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Cruise Lines International Association and Cruise Critic® Answer the Top Five Cruising FAQs

(WASHINGTON, DC)— As part of Plan a Cruise Month, Cruise Lines International Association (CLIA), the unified voice and leading authority of the global cruise community, has partnered with Cruise Critic, the world's leading cruise review site and online cruise community, to answer five of the most frequently asked questions about cruising.

“For travelers considering a cruise for the first time, the unknown can sometimes be a bit overwhelming,” said Colleen McDaniel, senior executive editor, CruiseCritic.com. “The beauty of cruising is that there truly is a cruise for every traveler. Whether you’re looking for an intimate experience focused on destinations, or a bustling ship with all the bells and whistles, there’s a cruise to meet every travel style and interest. The most important thing is to make note of what’s essential to you, and read reviews and ask a cruise specialist to find the perfect match.”

Top Five Cruise FAQs...Answered!

Question 1: How can I keep busy on days at sea?

With cruise lines unveiling entertainment and amenities that rival – and often times exceed – those found on land, travelers have an almost endless amount of activities to keep them entertained while at sea. Whether it’s a surf or skydive simulator, zip lines or cooking demonstrations, cruise lines have plenty onboard for just about any interest.

Question 2: Is it possible to really experience new cultures on a cruise?

The interest in experiential travel has continued to grow over the years, and cruise lines have jumped onboard to offer guests authentic opportunities to truly experience the destinations they visit. Cruisers can join chefs at local markets, book home visits with locals or volunteer to make a difference while in port. To cater to those looking for even more immersive experiences, some cruise lines offer overnights in port for more time to explore.

Question 3: Is cruising fun for all age groups?

With a wide and flexible range of dining, entertainment, excursion and even Internet options, cruising is the perfect travel option to satisfy all age groups. Working with a travel agent ensures travelers of all ages will find the best cruise for every personality. From bumper cars and water parks, to Broadway-style shows and farm-to-table dinners, the options are endless for cruisers of various ages and interests for a variety of age groups.

Question 4: Can cruising be healthy vacation?

The variety of cruise dining options is vast – from sushi and seafood, to Italian and French, cruise line cuisine leaves little to be craved. In addition to the multitude of dining choices, cruise lines cater to cruisers with various dietary restrictions and preferences including vegetarian, gluten-free, low-carb and more. Onboard gyms, running tracks and fitness classes can help travelers stay on target with their workout regimens, even while at sea. Additionally, cruises offer abundant opportunities to meditate surrounded by ocean air and fun ways to stay active like rock climbing.

Question 5: Will I get seasick?

Today, ships are built with stabilizers that help keep vessels on as smooth a journey as possible, therefore motion on the ship is minimal. For those extra sensitive to motion, there are other ways to combat seasickness – booking an outside cabin in the middle of the ship can help, as can over-the-counter drug remedies, or non-drug remedies like ginger candy or acupressure bracelets. River cruises can also be a fantastic option for those worried about seasickness.

For more information about cruise travel or how you could enter to win a cruise of choice from October 1- October 31, 2016, please visit www.cruisemile.org. Cruisers can find a CLIA cruise specialist travel agent at <http://cruising.org/cruise-vacationer/cruise-travel-guide/clia-agent-finder>.

About Cruise Critic

Cruise Critic® is an online cruise guide, offering a comprehensive resource for cruise travelers, from first-time cruisers to avid cruise enthusiasts. The site features more than 150,000 cruise reviews and hosts the world's largest online cruise community where travelers share experiences and opinions with fellow cruisers. Cruise Critic was the first consumer cruise site on the Internet, launched in October 1995 by The Independent Traveler, Inc., a subsidiary of TripAdvisor, Inc.

About Cruise Lines International Association (CLIA) – One Industry, One Voice

Cruise Lines International Association (CLIA) is the world's largest cruise industry trade association, providing a unified voice and leading authority of the global cruise community. The association has 15 offices globally with representation in North and South America, Europe, Asia and Australasia. CLIA supports policies and practices that foster a safe, secure, healthy and sustainable cruise ship environment for the more than 23 million passengers who cruise annually and is dedicated to promote the cruise travel experience. Members are comprised of the world's most prestigious ocean, river and specialty cruise lines; a highly trained and certified travel agent community; and cruise line suppliers and partners, including ports & destinations, ship development, suppliers and business services. The organization's mission is to be the unified global organization that helps its members succeed by advocating, educating and promoting for the common interests of the cruise community. For more information, visit www.cruising.org or follow Cruise Lines International Association on CLIA [Facebook](#) and [Twitter](#) pages.