

Your expedition cruise in the CARIBBEAN & CENTRAL AMERICA

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition to the Caribbean and Central America. This will be a grand adventure to age-old communities featuring gorgeous tropical scenery, wildlife, and a cocktail of local cultures.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect with wildlife and landings.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board. Please feel free to contact us if you have any questions:

Reservations: +1 (866) 552-0371

Email: us.expeditions@hurtigruten.com

Web: hurtigruten.com/expeditions/

Kind regards
Your Hurtigruten team

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Frequently asked questions »

FOLLOW US



BEFORE YOU GO

There are a few mandatory steps to complete before your expedition cruise in Central America and the Caribbean.

- 1 Fill in and return the Ship Manifest Information Form to Hurtigruten**
- 2 Check your passport**
Please ensure your passport has a minimum of 6 months remaining validity at the end of your cruise.*
- 3 Entry requirements (visa)**
Please make sure that you have the correct visa travel document that is required at the time of your expedition.
- 4 Check your travel insurance**
A comprehensive travel/health insurance policy that also covers medical evacuation is mandatory.
- 5 Mandatory vaccinations**
At the time of publishing, yellow fever vaccination is required or recommended for some of our expeditions. Please visit our entry requirements web page (below) to see the list of voyages that require it.

For your convenience, we have gathered all required forms and important information about entry requirements on one web page.

[Entry requirements »](#)

Weather and packing

Checking the weather forecast for your destination before you leave is essential to ensuring you are packing appropriate clothes. Make sure you pack suitable clothes for the weather you're returning home to as well.

We recommend you pack:

- Fast-drying clothes that can be layered
- Inexpensive rain poncho
- Sandals or shoes you don't mind getting wet
- Wide-brimmed sun hat
- Swimwear
- Polarized sunglasses and sunscreen
- Shorts for warm days
- Insect repellent
- Anti-itch cream for insect bites
- Short- and long-sleeved T-shirts with UV filter
- Trousers for cooler days

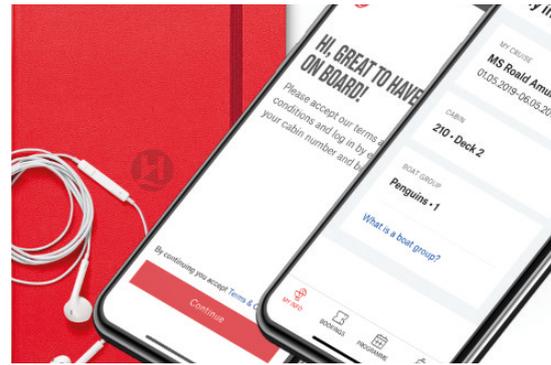
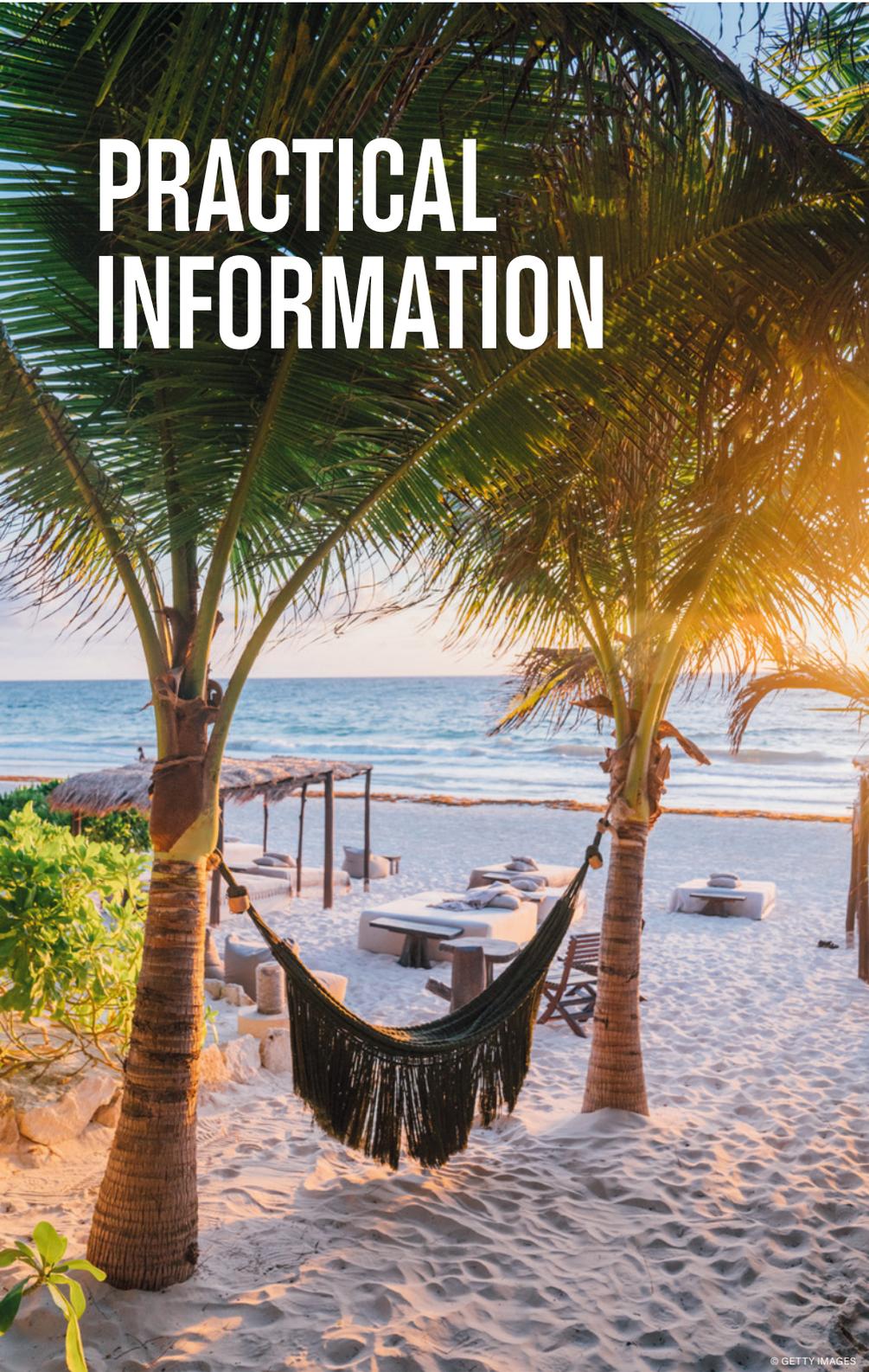
What to bring on your trip »

You will receive a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle.



You can borrow boots, trekking poles, and all equipment needed for activities free of charge.

PRACTICAL INFORMATION



Hurtigruten App

is your digital travel companion on our expedition ships.

Everything you need to know about your cruise, including your bookings, daily programme, restaurants and services on board, essential information about available excursions is at hand at any time.

It will be possible to log in once you are on board with your date of birth and your cabin number.

[Download the app »](#)

Your adventure is safe with us



We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

Wish to be more prepared?

From laundry and onboard Wi-Fi to prohibited items not allowed on board - here's everything you need to know before your expedition with us.

[Practical information »](#)

Hurtigruten ships have been a fixture on the Norwegian coast since 1893. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

[Discover our fleet »](#)

[Our safety policy »](#)

YOUR HAVEN TO THE HORIZON

Your expedition ship is your home away from home; casual, comfortable, and complete with everything you need for your adventure and more.

If you pictured an expedition as being on a rusty old frigate with faded décor, prepare to have your expectations blown away. From the get-go, you'll see that life on the ship is relaxed and the atmosphere calm and informal. Each public area of the ship has been designed with your viewing pleasure in mind. As you set foot on exotic shores together, you'll naturally grow closer with your fellow explorers. Enjoy swapping stories in the various seating areas dotted around the ship which usually have great views.



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LOVING LOCAL FOOD

Prepare your tastebuds for mouth-watering meals on board.

These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities.

You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.



© ANDREAS KALVIG ANDERSON

YOUR ACTIVE ADVENTURE



Landings

Embark on small boats (RIBs) to make landings at hard-to-reach sites set among gorgeous scenery and off the beaten track. Explore smaller, less-visited Caribbean islands and meet the local communities that call them home.

Lectures

Your expert Expedition Team will deliver lectures on a range of fascinating topics. This will primarily take place in the ship's onboard [Science Center](#) », but more informal guiding may occur on deck or even ashore during a landing.

Yoga and meditation program

Our ships offer the chance to participate in yoga and meditation classes, refreshing you in body, mind, and soul. They may be held on deck to take advantage of the

Caribbean sunshine and balmy sea breeze.

Stand-up paddle boarding*

The Caribbean Sea's warm and clear waters are perfect for stand-up paddle boarding. It will give you a unique vantage point to see under the water and out on the horizon. With only a little instruction, you'll be able to stand on the board and paddle away.

Snorkelling*

The Caribbean and Central America offer great options for snorkelling. Beneath the waters is a colorful world full of marine life, spectacular coral reef landscapes, and even the occasional submerged shipwreck.

Kayaking*

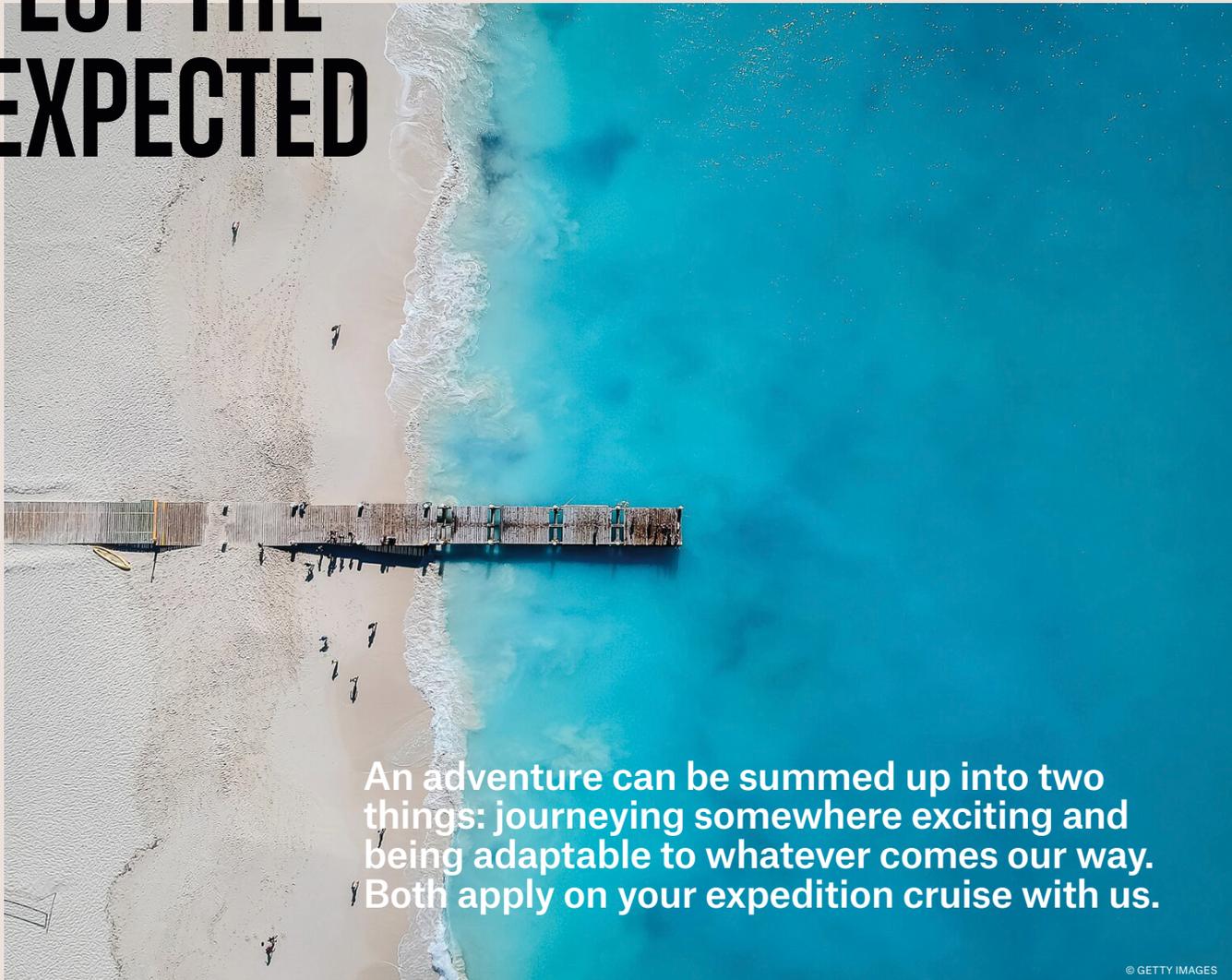
Calm bays, lagoons, beaches, and rugged coastlines are all picture-perfect settings for kayaking.

It's also a great way to discover remote places that can't be reached otherwise.

Experts in exploration

Your Expedition Team are your passionate and knowledgeable hosts. They'll ensure you enjoy exciting and informative experiences safely and sustainably. Experts in their fields and adventurers in their own right, they deliver engaging lectures and talks, organise a variety of onboard activities, accompany you on landings, and take the lead on handpicked hikes.

EXPECT THE UNEXPECTED



An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

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When you embark on an expedition with us, you'll be travelling to some of the most remote and pristine places on our planet. It's an adventure to beautiful coastal areas where nature is at its most raw, wildlife roam free, and where the elements rule. And we wouldn't have it any other way.

Open exploration

Itineraries on our expedition cruises are therefore not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. Whether wind or waves block our way or we see whales we want to observe for a while, the option to divert from our

course is an essential and exciting aspect of expedition cruises.

Our plans may sometimes need to be altered slightly or even changed completely, bringing us to places and surprises not originally on our route, but which will still be just as impressive. Certain days on several of our itineraries even have multiple possible sites we can visit. You can trust the ship Captain together with the Expedition Team to pick the best option, based on the conditions on the day.

It is this unpredictability and adaptability that are at the core of any expedition, and what makes it an adventure so different from

a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

EXPLORE THE CARIBBEAN & CENTRAL AMERICA

Discover select highlights and possible sites you might see on your expedition cruise in the Caribbean and Central America.*



Bocas del Toro

This National Marine Park is an archipelago of clear blue waters, breathtaking beaches, and uninhabited islets. Spot red frogs, three-toed sloths, and exquisite birdlife.



Corn Island

One of the Caribbean's best-kept secrets. The incredible beaches, friendly locals, and sleepy restaurants are topped off by pristine and beautiful coral reefs surrounding the island.



Belize City

Full of colorful colonial architecture, Old Belize also has a moving museum—a train that takes you through Belize's history and natural beauty.



Lighthouse Reef

Considered one of the best marine sites in the whole Caribbean, a thrilling variety of sea life, lush cays and opportunities to participate in water activities await you.



Huatulco

A dream for nature lovers and photographers, the area is home to nine scenic bays, 36 pristine beaches, sheltered coves, beach resorts, and a national park.

Did you know?

Three-fifths of Central America's population is of mixed European and Mayan heritage.

Spanish is the official language in **six** Central American countries: Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. In Belize it is English.

Of the **88** constellations that exist in the night sky, a whopping 86 of them can be seen vividly if you're in Nicaragua, given its equatorial location.

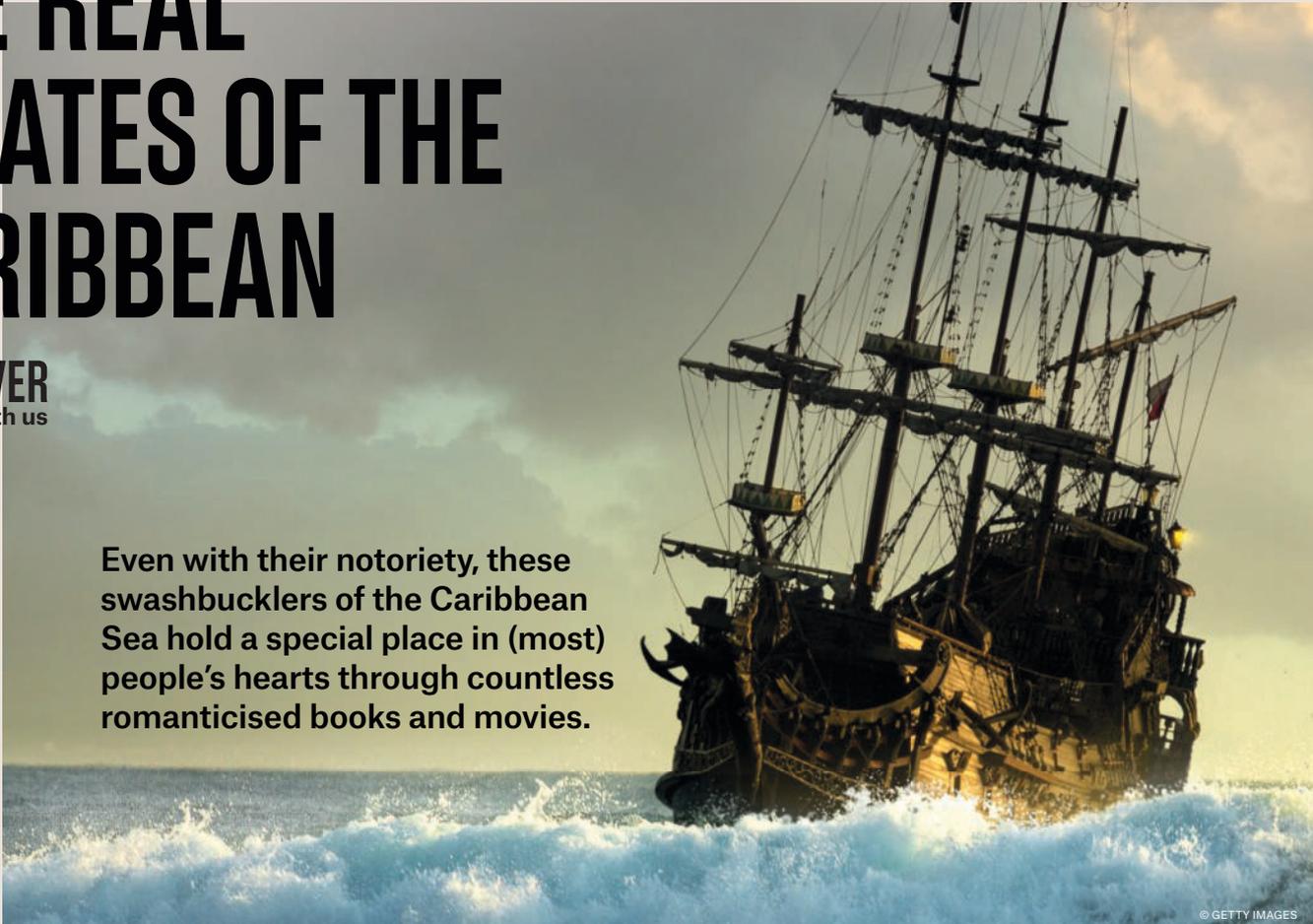
Central America is home to **7%** of the world's total biodiversity. The Caribbean Sea is home to **14%** of the world's reefs.

The very **first** James Bond film, Dr. No, was filmed in Jamaica. Some of the most famous movies shot in Jamaica include 'Cool Runnings', 'Legends of the Fall', and 'Cocktail'.

THE REAL PIRATES OF THE CARIBBEAN

DISCOVER
with us

Even with their notoriety, these swashbucklers of the Caribbean Sea hold a special place in (most) people's hearts through countless romanticised books and movies.



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A pirate's playground

With the discovery of the New World in the late 15th century, so too came an age of plundering, not least by the Spanish conquistadors themselves. Their galleons, laden with gold and silver looted from Aztec, Incan, and Mayan civilisations, formed vast fleets that sailed back and forth between Spain and Central and South America.

It didn't take long for this train of treasure ships to be targeted by the down-trodden settlers of the region, as well as fortune hunters, fame seekers, and adventurers alike. The Caribbean's myriad of islands offered a natural base from where pirates could rob passing ships before disappearing to their hideouts in the caves of the coves.

Cutthroat commerce

As European nations vied with one another to become the dominant power in the Americas, they found pirates to be valuable allies. Pirates

might be approached by imperial agents to attack ships from specific countries, thinning their fleet, putting a dent in their profits, and crippling their prospects in the region. As such, a professional career in piracy proved to be a lucrative venture, even if it made one in trade just as dangerous.

The Caribbean's Golden Age of Piracy

Pirating in the Caribbean started around the 1500s and lasted some 300 years with a total of more than 5,000 pirates prowling the waters. The most prolific period for piracy here was from the 1650s to the 1730s. Pirates were rampant in these parts, terrorising the Caribbean Sea and striking fear in the hearts of hapless crews.

A standard pirate ship held around 80 tough-as-nails sailors with an average age of 27, each worth their salt. Many came from all walks of life and were called a

variety of names from filibusters to freebooters. Buccaneers were a kind of libertarian privateer peculiar to the Caribbean, originating from settlers deprived of their land by Spanish colonial authorities on the islands of Hispaniola and Tortuga.

Explore the same historic waters

Thankfully for you and us, pirates in the Caribbean are a thing of the past and exist only in books and movies. Buried or hidden hoards of Aztec gold and Spanish doubloons, plundered from colonial ships, are also generally fictitious, but who really knows for sure?

Still, our expedition cruises focus on the real treasures of Central America and the Caribbean: its stunning islands, beaches, wildlife, and culture. While the pirates here are long gone, you can be sure that adventure certainly isn't.

DISCOVER WILDLIFE



The region's warm climate creates a range of wildlife habitats: lowland rainforest, isolated beaches, mangrove swamps, and waterfalls, all rich with life.

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The exotic tropics

Howler monkey calls and the hum of insects create a captivating soundtrack that reverberates through the jungle. Flashes of color from the plumage of toucans and macaws decorate the lush emerald canopy. Meanwhile, the waters hold vibrant coral reefs, home to shimmering fish, sea turtles, and manta rays. This is Central America and the Caribbean.

Monkeys

The verdant jungles of Central America are the perfect habitat for monkeys. At least seven species are native to the region. The shrieks of howler and spider monkeys dominate the soundscape of the forests in Costa Rica, Belize, and Panama.

Find these mischievous and intelligent creatures peering down at you from their tree-top hideaways at all times of day.

Birds

The Caribbean is home to over 700 birds species, including 171 species endemic to the region and found nowhere else on Earth. Central America has more than 1,200 bird species. Spot an abundance of birdlife, ranging from beautiful parrots and hummingbirds in the jungle to pelicans and giant condors along the coast.

Dolphins

Several dolphin species, such as the bottlenose, spinner, and the fittingly named common dolphin, can be

spotted in the Caribbean Sea. Bottlenose dolphins are frequent companions to our ships and can often be seen from deck. They love to ride in the ship's wake and are capable of impressive acrobatics, leaping high out of the water and somersaulting.

Remember that these are natural habitats, so we can't guarantee that certain animals will appear during your trip. Mother Nature will do as she pleases, and no sightings can be set in stone.

SUSTAINABILITY



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Exploring our blue planet for more than a century has taught us the importance of being green.

Over decades, our Captains and crew, Expedition Teams and returning guests have witnessed the impact of climate change on vulnerable polar areas with their own eyes. We want the Arctic, Antarctica, and everywhere in between to remain places of pristine nature, pure water and clean air.

Sustainability is therefore at the heart of who we are and what we do. From the beautiful natural world to remote communities, we want to ensure our expedition cruises protect them both. In line with the UN's Sustainable Development Goals, we're able to offer you greener and more sustainable expedition cruises on and for the planet.

Want to know more?

Visit [our sustainability web page](#) »

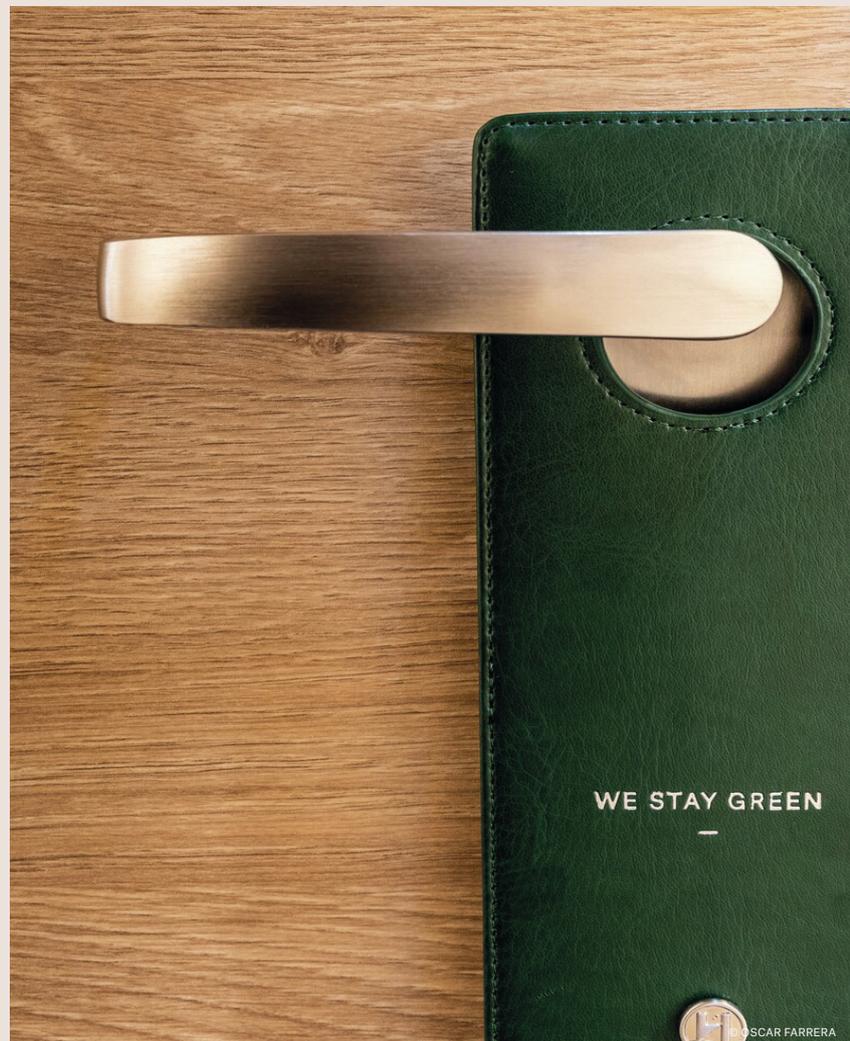
HURTIGRUTEN FOUNDATION

**Collaborating for change:
Creating a footprint we can be proud of.**

Hurtigruten Foundation is a platform for taking a stance and volunteering in worthwhile causes – together. Working closely with guests, partners and organizations, Hurtigruten believes we make a genuine difference, by minimizing our operational impact and maximizing the positive contribution we make to local communities. Since the Hurtigruten Foundation was established at the end of 2015, a total of 3,200 000 NOK has been donated to date for 34 projects in eight countries.

Hurtigruten Foundation is funded by direct donations and several onboard initiatives, including auctions, fund-raisers, and primarily the "Green stay" programme, where a donation is made for every day you ask us not to clean your cabin, thereby saving energy, detergents and water. We invite you to join us and leave a footprint we can be proud of!

Visit [the Hurtigruten Foundation web page](#) »



WE STAY GREEN

SCAR FARRERA