Cruise holidays: not just for the over-60s

If you still picture cruises as ballroom dancing and early dinners, you've not been on a modern ship. Today's fleet is built for families, friendship groups and couples who want adventure ports by day and a proper night out after dark.



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The myth: "cruises are only for older people"

That stereotype is decades out of date. Walk a pool deck on a school-holiday sailing and you'll see toddlers in life jackets, teens on waterslides and couples at the cocktail bar. Lines actively design ships for multi-generational families and for 20- and 30-somethings who want nightlife without giving up waking up in a new port.

Family ships: kids' clubs, waterparks and room for everyone

If you're travelling with children, look for:

- Age-banded kids' clubs (often from nursery through teens) so parents get real downtime
- Waterparks, splash zones and sports courts on the top decks
- Family cabins or connecting rooms — far less stressful than two random insides
- Character dining and immersive kids' programmes on Disney-style ships
- Big-ship thrills on Royal Caribbean and similar lines (slides, surf simulators, go-karts on some classes)
- MSC and other family-friendly European lines that sail from UK and Med ports

We'll match the ship to your children's ages. A waterpark ship is magic for primary-school kids; teens may care more about the sports deck and late kids' club hours.

Young couples, friends and nightlife

Cruising isn't only soft-play and early bedtime. Plenty of sailings skew younger:

- Ships with late-night music venues, comedy clubs and adults-only spaces
- Short-break party sailings and festival-at-sea style itineraries (seasonal)
- Adventure-leaning ports — hiking, snorkelling, city nights ashore — then back on board
- Adults-only or adults-leaning lines if you want zero kids' club noise

Tell us whether you want quiet balconies at sunset or a ship that still buzzes at midnight. They're different holidays.

Solo travellers

Cruising can be one of the easiest ways to travel alone: built-in dining, entertainment and shore options, plus host programmes on some lines. Single supplements vary wildly — sometimes they're steep, sometimes they're reduced on specific sailings. Aaron will hunt the fair ones rather than pretending every cruise is solo-friendly.

Southampton sailings vs fly-cruises

	UK port (e.g. Southampton)	Fly-cruise
Travel day	Drive or train with cases — no airport security dash	Flight to the embarkation port; more destinations in a week
Best for	Families, first-timers, anyone who dislikes flying	Caribbean, fly-to-Med, exotic fly-stays
Watch-outs	Itineraries are often longer (7–14 nights)	Flight times, luggage limits, transfer reliability

Neither is "better" — it depends on school dates, flight comfort and how far you want to go.

What's usually included (and what isn't)

- **Typically included:** cabin, main dining rooms, buffet, theatre shows, most kids' clubs, use of pools
- **Usually extra:** drinks packages, speciality restaurants, shore excursions, spa, Wi-Fi, gratuities on some lines

We'll itemise the extras so you're not surprised at the bar. No made-up "from £99" banners here — cruise pricing moves with cabin grade, school holidays and promotions.

Seasickness: honest tips

- Larger modern ships with stabilisers feel remarkably steady in normal conditions
- Mid-ship, lower decks move least if you're anxious
- Open-sea days on Atlantic crossings feel different to island-hopping in the Med or Caribbean — itinerary matters
- Acupressure bands, ginger and pharmacy remedies help many people; ask your pharmacist before you sail

How Aaron helps

There are hundreds of ships and thousands of sailings. You don't need to become a brochure expert. Tell us who's going, roughly when, and whether you care more about kids' clubs, nightlife, or waking up in a new city every day — and we'll shortlist a handful of protected options through Travel by Inspire.

> **Shore excursions and extras:** Many shore excursions, transfers to the ship and selected onboard packages can be arranged as part of your cruise booking. Tell Aaron which ports or extras matter most and he'll include what we can in your quote.
>
> Get a free personalised quote: https://cuxtonholidays.co.uk/get-a-quote?destination=Cruise

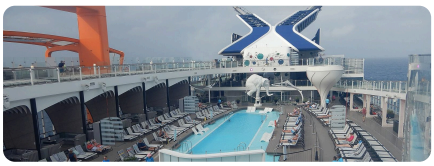




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FAQs

Are cruises really suitable for young families?

Yes. Many ships have kids' clubs by age group, waterparks, family cabins and flexible dining. Disney, Royal Caribbean and MSC-style ships are designed around it.

What about seasickness?

Most modern ships are stabilised and stick to calmer itineraries in season. Choose mid-ship lower decks if you're worried, pack remedies, and tell Aaron — we'll pick routes and ship sizes that suit you.

Southampton or fly-cruise?

Southampton (and other UK ports) means no flight with luggage — popular for families. Fly-cruises open up the Med, Caribbean and beyond in a week. We'll compare door-to-door time and cost.

What's usually included?

Your cabin, main meals, entertainment and most kids' clubs are typically included. Drinks packages, speciality dining, shore excursions and Wi-Fi are usually extra — we'll spell that out clearly on your quote.

Can solo travellers cruise without a huge single supplement?

Sometimes. A few lines offer solo cabins or waived supplements on selected sailings. It's worth asking before you rule it out.
