



Daily Programme.

In the port of Piraeus, Greece.



From the Navigator.

Early this morning, Queen Elizabeth transited the Steno Elafinisou passing the island of Kythira to starboard and the island of Elafaonios to port, once clear we set various northerly courses passing various islands on route to Piraeus. On our final approaches we embarked the local pilot and proceed into the breakwater where we berthed the vessel.



Piraeus, Greece

Arrival Time: 7.00am

All Aboard Time: 6.30pm

Piraeus is a port city in the region of Attica, Greece. Piraeus is located within the Athens urban area, 12 kilometres (7 miles) South West from its city centre (municipality of Athens) and lies along the East coast of the Saronic Gulf. Piraeus has a long recorded history dating to ancient Greece. The city was largely developed in the early 5th century BC, when it was selected to serve as the port city of classical Athens and was transformed into a prototype harbour, concentrating all the import and transit trade of Athens. During the Golden Age of Athens, the Long Walls were constructed to connect Athens with Piraeus. Consequently, it became the chief harbour of ancient Greece, but declined gradually after the 4th century AD, growing once more in the 19th century, especially after Athens' declaration as the capital of Greece. In the modern era, Piraeus is a large city, bustling with activity and an integral part of Athens, acting as home to the country's biggest harbour and bearing all the characteristics of a huge marine and commercial-industrial centre.

Nautical fact of the day.

Sailor's Tattoos.

There are many traditional tattoos associated with life at sea. 'Hold fast' across the knuckles of young deckhands was supposed to prevent losing grip on vital ropes. A pig on one foot and a chicken on the other were supposed to ward off drowning. These animals were often carried in wooden pens on deck, which would float should the ship be wrecked, and float ashore on currents making them the only survivors. A variation on this later became "Pig on the knee, safety at sea. A cock on the right, never lose a fight". Bird tattoos were often given for completion of voyages. Sparrows or swallows were used to signify 5,000 miles sailed. Compass roses or nautical stars were worn to ensure the sailor always knew the way home, and neptune or turtles were used to show the wearer had crossed the equator or date line. Dragons were worn by sailors who had arrived into a Chinese port, or a ship in full sail to those who had rounded Cape Horn.

In Today's Discover...

Visit the Clarendon Fine Art Gallery and find out more about their up and coming events, join the Royal Spa for today's Spa Special and don't miss out on our delicious afternoon tea with our white glove service...

Karaoke & Pat Patton

Throw your inhibitions overboard and sing your favourite karaoke classics.

9.45pm Golden Lion Pub, Deck 2.



Tonight's Showtime

The Velvet Voice and Personality of Ms Lorraine Brown

Introducing the dynamic voice of Miss Lorraine Brown.

Take a musical journey with a truly outstanding and charismatic songstress. Soulful and rich, her powerful singing voice celebrates the classic songs from some of the greatest songwriters of our



time. The warmth of her personality and her stage presence exudes and caresses you with every beat. Take a seat and enjoy the ride! Hosted by Entertainment Manager Amanda Reid.

8.30pm & 10.30pm

Royal Court Theatre, Decks 1, 2 & 3

Ballroom & Latin Dancing.



Dance to the Queens Room Orchestra in the majestic setting of our ballroom. Under the musical direction of Harry Nijcamp.

Featuring vocalist Thomas Harris.

**7.45pm to 8.30pm & 9.15pm until 12.00am
Queens Room, Deck 2, Midships.**



Today's activities.

Officer Profile:

Deputy Captain: Russell Robson

Russell was born and bred in the White Rose county of Yorkshire, in York itself. He grew up in the small village of Upper Poppleton until the age of six. From thereon, he had a nomadic lifestyle moving around the Shires with his father's career managing concrete and stainless steel pipe companies. He spent his teenage years in Kirby Muxloe, Leicestershire. At the age of 17, he joined P&O cruises as an Officer Cadet and began his life at sea. His first appointment was the SS Canberra. Throughout his cadetship he served on the Royal, Sky, Island, Sea and Pacific Princess as well as Victoria, passing his Class III Certificate of Competency in 1995. Russell continued his career with P&O Princess on the Oriana, Aurora, Oceana, and Grand Princess. He gained his Masters Certificate of Competency in January 2004. Since the merger with Carnival Cruise Lines he has also served on Queen Victoria and stood by the new build Queen Elizabeth for Cunard in 2009 as Chief Officer. He was promoted to Deputy Captain in January 2010 on the Pacific Sun and Pacific Dawn for P&O Australia. He experienced command for the first time in September 2012 on the Oriana. Russell now resides in the peaceful floral region of South Holland, Lincolnshire with his wife of 18 years, Jane whom he met while on board Canberra. His daughter Lucy, now 16, keeps him busy whilst on leave horse riding. Not forgetting the local pest control cats, Grace, Molly, Harry and their dog CoCo (aka Bean). Hobbies include home improvements and large scale radio control aircraft assembly and flying. He has recently started a new venture of Drone photography and cinematography.



Wheelchair Assistance.

Guests are kindly reminded that wheelchair assistance, if required, will be provided to assist guests on and off the gangway only. As per the terms and conditions stated in the Cunard brochure, guests must be able to make their own way to the transportation on the pier or be accompanied by a travel companion who is able to assist them.

Take A Peek Behind The Scenes.

Have you ever wondered what lies beyond Queen Elizabeth glittering public areas? Join us for an exclusive tour to discover what life is like behind the scenes. You'll enjoy access to the Bridge, a galley and even back stage of the theatre. \$120 per person including an official photo, a glass of complimentary champagne and some mementos of your tour. Registration closes at 12.00pm on Friday 21 October. To book your place, call 33000 or visit the Purser's Desk.

From The Purser's Desk.

Ship's Agent: Seaway Shipping - Piraeus, 15-17 Hatzikyriakou Avenue, Piraeus, 185 37, Greece

Telephone: +30 2104 287 190 - for emergencies while ashore.
Queen Elizabeth Satellite Phone Number - 00870 765 067 260

Berth: Pier no 3 East (main terminal)

Currency: Legal tender in Greece is the Euro (EUR). Foreign exchange is available from the Purser's office on Deck 1, Grand Lobby. Queen Elizabeth deals in US Dollars.

Postage: Postcards and letters can be posted via the Purser's desk.

For Guests On Tour.

The following tours will meet in the public rooms below. Please check in with the tour staff. We kindly request that you do not come to the meeting room until you are ready to depart and only at the times specified below. Please remove your tour tickets from the envelope and have them ready to show the tour staff at check in. If you are travelling with friends, please meet beforehand and check in at the same time so that you are allocated the same group.

Tours Meeting in the Queens Room, Deck 2.

Time	Tour Code	Name	Location
8.15am	028A	Discover Delphi.....	Queens Room
8.45am	033A	Acropolis, Museum and Plaka.....	Queens Room
9.15am	001A	The Acropolis - Crown Jewel of Athens....	Queens Room
9.30am	005A	Ancient Corinth & Canal Transit.....	Queens Room
9.45am	006A	The Acropolis & The Plaka	Queens Room
10.00am	014A	Athens On Your Own	Queens Room
10.15am	029A	Funicular and Fabulous Views	Queens Room
10.45am	029B	Funicular and Fabulous Views.....	Queens Room

Tours Meeting in the Royal Court Theatre, Deck 2.

Time	Tour Code	Name	Location
1.45pm	008A	Athens Panorama	Royal Court Theatre

6am

6.00am GOOD MORNING QUEEN ELIZABETH

With Entertainment Manager Amanda Reid and guests (until 12.00pm), Followed by the Movie 'Me Before You' which will be repeated continuously throughout the day. Stateroom TV, Channel 22

6.00am CUNARD INSIGHTS LECTURE

An opportunity to see a lecture presented by speaker, Nigel Vardy, Phil Holt and Margaret Gilmore from earlier this voyage. Stateroom TV, Channel 44 (repeated continuously)

7am

7.00am FITNESS: STRETCH & RELAX

Royal Spa Fitness Centre, Deck 9, Forward

7.00am ARRIVAL

Queen Elizabeth arrives at pier no 3 East. Please listen to announcements for updated information on the location of the gangway. To go ashore, all guests are required to have their ship's identification card with them.

7.30am FITNESS: FAB ABS CLASS

Royal Spa Fitness Centre, Deck 9, Forward

8am

8.00am FITNESS: YOGA

Royal Spa Fitness Centre, Deck 9, Forward (a fee applies)

9am

9.00am CROSSWORD PUZZLES AVAILABLE

Library, Deck 2, Midships

9.30am SOLO TRAVELLER'S MEET POINT/GET TOGETHER

Meet your fellow solo travellers and / or plan your time ashore. Lido Buffet, Deck 9 Aft, Starboard side (unhosted)

10am

10.00am WALK IN FOOT CLINIC

Join us to learn about the biomechanics of walking and how the way your foot striking the ground can affect your whole body. Royal Spa Fitness Center, Deck 9, Forward (until 12.00pm)

10.00am MORNING TRIVIA

With a member of the Entertainment Team. Golden Lion Pub, Deck 2, Forward



Tonight's Entertainment.

10_{am}

10.15am SOCIAL CROQUET
Deck 11, A stairway (unhosted)

11_{am}

11.00am RELIEVING FLUID RETENTION
Come along to this very educational seminar about how to treat these symptoms.
Royal Spa, Deck 9, Forward (until 12.00pm)

11.15am KILLER DARTS COMPETITION
With a member of the Entertainment Team.
Golden Lion Pub, Deck 2, Forward



2_{pm}

2.00pm NO MORE BAD HAIR DAYS
Join your Hair Stylist for this informal presentation about how one of the world's most advanced treatments can eliminate fluffy, frizzy and flyaway hair.
Royal Spa Fitness Centre, Deck 9, Forward (until 3.00pm)

2.00pm SHORT MAT BOWLS COMPETITION
With a member of the Entertainment Team.
Deck 11, A Stairway, Forward



2.00pm SOCIAL BRIDGE, WHIST & CHESS
Card Room, Deck 3, Midships (until 4.00pm)

2.15pm MOVIE: 'SING STREET'
In 1985 Dublin, a 14-year-old boy forms a glam band and tries to win over a beautiful woman who stars in their music videos. Starring: Aidan Gillen, Ferdia Walsh-Peelo, Maria Doyle Kennedy, Kelly Thornton, Jack Reynor, Lucy Boynton. Rated: PG-13.
(Repeated continuously tomorrow on Channel 22 from 12.00pm)
Royal Court Theatre, Decks 1, 2 & 3 (Duration: 105 minutes)

3_{pm}

3.00pm SOCIAL TABLE TENNIS
Deck 9, A Stairway, Midships (unhosted)

3.00pm ACUPUNCTURE FOR PAIN SOLUTIONS
Find out today how acupuncture can help you get pain free, improve health, and return vitality. Take a vacation from your pain.
Royal Spa, Deck 9, Forward (until 4.00pm)

3.00pm QUIZZICAL CORNER
With a member of the Entertainment Team.
Lido Pool deck 9 aft



3.30pm QUEENS ROOM AFTERNOON TEA
Featuring Harpist Lara Szabo.
Queens Room, Deck 2, Midships (until 4.30pm)

4_{pm}

4.00pm THERMAGE- LIVE BEAUTIFULLY
Give yourself the opportunity to learn about why Thermage is the best treatment to look younger and to show real results.
Royal Spa, Deck 9, Forward (until 5.00pm)

4.15pm AFTERNOON TRIVIA
With a member of the Entertainment Team.
Golden Lion Pub, Deck 2, Forward



5_{pm}

5.00pm EAT MORE TO WEIGH LESS
Learn how to choose and combine the proper food (proteins, carbohydrates and fats). Find out the amount of food that your body needs and how to schedule your meals, to regain or maintain health and reduce your chance of illness.
Royal Spa, Deck 9, Forward (until 6.00pm)

5.00pm FITNESS: FAB ABS CLASS
Royal Spa Fitness Centre, Deck 9, Forward (a fee applies)

5.00pm FRIENDS OF DOROTHY
Commodore Club, Deck 10, Forward (until 6.00pm)

5.00pm FRIENDS OF BILL W.
Admirals Lounge, Deck 10, Forward (until 6.00pm)

5.00pm JEWISH SABBATH EVE WORSHIP
We kindly ask a guest to lead the service. All are welcome.
Yacht Club, Deck 10, Forward (until 6.00pm)

5.15pm SHUFFLEBOARD COMPETITION
With Sports Host, Jackie.
Deck 10, C Stairway, Midships



5_{pm}

5.15pm PIANO ENTERTAINER PAT PATTON
Golden Lion Pub, Deck 2, Forward (until 6.00pm)

5.30pm COCKTAIL PIANIST DAVID CRATHORNE
Midships Bar, Deck 3 (until 6.30pm)

6_{pm}

6.15pm SAIL AWAY SOUNDS WITH DJ CLAIRE
Join DJ Claire and the Entertainment Team out on the deck as we say farewell to Piraeus.
Lido Pool Area, Deck 9, Aft

6.30pm ALL ABOARD!
All guests must be on board by this time. Shortly after, the gangway is raised and we will depart for Heraklion.

6.45pm HARPIST LARA SZABO
Cafe Carinthia, Deck 2, Grand Lobby (until 7.30pm)

7_{pm}

7.00pm PICTURE THIS
Come and join the Entertainment Team and to try your luck in this picture based trivia!
Golden Lion Pub, Deck 2, Forward



7.30pm PIANO ENTERTAINER GRAHAM WELLARD
Commodore Club, Deck 10, Forward (until 8.30pm)

7.45pm HARPIST LARA SZABO
Cafe Carinthia, Deck 2, Grand Lobby (until 8.30pm)

7.45pm BALLROOM & LATIN DANCE MUSIC
Dance to the Queens Room Orchestra in the majestic setting of our ballroom. Under the musical direction of Harry Nijcamp.
Queens Room, Deck 2 Midships (until 8.30pm)

8_{pm}

8.00pm WIPEOUT TRIVIA
The trivia with a twist – will you keep all your points?
Golden Lion Pub, Deck 2, Forward



8.30pm SHOWTIME: LORRAINE BROWN
Introducing the dynamic voice of Miss Lorraine Brown. Presented by Entertainment Manager Amanda Reid.
Royal Court Theatre, Decks 1, 2 & 3 Forward

9_{pm}

9.15pm BALLROOM & LATIN DANCE MUSIC
Dance to the Queens Room Orchestra in the majestic setting of our ballroom. Under the musical direction of Harry Nijcamp. Featuring vocalist Thomas Harris.
Queens Room, Deck 2, Midships (until 12.00am)

9.15pm PIANO ENTERTAINER PAT PATTON
Golden Lion Pub, Deck 2, Forward (until 9.45pm)

9.15pm REQUEST NIGHT WITH DJ CLAIRE
Yacht Club, Deck 10, Forward (until 11.30pm)

9.30pm PIANO ENTERTAINER GRAHAM WELLARD
Commodore Club, Deck 10, Forward (until late)

9.30pm COCKTAIL PIANIST DAVID CRATHORNE
Midships Bar, Deck 3 (until 10.30pm)

9.45pm KARAOKE AND PIANIST PAT PATTON
Throw your inhibitions overboard and sing your favourite karaoke classics.
Golden Lion Pub, Deck 2, Forward

10_{pm}

10.30pm SHOWTIME: LORRAINE BROWN
Introducing the dynamic voice of Miss Lorraine Brown. Presented by Entertainment Manager Amanda Reid.
Royal Court Theatre, Decks 1, 2 & 3 Forward

10.45pm COCKTAIL PIANIST DAVID CRATHORNE
Midships Bar, Deck 3 (until 11.30pm)

11_{pm}

11.30pm LATE NIGHT DANCING WITH DJ CLAIRE
Party the night away with DJ Claire in the beautiful surroundings of the Yacht Club.
Yacht Club, Deck 10, Forward (until late)