



## Day-By-Day Itinerary: Active & Discovery On The Rhine

**Day 1: Amsterdam, Holland** – Embarkation. Welcome Aboard! Flights into Amsterdam must arrive by 3:30 p.m. Guests must be on board ship by 5 p.m. Your day in Amsterdam is free to explore the colorful cafés, galleries, bridges, and canals at your leisure. Overnight docking in Amsterdam.

**Day 2: Amsterdam, Holland** – See the sights of Amsterdam from a unique perspective -a guided jogging tour of the city—all at an easy pace with stops for commentary; attend a painting class and be inspired by the masters' techniques. Paint your own canvas. Join a biking tour through the Dutch countryside or enjoy a guided canal cruise to explore Amsterdam's iconic waterways. Perhaps enjoy some kayaking or visit a castle in the afternoon or simply stroll this beautiful city. Overnight cruise to Arnhem.

**Day 3: Arnhem, Holland** – Take a guided tour of Arnhem's Kröller-Müller Museum with the world's second largest Van Gogh collection. Hike in the Hoge Veluwe National Park with a nature expert and discover its abundance of wildlife. Bike on the Hoge Veluwe National Park and admire its diversity of scenery. Join a guided sightseeing of Arnhem past impressive monuments. Evening overnight cruise to Dusseldorf.

**Day 4: Düsseldorf, Germany** – Join a guided tour of Düsseldorf. Visit the Old Town, but also discover its spectacular subway line, where each station has an individual magic character. Experience Düsseldorf's Old Town and get an insight into its culinary diversity. Join a biking tour to discover the sights and the city itself. Perhaps visit the city's microbreweries. Evening entertainment aboard ship and overnight cruise to Cologne.

**Day 5: Cologne, Germany** – Take a leisurely guided walk of Cologne for a view of her must-see sights, including its soaring twin-steepled gothic cathedral. Visit Cologne's Chocolate Museum and learn the process of chocolate production and ancient history of this food of the gods. Join an off-the-beaten-path guided tour to discover the quaint Belgian Quarter of Cologne. For a unique view of Cologne's history and beauty, join a jogging tour of the city. Enjoy a leisurely cruise to Engen in the afternoon. Overnight docking in Engen.

**Day 6: Engen, Germany** – For a unique experience, join an excursion to the "Lava City" of Mendig for a Volcano Encounter. Take a guided tour of Marksburg Castle, visit its battlements overlooking the Rhine, and take a scenic walk down the surrounding hillside back to your ship. Enjoy a leisurely guided walk of ancient Koblenz, including a cable car ride to Ehrenbreitstein Fortress. Lunch on board taking in the breathtaking beauty of the Rhine Gorge as you cruise on your way to Rüdesheim, where you will have time to discover this picturesque village. Dinner on board while cruising to Bingen where we will dock overnight.

**Day 7: Mainz, Germany** – Enjoy an early morning sail to Mainz before breakfast. Join a guided nature walk along one of the Rheinsteig walking trails through idyllic forests and vineyards. Perhaps a guided walk through the historic Old Town of Eltville am Rhein with a wine tasting included. Or discover the Romanesque beauty of Eberbach Monastery. Evening and overnight cruise to Frankfurt.

**Day 8: Frankfurt, Germany** – Our river cruise ends following breakfast.

## **Trip Details:**

### **What will it cost?**

Staterooms start at \$2,781 per person double occupancy.

Most shore excursions are included and bicycles are available to use. All meals onboard are included. Shipboard gratuities are included as a group perk. Be sure and register early as these small cruise ships (compared to ocean-going vessels) sell out very early.

Onboard amenities include an alternative light dining option in the Panorama Bistro, an expanded fitness center, complimentary Wifi, and a spacious Sky Deck with premium lounge chairs, whirlpool, and light al fresco lunches.

### **YMCA Alumni host:**

**Jean Carmichael** of the Schreiner Chapter, YMCA Alumni President.