



## The Small Cruise Ship Collection

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## TROPICAL WATERS AND REMOTE ISLAND COMMUNITIES IN THE CARIBBEAN

Culture of the Caribbean We go back in history to learn about the ancient Mayans at Altun Ha. Next, discover the Corn Islands' pristine beaches and coral reefs, and enjoy cultural experiences among the local communities. Tropical flora and fauna Visit UNESCO-listed marine parks and biosphere reserves, and seek out wildlife such as turtles, dolphins, sharks, monkeys and iguanas on uninhabited islands.



### ITINERARY

**DAY 1** A night in Miami

Marvel at the glitz and glamour of Miami at night An overnight stay in Miami Beach is the perfect launchpad for your Caribbean expedition. A thriving metropolis with vibrant doses of Latin American, Caribbean, Asian and European influence, the 'City of Neon' is one of the world's most popular holiday destinations. Aside from white sandy beaches and clear teal waters, you can enjoy the Latin beats of glamorous South Beach or discover Cuban culture in Little Havana. We recommend starting your trip early with an optional Pre-Programme to give you more time to



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explore all the excitement that Miami has to offer.

### DAY 2 The Expedition Begins

Explore the Art Deco delights of Miami Before you cruise from Florida to the Caribbean islands, you can spend the morning exploring colourful Miami Beach or Downtown Miami. Then you'll enjoy an included excursion to explore the highlights of Miami and Little Havana, with lunch at the hotel or during the excursion, which ends at the pier. Then it's time to embark MS Roald Amundsen, where the first of many delicious meals awaits. You'll meet the crew and Expedition Team, who will be your guides and lecturers on your expedition.

### DAY 3-4 Serenity at Sea

Discover all your expedition ship has to offer Your first two days at sea are the perfect opportunity to relax and acquaint yourself with the onboard comforts of your expedition ship. Pamper yourself in our Wellness Centre, take part in an art workshop or join a yoga session out on deck. Dine in style in one of our three restaurants and spend time on deck looking for marine wildlife. The Expedition Team will also help prepare you for your tropical island adventures, with lectures on oceanography, Mayan culture, coral reefs, and much more. You can also pick up tips from our onboard photographer to get those picture-perfect snaps.

### DAY 5 Mayan heritage

Visit the ancient temple ruins of Belize We arrive in Belize City, a lively hub of shopping areas and seaside parks surrounded by colourful colonial architecture. For the perfect introduction to the city, the Old Belize train ride will take you through five exhibitions showcasing Belizean history and natural beauty. Today, we visit the well-preserved Altun Ha ruins, a wealthy

trading town dating back 2,000 years. It has two main plazas and 13 structures, including ancient temples. Altun Ha is also rich in wildlife. Over 200 species of birds have been spotted here as well as tapir, armadillos and the white-tailed deer.

### DAY 6 Belize's natural wonder

Discover the undersea jungles of the Caribbean Belize's famed barrier reef is the country's pièce de resistance. A thrilling variety of sea life, lush cays and opportunities to participate in water activities await you. Wildlife thrives above and beneath the surface in this unique environment. The barrier is home to hundreds of fish species, exotic birds and endangered animals including American crocodiles, West Indian manatees and sea turtles. We'll stay on the barrier for the day, allowing you to absorb the incredible biodiversity of coral ecosystems. Belizeans consider their reef to be their most important natural asset. Today, you'll discover why.

### DAY 7 Beautiful Útila

Step into this unfrequented underwater paradise Útila is considered one of the best places to dive in the world. But you don't need to go below the water line to appreciate the unique beauty of this stunning island. Útila is an oasis of tranquillity hidden in the Caribbean Sea, as beautiful on the surface as it is underwater. Most of Útila's inhabitants dwell around the island's only town. Located on the southeastern shore, it's surrounded by swamps and wetlands home to many species of birds. We'll be here for the day, discovering what makes Útila unique, learning about its history, and exploring one of the best snorkelling destinations in the Caribbean.

### DAY 8 Historic Trujillo



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Explore the old oldest city in Honduras Founded in 1525, Trujillo is Honduras's oldest city and one of the oldest colonial settlements in the Caribbean. You'll discover traces of colonial architecture dating back from the 16th and 17th centuries, including the ruins of the fortress of Santa Barbara, considered the oldest Spanish fortress in continental America. Trujillo is the gateway to several natural attractions in the area, including the beaches of Campamento and Santa Fe, the wetlands of Laguna de Guaimoreto, and the National Park of Capiro and Calentura. This protected area is a refuge for wildlife, such as macaws, white-faced monkeys, turtles, and hundreds of bird species.

#### DAY 9 Remote Cayos Miskitos

See one of the least explored corners of Nicaragua Dreaming of a place well off the beaten track? Then you'll love the islands of Cayos Miskitos! Located off the northeastern shore of Nicaragua, the islands are among the hardest to reach in the country. The archipelago is part of a reserve which protects more than 850,000 hectares of seagrass, coral reefs, atolls, mangrove forests, estuaries and coastal lagoons. Naturally, it's a haven for wildlife, including many rare and endangered species. Our plan for the day is to anchor off the shallows and use our small expedition boats to explore the archipelago, spot wildlife and see the impressive houses on stilts used by local fishermen.

#### DAY 10 Isla de Providencia

Discover the beauty of the Seaflower Biosphere Reserve Once a base for pirates, the real treasures of this remote Colombian island are its idyllic beaches, pristine waters and tropical wildlife. Hike to the island's highest point for some incredible views. You may even encounter iguanas and electric blue lizards. Hit by Hurricane Iona in 2020, the island is undergoing

rebuilding works. Our visits are important in supporting local business and helping the community recover. Discover the beautiful coral reefs of UNESCO's Seaflower Biosphere Reserve, dubbed the 'Sea of Seven Colours', and have the chance to snorkel among clownfish, turtles and manta rays.

#### DAY 11 Big Corn Island

Discover the unspoilt delights of this Caribbean isle Located roughly 50 miles off the Nicaraguan coast, Big Corn Island is one of the Caribbean's best-kept secrets. If the sea swell allows, you'll be visiting an island off the beaten track that receives relatively few visitors. Here, you'll find a slow gentle vibe and friendly islanders. Although the beach is the obvious draw, there's also charming street art, sleepy restaurants, and stunning bay views from Mount Pleasant Hill waiting to be discovered. The coral reefs around both Big and Little Corn are beautiful and great to explore by kayak or paddleboard.

#### DAY 12 UNESCO Marine Park

Experience paradise on Earth at Bocas Del Toro Our cruise continues to the clear blue waters and forested isles of Bocas del Toro. Here, we'll explore a stunning archipelago made up of nine main islands and hundreds of smaller ones. Now a UNESCO World Heritage Site, this National Marine Park is one of the world's most biologically diverse places on Earth. Possible destinations include Red Frog Beach and the tropical rainforest of Solarte Island. Why not visit a sustainable cacao farm, or snorkel in Zapatilla Cay, the remote location for hit TV show Survivor.

#### DAY 13 Arrival at Colón

From the Caribbean to the Panama Canal Your expedition cruise concludes at Colón, the bustling Caribbean entrance to the



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Panama Canal. Not quite ready to end your adventure? Add on three extra nights with our optional Post-Programme, staying at a jungle lodge nestled in the rainforest next to the Chagres River. Or add a trip to Casco Viejo, arguably the most charismatic neighbourhood in Panama City. You can even book another expedition cruise that takes you through the locks of the Panama Canal and to the Pacific Ocean on the other side.

Please Note:

Itineraries are subject to change.





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## YOUR SHIP: ROALD AMUNDSEN

**YOUR SHIP:** **Roald Amundsen**

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

Launched in 2019, The state of the art vessel features new and environmentally sustainable hybrid technology that will reduce fuel consumption and show the world that hybrid propulsion on large ships is possible. MS Roald Amundsen is the first of two hybrid ships to be launched cutting emissions by sailing with electrical propulsion. Hybrid technology, combined with the advanced construction of the hull and effective use of electricity on board will reduce fuel consumption and CO2-emissions on the ships by 20 percent. The future of shipping will be silent and emission free. MS Roald Amundsen will lead the way towards an even more sustainable way of traveling. Sailing on electrical power is not only a great benefit for the environment, but it will also enhance the impact of experiencing nature for the guests. The ship will be specially constructed for voyages in polar waters and serve as a comfortable basecamp at sea - bringing adventurers from all over the world to the most spectacular destinations in the most sustainable way. These ships combine state-of-the-art technology together with a premium onboard experience. All cabins are outside, half have private balconies, and aft suites even boast private outdoor Jacuzzis, to soak up the stunning scenery in style. Facilities on board One of the

most eye-catching exterior design features of the ships will be the two-level indoor/outdoor Observation Deck wrapped around the top of the ships' raked bow. In a vast area behind it, you'll find the core of the onboard experience: Amundsen Science Center. Packed with state of the art technology and high tech gadgets such as touch screens and science equipment, the immersive edutainment area will be the place guests and staff/crew meet, mingle and create a deeper understanding for the areas they explore. The flexible venue will feature lecture spaces, a small library, and speciality areas for workshops in photography, biology, and more. The stunning scenery will be reflected in a rich and comfortable interior design. Scandinavian materials from nature, such as granite, oak, birch and wool will be used to create relaxed and stylish cabins and public areas. All cabins are outside, 50 % will have private balconies, aft suites will feature private outdoor Jacuzzis with



spectacular views.

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## INSIDE YOUR SHIP

Polar Outside. From Wheelchair-accessible outside cabin with balcony



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## PRICING

25-Sep-2024 to 07-Oct-2024

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Polar Outside. From	£3941 GBP pp



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