



{ CRUISING }

A MIND-BODY EXPERIENCE

**Get onboard for a vacation that will
refresh you from head to toe**

While some cruise passengers are content to watch the sunset from a comfy deck chair, or maybe break loose with a game of shuffleboard, for others that ship has long since sailed.

Today, many passengers dream of more than ocean views. They're looking for a voyage that nourishes the body and expands mental horizons. Beyond souvenirs, passengers can now bring home the basics of Spanish, a killer recipe for paella or hands-on skills in photography. Cruising at its best offers a chance to learn and grow.



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Rejuvenation Inside & Out

BY BETH D'ADDONO & LESLEY TKACZYK

You may want to spend some of your vacation chilling, but what many cruisers travel for is a chance to stimulate both body and mind. With all the personally enriching activities now offered by cruise lines, cruises have become the perfect choice for a transformative travel experience. Discover new hobbies and savor incredible food as you re-energize, rejuvenate and reinvigorate on an unforgettable voyage.

Associate Editor
Lesley Tkaczyk and
frequent contributors
Beth D'Addono and
Amity Moore love
learning and relaxing
during fun-filled
vacations at sea.



IMAGES: (CLOCKWISE FROM LEFT) GETTY, GETTY, PRINCESS CRUISES, ALAMY, CELEBRITY X CRUISES

On these pages you'll find cruise activities that will challenge your mind or nourish your body—and some that will do both! Look for these icons to see which part of you will benefit as you learn fun skills, meet great people and more.



← OPEN FOR MORE ENLIGHTENMENT

Learn to Cook

Learn to whip up delicacies at Oceania Cruises® Bon Appétit Culinary Center. You can sharpen your knife skills, acquire kitchen organizing tricks and get hands-on baking and cooking experience at one of the center's 12 individual cooking stations. All classes are taught by expert master chefs who will expand your appreciation for regional cuisine as they share professional tips you can use at home.



Schedule Pampering Time

Take time to purify your body: Spend a day indulging at the AquaSpa® aboard any Celebrity X® Cruises® ship. Before or after a treatment, unwind in the Persian Garden on a heated ceramic lounger. The garden's different grottoes release a variety of steam, dry heat and aromatherapy-filled vapors so you can breathe your stress away.



Get in Touch with Nature

The ScholarShip@Sea Program, an option aboard Princess Cruises® since 2003, enriches on multiple levels, offering passengers at least six daily topics to explore. Onboard all Alaska, Hawaii and Antarctic itineraries, feed your love of nature with the help of expert naturalists, who present an insider's look at local wildlife, sea life, environmental concerns and indigenous cultures.

Dine on Fresh, Local Food

You'll not only love the taste of cuisine on the menu at 150 Central Park aboard Royal Caribbean®'s *Oasis of the Seas*®, you'll also love that it's sourced locally. The rotating six-course menus, created by award-winning chef Michael Schwartz, feature produce from farms near the *Oasis of the Seas*® home port of Fort Lauderdale, Fla.



Achieve Tranquillity

"Revive" is just one activity among hundreds from CelebrityLife aboard Celebrity® cruise ships. Wellness junkies can feed their need for rejuvenation by releasing energy blockages and balancing mind and body during a gentle yoga class. Or, settle into the contemplative Relaxation Room before or after an Elemis spa treatment, where floor-to-ceiling ocean views help you enter a Zen state.

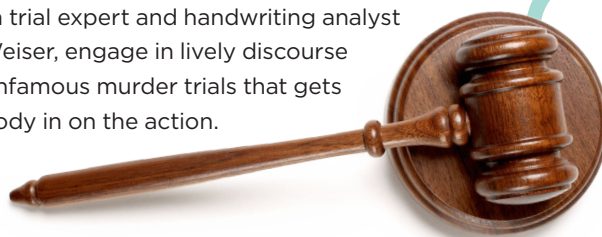


Watch Live Performances

With both onboard and "curtain call" performances in port, Regent Seven Seas CruisesSM immerses you in a rich tapestry of theater and dance. From the flash of a tango dancer's leg in Buenos Aires to the upbeat tempo of a West End musical in London, cultural flourishes add to the excitement of every voyage. Guest artists' comments, demonstrations and responses to audience questions provide insight into the performances you'll see in ports of call.

Challenge Your Mind

With its Discovery Enrichment Series, Azamara Club Cruises® offers passengers access to some of the sharpest minds on the political and cultural landscape. Lecturers might discuss trends in finance or the political history of a port city. Or, with trial expert and handwriting analyst Alice Weiser, engage in lively discourse about infamous murder trials that gets everybody in on the action.



Delight Your Taste Buds

Treat your palate on a Uniworld Boutique River Cruise Collection® river cruise. Food and wine aficionados can enjoy the ultimate indulgence at no extra charge on select sailings with the Epicurean Adventurer Program™. Participate in a variety of experiences from culinary demonstrations on the ship to exclusive private wine tastings onshore. A special wine and food pairing event lets you sample a variety of wines throughout dinner that enhance the flavors of expertly prepared dishes. Yum!



Make Personal Connections

Soak up 5,000 years of culture on a Uniworld Boutique River Cruise Collection® voyage. You'll gain entree into China's ancient arts and living culture. Beyond discovering the jaw-dropping Great Wall and Terracotta Army, you'll sit across the table from a local family where you'll feast together on delicious food, interpersonal connections, shared humor and personal stories.



Skate at Sea

Always wanted to learn to ice skate? A leader in floating enrichment, Royal Caribbean® ups the ante when the Explorer Academy is in session. Professional instructors help you achieve new personal bests on blades. Try landing a double axel or simply master staying upright on the only ice-skating rinks at sea. Getting in touch with your inner Michelle Kwan is one option, having fun in a family or rock-'n'-roll-themed skating session is another.



Embrace Your Inner Geek

Sign up for Holland America Line's Digital Workshop and you'll learn how to share your vacation memories through social media, photography and video. Start a blog, turn your cruise photos into a slide show or unravel the mysteries of your new digital camera during free 60-minute workshops. Or get one-on-one coaching called "Techspert Time."

Savor Foreign Flavors

Dai campi alla tavola, or farm-to-table Italian-style, is an example of how Regent Seven Seas CruisesSM brings local gastronomy onboard. As part of its ongoing culinary enrichment series, guest experts such as Tuscan chef Tommaso Barletta lead hungry passengers on a culinary journey filled with wine pairings, olive oil tastings and regional cooking demonstrations. Satisfy the food and wine expert within you.





Floating Adventures for The Whole Family

BY BETH D'ADDONO

The best family vacations spanning multiple generations are all about spending time together and enjoying new experiences. Cruising gives all ages the chance to share adventures, personal enrichment and the discovery of new places. You'll enjoy much more than just R & R. Laughing, learning and having fun together add up to stories remembered for years to come.



Magic Moments, Disney-Style

Disney Cruise Line® offers plenty of quality experiences the entire family can enjoy together. Splash around the four-deck-high *AquaDuck*, the industry's first ever onboard water coaster, on the *Disney Dream* and *Disney Fantasy*. Have an evening of memory-making featuring dinner and a show. Each restaurant is created to be a fantasy adventure with appeal for the entire family. There are feasts for the eyes and ears as well—a veritable “fifth course” to savor.

*As to Disney artwork/properties: ©Disney



Tasty Doings for Kids of All Ages

Experienced chefs and novice, first-time cooks will both savor time spent aboard Holland America Line ships. In its million-dollar fleet-wide show kitchens, kids ages 8 and up, tweens and teens can learn to cook during 45-minute hands-on classes that teach the art of making saltwater taffy, soft pretzels and even granola bars. Familiar celebrity chefs from shows like *Top Chef* lead cooking classes for both adults and kids that are sure to whet everybody's appetite.



Fun and Games on Carnival

With its Sportsquare ropes course, minigolf, multiple pools and three age-specific camps, the new *Carnival Splendor*® is an ideal ship for multigenerational cruisers. Carnival®'s partnership with Hasbro lets the kids challenge Grandma to a giant version of Sorry! and other favorite board games in front of a live audience. A family-friendly Punchliner Comedy Brunch, plus live high-energy song and dance productions, will keep everyone entertained.

IMAGES: (L TO R) DISNEY, HOLLAND AMERICA LINE, CARNIVAL CRUISE LINES

My Alaska Chronicles

BY AMITY MOORE



I was a teenager when both sets of my grandparents returned from Alaska with tales of glaciers the height of New York City buildings, rhythmic Tlingit dances and whales skyrocketing out of Glacier Bay. In that moment, I knew I'd make that journey someday. Finally, this year I cruised in their wake and came home with my own Alaska chronicles.

From the deck of the *ms Zaandam*, one of Holland America Line's elegant ships, I spied snowcapped peaks rising behind forested inlets. Puffins floated calmly on the water's surface. Near the Gulf of Alaska,

rocky outcroppings crawled with Steller sea lions. This was the Alaska I knew from family narratives and photographs, only grander, more pristine and wilder than I imagined.

During the first days at sea, I scoped out the ship's activities, including an art auction and a wellness class. I also treated myself to a bamboo massage—the therapist magically rolled out my knots with various sizes of heated bamboo.

At the Culinary Arts Center, I peeled pears, deboned salmon and sliced mushrooms during a cooking class. Then I feasted on the lemon-glazed

fish, mushroom risotto and poached pear dessert my fellow chefs and I had prepared.

Once we anchored, I was ashore as long as the sun shone—nearly 24 hours a day. I observed bald eagle nests for signs of eggs as a “scientist for a day” in Haines. And taking a combination helicopter-dog-sled ride on the Mendenhall Glacier above Juneau thrilled me. I was too excited to sleep.

Now I've got my own stories to tell—and a passion for a place I can't wait to share with my son. Maybe when he hears of my adventures, he'll dream of his own “someday” journey. 📖



IMAGES: (FROM TOP) AMITY MOORE, ALASKASTOCK

