

Your Wellness Hosts...



Yoga Instructor:
Jo Zukovich

Jo has over thirty years' experience and is certified in the Iyengar method. She has owned several studios, trained many teachers, and taught countless students and international workshops. She had the great opportunity of practicing close with B.K.S. Iyengar, the founder of Iyengar Yoga. Her passion for yoga and its countless benefits leads Jo's classes to be energetic, dynamic, and fun.



Sound Bath Instructor:
Joe Lauletta

Located in Seattle, Joe performs sound baths regularly for yoga studios and businesses looking to rejuvenate the mind and body experience. He coaches individuals and organizations on how to build authenticity and trust within the workplace. Joe enjoys volunteering as a guest lecturer about living abroad and physiological purposes of meditation at City University and Seattle University.

Included Highlights

- Special wellness, mindfulness, and fitness presentations
- Small group nutrition workshops
- Beach and on-deck yoga; walking meditation
- Guided strength training and fitness sessions
- Jet boat ride into Hells Canyon National Recreation Area
- *Terra Blanca Winery & Estate Vineyard* tour and tasting
- Transit eight locks and tour Bonneville Dam Visitor Center
- Hikes on both sides of the Cascade Mountains
- Swim in the Snake River
- Discover Columbia River Gorge National Scenic Area
- Convenience of sailing roundtrip Portland, Oregon



RIVERS OF WELLNESS ADVENTURE CRUISE

7 NIGHTS | OCTOBER 12, 2018 | ROUNDTrip PORTLAND, OREGON

With your wellness hosts, take a journey of serenity and renewal in a stunning landscape. The remote wilderness of the **Columbia & Snake Rivers** sets the stage—you're in for a most renewing, whole-body, health-consciousness adventure.

Save
\$350/cabin
Book by
4/1/18



RIVERS OF WELLNESS

DAY 1 Portland, Oregon - Embarkation

Welcome to Portland! Arriving at the airport, UnCruise representatives greet you for your transfer to our hospitality area downtown. And, if you have the time, go explore the city before setting sail on your rivers of wellness cruise. Along with your crew, light appetizers and a little welcome bubbly greet you on board.

DAY 2 Columbia River Gorge National Scenic Area

Near the Columbia River Gorge entrance, your sleek ship slips through the locks of Bonneville Dam. A private tour of the massive turbines and fish ladders at the visitor center offers a behind-the-scenes peek. Zip off by motorcoach to towering Multnomah Falls, the tallest falls in Oregon, for an empowering forest hike. Back on board, sit back for an afternoon of cruising upriver through the spectacular Columbia River Gorge, a river canyon that cuts the only sea level route in the Cascade Mountains.

DAY 3 Snake River Cruising

Take advantage of a full day of wellness seminars and yoga from Jo and Joe while making your way to the meeting of the Columbia and Snake Rivers. In between inspiration, take in hillside vineyards of some of the area's more than 200 wineries. Glimpse the surrounding wheat fields of the Palouse—one of the nation's top wheat growing regions—while you lounge on the sun deck. Join the captain on the bridge for a look at the navigation, and your crew on deck as the ship rises up through four locks, each one raising the vessel almost 100 feet. Finish your day from the top deck hot tub as you soak up the stars.

DAY 4 Clarkston, Washington / Hells Canyon

Board a covered jet boat for a ride into Hells Canyon. This free-flowing stretch of the Snake, hemmed in by vertical cliffs, cuts its way through North America's deepest river gorge. Keep your eyes peeled for bighorn sheep, golden eagles, and 7,000-year-old petroglyphs. At Cache Creek, a protected National Recreation Area since 1975, Hells Canyon preserves a world of nature and culture to take in while you do outdoor yoga. Finish the afternoon with quiet meditation.



DAY 5 Richland

Wake up with morning yoga sessions and in the afternoon pause to soak in the sweeping views of the Red Mountain AVA, the smallest, warmest wine-grape growing region in Washington. Tour and taste at award-winning *Terra Blanca Winery and Estate Vineyard*. Then back on board, ease into the afternoon with a relaxing massage and a guided sound journey. Lie down, listen to the gong, and let this deeply meditative experience enrich your flow on the river.

DAY 6 The Dalles, Oregon

Get energized back on land with a morning hike at The Rowena Crest Overlook or Tom McCall point. Wide hillside vistas and fresh air are good for the soul—and only get better as you climb. For the afternoon, explore The Dalles, stroll around town, or kick back with a local craft brew.

DAY 7 Astoria

Wellness means doing what's right for you. In either the morning or afternoon, choose between hiking to the Astoria Column with free time exploring the quaint Victorian streets of Astoria, or continue your spiritual and wellness journey with a final guided meditation or yoga session. The Captain's Farewell Dinner this evening, followed by reliving the week through photos and reflections hosted by your crew, is the perfect Namaste to your week.

DAY 8 Portland - Disembark

Your crew caps off a rejuvenating and restorative week with another excellent breakfast before bidding you "adieu." Disembark for your included transfer to the Portland airport.

Rivers of Wellness | 7 Nights, Roundtrip Portland, Oregon

2018 Friday Departure

Wilderness Discoverer

Oct 12

NAV=Navigator; PAT=Pathfinder; SGL=Single; TRB=Trailblazer; XPL=Explorer

\$175 port taxes/fees are additional. Cruise fares are per person double occupancy, in USD. Single fares are "from prices" reflecting the lowest fare available in select cabins. Triple fares available for select vessels/cabins.

FARES INCLUDE All onboard meals; spirits, wine, microbrews; non-alcoholic beverages; exclusive transfers and baggage handling between airport/vessel on embark/disembark days; entry fees to parks/preserves/winery; all from-the-vessel activities and equipment; wellness amenities: hot tub, fitness equipment, and yoga mats

This whole-body, whole-mind approach to travel is inclusive of all amenities typical of an UnCruise adventure plus the guest hosts and all Wellness-oriented programming.