



Daily Programme.

From the Navigator.



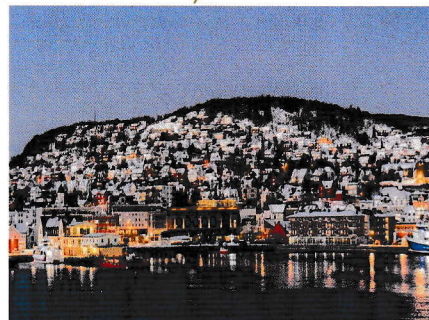
In the early hours of this morning, Queen Elizabeth made her final approaches to Fugloy Pilot Station. Using the expert local knowledge of the pilot, Queen Elizabeth made her way through the restricted waters of Norway's coastal islands, transitting west along the Grottsundet strait. This strait stretches between Karlsøy and Tromsø and separates the islands of Reinøya and Ringvassøya from the mainland to the south. It is one of the main shipping lanes into the city of Tromsø. Queen Elizabeth altered her course to the south for the final approaches to her Tromsø berth.

In the port of Tromsø, Norway.

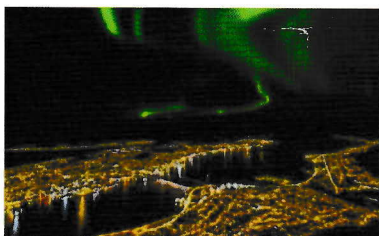
Arrival Time: 9.00am

All Aboard Time: 1.00am

Tromsø is delightfully situated on the forest-covered municipality of Troms, Norway. The area has been inhabited since the end of the ice age and the Sámi culture is the first known culture of the region. The city is warmer than most other places located on the same latitude, due to the warming effect of the Gulf Stream, with an average January temperature of -4°C. The city centre of Tromsø contains the highest number of old wooden houses in North Norway, the oldest house dating from 1789. The Arctic Cathedral, a modern church from 1965, is probably the most famous landmark in Tromsø. The 'Gateway to the Arctic' - which Tromsø is sometimes called - used to be the headquarters of seal and walrus hunters and the starting point for several Arctic expeditions.



'Aurora Watch with John Maclean FRAS.'



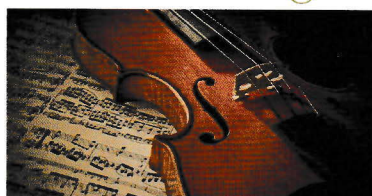
Come and join us out on deck in Tromsø tonight as John Maclean provides intermittent commentary under the stars whilst we wait in hope of seeing this natural phenomenon.

Don't forget your cameras as John will provide tips on how best to capture any special moments that may occur.

Keep yourselves warm as you wait by purchasing some speciality hot drinks from our bar team including mulled wine and hot chocolate. Warm clothes and appropriate footwear is advised. (Nature and Weather permitting)

From 8.00pm until 12.00am
Lido Pool, Deck 9, Aft

The EOS Strings.



Enjoy the classical and contemporary repertoire of our resident string trio.

At 7.15pm & 8.45 pm
Grand Lobby, Deck 1, Midships

Tonight's highlight entertainment. Cello 2 Cello



Cello 2 Cello combines amazing classical virtuosity with unbelievable rock energy and intelligent wit during their shows.

You've seen them on TV, heard their music on the radio, they have performed all over the world, including famous Carnegie Hall in New York.

Rocking Cellos is far more than you could expect from a duo of cellists.

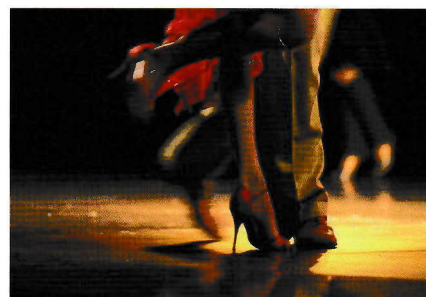
Not to be missed. Presented by Entertainment Director, Sally Sagoe.

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.

Music & Dancing with the Queens Room Orchestra.

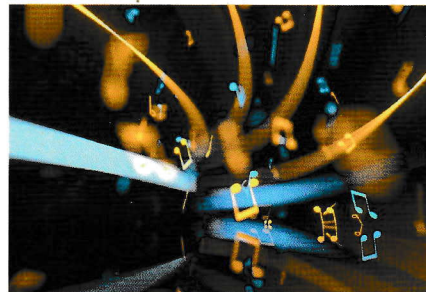


Dance to the Queens Room Orchestra in the majestic setting of our ballroom, under the musical direction of Joel Andrews.

Featuring vocalists Jack Kenney and Esther Sabine.

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



Today's activities.

6am

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

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

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)

9.15am 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 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 onboard.
Golden Lion Pub, Deck 2, Forward

10.00am Social Bowls
Led by your fellow guests.
Games Deck, Deck 11, 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 Paddle Tennis Tournament
Hosted by the Entertainment Team. For our guests 18 years or older.
Games Deck, Deck 11, Forward

12pm

12.00pm Movie: Eternals
The saga of the Eternals, a race of immortal beings who lived on Earth and shaped its history and civilisations. Rated: 12A. Duration: 156 minutes.
Stateroom TV, Channel 52

2pm

2.00pm Movie: Never too late
A group of elderly people decide to break out of their retirement home but end up in unexpected and hilarious situations. Rated: 12A. Duration: 98 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 and Saxophonist Atanas Stavrev
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 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 Social Shuffleboard
Led by your fellow guests.
Deck 10, Aft, Port

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

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

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

6pm

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 Guitarist and Saxophonist Atanas Stavrev
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

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

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

8pm

8.00pm Tonight's Highlight Entertainment: Cello 2 Cello
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

8.00pm Aurora Watch with John Maclean
Join our Northern Lights Expert John Maclean out on deck as he provides intermittent commentary under the stars as we wait in hope to see this natural phenomenon. Warm clothing and suitable footwear is advised. (Weather permitting)
Lido Pool, Deck 9, Aft (until 12.00am)

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

8.45pm Music & Dancing with the Queens Room Orchestra
Enjoy a lively evening of music from the Queens Room Orchestra as Jack Kenney and Esther Sabine perform hits from one of the most iconic record labels of all time. Presented under the musical direction of Bradley Berendes.
Queens Room, Deck 2, 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)

8.45pm 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.
Golden Lion Pub, Deck 2, Forward

9pm

9.00pm Logo Trivia
Come and join the fun to see how easily you can identify these famous logos.
Garden Lounge, Deck 9, Midships

9.30pm DJ Bobby Spins the Hits
Join our resident DJ in Queen Elizabeth's late night hot spot as he plays a range of music that is sure to get you on your feet.
Yacht Club, Deck 10, Forward (until 10.00pm)



Shipboard information.

10pm

10.00pm Tonight's Highlight Entertainment: Cello 2 Cello
Presented by Entertainment Director, Sally Sagoe.
↗ **Royal Court Theatre, Decks 1, 2 & 3, Forward**

10.00pm DJ Bobby Evening Music Quiz
How well do you know your music? Come and take on our DJ at this music themed trivia.

Yacht Club, Deck 10, Forward (until 10.45pm)

10.45pm Best of British Music & More with DJ Bobby
Yacht Club, Deck 10, Forward (until late)

10.45pm Pianist Michal Wroblewski
Golden Lion Pub, Deck 2, Forward

1am

1.00am 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 Tromsø, Norway to Narvik, Norway is 345.6 nautical miles.

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.

9.20am	005A	Leisurely Tromsø
9.50am	040A	Discover Tromsø
10.05am	041A	Tromsø Sights and Cable Car
12.20pm	040B	Discover Tromsø
2.05pm	041B	Tromsø Sights and Cable Car
6.20pm	042A	In Search of the Northern Lights
7.20pm	042B	In Search of the Northern Lights
8.35pm	030A	Arctic Cathedral Evening Recital

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 - Skoltegrunnskaien 1, 5003, Bergen.

Telephone: +47 55900780, +47 90837813 & and +47 9284 2328 for emergencies while ashore.

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

Berth: Breivika No.24.

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 weighing less than 50g in weight can be posted via the Purser's Desk on Deck 1 in the Grand Lobby. There is a charge of \$4.30 for this service. All postage needs to be in by 5.00pm.

Passport Information: No passports are required when proceeding ashore today, your Queen Elizabeth Voyage card is sufficient.

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.

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.

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.

MAREEL

WELLNESS & BEAUTY

Fitness classes.

- 3.00pm Total Tone Pilates (\$)
- 3.00pm Slow Flow Yoga
- 5.00pm Sunset Stretch

Mareel Wellness & Beauty Fitness Centre, Deck 9, Forward

Well-being seminars.

2.30pm Seaweed for health

Join one of our Body Specialists as they explain how a seaweed wrap can help eliminate pain, arthritis, rheumatism, water retention, excess fluid, aches, and pains. This detoxifying treatment raises energy levels and results are long term.

3.00pm Relieve Fluid Retention

Join our Body Specialist to find out what causes fluid retention, swollen ankles, and poor circulation, and learn how our treatments can re-awaken your body's lymphatic system to start draining excess fluid naturally.

4.00pm Update your Hairstyle.

Join our salon experts will help you find the perfect new look. Complimentary hair consultations for all who attend.

5.30pm Footprint Analysis Walk-in Clinic

Learn how posture and body alignment can affect your back. We will share some simple techniques to help improve your posture, protect your back, and relieve a number of chronic or acute conditions including lower back, knee, hip and foot pain.

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

Complimentary shuttle bus service.

There will be a complimentary shuttle bus transfer service that will run between Queen Elizabeth and Fredrick Langnes Street by the Radisson Blu Hotel.

The first bus will depart at 9.30am. The shuttle bus transfer will take approximately 15 minutes each way and is subject to local traffic conditions on the day. The last shuttle bus from Fredrick Langnes Street to Queen Elizabeth will be at 10.45pm. There will be a wheelchair accessible vehicle in rotation from 10.00am and the last bus returning to the ship will be at 7.45pm.

Please understand that there may be queues at peak periods of travel and seating is on a first-come, first-served basis. We will not be able to accommodate everybody on the last bus, so we ask that you plan your day accordingly.

Dining Times.

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

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
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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
British Carvery 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
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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):	4.30pm 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):	12.00pm to 12.00am
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:	Closed
Bookshop:	Closed
Casino Cash Desk & Tables:	Closed
Casino Slot Machines:	Closed
Port Shop:	Closed
Royal Arcade:	Closed
The Photo Gallery:	5.00pm-10.00pm
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:	8.00am to 9.00am & 4.00pm 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.

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.

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.

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.