

Bob & Ruth's
Gluten-Free Dining & Travel Club

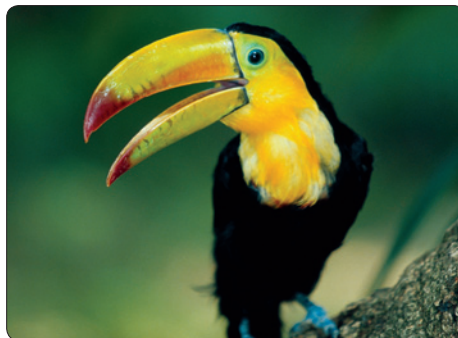
presents

PANAMA CANAL & Southern Caribbean Gluten-Free Getaway Cruise

Jan 14~25, 2013 featuring Holland America's m/s Zuiderdam from Ft Lauderdale
visiting Aruba, Colombia, Panama Canal, Colon, Costa Rica & Half Moon Cay



Historic Fort, Panama



Resident of Costa Rica



Panamanian Molas

Special early bird offer

 **Holland America Line**

Dear Fellow Travelers,

Since 1998 we traveled all over the world gluten-free and have seen many memorable sights via tours and cruises. Some of them you never forget and want to see over again. The Panama Canal is such an experience. This is our third cruise into the canal and we still look forward to this truly one-of-a-kind experience to be inside this engineering marvel. It helps one to comprehend the time, effort, money and lives expended all those years ago - not to mention the ingenuity in order to build it.

We invite you to join us on our gluten-free getaway cruise to the lovely and exotic ports of the Southern Caribbean. We will spend the day at one of the most idyllic Caribbean Islands we have ever visited - Half Moon Cay, HAL's own little tropical paradise. There's rainforest scenery and colorful craft markets galore, and you don't need to pack and unpack every day. Just relax and cruise from port to port while you enjoy the gracious service and fine food aboard Holland America... gluten-free! And it's easy to get to and from Ft. Lauderdale which has an abundance of flights from all over the world.

And of course, the FOOD. As on all our gluten-free getaways, special attention will be paid to ensure the safety, quality and variety of every meal. We will end the cruise with what has become a Bob & Ruth's tradition - the final night's Farewell Cocktail Party in the Crow's Nest, with gluten-free hot & cold hors d'oeuvres.

Space is limited and first come, first served. So call or email for a fabulous mid-winter getaway. And if you reserve an Oceanview Cat D stateroom by June 14, 2012 you will receive a FREE UPGRADE. It will be a trip of a lifetime and we hope you will join us.

Sincerely,
Bob & Ruth

All this is included: 11 night deluxe cruise, all meals onboard featuring special [Bob & Ruth's] gluten-free menus prepared by Holland America's master chefs, daily activities onboard ship, scintillating nightly entertainment, informative port talks for the exciting optional shore excursions incl. sightseeing, swimming, snorkeling, fishing, boating and eco-tours, and a special GF cocktail reception.

Itinerary

Date/day	Port	Arr	Dep
1/14, Mo	embark Ft Lauderdale		5:00pm
1/15, Tu	Half Moon Cay	8:00am	5:00pm
1/16, We	at sea		cruising
1/17, Th	Aruba	8:00pm	overnight
1/18, Fr	Aruba		4:00pm
1/19, Sa	at sea		cruising
1/20, Su	Cartagena	7:00am	1:00pm
1/21, Mo	Panama Canal		cruising
	Colon, Panama	3:00pm	7:00pm
1/22, Tu	Puerto Limon	7:00am	4:00pm
1/23, We	at sea		cruising
1/24, Th	at sea		cruising
1/25, Fr	disembark	7:00am	

11 Night Cruise Fares

Cat	Description	p.p. dbl occ
SS	Deluxe Veranda Suite 2 lowers or Queen, large sitting area w/sofabed, whirlpool bath & shower, flr to ceil window, balcony	\$3,099
VA	Deluxe Balcony cabin 2 lowers or Queen, large sitting area, tub & shower, balcony	\$2,459
D	Superior Oceanview 2 lowers or Queen, tub & shower, picture window	\$1,979 **
J	Superior Inside cabin 2 lowers or Queen, shower	\$1,699
3rd & 4th person sharing, p.p		\$1,169
	Single supplement all categories	200%
	Port charges	\$319 p.p.
	Bob & Ruth's admin. fee	\$220 p.p.

****EARLY BIRD OFFER:** book & pay Cat D by June 14th and get a **FREE UPGRADE to Category C Oceanview** cabin (subject to availability, first come, first served)

All cabins feature flat panel TV, DVD player, mini-safe, mini-bar, dataport, telephone & multi-channel music.

Name _____ (a photocopy of passport must accompany this form)

Name _____ (a photocopy of passport must accompany this form)

Address _____ Email _____

City _____ State _____ Zip _____

Phone (day) _____ (eve) _____ Fax _____

Please reserve _____ spaces in Cat _____ (1st choice) or Cat _____ (2nd choice). I/We enclose \$ _____ (min. \$720 p.p.) payable to Lotus Tours. Please mail this form together with a photocopy of your valid passport to Lotus Tours. You will be invoiced for the 2nd deposit and the balance. Travel insurance information will be sent with your confirmation.

To reserve your space, please send this form together with deposit payable to Lotus Tours, 2 Mott Street, 4/F, New York, NY 10013. You may charge the deposit; please call Lotus Tours at (800)267-5414. Then fax, email or mail this reservation form and passport copies within 3 days. Fax: (212)267-0940; email: cruises@lotustours.us. Upon receipt of this form, you will be invoiced for the 2nd deposit and balance. Information about travel/trip cancellation insurance will be provided with your confirmation.

One person in each cabin must be a member of Bob & Ruth's; if not, add \$40 membership, payable to Bob & Ruth's.

Required travel documents: passport valid for at least 6 months beyond the end of the cruise, *i.e.*, to July 25, 2013

Oranjestad, Aruba

The 'A' of the ABC islands of the Netherlands Antilles, Aruba is a fabulous port of call with everything from shimmering beaches to natural preserves with caves and windswept coastlines. And shopping or just people watching along bustling LGS Blvd.

Cartegena, Colombia

Privateers loved Cartagena, the chief Spanish port in Colombia. Spain poured millions into the port's defense, building the fortifications that are today a UNESCO World Heritage Site. Visitors can walk those deeply textured alleyways through some of the best-preserved colonial neighborhoods of the Americas.

Gatun Lake / Panama Canal

The Panama Canal stretches from the Caribbean Sea in the north to the Pacific Ocean in the south. The key to operating the locks system in the canal is Gatun Lake, formed by an earthen dam 85 feet above sea level. The water from the lake runs downhill to fill the locks with no pumps or power other than the force of gravity.



Vista Dining Room

Colon, Panama

Basically this is an industrial port but Colón 2000 is a compact area comprised of shops and a plaza at the cruise ship port. There are two restaurants there (Café Iguana and a Subway!), a 711-type store and an internet café. Photo ops include Christopher Columbus statue, Christ statue and Virgin Mary statue (near the Seawall, another photo op).

Puerto Limon, Costa Rica

Puerto Limon is gateway to the bio-fantasia of Costa Rica. There are natural preserves in all directions, from lush jungle to vast cloud forests concealing majestic volcanic peaks. There are turtle nesting grounds, the "land of the Shaman" and much more.

Half Moon Cay

Holland America's pristine private island in the Bahamas featuring a two-mile crescent of blinding white sand beach with cabanas, showers, a private lagoon, an aqua park and Stingray Cove. Horseback riding is also available.

MS Zuiderdam

The *ms Zuiderdam* began her inaugural season in 2002 as the first ship in HAL's Vista-class series. She embraces the latest industry and environmental technologies such as her use of a diesel-electric power plant for optimal energy efficiency and an Azipod propulsion system.

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| 1,916 guests | 11 decks | 14 guest elevators |
| 82,305 tons | 936 ft long | automatic stabilizers |
| 5 restaurants | 2 show lounges | multiple bars & lounges |
| casino | library | cafe |
| card room | internet center | culinary arts center |
| spa & salon | hydro pool | fitness center |
| basketball court | volleyball court | outdoor swimming pools |
| excursions desk | duty free shops | (1 with sliding glass roof) |

Bob & Ruth's

205 Donerail Court
Havre de Grace, MD 21078



Divi Divi tree, Aruba

GF PANAMA CANAL & SOUTHERN CARIBBEAN CRUISE Jan 14~25, 2013 Special early bird offer (details inside)

General Information and Terms & Conditions

Accommodations in selected stateroom category including all meals, activities and entertainment onboard, a cocktail reception with gluten-free hors d'oeuvres, and detailed port briefings. All cabins feature a Queen or 2 twin beds (most can accommodate a 3rd or 4th pull-down bunk bed or sofa bed), shower, inroom safe, minibar, satellite TV and telephone.

Meals onboard will be gluten-free, freshly prepared daily (option for regular meals also available); the getaway prices includes a gf food supplement and expenses for planning, preparing and escorting the getaway, prorated among the cabins reserved for the group.

Sightseeing & transfers via chartered air-conditioned coach with English-speaking guides and representatives; complete details of optional shore excursions will be provided upon receipt of your final payment. Some programs require minimum participation and may be subject to change without prior notice. Taxis and shuttle vans are available at the airport and cruiseport.

Air transportation. Please allow for possible delays and misconnections when arranging your transportation to/from Ft Lauderdale. All passengers must be on the ship 1 hour prior to scheduled sailing. Travel time by taxi between airport and cruiseport is 25 minutes, depending on traffic. Allow a minimum 4 hours after scheduled disembarkation to collect luggage and transfer to the airport from the cruiseport.

Not included: passport and visa fees; optional shore excursions; beverages onboard ship; drinks or items not on the table d'hote menus; phone, fax and internet charges; laundry and dry cleaning; and items of a purely personal nature. Please note: passport must be valid for at least 6 months past the end of the tour.

Reservations are on first come, first served basis, subject to the Terms & Conditions as stated herein and on the passenger tickets and contracts.

Cancellations & refunds: Cancellation charges protect tour fares for other participants as well as cover administrative expenses and non-refundable costs. A refund, less \$250 per person, will be made if notice of cancellation is received more than 180 days prior to departure; between 180 and 120 days, a \$500 per person charge will apply; between 120 and 90 days, a \$1,000 p.p. charge will apply; within 90 days, including no-shows and voluntary early termination of a cruise-tour in progress, there is no refund. The administrative fee is not refundable.

Travel & trip cancellation insurance is highly recommended and protects your person and belongings while traveling and protects your payments in the event of unforeseen illness or medical circumstance that requires you to cancel prior to or during the cruise. Details and an insurance application will be sent with your confirmation.

Responsibility: The Organizers (Bob & Ruth's Gluten-Free Dining & Travel Club and Lotus Tours, Ltd. of New York) and/or associated companies give notice that all tickets issued by them and all arrangements for accommodations, meals and transport are made by them as agents for the tour participant upon the express condition that they shall not be held liable for any injury, damage, loss, accident, delay or irregularity which may be occasioned by reason of any defect of any vehicle or through the acts of any company or person engaged in conveying the passengers herewith, or of any hotel/ship proprietor or employees. Itineraries and fares may be affected by changes in air services of the various countries. The right is reserved to withdraw any feature announced in this program and to make such alterations in the itinerary as may be found desirable for the convenience and proper carrying out of the tour. The right is reserved to decline, accept or retain any person as a member of the tour. Guest speakers are subject to professional commitments. The Organizers and/or associated companies accept no responsibility for losses or additional expenses due to delays or changes in schedules, sickness, weather, strikes, war, quarantine or other causes. All fares shown are based on tariffs and exchange rates in effect at time of printing and subject to change prior to receipt of final payment. The carriers are not to be held responsible for any act, omission or event during the time passengers are not on their respective conveyances. The passenger ticket shall constitute the sole contract between the carrier(s) and the purchaser or passenger.

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