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Escape the 'Big Chill' with a Fred. Olsen Cruise Lines' 'Winter Sunshine' cruise

With heating costs having risen by 18% in recent months, and exceptionally cold weather predicted, Britain is anticipating a difficult time this winter; in fact, forecasters are expecting the disruptive weather front known as 'La Niña' to cause temperatures to plummet. So, why not leave it all behind and take a 'Winter Sunshine' cruise with Fred. Olsen Cruise Lines?

Nathan Philpot, new Sales and Marketing Director for Fred. Olsen Cruise Lines, said:

"Taking a cruise with award-winning Fred. Olsen Cruise Lines this winter has never seemed more attractive, with experts predicting that the UK is set to suffer a bitterly cold spell and plunging temperatures.

"With cruises to the Caribbean from just over £90 per day, and to the Canary Islands from around £60 per day, holidaying with Fred. Olsen can be cheaper than staying at home, with so much included in the price. The icing on the cake is that, while you are away, you can make considerable savings on heating costs!"

As well as offering a welcome break from the cold weather, Fred. Olsen cruises represent excellent value for money, with accommodation, all meals, entertainment, and a host of facilities included in the price – not to mention flights for fly-cruises.

An ideal post-Christmas getaway is Braemar's 15-night Caribbean fly-cruise, [M1201](#), departing on 5th January 2012; an exciting itinerary that includes a late-night stay in the colourful and vibrant Cuban city, Santiago de Cuba. Fly from London Gatwick or Manchester to join Braemar in Barbados on exclusive, fully-escorted and hassle-free Fred. Olsen charters. The cruise starts with an overnight stay in Barbados, then visits Bonaire and Aruba,

Montego Bay in Jamaica, and onto Santiago de Cuba, the island's former capital. The cruise also visits the Turks & Caicos Islands, Tortola and Antigua, with a scenic journey through the Grenadines, en route back to Barbados for the return flights.

Prices start from £1,394 per person, based on two adults sharing an inside twin cabin, Grade 'I', and include flights and transfers, all meals and entertainment on board, and port/airport taxes.

Fred. Olsen is also offering attractive Canary Islands cruises this winter, representing excellent value. One such cruise is Balmoral's [L1123](#), a 13-night cruise departing from Southampton on 8th December 2011. The cruise first visits Madeira, calling at the capital Funchal, then visits the Canary Islands of La Palma, Tenerife, La Gomera and Gran Canaria. The final port of call is Portugal's vibrant capital city, Lisbon.

An additional attraction on this cruise is a theme of 'History of the British Royal Family' as part of Fred. Olsen's award-winning onboard enrichment programme, Vistas. The programme covers a comprehensive range of topics, from wine-tasting and gardening, to antiques and photography, hosted by experts in their relevant fields. The expert hosting the theme 'History of the British Royal Family' is David V. Thomas MVO, the former Crown Jeweller, who was responsible for the care and conservancy of the Crown Jewels from 1991 to 2007, as well as the personal collections of Her Majesty the Queen and other members of the Royal Family.

Prices for this cruise start from £737 per person, based on two adults sharing an inside, twin cabin, Grade 'I', and include accommodation, all meals and entertainment on board, and port taxes. There is no additional charge for taking part in Vistas.

Fred. Olsen Cruise Lines was recently voted 'Cruise Line of the Year' in the 'Cruise International Awards 2011'. The cruise line also received prestigious accolades for 'Best Educational Cruise' for Vistas and 'Best Live Performance' for 'The Operababes', as part of Fred. Olsen's exclusive 'Music & Laughter' programme.

Find out more about these and all Fred. Olsen Cruise Lines' cruises by visiting <http://www.fredolsencruises.com/>

You can book online, by calling Reservations on 01473 742424 or through any ABTA travel agent.

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

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