



**Join us on Scrub Life Cruise 2020
on board the beautiful Carnival Glory.
June 7 - June 14th 2020
Sailing from Port of New Orleans
to Mahogany Bay, Belize and Cozumel**



Our Ship! Carnival Glory

More nightclubs, duty-free shops, restaurants and a fabulous steakhouse are just a few of the features that make CARNIVAL GLORY a truly magnificent ship. Most of her extra-spacious staterooms feature ocean views and the majority of those boast private balconies. Relax in any of the CARNIVAL GLORY'S three pools or take a wet and wild ride on the 214-foot waterslide. No matter how you choose to spend your cruise, you're guaranteed a great time.

Sailing from Port of New Orleans, LA.



We will be cruising on the Carnival Glory for 7 days. Heading to Mahogany Bay, Isla Roatan Belize and Cozumel. Board the ship as early as noon and set sail at 3:30 PM. The bars and food are waiting. Have lunch at Guy's Burger Joint, Sushi or the buffet. Go swimming, enjoy the hot hubs, or just explore the ship. When you get to your cabin read the "Fun Times". This is your newsletter for everything that is happening on board and on shore. Remember to read it every night.

As we pull out of port that evening, grab a drink, and go out on deck to experience the view. Sailing into the night, watch as we pull out of the bayou into the Mississippi delta. It will take us a few hours to reach the beautiful ocean! Enjoy your evening. Have a wonderful meal in the main dining room or enjoy the buffet. There are many options for dinner. It is time to relax and unplug! Nightlife on board is amazing!

Our first two days will be "Fun Days at Sea" with many activities and classes! We will have fun events and some courses going on, not too many, it is a vacation after all! Remember to read your "Fun Times" so you can experience all the events onboard. Or you could just go swimming in one of the pools and relax poolside with a drink! At night it is time to enjoy another beautiful night at sea! The casino awaits along with a fantastic dinner. Don't forget the chocolate melting cake!

Ports of Call

On Wednesday we will arrive in Mahogany Bay Isla Roatan!



The Mahogany Bay port is located in Dixon Cove, between Coxen Hole and French Harbour along Roatan's south shore. The port can dock two ships at a time. Once you disembark at Mahogany Bay, you will walk along the pier, through the Dufry Store, and uphill to the main shopping area. There is a local marketplace to the far left, while the chairlift and path to the beach and restaurants are to the far right. Mahogany Bay was built by Carnival Corporation, so there is plenty to do right at the port. There is a man-made beach within walking distance, although there is no real

snorkeling out from that beach. There are a few bars and restaurants at the beach, but only one closer to the ships: Fat Tuesdays. There are all the standard shops at the port, including Diamonds International (or Tanzanite International), Harley Davidson, a pharmacy, and several smaller local gift shops and specialty stalls. There is a zipline canopy tour at the port, as well as an ATV tour.



On Thursday it is on to Belize!



Bordering on Mexico, Guatemala and the Caribbean, Belize is the second smallest country in Central America (after El Salvador), with an area of approximately 9,000 square miles that includes numerous small islands -- known as cayes -- off the coast. More than half of the mainland is covered with dense forests, and at its longest point Belize is 176 miles long while its greatest width is 88 miles. Long a strong advocate of environmental protection, the government has set aside approximately 20 percent of its land as nature reserves.

Diving is Belize's main claim to fame due to an almost unbroken line of reefs and cayes extending for 150 miles along its coast that make up the longest reef system in the Western Hemisphere (and the second longest in the world). While many cayes are tiny and uninhabited, some like Ambergris Caye are sufficiently large to have built resorts that attract divers from around the world.

Several important Mayan sites on the mainland, such as Altun Ha and Xunantunich, make for excellent day trips and are included on shore excursions by most cruise ships. As a matter of fact, Belize has the highest concentration of Mayan sites of all the countries in Central America.

Belize City, with its wooden and brick buildings, exudes some colonial charm but the downtown area also has many seedy neighborhoods, and tourists should beware of walking around the city after dark. For cruise passengers, Belize City is primarily a jumping-off point for tours and excursions to its many natural and historical attractions.

Belize is graced with more than 180 miles of coast, thick rain forest, and Maya ruins; and beneath its Caribbean waters lies one of the most extensive barrier reef systems in the world. Set out by kayak from our base at Half Moon Caye to explore mangrove islands and white-sand beaches, and snorkel in turquoise waters amid an astonishing diversity of marine life. Head inland to the Sibun River Valley and experience an adventure into an extraordinary Maya cave system. Then travel to the remote Toledo District to encounter Maya culture, both ancient and modern. Along the way, stay in lodges and camps ideally situated for spotting birds and wildlife.

All ships anchor in Belize City harbor and passengers are whizzed from ship to shore via speedy Belizean tenders; it takes approximately 20 minutes to tender to shore.



Friday is Cozumel!



Cozumel is one of Mexico's most popular and incredibly breathtaking Caribbean destinations. This lovely paradise was first settled by the Mayans, resting on the eastern side of Mexico's Yucatan Peninsula. The absolute magnificence and splendor of this beautiful region can only be fully realized by experiencing a Cozumel shore excursion. Whether by air, land, or sea, exploring the wonders of Cozumel cruise excursions will be a once in a lifetime experience. Cozumel day excursions feature a wealth of beautiful reefs and water sports activities. Perfect for its warm, tropical climate, popular Cozumel shore tours include snorkeling, sailing, sport

fishing, scuba diving, and encounters with dolphins, sea lions, and manatees. Take an adventurous journey along the coast or into the jungle with ATV and Jeep tours, or visit historic Mayan sites. Feeling a craving for something delicious? Let the Flavors of Mexico tour treat your taste buds. There's never a shortage of beach activities and things to do in Cozumel.



On Board Education

Our courses and seminars are in the works. We will post them as they become scheduled. We want you to have fun on this cruise, it is vacation after all! All credit hours costs are included in cruise price.

Excursions

Mahogany Bay : Mayan Princess All Inclusive Resort With Open Bar



Don't miss the opportunity to enjoy a perfect beach getaway!! Mayan Princess is located on a stretch of Roatan's finest beach where you will treat yourself to a day in paradise. Upon your arrival to the club, you will receive a wrist band which gives you access to Beach Chairs, All Food and Beverage and the use of all the superb resort facilities. Unwind on the beach and take in the beauty of the crystal-clear Caribbean waters or Relax by our signature Mayan pool with waterfalls, secluded jacuzzi and surrounding tropical gardens. Your package includes the use of beach chairs, access to all pool areas, changing

rooms, showers. The beach club offers a low key approach to its daily activity program so you have no pressure and can enjoy your day of relaxing on the beach! At the beach club a buffet lunch including a salad bar, meat, chicken, local side dishes, hamburger & Hot Dog stations plus assorted desserts will be available for you to enjoy. All Inclusive Beverages such as: Local beers (Barena, Port Royal, Salva Vida & Imperial), Rum, Vodka, Tequila, Soft Drinks, Orange, Pineapple and Fruit Punch are also included to make your day at the beach complete and worry free. Private vendors can be often seen on the beach offering services or selling souvenirs.

Starting At:

~~\$99.99~~ **\$89.99 / Adult** (ages 13 and over)

~~\$59.99~~ **\$49.99 / Child** (ages 4 - 12)

Infants less than 4 years don't require tickets

***Prices may vary by sailing**

Port: Mahogany Bay, Isla Roatan

Belize : Xunantunich Mayan Ruins with Lunch



Discover the magic of this famous Mayan archeological site followed by a Belizean lunch in San Ignacio Town.

Your journey begins with a relaxing scenic journey to the Mopan River, passing several villages and towns along the way, and then a 5-minute ferry ride across the river to access the remote ruins.

Situated just two miles from the Guatemala border, this site was a major ceremonial center during the Classic Period composed of six major plazas and surrounded by more than

25 temples and palaces. Sitting atop a natural limestone ridge, the site provides panoramic views of the hilly Cayo District. The Introductory Site History and Display Center is found at the entrance to the center and is one of the major attractions. The largest temple, *El Castillo*, has been excavated and partially restored; it is famous for its frieze, a banded stucco decoration that at one time extended around the entire pyramid. Delve into the Mayan world as you visit the site's three plazas and partially excavated ball court. After exploring this ancient Mayan site, you will return to the San Ignacio area for a local lunch before heading back with wonderful memories of Belize and its ancient Mayan history.

Note: Minimum age is 3 years. Travel time from the pier to Xunantunich is approximately two hours. Climbing the ruins is not allowed during or after rain due to safety reasons. Light cool clothing, comfortable walking shoes, a hat and sunscreen are recommended.

Starting At:

\$89.99 / Person

***Prices may vary by sailing**

Port: **Belize**

Duration: **7 Hours**

Activity Level: **Moderate**

Minimum Age: **3 Years**

Cozumel: Thrill & Chill: Zip Line, Snorkeling & Beach



Fly through the air on a series of zip lines at the exclusive ocean side Islands Beach Club! A short taxi ride brings you to the private beach club. You will receive a safety briefing and then you are off on your adventure! Walk a series of 6 exciting suspension bridges, fly through the air on 3 incredible zip lines, and then take the final thrilling 75-ft free rappel back to the ground! Next receive your snorkel gear including mask, fins, and floatation vest. Jump into the aquamarine waters and snorkel amongst

clouds of colorful fish. Afterward, lounge by the pool or dip back into the ocean. Lots of other activities are available including wave runners, paddle boards, electric bikes, kayaking, and more at an additional cost!

Starting At:

\$89.99 / Adult (ages 13 and over)

\$69.99 / Child (ages 6 - 12)

***Prices may vary by sailing**

Scrub Life Cruise Prices

All prices quoted are total cost per person subject to change.
Price includes, port charges, taxes and fees, trip insurance and gratuities and courses and credits.

Quads, and Suites are also available.

Alcohol or excursions are not included in price but available.

Balcony Stateroom



Balcony stateroom has twin beds that convert to king.
Double Occupancy \$ 1,525.00 PP
Triple Occupancy \$ 1,244.00 PP

Oceanview Stateroom



Oceanview stateroom has twin beds that convert to a king.
Double Occupancy \$ 1,260.00 PP
Triple Occupancy \$ 1,089.00 PP

Interior Stateroom



Interior stateroom has twin beds that converts to a king.
Double Occupancy \$ 1,175.00 PP
Triple Occupancy \$ 1,109.00 PP

Scrub Life Cruises
sponsored by:



888.777.6707
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Initial Deposit \$50.00 PP
Due by 4/15/2019

Full Deposit \$250.00 PP
Due by 01/05/2020

Final payment due
03/20/2020

All staterooms include 24-hour room service, soft cozy linens, personal stateroom attendants, plenty of closet space and drawer space, individual climate control, telephone, television and full size private bathrooms with bathrobes and a private safe for your valuables.

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Important Cruising Information

Booking

The rule of thumb is the earlier you book the better deal you get. If we sell out of the allotted cabins you possibly could pay a difference price than we have quoted here. Besides our group ships tend to fill almost nine months before the sailing date and you certainly would not want to miss out on the cruise. When you book early you are guaranteed your choice of cabin and your price. The price of a cabin is based primarily on its size and location. Regardless of the cabin you book, you'll enjoy the same courteous service, menus, activities, and entertainment as everyone else on board.

Passports

Passports **and** photo ID (i.e. driver's license or photo ID cards) are **REQUIRED** for cruise passengers for the identification process when passing through customs and at airports.

If you have medical issues, or some other reasons that require you to leave the cruise and need to travel home from any of the ports of call, any **OTHER** port than where you boarded, a passport is **NEEDED** to reenter the country. You will not be able to travel home without one. Please go to Travel.gov for details on obtaining a passport. It takes about a month to acquire a new passport and it is good for ten years. If you have a passport and it expires the same year you are cruising we suggest renewing. It is no longer accepted if it will expire within 6 months. So do not take it for granted. Make sure it is current and valid! In this post-9/11 world, you will not be allowed to board the ship under any circumstances without proper forms of current and valid ID. Along with Travel Insurance you are protected!

Packing

Packing for a cruise is a little different than any other vacation. There are things you will need that you never would have thought of.

- ➔ When you first board chances are your cabin will not be ready for you. And your suitcase will not be delivered right away either. You may not get your luggage until dinnertime or even later. We suggest a carry on if you will need something the first day on board. Especially necessary medical items! I always pack my bathing suit and a change of clothes in my carry on. That way I have something with me if my luggage does not arrive until late. Again your cabin may not be ready for you to occupy, but find it, drop the bag, and go on to explore the ship. The buffet is open for lunch!
- ➔ Formal dining nights: (one per seven night cruise.) You do not have to participate, but if you choose, this is usually when they pull out all the stops with the "best menu". Ladies: fancy dress/pantsuit. Men: A nice dark suit and a tie are fine.
- ➔ Hosiery and feminine products if needed. On board they will be expensive.
- ➔ We suggest a sweater or long sleeve shirt or two. Weather is never predictable. Just because you are in the islands does not mean it won't rain or be chilly. Also the ship's air conditioning can be cold after a day in the sun.
- ➔ Alarm clock or cell phone, there are no alarm clocks or radios in the cabins. Do not trust the wake up calls; you do not want to miss a departure time for an excursion.
- ➔ Rain gear again just in case.
- ➔ For those beach days, beach shoes, sunglasses, suntan and sunburn lotion, bathing suit (2) so you can have one dry for next day use. A good book if you like.
- ➔ A bag to carry it all. Make sure the bag is big enough to carry your towels and hold all the other items so you only carry ONE bag to the beach areas. Make it easy on yourself. I always take a beach bag. I pack it empty in my suitcase. Then when I am coming home I have an extra carryon bag for gifts and souvenirs so they are with me and not in danger of being broken.
- ➔ If needed...Exercise clothing for fitness center.
- ➔ Sundries, batteries and film will be very expensive or unobtainable on board. Pack them.

➔ Hairdryer/Curling Iron/Iron or Steamer. If one is provided in your cabin, it's usually not very adequate. As for irons and steamers, most ships will tell you NO! But I always bring my little iron. I have a little travel iron that fits in the palm of my hand. It always goes with me in my luggage, along with my hair dryer and curling iron.

➔ Cell phone chargers!!! Bring extra camera and cell phone batteries and a multi-plug adapter. There is only one plug in your cabin. So bring an adapter that supplies you with at least 4 outlets. Cameras, phones all can be charged overnight.

➔ Make sure you alert your phone carrier of your travel plans. They will advise you of any additional charges you may incur using your phone on a cruise ship. Better to be safe and sure than to come home to a \$1,000.00 phone bill.

➔ If you don't like the taste of tap water, or drink soda, buy some before you get to the pier and put it in your carry-on or luggage. Let us know and we will tell you how much you can legally take on board. Some ships have limits. Remember, room service is free for once in your life, enjoy it!!

➔ Bring plug in night lights, you can get them at the dollar store. If you have little kids, those cabins get awfully dark at night, especially the interiors.

➔ I always bring a fold-able clothes hamper for each passenger, again found at the dollar store. Put your dirty clothes in there so there are separate and not floating in piles around the room. At the end of the cruise just dump the clothes in your luggage and either throw the hamper away or keep it for next time. It folds flat so no space needed in your luggage. Some cruise lines do your laundry for you or have laundry rooms available on board. This is very inexpensive and totally worth it to go home with clean clothes!!

➔ MEDICATIONS. Do not forget these. Make sure you have enough for the entire cruise and then some. I always make up two weeks' worth in the weekly pill cases. I also suggest a written list of names and dosages required, along with your Dr's name and number and other family member's information for emergency information if needed. I also leave a copy of this list with a family member.

➔ A fanny pack, money belt or small bag for you to carry when you are off the ship. Preferable a RFID protected bag. DO NOT carry a large purse. You do not want to be a victim! Remember to bring enough cash to use when you are off the ship and for tips. The on board ATM is very expensive and the closer you get to the end of the cruise you may run out of money. I also suggest just one credit card. There is a safe in your cabin to keep all money, credit cards, passports and IDs when you are on board and at sea.

➔ Finally-DO NOT FORGET passport, and photo ID. If you have children traveling with you, bring their birth certificates and passport also. Make sure the birth certificate has both parents name listed. If both parents are not traveling with the child, the absent parent(s) must provide a notarized letter stated their permission for the child to travel with the parent or persons accompanying. The children are NOT allowed to board without it.