

PORT OF SPAIN, TRINIDAD

ARRIVE:	THURSDAY	01 JANUARY	1200
DEPART:	FRIDAY	02 JANUARY	1600
ON-SHIP TIME:	FRIDAY	02 JANUARY	1500

-----THURSDAY, 01 JANUARY-----

TRI01 ASA WRIGHT NATURE CENTRE – GROUP A (1230-1730 Thursday, 01 January)
Minimum 20/Maximum 60 (PRICE: \$48.00)

Tucked away in the slopes of Trinidad’s Northern Range Mountains lies the Asa Wright Nature Centre, overlooking the steep valley of the Arima River. Originally a cocoa-coffee-citrus plantation, the Centre spans 203 acres and is a world-renowned wildlife sanctuary. An impressive list of species calls this area home, including 97 species of mammals, 400 species of birds, 55 species of reptiles, 25 amphibian species, and 617 species of butterflies. The Centre also boasts over 2,200 species of flowering plants. An experienced naturalist guide will share knowledge of the flora and fauna protected within the preserve. After exploring the Discovery Trail, enjoy a cool tropical drink on the Centre’s verandah. Keep your eyes open while enjoying that tropical drink – colorful birds, like the brilliant green shining Honeycreepers and the Jacob hummingbirds, dash in and out of the rainforest to visit the feeders below the verandah. The Centre is arguably one of the best places for birding in the tropics.



TRI02 MARACAS BAY SCENIC DRIVE – GROUP A (1230-1630 Thursday, 01 January)
Minimum 20/No Maximum (PRICE: \$33.00)

Maracas Bay is well-known for its pristine white sand beaches amongst its dramatic rugged coastline. The drive to reach this popular destination is equally picturesque; the scenic drive through the Northern Range Mountains weaves you through the tropical splendor of its rainforest. Your tour begins with an orientation of the capital city, highlighting the historical and cultural landmarks. Stop at the mountainous Lady Young Lookout for a panoramic view of the area before continuing east through the ever-lively town of San Juan and then through the green, tranquil Santa Cruz Valley. With its sprawling farms, verdant bamboo groves and fascinating cocoa plantations, the valley adds a rich visual dimension to the trip. Pass through "The Saddle," a natural archway between two rocks, which leads to the scenic Northern Range and Maracas Bay, before returning to the ship.

TRI03 THE NORTH COAST HOP AND BEACH STOP - GROUP A (1300-1800 Thursday, 01 January) Minimum 18/No Maximum (PRICE: \$81.00)

Venture along the mountainous and picturesque North Coast Road through sleepy villages while viewing an abundance of flora and fauna. Travel through cocoa estates and taste the source of some of the world's finest chocolate. Then retreat to Maracas Bay for a bit of sea, sun and sand plus a sampling of their world-famous Maracas “Bake and Shark.” A dozen local vendors offer this native Trini cuisine; the Bake and Shark is a sandwich consisting of deep-fried shark stuffed inside a type of bread pocket, which is also fried and often referred to as a “bake.” Finish it off with toppings of your choice.



TRI04 CARONI BIRD SANCTUARY (1500-1900 Thursday, 01 January) Minimum 20/Maximum 100 (PRICE: \$44.00)



A highlight for many visiting the Caroni Bird Sanctuary will be sighting the Scarlet Ibis, Trinidad's national bird, as it makes its twilight flight to roost within the national preserve. Thousands of Scarlet Ibis adorn the trees, visually transforming the lush green vegetation to brilliant scarlet. After a short 30-minute drive from the ship, you will board a 35-foot *pirogue* (local boat) which will guide you through the maze-like canals of the swamp. The area is home to a wide variety of wildlife including 186 species of birds. Osprey, herons, white flamingoes, hummingbirds and egrets are frequently spotted in the sanctuary. Nature enthusiasts will

also enjoy the fascinatingly diverse fauna seen along the six-mile journey.

TRI05 THE REAL TRINI CHRISTMAS LIME (1600-2100 Thursday, 01 January) Minimum 100/Maximum 400 (PRICE: \$112.00)

A visit to Trinidad on the first day of January requires that you have an appropriate start to your new year. We'll do this at our True Trini Christmas Lime. Trinidad's Christmas celebrations end on January 6th with Parang music, a variety of Trini foods and good old drink favors and flavors. We'll take you to the North Deck, a twin platform deck overlooking the Caribbean coastline, perched on a cliff with a 300-foot drop to the forest floor. All around, you can hear the calls of tropical parrots, toucans, giant woodpeckers and other exotic birds; the lucky may even catch sight of one. The setting is right for a perfect lime, complete with local dishes such as pastels, doubles, roti, bake and shark, pelau, ham in a pitchfoil tin and other local delicacies, some of which will be prepared on the spot for your viewing. These are accompanied by a variety of local juices and drinks including sorrel, ginger beer, mauby, rum punch, homemade wines and more. Music will be a fabulous mix of a live parang band, a small Steelpan orchestra and a DJ.

TRI06 TRINIDAD CULTURAL SHOW (2000-2200 Thursday, 01 January) Minimum 100/Maximum 400 (PRICE: \$44.00)

Experience the cultural history of Trinidad in sight and sound during this evening performance. Upon entering the simulated pan-yard setting, enjoy a complimentary drink while listening to the scintillating sounds of the local Steel Orchestra. Hear about the evolution of the steel pan from the days of slavery to the days of the Caribbean's own Carnival celebrations. Learn about drumology interspersed between toe-tapping *Tambo* (drum) bamboo performances. Join the celebration by participating in the flaming limbo performance or enthusiastically cheering your friends on. The evening culminates with true "Trini-style" dancing to the movement of "pan-around-the-neck."



-----FRIDAY, 02 JANUARY-----

TRI07 THE CROSSING: SANTA CRUZ TO MARACAS BAY HIKE (0700-1400 Friday, 02 January) Minimum 18/Maximum 36 (PRICE: \$112.00)



The crack of dawn meets us in the heart of the Santa Cruz Valley. From here we will make our seven-mile trek through the hills of the Northern Range. This trip exposes us to a wide array of flora and fauna. As we trek, we will be serenaded by a host of birds including coo-coos, tanagers, manikins, toucans and many more. As we approach the summit, we are greeted by the ever-present alarm, the call of the elusive bearded bell bird. We can spend a few minutes searching for its perch. Our descent is just as spectacular, as we can now view the ocean through windows in the foliage. The reward for your endeavor will be the beautiful palm-laden Maracas Bay with a lunch of Richard's Bake and

Shark and a cooler of cold beverages. The Bake and Shark is a sandwich consisting of deep-fried shark stuffed inside a type of bread pocket, which is also fried and often referred to as a "bake." Finish it off with toppings of your choice.

TRI08 PITCH LAKE: A WONDER OF THE WORLD (0700-1400 Friday, 02 January) Minimum 18/Maximum 72 (PRICE: \$88.00)

We travel south for our first stop at the Temple in the Sea. Here we will hear the story of a humble indentured laborer who defied the colonial powers of the day. Lunch accommodations will be determined by your tour guide but will be enjoyed either at the Gulf Coast shopping mall or catered for you on the picturesque San Fernando Hill. After lunch, we will continue south for a stop at Pepper Corner to sample hot sauces and other delicacies. Our main stop is the "Wonder of the World," Pitch Lake, the best-known deposit source of natural asphalt in the world. It consists of 115 acres of asphalt with a depth of a least 282 feet. Asphalt, being a viscous substance, has formed into a lake or lagoon of this black pitch which is in constant movement. Thus, from time to time, objects such as tree trunks and relics of ancient artifacts are brought to the surface, only to disappear sometime later. If you wish, enjoy a quick dip in the therapeutic sulfur ponds.



TRI09 THE RIVER LIME (0700-1400 Friday, 02 January) Minimum 18/Maximum 72 (PRICE: \$81.00)

All Trinis take pride in their culinary prowess, from the professional chef to the backyard cook. Come judge for yourself as we take you on a river lime (picnic). We drive east of the city into the Caura forest for a visit to Jewels of Nature Centre. At this centre, Ja Jah Onilu and his two sons (all Rasta) make musical instruments out of natural products. Here they will do a small concert for us. The river in the area, with its lovely ponds for swimming, and surrounding trails for hiking, add to what will be a most memorable day. Lunch will be cooked at the riverside as part of the river lime. Our chefs will be happy to allow members of the group to cook under their expert supervision. This will definitely be a day of exposure to culture, history, nature and good old Trini cooking.

TRI10 ASA WRIGHT NATURE CENTRE – GROUP B (0800-1300 Friday, 02 January) Minimum 20/Maximum 60 (PRICE: \$48.00)

For a description of this practicum, please see TRI01 Asa Wright Nature Centre – Group A.

TRI11 WILD FOWL TRUST (0800-1400 Friday, 02 January) Minimum 18/Maximum 36 (PRICE: \$82.00)

Today we venture to the Wild Fowl Trust. This experience brings real meaning to the expression “Harmony in Diversity.” We will actually be visiting a bird sanctuary nestled in the heart of an oil refinery. Here you’ll see a good example of the type of conservation work taking place in our eco-sensitive paradise. View the various species of wild ducks, peacocks, herons, Scarlet Ibis, reptiles and much more. Then, enjoy a local lunch with our expert chefs in San Fernando. We then continue to our next stop at the Temple in the Sea, a Hindu temple built by Sewdass Sadhu. He was an indentured immigrant from India who was banned by the colonial power of the day from building a temple on their land. To defy them, he built his temple on “no man’s land,” the sea. The temple is now a religious and historical site.



TRI12 A “TRINDIAN” EXPERIENCE (0800-1400 Friday, 02 January) Minimum 18/Maximum 36 (PRICE: \$81.00)

Christopher Columbus sailed west in search of the East Indies, discovering that he had made a wonderful error. You can chart the same course and encounter a fabulous Trini Indian cultural experience. Have a taste of lightly or heavily spiced food as only “Trini” Indians can prepare it: *Roti*, *Phoulori*, curried duck and more. See the architecture of the temples and mosques. “Trindians,” while keeping ties with the motherland, offer a cultural package not seen elsewhere. For lunch we will be hosted by Lisa and her typical Indian family. Here we will also experience a true cultural immersion, complete with drumming and dance.

TRI13 THE CULTURE COLLAGE (0800-1400 Friday, 02 January) Minimum 18/Maximum 36 (PRICE: \$88.00)



Begin the day with a trip to the mountain village of Paramin, steeped in its age-old Spanish traditions. Well known as the Spice Village, Paramin provides most of the spices, herbs and food seasonings grown in Trinidad for domestic use and export purposes. From this terraced mountain village with its narrow, winding roads, we can see some of the most

breathtaking views in all the Caribbean. Specially arranged for you is an immersion in one of Paramin’s old traditions of *Parang* (Spanish-influenced music infused with African rhythms).

We then make our way across the mountains to the Santa Cruz valley, where we’ll have a true Trini lunch with a Trini family. Here you’ll be exposed to some of the secrets of the “Sweet Han,” which gives the food its true flavor. Tips on Caribbean cooking are also offered for those who are interested.

TRI14 THE NORTH COAST HOP AND BEACH STOP – GROUP B (0800-1400 Friday, 02 January) Minimum 18/ No Maximum (PRICE: \$81.00)

For a description of this practicum, please see TRI 03 The North Coast Hop and Beach Stop – Group A.

TRI15 ANGOSTURA BITTERS & RUM FACTORY (0900-1200 Friday, 02 January) Minimum 20/ Maximum 60 (PRICE: \$38.00)

Created by Dr. Johann Siegert in 1824, Angostura Bitters was originally intended as a cure for the ailments of Simon Bolivar’s Venezuelan army in the fight against the Spanish throne. The restorative qualities of this unique blend of tropical herbs placed the bitters in high demand, and they were exported to England and Trinidad six years later. Demand for this aromatic recipe increased and soon brought worldwide attention to the House of Angostura, which later settled in Trinidad. You will visit the museum, which displays various artifacts of the founder’s life – from Dr. Siegert’s beginnings in Germany to his time in Venezuela, where he originally created the recipe. Your visit will also include a journey through the Angostura Bitters and Rum Factory on a narrated tram ride. Here you will learn about the making of bitters and the production of rum and view the extensive butterfly collection. Visit the Angostura Art Gallery, which features work of local artists, and enjoy a refreshing stop at the Angostura Bar before returning to the ship.

TRI16 MT. ST. BENEDICT MONASTERY (0900-1230 Friday, 02 January) Minimum 20/Maximum 60 (PRICE: \$38.00)



Founded by Abbot Majuel in 1912, Mount Saint Benedict provided a haven for the Benedictine Monk community which escaped religious persecution in Brazil. The monastery, set 800 feet above sea level, provides expansive views of the Caroni Plains and is still a haven for monks and others who seek peace and relaxation. Today, the grounds include religious buildings, a farm, an apiary, a home for the aged, a drug rehabilitation center, a vocational school and a guest house. This tour will take you through the monastery where monks still tend to their farming and apiary, bake bread and make everything from local teas to jelly. After

frequenting the grounds, relax and enjoy one of their brewed teas in the tranquil grotto-like atmosphere found in the guest house.

TRI17 MARACAS BAY SCENIC DRIVE – GROUP B (0900-1230 Friday, 02 January) Minimum 20/No Maximum (PRICE: \$33.00)

For a complete description of this practicum, please see TRI 02 Maracas Bay Scenic Drive – Group A.