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Round-the-World Yachtswoman, Tracy Edwards MBE, joins a Fred. Olsen cruise to Spain, Portugal & Gibraltar

Fred. Olsen Cruise Lines is delighted that **Tracy Edwards MBE** will be joining *Balmoral's* 'Spain, Portugal & Gibraltar Explorer' cruise in August 2013, as a host with the onboard enrichment programme, *Vistas*.

The 12-night cruise departs from Southampton on 11th August 2013, calling first at the attractive and cosmopolitan Portuguese capital, Lisbon, before reaching the pretty Spanish port of Alicante. Castles, cathedrals and churches here date back to the 14th Century and the old quarter boasts some fine baroque architecture. As well as lovely parks and plazas, Alicante has some of

Spain's finest beaches. The next port is Mahon, on the tiny island of Menorca. There is a large, natural harbour, with restaurants, bars and cafés on the waterfront and some lively nightlife. Explore the narrow streets and visit some interesting boutiques and craft shops – or pay a visit to the Xoriguer Gin Distillery. On the return journey, *Balmoral* calls into Gibraltar. More British than Britain itself, visitors here delight in seeing policemen in familiar uniforms, red phone boxes and Union Flags flying everywhere. Stroll around the old town or take a cable car ride to the Upper Rock Nature Reserve. Alternatively, you can take a boat trip from here and go looking for dolphins.

The last port on this cruise is the historic Spanish port of La Coruna, home to the world's oldest lighthouse, The 'Torre de Hercules'. The old quarter has the remains of the original Roman wall and the town has an impressive array of museums and galleries to enjoy. *Balmoral* then returns to Southampton.

A special additional attraction on this epic voyage will be *Vistas* host, Tracy Edwards MBE, who will be speaking on the subject of 'Great Seafarers'.

Tracy Edwards won international fame in 1989, as the skipper of 'Maiden Great Britain', with the first all female crew to sail around the world, in the Whitbread Round the World Yacht Race.' In 1990, Tracy was awarded 'Sportswoman of the Year' and an MBE. She also competed in the Trophy Jules Verne in 1998, again with an all-female crew.

After retiring from round-the-world sailing, Tracy turned her attention to managing sailing projects for her team. In 2001, she acquired 'Maiden II', the fastest catamaran in the world and she and her team set about breaking records, including the 24-hour record, and their own Channel record.

Today, Tracy dedicates a large amount of her time to youth charities and is also an author, TV presenter and noted motivational speaker. She will speak to guests aboard *Balmoral* about her experiences and those who have inspired her.

Prices for this exceptional cruise start from £1,269 per person, based on two adults sharing an inside, twin cabin, Grade 'I'. This price includes all meals and entertainment on board and port taxes. There is no extra charge for taking part in *Vistas* activity.

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

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