

Shipboard Information

Security

Please 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 cruise card when leaving or boarding the ship. We ask you not to accept and bring on board any parcels or packages from strangers. Before boarding the ship, you may be asked by our Security Staff to open any parcels or handbags that you may be carrying.

Duty Free Shopping in Norway

If shopping in any of our Norwegian ports of call this cruise, be sure to obtain a Global Refund Cheque together with your receipt when shopping in stores marked with the Global Refund sign. Tax refunds are applicable for any single purchase to the value of 315 Norwegian Krone or above (i.e. one purchase in one shop, not several purchases adding up to 315 Krone). Refunds will be available in our last Norwegian port of call (Stavanger) and details of how to obtain them will be published in 'horizon' accordingly.

Preserving The Environment

P&O is committed to preserving the environment. During this cruise you will be passing through some very beautiful scenery. We ask that you help us and keep loose items which can be blown overboard inside your cabins and not out on the balconies. Please do not throw anything overboard or feed the wildlife.

Today's Promotional Drinks

Cocktail	Moscow Mule	£3.00
Mocktail	Bananaberry Crush	£1.85
Coffee	Calypso	£3.50
Buffet Special*	Sta. Florentina Pinot Gris 175ml	£2.35

Please ask your bartender for ingredients and details.

*Available only from the Conservatory.



Spa Terrace

The Spa Terrace is Adonia's very own private haven, with sumptuous loungers, great views of the ocean and an intimate setting, open daily from 9.00am-6.30pm. Access is via the Oasis Spa. Port Day £6, Sea Day £10. Spaces are limited so book early to avoid disappointment.

The Spa Terrace (Deck 9) Forward



Gangway Photo Offer

Have your photograph taken this morning by our team of photographers, and when you purchase the photo this evening receive a scenic port photograph absolutely free.

9.00am The Quayside



Sing-A-Long Sailaway

The Entertainment Team invite you once again to join them at the aft end.

This time it's for some classic songs that everyone knows and can sing along with. It's sure to be a lot of fun! Why not try a cocktail of the day at a special sailaway price of £3?

4.00pm Crystal Pool (Deck 9) Forward



Arcadia South America & Pacific 2013

If you are looking for scenery, cities and a tropical island or two then Arcadia in 2013 is the adventure for you, from the buzz of Rio to the spectacular harbour of Sydney stopping by the Pacific islands of Tahiti and Bora Bora on the way. On your return home sample New Zealand wines, take a dip at Waikiki beach and sail under the Golden Gate Bridge before transiting the Panama Canal. Book this amazing adventure at the Loyalty & Cruise Sales Desk.

4.30pm-6.30pm Loyalty & Cruise Sales (Deck 5) Aft



The Cryptic Challenge

Join Entertainment Officer Sarah for this quizzical brainteaser.

9.30pm Crow's Nest (Deck 10) Forward



Restaurant Opening Times

The Conservatory

Continental Breakfast	6.30am	-	7.00am
Full English Breakfast	7.00am	-	Noon
Lunch	Noon	-	3.00pm
Afternoon Snacks	3.00pm	-	5.00pm
Late Night Snacks	10.00pm	-	Midnight

Pacific Restaurant

Breakfast	7.30am	-	9.00am
Lunch	12.15pm	-	1.45pm
Afternoon Tea	4.00pm	-	4.45pm
Dinner 1st Sitting	6.30pm	-	
Dinner 2nd Sitting	8.30pm	-	

Lido Café	11.00am	-	6.00pm
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Select Dining (cover charge applies)

Ocean Grill	6.00pm	-	10.00pm
	(With reservations)		

Sorrento	6.00pm	-	9.30pm
	(With reservations)		

For reservations please call 2701

Bar Opening Times

Crow's Nest	11.00am	-	1.00pm
	5.30pm	-	Late
Pool Bar*	10.00am	-	7.00pm
Conservatory Bar	Noon	-	3.00pm
Ocean Grill Bar	6.00pm	-	10.30pm
Sorrento Bar	6.00pm	-	10.30pm
Curzon Bar	7.30pm	-	Late
Anderson's Bar	5.00pm	-	Late
Raffles Bar	10.00am	-	Late

* Weather Permitting

Department Opening Times & Offers

Loyalty & Cruise Sales (Deck 5) Aft
4.30pm-6.30pm

The Library (Deck 10) Aft

Online chat is easily available for all MSN, Hotmail, Yahoo, Gmail and AIM/AOL users. You can chat live with friends who use instant messenger. Try www.meebo.com or www.iloveim.com to login to any of your instant messaging accounts.

9.00am-10.00am, 3.00pm-6.30pm & 7.00pm-9.00pm

Oasis Spa & Health Club (Deck 9) Forward
8.00am-10.00pm

The Spa Terrace (Deck 9) Forward
9.00am-6.30pm

Photo Gallery (Deck 5) Forward
5.00pm-10.00pm

Mayfair Shops (Deck 5) Atrium
4.30pm-11.00pm

Mayfair Jewellery (Deck 5) Atrium

Citizen Eco drive is the new number one selling watch in the U.K. They are now available from the Mayfair Shops with incredible savings. Don't forget we guarantee all our prices to be lower than any you can find in our ports of call.

4.30pm-11.00pm

Emporium (Deck 5) Atrium

We have a wide range of travel accessories available, from battery operated fans to money belts and excursion bags, perfect for your time ashore.

8.00am-10.00am & 3.30pm-11.00pm

Explorers (Deck 4) Aft

Check at Explorers this morning for details of late availability on today's tours. 4.00pm-6.00pm Bookings for tours in Bodo will close tomorrow. The Port Presentation is currently being screened on Channel 25 of the cabin television circuit to help you make the right choice.

7.30am-9.00am & 4.00pm-6.00pm

Shipboard Services

Reception (Deck 4) Atrium, Open from 7.00am-11.00pm. Reception can be contacted by dialling 2500 on any of the ship's telephones. For non-emergency services after this time contact the Duty Hotel Manager by dialling 4552 and follow the instructions.

The Medical Centre will be open from 8.00am-10.00am & 4.00pm-5.00pm. In an emergency only dial '999'.

Horizon

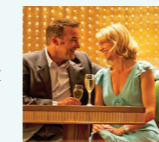
Thursday 18 August 2011

Sunrise: 6.01am Sunset: 9.18pm

58°58'N

Tonight's dress code:

Smart, jacket required
Smart shirt and trousers with a jacket for gentlemen, smart separates or an elegant dress for ladies.



Welcome Stavanger

Arrive: 9.00am
Back on board: 4.00pm

The gateway to Norway's spectacularly scenic fjordland, Stavanger is also a town with its own rich heritage as it is regarded as the 'Cradle of the Vikings'. Adonia will dock right next to Gamle Stavanger, the old quarter, with its collection of 200-year-old white wooden houses (considered national heritage monuments in their own right), 12th century cathedral modelled on Winchester Cathedral, markets, craft stores and art galleries. Look out too, for the Three Swords monument in the Hafsrdjord rock recalling the Viking sea battle won by King Harald the Fairhair to create Norway as one kingdom back in the 9th century. This is on the way to a recreation of an Iron Age Farm at Jernaldergarden. The other major landmark is a short boat trip away through the delightful Stavanger archipelago to the 2,000ft high Pulpit Rock (Preikestolen).

For further information about the sights and scenery, why not go along to the Library and visit one of the following websites:

www.fodors.com www.lonelyplanet.com
www.berlitz.co.uk www.roughguides.com
www.tripadvisor.com

Currency: (NOK) Norwegian Krone
Norwegian Krone for your purchases whilst ashore are on sale at the Reception.
We sell £1 = NOK 8.17 We buy £1 = NOK 9.77
We regret we cannot accept or exchange any NOK coins or notes greater than NOK 100.

Postage

Stamps for each port of call are sold for sterling cash only and are available at the Reception Desk during opening hours. Postcards to the UK cost £1.47. Incoming mail will be delivered to cabins. Outgoing mail bearing local postage may be posted up to 3.30pm.

While you are ashore

Should you have any queries or concerns while you are ashore, please contact our Port Agents:

Mr Thomas Falck
Maerskbroker Agency Prinsensgate 12
Stavanger N-4008 Norway
Tel: 47 51538300

To contact mv Adonia: Tel: 00871 331 053010

Relax...

Top To Toe Special

Indulge in a full body massage, scalp massage, foot and ankle massage and Elemis mini facial for only £69, saving over £40.

8.00am-10.00pm Oasis Spa (Deck 9) Forward

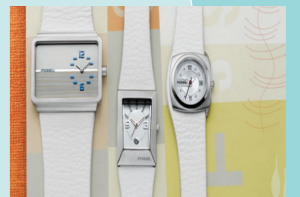


Got the time...

Watch Wonderland

We have a huge selection of designer watches available that are classic, beautiful, timeless and simply functional for all tastes and occasions. Choose from Guess, Fossil, DKNY, Accurist, Nautica, Citizen and Rotary.

4.30pm-11.00pm Mayfair Shops (Deck 5) Atrium



Superb...

Classical Concert with Philip Lange

Today's programme is entitled LOVE.

Including works by Elgar, Debussy, Gershwin, Grieg and much more. (Please be advised that drinks service will cease 10 minutes prior to the start of the performance. Normal service will resume at the conclusion of the concert).

5.15pm Curzon Lounge (Deck 5) Forward



Interesting...

After Dinner Speaker Bob Champion

My Life In Racing. Having been diagnosed with cancer in 1979 and given six months to live, Bob came back fighting in 1981 winning the Grand National on Aldaniti. He retired from racing in 1983 having won more than 500 races, received his MBE and formed 'The Bob Champion Cancer Trust', which to date has raised over 13 million pounds. Bob has his life story portrayed in the book 'Ride for Life', which was made into a feature film starring John Hunt.

7.15pm & 9.30pm Curzon Lounge (Deck 5) Forward



Hilarious....

Mel Mellers

Prepare to laugh at the amazing...

Holding court with his unique style, he combines intrigue and comedy; taking the audience on a feast of paranormal possibilities in this original act, alive with action, laughter and wonder!

8.30pm & 10.30pm Curzon Lounge (Deck 5) Forward





Exploring Ashore...

Passengers on a shore excursion today in Stavanger are required to make their own way directly to the coach dispatch area on the quayside. Stickers which are relevant to the tour bus/group you have been assigned to will be distributed as you board the transport.

We request you do not make your way to the tour dispatch area any earlier than 10 minutes prior to the tour departure time as this may cause congestion and delay the departure of your tour.

You will be required today to walk the length of the ship to the gate. A member of the tours team will be present outside the gate to direct you to the appropriate transport.

Excursion 06A – Tropical Flora of Norway 2½hrs

8.30am – Tour time departure
Meet at tour dispatch area on quayside 10 minutes prior to departure time

Excursion 05A – Lysefjord & Pulpit Rock 3½hrs

9.30am – Tour time departure
Meet at tour dispatch area on quayside 10 minutes prior to departure time

Excursion 22A – Stavanger Countryside 4hrs

12.15pm – Tour time departure
Meet at tour dispatch area on quayside 10 minutes prior to departure time

Excursion 10A – Leisurely Stavanger 2hrs

2.00pm – Tour time departure
Meet at tour dispatch area on quayside 10 minutes prior to departure time

Have an excellent day in Stavanger.



From 8.00am

8.00am – EARLY MORNING STRETCH CLASS
Join your Personal Trainer for a stretch class; it's the healthy way to start your day. (This class is complimentary)
[Oasis Spa Gym \(Deck 9\) Forward](#)

From 9.00am

9.00am – GANGWAY PHOTO OFFER
Have your photograph taken this morning by our team of Photographers, and when you purchase the photo this evening receive a scenic port photograph absolutely free.

From 10.00am

10.00am – TRAVELLING ALONE GET TOGETHER
Join some of your fellow passengers for a coffee and a chat.
[Ocean Grill \(Deck 10\) Aft, Starboard Side](#)

10.30am – THEME QUIZ - CLASSIC ADVERT
With Entertainment Officer, Sarah.
[Crow's Nest \(Deck 10\) Forward](#)

From 10.00am

10.30am – NON HOSTED TABLE TENNIS FRIENDLY
[Lido \(Deck 9\) Aft, Port Side](#)

10.45am – NON HOSTED DECK QUILTS FRIENDLY
[Deck Quilts \(Deck 11\) Forward, Port Side](#)

From 11.00am

11.00am – NON HOSTED BOARD GAMES GET TOGETHER
[Card Room \(Deck 9\) Forward](#)

11.00am – FILM: THE COMPANY MEN
Starring: Ben Affleck, Thomas Kee, Craig Mathers, Gary Galone, Tommy Lee Jones
Rated R; 104 minutes; 2010

The story centres on a year in the life of three men trying to survive a round of corporate downsizing at a major company - and how that affects them, their families, and their communities.
[Curzon Lounge \(Deck 5\) Forward](#)

11.00am – NON HOSTED CARPET BOWLS FRIENDLY
[Crow's Nest \(Deck 10\) Forward, Port Side](#)

11.15am – NON HOSTED SHUFFLEBOARD FRIENDLY
[Shuffleboard \(Deck 11\) Forward, Starboard Side](#)

From 2.00pm

2.30pm – DECK QUILTS FRIENDLY
[Deck Quilts \(Deck 11\) Forward, Port Side](#)

2.30pm – NON HOSTED BRIDGE AND WHIST
[Card Room \(Deck 9\) Forward](#)

From 3.00pm

3.30pm – SHUFFLEBOARD FRIENDLY
[Shuffleboard \(Deck 11\) Forward, Starboard Side](#)

From 4.00pm

4.00pm – NON HOSTED TABLE TENNIS FRIENDLY
[Lido \(Deck 9\) Aft, Port Side](#)

4.00pm – SING-A-LONG SAILAWAY
[Crystal Pool \(Deck 9\) Forward](#)

4.00pm – SPA FOOT SOAK
Tired, swollen feet? Treat them today with some Elemis seaweed soak goodness. Start today with our 30 minute session for only £30, include a heavenly foot and ankle massage for only £10.
[Oasis Spa Gym \(Deck 9\) Forward](#)

From 5.00pm

5.00pm – FITNESS CLASS: FAB ABS
Get that holiday six pack with this fantastic workout, involving high intensity abdominal training to some great dance classics. This class is complimentary, so no excuses.
[Oasis Spa Gym \(Deck 9\) Forward](#)

5.15pm – CLASSICAL CONCERT WITH PHILIP LANGE
Today's programme is entitled LOVE. Including works by Elgar, Debussy, Gershwin, Grieg and much more.
[Curzon Lounge \(Deck 5\) Forward](#)

From 6.00pm

6.00pm – INDIVIDUAL QUIZ
Join one of the Entertainment Officers for today's twenty teasers.
[Crow's Nest \(Deck 10\) Forward, Port Side](#)

6.00pm-6.30pm – COCKTAIL PIANIST STEVE LOWDELL
Steve plays for you in the heart of Adonia.
[Anderson's \(Deck 5\) Midship](#)

From 7.00pm

7.15pm – AFTER DINNER SPEAKER BOB CHAMPION
[Curzon Lounge \(Deck 5\) Forward](#)

7.45pm-8.30pm – COCKTAIL PIANIST STEVE LOWDELL
Steve plays for you in the bar with a view.
[Crow's Nest \(Deck 10\) Forward](#)

From 8.00pm

8.00pm-8.30pm – PRE DINNER DANCE DATE
Vision Duo play all your favourite dances pre or post dinner.
[Curzon Lounge \(Deck 5\) Forward](#)

8.30pm – MEL MELLERS
[Curzon Lounge \(Deck 5\) Forward](#)

From 9.00pm

9.00pm-9.30pm – COCKTAIL PIANIST STEVE LOWDELL
Ebony and Ivory with Steve.
[Crow's Nest \(Deck 10\) Forward](#)

9.30pm – THE CRYPTIC CHALLENGE
With Entertainment Officer Sarah.
[Crow's Nest \(Deck 10\) Forward](#)

9.30pm – AFTER DINNER SPEAKER BOB CHAMPION
[Curzon Lounge \(Deck 5\) Forward](#)

From 10.30pm

10.30pm – GIVE US A CLUE
Join Entertainment Officer Jane and some familiar faces for our own version of this classic game.
[Crow's Nest \(Deck 10\) Forward](#)

10.30pm – MEL MELLERS
[Curzon Lounge \(Deck 5\) Forward](#)

10.30pm – SYNDICATE QUIZ
Join one of the Entertainment Team for tonight's general knowledge team quiz.
[The Conservatory \(Deck 9\) Aft](#)

From 11.00pm

11.30pm-12.15am – DANCE DATE
Great music for dancing, supplied by Vision Duo.
[Curzon Lounge \(Deck 5\) Forward](#)

11.15pm-12.30am – COCKTAIL PIANIST STEVE LOWDELL
Night time piano music from our Cocktail Pianist.
[Crow's Nest \(Deck 10\) Forward](#)

