



THE DAILY TIMES

Balmoral - Sunday, 20th July, Southampton, UK
Sunrise 5:16 am Sunset 9:05 pm

Welcome Aboard - L1409 France, Spain and Guernsey

Captain Victor Stoica his officers, staff and crew wish to extend a very warm welcome to all our guests embarking today.

All aboard *Balmoral* will make every effort to ensure your holiday not only lives up to your expectations but exceeds them! We hope you will have the opportunity to get to meet many of the ship's crew during your stay with us. While there are too many names in our hard-working on board team to list everyone individually, we would like to start by introducing the Senior Management for this cruise.

Welcome aboard.

Introducing your ship's Senior Management

The Master:	Victor Stoica
Chief Officer:	Jens Erik Gulowsen
Chief Engineer:	Oleg Lapshov
Senior First Engineer:	Komnen Goranovic
Safety Officer:	Philipp Crotogino
Hotel Manager:	Thomas Rennesland
Cruise Director:	Ashley Bolton-Burrows
Ships Doctor:	Milija Mimovic
Executive Chef:	Alex Saxon
Maître 'D':	Manny Santos
Bar Manager:	Sakda Wansuck

Sailing Information

4:30 pm: All guests aboard
5:00 pm: *Balmoral* sails for La Pallice, France

Guest Muster Drill

In compliance with International Regulations of Safety of Life At Sea (SOLAS), a guest muster drill for all guests will be conducted today once all guests are onboard; P.A. announcements will advise when the drill will commence. Please read the safety instructions posted in your cabin. The drill will be held at the assigned Assembly Stations, and at your Lifeboat Stations. Please wear warm clothing.

ADVANCE NOTICE: Time Change

The Ship's Clocks will advance by one hour at 2:00 am this morning of **Monday, 21st July**. Please advance all clocks and watches by **one hour**.

On Board Cabin Account

Your cabin account card is provided so you can make payment for all the services you choose to purchase on board. We kindly request that you register a payment card with Reception at your earliest convenience (unless you have already registered a card in the terminal prior to embarkation). Accounts may be paid by debit card (not Solo or Electron) or credit card (a 2% surcharge applies). If you would prefer to use an alternative method of payment, such as travellers' cheques or Sterling, please advise Reception.

All Inclusive Notice

For guests that booked a drinks package as part of their cruise, may we kindly advise that your cabin account shown on your in-cabin TV will display all drinks consumed. At the end of the cruise, the account will be corrected to only show premium drinks purchased. Should you wish to receive an interim statement, please contact Reception.

FOi Interactive TV

Televisions in cabins offer our own Information Channel called FOi (Fred. Olsen Interactive). This service is available by selecting the green "MENU" button on your remote control. You can order Breakfast Service, view Daily Specials and your Cabin Account and learn about all the *Balmoral* has to offer. In addition, the latest movies are available on-demand and you can even save your movies, to continue watching at a later time! We hope you enjoy it.

This evening's meal times are:

First seating - 6:15 pm
Second seating - 8:30 pm
in the Avon, Ballindalloch & Spey Restaurants.

Please meet the Maitre D' at the entrance of the Ballindalloch Restaurant from 3:00 pm onwards if you have any queries regarding your Dining Reservations.

Dietary Meeting

Newly embarked guests with special dietary requirements are invited to attend the meeting tomorrow, **Monday 21st July** at 11:00 am in the Ballindalloch Restaurant.

Our Sister Ships

Boudicca is at sea, en route to Liverpool, UK
Braemar is in Dover, UK
Black Watch is in Newcastle, UK

Quote of the day: "Good Will and Welcome is our Best Cheer."
Dress code for this evening will be: Smart Casual

Events and Programming

Afternoon Tea Melodies - Neptune Lounge, Deck 7
Join The Balmoral Orchestra and Ricky
from 1:30 pm - 2:15 pm & 2:30 pm - 3:15 pm

The Rosario String Trio

Morning Light Pub, Deck 7
2:30 pm - 3:30 pm, 5:30 pm - 6:15 pm,
7:45 pm - 8:30 pm & 9:15 pm - 10:00 pm

Morning Light Pub, Deck 7

David Mairs

11:00 pm - till late

Gives you great music to listen and sing along to

10:00 pm - It's Welcome Quiz Time!
Join in this fun quiz with your Cruise Staff

Observatory Lounge, Deck 11

Clarelyn Maier

Piano Entertainer

5:30 pm - 6:15 pm, 7:45 pm - 8:30 pm,
9:30 pm - 10:15 pm & 10:30 pm - 11:30 pm
Followed by Decades Disco with our Resident DJ

Dance Hosts

Your Dance Hosts this cruise are Brian & John joined by your Dance Instructors Elaine and Philip. Dance Hosts are primarily onboard to dance with our single guests. However, if your partner or husband does not dance, feel free to make yourself known to them.

Traditional Afternoon Tea

Available on the 25th July from 3:30 pm - 4:30 pm. Try our exclusive 'White Glove Service' tea time with speciality loose teas served in the traditional way. Mini pastries and warm scones accompanied by marvellous views from the Observatory Lounge. There will be a nominal charge of just £6.95 per person for this premium event. Reservations are recommended and can be made at Reception.

Wine Service

Please be informed that in order to ensure prompt Wine Service, you can place an early order by filling out the Wine Order Card provided in front of the Ballindalloch Restaurant, in any of the bar outlets or through FOi Interactive TV by pressing 'Menu' on your remote. Please have a look at the Daily Wine Recommendations printed everyday in the Daily Times and advertised on FOi Interactive TV.

Room Service

Please note that Room Service will only be available from 5:00 pm on Embarkation Day.

Library - Midship Deck 7

Open 24 Hours for the loan of books

Daily Mail 'Instant' News

Copies of the Daily Mail 'Instant' News will be available each day at Midday in the Library on Deck 7 Midship. We ask for the benefit of all on board, that you return the News after reading.

On Board Movies

A wide Selection of Movies are available for your enjoyment whilst On Board. A selection of Pay-Per View Movies are available on the FOi and Free to Air Movies will be Played Daily. Please see movie showing times in the Daily Times.

Neptune Show Lounge Deck 7

7:45 pm - 8:30 pm

Hosted Dancing

Join your Dance Instructors Elaine & Philip & your Dance Hosts on the dance floor to recorded melodies.

Evening Showtime

8:45 pm for First Seating Guests

10:30 pm for Second Seating Guests

The Balmoral Show Company

with

"Dancing Queen"

Celebrate the Seventies, as we re-create the decade that taste forgot! A touch of the magic that was Abba, classics from supergroup Queen, plus a few others thrown in for good measure. Bring your flares...

Featuring:

Daniel, Ben, Chris, Scott, Dan, Bethany,
Amy, Katie & Megan

Enjoy Music for Dancing between the shows with
The Balmoral Orchestra & Ricky.

Lido Lounge Deck 8

Welcome Night with

7:15 pm - 7:45 pm & 9:45 pm - 10:30 pm

David Mairs

7:45 pm - 8:30 pm & 11:15 pm - late

4th Dimension

Tony, John, Matt & Louise

10:30 pm - 11:15 pm

It's

Karaoke Time!

Join your Cruise Staff for this fun packed event, as we invite you to 'give us a song'

Fred. Olsen Wifi Service

Welcome to Fred. Olsen Cruise Lines' WiFi Service. Instructions on how to access this facility are available at Reception. Ticket numbers for this service can be purchased from Reception and will show on your onboard account as 'Reception'. Please be aware that this WiFi service has a limited range and is available in and around the Atrium, Library, Card Room, Morning Light Pub, Lido Lounge, Observatory Lounge, Marquee Bar areas & Deck 11 Pool Area. At peak times (on sea days and in the evenings), the service speed will be limited.

See our great Wifi deals below:

£5 - 30mins, £10 - 1 hour (60mins), £20 - 3 hours (180mins) & £30 - 24 hours (1440mins)

Not to be Missed

Shore Excursion Desk - Deck 6 Midship

Opening Hours: 2:30 pm - 10:30 pm

Miles, Claire and Maja welcome you onboard and look forward to seeing you out and about on the tours during this exciting Voyage to France, Spain and Guernsey.

Bookings for La Pallice (For La Rochelle) have closed, please check with the Tours Desk for availability.

Please note for La Pallice (For La Rochelle) there is no shuttle bus operating to La Rochelle from Pallice, it is approximate 30 minute from La Pallice into La Rochelle, we do have limited availability on Tour 1 - La Rochelle on your own, this tour will give you approximately three and half hours of free time in the city to discover the sights, browse the shops or just relax in a local bar to soak up the atmosphere!

Gaming Tables - Lido Lounge Deck 8

Opening Hours: 9:00 pm till late

Welcome to the Balmoral's Gaming Tables. Feel free to come along. We have American Roulette and Blackjack.

(All players must be 18 years or over)

Ocean Images Photo Gallery - Deck 6 Midship

Opens: 7:00 pm - 10:00 pm

Your Photographers welcome you on board and look forward to meeting you. Visit us at the Photo Gallery on Deck 6 Midship where your embarkation pictures are up on display.

On Board Boutiques - Deck 7

Port Shop - Deck 6

Opening Hours: 5:00 pm - 10:00 pm

Welcome

Shop manager Jason Hindle and his team Maja, Julia, Catherine, Elizabeth, Gemma and Lola would like to take this opportunity to welcome you onboard. Come and visit the Deck 7 where everything is tax and duty free. We have great ranges of fine jewellery & watches, fragrances, clothing and 'exclusive' Cruise souvenirs. Visit the shops today to find out what's on offer and find about all our upcoming talks and promotions.

We welcome our featured lecturer, Drew Pyper, who joined us today, an expert on Australia's finest gems; Opals and Pearls. Drew is on board for this cruise and has some exclusive events planned. Visit him in the Jewellery Shop on Deck 7.



Guest Relations Desk - Deck 6 Midship

Opening Hours: 1:30 pm - 3:30 pm & 5:00 pm - 7:00 pm

Future Cruise Desk

Deck 7

Opens: 4:00 pm - 7:00 pm

Welcome Onboard

Fred Olsen takes you closer to the heart of destinations worldwide, and we have many destinations to tempt you for your next Fred Olsen experience. During this cruise, call into the Future Cruise Information

Desk and collect our latest brochure for 2015/2016. Get the latest news on special offers, information on your preferred cabin, first-hand updates on availability, expert advice on the itineraries and benefits of the Oceans Club.

And while you are onboard you are also entitled to an exclusive onboard only discount off your next cruise and we even offer a complementary upgrade when booking a suite!

Don't delay... collect the latest brochure from the Future Cruise Desk on deck 7 and get your next holiday booked before you go home. Any booking made onboard can also be transferred to your preferred travel agent.

Please see Emma at the Future Cruise Desk

ATLANTIS

Spa

Atlantis Spa & Fitness Centre

Deck 10 Forward

Spa Opens: 8:00 am - 8:00 pm

Fitness Centre: 6:00 am - 8:00 pm

ATLANTIS SPA

Atlantis Spa is a haven of serenity and natural beauty, created for those seeking to relax, restore and rejuvenate body, mind and spirit. Filled with the intoxicating aroma of spices, fragrant flowers and pure essential oil, our spa is a paradise for the senses. Our spa features luxurious treatment rooms, a stylish hair salon, male & female changing rooms with saunas and a fully equipped gym. COME AND JOIN the Atlantis Spa team for their welcome on board Sparkling Champagne reception and tour of the fantastic facilities available, 5:30pm - 6:00pm. Don't forget to enter the free raffle for some pampering prizes.

EMBARKATION SPA OFFERS

Long Journey? Tired and weary? Why not indulge this first evening of your holiday by pampering yourself. Start your cruise in style and begin with a splash of luxury, a deeply relaxing back, neck and shoulder massage plus a complimentary foot and ankle massage to melt away aches and pains, re-energize and ease away all the stress and strain of travelling.

Book and receive today
£35.00 (Save £20.00)

The Atlantis Spa & Fitness Centre - Deck 10 Forward

Opening Times: 8:00 am - 8:00 pm

The Fitness Centre and Saunas are unsupervised.

(Usage of these facilities is at your own risk).

For your safety, please familiarize yourself with the guidelines for the usage of these facilities posted in the Gym and Sauna Rooms on Deck 10 Forward.

- Appropriate fitness clothing and footwear must be worn at all times whilst using the Gym.
- NO PERSONS UNDER AGE 13 has to use the Gym and Sauna (AGE UNDER 16 must be accompanied by an Adult.)
- Please return all used equipment to its original storage location.
- Please wipe down all equipment after use.
- Persons experiencing any medical condition and/or under medication, please consult the Doctor before usage of these facilities.

-Recommended time spent in Sauna Rooms is 15 to 20 minutes.

Cocktail of the Day: Balmoral Harbour Fizz £4.30

Scotch Whiskey, Grand Marnier, Orange Juice, Lemon Juice, Grenadine, Topped up with Lemonade

Wines of the Day:

Cederberg Chenin Blanc, South Africa Cederberg £18.40 (W)

L'Avenir Pinotage Laroche Stellenbosch, South Africa £21.45 (R)

Aperitif of the Day: Bellini £5.45

Peach Liqueur, Sparkling Wine

After Dinner Coffee & Choco: Cointreau Coffee £3.80

Cointreau, Hot Coffee, Whipped Cream

After Dinner Cocktail: Whiskey Mac £4.30

Stone's Ginger Wine, Whiskey, Served on the Rocks



Other Information

Opening Times

Bars

Observatory Lounge Bar, Deck 11:	1:00 pm - 2:00 am
Marquee Pool Bar, Deck 11:	Closed
Lido Lounge Bar, Deck 8:	1:00 pm - 1:00 am
Neptune Lounge Bar, Deck 7:	6:00 pm - 12:00 am
Morning Light Pub, Deck 7:	1:00 pm - 1:00 am
Palms Café Bar, Deck 7:	1:00 pm - 9:00 pm

Dinner in the Restaurants

Avon Restaurant:	1st seating: 6:15 pm, 2nd seating: 8:30 pm
Ballindalloch Restaurant:	1st seating: 6:15 pm, 2nd seating: 8:30 pm
Spey Restaurant:	1st seating: 6:15 pm, 2nd seating: 8:30 pm
Palms Café:	open seating: 6:00 pm - 9:00 pm

Dietary Meeting

Newly embarked guests with special dietary requirements are invited to attend the meeting tomorrow, Monday 21st July at 11:00 am in the Ballindalloch Restaurant.

Other Public Areas and Services

Port Shop, D6 midships:	5:00 pm - 10:00 pm
Afternoon Coffee Service: Palms Café & Neptune Lounge,	2:00 pm - 4:00 pm
Supper Club:	Palms Café, 11:00 pm - 12 midnight
Self Service Tea & Coffee:	Palms Café, Available 24 hours

Dress Codes

FORMAL: 21st and 25th July

Gentlemen - Dark Suit and Tie or Dinner Jacket

Ladies - Cocktail or Evening Dress

SMART CASUAL

Comfortable attire for both Ladies and Gentlemen, with a Casual Elegance. Theme Night this cruise will be British (24th July). Please be advised that shorts and swimwear are not appropriate dress in the Restaurants or Palms Café at evening meal times.

Also please note: All Dress Codes are subject to change. Please check your Daily Times.

Medical Centre - Deck 3 Forward

Opening Hours: 8:00 am - 10:00 am & 5:00 pm - 7:00 pm

Please note: There are no charges for Gastrointestinal Consultations. However, charges do apply for all other services from the Medical Centre and vary depending on the time seen. Prices are displayed outside the Medical Centre.

Guest Speakers Biographies

A Biography sheet of our Guest Speakers is available upon request at Reception.

Jogging & Walking Notice

For the comfort of all guests, please refrain from jogging or power walking around Decks 7 and Deck 11 between 1:00 am - 8:00 am. Thank you for your cooperation.

Onboard Smoking Policy

Smoking is only permitted on cabin balconies & on designated open deck areas: Deck 7 starboard side, Decks 8 & 9 Aft starboard side and Deck 11 starboard side outside Marquee Bar.

Notices

SECURITY SWIPE CARDS

Please note that your security swipe cards will be needed when getting on and off the ship in port and also for making purchases when onboard in the Bars, Shops, Beauty Salon and Photographers. To ensure that these cards work properly, please make sure that they do not come into contact with mobile phones or any other magnetic device.

SHOW SEATING

In consideration of guests not being distracted once the show has commenced, we request that guests are seated in the lounge prior to the start of each evening show. We also politely ask our guests not to reserve seats both in the Neptune and Lido Lounge. We also have reserved tables for our less mobile guests and we kindly ask all other guests not to occupy these tables. Thank you for your cooperation.

GUEST LAUNDRETTE

£2 Tokens are available at Reception

Deck 3 Midship Port side:

Opens 8:00 am - 11:00 pm

Deck 9 Aft Starboard side:

Opens 8:00 am - 8:00 pm

POOLS & JACUZZIS

Opening & Closing hours for Pools & Jacuzzis:

Deck 7 - 7:00 am to 6:00 pm

Deck 11 - 7:00 am to 8:00 pm

IMPORTANT ADVISORY

Fred. Olsen Cruise Lines strive to consistently maintain the highest standard of hygiene on all its vessel. When each Lounge or Public Room is totally vacated by guests, the Public Toilets nearest to that facility will be 'closed for night cleaning'. Thereafter, the toilet facility will remain closed until 5:30 am. Please be assured that the closure of each toilet will not be implemented until each lounge or restaurant has been vacated. Further to this, please be advised that all public showers / toilet facilities near to pool and Jacuzzis will be closed for the same purpose when pools and Jacuzzis are closed in the evening.

NOTICE TO ALL GUESTS

Please be advised that the consumption of raw or undercooked foods may significantly increase risk to vulnerable consumers. In accordance with advice from the UK Food Safety Agency, we recommend that you ask your waiter for meat to be cooked 'well done'.

HEARING LOOP HEADSET SYSTEM

A hearing loop system is available in the Neptune Lounge. Please ask our Entertainments Staff in the lounge for more information.

THE DAILY TIMES

Balmoral - Monday, 21st July 2014, En Route to La Pallice, France
Sunrise 6:39 am Sunset 10:03 pm

Today's Highlights

Master's Report

Captain Victor Stoica broadcasts nautical and weather information from the **Bridge** at 12 noon

10:00 am Port Talk - Neptune Lounge

Port Speaker & Tours Manager **Miles Gardner** presents an illustrated talk on **Getxo, Spain & St. Peter Port, Guernsey**

10:00 am Beginners Bridge - Card Room

Mini Bridge Absolute Beginners. Welcome. with **Barbara and David**

10:00 am Craft Class - Ballindalloch Port Side

'Paint a Lovely Silk Card' With your Craft Instructor **Barbara Hill**. (Repeat class at 1:45 pm) (There will be a nominal charge of £5 for the materials used during this class)

10:30 am Fruit & Vegetable Carving - Lido Lounge

Join your Ship's Carver to witness a fascinating transformation.

11:00 am Intermediate Bridge - Card Room

'Red Suit Transfers with Weak & Strong Hands. Also with 2 Suited Hands' with **Barbara and David**

11:15 am The World of Opals - Neptune Lounge

Join **Drew Pyper** from 'Australian Opal Cutters & Pearl Divers' for an informative seminar revealing the secrets, myths & attributes of Precious Opals

11:30 am Solo Travellers - Observatory Lounge

Come and meet some new friends.

1:45 pm Craft Class - Ballindalloch Port Side

'Paint a Lovely Silk Card' with your Craft Instructor **Barbara Hill**. (Repeated morning class) (There will be a nominal charge of £5 for the materials used during this class)

2:00 pm Guest Speaker - Neptune Lounge

Royal Air Force and Squadron Leader - Speaker **Ross Priddy** presents 'The History of Red Arrows 1965 - 2010'

2:00 pm Line Dancing - Lido Lounge

Join us for some light exercise and simple steps with your Entertainments Team

2:00 pm Duplicate Bridge - Card Room

Partners can be found with **Barbara and David**

2:45 pm Tanzanite Talk - Lido Lounge

Join our onboard Jeweller **Cathrine Upton** for a fascinating talk about this rare African gem.

3:00 pm Guest Speaker - Neptune Lounge

Wild Life Photographer - Speaker **Nick Williams** presents 'The Story of the Golden Eagle and the Other Birds of Prey' - Music, stories about birds of prey including Golden Eagles growing up in Scotland. Young and old, you will enjoy this talk.

3:00 pm Hi-Tech Clinic - Internet Room, D7

Come to our 'pop-in' clinic for personal basic help with your laptops, tablets and mobile phones. (until 3:45 pm)

4:00 pm WI & Soroptomist Meeting - Ballindalloch Port Side

Meet for an informal gathering.

4:15 pm Beginners Dance Class - Neptune Lounge

'Social Foxtrot and Waltz' - Join your Dance Instructors **Elaine & Philip** and your Dance Hosts. (please wear suitable footwear)

Tours Desk Office - Deck 6 Midship

Opens: 9:30 am - 12:00 noon & 3:00 pm - 10:30 pm
Miles, Claire and Maja wish you a pleasant day at sea.
Bookings for Getxo (Bilbao), Spain close at 5:00 pm

Chocolate Fountain

A delightful treat at Lunch Time prepared by your Executive Chef **Alex Saxon** and his team available in the Ballindalloch Restaurant

Traditional Afternoon Tea

Available on the 25th July from 3:30 pm - 4:30 pm. Try our exclusive 'White Glove Service' tea time with speciality loose teas served in the traditional way. Mini pastries and warm scones accompanied by marvellous views from the Observatory Lounge. There will be a nominal charge of just £6.95 per person for this premium event. Reservations are recommended and can be made at Reception.

Suite Raffle

Fancy winning a Balcony Suite for the duration of the cruise? Then join our Suite Raffle Event.
Tickets will be on sale from 10:00 am until 11:30 am Outside the Neptune Lounge, £10 per strip single tickets not available. (To be charged to onboard account). Then join us for the all important Raffle Draw. 12:00 noon in the Lido Lounge.

Our Sister Ships

Boudicca is in Liverpool, UK

Braemar is at sea, en route to Kristiansand, Norway

Black Watch is at sea, en route to Reykjavik, Iceland

Quote of the day: 'With love and patience, nothing is impossible.'

Dress code for this evening will be: Formal

Events and Programming

Morning Activities

8:00 am	Daily Quiz and yesterday's answers available on view.	Library, D7
8:00 am	Yoga Class. £5 charge per class	Lido Lounge, D8
8:45 am	Pilates Class. £5 charge per class	Lido Lounge, D8
9:00 am	*In Cabin Movie: "Saving Mr. Banks" Rated PG Running Time: 125 minutes (next showing at 6pm & 3am) **Fun Bowls: Closest to the Jack wins.	TV Channel 3
9:30 am	Walk a Mile - 4 Laps is one mile. (free class)	Lido Lounge, D8
10:00 am	Port Talk: Your Port Speaker & Tours Manager Miles Gardner presents an illustrated talk on Gebco & St. Peter Port	Pool Area, D7
10:00 am	Beginners Bridge: Mini Bridge Absolute Beginners. Welcome. with Barbara and David	Neptune Lounge, D7
10:00 am	Gym introduction with your fitness instructor	Card Room, D7
10:00 am	Craft Class - 'Paint a Lovely Silk Card' with Barbara Hill. (Repeat class at 1:45 pm) (There will be a nominal charge of £5 for the materials used during this class)	Fitness Centre, D10
10:00 am	Suite Raffle Tickets on Sale £10 per strip single tickets not available (To be charged to onboard account)	Ballindalloch Port Side, D6
10:30 am	Fruit & Vegetable Carving with your Ship's Carver	Outside Neptune Lounge, D7
10:45 am	**Deck Quoits with your Cruise Staff.	Lido Lounge, D8
11:00 am	Intermediate Bridge: 'Red Suit Transfers with Weak & Strong Hands. Also with 2 Suited Hands' with Barbara and David	Pool Area, D7
11:00 am	Secrets to a Flatter Stomach - Our fitness instructor will help you how to get fit, lose weight and tone up.	Card Room, D7
11:00 am	Morning Quiz Time - Join us for this morning's brainteasers.	Ballindalloch Stbd Side, D6
11:15 am	The World of Opals - Join Drew Pypier for an informative seminar revealing the secrets, myths and attributes of opals.	Morning Light Pub, D7
11:30 am	Solo Travellers: Come & meet some new friends!	Neptune Lounge, D7
11:30 am	Dolphin Racing - Come along for your £1 cash bets!	Observatory Lounge, D11
11:45 am	**Darts with your Cruise Staff. Aim for the bull to get on target.	Lido Lounge, D8
		Arts & Crafts Room, D3

Afternoon Activities

12:00 noon	Suite Raffle Draw- Could you be the Winner of our Balcony Suite.	Lido Lounge, D8
12:00 noon	*In Cabin Movie: "Cool Runnings" Rated PG Running Time: 98 minutes (next showing at 9pm)	TV Channel 3
12:00 noon	Lunchtime Melodies with David Mairs	Morning Light Pub, D7
12:15 pm	Piano Favourites with Clardlyn Maier	Observatory Lounge, D11
12:15 pm	**Nintendo Wii with your Cruise Staff - Ten Pin Bowling.	Lido Lounge, D8
1:00 pm	Musical Delights with The Rosario String Trio.	Atrium, D7
1:15 pm	**Golf Putting with your Cruise Staff. Meet on the green!	Lido Lounge, D8
1:45 pm	Craft Class - 'Paint a Lovely Silk Card' with Barbara Hill (Repeated morning class) (There will be a nominal charge of £5 for the materials used during this class)	Ballindalloch Port Side, D6
2:00 pm	Royal Air Force and Squadron Leader - Speaker Ross Priddy presents 'The History of Red Arrows 1965 - 2010'	Neptune Lounge, D7
2:00 pm	Secrets to a Beautiful Skin - Let our skin care specialist teach you how to have beautiful and radiant skin.	Atlantis Spa, D10
2:00 pm	Duplicate Bridge - Partners can be found with Barbara and David	Card Room, D7
2:00 pm	Line Dancing - Join us for some simple steps	Lido Lounge, D8
2:45 pm	Tanzanite Talk - Join our onboard Jeweller Cathrine Upton for a fascinating talk about this rare African gem.	Lido Lounge, D8
3:00 pm	Wild Life Photographer - Speaker Nick Williams presents 'The Story of the Golden Eagle and the Other Birds of Prey'	Neptune Lounge, D7
3:00 pm	*In Cabin Movie: "Frozen" Rated PG Running Time: 102 minutes (next showing at Midnight & 6am)	TV Channel 3
3:00 pm	Hi-Tech Clinic - Come to our 'pop-in' clinic for personal basic help with your laptops, tablets and mobile phones. (until 3:45 pm)	Internet Room, D7
3:00 pm	Gym introduction with your fitness instructor.	Fitness Centre, D10
3:15 pm	**Shuffleboard with your Cruise Staff.	Pool Area, D7
3:30 pm	Gaming Tables Happy Hour	Lido Lounge, D8
3:45 pm	Afternoon Quiz: Join us for this afternoon's brainteasers.	Lido Lounge, D8
4:00 pm	Happy Feet: Come to the Atlantis Spa for our natural marine mud foot soak only £15 per session.	Atlantis Spa, D10
4:00 pm	W1 & Soroptomist Meeting - Meet for an informal gathering.	Ballindalloch, Port Side, D6
4:15 pm	Table Tennis enthusiasts meet your Cruise Staff at the table.	Crafts Room, D3
4:15 pm	Beginners Dance Class - 'Social Foxtrot & Waltz' with your Dance Instructors Elaine & Philip and your Dance Hosts.	Neptune Lounge, D7
4:30 pm	Bingo Tickets!! £3 per main session book - 6 games (£15 for a book of 6), £1 per full house flyer. Will it rollover? (£5 for a 6 flyer strip) (To be charged to onboard account)	Lido Lounge, D8
4:45 pm	Bingo Eyes Down!	Lido Lounge, D8
5:00 pm	Exercise to Music Class. £5 charge per class	Fitness Centre, D10

The Rosario String Trio

Morning Light Pub, D7
5:30 pm - 6:15 pm & 7:15 pm - 8:00 pm
Observatory Lounge, D11
9:45 pm - 10:30 pm

Clardlyn Maier

Observatory Lounge, Deck 11
5:30 pm - 6:15 pm
7:45 pm - 8:30 pm & 10:45 pm - 11:30 pm
Followed by Decades Disco in our
Late Night Lounge with our
Resident DJ

Neptune Show Lounge

Deck 7

CAPTAIN'S FORMAL COCKTAIL PARTY

5:30 pm for First Seating Guests

7:45 pm for Second Seating Guests

Captain Victor Stoica

cordially invites all guests to
his Formal Night Cocktail Party

Captain Victor is very pleased to greet all of you, however, he and the other staff receiving you shall refrain from shaking hands. This is in order to provide the most effective sanitary measures.

Evening Showtime

9:00 pm for First Seating Guests

(Doors Open at 8:45 pm)

10:45 pm for Second Seating Guests

Proudly Presenting

TALON

An Acoustic Collection

Enjoy music for dancing after the shows.

Lido Lounge

Deck 8

7:15 pm - 7:45 pm, 9:15 pm - 10:00 pm &
11:15 pm - late

4th Dimension

Enjoy music for your dancing and
listening pleasure

10:00 pm - 10:45 pm

David Mairs

Pub Entertainer

Evening Cabaret

8:00 pm for Second Seating Guests

10:45 pm for First Seating Guests

Proudly Presents

Balmoral Show Company's Very Own

Chris Britton

Morning Light Pub

Deck 7

10:00 pm

It's 'Black & White' Quiz Time

Join in this fun quiz with your Cruise Staff!
(Maximum of 6 players per team)

David Mairs

Morning Light Pub, Deck 7

8:00 pm - 9:30 pm & 11:30 pm - Late

Not to be Missed



Future Cruise Desk

Deck 7 Atrium



Opens: 9:00 am - 12:00 noon & 3:00 pm - 6:00 pm

Book 3 Cruises For the Price of 2!!

Now is the time to look ahead for your 2015 holidays as Fred Olsen have a remarkable offer too good to miss!

Book three cruises from your choice of over 140 Fred. Olsen itineraries and only pay for two: you can enjoy the lowest priced of the three holidays with our compliments.

With Fred. Olsen you can choose from two-night mini cruises right up to 119-night World Cruises, and everything in between. We take advantage of our ships' smaller size to reach the heart of cities, cruise along rivers and sail deep into fjords, giving you fantastic experiences that big ships simply cannot.

Please see Emma at the Future Cruise Information desk on deck 7 for further information.

Guest Relations Desk

Deck 6 Midship

Opens: 10:00 am - 12 noon & 4:00 pm - 7:00 pm

Boutiques

Onboard Boutiques Deck 7

Opens: 9:00 am - 10:00 pm

Port Shop Deck 6

Opens: 9:00 am - 10:00 pm

Opals Talk

Join Drew Pyper from 'Australian Opal Cutters & Pearl Divers' for an informative seminar revealing the secrets, myths & attributes of Precious Opals. Learn more about how Opals form and why they are so precious and rare.

Neptune Lounge 11:15 am.

Followed by the grand unveiling with exclusive discounts & free raffle to win a Fine Opal Piece, Boutique Store, Deck 7

Designer Watches

We have a large selection of designer watches available, from classic to functional and suitable for all tastes and occasions. Choose from many leading brands including Guess, DKNY, Accurist, Citizen and Rotary.

Create your own Jewellery

You design it and we will create it here on board. Visit us at the Atrium, D7 where we have necklaces, bracelets, anklets and much more all made to measure. Receive a FREE matching bracelet when you purchase 21 inches or more on the single chain.

Tanzanite Talk

Join our onboard Jeweller Cathrine Upton for a fascinating talk about this rare African gem. We reveal the history and some little known facts surrounding this beautiful stone. Please join us in the

Lido Lounge at 2:45 pm

Formal Accessories

Come and visit the shops on Deck 7 where we have a wide range of formal accessories including bow ties, cufflinks and cummerbunds for Men and a wide range of formal outfits and Fine and Fashion Jewellery for Ladies.

ATLANTIS

Atlantis Spa & Fitness Centre

Deck 10 Forward

Spa Opens: 8:00 am - 8:00 pm

Fitness Centre: 6:00 am - 8:00 pm

Ext. 77

THAI MASSAGE

This unique massage harmonizes the energy of the body and mind, stretching and manipulating the body, powerful healing forces are released to ease pain and stress and correct postural alignment

75 min £67

EXCEPTIONAL FACIAL

The facial is renowned for being one of the best facials provided within the spa industry so come along and experience it for yourself. Using a technique exclusive to Thalga we can balance, re hydrate, nourish and cleanse your skin.

A 75 Minute treatment all for just £67.00

BODY COMPOSITION ANALYSIS

Forget the scales, they don't tell you anything! The Body composition analysis will analyze the percentage of lean body mass, fat and water within your body, how fast your metabolic rate is while you are resting and much more!! Our Fitness Instructor will then help you realize your true body.

45 min £20

Photo Gallery

Deck 6 Midship

Opens: 9:00 am - 1:00 pm

FORMAL PORTRAITS

It's your only opportunity to have your pictures taken with the Master of the BALMORAL, Captain Victor Stoica.

Pictures will be taken on Deck 7 outside the Neptune Lounge before the Cocktail Party.

Why not take the opportunity to have a professional studio portrait taken while in your formal attire? These portraits make great gifts for family & friends. The photographers will be waiting for you on Deck 6 to take your formal portraits. No bookings necessary and no obligation to purchase!

First Seating 5:15 pm to 6:15 pm and

Second Seating 7:30 pm to 8:30 pm.

Gaming Tables

Lido Lounge Deck 8 Aft

Opens: 2:30 pm - 5:00 pm & 9:00 pm till Late

2:30 pm - 3:30 pm is "Learn and Play"

3:30 pm - 5:00 pm is "Happy Hour" on Black Jack & Roulette (Players must be 18 years or over)

Cocktail of the Day: Braemar Blossom Cooler £4.30

Dry Gin, Cointreau, Sweet Sherry, Ginger Ale, Angostura

Wines of the Day:

Marques de Riscal Reserva Rioja, Spain £26.90 (W)

Pouilly-Fume Les Berthiers Claude Michot Loire Valley France £26.40 (R)

Aperitif of the Day: Cosmopolitan £4.80

Vodka, Cointreau, Cranberry Juice, Lemon Juice

After Dinner Coffee & Choco: Coffee Kilt £3.80

Famous Grouse, Hot Coffee, Whipped Cream

After Dinner Cocktail: Rusty Nail £4.30

Whiskey, Drambuie, Served on the Rocks

Other Information

Opening Times

Bars

Under licensing laws alcohol will not be served to anybody under the age of 18 yrs. Parents are requested to supervise children in public lounges after 10:00 pm.

Observatory Lounge Bar, Deck 11:	11:00 am - 2:00 am
Marquee Pool Bar, Deck 11:	10:00 am - 6:30 pm
Lido Lounge Bar, Deck 8:	10:00 am - 1:00 am
Neptune Lounge Bar, Deck 7:	6:00 pm - 12:00 am
Morning Light Pub, Deck 7:	11:00 am - 1:00 am
Palms Café Bar, Deck 7:	10:00 am - 9:00 pm

Restaurants

Avon Restaurant, Deck 10 Starboard Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Spey Restaurant, Deck 10 Portside Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Ballindalloch Restaurant, Deck 6 Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Palms Café, Deck 7 Aft

Early Riser Coffee & Pastry	open seating: 6:00 am - 7:00 am
Breakfast:	open seating: 7:00 am - 9:30 am
Lunch:	open seating: 12:30 pm - 2:30 pm
Dinner:	open seating: 6:00 pm - 9:00 pm

Other Public Areas and Services

Morning Coffee Service:	Palms Café 10:30 am - 11:30 am
Afternoon Coffee Service:	Palms Café, 3:30 pm - 4:30 pm
Supper Club: 'Bacon Butty's with Cheesy Dip'	Palms Café, 11:00 pm - Midnight
Self Service Tea & Coffee:	Palms Café, Available 24 hours

Personal Hygiene, Coughs & Colds

To assist with strict hygiene measures already implemented onboard, may we ask our guests to kindly ensure Personal Hygiene by washing hands for at least 20 seconds regularly and after using the Toilets, Coughing and or Sneezing. Also, please use the Anti Bacterial Hand Cleanser that is readily available around the vessel. These actions can prevent the spread of unwanted virus which can be easily spread to others when in a confined environment. Thank you for your attention and cooperation.

CATCH IT



BIN IT



KILL IT



Medical Centre - Deck 3, Forward

Opening Hours: 8:00 am - 10:00 am & 5:00 pm - 7:00 pm

Please note: There are no charges for Gastroenteritis Consultations. However, charges do apply for all other services from the Medical Centre and vary depending on the time seen. Prices are displayed outside the Medical Centre. Please call 75 for any medical Assistance.

Notices

POOLS & JACUZZIS

Please be advised that children under the age of 16 years old must be supervised at all times if using the pools. The Jacuzzis are not suitable for children under the age of 16; the increased temperature can be dangerous to a child's body.

RESERVED POOL TIMES

Please be advised from 3:00 pm - 4:00 pm, the Deck 11 Pool will be reserved for Junior Cruisers only (under 16's) and the Deck 7 Pool will be reserved for Adults only (over 16's)

POOLS & JACUZZIS

Opening & Closing hours for Pools & Jacuzzis:
Deck 7 - 7:00 am to 6:00 pm
Deck 11 - 7:00 am to 8:00 pm

HEARING LOOP HEADSET SYSTEM

A hearing loop system is available in the Neptune Lounge. Please ask our Entertainments Staff in the lounge for more information.

DECK CHAIRS AND SUN BEDS

For the comfort and consideration of all guests, please do not reserve deck chairs and sun beds with towels or personal belongings. If any Deck Chairs & Sun Beds are left unattended for 30 mins, or longer we reserve the right to take your personal belongings. For the comfort and consideration of all guests. Thank you.

**DECK GAMES & DANCING CLASSES

For your own safety please wear sensible footwear when joining in any of the deck sports and Dancing Classes. All outside deck sports equipment is available for use at anytime throughout the day, but this will be at your own risk.

ONBOARD SMOKING POLICY

Smoking is only permitted on cabin balconies & on designated open deck areas: Deck 7 starboard side, Decks 8 & 9 Aft starboard side and Deck 11 starboard side outside Marquee Bar.

TAX FREE & CABIN SHOPPING

We have a wide variety of Duty Free Products (including Spirits and Cigarettes) available onboard. For your convenience, please ask your Cabin Stewardess or Reception about Cabin and Tax Free Shopping.

JOGGING & WALKING NOTICE

For the comfort of all guests, please refrain from jogging or power walking around Decks 7 and Deck 11 between 1:00 am - 8:00 am. Thank you for your cooperation.

ALL FLASH PHOTOGRAPHY

Audio, Video Recording and Flash Photography is prohibited due to copyright laws. Please note that theatre haze and strobe lighting may be used.

THE DAILY TIMES

Balmoral - Tuesday, 22nd July 2014, La Pallice, France
 Sunrise 6:37 am Sunset 9:48 pm

Arrival & Sailing Times:

8:00 am: Arrival into La Pallice, France
 4:30 pm: All guests aboard please
 5:00 pm: *Balmoral* sails for Getxo, Spain

Name of Port/Berth: MOLE D' ESCALE WEST BERTH 05/06

Distance to Town Centre: Approx. 8 kilometres to the town centre. It is prohibited to walk inside the port.

Currency: Euro (€). Available at the Reception. Major credit cards are widely accepted.

Complimentary Bus to Port Gate:

A complimentary bus will operate from the terminal to the port gate of La Pallice. This service will operate from 9:00 am - 4:00 pm. The last shuttle from the port gate will be at 4:00 pm.

Taxis: Taxis are available by request at the Welcome Desk. Fare going to town is approximately €22.00. Please confirm price with the driver, if not metered.

Public Bus No. 1:

Operates from Place Verdun/ Coach Central Station to La Rochelle center every 20 minutes. Approx cost is €1.30 one way.

Shopping: Shops are open from 9:00 am - 12:00 noon & 2:00 pm - 4:30 pm. Main shopping area is along La Rochelle Down Town, approx. 8 kilometres away from ship's berth.

Tourist Information: There will be a Welcome Desk at the passenger ship terminal

Points of Interest: Aquarium de la Rochelle, THE TOWERS OF THE VIEUX PORT, Centre of La Rochelle city - Old harbour

Ship's phone number: +44 800 028 5089

This is the official telephone number for Fred. Olsen Ships for guest use.

Agent's phone number: + 33 (0)546 428 358

Tours Desk Office - Deck 6 Midship

Opens: 5:00 pm - 7:00 pm

Miles, Claire and Maja hope you have a pleasant day today in La Pallice, France

Bookings for Gijon, Spain close at 6:00 pm

Recorded Port Talk on TV Channel 10

A recorded Port Talk on St Peter Port & Getxo, Spain from 12:00 noon - 8:00 pm.

Tour Departures in La Pallice, France

Please assemble in the Neptune Lounge at the times stated below, then please check in for your tours with a staff member located on the stage. Please remain in the Neptune Lounge and only proceed to the gangway or coaches when your group is called. No announcements will be made for tour departures other than in the Neptune Lounge.

Tour F - The Famous Cognac

Assembly Time: 8:25 am

Tour A - La Rochelle & Island Of Re

Assembly Time: 8:40 am

Tour E - Saintes & La Roche Courbon Castle

Assembly Time: 8:40 am

Tour I - La Rochelle on your own

Assembly Time: 8:40 am

Tour B - Green Venice

Assembly Time: 8:55 am

Tour H - Leisurely La Rochelle

Assembly Time: 9:40 am

Traditional Afternoon Tea

Available on the 25th and 26th July from 3:30 pm - 4:30 pm and on the. Try our exclusive 'White Glove Service' tea time with speciality loose teas served in the traditional way. Mini pastries and warm scones accompanied by marvellous views from the Observatory Lounge. There will be a nominal charge of just £6.95 per person for this premium event. Reservations are recommended and can be made at Reception.

IDENTIFICATION NOTICE

In accordance with Local Immigration Regulations, guests are required to carry Ship's ID and a valid form of National ID. Non - European Citizens must carry Passports when going ashore in La Pallice, France.

Our Sister Ships

Boudicca is at sea, en route to Vigo, Spain

Braemar is at sea, en route to Kristiansand, Norway

Black Watch is at sea, en route to Reykjavik, Iceland

Quote of the day: 'Take your life off hold and live life to the fullest.'

Dress code for this evening will be: Smart Casual

Events and Programming

Morning Activities

8:00 am	Daily Quiz & yesterday's answers are available on view.	Library, D7
8:00 am	Tai Chi Class. £5 charge per class	Lido Lounge, D8
8:45 am	Walk A Mile - 4 laps is one mile. (free class)	Pool Area, D7
9:00 am	*In Cabin Movie: "Winter's Tale" PG13 Running Time: 116 minutes (next showing at 4pm & 3am)	TV Channel 3
9:30 am	Solo Travellers Meeting Point - Meet in the Morning Light Pub to find someone to go ashore with.	Morning Light Pub, D7
9:30 am	Fitball Class. £5 charge per class	Fitness Centre, D10
10:00 am	**Fun Bowls: closest to the Jack wins.	Lido Lounge, D8
11:00 am	**Deck Quoits with your Cruise Staff.	Pool Area, D7
11:45 am	**Darts with your Cruise Staff. Aim for the bull to get on target.	Arts & Crafts Room, D3

Afternoon Activities

12:00 noon	*In Cabin Movie: "Mr. Morgan's Last Love" NR Running Time: 115 minutes (next showing at 9pm)	TV Channel 3
2:00 pm	**Golf Putting with your Cruise Staff. Meet on the green!	Lido Lounge, D8
3:00 pm	*In Cabin Movie: "The Lego Movie" Rated PG Running Time: 100 minutes (next showing at Midnight & 6am)	TV Channel 3
3:00 pm	Circuit Class. (free class)	Fitness Centre, D10
3:00 pm	**Shuffleboard with your Cruise Staff.	Pool Area, D7
3:45 pm	Afternoon Quiz: Join us for this afternoon's brainteasers.	Lido Lounge, D8
4:00 pm	Happy Feet: Come to the Atlantis Spa for our natural marine mud foot soak to detoxify, re-mineralise and reduce swelling and pain, only £15 per session.	Atlantis Spa, D10
4:30 pm	Bingo Tickets!! £3 per main session book - 6 games (£15 for a book of 6), £1 per full house flyer. Will it rollover? (£5 for a 6 flyer strip) <u>(To be charged to onboard account)</u>	Lido Lounge, D8
4:45 pm	Bingo Eyes Down!	Lido Lounge, D8
5:00 pm	Pilates Class. £5 charge per class	Fitness Centre, D10

Some Useful French Words and Phrases:

Hello	Bonjour or Salut
How Are You?	Comment allez-vous?
Goodbye	Au revoir
Where is...	Où sont les
How Much?	Combien cela coute?
Thank You	Merci Beaucoup

The Rosario String Trio

Morning Light Pub, D7
5:30 pm - 6:15 pm & 7:15 pm - 8:00 pm
Observatory Lounge, D11
9:45 pm - 10:30 pm

David Mairs

Morning Light Pub, Deck 7
8:00 pm - 9:30 pm & 11:30 pm - Late

Carolyn Maier

Observatory Lounge, Deck 11
5:30 pm - 6:15 pm
7:45 pm - 8:30 pm & 10:45 pm - 11:30 pm
Followed by Decades Disco in our

Late Night Lounge with our
Resident DJ

Neptune Show Lounge

Deck 7

7:30 pm Early Evening Dance Date
with The Balmoral Orchestra & Ricky

8:00 pm 'Wipeout'

Join James and your Entertainments Team
for this fun Gameshow

Evening Showtime

8:45 pm for First Seating Guests
10:30 pm for Second Seating Guests

Proudly Presenting
Stand Up Comedy
At It's Best

*Lloyd
Davies*

Accompanied by
The Balmoral Orchestra

Enjoy music for dancing after the show

Lido Lounge

Deck 8

7:15 pm - 7:45 pm, 9:15 pm - 10:00 pm &
11:15 pm - late

4th Dimension

Enjoy music for your dancing and listening
pleasure

10:00 pm - 10:45 pm

David Mairs

Pub Entertainer

Evening Cabaret

7:45 pm for Second Seating Guests
10:45 pm for First Seating Guests
The Balmoral Show Company

Proudly Presents

*"The Wonder of
Elvis"*

Morning Light Pub

Deck 7

10:00 pm

It's 'General Knowledge' Quiz Time
Join in this fun quiz with your Cruise Staff!
(Maximum of 6 players per team)

Not to be Missed

Future Cruise Desk

Deck 7



Opens: 9:00 am - 10:00 am & 4:00 pm - 7:00 pm

Book 3 Cruises For the Price of 2!!

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Book three cruises from your choice of over 140 Fred. Olsen itineraries and only pay for two: you can enjoy the lowest priced of the three holidays with our compliments.

With Fred. Olsen you can choose from two-night mini cruises right up to 119-night World Cruises, and everything in between. We take advantage of our ships' smaller size to reach the heart of cities, cruise along rivers and sail deep into fjords, giving you fantastic experiences that big ships simply cannot.

Please see Emma at the Future Cruise Information desk on deck 7 for further information.

Gaming Tables

Lido Lounge, Deck 8 Aft

9:00 pm till late

Guest Relations Desk

Deck 6 Midship

Opens: 5:00 pm - 7:00 pm

Photo Gallery

Deck 6 Midship

Opens: 5:00 pm - 11:00 pm

Formal Night Pictures

Your pictures from Formal night Portraits are on display for your viewing and purchasing pleasure.

These portraits makes great gifts, on purchase of the first portrait receive a loyalty card, purchase four portraits during your cruise and get the fifth portrait for FREE.

Sea Style Frames

Thinking of converting your Favourite cruise picture into a nice mounted frame? Come and Visit the photo gallery to see some ready samples. Great onboard prices and once the Frames are ready it will be mailed to your home address, no trouble of carrying it with you. Convert your favourite portrait into a choice of your frame and receive that portrait for FREE. Visit the photo gallery on Deck 6 to order your sea style frame today.

ATLANTIS Spa

Atlantis Spa & Fitness Centre

Deck 10 Forward

Spa Opens: 8:00 am - 8:00 pm

Fitness Centre: 6:00 am - 8:00 pm

Ext. 77

SEA AND SENSES BODY (HOT STONES)

Experience ultimate relaxation with this purifying, re-mineralising and sensorial massage treatment which uses warm volcanic basalt stones to decongest and eliminate toxins, and cool marine stones to re-mineralise. Featuring marine exfoliation as a prelude, and beautifully relaxing sculpting and concentric massage movements, tensions quickly give way to deep relaxation. Your skin is radiant and beautifully smooth.

75 min £67

SILICUM LIFTING FACIAL

Dare to defy time with this super lift facial, designed to combat all the signs of ageing (loss of firmness, pronounced wrinkles) After just one treatment your complexion will glow and lines will be less noticeable, your skin firmer

75 min £67

HAVE YOU EVER WANTED PERFECT LOOKING NAILS?

The amazing GELFX system is the safest way of having nails stronger and leaves you with a brilliant natural finish.

Only £30 for perfect looking nails.

Call ext 77 to make your appointment

Boutiques

Onboard Boutiques Deck 7 &

Port Shop Deck 6

Open: 5:30 pm - 11:00 pm

Bag Blowout

Don't miss this onetime event which will take place on deck 7. We have 40% off on selected Radley bags, 30% on Fiorelli bags and David Jones bags from £19.99

Diamonds

Spoil that special someone in your life and come and visit our Jeweller on deck 7 where we have a fine collection of Diamond Jewellery for you to choose from. Take this chance to ask our expert which is best ones to buy.

2 Books for £8

Visit our Port Shop on deck 6 where we have a wide variety of books to choose from, including our 2 for £8 range...

Sunglasses

Today we have a range of Polaroid Eyewear available all on buy one get one half price, so come and visit us on Deck 7 and take advantage of this special offer

Cocktail of the Day: Black Watch Punch £4.30

Dark Rum, Grand Marnier, Orange Juice, Pineapple Juice, Grenadine

Wines of the Day:

Casa Silva Chardonnay Gran Reserva Colchagua Valley, Chile £18.40 (W)

Luigi Bosca Finca La Linda Malbec, Argentina £17.15 (R)

Aperitif of the Day: Manhattan £4.30

Bourbon Whiskey, Vermouth Rosso, Angostura

After Dinner Coffee & Choco: French Choco £3.60

Brandy, Hot Chocolate, Whipped Cream

After Dinner Cocktail: Brandy Cocktail £4.30

Cognac, Orange Curacao, Angostura

Other Information

Opening Times

Bars

Under licensing laws alcohol will not be served to anybody under the age of 18 yrs. Parents are requested to supervise children in public lounges after 10:00 pm.

Observatory Lounge Bar, Deck 11:	11:00 am - 2:00 am
Marquee Pool Bar, Deck 11:	10:00 am - Midnight
Lido Lounge Bar, Deck 8:	10:00 am - 1:00 am
Neptune Lounge Bar, Deck 7:	6:00 pm - 12:00 am
Morning Light Pub, Deck 7:	11:00 am - 1:00 am
Palms Café Bar, Deck 7:	10:00 am - 9:00 pm

Restaurants

Avon Restaurant, Deck 10 Starboard Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	Closed
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Spey Restaurant, Deck 10 Portside Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Ballindalloch Restaurant, Deck 6 Aft

Breakfast:	open seating: 7:30 am - 9:30 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Palms Café, Deck 7 Aft

Early Riser Coffee & Pastry	open seating: 6:00 am - 7:00 am
Breakfast:	open seating: 7:00 am - 9:30 am
Lunch:	open seating: 12:30 pm - 2:30 pm
Dinner:	open seating: 6:00 pm - 9:00 pm

Other Public Areas and Services

Morning Coffee Service:	Palms Café 10:30 am - 11:30 am
Afternoon Coffee Service:	Palms Café, 3:30 pm - 4:30 pm
Supper Club: 'Chicken Fingers with Dipping Sauce'	Palms Café, 11:00 pm - Midnight
Self Service Tea & Coffee:	Palms Café, Available 24 hours

Personal Hygiene, Coughs & Colds

To assist with strict hygiene measures already implemented onboard, may we ask our guests to kindly ensure Personal Hygiene by washing hands for at least 20 seconds regularly and after using the Toilets, Coughing and or Sneezing. Also, please use the Anti Bacterial Hand Cleanser that is readily available around the vessel. These actions can prevent the spread of unwanted virus which can be easily spread to others when in a confined environment. Thank you for your attention and cooperation.

CATCH IT



BIN IT



KILL IT



Medical Centre - Deck 3, Forward

Opening Hours: 8:00 am - 10:00 am & 5:00 pm - 7:00 pm

Please note: There are no charges for Gastroenteritis Consultations. However, charges do apply for all other services from the Medical Centre and vary depending on the time seen. Prices are displayed outside the Medical Centre. Please call 75 for any medical Assistance.

Notices

POOLS & JACUZZIS

Please be advised that children under the age of 16 years old must be supervised at all times if using the pools. The Jacuzzis are not suitable for children under the age of 16; the increased temperature can be dangerous to a child's body.

RESERVED POOL TIMES

Please be advised from 3:00 pm - 4:00 pm, the Deck 11 Pool will be reserved for Junior Cruisers only (under 16's) and the Deck 7 Pool will be reserved for Adults only (over 16's)

POOLS & JACUZZIS

Opening & Closing hours for Pools & Jacuzzis:

Deck 7 - 7:00 am to 6:00 pm

Deck 11 - 7:00 am to 8:00 pm

ALL FLASH PHOTOGRAPHY

Audio, Video Recording and Flash Photography is prohibited due to copyright laws. Please note that theatre haze and strobe lighting may be used.

PLEASE BE SAFETY CONSCIOUS

When venturing ashore, please consider going in groups, keep to the tourist areas and do not walk in the back streets. We strongly recommend that you remove all jewellery whenever practically possible and keep all wallets and purses close to your person. We do not wish to cause unnecessary concern but believe that 'Forewarned is Forearmed'.

ALCOHOL SHORESIDE POLICY

Please note that according to company regulations, only alcohol purchased on board MS Balmoral may be consumed on board. Any alcohol bought ashore will be placed in safekeeping by the Ship's Security Officers and returned at the end of the cruise.

ANTIBACTERIAL HAND CLEANSER

To assist with strict hygiene measures already implemented onboard, may we ask, each time you return to the vessel, that you please use the antibacterial hand cleanser provided at the gangway. This will reduce the possibility of unwanted viruses unintentionally being brought back onboard the Balmoral.

ONBOARD SMOKING POLICY

Smoking is only permitted on cabin balconies & on designated open deck areas: Deck 7 starboard side, Decks 8 & 9 Aft starboard side and Deck 11 starboard side outside Marquee Bar.

DECK CHAIRS AND SUN BEDS

For the comfort and consideration of all guests, please do not reserve deck chairs and sun beds with towels or personal belongings. If any Deck Chairs & Sun Beds are left unattended for 30 mins, or longer we reserve the right to take your personal belongings. For the comfort and consideration of all guests. Thank you.

JOGGING & WALKING NOTICE

For the comfort of all guests, please refrain from jogging or power walking around Decks 7 and Deck 11 between 1:00 am - 8:00 am. Thank you for your cooperation.

**DECK GAMES & DANCING CLASSES

For your own safety please wear sensible footwear when joining in any of the deck sports and Dancing Classes. All outside deck sports equipment is available for use at anytime throughout the day, but this will be at your own risk.



THE DAILY TIMES

Balmoral - Wednesday, 23rd July 2014, Getxo, Spain

Sunrise 6:53 am

Sunset 9:46 pm

Arrival & Sailing Times:

8:00 am: Arrival into Getxo, Spain

5:30 pm: All guests aboard please

6:00 pm: Balmoral sails for Gijón, Spain

Name of Port/Berth: Getxo Berth Cruiser - Muelle Getxo Sur

Distance to Town Centre: Approx. 20 kilometres away from Bilbao city centre

Currency: Euro (€). Available at the Reception. Major credit cards are widely accepted.

Taxis: Not available outside the terminal. Taxi requests can be made by staff at the Tourist Information at the terminal. Approx. cost to Bilbao city centre is €50. Please note, not all taxi drivers can speak & understand English.

Complimentary Shuttle Bus:

A complimentary shuttle bus will operate from the berth to the Local Metro Station. This service will operate from 9:00 am - 5:00 pm. The last shuttle from the Metro Station will be at 5:00 pm.

Metro Station: The centre of Bilbao is 20 minutes by the excellent metro system from Getxo. The nearest Metro Station is Areeta Station, approx. 2.5 kilometres from the port or approx. 30 minute walking on a promenade. Buy a '2 Zone Ticket' from the vending machine. To get to Bilbao city centre, take the Metro to Moyua (opposite track). Ticket costs €4 per person, return.

AREETA to MOYUA (outbound)

MOYUA to AREETA (return on the line towards PLENTZIA)

Shopping: Shops are open from 9:00 am until 8:00 pm. Bilbao City is a main shopping area with plenty of shops, department stores & sidewalk cafés.

Points of Interest (Bilbao): Puente Bizkaia (Vizcaya Bridge), Monument to Yhuruca, Puerto Viejo (Old Port), Church of Andra Mari, Fort of La Galea, Aixerotta Windmill, Palacio Consistorial (Town Hall), Guggenheim Museum

Tourist Information: Tourist office in Bilbao will be available at the terminal building of the port.

Ship's phone number: +44 800 028 5089

This is the official telephone number for Fred. Olsen Ships for guest use.

Agent's phone number: +34 423 36 00

Tours Desk Office - Deck 6 Midship

Opens: 5:00 pm - 7:00 pm

Miles, Claire and Maja hope you have a pleasant day today in Getxo, Spain

Recorded Port Talk on TV Channel 10

A recorded Port Talk on St Peter Port, Guernsey & Gijón, Spain from 12:00 noon - 8:00 pm.

Tour Departures in Getxo, Spain

Please assemble in the Neptune Lounge at the times stated below, then please check in for your tours with a staff member located on the stage. Please remain in the Neptune Lounge and only proceed to the gangway or coaches when your group is called. No announcements will be made for tour departures other than in the Neptune Lounge.

Tour B - Discover the Basque Coastline

Assembly Time: 8:10 am

Tour I - Pamplona on your own

Assembly Time: 8:10 am

Tour DAM - Scenic Bilbao

Assembly Time: 8:40 am

Tour A - Panoramic City Tour & Guggenheim Museum

Assembly Time: 8:40 am

Tour F - Gernika & Bilbao

Assembly Time: 8:40 am

Tour J - Basque Pintxos Tour

Assembly Time: 8:40 am

Tour K - Bilbao on your own

Assembly Time: 8:40 am

Tour C - Guggenheim Museum

Assembly Time: 9:40 am

Tour DPM - Scenic Bilbao

Assembly Time: 1:40 pm

Traditional Afternoon Tea

Available on the 25th and 26th July from 3:30 pm - 4:30 pm. Try our exclusive 'White Glove Service' tea time with speciality loose teas served in the traditional way. Mini pastries and warm scones accompanied by marvellous views from the Observatory Lounge. There will be a nominal charge of just £6.95 per person for this premium event. Reservations are recommended and can be made at Reception.

Tapas & Paella Dinner Buffet

A delightful Spanish Cuisine special prepared by your Executive Chef Alex Saxon and his team available this evening in the Palms Cafe.

Our Sister Ships

Boudicca is at sea, en route to Vigo, Spain

Braemar is in Kristiansand, Norway

Black Watch is in Reykjavik, Iceland

Quote of the day: 'Laughter is the sun that drives winter from the human face.'

Dress code for this evening will be: Smart Casual

Events and Programming

Morning Activities

8:00 am	Daily Quiz & yesterday's answers are available on view.	Library, D7
8:00 am	Yoga Class. £5 charge per class	Lido Lounge, D8
8:45 am	Stairway Challenge. (free class)	Fitness Centre, D10
9:00 am	*In Cabin Movie: "Redwood Highway" <u>Rated PG13</u> Running Time: 104 minutes (next showing at 6pm & 3am)	TV Channel 3
9:30 am	Solo Travellers Meeting Point- Meet in the Morning Light Pub to find someone to go ashore with.	Morning Light Pub, D7
9:30 am	Hula Hoops Class. (free class)	Fitness Centre, D10
10:00 am	**Fun Bowls: closest to the Jack wins.	Lido Lounge, D8
10:15 am	Crew Muster Drill - Please note that this is an exercise for crew only. Thank you for your cooperation.	Shipwide
11:00 am	**Deck Quoits with your Cruise Staff.	Pool Area, D7
11:45 am	**Darts with your Cruise Staff. Aim for the bull to get on target.	Arts & Crafts Room, D3

Afternoon Activities

12:00 noon	*In Cabin Movie: "Non Stop" <u>Rated PG13</u> Running Time: 106 minutes (next showing at 9pm)	TV Channel 3
2:00 pm	**Golf Putting with your Cruise Staff. Meet on the green!	Lido Lounge, D8
3:00 pm	*In Cabin Movie: "Divergent" <u>Rated PG13</u> Running Time: 139 minutes (next showing at Midnight & 6am)	TV Channel 3
3:00 pm	Dyna Band Class. £5 charge per class	Fitness Centre, D10
3:00 pm	**Shuffleboard with your Cruise Staff.	Pool Area, D7
3:45 pm	Afternoon Quiz: Join us for this afternoon's brainteasers.	Lido Lounge, D8
4:00 pm	Happy Feet: Come to the Atlantis Spa for our natural marine mud foot soak to detoxify, re-mineralise and reduce swelling and pain, only £15 per session (limited to 6 guests only). Contact Atlantis Spa 77 for more details.	Atlantis Spa, D10
4:15 pm	Masonic Meeting - Meet for an informal gathering.	Ballindalloch, Port Side, D6
4:30 pm	Bingo Tickets!! £3 per main session book - 6 games (£15 for a book of 6), £1 per full house flyer. Will it rollover? (£5 for a 6 flyer strip) <u>(To be charged to onboard account)</u>	Lido Lounge, D8
4:45 pm	Bingo Eyes Down!	Lido Lounge, D8
5:00 pm	Pilates Class. £5 charge per class	Fitness Centre, D10

Some Useful Spanish Words and Phrases:

Hello	Hola!
How Are You?	¿Cómo Estás?
Good Morning	Buenos Días
Good Afternoon	Buenas Tardes
Goodbye	Adiós
How Much?	¿Cuánto?
Thank You	Muchas Gracias!

The Rosario String Trio

Morning Light Pub, D7
5:30 pm - 6:15 pm & 7:15 pm - 8:00 pm
Observatory Lounge, D11
9:45 pm - 10:30 pm

David Mairs

Morning Light Pub, Deck 7
8:00 pm - 9:30 pm & 11:30 pm - Late

Carolyn Maier

Observatory Lounge, Deck 11
5:30 pm - 6:15 pm
7:45 pm - 8:30 pm & 10:45 pm - 11:30 pm

Neptune Show Lounge Deck 7 (Please note change of showtimes)

Evening Showtime

7:00 pm for Second Seating Guests
8:45 pm for First Seating Guests

The Balmoral Show Company

Proudly Presents

Dance, Dance, Dance

A showcase of some great Dance Styles with a breath taking finale.

Enjoy music for dancing after the shows.

10:30 pm

Late Night Specials

Featuring

Talon

An Acoustic Collection

Lido Lounge Deck 8

Evening Cabaret

7:45 pm for Second Seating Guests
10:45 pm for First Seating Guests

Proudly presents

Host & Vocalist

James Hadley

Enjoy some easy listening music from

10:00 pm - 10:45 pm

David Mairs

Pub Entertainer

9:15 pm - 10:00 pm & 11:15 pm - Late

4th Dimension

Tony, John, Matthew & Louise

Followed by our *Decades Disco*
With your resident DJ Host James Hadley

Morning Light Pub

Deck 7

10:00 pm

It's 'Rock n' Roll' Quiz Time

Join in this fun quiz with your Cruise Staff!
(Maximum of 6 players per team)

Not to be Missed

Future Cruise Desk Deck 7

Opens: 4:00 pm - 8:00 pm

Book 3 Cruises For the Price of 2!!

Now is the time to look ahead for your 2015 holidays as Fred Olsen have a remarkable offer too good to miss!

Book three cruises from your choice of over 140 Fred. Olsen itineraries and only pay for two: you can enjoy the lowest priced of the three holidays with our compliments.

With Fred. Olsen you can choose from two-night mini cruises right up to 119-night World Cruises, and everything in between. We take advantage of our ships' smaller size to reach the heart of cities, cruise along rivers and sail deep into fjords, giving you fantastic experiences that big ships simply cannot.

Please see Emma at the Future Cruise Information desk on deck 7 for further information.

Gaming Tables

Lido Lounge, Deck 8 Aft

9:00 pm till late

Guest Relations Desk

Deck 6 Midship

Opens: 5:00 pm - 7:00 pm

Photo Gallery

Deck 6 Midship

Opens: 6:00 pm - 11:00 pm

Sea Style Frames

Thinking of converting your Favourite cruise picture into a nice mounted frame? Come and Visit the photo gallery to see some ready samples. Great onboard prices and once the Frames are ready it will be mailed to your home address, no trouble of carrying it with you. Convert your favourite portrait into a choice of your frame and receive that portrait for FREE. Visit the photo gallery on Deck 6 to order your sea style frame today.

Discovering France, Spain and Guernsey DVD

Cruise Diary DVD consist of major activities onboard the MS Balmoral during your cruise, and it also consist of all the ports visited during your voyage. To order your Cruise DVD or for more information please visit the photo Desk on Deck 6.



ATLANTIS Spa & Fitness Centre

Deck 10 Forward

Spa Opens: 8:00 am - 8:00 pm

Fitness Centre: 6:00 am - 8:00 pm

Ext. 77

SPA TASTER

Two treatments in one!

30 min back, neck & shoulders massage to relieve stress & tension

30 min Purify express facial to re-hydrate,

Deep-cleanse and improve skin texture & tone.

£60.00 (Save £10) Book and receive today only.

HAIR SPECIAL

Does your hair need a Trim or do you fancy a full Restyle?

Book today CUT AND BLOW DRY and receive your deep conditioning treatment for FREE (£35 SAVE £10)

Limited availability so call ext 77 now to make an appointment

FOOT & ANKLE FOOT SOAK AND MASSAGE

Let our Fitness Instructor ease away aches and pains by pampering your feet and ankles, and reap the amazing benefits of Micronized

Marine Algae OR Natural Marine Mud.

Highly effective for fluid retention and swollen ankles, arthritis and much more.

45 min - £25.00

Boutiques

Onboard Boutiques Deck 7 &

Port Shop Deck 6

Opens: 6:30 pm - 11:00 pm



Fashion Jewellery

Today we have a various range of Fashion Jewellery all with up to 50% off. Don't miss out on this special event. Visit us on deck 7

Swarovski

Swarovski Crystal is undoubtedly one of the most loved lifestyle brands the world over. Come and view our collection of Swarovski figurines at the shops on deck 7 and treat yourself to one of these exquisite pieces. All at tax free prices.

Citizen Watches

Our onboard Jewellery Boutique has a full range of Citizen Eco-Drive watches available for you to choose from. What makes this brand so unique? You will never need to change the battery again! To find out more visit the shops on deck 7

Gifts & Souvenirs

Visit our Port shop on deck 6 where we have a great selection of ship memorabilia from confectionary to ship models.

Cocktail of the Day: Boudicca Fury £4.30

Dark Rum, Crème de Banana, Lime Juice, Pineapple & Cranberry Juice

Wines of the Day:

Wild South Pinot Noir Marlborough, New Zealand £22.05 (W)

Chablis St. Martin Domaine Laroche Burgundy, France £26.40 (R)

Aperitif of the Day: White Lady £4.30

Gin, Cointreau, Lemon Juice

After Dinner Coffee & Choco: Choco Manhattan £4.25

Brandy, Grand Marnier, Hot Chocolate, Whipped Cream

After Dinner Cocktail: Golden Cadillac £4.30

Galliano, White Creme de Cacao, Whipped Cream

Other Information

Opening Times

Bars

Under licensing laws alcohol will not be served to anybody under the age of 18 yrs. Parents are requested to supervise children in public lounges after 10:00 pm.

Observatory Lounge Bar, Deck 11:	11:00 am - 2:00 am
Marquee Pool Bar, Deck 11:	10:00 am - Midnight
Lido Lounge Bar, Deck 8:	10:00 am - 1:00 am
Neptune Lounge Bar, Deck 7:	6:00 pm - 12:00 am
Morning Light Pub, Deck 7:	11:00 am - 1:00 am
Palms Café Bar, Deck 7:	10:00 am - 9:00 pm

Restaurants

Avon Restaurant, Deck 10 Starboard Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	<u>Closed</u>
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Spey Restaurant, Deck 10 Portside Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Ballindalloch Restaurant, Deck 6 Aft

Breakfast:	open seating: <u>7:30 am - 9:30 am</u>
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Palms Café, Deck 7 Aft

Early Riser Coffee & Pastry	open seating: 6:00 am - 7:00 am
Breakfast:	open seating: 7:00 am - 9:30 am
Lunch:	open seating: 12:30 pm - 2:30 pm
Dinner:	<u>open seating: 6:00 pm - 9:00 pm</u>

Other Public Areas and Services

Morning Coffee Service:	Palms Café 10:30 am - 11:30 am
Afternoon Coffee Service:	Palms Café, 3:30 pm - 4:30 pm
Supper Club:	Palms Café, 11:00 pm - Midnight
Self Service Tea & Coffee:	Palms Café, Available 24 hours

Personal Hygiene, Coughs & Colds

To assist with strict hygiene measures already implemented onboard, may we ask our guests to kindly ensure Personal Hygiene by washing hands for at least 20 seconds regularly and after using the Toilets, Coughing and or Sneezing. Also, please use the Anti Bacterial Hand Cleanser that is readily available around the vessel. These actions can prevent the spread of unwanted virus which can be easily spread to others when in a confined environment. Thank you for your attention and cooperation.

CATCH IT



BIN IT



KILL IT



Medical Centre - Deck 3, Forward

Opening Hours: 8:00 am - 10:00 am & 5:00 pm - 7:00 pm

Please note: There are no charges for Gastroenteritis Consultations. However, charges do apply for all other services from the Medical Centre and vary depending on the time seen. Prices are displayed outside the Medical Centre. Please call 75 for any medical Assistance.

Notices

POOLS & JACUZZIS

Please be advised that children under the age of 16 years old must be supervised at all times if using the pools. The Jacuzzis are not suitable for children under the age of 16; the increased temperature can be dangerous to a child's body.

RESERVED POOL TIMES

Please be advised from 3:00 pm - 4:00 pm, the Deck 11 Pool will be reserved for Junior Cruisers only (under 16's) and the Deck 7 Pool will be reserved for Adults only (over 16's)

POOLS & JACUZZIS

Opening & Closing hours for Pools & Jacuzzis:

Deck 7 - 7:00 am to 6:00 pm

Deck 11 - 7:00 am to 8:00 pm

ALL FLASH PHOTOGRAPHY

Audio, Video Recording and Flash Photography is prohibited due to copyright laws. Please note that theatre haze and strobe lighting may be used.

PLEASE BE SAFETY CONSCIOUS

When venturing ashore, please consider going in groups, keep to the tourist areas and do not walk in the back streets. We strongly recommend that you remove all jewellery whenever practically possible and keep all wallets and purses close to your person. We do not wish to cause unnecessary concern but believe that 'Forewarned is Forearmed'.

ALCOHOL SHORESIDE POLICY

Please note that according to company regulations, only alcohol purchased on board MS Balmoral may be consumed on board. Any alcohol bought ashore will be placed in safekeeping by the Ship's Security Officers and returned at the end of the cruise.

ANTIBACTERIAL HAND CLEANSER

To assist with strict hygiene measures already implemented onboard, may we ask, each time you return to the vessel, that you please use the antibacterial hand cleanser provided at the gangway. This will reduce the possibility of unwanted viruses unintentionally being brought back onboard the Balmoral.

ONBOARD SMOKING POLICY

Smoking is only permitted on cabin balconies & on designated open deck areas: Deck 7 starboard side, Decks 8 & 9 Aft starboard side and Deck 11 starboard side outside Marquee Bar.

DECK CHAIRS AND SUN BEDS

For the comfort and consideration of all guests, please do not reserve deck chairs and sun beds with towels or personal belongings. If any Deck Chairs & Sun Beds are left unattended for 30 mins, or longer we reserve the right to take your personal belongings. For the comfort and consideration of all guests. Thank you.

JOGGING & WALKING NOTICE

For the comfort of all guests, please refrain from jogging or power walking around Decks 7 and Deck 11 between 1:00 am - 8:00 am. Thank you for your cooperation.

**DECK GAMES & DANCING CLASSES

For your own safety please wear sensible footwear when joining in any of the deck sports and Dancing Classes. All outside deck sports equipment is available for use at anytime throughout the day, but this will be at your own risk.

THE DAILY TIMES

Balmoral - Thursday, 24th July 2014, Gijon, Spain
Sunrise 7:03 am Sunset 9:55 pm

Arrival & Sailing Times:

8:00 am: Arrival into Gijon, Spain

4:30 pm: All guests aboard please

5:00 pm: Balmoral sails for St. Peter Port, Guernsey

Name of Port/Berth: North Pier

Distance to Town Centre: Approx. 6 kms

Currency: Euro (€). Available at the Reception. Major credit cards are widely accepted.

Taxis: Taxis are available by request by calling 0034 985 164444. Approximate cost to the city is 9€. Please confirm price with the driver, if not metered.

Shopping: Shops are open from 10:00 am - 1:30 pm & 5:00 pm - 8:00 pm.

Tourist Information: Inside a White Tent located opposite the gangway. A tourist representative will be available to give maps and local information.

Ship's phone number: +44 800 028 5089

This is the official telephone number for Fred. Olsen Ships for guest use.

Agent's phone number: (+34) 619449870

Tours Desk Office - Deck 6 Midship

Opens: 5:00 pm - 7:00 pm

Miles, Claire and Maja hope you have a pleasant day today in Gijon, Spain

Bookings for St. Peter Port close at 6:00 pm

Recorded Port Talk on TV Channel 10

A recorded Port Talk on St Peter Port, Guernsey & Gijon, Spain from 12:00 noon - 8:00 pm.

Today's Highlight Activity

**4:30 pm Your Next Fred. Olsen Cruise
Delivered with Pimms or Orange Juice**

Neptune Lounge

Join your Future Cruise Sales Manager Emma Collis, for an introduction to the other ships in the Fred. Olsen fleet, and a look at the new, exciting itineraries now on sale for 2014/2015 and grand voyages of 2016. All delivered with a refreshing Pimms or Orange Juice.

Tour Departures in Gijon, Spain

Please assemble in the Neptune Lounge at the times stated below, then please check in for your tours with a staff member located on the stage. Please remain in the Neptune Lounge and only proceed to the gangway or coaches when your group is called. No announcements will be made for tour departures other than in the Neptune Lounge.

Tour C - Aviles Old Town & Luanco
Assembly Time: 8:25 am

Tour EB - Lastries & Tazones
Assembly Time: 8:40 am

Tour BAM - Gijon City Tour & Cider Tasting
Assembly Time: 8:55 am

Tour A - Panoramic Gijon
Assembly Time: 9:10 am

Tour D - Atlantico Botanical Gardens
Assembly Time: 9:10 am

Complimentary Bus Service

A Complimentary bus service will be provided by the Port Authorities, this will run every 30 minutes. The first bus will leave the quayside at 8:30 am, the second bus at 9:00 am and so on throughout for the duration of our stay.

The last bus from the drop off point will be at 4:00 pm.

Drop off / Pick up point - Jardin de la Reina

Traditional Afternoon Tea

Available on the 25th and 26th July from 3:30 pm - 4:30 pm and on the. Try our exclusive 'White Glove Service' tea time with speciality loose teas served in the traditional way. Mini pastries and warm scones accompanied by marvellous views from the Observatory Lounge. There will be a nominal charge of just £6.95 per person for this premium event. Reservations are recommended and can be made at Reception.

Asian Dinner Buffet

Savour this delightful dinner specially prepared by your Executive Chef Alex Saxon & his team available in the Palm's Cafe from 6:30 pm - 9:00 pm.

Quote of the day: 'You only have one ride through life, so make the most of it and enjoy the ride.'

Dress code for this evening will be: British

Events and Programming

Morning Activities

- 8:00 am Daily Quiz & yesterday's answers are available on view.
 8:00 am Tai Chi Class. £5 charge per class.
 8:45 am Walk A Mile - 4 laps is one mile. (free class)
 9:00 am *In Cabin Movie: "The Help" **Rated PG13**
 Running Time: 134 minutes (next showing at 6pm & 3am)
 9:30 am **Solo Travellers Meeting Point**- Meet in the Morning
 Light Pub to find someone to go ashore with.
 9:30 am Legs, Burns and Turns. (free class)
 10:00 am **Fun Bowls: closest to the Jack wins.
 10:15 am **Crew Muster Drill** - Please note that this is
 an exercise for crew only. Thank you for your
 cooperation.
 11:00 am **Deck Quizzes with your Cruise Staff.
 11:45 am **Darts with your Cruise Staff. Aim for the bull to get
 on target.

Afternoon Activities

- 12:00 noon *In Cabin Movie: "Grudge Match" **Rated PG13**
 Running Time: 113 minutes (next showing at 9pm)
 2:00 pm **Golf Putting with your Cruise Staff. Meet on the
 green!
 3:00 pm *In Cabin Movie: "Endless Love" **Rated PG13**
 Running Time: 104 minutes (next showing at Midnight &
 6am)
 3:00 pm Stretch and Relax Class. £5 charge per class
 3:00 pm **Shuffleboard with your Cruise Staff.
 3:30 pm Solo Travellers Coffee - Meet with your fellow guests & the
 Cruise Staff.
 3:45 pm Afternoon Quiz: Join us for this afternoon's
 brainteasers.
 4:00 pm Happy Feet: Come to the Atlantis Spa for our natural
 marine mud foot soak to detoxify, re-mineralise and
 reduce swelling and pain, only £15 per session (limited
 to 6 guests only)
 4:15 pm Lions, Rotarians & Similar - Meet for an informal
 gathering.
 4:30 pm **Your Next Fred. Olsen Cruise** - Join your Future
 Cruise Sales Manager Emma Collis, for an introduction to
 the other ships in the Fred. Olsen fleet, and a look at the
 new, exciting itineraries now on sale for 2014/2015 and
 grand voyages.
 All delivered with a refreshing Pimms or Orange Juice.
 4:30 pm Bingo Tickets!! £3 per main session book - 6 games
 (£15 for a book of 6), £1 per full house flyer. Will it
 rollover? (£5 for a 6 flyer strip) **(To be charged to
 onboard account)**
 4:45 pm Bingo Eyes Down!
 5:00 pm Pilates Class. £5 charge per class

Some Useful Spanish Words and Phrases:

Hello	Hola!
How Are You?	¿Cómo Estás
Good Morning	Buenos Dias
Good Afternoon	Buenas Tardes
Goodbye	Adiós
How Much?	¿Cuest Eso?
Thank You	Muchas Gracias!

The Rosario String Trio

Morning Light Pub, D7
 5:30 pm - 6:15 pm & 7:15 pm - 8:00 pm
 Observatory Lounge, D11
 9:45 pm - 10:30 pm

David Mairs

Morning Light Pub, Deck 7
 8:00 pm - 9:30 pm & 11:30 pm - Late

Clarelyn Maier

Observatory Lounge, Deck 11
 5:30 pm - 6:15 pm
 7:45 pm - 8:30 pm & 10:45 pm - 11:30 pm
 Followed by Decades Disco in our
 Late Night Lounge with our
 Resident DJ

Neptune Show Lounge Deck 7

(Please note change of showtimes)

Evening Showtime

7:00 pm for Second Seating Guests
 8:45 pm for First Seating Guests

Proudly Presenting

TALON

The Best of Eagles

8:00 pm British Sing A Long
 Come along & join in the fun as
 we sing along to these Classic Favourites!

Enjoy music for dancing from 9:30 pm.

Followed by

10:30 pm

Late Night Special
 with

Stand Up Comedy At Its Best

Lloyd Davis

Lido Lounge Deck 8

9:30 pm - 10:15 pm & 11:15 pm - late

4th Dimension

Tony, John, Matt & Louise

Enjoy music for your dancing and listening
 pleasure

10:00 pm - 10:45 pm

David Mairs

Pub Entertainer

Evening Cabaret

8:00 pm for Second Seating Guests
 10:45 pm for First Seating Guests

Proudly presents

The Balmoral Show Company
 Very Own

Katie Perry

Morning Light Pub Deck 7

10:00 pm

It's 'Best of British' Quiz Time
 Join in this fun quiz with your Cruise Staff!
 (Maximum of 6 players per team)

Not to be Missed

Future Cruise Desk

Deck 7



Opens: 9:00 am - 10:00 am & 5:30 pm - 7:30 pm

French River Cruising

Departs Dover - 1st Aug 2015 8 nights - Braemar M1522

One of our fastest selling cruises of the year will take you to cruise along the scenic Loire and Garonne rivers!

Our smaller Braemar is one of the few cruise ships small enough to navigate them both.

You can discover the history of Nantes at the medieval Château des Ducs de Bretagne, which houses the Nantes History Museum.

And enjoy an overnight stay in the centre of Bordeaux, in a beautiful region producing world-famous wines.

Don't forget that these cruises are included in our fantastic offer, "Book 3 for the price of 2!".

Your exclusive onboard discount is also combinable....

There has never been a better time to book!!

Gaming Tables

Lido Lounge, Deck 8 Aft

9:00 pm till late

Guest Relations Desk

Deck 6 Midship

Opens: 9:00 am - 10:00 am & 5:00 pm - 7:00 pm

Photo Gallery

Deck 6 Midship

Opens: 5:00 pm - 11:00 pm

British Night

Come along on Deck 7 to have some pictures done in your patriotic outfit. Your friendly photographer will be waiting for you on Deck 7 outside the Neptune Lounge from 7:30 pm to 8:30 pm.

Your videographer will be filming as well, so do wave at the camera and you will be featured in the Cruise Diary DVD.

Sea Style Frames

Thinking of converting your favourite cruise picture into a nice mounted frame? Come and visit the photo gallery to see some ready samples. Great onboard prices and once the frames are ready it will be mailed to your home address, no trouble of carrying it with you. Convert your favourite portrait into a choice of your frame and receive that portrait for FREE. Visit the photo gallery on Deck 6 to order your sea style frame today.

Our Sister Ships

Boudicca is in Vigo, Spain

Braemar is at sea, en route to Tromsø, Norway

Black Watch is in Reykjavik, Iceland

ATLANTIS Spa

Atlantis Spa & Fitness Centre

Deck 10 Forward

Spa Opens: 8:00 am - 8:00 pm

Fitness Centre: 6:00 am - 8:00 pm

Ext. 77

PICK & MIX 3

Choose any 3 treatments for only £60

20 minute Back Massage

20 min Hydrating Express Facial

20 min Mini Spa Manicure

20 min Mini Spa Pedicure

Blow dry or Shampoo / Set

Semi-permanent color

Eye Lash / Brow Tint

Limited availability; Book and receive today only

FOOT & ANKLES SOAK AND MASSAGE

Let our Fitness Instructor ease away aches and pains by pampering your feet and ankles, and reap the amazing benefits of Micronized Marine Algae or Natural Marine Mud.

Highly effective for fluid retention and swollen ankles, arthritis and much more. 45 min - £25.00

Visit Atlantis Spa or Call ext 77 to make an appointment.

Offer available on Port Days

GOING ON THE WALKING TOUR TODAY?

Let our Therapist's melt away your aches and pains!

TWO IN ONE SPECIAL

Our offer today is for you to choose two of the following treatments for only £40

Pedicure

Manicure

Hair blow dry or set

Hand & arm massage

Foot & ankle massage

Hydrating eye treatment

Boutiques

Onboard Boutiques Deck 7 &

Port Shop Deck 6

Open: 5:30 pm - 11:00 pm

£7.99 Sale

Visit us today on Deck 7 where we have a full range of Pashminas, Accessories, Evening Bags, Ladies & Gents Watches plus lots more items all for only £7.99!

Logo Confectionary

Looking for a great gift idea? - Visit us at the Port Shop on Deck 6 to see our 'Fred Olsen Exclusive' Confectionery range including fudge, short bread and chocolate eggs all on a fantastic 3 for the price of 2 mix and match offer.

Cocktail of the Day: Black Prince Ecstasy £4.30

Dry Gin, Crème de Banana, Pineapple Juice, Lemon Juice

Wines of the Day:

Dry Creek Heritage Zinfandel California, U.S.A. £21.75 (W)

Chablis St. Martin Domaine Laroche Burgundy, France £26.40 (R)

Aperitif of the Day: Appletini £4.30

Apple Sour Liqueur, Vodka

After Dinner Coffee & Choco: Choco Hazelnut £3.90

Frangelico (Hazelnut Liqueur), Hot Chocolate, Whipped Cream

After Dinner Cocktail: Rusty Nail £4.30

Whiskey, Drambuie

Other Information

Opening Times

Bars

Under licensing laws alcohol will not be served to anybody under the age of 18 yrs. Parents are requested to supervise children in public lounges after 10:00 pm.

Observatory Lounge Bar, Deck 11:	11:00 am - 2:00 am
Marquee Pool Bar, Deck 11:	10:00 am - Midnight
Lido Lounge Bar, Deck 8:	10:00 am - 1:00 am
Neptune Lounge Bar, Deck 7:	6:00 pm - 12:00 am
Morning Light Pub, Deck 7:	11:00 am - 1:00 am
Palms Café Bar, Deck 7:	10:00 am - 9:00 pm

Restaurants

Avon Restaurant, Deck 10 Starboard Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	<u>Closed</u>
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Spey Restaurant, Deck 10 Portside Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Ballindalloch Restaurant, Deck 6 Aft

Breakfast:	open seating: <u>7:30 am - 9:30 am</u>
Lunch:	open seating: <u>11:30 am - 2:00 pm</u>
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Palms Café, Deck 7 Aft

Early Riser Coffee & Pastry	open seating: 6:00 am - 7:00 am
Breakfast:	open seating: 7:00 am - 9:30 am
Lunch:	open seating: 12:30 pm - 2:30 pm
Dinner:	<u>open seating: 6:00 pm - 9:00 pm</u>

Other Public Areas and Services

Morning Coffee Service:	Palms Café 10:30 am - 11:30 am
Afternoon Coffee Service:	Palms Café, 3:30 pm - 4:30 pm
Supper Club: 'Fish and Chips'	Palms Café, 11:00 pm - Midnight
Self Service Tea & Coffee:	Palms Café, Available 24 hours

Personal Hygiene, Coughs & Colds

To assist with strict hygiene measures already implemented onboard, may we ask our guests to kindly ensure Personal Hygiene by washing hands for at least 20 seconds regularly and after using the Toilets, Coughing and or Sneezing. Also, please use the Anti Bacterial Hand Cleanser that is readily available around the vessel. These actions can prevent the spread of unwanted virus which can be easily spread to others when in a confined environment. Thank you for your attention and cooperation.

CATCH IT



BIN IT



KILL IT



Medical Centre - Deck 3, Forward

Opening Hours: 8:00 am - 10:00 am & 5:00 pm - 7:00 pm

Please note: There are no charges for Gastroenteritis Consultations. However, charges do apply for all other services from the Medical Centre and vary depending on the time seen. Prices are displayed outside the Medical Centre. Please call 75 for any medical Assistance.

Notices

POOLS & JACUZZIS

Please be advised that children under the age of 16 years old must be supervised at all times if using the pools. The Jacuzzis are not suitable for children under the age of 16; the increased temperature can be dangerous to a child's body.

RESERVED POOL TIMES

Please be advised from 3:00 pm - 4:00 pm, the Deck 11 Pool will be reserved for Junior Cruisers only (under 16's) and the Deck 7 Pool will be reserved for Adults only (over 16's)

POOLS & JACUZZIS

Opening & Closing hours for Pools & Jacuzzis:

Deck 7 - 7:00 am to 6:00 pm
Deck 11 - 7:00 am to 8:00 pm

ALL FLASH PHOTOGRAPHY

Audio, Video Recording and Flash Photography is prohibited due to copyright laws. Please note that theatre haze and strobe lighting may be used.

PLEASE BE SAFETY CONSCIOUS

When venturing ashore, please consider going in groups, keep to the tourist areas and do not walk in the back streets. We strongly recommend that you remove all jewellery whenever practically possible and keep all wallets and purses close to your person. We do not wish to cause unnecessary concern but believe that 'Forewarned is Forearmed'.

ALCOHOL SHORESIDE POLICY

Please note that according to company regulations, only alcohol purchased on board MS Balmoral may be consumed on board. Any alcohol bought ashore will be placed in safekeeping by the Ship's Security Officers and returned at the end of the cruise.

ANTIBACTERIAL HAND CLEANSER

To assist with strict hygiene measures already implemented onboard, may we ask, each time you return to the vessel, that you please use the antibacterial hand cleanser provided at the gangway. This will reduce the possibility of unwanted viruses unintentionally being brought back onboard the Balmoral.

ONBOARD SMOKING POLICY

Smoking is only permitted on cabin balconies & on designated open deck areas: Deck 7 starboard side, Decks 8 & 9 Aft starboard side and Deck 11 starboard side outside Marquee Bar.

DECK CHAIRS AND SUN BEDS

For the comfort and consideration of all guests, please do not reserve deck chairs and sun beds with towels or personal belongings. If any Deck Chairs & Sun Beds are left unattended for 30 mins, or longer we reserve the right to take your personal belongings. For the comfort and consideration of all guests. Thank you.

JOGGING & WALKING NOTICE

For the comfort of all guests, please refrain from jogging or power walking around Decks 7 and Deck 11 between 1:00 am - 2:00 am. Thank you for your cooperation.

Events and Programming

Morning Activities

- 8:00 am Daily Quiz and yesterday's answers available on view.
 8:00 am Yoga Class. £5 charge per class
 8:45 am Pilates Class. £5 charge per class
 9:00 am *In Cabin Movie: "Definitely Maybe" **Rated PG13**
 Running Time: 112 minutes (next showing at 6pm & 3am)
 **Fun Bowls: Closest to the Jack wins.
 9:30 am Exercise to Music Class. £5 charge per class.
 9:30 am Wild Life Photographer - Speaker Nick Williams presents 'A Wonderful World' - Horses, Elephants, Hippos in Africa, Barn Owls in Lincolnshire, haunting music and much more.
 10:00 am Beginners Bridge - How to open the bidding - 'One no Trump' with Barbara and Teif
 10:00 am Craft Class - 'Painting a Silk Scarf' with Barbara Hill. (Repeat class at 1:45 pm) (There will be a nominal charge of £8 for the materials used during this class)
 10:45 am **Deck Quoits with your Cruise Staff.
 11:00 am Intermediate Bridge: 'Fourth Suit Forcing Hands' with Barbara and Teif
 11:00 am Morning Quiz Time - Join us for this morning's brainteasers.
 11:15 am **Oceans Cocktail Party** (Silver & Gold Members only)
 11:30 am Dolphin Racing - Come along for your £1 cash bets!
 11:45 am **Darts with your Cruise Staff. Aim for the bull to get on target.

Afternoon Activities

- 12:00 noon *In Cabin Movie: "Frozen" **Rated PG**
 Running Time: 102 minutes (next showing at 9pm)
 12:00 noon Lunchtime Melodies with David Mairs
 12:15 pm Piano Favourites with Clarolyn Maier
 12:15 pm **Nintendo Wii with your Cruise Staff - Ten Pin Bowling.
 1:45 pm **Golf Putting with your Cruise Staff. Meet on the green!
 1:45 pm Craft Class - 'Painting a Silk Scarf' with Barbara Hill (Repeated morning class) (There will be a nominal charge of £8 for the materials used during this class)
 2:00 pm The World of Pearls - Join Drew Pyper learn more about the mystery, beauty & value of precious pearls.
 2:00 pm Duplicate Bridge - Partners can be found with Barbara and Teif
 2:00 pm Line Dancing - Join us for some simple steps
 2:30 pm Gaming Tables Happy Hour
 2:30 pm RNLI Raffle Tickets for Sale: Come and support the RNLI. Sweepstakes at £1 per square charged to onboard accounts. Draw will be held at 4:00 pm in the Neptune Lounge.
 2:45 pm Birthstone Talk - Join our onboard Jeweller Cathrine Upton for fun and informative talk about birthstones
 3:00 pm Royal Air Force and Squadron Leader - Speaker Ross Priday presents 'The Best of British 3 years with the Red Arrows'
 3:00 pm CD Signing - Join Talon and have your new CD signed.
 3:00 pm *In Cabin Movie: "I Am Sam" **Rated PG13**
 Running Time: 113 minutes (next showing at Midnight & 6am)
 3:00 pm Hi-Tech Clinic - Come to our 'pop-in' clinic for personal basic help with your laptops, tablets and mobile phones. (until 3:45 pm)
 3:00 pm Hula Hoops Class. (free class)
 3:15 pm **Shuffleboard with your Cruise Staff.
 3:45 pm Afternoon Quiz: Join us for this afternoon's brainteasers.
 4:00 pm Happy Feet: Come to the Atlantis Spa for our natural marine mud foot soak only £15 per session (limited to 4 guests only)
 4:00 pm RNLI Raffle Draw: Come and see if you're a winner.
 4:15 pm Table Tennis enthusiasts meet your Cruise Staff at the table.
 4:15 pm Beginners Dance Class - 'Rumba' with your Dance Instructors Elaine & Philip and your Dance Hosts.
 4:30 pm Bingo Tickets!! £3 per main session book - 6 games (£15 for a book of 6). £1 per full house flyer. Will it rollover? (£5 for a 6 flyer strip) **(To be charged to onboard account)**
 4:45 pm Bingo Eyes Down!
 5:15 pm Stairway Challenge. (free class)

The Rosario String Trio

Morning Light Pub, D7
 5:30 pm - 6:15 pm & 7:15 pm - 8:00 pm
 Observatory Lounge, D11
 9:45 pm - 10:30 pm

David Mairs

Morning Light Pub, Deck 7
 8:00 pm - 9:30 pm & 11:30 pm - Late

Clarolyn Maier

Observatory Lounge, Deck 11
 5:30 pm - 6:15 pm
 7:45 pm - 8:30 pm & 10:45 pm - 11:30 pm
 Followed by Decades Disco in our

Late Night Lounge with our Resident DJ

Neptune Show Lounge Deck 7

CAPTAIN'S FAREWELL COCKTAIL PARTY

5:45 pm First Seating
 8:00 pm Second Seating

Captain Victor Stoica

Cordially invites all guests to his Farewell Cocktail Party. Captain Victor is pleased to greet all of you however, he and his staff shall refrain from shaking hands in order to provide the most effective sanitary measures.

Evening Showtime

9:00 pm for First Seating Guests
 (Doors open 8:45 pm)

10:45 pm for Second Seating Guests

Proudly Presents

The Balmoral Crew Show

"A heart - warming show presented by our warm - hearted crew"
 (Video recording of this show is permitted)

Followed by **Grand Gala Buffet** in the Ballindalloch Restaurant at
 11:15 pm

Lido Lounge Deck 8

7:15 pm - 7:45 pm

James Hadley

Host and Vocalist

Evening Cabaret

7:45 pm for Second Seating Guests
 10:45 pm for First Seating Guests

Proudly Presenting

Bethany Maerhouse

9:15 pm - 10:00 pm & 11:15 pm - late

4th Dimension

Tony, Louise, John & Matt

10:00 pm - 10:30 pm

David Mairs

Pub Entertainer

Morning Light Pub, Deck 7

10:00 pm

It's 'Films & Musicals' Quiz Time
 Join in this fun quiz with your Cruise Staff!
 (Maximum of 6 players per team)

Not to be Missed

Future Cruise Desk Deck 7 Atrium

Opens: 9:30 am - 10:15 am & 3:00 pm - 7:00 pm

POISON, MURDER, and MYSTERY cruise

Boudicca - 10th July 2015 - 16 Nights - Departs from Rosyth
New on sale today!

Fred Olsen is proud to introduce a unique experience, like which you have never seen or heard before. This is a special collaboration between Mr Fred Olsen Senior and her Grace, The Duchess of Northumberland. Imagine a cruise created around mystery, murder, poison, secrecy and suspense. With a carefully crafted line-up on entertainment never seen before, every day you're onboard will present something different, something new. One where, if you wish you can be directly involved in our mystery extravaganza, as it evolves. Let's not forget, you can enjoy the great adventure as it unfolds, while Boudicca leisurely cruises to Lisbon, Spain, the Canary Islands and finally, the UK.

This is special, very special - and not to be missed...your cabin awaits: Reserve your cabin if you dare!

For a limited time on this sailing, we are offering either Door to Door transport or onboard spend. Don't forget that this cruise is included in our fantastic offer, "Book 3 for the price of 2".

And your exclusive onboard discount is also combinable

Please see Emma at the Future Cruise Desk on deck 7 for more information about your next Fred Olsen Cruise!

Guest Relations Desk Deck 6 Midship

Opens: 10:00 am - 12 noon & 4:00 pm - 7:00 pm

Boutiques

Onboard Boutiques Deck 7
Opens: 9:00 am - 10:00 pm
Port Shop Deck 6
Opens: 9:00 am - 10:00 pm

Pearl Talk

Join Drew Pyper from 'Australian Opal Cutters & Pearl Divers' to learn more about the mystery, beauty & value of precious pearls.

Learn about the different types of pearls, the pearl culture industry and where the phrase 'Pearls of Wisdom' comes from amongst other tales. **Neptune Lounge, deck 7 at 2:00 pm**

To be followed by a free raffle for attendees & grand unveiling with exclusive discounts. Jewellery Shop, deck 7.

Perfume Party

Today on deck 7 is our Perfume Party where we showcase our range of Fragrances, Skin Care, Cosmetics and Beauty products. We have a wide range including Duo Packs and Travel Exclusives all of which we guarantee to be cheaper than ashore as part of our price match guarantee.

Birthstone Talk

What is your Birthstone? Discover some fascinating facts about your Birthstone with our onboard jeweller Cathrine Upton this fun and informative talk will take place in the

Lido Lounge, deck 8 at 2:45 pm

Free Atomiser

We have a wide selection of the latest Fragrances from the leading perfume houses for men and women as well as travel exclusives all available today at Tax and Duty Free prices, plus now buy any two fragrances and receive a free 'Travalo' Atomiser worth £10.40.

Our Sister Ships

Boudicca is at sea, en route to Cadiz, Spain
Braemar is in Tromsø, Norway
Black Watch is at sea, en route to Akureyri, Iceland

ATLANTIS Spa

Atlantis Spa & Fitness Centre

Deck 10 Forward

Spa Opens: 8:00 am - 8:00 pm

Fitness Centre: 6:00 am - 8:00 pm

Ext. 77

COLD MARINE FACIAL

Welcome to the Atlantis Spa. We invite you to enjoy a relaxing journey with Thalgo, the original marine spa and beauty brand.

Thalgo products are the result of over 40 years experience combining mineral & vitamin rich algae, plant extracts and essential oils. Today's treatment is the Cold Marine facial, a cooling, soothing facial especially designed for delicate and fragile skin prone to redness. The facial begins with a Discovery of the Sea, an invitation into the marine universe. This is followed with a deep cleanse and exfoliation to brighten and smooth the skin

60 min £60

LUXURY MANICURE

Have you neglected your hands with washing up and house work?

Often the skin on our hands ages quicker than our faces with exposure to the sun & wind. The treat they need is our Orly luxurious hand & lower arm treatment, improves the skin texture & tone leaving it super hydrated and silky smooth.

60 min £30

METABOLISM CONSULTATION

Includes a metabolic check and body composition analysis. Guidance on ways to cleanse and de-tox your body for health and longevity. Body Composition Analysis is a fast convenient way to determine a person's metabolic rate, lean weight, fat weight, water weight and ideal weight. It's 97% accurate and one of the best techniques available. 45 min £20

Photo Gallery

Deck 6 Midship

Opens: 9:00 am - 1:00 pm

FORMAL PORTRAITS

Why not take the opportunity to have a professional studio portrait taken while in your formal attire? These portraits make great gifts for family & friends. The photographers will be waiting for you on Deck 6 to take your formal portraits. No bookings necessary and no obligation to purchase!

First Seating 5:15 pm to 6:15 pm and
Second Seating 7:30 pm to 8:30 pm.

Gaming Tables

Lido Lounge Deck 8 Aft

Opens: 2:30 pm - 5:00 pm & 9:00 pm till Late

2:30 pm - 5:00 pm is "Happy Hour" on Black Jack & Roulette
(Players must be 18 years or over)

Cocktail of the Day: Black Watch Driver £4.30

Vodka, Orange Juice, Grenadine

Wines of the Day:

Pouilly-Fuisse 'Vieilles Vignes', Grand Vin de Bourgogne, France £26.40 (V)
Chateaufort-du-Pape Domaine de Fargueirrol, Rhone £32.75

Aperitif of the Day: Between the Sheet £4.80

Brandy, Cointreau, White Rum, Lemon Juice

After Dinner Coffee & Choco: Mexican Coffee £3.80

Kahlua, Hot Coffee, Whipped Cream

After Dinner Cocktail: Brandy Alexander £4.30

Courvoisier VS, Creme de Cacao Brown, Whipped Cream

Other Information

Opening Times

Bars

Under licensing laws alcohol will not be served to anybody under the age of 18 yrs. Parents are requested to supervise children in public lounges after 10:00 pm.

Observatory Lounge Bar, Deck 11:	11:00 am - 2:00 am
Marquee Pool Bar, Deck 11:	10:00 am - 6:30 pm
Lido Lounge Bar, Deck 8:	10:00 am - 1:00 am
Neptune Lounge Bar, Deck 7:	6:00 pm - 12:00 am
Morning Light Pub, Deck 7:	11:00 am - 1:00 am
Palms Café Bar, Deck 7:	10:00 am - 9:00 pm

Restaurants

Avon Restaurant, Deck 10 Starboard Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Spey Restaurant, Deck 10 Portside Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Ballindalloch Restaurant, Deck 6 Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Palms Café, Deck 7 Aft

Early Riser Coffee & Pastry

Breakfast:	open seating: 6:00 am - 7:00 am
Lunch:	open seating: 7:00 am - 9:30 am
Dinner:	open seating: 12:30 pm - 2:30 pm
	open seating: 6:00 pm - 9:00 pm

Other Public Areas and Services

Morning Coffee Service:	Palms Café 10:30 am - 11:30 am
Afternoon Coffee Service:	Palms Café, 3:30 pm - 4:30 pm
Grand Gala Buffet:	Ballindalloch, 11:15 pm
Self Service Tea & Coffee:	Palms Café, Available 24 hours

Personal Hygiene, Coughs & Colds

To assist with strict hygiene measures already implemented onboard, may we ask our guests to kindly ensure Personal Hygiene by washing hands for at least 20 seconds regularly and after using the Toilets, Coughing and or Sneezing. Also, please use the Anti Bacterial Hand Cleanser that is readily available around the vessel. These actions can prevent the spread of unwanted virus which can be easily spread to others when in a confined environment. Thank you for your attention and cooperation.

CATCH IT



BIN IT



KILL IT



Medical Centre - Deck 3, Forward

Opening Hours: 8:00 am - 10:00 am & 5:00 pm - 7:00 pm

Please note: There are no charges for Gastroenteritis Consultations. However, charges do apply for all other services from the Medical Centre and vary depending on the time seen. Prices are displayed outside the Medical Centre. Please call 75 for any medical Assistance.

Traditional Afternoon Tea

Available Today and on the 26th July from 3:30 pm - 4:30 pm. Try our exclusive 'White Glove Service' tea time with speciality loose teas served in the traditional way. Mini pastries and warm scones accompanied by marvellous views from the Observatory Lounge. There will be a nominal charge of just £6.95 per person for this premium event. Reservations are recommended and can be made at Reception.

Notices

POOLS & JACUZZIS

Please be advised that children under the age of 16 years old must be supervised at all times if using the pools. The Jacuzzis are not suitable for children under the age of 16; the increased temperature can be dangerous to a child's body.

RESERVED POOL TIMES

Please be advised from 3:00 pm - 4:00 pm, the Deck 11 Pool will be reserved for Junior Cruisers only (under 16's) and the Deck 7 Pool will be reserved for Adults only (over 16's)

POOLS & JACUZZIS

Opening & Closing hours for Pools & Jacuzzis:

Deck 7 - 7:00 am to 6:00 pm

Deck 11 - 7:00 am to 8:00 pm

DECK CHAIRS AND SUN BEDS

For the comfort and consideration of all guests, please do not reserve deck chairs and sun beds with towels or personal belongings. If any Deck Chairs & Sun Beds are left unattended for 30 mins, or longer we reserve the right to take your personal belongings. For the comfort and consideration of all guests. Thank you.

**DECK GAMES & DANCING CLASSES

For your own safety please wear sensible footwear when joining in any of the deck sports and Dancing Classes. All outside deck sports equipment is available for use at anytime throughout the day, but this will be at your own risk.

ONBOARD SMOKING POLICY

Smoking is only permitted on cabin balconies & on designated open deck areas: Deck 7 starboard side, Decks 8 & 9 Aft starboard side and Deck 11 starboard side outside Marquee Bar.

TAX FREE & CABIN SHOPPING

We have a wide variety of Duty Free Products (including Spirits and Cigarettes) available onboard. For your convenience, please ask your Cabin Stewardess or Reception about Cabin and Tax Free Shopping.

JOGGING & WALKING NOTICE

For the comfort of all guests, please refrain from jogging or power walking around Decks 7 and Deck 11 between 1:00 am - 8:00 am. Thank you for your cooperation.

Interim Statement of Account for All Disembarking Guests

Please note that we no longer deliver printed copies of Interim Statements to your cabin. You may check your cabin account details through FOI Interactive TV by pressing the menu button. Please contact Reception if you have questions about items on the interactive account. Your final statement will be delivered on the morning of Sunday, 27th July 2014

QUESTIONNAIRE FORM

A questionnaire form will be placed in your cabin. May we ask you to take a few moments to shade the appropriate boxes as to how you find our services in various departments. Your comments regarding our Staff who you feel deserve a special mention would be most appreciated. These can be placed in the comments section at the bottom of the back page. Thank you for your time.



THE DAILY TIMES

Balmoral - Saturday, 26th July 2014, St. Peter Port, Guernsey

Sunrise 5:35 am

Sunset 8:58 pm

Arrival & Sailing Times:

7:30 am: Balmoral anchors at St. Peter Port, Guernsey

4:15 pm: Last Tender from ashore

5:00 pm: Balmoral sails for Southampton, UK

Name of Port/Berth: Anchorage Port

Distance to Town Centre: Approx. 500 metres or 10 minutes walk from the tender drop/ off point to the town centre.

Currency: Pound Sterling (£)

Euro (€) is accepted in selected shops only.

Shopping: Main shopping area/street is the High Street - St. Peter Port. Shops are open from 9:00 am - 5:00 pm.

Tourist Information: Guernsey Tourist Bureau will be handing out local maps and information to all guests at the quayside.

Points of Interest: Victor Hugo House (Hauteville House), Candie Gardens, Guernsey Museum & Art Gallery, La Vallette Underground Military Museum, The Guernsey Tapestry (St James), Castle Cornet, Guernsey Aquarium, Little Chapel.

Ship's phone number: +44 800 028 5089

This is the official telephone number for Fred. Olsen Ships for guest use.

Agent's phone number: +44 7781 126022

Tours Desk Office - Deck 6 Midship

Opens: 6:00 pm - 7:00 pm

Miles, Claire and Maja hope you have a pleasant day today in St. Peter Port, Guernsey

Farewell But Not Goodbye!

Captain Victor Stoica, his Senior Officers, Staff & Crew, sincerely hope you have enjoyed your cruise onboard Balmoral & that we may have the pleasure of welcoming you back in the not too distant future

Important Notice for Disembarkation

The MS Balmoral is scheduled to dock **Sunday 27th July 2014** in Southampton at **Mayflower Cruise Terminal 106**. Friends and Relatives meeting disembarking guests may access the terminal via **Dock Gate 10**. Post Code **SO15 1HJ**

Traditional Afternoon Tea

Available Today, 26th July from 3:30 pm - 4:30 pm. Try our exclusive 'White Glove Service' tea time with speciality loose teas served in the traditional way. Mini pastries and warm scones accompanied by marvellous views from the Observatory Lounge. There will be a nominal charge of just £6.95 per person for this premium event. Reservations are recommended and can be made at Reception.

Tour Departures in St. Peter Port, Guernsey

Please assemble in the Neptune Lounge at the times stated below, then please check in for your tours with a staff member located on the stage. Please remain in the Neptune Lounge and only proceed to the gangway or coaches when your group is called. No announcements will be made for tour departures other than in the Neptune Lounge.

Tour B - Floral Guernsey

Assembly Time: 8:00 am

Tour AAM - Guernsey Island Tour

Assembly Time: 8:20 am

Tour H - Explore the Western Beaches by Bike

Assembly Time: 8:20 am

Tour E - The German Occupation

Assembly Time: 8:50 am

Tour C - Herm Island Tour

Assembly Time: 8:50 am

Tour D - RIB Adventure

Assembly Time: 9:30 am

Tour IAM - Island Discovery by Boat

Assembly Time: 9:30 am

Tour APM - Guernsey Island Tour

Assembly Time: 12:30 pm

Tour IPM - Island Discovery by Boat

Assembly Time: 1:30 pm

Tender Service Information

Last Tender from shore to ship - 4:15 pm

During the initial morning period Boarding Cards are required for travel to be granted. These will be available from **8:45 am** from the Art Gallery, Deck 6.

Once you have obtained your tender boarding card please remain in the comfort of the lounges until your group is called for boarding.

IMPORTANT: Please wear sensible footwear and take care to follow the instructions of the ships staff when boarding the launches.

All tenders are non - smoking.

Quote of the day: 'One way to get the most out of life is to look upon it as an adventure.'

Dress code for this evening will be: Smart Casual

Events and Programming

Morning Activities

8:00 am	Daily Quiz & yesterday's answers are available on view.	Library, D7
8:00 am	Tai Chi Class. £5 charge per class	Lido Lounge, D8
8:45 am	Walk A Mile - 4 laps is one mile. (free class)	Pool Area, D7
9:00 am	*In Cabin Movie: "Mr. Morgan's Last Love" Rated PG13 Running Time: 116 minutes (next showing at 6pm & 3am)	TV Channel 3
9:30 am	Solo Travellers Meeting Point- Meet in the Morning Light Pub to find someone to go ashore with.	Morning Light Pub, D7
9:30 am	Legs, Bums and Turns. (free class)	Fitness Centre, D10
10:00 am	**Fun Bowls: closest to the Jack wins.	Lido Lounge, D8
11:00 am	**Deck Quoits with your Cruise Staff.	Pool Area, D7
11:45 am	**Darts with your Cruise Staff. Aim for the bull to get on target.	Arts & Crafts Room, D3

Afternoon Activities

12:00noon	*In Cabin Movie: "The Lego Movie" Rated U Running Time: 100 minutes (next showing at 9pm)	TV Channel 3
2:00 pm	**Golf Putting with your Cruise Staff. Meet on the green!	Lido Lounge, D8
3:00 pm	*In Cabin Movie: "Winter's Tale" Rated PG13 Running Time: 118 minutes (next showing at Midnight & 6am)	TV Channel 3
3:00 pm	Exercise to Music Class. £5 charge per class	Fitness Centre, D10
3:00 pm	**Shuffleboard with your Cruise Staff.	Pool Area, D7
3:30 pm	Solo Travellers Coffee - Meet with your fellow guests & the Cruise Staff.	Palms Café, Stbd. side, D7
3:45 pm	Afternoon Quiz: Join us for this afternoon's brainteasers.	Lido Lounge, D8
4:00 pm	Happy Feet: Come to the Atlantis Spa for our natural marine mud foot soak to detoxify, re-mineralise and reduce swelling and pain, only £15 per session (limited to 6 guests only)	Atlantis Spa, D10
4:30 pm	Bingo Tickets!! £3 per main session book - 6 games (£15 for a book of 6), £1 per full house flyer. Will it rollover? (£5 for a 6 flyer strip) (To be charged to onboard account)	Lido Lounge, D8
4:45 pm	Bingo Eyes Down!	Lido Lounge, D8
5:00 pm	Prize Point Exchange: Exchange all those points you've won throughout the cruise (until 6:00 pm only)	Outside Neptune, D7
5:15 pm	Pilates Class. £5 charge per class	Fitness Centre, D10

The Rosario String Trio

Morning Light Pub, D7
5:30 pm - 6:15 pm & 7:15 pm - 8:00 pm
Observatory Lounge, D11
9:45 pm - 10:30 pm

David Mairs

Morning Light Pub, Deck 7
8:00 pm - 9:30 pm & 11:30 pm - Late

Clarolyn Maier

Observatory Lounge, Deck 11
5:30 pm - 6:15 pm
7:45 pm - 8:30 pm & 10:45 pm - 11:30 pm
Followed by Decades Disco in our

Late Night Lounge with our Resident DJ

Neptune Show Lounge Deck 7

(Please note change of showtimes)

8:00 pm Hosted Dancing
Join your Dance Instructor Elaine & Philip and your Dance Hosts on the dance floor to recorded melodies.

Evening Showtime

7:00 pm for Second Seating Guests

9:00 pm for First Seating Guests

The Balmoral Show Company

Proudly Presents

Magic of the Musicals

Tonight we have booked you a front row ticket in Theatre Land, with some of the best selections from some of the greatest time musicals

Featuring:
Daniel, Ben, Chris, Scott, Dan, Bethany, Amy, Katie & Megan

Enjoy music for dancing after shows

Lido Lounge, Deck 8

7:45 pm

An Evening at the Races

Place your £1 cash bets on the Dog Racing and try to scoop the jackpot.

10:30 pm

It's Karaoke Time!

Join your Cruise Staff as we invite you to 'give us a song'

Enjoy music for your dancing or listening pleasure from your

Resident Entertainers

9:15 pm - 10:00 pm & 11:15 pm - late

4th Dimension

Tony, Louise, John & Matt

10:00 pm - 10:30 pm

David Mairs

Pub Entertainer

Morning Light Pub, Deck 7

10:00 pm

It's 'Cruise' Quiz Time

Have you been paying attention this cruise?
(Maximum of 6 players per team)

Not to be Missed

Future Cruise Desk

Deck 7

Opens: 4:00 pm - 8:00 pm

Experience a Baltic Cruise with Fred. Olsen!

We can sail right into the heart of some of the Baltic's finest destinations, berthing so close that famous landmarks such as Copenhagen's statue of the Little Mermaid and the historic UNESCO-listed centre of medieval Riga are within walking distance.

Our cruises are timed so that you can experience some of the region's most exciting events, including the White Nights Festival in St. Petersburg, Copenhagen's Jazz Festival and the Fæder Regatta in Norway's capital, Oslo.

There's nowhere else quite the fascinating region of Northern Europe and Fred. Olsen's Norwegian heritage means we're right at home.

Don't forget that these cruises are included in our fantastic offer, "Book 3 for the price of 2".

Your exclusive onboard discount is also combinable....

There has never been a better time to book!!

Gaming Tables

Lido Lounge, Deck 8 Aft

9:00 pm till late

Guest Relations Desk

Deck 6 Midship

Opens: 9:00 am - 10:00 am & 5:00 pm - 7:00 pm

Photo Gallery

Deck 6 Midship

Opens: 9:00 am to 3:00 pm and 5:00 pm to 10:00 pm

Cruise Memories

Your pictures taken during formal night are displayed in the Photo Gallery on Deck 6 for your viewing and purchasing pleasure. It's your last chance to take all your cruise memories home with you. Due to limited space available for display, some events will be taken down, please inquire with one of the photo staff.

Pre-ordered DVD's will be ready for your collection after 8:00pm at the photo desk on Deck 6.

Sea Style Frames

Thinking of converting your Favourite cruise picture into a nice mounted frame? Come and Visit the photo gallery to see some ready samples. Great onboard prices and once the Frames are ready it will be mailed to your home address, no trouble of carrying it with you. Convert your favourite portrait into a choice of your frame and receive that portrait for FREE. Visit the photo gallery on Deck 6 to order your sea style frame today.

Our Sister Ships

Boudicca is in Cadiz, Spain

Braemar is in Honningsvåg, Norway

Black Watch is in Akureyri, Iceland



ATLANTIS Spa

Atlantis Spa & Fitness Centre

Deck 10 Forward

Spa Opens: 8:00 am - 8:00 pm

Fitness Centre: 6:00 am - 8:00 pm

Ext. 77

WANT TO GO HOME FEELING GREAT?

Come along to the Atlantis Spa for a day of relaxation & pampering. Forget about the packing for an hour & ease back into reality gently.....

SPA TASTER

Two treatments in one!

30 min back, neck & shoulders massage to relieve stress & tension,

30 min Purify express facial to re-hydrate,

Deep-cleanse and improve skin texture & tone.

£60.00 (Save £10) Book and receive today only

REJUVENATE YOUR HAIR

For today only receive a FREE conditioning treatment with any hair appointment booked in. Leave the Atlantis Spa with nourished, smooth and silky hair

Call ext 77 to make your appointment

FITNESS SPECIAL

Let our Fitness Instructor ease away aches and pains by pampering your feet and ankles, and reap the amazing benefits of Micronized Marine Algae or Natural Marine Mud. Highly effective for fluid retention and swollen ankles, arthritis and much more.

45 min - £25.00

Visit Atlantis Spa or Call ext 77 to make an appointment



Boutiques

Onboard Boutiques Deck 7 &

Port Shop Deck 6

Open: 9:00 am - 10:00 pm

Back By Popular Demand

Join us today on Deck 7 where we will be showcasing the most popular promotions from throughout your cruise providing you with another chance to treat yourself or buy some last minute gifts or souvenirs for your loved ones

Giftware

Today on Deck 7 we have a full selection of giftware available including Frames, Trinkets and Figurines, all of which make the perfect personal memento or as a gift for someone special.

Cocktail of the Day: Four Season £4.30

Vodka, Triple Sec, Pineapple Juice, Orange Juice, Passion Fruit Juice, Mango Juice & Grenadine

Wines of the Day:

Casa Silva Chardonnay, Gran Reserva Chile Colchagua Valley £18.40 (W)
Julio Bouchon Carmenere, Reserva Especial, Chile £19.20 (R)

Aperitif of the Day: White Lady £4.30

Gin, Cointreau, Lemon Juice

After Dinner Coffee & Choco: Choco Manhattan £4.25

Brandy, Grand Marnier, Hot Coffee, Whipped Cream

After Dinner Cocktail: Stinger £4.30

Courvoisier VS, Crème de Menthe White

Other Information

Opening Times

Bars

Under licensing laws alcohol will not be served to anybody under the age of 18 yrs. Parents are requested to supervise children in public lounges after 10:00 pm.

Observatory Lounge Bar, Deck 11:	11:00 am - 2:00 am
Marquee Pool Bar, Deck 11:	10:00 am - Midnight
Lido Lounge Bar, Deck 8:	10:00 am - 1:00 am
Neptune Lounge Bar, Deck 7:	6:00 pm - 12:00 am
Morning Light Pub, Deck 7:	11:00 am - 1:00 am
Palms Café Bar, Deck 7:	10:00 am - 9:00 pm

Restaurants

Avon Restaurant, Deck 10 Starboard Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	Closed
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Spey Restaurant, Deck 10 Portside Aft

Breakfast:	open seating: 8:00 am - 10:00 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Ballindalloch Restaurant, Deck 6 Aft

Breakfast:	open seating: 7:30 am - 9:30 am
Lunch:	open seating: 12:00 pm - 2:00 pm
Dinner:	1 st seating: 6:15 pm, 2 nd seating: 8:30 pm

Palms Café, Deck 7 Aft

Early Riser Coffee & Pastry	open seating: 6:00 am - 7:00 am
Breakfast:	open seating: 7:00 am - 9:30 am
Lunch:	open seating: 12:30 pm - 2:30 pm
Dinner:	open seating: 6:00 pm - 9:00 pm

Breakfast in Southampton

Breakfast in Southampton, tomorrow 27th July will be served from 6:30 am until 8:30 am in the Palms Café, Ballindalloch, Avon and Spey Restaurants.

Other Public Areas and Services

Morning Coffee Service:	Palms Café 10:30 am - 11:30 am
Afternoon Coffee Service:	Palms Café, 3:30 pm - 4:30 pm
Supper Club: 'Chicken Roti'	Palms Café, 11:00 pm - Midnight
Self Service Tea & Coffee:	Palms Café, Available 24 hours

Personal Hygiene, Coughs & Colds

To assist with strict hygiene measures already implemented onboard, may we ask our guests to kindly ensure Personal Hygiene by washing hands for at least 20 seconds regularly and after using the Toilets, Coughing and or Sneezing. Also, please use the Anti Bacterial Hand Cleanser that is readily available around the vessel. These actions can prevent the spread of unwanted virus which can be easily spread to others when in a confined environment. Thank you for your attention and cooperation.

CATCH IT



BIN IT



KILL IT



Medical Centre - Deck 3, Forward

Opening Hours: 8:00 am - 10:00 am & 5:00 pm - 7:00 pm

Please note: There are no charges for Gastroenteritis Consultations. However, charges do apply for all other services from the Medical Centre and vary depending on the time seen. Prices are displayed outside the Medical Centre. Please call 75 for any medical Assistance.

Notices

POOLS & JACUZZIS

Please be advised that children under the age of 16 years old must be supervised at all times if using the pools. The Jacuzzis are not suitable for children under the age of 16; the increased temperature can be dangerous to a child's body.

RESERVED POOL TIMES

Please be advised from 3:00 pm - 4:00 pm, the Deck 11 Pool will be reserved for Junior Cruisers only (under 16's) and the Deck 7 Pool will be reserved for Adults only (over 16's)

POOLS & JACUZZIS

Opening & Closing hours for Pools & Jacuzzis:

Deck 7 - 7:00 am to 6:00 pm

Deck 11 - 7:00 am to 8:00 pm

PLEASE BE SAFETY CONSCIOUS

When venturing ashore, please consider going in groups, keep to the tourist areas and do not walk in the back streets. We strongly recommend that you remove all jewellery whenever practically possible and keep all wallets and purses close to your person. We do not wish to cause unnecessary concern but believe that 'Forewarned is Forearmed'.

ALCOHOL SHORESIDE POLICY

Please note that according to company regulations, only alcohol purchased on board MS Balmoral may be consumed on board. Any alcohol bought ashore will be placed in safekeeping by the Ship's Security Officers and returned at the end of the cruise.

ANTIBACTERIAL HAND CLEANSER

To assist with strict hygiene measures already implemented onboard, may we ask, each time you return to the vessel, that you please use the antibacterial hand cleanser provided at the gangway. This will reduce the possibility of unwanted viruses unintentionally being brought back onboard the Balmoral.

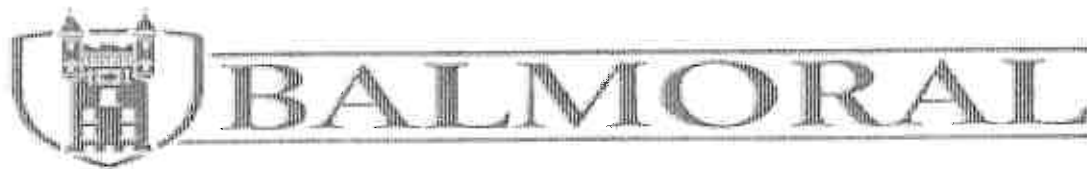
IMPORTANT DUTY FREE NOTICE

Duty Free Allowances must be strictly adhered to when entering the UK and leaving the Balmoral in the Port of Southampton. It is the individual's responsibility to adhere to the legal limits. Therefore we would like to advise that according to The UK Border Agency, you can only bring into the UK the following items without paying Duty and/or Tax

- 1 x litre of Spirits or Strong Liqueurs (over 22% volume) (or) 2litres of Fortified Wine (less than 22% volume)
- 4 x Litres of Still Wine - 200 Cigarettes (or) 100 Cigarillos (or) 50 Cigars (or) 250g Tobacco. Most Travellers can bring in other goods into the UK worth up to £390.00 (e.g. Perfume and Electrical Goods) without paying Duty and / or Tax in the UK.

QUESTIONNAIRE FORM

A questionnaire form has been placed in your cabin. May we ask you to take a few moments to shade the appropriate boxes as to how you find our services in various departments. Your comments regarding our Staff who you feel deserve a special mention would be most appreciated. These can be placed in the comments section at the bottom of the back page. Thank you for your time.



"Junior & Teen Cruisers"

Dear Parent and Guardian,

On behalf of Fred. Olsen Cruise Lines, we would like to welcome you on board the Balmoral.

For the enjoyment of your cruise, we have arranged a programme of activities for our Junior and Teen cruisers carried out under the supervision of our children's Hosts Tamisha, Sara, Gaby and Natalie.

The best part of any holiday is having fun and making new friends, we'd like to start by having a gathering for parents, guardians and children this evening, **Sunday 20th July at 7:45 pm** in the **Arts & Crafts Room, Deck 3**. There will be complimentary soft drinks and it will also give you a chance for you to meet the 'Junior & Teen Cruiser Team', they will talk you through the club procedures of signing in and out and also what happens in an emergency.

Each evening you will find a program of activities on your door for the following day ahead.

To ensure the cruise is as enjoyable as possible for all on board we kindly ask that the below points are made note of:

- ♦ Please walk, never run in all public areas.
- ♦ Hold onto available handrails wherever possible and keep one hand free at all times.
- ♦ Be aware of raised sills and sprung doors.
- ♦ Children are not allowed to use the lifts, unless accompanied by an adult.
- ♦ Children under the age of 16 years old must be supervised at all times if using the pools.
- ♦ No diving or jumping into the swimming pools.
- ♦ The Jacuzzis are not suitable for children under the age of 16; the increased temperature can be dangerous to a child's body.
- ♦ No crew member is responsible for the supervision of children outside of the club hours.
- ♦ Children under the age of 5 years must be accompanied by a parent or guardian at all times.
- ♦ Bingo- if under the age of 16, then an adult must also be present and claim any monies won.

We kindly request parents or guardians to show consideration to other guests by supervising their children at all times, unless attending the organised activities.

Important: Please be advised that children are not permitted to use the public lounges after 10:00pm, unless under supervision.

As with all licensing laws, alcohol will not be served to anybody under the age of 18. Nor will any child under the age of 18 be allowed to sit at the bars.

Please also note that the Golf and Darts Equipment available at Reception is strictly for adults/guests aged 16 years and above. Gambling Laws must be obeyed onboard, therefore the Casino Tables are strictly prohibited.

Both onboard swimming pools will be reserved at allocated times of the day for the enjoyment of our Junior & Teen Cruisers on board. There will also be an allocated time for adults only, for the comfort of all, we kindly ask Parents, Guardians and Children alike to ensure this pool schedule is adhered to. Please read your 'Daily Times' for timings.

We thank you in advance for your co-operation.

Ashley Bolton Burrows
Cruise Director
M/S Balmoral