20, 2019. Deadline for changing or canceling is 48 hours prior to arrival in the port of call where tour is scheduled; after that a 100% penalty applies.



OCH29HOL - OCHO RIOS & DUNN'S RIVER FALLS WITH VEGAN LUNCH



DURATION: APPROX. 5.5 HOURS | PRICE: \$92 PER ADULT, \$70 PER CHILD

Time to leave the ship and visit one of Jamaica's premiere attractions, the gorgeous Dunn's River Falls near Ocho Rios, which you'll reach after a scenic drive. A plaque provided by the Jamaican Historical Society marks the spot as the site of the battle of Las Chorreras, fought by the English and the Spanish over land rights in 1657 - with the English as the victors. The land was ultimately acquired by the Jamaican government in 1972, since which time it has served locals and visitors alike as a popular recreational area and park. The spring water that feeds the falls is rich in calcium carbonate, which results in deposits of travertine and makes the falls a self-regenerating "living" phenomenon. After a drive to the Dunn's River, your guide will lead you up the naturally terraced river bed as part of a human chain. The climb includes a short pause at the so-called "massage parlour", where the cascading water can soothe tired shoulders. As an alternative to the climb, there are safe spots from which to watch the others ascend the falls. Next up is a tasty vegan buffet lunch by the sea, after which a sightseeing drive around Ocho Rios rounds off the tour before you return to the ship.

Please note: Guests are recommended to wear swimwear under comfortable clothing, high-factor sunscreen and to bring a towel plus a change of clothing if swimwear is not worn at the waterfall. Slip-proof or water shoes should be worn since climbing the falls' many terraced steps is both strenuous and very slippery. Guests wishing to climb the falls must be at least 92 cm/3 ft. in height. Guests will not be permitted to jump from the falls.

OCH39HOL - DISCOVER GREEN GROTTTO CAVES WITH VEGAN LUNCH



DURATION: APPROX. 4.5 HOURS | PRICE: \$82 PER ADULT, \$66 PER CHILD

Take a scenic drive through the town of Ocho Rios, which is known for its abundant rainfall, verdant landscapes and rolling hills. Other outstanding vistas will be seen along the way, as you travel to Green Grotto Caves, for a touch of adventure, a journey into the underground and a delicious vegan lunch. The caves are situated no more than 1 km from the spot where Christopher Columbus landed in 1494, and the fact that Runaway Caves numbers among their many former names is testament to one of the uses to which they were put in the 18th century. The caverns also provided sanctuary for the Spanish in the 17th century, later facilitated the activities of arms smugglers and were then used to store rum. Impressive dripstone formations such as stalactites and stalagmites, interconnected passages leading to larger chambers and the grotto itself - with a pool of crystal-clear water - are just some of the attractions that go to make this place so special. On your way back to the surface, a stop will be made at the so-called "Wishing Well", a pool into which you'll do well to throw a coin, for luck, for love, for anything your heart desires. Once you return the surface, the coach will be waiting to take you back to your ship in Ocho Rios.

Please note: This tour is considered to be unsuitable for guests with mobility problems.



ARU07HOL - TICKET TO PARADISE WITH VEGAN LUNCH



DURATION: APPROX. 4.5 HOURS | PRICE: \$99 PER ADULT, \$69 PER CHILD

The journey to paradise begins with transfers by bus with historical information about Aruba, followed by a ferry ride across the Spanish Lagoon on the remote south part of the island en route to the private reef island, De Palm Island. De Palm Island offers it all: spectacular coral formations, a large variety of tropical fauna, including our friendly blue parrot fish, which can be seen while snorkeling in the crystal clear waters dressed by our white sand pocket beaches, snorkeling, a water slide attraction, banana boat ride, zip lining, air-jumping, sunbathing, relaxing, buffet and open bar. Enjoy our spectacular new state of the art "Blue Parrot" water park with six breath-taking water slides to get your adrenaline going. Changing rooms and exterior showers are available. A sumptuous Caribbean lunch buffet, including a variety of vegan options, and all beverages are included.

Please Note: Towel, sun protection and extra cash for souvenirs are recommended.

ARU12HOL - ARUBA BEACH TOUR WITH VEGAN SNACK



DURATION: APPROX. 4 HOURS | PRICE: \$45 PER ADULT, \$40 PER CHILD

Board your open bus amidst Caribbean music and colors and prepare to see the sights that have made Aruba so popular... its spectacular white sandy beaches adorned with all shades of blue!... its turquoise and crystal clear ocean. Stop at Eagle Beach, relax, soak up the sun, and enjoy the ocean breeze. Beach chairs are included at the second beach stop. A vegan snack will be provided. The tour will conclude at the cruise terminal.

Please Note: Wear a swimsuit if you plan to swim, and bring a towel and adequate sun protection. Bringing extra cash is suggested in case guests want to make purchases at the restaurant and bar.



CAR01HOL - CARTAGENA CITY TOUR & COFFEE TASTING WITH VEGAN SNACK



DURATION: APPROX. 4.5 HOURS | PRICE: \$62 PER ADULT, \$55 PER CHILD

Explore the city of Cartagena, which has a reputation as impenetrable after the construction of its impressive fortress. Departing from the pier, you will pass by the “Republican” architecture of the Manga residential area. Your first stop will be a photo stop at the Fort of San Felipe de Barajas, the most important work of Spanish military engineering in South America. Las Bovedas Artisan Center is next. Built as dungeons and as a means of storage, today local artisans display their work there, and you will enjoy handicraft shopping. Wander the narrow cobblestone streets and squares inside the walled city, marvel with the majestic view of San Pedro Claver, the patron saint of slaves, Plaza and church. Plaza de Bolívar is the next stop and features a statue of its namesake. Across the street we find the Inquisition Palace; the Inquisition was established in Cartagena in the year 1610 to punish any crimes against the Catholic faith. Located in this building you can see samples of jails and torture chambers. The sentencing ceremony used to take place in public, in the middle of the plaza. Continue on to the Gold Museum, enjoy viewing the impressive selection of exquisite gold pieces and pottery, as well as exhibits relating to the history of the Sinú, an ancient native people. Your tour will continue to the Navy Museum, established on 1986, and will include the restored ruins of the Jesuits school, discovery of the historic military efforts of Cartagena and the naval history of Colombia. Enjoy a local folkloric performance and a vegan snack and refreshment, Guests will visit the Santa Teresa Cluster Hotel for coffee tasting before passengers have free time to explore on your own at the old city and then return to the ship.

CAR16HOL - CARTAGENA BY LAND & SEA WITH VEGAN LUNCH



DURATION: APPROX. 4 HOURS | PRICE: \$99 PER ADULT, \$89 PER CHILD

Your tour begins with a boat ride around Cartagena’s bay in the Sibarita Master boat, where you will be doing two activities. First, a coffee tasting led by a local expert, where you will live an unforgettable sensory experience that will teach you how to appreciate a good coffee and make you an ambassador of our coffee culture. Secondly, you will enjoy a rumba (party) on board the cruise with ballerinas, a live band and an animator to light up the party. All of this while you enjoy an open bar of rum and coke, rum punch and soft drinks on board. Once we arrive at the Old City, you will take a guided walk within the city walls. You will have the chance to get to know places such as Plaza de Bolivar, Plaza San Pedro, the city’s Cathedral and the main points of interest in the walled city. After the tour, you will have time to spend on your own to discover or just take in the wonders of this great place. As you return to the boat and we sail back to the cruise port, you will enjoy a marketplace where you will see a Palenquera that, with our crew’s help, will give you a taste of Cartagena’s typical foods, specially prepared using the vegan guidelines of the holistic group.



CRI02HOL - TWO OCEAN RAILROAD JOURNEY WITH VEGAN SNACK

DURATION: APPROX. 5.5 HOURS | PRICE: \$149 PER ADULT, \$105 PER CHILD

Nowhere else in the world can you travel from one ocean to another, crossing the continent of the Americas in only an hour. This is what makes Panama an amazing country. This tour is an exotic cocktail of experiences and history all rolled-up together. Leaving from Colon City on the Caribbean Coast, famous characters and places are mentioned, and as history unfolds over time, the scenery also changes when arriving at Gatun Lake, where large vessels can be seen navigating the Panama Canal. You'll then cross the continental divide to reach the Amador Causeway on the Pacific side, where amazing views of Panama City await you. The causeway was built using material excavated during the canal's construction. The return route to the pier will then take you past the former Panama Canal Zone, where military installations of the American administration stand as a reminder of the area's strategic importance. Lastly, you'll head back to the ship to bring the outing to a close. A vegan snack and bottled water is included.

Please note: Guests are advised that there may be delays on the train ride due to cargo trains.

CRI03HOL - PANAMA CANAL CRUISE WITH VEGAN LUNCH



DURATION: APPROX. 8 HOURS | PRICE: \$155 PER ADULT, \$109 PER CHILD

The journey begins when we board the buses for a ride to either Gamboa Dredging Division Pier or Cucaracha Pier inside the Panama Canal, where you will take the ferry boat that will transport you through the Panama Canal. The ferry will have sufficient space for everyone. A vegan buffet lunch will be provided on board. The navigation starts through Gaylard Cut, which was the most important and difficult part of the Panama Canal construction, and is where the Continental Divide is located. After crossing Gaylard Cut, we will enter Pedro Miguel Locks on our way into Miraflores Lake. After crossing Miraflores Lake, we will enter Miraflores Locks on our way to the Pacific Ocean. Centennial and America's bridge will be seen during the adventure. You will arrive at Pacific Port that is the entrance of the Panama Canal at the Pacific Ocean. Here you will take the buses back to the ship. Each passenger will receive a commemorative certificate of doing the Panama Canal Transit and contributing to the expansion of it!

Please note: The transit of ships is subject to the local authorities. Transiting time depends on the traffic schedule of each day. In case it is needed, the tour may be operated in a different way by transiting on the Atlantic Side instead of transiting on the Pacific Side. The tour includes an approx. 1.5 hour bus ride each way.

CRI08HOL - MONKEY WATCH AT GAMBOA WITH VEGAN SNACK



DURATION: APPROX. 5 HOURS | PRICE: \$92 PER ADULT, \$65 PER CHILD

A natural adventure of sight and sound, combined with the thrill of speeding through the Panama Canal next to the mighty ships transiting this man-made wonder! After an exhilarating 30-minute ride at high speed right through the heart of the Panama Canal, the boat will slow down and enter the labyrinth of jungle-covered islands of Lake Gatun. In this protected area the wildlife is plentiful, and you are likely to encounter capuchin monkeys, 3-toed sloth, howler monkeys, various kinds of toucans and other bird life as well as caimans, crocodiles, turtles and a wealth of butterflies. This is an exceptional place to experience the sights and sounds of the jungle up close. Our trained naturalist guides will ensure that you have an outstanding nature experience by tracing the wildlife as well as educating you about it and its habitat throughout this exceptional jungle and canal adventure. A vegan snack and bottled water is included.



CMY01HOL - JUNGLE BEACH BREAK WITH VEGAN SNACK



DURATION: APPROX. 5 HOURS | PRICE: \$59 PER ADULT, \$53 PER CHILD

Treat yourself to a few hours off the ship to visit one of the most popular beach clubs on the Costa Maya –the perfect spot to relax in style. After leaving the ship and boarding an air-conditioned coach, a short journey will take you to this exclusive Caribbean getaway and its glorious golden sands. You'll be met on arrival and shown around the facilities available to you at the resort, which include an open national bar, a beach volleyball area, beach chairs, a beach party area and a chance to go kayaking. A vegan sandwich and fruit is also included. Further resort amenities that you can use at extra cost are a restaurant, souvenir store and snorkeling straight from the beach. Spend as long as you like enjoying the wonderful resort complex and the beach; when you're ready to leave, simply catch one of the regular shuttle buses to get back to the pier and your ship.

Please note: All guests must be seated all the time while the bus is moving. Please follow the safety instructions provided by your guides. Additional food can be purchased at extra cost while at the resort. Cash only in either US dollars or Mexican pesos will be accepted. There will be regular opportunities to return to the cruise ship pier throughout your stay. The shuttle service is dependent on the availability of transportation. The resort also features water sports facilities, which you can frequent/hire at additional cost not covered by the price of the tour. Guests under the age of 18 must be accompanied by an adult. The tour is suitable for guests with mobility problems. Only adults over the age of 21 can drink alcohol from the National Open Bar. Presence of seaweed in the Mexican Caribbean Coast is seasonal and could cause limited visibility and be present in the water or beach. Seaweed is not harmful, but it may cause light itching on sensitive skin.

CMY06HOL - CHACCHOBEN MAYAN RUINS WITH VEGAN LUNCH



DURATION: APPROX. 6.5 HOURS | PRICE: \$115 PER ADULT, \$103 PER CHILD

A complete tour offering Mayan history and a beach buffet with open bar. Your tour begins when your guide meets you at the end of the pier and escorts you to your transfer vehicle waiting on site. Listen to your guide and learn about the interesting local area and culture from onboard. Continue this tour inland to visit "The Place of the Red Corn", Chacchoben, and learn about the fascinating Mayan culture from our knowledgeable guides during the journey. Enjoy a guided tour of this unique archaeological site set in beautiful surroundings still partially covered by the rain forest. Climb to the top of the "Gran Basamento" taking you above the tree line, and visit two sacred temples. Before leaving, you will have the opportunity to buy souvenirs from shops on site. Your journey continues to your vegan buffet lunch waiting for you at our Beach Club. After your meal, sunbathe on a sun lounger, relax in a hammock, take a swim in the ocean and enjoy all complimentary drinks including your favorite cocktails. Feeling fully relaxed, well fed and in good spirits, your transfer awaits to return you to the ship.

CMY42HOL - ALL INCLUSIVE BEACH BREAK WITH VEGAN LUNCH



DURATION: APPROX. 5 HOURS | PRICE: \$79 PER ADULT, \$72 PER CHILD

A sure way to fully enjoy your beach day at Costa Maya is by visiting the Private Beach Club, located about 40 minutes from the pier. You will find yourself surrounded by beautiful palm trees and crystal waters of the Caribbean Sea. The staff will make sure you enjoy your day. This tour includes an open bar and vegan buffet lunch. Throughout, enjoy the white sandy beach of Costa Maya. Enjoy the bridge that will take you to a snorkeling area and a fun zip line. This is truly a tour for everyone, with lots of family fun and some relaxing areas that will make your day at Mahahual unforgettable. As you arrive, the hosts will give you a quick orientation of the areas and facilities available for you.

Please note: Cash only in either US dollars or Mexican pesos will be accepted. The resort also features water sports facilities, which you can frequent/hire at additional cost not covered by the price of the tour. Guests under the age of 18 must be accompanied by an adult. The tour is suitable for guests with mobility problems. Only adults over the age of 21 can drink alcohol from the National Open Bar. Presence of seaweed in the Mexican Caribbean Coast is seasonal and could cause limited visibility and be present in the water or on the beach. Seaweed is not harmful, but it may cause light itching on sensitive skin.



COZ23HOL - TULUM MAYAN RUINS WITH VEGAN LUNCH



DURATION: APPROX. 7 HOURS | PRICE: \$99 PER ADULT, \$70 PER CHILD

Come experience the world famous, magnificent ruins of the walled city of Tulum...the only Mayan city built right on the crystal blue Caribbean Sea! After a short ferry ride to Playa Del Carmen, your guide will take you to an air-conditioned motor coach for a scenic and informative drive to Tulum. Once there, your guide will escort you through the ruins, giving a complete narration along the way. See restored temples and some of the mysterious hieroglyphic writings still visible today. Visit the temple of the frescos, famous for the detailed carved figures and original paints. And, perched on the edge of the Caribbean and rising high above all of the other ruins is "el Castillo" with its breathtaking view of the blue water below. A light, vegan box lunch is included. Guests will have the option to continue the exploration of the ruins or take a swim at the beach.

Please note: Transfer by ferry to Playa del Carmen lasts approximately 45 minutes and could possibly be rough, depending on the sea conditions. Transfer by bus to Tulum is approximately 1 hour each way. Optional transfer by tram to the ruins from the parking lot at Tulum is at guests' expense and risk. There is a government tax of US\$5-8 on the use of video cameras in the ruins. No tripods and/or professional video cameras are allowed. This tour is not recommended for guests with mobility problems or who are wheelchair-bound. A small beach is located at Tulum. Guests must be able to ascend and descend stairs to enter and exit the water. Swimming at the beach is optional and will depend of the sea weather conditions. Swim at your own risk; no lifeguard is available. The time at the beach is limited during guests' free time. Guests will meet the guide on arrival in Playa del Carmen. To avoid damaging the fragile ruins, climbing them is prohibited.

COZ40HOL - STARFISH SANCTUARY, PALANCAR SNORKEL & BEACH COMBO WITH VEGAN LUNCH



DURATION: APPROX. 5 HOURS | PRICE: \$65 PER ADULT, \$46 PER CHILD

Navigate through the crystal waters of the Caribbean Sea and enjoy the adventure of snorkeling at Cozumel's National Marine Park, one of the best snorkel sites in the world, Palancar reef and El Cielo Sanctuary! You will drift snorkel and discover the exotic variety of fish, magnificent coral formations and colorful marine life this spectacular reef has to offer. PADI certified dive masters will provide you with professional equipment and advise you on how to fully enjoy your experience in this natural wonder. Afterward, the captain will set the helm to "El Cielo", a heavenly natural nursery for some sea specimens. Extraordinary conditions converge at this spot to make an exceptional environment for starfish to thrive. After snorkelling, and while you enjoy a scenic boat ride, complimentary beverages will be gladly served for your refreshment as you will be taken to the finest Beach Club in Cozumel: Playa Mia Grand Beach Park®!! At the park you will have included national open bar, a lunch buffet with a variety of vegan options, swimming pool, lounge chairs, beach volleyball & soccer court, ping-pong tables, playground, restrooms & dressing rooms, kayaks, pedal boats, sport mini catamaran sailboats, water bicycles, floating mats, 500-foot-long floating bouncing track, shopping center, underwater Mayan City & much more! Let your kids explore the Buccaneer's Bay Kids Area, a lagoon-pool full of fun activities such as water-cannons, pirate ship, water sprays & animal slides. Relax with your favorite cocktail at the Oasis Island Pool, or make a splash on the 200-foot-long twin twister waterslide.

Please note: Minimum/maximum age to participate is 8 and 70 years old. Due to the active nature of the tour, women who are pregnant are not allowed to participate nor are guests in wheelchairs or with physical disabilities who would have difficulty climbing a ladder in and out of the water, or those with cardiac or respiratory conditions such as asthma, or back/neck injuries, diabetes, epilepsy or those under medications such as antidepressants, lithium, beta blockers and base vein constrictors. All children 12 years of age and younger or non-swimmers must be accompanied and supervised one-on-one by a parent or legal guardian. Any visitor having a skin disease, lesions or infections, open sore or inflamed eyes, cold, nasal or ear discharge, communicable disease, even a mild case of diarrhea or any considerable area of exposed sub-skin tissues, open blisters, cuts, and/or is wearing any kind of bandage or band-aid are not permitted in the pool. The water park and attractions are offered in the modality of first-come, first-served basis. The kids using the Buccaneer's Bay Water Toys must have a maximum height of 1.20m or 3 feet 11 inches. In addition, kids may have a maximum weight of 60 kg, 132 pounds. Shoes of any kind are not allowed. Guests must have a minimum height of 1 m or 3 feet 3 inches to participate in the Twin Twister Waterslide. Guest's maximum weight is 114 kg. or 251 pounds to participate in the slides. Expectant mothers, small children under 42", non-swimmers, persons under the influence of alcohol or while impaired by medications, persons with limiting physical conditions, or with previous or current neck, back, joint or heart problems are not allowed to enter the ride. Guests will be required to sign a waiver that may only be available in English.



COZ82HOL - AMAZING SECRET RIVER & PLAYA DEL CARMEN WITH VEGAN LUNCH



DURATION: APPROX. 7 HOURS | PRICE: \$99 PER ADULT, \$70 PER CHILD

Promising to deliver a unique subterranean experience, this all-day outing begins when you leave the ship and take the ferry to the mainland. You'll then board a van and head straight for Río Secreto, an underground world credited to be "Mexico and Central America's Leading Nature Reserve." You'll be taken on a guided tour of these breathtaking caverns that will see you walking, wading and even swimming along parts of the route. The water is crystal-clear, the rock formations are incredible and the stalagmites and stalactites look like long strands of molten candle wax. Once your guided exploration has come to an end, you'll be able to enjoy some vegan options from the lunch buffet and a drink. Lastly, you'll pay a visit to Playa del Carmen and have a chance to do some shopping on Quinta Avenida, or 5th Avenue in English, before catching the ferry back to the ship.

Please note: Guests must be at least 5 years of age and weigh no more than 113 kg (250 lbs) to take part. Guests are recommended to wear swimwear under comfortable clothing as well as to bring water shoes and a change of dry clothes. The tour involves walking on uneven ground. Guests will not be permitted to take watches, jewelry, photo or video cameras on the underground river tour. Guests will be able to purchase professional photos of their experience at additional expense. Guests are requested to take their own level of physical fitness into account when deciding whether to take part. For safety reasons, the tour is not open to guests of limited mobility, pregnant women, guests with heart or respiratory conditions, back or neck injuries and or who have recently undergone surgery. The tour is considered to be unsuitable for guests with claustrophobia. The approx. 45-minute ferry transfer to Playa del Carmen may be rough, depending on the sea conditions. Guests will be required to sign a waiver that may be available only in English.