

HORIZON

Discover more on board lona

Wednesday 23 August 2023

Sunrise: 5.55am - Sunset: 9.10pm | Weather: Cloudy with a little rain | Temp: 17°C

Tonight's dress code:

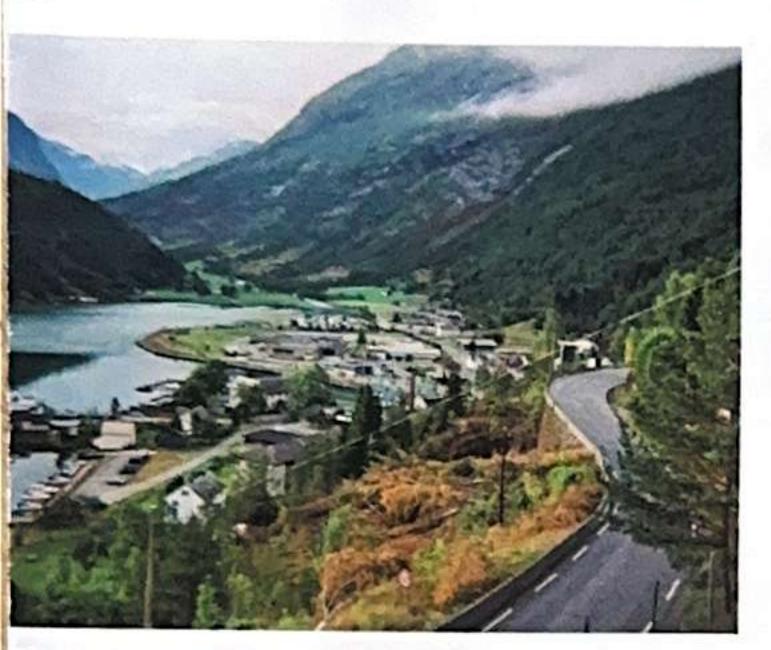
Evening Casual Bring out your best shirt or keep it a bit more casual; you can do what suits you, so long as the tracksuits are left behind. From dark denim to casual separates, you can choose something you're comfortable in.



Welcome to Hellesylt

Arrival: 7.00am

All aboard: 4.00pm



An ancient Viking port, this tranquil village retreat stands proudly at the head of the titanic Sunnylvsfjorden. Its surroundings are awe-inspiring: hills dotted with restored farmhouses, looming distant mountains, and shimmering fjord waters beyond the promenade. With a population numbering fewer than 300 residents, Hellesylt compensates for its modest size with character and convivial Norwegian hospitality. Absorb the charm of this UNESCO World Heritage village as you wander towards its photogenic central waterfall.

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

o contact Iona: Tel: 00870 7732 58564 Debit/credit card details will be required to call his number.

Build The Perfect Spa Package Mix & Match - From Only £79

Choose any combination of two treatments (50 minutes total) - Only £79. Or any combination of three treatments (75 minutes total) - Only £99: Back, neck and shoulder massage, Full body exfoliation, Pressure point foot and ankle massage, Soothing scalp massage, Nourishing hand and arm massage, Skin specific mini facial, Shampoo and Blow Dry. Upgrade your back, neck and shoulder massage with hot stones for only £20 extra.

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



20% Off Costume Jewellery

Today only, 20% off costume jewellery brands including Swarovski, Couer De Lion, Pilgrim and many more. See instore for further details.

30 Minutes After Sailing-11.00pm Avenue Shopping (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.

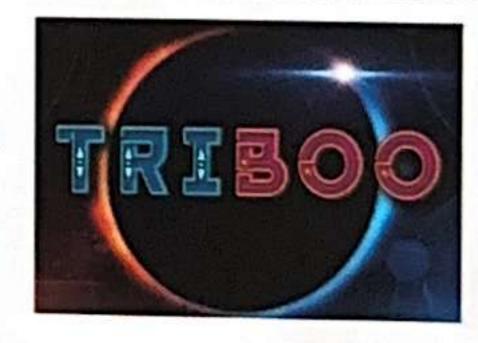
8.30pm & 10.30pm Headliners Theatre (Decks 6 & 7) Forward



TRIBOO

Enter the arena, where two ancient tribes - the Sun and the Moon clash. Who will be the fastest, go the highest, be the most daring? Iona's awesome SkyDome is the perfect setting for this thrilling show.

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

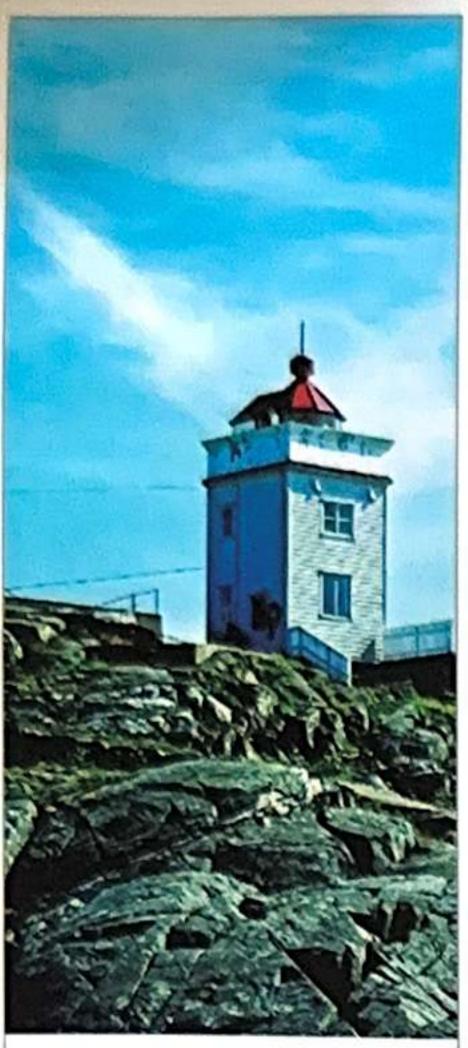


Comedian - Noel Brodie

Direct from the same comedy club circuit that spawned all of today's biggest comedy stars, Noel Brodie brings his modern, fresh approach to provide the laughs at sea. Razor sharp wit, warmth and likeability have made him an immensely popular act around the world.

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





Recommended Tour For Haugesund

Ryvarden Lighthouse Walk

Stretch your legs and fill your lungs with pure sea air on a leisurely walk along the coastline towards Ryvarden Lighthouse.

7.30am-9.30am & 4.30pm-6.30pm Shore Experiences (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.
- There is a 10 minute approximate walk to the ferry or bus in this port.

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 - 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

8.30am - CREATIVE WAVES - SKETCH THE SKYLINE

Breathe, take it all in and enjoy learning some new techniques in today's port. Join your Art and Crafts Specialists at the meeting point in the Grand Atrium. Limited spaces available. Grand Atrium (Deck 6) Midship

10.00am - THEME QUIZ: FLAGS OF THE WORLD

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 - 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

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 - SEMINAR: THREE MINUTE MAKEOVERS

This translucent powder will transform an 'I've been in the office' face to an 'I've just spent a week sunbathing' face. Participate in this seminar and watch how California Sun Glow adapts to your natural skin tones. One puff and you will look radiant with health. A free Sun Glow application for all who attend.

Oasis Spa (Deck 6) Forward

1.00pm - SCENE+ CRAFTS

SCENE+

Come and join us to get creative and pick what you want to create.

Scene (Deck 6) Forward

2.00pm - KILLER POOL

Join one of your Entertainment Team for this classic pub game. Brodie's (Deck 7) Forward

2.00pm - DECK QUOITS

A classic and friendly game of deck quoits. Meet one of the Entertainment Team at the Deck Quoits Court to take part. (Exclusively for adults and suitable footwear should be worn.) Deck Games (Deck 17) Aft, Starboard Side

2.00pm - MINI DANCE WORKSHOP (3-5YRS)

Mini pop dance lesson to get the little ones moving. The Club House (Deck 8) Aft

2.00pm - SCENE+ SPIN IT TO WIN IT

SCENE+

Gameshow time. How many will you win? This gameshow session is exclusively for our 13-17-year-olds. The Limelight Club (Deck 6) Forward

3.00pm - EXCITING SCIENCE WORKSHOP

See back page for details.

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 - ARTISTS CHOICE

A chance to get to know one of your Art and Crafts Specialists personally as they show you their creative skill sets, and invite you to try your hand at creating something similar. Grand Atrium Piano Bar (Deck 6) Midship

3.00pm - FLUID RETENTION WALK-IN CLINIC

Do you suffer from tired or swollen feet? Join us to learn how to revive tired, swollen feet, reduce ankle swelling, pain, leg tiredness, and vascular problems. Drop by for a free consultation by our team of qualified beauticians. Oasis Spa (Deck 6) Forward

3.00pm - SCENE+ TABLE TENNIS

SCENE+

Scene+ Table Tennis Tournament. Fancy yourself as a table tennis champ, or just want to give it a go? Join the Scene team to take part in our terrific Teen Table Tennis Tournament. Exclusively for guests aged 13-17. See you at Scubas Sundeck. Scubas (Deck 17) Aft

3.00pm - BURN FAT FASTER

We need energy to move. Our bodies burn fat to create energy. So why is it so hard to burn fat, lose weight, and increase your energy levels? Let our Personal Trainers explain it all to you and show you how to achieve real results. The 710 Club (Deck 6) Midship

3.30pm - JUKEBOX HERO

Put another dime in the jukebox for this fun music challenge. Brodie's (Deck 7) Forward

4.00pm - WALLACE & GROMIT SPECIAL APPEARANCE

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

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 - 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

From 4.00pm

4.00pm - ARTHRITIS & BACK PAIN SOLUTIONS

Come and find out how acupuncture is effectively used to help relieve pain, so that you can enjoy your cruise and beyond. This seminar offers integrative solutions for these chronic conditions. Oasis Spa (Deck 6) Forward

4.00pm - RESTORE FACIAL CONTOURS SEMINAR

Experience the safe and effective, youth-enhancing benefits of targeted wrinkle treatments and instant dermal fillers. Return home looking visibly younger. Schedule your free consultation today with Dr Luis.

The 710 Club (Deck 6) Midship

4.30pm - GUEST SPEAKER - STEVE SIMONE

See back page for details. The Club House (Deck 8) Aft

4.30pm - CREATIVE WAVES - POUR & PAINT WITH WINE

Try your hand at creating a unique masterpiece as your Art and Crafts Specialists guide you through a series of painting techniques using the unusual medium of wine. A nominal fee applies, including a glass of wine. Anderson's Bar and Library (Deck 6) Midship

4.30pm-5.00pm - 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

5.00pm - INDIVIDUAL QUIZ

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

Brodie's (Deck 7) Forward

5.00pm - TOTAL BODY CONDITIONING

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 - SCENE+ KARAOKE

SCENE+ Join the Scene+ team for some Karaoke, show off your talent

and have some fun. Brodie's (Deck 7) 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-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: GRAND 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 - FAMILY BINGO

Come and join the Youth Team for our fun Family Bingo. You have to be in it to win it.

The Club House (Deck 8) Aft

7.00pm - THE 710 CLUB - ON THE ROCKS

"My vision for On the Rocks was to recreate your rock favourites with an intimate, edgy spin" - 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 begins. Doors open 30 minutes prior to show time.

The 710 Club (Deck 6) Midship

7.00pm-7.30pm - WALK THROUGH CHANEL PERFUMES

Arguably the world's most iconic perfumes, Chanel No 5 has held the beauty industry's attention since its creation in 1921. Named after the number of the samples presented to Coco Chanel by perfumer Ernest Beaux. Learn more about Chanel in store.

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

From 7.30pm

7.30pm - TRIBOO

See front page for details. SkyDome (Decks 16 & 17) Midship

7.30pm-8.00pm - BERING WATCHES TALK

Join our specialist in the Tech Store where we introduce you to the world of Bering watches. Bering watches have a minimalist Danish design inspired by the beauty of the arctic. Bering relies on durable material for this timeless aesthetic. Limited stock available.

Tech Store (Deck 7) Midship

7.30pm-8.00pm - MUSIC IN THE CLUB HOUSE

Enjoy some great music before this evening's show. The Club House (Deck 8) Aft

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 - COMEDIAN - NOEL BRODIE

See front page for details.

The Club House (Deck 8) Aft

8.00pm-8.30pm - EMERALDS, SAPPHIRES & RUBIES **PRESENTATION**

See back page for details. Kallati Gembar (Deck 7) Aft

8.00pm-8.30pm - DISCOVER RADLEY LONDON TALK

You probably have heard of Radley bags. If you haven't you must have heard of the Iconic Scottie Dog Logo that represents the playful personality of the brand. Please join us for our informal Radley talk, where we can share our knowledge with you as well as highlight our incredible collection instore. Accessories Boutique (Deck 7) Midship

8.00pm-8.30pm - NORLENDER TALK

Dating back to 1927 Norlender Knitwear has a history that is inspired by the Nordic knitting heritage. Hear the brand's story and learn about the craftmanship.

Destination Shop (Deck 7) Aft

8.00pm-8.30pm - SUN, SEA AND SPF TALK

Summer is the perfect time to enjoy the sun and sea, but it's also the season when your skin is most vulnerable. Protecting your skin with a daytime defence product is essential. Join our professional Skin Therapists for a masterclass that will equip you with knowledge to ensure your skin stays in top condition over the summer months.

Beauty Boutique (Deck 7) Midship

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

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

8.30pm-9.00pm - EMERALDS, SAPPHIRES & RUBIES

Join us for a fun party with a glass of bubbles and the mesmerising Sapphires, Rubies and Emeralds collection. Our flash sale will run for two hours, don't miss out. Fine Jewellery Boutique (Deck 7) Aft

8.30pm-9.00pm - ALL ABOUT LIQUEUR EXPERIENCE TALK

Join us as we take you on a journey of discovery into our extensive range of liqueurs. Don't forget the UK customs allowance is 4 Litres per person, so take advantage of the dutyfree savings today. Limited stock on board

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 - ON THE ROCKS

See 7.00pm for details.

The 710 Club (Deck 6) Midship

8.45pm-9.15pm - BUSKER - BRADLEY OSBORNE

Amazing acoustic sounds with Bradley Osborne. Brodie's (Deck 7) Forward

9.00pm - TRIBOO

See front page for details.

SkyDome (Decks 16 & 17) Midship



Selected Pearls & Gold Jewellery

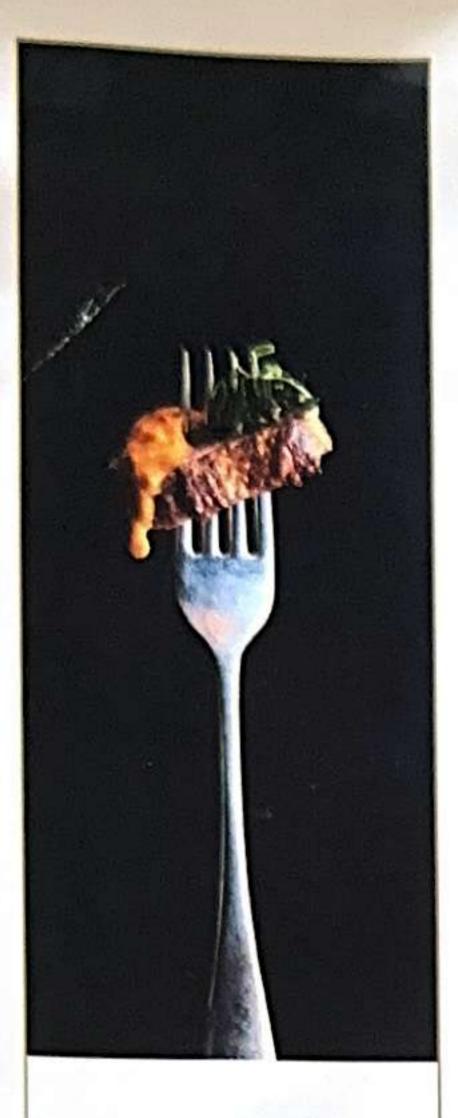
Join us in the Fine Jewellery Boutique for great savings on Pearls and our unique 9 Karat Gold Italian style jewellery pieces.

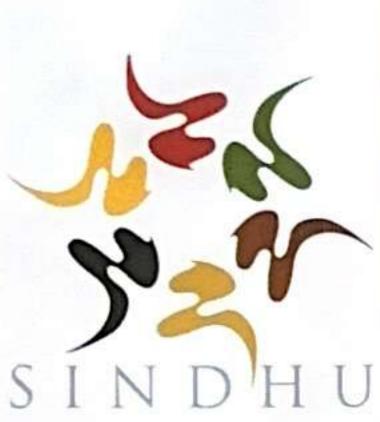
Limited stock available.

Be sure to arrive early to avoid disappointment.

5.00pm-11.00pm Fine Jewellery Boutique (Deck 7) Midship

8





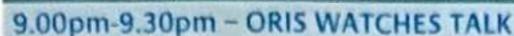
Get ready for a flavour-filled adventure.

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



Consistently producing winning models in a wide range of collections, Oris is a favourite of both beginner and more experienced watch collectors. The independent Swiss brand has a focus on value and a down-to-earth attitude. Come along and be inspired. 10% off flash sale.

Luxury Watches Boutique (Deck 7) Midship

9.00pm-9.30pm - BLACK BAY TUDOR WATCH

Sixty years of Tudor diving history distilled into one truly iconic watch. The Black Bay is powered by a mechanical movement manufactured by Tudor. Join our ambassador and discover the entire Black Bay range. 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

9.00pm-9.30pm - FASHION FACTORY

Join our Fashion Specialist in an interesting talk about some of our fashion brands and take advantage of 20% off fashion brands and sunglasses. For all the guests who attend the event. Fashion 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 - ALL ABOUT THE BLANK

Join one of the Entertainment Team in this fun family friendly gameshow. Can you fill in the Brodie's (Deck 7) Forward

9.30pm - COMEDIAN - NOEL BRODIE

See front page for details. The Club House (Deck 8) Aft

9.30pm-10.15pm - COCKTAIL PIANIST - JULIA BIHARI Julia Bihari is back with more piano classics. Grand Atrium Piano Bar (Deck 6) 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

More of your favourites with Charles Baker. The Crow's Nest (Deck 17) Forward

10.30pm - TRIBOO

See front page for details.

SkyDome (Decks 16 & 17) Midship

10.30pm - THE 710 CLUB - ON THE ROCKS

See 7.00pm for details.

The 710 Club (Deck 6) Midship

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

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

10.30pm-11.00pm - BUSKER - BRADLEY OSBORNE Even more amazing sounds from our Busker Bradley Osborne.

Brodie's (Deck 7) Forward

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

10.30pm-Midnight - 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.

Grand Atrium (Deck 6) Midship

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 Late night music with Charles Baker.

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

From 12.15am

12.15am - THE 710 CLUB - ON THE ROCKS

See 7.00pm for details.

The 710 Club (Deck 6) Midship



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

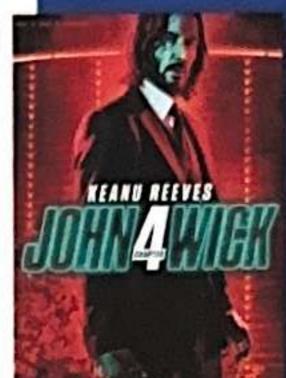


The majority of our entertainment programme is family friendly, however please see our recommended highlights of the day.

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

Showing Today At Ocean Studios

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



John Wick 4 (2023)

Studio 1 - 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.



Knights Of The Zodiac

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

Starring: Mackenyu, Famke Janssen, Madison Iseman

Rated: PG-13 for Action/Violence Running Time: 1hr 52mins

When a goddess of war reincarnates in the body of a young girl, street orphan Seiya discovers that he is destined to protect her and save the world. But only

if he can face his own past and become a Knight of the Zodiac.



Shazam. Fury Of The Gods (2023) SCENED

Studio 3 - 3.00pm, 7.00pm & 10.00pm Starring: Zachary Levi, Asher Angel, Jack Dylan Glazer

Rated: 12A

Running Time: 2hrs 10mins

The film continues the story of teenage Billy Batson who, upon reciting the magic word "SHAZAM." is transformed

into his adult Super Hero alter ego, Shazam.



RONS GONE WRONG

Ron's Gone Wrong (2021)

Studio 4 -1.30pm, 4.30pm & 7.30pm Starring: Jack Dylan Grazer(voice), Zach Galifianakis(voice), Ed

Rated: PG for some rude material, thematic elements and language.

Running Time: 1hr 47mins

The story of Barney, an awkward middle-schooler and Ron, his new

walking, talking, digitally-connected device. Ron's malfunctions set against the backdrop of the social media age launch them on a journey to learn about true friendship.

Helms(voice)