THE CARIBBEAN

PROJECT EXPEDITION EXCURSION RECOMMENDATIONS





MAIN LANGUAGE: Spanish & English



ELECTRICITY: Varies by destination. Bring an adapter!







CURRENCIES: U.S.

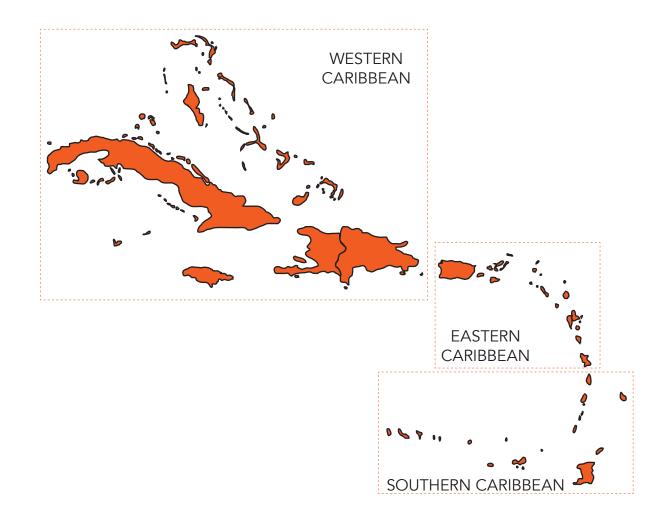
Dollar, Euro, Dominican Peso, East Caribbean Dollar, Jamaican Dollar

BEST TIMES TO TRAVEL: December- April



AIRPORTS:

International & domestic



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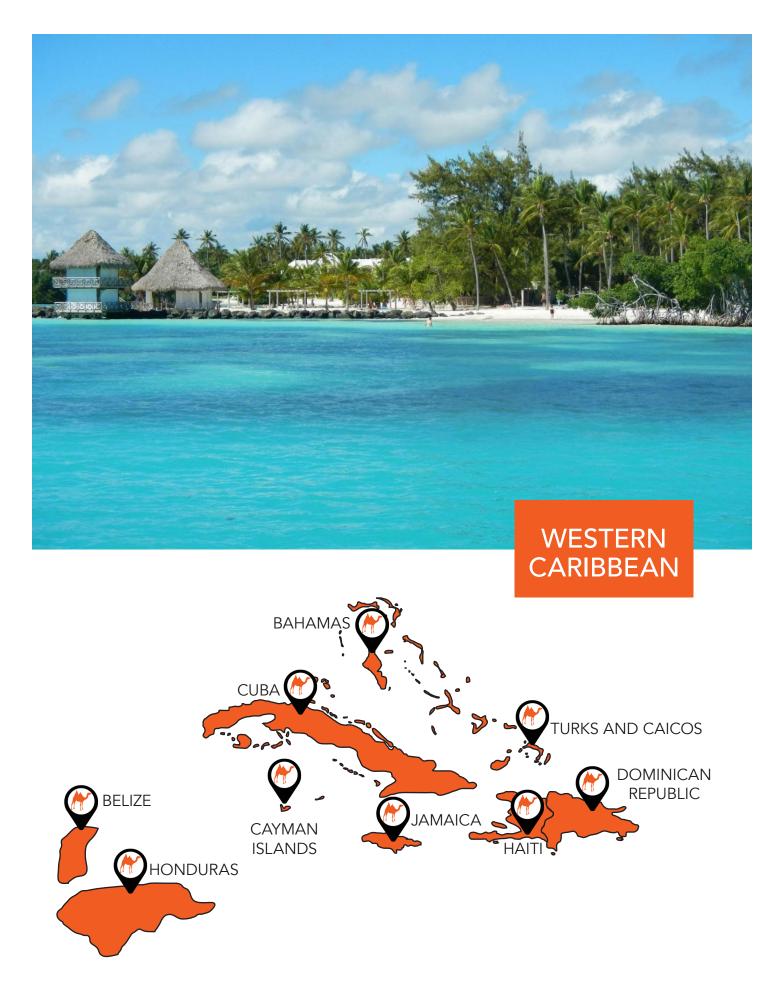
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BAHAMAS

The Bahamas is an archipelago that consists of over 700 islands, cays, and islets. Whether you want to relax on the beach, go scuba diving with sharks, or explore the nightlife, the Bahamas has it all. The primary cruise port in the Bahamas is Nassau. From Nassau, you can explore historic monuments in the city, embark on a deep sea fishing excursion, witness diverse underwater wildlife while snorkeling, or visit the famous swimming pigs in the Exumas!







BELIZE





Belize is a spectacular country filled with staggering natural beauty. Belize offers beautiful Caribbean waters and has the second largest coral reef in the world, which is great for snorkeling, diving, and fishing. The country is also known for the Great Blue Hole, a submarine sinkhole 984 ft in diameter. On the mainland, be sure to zip line, cave tube, and explore Mayan ruins. The main cruise port in Belize is in Belize City.





CAYMAN ISLANDS

A British overseas territory, the Cayman Islands are formed from three different islands: Grand Cayman, Cayman Brac, and Little Cayman. Grand Cayman is known for scuba diving, while Cayman Brac has great deep sea fishing, and Little Cayman has diverse wildlife. The Cayman Islands are the perfect spot to swim with dol-phins, sail, or simply enjoy a re-laxing beach vacation.















Christopher Columbus famously declared, "this is the most beautiful land that human eyes have ever seen," upon arriving in Cuba. Located only 110 miles south of Florida's Key West, Cuba has three different mountain rang-es, crystal clear Caribbean waters, and over 300 natural beaches. Since Cuba was closed to American influence until recently, consumerism and technology has not saturated Cuban culture heavily and many historic buildings and cars remain well preserved. Traveling to Cuba feels like entering a time machine to the mid- 20th

CUBA

century! The main cruise port in Cuba is Havana.

DOMINICAN REPUBLIC







The Dominican Republic is well known for pristine beaches, beautiful landscapes, exquisite coffee, fresh seafood, friendly people, and more. The biggest cruise ship port cities are Santo Domingo, Isla Catalina and Puerto Plata. From these cities you can enjoy a variety of activities such as snorkeling, zip lining, or simply relaxing on beautiful white sand beaches. In Santo Domingo you will see beautiful architecture from the time of Spanish colonization. In Puerto Plata be sure to visit the famous Damajagua Waterfalls and cruise down trails in a Terra Cross ATV.







HAITI

Located directly to the west of the Dominican Republic, Haiti is often overlooked as a great tourist destination. Haiti's beautiful beaches and cliffs make it an excellent place to cliff dive, snorkel, swim, ATV, or just relax. If you are craving an adrenaline rush, try fly boarding and soar above the ocean. The main cruise port in Haiti is Labadee.















HONDURAS

Situated on the Caribbean Sea, Honduras offers a spectacular 520 miles of coastline. There are no shortages of beaches here, with crystal-clear water that is perfect for swimming, snorkeling and scuba diving. Honduras also has a beautiful mangrove region that you can boat through. Honduras is known for its coffee as they are the second largest producer in Central America and their cuisine, which consists of dishes like conch soup or carneada, a meatbased dish. The main cruise port is Roatan.



JAMAICA

Jamaica is known for its world-renowned beaches and turquoise water. The main cruise ports on the island are Montego Bay, Falmouth, and Ocho Rios. In Montego Bay be sure to visit the famous Doctor's Cave beach (right) or swim with dolphins. In the nearby town of Negril, cliff jump at Rick's cafe, and in Falmouth enjoy a food tasting tour. If you are looking for more adventure, Ocho Rios is the right place. Visit the famous blue hole, ride horses on the beach, try an ATV tour, go hiking, and more.













The Turks and Caicos Islands are a British overseas territory consisting of the larger Caicos Islands and smaller Turks Islands. This small territory only has a population of a little over 30,000 people and the main industry for these islands are tourism. The crystal clear waters and white sand beaches are enticing for any traveler, not to mention the selection of beach front resorts. Spend the day by the ocean snorkeling, scuba diving, and swimming with sting rays. Cruise through the clear waters on a speed boat or catamaran, or horseback ride along the coast. The biggest cruise port in Turks and Caicos is Grand Turk.

TURKS AND CAICOS



ANGUILLA

Anguilla is a British territory made up of one major island, and a few small islets. Here, you are surrounded by long, beautiful beaches such as Rendezvous Bay, and small private beaches that you can get to by boat. Make sure to enjoy rum punch and reggae music, explore coral reefs and white sand beaches, swim with dolphins, kite board, and paddle board. Blowing Point is the main cruise port.









Made up of two large islands and a few smaller ones, Antigua and Barbuda lies between the Caribbean and the

Atlantic Ocean. The islands are known for their incredible beaches lined with coral reefs and dense rainforests. The

ANTIGUA & BARBUDA









BRITISH VIRGIN ISLANDS

The British Virgin Islands are a series of islands created by an underwater volcano. Made up of four larger islands and over 50 smaller ones, the BVIs contain some of the most untouched parts of the Caribbean. The islands are known for their pristine beaches, like the Baths beach area on Virgin Gorda, and the Sage Mountain National Park on Tortola. The BVIs are the perfect spot for privacy, top rated sailing, or island hopping. The port is Tortola.













DOMINICA

Dominica is unlike most Caribbean island destinations. It's a haven for both hikers and divers alike, along with natural hot springs and rainforests. Waterfalls reaching 200 feet, a boiling lake, and sulfur vents are just a couple of the things this island has for its adventurous visitors. Canyoning down waterfalls is also a thrilling and popular activity in Dominica. Roseau, Dominica's capital and cruise port, is filled with botanic gardens and unique architecture.



GUADELOUPE

A group of islands in the southern Caribbean, Guadeloupe is a French territory that is the perfect travel destination for any adventurer. The two largest islands are split by the Salée River. The eastern island of Grand-Terre is known for its stretch of small beach towns and long beautiful beaches where you can relax. On the western island of Basse-Terre you will find the La Grand Soufrière Volcano and the Carbet Falls in the mountainous Parc National de la Guadeloupe, which is perfect for hiking. Pointe-a-Pitre is the main cruise port.













Located in the Lesser Antilles area of the Caribbean, Martinique is a unique travel spot. A mix of French and Caribbean culture gives this island a cuisine unlike any other. Many travelers love to hike in the northern part of the island through mountainous rainforests. In the southern region, there are beautiful beaches perfect for relaxing. Fort-de-France, the cruise port and capital, has many fun attractions to explore such as the Jardin de Balata and the St. Louis Cathedral.





PUERTO RICO

Puerto Rico is a Caribbean U.S. territory. The island's official languages are Spanish and English, and it has a unique culture that is a mixture of United States and colonial Spanish influence. Puerto Rico is composed of one big island and a few smaller islands. It is a highly mountainous country with great biodiversity and many beautiful beaches, making it a great place for adventure activities, as well as simply relaxing on the beach. One can try zip lines, sailing, hiking, deep sea fishing and more. The capital and port city, San Juan is a popular destination to see old Spanish architecture, historic palaces, and open air cafes.





ST. KITTS AND NEVIS





Saint Kitts and Nevis are tucked in between the Caribbean and the Atlantic ocean. From beautiful beaches to cloud-covered mountains, these two islands are a sight to be seen. On Saint Kitts, there are hiking trails through a rain forest, ruins, a dormant volcano (Mount Liamuiga), and native wildlife to see. The main cruise ports are Basse-Terre (St. Kitts) and Charleston (Nevis).



ST. MARTIN/MAARTEN

This unique Caribbean island is divided into a French side (Saint Martin) and a Dutch side (Sint Maarten). These two distinct sides can make travelers feel like they are visiting two different countries, however both sides offer exquisite beaches and fun activities. The Dutch side is known for jewelry, casinos, and an active nightlife, while the French side is known for its outdoor shopping markets and nude beaches. Be sure to travel on the Soualiga Sky Explorer for a bird's eye view of the island, sail the crystal clear seas on a catamaran, scuba dive, jet ski, and more.







U.S. VIRGIN ISLANDS









The U.S. Virgin Islands, or USVI for short, are com-posed of three smaller islands: St. John, St. Croix, and St. Thomas. As a destination with lots of cultural diversity, there's more than just beaches to enjoy in this Caribbean paradise. The USVIs are known for their unique music and dances as well as their monthlong carnival. Snorkel, kayak, go sailing, beach hop, and check out the native iguanas, turtles, sting rays, and other indigenous species. There are cruise ports on each of the three islands encompassing the U.S. Virgin Islands and land passengers can easily travel from island to island.



ARUBA

Aruba is Dutch Caribbean island located just 17 miles north of Venezuela. Aruba is also part of the ABC islands, consisting of Aruba, Bonaire, and Curaçao, which are also known as "The Dutch Islands". Aruba is the perfect place to enjoy warm weather and beaches, test your luck at a casino, snorkel, go sailing, enjoy a jeep tour, and much more. The main port in Aruba is Oranjestad.















BARBADOS

An independent British Commonwealth nation, Barbados is known for its beautiful beaches and lush botanical gardens. Be sure to see the 17th-century plantation houses like St. Nicholas Abbey and visit the Harrison's Cave Formation (below). British influence can be seen in the architecture in Bridgetown, the capital and cruise-ship port. Locals also follow the British tradition of afternoon tea and play cricket.



BONAIRE

This small Dutch island is part of the ABC islands (Aruba, Bonaire, and Curaçao) that are all located outside of the hurricane belt. With its desert landscape, you can always expect warm and sunny days in Bonaire. The coral reef just off the coast is protected by Bonaire National Marine Park with many phenomenal dive spots, making it a great spot for both divers and snorkelers alike. The cruise port is Kralendijk.













CURAÇAO

Curaçao is a Dutch Caribbean island, and is a part of the ABC islands: Aruba, Bonaire, and Curaçao. The most densely populated of the three, Curaçao is known for its coral reefs, hidden beaches, and pastel architecture. Curaçao has amazing snorkeling and diving areas that contain diverse sea creatures. Be sure to visit the Mikvé Israel-Emanuel Synagogue and the island's many history museums. The cruise port is Willemstad.



GRENADA

Also known as the "Spice Isle", Grenada is a small Caribbean country named for the many nutmeg plantations on the hilly terrain. Grenada has world-renowned scuba diving, with one of its main attractions being the Molinere Underwater Sculpture Park. Created in 2006, this sculpture garden is the world's first underwater sculpture park and is a sight to behold. One can also see a diversity of sea life in Grenada, such as sting rays, sharks, schools of fish and much more.







ST. LUCIA







Although it is just one island, Saint Lucia could be separated into two very distinct parts. The northern area, Rodney Bay, offers a beautiful bay and modern holiday resorts. Soufriere in the south consists of old gorgeous plantations, geological wonders and hidden beaches. Be sure to take a mud bath when visiting Soufriere. The combination of towering green mountains and pristine beaches makes St. Lucia's landscape truly stunning. The main cruise port is in St. Lucia is Castries.



ST. VINCENT & THE GRENADINES

St. Vincent and the Grenadines is an archipelago composed of St. Vincent and many surrounding islands. A major sailing destination, St. Vincent and the Grenadines are surrounded by coral reefs that are great for snorkeling and scuba diving. Yacht-filed harbors line the surrounding isles. The main cruise port is Kingstown.







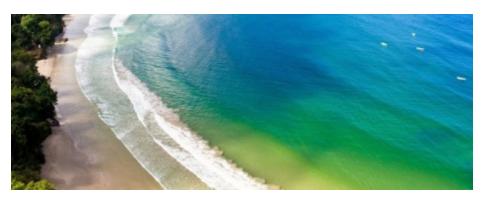


TRINIDAD & TOBAGO



Trinidad and Tobago are twin islands just 7 miles off the coast of Venezuela. Trinidad is an extremely wealthy country with most of its economy based off the oil industry. The country is a mixture of mountains and plains. Tobago, on the other hand, is less crowded, but has more nightlife and a world famous Carnival. Many tourists quickly grow fond of the friendly people, beautiful beaches and exotic surroundings. The main cruise ports are Port of Spain (Trinidad) and Scarborough (Tobago).





ABOUT

Project Expedition is a travel agent supplier for tours and excursions in destinations around the world. From single-day tours, to cruise ship shore excursions, transfers, and multi-day trips, Project Expedition combines curated tours with superior service, local prices, flexible payments, white label solutions, and more.



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