


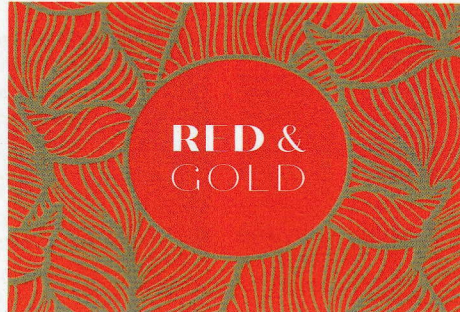


Daily Programme.

From the Navigator.



After following her reciprocal tracks from Alesund yesterday evening, Queen Elizabeth altered her course to the North North East. From here she began to steam up the coast of Nordland, through the Norwegian Sea. Nordland is a county in Norway in the Northern Norway region, bordering Troms in the north and Trøndelag in the south. There is evidence of human settlement in Nordland as far back as 10,500 years ago, about as early as in southern Norway. These Stone Age people lived near the coast, often on islands and typically along straits near the open sea, with a rich provision of marine resources.



RED & GOLD

Celebrate the best of Cunard with our elegant and regal Red & Gold Gala Evening. Turn up the glamour with your finest red and gold evening wear, or add a flourish of colour to complement the theme. Please refer to the ● symbol throughout for full details of our Red & Gold feature events.

Tonight's highlight entertainment. Double Bill Cabaret: Starring John Evans and Jenna Lee-James.



Inspirations - Jenna returns tonight with some of the biggest hits from female artists throughout the years from Barbra Streisand to Beyonce.

John Evans is back with more laughs, delivering clean humour with a gift for outstanding timing. 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.

The Red & Gold Quiz.

Join the Entertainment Team for a fun ?? and challenging quiz in the theme of ?? this evening's gala event.


?? **At 9.00pm, ??** ??
 Garden Lounge, Deck 9, Midships

DJ Bobby's Music Quiz.



How well do you know your music? Come and take on DJ Bobby at this music trivia.

At 10.00pm, Yacht Club, Deck 10, Forward



Live Performance: Cunard Street.

Originally written and performed on Queen Mary 2 by the Royal Academy of the Dramatic Arts, our Entertainment Team presents this artful and poignant glimpse into Cunard's storied past in the style of a radio play.

Music provided by Michal Wroblewski on piano and Antonio Heffer on guitar.

At 1.45pm, ⚡ Queens Room, Deck 2

CUNARD

INSIGHTS

Dr Stephen Musgrave.

At 10.00am

'The relentless fortitude of Arctic Convoys.'

Why did Nazi Germany invade neutral Norway in 1940 and what happened subsequently?

John Maclean FRAS.

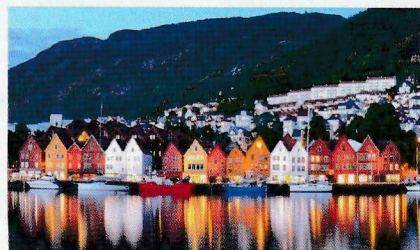
At 11.00am

'A journey through the Solar System.'

Take a journey through our Solar System and discover its origins and how it will end.

⚡ **Royal Court Theatre, Decks 1, 2 & 3, Forward**

Port Presentation: Bergen.



Join Port Presenter, Lesley on today's presentation on Bergen.

You will be introduced to this enchanting city with a fascinating history and a spectacular setting.

At 12.15pm,

⚡ **Royal Court Theatre, Decks 1, 2 & 3, Forward**

Folk Duo: Cula.



Join Tommy and Brian for a wide range of Irish music and contemporary songs.

At 8.45pm,

Garden Lounge, Deck 9, Midships



Today's activities.

6am

6.00am Good Morning Queen Elizabeth
With Entertainment Director, Sally Sagoe and guests (until 12.00pm). Followed by the movie 'Off the Rails' 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)

6.00am Red & Gold Gala Featured Movies: The Greatest Showman ●
Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Rated: PG. Duration: 105 minutes.

:An Affair to Remember ●

A couple falls in love and agrees to meet in six months at the Empire State Building, but will it happen? Rated: PG. Duration: 115 minutes.

:The Queen ●

After the death of Princess Diana, Queen Elizabeth II struggles with her reaction to a sequence of events nobody could have predicted. Rated: 12A. Duration: 103 minutes.

Stateroom TV, Channel 24 (repeated throughout the day)

8am

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 Beginners Bridge Lesson
With Bridge Instructor, Ron Hounsell. We kindly ask guests who wish to play other tile, board and card games to make use of the other public rooms.
Card Room, Deck 3, Port Side, Grand Lobby

10.00am Solo Travellers' Morning Coffee Chat
For all those guests sailing solo, meet your fellow solo travellers for an informal, coffee chat and gathering.
Britannia Restaurant, Deck 3, Port Side, Aft

10.00am Social Table Tennis
Led by your fellow guests.
Deck 9, Forward, Port Side

10.00am Watercolour Art Class
All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited.
Britannia Restaurant, Deck 3, Starboard Side, Aft

10.00am Whiskey Seminar
The story begins with the man who gave his name to his whiskey. Originally started in 1820 as a grocery store in Kilmarnock in Scotland, a time when only single malts were available but never consistent, John started blending them together to have the perfect whisky every time.
ConneXions 2 & 3, Deck 3, Port Side, Midships

10.15am Morning Team Trivia ●
Meet new friends and earn bragging rights in this fun and light-hearted quiz. Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

10.15am Chairobics
Join Entertainment Host, Charlie for an energetic and fun workout you can do while sitting down. This is a light movement and fitness class, please wear appropriate attire.
Queens Room, Deck 2, Midships

11am

11.00am Cunard Insights Talk: John Maclean
'A journey through the Solar System.'
This will be broadcast live on stateroom television, on channel 49.
Royal Court Theatre, Decks 1, 2 & 3, Forward

11.00am Intermediate Bridge Lesson
With Bridge Instructor, Ron Hounsell. We kindly ask guests who wish to play other tile, board and card games to make use of the other public rooms.
Card Room, Deck 3, Port Side, Grand Lobby

11am

11.15am Ballroom Dance Class: Red Rumba
More than just a dance, the Rumba is storytelling. Its movements show the flirtation, teasing, longing, and ultimate connection between two people in love. Led by Dance Instructor, Sergey. Dancers without partners welcome.
Queens Room, Deck 2, Midships

11.15am Bowls Tournament ●
Hosted by the Entertainment Team. For our guests 18 years or older.
Games Deck, Deck 11, Forward

12pm

12.00pm Navigational Announcement
Information from the Bridge over the public address system

12.00pm 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.
Stateroom TV, Channel 52

12.00pm Recorded Ballroom & Latin Music
Queens Room, Deck 2, Midships (until 1)

12.15pm Port Presentation: Bergen
Join Lesley on today's presentation on Bergen. You will be introduced to this enchanting city with a fascinating history and a spectacular setting.
Royal Court Theatre, Decks 1, 2 & 3, Forward

12.30pm The Winner Takes It All - Roulette Tournament
Pit your luck against fellow guests in an exhilarating Roulette Tournament, open to all levels. The top five scores will compete in the grand finale for a chance to win the cash prize. Purchase your ticket from the Casino Cashier, it's just \$10.00 to enter.
Casino, Deck 2, Forward

12.30pm 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
Golden Lion Pub, Deck 2, Forward

1pm

1.45pm Live Performance: Cunard Street ●
The Entertainment Team presents this artful and poignant glimpse into Cunard's storied past in the style of a radio play.
Queens Room, Deck 2, Midships

2pm

2.00pm Quick Hit Music Trivia ●
Join DJ Bobby as he tests your knowledge on a variety of songs.
Garden Lounge, Deck 9, Midships

2.00pm Duplicate Bridge Tournament ●
With Bridge Instructor, Ron Hounsell. We kindly ask that guests wear masks during the tournament and make use of the hand sanitiser provided. No food or drink permitted.
Card Room, Deck 3, Port Side, Grand Lobby

2.00pm Hobby Corner
Bring your needlework, crafts, projects or even just yourself for a fun and informal get together with your fellow guests. This event is unhosted.
Commodore Club, Deck 10, Forward

2.00pm Watercolour Art Class
All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited.
Britannia Restaurant, Deck 3, Starboard Side, Aft

2.00pm Shuffleboard Tournament ●
Hosted by the Entertainment Team. For our guests 18 years or older.
Deck 10, Aft, Port Side

2.00pm Movie: Eternals
The saga of the Eternals, a race of immortal beings who lived on Earth and shaped its history and civilizations. Rating: 12A Duration: 156 minutes
Royal Court Theatre, Decks 1, 2 & 3, Forward

2.30pm A world of wildlife talk: The Legacy of David Shepherd.
Wildlife art is a style that has inspired us for thousands of years. Join Sam as he looks at the lives of iconic painters including Colin Banks, Pip McGarry and the late David Shepherd. Accompanied by a collection of original works from some of the most exciting contemporary talents in the wildlife world.
ConneXions 2 & 3, Deck 3, Port Side, Midships

3pm

3.00pm Rotary Club Get Together
An informal meeting for all Rotarians. Please adhere to the social distancing measures and guidelines.
Admiral's Lounge, Deck 10, Forward

3.00pm Snowball Jackpot Bingo
Tickets are on sale from 10.00am at the Casino Cash Desk.
Garden Lounge, Deck 9, Midships

3.00pm Afternoon Tea
Featuring Pianist Michal Wroblewski. 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



Today's activities.

4pm

4.00pm Beginners Spanish Lesson 2
Join International Host, Francisco to learn the basics of Spanish.
ConneXions 2 & 3, Deck 3, Port Side, Midships

4.00pm The Perfect Pair
Visit our specialists on board to learn how to select the perfect pair of sunglasses for your needs, and let us show you the most suitable designs based on your features and face shape.
Fashion Boutique, Royal Arcade, Deck 3.

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

4.15pm A world of art talk: Salvador Dalí
As one of the most recognisable names in the world of surrealist art, Salvador Dalí was no stranger to controversy. Learn more about his unusual life and the indelible impression that he left on the art world. Arrive early to see a short collaboration film between Dalí and Walt Disney.
Queens Room, Deck 2, Midships

4.30pm Revenue Event
Queens Room, Deck 2, Midships

4.30pm Friends of Bill W.
Please adhere to the social distancing measures and guidelines.
Admiral's Lounge, Deck 10, Forward

4.45pm LGBTQ+ Social Gathering
Please adhere to the social distancing measures and guidelines.
Commodore Club, Deck 10, Forward

5pm

5.00pm Social Croquet
Led by your fellow guests.
Games Deck, Deck 11, Forward

5.15pm The EOS Strings
Enjoy the classical and contemporary repertoire of our string trio.
Grand Lobby, Deck 1, Midships

5.15pm Everglow Duo
Agata and Sean Buttigieg perform an exciting mix of contemporary and classic songs.
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 Gala Evening Portraits
Our professional photographers will be located in the Grand Lobby for this evening's gala portrait photography.
Grand Lobby, Decks 2 & 3, Midships

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

7pm

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 Pianist Michal Wroblewski
Queens Room, Deck 2, Midships

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

7.15pm 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.
Golden Lion Pub, Deck 2, Forward

8pm

8.00pm Tonight's Highlight Entertainment:
Split Bill: John Evans and Jenna Lee-James
Presented by Entertainment Director, Sally Sagoe.
Royal Court Theatre, Decks 1, 2 & 3, Forward

8.00pm Recorded Ballroom & Latin Music
Queens Room, Deck 2, Midships

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 12.00am)

8.45pm Folk Duo: Cula
Join Brian Walsh and Tommy Keating as they perform a wide range of Irish music and contemporary songs.
Golden Lion Pub, Deck 2, Forward (until late)

8.45pm An Evening of Music and Dance
Dance to the Queens Room Orchestra in the majestic setting of our ballroom, under the musical direction of Joel Andrews.
Queens Room, Deck 2, Midships (until late)

9pm

9.00pm The Red & Gold Quiz
Join the Entertainment Team for a fun and challenging quiz in the theme of this evening's gala event.
Garden Lounge, Deck 9, Midships

9.30pm DJ Bobby Spins the Hits
DJ Bobby plays a range of music that is sure to get you on your feet.
Yacht Club, Deck 10, Forward (until 10.00pm)

9.45pm 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.
Garden Lounge, Deck 9, Midships (until 10.45pm)

10pm

10.00pm Tonight's Highlight Entertainment:
Split Bill: John Evans and Jenna Lee-James
Presented by Entertainment Director, Sally Sagoe.
Royal Court Theatre, Decks 1, 2 & 3, Forward

10.00pm DJ Bobby's Music Quiz
Come and take on DJ Bobby at this music themed trivia.
Yacht Club, Deck 10, Forward

10.45pm Dance Fever with DJ Bobby
Join DJ Bobby as he plays some of the greatest songs to dance to.
Yacht Club, Deck 10, Forward (until late)

MAREEL

WELLNESS & BEAUTY



Fitness classes.

- 7.30am Sunrise Stretch
 - 8.00am Core Assets
 - 9.00am Full Cycle (\$)
 - 3.00pm Slow Flow Yoga (\$)
 - 4.00pm Total Tone Pilates (\$)
 - 5.00pm Sunset Stretch
- Mareel Wellness & Beauty Fitness Centre, Deck 9, Forward**

Well-being seminars.

- 10.00am Collagen Induction Therapy**
Reduce the appearance of uneven skin tone, pigmentation and fine line and wrinkle on the face, neck and hands whilst stimulating the natural healing process of your skin with Microneedling.
 - 10.45am Acupuncture Pain Relief**
Start feeling better today with acupuncture for joint pain, neck and back pain, knee problems, sciatica, arthritis, accidents, injuries and much more. Discover new energy to enjoy your cruise and beyond. Come and learn more at our complimentary seminar.
 - 11.00am Burn Fat Faster**
We require energy to move. To generate energy, our bodies burn fat. So, why is it so difficult to burn fat, lose weight, and boost your energy levels? Let our Personal Trainers explain it all to you and show you how to achieve real results.
Yacht Club, Deck 10, Forward
 - 12.15pm Colour your Hair with Confidence**
Discover the hair colour that's best for you, and learn how to keep it in top condition.
Yacht Club, Deck 10, Forward
 - 2.00pm Improving your Posture**
We will share some simple techniques to help improve your posture, protect your back, and relieve a number of chronic or acute conditions.
Yacht Club, Deck 10, Forward
 - 3.00pm Acupuncture and Chinese Herbs**
Learn how to naturally treat back and knee pain, arthritis, stress, weight loss, and sugar cravings. Learn more at Mareel Wellness & Beauty.
 - 3.30pm Ladies Pamper Party**
Learn about all the latest advice from the Health and Beauty industry. All who attend will receive a complimentary Collagen eye treatment, neck and décolleté treatment and a Sun Glow makeover. Call 36002 to reserve a seat.
Yacht Club, Deck 10, Forward
- All seminars will take place in the Mareel Wellness & Beauty Spa on Deck 9, Forward, unless otherwise stated**

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 7.30am
 Breakfast:.....7.30am to 10.30am
 Lunch:.....11.30am to 2.30pm
 Pizzeria Lunch:.....12.00pm to 4.00pm
 Dinner:.....6.00pm to 9.00pm
 Afternoon Tea (Centre Buffet):.....3.00pm to 4.30pm
 Spanish 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).

Lunch:.....12.00pm to 1.30pm
 Dinner:.....6.00pm to 9.00pm
 Cover charges apply, \$25 per person for lunch and \$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):.....10.00am 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:.....10.00am to 9.00pm
 Bookshop:.....9.00am to 9.00pm
 Casino Cash Desk:..... 10.00am to late
 Casino Tables: 11.00am to late
 Port Shop:.....9.00am to 9.00pm
 Royal Arcade:9.00am to 9.00pm
 The Photo Gallery:.....9.00am to 2.00pm
 Gala Evening Portrait:
 Grand Lobby, Deck 2 and 3, Midships:.....6.00pm to 10.00pm
 Internet Assistance in the Library:.....9.00am to 6.00pm
 Library:..... 9.00am to 6.00pm
 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:.....9.00am to 6.00pm
 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.

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.

Laundrettes.

All users of the guest laundrettes 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.

Northern Lights Information.

You will be able to find information regarding the statistical likelihood of Northern Light sightings on channel 45 of your stateroom television. This will be updated every four hours.

We will also be making a broadcast during the night, should there be a sighting. You will be able to hear this broadcast on channel 41 of your television. If you are retiring for the evening and do not want to miss any possible sightings we suggest you leave your television on channel 41.

We will not be broadcasting this information automatically through staterooms.

The only occasion we will disturb you in your stateroom is in the event of an emergency.