

# Tips for Finding Adults-Only Cruise Vacations

Cruise lines these days tend to have a family-centric business model. So if you don't want to travel the high seas with your kids, or anyone else's, a bit of research might be in order.

## What the Experts Say

Generally speaking, there are only four large cruise lines that offer cruises for adults-only. They are Virgin, Viking, P&O, and Saga

## Check Age Policies for Adult-Only Restrictions

If the cruise isn't explicitly sold as an adults-only voyage, your best approach is to check the age restrictions for the specific cruise line. Some have different definitions of "adult". Their policies could be 16, 18, or 21.

Also, exceptions can be given if an adult requires the assistance of a caregiver; and that caregiver is under age by policy definition.

## Consider Smaller Ships for a More Adult-Centric Atmosphere

Smaller cruise lines may not have age restriction policies. They may not wish to dissuade parents with very mature teenagers. But their activities and amenities will reflect that small or very young children will not enjoy the trip. Lack of family oriented facilities like daycare, in-room babysitting children's programming/entertainment, or even things like pools without slides and splash pads are good indicators.

## Look for Themed Cruises Appealing to Adults

Many adult-centric cruises offer more cultural events and options like symphonies, jazz wine tasting, historical tours, birdwatching, or culinary classes. Some specifically offer expeditions to diverse locals, such as the Antarctic or the Galapagos.

## Read Reviews for past adult-oriented experiences

Gain insights from previous passengers about the adult-oriented nature of the cruise. One of the fastest ways to find out if the cruise you're considering doesn't adhere to an "adults-only" policy is to check their reviews. Previous travellers will be quick to spill the beans if their vacation was interrupted by babies or teenagers. Reviews

## Consult Travel Agents for Personalized Advice

You don't have to do this all yourself. Travel agents can offer expert advice and find cruises that meet your adult-only criteria.

## Choose Off-Peak Seasons to Avoid Families

Traveling during school terms or outside of holidays can lead to fewer families and a more adult demographic onboard.

## **Use Specialty Travel Websites and Forums for Insights**

These platforms can provide specific recommendations and experiences from like-minded travelers. Many are often cruise veterans.

## **Select Itineraries Focused on Adult Interests**

Adult-centric cruises have itineraries that contain no kids activities. This doesn't mean you can't have child-like fun. It just means things like wine tours, birdwatching, gambling, or more expensive experiences. Think scuba diving versus snorkeling, helicopter tours versus bus tours.

## **Check for Adult-Oriented Inclusions**

Adult-oriented inclusions are things like spas and wellness facilities, lectures, concerts, casinos, and sophisticated dining.

## **Consider Longer Cruise Durations**

Cruises longer than 10 days are rarely family-friendly. Longer cruises, two weeks or more, can be inconvenient for parents with school-age children. And they'll hold appeal for adults looking for a lengthy get-away.

## **Prioritize Relaxation Facilities Like Adult-Only Pools**

Look for ships with features like adult-only pools (hot and cold plunge pools), spas, and serene lounge areas.

## **Check Dining Options for Sophistication**

Adult-only cruises may offer upscale dining experiences, dinner shows, and strict dress codes.

## **Explore Boutique Lines for Exclusivity**

Boutique cruise lines often cater exclusively to adults, offering a unique and sophisticated experience. This can be especially true for river cruises.

## **Look at Port Excursions Tailored to Adults**

Choose cruises with excursions that are more cultural, adventurous, or luxurious, typically appealing more to adults. (Museums, art galleries, high-end shopping)

