

FREE TRAVEL ITINERARY • ETRAVELS EVERYWHERE

7-Day *Caribbean Cruise* Itinerary

Miami → Nassau → St. Thomas → St. Maarten → San Juan → Miami
Day-by-day guide with morning, afternoon & evening breakdowns

7
DAYS

5
PORT STOPS

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OVERVIEW

Your Caribbean Cruise at a Glance

This 7-day itinerary is built around the most popular Caribbean cruise routes departing from Miami. Royal Caribbean's **Navigator of the Seas** and Carnival's **Celebration** both run this exact itinerary and are our top recommendations for first-time cruisers and returning guests alike. Norwegian's **Joy** is the best pick if you want flexible freestyle dining and a more social atmosphere. All three offer this Eastern Caribbean routing with similar pricing — typically \$800 to \$2,200 per person depending on cabin category and season.

BEST CRUISE LINES

Royal Caribbean • Carnival
• Norwegian

DEPARTURE PORT

Miami, Florida

BEST TRAVEL MONTHS

January – April • November

DAY 1 Miami — Embarkation Day

MORNING

Arrive in Miami at least one day before sailing to avoid any flight delay risk. If you arrive embarkation morning, check into a hotel near PortMiami. Enjoy breakfast at **Versailles Restaurant** in Little Havana — the most iconic Cuban breakfast in the city — or grab a quick meal at your hotel.

AFTERNOON

Check-in at the port begins at 11:00am. Arrive by noon for the smoothest boarding experience. Drop your carry-on bags in your cabin, then head straight to the Lido Deck pool and grab lunch. The Windjammer buffet (Royal Caribbean) or Lido Restaurant (Carnival) are both excellent first meals onboard — and they are included.

EVENING

Sailaway party on the top deck at approximately 4:30pm — do not miss this. Champagne toast, music, and the Miami skyline slowly disappearing behind you. Have dinner at the main dining room tonight. It

is formal enough to feel special and the perfect way to settle into your cruise routine. Book a specialty restaurant reservation for later in the week.

Advisor Tip: Pre-purchase your drink package before you board — it is always 15 to 20 percent cheaper online than at the bar. Also book any specialty restaurants and shore excursions in advance. They fill up fast, especially on sea days.

DAY 2 Nassau, Bahamas

MORNING

Port arrival approximately 7:00am. First off the ship — head straight to **Junkanoo Beach**, a short walk from the pier. It is free, beautiful, and far less crowded than the paid beach clubs in the morning hours. Rent a lounge chair for \$10 and enjoy the turquoise water before the tour groups arrive.

AFTERNOON

If your budget allows, book the **Atlantis Day Pass** (\$100 to \$160 per person). You get full access to the waterslides, pools, aquarium, and beach. It is the most iconic Nassau experience. Alternatively, take a taxi to **Cable Beach** for calmer water and a more local feel. Stop at the **Straw Market** in downtown Nassau on your way back to the ship for local souvenirs and authentic conch jewelry.

EVENING

Back on the ship. Tonight is a great night for the ship's main theater show — check the daily program for showtime. Casual dining at the buffet, then evening drinks at the Sky Bar watching Nassau's lights from the water.

Advisor Tip: The ship departs Nassau at approximately 5:00pm. Be back at the pier by 4:15pm. Nassau is very walkable from the port — no taxi needed for the beach or market.

DAY 3 Day at Sea — Full Relaxation

MORNING

Sleep in. This is your vacation. Head to the main pool deck by 9:00am to claim two prime lounge chairs before it gets crowded. Order a poolside breakfast — eggs, fresh fruit, and coffee delivered to your chair. Enjoy the ocean in every direction with no land in sight.

AFTERNOON

Try the **rock climbing wall** or **mini golf** on Royal Caribbean, or the waterslides on Carnival Celebration. Book a **spa treatment** — sea day prices are the lowest of the cruise. The hot stone massage or couples cabana package is outstanding at sea. Attend a cocktail tasting or cooking demonstration — these are free and genuinely fun.

EVENING

Formal Night on most cruise lines. Dress up — the main dining room does a proper multi-course dinner with lobster, filet mignon, and tableside service. After dinner, the casino opens fully and the live band plays until midnight. Tonight is one of the best nights of the entire sailing.

Advisor Tip: Sea days are perfect for using the spa, casino credits, and specialty dining. If you pre-booked a specialty restaurant, tonight or tomorrow night is ideal.

DAY 4 St. Thomas, U.S. Virgin Islands

MORNING

St. Thomas is one of the most beautiful islands in the Caribbean. The ship docks in **Charlotte Amalie**, the capital — and the duty-free shopping here is genuinely world-class. No US passport needed (it is a US territory). Head up to **Drake's Seat** viewpoint by 8:30am for the most spectacular view of the island before the tour buses arrive.

AFTERNOON

Take a taxi or book a shore excursion to **Magens Bay Beach** — consistently ranked one of the ten most beautiful beaches in the world. Crystal-clear water, powdery sand, and calm conditions. \$7 entrance fee. Alternatively, book the **Coral World snorkel tour** to the marine park for an extraordinary underwater experience. Arrive back in Charlotte Amalie by 3:00pm to shop duty-free jewelry, perfume, and spirits — all at prices significantly below US retail.

EVENING

Ship departs approximately 6:00pm. Enjoy a deck dinner watching St. Thomas disappear. Tonight — Caribbean Night on deck. Steel drum band, BBQ dinner buffet, and a deck party that runs late. This is the most festive night on any Caribbean cruise.

DAY 5 St. Maarten / St. Martin

MORNING

St. Maarten is unique — the island is split between Dutch and French sides, each with its own culture, food, and beach personality. Dock is on the Dutch side in **Philipsburg**. Walk the boardwalk, have a Dutch coffee, and browse Front Street shops. The beach right at the cruise pier is surprisingly beautiful and free.

AFTERNOON

Take a water taxi or taxi to **Orient Beach** on the French side — the most stunning beach on the island. Azure water, beach bars, and a relaxed European atmosphere. Lunch at **Waikiki Beach Restaurant** directly on Orient Beach — fresh grilled mahi-mahi and a rum punch with your toes in the sand. On the way back, stop at **Maho Beach** to watch planes landing literally 20 feet overhead on the famous runway approach — one of the most unique experiences in the Caribbean.

EVENING

Ship departs approximately 6:00pm. Dinner at specialty restaurant if you pre-booked one. Otherwise main dining room is excellent. After dinner — final night entertainment, ship's comedy club, or live music at the top deck bar.

DAY 6 San Juan, Puerto Rico

MORNING

San Juan is a full-city experience unlike any other Caribbean port. The ship docks directly in **Old San Juan**, the most beautifully preserved colonial city in the Caribbean. Walk the blue cobblestone streets immediately — the colorful pastel buildings, 500-year-old Spanish forts, and bougainvillea-covered walls are extraordinary in the morning light. Visit **El Morro fortress** (\$7 entry) right as it opens at 9:00am.

AFTERNOON

Lunch at **La Factoria** or any of the dozens of excellent local restaurants in Old San Juan. Try the mofongo — Puerto Rico's signature dish of mashed plantains with garlic and choice of protein. Walk through **Fortaleza Street** for souvenirs and local art. If time allows, a 20-minute Uber to **Condado Beach** gives you a beautiful swim before returning to the ship.

EVENING

Ship departs approximately 10:00pm — a rare late departure. You have a full evening in San Juan. Have dinner ashore at **Marmalade Restaurant** on Fortaleza Street (make a reservation). The nightlife in Old San Juan is legendary — Fortaleza Street transforms into an outdoor party after 9:00pm. Return to the ship before 9:45pm. Final packing tonight.

Advisor Tip: San Juan is the best port stop on this entire itinerary. Give it a full day. Pack your suitcases tonight — disembarkation bags must be outside your cabin door before midnight.

DAY 7 Miami — Disembarkation Day

MORNING

Arrive Miami approximately 6:00am. Enjoy a final breakfast in the main dining room — the most relaxed breakfast of the trip, watching Miami appear through the windows. **Self-disembarkation** (carry your own bags off) begins at 7:00am and is the fastest option. Standard disembarkation with luggage pickup begins at 8:00am and runs through 10:00am organized by deck/color tag.

AFTERNOON

If your flight home departs after 2:00pm, store your luggage at the port (\$5 per bag) and walk to **Bayside Marketplace** for a final Cuban coffee and meal before heading to Miami International Airport. Ride-share to the airport takes approximately 20 to 30 minutes from PortMiami.

WHAT TO PACK

- Reef-safe sunscreen (required at most ports)
- Formal outfit for Formal Night
- Comfortable walking shoes for port days
- Waterproof phone case
- Small backpack for excursions
- Cash for tips and local markets
- Power strip (no surge protector) for cabin

INSIDER TIPS

- Arrive in Miami the night before sailing
- Buy drink packages online before boarding
- Book specialty dining in advance online
- Bring \$1 bills for onboard tipping
- Always return to ship 45+ min before departure
- Onboard ATMs charge \$5+ — bring cash
- Travel insurance is strongly recommended

Ready to Book This Cruise?

Our certified travel advisors get you the best cabin categories, group rates, and drink package deals — completely free. We handle every detail from booking to boarding day.

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