

International Soccer Tour 2024 Itinerary Hood College Women's Soccer Greece – Athens and Thessaloniki

Travel dates:

March 9-17, 2024. Tour dates can be adjusted by some days if necessary.

Itinerary:

- March 9 Departure from Washington-Dulles airport.
- March 10 Arrival Athens airport and transfer to your accommodation. Sightseeing Athens. Options include sights like the Roman Temple of Zeus, Agora, Tomb of the Unknown Soldier, etc.
- March 11 Optional tour of the Acropolis. Additional sightseeing in Athens if any free time. Evening game vs. a local team.
- March 12 Day excursion to Argolis to tour Mycenae and then continue to Epidaurus to visit the marvelous Ancient Theatre (4th century B.C.), famous for the perfect design and acoustics. Evening game vs. a local team.
- March 13 Transfer to Thessaloniki.
- March 14 Guided tour of Thessaloniki. Thessaloniki is a Greek port city on the Thermaic Gulf of the Aegean Sea. Evidence of Roman, Byzantine and Ottoman history remains, especially around Ano Poli, the upper town. The ruins of Roman Emperor Galerius' 4th-century palace include the Rotunda that has been both a church and a mosque.
- March 15 Visit ancient cities of Vergina and Pella. Get to know the imperial capital, the ancient city where Alexander the Great was born and raised. The excursion travels you to the ancient Greek, byzantine and modern history bringing back in light the lost prestige of Aigai, the first city of the Macedonians. Discover the museum of Aigai; a World Heritage site of UNESCO, against the natural beauty of the area and the view of the Macedonian plain that travels our eye till the end of the horizon, or, Visit famous beaches of Halkidiki. Halkidiki is a region in northern Greece known for its jutting peninsulas, which feature Mediterranean forests that give way to sandy beaches in sheltered bays. Cassandra, the westernmost peninsula, is the most developed, offering modern resorts and nightclubs. Evening game vs. a local team.
- March 16 Morning transfer back to Athens for a one night stay. Afternoon/evening free time in Athens.
- March 17 Transfer to Athens airport and return flight.

*The above itinerary is a provisional/suggested itinerary and can/will change depending on your group's specific wishes, the final game schedule for your team(s) and any pro game visit(s) incorporated for your group. Sightseeing admission fees are not included in the prices but can be added and pre-booked based on your group's specific wishes. Consult us for more information.

Price per person*:

| | | | | | | |
|----------------------------|---------|---------|---------|---------|---------|---------|
| Number of people traveling | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 |
| Participant prices | \$3,057 | \$2,942 | \$2,870 | \$2,827 | \$2,778 | \$2,745 |

* Prices are based on contracted airline group fares for 2023. We can confirm tour pricing approx. 11 months prior to departure date, when airlines publish group flights and fares for 2024.

Price inclusions:

- Round trip airfare, including airport taxes and fuel surcharges. Prices are always subject to availability of flights and fares at time of booking.
- Accommodations and meals as specified in this proposal – see below.
- Ground transportation – see below.
- Costs for arranging the sport program – see below.
- Services of a local tour assistant – see below.

Sport program included:

We will arrange a total of 3 games per team.

Accommodation and meals included:

Athens: 4-star Hotel accommodation in Athens.

- Daily breakfast and dinner included.
- Not far from the center of Athens.
- All rooms, double/twin rooms (2 people per room) have private shower, toilet and TV. The hotel has a lounge, restaurant and bar.

Thessaloniki: 4-star Hotel accommodation in Thessaloniki.

- Daily breakfast and dinner included.
- Not far from the center of Thessaloniki.
- All rooms, double/twin rooms (2 people per room) have private shower, toilet and TV. The hotel has a lounge, restaurant and bar.

Ground transportation included:

During your entire stay a private bus will be available exclusively for your group – 10 hours a day.

Local guide services included:

A local bi-lingual tour manager will be assigned to be exclusively with your group full time each day during your stay in each destination to provide you with any assistance when necessary, and help plan or amend your daily schedule as needed.

Options available (not included in prices)

Sport program options:

- A 2-hour training session with your own coaching staff – costs approx. \$300.00 per 2 hours.
- Tickets to a pro game – cost approx. \$60.00 - \$100.00+ per person, depending on the game.

Travel insurance option:

Your participants have the option to purchase accident, illness and trip cancellation/interruption insurance, including a Cancel for Any Reason Coverage (CFAR) – more information about this insurance is included on your team website page.

Not included in prices:

- Beverages (soda) with meals.
- Gratuities for representatives and bus drivers.
- Admission fees to attractions.
- Single rooms in hotels. Single rooms are available at a supplement of \$40.00 per person per night on top of the double room supplements outlined in the accommodation description.

Touristic information Athens

Athens is the historical capital of Europe, with a long history, dating from the first settlement in the Neolithic age. In the 5th Century BC (the "Golden Age of Pericles") – the culmination of Athens' long, fascinating history – the city's values and civilization acquired a universal significance. Over the years, a multitude of conquerors occupied Athens, and erected unique, splendid monuments - a rare historical palimpsest. In 1834, it became the capital of the modern Greek state and in two centuries since it has become an attractive modern metropolis with unrivalled charm.

The Acropolis: The Acropolis is the most important ancient site in the Western world. Crowned by the Parthenon, it stands sentinel over Athens, visible from almost everywhere within the city. Its monuments and sanctuaries of Pentelic marble gleam white in the midday sun and gradually take on a honey hue as the sun sinks, while at night they stand brilliantly illuminated above the city. A glimpse of this magnificent sight cannot fail to exalt your spirit.

The Acropolis Museum: This dazzling modernist museum at the foot of the Acropolis' southern slope showcases its surviving treasures still in Greek possession. While the collection covers the Archaic and Roman periods, the emphasis is on the Acropolis of the 5th century BC, considered the apotheosis of Greece's artistic achievement. The museum cleverly reveals layers of history, floating over ruins with the Acropolis visible above, showing the masterpieces in context. The surprisingly good-value restaurant has superb views; there's also a fine museum shop.

Olympic Stadium/Panathenaic Stadium:

The Panathenaic Stadium is a classical cultural and touristic monument of Greece and one of the most significant monuments not only for Athens, but for the whole Greece. It is one of our city's most popular touristic attractions and one of Athens' landmarks. Its rich history is directly connected to the Modern Olympic Games as from their revival in 1896 until the Athens Olympic Games in 2004. It is also the place from where the Olympic flame sets up its journey to the cities of the Olympic Games, both Winter, Summer and Youth.

Olympeion: Temple of Olympian Zeus: Dedicated to Zeus, the Olympeion was the largest temple in ancient Greece. Though the Parthenon is better preserved, the Temple of Olympian Zeus was an even more monumental structure in its day. The temple dates to the sixth century BC but was not completed until the second century AD by the Emperor Hadrian. It's easy to imagine the grand impression this temple made in its complete form. More than a hundred enormous marble columns once supported the grandiose sanctuary. Only 15 columns remain standing, and another surviving column lies on the ground, but the ruins' monumental presence gives a sense of the massive size of the original building. The gigantic structure was a befitting shrine to Zeus, the ancient Greeks' most all-powerful God, known as the King of Gods. Nearby, just north of the Olympeion, is a small park containing the ruins of Themistokles' wall and the ancient Roman baths.

Touristic information Thessaloniki

Thessaloniki is a Greek port city on the Thermaic Gulf of the Aegean Sea. Evidence of Roman, Byzantine and Ottoman history remains, especially around Ano Poli, the upper town. The ruins of Roman Emperor Galerius' 4th-century palace include the Rotunda that has been both a church and a mosque. Much of the city center was destroyed in the Great Fire of 1917. The rebuilt 20th-century city has a modern European layout.

Church of Saint Demetrius: The Church of Saint Demetrius, or Hagios Demetrios is the main sanctuary dedicated to Saint Demetrius, the patron saint of Thessaloniki (in Central Macedonia, Greece), dating from a time when it was the second largest city of the Byzantine Empire.

Ladadika District: Ladadika is the name of a historic district and a landmark area of the city of Thessaloniki, Greece. It locates near the Port of Thessaloniki and for centuries was one of the most important market places of the city. Its name came about from the many olive oil shops of the area.

Archaeological Museum of Thessaloniki: The Archaeological Museum of Thessaloniki is a museum in Thessaloniki, Central Macedonia, Greece. It holds and interprets artifacts from the Prehistoric, Archaic, Classical, Hellenistic and Roman periods, mostly from the city of Thessaloniki but also from the region of Macedonia in general.

White Tower of Thessaloniki: The White Tower of Thessaloniki is a monument and museum on the waterfront of the city of Thessaloniki, capital of the region of Macedonia in northern Greece.

International Soccer Tour 2024 Itinerary Hood College Women's Soccer Italy and Croatia – Venice and Rijeka area

Travel dates:

March 9-17, 2024. Tour dates can be adjusted by some days if necessary.

Itinerary:

- March 9 Departure from Washington-Dulles airport.
- March 10 Arrival Venice or Bologna airport and transfer to your accommodation.
- March 11 Day trip Venice. The famous city of gondolas built on small islands connected by bridges. See the famous Rialto bridge and the San Marco church and its vibrant plaza. Evening game vs. a local team.
- March 12 Day trip to Verona – city of Romeo and Juliet and famous because of its Opera Building, or,
More sightseeing Venice – suggested sights are Palazzo Ducale (Doge's Palace), Bridge of Sighs and the Santa Maria della Salute, and/or visit Murano, home of Venice's fabled glass workers. Evening game vs. a local team
- March 13 Transfer by ferry and bus to your accommodation in the Rijeka area of Croatia.
- March 14 Sightseeing Opatija. Together with the main beach Slatina, it forms the lively tourist center of the resort. Slatina Street is always very lively because the motto is: see and be seen. Strolling along the lively promenade you will discover some of the most magnificent buildings from the imperial period and, moreover, you will enjoy a terrific selection of restaurants, cafés and ice cream parlors in addition to beautiful boutiques to do some shopping.
- March 15 Visit the coastal town of Rijeka. Explore Rijeka's main promenade Korzo - dotted with terraced cafes, shops, and Habsburg-era architectural delights. See the Old City Hall, City Tower, and St. Vitus Cathedral - then take in the iconic views of Kvarner Bay as you venture to the important pilgrimage sites of Trsat Monastery & Trsat Castle. Evening game vs. a local team.
- March 16 Enjoy a day at leisure at the beautiful beaches of Opatija, known as some of the best along the Adriatic Coast..
- March 17 Transfer to Zagreb or Zadar airport. Return flight.

*The above itinerary is a provisional/suggested itinerary and can/will change depending on your group's specific wishes, the final game schedule for your team(s) and any pro game visit(s) incorporated for your group. Sightseeing admission fees are not included in the prices but can be added and pre-booked based on your group's specific wishes. Consult us for more information.

Price per person*:

| | | | | | | |
|----------------------------|---------|---------|---------|---------|---------|---------|
| Number of people traveling | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 |
| Participant prices | \$3,476 | \$3,312 | \$3,190 | \$3,108 | \$3,043 | \$2,993 |

* Prices are based on contracted airline group fares for 2023. We can confirm tour pricing approx. 11 months prior to departure date, when airlines publish group flights and fares for 2024.

Price inclusions:

- Round trip airfare, including airport taxes and fuel surcharges. Prices are always subject to availability of flights and fares at time of booking.
- Accommodations and meals as specified in this proposal – see below.
- Ground transportation – see below.
- Costs for arranging the sport program – see below.
- Services of a local tour assistant – see below.

Sport program included:

We will arrange a total of 3 games per team.

Accommodation and meals included:

Venice: 3-star Hotel accommodation in Venice.

- Daily breakfast and dinner included.
- Approx. 5-10 kilometers from the center of Venice.
- All rooms, triple rooms (3 people) have private bathroom and TV. The hotel has a lounge, restaurant and bar.
- Double rooms are available as well at a supplement of \$15.00 per person per night.

Croatia: 4-star Hotel accommodation in the Rijeka/Opatajia area.

- Daily breakfast and dinner included.
- Hotel located close to the center of Opatajia and right on the coast and within walking distances of the beaches on the Adriatic Coast.
- All rooms, triple rooms (3 people) have private bathroom and TV. The hotel has a lounge, restaurant and bar.
- Double rooms are available as well at a supplement of \$15.00 per person per night.

Ground transportation included:

During your entire stay a private bus will be available exclusively for your group – 10 hours a day.

Local guide services included:

A local bi-lingual tour manager will be assigned to be exclusively with your group full time each day during your stay in each destination to provide you with any assistance when necessary and help plan or amend your daily schedule as needed.

Options available (not included in prices)

Sport program options:

- A visit to a pro soccer game. Please calculate between US\$50.00 and US\$110.00 per person depending on the game. Some so-called premium games might be more expensive.
- Visit and tour of a pro team stadium – approx. \$30.00 per person.
- A 2-hour training session with your own coaching staff – costs \$ 300.00 per 2 hours.
- Training sessions with coaches from an Italian or Croatian pro club – costs approx. \$650 per 2 hours, including field hire. Consult us for more information.

Travel insurance option:

Your participants have the option to purchase accident, illness and trip cancellation/interruption insurance, including a Cancel for Any Reason Coverage (CFAR) – more information about this insurance is included on your team website.

Not included in prices:

- Beverages (soda) with meals.
- Gratuities for representatives and bus drivers.
- Admission fees to attractions. This applies to per person admissions for sights and attractions as well as a Venice per person city entrance fee (approx. \$11.00 per person per day you go into Venice), city admission fees (called ZTL fees) for the touring bus in Italy. These ZTL fees are approx. \$150.00 - \$300.00 when you enter a city ZTL zone. There are options to avoid these fees – consult us for more information on this.
- Single rooms in hotels. Single rooms are available at a supplement of \$40.00 per person per night on top of the double room supplements outlined in the accommodation description.

Touristic information Venice

Venice is the capital of the Veneto region in Italy. It is situated across a group of 117 small islands that are separated by canals and linked by bridges. These are located in the shallow Venetian Lagoon, an enclosed bay that lies between the mouths of the Po and the Piave Rivers. Parts of Venice are renowned for the beauty of their settings, their architecture, and artwork. The lagoon and a part of the city are listed as a World Heritage Site.

Basilica di San Marco (Saint Mark's Church): This elaborate church sits on the popular piazza by the same name. The church was built in honor of Saint Mark the evangelist, whose remains were stolen from their home in Alexandria, Egypt, and hidden in barrels of pork by a couple crafty Venetians, intent on bringing him to rest in Venice.

Piazza San Marco (St. Mark's Square): St. Mark's Square, or Piazza San Marco, is considered by many to be the heart of Venice. As the largest square in Venice, St. Mark's Square is the only "piazza" in the city. All other squares are campis or campielli. Lining the square are multiple historical sites including St. Mark's Basilica, St. Mark's Campanile and Doge's Palace, as well as a number of restaurants, making it the perfect spot for leisurely people-watching and wine sipping. Along with intricate architecture and hearty plates of spaghetti carbonara, visitors will also be met with throngs of tourists, pigeons and vendors selling souvenirs. If you hoped to pick up a gondola hat or a carnival mask during your trip, this is the place you will find them.

Rialto Bridge (Ponte di Rialto): Several centuries ago, if you wanted to cross the Grand Canal, the Rialto Bridge was the only way. Now there are other options, including the Accademia Bridge. The bridge's current incarnation is the handiwork of Antonio da Ponte, whose name translates to "Anthony of the Bridge," is built entirely of marble after collapsing multiple times from previous wooden designs. Predicted to fail by critics, the bridge still stands and is considered an engineering marvel.

Grand Canal: Considered to be the main street of Venice, the 2-mile-long Grand Canal is one of the city's most popular and highly photographed attractions. Recent travelers recommend hiring a gondolier for a romantic (but expensive) row along the canal.

Doge's Palace (Palazzo Ducale): Views from the Venetian Lagoon give the Doge's Palace an ethereal look — almost like it's floating on top of water. But it's fitting, as the Doge's Palace (or Palazzo Ducale) has witnessed an intriguing history in its role as the residence of the doge (leader), the seat of government and the palace of justice. Everything from execution orders to the affairs of Venetian leaders was carried out here; and a web of secret passageways and hidden doors reveals a decidedly mysterious past.

Touristic information Opatija area

Opatija, a magnificent coastal town on the Adriatic Sea and a well-known 19th-century health resort for Austro - Hungarian aristocracy and nobility of that time, today is a popular holiday destination for tourists from all over the world.

This elegant tourist destination, lies at the centre of its Riviera with the longest tradition of tourism in Croatia, in complete harmony with nature.

Well-maintained public gardens, the illuminated 10-km-long coastal promenade known as the "Lungomare", well-kept beaches and fountains provide a stunning backdrop for the villas and hotels that cater comfortably for over 9,000 guests. The magnificent villas and hotels are only part of Opatija's attraction which, like the sirens's chant, is hard to resist. Their classical beauty has easily weathered the ravages of time. The contrasts of sea and mountains, green parks and blue ocean, old buildings and modern comforts, entertainment venues and quiet destinations for excursions, excellent restaurants and indigenous taverns and a mild and pleasant climate all combine to make Opatija and its surroundings a very attractive tourist resort at any time of the year.

Opatija was officially declared a climatic health resort for the aristocracy and prominent people of the time in 1889, and was the first of its kind in the entire Adriatic. Today, Opatija is one of the most popular wellness and health tourism destinations in Croatia and beyond. Opatija is a thriving and vibrant town throughout the year and the list of cultural and entertainment events goes on and on.

International Soccer Tour 2024 Itinerary Hood College Trinidad and Tobago – Port of Spain

Travel dates:

March 9-16, 2024. Tour dates can be adjusted by some days if necessary.

Itinerary:

- March 9 Departure from Washington-Dulles airport. Arrival Port-of-Spain airport and transfer to your accommodation.
- March 10 Optional morning training session with your own coaching staff and after that visit Queen's Park Savannah, the largest traffic roundabout in the world, and the historical Magnificent Seven. Evening pan yard visit with lesson - how to play a steel pan.
- March 11 Visit Maracas Beach, a beautiful beach located on the north side of the island.
- March 12 Morning training and after that picturesque hike to Maracas Waterfalls, the highest waterfalls in Trinidad. Evening game vs. local team.
- March 13 Optional day trip by flight to Tobago. Another option for today can be to either visit the Pitch Lake or go down the Islands with a chartered boat and visit the Gasparee Caves which includes swimming in a real bat cave. Evening game vs. local team.
- March 14 Zip-lining excursion in Chaguaramas and afternoon community service project; soccer clinic and education for underprivileged school children in Trinidad.
- March 15 Take a swamp tour through the lagoons and rivers to see all the wildlife in Trinidad. Evening game vs. local team.
- March 16 Transfer to Port-of-Spain Airport and return flight back home.



Maracas Beach



Arkport Angels



Fort George



Regis University

*The above itinerary is a provisional/suggested itinerary and can/will change depending on your group's specific wishes, the final game schedule for your team(s) and any pro game visit(s) incorporated for your group. Sightseeing admission fees are not included in the prices but can be added and pre-booked based on your group's specific wishes. Consult us for more information.

Price per person*:

| | | | | | |
|----------------------------|---------|---------|---------|---------|---------|
| Number of people traveling | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 |
| Participant prices | \$2,388 | \$2,302 | \$2,435 | \$2,367 | \$2,316 |

* Prices are based on contracted airline fares for 2023. We will know more about fares for 2024 approx. 11 months prior to departure date, when airlines publish flights, and can confirm pricing then.

Note: The participant prices for 30+ people are higher because 2 small busses are needed for the group with this number due to the busses in Trinidad being smaller.

Price inclusions:

- Round trip airfare, including airport taxes and fuel surcharges. Prices are always subject to availability of flights and fares at time of booking.
- Accommodations and meals as specified in this proposal – see below.
- Ground transportation – see below.
- Costs for arranging the sport program – see below.
- Services of a local tour assistant – see below.

Sport program:

We will arrange 3 games per team.

Accommodation and meals included:

Accommodation in the 4-star plus Hilton Hotel in Port of Spain right across the street from the Queen's Park Savannah and within minutes of downtown Port of Spain by bus/car.

- Daily breakfast and dinner included.
- Accommodation in rooms with 2 double/full size beds for 3 or 4 people per room. Rooms have private bathroom and shower and rooms are equipped with A/C, cable TV, phone, WI-FI internet access, a safe, ironing board and hairdryer.
- Facilities of the hotel include a restaurant, a bar/lounge area with a large outdoor terrace with views of downtown Port of Spain and the Queen's Park Savannah, a gift and snack shop, a large swimming pool with a bar area and cabanas, a fitness room with sauna/spa and a tennis court.
- Double/twin rooms (2 double/full size beds for 2 people or 1 King size bed for 2 people) are available as well at a supplement of \$10.00 per person per night. Single rooms (with 1 King bed for 1 person) are available at a supplement of \$50.00 per person, per night.

Ground transportation included:

All mentioned ground transportation. Sometimes our organizers will use 1-2 smaller busses because not all mountain roads are accessible for bigger busses.

Local guide services included:

A local assistant will be assigned to be with your group each day to provide you with any assistance when necessary, and help plan or amend your daily schedule as needed.

Options available (not included in prices).

Excursion options:

All excursions as described in the above-mentioned itinerary are optional and are not included in the costs. We can pre-book these excursions for you. Costs are as follows:

- Visit Maracas Beach with local Bake 'n Shark – additional costs approx. \$ 5.00 per person.
- Hike to Maracas Waterfalls - additional costs will be approx. \$ 10.00 per person to have your own private guide available for this hike.
- Optional day trip by flight to Tobago. Tobago is the smaller of the two main islands that make up the Republic of Trinidad & Tobago. It's located in the southern Caribbean, northeast of the island of Trinidad and southeast of Grenada. Additional cost for this day trip is \$135.00 per person.
- Visit the Pitch Lake or go down the Islands with a chartered boat - approx. \$ 20.00 per person.
- Zip Lining in Chaguaramas; the zip lines are the best way to get a bird's eye view of the breathtaking beauty at Macqueripe Bay, Chaguaramas. Zip line tour approx. \$15.00 per person.
- The Pitch Lake, nature's own wonder, is located on Trinidad's south-western coast. We invite you to soak in natural Sulphur pools, enjoy the bountiful bird life, or just stand inspired by one of nature's true wonders. The Pitch Lake holds approximately 10 million tons of asphalt. It is the world's largest commercial deposit of natural asphalt, which is mined and exported for use in manufacturing and road paving. You could well imagine the Pitch Lake is alive. It burps. It hisses. Cost for this excursion is \$ 15.00 per person.
- Day Trip to Down D' Islands – visit the Gasparee Caves and Swimming in a real bat cave. Travel by boat on the waters off the North-Western Peninsula of Trinidad to one of the more popular islands off the main land, Gaspar Grande, a natural limestone labyrinth filled with stalactites and stalagmites ready for you to explore. The Gasparee Caves are approximately 90ft deep and what makes this cave so unique and appealing is its pool. Sea-water comes from an underground source to create a translucent blue pond with a depth of 10-20 feet. After 45 minutes - 1 hour swimming in this majestic pond, you'll be taken to one of the other islands to enjoy the rest of the day on the beach of one of the nearby islands. The cost of this tour is \$60.00 per person.
- Swamp tour - \$10.00 per person.

Community service option:

We can have your team perform a community service project with a soccer clinic and education day for underprivileged school children in Trinidad.

Travel insurance option:

Your participants have the option to purchase accident, illness and trip cancellation/interruption insurance, including a Cancel for Any Reason Coverage (CFAR) – more information about this insurance is included on your team website page.

Not included:

- Beverages (soda) with meals.
- Gratuities for representatives and bus drivers.
- Admission fees to attractions.

Touristic Information Trinidad and Tobago

Trinidad and Tobago consists of two Caribbean islands just off the northeastern coast of Venezuela. The islands are renowned for their great beaches, vibrant culture and natural wonders. The most famous soccer player from Trinidad and Tobago is Dwight Yorke who played for Manchester United from 1998-2002.

Maracas Beach with local Bake 'n Shark: Is located on the north side of the island and unlike many of the northern beaches of Trinidad, Maracas Beach is protected by a deep bay. This beach is considered by some to be the most beautiful beach of its size located relatively close to the capital city. Located off the beach is Bake and Shark, a native dish that consists of deep-fried shark.

Hike to Maracas Waterfalls: Maracas Waterfall has an altitude of 91.5 meters and is Trinidad's highest waterfall. This waterfall is located in the Maracas St. Joseph Valley and the water comes from the southern foothills of Mt. El Tucuche. Its close proximity to Port-of-Spain makes the waterfall a favorite tourist destination.

Tobago: This island is smaller than Trinidad and is known for its sandy beaches tropical rainforest. Tobago is surrounded by mountains, Scarborough (the capital of Tobago) and has an amazing food market. Overlooking the city are 18th-century ruins of Fort King George.

Pitch Lake: Nature's own wonder is located on Trinidad's south-western coast. We invite you to soak in natural Sulphur pools, enjoy the bountiful bird life, or just stand inspired by one of nature's true wonders. The Pitch Lake holds approximately 10 million tons of asphalt. It is the world's largest commercial deposit of natural asphalt, which is mined and exported for use in manufacturing and road paving. You could well imagine the Pitch Lake is alive. It burps. It hisses

Zip Lining in Chaguaramas: This is the best way to get a bird's eye view of Macqueripe Bay, Chaguaramas. This is an exhilarating and exciting way to see Trinidad.

Down D' Islands: Visit the Gasparee Caves and swimming in a real bat cave. Travel by boat on the waters off the North-Western Peninsula of Trinidad to one of the more popular islands off the main land, Gaspar Grande, a natural limestone labyrinth filled with stalactites and stalagmites ready for you to explore. The Gasparee Caves are approximately 90ft deep and what makes this cave so unique and appealing is its pool. Sea-water comes from an underground source to create a translucent blue pond with a depth of 10-20 feet. After a 45 minute-1-hour swimming in this majestic pond, you'll be taken to one of the other islands to enjoy the rest of the day on the beach of one of the nearby islands.

Swamp Tour: This is a memorable exploration by kayak, or dingy, or on foot in dry season, of the famous Nariva Swamp. Nariva is 6,254 hectares of wetlands, marshes and swamp forests teeming with more than 200 species of birds -- Snowy Egrets, The Black-crested Antshrike, Silvered Antbird, Green-throated Mango, Flycatchers Kingfishers, Savannah Hawks and Azure Gannilule.