

# HORIZON

Discover more on board Iona

Wednesday 24 August 2022

Sunrise: 5.58am - Sunset: 9.06pm | Weather: Sunny and warm | Temp: 23°C

Tonight's dress code:

### Evening Casual

Smart dark denim or trousers and a nice top, open-neck shirts, skirts and dresses (but no tracksuits, football shirts or trainers please).



## Welcome to Hellesylt

Arrival: 6.30am

All aboard: 4.00pm



An ancient Viking port, this tranquil village retreat stands proudly at the head of the titanic Sunnysylt fjorden. 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

To contact Iona: Tel: 00870 7732 58564

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

## Mix & Match - Build The Perfect Spa Package

Choose any combination of two treatments (50 minutes total) - Only £69  
Or any combination of three treatments (75 minutes total) - Only £89

- 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

Upgrade your back, neck and shoulder massage with hot stones for only £20 extra.

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



## 25% Off Fashion Watches

Today only, 25% off fashion watches including Citizen, Bering, Michael Kors, Fossil, Skagen and many more. Visit us instore for further details.

30 Minutes After Sailing-11.00pm Tech Store (Deck 7) Midship



## Headliners Theatre Company Presents - FESTIVAL



Festivals are the epitome of summer fun! With epic artists, enrapt crowds and a soundtrack full of memories, our Festival show brings all of that nostalgia to Iona. We've tents, wellies and the feel-good anthems that will have you on your feet! Strobe lighting and atmospheric effects will be used during this performance.

This show will be repeated tomorrow.

6.45pm, 8.30pm & 10.30pm

Headliners Theatre (Decks 6 & 7) Forward



## Comedian - Addy Van Der Borgh

Addy returns for another night of top stand-up comedy. Hilarious observations from one of the very best stand up's performing in the UK. Addy has performed Worldwide and is making his Norwegian Fjords debut!

7.30pm, 9.00pm & 10.30pm The Club House (Deck 8) Aft



## Vocalist - Carla Palmer Returns

Carla Palmer returns with a show packed with songs from Shirley Bassey and Diana Ross, to the more recent Paloma Faith and The Greatest Showman. In her quest to become one of the leading cruise ship entertainers of her generation, Carla is sure to bring a smile to your face that will stay long after the show has finished.

8.00pm, 9.30pm & 11.00pm SkyDome (Decks 16 & 17) Midship







## Winner's Wheel - Win Up To £1,000

Looking for fun? Try your luck on our Winner's Wheel and you could win £1,000 Jackpot or great Casino prizes.

Stop by the Casino, grab your entry for only £5, Spin & Win.

8.30pm-10.30pm  
Casino  
(Deck 7) Forward

## 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 are shown on the digital screens positioned at all guest staircases.
- Please meet on the quayside for your tour 15 minutes before the departure time.
- 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.

Enjoy your experience ashore.

## From 7.00am

### 7.00am - BODY CONDITIONING CLASS

A total body workout class, hosted by our Personal Trainer.

**Oasis Gym (Deck 5) Forward**

### 8.00am - GUIDED MEDITATION

Mindful meditation can reduce stress and improve concentration while increasing happiness and overall wellbeing. (A nominal fee applies for this class.)

**Oasis Gym (Deck 5) Forward**

### 10.00am - THEME QUIZ

One of your Entertainment Team tests your knowledge in today's themed challenge.

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

### 10.00am - TRAVELLING SOLO - ASHORE

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

**Grand Atrium (Decks 6 Vistas) Midship**

### 10.00am - 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**

### 10.00am-12.30pm - SPORTS HUB

Collect all your deck games and sporting equipment: Shuffleboard, Deck Quoits, Table Tennis, Football, Basketball and Golf. (Weather permitting)

**Deck Games (Deck 17) Aft, Stbd 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 - FRIENDS OF BILL W GET-TOGETHER

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

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

### 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 - CALIFORNIA SUN GLOW SEMINAR

Participate in this seminar and watch how California Sun Glow adapts to your natural skin tones. A free Sun Glow application for all who attend.

**Oasis Spa (Deck 6) Forward**

### 1.30pm-5.00pm - SPORTS HUB

Collect all your deck games and sporting equipment.

**Deck Games (Deck 17) Aft, Stbd Side**

### 2.00pm - AARDMAN CLAYSTATION - GROMIT

See back page for details.

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

### 2.00pm - FLUID RETENTION WALK-IN CLINIC

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.

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

## From 2.00pm

### 2.00pm - KILLER POOL

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

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

### 3.00pm - MINISTRY OF SCIENCE QUIZ

Join Mike and Olivia from the Ministry of Science team for an interactive Science Quiz.

**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 - RELIEVE BACK PAIN AND IMPROVE POSTURE

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**

### 4.00pm - THE ART OF MAKING JEWELLERY

Join us for a fun presentation, where you will learn how fine jewellery is created. Free one carat Sapphire courtesy of Gembar by Kallati to celebrate this Exclusive Opportunity while limited stocks last.

**Gembar By Kallati (Deck 7) Midship**

### 4.00pm - GUEST SPEAKER - THERESA STAVNEM

Highlights from Norway's History From Prehistoric times and the Sagas, through rule by Denmark, Sweden and Germany - How we have become who we are today.

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

### 4.00pm - TIK TOK TEENS WORKSHOP FOR 9-17 YEAR OLDS

Fast paced, up beat dance session for all of our teen Tik Tok teen enthusiasts.

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

### 4.00pm - GO HOME LOOKING 10 YEARS YOUNGER

Dr Claudia offers the most effective cosmetic treatments for smoother, youthful looking skin. All consultations and treatments are provided by our licensed Medi-Spa Physician.

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

### 4.15pm - ARTHRITIS & BACK PAIN SOLUTIONS

Find out how acupuncture is effectively used to help relieve pain. This seminar offers integrative solutions for chronic conditions.

**Oasis Spa (Deck 6) Forward**

### 4.30pm-5.15pm - SAILAWAY SHOWTIME WITH DANNY SMART

Join Danny Smart as he strips back some of his favourite songs. With just 6 strings, slick vocals and a pinch of modern technology, hear a fresh twist on old (and new) classics.

**Grand Atrium (Deck 6) Midship**

### 4.30pm-5.15pm - SAIL AWAY SOUNDS WITH ELENA SAFONOVA

Live melodies on the piano from Elena as we sail away from the beautiful port of Hellsøylt.

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

### 5.00pm - INDIVIDUAL QUIZ

Twenty general knowledge questions for individual guests not as teams.

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

### 5.00pm - TOUR DE CYCLE

During this unique cycling class, enhance your cardiac and physical capacity whilst stimulating your metabolism. Limited space is available. Sign up at the Health Club to reserve your bike. (A nominal fee applies for this class.)

**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 - EVENING STRETCH

Enjoy a free fitness class with our Personal Trainer.

**Oasis Gym (Deck 5) Forward**

### 6.30pm - EXPRESS FACE & NECK YOGA

Join us for an informative and fun Face & Neck Yoga Session, learn all about maintaining that youthful look and feel.

**Prai Beauty Counter (Deck 7) Midship**

### 6.30pm-7.15pm - GRAND ATRIUM COCKTAIL PIANIST - EVA MATE

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

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



From 6.45pm

**6.45pm - HEADLINERS THEATRE COMPANY PRESENTS - FESTIVAL**

See front page for details.

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



**7.00pm - ORIS WATCHES TALK**

See back page for details.

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

**7.30pm - COMEDIAN - ADDY VAN DER BORGH**

See front page to details.

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

**7.30pm - DIOR FRAGRANCES TALK**

Since the creation of the first Dior perfume in 1947 Dior has remained one of the most well-known perfume brands. Come join us as we uncover the stories behind these fragrances.

**Beauty Boutique (Deck 7) Midship**

**7.45pm-8.30pm - GRAND ATRIUM COCKTAIL PIANIST - EVA MATE**

Cocktail pianist Eva Mate 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 - VOCALIST - CARLA PALMER RETURNS**

See front page to details.

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

**8.00pm - THE 710 CLUB - THE NATIONS NO. 15**

See back page to details. Doors open at approximately 7.30pm.

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

**8.30pm - SENSATIONAL SAPPHIRES & RUBIES PRESENTATION**

Come and see the stunning Sapphires and rare Pigeon Blood Rubies the Gembar has to offer. Join our Kallati Ambassador to find out more. Free gift for all those who attend.

**Kallati Gembar (Deck 7) Aft**

**8.30pm - HEADLINERS THEATRE COMPANY PRESENTS - FESTIVAL**

See front page to details.

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



**9.00pm - EXPRESS FACE & NECK YOGA**

See 6.30pm for details.

**Prai Beauty Counter (Deck 7) Midship**

**9.00pm - COMEDIAN - ADDY VAN DER BORGH**

See front page to details.

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

**9.00pm - FASHION FACTORY**

Join our Fashion specialist in an interesting talk about some of our Fashion brands.

**Fashion Boutique (Deck 7) Midship**

**9.00pm-9.30pm - GRAND ATRIUM COCKTAIL PIANIST - EVA MATE**

Eva Mate is back with more piano classics.

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

**9.30pm - FULL HOUSE PARTY BINGO**

A game of musical bingo where numbers are replaced with classic song lyrics. Grab a drink in time for eyes down? Who knows, today may be your lucky day!

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

**9.30pm - VOCALIST - CARLA PALMER RETURNS**

See front page to details.

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

**9.30pm - THE 710 CLUB - THE NATIONS NO. 15**

See back page to details. Doors open at approximately 8.50pm.

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

**9.30pm-10.15pm - PIANO VOCALIST - ELENA SAFONOVA**

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

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

**10.30pm - COMEDIAN - ADDY VAN DER BORGH**

See front page to details.

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

**10.30pm - HEADLINERS THEATRE COMPANY PRESENTS - FESTIVAL**

See front page to details.

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



From 10.30pm

**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. No bookings are required.

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

**10.30pm-11.15pm - PIANO VOCALIST - ELENA SAFONOVA**

Elena Safonova is back at the piano with more of your favourites.

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

**10.45pm - THE 710 CLUB - THE NATIONS NO. 15**

See back page to details. Doors open at approximately 10.20pm.

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

**11.00pm - VOCALIST - CARLA PALMER RETURNS**

See front page to details.

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

**11.00pm-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 you as you step into The Club House after-hours party.

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

**11.15pm-Midnight - THE LIMELIGHTS**

See 10.30pm for details.

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

**11.30pm-Midnight - PIANO VOCALIST - ELENA SAFONOVA**

Late night music with Elena Safonova.

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

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

See back page to details. Doors open at approximately 11.35pm.

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



Booking your space is necessary 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.

**Showing Today At Ocean Studios**



**Doctor Strange In The Multiverse Of Madness**

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

Studio 2 - 9.15am, 12.15pm, 3.15pm, 7.15pm & 10.15pm

Starring: Benedict Cumberbatch, Elizabeth Olsen, Chiwetel Ejiofor

Rated: PG-13

Run Time: 2hrs 6mins

Doctor Strange teams up with a mysterious teenage girl from his dreams who can travel across multiverses, to battle multiple threats, including other-universe versions of himself, which threaten to wipe out millions across the multiverse. They seek help from Wanda the Scarlet Witch, Wong & others.



**Montana Story**

Studio 3 - 10.15am, 3.00pm, 8.00pm & 11.00pm

Starring: Haley Lu Richardson, Owen Teague, Gilbert Owuor.

Rated: R

Running Time: 1hr 54 mins

Two estranged siblings return home to the sprawling ranch they once knew and loved, confronting a deep and bitter family legacy against a mythic American backdrop.



**The Bad Guys**

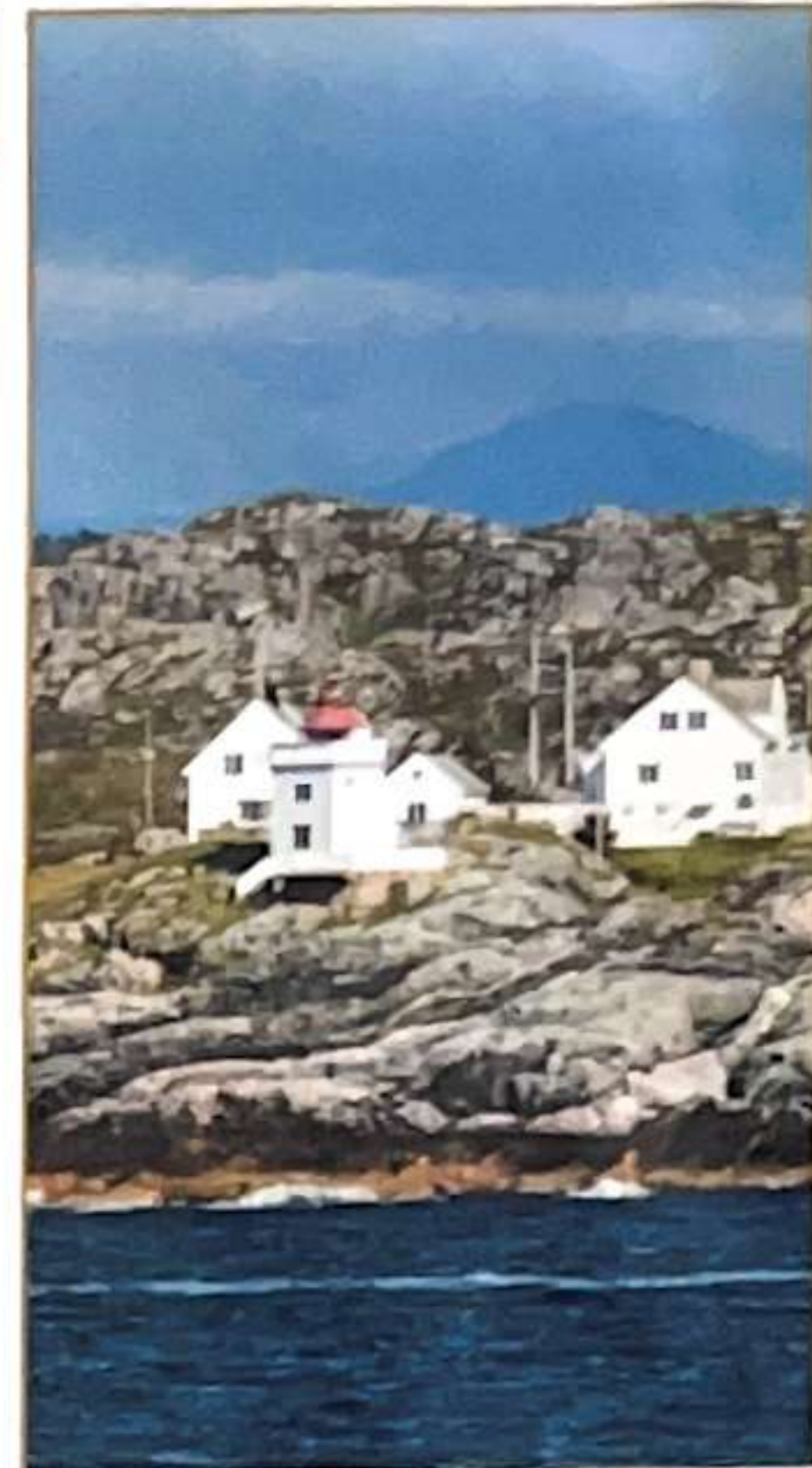
Studio 4 - 10.30am, 1.30pm, 4.30pm & 7.30pm

Starring: Sam Rockwell (voice), Marc Maron (voice), Awkwafina (voice)

Rated: PG

Running Time: 1hr 40mins

Several reformed yet misunderstood criminal animals attempt to become good, with some disastrous results along the way.



Recommended  
Haugesund  
Shore Experience

**Ryvarden  
Lighthouse  
Walk**

Stretch your legs and fill your lungs with pure sea air on a leisurely walk along the coastline towards Ryvarden Lighthouse. Make sure you have your camera ready for some captivating shots of nature in all its glory.

If you're lucky, you'll spot seals in the water and eagles up above as you pass by the landscape of heather and rugged rocks.

Book your place today via My Holiday or visit us.

8.00am-10.00am  
& 4.30pm-6.30pm  
Shore Experiences  
(Deck 7) Aft



## Shipboard Information

### Passports Ashore

Is it a local requirement to take my passport ashore today: **No**

### Ship's Security Notice

In order to prevent unauthorised persons boarding the ship, you are required to carry your "Cruise Card" with you when going ashore. You will be asked to produce this at the gangway when you leave and return to the ship. Be aware that we have established a secure area around the vessel and our security procedures require that you must be prepared to show your cruise card when entering this area, in addition to showing it to the security staff at the gangway when leaving or boarding the ship. We kindly ask you not to accept and bring on board any parcels or packages from strangers. Before boarding the ship, you may also be asked by our security staff to open parcels or handbags which you are carrying.

### Disembark Earlier In Southampton

Use our 'Self Help' option to leave Iona between 7.30am-8.45am. Take all your luggage off with you. To book your time, contact Reception on deck 7 or dial 7070.

### Use It Don't Lose It - On board Spend

Make sure you use up your on-board spending money before you disembark. You can always check how much is left on your cabin TV. Maybe a new perfume or treat yourself to dinner in one of our select dining restaurants. This spending money cannot be used on medical services, prescriptions, bingo, foreign currency transactions, in the casino or to get cash back from your account.

### Internet Connection

Due to our location in the fjords today we are unable to receive satellite signal. Please do not purchase an internet package today as it will not work and you will be charged.

### Local Hiking Route Map

A local hiking route map for Hellesylt is available from Reception and Shore Experiences today.

## Have You Tried Marabelle Gin Gold Edition

Take home something special. Limited edition Marabelle Gin made by Iona's resident Gin Specialist in the world's first Still at Sea.

Available in Anderson's Bar & Library, Emerald Bar or from Room Service by dialling 5000.



## The Flavours Of South America And The Caribbean

Visit the Beach House, a fun family favourite, and tuck into hearty grills and seafood inspired by Latin America and the Caribbean. Cover charge applies. Visit My Holiday or call the booking line on 7070.

6.00pm-9.30pm  
The Beach House (Deck 16) Midship



## Introducing The Krokan Sundae

Krokan is a Norwegian dessert, akin to almond brittle and made with caramelised sugar and chopped almonds. In Norway, it's traditionally enjoyed as a topping with ice cream and so naturally, you can see why we've been inspired. Exclusively for P&O Cruises.

11.30am-9.30pm Ripples (Deck 8) Midship



## Interest Free Art Collecting

Did you know we have our very own Art Investors Scheme which allows you to collect your artwork with just a 10% deposit and spread the remainder from 6 months up to 36 month interest and APR free? Make collecting work for you. With this handy tool collecting on board has never been easier...or more tempting!

6.00pm-10.00pm Art Gallery (Deck 6) Forward



## Win A Cruise Scratch Card

Could today be your lucky day? Swing by Casino Cash Desk, try one of our new scratch cards and find out. For only £2 you could win up to £4,000 towards your next P&O Cruises holiday!

30 Minutes After Sailing-Late  
Casino (Deck 7) Forward



## Three For Two On All Photographs

Buy two photos and the third will be free. Today only.

5.00pm-10.00pm The Photo Hub (Deck 7) Midship



## Discover The Canary Islands On Iona For Winter Sun

On this 14 night escape, discover Madeira, Tenerife, Gran Canaria, Fuerteventura, Lanzarote, Seville (from Cadiz) and Lisbon with balcony cabins from just £1,549pp. Book on board with a £50pp low deposit to take advantage of a £100pp discount and an extra £100 on-board spending money per cabin above current promotions. Contact the team for full details. T&Cs apply.

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



## Scenic Sailaway In The Retreat

Enjoy the beautiful views and surrounding nature-scapes of the fjords in our exclusive Retreat. Sit back and relax on one of our stunning day beds and enjoy hot chocolate or afternoon tea as you take in our panoramic ocean views. Half Day Access 3.00pm-8.00pm only £20 per person. Stop by to book your VIP access.

8.00am-8.00pm The Retreat (Deck 18) Forward



## Aardman Claystation

Calling all children to come and have a go at making your own Gromit clay model in this hands-on drop in session.

There's no need to book.  
But don't delay - spaces are limited

2.00pm The Club House (Deck 8) Aft



## Oris Watches Talk

Consistently producing winning models in a wide range of collections, Oris is a favourite of both beginning and more experienced watch collectors alike. The independent Swiss brand has a focus on value and a down-to-earth attitude that's a bit different from the big companies owned by large conglomerates.

7.00pm Luxury Watches Boutique (Deck 7) Midship



## Photo Of The Day: Reflection

Try our most modern portrait setup, perfect for a profile photo change or a timeless print. Find our photographer tonight at the Atrium Casino entrance.

7.00pm-9.00pm Grand Atrium (Deck 7) Midship



## THE NATIONS NO. 1S

"At The Nations No. 1s, I want you to be able to learn forward, smile, and hear the greats like it's your first time listening." - Gary Barlow, Musical Director.  
Out of consideration for your fellow guests please kindly vacate the venue after you have enjoyed the show.

8.00pm, 9.30pm, 10.45pm & 12.15am  
The 710 Club (Deck 6) Midship