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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!

World Cruise – a Relaxing Experience

By Colin Hartness

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Have you ever thought what it would be like to just relax quietly under the sun and at sea—no hustling or bustling, far away from the madding crowds in a casual attire and in clean air and just a small group of likeminded people as company? You are on a World Cruise— around the world, Australia and New Zealand, the Orient, South America, South Pacific, Asia, Europe and the Mediterranean. The ships are equipped with spacious, well-furnished cabins with private facilities having a well-upholstered lounge, a library, good deck space and a small pool. The fares typically range from \$70 to \$130 a day and the world cruise is for duration from about four to ten weeks, but some are two to three weeks and some are longer.

With World Cruise, you cover 27 nations on five continents. You navigate through the French Polynesia, Great Barrier Reef of Australia, glacier carved fjords of New Zealand, enchanted China's landscapes and the forbidden palaces. You pay a visit to bazaars in Hong Kong and the buddhas in Bangkok, the colonial and modern blend in Singapore. Enjoy exploring Delhi, Jaipur or the Taj Mahal at Agra and the tombs and temples under the ruling King times. The World Cruise even takes you to Antartica –the ultimate destination. It sure is a once in a lifetime opportunity to experience the grandeur of Rome, the glory of Rome through the warm waters of the equatorial Atlantic.

Taking the world cruise will be the most memorable vacation you have ever undertaken. You would cherish this experience for the rest of your life where you learn about history or diverse cultures the world over or simply unwind yourself. World cruises provide American customers a service of a lifetime—delicious meals, sightseeing, and entertainment combined with a relaxed friendly atmosphere—value for money as you may understand. Now you can sail in style and comfort— Volga river, Moscow canal, Volga/Baltic canal, the Svir River, the Rybinski Reservoir, Lake Ladoga, Lake Onega, and the Neva River. You will certainly be the envy of the Byzantine Emperors as you travel the legendary route between Scandinavia to Kiev and the Black Sea until you reach Dnieper River. Great works of art—'the Panorama of the Sevastopal Battle' and you can also visit the room where Roosevelt, Churchill and Stalin signed the Yalta Treaty in 1945.

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Age is no constraint to take the World Cruise—whether you are 79 or reaching 80, you are welcome aboard. Of course, if you are under 13 the insurance companies might restrict your entry into the cruise. A month prior to departure, you will receive the boarding information along with the ticket package. You may receive a mailing list with port agent addresses with your ticket package—so you can be in touch with your family and friends while sailing. The only change you can expect is the change in the boarding date. However, you may not know the actual time of boarding until the day before or day of boarding.

Do not forget to carry cash, US currency only. Personal checks, traveler checks and credit cards are unacceptable. For you to undertake the world cruise emergency medical/evacuation is necessary. This covers you medically in foreign ports and allows you to avail medical treatment in case of illness. Mostly if you are over 65 years, it is obligatory to have a medical certificate within ninety days of sailing. You need not worry about canceling your trip due to covered reasons as you are covered for it

too under trip cancellation/interruption insurance.

Looking for information about cruises? Go to:

'What Cruises' is published by Colin Hartness
– An excellent resource for Cruises!

Plan Your Cruise For Convenience And Fun

By Barney Garcia

In order to ensure that you have fun and relax on your cruise, it is essential that you plan your cruise meticulously. You go on a cruise to have fun on water. The cool sea breeze and the spectacular view of the vast expanse of water in front of you can really intoxicate you with pleasure. Since you spend so much on a cruise, you should ensure that you enjoy every minute of it. Planning is the first thing you should focus on if you are going on a cruise.

Pick the Best Cruise Liner The first step in planning a cruise is to choose the best cruise line and the destination. Study the offerings of the various cruise lines and base your decision on what you really want from the cruise. It is also important to decide the duration of your cruise.

You can choose from any of the world famous cruises such as the panama cruise, Mediterranean cruise, carnival cruise, Caribbean cruise, Europe cruise, Alaska cruise, and Norwegian cruise.

Check with People Who Have Gone On Cruise Check out with other people who have experience in such cruises and then decide on the cruise line. You should also check the facilities being offered by them and whether these are in consonance with your aspirations. The next step is to check if the cruise that you select operates to the destination that you want to visit.

Booking the Cruise Having selected the cruise line and the cruise, you should make the booking for

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the cruise either through a travel agent, or through online sources. You should also select the type of room that you would like to have and book the same with the cruise booking. If you want to avail of shore excursions or other off–ship activities you should also book these early.

A good planning will really stand you in good stead and you can have all the fun in the world on your cruise. A good planning will ensure that you come rejuvenated from the cruise and ready to face the realities of life once again.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

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