

RHINE RIVER CRUISE – INCLUDED EXCURSIONS

During the trip along the Rhine, A-O Trips has chartered two ships which means two groups will be sailing at the same time. Most of the time we will be sailing/docking in tandem (side by side). However, there may be occasions where the ships are docked independently of each other in different locations. Not only will it be important that you know which ship is yours, but these different docking positions may impact content of specific excursions as well as transfer time for the excursion.

Wave	Travel Dates	Group # / Ship Name	Group # / Ship Name
Wave 1	Depart US July 19 – Return July 28	Group 1/ Panorama	Group 2 / Impression
Wave 2	Depart US July 27 – Return Aug 5	Group 3 / Panorama	Group 4 / Impression
Wave 3	Depart US Aug 4 – Return Aug 13	Group 5 / Panorama	Group 6 / Impression
Wave 4	Depart US Aug 12 – Return Aug 21	Group 7 / Panorama	Group 8 / Impression
Wave 5	Depart US Aug 20 – Return Aug 29	Group 9 / Panorama	Group 10 / Impression
Wave 6	Depart US Aug 28 – Return Sep 6	Group 11 / Panorama	Group 12 / Impression
Wave 7	Depart US Sept 5 – Return Sep 14	Group 13 / Panorama	Group 14 / Impression
Wave 8	Depart US Oct 28 – Return Nov 6	Group 15 / Vista	Group 16 / Expression

Listed below are daily activities and excursions that are included at no extra cost to you. You are allowed to select one per day when offered. **Excursions are first come, first served basis so we suggest signing up as soon as you receive the MyAvalonSM link. You can expect to get this via email approximately 3-4 weeks prior to your group arrival day.**

Cancellation policy for excursions: you can cancel any included or optional excursions purchased up to 3 days prior to the shore excursion. Tours can be cancelled through MyAvalonSM or on board with the Cruise Director.

Avalon Waterways classifies their excursions into these categories:

ACTIVE: Embark on energetic excursions to keep you in motion and on the go such as a guided biking tour, kayaking or hiking your way through scenic locales.

DISCOVERY: We've found inspiring and interactive activities to your interests such as cooking classes that immerse you in each culture you explore.

CLASSIC: Your local expert is ready to guide you through the history and heritage of local destinations. You'll marvel at the legends, lore, and spectacular architecture of iconic and historic sites.

Day 1 Amsterdam

All A-O Trips participants can participate in this included excursion. Prior registration is not necessary.

The Heart of Amsterdam Walking Tour

***This tour will not be on MyAvalonSM to select, as it is included in the program agenda**

Amsterdam, the capital city of the Netherlands, has earned the nickname "Venice of the North" and is a vibrant and cosmopolitan destination that attracts millions of visitors from all over the world each year. Known for its picturesque canals, historic architecture, and vibrant culture, Amsterdam is a city that has something to offer for everyone, whether you are interested in history, art, food, or nightlife. Your Local Guide will give you an overview of this historic city, its heritage, architecture, canals, the best places to visit and will share tips and tricks with you to have an easy start to your vacation!

DURATION: AM and PM Timeslots available, **sign up on the ship upon arrival**, 1 hr. walking tour plus walking back to ship; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation if needed due to ship docking location and guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This walking tour includes a 1 hour walk on uneven surfaces within the city center and then a walk back to the ship or transfer via motor coach depending on final docking position.

ACTIVITY CLASS: CLASSIC

MAXIMUM: No Maximum

Day 2 – Nijmegen

Choose one of the following included activities in advance through MyAvalonSM.

1. A Bridge Too Far: Airborne Museum Hartenstein

Note: This tour is not available on wave 7 (groups 13, 14), Groesbeek Canadian War Cemetery and the Freedom Museum is available as an alternative.

Immortalized in the film “A Bridge Too Far,” the Battle of Arnhem was a major conflict during World War II in which Allied forces attempted, unsuccessfully, to capture a bridgehead on the northern banks of the Rhine River in 1944. This gripping guided excursion takes you to the award-winning Airborne Museum Hartenstein, which is dedicated to the battle. Housed in the impressive 19th-century Villa Hartenstein, former headquarters of the British command, you’ll get a poignant retrospective. Stories of British, Polish, and German soldiers, as well as civilians who lived through the ordeal, come to life through the large collection of authentic weapons, equipment, uniforms, documents, films, and photographs. An underground 3D “Airborne Experience” in the cellar places you right in the center of the action, showcasing the war in all its intensity. You’ll even follow in the footsteps of a British parachutist as you are briefed on the mission, board a glider, and “fly” over the occupied Netherlands—an unforgettable experience.

DURATION: AM Tour, typically 9am-1pm, 4 hrs; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don’t forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation, entrance to the Airborne Museum and War Cemetery and guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This tour will involve some walking and stairs, however there is an elevator in the Airborne Museum Hartenstein.

ACTIVITY CLASS: Classic

MAXIMUM: 80 people



Groesbeek and the Freedom Museum

Note: Available wave 7 Only (groups 13, 14) as an alternative to “A Bridge too far: Airbourne Museum”

Visit the Groesbeek Canadian War cemetery for a short stop to see 2,610 Commonwealth burials from the Second World War, alongside nine war graves representing other nationalities. After a short drive reach the Freedom Museum. Experience a riveting narrative of War and Freedom transcending borders in the Netherlands, Germany, Europe, and beyond. Within the museum's walls, the Second World War unfolds through a kaleidoscope of perspectives, intricately woven into the tapestry of the 20th century and contemporary events. Wander among the interactive exhibits; watch original films; see what life was like before the war and under Nazi occupation; and celebrate the against-all-odds liberation.

DURATION: AM Tour, typically 9am-1pm, 4 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don’t forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation, entrance to the Freedom Museum and Groesbeek Canadian War Cemetery and guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This tour will involve some walking and stairs.

ACTIVITY CLASS: Classic

MAXIMUM: 80 people



2. Kröller-Müller Museum: A World of Art & Nature

Travel into Hoge Veluwe National Park for a visit (with audio guides) of the Kröller-Müller Museum. Celebrated as the world's second-largest Vincent Van Gogh collection, you'll have the chance to admire Van Gogh's paintings and drawings, as well as masterpieces by Claude Monet, Georges Seurat, Pablo Picasso, and others. Afterward, bask in the peaceful natural setting of the 75-acre (30-hectare) forested sculpture garden, one of the largest in Europe.

DURATION: AM Tour, typically 9am-1pm, 4 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation, entrance to the Kröller-Müller Museum with audio guides and coach escort.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This tour will involve some walking and possibly stairs.

ACTIVITY CLASS: Classic

MAXIMUM: 80 people



3. Nature on Two Wheels: The Ooijpolder Natural Reserve

Explore the beautiful landscape of lush fields and blue water on a bike ride through The Ooijpolder Nature Reserve – a natural paradise just a stone's throw from Downtown Nijmegen. Hop on an e-bike for a ride along the pathways of this picturesque nature reserve where you may even spot free roaming horses and cattle.

DURATION: AM Tour, typically 9am-12pm, 3 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation, ebikes, guide, a stop at Oortjeshekken Restaurant for coffee/tea and apple pie and restroom break.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: All participants will need to sign a waiver. This tour is a 3-hr. bike tour (with stops) on asphalt surface that is mainly flat and some short inclines.

ACTIVITY CLASS: Active

MAXIMUM: 60 people



4. Nijmegen Walking Tour

Discover Nijmegen, the oldest city in the Netherlands, with a guided walking tour. Learn how this city was first built more than 2,000 years ago by the Romans as 'Noviomagus' as era's newest and largest city in this hilly Netherlands region. See the archaeological Roman-era ruins in the city that was also damaged in WWII. Your Local Guide shows you the sights featuring the Roman walls, Renaissance houses, and local market. See Saint Nicholas Chapel, Valkhof Chapel, both built around the year 1000, the city hall, and famous Weighhouse on the Market Square.

DURATION: AM Tour, typically 9am-12pm, 3 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Local guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This walking tour starts out on an uphill path from the ship to the town center and includes a 2-hour walk (1 ¼ miles) on uneven surfaces within the city center and then a walk back to the ship after approximately 1 hour of free time.

ACTIVITY CLASS: CLASSIC

MAXIMUM: No Maximum



Day 3 – Bonn

Choose one of the following included activities in advance through MyAvalonSM.

Note: on wave 4 and 8 (groups 7, 8, 15, 16) these tours will be offered on Day 6.

1. Visit at Brühl Castle

Wave 1 (groups 1 & 2), this tour is not available, Drachenburg Castle Visit is available as an alternative.

Wave 2 (group 3 on Panorama), Brühl Castle is available.

Wave 2 (group 4 on Impression), Drachenburg Castle is available due to the docking positions.

Wave 4 (group 7 on Panorama), Transfer time to Brühl Castle will be approximately 30 minutes.

Wave 4 (group 8 on Impression), Transfer time to Brühl Castle will be 1 hour due to docking position.

Discover why the stunning Schlösser Brühl is ranked among the top palaces to visit in Germany. Your guided visit to this magnificent castle reveals the splendor and treasures of the 18th century palace adorned with ornate Rococo interiors and lavish gardens.

DURATION: PM Tour, 12:30pm – 3:45pm, 3 hrs. and 15 minutes; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

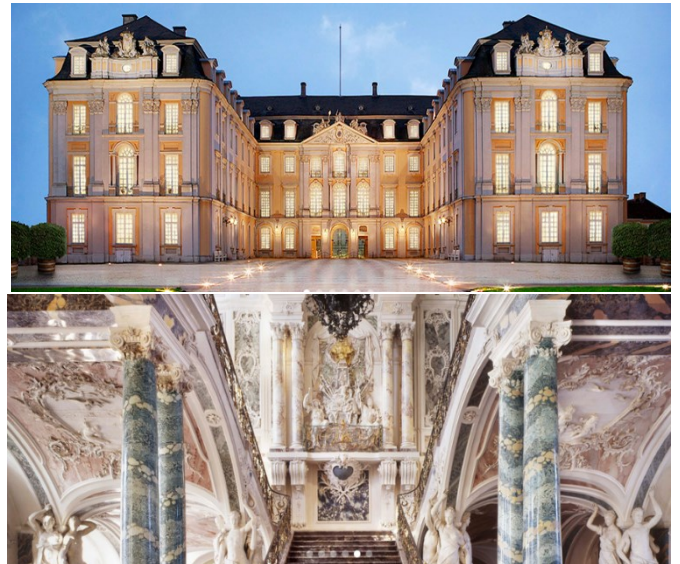
INCLUSIONS: Roundtrip transportation, guide, entrance into Brühl Castle.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This tour will involve some walking on cobblestone and uneven surfaces, inclines and possibly stairs. There is an elevator in the castle.

ACTIVITY CLASS: CLASSIC

MAXIMUM: 100 people



Drachenburg Castle Visit

Note: Available wave 1 (groups 1, 2) and Wave 2 (group 4 on Impression), as an alternative to Brühl Castle

Join us for a visit to Drachenfelsen (Dragon's Rock), where the legends of heroes and beasts still ignite the imagination of visitors. Visit Drachenburg Castle, perched high on this craggy volcanic hill above the Rhine. Ascend via the oldest cog railroad still in operation and take a guided tour of the ancient castle with its neo-early Gothic and neo-Renaissance architecture — made only more remarkable by the incomparable view of the Rhine River from its terraces above.

DURATION: PM Tour, 12:30pm – 3:45pm, 3 hrs. and 15 minutes; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation, Train tickets for ride up to the castle, guide, entrance into Drachenburg Castle.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This tour includes a 45-minute motorcoach transfer each way and a short 15-minute train ride. There will be some walking on cobblestone and uneven surfaces, inclines and possibly stairs. There is an elevator in the castle.

ACTIVITY CLASS: CLASSIC

MAXIMUM: 100 people



2. Wonders of Bonn

Join your guide for a walk in the vibrant city of Bonn, birthplace of Ludwig van Beethoven and former capital of Germany from 1949 to 1991. Pass by the magnificent former Residential Electoral Palace, now the prestigious University of Bonn. Enjoy a stroll on the pedestrian zone and shopping streets full of traditional boutiques. The tour will end in the city center of Bonn. You can walk back to the ship or stay in town to explore and make your own way back to the ship.

DURATION: AM Tour, typically 1:30pm-3pm, 1 hr and 30 minutes; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation if needed due to ship docking location, and guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This is a 1-hr and 30-minute walking tour and includes walking on cobblestone and uneven surfaces, inclines, and stairs.

ACTIVITY CLASS: CLASSIC

MAXIMUM: No Maximum



3. Highlights of Bonn with Beethoven House

Join your guide for an inside visit to Beethoven's house where the legendary composer lived for 22 years before moving to Vienna. See the collection of Beethoven's original musical scores. After your visit, take a walk in the city center to take in the sights of this vibrant and lively city, former capital of Federal Republic of Germany. The tour will end in the city center of Bonn. You can walk back to the ship or stay in town to explore and make your own way back to the ship.

DURATION: AM Tour, typically 1:30pm-3:30pm, 2 hrs; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

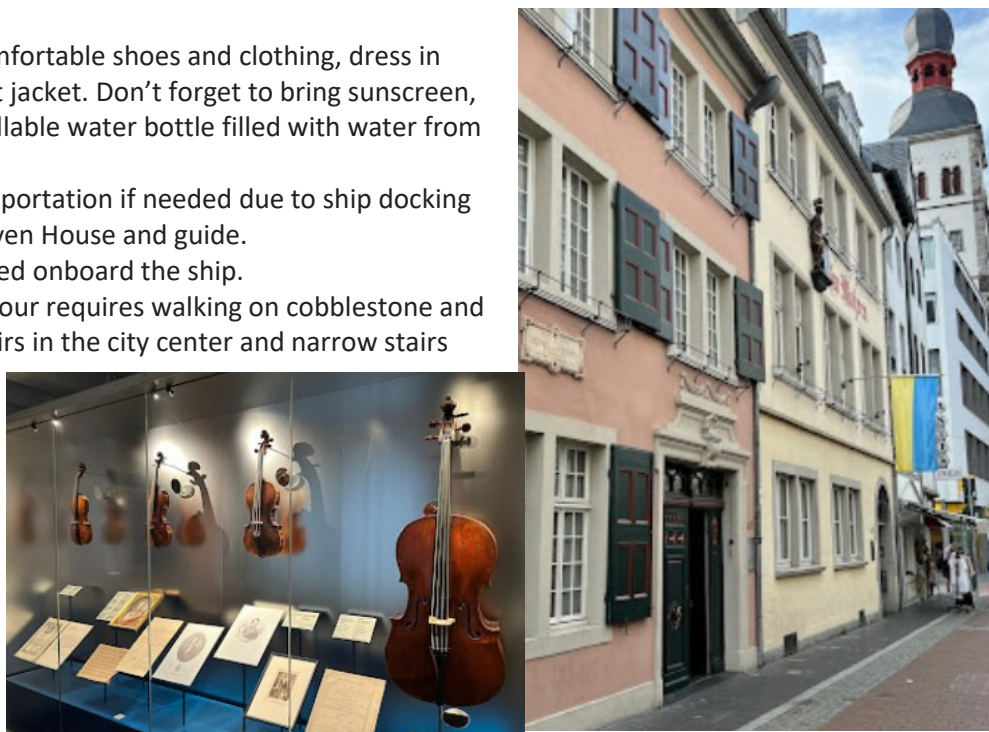
INCLUSIONS: Roundtrip transportation if needed due to ship docking location, entrance to Beethoven House and guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This tour requires walking on cobblestone and uneven surfaces, inclines, stairs in the city center and narrow stairs inside Beethoven House.

ACTIVITY CLASS: CLASSIC

MAXIMUM: 80 people



4. Biking in Bonn with your Adventure Host

Join an easy bike ride heading up to the nature reserve at the mouth of the Sieg, enjoy the beautiful view and take some pictures along the riverside. Grab your bike and let your Adventure Host lead the way!

DURATION: PM Tour, typically 1:30pm-3pm, 1.5 hrs; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Bike or e-bike from the ship and adventure host guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This includes 2 hours of bike riding from the ship with the Avalon Adventure Host. # of regular bikes and e-bikes available will vary by ship.

ACTIVITY CLASS: ACTIVE

MAXIMUM: 10 people



Day 4 – Rüdesheim

Choose one of the following included activities in advance through MyAvalonSM.

1. Holy Wines in Rüdesheim: Visit to Hildegard Abbey

Join your local guide on a picturesque hike along the Rheinsteig and visit to Benedictine Abbey of St. Hildegard. Here, the Benedictine nuns operate an award-winning winery that is their livelihood as well as working from the “live by work” principle of the St. Benedict. Taste the fruits of the vineyard named as “The Best of the Riesling” as you walk down through the vineyard. The tour will end in the city center of Rüdesheim. You can walk back to the ship or stay in town to explore and make your own way back to the ship. **guide to tell the group how to do the coffee experience on own*

DURATION: PM Tour, typically 1-3:30pm, 2 hrs and 30 minutes; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable clothing and non-slip shoes, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: One way transportation, guide, entrance to the Benedictine Abbey of St. Hildegard, and wine tastings of 3 different wines.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: There will be some walking on asphalt and uneven surfaces with a moderate downhill incline on this tour.

ACTIVITY CLASS: DISCOVERY

MAXIMUM: 50 people



2. Siegfried's Mechanical Musical Instrument Museum

Embark on a musical adventure into the world of historical automated instruments on this excursion to the one-of-a-kind Siegfried's Mechanical Musical Instrument Museum. Marvel at the vast collection of quirky and downright delightful musical inventions—everything from tiny centuries-old music boxes to a violin-playing machine. Whether it's the engineering or the music that mesmerizes you, this visit to Siegfried's will leave a lasting impression! Next on the tour, "Head to Breuer's Rüdesheimer Schloss, a UNESCO World Heritage Site dating back to 1729, for a tasting of one of the town's beloved specialties, the Rüdesheimer Coffee—an unforgettable experience! The tour will end in the city center of Rüdesheim. You can walk back to the ship or stay in town to explore and make your own way back to the ship.

DURATION: PM Tour, typically 1-2:30pm, 1 hr and 30 minutes; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable clothing and non-slip shoes, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Winzerexpress trolley transportation, guide, entrance to the Siegfried's Mechanical Musical Instrument Museum, and a tasting of Rüdesheimer Coffee Tasting.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: There will be some walking on asphalt and uneven surfaces with a moderate downhill incline on this tour.

ACTIVITY CLASS: CLASSIC

MAXIMUM: No Maximum



3. Rüdesheim Cable Car Experience

Note: this tour is not available on wave 8 (groups 15, 16)

Glide above the vineyards on this relaxing cable-car ride from Rüdesheim up to the iconic Germania Monument. Enjoy awe-inspiring panoramic views over Rüdesheim's Old Town and the shimmering waters of the Rhine River as you approach the imposing Niederwalddenkmal, built to commemorate the founding of the German Empire after the Franco-Prussian War. Afterward, enjoy a cable car ride back or choose to walk downhill through the vineyards to the center of town. Next on the tour, "Head to Breuer's Rüdesheimer Schloss, a UNESCO World Heritage Site dating back to 1729, for a tasting of one of the town's beloved specialties, the Rüdesheimer Coffee —an unforgettable experience! The tour will end in the city center of Rüdesheim. You can walk back to the ship or stay in town to explore and make your own way back to the ship.

DURATION: PM Tour, typically 2-3pm, 1 hr; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Round trip cable car up the hill, the Avalon Adventure host, Rüdesheimer Coffee Tasting

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: There will be some walking on uneven surfaces with inclines on this tour.

ACTIVITY CLASS: DISCOVERY

MAXIMUM: 50 people



4. Hiking in Rüdesheim with your local guide

Wave 8 (groups 15, 16) the Cable Car will not be available

Experience the hillside of Rüdesheim! After a short transfer, visit the Benedictine Abbey of St Hildegard from where your picturesque hiking along the Rheinsteig will start. Enjoy awe-inspiring panoramic views over Rüdesheim's Old Town and the shimmering waters of the Rhine River as you approach the imposing Niederwalddenkmal, built to commemorate the founding of the German Empire after the Franco-Prussian War. Take the cable car down to the city center. Next on the tour, head to Art Café, for a tasting of one of the town's beloved specialties, the Rüdesheimer Coffee —an unforgettable experience! The tour will end in the city center of Rüdesheim. You can walk back to the ship or stay in town to explore and make your own way back to the ship.

DURATION: PM Tour, typically 1-5pm, 4 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: One way cable car up the hill, hiking with a guide, entrance to Benedictine Abbey of St. Hildegard, and a Rüdesheimer Coffee Tasting

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: There will be some walking on uneven surfaces with inclines on this tour.

ACTIVITY CLASS: ACTIVE

MAXIMUM: 70 people



Day 5 – Heidelberg/Mainz

Choose one of the following included activities in advance through MyAvalonSM.

NOTE: Ships will initially dock in Ludwigshafen and then move onto Mainz.

For those that select tours in Heidelberg or wish to be on own in Heidelberg, vehicles will be standing by to transfer you (about 45 minutes). At the conclusion of the Heidelberg tours, vehicles will then transfer you to the ships docked in Mainz (about 90 minutes). Please note that there will limited time to visit Mainz. Anyone on own in Heidelberg will need to make sure and meet the vehicle in order to get back to the ship on time.

For those that select the tour in Mainz or wish to skip Heidelberg, will remain on the ship as it moves to Mainz.

1. Philosophers' Walk in Heidelberg with your Adventure Host - Full-Day

After a coach ride through the German countryside to Heidelberg, join an expert guide and visit the historic castle ruins, a delightfully eclectic hodgepodge of buildings from different periods of German architecture. See the Great Vat, an enormous barrel holding over 58,000 gallons (219,554 liters) of wine. Then follow the road less traveled on this exciting hike in the Heidelberg area. Cross the 18th-century Alte Brücke (Old Bridge) and head to the northern banks of the Neckar River to blaze your trail along the Philosophers' Way. Historically, this was a path through the vineyards, but during the Romantic Period, the many professors and philosophers who escaped to its solitude and natural beauty led to the lofty name. Experience the same wonders that they did as you hike, especially the sub-tropical plants; palm, lemon, almond, and fig trees; and unparalleled views of the city and its hillside castle across the river. The tour will end with some free time before heading back to the ships.

DURATION: AM-PM Tour, typically 8:30am-3:30pm, 7 hrs; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation and Adventure Host, 1 hour at the castle and 90 minutes of free time at the end of the tour.

EXCLUSIONS: Lunch is not provided.

RESTRICTIONS/NOTES: There will be lots of walking on uneven surfaces with steep inclines and stairs on this tour. Approximately 3 miles in 2 hours, including 5000 steps. This tour is not suitable for those with mobility challenges or wheelchairs.

ACTIVITY CLASS: ACTIVE

MAXIMUM: 70 people



2. Views & Brews in Heidelberg – Full Day

See what's brewing in Heidelberg and learn about the art of beer making with an entertaining and exclusive walking tour of four breweries in and out of Old Heidelberg and the Electoral Palatinate. You'll be accompanied by one of our Heidelberg experienced guides who also is an expert on all things beer! Take home a little Heidelberg souvenir to remind you of this beery hoppy historic tour! The tour will end with some free time before heading back to the ships.

DURATION: AM-PM Tour, typically 8:30am–3:30pm, 7 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation, 4 stops with beer tasting, 3 stops with snacks, 90 minutes of free time at the end of the tour, and guide.

EXCLUSIONS: Lunch is not provided.

RESTRICTIONS/NOTES: There will be some walking on uneven surfaces with inclines on this tour. This tour is not suitable for those with mobility challenges or wheelchairs. Gluten free beer is not available.

ACTIVITY CLASS: DISCOVERY

MAXIMUM: 50 people



3. Heidelberg & its Magnificent Castle Ruins - Full day

The magic of Heidelberg awaits on this unforgettable day trip. After a comfortable coach ride through the beautiful German countryside, get ready—your first view of Heidelberg is like an image from a fairytale. Join an expert guide and visit the historic castle ruins, a delightfully eclectic hodgepodge of buildings from different periods of German architecture. See the Great Vat, an enormous barrel holding over 58,000 gallons (219,554 liters) of wine. You'll be amazed as you climb the staircase to the dance floor on top of the barrel! Breathtaking views over the Neckar Valley and free time to explore on your own complete your amazing day! The tour will end with some free time before heading back to the ships.

DURATION: AM-PM Tour, typically 8:30am-3:30pm, 7 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation included tour stops: Heidelberg Castle, Castle Courtyard, Barrel Cellar, Large Barrell, Terrace, Great Vat and 2 hours and 15 minutes of free time.

EXCLUSIONS: Lunch is not provided.

RESTRICTIONS/NOTES: There will be some walking on uneven surfaces with inclines on this tour. This tour is not suitable for those with mobility challenges or wheelchairs.

ACTIVITY CLASS: CLASSIC

MAXIMUM: no maximum



4. Mainz & its Gutenberg Museum

Wave 8 (groups 15, 16) – museum may not be open to see

The Mainz walking tours lead to the sites of famous monument builders, follow the traces of well-known figures, and will fascinate you with unusual views of the city. The highlight of the walking tour is the visit of the Gutenberg Museum. Four thousand years of the history of the culture of writing from all over the world meet within the Gutenberg Museum. About 550 years ago Johannes Gutenberg invented printing with type made using a casting device and a printing press, thus revolutionizing the world. How that was done can be experienced in the Gutenberg Museum – for example in his reconstructed workshop. With a large number of typographic implements, old presses and typesetting machines, the history of letterpress printing comes to life. At the center of attention are two copies of the world-famous 42-line Gutenberg Bible which are on show in the strong-room. The tour will end in the city center of Mainz. You can walk back to the ship or stay in town to explore and make your own way back to the ship.

DURATION: PM Tour, typically 2-4pm, 2 hrs.; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: guide, entrance into the Gutenberg Museum, and free time after the tour.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: There will be some walking on uneven surfaces with inclines on this tour.

ACTIVITY CLASS: CLASSIC

MAXIMUM: 75 people



Day 6 – Cologne

Choose one of the following included activities in advance through MyAvalonSM.

Note: on wave 4 and 8 (groups 7, 8, 15, 16) these tours will be offered on Day 3.

1. Cologne Chocolate Museum with Tasting

Chocoholics may delight at visiting the chocolate museum and learn about the role of chocolate in old South American cultures such as the Mayas and the Aztecs, and the European elite. Visitors are taken through the process of chocolate production from the farm to the candy store, continuing through a greenhouse where two species of cacao trees are grown and then on through the industrialization of chocolate production, including vintage advertising campaigns. This tour will end after the Chocolate Museum tour. You can explore Cologne on your own or walk back to the ship.

DURATION: AM Tour, typically 9-11:45am, 2 hrs. 45 minutes; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Roundtrip transportation if needed due to ship docking location, guide, entrance to the Chocolate Museum with tasting,

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES:

There will be some walking on uneven surfaces with inclines on this tour.

ACTIVITY CLASS:

DISCOVERY

MAXIMUM: 100 people



2. Biking in Cologne with your Adventure Host

Biking along the Rhine River, on both sides - is a nice way to cycle in Cologne. Join your Adventure Host for this bike ride and see the Rheinufer and Bastei along the way.

DURATION: AM Tour, typically 9-10:30am, 1.5 hrs; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

INCLUSIONS: Bike or e-bike from the ship and adventure host guide.

EXCLUSIONS: Lunch is provided onboard the ship.

RESTRICTIONS/NOTES: This includes 2 hours of bike riding from the ship with the Avalon Adventure Host. # of regular bikes and e-bikes available will vary by ship.

ACTIVITY CLASS: ACTIVE

MAXIMUM: 20 people



3. Highlights of Cologne with Beer and a Bite

Discover one of Germany's oldest cities during an inspiring afternoon in 2000-year-old Cologne. Straddling both banks of the Rhine, this lively cultural hub is home to more than 30 museums and an exceptional Old Town. Join an expert guide for a sightseeing walk that will introduce you to the 900-year-old Rathaus (Town Hall) with its soaring tower, Romanesque Great St. Martin church, picturesque squares and fountains, and the twin-steeped cathedral—a symbol of Cologne that took 600 years to build. As one of the world's oldest and largest gothic cathedrals, it is Germany's most-visited landmark. While walking around, stop at a local bakery to taste a sweet or salty pretzel, then end the tour at Früh brewery to enjoy a refreshing Kölsch beer! In your free time afterward, you could do an inside visit of the cathedral, shop for souvenirs, or maybe just relax at a pub.

DURATION: AM Tour, typically 9-11:30am, 2 hrs. and 30 minutes; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Comfortable shoes and clothing, dress in layers, including a lightweight jacket. Don't forget to bring sunscreen, sunglasses, hat, and your refillable water bottle filled with water from the ship water station.

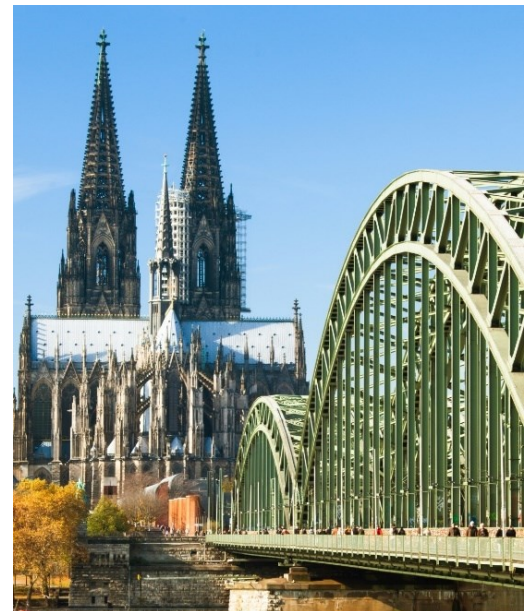
INCLUSIONS: Roundtrip transportation if needed due to ship docking location, guide, 1 beer and 1 pretzel included.

EXCLUSIONS: Lunch is provided onboard the ship. Inside visits to the cathedrals are not included in the tour.

RESTRICTIONS/NOTES: There will be some walking on uneven surfaces with inclines on this tour. This tour is not suitable for those with mobility challenges or wheelchair.

ACTIVITY CLASS: DISCOVERY

MAXIMUM: 200 people



Day 7 Amsterdam

All A-O Trips participants can participate in this included excursion. Prior registration is not necessary.

Canal Cruise

***This tour will not be on MyAvalonSM to select, as it is included in the program agenda**

You'll absolutely fall in love with Amsterdam on this fantastic canal cruise through the city's grachten (canals)! Glide along the enchanting 17th-century waterways and marvel at the beautiful historic merchant houses, picturesque canal bridges, Rode Hoed, Homomonument, Museum van Loon, Hermitage, Stopera, NEMO Museum.

The canal cruise will end at **The National Maritime Museum** where you will disembark for your Group Dinner. This casual evening will include a couples photo, local Dutch entertainment and highlight local Dutch cuisine. After dinner, there will be motorcoach transportation back to the ship.

DURATION: PM Tour, 45-minute duration transferring the group to dinner; timing is subject to change according to final docking location.

WHAT TO WEAR/BRING: Dinner attire: Smart Casual – slacks and collared shirt or blouse with slacks, capri pants, skirt, or dress. Please wear flat soled shoes and we recommend that you do not wear high heeled shoes. A light jacket or sweater is recommended in case of cool weather.

INCLUSIONS: Roundtrip transportation if needed due to ship docking location, guide, beverages (soft drinks, water, beer, or wine) on board the canal boat.

RESTRICTIONS/NOTES: There will be some walking on uneven surfaces on the way to the boats. This reception style cruise will require some folks to stand during the cruise and seating will vary from boat to boat.

ACTIVITY CLASS: CLASSIC

