

MONDAY, 10 MAY 2010

WEATHER:

SUNRISE: 5.11AM SUNSET: 10.01PM

DRESS CODE: SMART CASUAL

Stylish leisurewear is ideal, such as casual separates for ladies and open-neck polo shirts and casual trousers for men.

horizon



WELCOME TO BERGEN

ARRIVE: 9.00AM

BACK ON BOARD: 5.30PM

A former 'European City of Culture' with a string of fascinating art galleries facing its Lille Lungedgardsvann Lake, Bergen cruise port nestles amongst the magnificent mountains strung along Norway's western coastline and is a gateway to Fjordland. This 13th century Hanseatic – and now World Heritage - city was built on the site of an original Viking settlement and is full of historic sites, the best known of which is Bryggen. A collection of 11th century wooden buildings along the harbour front, this is a World Heritage Site in its own right and has its own museum to tell its fascinating story. To enjoy the best views of this picturesque city, take the funicular railway to the top of Mount Fløyen, which overlooks both Bergen and the surrounding region. Also the birthplace of composer Edvard Grieg, Bergen is easily walkable and has a lively fish market and an even better general market along the harbour front as well as many attractive bars and cafes.

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

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

www.lonelyplanet.com
www.roughguides.com

CURRENCY: Norwegian Kroner

Kroner for your purchases whilst ashore are on sale at the Reception Desk.

We regret we cannot accept or exchange any foreign coins.

Local stamps are available from Reception (Deck 6) Atrium for Sterling cash only.

WHILE YOU ARE ASHORE

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

Mr Arthur Kordt (0047) 5590 0780

Mr Morten Kinn (0047) 5590 0780

European Cruise Service AS
Bok 1926k Strandgaten 197,
Bergen, N-5817, Norway

To contact mv Ventura: Tel: 00870 7648 43559
00870 7648 43562

A SELECTION OF TODAY'S HIGHLIGHTS

relax...

TEN YEARS YOUNGER

Join our Beauty Specialist and internationally trained Stylist to make you look and feel ten years younger.

3.00pm Arena Theatre (Deck 6 & 7) Forward



shop...

JEWELLERY SALE

Come and dazzle at our jewellery sale this evening, featuring designer brands and luxury gemstones all pieces will have a discount of up to 50%. Hurry down, as this promotion is for tonight only!

Shopping Centre (Deck 6 & 7) Atrium 6.00pm-11.00pm



sensational...

CHRONICLES

Join our adventure seekers on safari in Africa on a perilous journey in quest of ancient secrets. Directed by Jean Ann Ryan, Chronicles combines acrobatic performances, aerial ballet, martial arts, puppetry, video and special effects, making this show a true multi-media extravaganza. Hosted by Cruise Director Leon de ste. Croix.

7.30pm, 9.00pm & 11.00pm Arena Theatre (Deck 6 & 7) Forward



entertain...

MARK WALKER

An exciting entertainer who's Comedy and Impressions have seen him perform in many TV variety shows and present his own Saturday night Game show. Mark has also starred in the west-end in Sir Andrew Lloyd-Webbers Starlight Express. He is delighted to be performing for you on board Ventura.

8.30pm & 10.30pm Havana (Deck 7) Aft



enjoy...

DENNIS WALKER

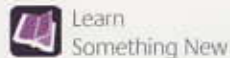
Dennis has established himself as a highly successful and popular act. His sensational voice and charming personality, along with his choice of songs, makes him now a vocalist in huge demand. Do not miss this show!

9.30pm & 11.00pm The Tamarind Club (Deck 7) Midship



FOR FURTHER INFORMATION ON THE SERVICES AND FACILITIES ON BOARD VENTURA, PLEASE REFER TO YOUR INTERACTIVE TV SYSTEM.

ON YOUR HORIZON...



EXPLORING ASHORE

Today's meeting point is on the quayside at the bottom of the gangway. As there will be a lot of passengers on tour today, please do not go down any earlier than requested as this will delay the dispatch procedure and your guides/coaches will not be ready. Please ensure that you have your tour tickets ready when going ashore.

9:20AM 005A - PANORAMIC BERGEN & MOUNT FLØIEN	12:20PM 020A - HIKING FLØIEN
011A - LYSØEN ISLAND	12:50PM 005C - PANORAMIC BERGEN & MOUNT FLØIEN
021A - HEIGHTS & HIGHLIGHTS	014A - BERGEN BY LAND & SEA
9:35AM 017A - BERGEN CITY & TROLDHAUGEN CONCERT	018A - VINTAGE RAILWAY
9:50AM 015A - BERGEN ON FOOT	1:50PM 015B - BERGEN ON FOOT
10:20AM 005B - PANORAMIC BERGEN & MOUNT FLØIEN	2:05PM 018B - VINTAGE RAILWAY
021B - HEIGHTS & HIGHLIGHTS	2:20PM 005D - PANORAMIC BERGEN & MOUNT FLØIEN
11:20AM 021C - HEIGHTS & HIGHLIGHTS	

TODAY'S ACTIVITIES

8 AM	8.00AM METROPOLIS (DECK 18) AFT NATURE WALLPAPER	
	8.00AM-11.00AM CIRQUE VENTURA (DECK 19) AFT CIRQUE VENTURA BUNGEE (4YRS+) Get the best view anywhere on the ship. Bounce on the Bungee Trampoline high above deck nineteen. The views are amazing.	
	8.30AM HEALTH CLUB (DECK 16) FORWARD YOGA (A nominal fee applies)	
10 AM	8.30AM-10.00AM SPORTS COURT (DECK 19) AFT NON HOSTED ADULT SOCIAL TENNIS	
	10.30AM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD THEME QUIZ - SPORT With Entertainment Officer Andy.	
	10.30AM THE EXCHANGE (DECK 6) FORWARD ADULT VIDEO GAMING FRIENDLY	
11 AM	10.30AM ARENA THEATRE (DECK 6 & 7) FORWARD FILM: THE PRINCESS AND THE FROG Voices: Anika Noni Rose, Bruno Campos, Terrance Howard Rated G; 97 minutes; 2009 Set in New Orleans' French Quarter, this return to hand-drawn animation is a modern twist on a classic tale. A beautiful girl finds a frog prince who desperately wants to be human again and with a fateful kiss, leads them on a hilarious adventure through the mystical bayous of Louisiana.	
	11.00AM SPORTS COURT (DECK 19) AFT ADULT TENNIS FRIENDLY	
2 PM	11.30AM BEACHCOMBER POOL (DECK 15) MIDSHIP ADULT TABLE TENNIS FRIENDLY	
	2.00PM EAST RESTAURANT (DECK 7) AFT PORT SIDE NON HOSTED BRIDGE GET TOGETHER	

2 PM	2.00PM SPORTS COURT (DECK 19) AFT ADULT TENNIS FRIENDLY	
	2.15PM EAST RESTAURANT (DECK 7) AFT STARBOARD SIDE WHIST DRIVE FRIENDLY	
3 PM	2.45PM THE EXCHANGE (DECK 6) FORWARD SAY WHAT YOU SEE With Entertainment Officer Andy.	
	3.00PM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD PORT DAY TEASER Join one of your Entertainment Officers for this fun quiz.	
	3.00PM BEACHCOMBER POOL (DECK 15) MIDSHIP SCUBA & H2O SWIM	
4 PM	3.00PM ARENA THEATRE (DECK 6 & 7) FORWARD TEN YEARS YOUNGER Join our Beauty Specialist and internationally trained Stylist to make you look and feel ten years younger.	
	3.00PM SPORTS COURT (DECK 19) AFT NON HOSTED ADULT BASKETBALL FRIENDLY	
	4.00PM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD MUSIC CHALLENGE Join one of your Entertainment Officers out on deck as they test your musical knowledge.	
5 PM	4.00PM HEALTH CLUB (DECK 16) FORWARD SWOLLEN ANKLES? ACHING JOINTS? Enjoy a herbal foot cleanse to shrink your swollen ankles and soothe your aching feet whilst re-energising your whole body for only £15. (No reservation required)	
	4.00PM OASIS SPA & HEALTH CLUB (DECK 16) FORWARD COLOUR WITH CONFIDENCE Meet our internationally trained stylist, to find out how to enhance your features with the correct hair colour.	
	4.00PM SAFFRON RESTAURANT (DECK 6) MIDSHIP SOLO PASSENGERS AFTERNOON TEA Solo passengers wishing to meet for afternoon tea can occupy table numbers 33 and 36.	
6 PM	4.00PM SPORTS COURT (DECK 19) AFT NON HOSTED FOOTBALL FRIENDLY	
	4.00PM BEACHCOMBER POOL (DECK 15) MIDSHIP ADULT TABLE TENNIS FRIENDLY	
	4.30PM THE EXCHANGE (DECK 6) FORWARD ADULT VIDEO GAMING FRIENDLY	
7 PM	5.00PM HEALTH CLUB (DECK 16) FORWARD CIRCUIT TRAINING Join your fitness directors for an all over body toning workout. Weights involved.	
	5.00PM OASIS SPA & HEALTH CLUB (DECK 16) FORWARD SPEED SPA Three hours of pure luxury and indulgence. 10 minutes of each of our top 10 most popular treatments and an hour of pure spa relaxation with a detoxifying foot soak and time to unwind with a glass of bubbly in our luxury thermal retreat. Only £60	
	5.00PM OASIS SPA (DECK 16) FORWARD LA-SMILE MAKE OVER Would you like to have a brilliant Hollywood smile? Have you ever wondered how they do what they do? Join our on board Dentist today as he tells you how.	
8 PM	5.00PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE ACUPUNCTURE: PAIN FREE LIFE The ultimate in pain relief for back and shoulder pain, stiffness and arthritis. Free 15 minute acupuncture health check for all who attend.	

ON YOUR HORIZON...



5 PM

5.00PM-6.30PM THE EXCHANGE (DECK 6) FORWARD

WHERE ON VENTURA?
How well do you know P&O Cruises superliner - Ventura? The hunt is on to find the fifty images located around the ship. Join one of the Entertainment Officers for this intriguing discovery.

5.15PM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD

SWING SAILAWAY WITH DJ GARETH

5.30PM THE EXCHANGE (DECK 6) FORWARD

INDIVIDUAL QUIZ
Join your Entertainment Officer for today's twenty teasers.

5.30PM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE

WHAT'S THE HYPE WITH SKYPE?
This exciting technology allows anyone with a computer and internet connection to make video or regular phone calls to anyone in the world without spending a dime. Come along to this seminar and find out what it's all about and how easy it is to get started. (A £5 fee applies, booking advised)

i Evening Entertainment: lighting effects may be used throughout performances in Arena Theatre, The Tamarind Club and Havana.

6.00PM THE EXCHANGE (DECK 6) FORWARD

SNOWBALL JACKPOT BINGO
Join us today for an exciting game of bingo. You can purchase your bingo tickets from the cashier desk or from The Exchange 45 minutes before the start of the session. Remember to get your lucky dabber.

6.00PM ATRIUM (DECK 5) MIDSHIP

SWAROVSKI CHAMPAGNE EXHIBITION
Join us tonight to view our full range of our exclusive Swarovski Jewellery. If you buy two items you will receive a complimentary glass of champagne. Duty free shopping just got better.

6.00PM METROPOLIS (DECK 18) AFT

VEGAS
Great music with our resident duo.

6.00PM-6.45PM THE RED BAR (DECK 7) MIDSHIP

JOHN WRIGHT
Join our cocktail pianist John Wright for some pre-dinner music.

6.15PM HAVANA (DECK 7) AFT

CHILDREN'S MAGIC SHOW

7.30PM ARENA THEATRE (DECK 6 & 7) FORWARD

CHRONICLES
(Repeated at 9.00pm & 11.00pm)

7.15PM-8.00PM HAVANA (DECK 7) AFT

THE ELECTRIX
Playing all the classic hits and more.

7.45PM-8.30PM THE TAMARIND CLUB (DECK 7) MIDSHIP

THE VENTURA QUARTET
Great live music for your listening and dancing pleasure.

8.00PM HAVANA (DECK 7) AFT

WELCOME TO HAVANA
DJ Gareth plays all the best music in Ventura's nightclub.

8.00PM THE EXCHANGE (DECK 6) FORWARD

CAN'T COOK WON'T COOK QUIZ

8.00PM-8.30PM METROPOLIS (DECK 18) AFT

SOPHISTICATION
Relax to great music with Sophistication.

8.00PM-8.45PM RAMBLAS (DECK 7) FORWARD

AMIGO
Spanish sounds in our Spanish bar.

8.00PM-8.45PM THE RED BAR (DECK 7) MIDSHIP

GREG JARDINE
Enjoy wonderful music in Ventura's spectacular atrium.

8.30PM HAVANA (DECK 7) AFT

MARK WALKER
(Repeated at 10.30pm)

8 PM

8 PM

8.30PM-10.30PM THE EXCHANGE (DECK 6) FORWARD

FOUR LIVE
Come and join Four Live for an evening of music.

9.00PM ARENA THEATRE (DECK 6 & 7) FORWARD

CHRONICLES
(Repeated at 11.00pm)

9.00PM FORTUNES CASINO (DECK 6) FORWARD

POKER PARTY
Join us for a fun evening of Three Card Poker or Ocean Poker. Free drinks for selected winning hands plus the highest hand of the evening up until midnight will win an exclusive casino t-shirt.

9.15PM-10.00PM HAVANA (DECK 7) AFT

THE ELECTRIX
The top sounds of The Electrix.

9.30PM THE TAMARIND CLUB (DECK 7) MIDSHIP

DENNIS WALKER
(Repeated at 11.00pm)

9.30PM-10.15PM THE RED BAR (DECK 7) MIDSHIP

JOHN WRIGHT
John plays all of your favourite tunes on the piano at the heart of Ventura.

9.45PM-10.30PM RAMBLAS (DECK 7) FORWARD

AMIGO
More live music in our Spanish theme bar with the sounds of Amigo on the guitar.

9.45PM-12.30AM METROPOLIS (DECK 18) AFT

SOPHISTICATION
Songs you love to hear with Sophistication.

10.00PM-10.30PM HAVANA (DECK 7) AFT

HAVANA HITS!
Join DJ Gareth for some party classics.

10.15PM-11.00PM THE RED BAR (DECK 7) MIDSHIP

GREG JARDINE
Music fills the atrium this evening.

10.30PM HAVANA (DECK 7) AFT

MARK WALKER

10.30PM THE EXCHANGE (DECK 6) FORWARD

BATTLE OF THE SEXES GAMESHOW
Join Entertainment officers Cora and James for tonight's interactive quiz show to see once and for all, who is the superior sex? Is it the ladies? Or the gentlemen?

11.00PM THE TAMARIND CLUB (DECK 7) MIDSHIP

DENNIS WALKER

11.00PM ARENA THEATRE (DECK 6 & 7) FORWARD

CHRONICLES

11.00PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE

SYNDICATE QUIZ
Join members of the Entertainment Team for tonight's general knowledge team quiz.

11.00PM-11.45PM THE RED BAR (DECK 7) MIDSHIP

JOHN WRIGHT
Night time piano music from our cocktail pianist.

11.15PM-LATE HAVANA (DECK 7) AFT

LATE NIGHT DISCO

11.30PM-12.30AM THE EXCHANGE (DECK 6) FORWARD

FOUR LIVE
Four Live play more marvellous melodies just for you.

11.45PM-12.30AM RAMBLAS (DECK 7) FORWARD

AMIGO
Enjoy the ambience of Ramblas while listening to Amigo.

11.45PM-12.30AM THE RED BAR (DECK 7) MIDSHIP

GREG JARDINE
Piano music fills Ventura's magnificent atrium.

11 PM

SHIPBOARD INFORMATION

BERGEN SHUTTLE BUS

During our call to Bergen today there will be a complimentary shuttle bus service in operation, commencing shortly after our arrival. The shuttle transfer time is approximately 10 minutes each way and the drop off point is at the Hotel Norge. The last shuttle bus will leave the Hotel Norge at 5.00pm to return to the ship.

HAND WASHING

In a confined environment such as a ship, viruses can be easily transferred. Hand washing is a simple and effective method of reducing the risk of contamination. In addition we ask you to make use of the alcohol hand gel offered to you prior to entering our food service areas.

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 will be available in our last Norwegian port of call (Stavanger) and details of how to obtain them will be given in 'horizon' accordingly.

TODAY'S PROMOTIONAL DRINKS

COCKTAIL	SEA BREEZE COOLER	£2.75
MOCKTAIL	COOL COLADA	£1.80
COFFEE	WHITE CHOCOLATE &	
	ROSE LAITE (NON ALCOHOLIC)	£2.55
	IRISH (ALCOHOLIC)	£2.90

Please ask your bartender for ingredients and details.



battle of the sexes gameshow

Join Entertainment officers Cora and James for tonight's interactive quiz show where men versus women to see once and for all, who is the superior sex?

10.30pm The Exchange (Deck 6) Forward

SUDOKU 03 - MEDIUM

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4			9			6	2 8
1	6	2			7		9
		8			2		
	4				8		6 7
7			4				9

Answers are available at the Library (Deck 5) Midship. Crosswords are also available at the Library.

TODAY'S DINNER BUFFET

ASIAN & ORIENTAL

A chance to sample a selection of delicious Asian & Oriental cuisine.

6.00PM-9.30PM THE WATERSIDE (DECK 15) AFT



speed spa

Three hours of pure luxury and indulgence. 10 minutes of each of our top 10 most popular treatments and an hour of pure spa relaxation with a detoxifying foot soak and time to unwind with a glass of bubbly in our luxury thermal retreat. Only £60

5.00pm Oasis Spa & Health Club (Deck 16) Forward

can't cook won't cook quiz

With Entertainment Officer Jenny.

8.00pm The Exchange (Deck 6) Forward



poker party

Join us for a fun evening of Three Card Poker or Ocean Poker. Free drinks for selected winning hands plus the highest hand of the evening up until midnight will win an exclusive casino t-shirt.

9.00pm Fortunes Casino (Deck 6) Forward



syndicate quiz

Join members of the Entertainment Team for tonight's general knowledge team quiz.

11.00pm Peninsular Room (Deck 6) Forward Starboard Side



TODAY'S OPENING TIMES...



RESTAURANT OPENING TIMES

WATERSIDE



Full English Breakfast	8.00am	-	Noon
Lunch	Noon	-	3.00pm
Afternoon Snacks	3.00pm	-	5.00pm
Noddy's Teas	5.00pm	-	6.30pm
Buffet Dinner	6.00pm	-	9.30pm
Late Snacks	9.30pm	-	6.00am

BEACH HOUSE

THE BEACH HOUSE

Continental Breakfast	6.30am	-	7.00am
Full English Breakfast	7.00am	-	10.00am
Beach House Diner (Starboard Side)	6.30pm	-	9.30pm

SAFFRON 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		

BAY TREE RESTAURANT



Breakfast	7.30am	-	9.00am
Dinner 1st Sitting	6.30pm		
Dinner 2nd Sitting	8.30pm		

CINNAMON RESTAURANT

(FOR PASSENGERS ALLOCATED FREEDOM DINING)



Dinner	6.00pm	-	9.30pm
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FRANKIE'S



Frankie's Grill	11.00am	-	6.00pm
Frankie's Pizzeria	11.00am	-	6.00pm

SELECT DINING (A PER PERSON COVER CHARGE APPLIES)

white room	£25	6.00pm	-	10.00pm
east	£20	6.30pm	-	9.30pm
Ramblas	£5	11.00am	-	11.00pm

BAR OPENING TIMES

Tazzine	7.30am	-	Midnight
The Red Bar	5.00pm	-	Late
The Exchange	Noon	-	Late
Ramblas	10.00am	-	Late
Laguna Bar	9.00am	-	7.00pm
Breakers Bar	10.00am	-	7.00pm
Beachcombers	8.00am	-	11.00pm
Terrace Bar	10.00am	-	11.00pm
Tamarind	7.00pm	-	Late
Metropolis - VEGAS	5.00pm	-	Late

Visit the bar at the top from 6.00pm this evening as its plasma screen wall displays stunning scenes of Las Vegas.

TODAY'S OPENING TIMES...



DEPARTMENT OPENING TIMES & OFFERS

CELEBRATIONS (DECK 7) IN RAMBLAS STARBOARD SIDE

6.30PM-7.00PM

View and discuss our excellent collection of gadgets: the latest in laptops, sat-navs, camcorders, software and more.

8.30PM-9.00PM

Our professional computer and technology tutor will be available to answer your questions on all the different workshops, seminars and product demonstrations scheduled throughout the cruise.

CHAPTER ONE (DECK 5) ATRIUM 3.00PM

CRUISE SALES & PORTUNUS DESKS (DECK 5) ATRIUM

4.00PM-7.00PM

Offering choice, luxurious experiences and a sense of magic, why not cruise aboard our brand new ship in her maiden season....AZURA

CYB@CENTRE (DECK 5) ATRIUM 24 Hours

Go online during Happy Hour 7.00pm-9.00pm and receive half of the minutes for free!

EXPLORERS (DECK 5) ATRIUM 8.00AM-10.00AM & 4.30PM-6.30PM

Check with the shore excursions team for late availability for tours in Bergen today. The booking deadline for all tours in Flamm is 6pm this evening. Bookings can still be made after this time but will depend on available capacity.

FLORIST CART (DECK 5) ATRIUM 8.00AM & 3.00PM

FORTUNES CASINO (DECK 6) FORWARD 6.30PM-LATE

PHOTO GALLERY (DECK 7) AFT 4.00PM-11.00PM

Don't miss out on today's special deal. One silver frame, one gold frame and two of your formal portraits all for an incredible £39.90. This offer is only for today so be in quick, stock is low.

WHITEWALL GALLERIES (DECK 5) ATRIUM 5.00PM-LATE

Whitewall Galleries brings the finest artwork from around the world to you. Why wait, we offer an interest free credit option, so you can start your very own fine art collection today.

Shopping Centre (Deck 6 & 7) Atrium

CHIC BOUTIQUE 6.00PM-11.00PM

Incredible Venetian glass jewellery from Antica Murina, hundreds of pieces to choose from for that perfect cruise memory.



EMPORIUM 8.00AM-11.00PM

Fancy a nibble? You can also treat yourself to your favourite confectionery lines, lots of snacks and treats available all day long.



ESSENCE PERFUME 6.00PM-11.00PM

Botox in a bottle? Visit Essence this evening to find out all about 'Prevage', a fantastic new range from Elizabeth Arden.



ETERNITY JEWELLERY 6.00PM-11.00PM

Clogau - Welsh Gold with a Royal Family connection since 1923. Come and view our stunning collection



REGALIA SHOPPING 6.00PM-11.00PM

Buy two souvenir t-shirts for £24.99, two souvenir polos for £39.99 or two souvenir sweats or hoodies for £49.99. (While stocks last)



WARDROBE CLOTHING 6.00PM-11.00PM

Prices slashed on an incredible selection of clothing so be early for the best selection.



SHIPBOARD SERVICES

Reception (Deck 6) Atrium is open 24 hours a day and can be contacted by dialling 6000 on any of the ship's telephones.

The Medical Centre will be open from 8.00am-10.00am and 4.30pm-6.30pm today. In an emergency dial '999'.