



HORIZON

Discover more on board Iona

Monday 21 August 2023

Sunrise: 6.08am - Sunset: 9.10pm | Weather: Sunny intervals and a moderate breeze | Temp: 19°C

Tonight's dress code:

Evening Casual

Bring out your best shirt or keep it a bit more casual; you can do what suits you, so long as the tracksuits are left behind. From dark denim to casual separates, you can choose something you're comfortable in.



Top-To-Toe Spa Special

Indulge yourself from head to toe for 75 glorious minutes with all these treatments for only £109; Swedish Body Massage, Foot and Ankle Massage, Neck and Shoulder Massage, Hand and Arm Massage, and a Brightening Eye Collagen Treatment. Today Only. Call 7070 or visit us to book.



8.00am-10.00pm Oasis Spa (Deck 6) Forward

Welcome to Stavanger

Arrival: 8.30am

All aboard: 4.30pm



Tanzanite Renaissance Presentation

The birthstone of December 1000 times rarer than the Diamond, this is a stunning gemstone to add to your collection. Learn what to look for, what to avoid, and how to get the best value when shopping for Tanzanite. A free Tanzanite gemstone for all who attend, while limited stocks last.



8.30pm-9.00pm Kallati Gembar (Deck 7) Midship

TRIPTONIC



Royals:

Join renowned Vocal harmony group Triptonic as they celebrate Pop music royalty such as Elvis, Prince and Elton John. This show will have you on the edge of your seat with high harmony arrangements that honour the lives of iconic artists whose music and legend will stand the test of time.

6.45pm, 8.30pm & 10.30pm

Headliner's Theatre (Decks 6 & 7) Forward



Silent Disco

Which DJ will have the most followers? Tune into your favourite DJ for a night of silent dancing in the Grand Atrium and dance like no one is watching.

9.30pm-Midnight SkyDome (Decks 16 & 17) Midship



Comedian – Noel Brodie

Noel hits the stage as a whirlwind of comic talent. A skilled master of his art indeed. You are immediately pulled into the hypnotic amazement and belly full of laughs.

8.00pm, 9.30pm and 11.00pm The Club House (Deck 8) Aft



The gateway to Norway's spectacularly scenic fjordland, Stavanger is also a town with its own rich heritage as it is regarded as the 'Cradle of the Vikings'. Iona will dock right next to Gamle Stavanger, the old quarter, with its collection of 200-year-old white wooden houses, 12th century cathedral modelled on Winchester Cathedral, markets, craft stores and art galleries. You will also find the Three Swords Monument in the Hafrsfjord rock, evoking memories of the Viking Sea battle won by King Harald the Fairhair to create Norway as one kingdom back in the 9th century. The other major landmark is a short boat trip away through the delightful Stavanger archipelago to the 2,000ft high Pulpit Rock (Preikestolen).

Currency: NOK Norwegian Krone

NOK for your purchases whilst ashore are on sale at Reception. **Please note, we only accept 50 and 100 NOK notes.**

Concierge Postage Rate

Please see Reception to post any letters or postcards today which will be charged to your on-board account. Last post leaves the ship two hours before departure.

Should you have any queries or concerns while you are ashore, please contact our Port Agent:

Denise Venneker

European Cruise Service AS Strandkaaien 61

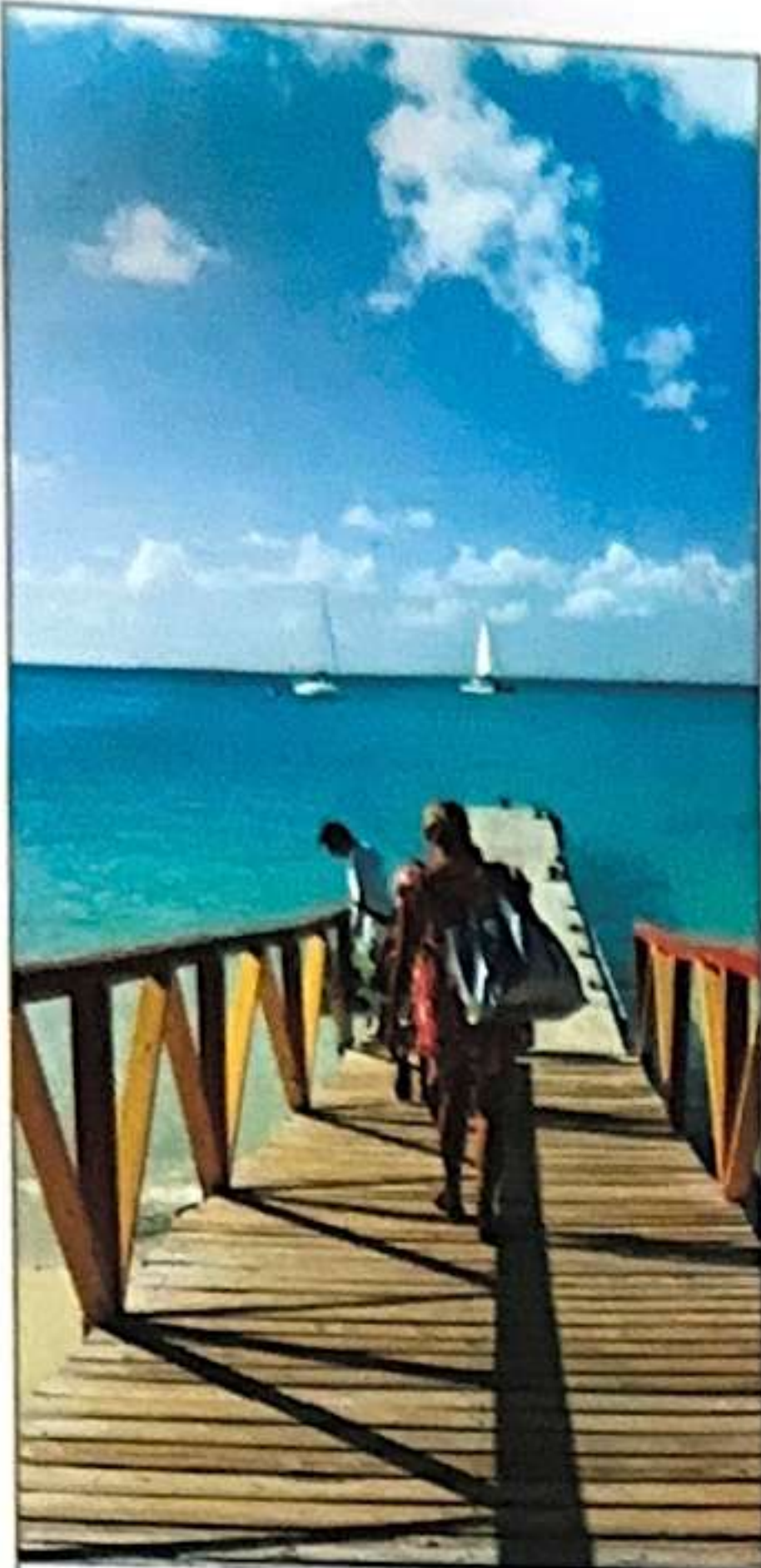
4005 Stavanger, Norway

Phone: +47 5590 0780

Mobile: +47 9670 8887

To contact Iona: Tel: 00870 7732 58564

Debit/credit card details will be required to call this number.



£100pp Saving Or Spending - Your Choice

Keen to keep the holiday feeling going?

Book an applicable Select Price 7-14 night holiday departing between Apr – Oct 2024/2025 whilst you are onboard and look forward to a choice of either up to £200 extra on-board spending money or up to £200 off your future cruise.

As an additional benefit also enjoy a low deposit of £100pp.

Visit the Loyalty and Cruise Sales team today to find out more.
T&Cs apply.

8.00am-11.00am &
4.00pm-8.00pm
Loyalty & Cruise Sales
(Deck 7) Aft

Explore Ashore...

Going on a Shore Experience?

Here's some handy hints to make it a little easier:

- On arrival in port, please don't head to the gangways until after the 'Welcome' announcement has been made from the bridge.
- The gangway locations and coach numbers for all tours are shown on the digital screens positioned on all guest staircases.
- Please meet on the quayside for your tour no earlier than 15 minutes before the departure time. There is no seating and shelter available.
- Once ashore, the Shore Experiences team will be available to guide you to your specific tour meeting point.
- Have your cruise cards & tour tickets handy as you head to the gangway. If you're travelling as a group, please meet onboard together before heading ashore.

Enjoy your experience ashore.

From 7.00am

7.00am – MORNING STRETCH

Enjoy a free fitness class with one of our Personal Trainers.

Oasis Gym (Deck 5) Forward

7.30am – FAB ABS

Enjoy a free fitness class with one of our Personal Trainers.

Oasis Gym (Deck 5) Forward

8.00am – PILATES

A great form of toning and strengthening exercise at 'entry level'. Join our Personal Trainers as they help you stretch and burn calories. (A nominal fee applies for this class.)

Oasis Gym (Deck 5) Forward

10.00am – THEME QUIZ

Join your host of Brodie's as they test your knowledge in today's themed challenge.

Brodie's (Deck 7) Forward

10.00am – SHUFFLEBOARD

A classic and friendly game of shuffleboard. Meet one of the Entertainment Team at the Shuffleboard Court to take part. (Exclusively for adults, and suitable footwear should be worn.)

Deck Games (Deck 17) Aft, Starboard Side

10.00am – TRAVELLING SOLO - HEAD ASHORE

A chance for solos to meet and make plans to explore ashore. This is an un-hosted event.

Vistas Café (Deck 6) Midship

11.00am – FITSTEPS

A dance fitness class put together by Strictly Dancers Ian Waite and Natalie Lowe. A mix of graceful ballroom and upbeat Latin dance steps in a fun routine to keep you fit. No partner required. Suitable footwear should be worn.

The Limelight Club (Deck 6) Forward

11.00am – FREE FOOTPRINT CLINIC

Join our foot specialist at this free seminar and learn what Good Feet can do for you. Free footprint analysis for all who attend.

Oasis Gym (Deck 5) Forward

11.00am – FRIENDS OF BILL W GET-TOGETHER

Join your fellow guests in this informal un-hosted get-together.

The 710 Club (Deck 6) Midship

Noon – LINE DANCING

Try something fun and different today with a lively line dancing class. All ages and abilities welcome. Suitable footwear should be worn.

The Limelight Club (Deck 6) Forward

12.15pm – ARCHERY

Try your hand at archery this holiday and take a new skill back home. Suitable footwear should be worn. Weather permitting.

Arena Sports Court (Deck 19) Aft

1.00pm – INTERACTIVE KARTING

Fun in Brodie's today, as we find out who will be victorious in this interactive karting game.

Brodie's (Deck 7) Forward

1.00pm – WALK IN SKIN ANALYSIS BAR

Drop by for a free skin analysis by our team of qualified beauticians and find out how they can help you achieve truly radiant skin. No appointment necessary.

Oasis Spa (Deck 6) Forward

From 1.00pm

1.00pm – SCENE+ CRAFTS

Come and join us to get creative. Come and pick what you want to create. Exclusively for guests aged 13-17.

Scene (Deck 6) Forward

1.00pm – CREATIVE WAVES - COAST TO COASTER WORKSHOP

Create your own coaster using upcycled conscious crafting material. Limited spaces available.

Grand Atrium (Deck 6) Midship

2.00pm – KILLER POOL

Join one of your Entertainment Team for this classic pub game.

Brodie's (Deck 7) Forward

2.00pm – DECK QUILTS

A classic and friendly game of deck quilts. Meet one of the Entertainment Team at the Deck Quilts Court to take part. (Exclusively for adults and suitable footwear should be worn.)

Deck Games (Deck 17) Aft, Starboard Side

2.00pm – FREE MASSAGE TASTER

Drop by Oasis Spa and let us demonstrate some of the luxurious massage techniques on offer. From Bamboo to Aroma Stones, we have something to suit everyone. Join us today to receive an introductory sample.

Oasis Spa (Deck 6) Forward

2.00pm – TIK TOK WORKSHOP FOR 13-17 YEAR OLDS

Fast paced, upbeat dance session for all our Tik Tok enthusiasts.

The Limelight Club (Deck 6) Forward

3.00pm – GOLF PARTEE

This hybrid pong and putt golf game is a hole in one with its easy rules and exciting fun. Suitable footwear should be worn.

The Limelight Club (Deck 6) Forward

3.00pm – ACUPUNCTURE PAIN RELIEF

Start feeling better today with acupuncture for joint pain, neck/back pain, knee problems, sciatica, arthritis, accidents, injuries and much more. Discover new energy to enjoy your cruise and beyond. Come and learn more at our free walk-in clinic.

Oasis Spa (Deck 6) Forward

3.00pm – CREATIVE WAVES - STAINED GLASS WINDOW

Stop by the windows of Deck 17 and join your fellow artists to colour in and create a beautiful stained glass window design - no artistic skills required.

SkyDome (Decks 16 & 17) Midship

3.00pm – HAIR SHOW 'THE ULTIMATE CUT'

During this spectacular hair show our stylists will show you the best ways to care for your hair at home to get salon-perfect results. Discover which hair styles & colours compliment you and which products will breathe new life into your hair. Free consultations to all who attend.

The 710 Club (Deck 6) Midship

3.00pm – FAMILY CIRCUS WORKSHOP

Ever wanted to learn how to spin a plate or balance things? Now is your chance.

The Club House (Deck 8) Aft

3.30pm – JUKEBOX HERO

Put another dime in the jukebox for this fun music challenge.

Brodie's (Deck 7) Forward

3.30pm – STAVANGER GOSPEL COMPANY

See back page for details.

Grand Atrium (Deck 6) Midship

4.00pm – TABLE TENNIS

A classic and friendly game of ping-pong. Meet one of the Entertainment Team at the Table Tennis to take part. (Exclusively for adults and suitable footwear should be worn.)

Deck Games (Deck 17) Aft, Starboard Side

4.00pm – TOUR DE CYCLE

During this unique cycling class, enhance your cardiac and physical capacity whilst stimulating your metabolism. Limited space is available. Sign up in advance at the gym. (A nominal fee applies for this class.)

Oasis Gym (Deck 5) Forward

4.00pm – SKIN TIGHTENING WITH THERMAGE

Tighten, lift and contour your skin with our new Thermage treatment, a non-invasive radiofrequency treatment that stimulates collagen renewal, with no-downtime and results lasting 2-3 years. Dr Luis, our Licensed onboard certified Medi-Spa Physician will be sharing more information regarding this treatment.

Oasis Spa (Deck 6) Forward

From 4.00pm

4.00pm - SCENE+ SOCIAL AT RIPPLES

Looking for your teen tribe? Head to today's Scene+ social event at Ripples to collect your free voucher and get to make new mates. Exclusively for guests aged 13-17 years.
Scene (Deck 6) Forward

SCENE+

4.00pm - SECRETS TO A FLATTER STOMACH

Ever wonder why we always seem to gain weight on our stomach and why this weight is often the hardest to shift? Join our Personal Trainers as they demonstrate tried and tested ways of losing abdominal fat.

The 710 Club (Deck 6) Midship

4.00pm - FAMILY ARTS AND CRAFTS

Come and get crafty with your youth team.

The Club House (Deck 8) Aft

5.00pm - STRETCH AND RELEASE

Combining aerobic and resistance training, this full body routine will have you burning calories at speed. Everyone who attends will also receive a free foot and postural analysis.

Oasis Gym (Deck 5) Forward

5.00pm - INDIVIDUAL QUIZ

Twenty general knowledge questions for individual guests, not as teams.

Brodie's (Deck 7) Forward

5.00pm - CREATIVE WAVES - CONSCIOUS CRAFTING

Learn the art of upcycling in this workshop with your Art and Crafts Specialists.

Grand Atrium (Deck 6) Midship

5.00pm - LGBTQ+ GET TOGETHER

A chance to meet your fellow LGBTQ+ guests in this un-hosted get-together.

The Crow's Nest (Deck 17) Forward

5.00pm-5.30pm - SAIL AWAY PHOTOS

Join our photographers out on deck and give us a smile as we sail away. Get the perfect postcard photo. Our photographers are roaming the open decks during sail away for the most scenic images.

Open Decks 8, 16, 17, 18, 19

5.30pm - GUESS THE CARAT WEIGHT OF THE TANZANITE

Put your jewellery skills to the test while having fun guessing the carat weight of one of our stunning Tanzanite pieces and get a chance to win. Winner announced at 9.00pm.

Kallati Gembar (Deck 7) Aft

6.00pm-7.00pm - CARICATURE PORTRAITS

Live on-the-spot Caricature portraits with Caricature Artist Andy Gilbert. Caricature Artist Andy Gilbert will create a professional caricature portrait of you, making it the perfect keepsake from your cruise. A nominal fee applies to take part on a first come first served basis.

Grand Atrium (Deck 6) Midship

6.00pm - SCENE+ TEEN FITNESS YOGA

Got some energy to burn? Join in at this fun group fitness session for teens, led by our friendly gym team. Exclusively for guests aged 13-17. Please note, all teens wishing to participate in today's session must have a consent form completed by a parent/guardian in advance of the session. Forms can be collected from the Spa reception desk.

Oasis Gym (Deck 5) Forward

6.00pm-10.00pm - PHOTO OF THE DAY: WIDE ATRIUM STAIRS

Join our team of friendly photographers and have some fun with our portrait at the stairs in the Grand Atrium this evening.

Grand Atrium (Deck 6) Midship

6.30pm-7.00pm - JBL DEMONSTRATION

Be moved by music while on the move. Be both educated and entertained while learning how to get the clearest and most pleasing sound to suit your personal preferences with JBL.

Tech Store (Deck 7) Midship

6.45pm - TRIPTONIC

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

From 7.00pm

7.00pm - THE 710 CLUB - AMERICAN VINYL

"American Vinyl's about making you feel like you're in an American saloon, sipping a drink while the next greatest jazz track fills the room" - Gary Barlow, Music Director. Book in advance using My Holiday. Be sure to arrive before the performance begins. Doors will open 30 minutes before show time.

The 710 Club (Deck 6) Midship

7.00pm-7.30pm - CLOGAU TALK & FLASH SALE

Learn about the history behind Clogau, the connection to royalty and what makes Welsh gold so unique. Don't forget to see our beautiful collection on board. Our flash sale will run for two hours after the talk.

Fine Jewellery Boutique (Deck 7) Midship

7.00pm-7.30pm - SKINCARE TALK

Great skin is not simply a matter of DNA - your daily habits have a big impact on what you see in the mirror. Join our Beauty Specialist and find the best skin care routine for you, from how to moisturise, to how to protect yourself from UV rays.

Beauty Boutique (Deck 7) Midship

7.15pm-8.00pm - BUSKER - BRADLEY OSBORNE

Catch the amazing acoustic sounds of our Busker Bradley Osborne as the backdrop to your holiday.

Brodie's (Deck 7) Forward

7.30pm-8.00pm - MUSIC IN THE CLUB HOUSE

Enjoy some great music before this evening's show.

The Club House (Deck 8) Aft

8.00pm - COMEDIAN - NOEL BRODIE

See front page for details.

The Club House (Deck 8) Aft

8.00pm - 8 O'CLOCK CHALLENGE

Join your Entertainment Host for tonight's challenge.

Brodie's (Deck 7) Forward

8.00pm-8.30pm - CHURCHILL'S FAVOURITE TIMEPIECE UNVEILING

Discover Cuervo Y Sobrinos, the only Swiss watch with a Latin heritage that used to be one of Sir Winston Churchill, Einstein, and many other famous figures' favourite timepieces. Join us to learn more about this iconic brand.

Luxury Watches Boutique (Deck 7) Midship

8.30pm - TRIPTONIC

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

8.30pm-9.00pm - TANZANITE RENAISSANCE PRESENTATION

See front page for details.

Kallati Gembar (Deck 7) Midship

8.30pm-9.00pm - ALL ABOUT RUM EXPERIENCE

Join us as we take you on a journey of discovery into our extensive range of rum.

Duty Free Store (Deck 7) Midship

8.30pm-9.30pm - MUSIC IN THE CLUB HOUSE

Get those feet tapping with some pre-show tunes.

The Club House (Deck 8) Aft

8.45pm - THE 710 CLUB - AMERICAN VINYL

See 7.00pm for details.

The 710 Club (Deck 6) Midship

9.00pm - PREMIER LEAGUE FOOTBALL LIVE

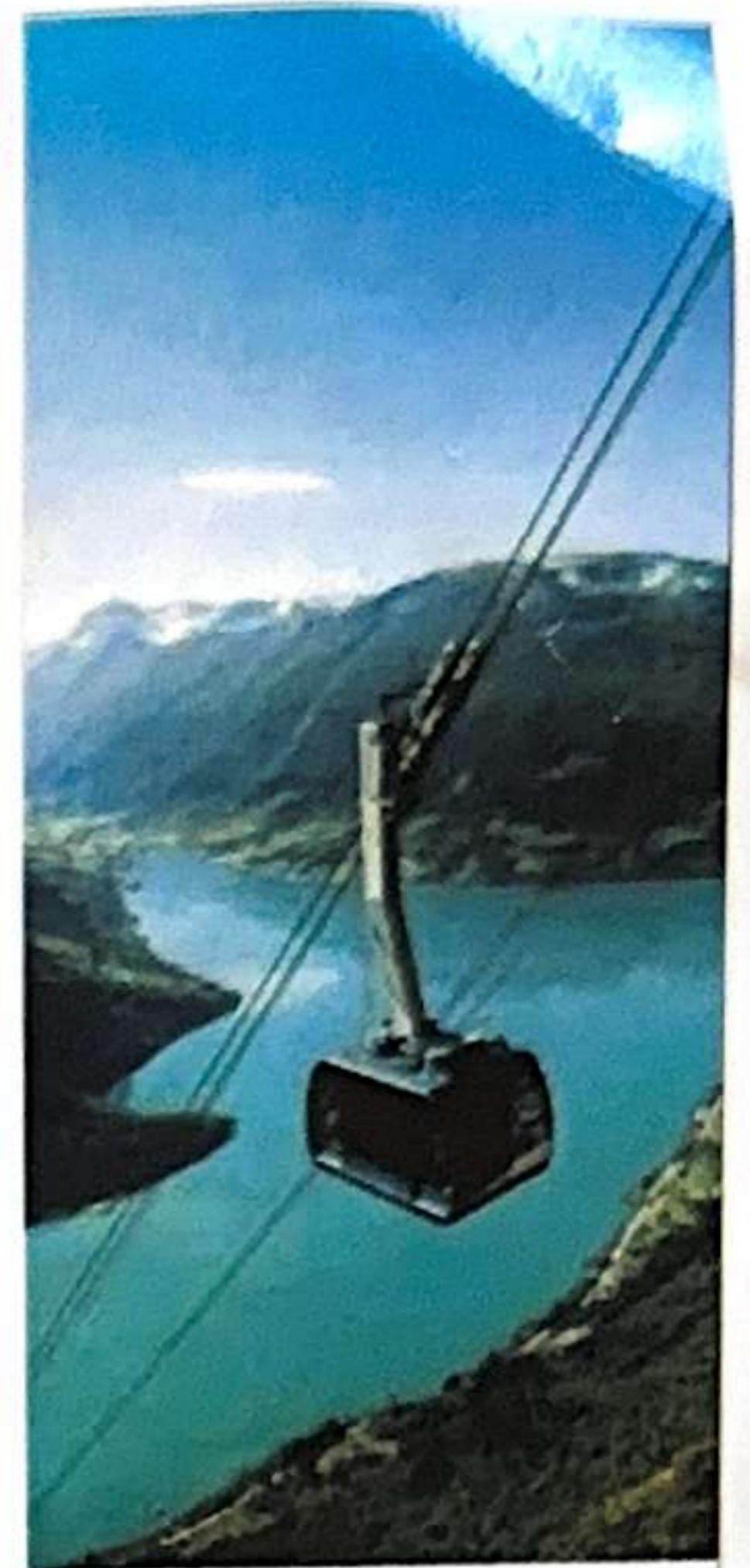
Satellite reception permitting. Match is subject to be changed by the provider. Crystal Palace v Arsenal

Brodie's (Deck 7) Forward

9.00pm-9.30pm - PELAGOS TUDOR WATCH

The culmination of years of developing watches for diving professionals resulted in the Tudor Oyster Prince Submariner, now Pelagos - the ultimate diver's watch with unique patented features. Discover this iconic collection onboard Iona. For every Tudor event you attend, receive a prize draw ticket for our Grand Raffle. Winner will be announced at Tudor Watches on the final sea day at noon.

Tudor Watch Retail (Deck 7) Midship



Recommended
Tour For Olden

Loen Skylift and Stryn

Marvel at the spectacular sight of the calming waters of Stryn Lake as you ride the Loen Skylift cable car up to the peak of Mount Hoven, at over 1,000 metres above sea level, and take in the jaw-dropping vistas.

Shimmering Lake Lovatnet, towering Mount Skåla and tiny Olden village steal the show, as sparkling Nordfjord winds its way towards Stryn

8.00am-10.00am
& 5.00pm-7.00pm
Shore Experiences
(Deck 7) Aft



Get ready for a
flavour-filled
adventure.

In a delicately spiced
celebration of
contemporary Indian
cuisine, Sindhu is a
sumptuous spot for
stylish dinners.

Visit My Holiday
or call 7070 to book.

6.00pm-9.30pm
Sindhu
(Deck 8) Aft

From 9.00pm

9.00pm-9.30pm - CITIZEN ECO-DRIVE WATCHES

Citizen is a pioneer in watchmaking and innovative technology founded in 1918 on the principle of creating watches for all citizens of the world. On a full charge, an Eco-Drive watch runs for months even in darkness with no need for regular battery replacement. Learn more at our in-store talk.

Tech Store (Deck 7) Midship

9.00pm-9.30pm - TOMTE & TROLLS TALK

Trolls, Tomtes, Norse Gods, Pewtery handcraft & much more. Come and join us on our Trolls and Norwegian souvenirs talk where you will discover the different creatures from Norway. A talk filled with magic and history. We have a range of different souvenirs to choose from.

Destination (Deck 7) Aft

9.15pm-10.00pm - PIANO VOCALIST CHARLES BAKER

Piano Vocalist Charles Baker takes to the piano for one night only playing all your musical favourites.

The Crow's Nest (Deck 17) Forward

9.30pm - SILENT DISCO

See front page for details.

SkyDome (Decks 16 & 17) Midship

9.30pm - COMEDIAN - NOEL BRODIE

See front page for details.

The Club House (Deck 8) Aft

9.30pm-10.00pm - HANDBAG EXTRAVAGANZA

Join us as we take you through the different brands and what makes each one unique. Featuring selections from Ted Baker; known for the tote bag, HOBLO for its history and rich leather and Coach for their luxurious feel. Experience our amazing selection of pre-loved luxury bags. An exclusive 10% off any Mulberry Bag for all those who attend.

Accessories Boutique (Deck 7) Midship

10.00pm-11.00pm - MUSIC IN THE CLUB HOUSE

Preshow music to get you in the mood for show time.

The Club House (Deck 8) Aft

10.15pm-11.00pm - PIANO VOCALIST CHARLES BAKER

See 9.15pm for details.

The Crow's Nest (Deck 17) Forward

10.30pm - TRIPTONIC

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

10.30pm - THE 710 CLUB - AMERICAN VINYL

See 7.00pm for details.

The 710 Club (Deck 6) Midship

10.30pm-11.00pm - THE LIMELIGHTS

As we unlock the doors for late night Limelight, join our amazing band as they change up the atmosphere with live music to boost your energy. 18+. No bookings are required.

The Limelight Club (Deck 6) Forward

11.00pm - COMEDIAN - NOEL BRODIE

See front page for details.

The Club House (Deck 8) Aft

11.15pm-Midnight - BUSKER - BRADLEY OSBORNE

Late night acoustic sounds with Bradley Osborne.

Brodie's (Deck 7) Forward

11.15pm-Midnight - PIANO VOCALIST CHARLES BAKER

The final chance to see Iona's Piano Vocalist Charles Baker take to the piano and play all your favourites.

The Crow's Nest (Deck 17) Forward

11.15pm-Midnight - THE LIMELIGHTS

See 10.30pm for details.

The Limelight Club (Deck 6) Forward

11.30pm-Late - LATE NIGHT AT THE CLUB HOUSE

After an evening of entertainment, the lights turn down and the fun continues into tomorrow. Let the late-night DJ rock as you step into The Club House after-hours party.

The Club House (Deck 8) Aft

12.15am - THE 710 CLUB - AMERICAN VINYL

See 7.00pm for details.

The 710 Club (Deck 6) Midship

Showing Today At Ocean Studios

Please refer to in Cabin TV for full cruise
schedule of films Showing in Ocean Studios



Ant-Man And The Wasp Quantumania (2023)

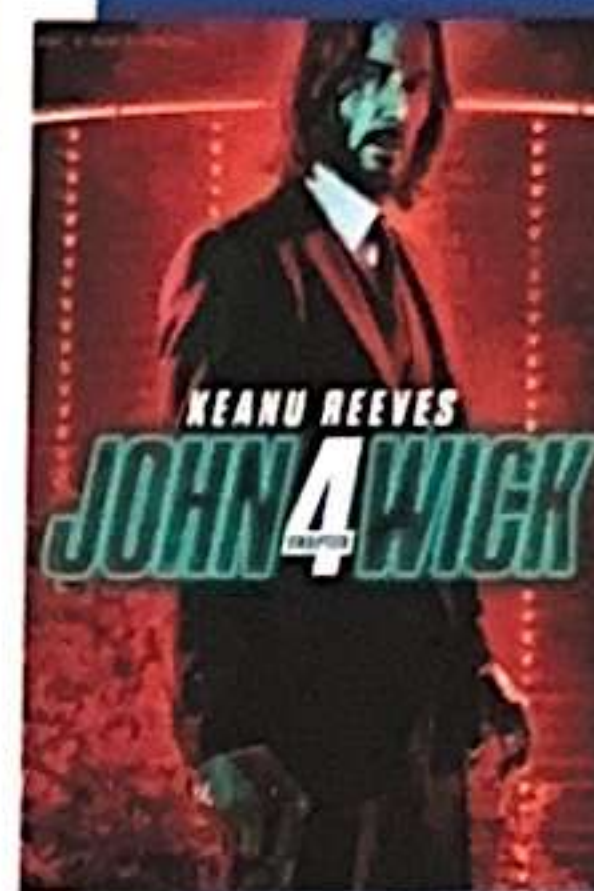
Studio 1 - Noon, 3.00pm, 6.00pm &
9.00pm

Starring: Paul Rudd, Evangeline Lilly,
Michael Douglas

Rated: 12A

Language: Time: 2hr 4mins

Scott Lang and Hope Van Dyne are dragged into the Quantum Realm, along with Hope's parents and Scott's daughter Cassie. Together they must find a way to escape, but what secrets is Hope's mother hiding? And who is the mysterious Kang?



John Wick 4 (2023)

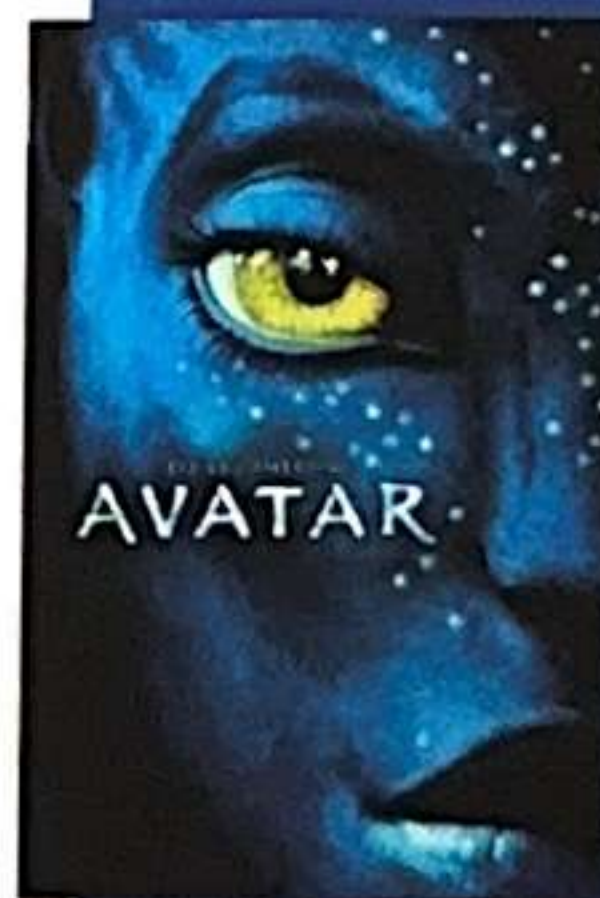
Studio 2 - Noon, 4.00pm & 8.00pm

Starring: Keanu Reeves, Laurence
Fishburne, George Georgiou

Rated: 15

Running Time: 2hrs 49mins

John Wick uncovers a path to defeating The High Table. But before he can earn his freedom, Wick must face off against a new enemy with powerful alliances across the globe and forces that turn old friends into foes.



Avatar (2009)

Studio 3 - 1.00pm, 5.00pm & 9.00pm

Starring: Sam Worthington, Zoe Saldana,
Sigourney Weaver

Rated: 12A

Running Time: 2hrs 42mins

A paraplegic Marine dispatched to the moon Pandora on a unique mission becomes torn between following his orders and protecting the world he feels is his home.



Puss In Boots: The Last Wish (2022)

Studio 4 - 1.30pm, 4.30pm, 7.30pm

Starring: Antonio Banderas, Salma
Hayek, Harvey Gullen

Rated: PG

Running Time: 1hr 42mins

When Puss in Boots discovers that his passion for adventure has taken its toll and he has burned through eight of his nine lives, he launches an epic journey to restore them by finding the mythical Last Wish.



Any event containing this symbol should be booked via My Holiday or by dialling 7070.



The majority of our entertainment programme is family friendly, however please see our recommended highlights of the day.



These events are exclusively for our teenagers 13-17 year olds.