

Join *New York Times* Personal Health
Columnist and noted authority

Jane Brody

for a cruise of a lifetime!

She'll share her expertise throughout this fascinating sailing to the ancient and religious wonders of Greece, Israel, Egypt and Italy.

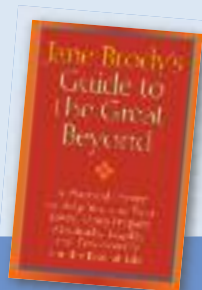


October 19-31, 2010 • Athens to Rome
on the luxurious Crystal Cruises' *Serenity*

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Private Events and Extras

- Lectures and discussions with Jane including Q&As
- Private parties and get-togethers
- Autographed copy of Jane's new book, *Jane Brody's Guide to the Great Beyond*
- Photo op with Jane
- Free excursion in Valletta for Jane's guests
- Additional optional off-ship activities
- \$1000 per person shipboard credit
- Prepaid Gratuities
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- Free Air
- Price Guarantee



When the *NY Times* arrives on Tuesday, many of us turn first to the Personal Health column in the Science Section. Jane Brody has become a trusted friend and a source of sensible and well-researched information that is likely to have an impact on our lifestyle decisions.

Jane joined *The Times* as a specialist in medicine and biology in 1965 after completing degrees in biochemistry and science writing at The New York State College of Agriculture and Life Sciences at Cornell University and the University of Wisconsin School of Journalism.

Ms. Brody is a much-sought-after speaker who lectures frequently to both lay and professional audiences. She is the only or principal author of more than a dozen books, including two best-sellers, *Jane Brody's Nutrition Book* and *Jane Brody's Good Food Book*. She has written scores of magazine articles and won many awards for journalistic excellence.



A Fascinating Itinerary

The Parthenon, the Sphinx, the Wailing Wall and the Vatican—places of exceptional religious, cultural and historical importance have survived centuries, standing as testament to man's great accomplishments.

Oct. 19, 2010 - Depart Athens, Greece. The Acropolis, symbol of the birth of Western culture, rises from Athens' modern bustle. Archeological wonders, excellent shopping, great cafés.

Oct. 20 - Cruising the Mediterranean

Oct. 21-22 (overnight) - Ashdod, Israel. This busy, beautifully-planned town is today's reincarnation of a very ancient port, and is the Mediterranean gateway to the treasures of Jerusalem and Tel Aviv.

Oct. 23 - Cruising the Mediterranean

Oct. 24-25 - Alexandria/Cairo, Egypt. This port of Cairo has a romantic, untouristy charm all its own. In contrast Cairo's pace first overwhelms; then the richness of human history, from the Pyramids to medieval Muslim markets, draws you in.

Oct. 26-27 - Cruising the Mediterranean

Oct. 28 - Valletta, Malta. The capital of densely historic Malta is itself like a summary of millennia of human culture in the Mediterranean—and also a jewel of a town, easy to explore.

Free excursion for Jane Brody's guests.

Oct. 29 - Sicily/Catania, Italy. Destroyed by Mt. Etna's eruption in the 1660s, Catania was then largely rebuilt in volcanic stone in grand Baroque style.

Oct. 30 - Naples, Italy

Naples is an endlessly intriguing mix of ancientry and right-now, poor and rich, traditional and cool, labyrinthine alleys and palm-fringed boulevards.

Oct. 31 - Disembark Rome, Italy. The eternal city lives up to its image effortlessly: The Colosseum, the Forum, the Spanish Steps, the Vatican, the people, the shops, the art, the food, the life—it's all here. If you want more of "la dolce vita", ask Alice Travel to arrange a post-cruise stay.



Crystal Cruises has been voted World's Best more than any other cruise line, hotel or resort in history. *Condé Nast Traveler* has awarded Crystal Best Large-Ship Cruise Line for 15 years and *Travel & Leisure* for 13 consecutive years.

Most of the Serenity's staterooms have private verandahs; all have luxurious amenities, twice-daily housekeeping and wireless internet access. Award-winning dining includes the Crystal Dining Room and open-seating specialty restaurants—Nobu Matsuhisa's Silk Road, Piero Selvaggio's inspired Mediterranean restaurant, and the Vintage Room for wine-themed dinners. Casual dining at Trident Bar & Grill and in-stateroom dining are always available.

Jane Brody's guests will appreciate the Walk on Water fitness program with guru Debbie Rocker as well as the pilates, yoga and aerobics classes. The Crystal Spa & Salon is the only Feng Shui-inspired spa at sea. Golf enthusiasts can take advantage of the driving range and putting green.

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Category	Penthouse Suite w/Verandah	Penthouse w/Verandah	Deluxe Staterooms w/Verandah AA	Deluxe Staterooms w/Verandah A	Deluxe Staterooms w/Verandah B	Deluxe Staterooms
Sq. Ft. w/Verandah	538	403	269	269	269	226 (no verandah)
Brochure Rate	\$36,490	\$29,430	\$15,710	\$14,630	\$13,940	\$11,880
Alice Travel Rate	\$18,245	\$14,715	\$7,855	\$7,315	\$6,970	\$5,940

Priced per person double occupancy. Air credit available for cruise only passengers.

You must book with Alice Travel to participate in Jane Brody's health and wellness program.

ALICE TRAVEL

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