

International Soccer Tour 2023 Itinerary St. Catherine University Trinidad and Tobago – Port of Spain

Travel dates:

March 18, 25, 2023.

Itinerary:

- March 18 Departure from Minneapolis airport. Arrival Port-of-Spain airport and transfer to your accommodation.
- March 19 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 20 Visit Maracas Beach, a beautiful beach located on the north side of the island.
- March 21 Morning training and after that picturesque hike to Maracas Waterfalls, the highest waterfalls in Trinidad. Evening game vs. local team.
- March 22 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 23 Zip-lining excursion in Chaguaramas and afternoon community service project; soccer clinic and education for underprivileged school children in Trinidad.
- March 24 Take a swamp tour through the lagoons and rivers to see all the wildlife in Trinidad. Evening game vs. local team.
- March 25 Transfer to Port-of-Spain Airport for 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	30-39
Participant prices	\$2,160

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. Please notice that we have excellent contacts with the T&T Federation and we should be able to maybe organize a game vs. the T&T National Women's 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.