

Freestyle DAILY



7-Night Hawaii Cruise
Thursday, October 14th, 2004
Kona, Hawaii

Sunrise 6:18M
Sunset 6:01PM
Suggested Attire: Semi-Formal

TODAY'S TOP ACTIVITIES

7:00AM TENDER TICKET DISTRIBUTION

We will utilize a tender ticket service during the initial, early-morning rush. **FOR ALL GUESTS NOT ON TOUR**, please pick up a going ashore tender ticket. Once you pick up your tender ticket, wait in any public lounge until you hear your ticket number called. **The last tender will leave the pier at 5:30pm this afternoon.** Atrium Bar, Deck 7, Mid

7:00AM WELCOME TO KONA

Guests on a Shore Excursion tour, please refer to your tour ticket for the meeting time and location. **All guests must carry their Pride of Aloha guest Key Card and a photo I.D. ashore.** Alcohol brought in will be held in bond until the final night of the cruise. Due to Hawaiian Agriculture Regulations, no prepared food, fruit, or nuts in an unsealed container are allowed back onboard.

7:00AM-10:00AM & 6:00PM-9:00PM SHORE EXCURSION DESK

Still not sure what to do today in Kona? Come by and see your Shore Excursion Team! Be sure to have your tickets with you. Shore excursion staff are available at the meeting locations. Aloha Atrium, Deck 5, Mid

8:00AM-11:00AM & 6:00PM-11:00PM GALLERIA GIFT SHOPS

Go to Tomorrow Nights Luau in STYLE! Save 20% on your next purchase of Tommy Bahama. Shop the leading designer of Resort Casual wear and **SAVE!!!** Galleria Gift Shop, Deck 7, Mid

8:00AM-10:00PM MANDARA SPA

Kona Coffee Scrub and Rub Ritual Originating in Bali, this treatment uses a blend of finely ground Kona Coffee and emollients. This scrub will refine the skin and elevate your mood! Savor the intoxicating aroma and enjoy the revitalizing effect of this treatment. It's truly a coffee lovers paradise. 25 minute exfoliating scrub / 25 minute back, neck and shoulder massage \$99.

Mandara Spa, Deck 11, Fwd

6:00PM & 9:00PM CLOSE-UP MAGIC SHOW

NCLA is proud to present *Scott Alexander* in this **SPECIAL** Close-Up Magic event. Learn tricks to take home to your friends!

Blue Hawaii, Deck 6, Mid

7:00PM (6:15 PREVIEW) MAXIMUM MAX ART AUCTION

Come see why Peter Max is called America's "Painter Laureate". Our entire collection of Peter Max will be on display and more than 150 other works of art including Kinkade, Norman Rockwell, Otto Aguiar, Hua Chen and Tarkay. Over 5,000 of **FREE ART** will be given away at this auction!

Blue Hawaii, Deck 6, Mid

8:00PM & 9:45PM SEA LEGS CIRQUE!

NCL America is proud to present "Sea Legs Cirque" featuring The Jean-Ann Ryan Company. Flash photography, Audio and Video recording of the show are prohibited. We respectfully request that Guests do not reserve seats. Stay after the show for a special "thank you" from the Officers, Staff and Crew of the *Pride of Aloha*.

Stardust Lounge, Decks 6 & 7, Aft

11:00PM BLUE HAWAII SOCK HOP

Join your *Cruise Director's Staff* as we go back to the days of the "Twist" and "Hula Hoops"! Keep an eye out for the King of Rock 'n' Roll, *ELVIS!*

Blue Hawaii, Deck 6, Mid

GET READY FOR KAHULUI, MAUI

Maui, the second largest Hawaiian island, is referred to as the Valley Isle because it consists of two mountain masses separated by a low narrow valley-like isthmus. The city lies in the flat corridor between Maui's two volcanoes, and this is where most of the island's population lives. Kahului is home to thousands of former sugarcane workers, and home to the last operational sugarcane factory in Hawaii. "*Maui Tropical Plantation and Iao Valley*" gives you a great overview of Maui's agricultural villages, orchards, sugar cane fields and flower gardens. Or take the "*Best Of West Maui*", and enjoy the plantation & the "*Maui Ocean Center*." Although the stretch along Maui's coastline is perfect for relaxing, the island has an underlying energy that inspires people to do things they might not do otherwise. Ascend to the summit of the "*Haleakala Crater*" or better yet, fly over the crater via the "*Hana-Haleakala by Helicopter*". If the pristine waters of Hawaii are in your plans, then head out on one of our many sail or snorkel excursions. "*Molokini Crater Snorkel*" is a favorite. Discover a whole new world in the traditional custom of a festive luau at our exclusive "*Pacific Paradise Luau*," a must do while in the islands of Hawaii.

For more information on all of the Shore Excursions offered in Maui, see your Shore Excursion Team, located in the Aloha Atrium, on Deck 5.

ALOHA KAKAHIKA (GOOD MORNING)

ACTIVITIES AND LEISURE

ALL PRICES SUBJECT TO SALES TAX WHEN REQUIRED BY LAW

Continuous	 SPEND 5 MINUTES ONLINE-GET 5 MINUTES FREE! Go online for 5 minutes and get the next 5 minutes for FREE!! (<i>To be used in one consecutive session</i>) Upload your photos to a free online photo album to share with your family and friends back home. Choose from some of the following fun and exciting websites: www.Shutterfly.com , www.Snapfish.com . Media card reader is available during Manager hours in the Internet Café.	Internet Café, Deck 7, Mid
Continuous	Video: "Humpback Whales" Pacific Voyages	Kumu Cultural Center, Deck 7, Mid
Morning-Noon	"Good Morning Aloha" with your Jimmy and Shona!	Stateroom TV Channel 30
24 Hours	GYMNASIUM & FITNESS CENTER OPEN! Fit Ball/Pilates Training One to One! Do you suffer from lower back pain? Want a firmer stomach? Want better posture with added firm and tone? Increase your energy levels? \$39.99	Mandara Fitness Center, Deck 7, Mid
7:00am	TENDER TICKET DISTRIBUTION <i>For guests not on a tour that meets on the ship, please obtain a ticket and wait for your number to be called. ONLY if you want to go ashore in the morning rush. Please watch the Good Morning Aloha Show on channel 30 for more details.</i>	Atrium Bar, Deck 7, Mid
7:00am	 WELCOME TO KAILUA - KONA Remember to carry your <i>Pride of Aloha</i> Guest Key Card and a photo I.D. ashore. If you are on a Shore Excursion, please refer to your tour ticket for the meeting time and location. All guests must take a tender ashore today. The gangway will be located on Deck 3, Forward. Please use caution while boarding the tenders. The last tender leaves the pier at 5:30pm.	
7:00am-10:00am	SHORE EXCURSION DESK is OPEN Still not sure what to do today in Kona? Come by and see your Shore Excursion Team. Staff are also available on the pier ashore.	Aloha Atrium, Deck 5, Mid
7:30am	Freestyle Jog a mile/Walk a mile (3.5 laps is 1 mile)	Deck 6, Fwd
8:00am	YOGA DYNAMIX Class (\$10 Fee) Beginners	Mandara Aerobics Studio, Deck 11, Fwd
8:00am	PORT & SHOPPING INFORMATION See <i>Linda</i> , your Port and Cruise Consultant, on the pier for any last minute questions about Kona.	On the Gangway
8:00am-11:00am	GALLERIA GIFT SHOPS are OPEN Today ONLY! Loose gems stones from around the world!! Only \$10 per carat. Select from our collection of Garnets, Citrine, Blue Topaz, and more. Supplies are limited so shop early!!	Galleria Fine Jewelry, Deck 6, Fwd
8:00am-10:00pm	MANDARA SPA & SALON is OPEN - Dial #29 or visit	Mandara Spa, Deck 11, Fwd
8:30am	"Talk Story" Breakfast with your Hawaiian Ambassador Kamana'o History and legends about Hawaii's past and present: <i>Capt. Cook discovers Hawaiian Islands</i>	Poolside, Deck 11, Mid
9:00am-Noon	First Wave - Bloody Mary's & Screwdrivers \$4.25 served in an 8 oz. Glass	All Open Bars
9:15am	Freestyle BODY SCULPT (Firming & Toning)	Mandara Aerobics Studio, Deck 11, Fwd
10:00am-11:30am	Library is open for book, card and game check out	Library, Deck 6, Aft

ALOHA AUINALA (GOOD AFTERNOON)

2:30pm	Hula Class with your Hawaiian Ambassador Kamana'o	Outrigger, Deck 11, Fwd
3:30pm	HAWAIIAN ARTS & CRAFTS Make <i>Anuenue Shell Leis</i> , with <i>Hawaiian Ambassador, Kamana'o</i>	Outrigger, Deck 11, Fwd
3:45pm	Water Volleyball: Guests vs. Staff. Bring it on!!	Poolside, Deck 11, Mid
4:00pm-6:00pm	Library is open for book, card and game check out	Library, Deck 6, Aft
4:30pm	Sports Trivia with your Cruise Director's Staff	Longboard Bar, Deck 11, Aft
4:30pm	Hawaiian Names with your Hawaiian Ambassador Kamana'o	Kumu Cultural Center, Deck 7, Mid
5:00pm	reBALANCE Program Seminar: Eat more to weigh less & discover how to reenergize, rejuvenate and redefine your body, life & spirit.	Mandara Aerobics Studio, Deck 11
5:00pm-7:00pm	FUTURE CRUISE BOOKINGS: Don't miss out on the savings. Book your next cruise with a 100% refundable deposit. See <i>Linda</i> , your Port and Cruise Consultant.	Aloha Atrium, Deck 5, Mid

ALOHA AHIAHI (GOOD EVENING)



MUSICAL ENTERTAINMENT

<i>Elua Honu</i> 4:45pm-5:30pm, 5:45pm-6:30pm	Smooth Sounds	Poolside Deck 11
<i>Charles Nahale</i> 7:30pm-8:30pm	Hawaiian Guitar & Vocals	Captain Cook's Bar Deck 6, Mid
<i>Aloha Kings</i> 8:00pm-Close	Dancing Music	Outrigger Lounge Deck 11, Fwd
<i>Charles Nahale</i> 9:00pm-Close	Hawaiian Guitar & Vocals	Plantation Club Deck 12, Aft
<i>Dr. Dean</i> 9:00pm-Close	Piano Bar Entertainer 9:15pm TV Tune Trivia	Captain Cook's Bar Deck 6, Mid
<i>DJ Chris</i> 10:00pm-Close	Late Night Disco	Blue Hawaii Night Club Deck 6, Mid

Guests must be 18 years of age or older to be in Blue Hawaii after 11:00pm.

ENTERTAINMENT

5:30pm	LAST TENDER LEAVES THE PIER	The <i>Pride of Aloha</i> sails for Maui, Hawaii
5:30pm-9:00pm	HUKILAU CAFÉ MARDI GRAS BUFFET	Hukilau Café, Deck 11, Aft
6:00pm	Friends of Bill W.	Chapel, Deck 7, Atrium
6:00pm-9:00pm	SHORE EXCURSION DESK is OPEN If you still haven't planned your Maui days, then be sure to stop by this evening. There is so much to see and do on this island. Check out the exclusive Pacific Paradise Luau!!!	Aloha Atrium, Deck 5, Mid
6:00pm-9:00pm	BLACK & WHITE PHOTOS TONIGHT ONLY! Black and White Photos taken in the Aloha Atrium at the Grey spotted backdrop on Decks 5 & 7.	Deck 5 & 7, Aloha Atrium
6:00pm & 9:00pm	CLOSE-UP MAGIC SHOW with <i>Scott Alexander</i> Witness close-up magic, and learn some tricks too!	Blue Hawaii Night Club, Deck 6, Mid
6:00pm-10:00pm	GOLF HAWAII SHOP is OPEN Stop by the Golf Hawaii Shop Deck 7, Midship and find that "par"fect souvenir for friends & family.	Deck 7, Mid
6:00pm-11:00pm	GALLERIA GIFT SHOPS are OPEN Designer Watch Sale! Great styles for only \$79.95. Buy two and pay only \$149.95!!	Galleria Gift Shop, Deck 7, Mid
6:00pm-11:00pm	PHOTO GALLERY is OPEN	Photo Gallery, Deck 6, Aft
7:00pm (6:15pm Preview)	MAXIUM MAX ART AUCTION Come see why Peter Max is called America's "Painter Laureate". Our entire collection of Peter Max will be on display and more than 150 other works of art including Kinkade, Norman Rockwell, Otto Aguiar, Hua Chen and Tarkay. Over 5,000 of FREE ART will be given away at this auction!	Blue Hawaii, Deck 6, Mid
8:00pm & 9:45pm	SEA LEGS CIRQUE NCL America proudly presents the <i>Jean-Ann Ryan Company</i> in <i>Sea Legs Cirque!</i> Photography, audio & video recording are prohibited. We respectfully request that Guests do not reserve seats. Stay after the show for a special "thank you" from the Officers, Staff and Crew of the <i>Pride of Aloha</i> . Doors will open approximately 45 minutes before scheduled show time.	Stardust Theater, Decks 6 & 7, Aft
<i>Approx 55 minutes</i>		
8:00pm-10:00pm	ART GALLERY is OPEN	Galleria Shops, Deck 7, Aft
8:45pm	Urban Legends Trivia #2 - with your Cruise Director's Staff	Outrigger Lounge, Deck 11, Fwd
9:15pm	TV Tune Trivia Don't touch that dial! Just sit right back and you'll hear a tune, played by your host <i>Dr. Dean</i> .	Captain Cook's Bar, Deck 6, Mid
11:00pm	50'S & 60'S BLUE HAWAII SOCK HOP Join your <i>Cruise Director's Staff</i> and wear your poodle skirts - we're going to rock around the clock with <i>DJ Chris!</i> Keep an eye out for <i>Elvis!</i>	Blue Hawaii Night Club, Deck 6, Mid

Have your digital pictures printed while on board. Bring your digital media to the Photo Gallery and place your order at our new digital print station. You can order a number of print sizes and even burn your photos to a CD! Deck 6, Aft

BLACK PEARL EXTRAVAGANZA!! Select from the largest collection of Tahitian Black Pearl and receive a \$100.00 credit towards any purchase from our Fine Wrist Watch Collections. Deck 6, TONIGHT ONLY!!

Worried about work? Peace of mind is only a phone call away. Call anywhere in the world, 24 hours a day direct from the comfort and privacy of your cabin.

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: *Fumé Blanc, Ferrari-Carano, Sonoma County, CA*
Gewürztraminer, Dopff & Irion, Alsace, France

Bottle - \$28.00 Glass - \$6.00
Bottle - \$27.00 Glass - \$5.95

Drink of the Day: "Rum Runner" \$6.95
Souvenir glass yours to keep!

Red: *Merlot, Meridian, California*
Cabernet Sauvignon, St. Francis, Sonoma, CA

Bottle - \$27.00 Glass - \$5.95
Bottle - \$29.00 Glass - \$6.25

Non-Alcoholic Smoothie: "Papaya"
with Alcohol \$7.50 - Non-Alcoholic \$5.50

Champagne: NCL America Private Label - California Glass \$5.00 Bottle \$22.00 per bottle

As per NCL America policy, all alcoholic beverages purchased ashore will be secured on-board & issued in the Blue Hawaii upon disembarkation.

FREESTYLE DINING

24-Hour Service Room Service (Decks 4-8) Dial #27
Room Service (Decks 9 & 10) Dial #28

Early Riser & Freestyle Breakfast:

6:00am-6:30am	Continental Breakfast	Hukilau Café, Deck 11, Aft
6:30am-10:00am	Breakfast Buffet	Hukilau Café, Deck 11, Aft
6:30am-10:00am	Breakfast Buffet	Hukilau Lanai, Deck 11, Aft
7:00am-9:00am	Breakfast Buffet	Palace Restaurant, Deck 5, Aft
7:00am-10:00am	Waffle & Omelet	Poolside, Deck 11

Freestyle Lunch:

Noon-3:00pm	Lunch Buffet	Hukilau Café, Deck 11, Aft
12:30pm-3:30pm	Lunch Buffet	Hukilau Lanai, Deck 11, Aft
3:00pm-5:00pm	Ice Cream	Sprinkles Ice Cream Bar, Deck 11, Aft

Freestyle Dinner, Evening:

5:30pm-9:00pm	Mardi Gras Buffet	Hukilau Café, Deck 11, Aft
5:30pm-10:00pm	Dinner	Crossings Restaurant, Deck 5, Aft
5:30pm-10:00pm	Dinner	Palace Restaurant, Deck 5, Mid
3:00pm-3:30pm	Lite Fare Menu	Longboard Bar, Deck 11, Aft

Please Note: There is a risk associated with consuming raw oysters or animal protein especially if you have a chronic illness or immune disorder. If unsure of your risk, consult a physician.

SPECIALTY RESTAURANTS

Enjoy an intimate alternative dining experience. Reservations are necessary and can be made by dialing the Reservations Desk at #31214 or visiting the Reservations Desk at the Aloha Atrium on Deck 5 between 7:00am-4:00pm. After 5:30pm, you may make reservations by dialing the restaurant numbers of your choice. All reservations will be held for a 15 minute time period.

Dinner:

5:30pm-Close	Pacific Heights	Pacific Rim Cuisine	#31411	Deck 11, Aft
5:30pm-Close	Kahili Restaurant	Fine Italian Cuisine	#26	Deck 5, Mid
		Entrance between Blue Hawaii Night Club & Captain Cook's Bar, Deck 6, Mid		
5:30pm-Close	Royal Palm Bistro	Mediterranean Cuisine	#31418	Deck 12, Aft

A Cover Charge of \$12.50 per person applies in the Pacific Heights Restaurant

A Cover Charge of \$15.00 per person applies in the Kahili Restaurant

A Cover Charge of \$15.00 per person applies in the Royal Palm Bistro.

BAR OPENING HOURS

*** Gratuity not included on Bar checks

7:30am-1:00pm	The Coffee Bar	a place to relax with Kona Coffee	Deck 7, Mid
9:00am-Close	Breakers Bar	inspired by the Hawaiian Beaches	Deck 11, Aft
Noon-3:30pm	Hukilau Lanai Bar	a gathering to celebrate with a feast	Deck 11, Aft
1:00pm-9:00pm	Aloha Atrium	inspired by original Hawaiian cruise era	Deck 7, Mid
3:00pm-Close	Longboard Bar	inspired by Hawaiian aquatic sports	Deck 11, Aft, Port
5:00pm-Close	Plantation Club	Themed around Plantation era of Hawaii	Deck 12, Aft
5:30pm-Close	Hukilau Lanai Bar	a gathering to celebrate with a feast	Deck 11, Aft
6:00pm-Close	Outrigger Lounge	inspired by pioneering Polynesians	Deck 11, Fwd
6:00pm-Close	Hoku Bar	Themed around Hawaii's higher regions	Deck 12 Fwd
6:00pm-Close	Blue Hawaii Night Club	local Hawaiian dance club	Deck 6, Mid
7:00pm-Close	Captain Cook's Bar	from the Hawaiian pirate era	Deck 6, Mid

GUEST SERVICES

Open 24 hours	Reception Desk	Atrium, Deck 5, Mid
Open 24 hours	Mandara Fitness Ctr,	Dk 11, Fwd
Open 24 hours	Internet Access	Deck 7, Mid
Open 24 hours	Video Arcade	Deck 7, Mid
7:00am-10:00am	Shore Excursion Desk	Deck 5, Mid
8:00am-10:00am	Internet Mgr. on Duty	Deck 7, Mid
8:00am-11:00am	Credit Desk	Atrium, Deck 5, Mid
8:00am-11:00am	Galleria Shops	Deck 6 & 7, Mid
8:00am-10:00pm	Mandara Spa & Salon	Deck 11, Fwd
8:00am-11:00pm	Pools	Deck 11, Mid
8:00am-11:00pm	Hot Tubs	Deck 11, Mid
8:30am-10:00am	Medical Center	Deck 3, Fwd
4:00pm-5:00pm	Medical Center (Phone #24)	Deck 3
4:00pm-6:00pm	Internet Mgr. on Duty	Deck 7, Mid
4:00pm-7:00pm	Credit Desk	Atrium, Deck 5, Mid
5:00pm-7:00pm	Port & Cruise Consultant	Atrium, Deck 5, Mid
6:00pm-9:00pm	Shore Excursion Desk	Deck 5, Mid
6:00pm-10:00pm	Golf Hawaii Shop	Deck 7, Mid
6:00pm-11:00pm	Galleria Shops	Deck 6 & 7, Mid
6:00pm-11:00pm	Photo Gallery	Deck 6, Aft
8:00pm-10:00pm	Art Gallery	Deck 7, Aft
8:00pm-11:00pm	Internet Mgr. on Duty	Deck 7, Mid

Emergencies: Dial 911

Advisory: Consumption of alcoholic beverages requires the minimum age of 21.

Corkage Fee: A \$10.00 corkage fee per bottle applies to wines not purchased from NCL America.

Ship Announcements: TV Channel 26.

Evening Attire: Semi-Formal

No Jeans, Shorts, T-Shirts or Athletic Wear in the Main & Specialty Restaurants after 5:30pm except the Hukilau Café.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Open 24 hours, The Aloha Atrium, Deck 5, Phone #20. Motion Sickness Tablets, Faxes, and Band-Aids available. Cash transactions between 7am-11pm only.

Safety: The use of open flame items or any type of heating element such as candles, incenses, irons, and water heaters is strictly prohibited. All Sports Play is done at your own risk. No jogging between 9:00pm and 8:00am. Decks are slippery when wet.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception desk, Deck 5 or the Medical center - Deck 3.

Smoking Policy: No smoking in any dining area or the Stardust Theatre. Pipe & Cigar smoking are not permitted indoors except in Captain Cook's Cigar Bar.

Tobacco: You must be 18 years or older to purchase cigarettes and other tobacco products.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet and up to 50 other toilets on the same vacuum line!

Environmental Hotline: To report incidents or environmental problems, contact the reception desk by dialing 20, or call our hotline 1-877-501-5976 or email semshotline@ncl.com

Wake Up Calls: Phone *99. Wait for voice prompt. Dial the time you wish to be awakened by using a 24-hr clock. Hang up. Dial #99 to cancel.

