

The Small Cruise Ship Collection

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info@small-cruise-ships.com

RIVERS OF WELLNESS

With your wellness hosts, take a journey of serenity and renewal in a stunning landscape. The remote wilderness of the Columbia & Snake Rivers sets the stage—you're in for a most renewing, whole-body, health-consciousness adventure.



ITINERARY

DAY 1 Portland, Oregon - Embarkation

Welcome to Portland! Arriving at the airport, UnCruise representatives greet you for your transfer to our hospitality area downtown. And, if you have the time, go explore the city before setting sail on your rivers of wellness cruise. Along with your crew, light appetizers and a little welcome bubbly greet you on board.

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DAY 2 Columbia River Gorge National Scenic Area

Near the Columbia River Gorge entrance, your sleek ship slips through the locks of Bonneville Dam. A private tour of the massive turbines and fish ladders at the visitor center offers a behind-the-scenes peek. Zip off by motorcoach to towering Multnomah Falls, the tallest falls in Oregon, for an empowering forest hike. Back on board, sit back for an afternoon of cruising upriver through the spectacular Columbia River Gorge, a river canyon that cuts the only sea level route in the Cascade Mountains.

DAY 3 Snake River Cruising

Take advantage of a full day of wellness seminars and yoga from Jo and Joe while making your way to the meeting of the Columbia and Snake Rivers. In between inspiration, take in hillside vineyards of some of the area's more than 200 wineries. Glimpse the surrounding wheat fields of the Palouse—one of the nation's top wheat growing regions—while you lounge on the sun deck. Join the captain on the bridge for a look at the navigation, and your crew on deck as the ship rises up through four locks, each one raising the vessel almost 100 feet. Finish your day from the top deck hot tub as you soak up the stars.

DAY 4 Clarkston, Washington / Hells Canyon

Board a covered jet boat for a ride into Hells Canyon. This free-flowing stretch of the Snake, hemmed in by vertical cliffs, cuts its way through North America's deepest river gorge. Keep your eyes peeled for bighorn sheep, golden eagles, and 7,000-year-old petroglyphs. At Cache Creek, a protected National Recreation Area since 1975, Hells Canyon preserves a world of nature and culture to take in while you do outdoor yoga. Finish the afternoon with quiet meditation.

DAY 5 Richland

Wake up with morning yoga sessions and in the afternoon pause to soak in the sweeping views of the Red Mountain AVA, the smallest, warmest wine-grape growing region in Washington. Tour and taste at award-winning Terra Blanca Winery and Estate Vineyard. Then back on board, ease into the afternoon with a relaxing massage and a guided sound journey. Lie down, listen to the gong, and let this deeply meditative experience enrich your flow on the river.

DAY 6 The Dalles, Oregon

Get energized back on land with a morning hike at The Rowena Crest Overlook or Tom McCall point. Wide hillside vistas and fresh air are good for the soul—and only get better as you climb. For the afternoon, explore The Dalles, stroll around town, or kick back with a local craft brew.

DAY 7 Astoria

Wellness means doing what's right for you. In either the morning or afternoon, choose between hiking to the Astoria Column with free time exploring the quaint Victorian streets of Astoria, or continue your spiritual and wellness journey with a final guided meditation or yoga session. The Captain's Farewell Dinner this evening, followed by reliving the week through photos and reflections hosted by your crew, is the perfect Namaste to your week.

DAY 8 Portland, Oregon - Disembark

Your crew caps off a rejuvenating and restorative week with another excellent breakfast before bidding you "adieu." Disembark for your included transfer to the Portland airport.

Please Note:

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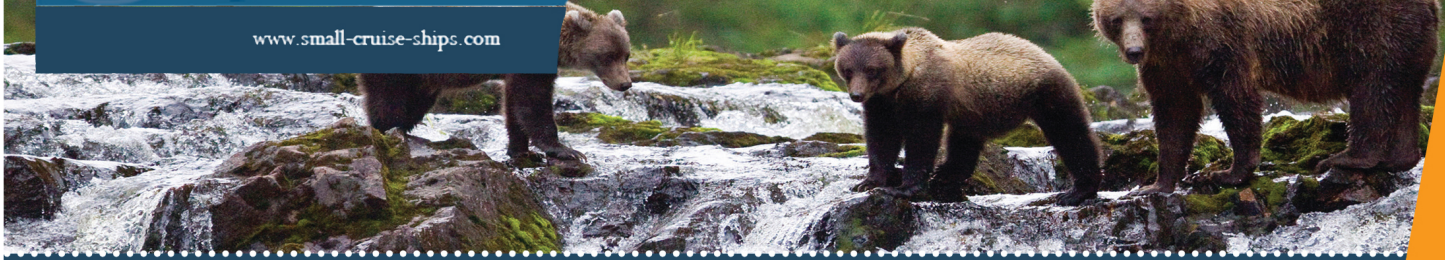
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Due to the nature of our explorations, itineraries are guidelines and will change in order to maximize wildlife and natural encounters. Variations in itinerary and the order of days may occur.



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YOUR SHIP: WILDERNESS LEGACY

YOUR SHIP: Wilderness Legacy

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

The ambience aboard the 88-guest Wilderness Legacy emulates the old-world charm of an early turn-of-the-century coastal steamer. Exquisitely appointed with period decor, the vessel's carved wooden cabinetry, Grand Salon complete with a full bar and dance floor, Klondike Dining Room with wine bar, Pesky Barnacle Saloon, hot tub, sauna, fitness equipment, yoga classes, and massage suite are features accessible to all guests. Four decks are ready for guests' comfort and adventure. The bridge deck provides room for sunning, two hot tubs, and the open bridge, as well as the highest of the bow viewing areas wrapping around the front. The upper deck provides the middle bow viewing area. The lounge deck provides the luxurious indoor lounge and bar as well as the largest of the three bow viewing areas. Downstairs on the main deck guests enjoy gourmet meals in the elegant dining room. The Lounge is large with plenty of room for spotting wildlife, sharing photos, and playing chess - all with a cocktail or soda from the bar. The Dining Room features open seating at set times. Breakfast, lunch and dinner are served plated at table. Unlimited beverages, alcoholic and non, are included in the price of the cruise. Vegetarian options are always available. Dietary restrictions are happily

accommodated with advanced notice. Onboard Features: Custom made sea dragon kayak launch platform; bow-mounted underwater camera; kayaks, paddleboards, inflatable skiffs, hiking poles; on-deck hot tub; fitness equipment and yoga mats; DVD and book library. Legacy has an elevator. This elevator does not reach the bridge deck. While this makes her a comfortable choice for guests with mobility concerns, guests must still be able to embark and disembark via gangway and climb one flight of stairs. Explorer cabin 309 features a short ramp over the lip to get into the cabin and grab bars in the bathroom, but it is not ADA accessible. Staterooms There are six stateroom categories aboard the Wilderness Legacy: Master; Commander; Captain; Admiral; and Junior Commodore Suite, and Owner's Suite. Depending on the category, singles, doubles, triples, or quadruples can be accommodated. Common to all staterooms are: Flat-screen TV/DVD; iPod



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docking station.



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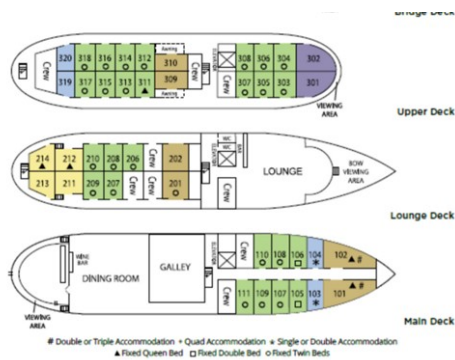
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INSIDE YOUR SHIP



 <p>Commodore Suite (COM) 300 of sitting area, wet bar, refrigerator, media center, 300sq master bedroom, king bed, view windows, private bath with shower and tub.</p>	 <p>Pathfinder (PAT) Queen or twin beds; view window; private bath with shower</p>
 <p>Jr Commodore (JCO) Fixed queen bed; wrap-around view windows; private bath with shower</p>	 <p>Trailblazer (TRB) Fixed queen, double, or twin beds; view window; private bath with shower</p>
 <p>Explorer (XPL) / Admiral (ADM) Queen, fixed queen, or twin beds; view window; private bath with shower (trundle available for triple)</p>	 <p>Navigator (NAV) Fixed double or fixed twin beds; view window; private bath with shower</p>

All cabins are outside and above deck with view windows.
Cabin/ship diagram not to scale. Images may not represent all cabins within a category.



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PRICING

ADDITIONAL CHARGES:

Port taxes/fees. From 175 USD pp



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