

# HORIZON

Discover more on board Iona

*Gold*

A dynamic live music event

Tuesday 22 August 2023

Sunrise: 5.55am - Sunset: 9.14pm | Weather: Cloudy with a couple of showers | Temp: 17°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.



### Massage Madness - Only £89

Book today and receive all the below treatments for only £89  
Swedish or Deep tissue Back Massage  
Relaxing Scalp Massage  
Hand and Arm Massage  
Foot and Ankle Massage  
Upgrade your Back Massage with Hot Stones or Bamboo for only £20.

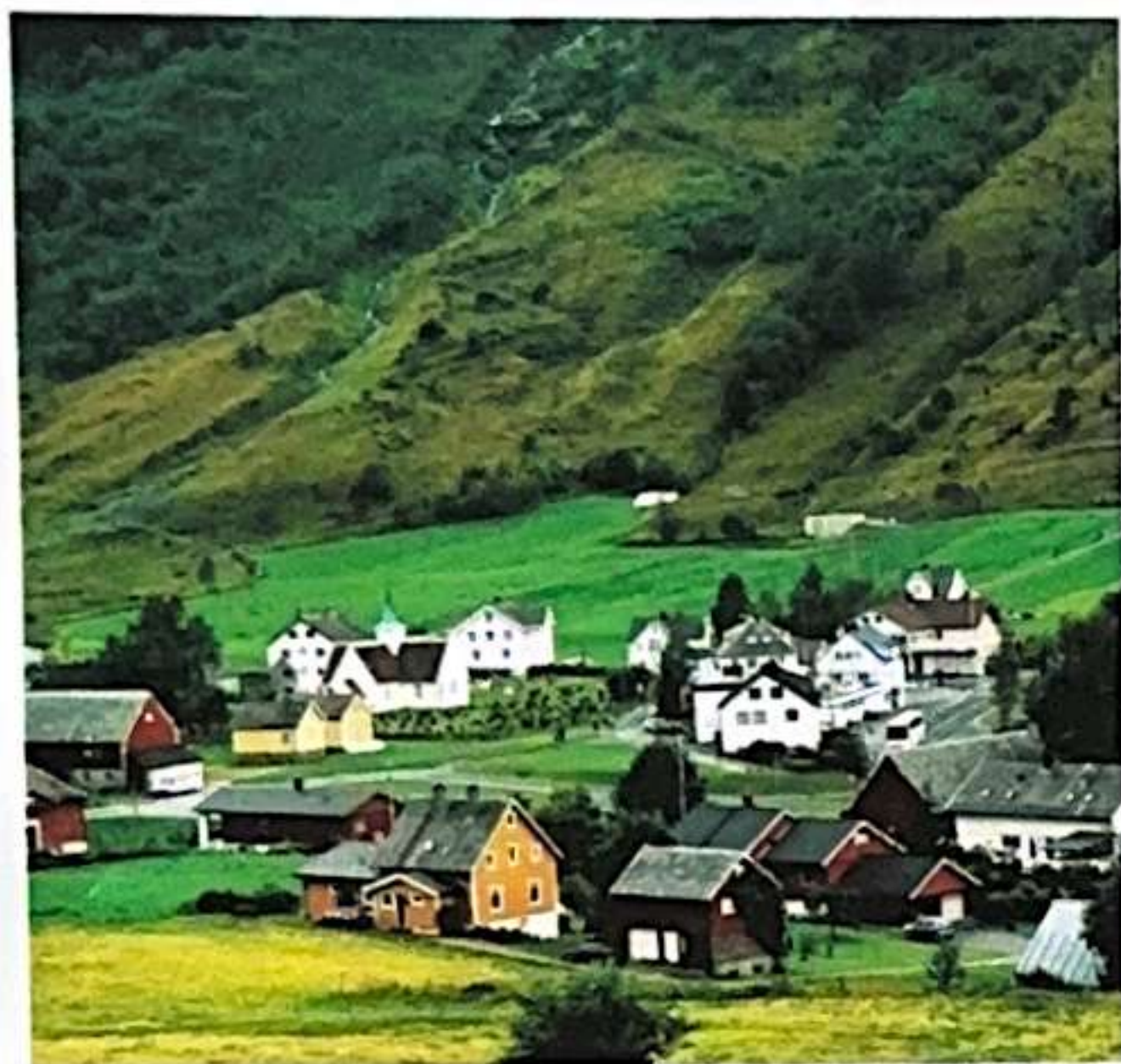


8.00am-10.00pm Oasis Spa (Deck 6) Forward

## Welcome to Olden

Arrival: 9.00am

All aboard: 5.30pm



The peaceful village of Olden has the perfect Fjordland cruise setting - nestling at the southern end of one branch of the beautiful Nordfjord and at the entrance to the gorgeous Oldedalen Valley. A lake in the valley has been turned a rich, deep green by the river pouring down the mountains from the vast, million-years-old Briksdal Glacier. Giant waterfalls also cascade down making the views even more spectacular as you travel through the valley to the foot of the glacier - one of the offshoots of the vast Jostedal Glacier now designated as a national park.

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  
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.

### Tag Heuer Timepieces Talk

Join our Watch Specialist to learn all about the history of one of the world's finest Swiss watch brands and manufacturer. This talk explores the origin, design inspiration and details of how TAG Heuer conquered the world of glamour and sport through watches.

8.00pm-8.30pm Luxury Watches (Deck 7) Midship



### Headliners Theatre Company Presents - Greatest Days

Greatest Days by Tim Firth, The Official Take That Musical is an adaptation of the acclaimed West End musical, The Band. The show features the songs of 'Take That' and A Beautiful Story by Olivier Award-winning writer Tim Firth. These are all brought to life on stage by an amazing cast. Please note - performance run time is 60 minutes. My Holiday booking required. Be sure to arrive before the performance begins.

6.30pm, 8.30pm & 10.30pm  
Headliners Theatre (Decks 6 & 7) Forward



### RISE

An amazing flight of imagination where feathers fly and a phoenix is born. Watch in wonder as colourful performers soar high around Iona's SkyDome.

7.30pm, 9.00pm & 10.30pm SkyDome (Decks 16 & 17) Midship



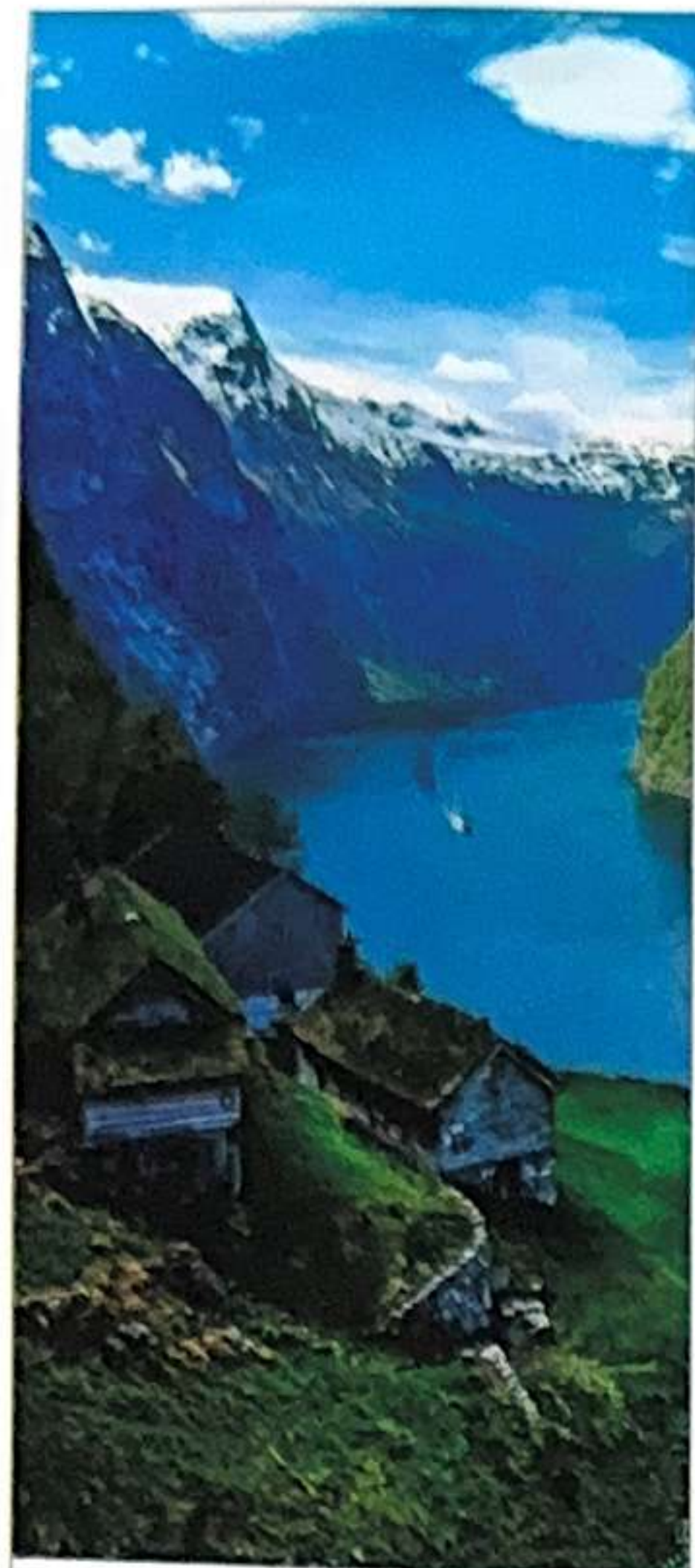
### GOLD With Party Band, PULSE

The chance to relive the days of perms, shoulder pads and acid washed jeans. It's time to celebrate the golden magic of the 80s. Feel the decade come alive with Killer DJ sets and live music from our resident party band, PULSE. PULSE will be performing at 8.00pm, 9.30pm & 11.00pm.

8.00pm-11.45pm The Club House (Deck 8) 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 - TOTAL BODY CONDITIONING

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

**Oasis Gym (Deck 5) Forward**

### 8.00am - BODY SCULPT BOOT CAMP

Join our Personal Trainers as they take you through a Body Sculpt program designed to help you enjoy your holiday to the max, keeping those pounds off whilst allowing you some guilt-free indulgence on board. (A nominal fee applies for this class.)

**Oasis Gym (Deck 5) Forward**

### 10.00am - THEME QUIZ: US STATES

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

**Brodie's (Deck 7) Forward**

### 10.00am - 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**

### 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**

## From 1.00pm

### 1.00pm - CREATIVE WAVES - KEEP CALM & COLOUR IN

Take a moment of mindfulness colouring with your Art and Crafts Specialists.

**Grand Atrium Piano Bar (Deck 6) Midship**

### 1.00pm - SCENE+ TECH ACADEMY WORKSHOP **SCENE+**

Come and join our Tech Academy workshop. Learn coding skills to bring mini robots to life and have fun along the way. Exclusively for 13-17-year-olds.

**The Limelight Club (Deck 6) Forward**

### 1.30pm - CREATIVE WAVES - TOUR OF IONA'S ARTWORK

Join your Art and Craft Specialists at this meeting point for a guided walking tour and take an insightful look at the variety of artwork found throughout the ship.

**The Crow's Nest (Deck 17) Forward**

### 2.00pm - KILLER POOL

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

**Brodie's (Deck 7) Forward**

### 2.00pm - 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**

### 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 - SCENE+ SOCIAL MEET UP **SCENE+**

Come and join us at Costa Coffee to collect your free voucher and enjoy a free drink. Exclusively for 13-17-year-olds.

**Scene (Deck 6) Forward**

### 2.00pm-2.15pm - TECH ACADEMY - SIGN UP

Come along and sign up to take part in this afternoon's Tech Academy session. Spaces are limited so sign up is essential.

**The Club House (Deck 8) Aft**

### 2.15pm - TECH ACADEMY WORKSHOP

You will love our Tech Academy workshop. Learn coding skills to bring mini robots to life and have fun along the way. Please sign up at The Reef for this event by 2pm, limited spaces available.

**The Club House (Deck 8) Aft**

### 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 - CREATIVE WAVES - PAINT WITH WATERCOLOUR

Come along and learn techniques whilst using the medium of watercolour paints to create a masterpiece. Limited spaces available.

**Grand Atrium (Deck 6) Midship**

### 3.00pm - RELIEVE BACK, LEG AND FOOT PAIN

Overcome needless lower back pain, aching shoulders and foot problems with a few tips from our expert. Visit and receive a free foot analysis to address your individual concerns.

**Oasis Gym (Deck 5) Forward**

### 3.00pm - LADIES' SPA PAMPER PARTY

Learn all the latest tips and tricks in the health and beauty industry. All who attend will receive a free Collagen Eye Treatment, free Neck and Bust Lifting Treatment, and a free Sun Glow makeover. One hour of pure pampering.

**The 710 Club (Deck 6) Midship**

### 3.00pm - EXCITING SCIENCE WORKSHOP

See back page for details.

**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**

## Recommended Tour For Hellesylt

## Scenic Geirangerfjord Cruise

Geirangerfjord is often described as 'the world's most beautiful fjord' and has been awarded UNESCO World Heritage status.

Your leisurely voyage will also take you past the Seven Sisters Waterfall.

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



From 4.00pm

**4.00pm - SCENE+ TEENS SPORTS** **SCENE+**


Calling all teens to get involved for an hour of sports at the Arena. Exclusively for 13-17 years old.

**Arena Sports Court (Deck 19) Aft**

**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 - CREATIVE WAVES - ARTISTS CHOICE - CLAY WORKSHOP** 

Try your hand at creating a Nordic inspired clay masterpiece as your Art and Crafts Specialists share their knowledge through the medium of clay. Limited spaces available. A nominal fee applies.

**Grand Atrium (Deck 6) Midship**

**4.00pm - YOGA**

A fantastic entry level class to help you stretch, de-stress and relax during your cruise. (A nominal fee applies for this class.)

**Oasis Gym (Deck 5) Forward**

**4.00pm - THREE WAYS TO FEEL BETTER WITH HERBS, ACUPUNCTURE AND CUPPING**

The Chinese used these three simple techniques to stay healthy for thousands of years. Come and learn more about this ancient therapy and how you can get it on board.

**The 710 Club (Deck 6) Midship**

**4.30pm - GUEST SPEAKER - STEVE SIMONE**

See back page for details.

**The Club House (Deck 8) Aft**

**5.00pm - INDIVIDUAL QUIZ**

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

**Brodie's (Deck 7) Forward**

**5.00pm - EVENING STRETCH**

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

**Oasis Gym (Deck 5) Forward**

**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**

**6.00pm - CARICATURE PORTRAITS**

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

**Grand Atrium (Deck 6) Midship**

**6.00pm - SCENE+ TEEN FITNESS BOOTCAMP** **SCENE+**

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-6.30pm - 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**

**6.00pm-6.45pm - COCKTAIL PIANIST - JULIA BIHARI**

Sit back, relax and enjoy some all-time musical favourites from our cocktail pianist Julia Bihari.

**Grand Atrium Piano Bar (Deck 6) Midship**

**6.00pm-10.00pm - PHOTO OF THE DAY: DECK 7 WIDE ATRIUM**

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


**Grand Atrium (Deck 6) Midship**

**6.30pm - HEADLINERS THEATRE COMPANY PRESENTS - GREATEST DAYS** 

See front page for details.

**Headliners Theatre (Decks 6 & 7) Forward**

From 7.00pm

**7.00pm - THE 710 CLUB - ELLY DARRALL** 

Elly Darrall is a 20-year-old singer-songwriter from the West Midlands. She is fascinated by the 1960s and 1970s and this is reflected in her music as she takes inspiration from artists such as Eva Cassidy, Dusty Springfield, Karen Carpenter and Fleetwood Mac. Book in advance using My Holiday. Be sure to arrive before the performance begins. Doors will open 30 minutes prior to show time.

**The 710 Club (Deck 6) Midship**

**7.00pm - SCENE+ QUIZ NIGHT** **SCENE+**

What? Why? How? Test your knowledge and take part individually or as a team at this fun quiz for teens, hosted by our friendly Scene Youth team. Exclusively for guests aged 13-17.

**The Club House (Deck 8) Aft**

**7.30pm - RISE**

See front page for details.

**SkyDome (Decks 16 & 17) Midship**

**7.30pm-8.00pm - GENTLEMEN & TIMEPIECES**

The Luxury Watch Shop is inviting all gentlemen for a one-on-one consultation with our Watch Specialist. Join us for this first event and be treated to a glass of whisky. Ladies are welcome too.

**Luxury Watch Shop (Deck 7) Midship**

**7.30pm-8.15pm - COCKTAIL PIANIST - JULIA BIHARI**

Cocktail pianist Julia Bihari presents more of your favourites.

**Grand Atrium Piano Bar (Deck 6) Midship**

**8.00pm - 8 O'CLOCK CHALLENGE**

Join your Entertainment Host for tonight's challenge.

**Brodie's (Deck 7) Forward**

**8.00pm-8.30pm - TAG HEUER TIMEPIECES TALK**

See front page for details.

**Luxury Watches (Deck 7) Midship**

**8.00pm-8.45pm - GOLD WITH PARTY BAND, PULSE**

See front page for details.

**The Club House (Deck 8) Aft**

**8.30pm - HEADLINERS THEATRE COMPANY PRESENTS - GREATEST DAYS** 

See front page for details.

**Headliners Theatre (Decks 6 & 7) Forward**

**8.30pm-9.00pm - ARE LAB GROWN REAL DIAMONDS?**

See sidebar for details.

**Fine Jewellery Boutique (Deck 7) Midship**

**8.30pm-9.00pm - JOHNNIE WALKER WHISKY EXPERIENCE**

Join us as we take you on a journey of discovery into our range of Johnnie Walker whiskies. These blended whiskies will plunge you headfirst into a world that's bursting with flavour. Each with unmatched character, wrapped in our signature boldness. Each colour a melting pot of taste you only get by blending whisky from the four corners of Scotland.

**Duty Free Store (Deck 7) Midship**

**8.45pm - THE 710 CLUB - ELLY DARRALL** 

See 7.00pm for details.

**The 710 Club (Deck 6) Midship**

**8.45pm-9.30pm - MUSIC IN THE CLUB HOUSE**

Enjoy some great music before this evening's show.

**The Club House (Deck 8) Aft**

**9.00pm - RISE**

See front page for details.

**SkyDome (Decks 16 & 17) Midship**

**9.00pm-9.30pm - EMERALD PARTY**

Join us for a fun party with a glass of bubbles and the mesmerising Zambian and Colombian Emeralds Collection. Our flash sale will run for two hours, don't miss out.

**Fine Jewellery Boutique (Deck 7) Midship**



## Are Lab Grown Real Diamonds?

The fastest growing trend within Fine Jewellery have now arrived here onboard Iona.

Be sure to attend our informative Lab Grown Diamonds talk with our Specialists to learn all about this fantastic new collection which offers exceptional elegance at extraordinary value.

**8.30pm-9.00pm  
Fine Jewellery  
Boutique  
(Deck 7) Midship**





## MR. BRAINWASH EXHIBITION NOW ON.

Make sure you visit today to view a unique collection of artwork by cultural icon and megastar of the art world, Mr. Brainwash.

**WHITEWALL**  
GALLERIES

6.00pm-10.00pm (Deck 6) Forward

### From 9.00pm

#### 9.00pm-9.30pm - TUDOR WATCH CONSULTATION

Join our Tudor Ambassador for a one to one consultation to share your thoughts and enjoy a curated selection of spirits for this unique occasion. Learn everything about your future Tudor timepiece, followed by a Q&A session where our ambassador will enlighten us with his knowledge and passion for the brand. We look forward in seeing you there.

**Tudor Watches Retail (Deck 7) Midship**

#### 9.00pm-9.30pm - BIG BEAUTY EXPOSÉ

Join us for our Beauty Exposé talks which will also include the GHD and Gimme Brows demonstrations. In addition we'll be giving talks on Jo Malone, Chanel Perfumes plus holding a Dermalogica Masterclass: Sun Sea and SPF. Special discount voucher for all those who attend.

**Beauty Boutique (Deck 7) Midship**

#### 9.15pm-10.00pm - PIANO VOCALIST - CHARLES BAKER

Sit back, relax and enjoy some all-time musical favourites from our piano vocalist Charles Baker.

**The Crow's Nest (Deck 17) Forward**

#### 9.30pm-10.00pm - GINGKO AND MOVA GLOBE TALK

Using the latest technology and a fresh, modern approach, Gingko and Mova Globe brings elegance and practicality together in a seamless and sustainable way. Join our specialist and learn more about these fabulous gadgets.

**Tech Store (Deck 7) Midship**

#### 9.30pm-10.15pm - COCKTAIL PIANIST - JULIA BIHARI

Julia Bihari is back with more piano classics.

**Grand Atrium Piano Bar (Deck 6) Midship**

#### 9.30pm-10.15pm - GOLD WITH PARTY BAND, PULSE

See front page for details.

**The Club House (Deck 8) Aft**

#### 10.15pm-11.00pm - MUSIC IN THE CLUB HOUSE

Get those feet tapping with some pre-show tunes.

**The Club House (Deck 8) Aft**

#### 10.15pm-11.00pm - PIANO VOCALIST - CHARLES BAKER

Charles Baker is back at the piano with more of your favourites.

**The Crow's Nest (Deck 17) Forward**

#### 10.30pm - HEADLINERS THEATRE COMPANY PRESENTS - GREATEST DAYS

See front page for details.

**Headliners Theatre (Decks 6 & 7) Forward**

#### 10.30pm - RISE

See front page for details.

**SkyDome (Decks 16 & 17) Midship**

#### 10.30pm - THE 710 CLUB - ELLY DARRALL

See 7.00pm for details.

**The 710 Club (Deck 6) Midship**

#### 10.30pm-Midnight - THE LIMELIGHT CLUB'S KARAOKE SESSION

Shy by day, unstoppable karaoke force by night? Show us what you've got in our popular karaoke session. Exclusively for adults.

**The Limelight Club (Deck 6) Forward**

#### 10.45pm-11.15pm - COCKTAIL PIANIST - JULIA BIHARI

More of your musical favourites with Julia Bihari.

**Grand Atrium Piano Bar (Deck 6) Midship**

#### 11.00pm-11.45pm - GOLD WITH PARTY BAND, PULSE

See front page for details.

**The Club House (Deck 8) Aft**

#### 11.15pm-Midnight - PIANO VOCALIST - CHARLES BAKER

Late night music with Charles Baker.

**The Crow's Nest (Deck 17) Forward**

#### 11.45pm-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 - ELLY DARRALL

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



### Guardians Of The Galaxy Vol. 3 (2023)

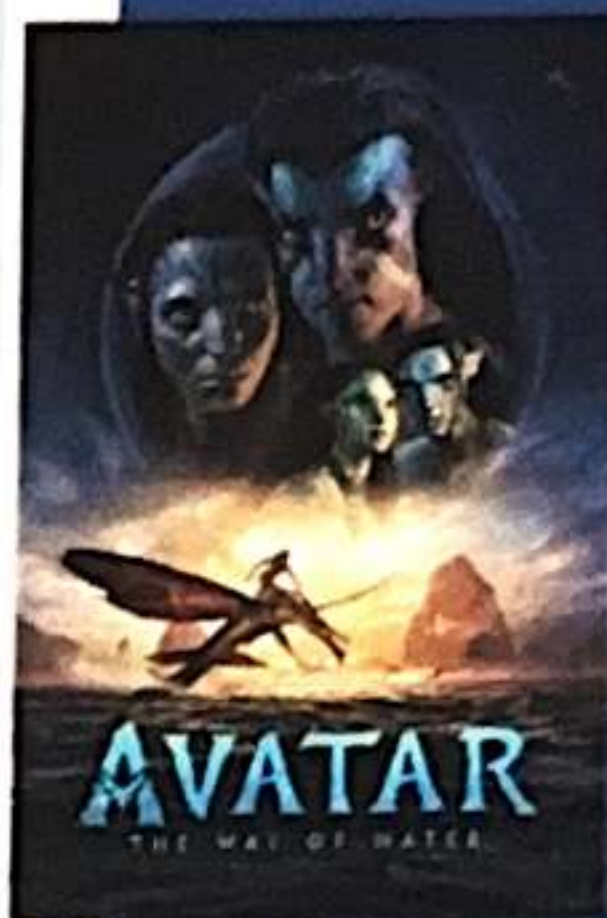
Studio 1 - Noon, 3.00pm, 6.00pm & 9.00pm

Starring: Chris Pratt, Chukwudi Iwuji, Bradley Cooper  
Rating: PG13

Running time: 2hr 30mins

Still reeling from the loss of Gamora, Peter Quill rallies his team to defend the universe and one of their own - a

mission that could mean the end of the Guardians if not successful.



### Avatar: The Way Of Water

Studio 2 - 12.00pm, 4.00pm & 8.00pm

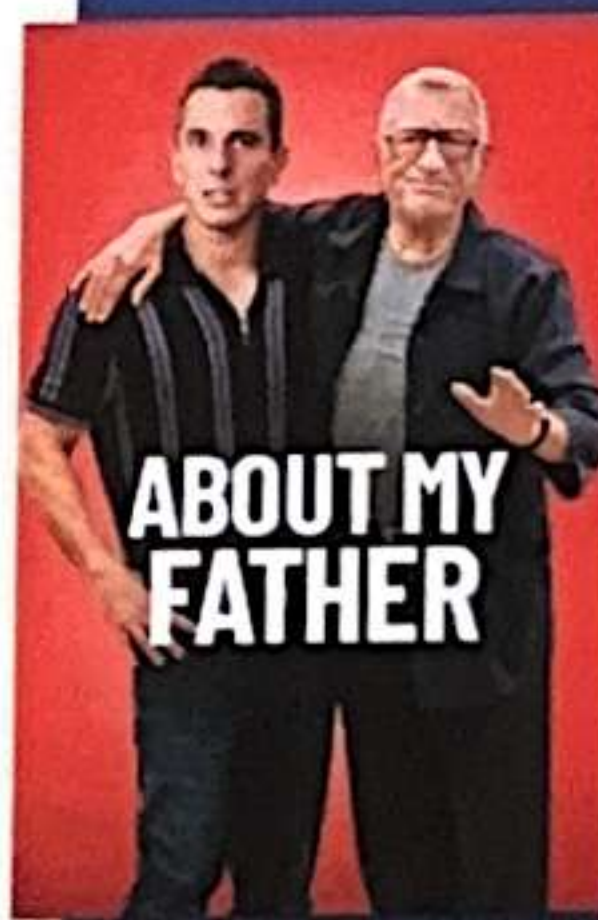
Starring: Sam Worthington, Zoe Saldana, Sigourney Weaver

Rated: 12A

Running Time: 3hrs 12mins

Jake Sully lives with his newfound family formed on the extrasolar moon Pandora. Once a familiar threat returns to finish what was previously started, Jake must

work with Neytiri and the army of the Na'vi race to protect their home.



### About My Father (2023)

Studio 3 - 3.00pm, 7.00pm & 10.00pm

Starring: Robert De Niro, Sebastian Maniscalco, Leslie Bibb

Rated: PG 13

Running Time: 1hr 30mins

When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a

weekend with her tony parents.



### Encanto

Studio 4 - 1.30pm, 4.30pm & 7.30pm

Starring: Stephanie Beatriz (voice), María Cecilia Botero (voice), John Leguizamo (voice).

Rated: PG for some thematic elements and mild peril.

Running Time: 1hr 42mins

A young Colombian girl has to face the frustration of being the only member of her family without magical powers.



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.