



RIVER CRUISE AND FITNESS!

Saying hello to adventure doesn't mean you have to say goodbye to your healthy habits and restorative rituals. From heart-healthy menu options and heart-pumping activities to mindful yoga moves, Avalon makes it easy to remain a picture of health amidst the most beautiful scenery in the world.



WELL, WELL, WELL

An Avalon cruise is full of surprises for wellness warriors, fitness enthusiasts and conscientious cruisers.



H2OH!

Staying hydrated is easy with our complimentary BeWell vitamin-infused water station located in the Club Lounge.

DRINK IT ALL IN

Our mixologists go bananas every day from 9:00 to noon, blending fresh fruits, roots and vegetables to create signature Avalon Fresh Smoothies that truly pack a punch.



BREAKFAST, LUNCH AND WINNERS

Whether you're looking for menu options that are low sodium, low carb, high energy or high protein, our exclusive Avalon Fresh menu fuels the fun at every meal.

CRUNCH TIME

Although heart rates are naturally elevated on an Avalon cruise, every Avalon Suite Ship features a state-of-the-art fitness center.





GET IN GEAR

Your Adventure Host, located in the Adventure Center in your ship's lobby, has everything you need to make every day count, including FitBit trackers, stretch bands, yoga mats and more.

OH, WHEELIE?

Cyclists rejoice! Every Avalon ship is equipped with complimentary bicycles and e-bikes for scenic land cruising and in-town adventures.



STRIKE A POSE

You can easily find your inner warrior, cobra or happy baby. Avalon Adventure Hosts kick-start each day with wellness activities.

TAKE THE PLUNGE

Soak up the culture and cuisine of fascinating regions, then toast the day with therapeutic bubbles in the soothing Sky Deck whirlpool.



**DIMENSIONS
IN TRAVEL**

To book your Avalon Waterways river cruise, contact:

DIMENSIONS IN TRAVEL

415-883-3245

info@dimensionsintravel.com

