

Rum, Reggae & Jerk	OCJ83	Approx. duration: 5 hrs.	Level 2, Meal
<ul style="list-style-type: none"> Embark on a Jamaican-style road trip in Ocho Rios. Jam to all-time Reggae favorites while driving along the scenic north coast and make occasional stops at the "rum bars" of the locals. Enjoy a swim in a beautiful private cove where you may jump off the cliffs into the aquamarine Caribbean Sea and explore this hidden gem. A jerk lunch awaits you at Jimmy Buffet's Margaritaville where you may relax on the beach and learn some local dance moves. It's back to the pier, after enjoying your day in Ocho Rios, jamming to Reggae all the way! 			

Note: Participants must be at least 12 years of age. Bring camera, swim suit, sunscreen, sunglasses, cash for purchases. Rum samples included in the stops; additional drinks can be purchased at the guest's expense.

Rum, Reggae, Jerk & Dunn's River Falls	OCJ84	Approx. duration: 6½ hrs.	Level 2, Meal
<ul style="list-style-type: none"> Embark on a Jamaican-style road trip in Ocho Rios. Jam to all-time Reggae favorites while driving along the scenic north coast and make occasional stops at the "rum bars" of the locals. Enjoy a swim in a beautiful private cove where you may jump off the cliffs into the aquamarine Caribbean Sea and explore this hidden gem. Visit the world-famous Dunn's River Falls where you may climb over 600ft. of cascading waterfall, or enjoy the stunning white-sand beach. A jerk lunch awaits you at Jimmy Buffet's Margaritaville where you may relax on the beach and learn some local dance moves. It's back to the pier, after enjoying your day in Ocho Rios, jamming to Reggae all the way! 			

Note: Participants must be at least 12 years of age. Bring camera, water shoes, swim suit, sunscreen, sunglasses and cash for purchases. This tour is not suitable for pregnant women and those with back or neck injuries. Foot protection is recommended for the falls; rocks can be slippery. River socks (water shoes) are available for rent at the falls. Rum samples included in the stops. Additional drinks can be purchased at the guest's expense.

Blue Hole River Tubing with Lunch	OCJ85	Approx. duration: 5½ hrs.	Level 2, Meal
<ul style="list-style-type: none"> After departing from the pier, you will enjoy picturesque drive through the lush countryside of northern Jamaica. Upon arriving at the 17th-century Spanish Bridge, you will begin your tubing adventure down the White River. Water to be mostly shallow and refreshing, and the riverbanks to be framed by dense tropical foliage. You will pass through the White River Gorge, over limestone riverbeds and past a former coconut plantation. After tubing down several miles of river, you will have some free time for lunch on your own before driving to the Blue Hole, which lies in the jungle near the parishes of St. Ann and St. Mary. The water here lives up to its name, as it's stunningly blue, calm and fed by cascades known as the Secret Falls. Feel free to jump in the cool water, take a leisurely swim or simply sit on a shaded rock and enjoy the serenity. Following your time in this beautiful setting, you will return to the pier. 			

Note: There is limited walking on this tour, primarily at the guests' discretion during the stops. Surfaces will be grassy and unpaved. The tour is not available to those with back or neck injuries, physical disabilities, amputees or pregnant women. Swimwear; sun cap; sunglasses; sunscreen; a towel from the ship; cash or credit card for purchases; and shoes that can get wet are recommended. Participants must be at least 8 years of age and the maximum allowable weight is 300 lbs. The local tour operator may require guests to sign a waiver before being allowed to participate. Those who take part in any water activities do so at their own risk and responsibility.

Shaw Park Beach Escape	OCJ86	Approx. duration: 4 hrs.	Level 1
<ul style="list-style-type: none"> After departing from the pier, you will soon arrive at the Shaw Park Beach Hotel. The resort's private beach goes on and on, providing you with plenty of space to relax and enjoy the tropical scenery. For those who wish, lunch is available at the hotel at your own expense. Following your time at Shaw Park Beach Hotel, you will return to Ocho Rios to shop. The most sought-after merchandise includes gemstone jewelry, hand-embroidered goods and colorful art that depicts Jamaican scenery. 			

Note: Walking at the guests' discretion, there will be sandy surfaces and some steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Casual clothes; a swimsuit; sun cap; sunglasses; sunscreen; a towel from the ship; and flat, comfortable beach shoes are recommended. Those who take part in any water activities do so at their own risk and responsibility.

Brimmer Hall Estate Plantation Tour	OCJ87	Approx. duration: 5 hrs.	Level 2
<ul style="list-style-type: none"> After departing from the pier, you will enjoy a wonderfully picturesque drive inland to Brimmer Hall Estate, an early 19th-century Great House and working plantation. The main crops grown here include sugar cane, coffee and tropical fruits. After touring the estate, you will have the opportunity to sample some of the estate's fresh produce such as ackee, Jamaica's national fruit. Continuing on toward the sea, you will soon arrive at the Shaw Park Beach Hotel, a lovely resort that overlooks a beautiful stretch of sand on Cutlass Bay. For those who wish, lunch is available at the hotel at your own expense. Following your time at Shaw Park Beach Hotel, you will return to Ocho Rios to shop. After shopping, you will return to the pier. 			

Note: This tour includes approximately 90 minutes of guided easy to moderate walking/standing, plus any additional walking at the guests' discretion during free time at the beach and shopping in Ocho Rios. There will be sandy surfaces and some steps to negotiate. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Casual clothes; a swimsuit; sun cap; sunglasses; sunscreen; a towel from the ship; and flat, comfortable walking/beach shoes are recommended. Those who take part in any water activities do so at their own risk and responsibility.

Champagne Catamaran	OCJ88	Approx. duration: 4 ½ hrs.	Level 2
<ul style="list-style-type: none"> After departing from the pier in a catamaran, you will sail along the gorgeous coast while enjoying a never-ending flow of champagne and a buffet lunch. Cruising the turquoise waters without a care in the world is a great way to celebrate life In time, you will dock and transfer to Dunn's River Falls, a natural cascade that is as iconic to Jamaica as reggae music. Feel free to climb the gently flowing falls or simply relax in one of the countless pools in the terraced limestone. Returning to the catamaran, you will sail off to a nearby coral reef that should be teeming with brightly colored tropical fish. Before returning to the pier, be sure to check out the different corals, as they come in many different unique shapes and colors. 			

Note: Walking on this tour is primarily at the guests' discretion. Dunn's River Falls will have steep, wet, rock surfaces to climb; however, there is also a stairway that runs alongside the falls for the less adventurous. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests should be in good physical condition. Casual clothes worn over a swimsuit; sun cap; sunglasses; sunscreen; a towel from the ship; and flat, comfortable walking/beach shoes with a non-slip sole are recommended. Those who take part in any water activities do so at their own risk and responsibility. Guests must be at least 18 years of age to be served alcoholic beverages.

SHORE EXCURSIONS DESCRIPTIONS

Shore Excursion Level Definitions

<u>Level 1:</u>	Tours with this designation involve walking over relatively level terrain. Comfortable shoes are recommended.
<u>Level 2:</u>	Tours with this designation can involve a considerable amount of physical activity such as walking over cobblestones or uneven surfaces, climbing many stairs or steep terrain, or bicycle riding. They are not recommended for guests with walking difficulties. Comfortable sturdy shoes are recommended.
<u>Level 3:</u>	Tours with this designation involve physical exertion for extended periods of time. The terrain may be uneven or steep. They are recommended only for the physically fit and adventurous traveler.
<u>Age:</u>	These tours have specific age requirements.
<u>Height:</u>	These tours have specific height requirements.
<u>Weight:</u>	These tours have specific weight requirements.
<u>Physically Limited:</u>	These tours may accommodate guests with limited mobility or in wheelchairs (wheelchairs must be collapsible). Please contact the Shore Excursion staff upon boarding to ensure that your needs can be accommodated.
<u>Meal:</u>	These tours include a meal or a snack. Please contact Shore Excursion staff for any dietary needs.
<u>Certified:</u>	You must present your certification card in order to participate.
<u>Debarb Tour:</u>	Tours that ends at the airport.
<u>Back to Back Guests:</u>	Tours that is only available for guests traveling back to back.

Note: Under Norwegian Cruise Line policy, all participants under the age of 18 must be accompanied by an adult.

Ocho Rios, Jamaica

Note: The Dunn's River Falls tend to be very congested. Participants must be at least 4 years of age and 3 feet tall to climb the falls. All tours will be escorted by a local guide during the climb. All guests participating in a tour that visits the falls should wear foot protection that can get wet. Water shoes and lockers are available for rent at the falls. Rocks at the falls are slippery. Climbing the falls is optional and at your own risk.

Dolphin Cove Observer & Dunn's River Falls	OCJ01	Approx. duration: 4½ hours	Level 2
<ul style="list-style-type: none"> Take a short drive to the world-famous Dunn's River Falls where you'll enjoy a guided climb 600 feet over natural limestone terraces. After this invigorating experience you'll be transported to Dolphin Cove home to a family of bottlenose dolphins, exotic birds and reptiles.Here you can enjoy watching the dolphins at play in their natural habitat, the Caribbean Sea. Take a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds, snakes and iguanas. At the conclusion of your tour you'll have the option of being dropped-off at a local shopping plaza for shopping time at your leisure and then make your own way back to your ship. 			

Note: Shuttle buses are available at 10-minute intervals to return you to your ship. You will not interact with dolphins on this tour. The Dunn's River Falls are the highlight of Jamaica and tend to be very congested. All guests participating in a tour that visits the falls should wear foot protection that can get wet. Participants must be at least 4 years old and 3 feet tall in order to climb the falls. Guests under the age of 4 years can still access the beach and the many swimming areas along the falls. River socks are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Participants who do not wish to climb the falls may enjoy the small beach at the base. The walk to the beach is on a slope with many stairs, therefore participants should be in reasonably good health.

Green Grotto Caves	OCJ02	Approx. duration: 3½ hrs.	Level 3, Age, Weight
<ul style="list-style-type: none"> A 40 minutes drive from the pier along the coastline provides some insights about Jamaica's culture and lifestyle. Your guide will unfold Jamaica's history in a lively and interactive conversation en route to the Green Grotto Caves in Discovery Bay. Take a 3/4 mile guided stroll through a maze of exquisite dripstone formations and learn about the sensitive eco-system found within and around the caves. See limestone formations that have been christened after the individuals they resemble, including Abraham Lincoln, Freddie Krueger and the cartoon character, Scooby Doo among others. Your guide will also demonstrate the cave's musical stones and be sure to toss a coin in the wishing well before your departure. 			

Note: Participants must be at least 4 years of age and a maximum weight of 300 lbs. This is a walking tour and visitors will be guided through areas that are paved, uneven surfaces with gravel and rocks. Visitors need to be sure footed and must be able to bend to negotiate small access ways. Slippery when wet caution signs are posted through the caves as a reminder to visitors. There are 62 steps throughout the tour. All visitors are fitted with a sanitary helmet liner and hard helmet and offered a spray of mosquito repellent prior to the start of the tour.

Best of Ocho Rios	OCJ03	Approx. duration: 4½ hrs.	Level 3, Age, Weight, Height
<ul style="list-style-type: none"> This tour takes you to an unforgettable collection of beautiful spots in and around Ocho Rios. You'll visit the island's premier attraction, Dunn's River Falls. It's a place of unique beauty where the river cascades over a giant limestone staircase to a white sand beach and the warm Caribbean Sea. Take a guided tour of Konoko Falls and Park, where you'll be at one with nature and inspired by its natural beauty. Visit the small museum that showcases artifacts throughout Jamaica's history. Discover the lush vegetation of ferns and gigantic trees that form canopies over the roadway on your drive through Fern Gully. A final stop is made in the town for shopping before returning to the ship. 			

Note: Participants must be at least 4 years of age and weigh no more than 300 lbs. Children less than 3 ft. in height and guests with medical conditions including heart, diabetes, back problems or pregnancy are not permitted to climb the waterfall. Order of stops may vary. The Dunn's River Falls tend to be very congested. All climbing the falls should wear closed-toe shoes that can get wet. Water shoes are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Participants who do not wish to climb the falls may enjoy the small beach at the base. The walk to the beach is on a slope with many stairs, therefore participants should be in reasonably good health.

Reggae Party Sail & Dunn's River Falls	OCJ04	Approx. duration: 3 hrs.	Level 2, Age
<ul style="list-style-type: none"> Venture on a high-spirited 51-foot trimaran catamaran 'Cool Runnings 1' or the 74-foot catamaran 'Cool Runnings' and sail along beautiful coastline Jamaica's premier attraction, Dunn's River Falls. Choose to climb the falls with a guide, or relax on the beach or at the base of the cool waterfall. On the return sail, it's party time with the friendly crew and your choice of island punches and sodas. 			

Note: Must be at least 3 years old and 3 feet tall, in good physical condition to climb the waterfalls. This tour is not recommended for guests with heart, neck/back problems or pregnant women. All guests participating in a tour that visits the falls should wear foot protection that can get wet. Water shoes are available for rent at the falls. The rocks at the falls are slippery.

Glass Bottom Kayaking & Dunn's River Falls	OCJ05	Approx. duration: 4½ hrs.	Level 2, Age, Weight
<ul style="list-style-type: none"> After a brief orientation and life vest fitting, enter your glass-bottom kayak to take a guided journey on the Caribbean Sea to Dunn's River Falls. Enjoy the underwater world with photo opportunities on your way to Dunn's River Falls. After enjoying the falls, you'll head to Dolphin Cove and experience all that it has to offer. At the conclusion of the tour you'll have the option of being dropped off at a local shopping plaza for shopping at your leisure and then make your own way back to the ship or return directly to the ship. 			

Note: Participants must be at least 8 years of age and weigh no more than 250 lbs. Not recommended for those who are pregnant, have back or neck injuries, heart and respiratory conditions. You will not interact with dolphins on this tour. The Dunn's River Falls are the highlight of Jamaica and tend to be very congested. All guests participating in a tour that visits the falls should wear foot protection that can get wet. River socks are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. The walk to the beach is on a slope with many stairs, therefore participants should be in good health.

Bamboo Rafting on Martha Brae River	OCJ06	Approx. duration: 5 hrs.	Level 1, Age, Weight
<ul style="list-style-type: none"> Your tour will take you through St. Ann's Bay, a town close to the spot where Jamaica's first capital once stood. The drive along the coast will take you through Runaway Bay where some of the last Spanish settlers fled after the British captured the island. After a scenic drive passing seascapes and mountain ranges you'll arrive at your destination, the Martha Brae River where you'll be greeted with a complimentary drink before boarding your 30 ft. long bamboo raft with seating for two. Your raft Captain will tell you the tale of Martha Brae, the magical Indian maiden whom the Spanish colonists tortured to reveal the location of a secret gold mine. Legend says that her ghost still guards the entrance to the mine to this day. Ponder the legend as you glide downstream on this 90 minute tranquil river ride. 			

Note: Participants must be at least 3 years of age and must be able to get on and off the raft. Maximum weight per raft is 540 lbs.

Horseback Ride & Swim	OCJ10	Approx. duration: 3 hrs.	Level 2, Age, Weight
<ul style="list-style-type: none"> Saddle up for the approximately 1½-hour Horseback ride n' Swim. Ride along Papillion Cove, see the remains of Richmond and Llandoverly, former sugar plantations on the island and enjoy the refreshing breeze of the Caribbean Sea as your trail takes you along the coastline to Chukka Beach. Enjoy a refreshing drink of water or purchase a drink at the bar as your guides unsaddle your mounts and prepare for the amazing bareback ride in the Caribbean Sea. 			

Note: Passengers must be at least 6 years of age and weigh no more than 250 lbs. This tour is not for guests with neck/back problems or pregnant women. Food and beverages are available for purchase. Tour participation is limited.

River Tubing Safari	OCJ12	Approx. duration: 3½ hrs.	Level 2, Age, Weight
<ul style="list-style-type: none"> Explore the White River - one of eight rivers found in Ocho Rios. Your adventure begins at the 17th-century landmark, Spanish Bridge. As you get ready to journey down the cool waters of the White River you'll receive a safety briefing from your experienced guides who will also outfit you with all of your safety equipment. This 3-mile ride down the river shows you the beauty of the land as you pass by coconut plantations, bamboo groves and along river banks filled with indigenous flora and fauna. At the White River Valley property you'll find a garden paradise with over 100 species of flowers. Be sure to stop by Parrot Bar and indulge in some traditional Jamaican jerk cuisine, refresh yourself with a cool drink, browse the Valley Trader gift shop or just take in the sights of the real Jamaica. 			

Note: Participants must be at least 6 years of age and weigh no more than 300 lbs. This tour is not for guests with heart, neck/ back problems or pregnant women. Refreshments are available for purchase.

4x4 Safari to Dunn's River Falls	OCJ14	Approx. duration: 5 hrs.	Level 2, Age, Weight
<ul style="list-style-type: none"> Hop in a 4x4 Land Rover to experience the real Jamaica on a scenic ride along Jamaica's North Coast. Admire the view from the hills of St. Ann, 2000 feet above sea level, and see the beauty of the coastline. Visit a coffee plantation and sample different kinds of seasonal fruits. The highlight of your tour will be the Dunn's River Falls, where you can climb the 600-foot cascades. 			

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

Dolphin Swim & Dunn's River Falls	OCJ18	Approx. duration: 4½ hrs.	Level 2, Age
<ul style="list-style-type: none"> Relax during your short drive to Dunn's River Falls where you'll climb 600 feet over natural limestone terraces with your guide. After this invigorating experience, you're transported to Dolphin Cove home to lush tropical jungle, a family of bottlenose dolphins, exotic birds and reptiles. There you'll participate in a brief orientation and then interact with them in deep water. Experience the thrill of 'riding' the dolphin belly to belly, dance, sing, play and even enjoy a kiss or two. At the conclusion of your tour you'll have the option of being dropped-off at a local shopping plaza for shopping time at your leisure if time permits and then make your own way back to your ship. 			

Note: Participants must be at least 8 years of age. Shuttle buses are available at 10-minute intervals to return you to the ship. This tour is not recommended for guests with heart, neck/ back problems, mobility/balance problems or pregnant women. The Dunn's River Falls are the highlight of Jamaica and tend to be very congested. All guests participating in a tour that visits the falls should wear foot protection that can get wet. River socks are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Participants who do not wish to climb the falls may enjoy the small beach at the base. The walk to the beach is on a slope with many stairs, therefore participants should be in reasonably good health. Tour may operate in reverse order.

Dolphin Swim	OCJ77	Approx. duration: 2½ hrs.	Level 2, Age
<ul style="list-style-type: none"> Relax during your short drive in air-conditioned comfort to Dolphin Cove. Upon arrival you'll be met by a friendly hostess and offered a complimentary fruit drink. After a brief orientation, you're ready to enter the world of nature's most fascinating creatures - the dolphins. Get to know the animals as you interact with them in deep water. Experience the thrill of "riding" the dolphin belly to belly. Dance, sing, play and even enjoy a kiss or two. After enjoying this experience of a lifetime, spend time watching the dolphins at play in their natural habitat, the Caribbean Sea. Enjoy a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary. Interact with exotic sea creatures in the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts at Dolphin Cove. Watch in amazement as a local wood carver makes ordinary pieces of wood come to life. Learn about Jamaican culture and enjoy many other amenities at Dolphin Cove. Shuttle buses are available at 10 minute intervals to return you to the ship. Optional shopping is available at your convenience. Tour may operate in reverse order. 			

Note: Participants must be at least 8 years of age to participate. This tour is not recommended for those who are pregnant, have back or neck injuries and heart or respiratory conditions.

Dunn's River Falls	OCJ78	Approx. duration: 2 hrs.	Level 2
<ul style="list-style-type: none"> Relax during your short drive in air-conditioned comfort to the world famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. 			

A Day At The Beach	OCJ79	Approx. duration: 4 hours	Level 1, Age, Weight, Family
<ul style="list-style-type: none"> Located in the Mammee Bay Estates, Bamboo Blu is a short drive from the Ocho Rios Cruise Terminal. The ivory sand and the cool turquoise water make Bamboo Blu exceptional, on an island famous for its beaches. Enjoy a complimentary welcome drink in the double-deck, open-air restaurant, where the breeze is constant. Wade or swim in the tranquil Caribbean Sea, play volleyball, collect tropical shells, or just relax on a lounge chair under the warm West Indian sun. 			

Note: Participants must be at least 3 years of age and weigh no more than 300 lbs. Wear swimsuit, bring towel and cash for additional expenses.

Wet 'N Dirty Mud Buggy & Dunn's River Falls	OCJ80	Approx. duration: 4½ hrs.	Level 2, Age
<ul style="list-style-type: none"> Climb 600 feet of cool refreshing water as it cascades over natural limestone terraces at the world famous Dunn's River Falls. Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea. After this invigorating experience you will be transported to Prospect Estate where the comfortable 2-seater Mud Buggy awaits you. After a brief orientation and helmet fitting, start your engines as you get behind the wheel and have an experience of a lifetime. Enjoy a true wilderness rough ride with magnificent scenery and panoramic views of the Caribbean Sea as you drive through the tropical Jamaican woodlands covering a 980 acre property. With a few stops made, you are able to view and take pictures of historic highlights and learn a little about Jamaican flora. Watch “Farmer Brown” effortlessly climbs a 30-foot coconut tree. Then sample Farmer Brown’s fresh fruits of the season. Return to the tour center and shop for unique souvenirs in our Gift Shop. 			

Note: Participants must be at least 8 years of age. Driver's license required. This tour is not recommended for those who are pregnant, who have back or neck injuries, recent surgeries, heart and respiratory conditions, or guests with limited mobility. Wear your swimsuit, bring a towel and a change of clothes. You will get dirty & muddy. The buggy seats 2 people and the price is per person. Tour may run in reverse.

Reggae Hill	OCJ81	Approx. duration: 4 hrs.	Level 1, Meal
<ul style="list-style-type: none"> Experience the Jamaican culture with Reggae music and authentic Jamaican food. Surround yourself with native plants and flowers atop a lush mountaintop where the tropical paradise of Reggae Hill allows you to relax and appreciate the natural beauty around you. A cool river roams through the property dropping off in several areas into refreshing waterfalls that you are welcomed to soak under. Diving holes and shallow swimming areas provide you an opportunity to cool off in the spring water. Stroll along little bridges and stone walkways where centuries old trees hang over the river providing you shade as you experience the lush flora and fauna. You'll have a an opportunity to relax in comfortable chairs and listen to the sounds of reggae and dancehall music as a live band performs before you with cultural dancers, bongo drummers and a DJ spinning tunes between sets. Enjoy an island-fusion cuisine served “tapas” style by friendly hostesses along with beer, rum punch, Jamaican mojitos, and lemonade. You'll stop in town for an opportunity to purchase authentic souvenirs before returning back to your ship. 			

Note: Participants are recommended to wear or bring swimwear, a towel from the ship, sunglasses, a camera and sunscreen.

Reggae Hill & Dunn's River Falls	OCJ82	Approx. duration: 4½ hrs.	Level 2, Meal
<ul style="list-style-type: none"> Join hands for an exhilarating climb up the natural stone staircase at the world-famous Dunn's River Falls where you'll climb 600 feet of cool refreshing water as it cascades over natural limestone terraces. Guides are provided to assist you when ascending the rushing waters. At Reggae Hill you'll experience Jamaican culture with Reggae music and authentic Jamaican food.. A cool river roams through the property dropping off in several areas into refreshing waterfalls that you are welcomed to soak under. Diving holes and shallow swimming areas provide you an opportunity to cool off in the spring water. You'll have a an opportunity to relax in comfortable chairs and listen to the sounds of reggae and dancehall music as a live band performs before you with cultural dancers, bongo drummers and a DJ spinning tunes between sets. Enjoy an island-fusion cuisine served “tapas” style by friendly hostesses along with beer, rum punch, Jamaican mojitos, and lemonade. You'll stop in town for an opportunity to purchase authentic souvenirs before returning back to your ship. 			

Note: Tour is not recommended for those who are pregnant, have back, neck or knee injuries and heart or respiratory conditions. Children under the age of 5 may find it difficult to climb the waterfall. Participants are recommended to wear or bring swimwear, a towel from the ship, sunglasses, a camera and sunscreen. Order of tour is subject to change and Reggae Hill stop may be first.

Camel Safari & Dunn’s River Falls	OCJ64	Approx. duration: 4½ hrs.	Level 2, Age
<ul style="list-style-type: none">Enjoy the 600-foot climb at Dunn’s River Falls.Guides are provided to assist you when ascending the rushing waters as it plunges directly into the pristine Caribbean Sea.Then you’ll be transported to Prospect Estate where you will board a b“Jitney” which is an open-aired tractor drawn carriage, to embark on a unique journey through time.Get a bird’s eye view of the Magnificent White River George as it rushes through the rainforest below, feed the ostriches and have your picture taken.Upon arrival at Camel Park, you will have a brief orientation and riding helmet fitting, then mount your camel and embark on an experience you will never forget. <p>Note: Participants must be at least 3 years of age. This tour is not recommended for those who are pregnant, who have back or neck injuries or with heart and respiratory conditions. Tour may be done in reverse.</p>			

Bobsled Jamaica & Zipline	OCJ70	Approx. duration: 4 hrs.	Level 2, Age, Weight, Height
<ul style="list-style-type: none">Experience 3 exciting activities in one excursion - the Sky Explorer chairlift, the Jamaica Bobsled and a zipline canopy through the tropical coastal forest.Board the air-conditioned transportation for a short transfer to Mystic Mountain and embark the Sky Explorer chairlift for a fun ride up 700 feet through the tropical forest canopy.After an orientation, board your specially made Jamaica Bobsled and hold on as it plunges through 3280 feet of twists and turns down the mountain. After coming to a controlled stop, you’re slowly lifted back to the top on an elevated tramway.Next, receive an orientation, safety equipment and harness system for your flight through the canopy on a series of cables and pulleys that are interconnected on both tree and land-based platforms. The canopy tour ends at the mid-station of the chairlift where you can catch a ride back to the top.You may spend as much time as you desire admiring the panoramic views, swimming in the infinity edge pool or enjoying a tasty snack from the restaurant. When you are ready to depart, simply hop a ride on the Sky Explorer chairlift back to the bottom where a shuttle will take you back to the ship. <p>Note: Participants must be at least 8 years of age, at least 46" tall and weigh no more than 300 lbs. Guests with heart conditions, neck & back injuries or pregnant women are not allowed to participate.</p>			

Good Hope Thrill Seeker Pass	OCJ74	Approx. duration: 6 hrs.	Level 2, Age, Weight
<ul style="list-style-type: none">Your Thrill Seeker Pass includes the popular Zip, Tube & Slide Combo, as well as unlimited access to the 250 year old great house and unique Caribbean village where you can learn about many of Jamaica’s locally manufactured products.Enjoy awe-inspiring views and thrills as you fly through the rainforest and over river canyons on the Zipline Canopy.Then slide through an ancient aqueduct down and into the Martha Brae River.Wander through one of the most sought after great houses of the 18th century and discover its unique tales.Relax in the brand new pool and leisure area or tackle the ultimate adult challenge course while the younger ones enjoy the kids play area. <p>Note: Participants must be at least 6 years of age and weigh no more than 250 lbs. Amount of walking is approximately 300 ft. over grass unpaved, paved and gravel surfaces. No back or neck injuries, recent surgery or pregnant women and must have full use of legs and arms. Bring a camera, swimwear, towel, sunscreen, cash/credit card and a change of clothes if desired.</p>			

Bamboo Beach VIP & Aqua Tubing Adventure	OCJ75	Approx. duration: 5 hrs.	Level 2, Weight, Meal
<ul style="list-style-type: none">Same tour content of Bamboo Beach Club VIP (OCJ 5711)Rolling on the river takes on a whole new meaning on a tubing trip down Jamaica’s White River.Experienced and attentive guides take you on a breathtaking 3 mile journey through pools and gentle rapids in large comfortable inner tubes.Relax and breath in the history and aromas of Jamaica as the Spanish first did hundreds of years ago when arriving at this very same location! You’ll reach the exit point after about 45 minutes. <p>Note: Participants 5 years of age and younger will need to ride on guardian’s tube. Maximum weight per person is 280 lbs. The order of the tour is subject to change, and beach stop may be first. There will be a stop for shopping at a recommended store on the way back to the pier.</p>			

Dolphin Encounter	OCJ76	Approx. duration: 2½ hrs.	Level 2
<ul style="list-style-type: none">Enjoy a short drive in air-conditioned comfort to Dolphin Cove. Upon arrival you’ll be met by a friendly hostess and offered a complimentary fruit drink. This unique park, surrounded by lush tropical jungle, is home to a beautiful family of bottlenose dolphins, exotic birds, snakes and iguanas.After a brief orientation, you’re ready to enter the world of nature’s most fascinating creatures - the dolphins. Get to know these gentle creatures from a platform in shallow water, experience the emotion as you caress these beautiful animals; enjoy a splash and even a kiss or two.After enjoying this experience of a lifetime, spend time watching the dolphins at play in their natural habitat, the Caribbean Sea.Take a leisurely stroll through the lush tropical jungle for an up close experience with the beautiful and friendly birds and iguanas. Mingle with and feed the colorful free flying lovebirds in the bird aviary. Interact with exotic sea creatures in the touch tank display. Enjoy a hands-on experience on how to make unique pottery at Wassi Arts at Dolphin Cove. Watch in amazement as a local wood carver makes ordinary pieces of wood come to life. Learn about Jamaican culture and enjoy many other amenities at Dolphin Cove. <p>Note: Shuttle buses are available at 10 minute intervals to return you to the ship. Optional shopping is available at your convenience.</p>			

Zipline Adventure	OCJ23	Approx. duration: 3½ hrs.	Level 3, Age, Weight
<ul style="list-style-type: none">After instruction from extensively trained guides, you’ll take a short nature walk to the first platform.A series of traverses ranging from 105 feet to 660 feet in length will have you swinging through the Laughlands River Gorge.After leaving the valley, you’ll embark on a series of long throws - with the last traverse being 600 feet long.After removing your equipment you will walk through the trees of Cranbrook before being transferred back to the cruise ship pier. <p>Note: Participants must be at least 6 years of age and no older than 70, and weigh no more than 264 lbs. Lockers are available for a minimal fee. Anything you take must be placed in a rented locker, at all times leaving both hands free. This tour is not recommended for guests with heart, neck/back problems, balance problems or pregnant women. Closed-toe shoes are mandatory. Tour participation is limited.</p>			

Bamboo Beach	OCJ25	Approx. duration: 4 hrs.	Level 1, Meal
<ul style="list-style-type: none">"Reggae-style" hospitality reigns at Bamboo Beach. Located in a gorgeous and secluded natural cove, the clear blue water and breathtaking views of this vibrant beach create an unforgettable tropical paradise.Relax on beach chairs under coconut palms and hundred year old sprawling almond trees that line the seashore. Enjoy fun cultural entertainment and get a real feel of Jamaica as dancers, reggae drummers, exotic singers and artistic acrobats present enjoyable performances right on the beach.Take a swim in the sea, dip your toes in the sand, and sip on cool glasses of unlimited beer, Jamaican mojitos, rum punch and lemonade as the DJ plays a fashionable mix of local and reggae beats.Enjoy an array of tasty dishes for lunch, all freshly prepared by the chef. These culinary treats are served Tapas style and mix Jamaican and Asian accents to give you a taste of the island.Dancing in the morning, drinking cocktails at noon, and “taking it cool” is Bamboo Beach’s philosophy!There will be a stop for shopping at a recommended store on the way back to the pier.			

Bamboo Beach & Dunn’s River Falls	OCJ26	Approx. duration: 5 hrs.	Level 2, Age, Meal
<ul style="list-style-type: none">Same tour content of Bamboo Beach Club (OCJ 2511)This is the ultimate combination of adventure and entertainment with a trip Bamboo Beach Club where “reggae-style” hospitality reigns and to the famous Dunn’s River Falls. Join hands for an exhilarating climb up the natural stone staircase at Dunn’s River Falls.Your climbing guide will take you along the best route and will point out the many cool plunge pools you can slide into as you journey upwards.			

Note: Participants under 5 years of age may find it difficult to climb the waterfall. Dunn’s River Falls is not recommended for pregnant women or anyone with heart, neck, back or knee problems. The order of the tour is subject to change, and beach stop may be first. There will be a stop for shopping at a recommended store on the way back to the pier.

Bamboo Beach & Aqua Tubing Adventure	OCJ27	Approx. duration: 5 hrs.	Level 2, Weight, Meal
<ul style="list-style-type: none">Same tour content of Bamboo Beach Club (OCJ 2511)Rolling on the river takes on a whole new meaning on a tubing trip down Jamaica’s White River. Experienced and attentive guides take you on a breathtaking 3 mile journey through pools and gentle rapids in large comfortable inner tubes.Relax and breath in the history and aromas of Jamaica as the Spanish first did hundreds of years ago when arriving at this very same location! You’ll reach the exit point after about 45 minutes.At Bamboo Beach Club, enjoy cultural entertainment and get a real feel of Jamaica as dancers, reggae drummers, exotic singers and artistic acrobats perform vibrant and energetic shows right on the beach.			

Note: Participants 5 years of age and younger will need to ride on guardian’s tube. Maximum weight per person is 280 lbs. The order of the tour is subject to change, and beach stop may be first. There will be a stop for shopping at a recommended store on the way back to the pier.

Zipline & River Tubing Combo	OCJ33	Approx. duration: 4½ hrs.	Level 2, Age, Weight
<ul style="list-style-type: none">Soar through trees on 3 horizontal traverses ranging from 65 to 160 feet in length.Tube 3 miles down the White River passing through coconut plantations, bamboo groves and river banks with indigenous flora and fauna.Back at the White River Valley property, you can visit the property’s facilities nestled within the architecture of a traditional Jamaican village;Stop by the Parrot Bar and Grill to purchase some of traditional Jamaican jerk cuisine, or a cool drink, browse the Valley Trader gift shop or just sit back and relax before you head back to the ship.			

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

Ocho Rios Highlights	OCJ34	Approx. duration: 4¼ hrs.	Level 1, Age, Weight, Snack
<ul style="list-style-type: none">Your tour begins with a scenic drive along the coast to a small town known as St. Ann’s Bay. View the sights from your comfortable coach as your guide narrates the history and provides interesting facts about Jamaica.Continue to Fern Gully, a gorge filled with a hundreds of varieties of ferns.Visit Konoko Falls and Park, the Taino Indians called this Paradise and you’ll see why these original inhabitants choose this as a settlement site. You’ll hear the roar and feel the fresh mist of the spray from the spectacular waterfall.Follow the trails with your guide through this amazing rainforest. Visit the museum which features artifacts from the original inhabitants and early colonials that were excavated on site.Stop at the colorful gift shop offering native products and handicrafts before re-boarding your coach.Enjoy a cup of Jamaica’s Blue Mountain Coffee and delicious banana bread as you relax at the Almond Tree Restaurant overlooking the Caribbean Sea.On the return, you’ll drive through bustling Ocho Rios, there’s an optional drop off at the shops in the center of town or you may return directly to the ship.			

Note: Participants must be at least 3 years of age, weigh no more than 300 lbs. and be in good physical condition.

ATV Safari	OCJ36	Approx. duration: 3½ hrs.	Level 2, Age, Weight
<ul style="list-style-type: none"> Start your tour at Chukka Cove Farm with a short safety briefing and riding lesson then ride through a river bed, forests and foliage, and through the hillside near the Village of Chester. A refreshment is served as you enjoy the spectacular view of the coastline and the Caribbean Sea. After a leisurely ride back to Chukka Cove, end your tour with a dip in the deep blue water of a private cove. Browse the gift shop filled with unique Jamaican treasures or purchase a cold drink and jerk chicken from the Chukka Bar and Grill. 			

Note: Participants must be at least 16 years of age with a valid driver's license and weigh no more than 265 lbs. This tour is not recommended for guests with heart, neck/back problems or pregnant women. Tour participation is extremely limited. Take along you swimsuit and towel for optional swim. Food and beverages are available for purchase.

Dolphin Encounter & Dunn's River Falls	OCJ40	Approx. duration: 4 ½ hrs.	Level 2
<ul style="list-style-type: none"> This tour combines the Dunn’s River Falls climb with a Dolphin Encounter at Dolphin Cove. Interact with our friendly Dolphins from a platform in shallow water and experience the feel of a Dolphin caress and even a kiss or two. After enjoying this unique experience spend the rest of the day at Dolphin Cove and all that it has to offer. At the conclusion of your tour you'll have the option of being dropped-off at a local shopping plaza for shopping time and then make your own way back to your ship. 			

Note: Shuttle buses are available at 10-minute intervals to return you to your ship. Children under 6 years of age must be accompanied by a paying adult. The Dunn’s River Falls are the highlight of Jamaica and tend to be very congested. All guests participating in a tour that visits the falls should wear foot protection that can get wet. Participants must be 4 years old and 3 feet tall in order to climb the falls. Guests under the age of 4 years can still access the beach and the many swimming areas along the falls. River socks are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Participants who do not wish to climb the falls may enjoy the small beach at the base. The walk to the beach is on a slope with many stairs, therefore participants should be in reasonably good health. Tour may operate in reverse order.

Rainforest Bobsled Jamaica	OCJ42	Approx. duration: 3 hrs.	Level 2, Height
<ul style="list-style-type: none"> Get ready to fly down the mountain and through lush tropical forest on a specially built Jamaica Bobsled and raised track. Board your air-conditioned transportation for the short drive to Mystic Mountain and embark the Sky Explorer chairlift for a picturesque 15-minute ride through the tropical canopy to the top station. Prior to boarding the bobsled spend a few minutes discovering the interactive educational displays showcasing Jamaica's history, culture and of course the story of Jamaica’s original bobsled team that competed in the 1988 and 1992 Winter Olympics. After a safety orientation, board your bobsled for an exhilarating ride down the mountain, a gravity-driven plunge of 3,280 feet with many twists and turns as you make your way through the tropical forest. You control the speed of your descent with an in-sled handbrake, allowing for either a leisurely ride or a pulse quickening dive to the bottom of the mountain. Once you come to a controlled stop, you and the bobsled are slowly raised back to the top through the forest on an elevated tramway. Spend as much time as you desire at the top admiring the panoramic views, swimming in the infinity edge pool or enjoying a tasty snack from the restaurant. When you're ready to depart, simply hop a ride on the Sky Explorer back to the bottom where a shuttle will take you back to the ship. 			

Note: Participants must be at least 46 inches tall and not suffer from a previous heart condition, neck or back injuries, not for pregnant women. Food and drinks from the restaurant are not included in the cost of the tour.

Bobsled Jamaica and Dunn’s River Falls	OCJ43	Approx. duration: 4½ hrs.	Level 2, Height
<ul style="list-style-type: none"> Experience the three most popular attractions at Rainforest Bobsled Jamaica and the beauty of Dunn's River Falls with this package. First, at Mystic Mountain, a ride on the Rainforest Sky Explorer spirits you over the lush seaside tropical forest canopy, straight up 700 feet to the mountain's peak. Upon disembarking, the first attraction to be noticed is the educational pavilion, featuring interactive Jamaican history exhibits. A short walk will bring you to the crown jewel - the Bobsled Jamaica attraction. This signature ride features a gravity-driven plunge through 3,280 feet of twists and turns on a specially designed sled. You control your own decent with an in-sled handbrake, allowing for either a leisurely tour through the forest or a pulse-quickening dive to the bottom of the mountain. Once your bobsled slides to a graceful stop, you are slowly raised back through the rainforest to the top of the mountain, completing the entire circuit in about 10 minutes. Again at the peak, the Rainforest Sky Explorer waits to carry you down to the base, gliding this time through the dense canopy. 			

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

Shark Encounter & Dunn's River Falls	OCJ44	Approx. duration: 4½ hrs.	Level 2, Age
<ul style="list-style-type: none"> This tour combines the Dunn’s River Falls Climb and a shark encounter at Shark Cove located at Dolphin Cove. At Shark Cove after a 15-minute safety briefing you will get a chance to touch, hold, feed and explore while swimming in the same water as these creatures. Shuttle buses are available at 10-minute intervals to return you to your ship or optional shopping at your convenience. 			

Note: Participants must be at least 8 years of age. We recommend you wear your swimsuit under comfortable clothing, water shoes to climb the falls, and bring a change of clothes and a towel. Lockers are available for rent at both Dunn’s River Falls and Dolphin Cove. This tour is not recommended for guests with heart, neck/back problems, mobility/balance problems or pregnant women.

Ultimate Adventure Zip, Tubing & Dunn's River Falls	OCJ45	Approx. duration: 5½ hrs.	Level 2, Age, Weight
<ul style="list-style-type: none"> This excursion combines three of Jamaica’s most popular excursions: Canopy, River Tubing and Dunn’s River Falls. On your Zipline soar through the trees on 3 horizontal traverses ranging from 65 to 160 feet in length. The next step of your adventure will be a 3-mile tube down the White River in your personal inner tube. Be transported to Dunn’s River for the 600-foot climb. 			

Note: Participants must be at least 6 years of age and weigh no more than 265 lbs. Not recommended for guests with back or neck injuries or pregnant women. Guests must be able to walk uphill unassisted for 20 minutes. Bring swimsuit, towels, change of clothes. Water shoes are available for rent at Dunn’s River Falls.

Bob Marley Experience	OCJ46	Approx. duration: 5½ hrs.	Level 2, Age, Meal
<ul style="list-style-type: none"> The authentic Jamaican country bus, the “Zion Bus Line”, will take you on a unique tour from Island Village in Ocho Rios, via Claremont, to the birth and final resting place of the King of Reggae, Bob Marley. This pilgrimage has been specifically designed for Reggae enthusiasts and hardcore Bob Marley fans, who would like to visit the “Graceland” of Reggae. The bus ride is a scenic tour of rural St. Ann. Rock to the rhythm of Bob’s greatest hits as your “dreadlocked” driver negotiates the narrow winding country roads to the mountain village of Nine Miles. Level the vibes with an IRIE Rum Punch and listen carefully as your “ductor” (conductor & guide) tells tales of the life and times of young Bob and how he grew up in the hills of St. Ann. On the return trip, stop at the local Jerk Centre for an authentic Jamaican lunch treat of Jerked pork or chicken, rice & peas, festival and lemonade. 			

Note: Participants must be at least 18 years old due to content matter covered in tour. Not recommended for pregnant women or guests with neck/back injuries or any heart conditions.

Dolphin Seatrek & Dunn’s River Falls	OCJ52	Approx. duration: 5½ hrs.	Level 2, Age
<ul style="list-style-type: none"> Enjoy a short drive to Dunn’s River for the 600 climb. After your climb be transported to Dolphin Cove and be fitted with your Sea Trek helmet and get ready for the adventure of your life. Walk underwater and be surrounded by these gentle creatures as they swim around you. Enjoy an underwater kiss and hold your dolphin for an underwater photo. 			

Note: Participants must be at least 8 years of age to participate. This tour is not recommended for those who are pregnant, have back or neck injuries and heart or respiratory conditions. The Dunn’s River Falls are the highlight of Jamaica and tend to be very congested. All guests participating in a tour that visits the falls should wear foot protection that can get wet. River socks are available for rent at the falls. The rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Participants who do not wish to climb the falls may enjoy the small beach at the base. The walk to the beach is on a slope with many stairs, therefore participants should be in reasonably good health. Tour may operate in reverse order.

Bamboo Beach VIP	OCJ57	Approx. duration: 4 hrs.	Level 1, Meal
<ul style="list-style-type: none"> As a VIP guest, you will be taken to a gorgeous section of the beach, which has been sectioned off for your exclusive use. You'll have unlimited access to the regular Bamboo Beach Club, but you can also relax and enjoy the tranquility of this beautiful area. Pick your spot on a padded lounge chair that is grouped amongst shady random clusters of hundred year old coconut and almond trees. Enjoy sparkling mimosas, Jamaican sunrise cranmosas, house cocktails, beer and rum drinks from the private VIP bamboo bar. Watch as our chef grills a variety of lobster (when in season) or fresh caught fish, jerk chicken, and sausages, along with tasty sides and other special dishes, such as pineapple and watermelon gazpacho, tuna tartare, and our chef’s amazing rum raisin bread pudding topped with tropical fruit flambé. All of our food is made from Jamaica’s finest fruits and vegetables and bought from local farmers, so menu items may change due to season and availability. Our charming hostesses will deliver everything to your chair, so you can relax and enjoy the sun. Feel free to wander over to the other side of the beach where our cultural entertainment will be in full swing. Get a real feel of Jamaica as dancers, reggae drummers and singers present exciting performances right on the beach. Nannies will be available to entertain the kids so adults can enjoy a quiet walk along the shoreline. Take a swim in the sea, dip your toes in the sand, or catch a golden suntan in this little slice of paradise. There will be a stop for shopping at a recommended store on the way back to the pier. 			

Note: Lobster will not be served during Jamaica's Closed Lobster Season (April-May-June). During these months, guests will be served either a whole snapper or filet of snapper, steamed and served with a lemon beurre blanc.

Bamboo Beach VIP & Dunn’s River Falls	OCJ58	Approx. duration: 5 hrs.	Level 2, Meal
<ul style="list-style-type: none"> Same tour content of Bamboo Beach Club VIP (OCJ57). At Dunn’s River Falls, enjoy a fun filled climb up the spectacular falls. A climbing guide will take you along the best route and point out the many plunge pools you can slide into as you journey upwards. There will be a stop for shopping at an Norwegian Cruise Line recommended store on the way back to the pier. 			

Note: Participants under 5 years of age may find it difficult to climb the waterfall. Dunn's River Falls is not recommended for pregnant women or anyone with heart, neck, back or knee problems. The order of the tour is subject to change, and beach stop may be first. There will be a stop for shopping at a recommended store on the way back to the pier.

Ocho Rios Hop On Hop Off Shuttle	OCJ61	Approx. duration: Varies	Level 1
<ul style="list-style-type: none"> The Ocho Rios Hop On Hop Off Shuttle is designed to give you the option to visit various venues in Ocho Rios at leisure: craft market, Dunn’s River Falls (entrance fee not included, climbing optional), Taj Mahal Duty Free Shopping, Jimmy Buffet’s Margaritaville. You are given an armband for the shuttle service, and you can hop on a designated shuttle bus and visit any of the venues, all day for one low price, excluding entrance fees. Buses pick up at each stop approximately every 35-40 minutes. 			

Note: The Dunn’s River Falls tend to be very congested. Participants must be at least 4 year of age and 3 feet tall to climb the falls. All guests participating in a tour that visits the falls should wear foot protection that can get wet. Water shoes are available for rent at the falls. Rocks at the falls are slippery. Climbing the falls is optional and at your own risk. Please note that this is a shuttle with multiple stops and not a guided/narrated tour.

Flavors of Jamaica	OCJ63	Approx. duration: 3 hrs.	Level 1, Age, Meal
<ul style="list-style-type: none"> Be escorted on a scenic walk through a beautiful ornamental garden where you’ll see a wide variety of herbs and tropical plants. Each person will have their own work station with a clear view of the Chef “Irie” as he instructs and guides you in the preparation of the special blend Jerk Sauce, Coconut ‘Run Down’ with Shrimp, Jamaican festival (knead your own dough), ripe banana fritters and preparation of the callaloo for steaming.Taste the famous Blue Mountain coffee and learn about the many uses of coconut and banana. After learning how to prepare these delightful meals, you'll be seated on the lawn under the trees to enjoy your authentic Jamaican lunch, consisting of your own Jerked Chicken. Your meal is served with Fruit Punch or Coconut Water. 			

Note: Participants must be at least 10 years of age to participate.