

Freestyle DAILY



7-Night Hawaii Cruise
Wednesday October 13th, 2004
Hilo, Hawaii

Sunrise 6:14AM
Sunset 5:58PM
Suggested Attire: Resort Casual

TODAY'S TOP ACTIVITIES

7:00AM-10:00AM & 6:00PM-9:00PM SHORE EXCURSION DESK
Get ready for Kona! This port of call offers the best variety of water sports excursions, whether it is snorkeling, scuba diving, or "Snuba." Come visit your shore excursion desk for details.
Aloha Atrium, Deck 5, Mid

8:00AM-8:00PM MANDARA SPA & SALON
Chocolate Macadamia Nut Scrub & Rub Ritual - Absolutely delicious! Indulge your senses and relax while you are completely covered and polished with an exotic blend of pure chocolate and island macadamia nuts with the finest oils-25 min scrub/25 min back, neck and shoulder massage.
\$99
Mandara Spa & Salon, Deck 11, Fwd

8:00AM-11:00AM & 6:00PM-11:00PM GALLERIA GIFT SHOPS
Today only Candela Special! Beautiful 14k White & Yellow Gold Necklaces & Earrings with Genuine Diamonds. **10% OFF!!** Galleria Fine Jewelry, Dk 7

9:00AM WELCOME TO HILO
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. Sailing time is 7:00pm, therefore, **all guests must be aboard by 6:30pm.**

5:00PM (4:15PM PREVIEW) PARK WEST 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

6:00PM-10:00PM GOLF HAWAII SHOP
Play at one of Maui's premier golf courses! Stop by the Golf Hawaii Shop to book golf at Wailea's Gold or Emerald courses, the North or South courses at Makena, or the well-known Plantation Golf Course at Kapalua.
Golf Hawaii Shop, Deck 7, Mid

7:30PM & 9:30PM MAGICAL SHOWTIME!
Norwegian Cruise Line is proud to present the magic and illusions of *Scott Alexander!* This show is not to be missed! No audio or video recording is allowed.
Stardust Theatre, Decks 6 & 7, Aft

10:30PM VOLCANO VIEWING
Do not miss this genuine once-in-a-lifetime opportunity to witness Mother Nature. The drink special is *The Lava Flow!!*

10:45PM 70's DISCO PARTY!
Come Get your "groove thing" on with your Cruise Director *Jimmy* and your Cruise Director's Staff. Look out for *John Travolta* and a special appearance by the *Village People!*
Blue Hawaii, Decks 6, Mid

GET READY FOR KONA

Kona - meaning "Leeward" in Hawaiian, stretches along the West Side Coast of the Big Island. Famous for its coffee, Kona also has great activities to enjoy, everything from sightseeing the historical landmarks, sport fishing, scuba diving, snorkeling, and so much more. Kona Coffee is grown in a narrow strip of land on the mountain slopes above the picturesque harbor town of Kailua, Kona. The first trees, a variety of Arabica that originated in Ethiopia, were planted nearly 175 years ago and thrived in the rich volcanic soil of the North and South Districts of Kona. Thus, Kona Coffee beans are now known world wide for their superb quality and flavor. Learn how it's processed and sample the rich brews on the tour "*Kona Coffee: Then & Now.*"

Hawaii is also home to Parker Ranch, one of the largest ranches in the United States. The legacy of the ranch traces back to 1809 when John Parker, a sailor from Massachusetts, first landed on the islands. For a glimpse of the history of Parker Ranch take the "*Kona & The Parker Ranch*" tour, visit the Visitors Center, Historical Homes where you will see displays, artifacts and memorabilia from more than 150 years, and 6 generations of ranch operations. Kona is also the place of fun in the sun with many in water activities. To discover this underwater kingdom, check out "*Captain Zodiac Raft & Snorkel*" and "*Kamanu Catamarán & Snorkel*," both offer great snorkeling. If you don't want to get wet, see this underwater paradise on the "*Glass Bottom Boat*" or the "*Atlantis Submarine.*" The array of marine life will amaze you. For other fun activities try "*Kahua Ranch Horseback Riding*," or hiking on the "*Valley Waterfall Hike.*"

ALOHA KAKAHIKA (GOOD MORNING)

ACTIVITIES AND LEISURE

ALL PRICES SUBJECT TO SALES TAX WHEN REQUIRED BY LAW

24 Hours	INTERNET ACTIVITIES! Your Laptop or ours! Connect with our wireless Internet access onboard. There are many advantages to using your own computer to stay current while at sea. Stop by the Internet Café to sign up for wireless today. Don't miss out on today's news! Newspaper delivery available! Order your favorite Newspaper from your cabin steward, front office or in the Internet Café today!	
Continuous	Video: "Hawai'i" The Big Island, Land of Destiny	Kumu Cultural Center, Deck 7, Mid
Morning-Noon	"Good Morning Aloha" with Jimmy and Shona!	Stateroom TV Channel 30
Upon Arrival	PORT & SHOPPING INFORMATION See Linda, your Port and Cruise Consultant, on the pier for any last minute questions about Hilo.	On the Pier
24 Hours	GYMNASIUM & FITNESS CENTER OPENS Get your Blood Pressure Checked Today! \$15.00	Fitness & Aerobics Center, Deck 11, Fwd
7:00am-10:00am	SHORE EXCURSION DESK is OPEN	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	PILATES DYNAMIX Matwork Class (\$10 fee)	Mandara Aerobics Studio, Deck 11, Fwd
8:00am	Hawaiian Legends with your <i>Hawaiian Ambassador Kamana'o</i>	Poolside, Deck 11, Mid
8:00am-10:00pm	MANDARA SPA & SALON is OPEN - Dial #29 or visit Heaven on Earth in Hilo! Fabulous neck, shoulder and feet tension relief massage! All from the long walks, tours & site seeing. \$99.	Mandara Spa, Deck 11, Fwd
8:30am	"Talk Story" Breakfast with your <i>Hawaiian Ambassador Kamana'o</i> History and legends about Hawaii's past and present: <i>"Pele Volcano Goddess"</i>	Poolside, Deck 11, Mid
9:00am	WELCOME TO HILO Remember to carry your Pride of Aloha 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. <i>All Aboard for guests is at 6:30pm.</i> Enjoy your day!	
9:00am	FREE Shuttle to Hilo Hattie, The Store of Hawaii	on the Pier
9:00am-Noon	First Wave - Bloody Mary's & Screwdrivers \$4.25 served in an 8 oz. Glass	All Open Bars
9:45am approx.	CREW BOAT DRILL Crew will be conducting a weekly safety drill. Passengers DO NOT need to attend.	Boat Deck, Deck 6
10:00am-11:30am	Library is open for book, card and game check out	Library, Deck 6, Aft

ALOHA AUINALA (GOOD AFTERNOON)

3:00pm	Pool Games with your <i>Cruise Director's Staff</i>	Poolside, Deck 11, Mid
3:30pm	Hula Class with your <i>Hawaiian Ambassador Kamana'o</i>	Outrigger Lounge, Deck 11, Fwd
4:00pm	Ping Pong Tournament with your <i>Cruise Director's Staff</i>	Ping Pong Tables, Deck 11, Fwd
4:00pm-6:00pm	Library is open for book, card and game check out	Library, Deck 6, Aft
4:30pm	HAWAIIAN ARTS & CRAFTS Make <i>Beaded Bandanas</i> with <i>Hawaiian Ambassador, Kamana'o</i> <i>*Class will start on time. Due to time restraints, late-arriving guests cannot be accommodated</i>	Outrigger Lounge, Deck 11, Fwd
4:30pm	Sports Trivia with your <i>Cruise Director's Staff</i>	Longboard Bar, Deck 11, Aft
5:00pm	Freestyle Boot Camp Training (Challenging)	Mandara Aerobics Studio, Deck 11, Fwd
5:00pm (4:15pm Preview)	PARK WEST 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 or FREE ART will be given away at this auction!	Blue Hawaii, Deck 6, Mid

Kona is world renowned for great golfing.

Stop by the Golf Hawai'i Shop to find out about the great golf courses available tomorrow in Kona:

* *Golf Mauna Lani Resort*

* *Hapuna Course*

* *Golf Big Island Country Club*

The Golf Hawai'i Shop is located on Deck 7, Midship.

ALOHA AHIAHI (GOOD EVENING)



MUSICAL ENTERTAINMENT

<i>Elua Honu</i> 4:30pm-5:30pm	Smooth Sounds	Poolside Deck 11
<i>Aloha Kings</i> 8:45pm-9:30pm, 9:45pm-10:30pm, 11:00pm-Close	Great Music and Dancing	Outrigger Lounge Deck 11, Fwd
<i>Charles Nahale</i> 7:00pm-8:30pm	Hawaiian Guitar & Vocals	Captain Cook's Bar Deck 6, Mid
<i>Dr. Dean</i> 8:45pm-Close	Piano Bar Entertainer	Captain Cook's Bar Deck 6, Mid
<i>Charles Nahale</i> 9:15pm-Close	Hawaiian Guitar & Vocals	Plantation Club Deck 12, Aft
<i>DJ Chris</i> 10:00pm-Close	Disco and Club music	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-9:00pm	HUKILAU CAFÉ INTERNATIONAL BUFFET	Hukilau Café, Deck 11, Aft
5:45pm	Freestyle Stretch and Relax	Mandara Aerobics Studio, Deck 11, Fwd
6:00pm	Friends of Bill W.	Chapel, Deck 7, Atrium
6:00pm-9:00pm	SHORE EXCURSION DESK is OPEN If the desk is closed, please use the DROP-BOX for Reservations or Cancellations.	Aloha Atrium, Deck 5, Mid
6:00pm-9:00pm	PORTRAIT TIME- Absolutely no purchase obligation.	Aloha Atrium, Decks 5, Mid
6:00pm-10:00pm	GOLF HAWAII SHOP is OPEN The Golf Hawaii Shop has all the latest Callaway apparel and accessories.	Galleria Shops, Deck 7, Aft
6:00pm-11:00pm	GALLERIA GIFT SHOPS are OPEN Mikimi Pearl Giveaway!! Spend \$50 or more in our Fragrance and Cosmetic departments and receive a free pearl necklace.	Galleria Gift Shop, Deck 7, Mid
6:00pm-10:00pm	PHOTO GALLERY is OPEN	Photo Gallery, Deck 6, Aft
6:30pm	ALL ABOARD The <i>Pride of Aloha</i> is preparing to set sail for Kona, Hawaii	
7:00pm	Calling all Barbershop Singers!!	Atrium Bar, Deck 7, Fwd
7:30pm & 9:30pm	MAGICAL SHOWTIME NCL America proudly presents the magic and illusions of Scott Alexander! Photography, audio & video recording of the show are prohibited. We kindly ask that guests do not reserve seats. (approx. 47 minutes)	Stardust Theater, Decks 6 & 7, Aft
7:15pm	Urban Legends Trivia with your <i>Cruise Director's Staff</i> Is it the truth? Or is it an URBAN LEGEND?	Outrigger Lounge, Deck 11, Fwd
8:00pm-10:00pm	ART GALLERY is OPEN Come view the works showcased in our week-long silent auction.	Galleria Shops, Deck 7, Aft
8:30pm	Friendly Feud Game Show with your <i>Cruise Director's Staff</i> Join your <i>Cruise Director's Staff</i> for our version of the real game show.	Blue Hawaii, Deck 6, Mid
8:45pm	Name that Movie Music Trivia <i>Dr. Dean</i> plays and you guess from the first frame of fun to the finale!	Captain Cook's Bar, Deck 6, Mid
10:15pm	Texas Hold 'Em Poker: Informal poker play with your fellow guests. We supply the chips and the cards while you hold 'em, or fold 'em. Space is limited.	Maui Room, Deck 6, Aft
10:30pm	VOLCANO VIEWING The best places to view the Volcano lava will be from outer Decks on Deck 11 & 12, by the pool.	Outrigger Lounge, Deck 11, Fwd
10:45pm	70'S DISCO PARTY! With your <i>Cruise Director's Staff</i> . Relive the 1970's and 1980's and party like a rock star. Gloria Gaynor, John Travolta and the Village People will make an appearance!!	Blue Hawaii Night Club, Deck 6, Mid



For up-to-date information on your upcoming ports of call, watch CHANNEL 24 on your Stateroom television!



The Golf Hawai'i Shop has all the latest Callaway apparel and accessories. Also, take home any of our Golf Hawaii logo apparel-shirts, hats, towels, & golf balls. The Golf Hawai'i Shop is on Deck 7, Mid

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: *Fumé Blanc, Ferrari-Carano, Sonoma County, CA*
Pinot Grigio, Danzante, Tuscany, Italy

Bottle - \$28.00 Glass - \$6.00
Bottle - \$26.00 Glass - \$5.75

Drink of the Day: "Blue Hawaii" \$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: "Banana"
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 Cafe, Deck 11, Aft
6:30am-10:00am	Breakfast Buffet	Hukilau Lani, Deck 11, Aft
7:00am-9:00am	Breakfast Buffet	Palace Restaurant, Deck 5, Mid
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	International 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-3:30am	Lite Fare Menu	Longboard Bar, Deck 11, Aft

*Late diners must be seated by 9:30pm

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 Aioha Atrium on Deck 5, from 7:00am to 4:00pm. After 5:30pm, you may make reservations by dialing the restaurant numbers of your choice. All reservations will be held for 15 minutes.

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

** Gratuities are not included on Bar Checks

7:30am-1:00pm	The Coffee Bar	<i>a place to relax with Kona Coffee</i>	Deck 7, Mid
9:00am-Close	Breakers Bar	<i>inspired by the Hawaiian Beaches</i>	Deck 11, Aft
Noon-3:30pm	Hukilau Lanai Bar	<i>a gathering to celebrate with a feast</i>	Deck 11, Aft
1:00pm-9:00pm	Aloha Atrium	<i>inspired by original Hawaiian cruise era</i>	Deck 7, Mid
4:00pm-Close	Longboard Bar	<i>inspired by Hawaiian aquatic sports</i>	Deck 11, Aft, Port
5:00pm-Close	Outrigger Lounge	<i>inspired by pioneering Polynesians</i>	Deck 11, Fwd
5:00pm-Close	Plantation Club	<i>Themed around Plantation era of Hawaii</i>	Deck 12, Aft
6:00pm-Close	Hukilau Lanai Bar	<i>a gathering to celebrate with a feast</i>	Deck 11, Aft
7:00pm-Close	Captain Cook's Bar	<i>from the Hawaiian pirate era</i>	Deck 6, Mid
8:30pm-Close	Blue Hawaii Night Club	<i>local Hawaiian dance club</i>	Deck 6, Mid
9:00pm-Close	Hoku Bar	<i>Themed around Hawaii's higher regions</i>	Deck 12 Fwd

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-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
5:00pm-8:00pm	Credit Desk	Atrium, Deck 5, Mid
6:00pm-9:00pm	Shore Excursion Desk	Deck 5, Mid
6:00pm-11:00pm	Galleria Shops	Deck 6 & 7 Mid
6:00pm-10:00pm	Golf Hawaii Shop	Deck 7, Mid
6:00pm-10:00pm	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: Resort Casual

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.

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.

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

