



# Navigation to both Americas



Caribbean Cruise

**CARIBBEAN & AMERICAN COASTS / LA ROMANA TO LA ROMANA**

13 DAYS /12 NIGHTS

◆ EXTEND YOUR STAY IN A CLUB MED RESORT: **Punta Cana**



## CRUISE ON THE CLUB MED 2

*Welcome aboard Club Med 2, for a unique experience that provides a gateway to the world. Elegance and comfort are the essence of this magnificent 5-masted sailing ship*



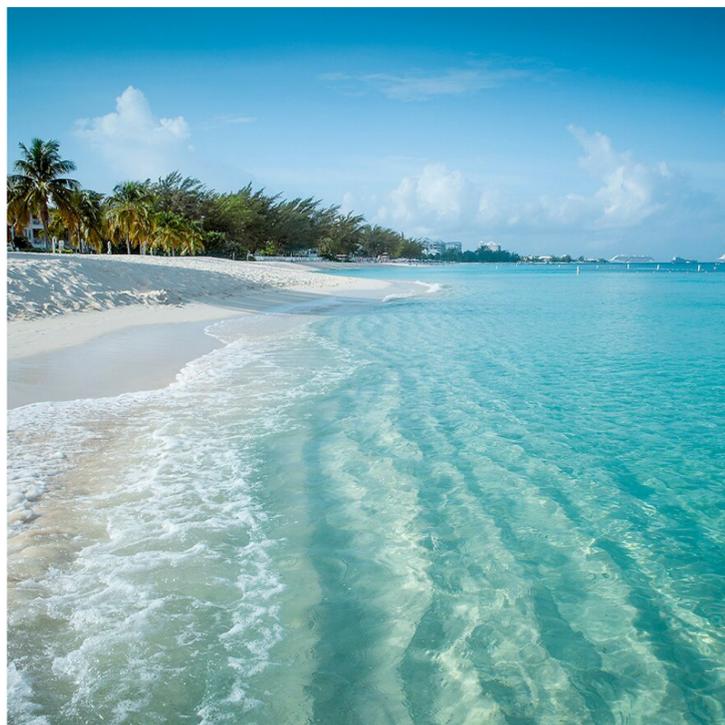
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## Your cruise



Days	Stages	Arrival	Departure	Nautical Hall
1. Sunday	LA ROMANA	..	23:00	CLOSED
2. Monday	SAILING ON THE OPEN SEA	..		CLOSED
3. Tuesday	FALMOUTH BAY	11:00	18:00	CLOSED
4. Wednesday	GRAND CAYMAN	12:00	19:00	CLOSED
5. Thursday	SAILING ON THE OPEN SEA	..		CLOSED
6. Friday	COZUMEL	08:00	18:00	CLOSED
7. Saturday	BELIZE CITY	10:00	19:00	CLOSED
8. Sunday	SANTO TOMAS	07:00	19:00	CLOSED
9. Monday	ROATAN	08:00	15:00	CLOSED
10. Tuesday	SAILING ON THE OPEN SEA	..		CLOSED
11. Wednesday	PORT ANTONIO	08:00	18:00	CLOSED
12. Thursday	SAILING ON THE OPEN SEA	..		CLOSED
13. Friday	LA ROMANA	08:00		CLOSED

Day 1 : Boarding from 16h to 20h

Day 13 : Landing from 09h to 11h



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## Itinerary of your cruise

<b>Day 1 - Sunday</b> La Romana	A little port, built in 1851 to ease maritime traffic. The town was only officially founded in 1897. The city itself only began to grow 20 years later, when Italian immigrants built a large windmill for grinding sugar canes. Ship docked, no water sports. Boarding and disembarkation port of call.
<b>Day 2 - Monday</b> Sailing on the open sea	A restorative day at sea. Choose from the range of inviting possibilities on our remarkable sailing ship. Lounge on chaise longues, cool off in one of our two swimming pools, work out with a sea view in our Espace Fitness, find instant calm at the spa and enjoy the attentive company of our G.O® team and crew members.
<b>Day 3 - Tuesday</b> Falmouth Bay	A small, picturesque port town, Falmouth Bay has attractive 19th century Georgian architecture. During the British colonial period, it was an economic powerhouse and the centre of major social change. Ship docked, no water sports.
<b>Day 4 - Wednesday</b> Grand Cayman	Hard to resist one of the clearest seas in the world, around the Cayman Islands. At Stingray city, the stingrays come and play with divers. At anchor. No water sports.
<b>Day 5 - Thursday</b> Sailing on the open sea	A restorative day at sea and choose from the range of inviting possibilities on our remarkable sailing ship.
<b>Day 6 - Friday</b> Cozumel	For the Mayan people, this island to the east of the Yucatan peninsula was sacred to Ix Chel, the moon goddess. In the 1960s, Jacques-Yves Cousteau discovered the beauty of the Cozumel coral reef, popularising it among divers. Ship at anchor, no water sports.
<b>Day 7 - Saturday</b> Belize city	Belize City is the country's main port. You'll never forget your time in these waters. The coral reef and various atolls are great for exploring. Many traces of Mayan civilization remain, allowing you to imagine the colourful, festive society of long ago. Ship at anchor, no water sports.
<b>Day 8 - Sunday</b> Santo Tomas	Situated in the Gulf of Honduras, Guatemala's biggest port is a former Belgian colony, promoted as the "promised land" to underprivileged potential expatriates in the 19th century. Ship docked, no water sports.
<b>Day 9 - Monday</b> Roatan	Part of the Bay Islands archipelago, Roatan boasts impressive beaches and clear waters. The resplendent natural beauty of the island includes coconut palms, attractive hills and a range of plant life. Roatan has an exceptionally rich cultural life, thanks to the variety of peoples who have come to its shores. Ship at anchor, no water sports.
<b>Day 10 - Tuesday</b> Sailing on the open sea	A restorative day at sea and choose from the range of inviting possibilities on our remarkable sailing ship.
<b>Day 11 - Wednesday</b> Port Antonio	A sparkling island where joie de vivre and hospitality are expressed through music. From the tumultuous waters of the Rio Grande, to the deep blue of its lagoons, nature in all its majesty has created a backdrop worthy of a Hollywood film. Ship docked, no water sports.
<b>Day 12 - Thursday</b> Sailing on the open sea	A restorative day at sea and choose from the range of inviting possibilities on our remarkable sailing ship.
<b>Day 13 - Friday</b> La Romana	A little port, built in 1851 to ease maritime traffic. The town was only officially founded in 1897. The city itself only began to grow 20 years later, when Italian immigrants built a large windmill for grinding sugar canes. Ship docked, no water sports. Boarding and disembarkation port of call.



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## Excursions of your cruise

<b>Day 3 - Tuesday</b> Falmouth Bay / Ballad on a raft (1/2 day - afternoon) *	Relax as you float down the Martha Brae River comfortably settled on your bamboo raft while your captain steers the craft at the gentle rhythm of the current. Enjoy the calm, the silence, the tropical vegetation around you and don't forget to take a dip to cool off.
<b>Day 3 - Tuesday</b> Falmouth Bay / Rose Hall Great House and shopping (1/2 day, afternoon) *	This trip takes in Rose Hall, an immense Georgian manor house at the top of a hill, with an unbeatable panoramic view of the Jamaican coastline. Built in the 1770s and restored in the 1960s, you will learn about the business of this enormous sugar cane plantation, as well as seeing the magnificent decor and period furniture. Also included in the itinerary is a visit to the Rosehall shops, and free time in Montego Bay town centre.
<b>Day 3 - Tuesday</b> Falmouth Bay - Greenwood Great House and beach (1/2 day - morning) *	After travelling through the verdant surroundings of Ironshore and Roshall, we will visit Greenwood Great House. Dating from the 18th century, the house boasts authentic furniture, a stunning view and a pretty garden, and you can learn all about its history and the daily life of its former owners. Then it's time for a swim at the famous Doctor's Cave beach (entry included, but deckchair rental is at extra cost). Be sure to bring your swimming things and a towel.
<b>Day 3 - Tuesday</b> Falmouth Bay / Plantation and rum from Jamaica (1/2 day - afternoon) *	Walk around the little town of Falmouth and retrace its past through its colonial houses. You will then arrive at the Hampden estate, a distillery in the middle of fields of sugar cane, which has been in business for 260 years. Here, you will find out how white and amber rums are made, before tasting the company's products.
<b>Day 4 - Wednesday</b> Grand Cayman - Submarine (1/2 day) *	A unique opportunity to appreciate the splendours of the tropical seas. Dive as far as 50 metres below the surface of the deep blue sea in a high-tech submarine. Discover coral reefs (sea fans, sponges and more) and a whole host of different fish (angelfish, cofferfish, butterflyfish, surgeonfish and many more)
<b>Day 4 - Wednesday</b> Grand Cayman / Stingray City (1/2 day, afternoon) *	After a 20-minute bus ride, you'll board a catamaran that will take you to "Stingray City", described by National Geographic as "one of the world's greatest underwater experiences". Swim and play with the stingrays.
<b>Day 6 - Friday</b> Cozumel / Ek Balam and Valladolid (1day) *	Get away from the crowds on the Mexican coast and head for Ek Balam, a little-known Maya site with exceptional ruins. From the top of the acropolis, you will enjoy the uninterrupted view over the remains of the city and the surrounding jungle. On the way, you can stop off to explore the colourful narrow streets of Valladolid, a small colonial city where Maya traditions are still deeply rooted. Warning - long transfer (90 minutes by ferry and 2.5 hours by road)
<b>Day 6 - Friday</b> Cozumel / Chocolate class and beach (1/2 day) *	Learn the secrets of cacao, the native bean of Mexico that conquered the entire planet when the conquistadors took it back to Europe. Learn the steps which transform it into chocolate by making your very own chocolate bar in a fun workshop. Then enjoy free time at a beach club across from the marine reserve in Cozumel where you can swim or observe the rich underwater fauna.
<b>Day 6 - Friday</b> Cozumel / Cenotes and Playa del Carmen (1 day, lunch not included) *	Head off to explore the cenotes, natural sinkholes filled with fresh water, hollowed out by erosion, which the Maya people used to communicate with their gods. You can bathe in these natural pools offering a decor that's unique in the world with stalactites, crystal-clear water and subdued light. On your way back, spend your free time at Playa Del Carmen having lunch on a terrace, shopping in the fashionable boutiques on the famous 5th Avenue or relaxing on the beach. Transfer from/to Cozumel by private ferry included.
<b>Day 6 - Friday</b> Cozumel / Tulum and Playa del Carmen (1 day, lunch not included) *	Visit the Mayan site of Tulum, which is extraordinary in many ways. Enjoy the sensational views from this Mayan city built on the coast with monuments perched atop a natural promontory that overlooks the Caribbean. On your way back, spend your free time at Playa Del Carmen having lunch on a terrace, shopping in the trendy boutiques on the famous 5th Avenue or relaxing on the beach. Transfer from/to Cozumel by private ferry included.
<b>Day 7 - Saturday</b> Belize / Maya city of Lamanai (1/2 day, morning) *	Cross the lagoon by lancha to get to Lamanai where you can tour the remains of this ancient Maya city. Here, you will discover imposing buildings, such as the Jaguar Temple and the High Temple, from the tops of which you will get an uninterrupted view of the ruins, the tropical forest and the New River.
<b>Day 7 - Saturday</b> Belize / Goff's Caye (1/2 day, afternoon) *	Relax on the small island of Goff's Caye. This little dot of white sand off the coast of Belize is barely the size of a football pitch. It is home to a perfectly healthy coral reef, making it the ideal place to cool off. Pull on your mask and snorkel, follow your snorkelling guide and head off and explore this marvellous underwater world.
<b>Day 7 - Saturday</b> Belize / Altun Ha and Belize city (1/2 Day, afternoon) *	Take the road to Altun Ha and explore the ancient Maya city where archaeologists uncovered the biggest jade sculpture ever found. On the way back, you will stop off in Belize City where you can enjoy exploring its historic buildings.
<b>Day 8 - Sunday</b> Santo Tomas / Quirigua (half day, morning) *	Set off to explore Quirigua, a major site of the Maya culture. In this city, which was the richest in the Maya civilisation, you will get the chance to see sculptures, palaces and pyramids too. In the Great Plaza, the biggest public space in the Maya culture, you will see stelae (upright stone monuments) of up to 10 metres in height as well as imposing zoomorph sculptures that will take your breath away.
<b>Day 8 - Sunday</b> Santo Tomas / Rio Dulce and Quirigua (1 day) *	Head up the Rio Dulce and observe the wildlife on its banks where herons, pelicans and many other bird species nest. When you reach the Caribbean city of Livingston, you will cross the river canyon and the Chocon Machacas biotope by boat. After a lunch on board, you will take the road to the Maya site of Quirigua where you will discover its unique stelae (stone slabs) which are over 10 metres high, as well as the immense zoomorphs (stone blocks) covered in bas-relief carvings. You will return by bus on the road to Atlantico that runs through the picturesque Motagua Valley (NB the bus and boat journeys are long and the order of the tours may be reversed).
<b>Day 11 - Wednesday</b> Port Antonio / Cruising on the Rio Grande (1/2 day, morning) *	Come and discover the unspoilt green landscapes of Jamaica as you gently float down the Rio Grande, at the heart of a region that's recently been awarded Unesco World Heritage status. Relaxing comfortably on a two-person bamboo raft, 7 metres long, this mini-cruise is your chance to appreciate the extraordinary beauty of the river as it winds between the Blue Mountains. Listen to the birdsong and follow the meandering curves of the river through the verdant tropical vegetation... and why not enjoy a refreshing swim?
<b>Day 11 - Wednesday</b> Port Antonio / Frenchman's Cove (1/2 day, morning) *	Service only available on board. Discover the private beach of Frenchman's Cove and enjoy a moment of pure relaxation there. With its golden sand and translucent waters, it is considered to be one of Jamaica's most beautiful beaches. Surrounded by lush vegetation, this tropical inlet is the perfect place to recharge your batteries in a unique ambiance.
<b>Day 11 - Wednesday</b> Port Antonio / Waterfall	First you'll walk through luscious tropical vegetation along an untamed river to reach the Somerset Falls. Then you'll head to Frenchman's Cove to relax,

and beach (1/2 day - morning) \*

and swim if the mood takes you. With its golden sands and clear water, it's considered one of the most beautiful beaches in Jamaica.

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**Day 13 - Friday**  
**La Romana / Cave of wonders (1/2 day, morning) \***

Explore the amazing 240 square metres of the Cave of Wonders. In the midst of stalactites, columns and other rock formations, you will discover ancient drawings left behind by the first indigenous people of the Caribbean. On your way back, you will stop off at La Romana where you can do a spot of shopping at the village market.

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**Day 13 - Friday**  
**La Romana / Altos de Chavon and the Chavon river (1/2 day, morning) \***

Discover Altos de Chavón, an architectural wonder straight out of the fertile imagination of a billionaire and an architect. This reproduction of a Mediterranean village houses a lovely archaeological museum as well as designer shops. Then, head down the Chavón River for a mini cruise and relax before returning to the boat.

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\* Excursion available during and after the booking of your cruise



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## HEALTH FORMALITIES

Recommended vaccines: diphtheria, polio, tetanus, hepatitis A and B and typhoid. Some parasitic or viral diseases can be transmitted by mosquitoes during certain stopovers. The use of skin and clothing repellents is recommended. Pregnant women, who do not require constant medical attention, can access the boat on presentation of a medical certificate indicating the date of the term and certifying that the pregnancy is compatible with the cruise. The cruise must be completed before the end of the 26th week of pregnancy.

## Meeting place for boarding

## Prolong your holiday

### IN A RESORT

- Our Resort Punta Cana 4 tridents

