



The Ultimate 2022/23 Guide to Cruising

Presented to you by ROL Cruise



Experience the Difference with ROL Cruise...



As **The UK's No.1 Independent Cruise Specialist**, our 25 years' of commitment to the highly resilient travel industry is unprecedented. Since our inception in 1995, we have braved many global highs and lows, emerging, nonetheless and are delighted to have been named the Top Ocean Cruises Agent for the UK and Ireland by TTG.

Celebrating our 25th year as a cruise-only specialist

We have been operating as a cruise-only specialist for over 25 years and always deliver impartial advice. From finding you the best deals and seeking out unique experiences, to personalising your holiday and offering exceptional added value, we will always be there to guide and assist you.

Award-winning cruise travel agent

We're the proud winners of over 50 industry awards, received in the last five years alone, including most recently being named UK & Ireland's Top Ocean Cruises Agent at the TTG Top 50 Awards.

We are the top partner for major leading cruise lines

As the key strategic partner with major cruise lines, we sustain and develop relationships to ensure that we are providing you with the most current, exciting and unique cruise packages.

Our staff have over 1,000 years' combined travel expertise

We are passionate about travel and cruising, and this emanates through everything we do. We strive to offer 5-star service; with customer satisfaction at 98% and a Platinum Service Award from Feefo, we believe that our dedication shines through. We ensure our staff have all experienced cruising for themselves. Many of the articles on our blog have been written by our team here at ROL Cruise, which you can read online at www.rolcruise.co.uk/blog.

Cruise Miles – Our Official Rewards Programme

Over 400,000 UK members are benefitting from our exclusive Cruise Miles Rewards Programme. Every time you book with ROL Cruise, you'll earn Cruise Miles. These Cruise Miles can be used on a future booking, enabling you to save money every time.

Award-winning Academy of Cruise Excellence (ACE)

At ROL Cruise, we take the training and development of our staff seriously and run an in-house Academy of Cruise Excellence programme. This means that all members of our staff are trained to the highest possible standard, and are always working towards improving their knowledge and expertise to benefit you, our valued customers.



ABTA & ATOL
PROTECTED



5★ SERVICE &
98% CUSTOMER
SATISFACTION



UK'S NO.1
INDEPENDENT
CRUISE SPECIALIST



OPEN 7 DAYS
A WEEK
8:30AM—8PM

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ROL Cruise proudly welcomes you to the
ultimate guide to 2022/23 cruising

- ◇ Spotlight on: No-Fly Cruises
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- ◇ Spotlight on: Regent Seven Seas Cruises
- ◇ Top destinations to keep on your radar
- ◇ A New World Awaits with ROL Cruise

Introduction

Welcome to the 2022/23 Cruise Guide presented by the UK's No.1 Independent Cruise Specialist, ROL Cruise. We're beginning to get excited as we look to the future of cruising and the moment ships return to water. Hidden within these pages, you'll find everything you need to know about no-fly cruises, advice when it comes to picking the cruise line for you, how to prepare for your cruise from Southampton and destinations to keep on your radar. Enjoy!



Spotlight on No-Fly Cruises



Start your journey closer to home

Looking for a holiday that begins the moment you step on board your chosen cruise ship? A no-fly cruise offers the opportunity to travel the world without ever stepping foot on a plane. Discover our amazing range of no-fly cruises and choose from a host of cruise lines offering no-fly itineraries.

What is a no-fly cruise?

A no-fly cruise is simply a cruise that departs from and arrives back at a UK port. You can pick from many UK cruise ports including Southampton, Portsmouth, Edinburgh, Dover, Newcastle and Liverpool.

There are many reasons to pick a no-fly cruise. A convenient way of travelling, no-fly cruises remove all the stress and anxiety that may come from spending time flying whether that be arriving at the airport hours before your flight or worrying about finding the right terminal.

A stress-free way of exploring the world, a no-fly cruise eradicates flying altogether. It is estimated that a quarter of the UK population has a fear of flying but that fear doesn't need to stop you from travelling. You can visit over 450 destinations around the world, without flying. Want to head off on a world cruise but worried about how much luggage you can take? Fear the moment you place your suitcase on the scales and the numbers it blinks back confirms you've overpacked? With a no-fly cruise from the UK, there are no restrictions on baggage allowance, meaning you can pack as much or as little as you require!

Destination highlights

A no-fly cruise from the UK unlocks the opportunity to visit countless exciting destinations around the world including iconic sights, natural wonders and UNESCO World Heritage sites, allowing you to enjoy cruise deals to places in Europe, the Caribbean, the Mediterranean and North America. Experience year-round sunshine in the charming Canary Islands. Soak up the sun and dive into the beautiful, diverse culture that each island boasts. Relax on the deep honey-coloured sands of Playa de las Teresitas in San Andrés, Tenerife, stargaze in La Palma where the clear and protected night skies provide the fantastic opportunity to get closer to the stars or drive through an amazing lunar landscape of dark lava cinders in Timanfaya National Park.

Discover the land of the Midnight Sun on a cruise to the Norwegian Fjords. Steeped in history, Norway is a Scandinavian country encompassing mountains, glaciers and picturesque fjords. Depending on which time of year you travel, you may have the opportunity to see the Northern Lights.

Why not stay closer to home and explore the charm of the British Isles? It can be easy to forget how many hidden gems lay on our doorstep. A British Isles cruise is the best way to sample the diversity and contrasts that surround the United Kingdom and Northern Europe.



Picking a Cruise Line...

Over the next few pages, we give you a taste of what each of our most popular cruise lines has to offer. Choosing ROL Cruise is choosing quality and ensuring an award-winning service for your next holiday. As the No.1 Independent Cruise Specialist, we are not tied to any specific cruise line, so we will always offer the cruise that best suits you. We work with over 25 major cruise lines meaning we're certain to find you the perfect ship, cabin and offer. Here's a range of our trending cruise lines for you to peruse:



Featured cruise:

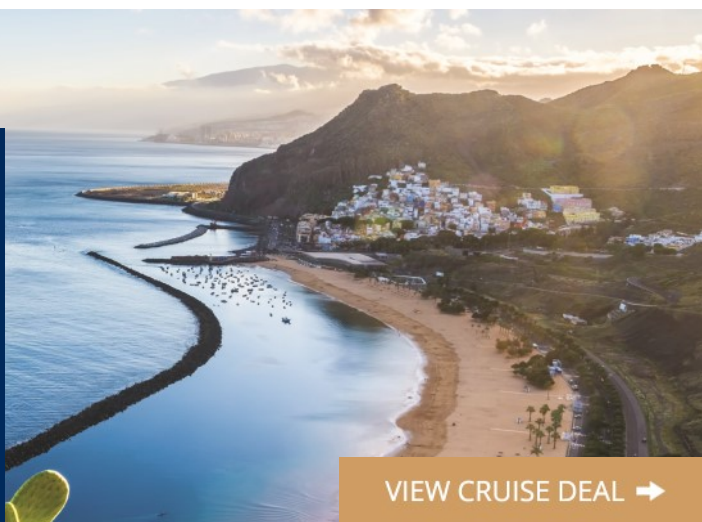
No-Fly 2022 Canary Islands, Spain & Portugal

11 nights departing 9th October 2022

aboard the *Celebrity Silhouette*®

Visiting Vigo, Lanzarote, Tenerife, Gran Canaria and Lisbon

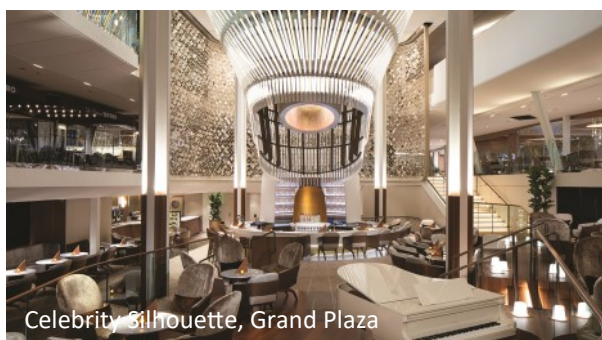
Cruise code: 1765367



[VIEW CRUISE DEAL →](#)

Discover a Redefined Way of Cruising

Celebrity Cruises® have set industry standards – each of the 14 cruise ships in the fleet are fitted out to the highest standard, with stunning spaces designed by some of the world's most famous architects and interior designers.



Celebrity Silhouette, Grand Plaza

If you love a new-kind of luxury, outstanding service and a choice of inspirational global destinations to explore, a Celebrity cruise is perfect for you.

What's Included:

- Always included - Classic Drinks Package, Surf Wi-Fi & Tips. Elevate & Indulge upgrade packages available from £25pp per day
- First-class Accommodation including spa inspired AquaClass® & outstanding Suite Class – all staterooms are sumptuously finished, spacious and come with a wealth of amenities
- Award-Winning Cuisine with nightly changing menus
- Broadway-style entertainment, including cutting-edge circus shows, comedy, magic, dance and live music
- Intuitive yet unobtrusive. There is one member of staff for every two guests, and each one is there to ensure every aspect of your holiday is perfect...

Why sail with Celebrity Cruises...



NEW KIND OF
LUXURY



TANTALISING
RESTAURANTS



GREAT
ENTERTAINMENT



CONTEMPORARY
ACCOMMODATION



ALWAYS INCLUDED
ALL-INCLUSIVE
CRUISING

Call us today on **0808 117 0058**





Featured cruise:

No-Fly 2022 Caribbean Christmas & New Year

27 nights departing 15th December 2022
aboard the *Queen Mary 2*

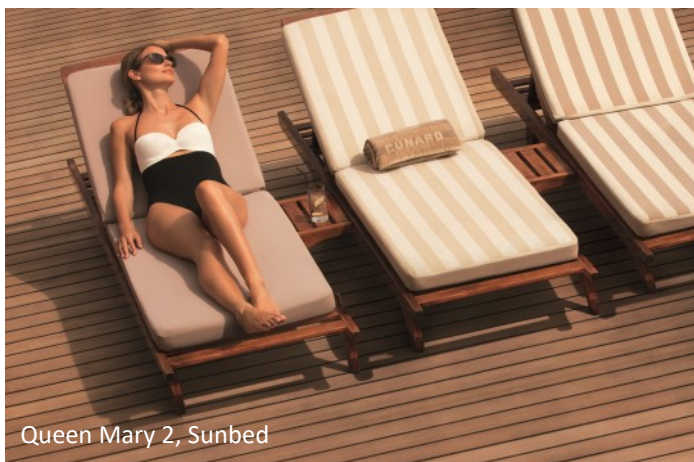
Visiting New York, St. Kitts, Barbados, Dominica, St. Maarten & more...

Cruise code: 1754421

[VIEW CRUISE DEAL →](#)

The Most Famous Ocean Liners at Sea

Cunard has been redefining sophisticated ocean travel for over a century. On board enjoy the renowned elegance, spacious luxury and excellent service that have been attracting discerning customers to their famous ships for decades. Their three exceptional ships are the perfect setting from which to explore iconic and exotic destinations.



Queen Mary 2, Sunbed

What's Included:

- A stunning selection of dining options, bars and lounges
- Ballroom dancing and white gloved afternoon tea served in the Queens Room
- Magical nights on board including the famous Gala Balls
- Dance instruction and host dancers
- Lavish West End-calibre shows
- Extensive selection of daily activities including fencing, bridge lessons, craft classes, informative talks and more
- Planetarium shows
- Magnificent libraries
- 24-hour room service



Why sail with Cunard



FULL BOARD



TANTALISING
RESTAURANTS



GREAT
ENTERTAINMENT



GREAT AMENITIES



SAILS FROM UK PORT





Featured cruise:

**No-Fly 2022 Revisiting Prussia
ft. the Kiel Canal**

10 nights departing 19th August 2022
aboard the *Braemar*

Visiting Poland, Russia and Germany

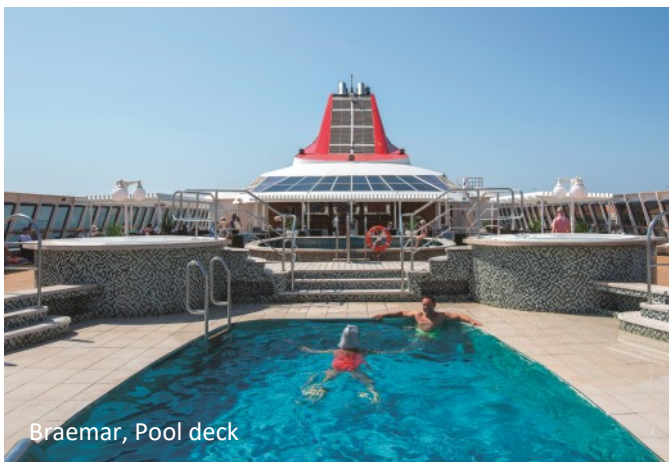
Sails from Rosyth

Cruise code: 1763891

[VIEW CRUISE DEAL →](#)

Your Home Away from Home

Fred. Olsen Cruise Lines is loved for its traditional British ambience, attentive and personal service, fine food and intimate atmosphere. The Fred. Olsen fleet consists of four classic-styled mid to small size ships. All of which allow for docking in smaller, unique ports of call. Each ship has its own unique personality, but never loses that friendly, 'home-from-home' feel.



Braemar, Pool deck

What's Included:

- All meals throughout your cruise from five course a la carte dining to casual dining and late night snacks
- Self-service tea and coffee at selected venues, morning coffee with biscuits, and afternoon sandwiches and cakes
- Daily on board leisure activities including spacious gyms, heated swimming pools and Jacuzzis
- Every night a different show – including comedians, musicians and the ship's own show company
- Captain's drinks party and Gala Buffet
- In-room sandwiches and snacks
- The currency on board is pound sterling, so you won't be affected by any foreign exchange rate fluctuation

Why sail with Fred. Olsen Cruise Lines



FULL BOARD



GREAT
ENTERTAINMENT



POOL & SPA



POUND STERLING ON
BOARD



SAILS FROM UK PORT





Featured cruise:

2022 No-Fly British Isles Discovery

12 nights departing 18th May 2022 aboard the *MS Maud*

Other departures available upon request

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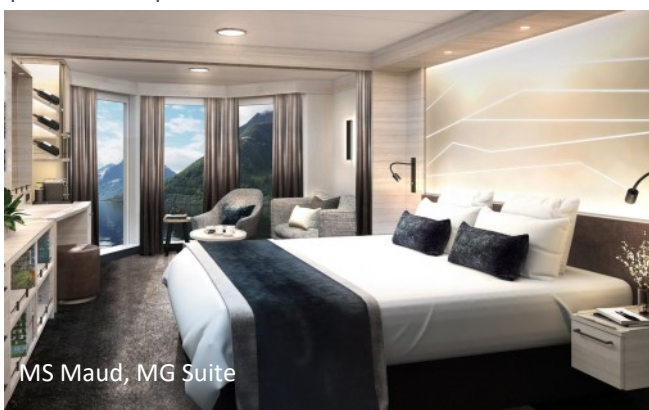
Visiting Fishguard, Isle of Iona, St. Kilda, Stornoway, Islay and more...

Cruise code: 1751831

VIEW CRUISE DEAL →

The exploration experts

Since 1893 Hurtigruten has been offering passengers a new take on the cruising experience. Each voyage features a variety of unique sights, experiences and excursions like the opportunity to witness the mesmerising aurora borealis, hike alongside playful husky puppies or embark on a scenic tour to North Cape. The cruise lines fleet of impressive ships is leading the way in innovative technology for green and clean exploration thanks to the introduction of their hybrid-powered ships.



MS Maud, MG Suite

What's Included:

- The opportunity to engage in authentic, significant and breath-taking experiences
- The chance to immerse yourself in culture, nature and wildlife
- All meals including beverages
- A programme of daily activities including exploration and lectures on board and ashore
- Coffee and tea included throughout the day
- Free Wi-Fi on board
- Gratuities all taken care of
- A variety of fascinating shore excursions (available at a supplement)
- Safe and easy deployment to Polarcirkel boats from mid-deck
- On board equipment that makes your exploring safer and more flexible

Why sail with Hurtigruten



FLIGHTS &
TRANSFERS



EXPLORATION
EXPERTS



AMAZING
DESTINATIONS



CLOSE ENCOUNTERS
WITH NATURE &
WILDLIFE*



GOURMET DINING





Featured cruise:

No-Fly 2022 Caribbean with New Orleans

35 nights departing 11th February 2022
aboard the *Ventura*

Visiting Bermuda, Bahamas, Mexico, New Orleans, Florida and more...

Cruise code: 1563583

[VIEW CRUISE DEAL →](#)

Great Value Cruising

P&O Cruises can trace their roots back over 175 years. The cruise line, which is a British favourite, epitomises the perfect combination of exciting worldwide destinations with a 'home-from-home' on board experience.

On each of its 7 ships, you'll find exceptional service, incredible attention to detail and delicious cuisine.



What's Included:

- A range of tantalising restaurants offering culinary masterpieces to informal buffets
- A choice of pools and whirlpool spas to relax and unwind in
- Take part in one of the many on board activities including guest speakers, films, dance lessons and much more
- Well-designed accommodation – cabins have air conditioning, tea & coffee making facilities, refrigerator, hair dryer, safe, TV and en-suite bathrooms with toiletries pack
- No tips required
- The currency on board is pound sterling, so you won't be affected by any foreign exchange rate fluctuation

Why sail with P&O Cruises



FULL BOARD



GREAT
ENTERTAINMENT



POOL & SPA



POUND STERLING ON
BOARD



SAILS FROM UK PORT





Featured cruise:

No-Fly 2022 Canada & New England in the Fall

25 nights departing 24th September 2022
aboard the *Sky Princess*

Visiting Corner Brook, Newfoundland, Sydney Nova Scotia, New York, Boston and more...

Cruise code: 1760617

[VIEW CRUISE DEAL ➔](#)

Explore beyond the beaten track

Set sail with Princess Cruises, the world's no.1 premium cruise line, and experience a voyage like no other. Choose from over 380 destinations across the globe, explore beyond the beaten track, embrace local cultures and cuisines, lose yourself in relaxation and be made to feel at home, every step of the way

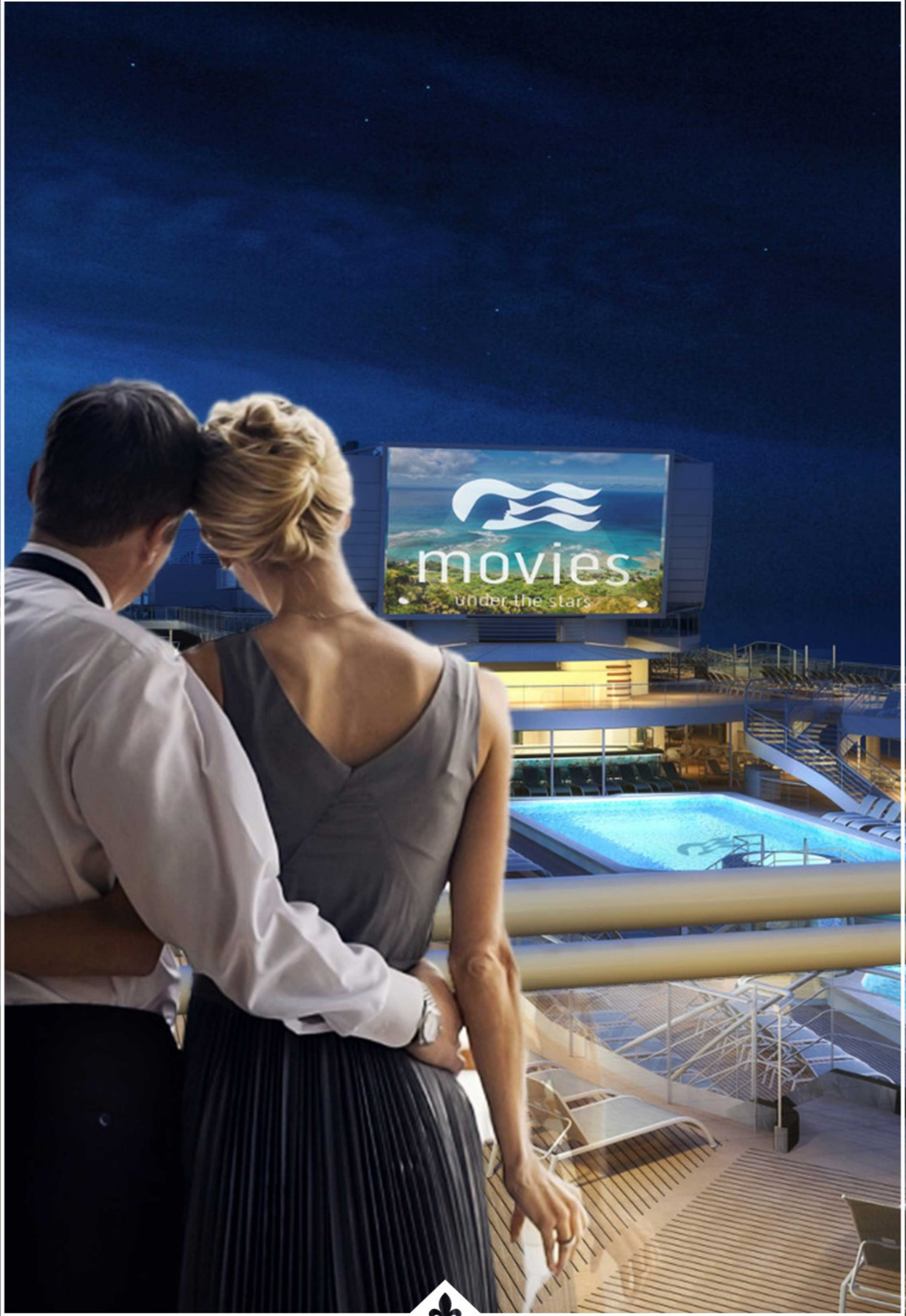


What's Included:

- Engaging entertainment including enthralling theatre productions and live musicians
- Complimentary dining options including Crafted by Curtis Stone, 24 hour buffet, 24-hour international café, poolside grill, ice cream bar, pizzeria, afternoon tea
- 24-hour room service
- Variety of bars including Crooners Martini Bar and Wheelhouse bar
- Movies Under the Stars® at the poolside theatre with complimentary popcorn
- Blissful retreats on board including the Lotus Spa® or The Sanctuary

Why sail with Princess Cruises

				
OCEANMEDALLION™	PREMIUM CRUISING	MEDALLIONNET™ THE BEST WIFI AT SEA	AWARD-WINNING ENTERTAINMENT	FULL BOARD CONTEMPORARY ACCOMMODATION





Featured cruise:
No-Fly 2022 Whimsical Europe ft. the Kiel Canal
14 nights departing 17th September 2022
aboard the *Sirena*. Sails from Portsmouth

Visiting Bruges, Tallin, St. Petersburg, Helsinki, Stockholm, Copenhagen and more...

Cruise code: 1750466

[VIEW CRUISE DEAL ➔](#)

Your world, your way

Luxury cruise line Oceania Cruises showcase the world's most fascinating destinations through unique, once-in-a-lifetime itineraries. On an Oceania cruise, each day offers an exciting opportunity to experience the history, culture, art and cuisine of a wondrous new port. What's more, while on board Oceania Cruises' ultra-luxury ships your every need will be taken care of by attentive staff who are driven to make your voyage the best it can possibly be.



What's Included:

- Multiple open-seating gourmet dining venues, at no additional charge
- Every suite and stateroom features the Prestige Tranquillity Bed, an Oceania Cruises® exclusive
- Port-intensive itineraries featuring more overnight visits and extended evening port stays
- Free Wi-Fi on board
- Complimentary room service dining 24 hours a day
- 24-hour Butler service in all suites
- Gourmet culinary programme created by world-renowned Master Chef Jacques Pépin
- Complimentary and unlimited soft drinks and bottled water replenished daily in your refrigerated mini-bar
- World renowned guest lecturers
- All current port supplements and taxes

Why sail with Oceania Cruises



COMPLIMENTARY
DRINKS*



FREE WI-FI



SPECIALITY DINING
INCLUDED*



EXCEPTIONAL
SERVICE



WORLD CLASS
DINING





Featured cruise:

No-Fly 2022 South America Grand Voyage ft. The Panama Canal

83 nights departing 5th January 2022
aboard the *Spirit of Adventure*

.....

Visiting Brazil, Argentina, Peru, Ecuador, Colombia, Falklands, Chile, Amazon River and more...

Cruise code: 1726513

[VIEW CRUISE DEAL ➔](#)

First Class Service All the Way

The breadth of Saga's experience means you're guaranteed a fantastic holiday, from the moment you're whisked away by your own personal chauffeur to the moment you arrive back at home. You can be sure of a relaxed, sociable and childfree atmosphere amongst like-minded people, where you can enjoy delicious cuisine, fabulous entertainment and stimulating itineraries.



What's Included:

- Free return Private Chauffeur Service or free car parking near the port
- Optional travel insurance including, COVID-19 cover & additional cancellation rights
- All meals in every main and speciality restaurant included
- All-inclusive cruising, including Saga house-branded spirits, cocktails containing, draught beer and lager, non-alcoholic cocktails, all mixers and soft drinks
- Day and night entertainment, live shows, talks, classes and activities
- All tips are included
- The currency on board is pound sterling, so you won't be affected by any foreign exchange rate fluctuation

Why sail with Saga Ocean Cruises



ALL-INCLUSIVE
CRUISING



OPTIONAL TRAVEL
INSURANCE



GRATUITIES
INCLUDED



FREE CHAUFFEUR
SERVICE OR FREE CAR
PARKING



FREE WI-FI



Spotlight on: Regent Seven Seas

Regent
SEVEN SEAS CRUISES™
AN UNRIVALLED EXPERIENCE™



An Unrivalled Experience™ - Every Luxury Included

With 5 luxurious ships visiting more than 450 destinations around the world, Regent Seven Seas Cruises prides itself on creating cruises that simply ooze glamour and extravagance, making memories that will last a lifetime. Founded in 1990, Regent is committed to providing an ultra-luxury cruise experience in all four corners of the world. Here are the three most popular Regent Seven Seas Cruises ships, as chosen by you:

Unrivalled space at sea and an unrivalled experience

Seven Seas Explorer

The 'Most Luxurious Ship Ever Built,' *Seven Seas Explorer* joined the Regent Seven Seas Cruises fleet in July 2016. Since then, she has been enabling passengers to experience elegance and glamour throughout their journey. With an emphasis on fine dining and impeccable attention to detail, the decadence of this ship is not to be underestimated.

Make sure to check out...

Compass Rose

Compass Rose is the main dining option aboard *Seven Seas Explorer*. It is a beautiful space that has been expertly designed. Open for both breakfast and dinner, the restaurant begins with freshly cooked classics and continental delicacies, before moving on to a carefully prepared multicourse experience in the evening.

Connoisseur Club

A quiet yet sophisticated setting, Connoisseur Club enables those who enjoy fine cigars and exceptional liquor to sit back, relax and indulge. Comfortable and inviting with leather sofas and a gentle, relaxing ambience, the hidden haven of the Connoisseur Club is the perfect spot in which to escape.

Constellation Theatre

The Constellation Theatre is a stunning art deco space which hosts an array of inviting and exciting shows and activities. From cruise classics, such as outstanding cabaret and production shows, to culinary demonstrations from esteemed, highly skilled chefs, there is a varied and enjoyable programme of events throughout your trip.

Seven Seas Navigator

Small but perfectly formed, *Seven Seas Navigator* is the most intimate ship in the fleet. Last refurbished in 2019, she is the ideal base for destination intensive exploration thanks to her delectable suites, mouth-watering cuisine, incredible entertainment and relaxing amenities.

Make sure to check out...

Destination Services

Seven Seas Navigator's Destination Services opens a world of adventure for you, no matter your taste or comfort level. Whether you're looking for onshore adventures or an exciting way to start or end your cruise, the staff at Destination Services can help. What's more, with Private Arrangements you can create personalised shore excursions, tailored to your interests and group size.

Seven Seas Lounge

Perfect for evening entertainment, the Seven Seas Lounge is an intimate venue. The fun here varies from full-scale musical revues to rousing cabaret shows, all backed by the five-piece Regent Signature Orchestra.



Featured cruise:

The 2023 All-Inclusive South East Asia Voyage

Visiting Hong Kong, Taiwan, Shanghai, Seoul and Japan in Springtime

17 nights departing 26th February 2023

aboard the *Seven Seas Explorer*

Cruise code: 1747751

[VIEW CRUISE DEAL ➔](#)

Galileo's

Fancy a post-show or pre-dinner drink? Galileo's is the ideal place to relax with a cocktail in hand. Game shows, night entertainment and live musical events feature here regularly with resident musicians to entertain with familiar tunes.

Seven Seas Splendor

Seven Seas Splendor is the newest ship to join the Regent Seven Seas Cruises fleet. At every turn, she exudes excellence, comfort and grace; the perfect way to arrive at places you've always dreamed of exploring. Wherever you turn, you'll be enveloped in timeless elegance, absolute comfort and graceful hospitality, as you set off on journeys to awe-inspiring destinations around the world.

Make sure to check out...

Meridian Lounge

The elegantly appointed and comfortably furnished Meridian Lounge is a true showstopper thanks to its expansive bar serving an incredible range of cocktails. It's the perfect place to meet for a drink before a show at the Constellation Theater or to end your evening of entertainment.



Seven Seas Explorer

Pacific Rim

Pacific Rim is just one of the speciality dining options aboard Seven Seas Splendor. A pan-Asian restaurant that delivers dishes inspired by the east, from Japan to China and even Vietnam, Pacific Rim is a must for the foodies. The menu brings life to rich culinary traditions, delighting with a perfect balance of flavours and zen-like ambience.

Serene Spa & Wellness

A voyage with Regent Seven Seas Cruises would be incomplete without a pamper in the on board spa. Serene Spa & Wellness is a globally inspired, tranquil haven of health, beauty and wellness, offering restorative treatments and activities to soothe both the body and mind.

What's Included:

- Free unlimited shore excursions – in almost every port there is an extensive and varied choice to choose from
- Free Land programmes (on selected voyages)
- Free pre-cruise hotel stays
- Free unlimited beverages including fine wines and premium spirits
- Free unlimited WiFi access on board
- Free speciality dining throughout your cruise
- Free gratuities
- Free return Flights

Whether you're looking to book a cruise in 2022 or beyond, choosing **ROL Cruise** is choosing quality and ensuring an award-winning service for your next holiday. As an Independent Cruise Specialist, we are not tied to any specific cruise line, so we will always offer the cruise that best suits you.

Once you find a cruise line that fits your needs, please call our Cruise experts on **0800 117 0088**

Call us today on 0808 117 0058

Cruising from Southampton



The cruise lines featured in this guide so far all cruise from Southampton. Known as ‘the home of ocean cruising,’ Southampton’s historic port is the most popular in the UK. Whether you’re heading off on a solo cruise, sailing with family or seeking adventure, departing from Southampton offers a stress-free, easy way to cruise.

How to get to Southampton

Located on the south coast of England, Southampton has much more to offer its visitors than its vast harbour. From the outstanding art exhibitions at the City Art Gallery to the SeaCity Museum, where the city’s history is revealed to the recently restored Tudor House, visitors have the chance to explore the hidden treasures of Southampton before exploring the world.

Travelling to Southampton is easy. Located on the outskirts is the city’s airport, Southampton International Airport. Or if you’re flying into London, Southampton’s train station is situated in the centre of the city, with regular links to and from Waterloo Station. Perhaps you’ve got some time to spare before your cruise departs? There’s plenty to keep you occupied.

Things to do in Southampton

Southampton offers lots to see and do. As the largest city in Hampshire, it is steeped in history. Much of its past relates to Southampton port, where lots of the world’s largest cruise liners dock. One such liner was the Titanic, who departed from Southampton on her ill-fated maiden voyage in 1912.

Moored in the port today is Europe’s largest functioning steamship, SS Shieldhall. She was built in 1954 and has been fully restored over many years to provide a working example of the machinery typical of ships that plied the world’s oceans between 1870 and 1960. Run by volunteers, SS Shieldhall hosts educational and sightseeing outings and regularly appears at Southampton Maritime Festival. You can also take part in tours aboard SS Shieldhall, a lovely way to pass the time before setting sail, we think.

Britain’s third longest unbroken stretch of city wall can be found in Southampton. The 14th-century medieval wall protects the city’s old town and was built following a French raid in order to overhaul defences. Follow the walls for an informative walk through Southampton’s fascinating history. If time is limited, we urge you to check out Bargate, the impressive north entrance to the medieval part of Southampton steeped in rich heritage and captivating character.

How to prepare for your first cruise from Southampton

Thinking of booking your first-ever cruise? The choices are endless! If you’re feeling a little baffled on where to begin, our handy guide will help you to understand what to expect from the experience.

Booking through a reputable cruise agency guarantees you'll get all the information you need prior to choosing a cruise. You'll also get insider information on when to book to get the best deals and how to choose the right cruise line and cabin to suit you.

Thinking about your fellow passengers

There are hundreds of cruise lines to choose from and many are catered to different types of travellers. So, whether you're a solo traveller, a couple, a group of friends or a family, your choice of cruise ship is important.

Considering a mini-cruise

If you're apprehensive about booking a longer voyage for your first trip, why not test the waters with a mini-cruise? Expect two or three-nights on board and a short hop across the Channel or the North Sea to exciting ports like Zeebrugge and Le Havre.

Considering cruise add-ons

One thing to consider before your cruise is how important add-ons like drinks packages are. These are usually offered to you at the time of booking your cruise, so it's worth thinking about in advance.

Thinking about your itinerary

As with any holiday, it's good to get an idea of how you'd like to spend your time away.

Thinking about the types of activities you might like to take part in, or the sights you'd like to see can help you decide on whether you need to book any excursions for your trip.

Cruise Miles® *The Official rewards programme from ROL Cruise*

What is Cruise Miles?

Brought to you by ROL Cruise, the UK's No.1 Independent Cruise Specialist, Cruise Miles is a free to join official rewards programme. Endorsed by all major cruise lines, Cruise Miles have saved our customers over £7 million on their cruises

How does it work?

Every time you book with ROL Cruise, you'll be credited with one Cruise Mile for every pound spent. Simply let us know how many Cruise Miles you would like to redeem at the time of booking and a member of our friendly reservations team will sort the rest.

Why Join Cruise Miles®?

- 1,000 joining Cruise Miles®
- Savings every time you book
- FREE monthly cruise magazine, Blue Horizons
- Invitations to our annual Cruise Show
- Exclusive previews of cruise line launches
- Chance to earn additional Cruise Miles® through exclusive incentives

**Not a member? Sign up today and
your account will be credited with
1,000 complimentary Cruise Miles.**



[JOIN NOW FOR FREE →](#)

Book with Confidence

When you book with ROL Cruise, you book with confidence

Your holiday is ABTA and ATOL protected when you book with ROL Cruise, so you can book with confidence knowing you are fully protected. What's more, we're here when you need us, 7 days a week.



ATOL and ABTA fully protected

Our ABTA membership and ATOL license protects your holidays booked through ROL Cruise so you can book with confidence knowing you are fully protected.



Trusted knowledge and expertise

We strive to offer a 5 star service and with our customer satisfaction at 98%, we believe that our dedication shines through. Plus, we take delight in providing you with unbiased and up-to-date advice.



Here when you need us

We look after your holiday as if it were our own which is why our cruise experts are on hand 7 days a week from 8.30am until 8.00pm to assist in any way they can.



UK's No.1 independent cruise specialist

From finding you the best deal possible to personalising your holiday to your needs and offering exceptional added value with an incredible aftercare service. We are here to guide and assist you every step of the way.



Flexible Booking Terms

During these uncertain times, we understand that our customers may appreciate some added flexibility. That's why many of our cruise line partners have introduced Flexible Booking Terms to instil more confidence when booking a future cruise.

Top destinations to keep on your radar...

Want to book a cruise for 2022 but not sure where to go?

Want to book a getaway for 2022 but not sure where to go? Taking into account safety, environment, transportation, culture and sightseeing attractions here are the top cruise destinations that we think you should see in 2022.



1. Greece

Greece offers a mystical, ancient history like no other. Take in the charming white-stone buildings of its coastal cities as you sail into port, enjoy traditional Greek cuisine in the sunshine or trek around the country's stunning natural forests, valleys and canyons. There really is something for everyone here.

Don't miss out on the Acropolis of Athens, the blue-domed buildings of striking Santorini or the golden sand beaches of Mykonos.



2. Mexico

From unique wildlife to thrilling water sports, Mexico has it all. Famous for its incredible beaches and superb scuba diving, it's a mecca for lovers of the water while also being a place of peace and relaxation. Then there's the food, on every corner you'll find a superb choice of restaurants serving traditional Mexican food.

Don't miss out on the idyllic beaches of Huatulco, the protected marine serves of Cabo San Lucas or the exotic flora and fauna of Cozumel.



3. Portugal

A fairytale-like kingdom just waiting to be explored, Portugal offers a unique medieval adventure. From its cobbled streets and hilltop castles to its rugged coastlines and high-reaching cliffs, Portugal has an ancient history and has retained much of its medieval charm.

Don't miss out on the majestic monasteries and Gothic grandeur of Lisbon or the hidden beauty of Porto.



4. Barbados

Tropical beaches with coral-rich waters, friendly locals and cheeky green monkeys characterise blissful Barbados. The calm shores in the west and south of the island make for a relaxing and cultural escape, while the wave-lashed sandstone cliffs of the north and wind-blown east are a scenic haven for photographers and surfers.

Don't miss out on the Chamberlain Bridge, Pierhead Beach or the UNESCO World Heritage site of Bridgetown.



5. USA

From the Big Apple to the City of Angels, America's cities are the most cosmopolitan and exciting on earth. On a cruise to the USA, you can experience towering skyscrapers, magnificent malls, beautiful bays and so much more. The sights, the sounds and the shopping - which destination will you pick?

Don't miss out on the birthplace of jazz, New Orleans, the west coasts 'Emerald City' or the iconic sights of New York.



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A New World Awaits with ROL Cruise

As we begin to return to travel, many cruise lines and travel partners are working hard to establish new and elevated health and safety procedures and protocols in line with Cruise Lines International Association (CLIA) recommendations. Your safety and wellbeing are always the cruise lines' first priority and they want to ensure that you can travel without worry and stay safe throughout your holiday. Cruise lines already have medical facilities and doctors on board ships, they already do pre-screening, and are already used to cleaning and sanitisation, but we are all adjusting to a new way of travel. One of the great things about the cruise industry is its ability to adapt, and in taking advice from public health authorities, cruise lines are implementing ways in which they can keep you safe at sea. Here are just some of the new and enhanced health and safety procedures some cruise lines are implementing to keep you safe and give you peace of mind at sea...



Understanding & Knowledge

- Every crew member undergoes a health check and have completed WHO's official COVID-19 course for hygiene procedures and infection management.
- As normal service resumes, the overall number of guests on board will be reduced, giving you plenty of space around you when aboard.
- Before embarkation, guests will be required to hand in a health questionnaire which ensures the safety of themselves, fellow passengers and crew.
- Crew have thorough first-aid training and can quickly contact healthcare professionals should any medical need arise.



Strict cleaning practices on board

- Gloves, face masks and small bottles of hand sanitizer will be readily available for each guest.
- Each ship will have a new team dedicated to ensuring communal areas are continually cleaned and disinfected.
- Sanitizing dispensers will be placed at the entrance to the ship and in other strategic locations throughout the decks.
- Any on board payments are processed using a contactless payment method and credit card machines will be wiped after each pin entry.

- Housekeeping staff disinfect all public area touch points and hot spots throughout the day, including all handrails and door handles.
- All staterooms and suites are thoroughly cleaned on a daily basis.
- All air-conditioning filters are cleaned and disinfected on each embarkation day before rooming takes place.



Food service

- More seating sessions for dining will be added so that there will be fewer people having their meals there at any time.
- Instead of self-service buffets, wait staff will serve food directly to your individual plate.
- The kitchens will continue to uphold its usual high standards of hygiene and quality.



Excursions

- Cruise lines are working closely with their travel partners to enhance health and safety protocols
- Transportation is cleaned and wiped with disinfectant before each use.
 - The maximum occupancy per bus/coach has been adjusted to reduce the total number of people together at one time.
 - Face masks are also available on the buses/coaches, in addition to the staterooms.

Your health and safety is of paramount importance and you can rest assured that all cruise lines are looking forward to welcoming you back on board.

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There are two ways to recommend a friend: with your unique code or via email. Your unique code can be found in My ROL, simply pass it onto your friend who, when registering online, can enter it where prompted.

Alternatively, follow the steps below to recommend a friend via email:

You will need to:

1. Log in to My ROL.
2. Scroll to recommend a friend section and click 'SEND EMAIL'.
3. Check your inbox for an email from ROL Cruise.
4. Forward the email to the friend you wish to recommend.

Your friend will need to:

5. Click 'JOIN NOW' on the email to be redirected to the registration page on our website.
6. Submit their details to register.

Once complete, you'll both receive your complimentary Cruise Miles® ready to put towards your future cruise together.





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