



Avalon Suite

### ABOUT AVALON PASSION

Yet another beautiful Suite Ship graces the rivers of Europe in 2016. The Avalon Passion welcomes passengers to their home-away-from-home with two full decks of Panorama Suites, featuring Wall-to-Wall Panoramic Windows that transform into a unique Open-Air Balcony. With 200 square feet, Panorama Suites are more than 30% larger than industry standard and ideal for stretching out and relaxing-or even throwing a private cocktail party for up to six adults in the spacious sitting area. On board, passengers enjoy free Wi-Fi access, complimentary computer use at the Internet Corner, a Fitness Centre with state-of-the-art equipment, a hair salon, elevator, and an expansive Sky Deck with shade system, premium lounge chairs, whirlpool, deck games, and the delightful Sky Bistro for al fresco lunches of light grill fare.

### AVALON PASSION FEATURES:

- ⦿ Open-Air Balcony™
  - > Wall-to-Wall Panoramic Window
  - > Comfort Collection by Avalon™
  - > Deluxe beds with premium mattress covers
  - > Choice of bed configuration (pre-selected)
  - > European-style duvets
  - > Egyptian super-combed cotton linens
  - > Choice of soft or firm pillows
- ⦿ Flat-screen satellite TV with over 100 movie options
- ⦿ Spacious 3-door closets with shelves for ample storage
- ⦿ L'Occitane bathroom amenities
- ⦿ Large bathrooms—showers with glass doors
- ⦿ Complimentary bottled water
- ⦿ Bathrobes & slippers
- ⦿ Well-stocked minibar
- ⦿ Hairdryer
- ⦿ In-room safe
- ⦿ Individual climate control
- ⦿ Direct dial telephone



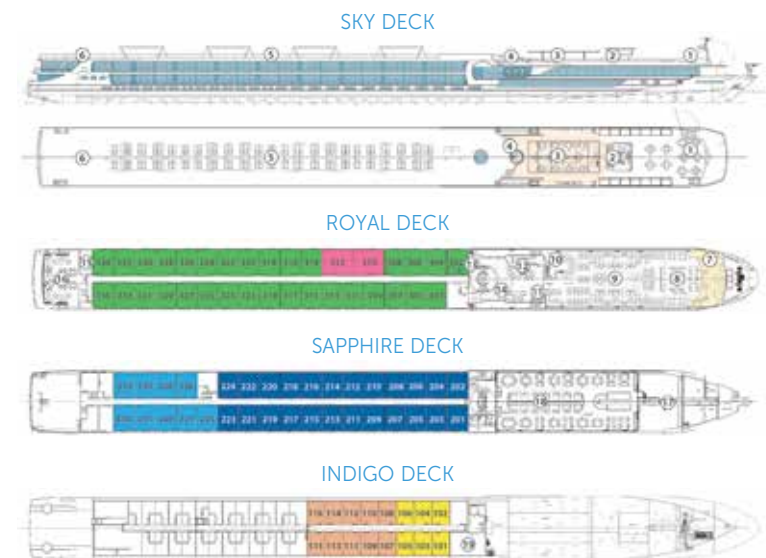
Lounge



Ship images are samples only from sister ship Avalon Impression™

## WELCOME ON BOARD OUR SUITE SHIP AVALON PASSION<sup>SM</sup>!

### AVALON PASSION DECK PLAN:



### DECK PLAN:

- 1 Sky Lounge
- 2 Navigation Bridge
- 3 Sky Bistro
- 4 Whirlpool
- 5 Premium Lounge Chairs and Shade Awnings
- 6 Deck Game Area
- 7 Observation Lounge
- 8 Panorama Bistro
- 9 Panorama Lounge
- 10 Bar
- 11 Internet Corner
- 12 Reception
- 13 Elevator
- 14 Atrium
- 15 Hair Salon
- 16 Club Lounge
- 17 Galley
- 18 Dining Room
- 19 Fitness centre

### CATEGORIES:

- Royal Suite Royal Deck
- Cat. P Royal Deck
- Cat. A Sapphire Deck Forward
- Cat. B Sapphire Deck Aft
- Cat. D Indigo Deck Aft
- Cat. E Indigo Deck Forward

### TECHNICAL DATA:

Built: 2016  
 Length: 443 ft.  
 Passengers: 166  
 Crew members: 47  
 Decks: 4

Staterooms:  
 Avalon Deluxe Staterooms: 16  
 Panorama Suites: 65  
 Royal Suites: 2

### FOR BOOKINGS & INQUIRIES, PLEASE CONTACT:

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[www.journeyswithheart.com](http://www.journeyswithheart.com) | BPCPA REG# 3404



More details including pricing coming soon... Pre-register with Jenny Karmali for up-to-date information and to save your spot: [jenny@trvlconcepts.com](mailto:jenny@trvlconcepts.com).

# JOURNEYS WITH HEART PRESENT A CELIAC-FRIENDLY RIVER CRUISE ON THE LEGENDARY DANUBE

Hosted By Theresa Nicassio ("The Inclusive Chef"), Award-Winning Bestselling Author Of YUM,  
 Winner Of The Gourmand World Cookbook Award (Canada)

11 Days | Departing: June 27, 2017

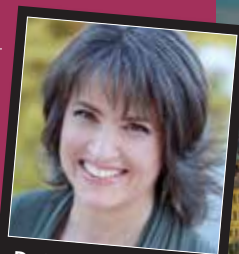
Fundraising River Cruise for the Canadian Celiac Association – Vancouver Chapter



'Travel with Purpose' || Thank you for your generous support over the past five years. || To-date JWH has donated \$105,000!

## MEET YOUR HOST

**Dr. Theresa Nicassio** is an integrative mind-body wellness expert who has been educating and empowering clients, students and the public since 1987. Her bestselling book, *YUM: plant-based recipes for a gluten-free diet* has won the 2015 GOURMAND



**Dr. Theresa Nicassio,**  
Registered Psychologist,  
author, and gourmet  
raw food chef.

WORLD COOKBOOK AWARD as the BEST DIET BOOK, for the public in Canada and has received a prestigious "STARRED REVIEW" from Publishers Weekly. *YUM* has now been short-listed as one of 2016's BEST DIET BOOKS IN THE WORLD by GOURMAND INTERNATIONAL, competing for the world title in May. Theresa's pleasure-based, yet socially conscious "inclusive cooking" paradigm and enthusiastic revival of "responsible hedonism" invites an easier, emotionally-sensitive, environmentally-friendly, and more effective way to approach dietary and other lifestyle changes. The simplicity of her message and the irresistible beauty and deliciousness of her recipes defiantly and whimsically demonstrate that previously considered impossibilities in life may actually in fact be plausible. This shift in mindset is of particular value in the current era of climate change, and the increase in obesity, diabetes and inexplicable health problems that have been on the rise, in adults and youth alike.

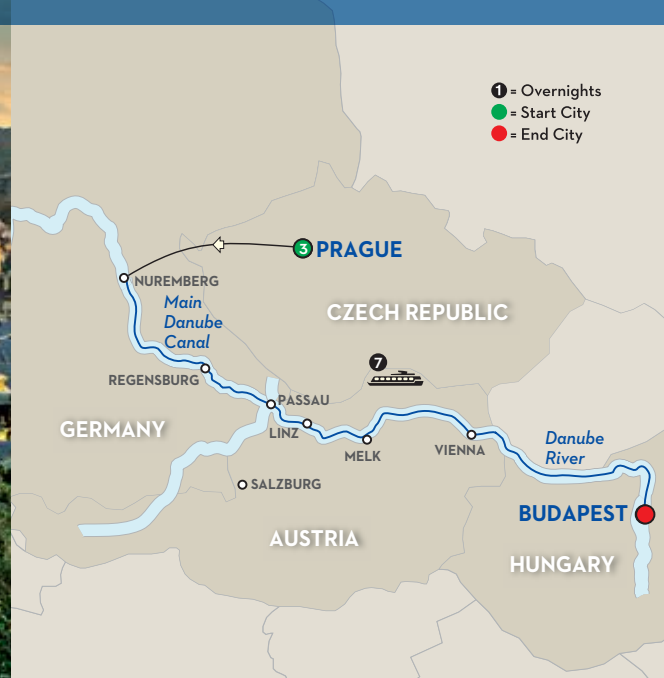
Theresa's optimistic lens and unique perspective offers an unexpected dimension that is accessible to all, transcending and melting away age, ideological and cultural barriers that too often otherwise create separation, alienation, and isolation.

## CANADIAN CELIAC ASSOCIATION – VANCOUVER CHAPTER



Can you imagine being sick after every meal, being weak and tired all the time, and having a wide range of symptoms that your doctor cannot diagnose? That is what life is like for over 46,000 British Columbians who struggle with undiagnosed Celiac Disease. Celiac Disease is an autoimmune disorder that has over 300 different symptoms or no symptoms at all, yet damage is still being done to the body. This explains why it takes an average of 12 years to be diagnosed. And because Celiac Disease affects our entire immune system, eating gluten-free is only the first step in regaining our health.

Established in 1979 by a doctor and parents concerned for their children, the Canadian Celiac Association—Vancouver Chapter is 100% managed by volunteers. Your donations will allow us to fund valuable research, provide evidence-based information to the public to assist in earlier diagnosis, and support for those diagnosed to change their lifestyles, follow a strict gluten-free diet, and become healthy.



# THE LEGENDARY DANUBE: June 27 – July 7, 2017 | 11-day river cruise from Prague to Budapest

## ALL THIS IS INCLUDED:

- 3 nights at a deluxe Prague hotel including buffet breakfast daily, all hotel taxes, service charges, and portage (cruise-only option is also available, please inquire for details.)
- 7-night cruise onboard the 2016 built Avalon Passion in a river-view or Open-Air Balcony stateroom featuring Avalon's exclusive Comfort Collection Beds<sup>SM</sup>
- All meals onboard, GLUTEN-FREE, prepared using the finest and freshest ingredients (other menu options are also available: vegetarian / vegan, dairy-free, egg-free, peanut / tree nut free, fish / shellfish free, soy-free, etc., please inquire for further details)
- Complimentary sparkling wine with breakfast; soft drinks with lunch; and regional wine, beer (including gluten free), or soft drinks with dinner are included daily on board your vessel; replenished bottled mineral water daily in your stateroom and during shore excursions; and 24-hour specialty coffee and tea bar.
- Locally-guided sightseeing excursions at every port (gratuities and portage included)
- State-of-the-art personal portable audio headset system during all shore excursions.
- Use of bicycles and Nordic walking sticks throughout your cruise.
- An experienced Cruise Manager and attentive English-speaking staff.
- Captivating onboard local entertainment

## JUNE 27, 2017 | DAY I: Arrive in Prague, Czech Republic.

Welcome to Prague, capital of the Czech Republic. This fascinating city straddles the Vltava River with domes, cupolas, spires, and pinnacles highlighting its skyline. The remainder of the day is free to start exploring.

## DAY 2: Prague.

Prague is a 1,200-year-old city preserved in time, and, unlike other Central European capitals, it was not bombed during the 20th-century wars. A LOCAL GUIDE shows you its best-known treasures, such as the Old Town's Astronomical Clock, built in 1410 and once the envy of all of Europe; HRADČANY CASTLE GROUNDS; St. Vitus Cathedral; and the Charles Bridge, the oldest bridge in Prague. Browse the shops for hand-cut crystal or art books. Mix with the locals in Wenceslaus Square, an important meeting point and where people demonstrated against the communist regime; or watch performers on Charles Bridge. (B)

## DAY 3: Prague.

Enjoy a free day to explore at your own pace. Perhaps visit the Communist Museum or stroll along the Vltava River. Your Cruise Director will have suggestions for things to do. (B)

## DAY 4: Prague–Nuremberg, Germany (Cruise Embarkation).

After lunch, drive to Nuremberg, where your river cruise vessel is docked. Before dinner, meet your crew for a welcome reception. (B,D)

## DAY 5: Nuremberg–Roth.

This morning the choice is yours—join a Certified Local Guide for a NUREMBERG RALLY GROUNDS tour or GUIDED SIGHTSEEING of the nearby town of Roth. This delightful town, with its half-timbered houses and market square, is also an industrial center for textile manufacturing. In contrast, take pictures of Schloss Ratibor, an ancient hunting lodge, built in 1535, with a most picturesque inner courtyard. Roth is also the scene for one of Europe's most important annual triathlons. (B,L,D)

## DAY 6: Regensburg.

Arrive in Regensburg today. Dating back to the time of the Celts around 500 BC, Regensburg is one of Germany's best preserved medieval cities. Established during the Holy Roman Empire and the only German city not bombed during WWII, Regensburg has at least 1,300 listed buildings of "historic interest." Architectural highlights of your GUIDED WALK include the Altes Rathaus (Old Town Hall), built in the 13th century, and Porta Pretoria, gates to an ancient Roman fort built in 179 AD. Wander through the city's lanes and alleys to discover the many mansions with high towers. Wealthy families built these towers to emphasize their status and wealth during the Middle Ages, and many still remain today. (B,L,D)

## DAY 7: Passau.

This morning, dock in Passau. Uniquely located where the Inn, Ilz, and Danube Rivers converge, Passau is a maze of narrow cobblestone streets lined with beautiful patrician houses.

St. Stephen's Cathedral, a masterpiece of Italian baroque architecture, houses one of the world's largest church organs with 17,774 pipes. Take in the highlights on the included GUIDED WALK. Alternatively, choose from several full-day optional excursions while your ship continues to sail into Austria. Rejoin your vessel in the late afternoon. (B,L,D)

## DAY 8: Melk, Austria–Vienna.

This morning, enjoy an included GUIDED VISIT of Melk's magnificent 11th-century BENEDICTINE ABBEY, one of Europe's largest monasteries. The abbey houses an ornate library with over 80,000 printed books and 2,000 manuscripts. You'll be captivated by the splendor of the church with its frescoed ceilings, stunning high altar, marble statues, and 210-foot-high cupola. The view from the terrace over the Danube and surrounding countryside is breathtaking! Then, cruise through the picturesque Wachau Valley, a UNESCO World Heritage Site. Pass the magnificent baroque Stiftskirche with its blue façade, the landmark of Dürnstein, before arriving in Vienna this evening. Known as the "City of Music," it inspired the creative genius of Mozart, Beethoven, and Strauss. An optional concert is available tonight. (B,L,D)

## DAY 9: Vienna.

Once the center of the mighty Habsburg Empire, Austria's magical capital on the blue Danube is a showcase of gilded architecture. This is home to the lavish Hofburg Imperial Palace complex with its Vienna Boys' Choir and dazzling Lipizzaner stallions; the neorenaissance Vienna Opera House; and

awe-inspiring St. Stephen's Cathedral—plus, countless other sights shown to you by your LOCAL GUIDE during your included CITY TOUR. In the late afternoon, leave Vienna for Budapest. (B,L,D)

## DAY 10: Budapest, Hungary.

Spanning the banks of the Danube, Budapest is one of Eastern Europe's liveliest cities. Whether you're seeing the sights, shopping for handcrafted embroidery or Herend porcelain, or basking in the coffee house culture Budapest's unique energy is positively palatable. On your GUIDED SIGHTSEEING TOUR, see Heroes' Square as well as the massive hilltop castle complex with its remarkable Fishermen's Bastion and 11th-century Matthias Church, the coronation spot of several Hungarian monarchs. Be sure to take note of the city's eight bridges—many famous sights in and of themselves—which connect ancient Buda on the right bank with Pest on the left. You may even want to walk across Chain Bridge, built in 1849 and a symbol of Budapest. Perhaps visit St. Stephen's Basilica; shop at the Great Market Hall and purchase paprika at one of its 180 vendor stalls; wander around the Royal Palace grounds; or stroll along Váci utca, the main shopping street. (B,L,D)

## JULY 7, 2017 | DAY II: Budapest (Cruise Disembarkation).

Your vacation ends with breakfast this morning. (B)

**CRUISE-ONLY OPTION IS AVAILABLE. PLEASE INQUIRE FOR FURTHER DETAILS.**