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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**River Cruises Can be Such a Rich Experience**

**By Colin Hartness**

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River Cruises Can be Such a Rich Experience  
River Cruises– Discovering Europe, Russia, China, America  
by Colin Hartness – <http://www.whatcruises.com>

Exploring Europe can be such a unique experience with a River Cruise. You just unpack once on this floating hotel and there you go cruising with river cruises over magnificent castles, significant towns and cities, appealing villages and lavish vineyards. It has become increasingly popular nowadays to sail through the grand rivers of Europe especially with the wide selection of vessels available. All the vessels are beautifully furnished, displaying attractive art objects with public areas reflecting the atmosphere around each region you cruise. It is the most pleasurable experience on river vessels as all offer personal service with the help of a smiling bilingual staff. You are provided with a single seating superb dining arrangement and well-accommodated cabins, which are comfortable and airy.

The most popular destinations in Europe, Russia or China can be explored intimately, closely and deeply with the river cruises. It is unlike a bus ride where you are still spending time on the bus than exploring and discovering destinations. River cruises provide splendid service and superb food. Every travel programs is well formulated and designed and you visit a port a day, at least. Hence, you get an opportunity to explore small villages in remote regions minutely, which might not have been otherwise possible with an ocean cruise. As you cruise along, you admire the beautiful scenery around as well as enjoy the local nightlife at the ports.

Have you ever thought of rediscovering America in an easy and relaxed fashion? Well River Cruises are there for you.

For the early settlers of America, rivers were natural highways, today the same rivers signify the old and the new, and as you cruise along them, you discover American history as it unfolds to you slowly and steadily. It is becoming extremely popular nowadays to experience America's great waterways on Victorian Style steam driven paddle wheelers on 3-to twelve-night trips. There are stunning antiques displayed in the gallery and there is a two-storey dining room with huge windows for a fantastic view of

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the scenery. The river steamboats are designed in 19th century format with stylish furnishings— an impressive mirrored and brass staircase and a lounge with a two—storied glass rear wall for a glimpse of the giant paddlewheel. There are other amenities available like movie theaters, musical shows and bathing pools.

River cruises are well designed cruises - you are neither seasick nor lose sight of the land as in blue water cruises and neither do you pack, unpack or hop—hop hotels like in a car or motor coach tour. The River Explorer sails over the rivers Missouri, Mississippi and Ohio - to and fro on four to ten days trips throughout the year. Vacationers can sprawl on the Sky Deck, read, play games or watch videos. The dining is casual, informal having no assigned seating. You can meander into the pilothouse and catch a glimpse of the real—time radar and navigational charts, if interested. At various ports storytellers, bluegrass and blues bands, dancers and Cajuns step aboard to entertain the guests.

You learn about America's heritage—it's a rich experience to understand the development of commerce and industry in America or why river towns Tenn. and Clarksville were founded. Imagine seeing the colors along the riverbanks or the rising sun or the setting sun—are truly natural wonders. You might like to undertake shore excursions to New Orleans French Quarter or the Grand Ole Opry in Nashville, Tenn. It is such a wonderful idea to have some river cruises to observe themes like 1950's music, big bands, old—fashioned holidays, or the fall foliage along the Ohio River.

Looking for information about cruises?Go to: <http://www.whatcruises.com> 'What Cruises' is published by Colin Hartness – An excellent resource for Cruises! Check out more cruise articles at: <http://www.whatcruises.com/archive>

**A Cruise may be just what you need!**

**By Mike Yeager**

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Do you ever want to escape from reality, just Get Away? Then finding cheap cruises and discount cruises from among several different cruise ships is what you need to do. Cruise ships come in all sizes and themes. It doesn't matter what your age is, what your background is, everyone can enjoy the fun and luxury of being on a cruise. Searching for cheap cruises and discount cruises can save you a lot of money when planning your vacation. After all, why not take the money you save on sailing and spend it on shore?

One of the unique aspects of cruising is that after spending a day sightseeing, shopping and visiting local sites, you can enjoy the luxury of coming back on board your floating, 1st class hotel. Shopping for cheap cruises and discount cruises is the way to go whether you're planning for Alaska cruises, caribbean cruises or cruises that take you around the world.

Mike YeagerPublisher<http://www.al-travel-4u.com>



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