

Find Your Æmetta

AMETTA TRAVEL CRUISE GUIDE



Leisure. Rest. Peace.

*Because every voyage is more than a trip — it's time
to breathe again.*

Brittney Brown StPierre
Founder & Cruise Specialist
Ametta Travel | Find Your Æmetta

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Welcome Aboard



At Ametta Travel, we believe cruising is more than a vacation — it's an experience of leisure, connection, and discovery. Whether it's your very first sailing or your tenth, every voyage invites you to slow down, breathe deeply and rediscover the wonder of the world God created.

This guide was designed to help you navigate the world of cruising — the ships, the destinations, and the styles — so you can choose the perfect voyage that fits your rhythm of rest.

Your journey begins here.



Cruise Lines at a Glance

Royal Caribbean

Largest ships at sea with waterparks, neighborhoods & non-stop entertainment — perfect for families and first-timers.

Carnival Cruise Line

Affordable and lively fun for all ages with casual vibes, pool parties & endless activities.

Disney Cruise Line

Magical adventures for families and Disney fans — Broadway-style shows and beloved characters onboard.

Princess Cruises

Timeless cruising with world-class entertainment, elegant dining & a relaxed atmosphere.

Holland America Line

Sophisticated ships for travelers who love culture, music, and culinary experiences.



Cruise Lines at a Glance

Celebrity Cruises

Chic modern style, gourmet dining & personalized service — ideal for couples and food lovers.

Virgin Voyages

Adults-only, bold, and trendy — no kids, no buffets, just restaurants, music, and late-night energy.

MSC Cruises

European flair and global crowds with budget-friendly fares and family-ready fun.

Norwegian Cruise Line

“Freestyle Cruising” means no set dining times — flexibility for every traveler and budget.

Margaritaville at Sea

Short, island-inspired getaways with Jimmy Buffett vibes — perfect for quick escapes.

Viking Ocean

Small-ship elegance focused on destinations, culture & serene Scandinavian design.

Luxury Lines at a Glance

Regent Seven Seas

Truly all-inclusive luxury — gourmet dining, excursions, Wi-Fi and gratuities included.

Silversea

Ultra-luxury suites with butler service & unparalleled personal attention.

Seabourn

Intimate, refined, and personalized service — each guest is known by name.

Oceania Cruises

Culinary-driven cruises for food and wine enthusiasts.

Explora Journeys

Modern boutique luxury by MSC — elegant, sustainable and immersive.

Azamara

Small ships with longer stays and overnights in port for true destination immersion.

Mainstream vs. Luxury Cruising

Feature	Mainstream Cruising (Royal Caribbean, Carnival, NCL)	Luxury Cruising (Regent, Silversea, Seabourn)
Price	Affordable entry fare, but extras add up	All-inclusive, higher upfront cost
Ship Size	2,000–6,000+ guests	200–1,000 guests
Atmosphere	Lively, family-friendly, casual fun	Elegant, intimate, relaxed
Dining	Main dining + specialty venues (\$)	Gourmet fine dining, all included
Excursions	Extra charge	Often included in fare
Service	Friendly but large-scale	Butler/concierge-level personal service
Wi-Fi / Perks	Add-on	Usually included
Best For	Families, groups, first-timers, budget travelers	Couples, foodies, repeat cruisers, luxury seekers



UNDERSTANDING CRUISE SHIP TYPES

Cruise ships come in all shapes and sizes — from floating cities to intimate boutique vessels.

Each style creates a different pace, personality, and experience at sea.

Mega Ships (4,000 + passengers)

Resorts at sea with waterparks, neighborhoods, and Broadway-style entertainment.

Best for: families, groups, and travelers who love energy and endless options.

💡 Think: Royal Caribbean Oasis Class, Carnival Excel Class.



UNDERSTANDING CRUISE SHIP TYPES

Mid-Size Ships (1,000 – 3,000 passengers)

A perfect balance of activity and intimacy — enough amenities without feeling crowded.

Best for: couples, multi-generational trips, and casual cruisers.

💡 Think: Celebrity Millennium Class, Princess Royal Class.

Small Ships (under 1,000 passengers)

Boutique feel with personalized service, refined dining, and unique ports.

Best for: luxury travelers and seasoned cruisers who value peace and personal attention.

💡 Think: Seabourn, Azamara, Oceania.

UNDERSTANDING CRUISE SHIP TYPES

River Cruises

Intimate vessels sailing inland waterways directly into city centers.

Best for: culture seekers, history lovers, and travelers exploring Europe, Asia, or Egypt.

💡 Think: Viking River, AmaWaterways.

Expedition Cruises

Adventure-focused ships with reinforced hulls, zodiacs, and onboard experts.

Best for: nature enthusiasts and bucket-list travelers to Antarctica, the Galápagos, or the Arctic.

💡 Think: Silversea Expeditions, Lindblad-National Geographic.



POPULAR CRUISE DESTINATIONS

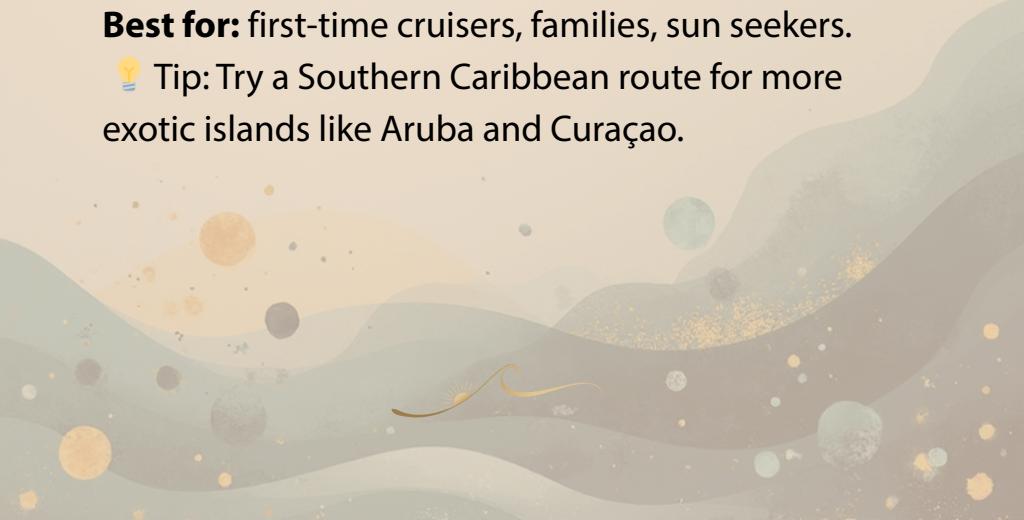
From tropical beaches to glacial fjords, every voyage reveals a new side of the world. Here are some of the most loved cruise destinations — each offering a different kind of beauty, culture, and adventure.

Caribbean

Beaches, turquoise waters, and a laid-back rhythm of life.

Best for: first-time cruisers, families, sun seekers.

 Tip: Try a Southern Caribbean route for more exotic islands like Aruba and Curaçao.



POPULAR CRUISE DESTINATIONS

Alaska

Glaciers, wildlife, and nature at its most majestic.

Best for: adventurers, photographers, and anyone who loves the outdoors.

💡 Tip: Balcony cabins are worth every penny for glacier viewing.

Mediterranean

History, culture, and coastal charm from Spain to Greece.

Best for: culture lovers, foodies, and couples.

💡 Tip: Shoulder seasons (May–June & Sept–Oct) mean fewer crowds and perfect weather.

Northern Europe & Baltics

Castles, fjords, and fairytale cities like Copenhagen and Tallinn.

Best for: history buffs and scenic explorers.

💡 Tip: Norway's fjords in summer are a must for midnight sun views.



POPULAR CRUISE DESTINATIONS

Asia

Ancient temples, modern skylines, and rich flavors across Japan, Thailand, and Vietnam.

Best for: culture seekers and adventurous cruisers.

 Tip: Pair a cruise with a few extra nights in Tokyo, Singapore, or Bangkok.

South Pacific

Tropical paradise — think Fiji, Tahiti, Bora Bora, and New Caledonia.

Best for: honeymooners and relaxation seekers.

 Tip: Choose an itinerary with at least one overnight stay in port to enjoy island nightlife.

River Cruises

Sail through the heart of Europe, Egypt, or Asia — where cities meet the shore.

Best for: history lovers and relaxed travelers who want immersive culture.

 Tip: The Danube and Rhine are ideal for first-timers; the Nile for bucket-list explorers.



POPULAR CRUISE DESTINATIONS

Expedition Cruises

Antarctica, Galápagos, or the Arctic — adventure meets education.

Best for: nature lovers, photographers, and lifelong learners.

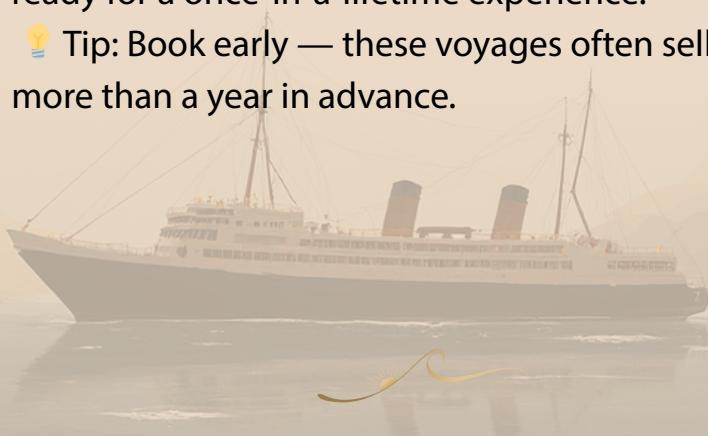
 Tip: Dress in layers and bring binoculars for wildlife spotting.

World Cruises

Months-long journeys connecting continents and cultures.

Best for: retirees, luxury travelers, and dreamers ready for a once-in-a-lifetime experience.

 Tip: Book early — these voyages often sell out more than a year in advance.



SAMPLE CRUISE ITINERARIES

Every cruise tells a story — of where you'll go, what you'll see, and how you'll feel along the way.

Here are a few sample itineraries to inspire your next voyage — each one a different rhythm of rest, discovery, and adventure.



SAMPLE CRUISE ITINERARIES

Eastern Caribbean Getaway – 7 Nights

Route: Miami → St. Maarten → St. Thomas → Nassau → Miami

Best for: first-time cruisers, families, and those who love beach days and turquoise waters.

💡 Tip: Choose a mid-ship balcony cabin for the best sea views.

Mediterranean Explorer – 10 Nights

Route: Barcelona → Rome → Santorini → Athens → Dubrovnik → Venice

Best for: history lovers and foodies who enjoy art, ancient sites, and Mediterranean charm.

💡 Tip: Add a pre-cruise stay in Barcelona for tapas and culture before sailing.

SAMPLE CRUISE ITINERARIES

Alaskan Adventure – 7 Nights

Route: Seattle → Juneau → Skagway → Glacier Bay →
Ketchikan → Seattle

Best for: adventurers, photographers, and nature lovers.

💡 Tip: Pack binoculars — you'll spot whales, bald eagles,
and maybe a bear or two from your balcony.

Luxury Expedition – 10 Nights

Route: Galápagos Islands (round trip)

Includes: expert naturalist guides, zodiac excursions, and
curated wildlife encounters.

Best for: explorers seeking rare destinations and immersive
education.

💡 Tip: Keep your camera ready — every landing brings a
new species and story.

CABIN TYPES EXPLAINED

Your cabin is your home at sea — the space where you unwind, recharge, and watch the ocean drift by.

Each type offers a different way to experience your voyage, from cozy interiors to breathtaking balcony views.

CABIN TYPES EXPLAINED

Cabin Type	Best For	Description
Inside Cabin	budget travelers, heavy sleepers, value over view	No windows, but cozy and affordable — perfect for travelers who prefer to spend their time exploring the ship.
Oceanview Cabin	light without the cost	Includes a porthole or window for natural light and a glimpse of the sea.
Balcony Cabin	couples, photographers, love ocean breezes	Private outdoor space for morning coffee, sunsets, or quiet reflection. The most popular cabin type on today's ships.
Suite	luxury seekers, special occasions	Spacious, elegant, and often includes perks like concierge service, priority boarding, or butler service.
Specialty Cabins	extra comfort, themed spaces	Family suites, solo cabins, spa cabins, and more — designed for unique travel styles.

DINING ONBOARD

Cruise dining is an experience all its own — from casual cafés to elegant multi-course dinners under the stars. Every meal at sea is a chance to slow down, savor new flavors, and enjoy the simple joy of good food in good company.

Dining Type	Best For	Description
Included Dining	guests who want variety and flexibility without extra cost.	Main dining rooms, buffets, and casual venues are all part of your fare — with menus changing daily.
Specialty Dining	Ametta Tip: Reserve early! Popular restaurants fill quickly, especially on sea days.	Steakhouses, Italian trattorias, sushi bars, or wine-paired chef's tables — available for an additional fee or dining package.
Unique Experiences	foodies who want to make dining part of their adventure.	Interactive cooking classes, wine tastings, and private dinners hosted by the ship's head chef.

Savor the Sea:

Every ship offers its own culinary signature — from regionally inspired dishes to celebrity-chef concepts. Whether you're sharing tapas under Caribbean skies or a late-night espresso in Rome, dining onboard is where memories are made.



ENTERTAINMENT & ACTIVITIES

There's never a dull moment at sea — unless you want one.

From Broadway-style shows to quiet corners with ocean views, today's ships offer something for every traveler and every mood.

Type	Best For	Description
Shows & Music	guests who love nightlife and unforgettable performances.	From Broadway-style productions to live bands and comedy, the stage lights up every night.
Family Fun	Ametta Tip: Register kids and teens for clubs on Day 1; spots fill quickly.	Pools, waterparks, escape rooms, trivia, and kids' clubs — every age group has their own adventures.
Wellness & Relaxation	travelers seeking balance, rejuvenation, or a little pampering between ports.	Full-service spas, fitness centers, yoga with ocean views, and adults-only solariums.
Exploration & Enrichment	curious cruisers who love to learn while they wander.	Shore excursions, lectures, art classes, cooking demos, and destination-focused activities that turn travel into discovery.

BEFORE YOU CRUISE

Smooth sailing starts long before you step aboard. A little preparation ensures your vacation begins with peace of mind — and plenty of time to simply enjoy the moment.

1-3 Months Before	1 Week Before	Embarkation Day
Book flights, pre-/post-cruise hotels, and transfers	Print or download SetSail passes & luggage tags	Attach luggage tags & tip porters (\$1–2 per bag)
Confirm passport validity (6 months past return date)	Reconfirm flights and port parking	Carry passport, SetSail pass, and credit card
Purchase travel insurance	Pack essentials, formal outfits, and medications	Arrive at the terminal during your assigned boarding time
Begin watching for cruise-line sales or package repricing	Notify your bank of travel dates	Have lunch onboard and explore before sailaway
Join your sailing's Facebook or Roll Call group	Download cruise line app & offline maps	Attend the muster drill and find your emergency station
<i>Ametta Tip:</i> The best cabins and excursions go first — early planning gives you peace of mind and perks.	<i>Ametta Tip:</i> Keep important papers, meds, and your embarkation outfit in your carry-on — not your checked bags.	<i>Ametta Tip:</i> Take a deep breath, grab a welcome drink, and step into your <i>Ametta</i> — leisure, rest, and peace.

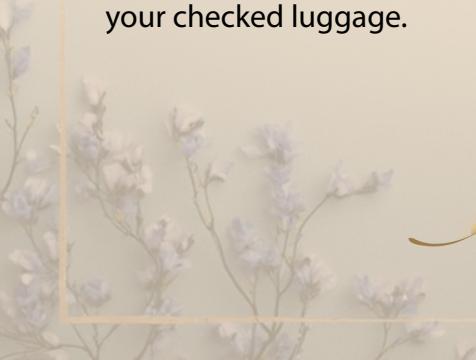
CRUISE PACKING CHECKLIST

Pack light, live fully, and leave room for memories. Here's everything you'll need for smooth sailing — from embarkation day to elegant evenings at sea.

Essentials

- Passport (valid 6+ months)
- Boarding pass / SetSail documents
- Travel insurance policy & emergency contacts
- Credit/debit cards + small bills
- Prescription medications (carry-on)
- Phone charger & portable battery
- Cruise luggage tags (printed and laminated)
- Travel-size toiletries (TSA-approved if flying)

 **Ametta Tip:** Always pack these in your carry-on bag — not your checked luggage.



CRUISE PACKING CHECKLIST

Clothing

- Swimsuits + cover-ups
- Daywear (shorts, dresses, T-shirts)
- Eveningwear (cocktail dress, slacks, collared shirts)
- Formal night outfit (tux, gown, or semi-formal look)
- Light jacket or sweater
- Comfortable walking shoes
- Flip-flops or sandals
- Pajamas & loungewear
- Activewear (for gym or excursions)

 **Ametta Tip:** Pack outfits that mix and match easily — neutral tones photograph beautifully at sea.

If Traveling with Kids

- Swim diapers & rash guards
- Favorite stuffed animal or blanket
- Stroller (lightweight, foldable)
- Snacks & sippy cups
- Entertainment for downtime (tablet, coloring book)

CRUISE PACKING CHECKLIST

If Cruising Luxury or Suite Class

- Evening clutch or small handbag
- Wrinkle-release spray (no irons allowed)
- Collapsible garment bag
- Dress shoes / heels
- Portable steamer alternative

Extras

- Sunscreen & after-sun lotion
- Reusable water bottle
- Power strip (non-surge protected)
- Motion sickness remedies
- Magnetic hooks (for cabin storage)
- Small tote or backpack for port days
- Waterproof phone case or dry bag
- Ziploc bags for wet clothes/snacks
- Portable fan (USB)
- Cruise door decorations & magnets
- Foldable laundry hamper

 **Ametta Tip:** Pack a small “embarkation day” tote with your swimsuit, sunscreen, and flip-flops so you can enjoy the pool before luggage arrives.



FIRST-TIME CRUISER

FAQS



Will I get seasick?

Modern cruise ships have stabilizers that reduce motion. Bring motion sickness bands or medication just in case.

💡 Ametta Tip: Book a mid-ship, lower-deck cabin — it's the steadiest part of the ship.

Is Wi-Fi available onboard?

Yes! Most ships offer Wi-Fi packages for an extra cost. Some luxury lines include it.

💡 Ametta Tip: Pre-purchase online before sailing — it's usually 20-30% cheaper than onboard.

FIRST-TIME CRUISER

FAQS



Are tips included?

On most mainstream lines, gratuities are added daily to your onboard account. Luxury lines usually include them in the fare.

💡 Ametta Tip: Bring small bills for extra recognition — a little goes a long way with your favorite bartender or room steward.

Can I bring alcohol onboard?

Policies vary by line. Most allow one bottle of wine per adult at embarkation.

💡 Ametta Tip: Check your line's beverage policy before you sail — and pack a corkscrew if permitted.

FIRST-TIME CRUISER

FAQS

What if I have dietary restrictions?

Cruise lines accommodate most needs — from gluten-free to vegan.

💡 Ametta Tip: Let me know your preferences before booking; I'll note them with the cruise line so your wait staff is ready on Day 1.

How much luggage can I bring?

You can bring multiple bags, but keep them manageable — you'll carry or roll them through embarkation.

💡 Ametta Tip: Pack a carry-on with essentials and a swimsuit so you can start your vacation right away.

FIRST-TIME CRUISER

FAQS

What time
should I
arrive at the
port?

**Follow your assigned
boarding time to avoid
long lines. If flying in,
always arrive at least one
day before embarkation.**

**💡 Ametta Tip: I can help
arrange pre-cruise hotels
and transfers for a relaxed
start.**

What
documents
do I need?

**A valid passport is always
best. For closed-loop U.S.
cruises, a birth certificate
and photo ID are often
accepted — but a passport
is safer.**

**💡 Ametta Tip: Keep
originals in your carry-on
and digital copies stored
securely on your phone.**

INSIDER TIPS FROM AMETTA TRAVEL

Experience makes every sailing smoother — and I've learned a few things along the way.

Here are my favorite insider tips to help you save time, avoid stress, and find your own Æmetta at sea.

Ametta's Cruise Insider Tips

- Book early for the best cabin selection and promotional perks.
- Aft and mid-ship cabins offer the smoothest ride if you're prone to seasickness.
- Arrive in your embarkation city at least one day early to avoid travel delays.
- Reprice your excursions, drink packages, and Wi-Fi before final payment — prices often drop!
- Don't overpack — ships offer laundry service and space is limited.

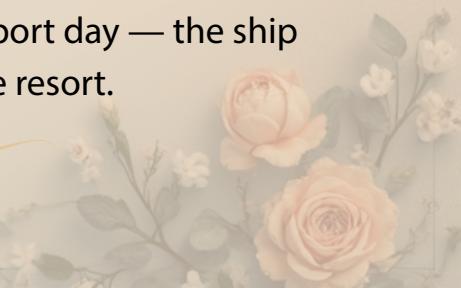




INSIDER TIPS FROM AMETTA TRAVEL

Ametta's Cruise Insider Tips

- Bring a USB fan to keep air circulating in inside cabins.
- Magnetic hooks are a game-changer for organizing small spaces.
- Decorate your stateroom door — it's fun, and helps you find your room quickly.
- Don't visit Guest Services on embarkation or disembarkation day unless absolutely necessary.
- Bring a small tote for port days and a waterproof case for your phone.
- Cruise ducks are a fun tradition — hide a few and make someone's day.
- Carry-on essentials: passport, medications, swimsuit, sunscreen, and chargers.
- Enjoy breakfast in the main dining room at least once — it's calmer than the buffet.
- Try staying onboard one port day — the ship feels like your own private resort.



WHY BOOK WITH AMETTA TRAVEL

When you book with Ametta Travel, you're not just reserving a cruise — you're gaining a trusted travel partner who guides you every step of the way. From first dreams to final disembarkation, I'm here to make sure your journey feels effortless, meaningful, and uniquely yours.

Here's what you can expect when you book with me:

Personalized Guidance

I'll match you with the right cruise line, ship, and itinerary to fit your travel style, interests, and budget.

Exclusive Perks & Savings

I monitor promotions, upgrades, and onboard credit offers to make sure you get the best value possible.



WHY BOOK WITH AMETTA TRAVEL

Stress-Free Planning

From booking details to dining reservations and excursions, I handle the logistics so you can focus on the joy of travel.

Trusted Advocacy

If plans change or challenges arise, I'm your direct line of support — ensuring you're cared for from start to finish.

Peace of Mind

You'll have everything organized and explained, so you can simply relax and find your *Æmetta* — that perfect blend of leisure, rest, and peace.



WHY BOOK WITH AMETTA TRAVEL

At Ametta Travel, every journey is personal. I believe travel isn't just about where you go - it's about who you become along the way. Together, we'll design experiences that renew your spirit, connect you with wonder, and remind you just how beautiful this world can be.

A gold-colored cursive signature of the name "Brittney Brown".

Brittney Brown StPierre

Founder & Cruise Specialist

Ametta Travel | Find Your Ametta



A FINAL WORD FROM AMETTA TRAVEL

Travel has a way of slowing the world down — of reminding us how beautiful life feels when we give ourselves permission to rest.

Out there, beyond the horizon, the noise fades. You begin to see the world — and yourself — a little more clearly.

That's the heart of Æmetta: leisure, rest, and peace. Whether you find it in the quiet of an early sunrise at sea, laughter on deck with the people you love, or the stillness of watching the ocean stretch endlessly ahead — I hope your next voyage helps you rediscover your own rhythm of calm and joy.

Until then, keep dreaming, keep exploring, and keep seeking your Æmetta — wherever your heart leads.

A handwritten signature in gold ink that reads "Britney Braun". The signature is fluid and elegant, with a cursive script.

Find Your Æmetta — Where Leisure, Rest, and Peace Begin.

