



THANK YOU FOR THE 70s

A dynamic live music event

HORIZON

Tuesday 2 May 2023

Sunrise: 7.25am - Sunset: 9.36pm | Weather: Partly cloudy | Temp: 26°C

Tonight's dress code:

Evening Casual

Smart dark denim or trousers and a nice top, open-neck shirts, skirts and dresses (but no tracksuits, football shirts or trainers please).



Welcome to La Coruna

Arrival: 9.00am

All aboard: 4.30pm



The name of La Coruna's cruise dock - Transatlantic Quay - reflects its location on the northwestern tip of the Iberian Peninsula making it - you might be surprised to learn - the closest European port to New York. It is a charming mixture of old town and new town also with a couple of beaches along the two-mile stretch of coastline it overlooks. The colonnaded Maria Pita Square is at the heart of the old town, with many shops, bars and restaurants all around. There are various fascinating museums including the interactive House of Mankind plus an aquarium and planetarium.

Currency: € Euro

Euro for your purchases whilst ashore are on sale at Reception. Please note, we cannot accept foreign coins and 500 Euro notes.

Concierge Postage Rate

Please see Reception to post any mail today which will be charged to your on-board account. Last post leaves the ship two hours before departure.

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

Rubine E Hijos, S.L - La Coruna
Port Agents/P&I Correspondents Muelle de La Palloza 1 15006 La Coruna
Email:operations@rubine.net
Tel: +34 (0) 981173217 - 24hrs

European Emergency Number

112 is the European emergency number, available free of charge, 24/7, anywhere in the European Union.

Top-To-Toe Spa Special

Indulge yourself from head to toe for 75 glorious minutes with all of these treatments for only £109: Swedish Body Massage, Foot and Ankle Massage, Neck and Shoulder Massage, Hand and Arm Massage, and a Brightening Eye Collagen Treatment. Call 7070 to book or visit the Spa.

8.00am-6.00pm Oasis Spa (Deck 6) Forward



20% Off Selected Skincare Products

We all love a beauty bargain especially when it's on a well-known skincare brand. Why not pop into the beauty shop to see which skincare brands have 20% off. Stock up today with this special offer.

30 Minutes After Sailing-11.00pm
Fragrance & Beauty Boutique (Deck 7) Midship



ODY·C - Let The Odyssey Begin

Come with us on a captivating journey through the world of pop music as the human voice meets electronic drums. Join ODY·C, an international vocal group founded upon friendship, as they perform an array of reimagined covers of classics and modern hits like you've never heard before.

6.45pm, 8.30pm & 10.30pm
Headliners Theatre (Decks 6 & 7) Forward



PLAY

It's time to press PLAY on an explosive show that will embrace not only the upbeat music but the styles of choreography and stage experiences of some of the biggest artists in the world. Think Superbowl Half Time show meets O2 Arena! Strobe lighting and atmospheric effects will be used during this performance.

7.30pm & 9.00pm SkyDome (Decks 16 & 17) Midship



Thank You For The 70s With Party Band, PULSE

Remember hot pants, platforms and big hair dancing to ABBA and the Bee Gees? We're bringing back the bold brilliance of the 70s with DJ sets and live music from party band, PULSE.

PULSE will be performing at 8.00pm, 9.30pm & 11.00pm.

8.00pm-11.45pm The Club House (Deck 8) Aft



Any event containing this symbol should be booked via My Holiday or by dialling 7070.



The Chef's Table

Don your finery for an exclusive evening of fine dining.

On Celebration Night, The Chef's Table celebrates British and regional cuisines with a unique menu created by Marco Pierre White and wine selected by Olly Smith.

Book via My Holiday.

3 & 12 May
6.00pm & 8.30pm
The Beach House
(Deck 16) Aft

Explore Ashore...

Going on a Shore Experience?

Here's some handy hints to make it a little easier:

- On arrival in port, please don't head to the gangways until after the 'Welcome' announcement has been made from the bridge.
- The gangway locations are shown on the digital screens positioned at all guest staircases.
- Please meet on the quayside for your tour 15 minutes before the departure time.
- Once ashore, the team, holding signs that say Arvia Shore Experiences, will be available to guide you.
- Have your cruise cards & tour tickets handy as you head to the gangway.
- Please note that tours cannot be held for latecomers and the last bus will leave at the departure time noted on your ticket.

From 7.00am

7.00am – MORNING STRETCH

Enjoy a free fitness class with our Personal Trainer.
Oasis Gym (Deck 5) Forward

8.00am – YOGA

A fantastic entry level class to help you stretch, de-stress and relax during your cruise. (A nominal fee applies for this class)
Oasis Gym (Deck 5) Forward

9.00am – SOLO TRAVELLERS MEETING POINT

Guests wishing to meet with other guests to go ashore in today's port should meet at this time.
Amber Lounge (Deck 6) Midship

9.15am – LINE DANCING

Try something fun and different today with a lively line dancing class. All ages and abilities welcome. (Suitable footwear should be worn)
The Limelight Club (Deck 6) Forward

10.00am – THEME QUIZ - TRAVEL

Join one of the Entertainment Team as they test your knowledge in today's themed challenge.
Brodie's (Deck 7) Forward

10.15am – FITSTEPS

A dance fitness class put together by Strictly Dancers Ian Waite and Natalie Lowe. A mix of graceful ballroom and upbeat Latin dance steps in a fun routine to keep you fit. No partner required. Suitable footwear should be worn.
The Limelight Club (Deck 6) Forward

10.30am – SPORTS HUB

Book all your deck games and sporting equipment: Shuffleboard, Deck Quoits, Table Tennis and many more. (Weather permitting)
The Sports Hub (Deck 17) Aft, Starboard Side

11.30am – KILLER POOL

Join one of your Entertainment Team for this classic pub game.
Brodie's (Deck 7) Forward

12.15pm – ARCHERY

Join the Entertainment Team for a fun and exciting Archery Session for those budding Robin Hoods and Maid Marians. This session has limited spaces. Please book your slot at the Sports Hub (Deck 17) before Noon to take part. (Suitable footwear must be worn)
Altitude Sports Arena (Deck 19) Aft

1.00pm – FRIENDS OF BILL W GET-TOGETHER

Join your fellow guests in this informal un-hosted get-together.
The Crow's Nest (Deck 17) Forward, Port Side

1.30pm-5.00pm – SPORTS HUB

See 10.30am for details.

The Sports Hub (Deck 17) Aft, Starboard Side

2.00pm – INTERACTIVE KARTING

Fun in Brodie's today, as we find out who will be victorious in this interactive karting game!
Brodie's (Deck 7) Forward

2.00pm – SHUFFLEBOARD

A classic and friendly game of shuffleboard. Meet one of the Entertainment Team at the Sports Hub to take part. (Suitable footwear should be worn)
The Sports Hub (Deck 17) Aft, Starboard Side

From 2.00pm

2.00pm – REFLEXOLOGY FOR ALL CONCERNS

Join our Reflexology Specialist for this free session to learn about the benefits of this ancient technique, which aids relaxation and can ease aches and pains.
Oasis Spa (Deck 6) Forward

3.00pm – PORT DAY QUIZ

Are you enjoying a relaxing day on board? Why not join a member of your Entertainment Team to see how many answers you know in today's fun quiz.
Brodie's (Deck 7) Forward

4.00pm – BODY SCULPT BOOT CAMP

Join our Personal Trainers as they take you through a Body Sculpt program designed to help you enjoy your holiday to the max, keeping those pounds off whilst allowing you some guilt-free indulgence on board. (A nominal fee applies for this class)
Oasis Gym (Deck 5) Forward

4.00pm – MEET YOUR MEDI-SPA PHYSICIAN

Meet your on-board Medi-Spa Physician, Dr Luis. Learn about how we can help you look your absolute best with the latest in skin rejuvenation treatments. Consultations are free.
The 710 Club (Deck 6) Midship

4.00pm – TABLE TENNIS

A classic and friendly game of Table Tennis. Meet one of the Entertainment Team at the Sports Hub to take part. (Suitable footwear should be worn)
The Sports Hub (Deck 17) Aft, Starboard Side

4.00pm-4.30pm – MUSIC CAFÉ

Join one of the Entertainment Team for some great music on deck whilst we get ready for our sail away from La Coruna. Find yourself a good spot, grab a cocktail and enjoy the music as we prepare to set sail in style.
SkyDome (Decks 16 & 17) Midship

4.30pm – PARTY SAILAWAY

See back page for details.
SkyDome (Decks 16 & 17) Midship

5.00pm – EVENING STRETCH

Enjoy a free fitness class with our Personal Trainer.
Oasis Gym (Deck 5) Forward

5.00pm – LGBTQ+ GET TOGETHER

A chance to meet your fellow LGBTQ+ guests in this un-hosted get-together.
The Crow's Nest (Deck 17) Forward, Port Side

5.00pm-5.45pm – COCKTAIL PIANIST - GABRIEL

Relax to the soothing sounds of Gabriel at the piano.
Amber Lounge (Deck 6) Midship

5.30pm – INDIVIDUAL QUIZ

Join a member of your Entertainment Team for today's 20 teasers in the only quiz that requires you to play solo.
Brodie's (Deck 7) Forward

5.30pm – WALK IN COMFORT WITH GOOD FEET

Join our Foot Specialist at this free seminar and learn what Good Feet can do for you! A free footprint analysis for all who attend.
Oasis Gym (Deck 5) Forward

6.00pm-10.00pm – PHOTO OF THE DAY: RED BACKDROP

See back page for details.
Grand Atrium (Deck 6) Midship

6.15pm-7.00pm – COCKTAIL PIANIST - GABRIEL

Sit back, relax and enjoy some all-time musical favourites.
Amber Lounge (Deck 6) Midship

6.30pm – EYEWEAR MASTERCLASS

Join us for a fun filled event as we explore the background and history of the brands we carry on board. Explore the various shapes of eyewear and how they may suit different face shapes. Get tips regarding frames, lens colour, polarity and UV protection.
Men's Fashion (Deck 7) Midship

6.30pm – PANDORA BRILLIANCE TALK

Our Pandora Brilliance collection features sustainably lab-created diamonds. These stones are physically, chemically, and optically identical to their mined counterparts but they are created above ground. They are a remarkable example of how innovation can replicate nature's process and do so in a sustainable way.
Pandora Brilliance (Deck 7) Atrium

6.45pm – ODY • C - LET THE ODYSSEY BEGIN

See front page for details.
Headliners Theatre (Decks 6 & 7) Forward



From 7.00pm



7.00pm – MIKIMOTTO TALK

Kokichi Mikimoto wasn't just an inventor, he was a master marketer. He created stylish Art Deco-inspired jewellery designs for his pearls. Join us as we explore the history of this iconic jewellery brand.

Fine Jewellery Boutique (Deck 7) Midship

7.00pm – THE 710 CLUB - ERIN COLLINS

Our resident Busker takes to the stage this evening with live acoustic guitar in the exclusive 710 Club. 

Spaces in The 710 Club are limited. Please book in advance using My Holiday. Make sure you arrive before the performance begins to guarantee your booking - as seating is first come, first served. The doors will open half an hour before the performance starts, so order a drink and enjoy the live music experience.

The 710 Club (Deck 6) Midship

7.15pm-8.00pm – COCKTAIL PIANIST - GABRIEL

Enjoy a tippie and a tune.

Amber Lounge (Deck 6) Midship

7.30pm – PLAY

See front page for details.

SkyDome (Decks 16 & 17) Midship

7.30pm-10.00pm – £5,000 MEGA-JACKPOT BINGO TICKETS PRE-SALE

Buy your Bingo tickets tonight and get 3 extra chances free to win the Mega-Jackpot on tomorrow's Bingo when you purchase 'Canoe for Two' or 'Dive Right In' packages. Additionally, purchasing 'Canoe for Two' will get you a free £2 Scratch Card. Avoid the queues and get your tickets early.

Casino (Deck 7) Forward

8.00pm – BRODIE'S CHALLENGE

A pre-dinner or pre-show quiz with the Entertainment Team to get you ready for this evening's events.

Brodie's (Deck 7) Forward

8.00pm-11.45pm – THANK YOU FOR THE 70S WITH PARTY BAND, PULSE

See front page for details.

The Club House (Deck 8) Aft

8.15pm-8.45pm – COCKTAIL PIANIST - GABRIEL

Music at the heart of the ship.

Amber Lounge (Deck 6) Midship

8.30pm – WELCOME TO THE WORLD OF KALLATI

See back page for details.

Fine Jewellery Boutique (Deck 7) Midship

8.30pm – THREE STEPS OF CLINIQUE

Clinique is famous for being the first in creating dermatologist-tested products which means they are thinking about us and our sensitive skin. The products are simple and effective. Join us on our talk today and learn which type of three steps would work best for you and your skin type.

Skincare & Beauty Boutique (Deck 7) Midship

8.30pm – ODY • C -LET THE ODYSSEY BEGIN

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward 

8.45pm – THE 710 CLUB - ERIN COLLINS

See 7.00pm for details.

The 710 Club (Deck 6) Midship 

9.00pm – PLAY

See front page for details.

SkyDome (Decks 16 & 17) Midship

9.00pm – LIVE PREMIER LEAGUE FOOTBALL

See back page for details.

Brodie's (Deck 7) Forward

9.00pm-9.30pm – SEDUCTIVE SPANISH SOUNDS

Sit back and relax with an evening tippie and the very best of Spanish music. If you close your eyes, you could almost believe you're there...

Amber Lounge (Deck 6) Midship

9.00pm-10.30pm – £1,000 CASINO WINNERS' WHEEL

See back page for details.

Casino (Deck 7) Forward

9.15pm-10.00pm – PIANO VOCALIST - ELENA SAFONOVA

Music at the top of the ship with Elena Safonova.

The Crow's Nest (Deck 17) Forward

9.45pm-10.15pm – SEDUCTIVE SPANISH SOUNDS

See 9.00pm for details.

Amber Lounge (Deck 6) Midship

From 10.15pm



10.15pm-11.00pm – PIANO VOCALIST - ELENA SAFONOVA

Elena Safonova is back at the piano with more of your favourites.

The Crow's Nest (Deck 17) Forward

10.30pm – ODY • C -LET THE ODYSSEY BEGIN

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward 

10.30pm – THE 710 CLUB - ERIN COLLINS

See 7.00pm for details.

The 710 Club (Deck 6) Midship

10.30pm-11.00pm – THE LIMELIGHTS

As we unlock the doors for late night Limelight, join our amazing band as they change up the atmosphere with live music to boost your energy. No bookings are required.

The Limelight Club (Deck 6) Forward

10.30pm-11.00pm – SEDUCTIVE SPANISH SOUNDS

See 9.00pm for details.

Amber Lounge (Deck 6) Midship

11.15pm-Midnight – PIANO VOCALIST - ELENA SAFONOVA

Late night music with Elena Safonova.

The Crow's Nest (Deck 17) Forward

11.15pm-Midnight – THE LIMELIGHTS

See 10.30pm for details.

The Limelight Club (Deck 6) Forward

11.45pm-Late – LATE NIGHT AT THE CLUB HOUSE

After an evening of entertainment the lights turn down and the fun continues into tomorrow. Let the late night DJ rock you as you step into The Club House after-hours party.

The Club House (Deck 8) Aft

12.15am – THE 710 CLUB - ERIN COLLINS

See 7.00pm for details.

The 710 Club (Deck 6) Midship 



Booking your space is necessary via My Holiday or by dialling 7070.

Showing Today At Ocean Studios



Black Panther: Wakanda Forever

Studio 2 - 9.00am, Noon, 3.00pm, 6.00pm & 9.00pm

Starring: Letitia Wright, Lupita Nyong'o, Danai Gurira

Rated: 12A

Run Time: 161 minutes

The people of Wakanda fight to protect their home from intervening world powers as they mourn the death of King T'Challa.



Banshees Of Inisherin

Studio 2 - 9.15am, 12.15pm, 3.15pm, 6.15pm & 9.15pm

Starring: Colin Farrell, Brendan Gleeson, Kerry Condon

Rated: 15

Run Time: 114 Minutes

Two lifelong friends find themselves at an impasse when one abruptly ends their relationship, with alarming consequences for both of them.



Ron's Gone Wrong

Studio 3 - 10.30am, 2.30pm, 5.30pm & 8.30pm

Starring: Jack Dylan Grazer (voice), Zach Galifianakis (voice), Ed Helms (voice)

Rated: PG

Run Time: 107 minutes

The story of Barney, an awkward middle-schooler and Ron, his new walking, talking, digitally-connected device. Ron's malfunctions set against the backdrop of the social media age launch them on a journey to learn about true friendship.



See Norway your way in summer 2025



To find out more, speak to your Loyalty and Cruise Sales team today

Low deposit option available^o

PLUS

Extra on-board spending money[~]

^o T&Cs apply

Shipboard Information

Passports Ashore

Is it a local requirement to take my passport ashore today: **No**

Ship's Security Notice

In order to prevent unauthorised persons boarding the ship, you are required to carry your "Cruise Card" with you when going ashore. You will be asked to produce this at the gangway when you leave and return to the ship. Be aware that we have established a secure area around the vessel and our security procedures require that you must be prepared to show your cruise card when entering this area, in addition to showing it to the security staff at the gangway when leaving or boarding the ship. We kindly ask you not to accept and bring on board any parcels or packages from strangers. Before boarding the ship, you may also be asked by our Security Staff to open parcels or handbags which you are carrying. We are sure that you will appreciate that this security is in the best interest of all concerned.

Going Ashore in Spain

Whilst the majority of COVID protocols have been lifted by the Spanish authorities, masks are still required to be worn when in hospitals and pharmacies.

Spanish Tax

Please note that when we call into ports in mainland Spain and Spanish waters, select dining cover charges and all items purchased from the bars whilst we are in port, including wine with meals and room service beverages will be subject to Spanish value added tax at the rate of 10%. Our prices are displayed exclusive of this tax which will be charged in addition and will be.

Dietary Requirements

We have a great selection of menus on board but we are that you may have specific dietary requirements. Our Head Waiters are available to assist you. The dishes from the main menu can be adapted to suit your needs and preferences in the main dining restaurants, Meridian and Zenith. Similarly, whilst dining in the Horizon our knowledgeable Head Waiters, Buffet Stewards or Chefs will be happy to explain the ingredients used in each dish.

Interactive Wayfinders

On board Arvia you will find interactive touch screens to help you navigate the ship in all lift lobbies, which is a P&O Cruises fleet first. However please be advised the rest of the digital signage around the ship is not touch responsive. Also to help guide you to the gangways on port days, the interactive touch screens will show non-interactive content until we leave port.

Coming Soon: Banksy Unveiling

Join us to view a curated collection of street art from world renowned names but at the heart of it all is our very own Banksy. Set to be unveiled to the ship. This is an exhibition like no other at sea. Visit us to hear more and learn how you can be one of the first to experience and preview the collection.

8.00pm-10.00pm

Whitewall Art Gallery (Deck 6) Forward



Ladies' Spa Night

Join us for a social gathering to learn how to exfoliate your body, how to take care of your skin and how to take care of your hair whilst relaxing in our beautiful Thermal Suite, with the use of our ELEMIS Lime and Ginger, Facial products and Frangipani Oil. Free taster massage to all guest who attend two hour event for only £59.

7.00pm-9.00pm Oasis Spa (Deck 6) Forward



Party Sailaway

Entertainment Manager Emma Alexander and the Entertainment Team invite you to join them around the pool for some fun party dances as we sail out from La Coruna. Enjoy a cocktail and join in the fun.

4.30pm SkyDome (Decks 16 & 17) Midship



Live Premier League Football

Come along and enjoy coverage of today's live Premier League football: Arsenal V Chelsea (Satellite reception permitting. Match is subject to change by provider)

9.00pm Brodie's (Deck 7) Forward



Try Somewhere New For Dinner At No Extra Charge

6th Street Diner

Offers great music, ice cold cocktails and delicious soul food... all served up with some good ol' American style hospitality.

The Olive Grove

Pull up a chair and take your pick from the region's iconic favourites, from Greek mezze to Moroccan lamb tagine.

5.30pm-9.30pm

6th Street Diner & The Olive Grove (Deck 6) Aft



Fine Dining At The Epicurean

Marvel as each exquisite dish, inspired by classic British ingredients and given a modern twist by expert chefs, is presented at your table. The experience is complete with fine wines, flawless service, elegant surroundings and stunning ocean views. Visit My Holiday or call 7070 to book. Charges apply

6.00pm-9.30pm Epicurean (Deck 17) Forward



Be Dazzled Where Innovation Meets Exploration

Witness dramatic scenery, sail through enchanting mountains and sapphire-blue fjords. From skiing to kayaking, geothermal pools to glaciers, it's a world of Nordic delights. Join Iona for 7 nights in May 2024 from £999pp, and we'll give you up to £100 extra on-board spending money per cabin to use too. T&Cs apply.

8.00am-11.00am & 4.00pm-8.00pm

Loyalty & Cruise Sales (Deck 7) Aft



Welcome To The World Of Kallati Jewellery

Discover the amazing story behind our premier jewellery brand. Learn about the Kallati families rich heritage, the story behind the collections, and the outstanding quality that sets this family-owned jewellery brand apart. Free gift for all those who attend the seminar.

8.30pm Fine Jewellery Boutique (Deck 7) Midship



Photo of the Day: Red Backdrop

Tonight's portrait is the best opportunity to have an intimate family photo or update your headshot with our Beauty Studio.

6.00pm-10.00pm Grand Atrium (Deck 6) Midship



Win Up To £1,000 With The Casino Winners' Wheel

Life's a wheel of fortune, and it's your turn to spin it. Purchase a ticket, spin the wheel and you will win whatever it lands on. If you can make it to the centre wheel, you could be in with a chance of winning £1,000

9.00pm-10.30pm Casino (Deck 7) Forward



Ceremonies at Sea

For the classic romantics...
renew your vows on the
open ocean

Speak to Reception for more
information and to book your
beautiful Ceremony at Sea
conducted by the Captain.

