



# Daily Programme.

## From the Navigator.



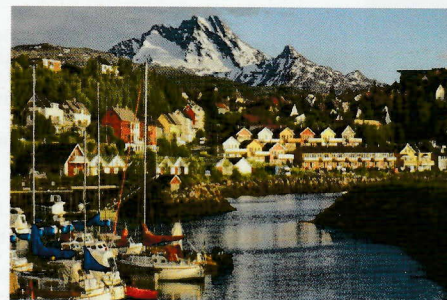
Last night Queen Elizabeth transitted between the islands of Moskenesoya and Vaeroya, and entered the Vestfjorden, a 155km long fjord. Its name literally means 'the west fjord' and it lies between the Lofoten archipelago and the Salten district of mainland Norway. The Vestfjord is famous for its cod fishery, which has been exploited back to the early medieval period. Queen Elizabeth followed this fjord all the way east until the final approach into Narvik, where she made a large turn to port to dock on her starboard side.

## In the port of Narvik, Norway.

Arival Time: 9.00am

All Aboard Time: 1.00am

In the outstandingly beautiful Norwegian Fjords, the town of Narvik is surrounded by a wonderland of gargantuan mountains, glistening waterways, untouched countryside and thriving arctic wildlife. One of the most northerly towns in the world, 137 miles inside the Arctic Circle and at a latitude of 68 degrees north, Narvik remains surprisingly mild thanks to a combination of the North Atlantic Current and mountains which encircle the town and shelter it from winds. Developed as an all-year ice-free port for the Swedish town of Kiruna, the 26 mile-long Ofoten Railway line still connects Narvik to Swedish Lapland and is one of the most spectacular rail journeys in the world. Narvik's strategic value in World War II is also honoured at the impressive war museum.



## The EOS Strings.



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

**At 5.15pm & 7.15 pm**

**Commodore Club, Deck 10, Forward**

## 'Aurora Watch with John Maclean FRAS'



Come and join us out on deck in Narvik 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.

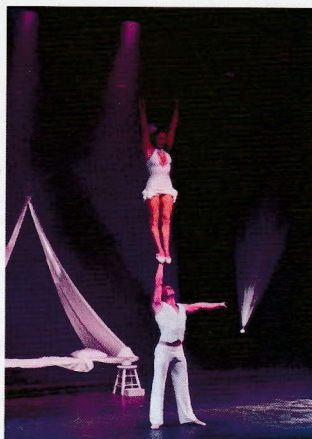
'Nature and Weather permitting'

**From 8.00pm until 12.00am**

**Lido Pool, Deck 9, Aft**

## Tonight's highlight entertainment.

ANGELS: A beautiful story full of humour and Acrobatics with Eleonore and Jeremie



Jeremie and Eleonore combine grace and beauty with the incredible technical skills of dance, hand to hand balance, adagio and aerial flight. Presented by Entertainment Director, Sally Sagoe.

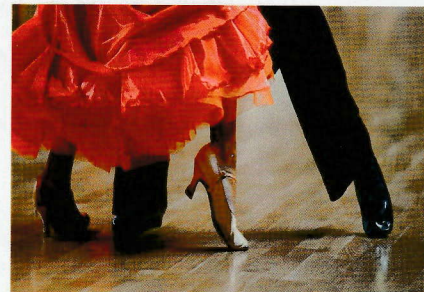
**At 8.00pm & 10.00pm,**

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

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.

**At 8.45pm until late**

**Queens Room, Deck 2, Midships**

## Easy Listening Jazz.



Join the musicians of the Royal Court Theatre Orchestra for easy listening Jazz.

**At 8.00pm,**

**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 'Mass' 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 Narvik, 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 on 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 Shuffleboard Tournament**  
Hosted by the Entertainment Team. For our guests 18 years or older.  
**Deck 10, Aft, Port Side**

12pm

**12.00pm Movie: Mass**  
Aftermath of a violent tragedy that affects the lives of two couples in different ways. Staring Jason Isaacs, Martha Plimpton, Ann Dowd. Rated: PG-13 Duration: 111 minutes.  
**Stateroom TV, Channel 52**

2pm

**2.00pm Movie: Dear Evan Hansen**  
Film adaptation of the Tony and Grammy Award-winning musical about Evan Hansen, a high school senior with Social Anxiety disorder and his journey of self-discovery and acceptance following the suicide of a fellow classmate. Rated: 12A. Duration: 137 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  
**? 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 Table Tennis**  
Led by your fellow guests.  
**Deck 9, Forward Port Side**

**5.15pm Jewish Sabbath Service**  
We kindly ask a guest to lead the service.  
**Card Room, Deck 3, Grand Lobby, Port Side**

**5.15pm The EOS Strings**  
Enjoy the classical and contemporary repertoire of our string trio.  
**Commodore Club, Deck 10, Forward**

**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)**

**6.15pm Pianist Michal Wroblewski**  
**Commodore Club, Deck 10, Forward**

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 Guitarist and Saxophonist Atanas Stavrev**  
**Golden Lion Pub, Deck 2, Forward**

**7.15pm The EOS Strings**  
Enjoy the classical and contemporary repertoire of our string trio.  
**Commodore Club, Deck 10, Forward**

8pm

**8.00pm Tonight's Highlight Entertainment: Jeremie and Eleonore Angels: A beautiful story full of humour and Acrobatics.**  
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)**

**8.00pm Easy Listening Jazz**  
Easy listening Jazz with the musicians of the Royal Court Theatre Orchestra.  
**Garden Lounge, Deck 9, Midships**

**8.45pm Pianist Michal Wroblewski**  
**Grand Lobby, Deck 1, 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.  
**? 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 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**

9pm

**9.00pm The Outer Space Quiz**  
Explore your knowledge of the cosmos in a quiz that is out of this world. Will you be the brightest star? Hosted by our Entertainment Team.  
**Garden Lounge, Deck 9, Midships**

**9.45pm Easy Listening Jazz**  
Easy listening Jazz with the musicians of the Royal Court Theatre Orchestra.  
**Garden Lounge, Deck 9, Midships**

**9.30pm Recorded music**  
**Yacht Club, Deck 10, Forward (until 2.00am)**



# Shipboard information.

10pm

**10.00pm Tonight's Highlight Entertainment: Jeremie and Eleonore Angels:** A beautiful story full of humour and Acrobatics. Presented by Entertainment Director, Sally Sagoe.  
↑ **Royal Court Theatre, Decks 1, 2 & 3, 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 Narvik, Norway. The distance from Narvik, Norway to Bergen, Norway is 611.5 nautical miles.

## MAREEL

WELLNESS & BEAUTY

### Fitness classes.

3.00pm Total Tone Pilates (\$)

4.00pm HIIT Reboot (\$)

5.00pm Sunset Stretch

**Mareel Wellness & Beauty Fitness Centre, Deck 9, Forward**

### Well-being seminars.

**2.30pm Foot Reflexology for all Concerns**

Join our Reflexology Specialist for this informative seminar to learn about the benefits of this ancient technique, which aids relaxation and can ease aches and pains.

**3.00pm Cleanse Your Self Back To Health**

Our Body Specialists will explain how to cleanse your body the natural way both inside and outside.

**4.00pm Helping Insomnia**

What happens to your body when you don't get enough sleep? If you know the feeling, come attend this complimentary seminar on different therapies onboard you can use to sleep better and feel your best.

**4.30pm Wrinkle Remedies**

Meet Dr. Ricardo Paez, our Medi-Spa physician, for a complimentary consultation. Learn why wrinkles form and what effective treatments are available in the Medi-Spa to reduce the appearance of facial wrinkles, ensuring that you return home looking your absolute best.

**5.30pm Foot Print 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 City Centre.

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 City Centre to Queen Elizabeth will be at 8.45pm. There will be a wheelchair accessible vehicle in rotation from 9.30am and the last bus returning to the ship will be at 9.30pm.

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.

## 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.

## Help protect our oceans.

In order to help protect our oceans, guests are kindly reminded to keep hold of their belongings on the open decks to ensure nothing accidentally falls overboard. Throwing items overboard is strictly prohibited.

## 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	001A	Narvik Sights & War History
9.20am	002A	Polar Park Visit
9.20am	005A	Panoramic Skjomen
9.20am	015A	All aboard the Ofoten Railway
9.50am	007A	Norwegian Coastal History
9.50am	015B	All aboard the Ofoten Railway
10.50am	005B	Panoramic Skjomen
10.50am	006B	Leisurely Narvik
12.20pm	004B	Narvik by Cable Car
1.15pm	004A	Narvik by Cable Car
5.50pm	026A	In Search of the Northern Lights
6.50pm	026B	In Search of the Northern Lights
7.20pm	020A	Northern Lights and Snowmobiling

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:** Pier 3 Cruise Pie.

**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:** 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.

## 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.

## Dining Times.


OR


Log into My Voyage  
to make reservations or  
join a virtual queue.
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

### 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  
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):..... 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:..... Closed  
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  
The Kids/Teen Zone:..... 2.00pm to 5.30pm & 6.30pm to 11.00pm  
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.

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 sighting 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 sighting 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.