



ONBOARD WELLNESS PROGRAMME

AmaWaterways recognises the importance of maintaining one's wellbeing during your cruise. Our Wellness Programme, available on select ships in 2018 and fleetwide* in 2019, enhances the beauty and leisure of river cruising with a special emphasis on wellness travel. Our onboard Wellness Host will lead a variety of exercise classes and onboard lectures focussing on healthy eating and relaxation techniques.

In addition to our Wellness Programme, all of our European ships are equipped with a fleet of bicycles, a fitness room, whirlpool or swimming pool and a walking track.

And, since cuisine is such a major part of our river cruising experience, AmaWaterways incorporates healthy eating, using locally-sourced ingredients in our culinary offerings.



FITNESS FOR THE MIND, BODY AND SOUL

- **Active Discovery** Guided biking and hiking excursions
- **Exercise onboard** Variety of exercise classes, including yoga, core strengthening and circuit training
- **Wellbeing Workshops** Discussion groups with a focus on healthy eating and relaxation techniques
- **Fitness room** Complimentary and equipped with a treadmill, stationary bike, elliptical and more (may vary by ship)
- **Sun Deck** Complete with a walking track and pool or whirlpool to take a refreshing dip
- **Beauty treatments** Rejuvenating massage service and hairdressing salon
- **Healthy Options** Gluten-free, low-sodium and vegetarian options plus Hydration Station with infused detox and gemstone water



*excluding the Douro

