



Apr 04, 2014 10:45 BST

Cruise Travel Tips - Making the most of your time on board

When going on a cruise holiday, you naturally want to make the most of the experience – after all you have paid good money for and are investing the time to get yourself out there. So how do you make the most of your time on board? We aren't here to tell you how to experience your holiday, but the following cruise travel tips are some things to consider if you really want to get every minutes worth.

Up on Deck

Let's start up on deck – picture a spacious open area for you to soak up the sun with comfortable loungers and lovely staff just a poolside bar away to top up on refreshing cocktails and ice cold beer. Sounds good right? Take a

stroll in the fresh air before dinner on the promenade or a light jog in the mornings while you take in the sea views. Consider joining your fellow cruisers on the 'walk a mile' circuit and make some friends along the way. If the weather is nice, have your breakfast or lunch out on deck and enjoy the view.

Eat and drink – you're on holiday!

What's a holiday without a little indulgence? All of our cruises pride themselves on a wide array of appetising meals, with something to suit all tastes, with an added emphasis on fish dishes inspired by our Norwegian heritage. Eat, drink and be merry with fellow travellers and don't forget to mingle with fellow cruisers to swap stories of your shore side adventures.

Check out the shows and events

Don't just hang around in your room and watch TV - over the course of your evenings, you'll see it all; cabarets, dancing, stand-up comics, and themed nights including British Night and Rock n Roll. For instance, on our cruises we have special talks such as the history of weather forecasting, ballroom dancing and photography as well as a range of famous guests speaking, including Snooker's Willie Thorne and TV's Tom O'Connor.

Treat yourself

Pamper yourself like a celebrity and check out the spas and salons! Get a massage, facial, manicure and your hair done for that rejuvenated feeling. Also, check out the cruise's Daily Times for any special offers you can take advantage of. How about pumping a little iron or hitting the treadmill in the fitness centre to keep you feeling great. Feel uplifted with special classes including, Yoga, Aerobics and Pilates, with our friendly professional fitness instructors keeping you motivated all the way.

Check out the facilities

Cruise ships often have more than meets the eye, and with a little bit of exploration you'll discover all kinds of activities. Why not play a few rounds of golf in the sea breeze on the outdoor golf nets, or if you're a gambler, check out the gaming area for some blackjack and roulette action. For a change of pace, get seated in a cosy library and curl up with a good book or visit the arts & crafts room and let loose your creativity for a few hours.

The above are just a few examples of what you can do on Fred.Olsen cruise. If you are new to cruising, we suggest you check out our '[Cruise tips and advice before you travel](#)' section for tips on how to prepare and enjoy your experience.

By [Evie Williams](#)

Contacts



Georgina May

Press Contact

Public Relations Executive

Public Relations

georgina.may@fredolsen.co.uk



Lauren Gardner

Press Contact

Public Relations Manager

Public Relations

lauren.gardner@fredolsen.co.uk

07546807099