



Daily Programme.

From the Navigator.



This morning Queen Elizabeth entered the Breisunddjupet channel between the islands of Hareidlandet, to the south, and Godoya, to the north. She then proceeded into the confined waters off the northern coast of the island of Sula, before navigating our way through the rocks and shallows. Swinging around to port, off the eastern point of Heissa, she then made our final approaches to Alesund.

In the port of Alesund, Norway.

Arrival Time: 8.00am

All Aboard Time: 4.30pm

Ålesund is a city and municipality in the county of Møre og Romsdal, Norway. It is a sea port, 236km north northeast of Bergen. Ålesund has a pronounced maritime climate with mild and windy winters; the coldest month of the year, January, has mean temperature of 1.3°C; (34°F). Ålesund received city rights in 1848, it is the administrative centre as well as the principal shipping-place of the Sunnmøre district, and was one of the chief stations of the herring fishery in the 1950s and 1960s. On 23 January 1904 most of the city was destroyed by fire leaving 10,000 homeless and 850 traditional wooden houses in ashes. Kaiser Wilhelm II, Emperor of Germany and King of Prussia, was a regular visitor to the region and contributed heavily to the rebuilding programme. Just four years after the fire a unique concentration of German Jugendstil influenced Art Nouveau architecture had rebuilt the city, for which it is still renowned to this day.



Music & Dancing

with the Queens Room Orchestra.

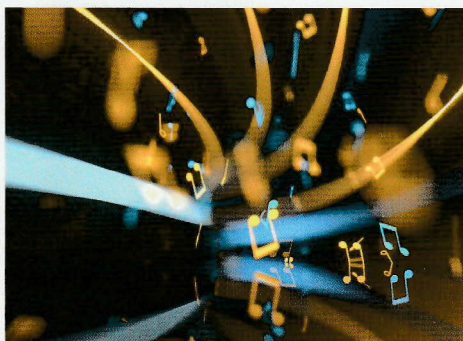


Dance to the Queens Room Orchestra in the majestic setting of our ballroom. Featuring vocalists Jack Kenney and Esther Sabine.

At 7.15pm & 8.45pm,

Queens Room, Deck 2, Midships

Staple Hill Duo.



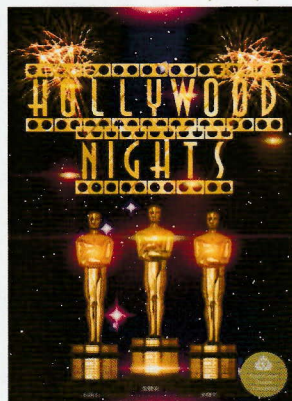
Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of guitar and vocal harmonies.

At 10.45pm,

Queens Room, Deck 2, Midships

Tonight's highlight entertainment.

Hollywood Nights,
Featuring the Royal Court Theatre Company.



Join the Royal Court Theatre Company and experience a roller coaster ride through the history of the silver screen. See the movie icons of yesteryear get ready for their big moment, then journey through time before clicking your heels and arriving in the 21st century. Prepare to be astounded by this brilliant and spectacular must see show. Your Hollywood Night could be tonight - so be there. Presented by Entertainment Director, Sally Sagoe.

At 8.00pm & 10.00pm,

Royal Court Theatre, Decks 1, 2 & 3

Please be aware the Theatre doors will open 30 minutes prior to the performance.

To ensure the well-being of all guests and crew, face coverings are required to be worn throughout the entire performance. Food and beverages are not permitted.

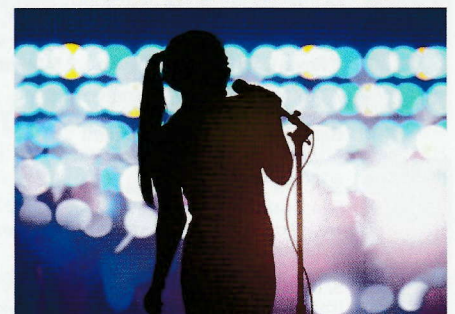
Jokers Wild.



Will you choose the correct category to double your points? Come along to find out.

At 9.00pm, Garden Lounge, Deck 9

It's Karaoke Time.



Throw your inhibitions overboard and sing your favourite karaoke classics. The Entertainment Team will be ready for you to submit your requests.

From 9.30pm,
Yacht Club, Deck 10, Forward



Today's activities.

6am

6.00am Good Morning Queen Elizabeth
With Entertainment Director, Sally Sagoe and guests (until 12.00pm). Followed by the movie 'No Time to Die' which will be repeated continuously throughout the day.
Stateroom TV, Channel 52

6.00am Cunard Insights Talk
An opportunity to see the recent talks presented from the Royal Court Theatre. Enjoy these talks from the comfort of your stateroom on Ch. 50.
Stateroom TV, Channel 50 (repeated continuously)

8am

8.00am Arrival in Alesund, Norway
Please listen to the announcements for the updated information on the location of the gangway. All guests are required to take their ship's Voyage card and proof of vaccination with them when proceeding ashore today, you may need to present your proof of vaccination when visiting certain venues ashore.

8.00am Sports Activities Open
Golf Nets, Shuffleboard, Paddle Tennis, Bowls, Croquet and Table Tennis are available for use. As a courtesy to your fellow guests, we ask that you please sanitise the equipment before and after each use. Our sports venues are located in various areas around Decks 10 and 11.
Games Deck, Decks 10 & 11 (until 8.00pm)

9am

9.00am Card and Board Games for Self-Checkout
Fancy a game to play? You may checkout a deck of cards or one of many board games from our selection from our library personnel. Keep as long as you like, but kindly return when finished playing.
Library, Decks 2 & 3, Port Side, Grand Lobby (until 6.00pm)

9.00am Christian Fellowship Gathering
Yacht Club, Deck 10, Forward

9.15am Line Dancing
Join a member of the Royal Court Theatre Company for some 'Boot Scootin Boogie' fun and learn how to fix an 'Achy Breaky Heart' in this exciting and easy to learn line dancing class.
Queens Room, Deck 2, Midships

10am

10.00am Social Paddle Tennis
Led by your fellow Guests.
Games Deck, Deck 11, Forward

10.00am Solo Travellers Morning Meet Point
For all those guests sailing solo, meet your fellow solo travellers for an informal chat and gathering, whether going ashore or staying on board.
Golden Lion Pub, Deck 2, Forward

10.15am Morning Team Trivia
Meet new friends and win some great prizes in this fun and light-hearted quiz. Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

11am

11.30am Bowls Tournament
Hosted by the Entertainment Team. For our guests 18 years or older.
Games Deck, Deck 11, Forward

12pm

12.00pm Movie: No Time to Die
James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology. Rated: 12A. Duration: 163 minutes.
Stateroom TV, Channel 52

2pm

2.00pm Movie: Off the Rails
Three fifty-something women set out to repeat the European inter-railing adventures of their youth, after their close friend passes away leaving them rail tickets, and a final request: to take her teenage daughter with them. Rated: 15. Duration: 94 minutes.
Royal Court Theatre, Decks 1, 2 & 3, Forward

2.00pm Croquet Tournament
Hosted by the Entertainment Team. For our guests 18 years or older.
Games Deck, Deck 11, Forward

3pm

3.00pm Afternoon Tea
Featuring Guitarist Atanas Stavrev. We kindly ask that guests do not reserve seats due to limited seating.
Queens Room, Deck 2, Midships

3.15pm Killer Darts Tournament
It's last man standing in this winner take all showdown. For our guests 18 years or older.
Golden Lion Pub, Deck 2, Forward

4pm

4.15pm Afternoon Team Trivia
Test your knowledge for bragging rights and great prizes. Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

4pm

4.30pm All Aboard
All guests that have been ashore must be back on board by this time. Shortly after, the gangway is raised and we will depart for Tromsø, Norway. The distance from Alesund, Norway to Tromsø is 612.8 nautical miles.

4.30pm Friends of Bill W.
We kindly ask guests who choose to attend to please adhere to the social distancing measures and guidelines.
Admiral's Lounge, Deck 10, Forward

4.45pm LGBTQ+ Social Gathering
We kindly ask guests who choose to attend to please adhere to the social distancing measures and guidelines.
Commodore Club, Deck 10, Forward

5pm

5.00pm Staple Hill Duo
Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of guitar and vocal harmonies.
Garden Lounge, Deck 9, Midships

5.00pm Social Shuffleboard
Led by your fellow guests.
Deck 10, Aft, Port Side

5.15pm Pianist Michal Wroblewski
Commodore Club, Deck 10, Forward (until 8.00pm)

5.30pm Solo Travellers Evening Meet Point
Join your fellow solo travellers for an informal chat.
Midships Bar, Deck 3, Starboard Side, Grand Lobby

6pm

6.00pm Grand Lobby Portrait
Join our team of friendly photographers for this evening's unique portrait in the Grand Lobby and add to your collection of memories.
Grand Lobby, Deck 3, Midships (until 9.00pm)

6.00pm Recorded Ballroom & Latin Music
Queens Room, Deck 2, Midships (until 7.15pm)

7pm

7.00pm Brilliant By Day, Luminescent by Night
New on board Queen Elizabeth, this jewellery collection is more than just a pretty stone; after wearing your Luminé jewellery in daylight, it will then illuminate in the evening. Join our Jewellery Specialists today to discover the true beauty of these gemstones.
Fine Jewellery Boutique, Royal Arcade, Deck 3

7.15pm Wipeout Trivia
The trivia with a twist. Will you keep all your points?
Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

7.15pm Guitarist and Saxophonist Atanas Stavrev
We kindly ask that guests do not reserve seats due to limited seating.
Golden Lion Pub, Deck 2, Forward

7.15pm Music & Dancing with the Queens Room Orchestra
Dance to the Queens Room Orchestra in the majestic setting of our ballroom, under the musical direction of Joel Andrews. Featuring vocalists Jack Kenney and Esther Sabine.
Queens Room, Deck 2, Midships (until 8pm)

7.15pm The EOS Strings
Enjoy the classical and contemporary repertoire of our string trio.
Grand Lobby, Deck 1, Midships

7.30pm New Artist: Raffaele Fiore
Raffaele Fiore's timeless scenes of Venetian palazzi and the Tuscan landscape transport us effortlessly into a world of light and beauty. View an original from Raffaele this evening entitled 'Campi di Girasole'.
Clarendon Fine Art Gallery, Deck 3, Midships

8pm

8.00pm Tonight's Highlight Entertainment: Hollywood Nights
Presented by Entertainment Director, Sally Sagoe.
Royal Court Theatre, Decks 1, 2 & 3, Forward

8.00pm Sequence Dancing
Hosted by a member of the Entertainment Team.
Queens Room, Deck 2, Midships

8.45pm Music & Dancing with the Queens Room Orchestra
Dance to the Queens Room Orchestra in the majestic setting of our ballroom, under the musical direction of Joel Andrews. Featuring vocalists Jack Kenney and Esther Sabine.
Queens Room, Deck 2, Midships (until 10.30pm)

8.45pm The EOS Strings
Enjoy the classical and contemporary repertoire of our string trio.
Grand Lobby, Deck 1, Midships

8.45pm Piano Entertainer Jacqueline Waugh
A sophisticated blend of popular melodies, jazz standards and the subtle rhythms of Latin America.
Commodore Club, Deck 10, Forward (until late)



Shipboard information.

8pm

8.45pm Everglow Duo
Agata and Sean Buttigieg perform an exciting mix of contemporary and classic songs.
Golden Lion Pub, Deck 2, Forward (until late)

9pm

9.00pm Jokers Wild
Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

9.30pm It's Karaoke Time
Throw your inhibitions overboard and sing your favourite karaoke classics. The Entertainment Team will be ready for your requests.
Yacht Club, Deck 10, Forward (until 11.00pm)

9.45pm The EOS Strings
Enjoy the classical and contemporary repertoire of our string trio.
Grand Lobby, Deck 1, Midships

9.45pm Guitarist and Saxophonist Atanas Stavrev
Garden Lounge, Deck 9, Midships (until 10.45pm)

10pm

10.00pm Tonight's Highlight Entertainment: Hollywood Nights
Presented by Entertainment Director, Sally Sagoe
7 Royal Court Theatre, Decks 1, 2 & 3, Forward

10.45pm Staple Hill Duo
Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of Guitar and Vocal harmonies.
7 Queens Room, Deck 2, Midships (until late)

11pm

11.00pm Number One Hits with DJ Bobby
Yacht Club, Deck 10, Forward (until late)

MAREEL

WELLNESS & BEAUTY

Fitness classes.

- 3.00pm Full Cycle (\$)
- 4.00pm Total Tone Pilates (\$)

Mareel Wellness & Beauty Fitness Centre, Deck 9, Forward

Well-being seminars.

2.00pm The Art of Reflexology
Join our Reflexology Specialist to learn more about how to instantly add volume to the face and erase the visible signs of ageing. Add volume to lines around the mouth and chin for a natural, youthful appearance. You can also improve the appearance of lipstick lines.

3.00pm Acupuncture Walk in Pain Clinic
Chinese medicine is a proven and complete medical system that is effective for pain, digestive problems. Join Dr Zhaoyi Zhang LAc to find out how acupuncture can help you feel better.

4.00pm Instant Wrinkle Solutions with Dr Ricardo Salero
Join Dr Ricardo Paez MD to learn more about how to instantly add volume to the face and erase the visible signs of ageing. Add volume to lines around the mouth and chin for a natural, youthful appearance. You can also improve the appearance of lipstick lines.

5.30pm Footprint Analysis Walk in Clinic
Would you like to walk in comfort, align your skeletal system, and ease those aches and pains? Join our Foot Specialist at this complimentary seminar and learn what Good Feet can do for you. Complimentary footprint analysis for all who attend.

All seminars will take place in the Mareel Wellness & Beauty Spa on Deck 9, Forward, unless otherwise stated

Environmental.

In order to ensure that the world's oceans and our many beautiful and unique voyage destinations remain pristine, Cunard Line prides itself on maintaining the highest standards of compliance with regards to national and international laws for the protection of the environment. In order to help save fuel and fresh water, guests are kindly asked to turn lights and televisions off when not in their staterooms and not to leave taps running unnecessarily. This would help us with our Environmental Policy, ISO 14001 and 5001, which requires us to continually improve our environmental management and reduce our carbon footprint.

For guests booked on Shore Experiences.

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 disembark at the same time so that you are allocated the same group.

Below are the recommended times to make your way ashore.

Tours meeting pier ashore.

8.50am	005A	Ålesund Heritage Walk
8.50am	012A	Hjørundfjord Cruise
9.20am	001A	Ålesund Highlights
9.20am	011A	Leisurely Ålesund
12.20pm	012B	Hjørundfjord Cruise
12.50pm	001B	Ålesund Highlights

We kindly ask you not to attend any earlier than the advertised time as the transportation won't be ready and there will be no available seating.

Please note it may be necessary to walk some distance to reach your mode of transport for your designated tour.

We are pleased to advise that we do offer water for purchase in our bars during the advertised opening hours.

From the Purser's Desk.

Ship's Agent: European Cruise Service AS - Skoltegrunnskaaien 1, 5003, Bergen.

Telephone: +47 55900780, +47 46941711 & +47 9284 2328 for emergencies while ashore.

Queen Elizabeth Satellite Phone Numbers: 00 870 7732 59 445 or 00 870 7732 59 446.

Berth: Prestebrygga/Storneskaaien.

Currency: Legal tender in Norway is the Norwegian Kroner (NOK). Foreign Exchange is available from the Purser's Office, Deck 1, Grand Lobby. Queen Elizabeth deals in US Dollars. Please be advised we can only accept the denominations that we sell.

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

Passport information: Passport is not required to go ashore. Your ship's identification card is sufficient.

Proof of vaccination.

When going ashore please ensure you take your proof of vaccination with you, as you may need to present this when visiting certain venues. This is the same proof of vaccination you presented at the terminal at the start of your voyage.

Ship's security notice.

In order to prevent unauthorised persons boarding the ship, you are required to carry your Voyage 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 Voyage 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. We are sure that you will appreciate that this security is in the best interest of all concerned.

Smoking policy.

Smoking is not permitted in all indoor and outdoor public spaces, apart from designated smoking areas on the starboard side of Decks 3 and 10. Please be aware smoking is also not permitted in your stateroom/suite or on your balcony, including the area/walkway above the canvas canopy linking the port and starboard side. Electronic cigarettes and vaporising devices, including those which do not emit smoke/vapour, are permitted in designated smoking areas only.

Dining Times.

 Log into My Voyage to make reservations or join a virtual queue. Reservations are only required where indicated (*).	OR	 Call On Board Reservations on 38000.
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Queens Grill (Deck 11, Stairway B).

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

Princess Grill (Deck 11, Stairway B).

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

Britannia Club (Deck 2, Stairway B).

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

Britannia Restaurant (Decks 2 & 3, Stairway C).

Breakfast:..... 8.00am to 9.30am
 Lunch:..... 12.00pm to 1.30pm
 Assigned Dining:..... 6.00pm (doors close 6.15pm)
 *Open Dining:..... 7.45pm to 9.00pm

Queens Room (Deck 2, Stairway B).

Afternoon Tea:..... 3.00pm to 4.00pm

Lido Buffet (Deck 9, Stairway B).

Continental Breakfast (Centre Buffet):..... 6.00am to 7.00am
 Breakfast:..... 7.00am to 10.30am
 Lunch:..... 11.30am to 2.30pm
 Pizzeria Lunch:..... 12.00pm to 4.00pm
 Dinner:..... 6.00pm to 9.00pm
 Lido Grill, weather permitting:..... 12.00pm to 5.00pm
 Afternoon Tea (Centre Buffet):..... 3.00pm to 4.30pm
 Oriental Dinner (Port Buffet):..... 6.00pm to 9.00pm
 Late Night Snack (Centre Buffet):..... 10.00pm to 12.00am

*Steakhouse at The Verandah (Deck 2, Stairway B).

Dinner:..... 6.00pm to 9.00pm
 Cover charge applies, \$45 per person for dinner.

Bars & Lounges.

Café Carinthia (Deck 2, Stairway B):..... 7.00am to 11.00pm
 Light snacks served throughout the day.
 Commodore Club (Deck 10, Stairway A):..... 3.00pm to 12.00am
 Garden Lounge (Deck 9, Stairway B):..... 9.00am to 11.00pm
 Golden Lion (Deck 2, Stairway A):..... 10.00am to late
 Traditional Pub Lunch:..... 12.00pm to 2.30pm
 Lido Bar, weather permitting (Deck 9, Aft):..... 11.00am to 6.00pm
 Midships Gin & Fizz Bar (Deck 3, Stairway B):..... 5.00pm to 11.00pm
 Yacht Club (Deck 10, Stairway A):..... 9.30pm to late

Retail and Services.

Art Gallery:..... 5.30pm to 10.00pm
 Bookshop:..... 5.30pm to 10.00pm
 Casino Cash Desk & Tables:..... 5.30pm to late
 Casino Slot Machines:..... 5.30pm to late
 Port Shop:..... 5.30pm to 10.00pm
 Royal Arcade:..... 5.30pm to 10.00pm
 The Photo Gallery:..... 5.00pm to 10.00pm
 Grand Lobby Portrait (Deck 2, Midships):..... 6.00pm to 9.00pm
 Internet Assistance in the Library:.....
 8.00am to 11.00am & 3.00pm to 8.00pm
 Library:..... 8.00am to 11.00am & 3.00pm to 8.00pm
 Medical Centre:..... By appointment only, dial 8880
 from 8.00am to 11.00am & 3.00pm to 5.00pm
 In case of an emergency dial 999/911.
 Mareel Fitness Centre:..... 7.00am to 7.30pm
 Mareel Spa & Salon:..... 7.30am to 9.30pm
 Tour Office:..... 5.00pm to 7.00pm
 Voyage Sales:..... By appointment only, please dial 33000
 Lido Pool, weather permitting (Deck 9, Stairway C):.....
 7.00am to 9.00pm
 Lido Jacuzzi (Deck 9, Starboard Side, Stairway C):..... 7.00am to 9.00pm
 Lido Jacuzzi (Deck 9, Port Side, Stairway C):..... 7.00am to 9.00pm
 Pavilion Pool, weather permitting (Deck 9, Stairway A):.....
 7.00am to 9.00pm
 Pavilion Jacuzzi (Deck 9, Starboard Side, Stairway A):.....
 7.00am to 9.00pm
 Pavilion Jacuzzi (Deck 9, Port Side, Stairway A):..... Closed
 Please be advised that the hot tubs and swimming pools are not
 supervised.
 Sports Equipment Available (open decks):..... 8.00am to 8.00pm

What to wear.

Tuesday, 22 March Gala Evening Attire (Red and Gold)*
 Wednesday, 23 March (Tromsø, Norway) Smart Attire
 Thursday, 24 March Smart Attire
 Friday, 25 March (Narvik, Norway) Smart Attire
 Saturday, 26 March Smart Attire
 Sunday, 27 March Gala Evening Attire (Roaring 20s)*
 Monday, 28 March (Bergen, Norway) Smart Attire
 Tuesday, 29 March Smart Attire

Gala Evenings.

Dinner jacket, tuxedo, or dark suit with regular tie or bow tie for gentlemen. Evening or cocktail dress, smart trouser suit, or formal separates for ladies.

*Guests are welcome to embellish their Gala Evening attire to fit the applicable theme of the evening, for Red and Gold night, celebrate the best of Cunard, turn up the glamour with your finest red and gold evening wear, and for Roaring 20s night, go all out glamour or adorn a flourish which embraces the spirit of the decade.

Smart Attire.

Gentlemen, every night we request you wear trousers with a collared shirt; jacket and tie is optional. Ladies, blouses and skirts or stylish trousers and dresses are welcome.

Relax.

Feel free to dress casually as you visit any of the following venues: Lido Restaurant, Golden Lion, Casino, Café Carinthia, Garden Lounge and Yacht Club.

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 are not permitted to purchase or consume alcohol 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 years are also not permitted in the Yacht Club after 11.00pm.

Deck chairs.

Deck chairs operate on a first-come, first-served basis and cannot be reserved. For the consideration of all guests, please ensure you take your belongings with you when leaving a deck chair for a period of time, or they will be removed and taken to the Purser's Office for collection.

Intermittent connectivity.

Please be advised that on our way and during our voyage, we are likely to have intermittent internet connectivity due to the ship's location. We apologise for the inconvenience and thank you for your understanding.

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.

Security and safety ashore.

Whilst we do not wish to restrict your movements ashore today, we do suggest taking the following precautions:

- Do not stray from the main tourist areas.
- Do not wear any jewellery that is likely to attract attention.
- Be careful to secure personal possessions in pockets, wallets and handbags as pickpockets can operate in all cities.
- We advise you to be careful if you are taking any high value items, including cameras ashore.
- Maintain an awareness of your surroundings at all times.

Launderettes.

All users of the guest launderettes are kindly requested not to leave their laundry in the machines for long periods of time, but to take it out shortly after the washing or drying cycle has finished, otherwise the laundry may be removed from the machine and placed in a laundry basket. Out of respect for other guests, we ask that you do not remove other guests clothes from the washing machine before the cycle finishes. Please return any laundry baskets to the launderette as soon as possible. This gives every guest the chance to use the washing machines, dryers and baskets. Thank you for your co-operation.