

HORIZON

Friday 16 December 2022

Sunrise: 8.46am - Sunset: 4.39pm | Weather: Sunny and Moderate Breeze | Temp: 3°C

Tonight's dress code

Evening Casual

Casual separates or dresses, open-neck polo shirts and casual trousers (not shorts). Smart dark denim is fine, but not trainers, football shirts or tracksuits.



Welcome to Zeebrugge

Arrival: 7.30am All aboard: 4.15pm



Make your way from the bustling port to the altogether quieter, medieval city of Bruges. This is a city of canals, fine buildings and great cafes.

Currency: € Euro

Euro for your purchases whilst ashore are on sale at Reception. Please note, we cannot accept foreign coins and 500 Euro notes.

Concierge Postage Rate

Please see Reception to post any mail 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:

Franek Meulebrouck

Agency Department - ICO nv
Margareta v Oostenrijkstraat 1
8380 Zeebrugge

Tel: +32 50 72.54.59 (56 58 60 64 67)

General after office nr.: +32 475 25 00 29

Web: <http://www.icoterminals.com>

Email: agency.zbg@icoterminals.com

European Emergency Number

112 is the European emergency number, available free of charge, 24/7, anywhere in the European Union. Citizens can dial 112 to reach the emergency services, including the police, emergency medical services and the fire brigade.

To contact Iona: Tel: 00870 7732 58564

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

Happy Hour

This hour-long spa package is too good to pass up! Book and receive today all the below for just £79

- Full Body Dry Skin Exfoliation
- Full Body Swedish or Deep Tissue Massage
- Pressure Point Foot and Ankle Massage
- Soothing Scalp Massage

Call the Oasis Spa on 7070 or visit us to book your appointment

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



Last Chance For Liquor Shopping

Last chance to take advantage of the UK customs allowance of 4 litres per person. Buy and take away straight from the store today. Take advantage of our 2 for £25 and 2 for £30 bottles.

30 Minutes After Sailing-11.00pm

Duty-Free Shop (Deck 7) Aft



The Noise Next Door

In Charge

The quickest wits in comedy will trample your expectations as they put YOU in charge. Join comedy's unstoppable force for a stampede of side-splitting scenes and mind-blowing songs, all based on audience suggestions. As seen on 'Tonight at the Palladium with Bradley Walsh'

My Holiday booking required

6.45pm, 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



Vocalist - Zoe Hearn

Power House

Zoe brings powerhouse vocals, sophistication & charm to the clubhouse stage. Singing a collection of her favourite songs from stage, screen and well know female artists this is a show not to be missed.

8.00pm, 9.30pm & 11.00pm

The Club House (Deck 8) Aft





Last Chance To Purchase

Don't Leave Without
Your Holiday
Memories.
Today is the last
opportunity to
purchase your photos.
The perfect
way to remember
your cruise.

3.30pm-10.00pm
The Photo Hub
(Deck 7) 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 tours before 10.00am are shown on the digital screens positioned on 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 - MORNING STRETCH

Enjoy a free fitness class with our Personal Trainer.

Oasis Gym (Deck 5) Forward

8.00am - YOGA

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

Oasis Gym (Deck 5) Forward

9.00am - TOUR DE CYCLE

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

Oasis Gym (Deck 5) Forward

9.30am - DANCE WITH ME FOR TODDLERS UNDER 2 YEARS

Adult and child dance and sensory session using music and movement to delight the under 2s.

The Club House (Deck 8) Aft

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 - 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 - TRAVELLING SOLO - ASHORE

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

Grand Atrium (Deck 6) Midship

From 10.00am

10.00am - HERBAL REMEDY CONSULTATIONS

You are invited to see how this comprehensive and revered herbal system can relieve pain, assist with weight loss, improve digestion, aid sleep, and alleviate anxiety. Visit our spa today.

Oasis Spa (Deck 6) Forward

10.00am-Noon - 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, 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 - WRINKLE REMEDIES

Meet Dr Lourdes, our Medi-Spa physician for a free consultation. Learn why wrinkles form and what effective treatments are available in the Medi-Spa to reduce the appearance of facial wrinkles.

Oasis Spa (Deck 6) 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 - 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

1.30pm-5.00pm - 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, Starboard Side

2.00pm - FAMILY AUTOGRAPH HUNT

A chance to meet new people. Collect your Autograph Hunt sheet from The Reef. Return all entries to The Reef by 8pm for your chance to win a prize. Good luck.

The Reef (Deck 17) Midship

From 2.30pm

2.30pm - KILLER POOL

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

Brodie's (Deck 7) Forward

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 - DETOX FOR HEALTH & WEIGHT LOSS

When there's a gym on every corner and diet books in every bookshop, why are we unhealthier than ever before? Receive some great advice from your Personal Trainers on ways to cleanse the body and reap the benefits.

The 710 Club (Deck 6) Midship

3.00pm - AARDMAN CLAYSTATION - GROMIT



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

The Club House (Deck 8) Aft

4.00pm - WALK IN COMFORT WITH GOOD FEET

Join our Foot Specialist at this free seminar and learn what Good Feet can do for you! A free footprint analysis for all who attend.

The 710 Club (Deck 6) Midship

4.00pm - PANTO WORKSHOP

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 - LGBTQ+ GET TOGETHER

A chance to meet your fellow LGBTQ+ guests in this un-hosted get-together.

The Crow's Nest (Deck 17) Forward

5.30pm - CHRISTMAS STORY TIME WITH ALADDIN

PANTOMIME

Join the cast of Aladdin for a Christmas Story to brighten up our festive cheer!

Grand Atrium (Deck 6) Midship

5.30pm - CASINO CASH OUT REMINDER *LAST DAY*

See back page for details.

Casino (Deck 7) Forward

6.00pm - TOTAL BODY CONDITIONING

Enjoy a free fitness class with our Personal Trainer.

Oasis Gym (Deck 5) Forward

6.00pm - 6.45pm COCKTAIL PIANIST - JOSH NESBITT

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

Grand Atrium Piano Bar (Deck 6) Midship

From 6.45pm

6.45pm - THE NOISE NEXT DOOR



See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

7.00pm - 7.45pm BUSKER - MAX TOOGOOD-WOLVEY

Catch the amazing acoustic sounds of our Busker Max Toogood-Wolvey as the backdrop to your holiday.

Brodie's (Deck 7) Forward

7.00pm - THE 710 CLUB - ESSENCE OF THE 90S



"Essence of the 90s. Taking the era's iconic essence and dressing it in modern-day style. It's the 90s, reheard" - Gary Barlow, Music Director. Spaces in The 710 Club are limited, please book in advance using My Holiday. Make sure you arrive before the performance begins to guarantee your booking - as seating is first come, first served. The doors will open 30 minutes before the performance starts, so order a drink and enjoy the live music experience.

The 710 Club (Deck 6) Midship

7.30pm - 8.15pm COCKTAIL PIANIST - JOSH NESBITT

Cocktail pianist Josh presents more of your favourites.

Grand Atrium Piano Bar (Deck 6) Midship

7.30pm - TRIBOO

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 - VOCALIST - ZOE HEARN

See front page for details.

The Club House (Deck 8) Aft

8.30pm - THE NOISE NEXT DOOR



See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

8.45pm - 9.15pm - BUSKER - MAX TOOGOOD-WOLVEY

Amazing acoustic sounds with Max Toogood-Wolvey.

Brodie's (Deck 7) Forward

8.45pm - THE 710 CLUB - ESSENCE OF THE 90S



See 7.00pm for details.

The 710 Club (Deck 6) Midship

9.00pm - TRIBOO

See front page for details.

SkyDome (Decks 16 & 17) Midship

9.15pm-10.00pm - PIANO VOCALIST - DAVID REID

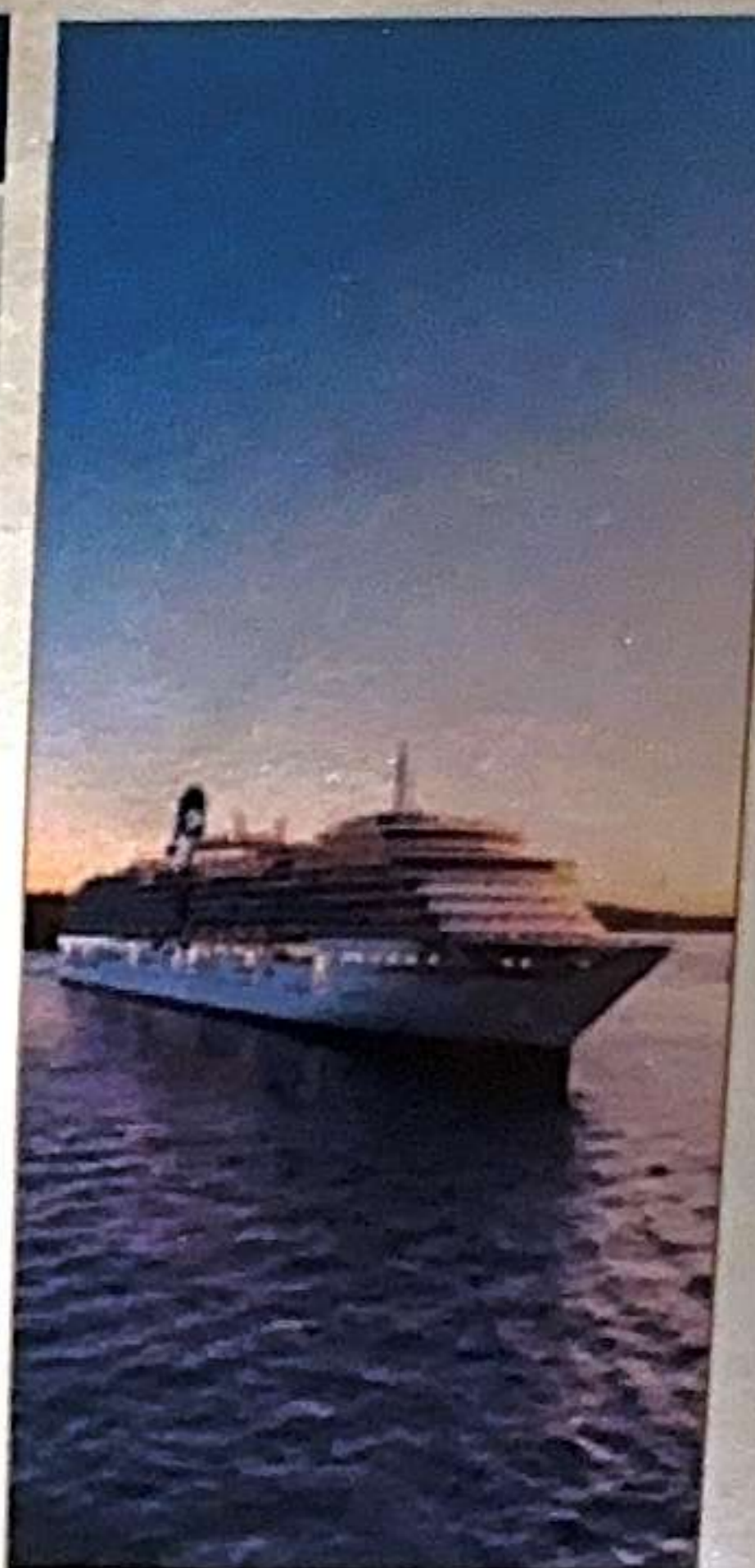
Sit back, relax and enjoy some all-time musical favourites from our piano vocalist David Reid.

The Crow's Nest (Deck 17) Forward

9.30pm - LANDSLIDE

A fast-paced game where the landslide answer receives the points. Will you be in the majority?

Brodie's (Deck 7) Forward



Cruise To The Magical Med

Soak up the sunshine with Arvia. If you like the sound of French wine and amazing Spanish history and beaches, you'll love this holiday!

1 October 2023

K320

Southampton -
La Coruna - Valencia -
Marseilles - Barcelona
- Seville (from Cadiz) -
Southampton

Prices starting from
£1,129pp

With on-board spending
money from £440 per
cabin

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

From 9.30pm

9.30pm -10.15pm – COCKTAIL PIANIST - JOSH NESBITT

Josh is back with more piano classics.

Grand Atrium Piano Bar (Deck 6) Midship

9.30pm –VOCALIST - ZOE HEARN

See front page for details.

The Club House (Deck 8) Aft

10.15pm-11.00pm – PIANO VOCALIST - DAVID REID

David Reid is back at the piano with more of your favourites.

The Crow's Nest (Deck 17) Forward

10.30pm-Midnight – KARAOKE

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

The Limelight Club (Deck 6)

10.30pm – 11.00pm BUSKER - MAX TOOGOOD-WOLVEY

Even more amazing sounds from our Busker Max Toogood-Wolvey.

Brodie's (Deck 7) Forward

10.30pm – THE NOISE NEXT DOOR

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

10.30pm – TRIBOO

See front page for details.

SkyDome (Decks 16 & 17) Midship

10.30pm – THE 710 CLUB - ESSENCE OF THE 90S

See 7.00pm for details.

The 710 Club (Deck 6) Midship

10.45pm – 11.30pm COCKTAIL PIANIST - JOSH NESBITT

More of your musical favourites with Josh Nesbit

Grand Atrium Piano Bar (Deck 6) Midship

11.00pm – VOCALIST - ZOE HEARN

See front page for details.

The Club House (Deck 8) Aft

11.15pm-Midnight – PIANO VOCALIST - DAVID REID

More of your favourites with David Reid.

The Crow's Nest (Deck 17) Forward

11.15pm-Midnight – BUSKER - MAX TOOGOOD-WOLVEY

Even more amazing sounds from our Busker Max Toogood-Wolvey.

Brodie's (Deck 7) 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 you as you step into The Club House after-hours party.

The Club House (Deck 8) Aft

12.15am – THE 710 CLUB - ESSENCE OF THE 90S

See 7.00pm for details.

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



Downton Abbey: A New Era

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

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

Starring: Hugh Bonneville, Jim Carter, Michelle Dockery.

Rated: PG

Running Time: 2hrs 4mins

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.



It's A Wonderful Life (1946)

Studio 3 - 10.15am, 3.00pm, 7.00pm & 10.00pm

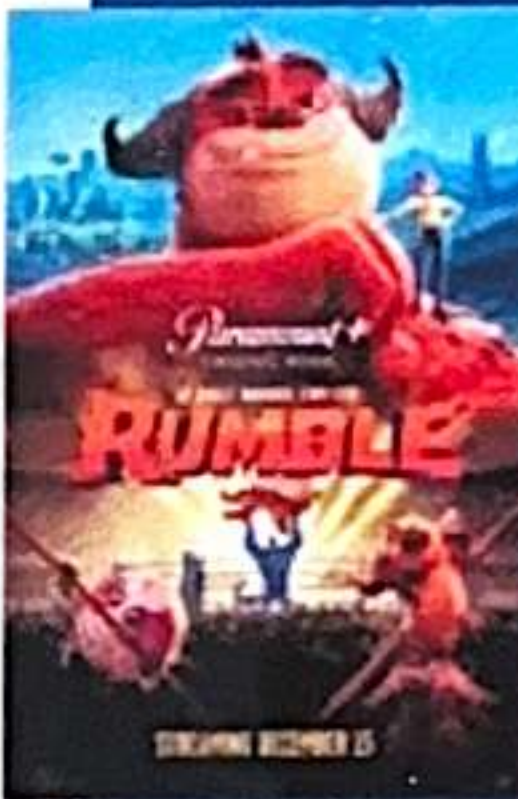
Starring: James Stewart, Donna Reed, Lionel Barrymore

Rated: U

Running Time: 2hrs 10mins

An angel is sent from Heaven to help a desperately frustrated

businessman by showing him what life would have been like if he had never existed.



Rumble (2021)

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

Starring: Geraldine Viswanathan, Will Arnett, Stephen A. Smith

Rated: PG for some action and rude humour.

Running Time: 1hr 35mins

In a world where monster wrestling is a global sport and monsters are superstar athletes, teenage Winnie seeks to follow in her father's footsteps by coaching a loveable underdog monster into a champion.

My Holiday

Access to My Holiday is free when using the ship's guest Wi-Fi. It is a web app so you don't need to download anything. Simply connect to the ship's Wi-Fi "P&OCruises_Guest_Wifi", open your internet browser and head to myholiday.pocruises.com. Once logged in, to maintain full functionality you should place your phone in airplane mode and turn off your mobile data.

If you are in a virtual queue, please do not leave the web page or switch on your data as this may cause you to lose your place in the queue.

You can book dining reservations, view your on-board account and book entertainment which is shown in Headliners Theatre.

If don't have a tablet or smart phone, you can call the My Holiday Experience Line on 7070 to make your reservations. You can also book Spa appointments here or speak to Reception for any other queries.

My Holiday Assistance Podium are located below and we will be happy to show you how to connect and use the portal.

My Holiday Assistance Podiums - Atrium (Deck 6) Midship

9.00am-Noon & 2.00pm-6.00pm

My Holiday Line dial 7070 from any of the ship's telephones

8.00am-7.00pm

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