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‘Green Goddess’ Diana Moran joins a Fred. Olsen Cruise Lines’ voyage to Norway

This summer, guests aboard Fred. Olsen Cruise Lines’ *Balmoral* may be inspired to seek a more healthy lifestyle with the original TV fitness guru – **Diana Moran**, the ‘Green Goddess’. Diana will be hosting a theme of ‘Health and Well-being’ as part of Fred. Olsen’s award-winning onboard enrichment programme, *Vistas*, on *Balmoral*’s eight-night [‘Fjords, Fitness and Mountain Air’ cruise](#), L1313, departing from Southampton on 28th August 2013.

One of the first health and fitness experts on television, **Diana Moran** is an all-round television and radio personality, with a career that has embraced success in many areas – she has most recently been exercising her presenting skills for BBC2 in ‘Castles in the Country’. As well as her TV

appearances, she has taught exercise extensively in health clubs and resorts, both in the UK and the Caribbean. She was one of the original team of presenters to launch Breakfast Television in the UK in February 1983, and her successful career as a fitness guru has spanned four decades. Diana is an author and broadcaster specialising in well-being and health issues.

This Norwegian fjords cruise will take guests first to Haugesund, home to a complete reconstruction of a traditional Viking village. *Balmoral* then visits Flåm, which is amongst the most beautiful of the Norwegian fjord villages, and visitors can hike, kayak or cycle as they breathe in the crisp, clean air. They can also take a ride on the famous Flåm Railway, as it makes the breathtaking ascent of mountains and glaciers, granting some of the most unforgettable views in the natural world.

Olden is the next stop, where you have the opportunity to get a close-up view of the mighty Briksdal Glacier. *Balmoral* then visits the beautiful fishing port Bergen, which is surrounded by seven fjords and seven hills. Timber-clad houses, museums and a picturesque harbour make this a favourite stop amongst cruise passengers. Plus, it is ideally placed for a visit to Hardangerfjord, one of Norway's most popular fjords.

The final port is the charming, cobbled town of Stavanger, where guests can take in the delightful shops and cafés, perfect for last-minute shopping and sightseeing, before *Balmoral* makes the return voyage to Southampton.

Prices for this cruise start from £469 per person, based on two adults sharing an inside twin-bedded cabin, subject to availability. All meals and entertainment on board and port taxes are included in the price. There is no extra charge to take part in **Diana Moran's** *Vistas* talks and workshops.

Fred. Olsen's *Vistas* programme was awarded the accolade of 'Best for Learning' in the prestigious *Cruise International* Awards in both 2011 and 2012.

Fred. Olsen Cruise Line operates in the UK with four intimately sized ships for a more personal cruising experience.

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