

THE WORLD'S FIRST
ALL VEGAN
OCEAN CRUISE

25 SEP-2 OCT 2017
FROM LONDON TO THE NORWEGIAN FJORDS



Sail away with us: vegan cruises.eu

EXPERIENCE THE NORWEGIAN FJORDS





EXPERIENCE THE BEAUTY OF THE **NORWEGIAN FJORDS**

Get on board the world's first all vegan Norwegian fjords cruise and sail along some of the world's most beautiful scenic waterways in September 2017.

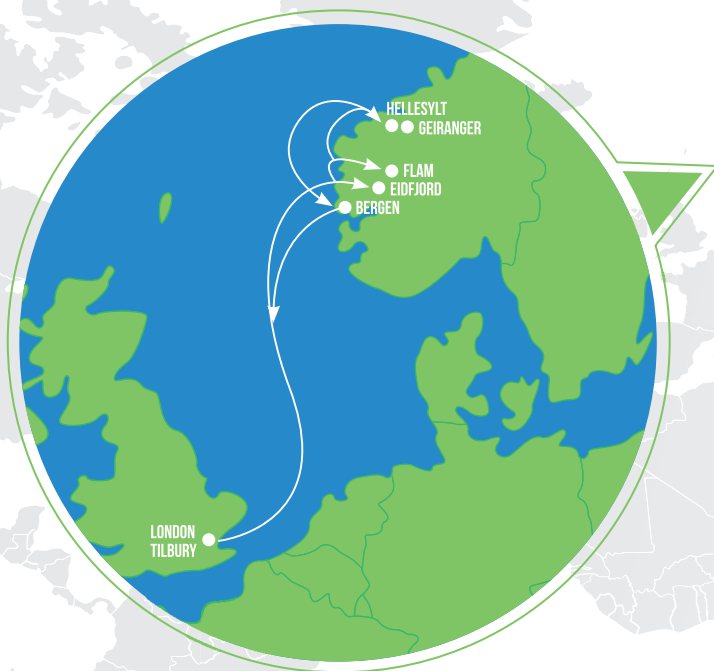
Norway's fjords are stunning in their majesty - tranquil blue waters lapping at lush green slopes, rising to towering mountain peaks. You will spend hours standing at the ship's rail breathing in the clean air and gazing at granite cliffs punctuated by cascading waterfalls. Remote mountain farms and pretty villages can be seen nestling in the valleys. So much beauty and splendour is packed into this vegan cruise with an unrivaled choice of optional excursions.

Now a UNESCO world heritage site, imagine a time when glaciers retreated and the inlets were flooded with seawater. This is how you can envision the creation of these magnificent fjords. Though Norway has thousands of fjords, those found on the west coast, along our journey, are some of the most spectacular.

Keep an eye on the sky to spot puffins, eagles or Eurasian elks as you walk through the forests past cool lakes and rivers. Don't forget to keep a close eye on the oceans as we glide by the Norwegian fjords not to miss any marine life that may swim your way.

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ITINERARY

| DAY | PORT | ARRIVE | DEPART |
|-------------|------------------|----------|---------|
| 25 SEP 2017 | LONDON TILBURY | | 5.00 PM |
| 26 SEP 2017 | VEGAN DAY AT SEA | - | - |
| 27 SEP 2017 | EIDFJORD | 12.00 AM | 5:30 PM |
| 28 SEP 2017 | FLAM | 10.00 AM | 6.00 PM |
| 29 SEP 2017 | GEIRANGER | 11.30 AM | 6.00 PM |
| 30 SEP 2017 | BERGEN | 9:30 AM | 6.00 PM |
| 01 OCT 2017 | VEGAN DAY AT SEA | - | - |
| 02 OCT 2017 | LONDON TILBURY | 8.00 AM | |



THE PORTS OF CALL

EIDFJORD THE CITY OF NATURE

Before we dock in Eidfjord, you will experience the Hardangerfjord, the Queen of the fjords. You will see picturesque villages and a beautiful lush landscape with waterfalls, rivers and steep mountains.

Eidfjord offers a unique natural environment. With large contrasts and short distances you can experience the most and the best that Norway has to offer: Large open spaces and high mountains. Deep valleys and blue-green fjords. Glaciers, mountain lakes, rivers and waterfalls. Visitors can experience peace and silence in the natural environment in addition to visiting many different attractions. Eidfjord is the gateway to the Hardangervidda, the largest high mountain plateau in Europe and Norway's largest national park.



FLÅM A PICTURESQUE VILLAGE

Flåm is situated in the Aurlandsfjord, the innermost side arm of the world's deepest and second-longest fjord, the 204 kilometer long and 1308 meter deep Sognefjord. Surrounded by steep mountains, thundering waterfalls and narrow valleys, the area belongs to Norway's most dramatic and spectacular sites.

The Flåm Railway was named the world's most incredible train journey by Lonely Planet in 2014. The journey takes you from Flåm by the fjord to the mountain tops, and during the 20-kilometre long train ride you can see rivers cutting through deep ravines, waterfalls cascading down the side of steep, snow-capped mountains and mountain farms clinging dizzily to sheer slopes.

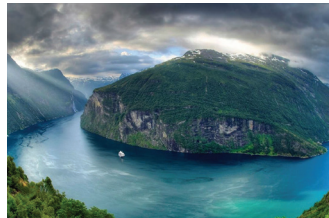


GEIRANGER FJORD A FAIRYTALE BY THE FJORD

The deep blue UNESCO-protected Geirangerfjord is surrounded by majestic, snow-covered mountain peaks, wild waterfalls and lush, green vegetation.

You will certainly be impressed by this astounding creation of Mother Nature, emphasised by the will of man to maintain a foothold on the steep mountain sides and glean a living here.

Impressive waterfalls cast cascades of thundering water from almost vertical mountain sides. Among them are the famous falls, De syv søstre ("the Seven Sisters"), Friaren ("the Suitor") and Brudesløret ("the Bridal Veil"). They tease the cliffs with feather-light gossamer veils of mist whose mission seems to be to create a never-ending display of ever changing rainbows to fill you with delight and wonder.



BERGEN THE GATEWAY TO THE FJORDS

Bergen is Norway's second largest city and lies clambering up the mountain sides, overlooking the sea, embracing you. You can roam through living history in this modern city.

On a Norwegian scale, Bergen is a large city, but one with a small-town charm and atmosphere.

Around 10 percent of the population in Bergen are students, which adds a fresh and youthful mood to the city's vibe. Alongside its offerings of museums, art galleries, cultural events and vegan dining opportunities, as well as the possibilities offered by its accessible sea and mountains, this contributes to making it a lively and vibrant city.



VEGAN FINE DINING AT ITS BEST 24/7

VEGAN CUISINE TO TEMPT YOUR TASTEBUDS

From home-cooked favourites to gourmet culinary creations, our talented vegan chefs are set to create mesmerizing dishes that will please any palate.

Finally, vegan cooking and gastronomic indulgence are no longer a contradiction. As a guest on our all-vegan cruise, all of our delicious vegan food is included, so you can completely relax and enjoy the trip, and treat yourself to our gourmet specialties from morning to night.

Unlike other cruises that have limited vegan options, our cruise boasts a wealth of nutritious delights and tempting treats that are all completely free of animal products. Do you fancy an all-you-can-eat buffet in a casual setting? Or how about a sumptuous four / five course menu that is crafted from plant-based produce? Or do you prefer raw-vegan delights? No matter what your dining preferences are, there is sure to be a dining style to suit your tastes.



VEGAN TRAVEL MAKES EVERY MEAL PART OF THE JOURNEY





DESIGNED FOR FRESH

When we say our food is designed for fresh, we truly mean it! Breads are baked 24/7. All of our ingredients have been meticulously selected to ensure that they do not contain unnecessary preservatives, additives, sugar, salt or fat. Tasty, fresh, healthy vegan meals that have been made for you. Freshness is the heart and soul of our cuisine, and you'll taste it in every bite.



VEGAN CELEBRITY CHEFS TO COME ABOARD

We're thrilled to team up with some vegan celebrity chefs who will join this all vegan cruise. Enjoy culinary creations designed exclusively for Vegan Travel in three exciting new ways. Discover "Crafted for you" menu items available in the main dining room, savor an exquisite selection of courses at two specialty restaurants (one of them being 100% raw-vegan), or treat your taste buds to the ultimate onboard experience, "Chef's Table", including a galley tour and special multi-course meal prepared by the Executive Chef onboard!

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EXCEPTIONAL DINING EXPERIENCE

A highlight has to be the evening sit-down dinner. This vegan experience features a simply irresistible four or five-course menu with gourmet appetizers, mouth-watering good mains and decadent desserts that are just waiting to be devoured.

Attentive waiters are on-hand to serve the captivating cuisine, and ensure that all of your culinary preferences are catered for. Choose to dine in the Buffet restaurant for an all-you-can-eat extravaganza. We are able to accommodate a range of special dietary preferences, and options are available for those following raw food, glutenfree and macrobiotic diets.

As variety is essential, our menus change daily with a brilliant vegan choice of appetizers, soups and salads and entrées at dinner. Plantation (Buffet) and Waterfront (Service) are open for breakfast, lunch and dinner.



VEGAN WINES

LET'S MAKE A TOAST

What's a delectable dinner without a great glass of wine or two? You'll probably know too well the difficulty of sourcing high-quality wines which are free of animal products. Many commercial wines are filtered with gelatin or contain fish-based ingredients, while even vegetarian-friendly wines can contain casein from milk or albumin from eggs. We carefully hand-pick award-winning regional wines to ensure that they are not only totally vegan but also taste excellent and pair perfectly with your meals. The knowledgeable staff are on-hand to create handcrafted vegan cocktails that are made just the way you like them. From creamy pina coladas made with coconut milk to zesty lime mojitos, no matter what your tipples of choice our helpful crew are on hand to whisk them up for you.



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MS COLUMBUS

THE SHIP FOR OUR VEGAN VOYAGE OF DISCOVERY

At 63,786grt, with an overall length of nearly 250 metres, the impressive Columbus was purpose built for deep sea ocean cruising and we believe is ideally suited to the type of exciting vegan cruise programme we operate. She underwent an extensive refit in August 2015 and will be upgraded further in April 2017 before the start of her maiden CMV season.

Columbus has 775 passenger cabins including 64 de luxe balcony cabins and junior suites. 150 cabins will be allocated for lone travellers. 75 per cent of all the cabins have sea views.

The ship combines all the benefits of a smaller ship cruising with an impressive choice of all vegan dining options, lounges, activities and entertainment. It also has a Dome Observatory, timber promenades, a British-themed pub and a casino.

Facilities also include two heated swimming pools and large open decks with an outdoor film screen, plus a wellness centre and gym. There are also eight lounge bars, two deck bars and six entertainment venues including a two-deck tiered show lounge and another lounge with retractable stage for dancing events.

Columbus was built in 1989 and christened Pacific Pearl by actress Audrey Hepburn.



YOUR DAY ON BOARD

A day on board MS Columbus can be jam packed or laid back. You can do as much or as little as you like on our vegan cruise – be energetic or lazy, sociable or reclusive, do your own thing or get things organised for you.

Each evening, guests will receive a copy of COLUMBUS VEGAN NEWS, so you can be up and ready to go the next day, or spend a few more hours in bed.

You won't want to miss great talks with our special VIPs who will bring you a plethora of knowledge in their respective fields.

Activities such as baking demonstrations, wine tastings and fitness classes are virtually nonstop. But for those preferring to relax you can head poolside, to the shopping complex or to the many lounges on board. Or simply enjoy the ocean views and the scenery.

Food is the heart of this all vegan cruise and with delicious dining options available around the clock, you will never be left hungry.

As the sun sets over the breathtaking fjords, it will seem as if the stars have come to life as you feel the buzz of the exciting evening ahead.

After dinner, performers in extravagant costumes will entertain you nightly with Broadway musical compilations, in the main show lounge. Vegan guest comedians and musicians and other live music events will be available for your enjoyment. Night owls should pack their dancing shoes to dance the night away, or for a quieter evening you may even choose to head to the cigar bar.

No two days need ever be the same on the MS Columbus.

We can't wait to welcome you aboard!

WHAT'S INCLUDED



YOUR CABIN

- Comfortable and stylish cabin with towels and fine vegan toiletries provided.
- Tea and coffee making facilities.
- Daily turndown service, with fresh towels provided if required.
- In-cabin entertainment with multiple film and television channels and prerecorded port presentations to keep you up to date with your next destination.
- Cabin steward to look after your every need, from your evening turndown to arranging laundry services.



YOUR FOOD

- Enjoy a full breakfast that includes made-to-order hot dishes as well as warm freshly-baked breads. There is also a generous buffet spread.
- Enjoy a multi-course vegan feast for lunch and dinner in the Waterfront Restaurant.
- Options abound in the Plantation buffet restaurant - perfect for a quick lunch or a casual meal.
- Late-night eateries.
- The snack bar located next to the pool serves vegan burgers, chunky fries and all-American favourites with a vegan twist.
- Delectable desserts to choose from in all our dining outlets.
- Fresh cookies, pastries and other treats at the buffet restaurant.
- Snacks, ice-cream, freshly baked vegan pizza, crispy popcorn and selected soft drinks.



YOUR ENTERTAINMENT

- An outdoor jogging track provides a scenic spot for a gentle morning run.
- Golfers can tee-off at the golf putting green.
- The state-of-the-art gym has ample free weights, mats and aerobic conditioning equipment.
- Two heated swimming pools are located on the main open deck, Deck 12.
- The Oasis is a separate, intimate outdoor retreat for adults only, located aft. Featuring two hot tubs, luxury sun loungers and comfy couches and chairs for relaxing.
- Fun games such as deck chess, deck quoits and shuffleboard are located on the deck.
- Enjoy an array of classes aboard: fitness, cooking, baking, yoga, cocktail mixology, dance classes, wine tastings etc.
- VIP guest speakers offering expert knowledge on diverse vegan subjects.
- Port talks providing fascinating information on our destinations.
- After dinner, guests can make their way to the show lounge for nightly live performances.
- Stand up comedians, live music, pub quizzes and karaoke in our various entertainment lounges, which include a cigar bar.
- The big screen located on the pool deck forward is where you'll catch movies, full-length concerts or live sports onboard.
- Deck parties and theme nights throughout your holiday.



STATEROOMS & SUITES



INTERIOR STATEROOM



Equipped with everything you need, it's the perfect sanctuary after a full day of adventure on deck and ashore. These interior staterooms feature two lower beds that can be converted to a queen size bed, flat-screen TV, and private bathroom with fine vegan toiletries.

Average Cabin Size: 188sq ft/17.50sq m

FROM 669 £ / 799 € PP

DOUBLE OR TWIN OCEANVIEW STATEROOM



These oceanview staterooms have either a picture window or porthole. Two lower beds can be converted into a queen-size bed. All cabins are fully air-conditioned and all offer private en-suite facilities with shower plus ample hanging and storage space. They are equipped with a flat-screen television, hairdryer, fridge and personal safe.

Average Cabin Size 188sq ft / 17.50sq m

FROM 999 £ / 1,199 € PP

DELUXE BALCONY STATEROOM



Make the most of your time at sea with your own private Balcony Room, it's the best way to enjoy all the comfort of our onboard rooms and all the beauty of vegan living on the ocean. These staterooms feature a sitting area and a balcony with a wooden table and two chairs. Standard inclusions are a safe, television, telephone and fridge. Complimentary vegan toiletries are provided.

Average Cabin Size 253sq ft / 23.50sq m

FROM 1,919 £ / 2,299 € PP

JUNIOR BALCONY SUITE



These suites are large, beautiful rooms with sitting areas and spacious balconies, each featuring a table, two chairs and two sun loungers. The ensuite bathroom is equipped with both bathing tub and shower. Added perks for mini suite passengers include priority embarkation and disembarkation, bathrobes and slippers, an in-room Nespresso coffee machine and an iPod music system.

Average Cabin Size 372sq ft / 34.50sq m,

FROM 2,079 £ / 2,499 € PP



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SPECIAL GUESTS



MELANIE JOY

Ph.D., Ed.M., is a Harvard-educated psychologist, celebrated speaker, organizational consultant, and author of the award-winning book *Why We Love Dogs, Eat Pigs, and Wear Cows*.



JULIEANNA HEVER

M.S., R.D., C.P.T., also known as The Plant-Based Dietitian, is a passionate advocate of the miracles associated with following a whole food, plant-based diet—the established effects of which provide positive healthful benefits.



DR. MICHAEL GREGER

Dr. Michael Greger is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. His latest book, *How Not to Die*, became an instant New York Times Best Seller.

BON VOYAGE





VEGAN TRAVEL UK

Phone +44 208 2438 761
Email UK@vegancruises.eu

VEGAN TRAVEL GERMANY (HEAD OFFICE)

Phone +49 2506-5269969
Email vegan@vegancruises.eu

VEGAN TRAVEL USA

Phone +1-971-256-3301
Email USA@vegancruises.eu



www.vegancruises.eu
www.veganrivercruises.com



Vegan Travel Ltd., Von-Grueter-Weg 71, 48167 Münster, Germany