



Have you ever wanted to take a European River Cruise, but resisted because you wouldn't be able to enjoy whole food, plant-based meals?

NHA is working with Avalon Waterways to offer a European River Cruise from October 5-12, 2019, where all of your meals will be whole food, plant-based and without added salt, oil, or sugar! Wanda Huberman, NHA Conference Chair and Event Coordinator, will be coaching the chef to ensure that all meals meet our specifications, much like she has done with the chefs for our NHA conferences. Avalon management is interested in trying this method of food preparation as it complements their active, discovery-style cruises targeted at people who strive for optimal health. Avalon includes excursions for travelers with varying interests and fitness levels. From action-packed experiences and interactive discoveries, to traditional sightseeing, you can tailor your vacation to suit your interests and pace.

The ship will not be completely plant-based in 2019, but if there are enough of us willing to purchase all of the staterooms in the future, our NHA river cruises will be completely plant-based!

The 8-day River Cruise will be October 5-12, 2019, embarking from beautiful Mainz, Germany and ending in Amsterdam, Netherlands. Several promotions are available depending on how soon you book the cruise. One promotion for 2019 is **waived single supplements, which means that solo travelers pay the same per person price as double occupancy. May not be combined with the \$1250 off.**

PRICES Per Person for Double Occupancy – Price includes all meals, daily excursions, complimentary Wi-Fi and gratuities.

Deluxe Staterooms (Cat. D & E) - - 172 sq. ft., Two windows, beds facing wall

Cat E- \$3,949, per person - lowest deck forward -- **\$2,699 until Dec 17**

Cat D- \$4,148, per person - lowest deck aft -- **\$2,898 until Dec 17**

Panorama Suites (Cat. A, Cat. B, Cat. P) -- 200 sq. ft., Wall-to-Wall Panoramic Window with Open-Air Balcony, suite cabin, beds facing out

Cat B- \$5,098, per person - middle deck aft -- **\$3,848 until Dec 17**

Cat A- \$5,148, per person – middle deck forward -- **\$3,898 until Dec 17**

Cat P- \$5,248, per person – upper deck -- **\$3,998 until Dec 17**

Royal Suites – \$6,148 per person – 300 sq. ft., *one left!* -- **\$4,898 until Dec 17**

Taxes and port charges are \$182 per person.

Travel protection is \$379 per person.

Prepaid gratuities are complimentary (estimate \$134 per person).

Deposit \$250 per person. Final payment due by July 7, 2019.

Please contact NHA member Lisa McCarl, lisa.mccarl@gmail.com, 410-987-0870 for additional information about the cruise and to book your plant-based vacation!



Cruise Highlights

(Daily activities and itinerary may change. If a change is necessary, a substitute will be offered.)

Day 1 Mainz (Embarkation): Onboard welcome reception

Day 2 Mainz. Excursion to Eltville: Choice of visit to the Eberbach Monastery, or Eltville guided tour with wine tasting, or hiking in Eltville

Day 3 Rüdesheim–Rhine Gorge–Boppard: Free time in Rüdesheim; cruise through the Rhine Gorge; choice of visit to Marksburg Castle, or Ehrenbreitstein Fortress with a cable car ride; or Volcano Tour experience with a visit to the monastery at “Maria Laach”

Day 4 Bonn–Cologne: Free time in Bonn; choice of jogging tour, or Cologne sightseeing “off the beaten track”, or visit the chocolate museum, or Cologne highlights walking tour

Day 5 Düsseldorf–Duisburg: Free time in Düsseldorf; choice of visit the Zollverein coal mine, or guided hike around Duisburg, or culinary tour in Duisburg

Day 6 Xanten: Choice of bike tour along the Rhine, or visit to the Archeological Park, or Roman Games at the Archaeological Park, or Roman clothes workshop

Day 7 Amsterdam: Choice of painting class, or jogging tour, or culinary walk, or canal cruise

Day 8 Amsterdam (Disembarkation): Your vacation ends with breakfast

This Avalon River Cruise has designed included activities with a choice of experiences. You select the tours, activities, and events that interest you most, so you can experience your cruise your way.

There are 3 types of included shore excursions:

Classic: Your local expert is ready to guide you through the history and heritage of local destinations. You’ll marvel at the legends, lore, and spectacular architecture of iconic and historic sites.

Discovery: We’ve found inspiring and interactive activities to speak to your interests - from cooking classes, to painting workshops - to immerse yourself in each culture you explore.

Active: Embark on energetic excursions to keep you in motion and on the go - from a guided jogging tour of Amsterdam, to biking, paddling, and hiking your way through scenic locales.