

THEMED CRUISING

## A Legacy of Wellness

*UnCruise Adventures' "mindfully" themed trips take off in Alaska*

Gigi Ragland

In the middle of a yoga "boat" pose — apropos given that the class was being held on the top deck of UnCruise Adventures' S.S. Legacy vessel — I reflected on the mantra our instructor repeated throughout the hourlong morning session: "Start where you are, use what you have, and do what you can." It was a perfect refrain for someone recovering from jet lag on the first day of our weeklong Glacier Bay Small Ship Cruise—Fitness & Yoga sailing through Alaska.

The class provided cruising yogis with a balanced way to begin a day full of assorted wellness-themed activities. I was happy to learn there were two yoga instructors onboard; each offered different styles of yoga or stretching every morning and afternoon for the length of the cruise.

Wellness activities are carefully woven into the week's itinerary. The crew considers the location, tides and weather for each sailing, adding or subtracting excursions based on conditions. A week before the trip, the expedition leader and captain review the itinerary and develop the best route for the upcoming week, according to Megan Moran, an expedition leader for UnCruise.

Since the tides were low enough during my Alaska sailing, Moran planned a Keku Islands intertidal walk — one of her favorites — as an activity. When she plans a route, Moran says she looks at the tides, and if they're low enough, she



Cruisers can get close to icebergs during kayaking excursions.

adds the intertidal hike into the trail mix.

"You don't see that much anywhere else," Moran said. "It is just fantastic."

Indeed, the tide pools of the Keku Islands did not disappoint. They were brimming with marine life, like overfilled soup bowls chock-full of vibrant starfish, crabs, urchins, anemones and much more.

The intertidal walk, bushwhack hikes, iceberg kayaking and other exciting experiences were well-balanced with a mix of wellness therapies, talks and personal sessions. Several guests listed the Gloomy Knob excursion as the most

memorable. While on a hike scrambling up the Knob in Glacier Bay, the group was elated to see mountain goats scampering on the rocks. Upon summiting the top, passengers were rewarded with an expansive view of the bay. And before descending, guests partook in guided meditation with a wellness instructor.

"The meditation after summiting added something extra-special to an already fantastic accomplishment for me," one cruiser told me.

In addition, a nutrition and fitness specialist offered classes on topics such as how to prepare the perfect meal, the power of sleep and how to incorporate healthy habits. One-on-one coaching was available, as well as afternoon circuit-training classes, complete with free weights, lunges, squats and a few laps around the ship.

"Just in case people didn't get enough exercise with hiking and kayaking all day," Moran joked. "Guests can come back in the afternoon and do another workout before happy hour."

I opted out of the extra exercise and decided to treat my body to a well-earned massage followed by a relaxing soak in the top-deck hot tub. We each have our own way of enjoying wellness, and mine was engaging in a little spa time while gazing at the sublime Alaskan scenery as Legacy plied along.

There's something for every client onboard an UnCruise wellness-themed trip. All the wellness classes and presentations are optional, which allows guests to decide how much movement and inspiration they desire, and when they want it. ●



Guests can take a sunrise yoga class on the covered top deck.

**The Details:** UnCruise Adventures ([www.uncruise.com](http://www.uncruise.com))