

Oriana X006
The Canary Islands
5 - 17 May 2010

cruise overview



HIGHLIGHTS THIS CRUISE - DON'T MISS

ALLAN STEWART

Allan has appeared in many television shows in his long career. Including Copy Cats, Chain Letters and 3 Royal Variety performances. His theatre credits include the lead in Jolson the Musical, Stones in his Pockets and most recently, Roger De Bris in Mel Brooks the Producers. Allan is looking forward to appearing once again on Oriana.

TUESDAY 11 MAY

HEADLINERS THEATRE COMPANY PROUDLY PRESENT VIVA VEGAS

Every great musical performer has appeared on stage amidst the glamour and excitement of Las Vegas - 'Bright Light City!' - the world's capital of entertainment. Join us tonight as we pay tribute to some of these great artists.

FRIDAY 14TH MAY

CHOCOHOLIC'S & GALLEY WALKTHROUGH

For those passengers with a sweet tooth, Oriana's chefs have created a mouth-watering Chocholic's Buffet to tempt you. We will create a 'Chocolate Lover's Paradise'. Also have the opportunity to see behind the scenes at one of the Galleys.

WEDNESDAY 12 MAY

DRESS CODE



Formal night picture, taken by your on board photographers

Formal

Ladies Formal evening wear, ball gown, trouser suit or a cocktail dress

Men Dinner Jacket, tuxedo or a dark suit and tie or a kilt and jacket is fine.

Semi Formal

Ladies Tailored trousers, smart separates or an elegant dress.

Men Jacket and tie, smart shirts which don't require a tie may be worn with a linen jacket or blazer.

Smart Casual

Ladies Casual Separates, dresses or smart jeans.

Men Open-neck shirts, polo shirts and trousers or smart jeans (not shorts).

USEFUL INFORMATION



Please check your 'horizon' paper for more detailed daily information. This will be delivered to your cabin everyday detailing the following day's activities, helping you make the most of your time on board Oriana.

It is also important to check your 'horizon' paper for Shore Excursion information.

For further information on the services and facilities on board Oriana, please refer to your cabin services directory and 'Oriana Arcadia' guide found in your cabin.

ON BOARD ACTIVITIES

i This Cruise Overview is subject to alterations. Refer to your 'horizon' paper on the day for more up to date information

	Wednesday 5 May Southampton	Thursday 6 May At Sea
dress code	All on board: 4.30pm	
	SMART CASUAL	FORMAL
for dining	 <p>BEST OF BRITISH A taste of home with a traditional British dinner. 6.30PM-9.00PM THE CONSERVATORY (DECK 12) AFT</p>	 <p>SEAFOOD THEMED DINNER A selection of seafood for you to enjoy. 6.30PM-9.00PM THE CONSERVATORY (DECK 12) AFT</p>
	<p>PARENT TALK Join Youth Director Carol Ann and the Reef Ranger Team for an informal meet and greet, hand in your 'Parent Authorisation Forms' and find out about all the fun things that will be happening this cruise. 6.00PM PACIFIC LOUNGE (DECK 7) AFT</p>	 <p>HEADLINERS THEATRE COMPANY PROUDLY PRESENT I WRITE THE SONGS Three very special singer/songwriters captured the soundtrack to the generation of the 70s and 80s...when pop music had personality, melody, rhyme and lyrics! Celebrate the towering talents of Elton John, Barry Manilow and Peter Allen. 8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD</p>
for entertainment	 <p>THE WELCOME SHOW FEATURING HEADLINERS THEATRE COMPANY Join Cruise Director Michael Mullane as he introduces the Entertainment Team and outlines the wonderful cruise ahead. The Featuring Headliners Theatre Company. 7.15PM & 9.00PM THEATRE ROYAL (DECK 7) FORWARD</p>	<p>GALA BALL Join Dance Instructors Carole and Brian, as they host an evening of your Ballroom, Latin and Sequence dance favourites. Music courtesy of Natural High. 9.15PM-MIDNIGHT HARLEQUINS (DECK 7) MIDSHIP</p>
	<p>WELCOME ABOARD CELEBRATION PARTY Kick off your shoes, unpack your cruising spirit and join in a night of dancing the 'Oriana' way. Music courtesy of Natural High. 9.30PM-11.30PM HARLEQUINS (DECK 7) MIDSHIP</p>	<p>NODDY PARTY Come along and meet one of your favourite characters and join in with some party fun and games. 4.00PM HARLEQUINS (DECK 7) MIDSHIPS</p>
dont forget	<p>OASIS SPA TOUR Join us as we guide you around our superb facilities. You will also have the chance to win £1000 worth of treatments in our Oasis Spa giveaway. 2.00PM-8.00PM OASIS SPA (DECK 12) FORWARD</p>	<p>PORT TALK Don't miss out on all the wonderful things to see and do, join Jackie your Port Presenter for her informative and interesting port talks. Starting today with the beautiful islands of Madeira and La Palma, visit the Tours Desk (Deck 7) Atrium for more information. MADEIRA 10.00AM THEATRE ROYAL LA PALMA 2.00PM THEATRE ROYAL</p>
	<p>INTERNET EMBARKATION SPECIAL Purchase an Internet Time Plan today and receive up to 20 minutes free. Stop by the Internet Lounge (Deck 13) Forward to enter the free raffle and Win up to 250 free minutes. OPEN 24 HRS CYBER@STUDY (DECK 13) FORWARD</p>	<p>DIAMOND TALK An informative talk and slide presentation by our onboard jeweller. Are diamonds an investment? Can diamonds be man made? How do I know if I'm getting value for money? Come along and find out the answers to these questions and more. TIAM CHAPLINS CINEMA (DECK 8) AFT</p>

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**Friday 7 May
At Sea**

SEMI FORMAL

MEDITERRANEAN DINNER
A taste of the Mediterranean,
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT

WINE TALK
Today our Head Wine Steward, will be discussing our wine collection and inviting you to sample a few from our extensive wine cellar.
11.00AM RHODES (DECK 8) ATRIUM

NOT TO MISS

BARBEQUE LUNCH



LYNDA RADFORD
P&O Cruises proudly welcomes back the Dynamic Voice & Personality of this extremely versatile vocalist as she brings you a varied mix of songs.

8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD

ALL THAT JAZZ

Natural High showcase their musical talents with two completely different sets of the best loved jazz classics. An evening of feel good, foot tappin' Dixieland favourites.
9.45PM & 11.15PM THE CROW'S NEST (DECK 13) FORWARD



STAFF CAPTAIN COKETAIL PARTY

Come along and meet the Staff Captain and the boys from the bridge for some fun and games, and there not to be missed dancing.
4.00PM-5.00PM HARLEQUINS (DECK 7) MIDSHIP

OXY JET ANTI-AGING FACIAL
Europe's No. 1 Celebrity Facial - Alternative to Cosmetic Injection. Active ingredients called Beauty Tox are pushed through the skin by Oxygen in a non-invasive, pain free way. This prevents lines, wrinkles and improves skin elasticity.
8.00AM-8.00PM OASIS SPA (DECK 12) FORWARD

PERFUME PARTY

It's party time in the shops! Why are we celebrating? Because for the first time we can guarantee that our fragrance is cheaper than in any of the ports we visit on this cruise. Also if you spend £60 on fragrance today you will receive a free gift.
9:30AM - 10.30PM KNIGHTSBRIDGE (DECK 7) MIDSHIP

**Saturday 8 May
At Sea**

FORMAL



ASIAN/ORIENTAL DINNER
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT

COOKERY DEMO
With Executive Chef Carl Withers
10.00AM PACIFIC LOUNGE

NOT TO MISS

HEADLINERS THEATRE COMPANY PROUDLY PRESENT AWARD

The 'Tony' Awards are the world's most prestigious acknowledgement of theatrical excellence. We celebrate these awards tonight with some favourite winners - A Chorus Line, Cabaret, 42nd Street, Miss Saigon, Phantom Of The Opera and Les Miserables.
8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD

LADIES NIGHT BALL

A chance for all the ladies to invite the gentlemen to the floor and tonight they can't refuse! Join Dance Instructors Carole and Brian as they host an evening of your Ballroom, Latin and Sequence dance favourites, with music courtesy of Natural High.
9.15PM-MIDNIGHT HARLEQUINS (DECK 7) MIDSHIP

COMEDY CLASSICS CHALLENGE

It's giggles galore as Entertainment Officer John takes you down memory lane with some of the best British comedies of our time.
10.30PM LORDS TAVERN (DECK 7) AFT



FREE INTERNET MINUTES!
Purchase your second Internet Time Plan today and receive additional 30 extra minutes for Time Plan # 1 and 15 extra minutes for Time Plan # 2. Offer not available in conjunction with other promotions or vouchers. To redeem please see the Internet Manager.
CYBER STUDY OPEN 24 HRS, DECK 13 FORWARD

TANZANITE TALK
Join our onboard jeweller for his most popular talk; Tanzanite. Learn the truth about this rare and beautiful gemstone - What is it? Why is it so rare? Is it running out? Find all this out and more when our onboard jeweller presents his informative presentation.
11.00AM CHAPLINS CINEMA (DECK 8) AFT

**Sunday 9 May
Madiera**
Arrive: 8.00am Back on board: 5.30pm

SMART CASUAL/60's&70's



BRITISH THEMED DINNER
A taste of home with a traditional British dinner.
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT



LYNDA RADFORD DAY AT NIGHT
A tribute to the music and the life of Doris Day with Lynda Radford and the Nick Stewart Orchestra.

7.15PM & 9.00PM THEATRE ROYAL (DECK 7) FORWARD

60s & 70s PARTY NIGHT

Join Natural High and the Entertainment Team as they take you back in time to the good old days of the swinging 60s and the sensational 70s. Brush up your beehives, put on those platforms and prepare to party, party, party!
9.30PM- MIDNIGHT HARLEQUINS (DECK 7) MIDSHIP



SYNDICATE QUIZ
The nightly team quiz with twenty brain-teasing questions from the Entertainment Team.
10.30PM CHRICHTONS (DECK 8) MIDSHIP



INTERNET
Keep in touch with friends and family back home in our Cyb@study. It is the perfect place to access the internet and send emails to family and friends. You can even upload some of your holiday pictures and attach them to your email.
OPEN 24 HOURS CYB@STUDY (DECK 13) FORWARD

**Monday 10 May
La Palma**
Arrive: 8.00am Back on board: 5.30pm

SMART CASUAL/TROPICAL

INDIAN THEMED DINNER
One of our most popular themed evenings. Why not try a Tiger Beer with your meal. The Grill will be closed this evening.
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT

NOT TO MISS

ORIANA RHODES TROPICAL GOURMET DINNER
6.30PM-09.00PM ORIANA RHODES (DECK 8) MIDSHIP



WE ARE THE CHAMPIONS
Now it's bigger - now it's badder - now it's bolder! P&O Cruises ultra-

popular tribute to the fabulous Freddie Mercury and the band Queen returns by popular demand, with more Mercury music, mayhem and magic. Be prepared, 'We Are Going To Rock You!
8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD



TROPICAL DECK PARTY NIGHT
Don your flip flops and tropical beachwear or dress as Captain Jack Sparrow as the Entertainment Team host this party under the stars with music supplied by our DJ and Natural High. Come along and 'party, party, party'.
9.30PM-12.15AM RIVIERA POOL & BAR (DECK 12) MIDSHIP



COLOUR WITH CONFIDENCE
Looking for a change or a total revamp? Then join our international hairstylists for a complimentary colour consultation today, for a fresh new look.
VISIT OR CALL THE OASIS SPA ON 0715 TO BOOK YOUR CONSULTATION TODAY.

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dress code

for dining

for entertainment

don't forget

Tuesday 11 May
Tenerife

Arrive: 8.00am Back on board: 5.30pm

SMART CASUAL



COUNTRY AND WESTERN
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT



ALLAN STEWART
Comedian, Singer and Impressionist Allan had his own successful TV series in Scotland and by the late

80s 'Copy Cats' was a major LWT hit. He has appeared in 3 Royal Variety Performances, toured with The Producers and has recently starred in a UK Tour of Jolson and Co.

8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD



AN EVENING AT THE RACES
Join your Entertainment Officers for our fun interactive video racing. Place a bet on your favourite horse and cheer them on to the finish line. Remember to bring some sterling coins with you, as this is a cash event.
10.30PM LORDS TAVERN (DECK 7) AFT



PAIN MANAGEMENT WITH ACUPUNCTURE
If you want to relieve aches and pains, this acupuncture treatment is for you. This pain management therapy will reduce or eliminate chronic back, neck or joint pain. Call the Oasis Spa on 7715 and book for a free consultation with our acupuncture specialist.
8.00AM-8.00PM OASIS SPA (DECK 12) FORWARD

Wednesday 12 May
At Sea

FORMAL

ITALIAN THEMED DINNER
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT

CHOCOHOLICS & GALLEY WALK THROUGH
3.30PM - 4.30PM
PENINSULAR & ORIENTAL RESTAURANTS (DECK 6)

NOT TO MISS

WINE TALK
11.00AM ORIANA RHODES (DECK 8) MIDSHIP



HEADLINERS THEATRE COMPANY PROUDLY PRESENT AT THE HOP

We are taken on a whirlwind journey back to the time where Rock 'n' Roll was born. The love, the cheating, the comedy, the dancing and above all the music. Join us tonight for an explosive, colourful, jumping and jiving trip down memory lane.

8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD

MAJORITY RULES
Join Deputy Cruise Director Paul for this fun game where you can't be wrong with your answer - but are you in the majority?
10.30PM LORDS TAVERN (DECK 7) AFT

PIRATE PARTY
Did you find your treasure chest? Did Captain Blackbeard have an early bath. Join us for some Pirate fun and games.
4.00PM HARLEQUINS (DECK 7) MIDSHIPS



BRITHSTONE TALK
Do you know what birthstone your month represents, or that of your loved ones? Are you aware that the months in Chinese Zodiac are associated to different gemstones? Do you know the ancient beliefs and healing properties of gemstones? Find all this out and more when our onboard jeweller presents his informative presentation.
11.00AM CHAPLINS CINEMA (DECK 8) AFT

Thursday 13 May
Cadiz

Arrive: 8.00am Back on board: 5.30pm

SEMI FORMAL



SEAFOOD THEMED DINNER
A selection of seafood for you to enjoy.
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT



ASA MURPHY
Swing style vocal entertainer Asa has been described as "Britain's answer to Michael Buble". So sit back and relax tonight as his smooth vocals wash over you.

8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD



NATURAL HIGH'S JAZZ SESSION
Versatile Natural High again pay tribute to the great Jazz legends in a night of the highly popular Dixieland Jazz and songs that "Swing you to Bourbon Street", in the heart of New Orleans.

9.45PM & 11.15PM THE CROW'S NEST (DECK 13) FORWARD

KARAOKE SPOTLIGHT
Your chance to "sing like a star"! Come along to our friendly local, choose your song and let us hear your "voice of an angel!"
10.00PM-MIDNIGHT LORDS TAVERN (DECK 7) AFT

REFLEXOLOGY THERAPY
The body has the ability to heal itself. Following illness, stress, injury or disease, it is in a state of 'imbalance', and vital energy pathways are blocked, preventing the body from functioning effectively. 60 Minute Treatment for £66.
8.00AM-8.00PM OASIS SPA (DECK 12) FORWARD

THE "ONE AND ONLY" ART EXHIBITION
Today's artwork displayed in the forward area of the Art Gallery are all "one and only" originals. You can now be the proud owner of one of these originals. Don't be late! Someone else might have an eye on your favourite work of art.
6.00PM - ART GALLERY (DECK 8) MIDSHIP

Friday 14 May
Lisbon

Arrive: 8.00am Back on board: 4.30pm

FORMAL/BLACK & WHITE

MEDITERRANEAN DINNER
A taste of the Mediterranean.
6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT

ORIANA RHODES GOURMET DINNER
6.30PM-09.00PM ORIANA RHODES (DECK 8) MIDSHIP

NOT TO MISS



VIVA VEGAS
Every great musical performer has appeared on stage amidst the glamour and excitement of Las Vegas - 'Bright Light City!' - the world's capital of entertainment. Join us tonight as we pay tribute to some of these great artists.
8.30PM & 10.30PM THEATRE ROYAL (DECK 7) FORWARD



CLASSICAL CONCERT WITH ANTONY PEEBLES
A chance to enjoy another of Antony's wonderful concerts of the cruise as he brings you music from various composers.
7.15PM & 9.45PM PACIFIC LOUNGE (DECK 7) AFT

BLACK & WHITE BALL
A chance to dance and show off your fabulous black and white outfits as you twirl around the floor to the live sounds of Natural High. Hosted by Dance Instructors Carole and Brian.
9.15PM-MIDNIGHT HARLEQUINS (DECK 7) MIDSHIP



HOT STONE MASSAGE
Using ancient stones from Peru, this warm, soothing massage can relieve many problems by releasing tension trapped deep within the muscles. Book today and receive a complimentary head massage.
8.00AM-8.00PM OASIS SPA (DECK 12) FORWARD

ON BOARD ACTIVITIES

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Saturday 15 May

Vigo

Arrive: 8.00am Back on board: 5.30pm

SEMI FORMAL



ASIAN ORIENTAL THEMED DINNER

6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT

ALLAN STEWART



P&O Cruises proudly present the return of comedian, singer and impressionist Allan Stewart

with a brand new night of fun.
8.30PM & 10.30PM THEATRE
ROYAL (DECK 7) FORWARD

AFTER DINNER SPEAKER FRANK MCLINTOCK MBE



Football - Captain of Arsenal 1971 Double Team. Frank speaks of his life and career in football including his time of being

Captain of Arsenal 1971 Double Team in this interesting and inspiring talk.

7.15PM & 9.45PM PACIFIC
LOUNGE (DECK 7) AFT

FUN PUB QUIZ

Join Entertainment Officer Amita for this good ol' fashioned pub quiz in Oriana's very own 'local'.
9.30PM LORDS TAVERN
(DECK 7) AFT



REFLEXOLOGY THERAPY

The body has the ability to heal itself. Following illness, stress, injury or disease, it is in a state of 'imbalance', and vital energy pathways are blocked, preventing the body from functioning effectively. 60 Minute Treatment for £66.
8.00AM-8.00PM OASIS SPA
(DECK 12) FORWARD

Sunday 16 May

At Sea

SMART CASUAL/ COUNTRY & WESTERN

COUNTRY AND WESTERN THEMED DINNER

6.30PM-9.00PM
THE CONSERVATORY (DECK 12) AFT

ORIANA RHODES EXCLUSIVE LUNCH

Bookings Recommended
NOON-1.30PM
ORIANA RHODES
(DECK 8) MIDSHIP

**NOT
TO
MISS**



LET'S FACE THE MUSIC AND DANCE

Tonight we relive, recreate and reinvent

some of cinema's greatest choreographic moments - including Top Hat, White Tie and Tails, Singing in the Rain and West Side Story created by four of Hollywood's greatest dancers Fred Astaire, Gene Kelly, Bob Fosse and Jerome Kerr.

8.30PM & 10.30PM THEATRE
ROYAL (DECK 7) FORWARD



HOEDOWN

Join Entertainment Officer Karen for some foot stomp'n', thigh slapp'n', boot scootin' fun at the 'Midship Stables'.

10.45PM-MIDNIGHT PACIFIC
LOUNGE (DECK 7) AFT

MR BUMP PARTY

Come and meet Mr Bump for some fun and games.
4.00PM-5.00PM HARLEQUINS
(DECK 7) MIDSHIP



ENERGY...

Fast becoming the most requested massage treatment, warm Bamboo Massage is great for stagnant energy, improving flexibility and removing stagnant toxins. Emotionally, this therapy provides a total sense of relaxation. 90 minute treatment for £88.

8.00AM-8.00PM OASIS SPA
(DECK 12)



Port Talk Diary

Join your Port expert and find out about the ports of call and fascinating tours during your cruise. Look inside your daily horizon for times and locations. Talks are also available on your TV on channel 2 after the presentation.

Shore Excursion Desk (Deck 7) Atrium



CHAPLINS CINEMA

whats on...

Some of the films featuring during your cruise

Avatar
When In Rome
Nowhere Boy
Leap Year
Ondine
Singin' in the Rain

Please check your daily 'horizon' for film details and timings

CHAPLINS CINEMA (DECK 8) MIDSHIP

Al Fresco Pizzeria

Introducing our new pizzeria
Open every evening from 7.30pm-10.00pm.

Try a true taste of Italy with a full range of fantastic pizzas and pastas for you to enjoy.



Al Fresco's Pizzeria (Deck 12) Forward



Oriana Rhodes

Enjoy the intimate ambience of the Oriana Rhodes. A quality, fine dining restaurant created by Gary Rhodes where you can enjoy British cuisine with a contemporary twist. Set aside at least two hours for this truly memorable culinary experience. (A cover charge applies).

6.00pm-9.30pm Oriana Rhodes (Deck 8) Atrium



The Terrace Grill

Watch the sunset and stars rise in our relaxed alternative dining venue. To book a table please contact the Conservatory Manager or dial 7527. (A cover charge applies).

7.00pm-9.30pm The Terrace Grill (Deck 12) Aft

exclusive reductions on bottled spirits

Why not save yourself a trip and enjoy the ease of purchasing your spirits and liqueurs on board? All spirits, liqueurs and aperitifs will be supplied in litre bottles which contain over 40% more volume than the standard UK 70cl bottle.

prices from £7.50*

Smirnoff Red Label	£7.50
Absolut Blue & Mandarin	£8.50
Vat 69 Whisky	£8.50
Teachers Whisky	£9.50
Chivas Regal	£17.75
Glenfiddich	£18.50
Beefeater Gin	£7.50
Bombay Sapphire	£10.50
Baileys & Baileys Mint	£10.50
Grahams LBV Port	£10.50

These will be available from Deck 7 Atrium on the following days: 14th, 15th & 16th May - 9.30am to 2.00pm

*Subject to availability