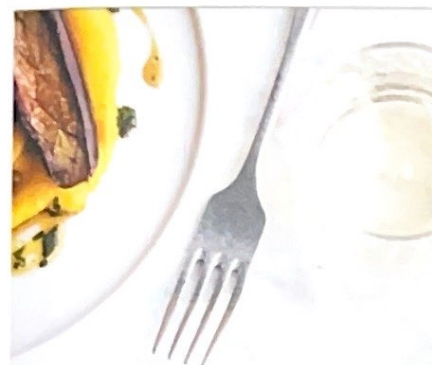


P&O CRUISES



Welcome on board
Ventura

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Welcome on board

We're delighted to be back doing what we do best and can't wait to give you an incredible holiday. It's all waiting for you... Whether you're craving melting into a massage in the spa, taking a seat in the theatre and losing yourself in a show, or relaxing on deck and indulging in a cocktail or two - we're here to give you the holiday you deserve.

What will you discover first? Will it be Ventura's dazzling entertainment venues? Or her relaxing, rejuvenating spa? Perhaps you'll try your hand in the casino, or simply relax on deck with a cocktail or freshly served ice cream? Why not set about exploring Ventura's inviting restaurants and bars, or pit your wits in a competitive pub quiz?

This booklet will be your handy guide to your holiday. From restaurants to shops, your muster station to the medical centre - this is your Ventura handbook. As you'll know, we've a few new protocols in place to protect the health and well-being of all on board and you'll find these explained here too.

So kick off your shoes, fire up your kettle and settle in. We need just a few minutes of your time to go through some essentials, then you can get ready to find out more about all the exciting things your holiday has in store.



Still your incredible P&O Cruises holiday; a few reassuring changes

With our new protocols in place, some aspects of your holiday may initially feel a little different but these changes are designed to protect the health and well-being of everyone on board, as well as the places we visit. To make it as simple as possible, we've summarised everything you need to know.

Hands, face, space

As we do when we're at home, we must continue to protect ourselves and others using these simple but effective precautions:



Hands

Wash or sanitise your hands regularly (there'll be plenty of sanitising stations around the ship).



Face

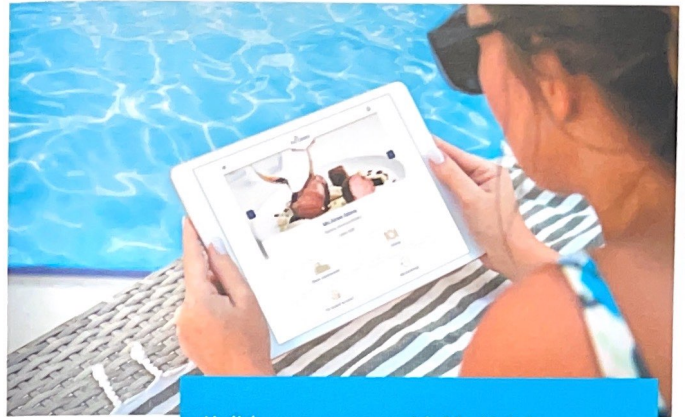
The only times you will need to wear a face mask are when moving around indoors on board, and when seated in the theatre. You're free to remove your mask when seated elsewhere around the ship, when out on deck and when exercising. We recommend you wash your mask daily and must remind you that visors and face shields will not be accepted as a substitute for a face mask.



Space

Keep distance between you and others wherever possible and we ask that you're not in your cabin at the same time as your cabin steward. We're following the appropriate guidelines for cruise holidays. Social distancing is in place in all public areas and our lifts have limited capacity. Our crew will ensure you are spaced in restaurants, the theatre, entertainment venues, etc. Please help us by keeping your distance.

All of the safety measures outlined in this booklet are in line with government guidance and all information is correct at the time of going to print. However, please bear in mind that these policies and procedures are subject to change as the world evolves. We will continue to review all of our on-board processes right up to the date of your departure, so please look out for updates to this information when you are on your ship.



Holiday your way with My Holiday Our new app is your pocket planner

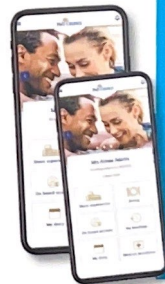
My Holiday is your very own pocket planner, ready for you to effortlessly personalise your experience from the comfort of your cabin, sun lounger, wherever! Using your mobile phone or tablet, you can customise your holiday at the touch of a button. Want to book a seat for a show? View your on-board account summary? Make a dining reservation? Book a shore experience? You can do it all with My Holiday. Plus you can also queue virtually... Instead of standing in line for restaurants, with My Holiday you can join the queue from anywhere on the ship - meaning more time to enjoy yourself while we prepare your table. It's never been easier to holiday your way.

As we continue development of the app, we'll have more exciting new features on the way. Why not log in now and take a look? My Holiday is free to use. Simply connect to the P&O Cruises guest Wi-Fi and visit myholiday.pocruises.com.

To avoid any unwanted data charges, you can switch your device to airplane mode (or similar) or turn off your mobile data.

Explore now at myholiday.pocruises.com

Or open your device's camera and hold it over the QR code; tap the link to take you to My Holiday.



Need help?

If you have any trouble using My Holiday, or if you don't have your own device and can't use My Holiday, please call our holiday experience number (you'll find the number in Horizon) who'll be happy to help. Alternatively, you can drop by one of the My Holiday pop-up desks that can be found in multiple locations around the ship.

Before we set sail

Before we set sail and you can truly engage holiday mode, we have just a few must-dos...



Watch our safety video

Time to get acquainted with your cabin TV. We've put together a brand-new safety video that documents all of the essential information for your cruise. It's crucial that you take it all in, so please get comfy and switch it on. If you're unable to find the video, please ask your cabin steward who'll be happy to help.



Find your muster station

If you haven't already, please now visit your muster station where you will need to have your cruise card scanned. In the unlikely event of an emergency, you need to head directly to your muster station and so it's best to have a trial run to make sure you know how to get there. You'll also find a map on the back of your cabin door.



Locate your life jacket

If your cabin steward hasn't shown you yet, you can find your life jacket folded on the shelf in your wardrobe. In case of an emergency, you may need to wear it but don't worry, we've got an easy demonstration in our safety video.



Explore your ship

Take a wander and browse Ventura's shops, bars and even our on-board art hub, Whitewall Gallery. Or how about heading up on deck for a drink or a nibble, or simply to take in the view? Then, track down the sports court, pools and restaurants. And acquaint yourself with Ventura's decks to get your bearings.



Make your bookings

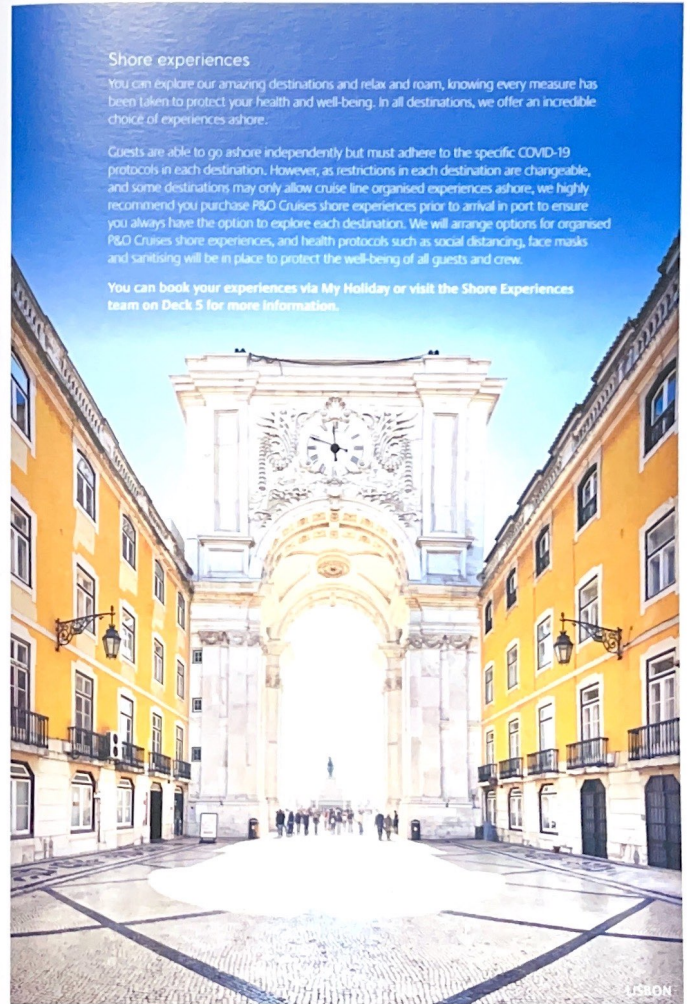
A whole world of top-quality entertainment and exceptional dining is waiting for you on board. You can make bookings using your My Holiday app and you're also able to manage bookings you'd made via My P&O Cruises in the days leading up to your holiday. Alternatively, you can call our holiday experience number (you'll find the number in Horizon) or simply drop by one of the My Holiday pop-up desks that can be found in multiple locations around the ship.

Shore experiences

You can explore our amazing destinations and relax and roam, knowing every measure has been taken to protect your health and well-being. In all destinations, we offer an incredible choice of experiences ashore.

Guests are able to go ashore independently but must adhere to the specific COVID-19 protocols in each destination. However, as restrictions in each destination are changeable, and some destinations may only allow cruise line organised experiences ashore, we highly recommend you purchase P&O Cruises shore experiences prior to arrival in port to ensure you always have the option to explore each destination. We will arrange options for organised P&O Cruises shore experiences, and health protocols such as social distancing, face masks and sanitising will be in place to protect the well-being of all guests and crew.

You can book your experiences via My Holiday or visit the Shore Experiences team on Deck 5 for more information.



A PERFECT DAY
on Ventura

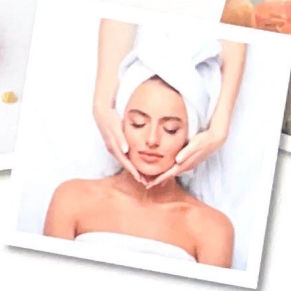
Morning

Be it a continental breakfast in bed, or a full English at one of the Freedom and Club restaurants, set yourself up for the day before you explore Ventura. Feeling energised? Hit the gym or learn new skills at a class (you'll find everything from dance to yoga). If you're in the mood for enrichment, discover more about specialist topics from a guest speaker in The Tamarind Club. Or perhaps the sun loungers are calling... With four swimming pools and six whirlpools to dip into, you're sure to find an ideal spot. Time for a pick me up? Then maybe it's the cakes, pastries and coffees at Tazzine that get your vote.



Midday

Fancy a spot of shopping? Hit Ventura's on-board shops for some holiday retail therapy. If you're feeling inspired by the amazing artwork around Ventura, take a wander through Whitewall Galleries. Lunchtime already? Now you really are spoiled for choice. Grab a tasty plate from the poolside pizzeria and grill and enjoy your meal under the sun. Or if you fancy a long and lazy lunch in more sophisticated surroundings, The Glass House is the place to be. Sit back with a chilled white wine and perfectly matched plates.



Afternoon

Why not form a team and have a giggle with our pub quiz and game show challenges at The Exchange. If you've energy to burn, head to the Sports Hub to book a court. And whatever the weather, the pool deck will keep you out of mischief with its lively holiday vibe. Time for some well-deserved pampering? Book into Oasis Spa for true R&R. If you fancy a makeover, our beauty and hair technicians are ready and waiting to make you feel gorgeous from top to toe. How about a divine treat... Eric Lanlard's Afternoon Tea - a sumptuous selection of savouries and pastries that will make your day. Or why not simply grab a good book, order your favourite cocktail via Room Service and relax on your balcony or on deck as the day drifts by?

Evening

Evenings on Ventura are fun and fabulous. Enjoy sundowners at Breakers Bar out on deck, discover your favourite cocktail at The Red Bar or try a perfectly poured glass of vino matched to your meal at The Glass House. Your other options for dinner will leave you spoilt for choice. It's a tough call... will it be fine dining at The Epicurean, sumptuous Sindhu or is it time for something grilled at the chilled Beach House? After dark, celebrate the return of the theatre, great comedy and guest vocalists. Get ready to be dazzled by song and dance in the Arena theatre. And, for music fans, head for Havana, where PULSE vibes fill the night air. And while the parents let off some steam, let the under 18s rock up to The Reef! With age-specific clubs, there's a boatload of activities for everyone.



Let us remind you what live entertainment is all about

The chance to feel the pulse of live music through your veins as you watch musicians take to the stage. To delight in the singing, costumes and more as you take a seat in the theatre. To enjoy a spectacular evening with lively music in Havana. Or to work out with a fitness instructor, take part in a gym class or a match on the sports courts. Let us entertain you...



Sail away, your way

It's time to Sail away, your way... your chance to take in the lovely views and celebrate your holiday, your way. Whatever your musical tastes we've got something to suit your mood. From chilled spaces and acoustic sounds, to a music list curated to suit the backdrop on deck, you'll find these offered in different venues across the ship. Or perhaps you prefer a quiet moment of reflection from the comfort of your cabin? Whatever you choose, our new options are created especially for the well-being of all on board, so you can find your perfect Sail away.

Celebration Night – The captain's welcome!

Welcome to our all-new Celebration Night. Just like our previous Gala Evenings, Celebration Night gives you the much-needed chance to inject a little glamour into your holiday. Dress to the nines in your black tie and evening dresses for a night that's sure to be a highlight of your holiday. We'd be delighted if you'd raise your complimentary glass of fizz as the captain addresses the whole ship from the bridge. And although there won't be a party in the atrium on this occasion, you can still be sure of a night of spectacular dining and dazzling entertainment.



Arena theatre

Ventura's two-tier Arena theatre is located forward on Decks 6 and 7. Look forward to incredible live shows by the Headliners Theatre Company. And when you're not being wowed by dazzling entertainment, you can also enjoy talks and watch films on the big screen in this go-to venue.

Havana

Although Ventura's Latin-American and Cuban themed nightclub is best known for its exuberant latin rhythms, you can now look forward to a range of specially themed nights featuring a broad range of music, from Rock to the 80s classics and so much in between. Socially distanced dancing is allowed, so let the DJ get a record on, and bop 'til you drop. Havana can be found aft on Deck 7.

Sports courts

We've introduced a Sports Hub where you can book sports sessions and borrow equipment. Sessions are offered on a first come, first served basis and we ask that you arrive 10 minutes before the start of your session. Equipment will be collected and returned via the Sports Hub and will be sanitised between use.



The Reef children's clubs

If you'd like to make use of The Reef's exceptional facilities, we request that you attend one of the advertised registration sessions to register your child so they don't miss out on any of the fun. We'll explain the facilities, outline your cruise events and run through our procedures.

Please refer to the ship's Horizon newspaper for timings of the registration sessions.

For bookable entertainment like theatre shows, don't forget to use My Holiday or pop by a My Holiday desk.

I-want-it-all menus await

Our restaurants and bars are open and we can't wait to dazzle you with our devilishly tempting menus. From fine dining to a light lunch, stopping for ice cream or grabbing a slice of poolside pizza – there's a world of variety on board. And thanks to My Holiday, you can easily pre-book a table or join a virtual queue while we prepare your table. The same applies to the buffets and deck grills. What'll it be?

The Epicurean

Dining experiences don't come any finer than dinner at The Epicurean. Marvel as each exquisite dish, inspired by classic British ingredients and given a modern twist by expert chefs, is presented at your table. The experience is complete with fine wines, flawless service, elegant surroundings and stunning ocean views.



Eric Lanlard's Afternoon Tea at The Epicurean

Treat yourself to a decadent afternoon tea from master pâtissier Eric Lanlard. Taking classic afternoon tea to unexpected new heights, Eric's sweet and savoury surprises are served with a thirst-quenching collection of 12 blends courtesy of teapigs™.

Sindhu

Prepare your taste buds for a flavour-filled adventure. In stylish and sumptuous surroundings, Sindhu's expert chefs will take you on a delicately spiced odyssey that celebrates the best of contemporary Indian cuisines. Offering menus that perfectly balance spices, delicate textures and wonderful aromas, Sindhu has understandably become a firm foodie favourite.



The Glass House

Headed up by the award-winning wine expert Olly Smith, The Glass House is the perfect location for a light bite, lunchtime tittle, afternoon apéritif or a tastefully informal evening. Take your pick from a wide variety of wines, complemented by an exciting menu of small bites, hearty mains and delicious desserts.



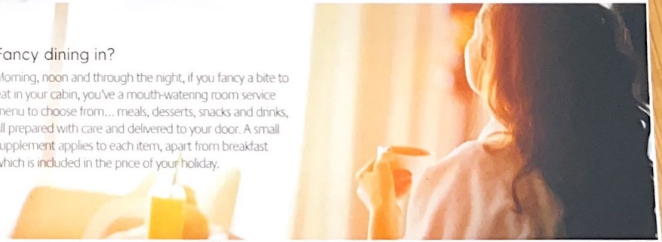
Cinnamon, Bay Tree and Saffron restaurants

Take a seat and settle into a sparkling atmosphere. You'll find flexibility (and flavour) at the heart of our breakfast and lunch menus. If you're after a quick bite or a full English, mouth-watering mains or tasty morsels – we serve it all along with a relaxed and casual atmosphere.

In need of an afternoon pick-me-up? Visit us for the ultimate treat of afternoon tea, a tasty selection of sandwiches, scones and lancies. And at dinner, you'll find a devilishly tempting menu as well as tantalising tipples to complement.

Fancy dining in?

Morning, noon and through the night, if you fancy a bite to eat in your cabin, you've a mouth-watering room service menu to choose from... meals, desserts, snacks and drinks, all prepared with care and delivered to your door. A small supplement applies to each item, apart from breakfast which is included in the price of your holiday.



Book your dining experiences or join a virtual queue via the My Holiday app or the My Holiday desk.

ON-BOARD SHOPPING

LOOKING FOR A WELL-DESERVED TREAT?

Our on-board shops have lots of exclusive, new products that you won't find on the high street, so say yes to unmissable offers in our stores and enjoy huge savings against UK Recommended Retail Prices

Say yes to the perfect gift and treat yourself to amazing savings

A second opinion can be priceless; take advantage of our one-to-one consultations for beauty, jewellery and watches

Try outfits on in the comfort of your cabin and say yes to the new dress

*T&Cs apply

Interest-free credit available on all purchases over £250

All products are covered by our one-year guarantee



cruiseshopping

AWARD-WINNING COLLECTIONS AT **WHITEWALL** GALLERIES

Seminars

Engaging and exciting seminars looking at the lives of some of the most iconic artists in history and stars of today including: *L.S. Lowry, Jack Vettriano, Sherree Valentine-Daines and Philip Gray.*

Private consultations

One-to-one appointments with the knowledgeable consultant on board to find the perfect artwork for you. With your favourite drink ordered for you in advance this is your dedicated time to explore the collection and discover your next treasured piece.

Exclusive events

Including our VIP gallery event: Held during your cruise this exclusive event showcases the best of what Whitewall Galleries has to offer. Focusing on both modern masters and emerging talents it is the perfect event to begin, or expand, your collection.

• Access to more

Did you know that your on-board art gallery has access to more than we have on the ship? Speak to your art experts and they will use their knowledge and reach to find the perfect painting for you.

• Pay your way

Did you know we have different payment options available?

Payment can be made via your ship account, credit or debit card, 0% finance or bank transfer.

• Direct to you

Found the perfect painting but worried about how to take it home? UK delivery options start from just £25 or you can collect free of charge from your nearest gallery.

• Ready to hang

Did you know that all items come fully framed? All the frames on display are chosen by our artists however we can choose an alternative to suit your taste.



ARCADIA • AURORA • AZURA • IONA • BRITANNIA • VENTURA



Follow us on social media



www.facebook.com/whitewallatsea



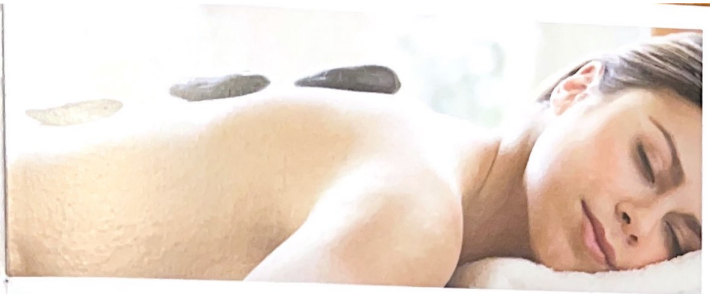
www.instagram.com/whitewallatsea



OASIS SPA & HEALTH CLUB

Escape to Oasis Spa & Health Club, the quiet respite from every daily detail where you can focus on solely you. Soothe tired muscles with a world-class massage, fine-tune your skin with an ELEMIS signature facial or indulge in a day of beauty at the Kérastase salon.

Enquire about *The Retreat*, a private sanctuary for relaxation exclusively for adults. Visit or call the spa for more information.



SPA FAVOURITES

FACIALS

ELEMIS BIOTEC TECHNOLOGY

Groundbreaking technology meets active ingredients and transformative touch to switch the skin back on, increasing its natural cellular energy for thriving, visibly healthy, and energised skin. Consultations are complimentary.

ELEMIS BIOTEC ANTI-AGEING 50 min £125
ELEMIS BIOTEC SKIN SOLUTIONS 50 min £119

ELEMIS PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. 50 min £105
**Independent Clinical Trials*

MEDI-SPA

AESTHETIC TREATMENTS

Offering a range of minimally invasive treatments, the Medi-Spa specialises in addressing the signs of ageing. From wrinkles and fine lines to loss of volume, these targeted procedures are performed by a fully licensed Medi-Spa physician and deliver natural-looking results. Subtle, effective and with no downtime. Consultations are complimentary.

MASSAGE

AROMA STONE THERAPY

Balinese stones bathed in the oil are worked into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. 50 / 75 / 90 min £89 / £139 / £175

BAMBOO MASSAGE

Soaked in essential oils, bamboo canes are rolled on to the body to profoundly address knots, releasing tightness and kneading away soreness. 50 / 75 / 90 min £105 / £155 / £175

DEEP TISSUE MUSCLE MASSAGE

An aromatic oil is selected for areas of concern, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation. 50 / 75 / 90 min £89 / £139 / £159

BODY

AROMA SPA SEAWEED MASSAGE

A heated seaweed and essential oil mask is applied to the body before being cocooned in a comforting wrap. Includes either a 50 or 75 minute massage. 75 / 100 min £125 / £175

IONTHERMIE CELLULITE REDUCTION TREATMENT

Galvanic stimuli propels marine elements into affected areas to drain fluid, smooth skin, and help contour the body. 50 min £105

WELLNESS THERAPIES

ACUPUNCTURE

Often recommended by family practitioners to complement and enhance the benefits of modern medicine. The on-board acupuncturist is certified to safely and effectively treat an extensive list of symptoms and conditions including, but not limited to, pain management, insomnia and anxiety. 50 min £105

HEALTH CLUB & GYM

PERSONAL TRAINING

Our fitness professionals will help you achieve the body you're always wanted with a personalised fitness session. 60 min £49

UNLIMITED CLASS PASS

Begin your holiday guilt free by signing up for our unlimited fitness class pass. Work your core, burn serious calories, condition your whole body. Our class list and schedule allows you to build in workouts at your leisure. Daily or cruise length passes available.

BEAUTY BAR

KÉRASTASE® FUSIO-DOSE™ INSTANT HAIR TREATMENT

Highly concentrated formulas and powerful boosters deliver custom designed results. Dry hair is nourished, damaged hair is strengthened, colour-treated hair is restored, and mature hair is re-densified. £45

KERATIN COMPLEX® EXPRESS BLOWOUT

This specially formulated revitalising and rejuvenating treatment eliminates frizz and lasts up to six weeks. 60 min from £109

NAILS SERVICES

FIRE & ICE MANICURE AND PEDICURE

Using therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother, and your nails will be nourished and polished to perfection. Manicure 45 min £35 | Pedicure 60 min £35

CND™ SHELLAC™ 14-DAY NO-CHIP MANICURE/PEDICURE

This tough as nails manicure and/or pedicure uses a Shellac coating instead of regular polish, resulting in tremendous shine, depth of colour, perfect finish, and lasts for 14 days. Manicure 45 min £35 | Pedicure 60 min £45

GENTLEMEN'S GROOMING

PRO-COLLAGEN GROOMING TREATMENT WITH SHAVE

An Express Shave with the added benefits of a hot towel facial for cleansed and moisturised skin as well as a luxurious scalp, hand and arm massage for enhanced relaxation. 55 min £69

SPA INFORMATION

OPENING HOURS

Sea Days - Open daily from 8.00am through to 8.00pm
Port Days - Open daily from 8.00am until 10.00pm
The Gym & Health Club - Open daily from 8.00am until 8.00pm

MINIMUM AGE REQUIREMENTS

Guests must be at least 18 years of age to receive treatments or utilise spa facilities unless receiving a teen service. Salon services are available to guests of all ages. Gym facilities are not available to minor guests. Please see restrictions posted outside the Health Club.

NURTURE YOUR EXPERIENCE

We recommend arriving 15 minutes prior to your appointment so you can focus your mind on relaxation.

CANCELLATION POLICY

Please provide 24 hours' notice when cancelling appointments or your on-board account may be charged 50% of your treatment cost.

VALUABLES

To ensure you do not forget any personal items of value, we suggest leaving them in the safety deposit box in your cabin.

PRODUCT RETURN POLICY

Refunds are offered for all unopened products when accompanied by a receipt and returned by the end of the cruise. Unopened products without a receipt can be exchanged for either services or products.

Customer Service | c/o OneSpaWorld
1.855.848.3059 | customercare@onespaworld.com

Occasionally, for reasons beyond our control, your treatment selection may not be available.

VISIT THE SPA TODAY TO DISCOVER THE FULL RANGE



Loyalty and Cruise Sales team on board

Don't want the holiday to end?

There's no better tonic for the post-holiday blues than having your next adventure on the horizon. Speak to our Loyalty and Cruise Sales team located on Deck 5 today to request your brochure and find out more about the exclusive benefits you can enjoy from booking your next holiday on board. They're the experts, with personal experience of the incredible destinations we visit – perfect to help you line up your next fabulous trip.

Here are our top reasons why it's best to book on board:



Exclusive benefits

When you book an applicable Select Price holiday on board, you'll enjoy exclusive benefits, such as a low deposit* and extra on-board spending money**.



Have a preferred agent?

Don't worry, your usual travel agent will still handle your booking once you're back home.



We are the experts

Our knowledgeable team live on our ships and have first-hand experience of the amazing destinations we offer. And they're available for long periods every day of your holiday, so you can even book the day before your holiday ends.

Visit the Loyalty and Cruise Sales team located on Deck 5 for more information today.



THE PENINSULAR CLUB

REWARDING LOYALTY

Every night you spend on board, you're effortlessly earning loyalty points that lead to exciting rewards through our Peninsular Club. For each night we award you 10 loyalty points, which we apply at the end of your holiday. After spending at least 15 nights on board, you'll earn 150 points and automatically become a Pacific tier member of our Peninsular Club.

The Peninsular Club has six tiers and you progress through the tiers the more nights you spend on board, increasing the rewards you enjoy next time you holiday with us. As a member of the Peninsular Club, you'll also receive an exclusive 5% discount on selected cruises.² Find out more by requesting a brochure from the Loyalty and Cruise Sales team.

Here's just some of the benefits you can enjoy as you build up your loyalty points and progress through the Peninsular Club tiers:

- An on-board discount of 5% (rising to 10%) on bars, shops, the spa, salon and shore experiences
- Sail away, your way Champagne voucher
- Half a bottle of Champagne per cabin
- Priority booking on P&O Cruises new programmes
- Priority arrival time allocation
- Welcome on board reception

Visit the Loyalty and Cruise Sales team located on Deck 5 for more information today.

Terms and conditions

*Low deposit offer of £50pp is available on selected departures and is applicable to new P&O Cruises Select Price bookings on selected cruises when booking on board. The low deposit offer is not applicable to Saver prices or other promotional prices. Excludes World Cruise 1001, Classic Southern Hemisphere Journeys, Pacific Fly-cruises or cruises of 90 nights or more in duration which require a 75% deposit.

**On-board booking benefit of additional on-board spending money is applicable to the first two guests only on Select Price bookings and selected departures only. It is not combinable with Saver and Early Saver prices or with our Thank You for Cruising, Ship Visit, Military or Groups on-board spending money offers. Offer is only valid for the duration of your cruise and can only be booked on board. On-board spending money amount varies by cruise duration. The on-board booking benefit of extra on-board spending money is in addition to your Select Price benefits and any promotional on-board spending money offer. For more information, please visit the Loyalty and Cruise Sales team.

²Members of the P&O Cruises Peninsular Club benefit from an additional 5% discount with Select Price bookings on selected cruises available until departure. See Peninsular Club booklet for full terms and conditions.

Venue guide

Restaurants



Cinnamon Restaurant

Deck 5
Enjoy the unique atmosphere of this fabulous Freedom Dining restaurant, serving delightful dishes each day.

Bay Tree Restaurant

Deck 6
Enjoy delicious dining, sophisticated surrounds and a sparkling atmosphere. Perfect for relaxed, flexible dining and to savour your choice of modern British cuisine.

Saffron Restaurant

Deck 6
Like to escape the usual routine on holiday? Stroll into Saffron Restaurant for an early dinner one night and a late supper the next.

Sindhu

Deck 7
Let a delicately spiced fusion of contemporary Indian cuisines take you on a flavour-filled adventure.

The Glass House

Deck 7
The perfect spot for light bites, lunchtime tipples and relaxed evening meals, with wines selected by Oilly Smith.

The Beach House

Deck 15
Tuck into hearty grills and seafood inspired by Latin America and the Caribbean at this fun, family favourite.

Poolside pizzeria and grill

Deck 15
When you're lying on a lounger and feeling peckish, choose a freshly made snack from the mouth-watering menu at your ship's poolside grill.

Waterside and Beach House Restaurants - Buffet

Deck 15
No matter what time of day it is, our main self-service restaurant offers high-quality dining in a relaxed, informal environment.

The Epicurean

Deck 17
Fine dining personified, with exquisite dishes inspired by British ingredients and flawless service in elegant surrounds.

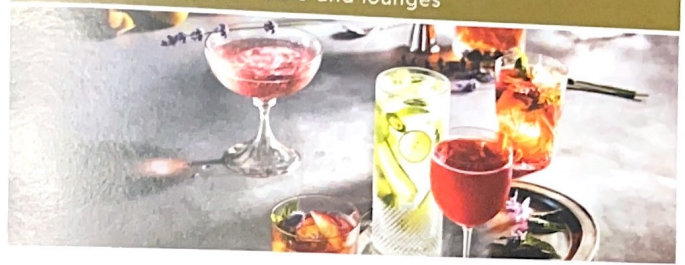
Eric Lanlard's Afternoon Tea at The Epicurean

Deck 17
The ultimate indulgence: master pâtissier Eric Lanlard elevates the humble afternoon tea into a decadent treat.

Room Service

Morning, noon and through the night, if you fancy a bite to eat in your cabin, you've a tempting room service menu to choose from.

Bars and lounges



Tazzine

Deck 5
If you're seeking rich coffee and conversation, Tazzine is just the thing, serving speciality Costa coffees, cookies, pastries and savoury snacks.

The Exchange

Deck 6
There are some things only a visit to the pub can satisfy. Catching up with friends, testing your pub quiz knowledge or watching unmissable sporting events – welcome to The Exchange.

Red Bar

Deck 7
Offering cocktails and Champagne in a sophisticated setting, the vibrant Red Bar is ideal for a pre-dinner drink or after-dinner socialising.

Deck bars

Deck 15
You're never far from a refreshing drink at one of our inviting bars on Deck 15. Or why not treat yourself to an indulgent ice cream in Sundaes?

Breakers Bar

Deck 16
For a refreshing cocktail out on deck, Breakers Bar is the perfect spot to enjoy the views surrounding you.



Entertainment



Fortunes Casino

Deck 6

Love the sense of excitement as the roulette wheel spins? If so, pay Fortunes Casino a visit. It's a great night out, whether you're having a flutter or sipping a favourite tippie.

Arena theatre

Decks 6 and 7

Look forward to spectacular live acts from the fabulous Headliner Theatre Company. This two-tiered theatre is also the place to watch films on the big screen.

Havana show lounge

Deck 7

Ventura's Cuban themed nightclub, Havana is the place to party into the night. Order a mojito, dance to a live band or enjoy some late-night performances.

The Tamarind Club

Deck 7

Imperial and exotic touches set the scene for a memorable night as comedians and live music performances keep you entertained.



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Shopping



Shopping

Deck 5, 6 and 7

Treat a loved one, buy souvenirs or simply spoil yourself. From Clinique and Clarins to Citizen and Ted Baker, you'll find jewellery, fashion, cosmetics and more from top brands in the shops on board.

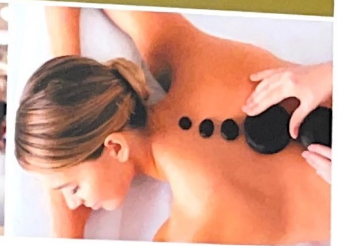
Whitewall Galleries

Deck 5

Offering original paintings, collectable editions and sculptures from internationally acclaimed artists and emerging talents. Discover a dynamic programme of seminars, exhibitions and events on board.



Wellness



Gym and health club

Deck 16

Get your pulse racing with a full-on workout or admire the sea views while lightly exercising, joining us for a yoga session. We also offer regular classes such as Pilates and spin.

Oasis Spa and Salon

Deck 16

Book into Oasis Spa and let our stylists pamper you. Why not spoil yourself with a massage or treatment using luxurious Elemis products? Or how about booking into the salon for a hair or beauty treatment?

The Retreat

Deck 17

Our alfresco spa terrace is exclusively for adults and offers sun loungers, airy cabanas for spa treatments, personal water service with light bites included and, of course, gorgeous panoramic views.



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Keeping healthy on board

The health of our guests and crew is of utmost importance and we take all possible measures to protect ourselves and to limit the spread of infections like Norovirus and respiratory illnesses such as the flu and Coronavirus. Our ships have to meet both UK and CDC Vessel Sanitation Programme standards and undergo regular unannounced inspections by these agencies. Additionally, all our ships have comprehensive prevention and control systems in place including effective routine cleaning, sanitation and health monitoring.

How to ensure you stay healthy

1. Know the signs and symptoms of illness

Illness	Norovirus - a mild gastrointestinal illness	Respiratory illness - such as the common cold and influenza	Coronaviruses - COVID-19
Symptoms	Nausea Vomiting Diarrhoea	Fever or chills Cough Sore throat Runny nose	Continuous cough Shortness of breath or breathing difficulty Fever or chills Muscle or body aches New loss of taste or smell Vomiting Diarrhoea

We have on-board health monitoring, testing and dedicated facilities to ensure early identification and treatment of infectious illnesses on board. If you experience any of the listed symptoms, please stay in your cabin and contact our Medical team on 8880 who will be able to assist.



2. Report any symptoms when feeling unwell

The ship is equipped with an on-board medical centre and team of doctors and nurses. If you have any of the listed symptoms or are feeling unwell, please return to and stay in your cabin and contact the medical centre, or in an emergency please dial 999.



In case of emergency

You can call us on 8880. If it is an emergency, please dial 999.

If you need medical advice, you can call the medical centre on 8880 who will organise a consultation.



Health monitoring

Throughout your holiday, health monitoring will be in place to help early identification of any illnesses. This will include testing at embarkation and health screening questionnaires. If you have any of the listed symptoms, please return to your cabin and contact the medical centre by calling 8880.





Our crew are happy to help

If you have any questions at all, please don't hesitate to reach out to our fantastic crew. They will be more than happy to help and are here to make sure you have a wonderful holiday. And if you think they're doing a great job...

Recognise our shining stars

At P&O Cruises we're passionate about recognising our people who have delivered extraordinary service. We want your holiday to be an unforgettable one, so if a member of the team has made a difference on your holiday, we'd love to hear about it. There are nomination cards at Reception along with a box to pop in your nominee's name. Each month we recognise all our nominees and our extra special shining stars with prizes and rewards. Thanks for taking the time to do this; we really appreciate your feedback.

We hope you enjoy
your holiday on Ventura

