



BIKE ADVENTURE EXPRESS

\$55

Probably the most fun you'll ever have on a bike! We'll travel to the top of Suicide Cliff by Van, and then we'll ride down island style! At the bottom we'll head into the jungle for some exclusive trail riding! You'll have an awesome time and get unbelievable pictures. The tour includes a visit to the famous Blue Grotto (if it's nice we'll jump in), and Bird Island. We'll also stop at Banzai Cliff, and the Last Command Post. About 50 percent is downhill, 45 percent is flat, and five percent is other!

Ages : 12 and above
Difficulty : Moderate
Includes : Transfer from/to hotel, Guide, Mountain Bike, Helmet, Water, Cycling Bag, Sport Sandals
Time : AM Course (8:30~11:30)
 PM Course (15:00~18:30)

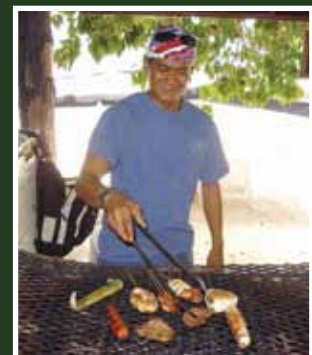
* This adventure has been featured in *New York Times*, *International Herald Tribune*, *Action Asia Magazine* and a number of television shows. It has been consistently called one of the best tours in Asia.

BIKE ADVENTURE FULL COURSE

\$85

The only thing better than our bike tour is our bike tour combined with a delicious BBQ Lunch, Snorkeling at Mariana Beach, and a visit to the world class Mandi Asian Spa. Lunch is served right on the beach, the snorkeling is first rate, and Mandi Spa will complete your day with a selection of Jacuzzis, a steam room, cold pool, locker, gym, and lounge area.

Ages : 12 and above
Difficulty : Moderate
Includes : Transfer from/to hotel, Guide, Mountain Bike, Helmet, Water, Cycling bag, Sport Sandals, Lunch, Snorkeling Set, and Entrance to Mandi Spa
Time : AM Course (8:30~15:00)
 PM Course (12:30~19:00)
About Tour : AM Course:
 • Bike Tour • BBQ lunch
 • Snorkeling • Spa
 PM Course:
 • BBQ lunch • Snorkeling
 • Bike Tour • Spa





ECO ADVENTURE EXPRESS

\$45

A great look at all the best places. Different than regular sightseeing tours, we'll take you into the nature. We'll visit the Blue Grotto (if it's nice we'll jump in), we'll also show you Bird Island, Kalabera Cave, Last Command Post, and give you a 360 degree view of Saipan from the top of Mt. Tapochau.

- Ages : 4 and above
Adult: \$45 (12 and above)
Child: \$25 (4-11)
- Difficulty : Easy to Moderate
- Includes : Transfer from/to hotel, Guide, Water bottle, Water, Trekking bag, Trekking Shoes
- Time : 8:30~12:00am / 15:00~18:30



ECO ADVENTURE FULL COURSE

\$75

The only thing better than our Eco Adventure Tour is to combine it with a delicious BBQ Lunch, Snorkeling at Mariana Beach, and a visit to the world class Mandi Asian Spa. Lunch is served right on the beach, the snorkeling is first rate, and Mandi Spa will complete your day with a selection of Jacuzzis, a steam room, cold pool, locker, gym, and lounge area.

- Ages : 4 and above
Adult: \$75(12 and above) Child: \$40(4-11)
- Difficulty : Easy to Moderate
- Includes : Transfer from/to hotel, Guide, Water bottle, Water, Trekking bag, Trekking shoes, Snorkeling set, BBQ lunch, and use of Mandi Asian Spa
- Time : 8:30~15:00 AM Course
12:30~19:00 PM Course
- About Tour : AM : Eco Tour - BBQ lunch - Snorkeling - Spa
PM: BBQ Lunch - Snorkeling - Eco Tour - Spa



FORBIDDEN ISLAND

\$95

This is our signature tour. We start with a drive to the trailhead of Forbidden Island, and then a beautiful hike down to the beach. Forbidden is a marine conservation zone, and your group size will be small. We'll explore a hidden cold pool, and snorkel in a swimming pool created by Mother Nature herself. After our hike we'll have lunch at Mariana Beach. After lunch enjoy snorkeling and the exquisite Mandi Asian Spa.

- Ages : 7 and above
Adult: \$95(12 and above)
Child: \$55(7-11)
- Difficulty : Moderate to Rigorous
- Includes : Transfer from/to hotel, Guide, Water bottle, Trekking bag, Trekking shoes, Snorkel set, BBQ lunch, and use of Mandi Asian Spa
- Time : AM Course (8:30~15:00)
PM Course (12:30~19:00)
- About Tour : AM Course:
Forbidden Tour • BBQ lunch
• Snorkeling • Spa
PM Course:
BBQ lunch • Snorkeling
• Forbidden Tour • Spa



OFF-ROAD ADVENTURE

\$60 & UP

Come on a custom adventure and explore trails on your very own All Terrain Vehicle. Ride alone, with a friend, or with a guide. We'll explore dirt roadways, hidden trails, a local farm, and even a secluded beach. Enjoy beautiful views of the North Coast of Saipan.

All equipment is provided and your tour includes instruction, a safety orientation for operating the vehicles, and drinks at stops along the way. The ATV's are fully automatic, no clutching or gear shifting. Come ride with us! Riding Time is about 1.5 hours.

*ATV's: Drivers should be at least 18 years of age and demonstrate an ability to drive proficiently

*Buggies: Drivers should be at least 16 years of age and demonstrate an ability to drive proficiently

*Time : 7:30/9:30/12:30/3:00/5:00

*Includes: Transfer from/to hotel, Guide, Helmet, Drinks, Bag, Shoes

ATV

ATV(18 yrs~) **\$75**



BUGGY

Buggy(12 yrs~) Double Rider **\$60**
Buggy(16 yrs~) Solo Rider **\$95**

*Price is per person



CHILD

(4-15 yrs) **\$30**



RIDE-A-LONG \$75

Want to go Off Roding with a professional driver? Our guides can take you on a fun filled ride in an all terrain vehicle that is just right for you. Sit back and enjoy the ride, while we do the rest. Best of all your hands are free to take all the pictures that you like!





KAYAK, BBQ, SNORKELING AND SPA **\$60**

What a day at the beach! Your guide will take you by kayak out to a beautiful snorkeling area where you can swim and snorkel over pristine coral surrounded by tropical fish. Lunch or Dinner is served right on the beach, snorkel and kayak as much as you want, even take out a clear kayak and explore! The delightful Mandi Asian Spa is just steps away.

- Ages : 6 and above
Adult: \$60 (12 and above) Child: \$30 (6-11)
- Difficulty : Easy to Moderate
- Includes : Transfer from/to hotel, Guided Tour, Snorkeling, BBQ lunch, Rental kayak, and use of Mandi Asian Spa
- Time : 9:30 a.m., 12:30 p.m.
- * Kayak start may depend on tide

BBQ, SNORKELING AND SPA **\$40**

The great thing about Mariana Beach is there are no boats with engines. The fish and coral really appreciate all of that clean water! The fish are not shy, and if you look closely there's a good chance you'll see something you have never seen before. Look but don't touch, the corals are alive and we want them to stay that way! Your day at the beach includes unlimited snorkeling time, a great lunch, and entrance to Mandi Asian Spa.

- Ages : 4 and above
Adult: \$40 (12 and above)
Child: \$25 (4-11)
- Difficulty : Easy
- Includes : Transfer from/to hotel, Water bottle, Water, Rental snorkeling set, BBQ lunch, and use of Mandi Asian Spa
- Time : 9:30 a.m. or 12:30 p.m.

KAYAK & SNORKELING **\$45**

Kayaking is easy to learn, and one of the best ways to experience the Saipan lagoon. On this tour, your guide will teach you the basics and then take you by kayak out to a beautiful snorkeling spot just inside the reef. You'll be surrounded by tropical fish, and see pristine coral.

We even have clear kayaks you can take out and use. It's a great day at the beach.

- Ages : 6 and above
Adult: \$45 (12 and above)
Child: \$25 (6-11)
- Time : 9:30 a.m., 12:30 p.m., 3:00 p.m. or 5:00 p.m. (Sunset)
- Difficulty : Easy
- Includes : Transfer from/to hotel, water bottle, water, guided tour, rental snorkeling set & rental kayak.



GROTTO SNORKELING & SPA

\$55

Experience the deep blue adventure at one of the islands natural wonders. The Grotto is one of the best cavern dive sites in the world and we'll jump in and show you the beautiful underwater world! Tour includes guide, mask, snorkel, fins and life jacket. Complete your adventure by visiting Mandi Asian Spa with a selection of Jacuzzis, a steam room, flower bath, cold pool and lounge area.

Ages : 12 and above

Includes : Transportation, Mask and Snorkel Set, Life Jacket, Drinking Water, and entrance to Mandi Asian Spa.

Time : 15:00

** Special Note: Grotto snorkeling is subject to ocean conditions. The Grotto can be extremely dangerous and should not be entered without guide and proper instruction. In the event that ocean conditions prevent snorkeling at this site, we may substitute an alternative site for snorkeling.*



ECO CAMP

Sometimes kids need their own adventure, and young adventurers love Mariana Eco Adventure Camp! Our day camp features activities like kayaking, snorkeling, golf, hiking, go karts, and more. Designed for ages between 4-13, Eco Camp is right in our Adventure Center at the Mariana Resort and Spa. This makes it easy for parents to join a Marianas Trekking Adventure, play a round of golf, or spend some quality time at the Spa. Eco Camp is offered Monday thru Saturday. Reservations are recommended.

Ages : 4-12 years old

Includes : Transfer from/to hotel, all activities, sunscreen, lunch, special gift

Schedule : Updated daily, activities include Go Karts, swimming, snorkeling, horseback riding, golf, soccer, arts & crafts, theme based mini-lesson.

Time : Full Day (8:30 a.m.~3:00 p.m.) \$55

Half Day-AM

(8:30 a.m.~12:00 noon) \$40

Half Day-PM

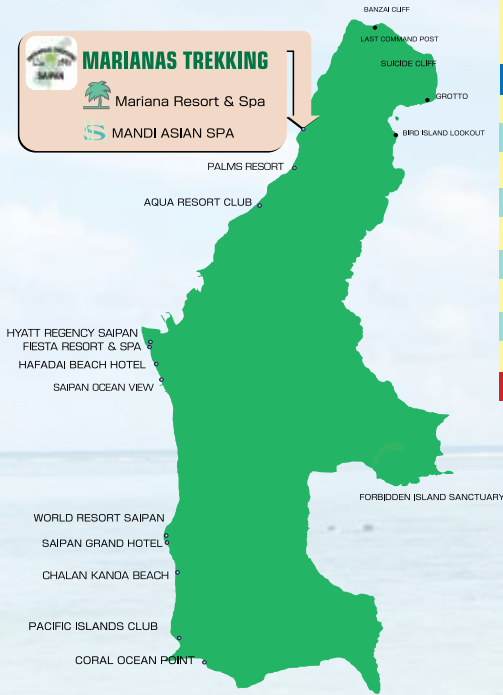
(11:30 a.m.~3:00 p.m.) \$40



A Message from Founder Chris Nelson

We began taking guests on Marianas Trekking adventures in January of 2000. Our motto is simple, we want your best day on Saipan to be spent with us, and we'll work hard every day to make it that way. We are committed to providing the safest, highest quality, and most exciting adventures in all of Micronesia. We are also committed to good environmental practices and training and developing local tour guides. Our tours have been featured in the New York Times, International Herald Tribune, as well as numerous television programs, but what matters to us most is what you think. Enjoy your stay in Saipan and hope to see you here at Marianas Trekking.





**Pick Up Schedule
from Major Hotels**

HOTELS					
COP	7:25	8:25	11:25	13:55	15:55
PIC	7:30	8:30	11:30	14:00	16:00
Grand	7:40	8:40	11:40	14:10	16:10
World Resort	7:45	8:45	11:45	14:15	16:15
Ocean View	7:50	8:50	11:50	14:20	16:20
Hafadai	7:55	8:55	11:55	14:25	16:25
Fiesta	8:00	9:00	12:00	14:30	16:30
Hyatt Regency	8:05	9:05	12:05	14:35	16:35
Aqua Resort	8:15	9:15	12:15	14:45	16:45
Starting Time	8:30	9:30	12:30	15:00	17:00

Things to Remember

- Children should be with a guardian
- Please wear a swimsuit and bring socks and a towel.
- Cancellation Policy

We prepare your tour especially for you. We accept changes and cancellations up to five p.m. the day prior to your adventure free of charge. Cancellations after five p.m. the day before are subject to a 100% cancellation charge.

- Spa Use: Users 12 years and above can use Spa anytime on the date of your tour. For groups with children under 12 we can substitute a family beach plan which includes use of kayak, beach chairs, umbrella, soft drinks, and beach toys.
- Stay as long as you like! We offer dropping back to your hotel at the top of each hour, so if you would like to stay and enjoy the beach, spa, or swimming pool, or even some of the other activities at the Resort, please make yourself comfortable! Just let your guide or spa staff know what time you want to return.



**Marianas Trekking
at Mariana Resort & Spa**

Marpi, Saipan MP 96950

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