

Mind, Body and Spirit Collection: Bermuda Bliss

BOSTON, MA → SAN JUAN

8 NIGHTS ON STAR PRIDE

OCT 20, 2026 – OCT 28, 2026

Embark on a wellness voyage with Debbie Dixon, a yoga teacher, life coach and inspirational speaker. Once at sea, you'll have daily chances to rejuvenate your being with meditation, breathwork and yoga — and engage in transformational talks focused on mental, physical and spiritual health, designed to deepen your personal growth. Ashore in Bermuda, you'll stroll the UNESCO site of St. George's, as a palette of pastel-colored buildings and azure waters evoke a sense of serenity. Immerse yourself in history, from the imposing silhouette of St. Peter's Church to the architectural marvel of the Town Hall. Refresh yourself with specially crafted elixirs to enhance your wellness journey, or enjoy the juice cleanse and healthy food options available to restart your health through nutritious meals.



BOSTON	
EMBARK	1:00 PM
DEPART	5:00 PM
MARINA	NO
SHORE EXCURSIONS	2



Founded in 1630 by Puritan settlers, Boston is one of the oldest cities in the U.S. It was a pivotal place during the American Revolution for the Boston Massacre, the Boston Tea Party, the Battle of Bunker Hill and the Siege of Boston. Tourists to Boston see the Faneuil Hall Marketplace, the JFK Library and Museum, the Museum of Fine Arts, the New England Aquarium, and the USS Constitution.

Boston, City Tour With Transfer To Windstar Hotel

See some of Boston's most famous colonial sites on this comprehensive sightseeing tour. You'll pass the Back Bay, the Hancock Tower, and Henry Hobson Richardson's beautiful Trinity Church. Then, pass by the upscale 19th century neighborhood of Beacon Hill and see other historic sites along the Freedom Trail. Before heading to the hotel, you might catch a glimpse of the USS Constitution, the oldest actively commissioned warship in the Navy. You will be transferred to your Windstar hotel. Please note : This tour can be wheelchair accessible upon request.

Port	Boston
Time	10:01 AM
Duration	2.5 Hours
Activity Level	Easy

Add during booking
\$149 USD

Boston, City Tour With Transfer To Airport

See some of Boston's most famous colonial sites on this comprehensive sightseeing tour. You'll pass the Back Bay, the Hancock Tower, and Henry Hobson Richardson's beautiful Trinity Church . Then, pass by the upscale 19th century neighborhood of Beacon Hill and see other historic sites along the Freedom Trail. Before heading to the airport, you might catch a glimpse of the USS Constitution, the oldest actively commissioned warship in the Navy. Please note : This tour can be wheelchair accessible upon request.

Port	Boston
Time	10:01 AM
Duration	2.5 Hours
Activity Level	Easy

Add during booking
\$149 USD

2

OCT 21, 2026

AT SEA

3

OCT 22, 2026

AT SEA

HAMILTON

ARRIVE	8:45 AM
DEPART	11:59 PM
MARINA	NO
SHORE EXCURSIONS	0



The capital of Bermuda is the energetic heart of Bermuda. A walk along Front Street on the harbor features interesting pastel-colored colonial buildings and boutiques. Sites to see here include the Cathedral of the Most Holy Trinity, built in 1869 with a tower that displays panoramic views of the city. Find the Bermuda National Gallery and the Bermuda Aquarium, Museum and Zoo.

HAMILTON

ARRIVE	12:00 AM
DEPART	7:00 AM
MARINA	NO
SHORE EXCURSIONS	0



The capital of Bermuda is the energetic heart of Bermuda. A walk along Front Street on the harbor features interesting pastel-colored colonial buildings and boutiques. Sites to see here include the Cathedral of the Most Holy Trinity, built in 1869 with a tower that displays panoramic views of the city. Find the Bermuda National Gallery and the Bermuda Aquarium, Museum and Zoo.

ST. GEORGE'S

ARRIVE	10:00 AM
DEPART	11:59 PM
MARINA	NO
SHORE EXCURSIONS	5



In 2000 St. George's was named a UNESCO World Heritage Site, founded in 1609 by an English ship that got blown off course, Strolling the streets of St George's will feel like a step back in time. The well-preserved buildings and fortress have made it a haven of British colonial architecture including St. Peter's Church. Natural sites to see here in addition include Tobacco Bay Beach, Tom Moore's Jungle, Cooper's Island Nature Reserve, Ferry Reach National Park, and the Crystal Caves of Bermuda.

St. Georges, Colonial St. Georges Sightseeing Trip *



This thoroughly pleasant tour will give you an excellent overview of the highlights of St. George, a UNESCO World Heritage Site, and the neighboring St. David's area. Leaving from the pier, your van will travel along a scenic route past the interesting landmarks of Fort William, Gates, the Old Church ruins, Somers Gardens and Tobacco Bay. Your first stop will be at the century's old Fort St. Catherine, which houses an outstanding collection of perfect replicas of Britain's dazzling Crown jewels. Traveling on, a brief photo stop will be made at St. David's Lighthouse. From the pristine grounds of this quaint red and white beacon to seafarers, you'll be afforded some beautiful panoramic views over the east end of the island and the South Shore. Leaving here, you'll next drive past historical Carter House. Believed to be the oldest dwelling in St. David's, it was constructed in 1640 by a crew member from the Sea Venture , a ship that was grounded on Bermuda's reefs in 1609. There will be several photo stops on this tour, so don't forget your camera! As you journey back to the pier, you will once more pass through St. George where additional points of interest will be pointed out to you. Please note : Bring your camera. Minimum 6/maximum 6 per van - Max 42 guests

Port	St. George's
Time	10:30 AM
Duration	2.5 Hours
Activity Level	Easy

Add during booking
\$109 USD

St. Georges, Crystal Caves Discovery Tour

Departing the pier take a short drive through the Old Town of St. George to the Crystal Caves, an amazing natural grotto of stalactites and stalagmites floodlit for your viewing pleasure. So named the Crystal Caves for the clear flowing deep lake and azure blue water, so clear that you can actually see the cave's floor, found 55 feet below the surface. This intriguing and fascinating attraction was discovered by accident by boys searching for a lost ball stumbled across the cave in 1907. Descending 81 steps to the floor of the cave, you'll cross floating pontoons constructed over the waters of the lake as your guide leads, you'll get to see the original entrance the boys lowered themselves from, which appears as a small skylight in the cave's roof. Following your adventure, your guide will drive you through the exclusive residential area of Tuckers Town which culminates in "Billionaires Row," where you'll view the waterfront estates of Ross Perot and Michael Bloomberg. Please note : To enter the cave you must descend down 81 steps and then proceed over pontoon bridges. The tour is not available to guests who utilize a wheelchair and not recommended for those guests with mobility concerns. Comfortable, flat walking shoes are suggested. Minimum 6/maximum 6 per minivan Max 42 guests

Port	St. George's
Time	10:30 AM
Duration	2.5 Hours
Activity Level	Moderate

Add during booking

\$119 USD

St. Georges, Harrington Sound ECO Cruise *



Harrington Sound is unique in all the world! It is a large inland body of water surrounded by the main island on all sides, only appearing open to the ocean via a small channel called Flatt's Inlet. Board the BAMZ boat, Callista , and then sit back and relax and enjoy all that Harrington Sound has to offer. Rich in biodiversity, surrounded by caves and cliffs and dotted with fascinating islands and coastal landmarks to enthrall you with Bermuda's beauty, culture, history and mystique. Your tour guides are respected Bermudian professionals with a passion for Bermuda you are sure to find contagious. Once back at the aquarium dock enjoy an exclusive behind-the-scenes glimpse into what it takes to run the Bermuda Aquarium. Go behind closed doors and get the inside scoop on all that goes into caring for our diverse marine collection. Built in 1926, ours is one on the oldest continuous-running aquariums in the world and our way of doing things will fascinate you. Your tour package includes free admission to the Bermuda Aquarium Museum and Zoo to enjoy at your leisure following the tour. Please note : Wear comfortable walking shoes. Minimum 15/maximum 20 participants

Port	St. George's
Time	10:30 AM
Duration	3.5 Hours
Activity Level	Moderate

Add during booking
\$199 USD

St. Georges, St Georges Heritage Walking Tour *



Learn about the history of Bermuda's UNESCO World Heritage Site, the Town of St. George, with an award-winning local tour guide. During her 60-minute walking tour, you'll see some incredible centuries-old properties, including Tucker House, St. Peter's Church and The Globe Hotel, and one of the oldest stone buildings in the New World, State House, built in 1620. Join your local guide as she accounts important events while exploring the charm of our 400 year old town. Please note: Wear comfortable walking shoes.

Port	St. George's
Time	10:30 AM
Duration	1.5 Hours
Activity Level	Moderate

Add during booking

\$59 USD

St. Georges, St Georges Heritage Walking Tour *



Learn about the history of Bermuda's UNESCO World Heritage Site, the Town of St. George, with an award-winning local tour guide. During her 60-minute walking tour, you'll see some incredible centuries-old properties, including Tucker House, St. Peter's Church and The Globe Hotel, and one of the oldest stone buildings in the New World, State House, built in 1620. Join your local guide as she accounts important events while exploring the charm of our 400 year old town. Please note: Wear comfortable walking shoes.

Port	St. George's
Time	10:30 AM
Duration	1.5 Hours
Activity Level	Moderate

Add during booking

\$59 USD

ST. GEORGE'S

ARRIVE	12:00 AM
DEPART	7:00 AM
MARINA	NO
SHORE EXCURSIONS	0



In 2000 St. George's was named a UNESCO World Heritage Site, founded in 1609 by an English ship that got blown off course, Strolling the streets of St George's will feel like a step back in time. The well-preserved buildings and fortress have made it a haven of British colonial architecture including St. Peter's Church. Natural sites to see here in addition include Tobacco Bay Beach, Tom Moore's Jungle, Cooper's Island Nature Reserve, Ferry Reach National Park, and the Crystal Caves of Bermuda.

AT SEA

8

OCT 27, 2026

AT SEA

9

OCT 28, 2026

SAN JUAN

ARRIVE	7:00 AM
DISEMBARK	8:00 AM
MARINA	NO
SHORE EXCURSIONS	0



The imposing façade of El Morro fortress is just one of the many UNESCO World Heritage Sites in San Juan. Admire the colorful colonial buildings from your casually elegant ship, docked right in the heart of Old San Juan.