

# HORIZON

Discover more on board today

# INFERNO

A dynamic live music event

Thursday 24 August 2023

Sunrise: 6.16am - Sunset: 9.05pm | Weather: Light rain showers and a gentle breeze | Temp: 17°C

Tonight's dress code:

### Evening Casual

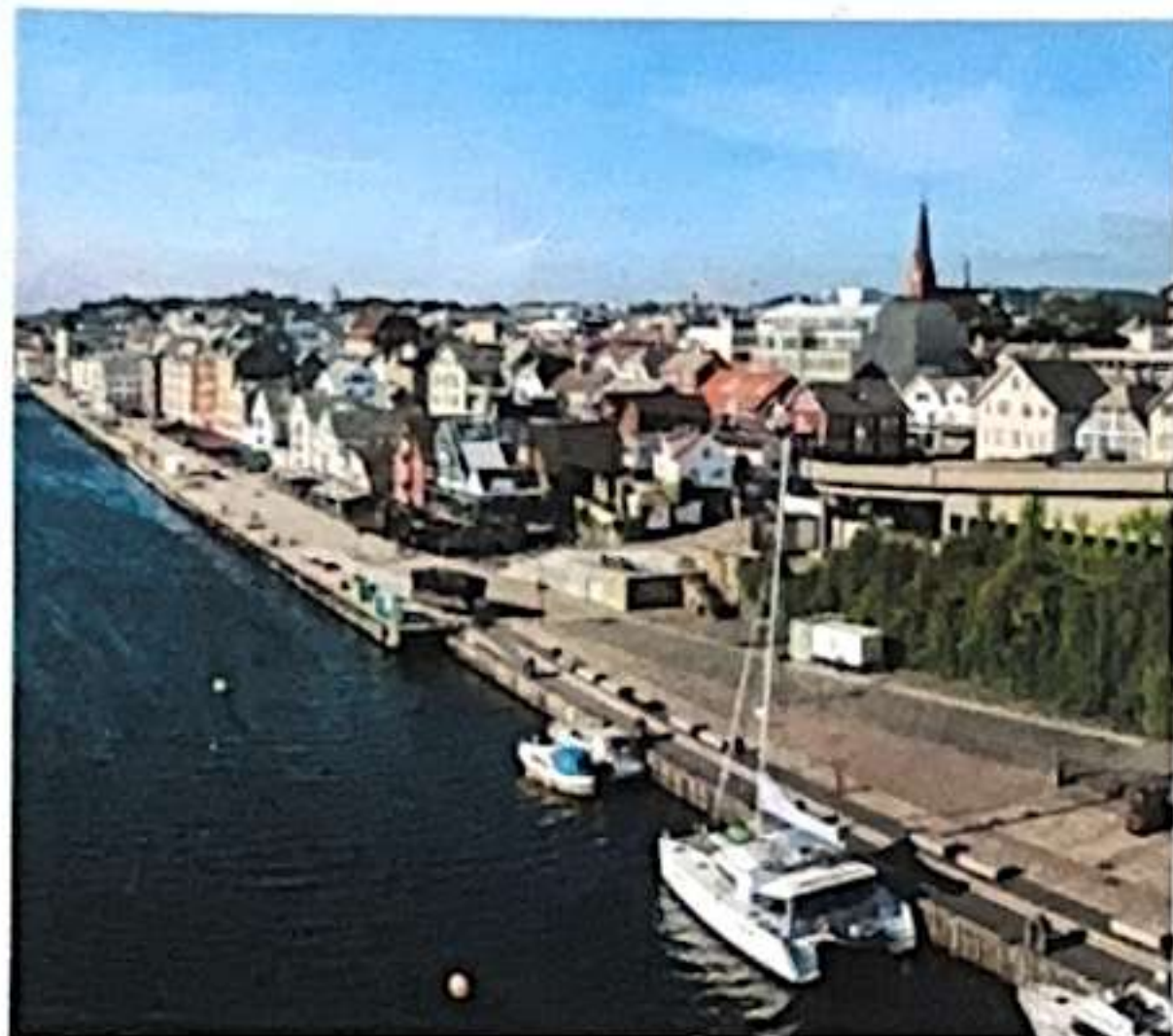
Bring out your best shirt or keep it a bit more casual; you can do what suits you, so long as the tracksuits are left behind. From dark denim to casual separates, you can choose something you're comfortable in.



## Welcome to Haugesund

Arrival: 9.00am

All aboard: 4.30pm



Haugesund is located between Stavanger and Bergen in the heart of Norway's south-western cruise region. This is the area where Vikings used to live and where the Viking Kings had their Royal seat. Experience the best of what Norway has to offer; fjords, waterfalls, coast and city culture, the unique Viking history and idyllic islands are among what you will find in this region.

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.

## Relaxation Spa Package - Only £79

Pamper yourself with all these treatments. 50 minutes for only £79: Swedish or Deep Tissue Back Massage, Soothing Scalp Massage, Foot and Ankle Massage, Neck and Shoulder Massage, and Collagen Eye Treatment. Today only. Call the Oasis Spa on 7070 or visit us to book your appointment.

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



## Spend More & Save More In The Shops

Spend over £100 in the on board shops to receive £30 off your next transaction, spend over £200 and get £75 off and spend over £400 to get £125 off. See in store for further details. T&Cs apply.

30 Minutes After Sailing-11.00pm  
Avenue Shopping (Deck 7) Midship



## Vocalist - Shellyann



Sensational singer songwriter from Swansea, Shellyann returns. Winner of BBC's 'All Together Now' she'll entertain you with a heavenly mix of songs from powerful vocalists. Book in advance using My Holiday. Be sure to arrive before the performance begins. Doors open 30 minutes prior to show time.

6.45pm, 8.30pm & 10.30pm  
Headliners Theatre (Decks 6 & 7) Forward



## Vocalist - Kezia Hughes

Award winning singer-songwriter Kezia takes to the stage bringing her spectacular vocals and guitar playing to a wide range of genres including disco, country and pop.

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



## Inferno With Party Band, PULSE

For one night only, you're invited to the coolest club in town, where funk, soul and disco are king. With a soundtrack of hits from Chaka Khan, Donna Summer, Chic and more performed by PULSE. PULSE will be performing at 8.00pm, 9.30pm & 11.00pm.

8.00pm-11.45pm The Club House (Deck 8) Aft





## Portrait Of The Day

## The Bright Lights Of Ocean Studios

Red velvet and bright lights make our most cinematic portrait, but you complete the photo.

6.00pm-10.00pm  
Ocean Studios  
(Deck 6) Midship

THE PHOTO  
HUB

## 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 - 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**

### 10.00am - THEME QUIZ: 80'S MOVIES

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

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

### 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**

### 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**

### 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 - SCENE+ ARCHERY

SCENE+

Try your hand at archery this holiday and take a new skill back home. Suitable footwear should be worn. Weather permitting. This session is exclusively for our teenagers aged 13-17 years.

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

### 1.00pm - CREATIVE WAVES - PICTURE POSTCARD

Sketch a post card from your holiday - using inspiration from your personal photos and ports of call.

**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 - 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 - REVERSING SUN DAMAGE

Spend a lot of time in the sun? Want to be rid of those brown spots and other tell-tale signs of sun damage? Join us at this exciting ELEMIS skincare workshop and learn how to help reverse the effects.

**Oasis Spa (Deck 6) Forward**

### 2.00pm - SCENE+ SCIENCE HOUR

SCENE+

Come along and do some of your very own science experiments. Exclusively for 13-17-year-olds.

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

### 3.00pm - CREATIVE WAVES - ORIGAMI SESSION

Join your Art and Crafts Specialists as they demonstrate the basics of the ancient art of Origami.

**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 Spa (Deck 6) Forward**

### 3.00pm - EXCITING SCIENCE WORKSHOP

See back page for details.

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

### 3.00pm - WHERE WILL YOUR NEXT CRUISE TAKE YOU?

See back page for details.

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

### 3.30pm - JUKEBOX HERO

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

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

### 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 - 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**

### 4.00pm - HERBS THAT HEAL

Herbal therapies are natural solutions to your common health conditions. They can be used to treat back and knee pain, arthritis, digestive problems, stress, weight loss and even sugar cravings. Come along to our free seminar to find out more.

**Oasis Spa (Deck 6) Forward**

### 4.00pm - FAMILY ARTS AND CRAFTS

Come and get crafty with your Youth Team.

**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 - FAB ABS

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

**Oasis Gym (Deck 5) Forward**

## From 5.00pm

### 5.00pm – CREATIVE WAVES - GET CRAFTY WITH CARD MAKING

Create your own custom creating card inspired by your cruise.  
**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**

### 5.15pm – TEA PARTY WITH WALLACE & GROMIT

A special appearance from Wallace and Gromit at Kids Tea. Come and say hello to the cheese-loving inventor and his faithful four-legged friend.

**Horizon Restaurant (Deck 16) Aft**

### 5.15pm-6.00pm – SAIL AWAY SOUNDS WITH JULIA BIHARI

Live melodies on the piano from Julia as we sail away from the beautiful port of Haugesund.

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

### 5.15pm-6.00pm – SAIL AWAY SOUNDS WITH CHARLES BAKER

Live melodies on the piano from Charles as we sail away from the beautiful port of Haugesund.

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

### 6.00pm – KALLATI JEWELLERY AUCTION PREVIEW

Come and take a sneak peek at the items going on auction tomorrow and preview some of the amazing savings on offer.

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

### 6.00pm – SCENE+ RADIO FM WORKSHOP

Calling all guests aged 13-17: If you want to cruise the airwaves, come along to Scene FM. In relaxed workshops, you'll use professional equipment to make jingles, adverts and bulletins.

**Scene (Deck 6) Forward**

### 6.00pm-7.00pm – 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-10.00pm – PORTRAIT OF THE DAY - THE BRIGHT LIGHTS OF OCEAN STUDIOS

See sidebar for details.

**Ocean Studios (Deck 6) Midship**

### 6.30pm-10.00pm – LIQUOR COLLECTION

Do not forget to collect your pre-order liquor purchases at the Duty-free Shop.

**Duty-Free Shop (Deck 7) Aft**

### 6.45pm – VOCALIST - SHELLYANN

See front page for details.

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

### 7.00pm – THE 710 CLUB - THE NATIONS NO. 1S

"At The Nations No. 1s, I want you to be able to lean forward, smile, and hear the greats like it's your first time listening." - Gary Barlow, Music Director. Spaces in The 710 Club are limited, please book in advance using My Holiday. Be sure to arrive before the performance. Doors will open 30 minutes prior to show time.

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

### 7.00pm – SCENE+ SOCIAL AT TASTE 360

Looking for your teen tribe? Head to today's Scene+ social event at Taste 360 to make new mates and have fun with other guests your age. Exclusively for guests aged 13-17 years old.

**Scene (Deck 6) Forward**

## From 7.00pm

### 7.00pm-7.30pm – OPALS JEWELLERY TALK

Opals have been described for thousands of years as "the Wonders of the Skies". Join our Guest Jeweller to learn all about their symbolism and the mythologies attached to them, their origins and what to look for in a good quality opal.

**Kallati Gembar (Deck 7) Midship**

### 7.00pm-7.30pm – GIMME BROWS PRESENTATION

Transform your brows with the latest brow revolutionising products from our top brands. Come and learn the best tips and tricks to find out what shape best suits your face and how to easily create effortless brows at home.

**Beauty Boutique (Deck 7) Midship**

### 7.30pm – VOCALIST - KEZIA HUGHES

See front page for details.

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

### 8.00pm – 8 O'CLOCK CHALLENGE

Join your Entertainment Host for tonight's challenge.

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

### 8.00pm – SCENE+ FOOTBALL TOURNAMENT

Get into teams for the Teens 5-aside football tournament.

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

### 8.00pm – LADIES' NIGHT

Join us for a social gathering to learn how to exfoliate your body, how to take care of your skin and how to take care of your hair whilst relaxing in our beautiful Thermal Suite, with the use of our ELEMIS Lime and Ginger, facial products and Frangipani Oil. A nominal fee applies.

**Oasis Spa (Deck 6) Forward**

### 8.00pm-8.30pm – LE VIAN JEWELLERY PRESENTATION

See back page for details.

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

### 8.00pm-8.45pm – 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**

### 8.00pm-8.45pm – INFERNO WITH PARTY BAND, PULSE

See front page for details.

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

### 8.30pm – VOCALIST - SHELLYANN

See front page for details.

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

### 8.30pm-9.00pm – FREDERIQUE CONSTANT WATCH TALK

Join our Watch Specialists as they showcase one of the youngest Swiss manufactured watch brands. Find out more about the world's first hybrid top quality range of watches available at affordable prices.

**Luxury Watches Boutique (Deck 7) Midship**

### 8.45pm – THE 710 CLUB - THE NATIONS NO. 1S

See 7.00pm for details.

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

### 8.45pm-9.15pm – BUSKER - BRADLEY OSBORNE

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

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

### 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 – VOCALIST - KEZIA HUGHES

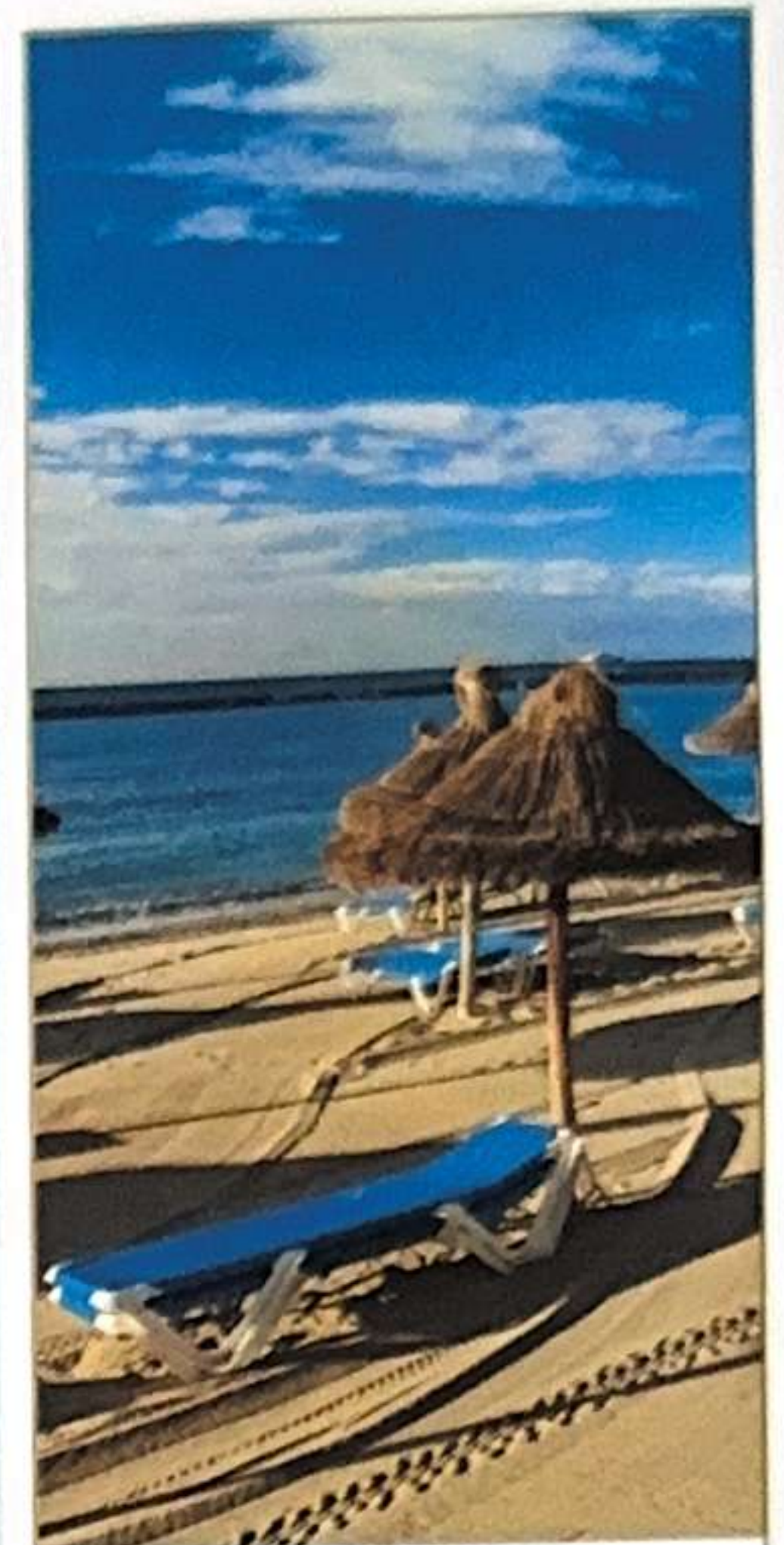
See front page for details.

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

### 9.00pm-9.30pm – TUDOR WATCHES TALK

Join our Tudor Ambassador for a fascinating talk about the 100% Swiss made brand Tudor, considered the highest quality watch manufacturer. 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 Watches Retail (Deck 7) Midship**



## Double Onboard Spend On The Canaries

Come back to Iona and the year-round sunshine of the Canary Islands over 14 nights in September 2024.

Calling at Madeira, Tenerife, Gran Canaria, Lanzarote, Cadiz and Lisbon.

Book a Select Price balcony cabin from £2499pp and we'll give you up to £900 on-board spending money per cabin.

T&Cs apply.  
Based on G432

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



Relax with good friends, great drinks and beautifully crafted gastropub food.

Will it be the best burger at sea or the Tomahawk steak for two?

Whatever you choose, we think you'll be back for more.

**Noon-9.30pm**  
**The Keel and Cow**  
**(Deck 8) Atrium**

## From 9.15pm

### 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 - HULLABALOO

Get yourselves into teams for this fast-paced quiz. There will be a prize for the winner - it's a whole lot of Hullabaloo.

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

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

Cocktail pianist Julia Bihari presents more of your favourites.

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

### 9.30pm-10.15pm - INFERNO 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 - VOCALIST - KEZIA HUGHES

See front page for details.

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

### 10.30pm - THE 710 CLUB - THE NATIONS NO. 15

See 7.00pm for details.

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

### 10.30pm - VOCALIST - SHELLYANN

See front page for details.

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

### 10.30pm - SCENE+ SILENT DISCO

SCENE+

Fancy meeting some new mates and partying without your parents? Then grab some headphones and choose your tunes. Exclusively for guests aged 13-17.

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

### 10.30pm-11.00pm - BUSKER - BRADLEY OSBORNE

Amazing acoustic sounds with Bradley Osborne.

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

### 10.45pm-11.30pm - COCKTAIL PIANIST - JULIA BIHARI

Julia Bihari is back with more piano classics.

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

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

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

Late night music with Charles Baker.

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

### Midnight - LATE NIGHT COMEDY WITH NOEL BRODIE 18+

Noel returns with a completely different show. Tonight's comedy will contain material that pushes the boundaries and is exclusively for an adult audience.

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

### 12.15am - THE 710 CLUB - THE NATIONS NO. 15

See 7.00pm for details.

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

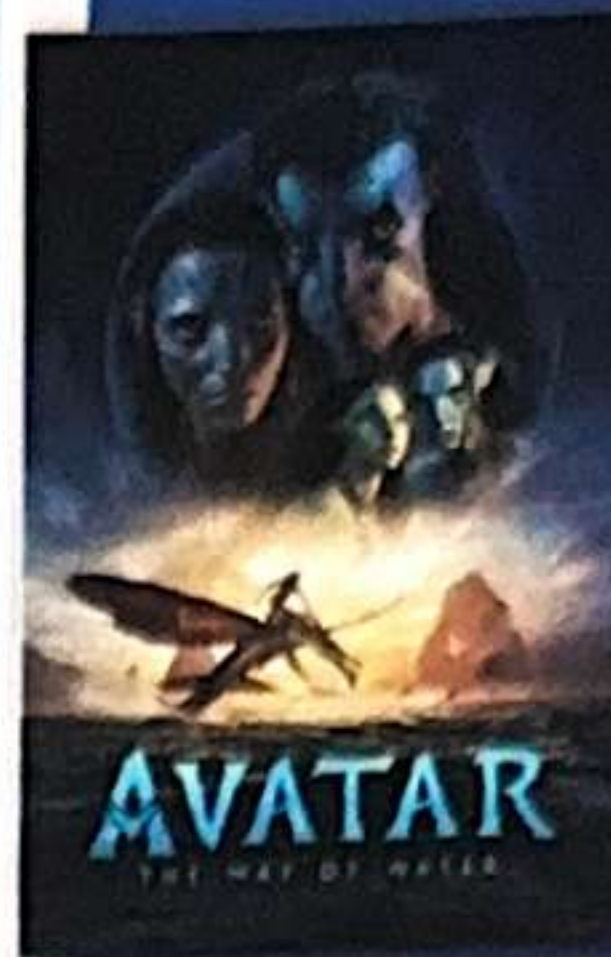
### 12.30am - LATE NIGHT AT THE CLUB HOUSE 18+

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. Please note that tonight, The Club House is exclusively for adults.

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

## Showing Today At Ocean Studios

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



### Avatar: The Way of Water (2022)

Studio 1 - Noon, 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.



### Big George Foreman (2023)

Studio 2 - 12.15pm, 3.15pm, 6.15pm & 9.15pm

Starring: Khris Davis, Jasmine Mathews, Sullivan Jones

Rated: 12A

Running Time: 2hrs 9mins

The life and boxing career of George Foreman.



### Book Club: The Next Chapter (2023)

Studio 3 - 7.00pm & 10.00pm

Starring: Diane Keaton, Jane Fonda, Candice Bergen

Rated: PG13

Running time: 1hr 47mins

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.



### Ferdinand (2017)

Studio 4 - 1.30pm, 4.30pm, 7.30pm

Starring: John Cena(voice), Kate Mckinnon(voice), Bobby Cannavale(voice)

Rated: U

Running Time: 1hr 48mins

After Ferdinand, a bull with a big heart, is mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure.



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.

SCENE+

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