SEPTMBER 25, 2021

ATLAS ASHORE – LAND EXCURSIONS

7-NIGHT BUCKET LIST MEDITERRANEAN
ACTIVITY LEVEL: MODERATE

Evening at your leisure.

Following your winery visits, drive to Badia a Coltibuono and check-in to your accommodations for the night, where you will have dinner and then the rest of the evening at leisure.

Day 3: It’s an early start to the day and after breakfast at the hotel, drive the short distance to Lenno where you will enjoy a morning hike to Villa Balbianello. It’s approximately two miles of moderate hiking to reach this stunning villa that is perched on the tip of a headland that reaches out into the lake. From its wonderful, terraced gardens, you are treated to stunning views across the lake, from Isola Comacina to the western shores.

After lunch, you will have the choice of spending the afternoon exploring the exquisite town of Bellagio on your own or going canyoning in Lenno Canyon. The canyoning will offer up the physical challenges of climbing, rappelling, sliding down water cascades and dependent on water levels, short swims in the refreshing mountain waters. Either choice is sure to enhance your visit.

On this final evening in Lake Como, enjoy dinner at the hotel and spend the remainder of your last night as you wish.

Day 4: Start the day with breakfast in the hotel and after checking-out, travel by private vehicle to Mila's Central Railway Station. Upon arrival, it's a picturesque 90-minute drive by private vehicle to Lake Como. The beautiful passing scenery is just a hint at what awaits you. Arriving in the charming town of Bellagio, check-in to your hotel and later in the afternoon, enjoy a relaxing boat ride around the lake. Palatial homes rim the shores of this sapphire blue lake and majestic mountains form a dramatic backdrop. It’s easy to see why it attracts so many to either visit or make this their vacation home.

Following your boat ride, enjoy dinner at the hotel and then have the rest of the evening at leisure.

CIV510PRE: THE MANY FACETS OF LAKE COMO – BOATING, HIKING AND CANYONING - SEPTEMBER 25, 2021
$4,250pp (DOUBLE) / $5,599pp (SINGLE)

Get an early start to your holiday by spending a few days at fabled Lake Como. Nestled in the foothills of the Italian Alps, Italy's third largest lake has gained a reputation as a retreat for the rich and famous, but it is so much more than that as you will discover.

Day 1: Upon arrival at the airport in Rome, be greeted by our representative and transfer to your luxury hotel for check-in. The balance of the day is at your leisure and dinner will be in the hotel.

Day 2: Following an early breakfast at the hotel, transfer to the train station and travel via fast train to Milan's Central Railway Station. Upon arrival, it's a picturesque 90-minute drive by private vehicle to Lake Como. The beautiful passing scenery is just a hint at what awaits you. Arriving in the charming town of Bellagio, check-in to your hotel and later in the afternoon, enjoy a relaxing boat ride around the lake. Palatial homes rim the shores of this sapphire blue lake and majestic mountains form a dramatic backdrop. It’s easy to see why it attracts so many to either visit or make this their vacation home.

Following your boat ride, enjoy dinner at the hotel and then have the rest of the evening at leisure.

Day 3: It’s an early start to the day and after breakfast at the hotel, drive the short distance to Lenno where you will enjoy a morning hike to Villa Balbianello. It's approximately two miles of moderate hiking to reach this stunning villa that is perched on the tip of a headland that reaches out into the lake. From its wonderful, terraced gardens, you are treated to stunning views across the lake, from Isola Comacina to the western shores.

After lunch, you will have the choice of spending the afternoon exploring the exquisite town of Bellagio on your own or going canyoning in Lenno Canyon. The canyoning will offer up the physical challenges of climbing, rappelling, sliding down water cascades and dependent on water levels, short swims in the refreshing mountain waters. Either choice is sure to enhance your visit.

On this final evening in Lake Como, enjoy dinner at the hotel and spend the remainder of your last night as you wish.

Day 4: Start the day with breakfast in the hotel and after checking-out, travel by private vehicle to the Milan train station to catch the fast-train to Rome where upon arrival, you will be transferred to the ship in Civitavecchia for embarkation.

Special Note: This tour includes a mixture of moderate to vigorous physical activity that can include steep inclines, natural and uneven surfaces. Some of the activities such as hiking and canyoning are not available to wheelchair guests, those with physical limitations or other health concerns such as heart, respiratory, back or neck issues or pregnant women, and may not be suitable for those with a fear of heights. Guests participating in those activities should be in good physical condition. We recommend wearing weather appropriate comfortable clothing; flat, sturdy walking shoes with a closed toe; a sun cap; sunglasses and sunscreen. All safety equipment will be provided where needed. Guests will need to sign a waiver before being allowed to take part in some activities. Dependent upon weather conditions in Lenno Canyon, the canyoning activity may be substituted for a Via Ferrata experience around the lake.
Day 3 - After an early breakfast, check-out and start your exploration of two more outstanding wineries in the region, which include Badia a Coltibuono where you have just spent the night, and the Avignonesi Winery.

Located on the hillside of Monti del Chianti, outstanding Badia a Coltibuono has belonged to the Stucchi Prinetti family since 1846. Considered the pioneers of Chianti, the family has successfully nurtured their grapes over the years and produce a number of notable wines, including excellent Sangiovese varietals and of course, Chianti. They are also known for producing olive oil. The villa that was once a monastery, is open to guests and is a popular destination for those on holiday.

Your final winery visit is to Avignonesi Winery, the leading winery in the Montepulciano area of Tuscany. The winery was founded in 1974 and purchased in 2009 by Virginie Saverys who made significant changes, namely working to convert the property to organic and biodynamic viticulture and it received its organic certification in 2015. Varieties produced here include a Vino Nobile that is 100% Sangiovese, a Merlot blend, a Chardonnay and most recently, a blend of Sangiovese and Cabernet Sauvignon.

When your tour concludes, transfer directly to the ship in Civitavecchia for embarkation.

Special Note: The activities on this tour includes a significant amount of walking/standing and some steps and uneven surfaces. The tour is not available to wheelchair guests or those with other physical limitations. Participants under the age of 18 years old will not be permitted to take part in the wine tastings. We recommend wearing weather appropriate comfortable clothing, flat, sturdy walking shoes with a closed toe, a sun cap, sunglasses and sunscreen.

CIV402PRE: BEST OF ROME – THE MARQUEE ATTRACTIONS - SEPTEMBER 25, 2021 | $1,829 (DOUBLE) / $2,439 (SINGLE)

Day 3 - After an early breakfast, check-out and start your exploration of two more outstanding wineries in the region, which include Badia a Coltibuono where you have just spent the night, and the Avignonesi Winery.

Located on the hillside of Monti del Chianti, outstanding Badia a Coltibuono has belonged to the Stucchi Prinetti family since 1846. Considered the pioneers of Chianti, the family has successfully nurtured their grapes over the years and produce a number of notable wines, including excellent Sangiovese varietals and of course, Chianti. They are also known for producing olive oil. The villa that was once a monastery, is open to guests and is a popular destination for those on holiday.

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When your tour concludes, transfer directly to the ship in Civitavecchia for embarkation.

Special Note: The activities on this tour includes a significant amount of walking/standing and some steps and uneven surfaces. The tour is not available to wheelchair guests or those with other physical limitations. Participants under the age of 18 years old will not be permitted to take part in the wine tastings. We recommend wearing weather appropriate comfortable clothing, flat, sturdy walking shoes with a closed toe, a sun cap, sunglasses and sunscreen.
LIV501: UNESCO GLOBAL GEOPARK OF EQUI ALPI APUANE ADVENTURE PARK EXPERIENCE - SEPTEMBER 26, 2021 | $599 PP

9 HOURS | MEALS: NONE

Spend a full day taking part in two exciting adventure activities at this amazing Archeo-Adventure Park, a UNESCO Global GeoPark located in the Apuan Alps. From zip-lining to caving, it’s an unforgettable day.

From the pier, drive two hours through beautiful and ever-changing scenery toward the Apuan Alps, a mountain range in the northern Tuscany region of Italy. Here is where you will find the Equi Caves Geo-Archeo-Adventure Park, location of today’s activities. This outstanding natural adventure park offers a number of diversified pursuits that include geological, naturalistic, and paleontological experiences, along with adventure trails, hiking, and e-bike excursions. Today, you will get to experience the zip-line and speleo adventures.

On arrival, receive your safety briefing and be prepped for the zip-line, which provides an aerial “runway” for you to reach the karst caves. Once you have “zipped” your way to the cave entrance, you will begin your spelunking adventure. While the cave has no electric lights and no actual trail, the more challenging sections are quite secure, using methods similar to via ferrata (assisted climbing) with ropes and rope bridges. While guests should be in reasonably good physical condition, no special skills are required, and you are accompanied at all times by expert guides.

After approximately two hours, you will complete your caving and then be afforded some free time to explore the picturesque village of Equi Terme, home to an historic spa, and have lunch on your own. Time permitting, you may want to walk to the nearby Solco de Equi, a natural gorge that is a perfect vantage point to take in the views of the glacial valley below the Pizzo d’Uccello Peak.

Following your time at leisure, re-join your coach and make the return trip back to the pier in Livorno.

Special Note: This tour includes approximately three hours of moderate to vigorous physical activity that includes climbing, inclines, natural and uneven surfaces. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. It is not recommended for those with a fear of heights. Participants should be in good physical condition. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a closed toe; a sun cap; sunglasses and sunscreen. All safety equipment will be provided. Guests will need to sign a waiver before being allowed to take part in the tour.

LIV301: ICONIC FLORENCE, BIRTHPLACE OF RENAISSANCE - SEPTEMBER 26, 2021 | $429 PP

9.5 HOURS | MEALS: LUNCH

Spend a marvelous day discovering the key highlights of this iconic Italian city, enjoying a typical Italian lunch, and later have some time for shopping. All of the essentials!

The travel time to Florence from the pier is just under two hours, but the journey goes by quickly as you enjoy the breathtaking Tuscan scenery outside your window. Florence itself is a feast for both the senses and the intellect. Even if you didn’t know it was the birthplace of the Renaissance, it would soon become apparent as few cities are imbued with such a sense of harmony, grace, dignity, and serenity. On arrival, leave your coach behind and walk to Piazza Santa Croce at the heart of the city which is dominated by its beautiful church. From here, walk to the landmark Duomo, surmounted by Brunelleschi’s gigantic dome, the Giotto’s Bell Tower and the Baptistry which is famous for its Door to Paradise by Ghiberti.

Next up, make your way to the Galleria Accademia where you can view its magnificent collection of art, the most famous being Michelangelo’s statue of David. This cherished piece of art is a symbol of youthful force and a perfect example of the sculptor’s humanism. Continuing on, pass through the bustling Piazza della Repubblica on your way to the celebrated Piazza dell Signoria which is dominated by the Palazzo Vecchio, Florence’s Town Hall and symbol of civil power.

At this time, your tour pauses for a delicious Italian lunch at a nearby restaurant. Following lunch, you’ll have some free time to further explore on your own or do some shopping in Florence’s world-renowned shops where you can find wonderful clothing, leather goods, ceramics, and gold jewelry.

At the conclusion of your free time, meet your guide at Piazza Signoria and walk to your waiting coach for the transfer back to the pier in Livorno.

Special Note: This tour includes approximately 3.5 hours of moderate to vigorous walking/standing that includes steps and uneven surfaces, plus any additional discretionary walking during free time. The tour is not available to wheelchair guests or those with walking difficulties. Participants should be in good physical condition. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders and legs and midriffs must be covered when entering religious sites. The Accademia Gallery is closed on Mondays and all visitors must pass through a metal detector. Large bags, umbrellas, bottled water, video cameras, knives or scissors must be checked at the desk.

TO BOOK YOUR ATLAS ASHORE LAND EXCURSIONS, CALL OUR VOYAGE SPECIALISTS AT 1.844.44.ATLAS (28527)
While sometimes overlooked by visitors who flock to Florence, Pisa itself is a charming city and at one time, was an important commercial maritime port that dominated the Tuscan coast.

Drive 45 minutes from the pier to Pisa and the UNESCO World Heritage Site of Piazza del Duomo, also known as the Piazza of Miracles. This large grassy expanse is dominated by three of Pisa's most revered landmarks – the Cathedral, the Baptistery and the Campanile, otherwise known as the "Leaning Tower of Pisa". Begin your tour at the 900-year-old marble cathedral with its distinctive striped black and white Romanesque architecture that suggests a Muslim influence. Inside the cathedral you will find ancient columns and a richly gilded Renaissance coffered ceiling. The pulpit was designed by Pisano and is decorated with scenes from the New Testament. The beautiful bronze lamp is believed to have given Galileo the idea of the pendulum as it swung back and forth.

The marble clad circular Baptistery is also unusual with its combination of Romanesque and Gothic styles. The baptismal is large enough for a full immersion. Moving on from here, it's time to enjoy an exterior visit of the town's main attraction – The Leaning Tower. Built atop marshy ground, the foundation could not support the weight of the tower which began tilting as builders reached the 4th floor. Despite numerous attempts to rectify the situation, the tower continued to lean a bit more each year and was recently found to be about 16 feet out of plumb. Currently, there are extensive corrective efforts taking place that will be apparent during your visit. An interesting fact, Galileo used the tower for his experiments with falling objects.

Before traveling back to the pier, enjoy some free time to browse the shops.

Special Note: This tour includes approximately two hours of moderate to vigorous walking/standing that includes steps, cobblestone, and uneven surfaces, plus any additional discretionary walking during free time. The tour is not available to wheelchair guests or those with walking difficulties. Participants should be in reasonably good physical condition. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders and legs and midriffs must be covered when entering religious sites.

LIV304: DISCOVER THE TREASURES OF CHARMING PISA - SEPTEMBER 26, 2021 | $169pp

4.5 HOURS | MEALS: NONE

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Before traveling back to the pier, enjoy some free time to browse the shops.

Special Note: This tour includes approximately two hours of moderate to vigorous walking/standing that includes steps, cobblestone, and uneven surfaces, plus any additional discretionary walking during free time. The tour is not available to wheelchair guests or those with walking difficulties. Participants should be in reasonably good physical condition. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders and legs and midriffs must be covered when entering religious sites.

LIV305: LUCCA - THE BELOVED GEM OF TUSCANY - SEPTEMBER 26, 2021 | $199pp

4.5 HOURS | MEALS: NONE

Lucca is one of Tuscany's best kept secrets and once discovered, becomes a favorite destination by all who visit. Come see for yourself what the appeal is on this delightful introduction to the city.

This charming medieval town with its well-preserved vestiges enclosed behind massive red brick walls, is just a scenic 45-minute drive from Livorno and the birthplace of the composer Puccini. The surrounding landscape of olive groves and rolling hills only add to its allure. While adding to Lucca's character, the walls of the city also seem to remove it from the bustle of the modern world. Built between 1504 and 1645, they are some of the most well-preserved defenses in Renaissance Europe.

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On arrival, commence a walking tour that will bring you to Santa Maria Square where bicycles are lined up awaiting your arrival. After a quick briefing, set out for a bike tour along Lucca's ancient city walls where you will be treated to panoramic views of the city and surrounding countryside. Within the city, you will find Lucca to be a peaceful town comprised of narrow cobblestone roads and medieval houses which reflect the original Roman layout. During your tour, stop to admire the Cathedral of San Martino with its richly adorned Romanesque façade. You will also walk along the Via Fillungo – Lucca’s version of the Via Veneto in Rome where a plethora of shops line the street.

The last stop on your guided tour is Piazza Mercato which stands on the site of the ancient Roman theater and is surrounded by fascinating medieval houses that were built against the wall of the amphitheater. Afterwards, enjoy an hour of free time to further explore on your own or do some shopping before rejoining your coach for the drive back to the port.

Special Note: This tour includes approximately one hour of moderate to vigorous walking/standing that includes steps, cobblestone, and uneven surfaces, plus any additional discretionary walking during free time. The cycling portion of the tour is approximately one hour over cobblestone surfaces. The tour is not available to wheelchair guests or those with walking difficulties or other mobility limitations. Participants should be in good physical condition and be confident cyclists who are familiar with using hand brakes. We recommend wearing weather appropriate comfortable clothing: flat walking or sport shoes with a closed toe; a sun cap; sunglasses and sunscreen. Shoulders, legs, and midriffs must be covered when entering religious sites. The minimum height to participate is 5 ft. tall.
LIV0307: EXPLORE THE VILLAGES OF CINQUE TERRE - SEPTEMBER 26, 2021 | $269pp

This full-day tour affords you a wonderful opportunity to explore the villages of the Cinque Terre, a National Park and territory that is protected by UNESCO.

The area is characterized by steep slopes that have been terraced and cultivated with vineyards. Hidden amongst these coastal slopes are small creeks, picturesque coastlines, inviting beaches and colorful small enclaves that each have their own personality and charm.

Start the day with scenic drive to La Spezia. The views along this coastal route are nothing short of spectacular. Arriving in Portovenere, leave your coach behind and have a walking tour of the village before boarding a minibus for the drive to Rio Maggiore, a quaint fishing village. Thought by many to be one of the best of the Cinque Terre villages, it is well-known for its wine bars, pubs, and restaurants. After a walking tour here, there will be some free time to further explore on your own and do some shopping before continuing on by minibus to Manarola. Perched on the edge of a rugged ravine, Manarola boasts a natural beauty that will take your breath away and is famous for its sweet Sciacchetrà wine. Following your guided walk of the village, board a motor coach and head to your third village, Monterosso. The largest and most vibrant village of the Cinque Terre, it owes its popularity mainly because its long stretch of sandy beach is the only one in the area. Enjoy a guided walk of the town and a typical Ligurian lunch here before taking a short train ride to Levanto where you will rejoin your motor coach for the drive back to Livorno.

Special Note: This tour includes approximately five hours of seated travel and approximately 3.5 hours of moderate to vigorous walking/standing that includes steep inclines, steps, and uneven surfaces. The tour is not available to wheelchair guests or those with physical limitations or other health concerns. Participants should be in good physical condition. The coastal drive is along winding roadways and those who suffer from motion sickness should take the necessary precautions before commencing the tour. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a closed toe; a sun cap; sunglasses and sunscreen.

LIV309: FASCINATING FLORENCE AND QUINTESSENTIAL PISA - SEPTEMBER 26, 2021 | $299pp

Florence is a feast for both the senses and the intellect and this full-day tour to what is known as the birthplace of the Renaissance introduces you to all of the city’s major highlights and includes lunch and time for shopping.

Make the nearly two-hour drive from the pier to the heart of Florence, traveling through the picture-postcard Tuscan countryside. On arrival, even if you didn’t know that Florence was the cradle of the Renaissance, it would be easy to guess as few cities are imbued with such a magnificent sense of harmony, grace, dignity, and serenity. Your walking tour begins at Piazza Santa Croce, dominated by its beautiful church and from here, continue on to the world-famous Duomo that boasts Brunelleschi’s large dome, the Giotto Bell Tower and the Baptistry – famous for its ‘Door to Paradise’ by Ghiberti. From here, pass through the bustling Piazza della Repubblica and reach the celebrated Piazza della Signoria, dominated by the imposing Palazzo Vecchio. Following some free time in Piazza Santa Croce, you’ll enjoy a delicious lunch before strolling to the riverside and rejoining your coach for the seventy-five-minute drive to Pisa.

Reaching Pisa, you will walk approximately 15 minutes to the Piazza del Duomo, also known as the “Field of Miracles”. This impressive 900-year-old marble cathedral with its distinctive black and white striped architecture speaks of a Moslem influence. A beautiful bronze lamp within the cathedral is said to have given Galileo the idea of the pendulum as it swung back and forth.

Continue from here to the city’s main attraction, the unmistakable campanile known as Pisa’s Leaning Tower for an exterior visit. The marshy ground beneath the foundation could not support the weight of the tower which began tilting as builders reached the fourth floor. Despite numerous plans and at times bizarre schemes, the tower continued to lean a little more each year and was recently some 16-feet out of plumb. The results of the current extensive corrective efforts will be apparent during your exterior visit. Before re-boarding your coach for the transfer back to Livorno, you will have some free time to stroll about and do some shopping.

Special Note: This tour includes approximately 4.5 hours of moderate to vigorous walking/standing that includes some steps, cobblestone, and uneven surfaces. The tour is not available to wheelchair guests or those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders, legs and midriffs must be covered when entering religious sites. During peak season, there may be some congestion at the sites. All visits in both Florence and Pisa are exterior only and the tour sequence may vary.
**LIV310: FLORENCE FOR ART LOVERS - SEPTEMBER 26, 2021 | $379pp**

10 HOURS | MEALS: LUNCH

Perhaps Florence is one of the most influential cities in the world when it comes to art and culture as evidenced by its numerous noteworthy art museums. This fantastic tour created specifically for art lover’s, provides an opportunity to tour two of its finest – The Accademia Gallery and the Uffizi Gallery.

Your day commences with a relaxing drive through the picture postcard beauty of the Tuscan countryside. On arrival in Florence, you will first head to the Accademia Gallery. Its extensive collection of art includes Michelangelo’s famous statue of David, a symbol of youthful vitality and a perfect example of the sculptor's humanism. The main halls here also contain works by other notable Italian artists such as Botticelli, Ghirlandaio, Pontormo, del Sarto, Allori and Orcagna. The majority of the art here was originally part of the Medici family’s private collection and was donated by the remaining members of the family so that they could be enjoyed by all.

Following your tour at the Accademia Gallery, you'll begin a walking tour of the city that includes viewing the world-famous Duomo that boasts Brunelleschi’s large dome, the Giotto Bell Tower and the Baptistry – famous for its ‘Door to Paradise’ by Ghiberti. From here, pass through the bustling Piazza della Repubblica and reach the celebrated Piazza della Signoria, dominated by the imposing Palazzo Vecchio. At this point, your tour will pause to enjoy a delicious lunch.

After lunch, make your way to the Uffizi Gallery. The gallery houses an extensive collection of masterpieces by nearly every well-known Italian artist from the 14th century and Renaissance period as well as notable works by other European artists. As with the Accademia, many of the pieces were donated by the Medici family.

Following this unforgettable day spent relishing some of the world's most cherished works of art, you will walk to the riverside where you will re-board your coach for the drive back to Livorno.

*Special Note: This tour includes approximately 4.5 hours of moderate to vigorous walking/standing that includes some steps, cobblestone, and uneven surfaces. The tour is not available to wheelchair guests or those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders, legs and midriffs must be covered if entering religious sites. During peak season, there may be some congestion at the sites and the tour sequence may vary. All visitors must pass through metal detectors at both galleries and large bags, umbrellas, bottled water, video cameras, knives or scissors must be checked at the desk.*

**LIV311: LIVORNO - GATEWAY TO TUSCANY - SEPTEMBER 26, 2021 | $99pp**

3 HOURS | MEALS: NONE

Discover the history and hidden charms of Livorno on this tour that introduces you to what lies beyond the cruise port.

For those who don't wish to travel inland to the more marquee destinations in this region of Italy, Livorno has a colorful history and plenty of interesting places for visitors to explore. Founded in 1606 by the Medici family, it quickly became a welcoming oasis for those who had been religiously, politically, or racially persecuted, which served to create a rich and diverse culture.

Within the city you will find bridges, canals, and historic palaces, all giving it the feel of being a Mediterranean version of Venice. Due to the Medici family's military and commercial strategies, it's no wonder it quickly became the region's main seaport. The atmosphere here makes it clear that the city embraces its history, culture, and culinary traditions, all of which have a connection to the sea. It was here in the 19th century that the first seaside resorts were established, slowly cultivating the concept of seaside vacation resorts.

Start from the port with a panoramic drive through the Venezia Quarter with its canals and bridges that lead to the Renaissance Palaces in the center of the city. There you will stop for a visit at the large Piazza della Repubblica. Next, make your way to the colorful Central Market where you will have some free time to browse on your own. Housed under the market's roof are hundreds of stalls that sell a plethora of food items and this is where the locals come to shop.

Re-board your transportation and drive to the famous Mascagni Terrace with its unique black and white checkered floor. Pause to drink in the spectacular views of the sea and take some photos before heading inland to a local Tuscan farm for a wine tasting. Tuscany produces the third highest volume of DOC/G quality wines and while it is Italy's third most "planted" region (behind Sicily and Apulia), it only ranks eighth in production volume. The reason being the soil in this region is considered poor in relation to other areas and so the wine producers prioritize higher quality in their wines over higher yield. More than 80% of the region's production is red wine.

Following your visit and tasting, transfer directly back to the port.

*Special Note: This tour includes approximately two hours of moderate walking/standing that includes some steps, cobblestone, and uneven surfaces. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation and have a companion to assist them but may not be suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen. The tour sequence may vary.*

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LIV312: INDEPENDENT EXPLORATION OF PISA - SEPTEMBER 26, 2021 | $99pp

3.5 HOURS | MEALS: NONE

Geared for those who prefer to explore a city on their own, at their own pace, this is a perfect option to get acquainted with Pisa.

Once a great maritime power and a rival of Venice and Genoa, Pisa today is best-known for its famed Leaning Tower. Boarding your coach at the pier, it’s a 45-minute scenic drive to the heart of Pisa. En route, your escort will happily answer any questions you may have.

On arrival, it’s a 15-minute walk to Miracle Square, famous for its Cathedral, the Baptistery and Bell Tower, otherwise known as the Leaning Tower. You will have 90 minutes of free time here to explore the things of most interest to you. We recommend popping into the Cathedral where you can see where Galileo studied and view the famous Galileo’s Lamp. The Baptistery is known for its beautiful architecture and amazing acoustics. A wealth of shops can be found here as well where you can pick up that perfect treasure that will forever remind you of your time here.

At the appointed time and location, you will meet up with your escort and board your transportation for the return transfer back to the port in Livorno. Be sure to be on time! If you miss your transfer, you’ll need to make your own way back to the port at your own expense.

Special Note: Walking on this tour is primarily at the guest’s discretion. There are steps, cobblestone, and uneven surfaces in the city. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation and have a companion to assist them. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen.

MRS501: THE ADVENTURE OF A LIFETIME – GLIDER FLIGHT OVER THE PROVENCE COUNTRYSIDE - SEPTEMBER 27, 2021 | $775pp

5 HOURS | MEAL: NONE

Catch your breath as you relish this once-in-a-lifetime adventure of soaring like an eagle over the amazing Provence countryside.

Transfer to the aeroclub in Saint Remy de Provence, enjoying lively commentary and stunning scenery along the way. Upon arriving, your flight instructor will conduct a safety briefing and then strap into your glider and prepare for an unforgettable experience.

A half-mile long steel cable is attached to a tractor with a winch spool and then to the glider. When the tractor starts its engine and activates the winch, your glider is pulled along the ground toward the winch and then takes off. The climb is surprisingly rapid as your glider is literally catapulted into the air. Once the glider reaches the "top of the launch", the cable is disengaged and you are now soaring above the ground, using only wind currents to steer the glider and keep it aloft.

The feeling of this virtually silent free flight is indescribable and something you won’t soon forget. The average gliding flight time is 45 minutes, but this can vary dependent upon weather and wind conditions. No doubt you will long for more time in the air as your flight comes to an end with a gentle touch-down.

Before returning to the pier in Marseille, enjoy a visit to the charming town of Saint Remy where you can stroll the streets, passing fountains, inviting cafés, art galleries and shops.

Special Note: This tour includes approximately two hours of mild to moderate walking/standing that includes some steps and uneven surfaces. The tour is not available to wheelchair guests or those with limited mobility. Guests must be able to enter and exit the glider with limited assistance. The tour is not suitable for those who have a fear of heights. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen.

MRS502: TREK TO THE HERMITAGE CAVE AND THRILLING RAPPEL CHALLENGE - SEPTEMBER 27, 2021 | $475pp

5 HOURS | MEAL: NONE

Spend the day challenging yourself in Calanques National Park as you trek to a cave and then rappel down the face of a mountain.

Meet your guide as you exit the pier and then make the scenic drive to Calanques National Park. Hugging the coast of the Mediterranean, the park offers a wealth of outdoor activities, not to mention incredible landscapes and sea views. On arrival, receive your safety briefing and begin your trek to the top of St. Michel d’Eau Douce, the water cave. The path up is steep and rocky, but easy enough for experienced trekkers to conquer.

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Once you have reached the top of the rock of St. Michele, you will take a short break before preparing for the next phase of your adventure, rappelling 246 feet down the rock face. Dependent upon the number of participants, the rappel may be split into an 82-foot drop, followed by a 164-foot final descent.

When you have reached the bottom, you will rejoin your transportation and make the drive back to the pier.

Special Note: This tour includes approximately 90 minutes of moderate to vigorous walking/hiking that includes steep inclines, rocky and uneven surfaces. The tour is not available to wheelchair guests, those with mobility limitations or other health concerns such as heart, respiratory, back or neck issues or pregnant women. The tour is not suitable for those who have a fear of heights. Participants should be in good physical condition and have previous hiking experience. We recommend wearing weather appropriate comfortable clothing; a sun cap; sunglasses and sunscreen. *Flat, sturdy closed toe hiking boots are mandatory. There are no restroom facilities on this tour.

MRS304: EXPLORE THE ARTISAN DISTRICT OF LE PANIER – THE OLDEST IN MARSEILLE - SEPTEMBER 27, 2021 | $79pp

4 HOURS | MEALS: SNACK

A walking tour of colorful Le Panier introduces you to the artisan-rich side of Marseille, where there is no shortage of things to see and experience.

One of the largest ports in the Mediterranean, Marseille is France's second largest city and a virtual melting pot of people and diverse cultures. It is also a city of striking contrasts, from the fishing boats and pleasure craft of the picturesque Vieux Port to the modern Canebiere, the Notre Dame de la Garde and the Old Quarter of Le Panier that we will visit on this tour.

Walk from the pier with your guide to the old district of Le Panier, traditionally the first site inhabited by immigrants from North Africa and Corsica. Many of their descendants still live here today, creating a vibrant and diverse culture. During your tour, see various noteworthy landmarks such as the Town Hall, the Hotel de Dieu, Jardin de Vestiges, and the old port which still has remains of the original Hellenic harbor. A climb up La Montée des Accoules to the location of the Vieille Charité Museums offers wonderful panoramic views.

Your tour draws to a close with a stop at a local brasserie where you can enjoy some snacks and refreshments. Following this, you have the option of walking back to the pier or staying in town to further explore on your own and browse the shops for hand-made artisan items such as pottery and artwork.

Special Note: This tour includes approximately 3.5 hours of moderate to vigorous walking/standing that includes steps, inclines, and uneven surfaces. The tour is not available to wheelchair guests or those with walking difficulties. Guests should be in reasonably good physical condition. We recommend weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen. Shoulders and legs must be covered when entering religious sites.

MRS306: INTRODUCTION TO MARSEILLE VIA TUK TUK - SEPTEMBER 27, 2021 | $125pp

4.25 HOURS | MEALS: SNACK

Have a blast as you are introduced to some of Marseille's key landmarks in a non-traditional manner from the open-air cab of a Tuk Tuk.

Meet on the pier and climb aboard your Tuk Tuk which will transport you through the oldest district of Marseille. See the majestic Cathedral and soak in the wonderful atmosphere of this section of the city, noted for its array of artisan shops and cafés.

Stop at the famous Notre Dame de la Garde where you are treated with panoramic views of Marseille and the vibrant blue waters of the Mediterranean. Driving down Kennedy road, enjoy views of the Frioul Islands and beautiful villas of the Roucas Blanc District. The newest district – La Joliette, offers up views of its national museum and modern buildings.

Continue on to the colorful fishing port of Le Vallon des Auffes where you will stop for photos and have a bit of free time to stroll around. Afterwards, head back to the Old Port in Marseille where you can choose to stay in town and explore on your own or walk back to the ship.

Special Note: This tour is primarily seated. The Tuk Tuk ride is approximately two hours and includes two brief stops. The tour is not available to wheelchair guests and may not be suitable for those with mobility limitations. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen. Those who remain in town after the Tuk Tuk ride will be responsible for making their own way back to the ship at their own expense.
Marseille is the gateway to many wonderful and amazing sites in this region, one of the most beautiful and charming of these is Aix, the former of capital of Provence.

Drive from the pier into the stunningly beautiful Provence countryside as you make your way to the charming city of Aix. The former capital of Provence, it is also the birthplace of the famous painter Paul Cezanne and novelist Emile Zola.

Sitting at the foot of the Sainte Victoire mountain, few towns are as well preserved as lovely Aix en Provence. Your guided walking tour showcases the elegant 18th-and-19th-century architecture, tree-lined boulevards, cascading fountains, and cobblestone streets lined with shops and cafes. Included is a stop at a local Fromagerie where you can sample some delicious local cheeses and taste some specially selected wines.

Before re-boarding your coach for the drive back to the pier, you will be afforded some free time to further explore on your own and do some shopping in the delightful boutiques.

Special Note: This tour includes approximately two hours of moderate walking/standing that includes some steps and uneven surfaces, plus any additional discretionary walking during free time. The tour is not available to wheelchair guests and not considered suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen. Shoulders, legs, and midriffs must be covered when entering religious sites.

MRS308: SCENIC MARSEILLE – FRANCE’S OLDEST CITY - SEPTEMBER 27, 2021 | $79pp

Enjoy a panoramic overview of the beautiful city of Marseille that highlights several marquee sites, followed by some free time to take in the atmosphere of the Old Port.

Travel in comfort from the port as you make your way through the Le Vieux Port or Old Port where the Greeks first landed in 600 B.C. Your panoramic drive then continues along the Corniche J.F. Kennedy, named after the United States’ 35th President. From this roadway, enjoy fabulous views of offshore islands, the rocky coastline, and the shimmering blue waters of the Mediterranean.

Your tour continues as you view the stunning Notre Dame de la Garde Basilica, built in the mid-1800s, and considered the most magnificent building of its kind in the South of France. Be sure to look for the statue of the Virgin Mary atop the bell tower.

Back in downtown Marseille, enjoy a short orientation walk with your guide and then you are free to explore on your own. There are plenty of lively cafés, shops, and intriguingly quaint streets to wander down and the welcoming vibe you will get from the local Marseillaise residents is tangible. Afterwards, you can walk back to the ship or choose to remain in town for a bit longer.

Special Note: Walking on this tour is primarily at the guests’ discretion during free time. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation and have a companion to assist them. We recommend wearing weather appropriate comfortable clothing; sturdy, flat walking shoes with a closed toe; a sun cap; sunglasses and sunscreen.

BCN501: TIBIDABO MOUNTAIN BIKE CHALLENGE AND PANORAMIC CITY TOUR - SEPTEMBER 28, 2021 | $199pp

Do you want to ride a bike and see the most spectacular and panoramic views of Barcelona? Discover Barcelona from the highest point in the city? It is a fantastic opportunity to bike ride while you appreciate views of Barcelona.

The trail in the Collserola Natural Park to Tibidabo is one of the locals' favorite cycling routes. It is 11 miles long and, at its highest point, stands nearly 1,700 feet above sea level. This fun bike path offers sweeping, matchless views of the city. The Collserola Natural Park is a great natural treasure where you can enjoy nature and a healthy lifestyle. It is more than 19,000 acres and is considered the largest metropolitan park in the country.
From the natural terraces, your guide will explain the stunning view of the city and point out the main neighborhoods and iconic attractions such as Sagrada Familia, Agbar Tower and Montjuic. All guides are cycling enthusiasts, recognized for participating in large national and international cycling events and will ensure you get the most enjoyment out of your bike trek. When the biking portion of your tour comes to an end, you will stop for a soft drink at a local bar.

After returning your bike, hop aboard a minibus and have a panoramic drive through the city, viewing several Barcelona neighborhoods and Passeig de Gracia, the most elegant boulevard in the city and famous sites such as Casa Batló and Casa Mila. At the conclusion of your city tour, you'll return to the port.

Special Note: This tour includes approximately three hours of moderate cycling that includes some slight inclines and uneven surfaces. The tour is not available to wheelchair guests or those with other mobility concerns. Participants should be in good physical condition. We recommend wearing weather appropriate comfortable clothing; flat athletic shoes with a closed toe; a sun cap; sunglasses and sunscreen.

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BCN502: THE ADVENTURE SPORT OF CANYONING – CATALONIA STYLE - SEPTEMBER 28, 2021 | $269pp

Looking for something different to do? Come flex your muscles and challenge yourself to conquering the beautiful terrain of this canyon outside the city.

The sport of canyoning is an outdoor activity growing in popularity that includes the descent of mountain ravines and often travels down the channel of a mountain river. After meeting your transportation at the port, it's a scenic 75-minute drive to Carme Village where you will prepare for your activity. Once you’ve received a briefing on safety and what to expect, you’ll receive your necessary equipment and set out with your guide on this exhilarating adventure.

As you navigate your route, you will have to overcome several obstacles using different progression techniques, such as jumping, sliding, walking, climbing, and rappelling. Your experienced professional guides are there to help as needed, but generally, you will find the obstacles more fun than difficult. And of course, all of this takes place in a truly beautiful natural setting not seen by many visitors to Barcelona while forming a camaraderie with your fellow participants.

The total time spent navigating the canyon is approximately five hours, and mid-way, you’ll stop and enjoy a sandwich and some fruit. When you have reached the endpoint, you will transfer back to the pier.

Special Note: This tour includes approximately five hours of moderate to vigorous physical activity that includes inclines, natural and uneven surfaces to negotiate. The tour is not available to wheelchair guests, those with physical limitations or other health concerns such as heart, respiratory or back/neck injuries, or pregnant women. The tour may not be suitable for those with a fear of heights. Participants should be in good physical condition. We recommend wearing a swimsuit under weather appropriate comfortable clothing; flat, sturdy athletic shoes with a closed toe; a sun cap; sunglasses and sunscreen. We further recommend bringing a towel and an extra pair of shoes and change of clothes. All safety equipment will be provided. Guests will need to sign a waiver before being allowed to take part in the tour. Please be advised there are no restrooms along the canyoning route.

BCN503: TREKKING IN THE HEART OF MONTSERRAT NATURE PARK - SEPTEMBER 28, 2021 | $199pp

Travel into the Montserrat Mountain Nature Park and enjoy a guided trek through the beautiful flora and fauna that make this a wonderful off-the-beaten track experience.

It's a one-hour transfer from the pier to the small village of Can Masana where your trek commences. Declared a Nature Park in 1987, the park encompasses several peaks of which Montserrat Mountain is the most distinguishable with a somewhat peculiar appearance that is visible from a distance. The highest peak in the park is Sant Jeroni which rises over 4,000 ft. Montserrat is one of the most well-known symbols of Catalonia and also home to the Montserrat Monastery which welcomes many visitors each year.

Your specially trained guide will give you a safety briefing and then set-off on a route that will afford you the best experience and most spectacular views. Your total trekking time through the park is approximately four hours and at the midpoint, you will pause to rest and enjoy a snack.

When you have completed your trek, you will meet your coach and transfer back to the port in Barcelona.

Special note: This tour includes approximately four hours of mild to moderate hiking that includes hilly terrain, an unpaved and irregular path, and natural, stony surfaces. The tour is not available to wheelchair guests or those with other mobility issues or health concerns. Guests should be in good physical condition. We recommend warm, comfortable clothes; mountain hiking boots or sturdy sport shoes; sun cap; sunscreen, sunglasses, and insect repellent. You are also encouraged to bring and extra bottle of water from the ship. Please be aware that there are no toilets in the forest.
**BCN504: DESCENT INTO THE DEPTHS OF LA LLACUNA CAVE - SEPTEMBER 28, 2021 | $259 pp**

4 HOURS | MEALS: SNACK

Try your hand at spelunking on this caving adventure that has you exploring the interior of Llacuna Cave.

From the port, it's just over an hour’s drive to the cave entrance. On arrival, meet your experienced mountain sports technician, receive a safety briefing, and get outfitted in your safety gear that includes a harness and helmet. Following that, along with your cave guide you will enter the cave through a narrow exterior crack in the rock. Once inside, you will find yourself in a large gallery and then commence your exploration, discovering the cave's unique biology and geological formations. The experience can sometimes feel truly other-worldly.

Your route through the cave will at times necessitate climbing over and around obstacles and you will come upon an area where with the help of ladders, you will rappel down approximately 23 feet to a well. There are some very narrow galleries as well within the cave that the most adventuresome souls may want to navigate.

After approximately four hours, you will exit the cave and transfer back to the port.

*Special Note: This tour includes approximately four hours of walking over unpaved, irregular, and stony surfaces in a darkened environment. There are inclines to negotiate and a descent that requires a combination of rappelling and climbing an iron ladder. The tour is not available to wheelchair guests, those with any mobility issues or who suffer from hear conditions, epilepsy, claustrophobia, or fear of the dark. Participants should be in good physical condition. We recommend warm (it can be quite cool in the cave), comfortable clothing to include hiking boots or sturdy, closed toe athletic shoes with a non-slip sole. The tour is subject to cancellation if the guide determines the climatology is unfavorable. Guests will be required to sign a waiver before being allowed to take part in the tour. There are no toilet facilities within the forest or the cave.*

**BCN505 THRILLING BUNGEE JUMP IN SANT SADURNÍ D’ANOIA - SEPTEMBER 28, 2021 | $179 pp**

5 HOURS | MEAL: SNACK

Are you someone who seeks heart-pounding adrenaline rush experiences? If so, you won’t want to miss this unforgettable bungee jump adventure!

The bridge in Sant Sadurní d’Anoia is a wonderful location for bungee jumping as it not only offers the actual thrilling experience of the jump, but beautiful views as well. A scenic drive of around 50 minutes brings you to the bridge which you will reach after a short, easy walk. The bridge itself is approximately 98 feet high and has 82 feet of swinging jump which provides jumpers with a more comfortable experience. You can choose to do your jump forward, or amp up the excitement and jump backwards! The jump does not require any special ability, just bring your courage and a willingness to jump into the abyss with the knowledge that everything is 100% safe, passing rigorous safety inspections and the staff is experienced and licensed.

Following your experience, you will make your way back to your transportation and transfer back to the port.

*Special Note: This tour includes some mild walking. It is not available to wheelchair guests, those with heart, back, neck or joint conditions, epilepsy, or pregnant women. It may not be suitable for those with a fear of heights. We recommend comfortable clothing and shoes, and sunscreen. Please be advised there are no restrooms at the bridge location. The activity will be cancelled in the event of unfavorable weather conditions.*

**BCN301: A GLIMPSE OF BARCELONA PANORAMIC TOUR - SEPTEMBER 28, 2021 | $69 pp**

3 HOURS | MEALS: NONE

Take advantage of this great opportunity to get an excellent overview of Barcelona's landmark attractions on a time-saving and relaxing panoramic tour.

Board your coach at the pier and enjoy an informative narration as you head towards the Olympic Village, passing by Ciutadella Park and stopping at the Arch of Triumph en route. This red brick Neo-Moorish arch was built as the gateway to the 1888 World Expo held in Barcelona and is a perfect transition to Barcelona's seafront Olympic Village, built to house the athletes of the 1992 Summer Games held here. The village is now a desired residential area with a wealth of shops and restaurants, and you will have some free time here to look around on your own.

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Re-boarding your coach, travel along Marina Avenue toward Passeig de Gràcia, a wild boulevard lined with charming Art Nouveau buildings that connect the Gothic Quarter to the village of Gràcia. Then it’s on to Montjuic, passing Plaza Española, Congress Palace and Maria Cristina Avenue. Arriving in Montjuic, make a photo stop at the viewpoint where you will be treated to spectacular views over the city before heading back to the pier.

Special Note: This tour is primarily seated. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation with limited assistance and have a companion to assist them. We recommend wearing weather appropriate comfortable clothing; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen.

BCN302: DISCOVER THE INCOMPARABLE ARCHITECTURE OF ANTONIO GAUDI - SEPTEMBER 28, 2021 | $129

See four of Gaudí’s seven UNESCO recognized buildings in Barcelona on this tour that focuses on his unique and remarkable talent as an architect.

A native Catalan, Antonio Gaudi is one of history's most prolific architects and certainly a favored son of Spain. The tour starts with a drive to Casa Vicenç, Gaudi’s first building in Barcelona where he was able to fully display his talent. Built as a summer home for Manel Vicenç I Montaner between 1883 and 1885, the home has only in recent years been opened to the public having been a private residence. The fabulous interior is finally no longer a long-held secret.

Next, drive to the nearby Sagrada Familia Cathedral for an exterior visit. Perhaps his most famous masterpiece and an iconic symbol of Barcelona, the yet unfinished work was his last as he met his death while still working on it. Construction is scheduled to be completed in 2026. As you gaze at this monumental cathedral, your guide will provide you with a detailed commentary about the façade.

At this point in your tour, enjoy a bit of free time to do some shopping before continuing on to Casa Mila for a visit. Better known as La Pedrera (The Stone Quarry), it is perhaps Gaudi’s most mature work and perfectly represents his style of Modernism. Built between 1906 and 1912, it was the last residential building he designed and is characterized by a myriad of revolutionary details that bear testament to his creativity.

Your final stop is at Casa Batlló, a residential building that exudes a dreamlike atmosphere. Your exterior visit allows you to admire its façade, which is completely covered in a multicolored mosaic of shiny tiles. The same technique has been used for the roof. The suggestive façade recalls the legend of Saint George and his fight with the dragon. According to this reading, the cross can be interpreted as the tail of the dragon and the row of balconies as the bones of its victims.

As you drive back to the pier, you will cross the commercial heart of the old city and of Barcelona itself - the famous Plaza de Catalunya and the Columbus Monument.

Special Note: This tour includes approximately three hours of mild to moderate walking/standing that includes some steps and uneven surfaces, plus any additional discretionary walking during free time. The tour is not available to wheelchair guests. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders and legs must be covered when entering religious sites.

BCN303: PASSEIG DE GRÀCIA - A TOWN OF ARCHITECTURAL GEMS AND STRONG VERMOUTH TRADITIONS - SEPTEMBER 28, 2021 | $69

The district of Passeig de Gràcia is a treasure trove of architectural jewels and one of the most vibrant areas of the city, home to artists and bohemians. It is also becoming a significant area where vermouth is enjoying a strong revival. Come experience these two significant contributions to Barcelona's culture.

Gràcia was founded in the 17th century by the Carmelite order and for over two centuries was an independent town that was incorporated into Barcelona when the latter spread out through the Eixample district. Today, Gràcia keeps its own character and identity and is considered one of the h Hippiest and most colorful areas in Barcelona.

A highlight of the tour is strolling around an array of small squares and discovering their unique shops, cafés and old ‘bodegas’. Plaça del Sol is considered to be the area’s central square, and in the evening, Gràcia transforms into the hub of Barcelona's nightlife. This area is all about socializing, eating, and drinking. Part of this is the small bodegas that are supporting the strong revival of vermouth in the region. Often associated with Italy, vermouth has been used in many cultures for years and the Catalonia region of Spain is home to an important vermouth industry of its own. Normally poured directly from the barrels in the bodegas, it's become a local tradition on Sundays, following mass and before lunch. It is usually paired with olives, anchovies, sardines, and potato chips.

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Your final stop is at one Gràcia's bodegas where you will be invited to taste this blend of white wine that has been fortified with extra alcohol, sugar and a secret mix of herbs that are proprietary to each distillery. When your visit concludes, re-board your coach and transfer back to the pier.

Special Note: This tour includes nearly two hours of mild to moderate walking/standing that includes steps and uneven surfaces. The tour is not available to wheelchair guests and is not considered suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen.

VALENCIA, SPAIN

VLC501: THE ULTIMATE DAY OF ADVENTURE CHALLENGES AT VENTA DEL MORO - SEPTEMBER 29, 2021 | $179

5 HOURS | MEALS: LUNCH

Tired of seeing churches and monuments? Like to challenge yourself with activities that get your adrenaline pumping and test your skills? Then you don’t want to miss this tour!

Leaving the pier, make the 1-hour drive to Venta del Moro where you will spend the next few hours engaged in a variety of activities that will dare you to step outside your comfort zone, or perhaps learn a new activity. Whatever the case, it will all be a day of fun, coupled with the satisfaction of conquering new challenges.

This multi-adventure park offers up activities like Archery; Zip Lining; a climbing wall; a Tibetan bridge - a flexible suspension bridge made of cables; and Via Ferrata - a protected climbing route that has metal rungs and a cable wire affixed to the mountain or cliff to assist the climber. Choose one or all of these activities, accompanied at all times by a monitor who will ensure your safety and be there to encourage you and offer assistance if needed.

After approximately 2 ½-hours, enjoy a picnic-style lunch at the park before rejoining your transportation and driving back to the pier in Valencia, perhaps exhausted, but filled with a sense of accomplishment.

Special Note: This tour includes a mixture of activities that require moderate physical exertion. There will be inclines, natural and uneven surfaces to negotiate. The tour is not available to wheelchair guests, those with physical limitations or other health concerns such as heart, respiratory, back or neck issues or pregnant women, and may not be suitable for those with a fear of heights. Guests should be in good physical condition. We recommend wearing weather appropriate comfortable clothing; flat, sturdy sport shoes with a closed toe; a sun cap; sunglasses and sunscreen. All safety equipment will be provided where needed. Guests will need to sign a waiver before being allowed to take part in some activities.

VLC301: EXPLORE VALENCIA’S REMARKABLE PAST AND VIBRANT PRESENT - SEPTEMBER 29, 2021 | $59

4 HOURS | MEAL: NONE

A perfect tour to introduce you to Valencia’s marquee attractions while imparting its colorful history and modern achievements.

Start with a narrated panoramic drive through the Avenida del Puerto, Gran Via and then Calle Jativa where you will be able to view the Bullring and Central Station. Continue on to see the Central Market, an enormous metal Art Nouveau building that was built in 1928 and features decorative ceramic tiles and glass. Inside, the market houses 1300 stalls that sell fresh fish, meat, fruits, and other products from all over Spain.

Valencia’s present-day is defined by the City of Arts and Science complex, designed by Santiago Calatrava and Félix Candela. This decidedly unique complex is devoted to science, technology, nature and art, represented in five centers: The Hemispheric, the Umbracle with its gardens and sculptures, the Principe Felipe Science Museum, the Oceanographic Center and the Palau de les Arts Reina Sofia. From here, transition to Valencia’s past by driving to the Silk Exchange monument called La Lonja to begin your walking tour of the Old Quarter. Declared a UNESCO World Heritage Site in 1996, this Gothic-style civil building that was built between 1482 and 1548 is a principal tourist attraction in the city and illustrates the power and wealth of a great Mediterranean mercantile city.

Strolling through the streets and squares of the Old Quarter, you will be charmed by its colorful squares, historic buildings, and vibrant atmosphere. Before driving back to the pier, you will be afforded some free time in the city center to shop and enjoy a tasting of horchata, a refreshing drink made of water, sugar, and the juice of tiger nuts.

Special Note: This tour includes approximately 2.5 hours of moderate walking/standing that includes some steps and uneven surfaces, plus any additional discretionary walking during free time. The tour is not available to wheelchair guests and is not considered suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders, legs, and midriffs must be covered when entering religious sites.
Just a short drive from Valencia is the serene, natural paradise of Albufera Nature Park, habitat for an extensive variety of plant and animal life and home to an incredible lagoon. Step outside the environs of the city and come discover this unspoiled slice of heaven.

Board your coach at the pier for the scenic coach ride to Albufera Nature Park, located just six miles from the city. The park comprises an area of over 52,000 acres and includes a large lake and a thick pine forest that runs from the lake to the sea. On arrival, have a driving tour of the forest during which your guide will explain about the rich vegetation and species native to this area. Surrounding the lake are extensive marshlands where rice, one of the principle agricultural products of Spain, is grown.

Following your driving tour, embark on a boat ride around the lake, accompanied by local fisherman. From this different perspective you can observe migrating birds, native ducks and take in the scenery of one of Europe's major bird-nesting sites.

After a 45-minute boat tour, your boat will dock and you will be treated to some traditional tapas at a local restaurant before rejoining your coach and driving back to the pier in Valencia.

Special Note: This tour includes approximately 90 minutes of mild to moderate walking/standing that includes some steps and uneven surfaces. The tour is not available to wheelchair guests and may not be suitable for those with walking difficulties who must negotiate some steps without assistance to enter the boat. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen.

The best way to get to know a city is with an up-close look at its most cherished landmarks and this wonderful bike tour is the perfect way to facilitate that.

Your scenic and informative bike tour of Valencia's Old Quarter begins at the pier where you will meet your guide, be issued your bike and have a short safety briefing before setting off. First, pedal to the Silk Exchange monument called La Lonja. Declared a UNESCO World Heritage Site in 1996, this Gothic-style civil building that was built between 1482 and 1548 is a principal tourist attraction in the city and illustrates the power and wealth of a great Mediterranean mercantile city.

As you leisurely make your way through the city, see historic buildings such as the Central Market, an enormous metal Art Nouveau building that was built in 1928 and features decorative ceramic tiles and glass. Inside, the market houses 1300 stalls that sell fresh fish, meat and fruits and other products from all over Spain. Continuing on, see the Miguelete Tower, the Cathedral and the Provincial Palace. Along the way, stops will be made so that your guide can share information about what you are seeing and give you time to take photos.

No historic Old Town is complete without beautiful plazas and Valencia has plenty to offer such as the Plaza de la Virgen and Plaza de la Reina where you will pause to enjoy a typical Valencian snack while soaking up the special atmosphere of this captivating city.

Refreshed and re-energized, the tour continues by passing the marvelous Marques de dos Aguas building, El Parterre, and several other inviting plazas, all imbued with a warm Spanish ambience. Your final stop on your cycling tour is at the Torres de Serrano, the imposing towers that once stood guard over the city as well as serving as a prison for Valencia’s nobility. From here, pedal back to the pier where your tour concludes.

Special Note: While Valencia is primarily flat, the tour does involve an extensive amount of bicycling for approximately 2.5 hours. The tour is not available to wheelchair guests, those with other mobility limitations or medical conditions such as heart, respiratory, back or neck issues. Guests should be in good physical condition and be experienced, confident cyclists. We recommend wearing weather appropriate clothing; flat, closed toe shoes; a sun cap; sunglasses and sunscreen.
VLC306: PANORAMIC VALENCIA AND LLADRO FACTORY - SEPTEMBER 29, 2021 | $59.00

4 HOURS | MEALS: NONE

Be treated to a visit at the famous Lladró sculptures factory, followed by a comprehensive panoramic overview of Valencia's city center and the spectacular City of Arts and Sciences.

Start out from the pier and drive to the Lladró factory. The origins of Lladró date back to a small craft workshop built in the mid-1950s in Almácera which is close-by to Valencia. Driven by their artistic restlessness and the desire for a better life, the three Lladró brothers, Juan, José, and Vicente, sought new ways to produce porcelain. Lladró was born of a dream to create classic porcelain artworks that would celebrate the beauty and magic in the human experience - artworks that would touch the souls of individuals from every country and culture. It was artists inspired by the details of life around them that conceived the authentic works of Lladró. Initially, the creative team started out by adapting styles from past eras, but it was not long before certain characteristics appeared that would soon shape what was to become the unique Lladró style. Today, the sculptures born here in the City of Porcelain are exported to more than 120 countries. Before leaving, there will be an opportunity to purchase some Lladró products at discount prices.

Next, re-board your coach and head to the center of Valencia where you will be able to see its unique architecture that is a blend of Arabian and Gothic styles. Some of the highlights you will see are the Columbus Market, the Bullring, the North Station and Serranos Tower.

Before returning to the pier, you will pass by the impressive City of the Arts and Sciences, an ultra-modern architectural and scientific complex. The structures here are strikingly futuristic and leave a lasting impression.

Special Note: This tour includes approximately 90 minutes of mild to moderate walking that includes a few steps. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the transportation and have a companion to assist them. We recommend wearing weather appropriate comfortable clothing and sturdy, flat walking shoes.

VLC307: EXPERIENCE AN EXPRESS LOOK AT VALENCIA'S MAIN HIGHLIGHTS - SEPTEMBER 29, 2021 | $59.00

3.5 HOURS | MEALS: NONE

This tour gives you quick overview of the city of Valencia, Spain's third largest city. It not only encompasses historic architecture that ranges from ancient Roman works to Santiago Calatrava's cutting edge City of Arts and Sciences, it also boasts a vibrant and artistic culture. Adding to that, the food is delicious and the residents warm and inviting, making it an ideal destination to visit.

As you commence your panoramic tour, you’ll first head towards the city center, passing by the impressive City of Arts and Science. Entering the heart of the city, see Plaza de la Reina and the historical center, where Valencia’s fascinating old monuments and buildings are located. Leaving your coach behind, a guided walking tour will bring you past the Cathedral with its Miguelete Tower, the Lonja which was declared a Heritage of Mankind Site by UNESCO and the Central Market. Enjoy some free time at the market to shop or relax over a cup of coffee in one of the many local cafés before re-joining your coach and heading or for a scenic drive along Valencia’s seafront promenade.

Built especially for leisure, this area is located in what was once the old Turia riverbed. A brief stop for photos will be made here before continuing on.

Entering the heart of the city, see Plaza de la Reina and the historical center, where Valencia’s fascinating old monuments and buildings are located. Walk by the Cathedral with the Miguelete Tower, the Lonja, declared Heritage of Mankind by the UNESCO, the Central Market. Enjoy some free time to shop or have a coffee in one of the many local cafés before heading for a scenic drive along Valencia’s seafront promenade.
AGP501: SOAR OVER MALAGA: TANDEM PARAGLIDING ADVENTURE - SEPTEMBER 30, 2021 | $419pp

4 HOURS | MEAL: NONE

Step out of your comfort zone and soar like a bird over the beautiful Costa del Sol and Malaga landscape, accompanied by a professional paraglider. The views are simply outstanding and the flight nothing less than exhilarating.

This can't miss opportunity to feel the amazing sensation of non-motorized flight begins with a scenic transfer from the pier to the launch site. On arrival, meet your pilot, familiarize yourself with your equipment, and receive a safety briefing. Then, when the conditions are just right, you and your expert pilot will take off and begin your tandem flight over the Spanish countryside. The sensation when your canopy catches the wind and lifts you off the ground is indescribable. As you ride the prevailing air currents, suspended high above the ground below, you will surely gain a greater appreciation for the sport of paragliding.

When your fight ends and you touch back down, your transportation is waiting to transfer you back to the pier in Malaga.

Special Note: This tour has limited walking. The drive to the launch point is approximately one hour in each direction. The tour is not available to wheelchair guests and not suitable for those with limited mobility, those who suffer from a fear of heights or pregnant women. We recommend wearing weather appropriate comfortable clothing, flat sport shoes with a non-slip sole and sunscreen. The minimum allowable weight is 88 lbs., and the maximum allowable weight is 250 lbs.

AGP302: EXPERIENCE THE ANDALUSIAN CHARM OF MARBELLA AND VISIT THE PUERTO BANUS MARINA COMPLEX - SEPTEMBER 30, 2021 | $59pp

4.5 HOURS | MEALS: NONE

After a quick look at Malaga, head to Marbella, the pearl of the Costa del Sol and a popular holiday destination for international travelers, and then spend time at the nearby resort area of Puerto Banus.

Leave the port and enjoy a brief panoramic drive through Malaga before heading off on the one-hour journey to Marbella. The name immediately conjures up images of sun-drenched beaches and a glamorous resort lifestyle, but Marbella is so much more. In the heart of town, its historic center exudes warm Andalusian charm and ambience. White houses with balconies full of flowers and small winding roads filled with restaurants, bars and shops add to its undeniable appeal.

Arriving at the entrance to the town, leave your coach behind and commence a guided walking tour that visits Iglesia de la Encarnacion, the Plaza with ancient walls, City Hall, Plaza de los Naranjos and ends at Ricardo Soriano Avenue, one of the main commercial streets in Marbella. After a bit of free time, rejoin your coach and drive to nearby Puerto Banus.

Puerto Banus is a lavish marina complex that has gained international popularity and been dubbed the “playground to the rich and famous”. Enjoy free time here to stroll about the high-end shops or the marina with its mega-yachts. There are also plenty of bars and cafés where you can relax with a refreshment and do some people-watching.

Following your free time in Puerto Banus, board your coach and drive back to the pier on Malaga.

Special Note: This tour includes approximately one hour of mild walking/standing that includes some steps plus, any additional discretionary walking during free time. The tour is not available to wheelchair guests and may not be suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders, legs, and midriffs must be covered when entering religious sites.
AGP303: THE MALAGA EXPERIENCE – A PANORAMIC DRIVE AND WALKING TOUR - SEPTEMBER 30, 2021 | $59

4 HOURS | MEAL: NONE

Discover the charismatic city of Malaga on this combination panoramic and walking tour that showcases many of its landmark attractions.

Malaga is one of the oldest ports in the Mediterranean and is a vibrant city with a complex history that has transformed into a magical destination for travelers. And may we add, it’s the birthplace of the legendary painter Picasso, and the location of his namesake museum.

Begin your tour with a panoramic drive from the port and travel down attractive tree-lined avenues on a route that will take you past Alameda, Plaza de la Marina, Paseo del Park, Palacio de la Aduana, Correos and Ayuntamiento. Stopping in Gibralfaro, visit the fortress which dates back to the Phoenician period and take in wonderful views of the city from its ancient walls.

Your walking tour commences at this point with exterior visits to Casa Natal de Pablo Picasso – birthplace of Pablo Picasso, and the Roman Theater, Malaga’s oldest monument. Nearby is the Alcazaba, the largest Arabic monument in the city. Enjoy a visit inside this imposing ancient Moorish fortress which was the last defense of the Moorish resistance against the Christian kings. Next, visit the impressive Cathedral, one of the largest and most important buildings of the Andalusian Renaissance, which dates back to 1528 and was built on the site of an ancient mosque. The interior is simply stunning.

Your walking tour draws to a close with exterior visits of Iglesia del Sagrario and Palacio Episcopal, after which you will have some free time before rejoining your coach for the drive back to the pier.

Special Note: This tour includes approximately 2.5 hours of moderate walking/standing that includes some steps and uneven cobblestone surfaces plus any additional discretionary walking during free time. The tour is not available to wheelchair guests or those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders, legs, and midriffs must be covered when entering religious sites.

AGP304: DISCOVER TWO COASTAL GEMS - PICTURESQUE FRIGILIANA AND AUTHENTIC NERJA - SEPTEMBER 30, 2021 | $59

5.5 HOURS | MEAL: NONE

Travel outside Malaga to visit the authentic white village of Frigiliana with its Moorish remains, followed by a visit to the colorful seaside village of Nerja.

From the pier in Malaga, it’s a 75-minute scenic drive along the coastal highway to Frigiliana. En route, pass through the quaint fishing villages of Rincon de la Victoria and Torre del Mar. Located just 6 miles inland, Frigiliana is one of the Axarquia region’s most picturesque white villages and borders the Sierras de Tejeda and Almijara Nature Park. The town’s roots can be traced back to prehistoric times; however, it is the remnants of its Moorish occupation that is most evident today. The village is situated below the old fort and is comprised of two parts, the old and the new. It is the older quarter with its “chocolate box” appearance of winding narrow, cobbled streets lined with whitewashed houses, wrought iron balconies, and brightly colored pots of geraniums, that led to the town receiving the accolade of “prettiest village in Andalucía.” It is in the old quarter that you will enjoy a guided walking tour, viewing its interesting architecture and points of interest. The village is also well-known for its locally produced sweet wine and traditional handmade ceramics.

Next, drive to coastal Nerja, located just below Frigiliana. This charming fishing village boasts nine miles of powdery white sand beaches and crystal-clear waters along with a delightful town center. Your guided walking tour takes you through the heart of the village with its narrow, picture postcard winding streets, and terraces that overflow with vibrant flowers. Following your walking tour, you’ll be afforded free time to further explore on your own or do some shopping before joining your coach for the drive back to the port in Malaga.

Special Note: This tour includes approximately 90 minutes of mild to moderate walking/standing that includes some steps and uneven surfaces, plus any additional discretionary walking during free time. The tour is not available to wheelchair guests and may not be suitable for those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders, legs, and midriffs must be covered when entering religious sites.
Come explore one of Spain’s most iconic attractions – Alhambra, the legendary fortress turned castle that exudes the grandeur of a bygone era.

Travel two-hours from Malaga to Granada, location of the 14th-century Muslim-Hispanic complex of Alhambra. While the city of Granada is beautiful in its own right, nothing in Spain compares to the wealth of architectural art found at Alhambra. This breathtaking example of Moslem architecture is completely encircled by walls and towers and embraced within them you will find palaces, military buildings, a fortress, and the administrative centers of a storied past.

Ample time is provided for you to experience the full glory of this remarkable place. Its detailed mosaics, prism-style cupolas and stone-cast lattice work speak to a surprising grace and sophistication. The Generalife, which is surrounded by marvelous gardens, was once the residence of sultans seeking rest and relaxation and is in contrast to the Palace that was commissioned by Carlos V and built in the Renaissance style of the 16th century. The palace has undergone many incarnations over the decades, even used as a military barracks by Napoleon’s troops who later blew up two of its towers. After falling into serious neglect, in 1870 it was declared a National Monument and since then, has been protected and restored. Today, it is a UNESCO World Heritage Site, open for all to come and witness its splendor.

Following your tour of Alhambra, you will walk to a nearby restaurant for dinner and afterwards, rejoin your coach for the journey back to the ship in Malaga.

Special Note: This tour includes nearly three hours of moderate walking/standing that includes some steps and uneven cobblestone surfaces. The tour is not available to wheelchair guests or those with walking difficulties. We recommend wearing weather appropriate comfortable clothing (weather may be different inland than at the coast); flat walking shoes; a sun cap; sunglasses and sunscreen.

Travel to Mijas, a traditional Andalusian village for a touch of history and a taste of locally produced wine.

The drive from the port in Malaga to Mijas is close to one hour and travels over a route that offers up stunning views of mountains and sea. Arriving at the town you will find it to be the embodiment of everything you would imagine an authentic Andalusian village should look and feel like. From the whitewashed houses lining the narrow, winding paved streets, balconies with vibrant cascades of flowers spilling from their brightly colored pots, to outdoor cafés and horse-drawn carriages.

A guided walking tour will introduce you to some of the village’s highlights, such as the Church of La Inmaculada Concepcion and Virgen de la Peña (Virgin of the Rock), a chapel carved into a rock in 1682. After approximately 1-hour you will find yourself at the Museo del Vino. A tour here will give you some insight into the local wines and their production. Following that, enjoy a tasting of a few of these wines, accompanied by some appetizers before driving back to Malaga.

Special Note: This tour includes approximately two hours of mild to moderate walking/standing that includes some steps, inclines, and uneven surfaces. The tour is not available to wheelchair guests or those with walking difficulties. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. Shoulders, legs and midriffs must be covered when entering religious sites.
**GIB302: SPECTACULAR DOLPHIN WATCHING SAFARI - OCTOBER 1, 2021 | $65.00**

1.75 HOURS | MEALS: NONE

Take a refreshing sail through the Straits of Gibraltar on this fun-filled boating adventure that has you searching for the striped, common and bottlenose dolphins that are native to these waters.

A short transfer brings you to your sailing vessel where you can take a seat on deck and take in the splendid views. Once underway, make sure to have your cameras and binoculars at the ready so you can capture the incredible experience of witnessing dolphins as they frolic freely in the waters here. The sheltered Bay of Gibraltar is rich in food and makes for an ideal breeding location. The sighting of mothers and their calves as they travel in pods ranging from 20 – 30 or even up to 100 dolphins is not uncommon and to witness this incredible sight in person defies description.

After your dolphin safari, return to the pier where your transportation awaits to bring you back to the ship. Alternatively, you can make your way into town from the ferry terminal to do some exploring and shopping on your own. However, you will be responsible for making your own way back to the ship.

Special Note: This tour is primarily seated, and any required walking is limited. The sightseeing vessel is not wheelchair accessible and therefore, the tour is not available to wheelchair guests and may not be suitable for those who suffer from motion sickness. We recommend wearing weather appropriate comfortable clothing and bringing a light jacket or windbreaker; flat walking shoes with a non-slip sole; a sun cap; sunglasses and sunscreen.

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**GIB304: GIBRALTAR FAVORITES: TOP OF THE ROCK BY CABLE CAR AND SHOPPING - OCTOBER 1, 2021 | $59.00**

1.25 HOURS | MEAL: NONE

This tour allows you to make the most of your limited time in Gibraltar by combining a cable car ride to the top of the legendary “Rock” and then allowing for some free time in town.

A mini-coach will be waiting at the pier to transport you directly to the Cable Car Station – Gibraltar’s only purpose-built tourist attraction. Not only does this serve the purpose of swiftly bringing you to the top, but it’s also one of the best ways to appreciate the great views of Gibraltar and its surroundings.

Your ride starts at the Botanical Gardens and then to the Ape’s Den before reaching the summit. Once at the summit, you are free to stroll about the many terraces and enjoy the superb views, which include the city of Gibraltar to the west, the coastline of Africa to the south, the Spanish mainland to the north and the blue waters of the Mediterranean to the east. For your enjoyment, there is a restaurant and bar at the top as well as cloakroom facilities.

Following your visit to the top, descend back down the mountain and have some free time to explore Main Street, a bustling shopping area of shops that include familiar names as well as smaller local establishments. Goods vary from designer fashions and sunglasses, to Chinese linens and electronics. If you aren’t in the mood for shopping, you may consider relaxing for a bit in a pub or café in the pedestrian friendly Irish Town. Just be sure to be back to the ship in time for the all-aboard!

Special Note: This tour is mostly self-guided, and walking is primarily at the guest’s discretion. The cable car is not wheelchair accessible and therefore, the tour is not available to wheelchair guests and may not be suitable for those who suffer from a fear of heights. We recommend wearing weather appropriate comfortable clothing; flat walking shoes; a sun cap; sunglasses and sunscreen. As the cable car is a popular attraction, you may encounter a line during busy times.
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### LIS510PST: LISBON TO THE MAX: FROM TRADITIONAL TO ADVENTURESOME - OCTOBER 2, 2021 | $675PP

- **3 DAYS / 2 NIGHTS | MEALS: YES**

Extend your stay in Lisbon with this post-cruise option that allows you to immerse yourself in the city's diverse range of activities that include satisfying your adventurous side.

#### Day 1
- After disembarking the ship, transfer to your five-star Lisbon hotel for check-in. Once you are settled in, have lunch, meet in the lobby for your afternoon walking tour of the city. Your exploration takes you down cobbled streets in the oldest section of town that still resonates with a vibrant character. Ride the Elevador da Glória, a funicular that ascends to the suburb of Bairro Alto which was once the home of wealthy merchants. The views of the city from here are incredible. Next, walk through the Chiado Quarter, a popular shopping and theater district that has been an enclave for artisans. Enjoy some free time here to further explore on your own and do some shopping before returning to the hotel. Dinner is in the hotel and then the evening is at your leisure.

#### Day 2
- Begin with breakfast at the hotel and then you will meet your guide in the lobby for the transfer to Arrábida National Park. It is here along the Sesimbra coastline that you will take part in a coasteering adventure. Fast becoming a hot spot for coasteering, this rugged stretch of coastline is perfect for the sport and offers an unparalleled opportunity to experience the natural beauty of Portugal up close in a manner that also gets your adrenaline pumping. Your coasteering challenge includes navigating your way along narrow paths that cling to the cliffsides, scrambling over rocks, climbing, rappelling, zip-lining and occasionally jumping into the ocean and swimming. Not to worry, all safety precautions have been taken so you can relax and enjoy it to the fullest. Be sure to wear clothes and shoes that can get wet, all other equipment is provided. After approximately three hours, you will complete your coasteering and return to the hotel for lunch and then the remainder of the day and evening are at your leisure with dinner also in the hotel.

#### Day 3
- Start your final day with an early breakfast at the hotel, check-out and then join your guide and head off to Sintra, considered by many to be Portugal's most picturesque location. Upon arrival, you will visit two of its most well-known landmarks, starting with Quinta da Regaleira. This 19th-century residence is nothing less than amazing with its Gothic façade and incredible gardens. From here, make your way to Pena Palace. Perched high atop a mountain, the Palace is a stunning representation of 19th-century Romanticism architecture, featuring painted terraces, decorative battlements and statuary that is sure to inspire. Following your visit at the Palace, you will transfer directly back to the airport in Lisbon to catch your flight home.

*Special Note: This tour includes a significant amount of walking that includes steps and uneven surfaces over several days and Vigorous physical activity that includes climbing during the coasteering adventure on Day 2. The tour is not available to wheelchair guests, those with physical limitations or other medical limitations such as heart, respiratory, back or neck problems or pregnant women. It is not recommended for those with a fear of heights. Participants should be in good physical condition. Casual, comfortable clothing; flat walking shoes with non-slip sole and a closed toe; a sun cap; sunglasses and sunscreen. All safety equipment will be provided. Guests will need to sign a waiver before being allowed to take part in the coasteering portion of the tour.*

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### LIS410PST: AN INTRODUCTION TO LISBON’S LEGENDARY SITES - OCTOBER 2, 2021 | $575PP

- **2 DAYS / 1 NIGHT | MEAL: NONE**

Extend your stay in Lisbon with this post-cruise option that allows you to experience the character of the city and some of its key attractions.

After disembarking the ship, transfer to your five-star Lisbon hotel for check-in. Once you are settled in and have had lunch, meet in the lobby for your afternoon walking tour of the city. Your exploration takes you down cobbled streets in the oldest section of town that still resonates with a vibrant character. Ride the Elevador da Glória, a funicular that ascends to the suburb of Bairro Alto which was once the home of wealthy merchants. The views of the city from here are incredible. Next, walk through the Chiado Quarter, a popular shopping and theater district that has been an enclave for artisans. Enjoy some free time here to further explore on your own and do some shopping before returning to the hotel. Following dinner in the hotel, the evening is at your leisure.

Day two begins with breakfast at the hotel and after check-out, meet your guide in the lobby and head off to Sintra, considered by many to be Portugal’s most picturesque location. Upon arrival, you will visit two of its most well-known landmarks, starting with Quinta da Regaleira. This 19th-century residence is nothing less than amazing with its Gothic façade and incredible gardens. From here, make your way to Pena Palace. Perched high atop a mountain, the Palace is a stunning representation of 19th-century Romanticism architecture, featuring painted terraces, decorative battlements and statuary that is sure to inspire.

Following your visit at the Palace, you will transfer directly back to the airport in Lisbon to catch your flight home.

*Special Note: This tour includes a significant amount of walking that includes steps and uneven surfaces over several days. The tour is not available to wheelchair guests or those with physical limitations and limited mobility. Participants should be in good physical condition. Casual, comfortable clothing; flat walking shoes with non-slip sole and a closed toe; a sun cap; sunglasses and sunscreen.*

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**ACTIVITY LEVEL: MILD**

**ACTIVITY LEVEL: MODERATE**

**ACTIVITY LEVEL: VIGOROUS**
ROME (CIVITAVECCHIA), ITALY

- CIV510PRE: The Many Facets of Lake Como – Boating, Hiking and Canyoning | September 25, 2021
  Price: $4,250 (Double) / $5,599 (Single)

- CIV401PRE: The Wine Aficionado's Tour of Tuscany's Finest Wineries | September 25, 2021 | Price: $2,809

- CIV402PRE: Best of Rome – The Marquee Attractions | September 25 | Price: $1,829 (Double) / $2,439 (Single)

FLORENCE (LIVORNO), PISA, LUCCA, ITALY

- LIV501: UNESCO Global GeoPark of Equi Alpi Apuane Adventure Park Experience | Date: September 26, 2021 | Price: $599

- LIV301: Iconic Florence, Birthplace of Renaissance | September 26, 2021 | Price: $429

- LIV302: Independent Exploration of Florence | September 26, 2021 | Price: $199

- LIV304: Discover the Treasures of Charming Pisa | September 26, 2021 | Price: $169

- LIV305: Lucca – the Beloved Gem of Tuscany | September 26, 2021 | Price: $199

- LIV306: Tuscan Icons - Lucca and Pisa | September 26, 2021 | Price: $289

- LIV0307: Explore the Villages of Cinque Terre | September 26, 2021 | Price: $269

- LIV309: Fascinating Florence and Quintessential Pisa | September 26, 2021 | Price: $299

- LIV310: Florence for Art Lovers | September 26, 2021 | Price: $379


MARSEILLE, FRANCE

- MRS501: The Adventure of a Lifetime – Glider Flight Over the Provence Countryside | September 27, 2021 | Price: $775

- MRS502: Trek to the Hermitage Cave and Thrilling Rappel Challenge | September 27, 2021 | Price: $475

- MRS304: Explore the Artisan District of Le Panier – The Oldest in Marseille | September 27, 2021 | Price: $125

- MRS306: Introduction to Marseille via Tuk Tuk | September 27, 2021 | Price: $125

- MRS308: Scenic Marseille – France's Oldest City | September 27, 2021 | Price: $79

MORE EXCURSIONS ON THE NEXT PAGE

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NAME
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BOOKING #
NOTES
BARCELONA, SPAIN
- BNC501: Tibidabo Mountain Bike Challenge and Panoramic City Tour
  September 28, 2021 | Price: $199
- BNC502: The Adventure Sport of Canyoning – Catalonia Style
  September 28, 2021 | Price: $269
- BNC503: Trekking in the Heart of Montserrat Nature Park
  September 28, 2021 | Price: $199
- BNC504: Descent into the Depths of La Llacuna Cave
  September 28, 2021 | Price: $259
- BNC505: Thrilling Bungee Jump in Sant Sadurní d’Anoia
  September 28, 2021 | Price: $179
- BNC301: A Glimpse of Barcelona Panoramic Tour
  September 28, 2021 | Price: $69
- BNC302: Discover the Incomparable Architecture of Antonio Gaudí
  September 28, 2021 | Price: $129
- BNC303: Passeig de Gràcia - A Town of Architectural Gems and Strong Vermouth Traditions
  September 28, 2021 | Price: $69

VALENCIA, SPAIN
- VLC501: The Ultimate Day of Adventure Challenges at Venta del Moro
  September 29, 2021 | Price: $179
- VLC301: Explore Valencia’s Remarkable Past and Vibrant Present
  September 29, 2021 | Price: $59
- VLC302: Idyllic Albufera Nature Park
  September 29, 2021 | Price: $109
- VLC303: An Up-Close Tour of Valencia’s Old Town by Bike
  September 29, 2021 | Price: $109
- VLC304: Panoramic Valencia and Lladró Factory
  September 29, 2021 | Price: $59
- VLC305: Experience an Express Look at Valencia’s Main Highlights
  September 29, 2021 | Price: $59

GIBRALTAR, UK
- GIB302: Spectacular Dolphin Watching Safari
  October 1, 2021 | Price: $65
- GIB304: Gibraltar Favorites: Top of The Rock by Cable Car and Shopping
  October 1, 2021 | Price: $59

LISBON, PORTUGAL
- LIS510PST: Lisbon to the Max: From Traditional to Adventuresome
  October 2, 2021 | Price: $675
- LIS410PST: An Introduction to Lisbon’s Legendary Sites
  October 2, 2021 | Price: $575

MALAGA, SPAIN
- AGP501: Soar Over Malaga: Tandem Paragliding Adventure
  September 30, 2021 | Price: $419
- AGP302: Experience the Andalusian Charm of Marbella and Visit the Puerto Banus Marina Complex
  September 30, 2021 | Price: $59
- AGP303: The Malaga Experience – A Panoramic Drive and Walking Tour
  September 30, 2021 | Price: $59
- AGP304: Discover Two Coastal Gems – Picturesque Frigiliana and Authentic Nerja
  September 30, 2021 | Price: $125
- AGP305: Alhambra! Spain’s Magnificent Moorish Palace
  September 30, 2021 | Price: $179
- AGP307: Walking tour of Traditional Mijas and Wine Tasting
  September 30, 2021 | Price: $59

GIBRALTAR, UK
- GIB302: Spectacular Dolphin Watching Safari
  October 1, 2021 | Price: $65
- GIB304: Gibraltar Favorites: Top of The Rock by Cable Car and Shopping
  October 1, 2021 | Price: $59

LISBON, PORTUGAL
- LIS510PST: Lisbon to the Max: From Traditional to Adventuresome
  October 2, 2021 | Price: $675
- LIS410PST: An Introduction to Lisbon’s Legendary Sites
  October 2, 2021 | Price: $575

WORKSHEET PAGE 2

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NOTES