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## **CULTURE, CUISINE & EVERYTHING IN-BETWEEN**

### ***Avalon Waterways Doubles-Down on Active & Discovery Cruises for 2022***

**TORONTO, Ontario – April 27, 2021** – Stir-up a dish passed down through generations or mix-up paints on a palate? Warm-up with a morning guided sightseeing walk or chill-out during a wine tasting? Wander the halls of history or step-through the ruins of an ancient castle? Paddle through scenery or pedal around cityscapes? On Avalon Waterways' [Active & Discovery](#) cruises, featuring Avalon Choice excursions, every day is an adventure and every adventure is up to the cruise line's guests. This idea – and promise – couldn't be more true in 2022. For the first time, travellers are invited to choose an Active & Discovery cruise on the Danube, Rhine, Moselle, Rhône and Seine Rivers as well as the waterways of Holland and Belgium.

Since launching Active & Discovery cruises on the Danube River in 2017, Avalon Waterways has added these popular itineraries to every major European waterway it sails, increasing its offerings by 600 percent (600%). In 2022, the company is offering travellers six (6) Active & Discovery itineraries with 47 departures.

"Untethered and full of opportunities to infuse interests and passions into each cruise, our Active & Discovery vacations feature extraordinary – included – activities that give travellers the choices they crave," said Pam Hoffee, managing director of Avalon Waterways. "On these one-of-a-kind cruises, every day, travellers can choose from a selection of included 'Active,' 'Discovery' and 'Classic' excursions. In fact, the average number of Avalon Choice excursions on these cruises is 22, giving our guests countless opportunities to customize their getaway."

**NEW Active & Discovery itineraries for 2022 are *Active & Discovery on the Moselle* and *Active & Discovery on the Seine*.** They join *Active & Discovery in Holland & Belgium* (added in 2021); *Active & Discovery on the Rhône* (2019); *Active & Discovery on the Rhine* (2018) and *Active & Discovery on the Danube* (2017).

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The NEW 8-day Moselle itinerary features 21 Avalon Choice excursions, including:

**ACTIVE:**

- Paddle a canoe on the mighty Moselle River
- Hike up to Landshut Castle in Bernkastel
- Bike through the Moselle Valley near Cochem
- Soar over Rudesheim on an open-air cable car and hike through the vineyards

**DISCOVERY:**

- Enjoy a wine-tasting in the Moselle Valley
- Take a walk through history, visiting one of Germany's oldest mustard mills
- Visit a famous local brewery in Koblenz and taste a classic brew
- Meet with an apple orchard farmer and walk through the family's orchards

**CLASSIC:**

- Walk the winding streets of Cochem and spend the afternoon at Reichsburg Castle
- Visit the medieval marketplace of Bernkastel
- Take a guided tour of the famous Frankenstein castle

The company's NEW 9-day Seine cruise also features 23 Avalon Choice excursions, including:

**ACTIVE:**

- Spend the day in Le Havre on two wheels
- Kayak along the Seine river, near Rouen
- Hike up to the castle ruins of Château Gaillard, the historic home of Richard the Lionheart
- Take an e-bike tour to the Château de Maisons-Lafitte

**DISCOVERY:**

- Enjoy a cocktail workshop in Palais Benedictine where world-famous Benedictine liquor is made
- Discover the legends of the haunted Abbey de Mortemere
- Learn about the Normandy cheese trail and taste traditional pastries
- Visit Chantilly Castle where the experts of the Confrérie des Chevaliers Fouetteurs de crème Chantilly will help you prepare Chantilly cream

**CLASSIC:**

- Visit the WWII landing beaches of Normandy and the American Cemetery
- Learn the history of Joan of Arc on a walking tour of Rouen
- Walk in the footsteps of Vincent van Gogh in Auvers-sur-Oise

Active & Discovery cruises are also spotlighted in the company's new [Storyteller Series](#) of sailings, featuring celebrity hosts. Candace Bushnell is hosting ***Sex & the City of Lights*** – an *Active & Discovery on the Seine* itinerary, departing on July 19, 2022; Cheryl Strayed is hosting ***Wild & Whimsy on the Water*** – an *Active & Discovery on the Danube* itinerary, departing on July 21, 2022; Gillian Flynn is hosting ***Gone Girl!*** – an *Active & Discovery on the Danube* itinerary, departing on September 15, 2022 and Edwin McCain is hosting ***I'll Be ... Romancing the Rhine*** – an *Active & Discovery on the Rhine* itinerary, departing on May 3, 2022.

“Priced from \$3,767, our *Active & Discovery* vacations include more excursions – at the same cost – as other river cruise itineraries,” said Hoffee. “They are the perfect choice for travellers who have a diverse set of interests; those who want to customize their vacation; those returning to a river for a new experience and multi-generational travellers with different passions and pace levels. There’s nothing else like them on Europe’s rivers.”

All Active & Discovery cruise itineraries sail on Avalon Waterways’ signature Suite Ships which provide guests two full decks of 200-square-foot, one-of-a-kind Panorama Suites featuring the industry’s only Open-Air Balconies and beds facing the incredible views for which river cruising is famous.

**BOOK NOW & SAVE:** Receive FREE AIR from select Canadian gateways PLUS SAVE up to \$1,300 per couple on select 2022 Avalon Waterways river cruises. For details, click [here](#).

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#### ABOUT AVALON WATERWAYS

Travellers wanting to see the world need only cruise down its legendary rivers. For those interested in seeing more of the world, there’s Avalon Waterways®. Our entire fleet of Suite Ships® proudly present Avalon Waterways’ unique Open-Air Balcony<sup>SM</sup>—cruising’s only bed with a view, more space and 24/7 access to open-air cruising. When travellers pair panoramic scenes with the widest-ranging excursion choices in river cruising, they’re in for an experience as wide open as the view.

On an Avalon cruise, schedules give way to whims, leaving travellers the freedom to do exactly as they please, when they please. Whether enjoying a guided walking tour of one of Europe’s great cities, joining a cooking class or paddling a canoe, our *Avalon Choice*® selections of Classic, Discovery and Active excursions offer a wide range of possibilities. When travellers prefer to explore on their own, Avalon helps with recommendations, information and the gear they need, thanks to Adventure Hosts, an Adventure Center and AvalonGO mobile app. And when it’s time to refuel, Avalon’s *FlexDining*® program gives guests the choices they crave.

When travellers sail the world with Avalon Waterways, every day is an adventure and every adventure is up to our guests. For more information, visit [www.avalonwaterways.ca](http://www.avalonwaterways.ca); travel agents can visit [www.agentlingo.ca](http://www.agentlingo.ca). Avalon Waterways is a proud supporter of The Ocean Cleanup.