



Daily Programme.

At Anchor in St. Lucia, Castries.

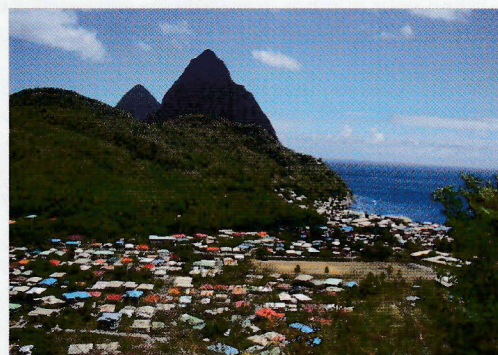
From the Navigator.

After spending the day at anchor off Castries, Queen Mary 2 will head further South then South East to pass between St. Lucia and St. Vincent and into the Tobago basin.



Arrival Time: 8.00am
 Last Tender Leaves Ashore: 5.00pm

A luxuriant, tropical island indented with sandy coves exploding out of the surrounding crystalline waters in a volcanic heap. Beautiful Saint Lucia is a destination for nature lovers. Fought over for more than 200 years, Saint Lucia (Loo-sha), lying between Martinique to the north and St. Vincent in the south, has earned the grand-sounding title 'Helen of the West Indies'. St. Lucia was a veritable treasure during colonial times for its strategic position, and caught in a power struggle between the British and French. This is an incredibly beautiful and enchanting island, whose mixture of luxuriant tropical vegetation on a mountainous landscape, stunning beaches and a typically Creole culture now attracts a different kind of invader, all keen to share in its natural splendours. The most spectacular of these are the Pitons. The two majestic, cone-shaped peaks rising straight out of the Caribbean Sea to a height of 2,600 feet on the southwest coast, coated with lush forest, appear on the covers of so many holiday brochures all over the world that they have almost become the symbol of the West Indies.



Today's Movie.

'Green Book.'

Starring: Viggo Mortensen,
 Mahershala Ali, Linda Cardellini.

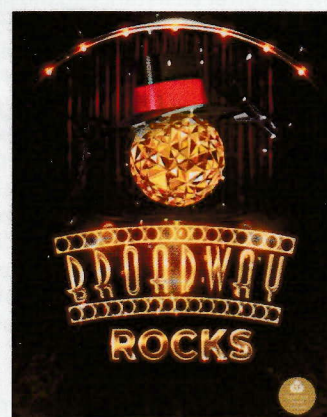
A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Rated PG-13.
 Duration: 130 minutes.

At 10.00am, 2.00pm, 5.00pm,
 8.00pm & 10.30pm
 Illuminations Deck 3

Tonight's Featured Entertainment. Broadway Rocks.

Join the Royal Court Theatre Company on a turbo-charged cab ride through the streets of New York City's world famous theatre district. Take in the classics - West Side Story and South Pacific before journeying on to enjoy all the blockbuster Broadway hits of the 21st century. Prepare to be astounded by this brilliant and spectacular must-see show. Broadway Rocks - so be there! Oh... and don't forget your Hairspray. With the Royal Court Theatre Orchestra, under the musical direction of Jeff Hughes. Presented by your Entertainment Director, Catherine Kennedy.

At 8.45pm & 10.30pm
 Royal Court Theatre, Decks 2 & 3, Stairway B



Sailaway Celebration With Purple Haze.

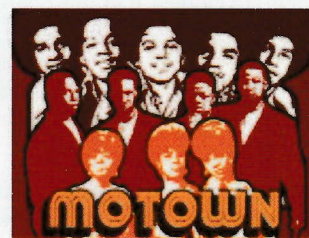
Soak up the atmosphere of this beautiful part of the world. Come and join the Entertainment Team and our international band Purple Haze to celebrate our departure from St. Lucia.

From 5.30pm,
 Terrace Bar, Deck 8 (aft)
 (Inclement weather venue:
 Pavilion Pool, Deck 12, Stairway B)

Soul And Motown Evening. With The Queens Room Orchestra.

Join the Queens Room Orchestra for an evening of nostalgic soul and motown music. With the vocals of Jack Kenney and Esther Sabine. Under the musical direction of Blake Waters.

At 9.45pm until 12.00am,
 Queens Room, Deck 3, Stairway D





Today's Activities.

How to get ashore via the tenders.

Tender tickets will be available from 8.30am. Tender tickets will be required for ALL GUESTS wishing to go ashore in the morning (with the exception of guests who are booked on a Cunard Shore Excursion departing from the Royal Court Theatre and Golden Lion Pub. An announcement will be broadcast once tender tickets are no longer required. Guests booked on the morning shore excursions DO NOT need a tender ticket (please meet in the designated tour meeting venues at the tour time indicated in the separate notice). All other guests please follow these procedures once you are ready to go ashore:

1. Collect a tender ticket from the Entertainment Hosts in the Chart Room on Deck 3 and take a seat until your number is called. It is not possible to pre-book time slots on the tenders. Tickets will be issued on a first come first served basis, and it is required that you wait in the Chart Room once you have collected your ticket. Therefore, please do not proceed to the Chart Room until you are completely ready to depart.

2. When your number is called you will be escorted to a specific tender lounge. Please hand your tender ticket to the member of staff, and you will be directed to the tender.

3. Please have your guest identification card ready for the security staff before boarding the tender.

A continuous tender service will operate between the ship and the shore until the last tender leaves the shore at 5.00pm and Queen Mary 2 sails shortly after. Please note: Tender tickets are NOT required for the return trip to the ship.

Safety in the Tenders.

Today we will be taking you ashore using the ship's tenders. For your own safety please read the tender safety notice at the head of the gangway and familiarise yourself with the contents of the emergency instructions notice posted in the cab of each tender. You are advised that you must not smoke whilst in the tenders and that, to avoid risk of injury, you must keep your hands and arms off the side of the tender as it comes alongside the ship or wharf. It is important that you follow the instructions given by crew members and that you remain seated whilst in the tenders. Do not get in or out of the tenders until instructed to do so by the ship's staff. For safety reasons, guests in wheelchairs need to be able to step out of their wheelchair in order to board the tender. Our crew can offer assistance to those guests. Please be advised that in order to allow collapsible scooters and motorised wheelchairs to be taken ashore safely, the equipment must be in its collapsible state before entering the queue for the tender. The collapsing and transferring in and out of the tender must be managed by the guest or travelling companion as crew are unable to assist. No individual part must weigh more than 23kg. We apologise for any inconvenience caused, but this is for the safety and well being of our crew. We also recommend that guests in wheelchairs use the tender lounge at Stairway B after open tenders, as this is the only tender lounge with accessibility to the tender pontoon via a lift.

All guests must be able to negotiate a distance of 45cm or 18 inches unaided in order to embark the tender service.

Tender step test.

To use the tender you must have independent mobility. By that, we mean that you must be able to negotiate the steps, the gap and height difference. At the point of embarkation, our officers will make a final assessment of all passengers' mobility using a step test, where you will be asked to step across a measured distance of 45cm (18 inches). If at this point you are unable to do so, you may be denied permission to board the tender, which will be at the officer's discretion. The officer's decision will be final, with the full support of the Captain. Thank you for your co-operation in this mandatory safety requirement.

Footwear in Tenders.

Please wear appropriate, flat footwear when embarking and disembarking the tenders and note that flip-flops will not be allowed.

For Guests On Tour.

Please check in with the tour staff and have your tour tickets 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 Royal Court Theatre.

7.45am	001A	St Lucia Land & Sea
7.45am	042A	Seatrek
7.45am	069A	St Lucia by Helicopter (8.30am tkts)
8.00am	040A	Beach Break
8.00am	044A	Chocolate Experience
8.15am	049A	St Lucia, Waterfall & Gardens
8.15am	008A	Dolphin Watch
8.45am	069B	St Lucia by Helicopter (9.30am tkts)
8.45am	060A	Castries by Trolley Train and Beach
9.15am	004A	St Lucia by 4x4
9.45am	071A	Glittering sands & Beach BBQ
9.45am	055A	Segway, Sights & Beach

Tours meeting in the Golden Lion Pub.

7.30am	017A	Cruise to the Pitons
8.10am	068A	The Pitons & Lunch with a Local
8.15am	047A	St Lucia's Scenic North
8.15am	018A	Aerial Tram
8.30am	023A	Highlights & Rum
8.45am	070A	Marigot Bay & Pink Plantation House
8.45am	034A	St Lucia Ziplining Adventure

Last minute tickets are available for shore excursions today. Please do not hesitate to contact the Tour Staff during tour dispatch hours at the check-in locations or on the pier ashore.

6am	6.00am Movie: 'Wild Rose' Yesterday's theatre movie, repeated continuously on Stateroom T.V. Channel 24.
	6.00am Good Morning Queen Mary 2 Your guide to today's entertainment and activities, with Entertainment Director, Catherine Kennedy and guests. Stateroom T.V. Channel 23 (repeated continuously until 12.00pm)
8am	8.00am Arrival Queen Mary 2 arrives at St Lucia. 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.
	8.30am Tender Tickets Available Please ensure you are ready to go ashore prior to obtaining tender tickets. Refer to the instructions opposite for further details. Chart Room, Deck 3, Stairway C (Starboard)
9am	9.00am Christian Fellowship Gathering (unhosted) Boardroom, Deck 9, Stairway A (Port)
	9.00am Social Table Tennis (unhosted) Pavilion Pool, Deck 12, Stairway B
	9.30am Solo Travellers' Meet Point (unhosted) Meet other independent guests to plan your time ashore. Outside the Golden Lion Pub, by the Post Box, Deck 2, Stairway C
10am	10.00am Movie: 'Green Book' A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Starring: Viggo Mortensen, Mahershala Ali, Linda Cardellini. Rated PG-13. Duration: 130 minutes. (Repeated continuously tomorrow on Channel 24) Illuminations, Deck 3, Stairway B
	10.30am Morning Trivia 🎯 Golden Lion Pub, Deck 2, Stairway C (Starboard)
11am	11.30am Beat the Board 🎯 Pavilion Pool, Deck 12, Stairway B
1pm	1.00pm Social Deck Quoits (unhosted) Deck 12, Stairway B (Outside, Port)



Today's Activities.

2pm

2.00pm Movie: 'Green Book'
Please see the 10.00am listing for more details.
Illuminations, Deck 3, Stairway B

2.00pm Social Bridge and Whist
ConneXions Room 4 & 5, Deck 2, Stairway A (until 4.00pm)

3pm

3.00pm Killer Darts 🎯
Golden Lion Pub, Deck 2, Stairway C (Starboard)

3.00pm Social Paddle Tennis (unhosted)
Deck 13, Stairway B (Outside)

3.30pm Afternoon Tea with Harpist Lara Szabo
Queens Room, Deck 3, Stairway D (until 4.30pm)

4pm

4.00pm English Premier League Football
Burnley vs. Manchester City (Satellite reception permitting.)
Broadcast on stateroom T.V. Channel 42.
Golden Lion Pub, Deck 2, Stairway C (Starboard)

4.00pm Friends Of Bill W.
Boardroom, Deck 9, Stairway A (Port) (until 5.00pm)

4.15pm Afternoon Trivia 🎯
Chart Room, Deck 3, Stairway C (Starboard)

5pm

5.00pm Last Tender Leaves Shore
All guests must be on board by this time. Shortly after Queen Mary 2s anchors will be raised and we will depart for St. Kitts.

5.00pm Movie: 'Green Book'
Please see the 10.00am listing for more details.
Illuminations, Deck 3, Stairway B

5.00pm LGBT Social Hour
Commodore Club, Deck 9, Stairway A (Starboard) (until 6.00pm)

5.15pm Catholic Mass With Father Ken Deasy
ConneXions Rooms 4 & 5, Deck 2, Stairway A

5.15pm Recorded Ballroom & Latin Dance Music
Queens Room, Deck 3, Stairway D

5.15pm Harpist Lara Szabo
Carinthia Lounge, Deck 7, Stairway B (until 6.00pm)

5.15pm Pianist Steve Zackim
Chart Room, Deck 3, Stairway C (Starboard) (until 6.00pm)

5.30pm Shuffleboard Tournament 🎯
Deck 13, Stairway B (Outside)

5.30pm Sailaway Celebration with Purple Haze
Terrace Pool, Deck 8, Stairway D
(Inclement weather venue: Pavilion Pool, Deck 12, Stairway B)

6pm

6.30pm Guess the Carat Weight - Competition
Please see Discover page for more details.
Jewellery Boutique, Deck 3, Grand Lobby, Stairway B

6.30pm Port Shopping Hospitality Desk
Meet Port Shopping Guide Gail for inquiries on shopping in our upcoming ports, and pick up your VIP referral cards.
Outside the Royal Court Theatre, Deck 2, Stairway B (Starboard) (until 8.30pm)

7pm

7.30pm Guitarist Paul Garthwaite
With Paul Garthwaite from Amethyst.
Golden Lion Pub, Deck 2, Stairway C (Starboard) (until 8.00pm)

7.45pm Harpist Lara Szabo
Carinthia Lounge, Deck 7, Stairway B (until 8.30pm)

7.45pm Pianist Akos Somogyi
Chart Room, Deck 3, Stairway C (Starboard) (until 8.30pm)

7.45pm Pianist Steve Zackim
Commodore Club, Deck 9, Stairway A (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 Blake Waters. Featuring the vocals of Esther Sabine and Jack Kenney.
Queens Room, Deck 3, Stairway D (until 8.30pm)

8pm

8.00pm Wipeout Trivia
The trivia with a twist - will yours be the last team standing?
Golden Lion Pub, Deck 2, Stairway C (Starboard)

8pm

8.00pm Movie: Green Book
Please see the 10.00am listing for more details.
Illuminations, Deck 3, Stairway B

8.30pm Recorded Ballroom & Latin Dance Music
Queens Room, Deck 3, Stairway D (until 9.45pm)

8.45pm Showtime: Broadway Rocks
Please see front page for more details.
Royal Court Theatre, Decks 2 & 3, Stairway B

9pm

9.30pm The Jazz Club
With the Vladimir Zencenko Trio.
Chart Room, Deck 3, Stairway C (Starboard) (until late)

9.45pm Poetry Recital
From Kipling to Keats, Tennyson to Thomas. Join Assistant Entertainment Director Tommi Baxter-Hill for a poetry recital of some famous poems.
Carinthia Lounge, Deck 7, Stairway B (until 10.30pm)

9.45pm Live Music with Purple Haze
Join our International Band in our fantastic night club, G32.
G32, Deck 3, Stairway D (until 10.45pm)

9.45pm Classic Albums Hour with Pub Duo 'Amethyst'
Featuring a selection of songs from classic albums 'Rumours' and 'Brothers in Arms'.
Golden Lion Pub, Deck 2, Stairway C (Starboard) (until 10.45pm)

9.45pm Soul And Motown Evening.
With The Queens Room Orchestra.
Queens Room, Deck 3, Stairway D (until 12.00am)

10pm

10.00pm Pianist Akos Somogyi
Commodore Club, Deck 9, Stairway A (until 12.00am)

10.30pm Showtime: Broadway Rocks
Please see front page for more details.
Royal Court Theatre, Decks 2 & 3, Stairway B

10.30pm Movie: Green Book
Please see the 10.00am listing for more details.
Illuminations, Deck 3, Stairway B

10.45pm Latin Hits with DJ Felipe
G32, Deck 3, Stairway D (until 11.30pm)

11pm

11.15pm Pub Duo 'Amethyst'
Golden Lion Pub, Deck 2, Stairway C (Starboard) (until late)

11.30pm Live Music with Purple Haze
G32, Deck 3, Stairway D (until 12.30am)

12am

12.00am Recorded Dance Music For Enthusiasts
Queens Room, Deck 3, Stairway D (until 12.30am)

12.30am All Request Express with DJ Felipe
G32, Deck 3, Stairway D (until late)

CANYON RANCH.

spa | beauty | fitness | wellness

ON QUEEN MARY 2

Fitness classes.

7.00am Fitness: Stretch and Relax - Full Body Stretch

8.00am Pilates*
Queens Room, Deck 3, Stairway D

4.00pm Fitness: Yoga*
Tender Lounge, Deck 1, Stairway C

*\$12 fitness pass and previous sign up required.

Wellbeing seminars.

3.00pm Chiropractic Clinic Now Open
A chiropractic treatment works on various health issues, as well as preventive care, and includes restoring the bodies mechanical disorders through manual therapy.
Canyon Ranch SpaClub, Deck 7, Stairway A.

9.00am Relieving Back Pain and Improve Posture- Fitness Seminar
Join Our Fitness Director as they show you how to improve posture & strengthen your core and help reduce back pain

4.00pm Make up Tips and Tricks
Learn how to get a professional, flawless look. Pick up some time- saving tricks too!
Open Deck, Deck 12 (next to Boardwalk Cafe)

Queens Grill, Princess Grill and Britannia Club.

Breakfast	8.00am to 9.30am
Lunch	12.00pm to 1.30pm
Dinner	6.30pm to 9.00pm

Britannia Restaurant.

Breakfast	8.00am to 9.30am
Lunch	12.00pm to 1.30pm
First sitting dinner	6.00pm, last order 6.30pm
Second sitting dinner	8.30pm, last order 9.00pm

Should the evening dinner menu choices not appeal to you please ask your Waiter about our "Always Available" options

Kings Court Buffet Deck 7.

Continental Breakfast	5.00am to 6.30am
Full Breakfast Buffet.....	6.30am to 11.30am
Chef's Galley Healthy Corner	6.30am to 10.30am
Lunch Buffet	11.30am to 3.00pm
Chef's Galley; Burger & Hot Dog Station	11.30am to 3.00pm
Afternoon Snack, Forward Starboard	3.30pm to 5.30pm
Chef's Galley: Pizza & Pasta Station	6.00pm to 9.30pm
Dinner Buffet: Deck 7, Forward Port	6.00pm to 10.30pm
Late Snack, Buffet Aft	11.00pm to 2.00am

Gluten Free and Lactose Free items are available at the aft buffet from 7.00am through to 3.00pm. Afternoon Tea and Dinner options are available on request at the forward main buffet, please ask the Head Waiter.

Kings Court Alternative Dining (Stairway C).

A \$19.50 cover charge applies. For reservations please dial 25400 between 8.00am & 6.00pm. **Dress Code Applies.**

Aztec (Mexican cuisine)	7.00pm to 9.00pm
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Steakhouse at the Verandah.

Dinner	6.30pm to 9.00pm
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Cover charges apply - Dinner \$39.00.

For reservations please call 25400 between 8.00am & 6.00pm.

Bars & Lounges.

Carinthia Lounge	7.00am to 11.00pm
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(Light snacks from 8.00am to 10.00am, 12.00pm to 2.30pm & 3.30pm to 5.00pm)

Champagne Bar	4.00pm to late
Chart Room	4.00pm to late
Commodore Club	4.00pm to late
Empire Casino Bar	As per Casino opening hours
Golden Lion Pub	10.00am to late
Pub Lunch	12.00pm to 2.30pm
G32	9.30pm to the wee small hours

(Guests under the age of 18 are not permitted in G32)

Pavilion Pool Bar	10.00am to 7.00pm
Sir Samuel's	9.00am to 11.00pm
Terrace Pool Bar (weather permitting)	10.00am to 10.00pm
The Verandah Bar	12.00pm to 3.00pm & 6.00pm to 10.00pm
Grills Lounge (Grills guests only)	11.00am to 2.30pm & 6.00pm to 12.00am

Facilities and Retail.

Book Shop	6.30pm to 10.00pm
Canyon Ranch	8.00am to 8.00pm
Clarendon Fine Art	5.00pm to 9.00pm
Empire Casino Cashier	6.30pm to late
Empire Casino Tables	6.30pm to late
Images Photo Gallery	5.00pm to 9.00pm

(Interactive photo screens open 24 hours)

Internet Centre (assistance)	8.30am to 10.30am
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& 4.00pm to 8.00pm

Library (with assistance)	9.00am to 11.00am & 4.00pm to 8.30pm
Mayfair Shops	6.30pm to 10.00pm
Medical Centre	8.00am to 10.00am & 4.00pm to 6.00pm

(For medical emergencies only please dial 911 or 999)

Sports	9.00am to 6.00pm
Tour Office	5.00pm to 7.00pm
Voyage Sales	3.00pm to 6.00pm
Baby Zone	2.00pm to 5.00pm
Play Zone	2.00pm to 5.00pm & 6.00pm to 11.00pm
Kids Zone.....	2.00pm to 5.00pm & 6.00pm to 11.00pm
Night Nursery	6.00pm to 11.00pm

What to Wear: Smart Attire.

We ask that you wear smart attire in most of our bars, restaurants, and entertainment venues. Smart trousers with a shirt and jacket for gentlemen; tie is optional. Ladies, blouses and skirts or stylish trousers and dresses are welcome. If you prefer to spend tonight in more relaxed attire, feel free to dress more casually in the following venues: Kings Court, Golden Lion, Casino, Carinthia Lounge and G32. Please note non-ripped jeans are appropriate, but please refrain from wearing shorts, sports attire, swim wear or sleeveless t-shirts outside of the gym, spa and deck spaces.

Alcohol Policy.

Guests under 18 years of age (21 in US ports and territorial waters) will not be served alcoholic beverages nor are they to consume them on board. Please be aware that proof of age by means of government issued photographic identification, may be requested. Guests under the age of 18 are not permitted in G32.

Important Notice: Tender Operation.

Today Queen Mary 2 will be anchored away from the quayside and we will be taking you ashore using tenders: ie. small vessels that carry around 100 passengers. When using tenders your safety is our utmost priority, so please refer to the flyer on tender safety that has been delivered to your stateroom. If you have registered for mobility assistance, one of our officers will already have made contact with you to discuss your ability to embark the tender safely.

Passport Information.

You do not need to carry your passports ashore today, your Queen Mary 2 guest identification card is sufficient. It is however, recommended that you carry some form of photographic identification.

Environmental notice.

The care of the environment is of the utmost importance to Cunard, and with this in mind we would ask that any litter you may have in your possession whilst ashore, is disposed of in an ethical manner, or if the appropriate facilities are not available whilst ashore, please bring it back to the ship, where we can look after it for you.

Alternative Dining.

Our alternative dining theme this evening is Aztec offering authentic regional Mexican cuisine exploring the variety of spices and ingredients native to the country. Aztec is located within the Kings Court Restaurant, Deck 7, Port Side open from 7.00pm to 9.00pm. Reservations can be made by dialling the Kings Court reservation line on 25400 between the hours of 8.00am and 6.00pm. Please note that a \$19.50 cover charge per person will apply. Dress Code Applies.

Smoking policy.

For the safety, comfort and enjoyment of our guests, smoking (including Electronic alternatives) is not permitted in staterooms, on stateroom balconies or in public rooms. You will find designated areas on the open deck, deck 7 aft and deck 8 aft, port side immediately outside the entrance onto the deck only for smoking. Smokers should not drift beyond this point. The only exception to this is Churchill's Cigar Lounge, which is reserved for cigar and pipe smokers only. This policy is designed through direct feedback from our guests and is for the safety and comfort of all guests.

From the Purser's Office.

Ship's Agent: Cox & Company Limited - St. Lucia, PO Box 88, Vide Bouteille Highway, Castries, Saint Lucia

Telephone: +1 758 456 5000 - for emergencies while ashore.
Queen Mary 2 Satellite Phone Number: 00870 7732 35723

Currency: Legal tender is the Eastern Caribbean dollar. Eastern Caribbean dollars are not available on board, however, US dollars are widely accepted or easily exchanged ashore.

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