



real life experiences..

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Old school cruising for the adventurous

The Travel Lab has launched Cargo Cruising, an alternative style of cruising for the adventure traveller.

Travelling exclusively on cargo ships, cargo cruising is a budget-friendly way to travel to well-loved ports as well as ports off the beaten tourist trail.

"Cruising is growing in popularity but not everyone is inspired by the current choices available to travellers. Travelling where the cargo run takes us opens a whole new world of budget cruising for people of an adventurous and flexible mind-set," said Jacqui Burnside, Business Development Manager at The Travel Lab.

A cargo ship is truly a unique type of adventure. Most ships have a maximum of only 12 passengers on the 'cruise'. The cabins are usually the officer's quarters from the days prior to satellite navigation where a much larger crew was required and stayed in comfortable, en suite rooms with a separate sitting area. There are no bands playing in the bar or multiple sittings of the evening smorgasbord (no smorgasbord in fact). For the meals, only one choice is available as you eat the same meals as are prepared for the crew - less excess, less waste and a more 'real' experience.

Instead of the usual 'cruise fanfare', travellers enjoy an intimate experience at sea. A chance to share some tales with the crew around the dining table, to visit the bridge to chat with the captain, to immerse themselves in the hustle and bustle of busy port towns and cities as cargo is loaded and unloaded.

The Travel Lab has launched this style of cruising with three itineraries.

Cargo Ship Cruise - Israel and the Adriatic

Duration: 15 days, ex- Monfalcone, Italy

Highlights: Taking in Italy, Greece, Israel, Turkey and Slovenia, this unique voyage gives an amazing insight into the culture and people of the Adriatic. Discover the peacefulness of the sea while aboard and the rich history and culture on the region while ashore..

Price: A\$1635, US\$1320, GBP750, EUR880, NZ\$1970, CA\$1320 (Additional Single Supplements apply)

For further information on this trip visit: www.thetravellab.com/trips/tlcaad

Cargo Ship Cruise - England and the Aegean

Duration: 38 days, ex-Southampton, UK

Highlights: Sail from the UK to Turkey, taking in all the Mediterranean favourites and some of Western Europe's classic cities on this unique adventure. Experience everything from the fascinating history of Athens and Rome to the vibrant culture of Valencia and the exquisite architecture of Bruges.

Price: A\$4200, US\$3390, GBP1922, EUR2255, NZ\$5065, CA\$3390 (Additional Single Supplements apply)

For further information on this trip visit: <http://www.thetravellab.com/trips/tlcae>

Cargo Ship Cruise - Singapore to Chennai

Duration: 5 days, ex- Singapore

Highlights: Take to the high seas on a working container ship for a cruise with a difference. Whether looking for options other than flying or just after a totally different experience, this journey will leave you with plenty of stories to tell. No doubt you will also hear a few great tales from the merchant seamen who crew the ship.

Price: A\$1605, US\$1300, GBP735, EUR920, NZ\$19405, CA\$1300

For further information on this trip visit: <http://www.thetravellab.com/trips/tlcsi>

Cargo Cruising is the latest product to be introduced to The Travel Lab's suite of adventure cruising products. The Travel Lab also offers adventure travellers cruises on small vessels for intimate groups wanting understated comfort. From the mighty Amazon to the unique Mekong or Cape York Wetlands, these trips focus on the activities and experiences you have off the boat. Experiences include observing floating markets and indigenous communities, watching wildlife up close and being enveloped in primordial jungle.

The Travel Lab is Intrepid Travel's research and development department and Cargo Cruising (<http://www.thetravellab.com/tripst/cruising.php>) is their latest mission to capture the world's most unique and unusual travel experiences! For travellers who want their over-night lodging to be more than just a bed and a place to lay their head, The Travel Lab uncovers some amazingly special and truly unique accommodation options around the globe.

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For more information contact XXXX.