



New Expedition Territory

This year, the Canadian line One Ocean Expeditions is introducing shorter seven- and eight-night trips in the Canadian Arctic to spot polar bears and migratory birds (from \$5,195). Operating a 70-foot wooden schooner carrying up to eight guests, the British Columbia-based Outer Shore Expeditions is adding a nine-day itinerary exploring Great Bear Sea in Canada, where whale sightings are common, with access to the Great Bear Rain Forest, known for its grizzly bears and the white bears known as spirit bears (about \$4,100).

Lindblad Expeditions is planning two voyages that circumnavigate the Falkland Islands. The 102-guest National Geographic Orion will make the 13-day trips departing Oct. 19 and 28 (from \$10,850) with opportunities to visit penguin colonies, bull elephant seals and the world's largest colony of black-browed albatrosses.



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Theme Cruises

For every hobby it seems there is a cruise. American Queen Steamboat Company, which operates a 436-passenger paddle-wheeler on the Mississippi River, will offer two new "Music of America" trips, one from New Orleans to Memphis focused on the Delta blues March 27 to April 4 and another from Nashville to Memphis channeling blues country music, from Oct. 23 to 31 (both from \$2,249).

Lindblad Expeditions carries National Geographic photographers on every trip aboard its Orion and Explorer ships and certified photography instructors on all others. Similarly, Adventure Canada, which runs cruises in northern waters, has collaborated with Nikon Canada to supply free Nikon equipment and onboard instruction on the 198-passenger ship Ocean Endeavor, which will visit the Arctic, Greenland and Newfoundland among its destinations this summer. Abercrombie & Kent will introduce an itinerary focused on art and architecture on the Rhine this summer (from \$6,195).

Active Trips

Forever battling its indulgent image, the cruise industry remains on a health kick. MSC Cruises has announced its "Wellness Experience," which includes a precruise questionnaire on wellness goals, onboard consultations with a trainer and a doctor, group fitness classes and shore excursions that focus on activities like jogging in Athens or biking in Copenhagen. The program will begin in April 2017.

On its 120-guest Silver Discoverer, Silversea Cruises has introduced wellness voyages in exotic destinations like Indonesia that include free yoga and



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Pilates classes, sometimes held in port; personal training sessions; a free massage per person and daily lectures and cooking demonstrations covering health and nutrition.

AmaWaterways joined with the active travel company Backroads to introduce biking, walking and hiking excursions on Danube sailings last year and will expand them to the Rhine, Rhone, Seine, Douro, Garonne and Mekong Rivers this year.

Celebrity is also offering more fitness-focused shore excursions including stand-up paddle board yoga, hydro-biking, cycling and canoeing.