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BEST TRAVEL & LIFESTYLE ADVICE TO WOMEN

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SEPTEMBER/OCTOBER 2009

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>advance notice: **unique cruises for 2010**

The Ultimate Icebreaker
REI Adventures Cruises

Pal around with penguins when you cruise on a smaller vessel that can travel where the big boys can't go. Just 108 passengers cruise on REI Adventure Cruises such as the Antarctica Icebreaker Adventure that gives passengers the opportunity to hike on icebergs, take helicopter excursions and journey up-close to ice-covered shores. Don't even worry about packing a parka — they'll provide one for you.

From \$13,890 for 12 nights;
www.rei.com/adventures

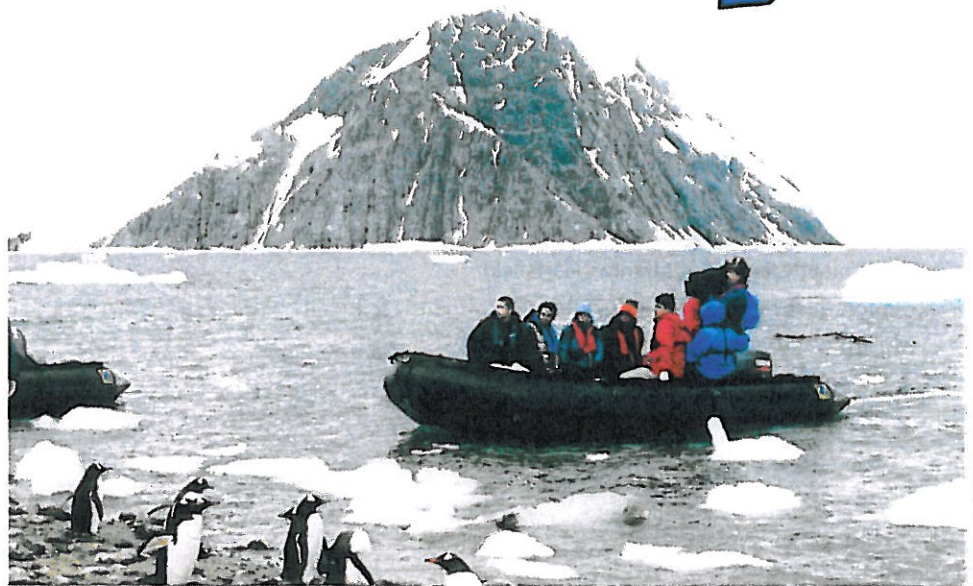
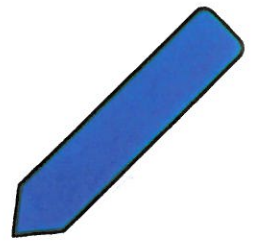


PHOTO COURTESY OF REI



advance notice

culture and fun for your calendar

by Jan Butsch Schroder



PHOTO COURTESY OF OCEANIA CRUISES

The Epicurean Getaway
Food & Wine Trails

Four thousand. That's how many bottles of wine are making a voyage on each of Food & Wine Trails 14 different wine cruises to the Mediterranean and Australia in 2010. Each cruise is on either Celebrity, Regent or Oceania cruise line and is sponsored by a winery or group of wineries that bring many hard-to-find vintages, including private cellar selections. Sponsors include Russian River Valley Winegrowers, Arrowood wineries and André Lurton. Many cruises include airfare and prepaid gratuities — and lunches at local vineyards.

From \$350 a day;
www.foodandwinetrails.com



Hop on a Hybrid Ecoventura

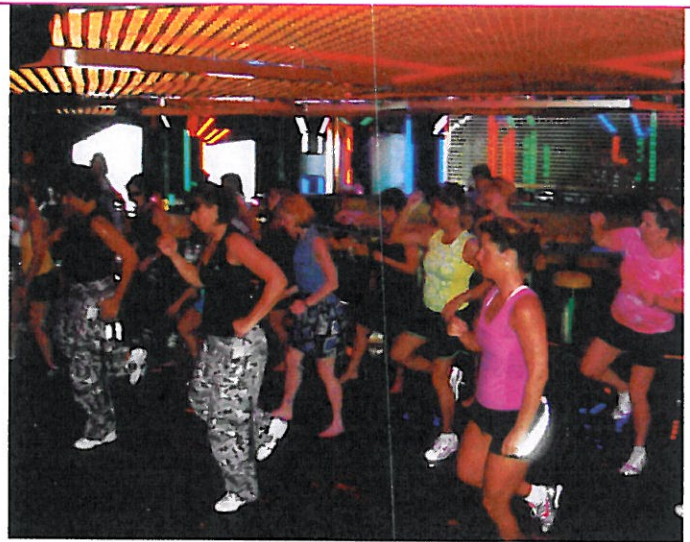
We know all about the hybrid car concept, but a hybrid on the high seas? Now you can travel on the world's first hybrid expedition cruise vessel, the Ecoventura *M/Y Eric*. Forty solar panels and two wind turbines generate enough power to replace about one-fifth of the power previously supplied by two diesel generators. Just 20 passengers cruise through the Galapagos on seven-night cruises. And in 2010 travelers can opt to spend a half-day volunteering at a local school on San Cristobal Island.

Starts at \$3150 for 7 nights;
www.ecoventura.com

Motion on the Ocean Femme FIT All

No worries about packing on the pounds on these cruises — they are floating motivation centers, with the goal of inspiring women to lose weight. The “Fit and Fabulous Kick Start Your Weight Loss Cruise” is from January 21-25 and the “3rd Annual Ladies’ Fitness Cruise” is February 18-22. Both leave from Miami on The Carnival *Destiny* and travel to Key West and Cozumel. The ultimate ocean-side workout for mind, body and soul, complete with nutrition classes.

From \$580 for 4 nights;
www.femmeftall.com



Into the Wild Maple Leaf Adventures

This small company specializes in sailing tall ships into the wild coast of British Columbia and southeast Alaska where passengers can explore fjords with a First Nations elder and meet wildlife on their own turf — bear cubs fishing for salmon, dolphins enjoying a fish feast and humpback whales slapping the water. Local naturalists lead the way to remote islands while sailing aboard a 92-foot schooner. Cruising options include the Great Bear Rainforest, the Gulf Islands Park Reserve and southeast Alaska.

From \$1900 for 5 nights;
www.mapleleafadventures.com