



# ADVENTURES IN PARADISE

**O**n a Caribbean cruise, when you step off your ship and onto the pier, you're immediately faced with a choice. Should you turn left and follow the flow of passengers headed to find their beach beds for the day? Go straight and head into the town to hunt for local treasures? Or turn right to venture past the crowds and find an action-packed, adrenaline-pumping way to explore the country? For those right-minded folks looking to take the most unique, wildly daring selfies in paradise, here are a few options to consider.

## **ROSEAU, DOMINICA**

Delve deep into the hidden depths of Dominica by canyoning. On a guided tour you'll never forget, you will rappel through waterfalls, swim in caves and set your peepers on some truly magnificent canyon views. Located miles from the cruise ports, you'll have plenty of time to pull on your wetsuit and take in the views without feeling rushed.

## **CASTRIES, ST LUCIA**

Strap your helmet on—mountain biking in the shadows of the Pitons is the best way to explore this inspiring island. Tours range from basic to technical in the dense mountainside, where you can jump tree roots, roll over volcanic rock, and spin through streams surrounded by the beauty of the tropics.

## **BRIDGETOWN, BARBADOS**

Race across the sea in a catamaran to hidden coves or further out from the island to swim with turtles, explore shipwrecks and feed fish by hand. For an up-close view of those shipwrecks, descend 150 feet below the water on a submarine expedition with an enlightening nature guide.

## **ST. GEORGE, GRENADA**

Swirl, spin and splash your way downstream on a tubing adventure over rapids and across calm pools, all while in a lush tropical setting. You'll start at the heart of the Grand Etang Rainforest Reserve, where the narrow Balthazar River's all-natural water slides will keep you smiling all day.



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