

VIRTUOSO LIFE

RIVER CRUISING HITS THE BIG TIME AMAWATERWAYS

* VOTED BEST RIVER CRUISE LINE BY VIRTUOSO TRAVEL ADVISORS EIGHT YEARS IN A ROW *



AmaMagna – Twice as Nice
Spacious suites, sustainable design, and gourmet
food and wine on the Danube's largest ship



- Favorite Itineraries
- Exclusive Excursions
- Previewing the *AmaSiena*



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Dear Virtuoso Traveler,

Ama means “love” - and love is at the heart of everything we do at AmaWaterways. From passionate chefs who prepare our signature locally sourced cuisine to the unparalleled service of our warm and welcoming crew, we make it our mission to treat you to the best personalized experience from the moment you book to the moment you return home - and all the moments in between.

Our love extends to our dedicated Virtuoso agency partners, who have been a vital part of AmaWaterways’ success as a river cruise line. In fact, for eight wonderful years in a row, Virtuoso advisors have voted AmaWaterways “Best River Cruise Line,” a distinguished honor we are very grateful for and proud of. Rest assured that when you book our award-winning sailings through a Virtuoso travel advisor, you’re working with a knowledgeable expert who is as dedicated to ensuring you have a memorable experience as we are. Plus, your advisor will provide you with exclusive access to the Virtuoso Voyages program, which includes VIP benefits such as additional private Virtuoso-hosted shore excursions or up to \$300 of onboard credit per stateroom on select itineraries.

In this special print supplement, we share an inside look at our 2020 cruising season and highlight new ships, wellness activities, and itineraries, such as our seven-night “Magna on the Danube” voyage, exclusively available on the one-of-a-kind *AmaMagna*. You’ll hear from some of our wonderful crew, a loyal solo traveler, a returning wine host, and others about the experiences they cherish the most - and why you should book your next cruise with AmaWaterways.

You deserve the best return on life, and investing in yourself through travel is a time-honored way to accomplish that. Read on to see how AmaWaterways’ enriching experiences more than deliver on the return you deserve.

We look forward to showing you the world - one river at a time.

Warm regards,



Rudi Schreiner
Co-Founder and
President



Kristin Karst
Co-Founder and Executive
Vice President



Gary Murphy
Co-Owner and Senior Vice
President, Sales



The *AmaMagna* sails the Danube River in Passau, Germany.

More to Love

AmaMagna doubles the joys of European river cruising.

When the *AmaMagna* debuted in May 2019, it made a splash. “My recent sailing on board the *AmaMagna* was exceptional in every way,” says Virtuoso travel advisor Katie DeFilippis. “The crew exhibited a level of excellence every single day.” Twice the width of other cruise ships on the Danube River, the 196-passenger vessel promises to reinvent river cruising. The method: Offer ocean-size diversions – a spacious wellness studio, roomy suites with balconies, four dining venues, and five bars – without sacrific-

ing the intimacy of cruising storied waterways with close-up views of medieval towns and easy access to vineyards and historic castles. What to do with all that space? A few suggestions:

EXPLORE ON BOARD Much of the *AmaMagna*’s expanded design pays off in the engaging public spaces. Take advantage. The sundeck boasts a yoga tent, pool, hot tub, and pop-up bar. Inside, fireside libraries sport plush seating. The main lounge’s dance floor

SHIP REVIEW

“This is an amazing vessel,” cruiser Peter Silverstone told Virtuoso advisor Lorrie Dirksen. “All the space was put to excellent use with large staterooms that had proper balconies. This was the best food I have had on any cruise ship, and the service was absolute top rank – and I talk as somebody who has been lucky enough to travel on more than 25 cruises.”

hums après dinner, and the 26-seat cinema is a hot ticket during championship matches and games.

STRETCH OUT The bright, river-view Zen Wellness Studio hosts Pilates, stretching, and exercise classes daily, as well as spin classes just outside on the balcony. Stop in for a glass of fresh juice, a massage, or a mani-pedi in the tranquil salon – or all three.

TABLE-HOP With space comes opportunity, especially when it involves dining. “What distinguishes the *AmaMagna* from the rest of the fleet is the plethora of options,” Virtuoso agency owner

Vanessa McGovern says of the four distinct venues. The main dining room serves extensive breakfast and lunch buffets and multicourse, à la carte dinners paired with wine. Add a dash of theater at The Chef’s Table, where tasting menus come together in an open kitchen. At Jimmy’s, you’ll enjoy hearty family-style meals at long communal tables. All-day tapas at the Al Fresco Restaurant come with panoramic views.

TAKE IT EASY While *AmaMagna* doubled the space, it didn’t double capacity. Staterooms are larger than on other river ships, making them a place to be

in their own right. “The suites were truly amazing, not only in size, but in comfort and in design,” says DeFilippis. The 474-square-foot Grand Suite, in particular, makes an excellent case for hiding away, with a river-facing king bed, love seat, glass shower, comfortable bathtub, pop-up flat-screen TV that disappears at the touch of a button, and sectional balcony seating, which can be configured into a chaise for lounging.

AmaMagna sails various itineraries on the upper and lower Danube year-round, from Bratislava, Slovakia, to Giurgiu, Romania. Seven-night cruises from \$2,899.



The *AmaMagna's* portside library and (left) a bird's-eye view of the sundeck.

SHIP REVIEW

“We hadn’t been on a river cruise before and weren’t sure what to expect, but the *AmaMagna* exceeded every expectation,” travelers Tom and Beth Whelley reported to Virtuoso advisor Diane Colaizzi. “The ship is beautiful, and our spacious stateroom had significantly more storage than we expected. It was larger than rooms we’ve had in fine hotels.”



The *AmaMagna*'s main lobby and atrium.

Stem-to-Stern Sustainability

Eco-smarts on the Danube River.

A commitment to sustainability permeates the *AmaMagna*, from its motors to its cocktails. In a first-ever for river cruising, the ship features ten hybrid-electric engines – smaller, lighter, and more fuel-efficient than conventional models – that can be switched on and off as needed. Fortress-hopping downriver with the current: Cut some engines. Cruising upriver: Dial up reinforcements. With these calibrations, AmaWaterways expects to reduce fuel consumption by 20 to 25 percent. Less engine noise and

vibration are two more perks of this green design.

Throughout the ship, LED lighting and reinforced insulated windows reduce energy demands for heat and AC. Solar panels provide clean heat, while a new freshwater storage system cuts down on the need for chemicals. In port, the ship plugs into land-based power instead of running on generators. And the cocktails? You won't find a plastic straw in rocks glasses or anywhere on board. In fact, the line has committed to eliminating single-use plastic entirely on all European cruises by the end of the year.

Now Sailing

AmaMagna's newest itinerary offers fresh excursions in 2020.

Seven-night, Vilshofen-to-Budapest voyages will sail in Austria, Germany, Hungary, and Slovakia, with port excursions personally curated by AmaWaterways' Co-Founder and President Rudi Schreiner. The "Magna on the Danube" itinerary promises many memories: In Vienna, travelers spend an afternoon touring the UNESCO World Heritage site of Schönbrunn Palace and Gardens of the eighteenth-century Hapsburg royal family. The next day, sail through the Wachau Valley to the Austrian town of Spitz. In the evening, guests have access to an exclusive wine experience to taste regional grüner veltliners and rieslings. Virtuoso agency owner Vanessa McGovern, who recently visited Slovakia on another AmaWaterways voyage, especially recommends the capital city Bratislava: "It's where I felt I most experienced the local culture." *Departures: Multiple dates, March 22 through December 27; from \$2,899.*



SHIP REVIEW

"What an amazing first-time cruise for us," traveler Terry Herr told Virtuoso advisor Joy Cottrill. "It will be difficult to cruise on another ship after the *AmaMagna*. We tried all the different dining options, and the daily activities were extremely well planned."



Local Insight

PETER RIMA

AmaMagna Hotel Manager

Budapest local Peter Rima remembers walking along the Danube as a child with his mother and watching ships pass. Today, he oversees the *AmaMagna's* hotel management, drawing on more than 20 years of luxury yacht management experience. Here, he shares a few tips for the region.

MY FAVORITE PARTS OF THE

DANUBE: Budapest for history and the Wachau Valley for natural beauty.

HOW TO SPEND A DAY IN BUDAPEST:

- **What to do:** Buda Castle and the Széchenyi Thermal Baths.
- **Where to eat:** És Bisztró in the Kempinski Hotel Corvinus Budapest; Villa Bagatelle; and

Trattoria Toscana.

• **Where to shop:** Andrassy Avenue and the Great Market Hall.

A DON'T-MISS AMAMAGNA

EXCURSION: On bike tours in Krems, Austria, travelers cycle through grüner veltliner and riesling vineyards and past historic UNESCO sights.

ONE OF MY BEST AMAMAGNA MEM-

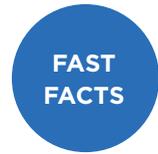
ORIES: Fine dining under the stars at the Al Fresco Restaurant. My favorite dishes are the wild herb chimichurri crostini and oven-baked vegetable salad with skin-grilled sea bass.

I NEVER TRAVEL WITHOUT:

My lucky pen and favorite hiking shoes.



Cruising past Budapest's Hungarian Parliament Building



72 feet across

AmaMagna is twice as wide as traditional European river cruise ships



2

**MESSAGE ROOMS
IN THE ZEN WELLNESS STUDIO**

98

**staterooms, including 53
suites (the smallest is a
roomy 355 square feet)**



Number of crew members ready to respond to guests' every need:

70

8

**pairs of connecting suites -
a boon for families**



SHIP REVIEW

"The *AmaMagna* is a magnificent ship," cruiser Bryan Bloom shared with Virtuoso advisor Deborah Trevino. "The port activities were just what we were looking for: There was a variety to pick from, and they were hosted by people who lived in each city. We got an insider's view of every port we visited."



Prime balcony views on the *AmaMora*.

Waves in the Making

AmaWaterways' newest ship takes on the Rhine River; plus, the *AmaSiena* debuts this summer.

Last July, the 156-passenger *AmaMora* embarked on its maiden voyage – a seven-night, Amsterdam-to-Basel cruise – and proudly sailed forth as AmaWaterways' newest ship.

But not for long. Soon, *AmaSiena*, its 156-passenger sister ship, will set sail for legendary wineries and tasting rooms, UNESCO World Heritage sites, bankside

towns, and Christmas markets along the Rhine, Main, and Moselle rivers.

The *AmaSiena* is replete with the thoughtful details and amenities guests have come to expect from the cruise line. The majority of staterooms feature two view-capturing balconies – one French, the other step-out. With four suites, six pairs of connecting staterooms,

COMING SOON

The *AmaLucia* debuts next year, just in time to cruise past millions of blooming tulips during a seven-night round trip from Amsterdam through the Netherlands and Belgium. *Departure: March 16, 2021; from \$2,799.*

The sundeck pool and swim-up bar on the *AmaSiena*.



and 12 triple-occupancy staterooms, the vessel makes multigenerational travel for families a breeze. Also accounted for: the sundeck's walking track and a heated pool with swim-up bar, massage services, a beauty salon, a fitness room, and a fleet of complimentary bikes in every port.

The *AmaSiena's* inaugural, 11-night voyage from Amsterdam to Basel takes guests on a magical "Rhine & Moselle Fairytales" cruise: The Black Forest, ancient Roman ruins, a baroque palace, and hearty beer await. *Departure: July 22; from \$5,499.*



Amsterdam tulips and (right) scallops with matcha sauce at The Chef's Table.

(TULIPS) MEDIA PRODUCTION/GETTY IMAGES

Advisor Insight

MARGO CLAYTON BRUCE

Virtuoso Travel Advisor

Margo Clayton Bruce advises international clients and has more than 30 years of travel experience in her repertoire. Recently, she joined the *AmaMora* for a seven-night, Amsterdam-to-Basel voyage on the Rhine.

SET THE SCENE: My husband and I boarded the *AmaMora* on a gray October afternoon and immediately felt the dreariness wash away when we were greeted by the smiling crew. The amount of storage space in our stateroom's closets and drawers pleasantly surprised us (especially since we had both overpacked).

ABOUT THE FOOD AND WINE: I love seafood and was delighted every day by the marvelous options, while my

husband enjoyed the quality of meat selections. Deciding what to eat typically proved the hardest decision of the day. Well-chosen wines and beers complemented lunches and dinners.

MAKE SURE YOU DON'T MISS: The "Sip and Sail" cocktail hour with complimentary drinks. It's a great way to meet other guests, and a wonderful segue into the dinner and evening entertainment.

A SCENE I'LL NEVER FORGET: Sailing through the Rhine Gorge on a beautiful sunny day, with castles lining the hills around us. We were wrapped up in blankets on the sundeck, sipping hot coffee and brandy. It was so glorious we sat there for hours, afraid to miss any of the scenery.



Remote Voyages

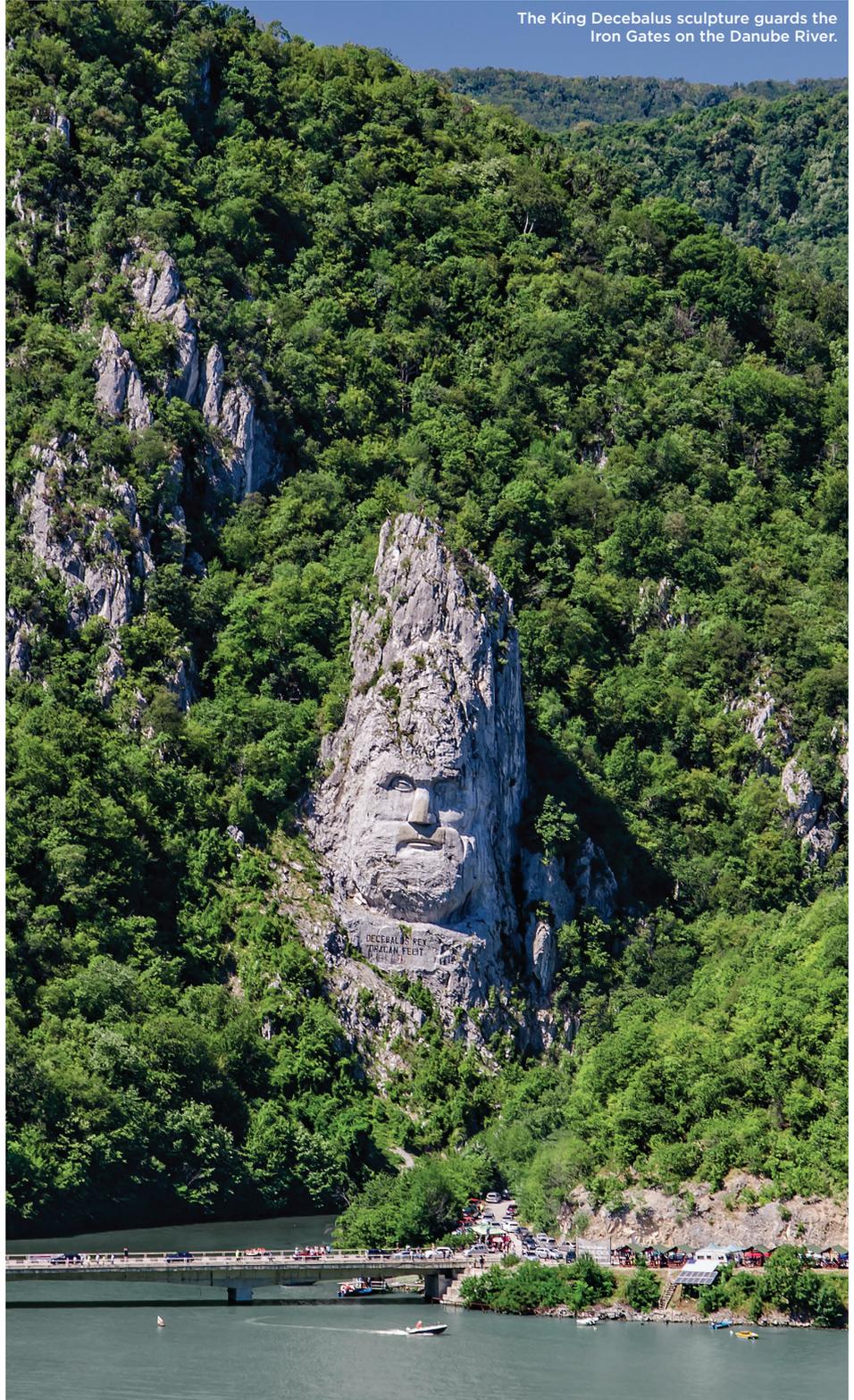
Two lesser-known river cruises, from fabled Bulgaria to the corners of Cambodia.

WRITE YOUR OWN SAGA

Near the border between Serbia and Romania, the Danube River narrows into a gorge guarded by a ruined fortress and the massive face of the last king of Dacia, carved out of stone. It's like something out of *The Fellowship of the Ring* – only **the Iron Gates** aren't a fantasy. A journey through southeastern Europe promises many pinch-me moments like this as cruisers take in awe-inspiring sights along a less frequently traveled stretch of this storied waterway.

The *AmaMagna's* seven-night cruise passes through Hungary, Croatia, Serbia, Bulgaria, and Romania. In Bulgaria, explore Belogradchik, a collection of ethereal rocks so strange they have their own legends; churches carved out of rock in Ivanovo; and well-preserved medieval castle Baba Vida in Vidin. Novelty alert for wine connoisseurs: Sample **graševina, traminac, and frankovka wines** in Ilok, Croatia, where wine growing dates back to the Roman Empire. *Departures: Multiple dates, May 10 through June 7; from \$2,799.*

The King Decebalus sculpture guards the Iron Gates on the Danube River.

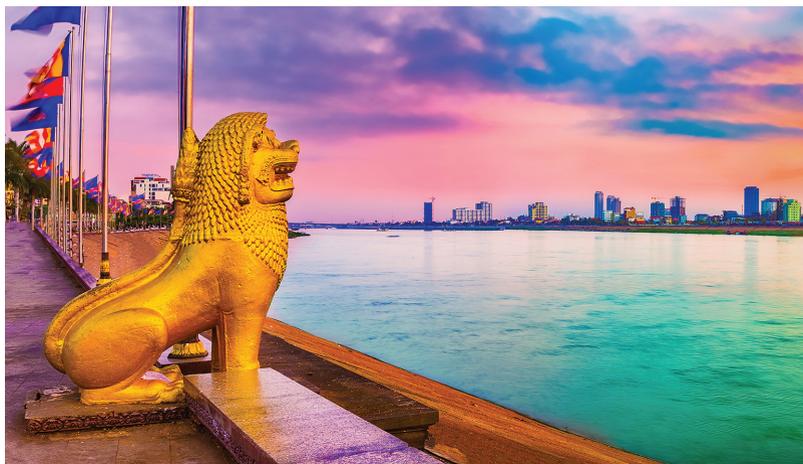


FLOATING WORLDS

Discover the lush, languid Mekong River on its own terms and via local transport during the 124-passenger *AmaDara's* seven-night cruise from Siem Reap, Cambodia, to Saigon, Vietnam. Guests board rickshaws to the unspoiled town of Tan Chau, Vietnam (with stops at rattan and silk workshops), and take rowboats through narrow channels to nearby Evergreen Island, which is dotted with small farms and houses on stilts as protection from monsoon floods. A tuk-tuk tour of Phnom Penh, Cambodia, reveals traditional shrines and temples beside French colonial buildings and New Khmer architecture. Oxcarts provide transit along the riverbank in Cambodia's rural Kampong Tralach village.

Other highlights include a shore excursion to the temple at Oudong, Cambodia, to receive a **Buddhist blessing**; and a visit to Angkor Ban, one of the few villages not destroyed under the Khmer Rouge. (An optional excursion to the infamous killing fields and the Tuol Sleng Genocide Museum, near the capital, fills out that story.) Follow the footsteps of French writer Marguerite Duras in Sa Dec, Vietnam, where she lived as a youth, and visit the house of her paramour, purportedly the inspiration for her prize-winning novel, *The Lover*. *Departures: Multiple dates, January 13 through December 28; from \$2,399.*

Clockwise from top: The Phnom Penh riverside, a bicyclist in Vietnam, water lilies on the Mekong River, and AmaWaterways Co-Founder Kristin Karst at a rice-paper workshop in Cai Be, Vietnam.





Kuenringer Castle overlooking Dürnstein, Austria.

Step Ashore

Included excursions make the most of every minute.

AmaWaterways delivers meaningful, small-group experiences in ports, included in the price of the cruise. Historic walking tours accommodate every activity level, and each cruise offers up to three or four bike rides and at least two hiking choices per week. Special-interest outings offer hands-on culinary experiences, such as hunting for “Black Diamond” truffles in Avignon or learning how German Kölsch beer is made.

CASTLE IN THE SKY

The trail to Kuenringer Castle in Dürnstein, Austria, is steep but rewarding. Virtuoso travel advisor Foy Renfro describes the early-morning trek: “Picture a cold winter’s day in late November, with fog hovering over the river and the beautiful stone village. As we strolled along, dormant grüner veltliner vines lined both sides of the path, and we smelled the fresh bread



Cochem, Germany.



Local Insight

**RACHEL
COUTO-GOMES**

Cruise Manager

The eight-year Ama sailor on Cochem, Germany.

WHY GUESTS LOVE IT: Cochem is by far the most beautiful village on the Moselle River – and that’s quite a statement, as this might be the prettiest river valley in central Europe. The medieval Cochem Castle looks like a real-life hilltop Disneyland fortress.

HERE’S WHAT TO EXPECT: At the mustard mill, guests break into small groups so everyone has time to ask the owner questions, walk around, and, of course, taste many kinds of mustards.

MY VIP TIP: After the three-hour tour on a recent cruise, I invited the guests to an authentic hot dog stand and we ate German wurst with the newly purchased mustard – and a big stein of beer on the side.



from the village bakery. It was the most fantastic hike I have ever experienced. We explored the castle rooms and took in the spectacular view down to Dürnstein, still covered in frost.”

The most famous inhabitant of this twelfth-century fortress, Richard the Lionheart, likely didn’t view it as fondly. Guides clue travelers in on the family squabbles that led to the English king’s imprisonment here and other historic highlights of this strategic spot. *Available on several itineraries, including “Magna on the Danube” cruises.*

BIKING IN FRANCE

Hop on a complimentary bike in Blaye for a guided spin down the Captain’s Road, a coastal byway in the Bordeaux region of France. The route to Bourgsur-Gironde follows narrow lanes through Côtes de Bourg vineyards

(home to celebrated merlot-based wines), past cliffs, châteaux, and small, charmingly named villages such as Pain de Sucre (Sugar Loaf). *Available on “Taste of Bordeaux” cruises.*

CROCK OF AGES

In Cochem, Germany, the 200-year-old Historische Senfmühle (a historic mustard mill) still churns out nearly 900 pounds of the condiment daily, including one version derived from a fifteenth-century monastic recipe. After learning about mustard’s history and how it’s made, cruisers sample traditional mustards as well as infused varieties that taste like honey, custard, and riesling. “I loved it!” says Virtuoso advisor Yannette Edwards. *Available on “Vineyards of the Rhine & Moselle,” “Rhine & Moselle Splendors,” and “Rhine & Moselle Delights” cruises.*

The glass ceiling and retractable windows at the *AmaMagna's* Al Fresco Restaurant.



A Taste of Place

Food and wine serve as portholes to culture.

From setting exacting culinary standards to celebrating local food cultures, AmaWaterways takes an unabashedly epicurean approach to travel. You don't become the first river cruise line inducted into the international gastronomic society La Confrérie de la Chaîne des Rôtisseurs without establishing serious cred among world-renowned chefs, winemakers, and sommeliers. A glimpse of their secret ingredients:

- On every cruise, the onboard culinary team looks to **local purveyors** to provide fresh ingredients for seasonal,

destination-inspired cuisine with health-conscious options.

- Onboard wine experts curate tours and tastings. They also oversee **wine lists that change daily** to complement onboard menus and ports of call. Another reason to toast: Wine and beer at lunch and dinner – and sparkling wine with breakfast – are included in the fare.

- **Distinctive culinary spaces** keep dining interesting and varied on board. *AmaMagna* expands these options with two new restaurants. At the front of the ship, under a retractable roof

with floor-to-ceiling windows, the Al Fresco Restaurant pairs unobstructed views with vegetable-forward dishes and an all-day tapas menu. At family-style Jimmy's, "the shared dining experience cultivates so much laughter and meaningful connection," says travel agency owner Vanessa McGovern. "Family photos of the AmaWaterways owners on the walls tell the story of a passion project, and you can feel the love that went into the ship and restaurant."

The kitchen takes center stage at **The Chef's Table**, the only venue of its kind on Europe's rivers and a favorite recommendation among travel advisors. "When my friends cruise with AmaWaterways, I tell them they *must* try The Chef's Table," says Virtuoso advisor Joan Lovell. While travelers sip carefully selected wines in the private 36-seat venue, the chef prepares a multicourse tasting menu that draws on local ingredients and inspiration - and may end with an apple tartlet.

- **Food-centric shore excursions** connect guests with the people and places behind the scenes. Discover the secrets of homemade yogurt and traditional cheese pastry in a private kitchen in Bulgaria. Raise a stein (or two) in Vilshofen during an AmaWaterways-exclusive Oktoberfest, or visit the Château de Tournon in France for a presentation (and tasting) of red wine and chocolate pairings.

Leave time for meals at top city restaurants, too. "In Prague, we discovered some great dining," says Virtuoso agency owner Shelby Donley, who recently cruised the Rhine River on board the *AmaKristina*. "One of my favorite restaurants was The Blue Duckling, a can't-miss culinary icon."



Gravlax with cucumber, crème fraîche at The Chef's Table.

GETTY IMAGES; (BASKET) STOCKWOLFE; (DRINK) BARBAZ; (CHOCOLATE) JIRKA/EC

FAST FACTS



7 courses, from heirloom tomato carpaccio to eggplant caviar, make up The Chef's Table's tasting menu

0 Microwaves on board (AmaWaterways puts a premium on freshly prepared)



5 BARS ON THE AMAMAGNA

Nearly **70** wine-themed cruises hosted this year



1 time per night, locally sourced chocolates are placed on pillows at turndown



Enjoying the vineyards at Rudesheim on the Rhine River in Germany.

Europe Decanted

Old and New World cultures open up on a wine cruise.

AmaWaterways' wine-themed voyages delve into the world's most prestigious wine capitals in France, Germany, and beyond. Each itinerary is hosted by a notable North American wine expert, certified sommelier, or vineyard owner who shares their knowledge in formal and informal conversations about all things vinicultural. They also bring along samples of their own creations or personal favorites – and pick up local vintages along the way – to serve at wine-paired dinners and tastings. Fruit-forward excursions include visits to private cellars and wineries, where more tastings and pairings await. Whether you have a seasoned appreciation for

wine or simply enjoy a sip now and then, AmaWaterways' nearly 70 wine-themed cruises in 2020 will provide fun and delicious insights into the fruit of the vine.

GERMANY BY THE GLASS

Rudesheim on the Rhine River – with its steep gorges, fortress, and grapevines as far as the eye can see – captures the spirit of Germany's wine country. (They've been making riesling here for more than 1,000 years.) Wertheim on the Main River sports half-timbered houses, a striking Gothic church, and a bakery where you can learn to make pretzels. Würzburg and Rothenburg,

nestled along the “Romantic Road,” boast a spectacular baroque palace and a well-preserved medieval old town, respectively. Visit them all during a seven-night “Treasures of the Main & Rhine” wine cruise aboard the 148-passenger *AmaDante* from Nuremberg to Amsterdam. Wine pro Susanne Sapier, founder and owner of Vineyard Grant James in San Diego County, will host the voyage. On tap: winetastings with a welcoming local vintner, walking and cycling tours among the vineyards, and smoked beer in Bamberg. *Departure: August 6; from \$3,699.*

VINEYARD-HOPPING ALONG THE MOSELLE AND RHINE

Nicholas and Cindy Palumbo of Palumbo Family Vineyards, a certified

sustainable winery and vineyard in Southern California, will host the 156-passenger *AmaSiena’s* seven-night “Vineyards of the Rhine & Moselle” wine cruise from Amsterdam to Luxembourg. Shore excursions include a hike through – or a gondola ride over – vineyards in Niederwald and Rudesheim, and a visit to the Bernkasteler Doctor vineyard in Bernkastel, Germany, where century-old riesling vines supposedly have curative powers. (Best to hear that story over a glass of wine.) In the spirit of beverage equality: Be sure to consider sampling Kölsch beer and potato pancakes at a Cologne tavern, as well as Rudesheimer coffee, which is spiked with brandy. *Departure: October 14; from \$3,799.*

Open Roads

Avid cyclists and casual bike riders cruise together.

AmaWaterways’ partnership with tour company **Backroads** brings the appeal of river cruising to all types of travelers. Every Backroads departure features four or more expert trip leaders on ship and on shore, support vans, a variety of cycling routes, and custom titanium bikes (or optional e-bikes) complete with preprogrammed GPS routes.

Cyclists depart daily on **supported rides at their preferred pace**, meeting up with the ship later that day. Group sailings average 26 cyclists, while full-ship charters range from 100 to 150. What started five years ago as a test on a handful of sailings has expanded to include more than 50 departures in 2020, with some itineraries tailored to couples, families, and solo travelers.



Biking along the Moselle and (right) a Bordeaux wine cellar



©WINE CELLAR: PATRICK HUTTNER/GETTY IMAGES

Wellness yoga classes on the *AmaMagna's* sundeck.



Restoration Station

Bring home improved wellness as a souvenir.

AmaWaterways Wellness Hosts – personal trainers, fitness instructors, outdoor enthusiasts – radiate health and a passion for active, balanced living in every class, ride, or hike they lead. This year guests will find them on all Mekong and European departures except for those in Portugal.

Group classes – from stretching, spin, and resistance-band training to yoga, Pilates, and Zumba – are designed to be comfortable for beginners but also satisfying for fitness buffs. “I was pleasantly surprised by how active and on the go the itineraries are,” says Virtuoso



Onboard Insight

ENRIQUE JIMÉNEZ

Wellness Host

PROOF THAT FITNESS IS FUN:

Our line-dancing class: It's designed for everybody – even those with two left feet! The easy-to-follow activity is good for your body and improves your coordination and rhythm.

FAVORITE BIKE EXCURSION: I love biking through the vineyards and nature, so I'd say tours in the towns of Breisach or

Rüdesheim along the Rhine River in Germany.

FAVORITE AMAWATERWAYS

MEMORY: Cruising the Rhine Gorge while taking a digestive walk on the sundeck track.

SERENITY NOW

Cambodia and Vietnam exert their own influence on AmaWaterways' wellness program. While cruising the

Mekong River aboard the 124-passenger *AmaDara*, discover new wells of calm and rejuvenation in a traditional tea ceremony, in participating in qigong and tai chi, and through meditation, pursued in the shadow of temples where monks have practiced mindfulness for centuries. Available on “*Riches of the Mekong*” and “*Charms of the Mekong*” cruises.



The herb garden on the *AmaMagna*.

travel advisor Minerva Padilla, who sailed with her mother aboard the *AmaPrima* last year. “You always have the option of joining an activity or just spending the afternoon reading a book on board. We also really appreciated the live music and dancing at night.”

Sundecks feature a whirlpool or swimming pool and a walking track, and hydration stations stocked 24/7 with citrus- and gemstone-infused water. “It was fascinating to learn about the gemstone water in the spa,” says agency owner Vanessa McGovern. “I was impressed by how wellness-focused *Ama*’s ships are!” Smoothie lovers: Stop by the airy Zen Wellness Studio aboard the *AmaMagna* every morning to make your own beverage with seasonal fruit.

When it comes to dining, every meal offers health-conscious and specialty-diet dishes – no hunting for gluten-free, low-sodium, or vegetarian substitutes. “I really liked how many menu options there were,” Padilla says. “You had the choice to indulge one day and eat super healthy the next.”



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Cruiser Insight

OLIS COOK

Solo Voyager

Traveler Olis Cook has sailed with *AmaWaterways* ten times – more than half of those solo. She first considered independent cruising in 2012, when she and her sister enjoyed an *AmaWaterways* Basel-to-Amsterdam cruise.

“I felt so pampered and wanted to do another,” Cook recalls. “I knew *Ama* would take care of all the little details, start to finish.” Here, she shares what it’s like to be solo queen of the ship.

PERKS OF SOLO CRUISING: I’ve been invited to the captain’s table on every cruise. Some cruise managers invite all the solo travelers to eat with them the first night, while others make an effort to introduce travelers to each other. Traveling alone allows me to indulge myself completely and have the freedom to connect with people.

FAVORITE MEMORY: Cologne Cathedral. My father was born in the city and often talked about how the *kirche*, meaning “church,” remained standing after WWII. He wanted to see it one more time, but never returned to Germany. I felt like I was fulfilling a dream as I viewed the giant spires from my cabin. I finally got to see the inside of this Gothic masterpiece, which took more than 600 years to finish.

HOW SOLO CRUISING CHANGED

THE WAY I TRAVEL: I become more independent, confident, and in tune with my emotions and desires with every cruise. It’s liberating.

ADVICE FOR FIRST-TIMERS: River cruising is the perfect way to start: You’re in a small group, you unpack once, and you travel in comfort to many different places.



Cologne Cathedral in Germany and (left) the *AmaMagna*’s sundeck pool.

VOTED BEST RIVER CRUISE LINE

BY VIRTUOSO ADVISORS

EIGHT-TIME WINNER, BEST RIVER CRUISE LINE
2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019



AN UNPARALLELED RIVER CRUISE EXPERIENCE

With award-winning AmaWaterways, guests are treated to a luxury experience highlighted by exquisite cuisine, included shore excursions in every port and unparalleled service – all while exploring the world, one river at a time.