

Dining

Lunch

Pool Grill	Deck 7	11:30 AM-5:00 PM
World Café	Deck 7	11:00 AM-3:00 PM

Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

* Reservations can be made everyday at the portside entrance of the World Café from 6:00 AM. Coffee and tea are available 24 hours from the World Café. On embarkation day only, you may also make dining reservations in the World Café from 5:45-9:00 PM.

Snacks

The Viking Living Room	Deck 1	11:30 AM-5:00 PM
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Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-Midnight
Pool Bar	Deck 7	10:00 AM-9:00 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	Closed

Directory

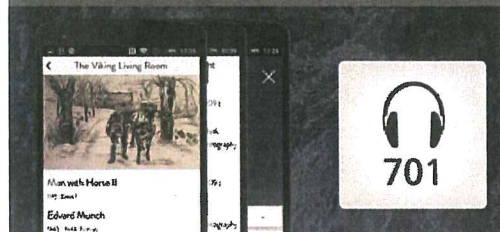
Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	Closed
Cruise Consultant (2)	Ext 2126	By Appointment Only
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	11:00 AM-8:00 PM
Medical Center (A)	Ext 9206	5:00 PM-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	12 Noon-8:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

Experience YOUR ONBOARD VIKING ART GUIDE

The Viking Art Guide app provides insightful commentary from your host, Karine Hagen, as well as a variety of curators and experts.

Look for the headphone icon next to artwork around the ship.



VIKING SPECIAL EVENT

Amber—Gold of the North

Our Viking Resident Expert will share the 40-million-year history of amber. Following the presentation, treat yourself to your own certified and guaranteed piece from the Baltic. A wide selection of sterling silver handcrafted jewelry is available in our onboard shops.

Check your Viking Daily for the time and location.



NORDIC BATHING RITUAL

At your own pace

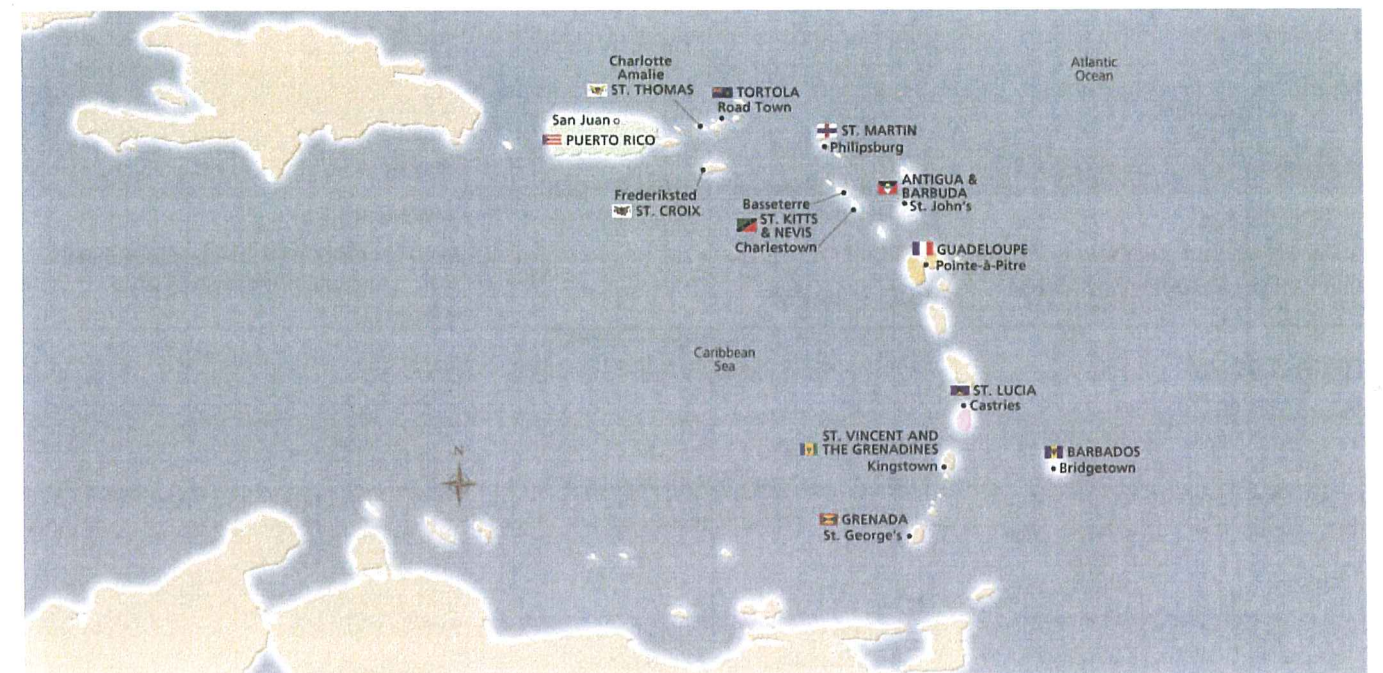
Optimize your Nordic bathing experience. Before and while you engage in the Sauna, cold plunge and Snow Grotto, add a dry brushing treatment and organic berry skin products from Sweden.

See Spa Reception for details.



Friday, January 18, 2019

Weather: Possible Showers. 81° F / 27° C
Sunrise 6:59 AM | Sunset 6:09 PM



Viking Sea | West Indies Explorer | San Juan to San Juan | January 18 to January 28, 2019

Date	Port	Arrival	Departure
Friday, January 18	San Juan, Puerto Rico	Docked	Embarkation Overnight
Saturday, January 19	San Juan, Puerto Rico	Docked	Overnight 5:30 PM
Sunday, January 20	Road Town, Tortola, Virgin Islands, British	Docked	7:30 AM 5:30 PM
Monday, January 21	Basseterre, Saint Kitts and Nevis	Docked	7:30 AM 5:30 PM
Tuesday, January 22	Castries, Saint Lucia	Docked	8:00 AM 5:30 PM
Wednesday, January 23	Bridgetown, Barbados	Docked	7:30 AM 5:30 PM
Thursday, January 24	Roseau, Dominica	Docked	7:30 AM 5:30 PM
Friday, January 25	St. John's, Antigua and Barbuda	Docked	7:30 AM 5:30 PM
Saturday, January 26	Philipsburg, Sint Maarten	Docked	7:30 AM 5:30 PM
Sunday, January 27	Charlotte Amalie, St. Thomas, Virgin Islands	Docked	7:30 AM 5:30 PM
Monday, January 28	San Juan, Puerto Rico	Docked	3:00 AM Disembarkation

Internet Access

The Viking Cruises wireless network requires a password authentication. To get started, select "VikingSea" on your device. When the automatic page opens, enter your stateroom number followed by your last name; then press "Next." You should now be connected to your complimentary Wi-Fi service.

Viking Sea

Contacts
Agent: +1 787 565 0923
Ship: +1 213 401 2860

Ship Location
Pier #1 East

Arrival
Embarkation

Back on board
Overnight

Today on *Viking Sea*

Welcome On Board!

On behalf of all the officers, management and staff, I would like to warmly welcome you on board *Viking Sea*. We hope you will soon feel at home and have many wonderful memories during your voyage.

To assist with your daily planning, we proudly present the *Viking Daily*. Delivered to your stateroom each evening, it contains full details of the following day's events and useful information about life on board and exploring ashore.

Warm regards,
Captain Johan Malmberg

MORNING

9:00 AM-5:00 PM

Sports Deck is Open: Equipment is available for use. (*Weather permitting*)
Sports Deck (9)

11:00 AM-8:00 PM

Gym & Spa Familiarization:
Join us in the fitness center for a guided tour of functions and features of the complementary work-out equipment available, as well as our scheduled Yoga classes. Enjoy our complementary thermal facility and discover the world of Nordic Bathing by using alternate hot and cold therapies with warm tiled benches, a comforting steam room and sauna, refreshing snow room and an invigorating cold plunge pool.
LivNordic Spa (1)

11:00 AM-8:00 PM

LivNordic Spa:
LivNordic spa staff will be available for spa tours and open for Spa Reservations. Guests with online appointments made prior to boarding, please kindly reconfirm all your reservations at the Spa Reception or by dialing 9311
LivNordic Spa (1)

AFTERNOON

12:00 AM-4:00 PM

Ted Talks: Enjoy the theme of the day: **History.**
Cinema 1 (2)

12:00 AM-4:00 PM

Documentary Series: The Genius of Invention - Communication (50 mins)
Cinema 2 (2)

1:00-1:45 PM

Welcome Aboard Classics: The Viking Classical Duo present delightful melodies in the heart of the ship.
Atrium (1)

2:00-2:45 PM

Welcome Aboard Serenade: Resident Pianist Antal performs piano classics.
Atrium (1)

3:00-3:45 PM

Welcome Aboard Acoustics: Resident Guitarist Laszlo presents guitar favorites.
Atrium (1)

4:00-4:45 PM

Welcome Aboard Melodies: Resident Pianist Antal performs piano classics.
Atrium (1)

4:30-5:30 PM

Skin Scan: Our Beauty Therapists invite you to schedule a complimentary 20 minute skin scan. A fantastic opportunity to see beneath the skin, and a useful tool to help you work towards a healthy, happy skin and fight the signs of ageing, sun damage and dehydration. Limited availability and sign up required.
LivNordic Spa (1)

5:00-5:45 PM

Guitar Serenade: Resident Guitarist Laszlo serenades with acoustic string sounds.
Atrium (1)

EVENING

6:00-6:45 PM

Munch Moments: The Viking Classical Duo presents traditional Norwegian music while Munch's dramatic pieces grace the Atrium screens.
Atrium (1)

6:00 PM

Port Talk – San Juan, Puerto Rico:
Discover the heritage, culture and history of San Juan, Puerto Rico.
Star Theater (2)

6:00-6:45 PM

Explorers' Sounds: Enjoy scenic views and a cocktail with melodies provided by Resident Guitarist Laszlo.
Explorers' Lounge (7)

7:00-7:45 PM

Atrium Sounds: Resident Pianist Antal presents delightful melodies.
Atrium (1)

8:00 PM

Movie Under The Stars – West Side Story: (1961) Two youngsters from rival New York City gangs fall in love, but tensions between their respective friends build toward tragedy.
Not Rated. (*Run Time 2 hrs 33 mins*)
Pool Deck (7)

8:00-8:45 PM

Magical Melodies: The Viking Classical Duo entertain in the Living Room.
Atrium (1)

8:30 PM

Evening Feature Movie: Jurassic World: Fallen Kingdom (2018) When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event
PG-13 (*Run Time 2 hrs 8 mins*)
Star Theater (2)

9:00-9:45 PM

After Dinner Moods: The Viking Classical Duo presents delightful melodies.
Atrium (1)

9:00 PM-Close

Welcome Night with the Band: Judith, Arvin and The Viking Band welcome you for dancing in this late-night venue.
Torshavn (2)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of our Resident Guitarist Laszlo.
Atrium (1)

10:00-10:45 PM

Explorers' Melodies: Resident Pianist Antal entertains in the room at the top.
Explorers' Lounge (7)

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

Cruise Essentials

Visit the **Guest Services Desk on Deck 1, Atrium**, where we stock a range of personal care items. We are open 24hrs.

Dress Code Reminder

Daytime attire: Dress is casual including shorts (if the season is warm), pants or jeans and comfortable shoes for walking tours. Swimsuits, brief shorts, cover-ups and exercise attire should be reserved for the Fitness Center, pool areas and Sports Deck.

Evening Dress Code: A kind reminder that the evening dress code is elegant casual. Required attire for ladies includes a dress, sweater or blouse with a skirt or slacks. For gentlemen, trousers and a collared shirt are required in all dining venues after 6:00 PM. Ties and jackets are optional, and jeans are not allowed. The evening dress excludes the World Café, where the dress remains casual after 6:00 PM.

TED Talks (Cinema 1)

Viking Cruises has partnered with TED, a nonprofit, nonpartisan foundation devoted to making great ideas accessible. These short, powerful talks serve to enrich and promote a deeper understanding of the world. A talk plays at the top of every hour today, 10:00 AM-4:00 PM.

Jogging Track, Deck 2

We kindly advise all guests to please use the designated jogging track area on Deck 2 only. Thank you for your understanding. Please be aware that the jogging track direction is clockwise and be cautious when rounding the corners. Track length: 4 laps = 1 mile/1.6 km.

Featured Enrichment Lecturers

VIKING RESIDENT HISTORIAN

Dave Kingrea has a passion for history and a wide range of lecturing and consulting experience in the teaching, engineering, military and corporate spheres. He holds a BS degree in chemical engineering from the University of Texas and an MBA from the Wharton School of the University of Pennsylvania.

GUEST LECTURER

Carin Bondar, PhD, a biologist and TED speaker, earned her doctorate at the University of British Columbia. As a naturalist and explorer, she has discovered and named 11 species of beetles and snails in the jungles of Borneo. Dr. Bondar has also authored three books and hosts several science TV series including *Brave New World* and *Outrageous Acts of Science*.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **San Juan, Puerto Rico**, then we would like to recommend to you our **"Casa Bacardi & Rum Mixology"** tour. See where one of the Caribbean's most popular rums is produced and enjoy a lesson in the art of mixology. When it comes to spirits, rum is virtually synonymous with laid-back island life. The Bacardis have been making the favorite drink since 1862. You will be greeted at the Pavilion before embarking on a tram to the distillery. Here, you will witness the production process and gain access to the 'Cathedral of Rum', where you will learn the history of the company's iconic bat logo. On to your classroom for a private rum mixology seminar, where a Bacardi Ambassador will lead your group in the art of preparing a selection of Bacardi's signature cocktails. During class, you will learn more about the nuances of rum, the undertones of spice, molasses and caramel, and discover what sets different kinds of rum apart from each other. Each guest will receive a Bacardi University Rum Mixology Certificate.

Shore Excursions Cancellation Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **Road Town, Tortola** is **6:00 PM** this evening, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

San Sebastián Street Festival...

<http://www.puertoricodaytrips.com/san-sebastian-street-festival/>

Please note that the festivities will be on going during the Viking Sea's stay in San Juan. There is a high possibility of delays due to heavy traffic and crowds later in the afternoon and Evening. It will also be a great opportunity to experience this local highlight.

Port Maps

Complimentary maps providing a general overview of each destination on this cruise are available from the shelves by the **Guest Services on Deck 1, Atrium**.



Engage with our onboard ART COLLECTION

Our Viking Art Guide provides insightful commentary from your host, Karine Hagen, as well as a variety of curators and experts, to provide a personal, self-guided experience. Look for the headphone icon and corresponding number next to artwork around the ship, then open up the guide in the Viking Voyager app to learn more.



Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-7:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:00-10:00 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:30 AM-2:30 PM
World Café	Deck 7	11:30 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	3:30-4:30 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café (Seafood Buffet)	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	2:30-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 PM-Midnight
Pool Bar	Deck 7	10:00 AM-8:30 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	3:30-4:30 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	7:00-11:00 PM
Cruise Consultant (2)	Ext 2126	6:00-8:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	5:00 PM-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	7:30-9:30 AM/5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

Have you considered OUR SILVER SPIRITS BEVERAGE PACKAGE?

This covers all house pouring wines, beers and liquors including cocktails, well drinks and sodas throughout the day.

To purchase, visit Guest Services on Deck 1.

Discover DALE OF NORWAY

Deeply rooted in Nordic ways and tradition, their durable skin-soft merino and innovative weatherproof wool are among Europe's finest sweaters.

To learn more, visit our Nordic Shop on Deck 2.



HYDRAFACIAL The noninvasive face-lift

This antiaging treatment rejuvenates, uplifts, tightens and brightens your skin. Available in 50- or 80-minute sessions, our Hydrafacial will leave you looking and feeling radiant with this deeply relaxing beauty regimen.

See Spa Reception for details.



VIKING

VIKING DAILY

Saturday, January 19, 2019

Weather: Sunny. 82° F / 27° C
Sunrise 6:59 AM | Sunset 6:10 PM



San Juan, Puerto Rico, USA

At every turn throughout San Juan, there is evidence of the city's Spanish influence. Centuries-old, two-story houses line the streets of the Old Town, many of them brightly hued with pastel facades and painted balconies spilling over with flowers. Some of the city's most historic structures have been transformed into cultural venues. In the stately Ballajá Barracks, built to house troops in the mid-1800s, the Museum of the Americas chronicles the region's heritage. The metallic-blue, 16th-century La Fortaleza, once a defensive citadel, is the oldest continually used executive mansion in the Americas, today home to the governor. And the former 19th-century asylum, topped with a bulbous red dome, houses the Institute of Puerto Rican Culture.

Viking Sea

Contacts
Agent: +1 787 565 0923
Ship: +1 213 401 2860

Ship Location
Pier #1 East

Arrival
Overnight

Back on board
4:30 PM

Today on Viking Sea

MORNING

8:00 AM-8:00 PM

Nordic Hair Ritual:

An invigorating yet relaxing scalp and neck massage, hydrating blueberry conditioning hair treatment ending off with a wash and blow dry to treat your hair from root to tip. Love the hair you wear.

LivNordic Spa (1)

9:00 AM-5:00 PM

Sports Deck is Open: Equipment is available for use. *(Weather permitting)*
Sports Deck (9)

10:00 AM-4:00 PM

Ted Talks: Enjoy the theme of the day:
Personal Development.
Cinema 1 (2)

10:00 AM-4:00 PM

BBC: Astronauts - Toughest Job In The Universe Ep. 1 *(Approx. 60 min)*
Cinema 2 (2)

AFTERNOON

3:30-4:30 PM

Afternoon Tea: Enjoy this classic tradition accompanied by Resident Guitarist Laszlo until 4:15 PM.
Wintergarden (7)

4:00 PM

Port Talk – Road Town, Tortola, British Virgin Islands: Discover the heritage, culture and history of Road Town, Tortola, British Virgin Islands.
Star Theater (2)

4:30 PM

All Aboard: Viking Sea prepares to set sail for Road Town, Tortola.
(121 nautical miles)

5:00 PM

Guest Emergency Drill: All guests are required to participate in the emergency procedures on board Viking Sea. We ask that you kindly check the safety notice in your stateroom and adhere to the announcements made at the time.

EVENING

6:00-6:45 PM

Munch Moments: Resident Pianist Antal presents traditional Norwegian music while Edward Munch's artworks related to oceans and travel grace the Atrium screen.
Atrium (1)

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by the Viking Classical Duo.
Explorers' Lounge (7)

6:00-9:00 PM

Seafood Buffet: Indulge in the flavors of the sea in this special destination dinner. Join for an interactive culinary experience.
World Café' (7)

6:30 PM

Resident Historian Lecture with Mr. Dave Kingrea: "Explorers—The Age of Discovery." Learn about the important period of global exploration that began with Columbus and Vasco da Gama.
Star Theater (2)

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by Resident Guitarist Laszlo.
Atrium (1)

7:00-7:45 PM

Explorers' Ivories: Enjoy a cocktail and a scenic view with melodies by Resident Pianist Antal.
Explorers' Lounge (7)

7:00-11:00 PM

Welcome Onboard: Join our jewelry specialists for a glass of Sparkling Wine and an unveiling of our exquisite ranges of fine jewelry and watches.
Juveler Boutique (2)

7:00-11:00 PM

The Viking Shop: Forgotten Something? Visit our Viking Shop on Deck 1 where we stock everything you will need for your cruise. From toiletries, sea bands, plug adaptors, batteries, all the way to luggage straps and luggage locks.
Viking Shop (1)

8:00-8:45 PM

Magical Melodies: The Viking Classical Duo entertain in the Living Room.
Atrium (1)

8:00-9:30 PM

Spa Open House: Join us for a guided tour around the spa, meet our therapists and find out more about our spa services. You will receive a discounted rate on new bookings made during this time only (special price applicable during sailing time, or on pre-existing spa appointments or for the Nordic Bathing Ritual).
LivNordic Spa (1)

9:15 PM

Captain's Welcome Party: Captain Johan Malmberg welcomes you aboard and presents the senior officers of the Viking Sea. Immediately following, the Viking Sea Entertainment Team presents a preview of the variety of entertainment aboard. Pre-show music with The Viking Band. Doors open at 8:45 PM.
Star Theater (2)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of the Viking Classical Duo.
Atrium (1)

10:00-10:45 PM

Explorers' Melodies: Resident Pianist Antal entertains in the room at the top.
Explorers' Lounge (7)

10:00-10:45 PM

Late & Live Lounge: Resident Guitarist Laszlo plays chilled acoustic melodies in the late night venue.
Torshavn (2)

11:00 PM-Close

Late Night Dancing: The Viking Band gets you on your feet to party the night away.
Torshavn (2)

Things to Remember

Guests are reminded to carry their **Stateroom Keycard** and **Photo ID** when proceeding ashore today.

Lost & Found

Guest Services on Deck 1, Atrium has a lost and found for any guests who have misplaced personal items.

San Sebastián Street Festival...

<http://www.puertoricodaytrips.com/san-sebastian-street-festival/>
Please note that the festivities will be on going during the Viking Sea's stay in San Juan. There is a high possibility of delays due to heavy traffic and crowds later in the afternoon and Evening. It will also be a great opportunity to experience this local highlight.

Safety Ashore

As you explore shore side, please be aware of your surroundings. We recommend that you leave all valuables in your safe, and that you keep all personal items, such as cameras, wallet, etc. in sight at all times.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **Road Town, Tortola** then we would like to recommend to you our "Escape to Jost Van Dyke" tour. Cruise to White Bay on Jost Van Dyke and enjoy true Caribbean relaxation. Just a few steps from the pier, board a catamaran at the tender dock. On the scenic 45-minute cruise to neighboring Jost Van Dyke, you will pass Peter Island, "Treasure Island" and St. John in the US Virgin Islands. When you arrive at White Bay, you will have three hours ashore to sunbathe on the sugar-white beach or swim in the crystal blue water. This is the Caribbean at its stress-free best. Later, enjoy a cool drink at the Soggy Dollar Bar, where the famous Painkiller cocktail was invented in the 1970s. And even when your catamaran takes you back to the pier in Tortola, your mind will drift back to the paradise of White Bay.

Shore Excursions Booking Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **Basseterre, St Kitts and Nevis** is **6:00 PM** is this evening, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

Port Maps

Complimentary maps providing a general overview of each destination on this cruise are available from the shelves by the **Guest Services on Deck 1, Atrium.**

THE FREYJA COLLECTION

Viking is proud to feature premium bath products from Freyja, named for the Norse goddess of love, beauty and fertility. With a subtle scent created exclusively for Viking guests, this pure Scandinavian-inspired perfume and skincare brand is gentle on the skin. Replenished daily in your stateroom bathroom.



Shore Excursions

The following **included** shore excursions meet **ashore**, inside the terminal Building:

PRSJU01A:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	8:00 AM **
PRSJU01B:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	8:30 AM **
PRSJU01C:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	9:00 AM **
PRSJU01D:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	9:30 AM **
PRSJU01E:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	12:30 PM **
PRSJU01F:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	1:00 PM **
PRSJU01G:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	1:30 PM **
PRSJU01H:	"Historic Old San Juan by Foot (included)"	(2.5 hours)	Departs at	2:00 PM **

The following **optional** shore excursions meet in the **Star Theater, Deck 2 Forward**

PRSJU04:	"Horseback Riding in the Foothills of the Rainforest"	(4.25 hours)	Meets at	8:00 AM
PRSJU19:	"Uninhabited Island Snorkel by Catamaran"	(8 hours)	Meets at	8:15 AM
PRSJU02:	"El Yunque Rainforest"	(5 hours)	Meets at	8:45 AM
PRSJU16:	"Hacienda Muñoz Coffee Plantation"	(4.5 hours)	Meets at	8:45 AM **
PRSJU14:	"Casa Bacardi & Rum Mixology"	(3 hours)	Meets at	9:15 AM
PRSJU15:	"Caribbean Island Escape"	(5 hours)	Meets at	9:15 AM
PRSJU08:	"San Juan & the Art Museum of Puerto Rico"	(4 hours)	Meets at	9:30 AM

- Your charged **QuietVox** audio sets will be used today, as marked above with the **double asterisk (**)** symbol. Please don't forget to bring your **QuietVox** set(s) ashore with you as additional devices may not be available on the pier. **Do not forget your earpieces!**
- **We kindly ask that all guests participating in our included excursions only make their way to the gangway only 15 minutes prior to the below departure times.**
- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you, sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom.
- For all excursions that include swimming, beach towels will be delivered to your stateroom.
- **Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.

Sunday, January 20, 2019

Weather: Mostly Sunny 79°F / 26°C
Sunrise 6:53 AM | Sunset 6:05 PM

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-11:00 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:30 AM-2:30 PM
World Café	Deck 7	11:30 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café (Indian Buffet)	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	3:00 PM-Close
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-Midnight
Pool Bar	Deck 7	10:00 AM-8:00 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	7:00-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00-11:00 AM/5:00-8:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM/5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

Space is limited.

BOOK YOUR OPTIONAL SHORE EXCURSIONS

Explore more of your destination with our enriching shore excursions. See your in-room shore excursions flyer for details.



Reserve at the Shore Excursions Desk on Deck 1.

Try something new from KOSMETISKE

Great skincare and makeup brands. The perfect traveler's tote. A Georg Jensen or Antica Murrina® bangle. At Kosmetiske, discover both essentials for a day of exploring and lovely keepsakes.

Open when sailing. On Deck 1.

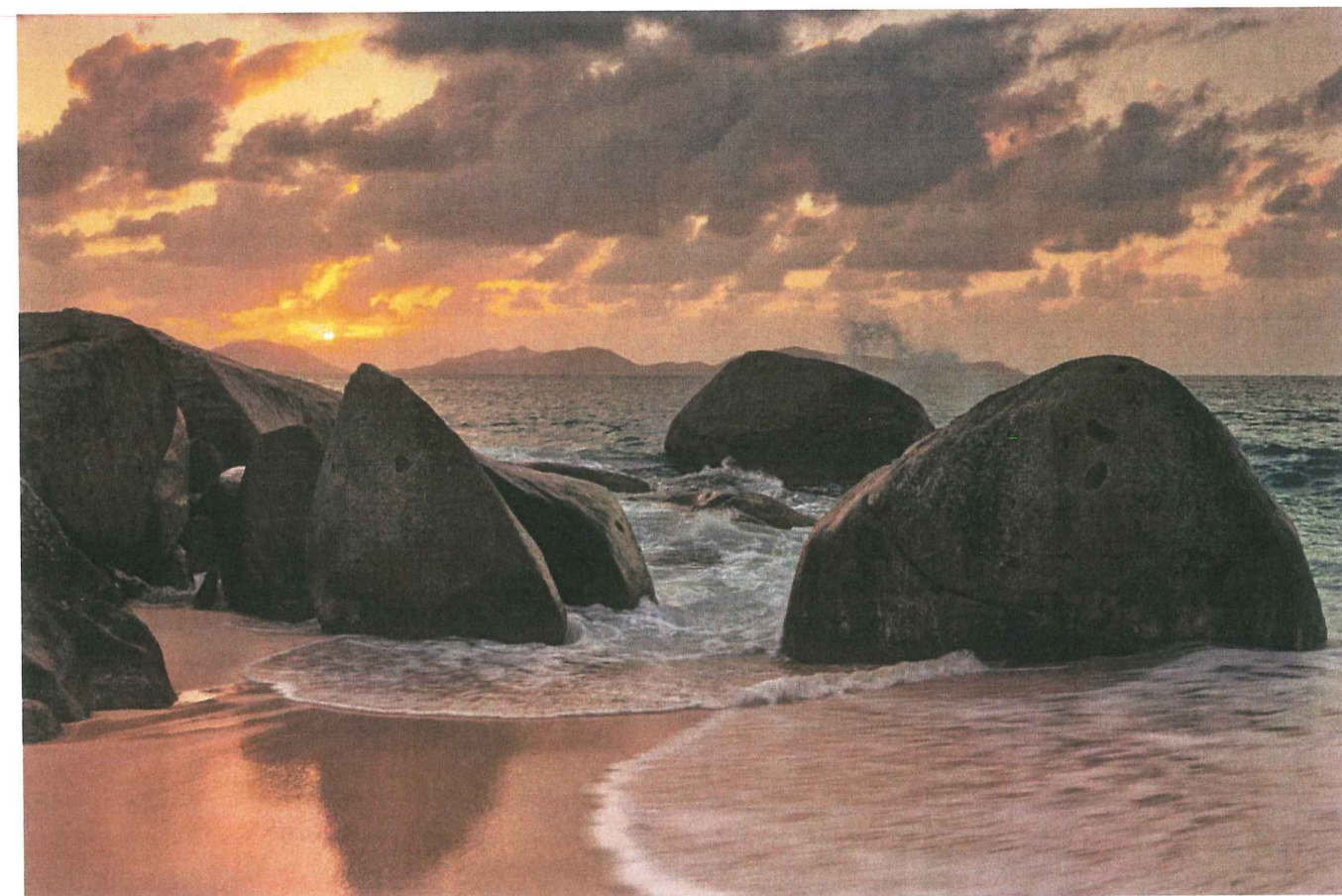


Your moment of serenity NORTHERN STILLNESS TREATMENT

Inspired by Scandinavia's still landscape, this restful treatment includes a soothing blueberry body wrap, calming body massage and a relaxing scalp massage.



See Spa Reception for details.



Tortola (Road Town), British Virgin Islands

Spread across miles of gleaming azure waters, the British Virgin Islands cap the summits and peaks of a chain of dormant underwater volcanoes. Their lush beauty is unmatched, and Tortola, the largest of the archipelago, is among the most stunning. Sailors have been skirting these shores for centuries. The famed pirates Blackbeard and Captain Kidd even took up residence here. With the arrival of colonists from England and, later, defeated loyalists from the thirteen colonies of the newly founded United States, the island's sugar industry boomed. Today, the capital of Road Town rests on a picturesque horseshoe-shaped harbor where yachts mingle with simple fishing boats and rainforest-clad hills rise up to a blue sky.

Viking Sea

Contacts
Agent: +1 284 494 2872
Ship: +1 213 401 2860

Ship Location
Anchor Road
Harbor- Outer

Arrival
7:30 AM

Last Tender
5:00 PM

U.S. Embassy Contact | Hamilton, Bermuda, 16 Middle Road, DV 03, Bermuda | Phone: +1 441 295 1342

Today on *Viking Sea*

MORNING

7:30 AM

ARRIVAL: *Viking Sea* will anchor in Tortola (Road Town), British Virgin Islands. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their stateroom keycard and photo ID when proceeding ashore.

8:00 AM-8:00 PM

Nordic Facial 50/80 minutes:

A customized and tailor-made organic skin treatment to soothe, rejuvenate and hydrate your complexion. Our beauty therapists invite you to schedule 20 min complimentary skin scan analysis.

LivNordic Spa (1)

10:00 AM-4:00 PM

TED Talks: Enjoy the theme of the day:

Longevity.

Cinema 1 (2)

10:00 AM-4:00 PM

BBC: The Last Battle of the Vikings.

(Approx. 45 min)

Cinema 2 (2)

AFTERNOON

3:15 PM

Golf Tournament: Join one of Vikings entertainer and test your skills with friends and fellow guests.

(Weather permitting)

Sports Deck (9)

4:00 PM

Team Trivia: Join Your Assistant Cruise Director Matthew and make teams of up to six for some exciting brainteasers.

Explorers' Lounge (7)

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition accompanied by Resident Pianist Antal until 4:45 PM.

Wintergarden (7)

4:30 PM

Skin Seminar - Love the skin you're in:

Join our Internationally qualified Beauty Therapist and learn more about your skin, skin types and conditions, and how to maintain a happy, healthy skin. Complementary 20 minute Skin Scan. Limited availability and sign up required.

Torshavn (2)

5:00 PM

Mindful Yoga: Classic yoga class to clear the mind and rebalance the body. Charges apply, limited availability and sign up required.

LivNordic Spa (1)

5:00 PM

Port Talk – Basseterre, St Kitts: Discover the heritage, culture and history of Basseterre, St Kitts.

Star Theater (2)

5:00 PM

Last Tender: *Viking Sea* prepares to set sail for Basseterre, Saint Kitts and Nevis. *(131 nautical miles)*

EVENING

6:00-6:45 PM

Munch Moments: The Viking Classical Duo presents traditional Norwegian music while Edward Munch's calm scenes, including landscapes, grace the Atrium screen.

Atrium (1)

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by Resident Pianist Antal.

Explorers' Lounge (7)

6:00-9:00 PM

Indian Buffet: Indulge in the flavors of this special dining event. Taste delight of Indian Culture prepared by Chef Satheesh and his team. Naan bread, tikka, tandoori, and raita and more...

World Cafe' & Aquavit Terrace (7)

6:30 PM

Interdenominational Church Service:

Join fellow guests for a short interdenominational service.

(Un-hosted)

Torshavn (2)

6:30 PM

Solo Travelers Get-Together:

Join your fellow guests for an informal meet and greet.

Pool Bar (7)

6:30 PM

Guest Lecture with Dr. Carin Bondar:

"Turtles in Turmoil—Charisma, Competition and Conservation" Explore the critical role new research could play in the development of more effective conservation.

Star Theater (2)

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by Resident Guitarist Laszlo.

Atrium (1)

7:00-11:00 PM

Ethiopian Opal Unveiling: Join our onboard Guest Jeweler Miro, As we unveil the stunning Ethiopian Opal Collection only found in 1994 with a brilliance unmatched.

Jewelry Shop (1)

8:00-8:45 PM

Magical Melodies: The Viking Classical Duo entertain in the Living Room.

Atrium (1)

9:00-9:45 PM

After Dinner Moods: Resident Pianist Antal presents delightful melodies.

Atrium (1)

9:00 PM-Close

Late & Live Lounge: Resident Guitarist Laszlo plays chilled acoustic melodies in the late night venue.

Torshavn (2)

9:15 PM

Viking Ocean Cruises proudly presents the Viking Sea Singers in 'The Abba Songbook': With catchy songs we all know and love, their music has not only stood the test of time but has become the soundtrack of our lives. Join our Viking Sea Vocalists as we celebrate their amazing back catalogue.

Star Theater (2)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of our Resident Pianist Antal.

Atrium (1)

10:00-10:45 PM

Back to Retro: The Viking Classical Duo entertains in the room at the top.

Explorers' Lounge (7)

Things to Remember

Guests are reminded to carry their **Stateroom Keycard** and **Photo ID** when proceeding ashore today.

Port Maps

Complimentary maps providing a general overview of each destination on this cruise are available from the shelves by the **Guest Services on Deck 1, Atrium.**

Live Events

The games will be played on your interactive TV in your stateroom:

4:00 PM

Rams vs Saints

Special Events Channel & Pool Deck (7)

7:30 PM

Patriots vs Chiefs

Special Events Channel & Pool Deck (7)

Shore Excursions

Recommendation

If you do not have a tour booked for the port of **Basseterre, Saint Kitts**, then we would like to recommend to you our **"St. Kitts Scenic Railway"** tour. Relax and take in the view on a scenic and historic train ride into the magnificent heart of an

unspoiled country. Transfer with your guide to the island's Needsmost Station, where you will board the only railcars of their kind in the world. The "Island Series" of the St. Kitts Scenic Railway are double-decked, with an open air observation platform on top that puts you high above the sugarcane and island vegetation. You can also watch the lush countryside pass by from the lower air-conditioned parlor, featuring huge six-foot vaulted windows, colorful artwork by local artists and charming rattan furnishings. Skirt the volcanic slopes of Mt. Liamuiga, cross numerous tall steel-girder bridges, see dramatic black-sand beaches and pass crumbling plantations. Along the way, gaze upon sweeping vistas of nearby Nevis, St. Bart's, St. Martin, Saba and St. Eustatius. Enjoy complimentary drinks and an engaging and fascinating narration throughout the trip.

Shore Excursions Booking Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **Castries, Saint Lucia is 6:00 PM** this evening, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

Open Tender Service

All guests wishing to go ashore independently throughout the day are kindly asked to meet at the Grand Piano in the Atrium, deck 1. When the next tender is available, you will then be escorted to the tender platform.

Please be aware that the first set of excursions will leave from 7:30 AM until 9:00 AM. The next groups will leave between 12:00 PM until 1:45 PM. If any guests on later tours would like to meet ashore then please be on the pier 15 minutes after your onboard departure time. Facilities are limited ashore. Please note there will be a water station on the pier for bottled water.

Shore Excursions

The Viking Sea will be using our own tender boats for the tender operation throughout the day. Once ashore there will be a short walk before reaching your guide to be walked to your transportation. The approximate time of the tender journey one way will be 10 minutes.

Please Note: All excursions meet in the Star Theater and we will walk you down to the Tender departure point. Water will be available outside the Star Theater in order for you to have time to place this in your bags before proceeding to the tenders. Please ensure that you keep your hands free when boarding the tender and please accept the assistance of the personnel inside the tender as the tender boat.

The following included & optional shore excursions meet in the **Star Theater, Deck 2 Forward**

VGRAD03:	"Virgin Gorda & the Baths"	(4.5 hours)	Meets at	7:40 AM
VGRAD10:	"Escape to Jost Van Dyke"	(5 hours)	Meets at	7:40 AM
VGRAD04A:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets at	7:55 AM
VGRAD04B:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets at	8:10 AM
VGRAD04C:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets at	8:40 AM
VGRAD08:	"Forest Hike & Beach Sojourn"	(4 hours)	Meets at	8:55 AM
VGRAD04D:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets at	8:55 AM

The following included & optional shore excursions can meet on the Pier in Road Town.

Any guests on afternoon departures and wishing to go ashore earlier may do so, we kindly ask that you meet at the tender platform at the later **RED** meeting times. Viking staff will be there to assist you at that time, don't forget to take all items with you for your excursion.

IMPORTANT: If you decided to only go ashore for your afternoon excursion then we advise you to make your way ashore at least 20 minutes before your departure time.

VGRAD04E:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets on the pier by	12:30 PM
VGRAD13A:	"Local Farm Visit & Callwood Rum Distillery"	(4 hours)	Meets on the pier by	12:30 PM
VGRAD04F:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets on the pier by	12:45 PM
VGRAD04G:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets on the pier by	1:00 PM
VGRAD04H:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets on the pier by	1:15 PM
VGRAD04I:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets on the pier by	1:30 PM
VGRAD04J:	"Tortola Scenic Tour & Beach"	(3 hours)	Meets on the pier by	1:45 PM

- Your **QuietVox** audio sets will not be used today.
- If you choose to **swim** during this included tour then towels will be available at the gangway on departure.
- For all **optional excursions** that include **swimming**, beach towels will be delivered to your cabin.
- Beach Chairs and umbrellas are available to rent at Cane Garden Beach
- We suggest you bring ashore with you, sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.
- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-7:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:30 AM-2:30 PM
World Café	Deck 7	11:30 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	2:30-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-Midnight
Pool Bar	Deck 7	10:00 AM-9:00 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	7:00-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00 AM-12:00 Noon/6:00-8:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM/5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	7:30-8:30 AM/5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

Book your

NEXT VIKING JOURNEY

The best time to plan your next Viking journey is while you are inspired by this one.



See your Cruise Consultant on Deck 2.

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NORWEGIAN PEWTER

Inspired by an ancient craft

Norwegians have been producing everyday items from pewter for almost 3,000 years. Though the craft began long before the Viking Age, the Norse explorers, too, embraced the tradition of metallurgy to forge tools, jewelry, animal heads and countless other items. Our onboard selection of pewter celebrates the legacy of the Vikings and of the Nordic people who came before them.

To learn more, visit our Nordic Shop on Deck 2.



NORDIC FACIAL

50 minutes of pure bliss

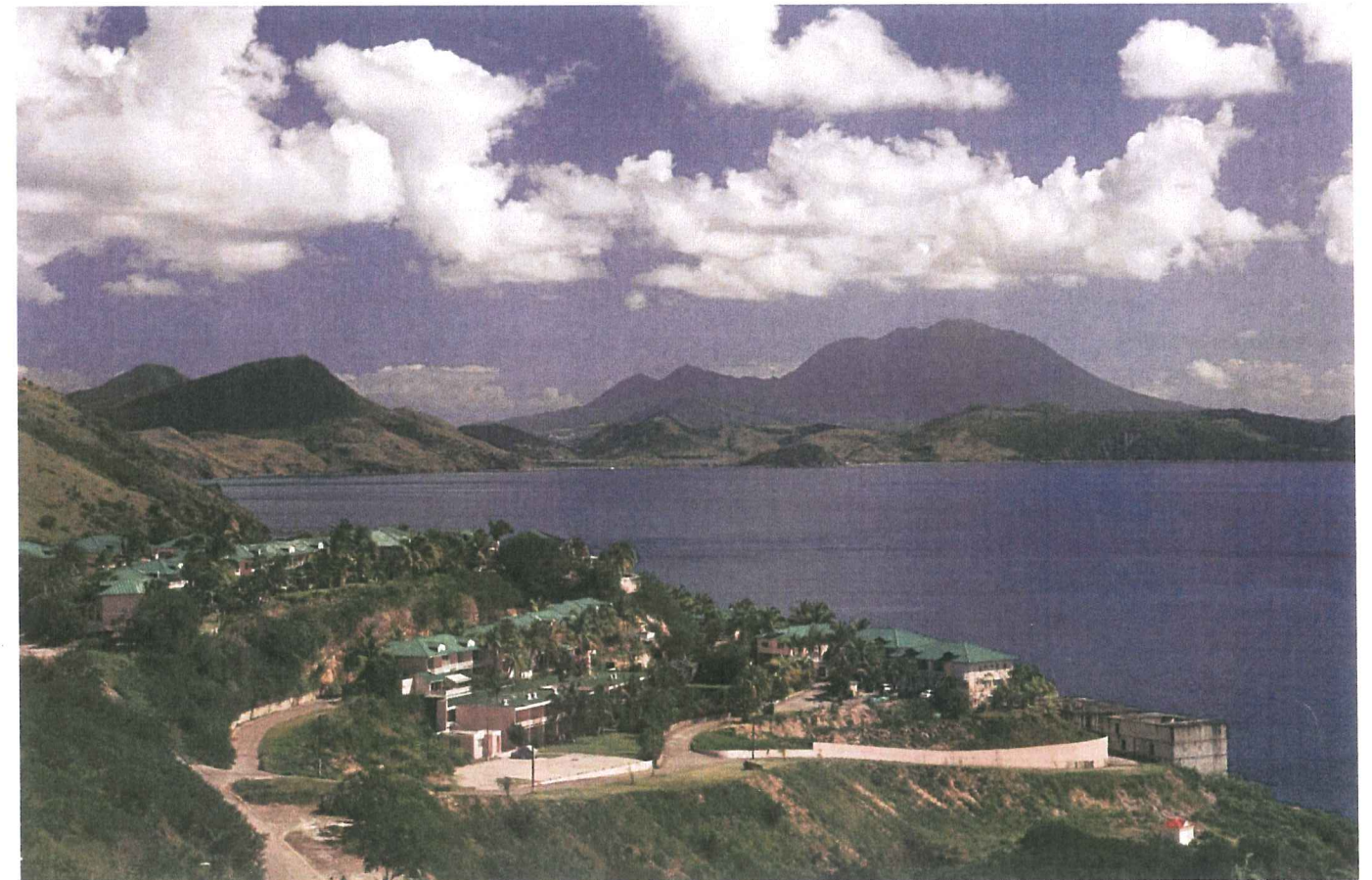
Our tailor-made facial rejuvenates the skin, slows the signs of aging and gives you a gorgeous glow. Savor these moments of deep relaxation as our organic treatment refreshes and renews.

See Spa Reception for details.



Monday, January 21, 2019

Weather: Partly Cloudy. 81° F / 27° C
Sunrise 6:44 AM | Sunset 6:00 PM



St. Kitts (Basseterre), St. Kitts & Nevis

Once a sugar-producing powerhouse, St. Kitts is lush with unspoiled vistas and old sugarcane fields. Together, St. Kitts and its neighboring island of Nevis comprise the smallest independent country in the Americas. Today, mangoes dominate the harvests instead of sugar. Home to vervet monkeys, banana trees and coconut palms, St. Kitts's coastal perimeter road leads to white-sand beaches and calm bays. The compact capital and main port, Basseterre, is one of the oldest towns in the eastern Caribbean, dotted with Victorian and Georgian architecture. The grassy patch of Independence Square, in the heart of the town, is where locals gather to exchange gossip in the shade of stately 18th-century buildings and Basseterre's English-style cathedral.

Viking Sea

Contacts
Agent: +1 246 233 5213
Ship: +1 213 401 2860

Ship Location
Port Zante

Arrival
7:30 AM

Back On Board
5:00 PM

U.S. Embassy Contact | Bridgetown, Barbados | Phone: +1 264 227 4000
U.K. Embassy Contact | San Juan, Puerto Rico | Torre Chardon, Suite 1236 | Phone: +1 787 758 9828

Today on *Viking Sea*

MORNING

6:00-9:00 AM

Smoothie Breakfast station: Start your morning off with a fresh smoothie on the beautiful Aquavit Terrace.
Aquavit Terrace (7)

7:30 AM

ARRIVAL: *Viking Sea* docks in Basseterre, St. Kitts & Nevis. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their stateroom keycard and photo ID when proceeding ashore.

8:00 AM-8:00 PM

Arctic Detox 110 min:

Eliminate toxins and increase circulation with an invigorating body scrub and detoxifying massage together with tension relief from the use of silicone massage cups.
Sign up at LivNordic Spa (1)

9:00 AM-5:00 PM

Sports Deck is Open: Equipment is available for use. *(Weather permitting)*
Sports Deck (9)

10:00 AM-4:00 PM

TED Talks: Enjoy the theme of the day: Explorers.
Cinema 1 (2)

10:00 AM-4:00 PM

Documentary Series: The Genius of Invention - Power *(50 mins)*
Cinema 2 (2)

AFTERNOON

3:15 PM

Shuffle Board Tournament: Join one of Vikings entertainer and test your skills with friends and fellow guests.
(Weather permitting)
Sports Deck (9)

4:00 PM

Team Trivia: Join Your Assistant Cruise Director Matthew and make teams of up to six for some exciting brainteasers.
Explorers' Lounge (7)

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition accompanied by The Viking Classical Duo until 4:45 PM.
Wintergarden (7)

4:30 PM

Hair Seminar - Love the Hair You Wear: Join Alexandra for an informative talk and learn how to treat your hair from root to tip. From hydration to volumizing our expert hairdresser is sure to teach you something new.
Torshavn (2)

5:00 PM

Back on Board: *Viking Sea* prepares to set sail for Castries, Saint Lucia. (636 nautical miles)

5:00 PM

Port Talk – Castries, Saint Lucia: Discover the heritage, culture and history of Castries, Saint Lucia.
Star Theater (2)+

5:00 PM

Stretching Yoga:

Join Iulia for classic yoga class to clear the mind and rebalance the body. Charges apply, limited availability.
Sign up at LivNordic Spa (1)

EVENING

6:00-6:45 PM

Munch Moments: Resident Pianist Antal presents traditional Norwegian music while Munch's self-portraits grace the Atrium screen.
Atrium (1)

6:00 PM

Birth stone seminar:

Join Miro our guest Jeweller as we tell you the history of your birthstone and what makes it so special.
Torshavn (2)

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by the Viking Classical Duo.
Explorers' Lounge (7)

6:30 PM

Guest Lecture with Dr. Carin Bondar: "Evolution & Extremism—The Astounding Diversity of Caribbean Bats." Gain an understanding of how extreme structures evolve with a look at the bat fauna in the region.
Star Theater (2)

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by Resident Guitarist Laszlo.
Atrium (1)

8:00 PM

Movie Under The Stars: Mamma Mia (2008) The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.
Rated PG 13. *(Run Time 1 hr 48 mins)*
Pool Deck (7)

8:00 PM

Q&A Roundtable Discussion with Mr. Dave Kingrea: "The English Sea Dogs—Were They Heroes or Pirates?" Uncover the ventures of these privateers against Spanish treasure ships during the Age of Discovery.
Cinema 2 (2)

8:00-8:45 PM

Magical Melodies: Resident Pianist Antal entertains in the Living Room.
Atrium (1)

8:00 PM-9:30 PM

Nordic Bathing Ritual:

Experience a state of complete mindfulness as you are guided in a private session by two of our therapists. Learn about Nordic bathing traditions. only 10 availabilities. In Sauna Veritas.
Sign up at LivNordic Spa (1)

9:00-9:45 PM

After Dinner Moods: The Viking Classical Duo presents delightful melodies.
Atrium (1)

9:00-10:45 PM

Laszlo Unplugged: Join Resident Guitarist Laszlo for an acoustic session in an intimate environment.
Torshavn (2)

9:15 PM

Viking Ocean Cruises proudly presents "Divas Through the Decades": Join our Viking Sea Vocalist Beth as she takes you through the decades with music from famous divas.
Star Theater (2)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of the Viking Classical Duo.
Atrium (1)

10:00-10:45 PM

Explorers' Melodies: Resident Pianist Antal entertains in the room at the top.
Explorers' Lounge (7)

11:00 PM-Close

Late Night Dancing: The Viking Band gets you on your feet to party the night away.
Torshavn (2)

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

Local Currency

The local currency in Basseterre, Saint Kitts and Nevis is the East Caribbean Dollar. The approximate exchange rate is **2.70 XCD to \$1.00 USD**. We regret that XCD cannot be purchased or exchanged on board.

No Camouflage

Please note that no camouflage clothing is to be worn due to local regulations.

Shore Excursions Booking Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **Bridgetown, Barbados is 6:00 PM** this evening, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

Lost & Found

Guest Services on Deck 1, Atrium has a lost and found for any guests who have misplaced personal items.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **Castries, St Lucia** then we would like to recommend to you our "**Aerial Tram**" tour. Witness life in the canopy of St. Lucia's lush rainforest from aboard an open air gondola. Meet your guide for a scenic drive to Rainforest Adventures, where you will board your tram. Then, make a thrilling ascent into the island's forest preserve, rising to the majestic heights of gommier and chatannier trees and countless other species, all of them close enough to touch as you drift upward through the dense brush. A nature interpreter will be on hand to describe these lush surroundings, pointing out giant ferns, bright heliconia and the buttress-like root systems that support this cathedral of a forest. You might spot hummingbirds flitting from flower to flower and yellow-bellied bananaquits taking wing. Keep your ears open for the call of parrots and your eyes peeled for their vibrant plumage. As you descend back to the station, admire the sweeping green vistas of the North Island.

Port Maps

Complimentary maps providing a general overview of each destination on this cruise are available from the shelves by the **Guest Services on Deck 1, Atrium**.

Shore Excursions

PORT ZANTE- The distance from the gangway to the transportation for the excursions is approximately 220 meters /656 feet. when the Viking Sea is docked in port Zante the local authorities offer a chargeable golf cart transfer service from the gangway to the start of the Duty Free Zone (1\$pp). This service is depending on the port authorities' availability on the day.

The following **included** shore excursions meet in the **ashore, on the pier side:**

KNSKB01A:	"Historic Basseterre & Fairview Great House"	(1¼ hours)	Departs at	8:30 AM
KNSKB01B:	"Historic Basseterre & Fairview Great House"	(1¼ hours)	Departs at	9:30 AM
KNSKB01C:	"Historic Basseterre & Fairview Great House"	(1¼ hours)	Departs at	1:00 PM
KNSKB01D:	"Historic Basseterre & Fairview Great House"	(1¼ hours)	Departs at	2:00 PM

The following **optional** shore excursions meet in the **Star Theater, Deck 2 Forward**

KNSKB15:	"Mountravers Estate Hike & Beachside Lunch on Nevis"	(6.5 hours)	Meets at	7:45 AM
KNSKB05:	"Rainforest & Garden Safari"	(4 hours)	Meets at	8:15 AM
KNSKB11A:	"Scenic Sail & Railway"	(4 hours)	Meets at	8:30 AM
KNSKB04:	"Safari Island Drive"	(3.5 hours)	Meets at	8:30 AM
KNSKB02:	"Nevis Sail Away"	(6 hours)	Meets at	8:45 AM
KNSKB03:	"St. Kitts Panorama"	(4 hours)	Meets at	8:45 AM
KNSKB12:	"St Kitts' Sister Island"	(5 hours)	Meets at	9:15 AM
KNSKB07A:	"St. Kitts Scenic Railway"	(3 hours)	Meets at	9:45 AM

The following **optional** shore excursions meet in the **ashore, on the end of the pier:**

KNSKB09:	"Nature Kayaking"	(3 hours)	Departs at	11:30 AM
KNSKB07B:	"St. Kitts Scenic Railway"	(3 hours)	Departs at	12:30 PM

- Your charged **QuietVox** audio sets will not be used today.
- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you, sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- For all excursions that include swimming, beach towels will be delivered to your cabin.
- Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-11:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:00 AM-2:30 PM
World Café	Deck 7	11:00 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	2:30-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	6:30 AM-Midnight
Pool Bar	Deck 7	10:30 AM-8:00 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	6:30-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00-11:00 AM / 5:00-8:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM / 5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

Enjoy our

FEATURED DRINK OF THE DAY

Shaken or stirred at any onboard bar.

Ask your server for details.



NORWEGIAN PEWTER

Inspired by an ancient craft

Norwegians have been producing everyday items from pewter for almost 3,000 years. Though the craft began long before the Viking Age, the Norse explorers, too, embraced the tradition of metallurgy to forge tools, jewelry, animal heads and countless other items. Our onboard selection of pewter celebrates the legacy of the Vikings and of the Nordic people who came before them.

To learn more, visit our Nordic Shop on Deck 2.



Your moment of serenity NORTHERN STILLNESS TREATMENT

Inspired by Scandinavia's still landscape, this restful treatment includes a soothing blueberry body wrap, calming body massage and a relaxing scalp massage.



See Spa Reception for details.

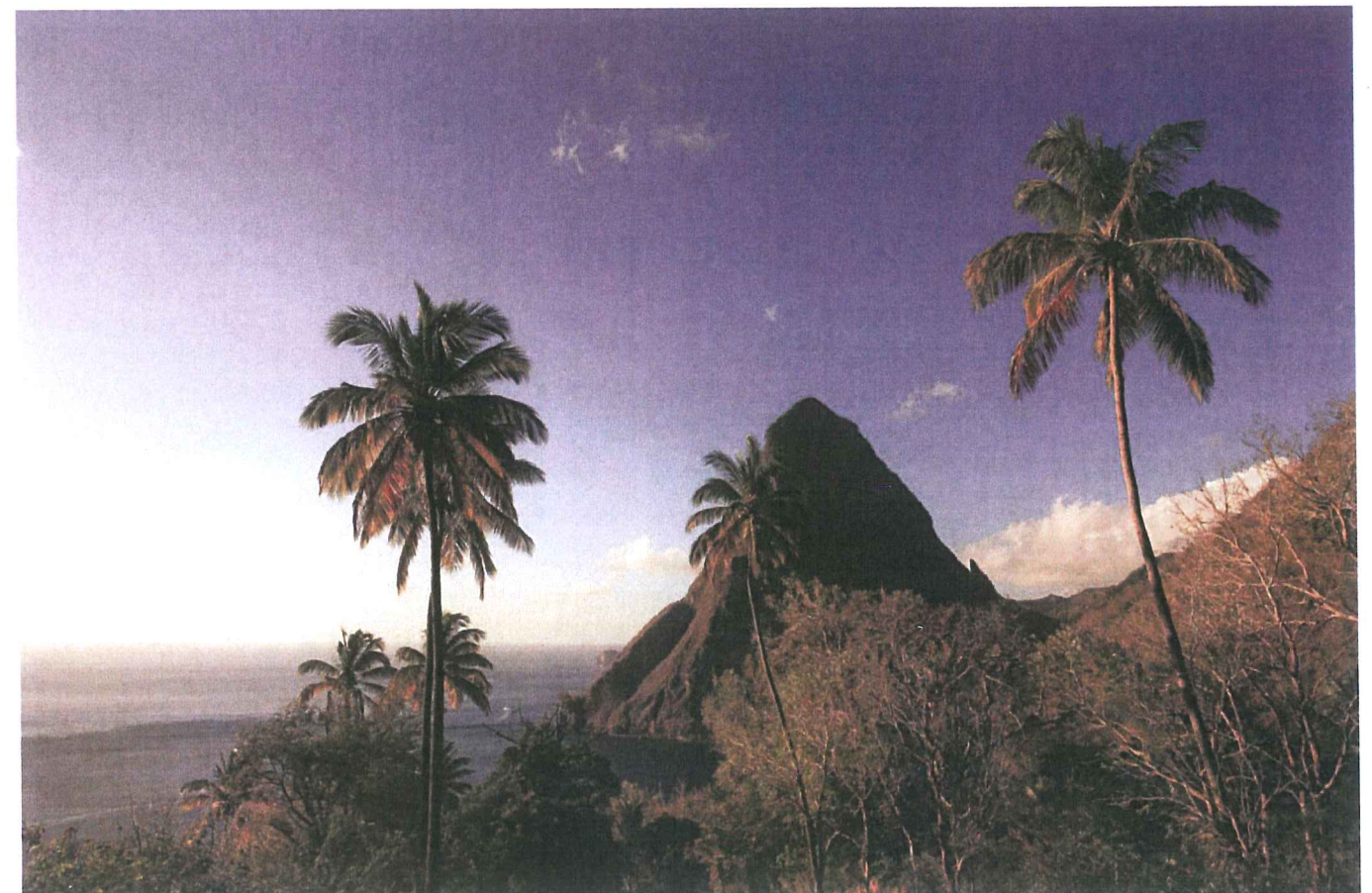


VIKING DAILY

Tuesday, January 22, 2019

Weather: Possible Showers. 79° F / 26° C

Sunrise: 6:31 AM | Sunset: 5:59 PM



Castries, Saint Lucia

Rich in unspoiled and dramatic scenery, St. Lucia boasts some of the Caribbean's most idyllic beaches, many near the capital of Castries. This paradise is so seductive that the British and French fought over it for 150 years. The British finally triumphed in 1814. Today St. Lucia is a sovereign nation, yet still part of the Commonwealth of England. The island has rich artistic heritage: the Cathedral of the Immaculate Conception in Castries is adorned with lush murals painted by a local artist and batik artisans keep a cherished tradition alive in their shops. On the island's west coast, the landmark Gros and Petit Pitons, two breathtaking rocky pylon peaks, soar over pristine beaches.

Viking Sea

Contacts
Agent: +1 758 452 6441
Ship: +1 213 401 2860

Ship Location
Queen Elizabeth
Dock 2

Arrival
8:00 AM

Back On Board
5:00 PM

U.S. Embassy Contact | Bridgetown, Barbados | Phone: +1 246 227 4000
U.K. Embassy Contact | Castries, St. Lucia | Francis Compton Building 2nd Floor | Phone: +1 758 452 2484

Today on *Viking Sea*

MORNING

8:00 AM

ARRIVAL: *Viking Sea* docks in Castries, Saint Lucia. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their stateroom keycard and Photo ID when proceeding ashore.

8:00 AM-8:00 PM

HydraFacial 50/80 minutes: Delivering powerful antioxidants into the skin with a unique blend of peptides to fight the aging process. A customized and tailor-made facial to brighten, rejuvenate and hydrate your skin. Our beauty therapists invite you to schedule 15 min complementary skin scan analysis *LivNordic Spa (1)*

9:00 AM-5:00 PM

Sports Deck is Open: Equipment is available for use. *(Weather permitting) Sports Deck (9)*

10:00 AM-4:00 PM

Ted Talks: Enjoy the theme of the day: Science. *Cinema 1 (2)*

10:00 AM-4:00 PM

BBC: Astronauts - Toughest Job In The Universe Ep. 2 (Approx. 60 min) *Cinema 2 (2)*

AFTERNOON

2:00 PM

Wine Tasting: Join our Sommelier in Chef's Table and discover our amazing selections of Wines. *(\$25 charge applicable.) Sign up at Guest Services (1)*

3:15 PM

Baggo Tournament: Join one of Vikings entertainer and test your skills with friends and fellow guests. *(Weather permitting) Sports Deck (9)*

3:45 PM

Viking Destination Performance: "St Lucia Pantime Steel Orchestra" - Enjoy the sounds of the islands with this local Steel Drum Band. *Pool Deck (7)*

4:00 PM

Team Trivia: Join Assistant Cruise Director Matthew for a round of trivia. Make teams of up to six for some exciting brainteasers. *Explorers' Lounge (7)*

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition. *Wintergarden (7)*

5:00 PM

Back on Board: *Viking Sea* prepares to set sail for Bridgetown, Barbados. *(636 nautical miles)*

5:00 PM

Port Talk – Bridgetown, Barbados: Discover the heritage, culture and history of Bridgetown, Barbados. *Star Theater (2)*

EVENING

6:00-6:45 PM

Munch Moments: The Viking Classical Duo presents traditional Norwegian music while Munch's most famous works grace the Atrium screen. *Atrium (1)*

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by Resident Pianist Antal. *Explorers' Lounge (7)*

6:00-9:00 PM

Caribbean Buffet in the World Café and on the Aquavit Terrace: Don't miss this special culinary event featuring delights inspired by Caribbean Cuisine. *World Café & Aquavit Terrace (7)*

6:15 PM

Rarest Gem Stones Seminar: Join Miro our guest jeweller on a journey through the Earth as we find out which are the rarest gemstones and why. *Torshavn (2)*

6:30 PM

Resident Historian Lecture with Mr. Dave Kingrea: "The Bayeux Tapestry." Examine the artistic and historic significance of this treasure chronicling the Battle of Hastings. *Star Theater (2)*

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by Resident Pianist Antal. *Atrium (1)*

8:00 PM

Resident Historian Office Hours with Mr. Dave Kingrea *(Explorers' 8)*

8:00-8:45 PM

Magical Melodies: The Viking Classical Duo entertain in the Living Room. *Atrium (1)*

9:00-9:45 PM

After Dinner Moods: Resident Pianist Antal presents delightful melodies. *Atrium (1)*

9:00-9:45 PM

Laszlo Unplugged: Join Resident Guitarist Laszlo for an acoustic session in an intimate environment. *Torshavn (2)*

9:15 PM

Viking Ocean Cruises proudly presents the Viking Sea Singers in "Behind the Pen": Spend the evening enjoying some of the world's most iconic songwriters; for a glimpse of their genius, and an insight into their lives. Featuring songs from Lieber & Stoller, Carole King, Burt Bacharach, Dolly Parton, Stevie Wonder, and Billy Joel..... We request your presence as we go, 'Behind the Pen'. *Star Theater (2)*

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of the Viking Classical Duo. *Atrium (1)*

10:00-10:45 PM

Explorers' Melodies: Resident Pianist Antal entertains in the room at the top. *Explorers' Lounge (7)*

10:00-10:45 PM

Late & Live Lounge: Resident Guitarist Laszlo plays chilled acoustic melodies in the late night venue. *Torshavn (2)*

11:00 PM-Close

Late Night Dancing: The Viking Band gets you on your feet to party the night away. *Torshavn (2)*

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

No Camouflage

Please note that no camouflage clothing is to be worn due to local regulations.

Local Currency

The local currency in Castries, St. Lucia is the East Caribbean Dollar. The approximate exchange rate is **2.69 XCD to \$1.00 USD**. We regret that XCD cannot be purchased or exchanged on board.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **Bridgetown, Barbados** we would like to recommend to you our **"Atlantis Submarine Expedition"** tour.

Shore Excursions Booking Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **Roseau, Dominica** is **6:00 PM** this evening, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

TED Talks (Cinema 1)

Viking Cruises has partnered with TED, a nonprofit, nonpartisan foundation devoted to making great ideas accessible. These short, powerful talks serve to enrich and promote a deeper understanding of the world. A talk plays at the top of every hour today, 10:00 AM-4:00 PM.

Shore Excursions

The Viking Sea will be using our own tender boats for the tender operation until **9:00 AM**. The approximate time of the tender journey one way will be 15 minutes. **Please Note:** All excursions before **9:30 AM** meet in the Star Theater and we will walk you down to the Tender departure point. Water will be available outside the Star Theater in order for you to have time to place this in your bags before proceeding to the tenders. Please ensure that you keep your hands free when boarding the tender and please accept the assistance of the personnel inside the tender as the tender boat.

The following **included & optional** shore excursions meet in the **Star Theater, Deck 2 Forward**

LCSLU01A:	"St. Lucia Panorama (Included)"	(2.25 hours)	Meets at	8:00 AM
LCSLU06A:	"Sea Trek Helmet Diving at Pigeon Island"	(3 hours)	Meets at	8:00 AM
LCSLU02:"	St. Lucia by Sea"	(6.5 hours)	Meets at	8:15 AM
LCSLU18:	"St. Lucia through the Eyes of a Lens"	(7 hours)	Meets at	8:15 AM
LCSLU09:	"Whale Watching"	(3 hours)	Meets at	8:30 AM
LCSLU21:	"Painting Class at Island Mix"	(3 hours)	Meets at	8:30 AM
LCSLU12:	"Ladera Resort by Catamaran"	(6.5 hours)	Meets at	9:00 AM
LCSLU17:	"Spices Cooking Studio"	(4 hours)	Meets at	10:15 AM
LCSLU03C:	"Aerial Tram"	(3 hours)	Meets at	10:15 AM
LCSLU01B:	"St. Lucia Panorama (Included)"	(2.25 hours)	Meets at	11:15 AM

The following **optional & included** shore excursions meet **ashore, on the pier side:**

LCSLU06B:	"Sea Trek Helmet Diving at Pigeon Island"	(3 hours)	Departs at	12:30 PM
LCSLU03A:	"Aerial Tram"	(3 hours)	Departs at	1:00 PM
LCSLU03B:	"Aerial Tram"	(3 hours)	Departs at	1:30 PM
LCSLU01C:	"St. Lucia Panorama (Included)"	(2.25 hours)	Departs at	2:00 PM
LCSLU22A:	"Yoga & Tai Chi Class"	(2 hours)	Departs at	2:00 PM
LCSLU22B:	"Yoga & Tai Chi Class"	(2 hours)	Departs at	2:00 PM
LCSLU01D:	"St. Lucia Panorama (Included)"	(2.25 hours)	Departs at	2:30 PM

- Your charged **QuietVox** audio sets will not be required today.
- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- For all excursions that include swimming, beach towels will be delivered to your stateroom.
- **Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.

Pointe Seraphine & Water Taxi

Only The Duty Free area and several stalls in the Central Market will be open in Castries as our visit is on Tuesday. We would also like to inform you that from the terminal building there will be an independent Water Taxi service. This will take you to Pointe Seraphine, where the duty free shopping is located on the opposite side of the harbor. \$5.00 return. <http://www.pointeseraphine.lc/>

Gangway Operation

After 9:00 AM the tender and gangway operation will stop until 10:00 AM, whilst the Viking Sea Docks in Castries, St Lucia.

Open Tender Service

All guests wishing to go ashore independently before 10:00AM are kindly asked to meet at the Grand Piano in the Atrium, deck 1. When the next tender is available, you will then be escorted to the tender platform. Please be aware that the first set of excursions will leave from **8:00 AM until 9:00 AM**.

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-7:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:00 AM-2:30 PM
World Café	Deck 7	11:00 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	3:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-Midnight
Pool Bar	Deck 7	10:30 AM-Closing
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	7:00-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00 -11:00 AM /4:00-6:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM/5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	7:30-8:30 AM/5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

THE FREYJA[®] COLLECTION

Our premium Freyja bath products are named for the Norse goddess of love, beauty and fertility. Gentle on the skin, they're sure to inspire and refresh. Replenished daily in your stateroom bathroom.



Try something new from KOSMETISKE

Great skincare and makeup brands. The perfect traveler's tote. A Georg Jensen or Antica Murrina[®] bangle. At Kosmetiske, you'll find both essentials for a day of exploring and lovely keepsakes.

Open when sailing. On Deck 1.



ROYAL NORDIC HAIR

50 minutes

Treat yourself to our Royal Nordic Hair ritual, a refreshing treatment that nourishes and repairs your hair. Enjoy a soothing scalp massage, then replenish your follicles with a nurturing, deep-conditioning hair wrap.

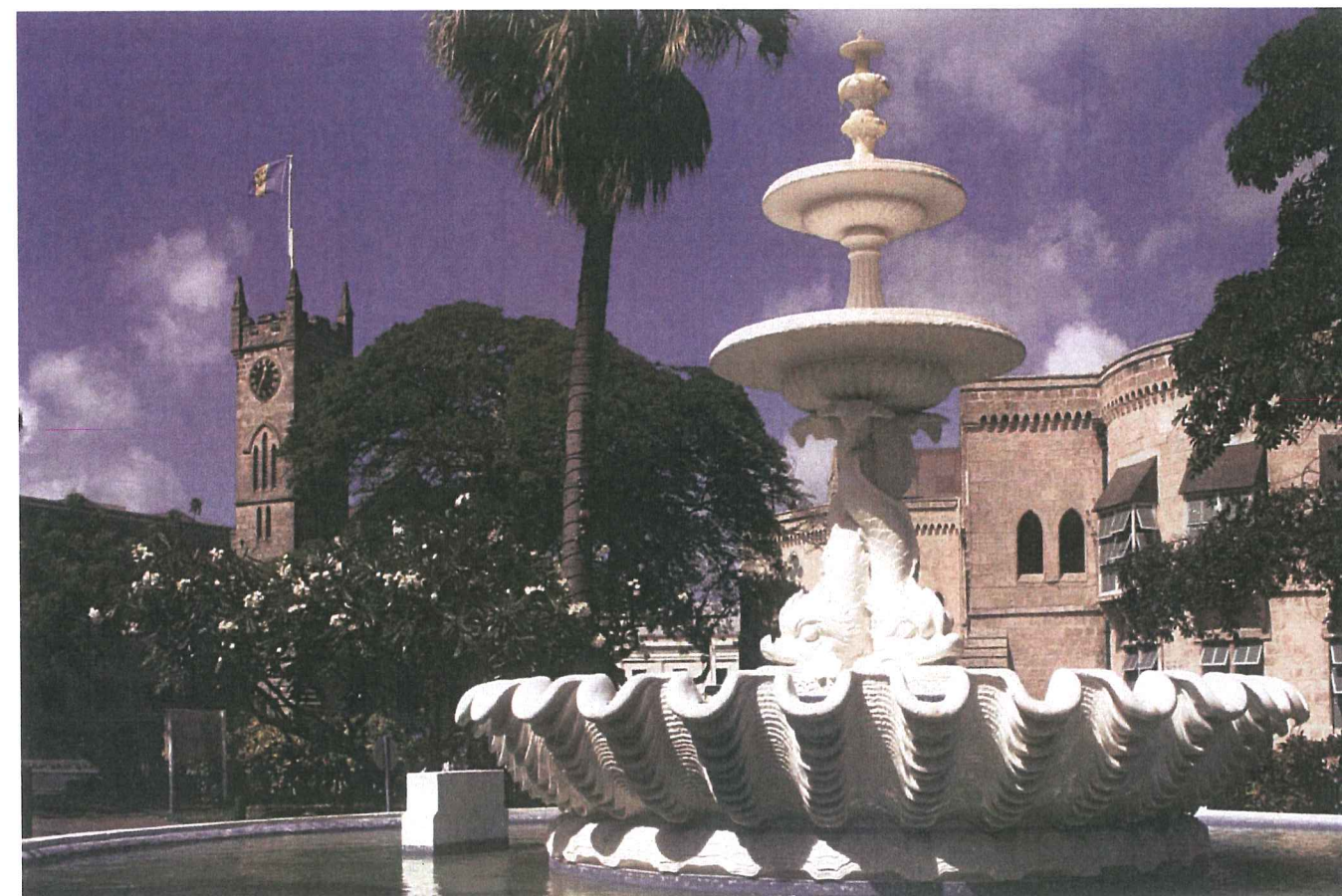
See Spa Reception for details.



VIKING DAILY

Wednesday, January 23, 2019

Weather: Mostly Sunny 84°F / 28°C
Sunrise 6:25 AM | Sunset 5:55 PM



Bridgetown, Barbados

The easternmost of the Caribbean islands, Barbados is rich in British history and spectacular sandy beaches. Home to the Commonwealth's third-oldest parliament, Barbados is often called "Little England" for its lasting British influence. Bajans, as islanders are known, exude a hearty love of their small island country and delight in sharing its unique culture. Cricket matches and afternoon tea are as common here as surfing and sunning on the beach with family and friends. And a bottle of the island's native Mount Gay Rum, and perhaps a delicious conkie, a pumpkin-coconut cake steamed in banana leaves, are never far out of reach. The island's capital, Bridgetown, boasts a wealth of historic buildings and sites.

Viking Sea

Contacts Agent: +1 246 431 8929 Ship: +1 213 401 2860	Ship Location Sugar Berth	Arrival 7:30 AM	Back on board 5:00 PM
--------------------------------------------------------------------	-------------------------------------	---------------------------	---------------------------------

U.S. Embassy Contact | Bridgetown, Barbados | Phone: +1 246 227 4000
U.K. Embassy Contact | Bridgetown, Barbados | Lower Collymore Rock Rd | Phone: +1 246 430 7800

Today on *Viking Sea*

MORNING

7:30AM

Arrival: *Viking Sea* docks in Bridgetown, Barbados. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their own stateroom keycard and photo ID when proceeding ashore today.

8:00 AM-8:00 PM

Viking Restart Body Treatment:

Rejuvenate and release tension. Our signature restart body treatments starts with a cranberry body scrub, followed by an invigorating half body massage and concludes in a Nordic Scalp Ritual leaving you relaxed. Discount applicable in port only.

LivNordic Spa (1)

9:00 AM-5:00 PM

Sports Deck is Open: Equipment is available for use. *(Weather permitting)*
Sports Deck (9)

10:00 AM-4:00 PM

TED Talks: Enjoy the theme of the day: **Space.**
Cinema 1 (2)

10:00 AM-4:00 PM

BBC: Dawn of the Driverless Car.
(Approx. 50 min)
Cinema 2 (2)

AFTERNOON

3:15 PM

Golf Tournament: Join one of Vikings entertainer and test your skills with friends and fellow guests.
(Weather permitting)
Sports Deck (9)

4:00 PM

Team Trivia: Join your Assistant Cruise Director Matthew and make teams of up to six for some exciting brainteasers.
Explorers' Lounge (7)

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition accompanied by our Resident Pianist Antal until 4:45 PM.
Wintergarden (7)

5:00 PM

All Aboard: *Viking Sea* prepares to set sail for Roseau, Dominica.
(175 nautical miles)

5:00 PM

Mindful Yoga: Classic yoga class to mind and rebalance the body. Charges apply limited availability and sign up required.
LivNordic Spa (1)

5:00 PM

Port Talk – Roseau, Dominica: Discover the heritage, culture and history of Roseau, Dominica.
Star Theater (2)

EVENING

6:00-6:45 PM

Munch Moments: Resident Pianist Antal presents traditional Norwegian music while Munch's works celebrating nature and architecture grace the Atrium screen.
Atrium (1)

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by Resident Guitarist Laszlo.
Explorers' Lounge (7)

6:30 PM

Cruise Consultant Q & A: Join Future Cruise Consultant Charaine, for a special presentation about future Viking cruises, including the special deals and benefits available exclusively onboard.
Star Theatre (2)

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by the Viking Classical Duo.
Atrium (1)

8:00 PM

Nordic Bathing Night: Come experience the contrast bathing of the North, through fire and ice in search of inner beauty and an effortless sense of beingness. (Additional charge of \$39 applicable)
LivNordic Spa (1)

8:00 PM

Whiskey Tasting: Join our Bar Team in Torshavn and discover our amazing selections of Whiskey.
(\$20 charge applicable.)
Sign up at Guest Services (1)

8:00 PM

Q&A Roundtable Discussion with Mr. Dave Kingrea: "Captain to Ship's Navigator—Where in the World Are We?" Explore the art and science of navigation at sea from the early Phoenicians to modern times.
Cinema 2 (2)

8:00 PM

Line Dancing Class On The Pool Deck: Join Cruise Director Jenna and Assistant Cruise Director Matthew and learn some fun Line Dances.
Pool Deck (7)

8:00-8:45 PM

Magical Melodies: Resident Pianist Antal entertains in the Living Room.
Atrium (1)

8:30 PM

Explorers' Society: Guests who have sailed with *Viking Cruises* before are invited to mark the occasion with Crepes Suzette and Caribbean Coffee Station, and a special performance from our Viking Sea Vocalist.
Pool Deck (7)

9:00 PM

Dancing Under the Stars: The action is on deck as the fabulous Viking Band presents upbeat dance melodies with a few surprise guests to keep the party rockin'.
Pool Deck (7)

9:00 PM

Featured Movie: Can You Ever Forgive Me? (2018) When Lee Israel falls out of step with current tastes; she turns her art form to deception.
Running Time 1hr 46mins
Star Theater (2)

9:00-9:45 PM

After Dinner Moods: The Viking Classical Duo presents delightful melodies.
Atrium (1)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of our Viking Classical Duo.
Atrium (1)

10:00-10:45 PM

Explorers' Melodies: Resident Pianist Antal entertains in the room at the top.
Explorers' Lounge (7)

10:00-11:45 PM

Late Night Laszlo: Resident Guitarist Laszlo plays in the late night venue.
Torshavn (2)

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

Local Currency

The local currency in Bridgetown, Barbados is the Barbadian Dollar. The approximate exchange rate is **2.00 BBD to \$1.00 USD**. We regret that BBD cannot be purchased or exchanged on board.

No Camouflage

Please note that no camouflage clothing is to be worn due to local regulations.

Shuttle Bus Service

We will be using port provided shuttle busses to get you from the ship to the terminal (**350 Meters / 1148 Feet**). Once in the terminal building **please follow the RED DOTS on the floor to direct you to the bus terminal**. Please look out for the Viking staff wearing red shirts and red umbrellas inside the bus terminal.

Shore Excursions Booking Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **St Johns, Antigua this evening at 6:00 PM**, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

Shore Excursions

The following **included** shore excursions meet **Ashore**, outside through the Terminal / Duty Free Zone

Please be aware that all tours that are meeting ashore will depart from the Parking Lot area after the Exit of the Terminal / Duty Free Zone. We advise all guests that would prefer not to walk the distance from the gangway to the terminal to take advantage of the Port shuttle service that will operate from outside the gangway to the terminal building, which is approximately **350 Meters**.

BBBGI01A:	"Panoramic Barbados"	(2½ hours)	Departs at	8:30 AM
BBBGI01B:	"Panoramic Barbados"	(2½ hours)	Departs at	9:00 AM
BBBGI01C:	"Panoramic Barbados"	(2½ hours)	Departs at	9:30 AM
BBBGI01D:	"Panoramic Barbados"	(2½ hours)	Departs at	10:30 AM
BBBGI01E:	"Panoramic Barbados"	(2½ hours)	Departs at	11:00 AM
BBBGI01F:	"Panoramic Barbados"	(2½ hours)	Departs at	12:00 PM
BBBGI01G:	"Panoramic Barbados"	(2½ hours)	Departs at	12:30 PM

The following **Optional** shore excursions meet in the **Star Theater, Deck 2 forward**

Please be aware that when it is time to for your excursion to depart all guests will be required to walk from the gangway to the parking lot outside the terminal building. This is a distance of **350 Meters**. For all guest with mobility concerns we advise to take the shuttle service from the gangway to the terminal / Duty free Zone.

Once you walk through the terminal, a member of the Shore Excursion team will assist with your excursion allocation.

BBBGI07:	"Barbados Photo Adventure"	(4 hours)	Meets at	8:15 AM
BBBGI06:	"Barbados Beach Break"	(3½ hours)	Meets at	8:30 AM
BBBGI02:	"Luxury Catamaran Tour"	(5½ hours)	Meets at	9:30 AM
BBBGI14A:	"Atlantis Submarine Expedition"	(2½ hours)	Meets at	9:30 AM
BBBGI17:	"Jewish Heritage, the History of Sugar & Rum"	(3½ hours)	Meets at	9:45 AM **
BBBGI03:	"Harrison's Cave"	(3 hours)	Meets at	10:00 AM

The following **Optional** shore excursion meet **Ashore**, outside through the Terminal / Duty Free Zone

BBBGI14B:	"Atlantis Submarine Expedition"	(2½ hours)	Meets at	12:45 PM
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Once ashore a member of the Shore Excursion team will assist with the shuttle bus service to the terminal. On arrival at the terminal / Duty Free Zone, you will then be required to walk through the terminal to meet your transportation and guide to start your excursion.

Your charged **QuietVox** audio sets will be used today, as marked above with the **double asterisk (**)** symbol. Please don't forget to bring your **QuietVox** set(s) ashore with you, as additional devices may not be available on the pier. **Do not forget your earpieces!**

- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- For all excursions that include swimming, beach towels will be delivered to your stateroom.
- Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-7:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:00 AM-2:30 PM
World Café	Deck 7	11:00 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

*Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM.

Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	2:30-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-8:30 PM
Pool Bar	Deck 7	10:30 AM-8:00 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	6:00-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00-10:00 AM/4:00-8:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM/5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	7:30-8:30 AM/5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

Join us for our SPECIAL BEVERAGE EVENTS

Our beverage team hosts a variety of wine, single malt whisky and Armagnac tastings, as well as a martini mixology class.

Please ask your bartender for details or sign up with Guest Services.



Discover THE FLAWLESS GLITTERING MEMENTO

Treat yourself to an eternal keepsake. Silver, gold and diamonds from world-renowned designers are among the treasures you'll find in Juveler.

Open when sailing. On Deck 2.

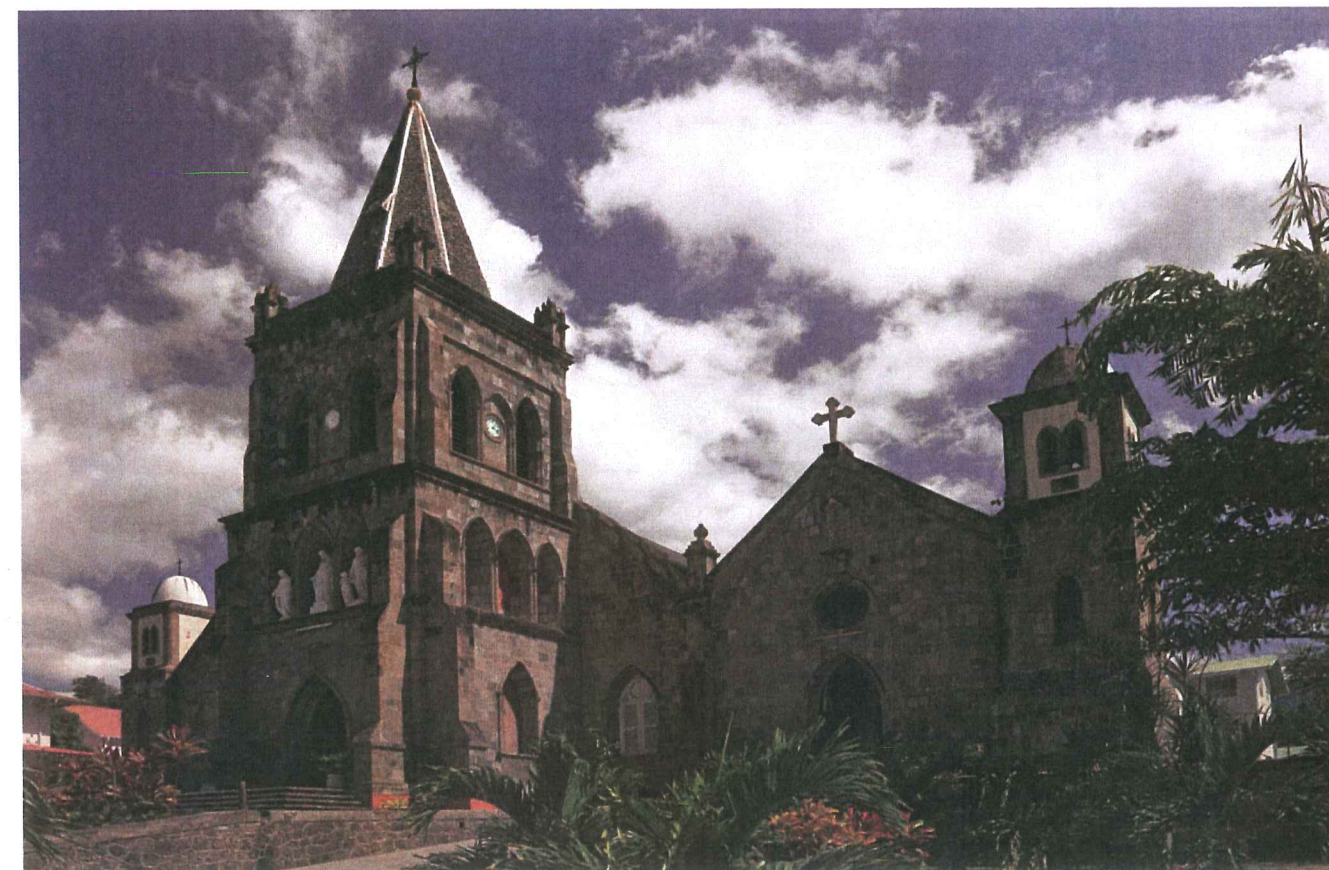
Your moment of serenity NORTHERN STILLNESS TREATMENT

Inspired by the stillness of the Scandinavian landscape, this restful treatment includes a soothing blueberry body wrap, calming back massage and a long, relaxing Nordic scalp ritual. Let go... drift away... and come back feeling invigorated and renewed.

See Spa Reception for details.

Thursday, January 24, 2019

Weather: Mostly Cloudy 82° F / 28° C
Sunrise 6:35 AM | Sunset 5:59 PM



Roseau, Dominica

Called the "Nature Isle of the Caribbean," Dominica is celebrated for its mountainous rainforests and rare flora and fauna. Its compact capital of Roseau boasts a collection of French and English colonial architecture. The city's Botanical Gardens are rare in the Caribbean for their central urban location and the Roseau River is one of the largest waterways to meander through a capital in the region. Outside the city, the Caribbean of yesterday unfolds as the island's indigenous Kalinago people retained their rich culture even through centuries of colonialism. Nine volcanoes bring heat to the island's boiling lakes and sulfur springs. The island's centerpiece for nature lovers is Morne Trois Pitons National Park, named for its triple-peak mountain.

Viking Sea

Contacts
Agent: +1 767 235 2183
Ship: +1 213 401 2860

Ship Location
Woodbridge Bay Port

Arrival
7:30 AM

Back On Board
5:00 PM

U.S. Embassy Contact | Bridgetown, Barbados | Phone: +1 264 227 4000
U.K. Embassy Contact | Castries, St. Lucia | Francis Compton Building 2nd Floor | Phone: +1 758 452 2484

Today on *Viking Sea*

MORNING

8:00 AM

Arrival: *Viking Sea* docks in Roseau, Dominica. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their stateroom keycard and photo ID when proceeding ashore today.

8:00 AM-8:00 PM

The Royal Nordic Hair Ritual: Treat your hair from root to tip with this amazing blueberry hair treatment, scalp massage and a wash a blow dry that will leave your hair looking great. Limited availability. *LivNordic Spa (1)*

10:00 AM

Crew Emergency Drill: This drill does not require any action by our guests, although you will hear announcements and alarms throughout the ship. Some onboard services may be suspended or curtailed during this safety exercise.

AFTERNOON

4:00 PM

Team Trivia: Join your Assistant Cruise Director Matthew and make teams of up to six for some exciting brainteasers. *Explorers' Lounge (7)*

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition accompanied by The Viking Classical Duo until 4:45 PM. *Wintergarden (7)*

5:00 PM

Back On Board: *Viking Sea* prepares to set sail for St. John's, Antigua and Barbuda. (135 nautical miles)

5:00 PM

Stretching Yoga: Join Iulia for yoga class to stretch and rebalance the body. Charges apply, limited availability and sign up required. *LivNordic Spa (1)*

5:00 PM

Port Talk – St. John's, Antigua: Discover the heritage, culture and history of St. John's, Antigua. *Star Theater (2)*

5:30 PM

Veteran's Get-Together: Meet with fellow Comrades. (Un-hosted) *Explorers' (8)*

EVENING

6:00-6:45 PM

Munch Moments: The Viking Classical Duo presents traditional Norwegian music while Munch's works celebrating nature and architecture grace the Atrium screens. *Atrium (1)*

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by Resident Guitarist Laszlo. *Explorers' Lounge (7)*

6:00- 9:00 PM

Taste Of Mexico: Don't miss this special culinary event at the Pool Grill and indulge in the flavors of this special destination dinner. *Pool Grill (7)*

6:30 PM

Guest Lecture with Dr. Carin Bondar: "Coral in the Caribbean—Complexity, Conservation & Chaos." Understand the complicated roles of coral in maintaining the ecosystem's structure and function. *Star Theater (2)*

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by Resident Pianist Antal. *Atrium (1)*

7:30 PM

Tanzanite Seminar: Join our onboard Jeweller, for a fascinating talk about this rare African gem. We reveal the history and some little known facts surrounding this beautiful stone. *Torshavn (2)*

8:00 PM

Resident Historian Office Hours with Mr. Dave Kingrea *(Explorers' 8)*

8:00 PM

Movie Under The Stars: Ocean 8 (2018) Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's yearly Met Gala. (Running Time 1hr 50mins) *Pool Deck (7)*

8:00-8:45 PM

Magical Melodies: Resident Guitarist Laszlo entertains in the Living Room. *Atrium (1)*

9:00-9:45 PM

Jazz Moods: Join our Viking Classical Duo for an intriguing musical session. *Torshavn (2)*

9:00-9:45 PM

After Dinner Moods: Resident Pianist Antal presents delightful melodies. *Atrium (1)*

9:15 PM

Viking Ocean Cruises Proudly Presents "Sea Variety Performance": Join the Viking Sea singers as they present a tribute to some of your favorite Broadway songs and more. A one of a kind show, only on Viking Sea! *Star Theater (2)*

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of our Resident Guitarist Laszlo. *Explorers' (7)*

10:00-10:45 PM

Atrium Sounds: Resident Pianist Antal creates exquisite sounds in the heart of the ship. *Atrium (1)*

10:00-10:45 PM

Latin Rhythms: The Viking Classical Duo plays music featuring this great theme. *Torshavn (2)*

11:00 PM-Close

Late Night Dancing: The Viking Band gets you on your feet to party the night away. *Torshavn (2)*

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

Local Currency

The local currency in Roseau, Dominica is the East Caribbean Dollar. The approximate exchange rate is **2.70 XCD to \$1.00 USD**. We regret that XCD cannot be purchased or exchanged on board.

TED Talks (Cinema 1)

Viking Cruises has partnered with TED, a nonprofit, nonpartisan foundation devoted to making great ideas accessible. These short, powerful talks serve to enrich and promote a deeper understanding of the world. A talk plays at the top of every hour today, 10:00 AM-4:00 PM

Gratuities

We would like to inform guests that as per company administrative guidelines, we will proceed to automatically charge gratuities for our crew to your account. If you have any questions, please visit the Guest Services Desk located on Deck 1. Please do not wait until the end of your journey, as credit cards will be processed early in order to get a preauthorization for your onboard expenses.

Shuttle Bus Service

The port Authorities in Roseau will be offering a Limited shuttle bus service from the port of Woodbridge to the front of the Fort Young Hotel, downtown Roseau. The shuttle buses will operate continuously from 8:30 AM until 4:30 PM. Local Taxis will be available at the exit of Woodbridge Port and at the Taxi station at the center of the pier in the town of Roseau.

Port Maps

Complimentary maps providing a general overview of each destination on this cruise are available from the shelves by the **Guest Services on Deck 1 Atrium**.

Share Your Story On *MyVikingStory.com*

As you enjoy your travels, we invite you to share your photos and the stories behind them on *MyVikingStory.com*. These might include special moments from your cruise such as your favorite view, destination, meal, drink, thinking spot or staff member. Also, while you're sharing your photos and stories with fellow Instagram, Facebook and Twitter friends, please remember to add #MyVikingStory.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **Saint John's, Antigua** then we would like to recommend to you our **"Catamaran Cruise & Lobster Lunch"** tour. Take a luxurious sail on a state-of-the-art catamaran, with stops to enjoy two beaches and a delicious lobster lunch. Meet your welcoming and enthusiastic crew and head off into azure Caribbean waters, passing the white-sand beaches and resorts of Antigua. Along the way, relax to the soothing sounds of Caribbean music and feel the warm tropical breeze. At your first stop, dive into the warm tropical waters and go for a refreshing swim, or just take a leisurely stroll along the beach. Enjoy complimentary beverages back on board en route to your second beach location. Drop anchor and savor a mouthwatering lobster lunch on board, then spend free time exploring the beach before sailing back to port and transferring to your awaiting ship.

Shore Excursions Booking Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **Philipsburg, St. Maarten is 6:00 PM** this evening, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

Shore Excursions

The following **included** shore excursions meet **Ashore**, at the end of the pier

DMRSU08A:	"Panoramic Roseau"	(2 hours)	Departs at	8:30 AM**
DMRSU08B:	"Panoramic Roseau"	(2 hours)	Departs at	11:00 AM**
DMRSU08C:	"Panoramic Roseau"	(2 hours)	Departs at	12:45 PM**
DMRSU08D:	"Panoramic Roseau"	(2 hours)	Departs at	2:00 PM**
DMRSU08E:	"Panoramic Roseau"	(2 hours)	Departs at	3:15 PM**

The following **optional** shore excursions meet **Star Theater, Deck 2 forward**

DMRSU03:	"Champagne Reef & Snorkel"	(2½ hours)	Meets at	7:45 AM
DMRSU06:	"Kalinago Indian Culture"	(3 hours)	Meets at	8:15 AM**
DMRSU04A:	"Whale & Dolphin Safari"	(3 hours)	Meets at	8:45 AM
DMRSU13:	"Dominica's Art Asylum"	(2½ hours)	Meets at	9:15 AM**
DMRSU14A:	"Mero Beach Sojourn"	(3½ hours)	Meets at	10:15 AM

The following **optional** shore excursions meet **Ashore**, at the end of the pier

DMRSU09:	"India River by Rowboat"	(4 hours)	Departs at	11:30 AM
DMRSU12:	"River Tubing Safari"	(3 hours)	Departs at	11:45 AM
DMRSU11:	"Freshwater Lake & Hot Pools"	(3 hours)	Departs at	12:30 PM**
DMRSU14B:	"Mero Beach Sojourn"	(3½ hours)	Departs at	12:45 PM
DMRSU10:	"Rainforest & Waterfall by 4x4"	(3½ hours)	Departs at	1:30 PM**
DMRSU04B:	"Whale & Dolphin Safari"	(3 hours)	Departs at	1:45 PM

- Your charged **QuietVox** audio sets will be used today, as marked above with the **double asterisk (**)** symbol. Please don't forget to bring your **QuietVox** set(s) ashore with you, as additional devices may not be available on the pier. Do not forget your earpieces!
- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you, sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- For all excursions that include swimming, beach towels will be delivered to your cabin.
- Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-7:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:30 AM-2:30 PM
World Café	Deck 7	11:30 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	3:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-Midnight
Pool Bar	Deck 7	10:00 AM-Closing
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	6:00-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00 AM-11:00 AM/4:00-9:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM/5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	7:30 -8:30 AM/5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

MUNCH MOMENTS

Experience our Viking exclusive "Munch Moments," a little piece of culture designed with the Munch Museum in Norway featuring digital images of the master expressionist's work.

A new theme debuted each afternoon in The Living Room.



FJÄLLRÄVEN

Iconic Scandinavian backpacks

Visit our Nordic Shop on Deck 2 to browse our selection of sturdy yet light Fjällräven backpacks, created in the spirit of exploration.



ROYAL NORDIC HAIR

50 minutes

Treat yourself to our Royal Nordic Hair ritual, a refreshing treatment that nourishes and repairs your hair. Enjoy a soothing scalp massage, then replenish your follicles with a nuturing, deep-conditioning hair wrap.

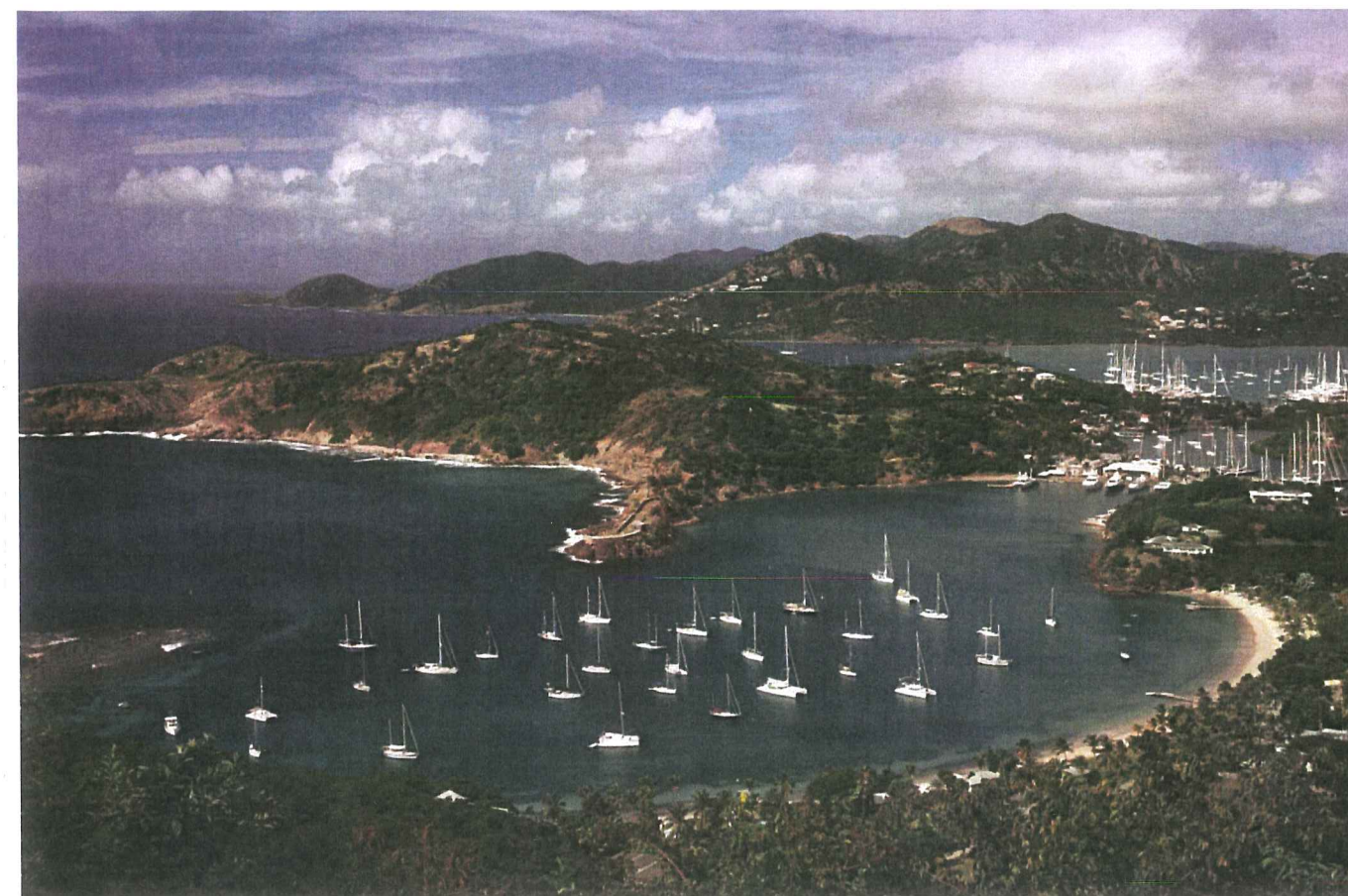
See Spa Reception for details.



VIKING DAILY

Friday, January 25, 2019

Weather: Scattered Showers 78°F / 25°C
Sunrise 6:39 AM | Sunset 5:59 PM



St. John's, Antigua & Barbuda

Blanketed with tropical forests that lead to sheer cliffs overlooking azure waters, Antigua has a rich past as a naval outpost of the Royal Crown. It is the largest of the Leeward Islands and one of the most British in the Caribbean. Perhaps its most famous resident hailing from London was Admiral Horatio Nelson, sent here to command the fleet in 1784. Today, Antigua and neighboring Barbuda, along with several smaller islands, comprise an independent country. Its capital, St. John's, has been an administrative center since 1632, and the baroque twin bell towers of the cathedral attest to a long British influence. The nation boasts a powder-sand beach for every day of the year.

Viking Sea

Contacts	Ship Location	Arrival	Back On Board
Agent: +1 268 480 1244 Ship: +1 213 401 2860	Heritage Quay	7:30 AM	5:00 PM

U.S. Embassy Contact | St. John's, Antigua, 2 Jasmine Court, Antigua and Barbuda | Phone: +1 268 463 6531
U.K. Embassy Contact | Castries, St. Lucia | Francis Compton Building 2nd Floor | Phone: +1 758 452 2484

Today on *Viking Sea*

MORNING

7:30 AM

ARRIVAL: *Viking Sea* docks in St. John's, Antigua & Barbuda. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their stateroom keycard and photo ID when proceeding ashore.

8:00 AM-8:00 PM

LivNordic Signature Nordic Facial: Delivering powerful antioxidants into the skin with a unique blend of peptides to fight the aging process. Our beauty therapists invite you to schedule 20 min complimentary skin scan analysis.
LivNordic Spa (1)

10:00 AM-4:00 PM

Ted Talks: Enjoy the theme of the day: **History.**
Cinema 1 (2)

10:00 AM-4:00 PM

Documentary Series: The Genius of Invention - Communication (50 mins)
Cinema 2 (2)

AFTERNOON

11:30 AM-2:30 PM

Live Salmon and Caesar Salad Station in Aquavit: Indulge in the flavors of this special dining event.
Aquavit Terrace (7)

4:00 PM

Team Trivia: Join Assistant Cruise Director Matthew and make teams of up to six for some exciting brainteasers.
Explorers' Lounge (7)

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition accompanied by our Resident Guitarist Lazlo until 4:45 PM.
Wintergarden (7)

5:00 PM

Port Talk – Philipsburg, St. Maarten: Discover the heritage, culture and history of Philipsburg, St. Maarten.
Star Theater (2)

5:00 PM

Back on Board: *Viking Sea* prepares to set sail for Philipsburg, Sint Maarten (DUTCH PART).
(636 nautical miles)

EVENING

6:00-6:45 PM

Munch Moments: Resident Pianist Antal presents traditional Norwegian music while Munch's dramatic pieces grace the Atrium screens.
Atrium (1)

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by The Viking Classical Duo.
Explorers' Lounge (7)

6:30 PM

Resident Historian Lecture with Mr. Dave Kingrea: "Pirates & Treasure Hunters." Explore the myths, romance and some surprising realities of piracy's Golden Age.
Star Theater (2)

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by Resident Pianist Antal.
Atrium (1)

7:15 PM

Zultanite Seminar: Zultanite is probably the most exciting discovery in the gemstone world since the discovery of Tanzanite. Join our jewellery specialist Bharat to find out more about this color chameleon. For today only we will be offering an exclusive 20% off this unique gemstone, Zultanite.
Torshavn (2)

8:00 PM

Featured Presentation: Metropolitan Opera's Aida (2012) HD with English subtitles Viking Cruises is proud to share this Privileged Access experience that goes beyond an ordinary visit to the opera, giving guests additional backstage access to interviews with the performers, directors, designers, and more.
Star Theatre (2)

8:00 PM

Cha Cha Dance Class: Join Assistant Cruise Director Matthew and learn how to Cha Cha Cha.
Pool Deck (7)

8:00-8:45 PM

Magical Melodies: The Viking Classical Duo entertains in the Living Room.
Atrium (1)

9:00-9:45 PM

After Dinner Moods: Resident Pianist Antal presents delightful melodies.
Atrium (1)

9:00 PM

Dancing Under The Stars 'Motown And More': It's time to get down on deck as the Viking Band and a few surprise Guests present upbeat Motown melodies.
Pool Deck (7)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of our Viking Classical Duo.
Atrium (1)

10:00-10:45 PM

Explorers' Melodies: Resident Pianist Antal entertains in the room at the top.
Explorers' Lounge (7)

10:00-10:45 PM

Laszlo Unplugged: Join Resident Guitarist Laszlo for an acoustic session in an intimate environment.
Torshavn (2)

11:00-11:45 PM

Late & Live Lounge: Resident Guitarist Laszlo plays chilled acoustic melodies in the late night venue.
Torshavn (2)

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

No Camouflage

Please note that no camouflage clothing is to be worn due to local regulations.

Credit Card Pre-authorization

If you are paying by credit card for your onboard charges, please be aware that during the course of today, your credit card will be submitted for pre-authorization. Please note that the pre-authorization is processed by Viking Cruises ON-BRD Woodland Hill CA. VOC reserves the right to secure a pre-authorization equivalent to 110% of the current balance to allow for charges incurred between the date of the pre-authorization and settlement.

Port Maps

Complimentary maps providing a general overview of each destination on this cruise are available from the shelves by the **Guest Services on Deck 1, Atrium.**

Local Currency

The local currency in Antigua & Barbuda is the East Caribbean Dollar. The approximate exchange rate is **2.70 XCD to \$1.00 USD.** We regret that XCD cannot be purchased or exchanged on board.

Shore Excursions Booking Deadline

The final deadline to book, change or cancel shore excursions for the upcoming port of **Charlotte Amalie, St. Thomas** is **6:00 PM** this evening, at the Shore Excursion Desk (The Atrium, Deck 1). Alternatively, you can book excursions through your in Stateroom TV System or the Viking Voyager App.

Viking Art Guide

Engage with our onboard art collection and Scandinavian-inspired spaces. The Viking Art Guide app provides insightful commentary from your host, Karine Hagen, as well as a variety of curators to create a personal, self-guided experience. If you see the headphone icon next to a piece of artwork, open up the Viking Art Guide app (download required) on your smartphone or tablet and enter the number beneath the icon to learn more.

Lost & Found

Guest Services on Deck 1, Atrium has a lost and found for any guests who have misplaced personal items.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **Philipsburg, Saint Maarten** then we would like to recommend to you our **"Sentry Hill by Sky Explorer Chairlift"** tour. Admire sweeping panoramic views of the island of St. Martin during a chairlift ride to the top of Sentry Hill. Embark your motor coach for a drive to Rockland Estate, a restored plantation that was originally built in the 18th century. Visit its museum, where exhibits showcase the history of the island and life on a plantation. Then, board your Sky Explorer chairlift; relax as you are leisurely transported up to the top of Sentry Hill-one of St. Martin's highest elevations at 1,125 feet. Take in the 360° views as the landscape spreads out below you. You will also be able to see neighboring islands, such as Saba, St. Eustatius, St. Barts and Anguilla. After time at the peak, board your chairlift and descend down the mountain. Head to a nearby restaurant, nestled between authentic colonial walls, and enjoy a preset menu of cold appetizers and seafood paella for lunch.

Shore Excursions

The following **included** shore excursions meet in **ashore**, on the pier side outside the Gangway:

AGANU01A:	"Amazing Antigua (Included)"	(3 hours)	Departs by	8:15 AM **
AGANU01B:	"Amazing Antigua (Included)"	(3 hours)	Departs by	9:15 AM **
AGANU01C:	"Amazing Antigua (Included)"	(3 hours)	Departs by	1:15 PM **
AGANU01D:	"Amazing Antigua (Included)"	(3 hours)	Departs by	2:15 PM **

The following **optional** shore excursions meet in the **Star Theater, Deck 2 Forward:**

AGANU03A:	"Montserrat Helo-Flight" (Passport required)	(3 hours)	Meets at	8:15 AM
AGANU05A:	"Segway Through History at Fort James"	(3 hours)	Meets at	8:15 AM
AGANU21A:	"Antigua Off-Road by 4x4 Buggy"	(2.5 hours)	Meets at	8:15 AM
AGANU22A:	"Reef Rider Snorkeling Adventure"	(3.5 hours)	Meets at	8:15 AM
AGANU02:	"Antigua by Sea & Land"	(6 hours)	Meets at	8:30 AM
AGANU04:	"Catamaran Cruise & Lobster Lunch"	(6 hours)	Meets at	8:45 AM
AGANU19:	"Jolly Beach Getaway"	(5 hours)	Meets at	8:45 AM
AGANU15A:	"Antiguan Traditions"	(3 hours)	Meets at	9:15 AM **
AGANU11:	"Idyllic Beach Retreat"	(6 hours)	Meets at	9:45 AM

The following **optional** shore excursions meet **ashore**, on the pier side outside the Gangway:

AGANU03B:	"Montserrat Helo-Flight" (Passport required)	(3 hours)	Departs by	12:30 PM
AGANU21B:	"Antigua Off-Road by 4x4 Buggy"	(2.5 hours)	Departs by	12:30 PM
AGANU05B:	"Segway Through History at Fort James"	(3 hours)	Departs by	1:30 PM
AGANU22B:	"Reef Rider Snorkeling Adventure"	(3.5 hours)	Departs by	1:45 PM

- Your charged **QuietVox** audio sets will be used today, as marked above with the **double asterisk (**)** symbol. Please don't forget to bring your **QuietVox** set(s) ashore with you, as additional devices may not be available on the pier.
- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you, sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- For all excursions that include swimming, beach towels will be delivered to your cabin.
- Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-7:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:30 AM-2:30 PM
World Café	Deck 7	11:30 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	2:30-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-Midnight
Pool Bar	Deck 7	10:30 AM-8:00 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	6:30-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00-11:00 AM/4:00-9:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM/5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	7:30-8:30 AM/5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

WE SAIL THE WORLD'S RIVERS TOO

Explore the world's great rivers with Viking. Our elegant river ships sail through more than a dozen fascinating countries.

See your Cruise Consultant on Deck 2.



Discover DALE OF NORWAY

Deeply rooted in Nordic ways and tradition, their durable skin-soft merino and innovative weatherproof wool are among Europe's finest sweaters.

To learn more, visit our Nordic Shop on Deck 2.

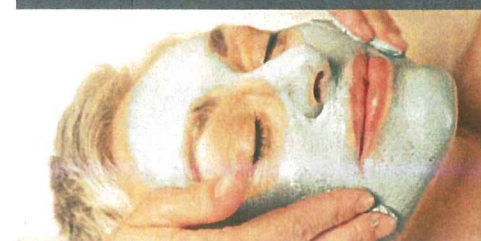


NORDIC FACIAL

Pure bliss

Our tailor-made facial rejuvenates the skin, slows the signs of aging and gives you a gorgeous glow. Relish in these moments of deep relaxation as our organic treatment refreshes and renews.

See Spa Reception for details.



Saturday, January 26, 2019

Weather: Mostly Sunny. 81° F / 27° C

Sunrise: 6:46 AM | Sunset: 6:03 PM



St. Martin (Philipsburg), The Netherlands & France

St. Martin is a fascinating mix of France and Holland, lush with Caribbean beauty all its own. The island has been shared by the two nations since 1648. The early economy relied on cotton, tobacco, salt and sugar. A large salt pond remains, once harvested by the Dutch East India Company for trade. Today, the Dutch side of the island, anchored by its capital, Philipsburg, is dotted with resorts and casinos; the French capital, Marigot, exudes the romance of a quaint village. The renowned Rotary Lookout Point offers stunning international views of the vast Simpson Bay Lagoon and surrounding islands. And the famous Orient Beach is a stunning 1.5-mile swath of white sand.

Viking Sea

Contacts	Ship Location	Arrival	Back On Board
Agent: +1 721 588 0073 Ship: +1 213 401 2860	Cruise Pier North East	7:30 AM	5:00 PM

U.S. Embassy Contact | Bridgetown, Barbados | Phone: +1 264 227 4000

U.K. Embassy Contact | San Juan, Puerto Rico | Torre Chardon, Suite 1236 | Phone: +1 787 758 9828

Today on *Viking Sea*

MORNING

7:30 AM

ARRIVAL: *Viking Sea* docks in St. Martin (Philipsburg), The Netherlands & France. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their stateroom keycard when proceeding ashore.

9:00 AM-5:00 PM

Sports Deck is Open: Equipment is available for use. *(Weather permitting)*
Sports Deck (9)

10:00 AM-4:00 PM

Ted Talks: Enjoy the theme of the day: Personal Development.
Cinema 1 (2)

10:00 AM-4:00 PM

BBC: Astronauts - Toughest Job In The Universe Ep. 1 (Approx. 60 min)
Cinema 2 (2)

AFTERNOON

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition accompanied by Resident Pianist Antal until 4:45 PM.
Wintergarden (7)

5:00 PM

Port Talk – St. Thomas: Discover the heritage, culture and history of Charlotte Amalie, St. Thomas.
Star Theater (2)

5:00 PM

All Aboard: *Viking Sea* prepares to set sail for Charlotte Amalie (St. Thomas), U.S. Virgin Islands.
(115 nautical miles)

EVENING

6:00-6:45 PM

Munch Moments: The Viking Classical Duo presents traditional Norwegian music while Munch's works celebrating nature and architecture grace the Atrium screen.
Atrium (1)

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by Resident Guitarist Laszlo.
Explorers' Lounge (7)

6:00-9:00 PM

Greek Buffet: Don't miss this special culinary event at the World Café.
World Café (7)

6:30 PM

Guest Lecture with Dr. Carin Bondar: "Parasites in Paradise- The Bad, The Worse And The Downright Tyrannical"
Find out what can be gained by examining the amazing strategies of marine parasites.
Star Theater (2)

7:00-7:45 PM

Cocktails and Conversation: Enjoy a cocktail and conversation with melodies by the Viking Classical Duo.
Atrium (1)

8:00 PM

Resident Historian Office Hours with Mr. Dave Kingrea
(Explorers' 8)

8:00-8:45 PM

Magical Melodies: Resident Guitarist Laszlo entertains in the Living Room.
Atrium (1)

9:00 PM

Captain's Farewell Reception: Start your evening in style as we invite all guests to share in our farewell celebration with friends, fellow guests and the crew of *Viking Sea*. Music by the Viking Band from 8:30 PM....Skål!
Star Theater (2)

9:00-9:45 PM

After Dinner Moods: Resident Pianist Antal presents delightful melodies.
Atrium (1)

9:00-9:45 PM

About Love: Join our Viking Classical Duo for an intriguing musical session.
Torshavn (2)

9:30 PM

Viking Ocean Cruises proudly presents the Viking Sea Singers in 'The Beatles Songbook': Tonight, we take you back to the decades of the fifties and sixties for a true taste of Beatlemania. Join our Viking vocalists as we celebrate the lives, the stories and of course the music of the group who were simply known around the globe as the 'The Fab Four'.
Star Theater (2)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of our Resident Pianist Antal.
Atrium (1)

10:00-10:45 PM

Explorers' Melodies: Resident Guitarist Laszlo entertains in the room at the top.
Explorers' Lounge (7)

10:00-10:45 PM

Modern Songs: The Viking Classical Duo plays music featuring this great theme.
Torshavn (2)

11:00 PM-Close

Torshavn Party: Resident vocalists Arvin and Judith, along with the Viking Band, set the scene with toe-tapping numbers to take you to the dance floor.
Torshavn (2)

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

Local Currency

The local currency in St. Maarten (Dutch Part) is the Netherlands Antilles Guilder. The approximate exchange rate is **1.78 ANG to \$1.00 USD**. The local currency in St. Martin (French Part) is the Euro. The approximate exchange rate is **0.88 EUR to \$1.00 USD**. We regret that ANG and EUR cannot be purchased or exchanged on board.

Viking Heritage

Browse our intimate display and learn about the Vikings' daily lives, rich history and inspiring legacy. The Viking Heritage Museum is located in the Atrium on Deck 2, showcasing realistic replicas of fascinating artifacts.

Fireplaces

You may have wondered if the fires you see in the Explorers' Lounge and The Spa are real. We would love to have fireplaces at sea; however, these do not conform to maritime regulations. Instead, we use nature's water vapors and colored light to create the illusion of fire. We hope you enjoy their ambiance.

Viking Today Live, Port Talks & Lectures

For your convenience, Viking Today Live, port talks and lectures are recorded and available the following day to be viewed On Demand from your stateroom TV.

Share Your Story On MyVikingStory.com

As you enjoy your travels, we invite you to share your photos and the stories behind them on *MyVikingStory.com*. These might include special moments from your cruise such as your favorite view, destination, meal, drink, thinking spot or staff member. Also, while you're sharing your photos and stories with fellow Instagram, Facebook and Twitter friends, please remember to add #MyVikingStory.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **Charlotte Amalie, St. Thomas** then we would like to recommend to you our **"The Legendary Kon Tiki"** tour. Enjoy a festive outing on the Kon-Tiki, a specially outfitted touring boat delivering you to white-sand beaches. Embark your ship and set off into the calm harbor of Charlotte Amalie. As you sail, your host will point out the surrounding islands and points of interest while you enjoy complimentary fruit punch. The sounds of calypso from a live steel pan band enhance the island atmosphere as the Kon-Tiki reveals its glass bottom so you can admire the colorful coral reef below. You will stop at Honeymoon Beach for an hour, where you may indulge in the sun and the refreshing waters and perhaps enjoy some food and drink. En route back to your ship, get into the Caribbean spirit all the way back to your port with dancing, limbo contests and other games and prizes.

Port Maps

Complimentary maps providing a general overview of each destination on this cruise are available from the shelves by the **Guest Services on Deck 1, Atrium**.

Shore Excursions

For all guests on included excursions: The included tours will depart from the bus park area in the cruise terminal zone. Viking Staff will be in place along the pier to guide you to your transportation and guide. Please be aware that all tours that are meeting ashore will depart from the Parking Lot area after the Exit of the Terminal / Duty Free Zone, which is approximately **300 Meters / 328 Yards**.

Please look for the Viking flag in the port area for guidance

The following **included** shore excursions meet **ashore**, on the pier side at the **Duty free bus parking lot:**

SXSXM01A:	"Scenic St. Martin"	(2.5 hours)	Departs by	8:00 AM
SXSXM01B:	"Scenic St. Martin"	(2.5 hours)	Departs by	8:30 AM
SXSXM01C:	"Scenic St. Martin"	(2.5 hours)	Departs by	9:30 AM
SXSXM01D:	"Scenic St. Martin"	(2.5 hours)	Departs by	12:30 PM
SXSXM01E:	"Scenic St. Martin"	(2.5 hours)	Departs by	1:00 PM

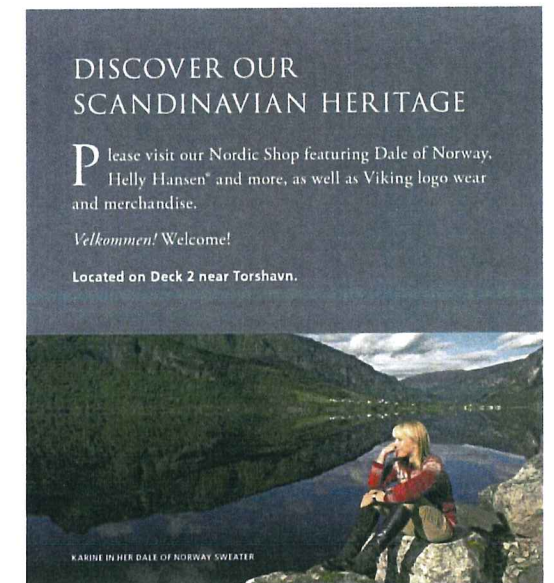
The following **optional** shore excursion meet in the **Star Theater, Deck 2 forward**

SXSXM07:	"Tranquil Turquoise Water Snorkeling"	(4 hours)	Meets at	8:15 AM
SXSXM09:	"French Cooking Class"	(4 hours)	Meets at	8:15 AM
SXSXM13A:	"Sentry Hill by Sky Explorer Chairlift"	(4.5 hours)	Meets at	8:15 AM
SXSXM14A & B:	"Topper's Rhum Distillery & Beach Getaway"	(4 hours)	Meets at	9:45 AM
SXSXM13B:	"Sentry Hill by Sky Explorer Chairlift"	(4.5 hours)	Meets at	10:15 AM

The following **optional** shore excursion meet **ashore**, on the pier

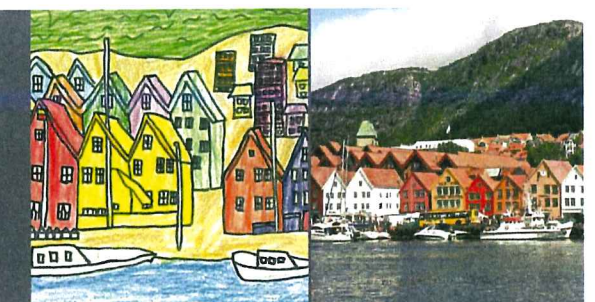
SXSXM04A:	"America's Cup 12-Meter Regatta"	(3 hours)	Departs at	1:00 PM
SXSXM04B:	"America's Cup 12-Meter Regatta"	(3 hours)	Departs at	2:30 PM

- Your charged **QuietVox** audio sets will not be required today
- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you, sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- For all excursions that include swimming, beach towels will be delivered to your cabin.
- Viking Shore Excursions operate on a "rain or shine" basis.** Refunds will not be possible for "no shows" or unused tickets the day the tour operates.



Notice your STATEROOM DRAWINGS

Enjoy your ports of call depicted in drawings made by children attending Viking-sponsored schools in China. Hanging alongside each drawing is the photograph that inspired it.



VIKING DAILY

Dining

Early Risers

The Viking Living Room	Deck 1	6:30-7:30 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30-7:30 AM

Breakfast

The Restaurant	Deck 2	8:00-9:30 AM
World Café	Deck 7	6:30-9:30 AM

Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30-11:00 AM
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Lunch

Pool Grill	Deck 7	11:30 AM-2:30 PM
World Café	Deck 7	11:30 AM-2:30 PM
The Restaurant	Deck 2	Closed
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM-2:30 PM

Teatime

Wintergarden	Deck 7	4:00-5:00 PM
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Dinner

Manfredi's*	Deck 1	6:00-9:00 PM
The Chef's Table*	Deck 1	6:00-9:00 PM
The Restaurant	Deck 2	6:00-9:00 PM
World Café	Deck 7	6:00-9:00 PM

* Reservations can be made at the portside entrance of the World Café from breakfast opening time until 5 PM. Coffee and tea are available 24 hours from the World Café.

Snacks

Pool Grill	Deck 7	2:30-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00-5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM-Midnight
The Viking Living Room	Deck 1	11:30 AM-5:30 PM

Lounges & Bars

Aquavit Bar	Deck 7	10:00 AM-10:00 PM
Explorers' Lounge	Deck 7	9:30 AM-Midnight
Pool Bar	Deck 7	10:30 AM-8:00 PM
The Viking Living Room	Deck 1	6:30 AM-Midnight
Torshavn	Deck 2	9:00 PM-Closing
Wintergarden	Deck 7	4:00-5:00 PM

Directory

Restaurant Reservation	Ext 6503	7:00 AM-5:00 PM
Boutique & Shops (1 & 2)	Ext 9321	7:00-11:00 PM
Cruise Consultant (2)	Ext 2126	9:00-11:00 AM/4:00-9:00 PM
Guest Services (1)	Ext 9710	24 Hrs
Fitness Center (1)	Ext 9311	6:00 AM-10:00 PM
LivNordic Spa (1)	Ext 9311	8:00 AM-8:00 PM
Medical Center (A)	Ext 9206	8:00-9:00 AM/5:00-6:00 PM
Room Service	Ext 6502	24 Hrs
Shore Excursions (1)	Ext 2128	7:30-8:30 AM/5:00-7:00 PM
MEDICAL EMERGENCIES	Ext 999	24 Hrs

To make an appointment with our Cruise Consultant, please call Ext 2126.

Get to know your VIKING RESIDENT ARTIST

From vast coastal landscapes to the intimate details of an old-world fishing boat, learn to capture your journey's breathtaking sights with our Viking Resident Artist.

Check your *Viking Daily* for the time and location.



Discover our SCANDINAVIAN HERITAGE

Please visit our Nordic Shop featuring Dale of Norway, Helly Hansen® and more, as well as Viking logo wear and merchandise. *Velkommen! Welcome!*

Located on Deck 2 near Torshavn.



NORDIC FACIAL 50 minutes of pure bliss

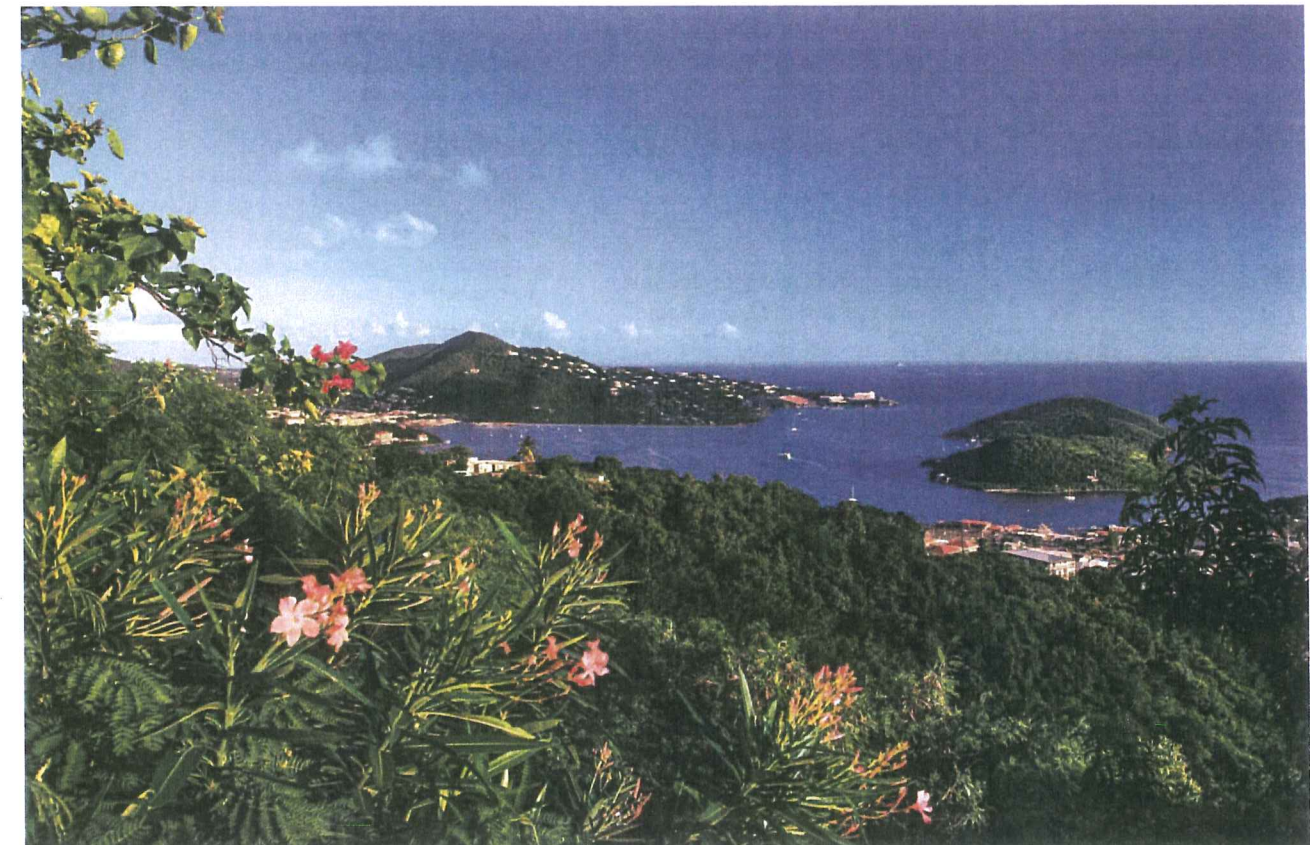
Our tailor-made facial rejuvenates the skin, slows the signs of aging and gives you a gorgeous glow. Savor these moments of deep relaxation as our organic treatment refreshes and renews.

See Spa Reception for details.



Sunday, January 27, 2019

Weather: Mostly Sunny. 83° F / 28° C
Sunrise 6:54 AM | Sunset 6:10 PM



St. Thomas (Charlotte Amalie), US Virgin Islands

St. Thomas, purchased by the US from Denmark in 1917, is a rich blend of colorful architecture, stunning beaches and intriguing history. Impressionist painter Camille Pissarro was born here in 1830 and his childhood stone house is nestled on Charlotte Amalie's Main Street among the silver and gold shops. In Pissarro's day, a significant Jewish community flourished here. The 1833 St. Thomas Synagogue, perched on Synagogue Hill, is the second-oldest on US soil. Nearby, Danish bankers and merchants who helped build St. Thomas kept multihued houses on Government Hill, some of them now gloriously restored. Beyond Charlotte Amalie, the near-perfect Magens Bay is lined with coconut palms and kissed by azure waters.

Viking Sea

Contacts
Agent: +1 340 514 3257
Ship: +1 213 401 2860

Ship Location
West Indian Co. Dock

Arrival
7:30 AM

Back On Board
5:00 PM

U.K. Embassy Contact | San Juan, Puerto Rico | Torre Chardon, Suite 1236 | Phone: +1 787 758 9828

Today on *Viking Sea*

MORNING

7:30 AM

ARRIVAL: *Viking Sea* docks in St. Thomas (Charlotte Amalie), US Virgin Islands. An announcement will be made in public areas once the ship has received clearance from local authorities. Guests require their stateroom keycard and photo ID when proceeding ashore.

8:00 AM-8:00 PM

Farewell Messages: Pamper yourself with one of our amazing Swedish massages, opt for a deep pressure or a mindful experience.

LivNordic Spa (1)

9:00 AM-5:00 PM

Sports Deck is Open: Equipment is available for use. (*Weather permitting*)
Sports Deck (9)

AFTERNOON

4:00-5:00 PM

Afternoon Tea: Enjoy this classic tradition accompanied by our Resident Pianist Antal until 4:45 PM.
Wintergarden (7)

4:00 PM

Team Trivia: Join Assistant Cruise Director Matthew and make teams of up to six for some exciting brainteasers.
Explorers' Lounge (7)

5:00 PM

Sail Away on the Bow: Celebrate casting off the lines at the bow of the beautiful *Viking Sea*. Music provided by Resident Guitarist Laszlo.
Deck 3 Forward (3)

5:00 PM

Back On Board: *Viking Sea* prepares to set sail for San Juan, Puerto Rico.
(94 nautical miles)

EVENING

6:00-6:45 PM

Munch Moments: Resident Pianist Antal presents traditional Norwegian music while Munch's works celebrating nature and architecture grace the Atrium screens.

Atrium (1)

6:00 PM

Guest Lecture with Dr. Carin Bondar: **Mythical Mutualisms – “The unique relationship between humans and dolphins”** examine animal cognition and conservation to see how some surprising forms of cooperation have developed.
Star Theater (2)

6:00-6:45 PM

Explorers' Sounds: Enjoy a cocktail and a scenic view with melodies by the Viking Classical Duo.

Explorers' Lounge (7)

7:00 PM

Evening Cabaret “Beyond The Sea”: Viking Vocalist Hannah takes you on a musical journey of jazz standards. Accompanied by the Viking Band.

Atrium (1)

7:00-11:00 PM

Last Chance Free Tax Shopping: Today is the last day to enjoy tax fee savings. Join the boutiques team for the last time as we bring back all your favorite promotions and brands. Treat yourself or someone special.

Boutiques and shops (1 & 2)

8:00-8:45 PM

Magical Melodies: Resident Guitarist Laszlo entertains in the Living Room.

Atrium (1)

8:00 PM

Feature Movie: Bohemian Rhapsody (2018) Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. Rated PG-13 (Run Time 2 hrs 13 mins)
Star Theater (2)

9:00-9:45 PM

After Dinner Moods: Resident Guitarist Laszlo presents delightful melodies.

Atrium (1)

9:00-11:45 PM

Farewell Party: Judith, Arvin and the Viking Band, provide the perfect party melodies to finish off your cruise in style over a few cocktails with new friends.

Torshavn (2)

10:00-10:45 PM

Instrumental Interlude: Enjoy the melodies of The Viking Classical Duo.

Atrium (1)

10:00-10:45 PM

Explorers' Melodies: Resident Pianist Antal entertains in the room at the top.

Explorers' Lounge (7)

3:50 PM

Pro Bowl
Special Events Channel & Pool Deck (7)

Special Events Channel & Pool Deck (7)

Things to Remember

Guests are reminded to carry their **stateroom keycard** and **Photo ID** when proceeding ashore today.

We Invite Your Feedback

As your cruise aboard *Viking Sea* comes to a close, we invite you to share your comments and help shape the future of the Viking Ocean experience. Guest surveys can be returned, if you have not already done so, to your room steward, the mailboxes on Deck 1 or the Guest Services Desk on Deck 1. We thank you for your time in providing this valuable feedback so that we may continually improve our services.

Accounts

Guest accounts can be accessed via your stateroom television by navigating to the “Onboard Account” option in the “My Cruise” box. Guests are kindly requested to check this information and make any inquiries regarding it at the Guest Services Desk on Deck 1 in a timely manner.

Lost & Found

Guest Services on Deck 1, Atrium has a lost and found for any guests who have misplaced personal items.

Viking Today Live, Port Talks & Lectures

For your convenience, Viking Today Live, port talks and lectures are recorded and available the following day to be viewed On Demand from your stateroom TV.

Share Your Story On MyVikingStory.com

As you enjoy your travels, we invite you to share your photos and the stories behind them on *MyVikingStory.com*. These might include special moments from your cruise such as your favorite view, destination, meal, drink, thinking spot or staff member. Also, while you're sharing your photos and stories with fellow Instagram, Facebook and Twitter friends, please remember to add #MyVikingStory.

Disembarkation Tomorrow

A disembarkation letter will be delivered to your stateroom with guidelines.

Packing

- Passports, tickets, medications, breakables and valuables should be kept as part of your hand luggage.
- Please remember not to pack any items you will need on disembarkation morning (i.e. clothing, medicine and passport).

Luggage

- Color-coded luggage tags will be provided to assist with identification in the terminal building for Customs and Immigration.
- Please clearly fill out the tags, remove any old tags and attach the new ones.
- Kindly place your checked luggage outside your stateroom by **10:00 PM** this evening for collection.

Accounting

- If you have a refundable balance on your account, we will arrange to have the refund amount applied to your credit card on file. Please note this transaction may take up to fourteen (14) days to process and appear on your credit card statement.
- If you arranged at the start of the cruise to settle your account in cash, we kindly ask that you settle your account no later than the final evening of the cruise.
- If you registered a credit card at the start of the cruise on your account, you do not need to do anything further.

Shore Excursions Recommendation

If you do not have a tour booked for the port of **Charlotte Amalie, St. Thomas** then we would like to recommend to you our “**The Legendary Kon Tiki**” tour. Embark a festive outing on the Kon-Tiki, a specially outfitted touring boat delivering you to white-sand beaches. You will embark your ship and set off in the calm harbor of Charlotte Amalie. As you sail, your host will point out the surrounding islands and points of interest while you enjoy complimentary fruit punch. The sounds of calypso from a live steel pan band enhance the island atmosphere as the Kon-Tiki reveals its glass bottom so you can admire the colorful coral reef and a shipwreck below you. You will stop at Honeymoon Beach for an hour, where you can indulge in the sun and the refreshing waters, and perhaps enjoy some food and drink. En route back to your ship, get into the Caribbean spirit all the way back to your port, with dancing, limbo contests and other games and prizes with your fellow travelers.

Viking Heritage

Browse our intimate display and learn about the Vikings' daily lives, rich history and inspiring legacy. The Viking Heritage Museum is located in the Atrium on Deck 2, showcasing realistic replicas of fascinating artifacts.

Stateroom Children's Drawings Every stateroom features art created by children at a China school sponsored by Viking. Alongside each drawing is the image that inspired it: a photograph depicting a scene from Venice, Bergen, Lisbon and London—ports on the Viking routes. This unique ship-wide exhibit was born from the imagination of Torstein Hagen, Chairman of Viking Cruises.

Shore Excursions

The following **Included** shore excursions meet **Ashore, on the pier**

VISTT01A:	“Scenic Island Tour and Mountain Top”	(2 hours)	Departs by	8:30 AM
VISTT01B:	“Scenic Island Tour and Mountain Top”	(2 hours)	Departs by	10:45 AM
VISTT01C:	“Scenic Island Tour and Mountain Top”	(2 hours)	Departs by	1:00 PM
VISTT01D:	“Scenic Island Tour and Mountain Top”	(2 hours)	Departs by	3:15 PM

The following **optional** shore excursions meet in the **Star Theater, Deck 2 Forward:**

VISTT03:	“St. John National Park Champagne Catamaran Sail”	(4½ hours)	Meets at	8:15 AM
VISTT11:	“The Legendary Kon Tiki”	(3 hours)	Meets at	8:45 AM
VISTT05:	“Shipwreck & Turtle Cove Snorkel”	(3½ hours)	Meets at	9:15 AM

The following **optional** shore excursions meet **shore excursions meet Ashore, on the pier**

VISTT07:	“Kayak, Hike & Snorkel of Cas Cay”	(4 hours)	Departs by	12:30 PM
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Your charged **QuietVox** audio sets will not be used today.

- The tour durations indicated above are approximate and subject to change. Sightseeing itineraries are also subject to change without prior notice, when due to unexpected local circumstances and conditions beyond our control.
- We suggest you bring ashore with you, sunblock, a hat and water. Weather depending, please remember to bring along the red Viking umbrella from your stateroom or suite.
- For all excursions that include swimming, beach towels will be delivered to your cabin.
- **Viking Shore Excursions operate on a “rain or shine” basis.** Refunds will not be possible for “no shows” or unused tickets the day the tour operates.

More reasons to
TRAVEL WITH VIKING

Explore the great rivers of the world with Viking. Our elegant, spacious river ships sail through more than a dozen countries in Europe, Russia and Egypt. We look forward to welcoming you on board.

Please visit vikingcruises.com or contact your Travel Agent.



Dining

Viking Bar	Deck 1	3:30 AM – Onwards
Mamsen's	Deck 7	6:30-9:30 AM
Aquavit Terrace	Deck 7	Closed
The Restaurant	Deck 2	7:00-9:00 AM
World Café	Deck 7	5:00-9:30 AM
Room Service	Ext 2367	24 Hours

SHARE YOUR STORY

We invite you to share your favorite photos from your cruise and the stories behind them on MyVikingStory.com. Be sure to tag your photos #MyVikingStory, and tell your friends.

- 1 TAKE A PHOTO 
- 2 UPLOAD & SHARE 
- 3 REPEAT 



Monday, January 28, 2019

Weather: Partly Cloudy. 84° F / 29° C
Sunrise 6:59 AM | Sunset 6:15 PM

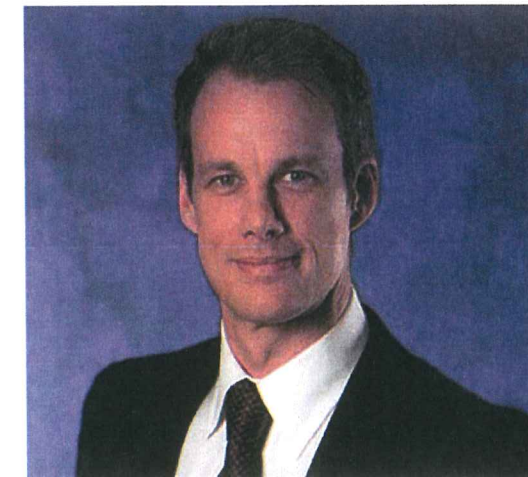
San Juan, Puerto Rico

THANK YOU FOR TRAVELING WITH US



Johan Malmberg
Captain

On behalf of all the officers, management and staff, I would like to thank you for sailing with us. It has been a pleasure serving you and a privilege sharing your journey.



Tom Kenneth Aberg
Hotel General Manager

We hope that you had an enriching time and that you are inspired to join us on another Viking voyage. We wish you a safe and comfortable journey home.

A FOND FAREWELL

再见 Thau Ciao ANTIO Hoşça kalın Adios BLESS A MEDAN Ha det Na schledanou до свидания
Au revoir Nägemiseni Selamat tinggal Ha det TOT ZIENS Auf Wiedersehen

Disembarkation Checklist

Questionnaire

We value your feedback and suggestions, so please take a moment to complete the questionnaire.

You can leave it in your stateroom or drop it in the post box opposite the Guest Services Desk on Deck 1.

Your Stateroom

Check that all drawers and cabinets are empty. Also, please leave the door to your safe open.

Continued Travel Arrangements

If you have continuing travel arrangements with Viking Cruises, please meet at the location and time indicated in your disembarkation letter.

Onboard Account

Please note the credit card on your account will be charged automatically on the morning of **Monday, January 28th**.

Cash accounts and inquiries should be settled the night

Disembarkation Schedule

Color	Meets
RED 3	4:30 AM in the Atrium on Deck 1
GREEN 3	5:00 AM in the Atrium on Deck 1
BLUE 4	6:00 AM in the Atrium on Deck 1
TAN 2	7:00 AM in the Atrium on Deck 1
AQUA 3	7:30 AM in the Atrium on Deck 1
ORANGE 3	8:00 AM in the Atrium on Deck 1
WHITE 1	8:15 AM in the Atrium on Deck 1
GRAY 4	8:30 AM in the Atrium on Deck 1
RED 4	9:00 AM in the Atrium on Deck 1
PURPLE 2	9:15 AM in the Atrium on Deck 1
WHITE 2	9:30 AM in the Atrium on Deck 1
BLACK 3	At leisure, directly ashore from 6:30 AM to 9:30 AM

Luggage

Use the color-coded luggage tags we have provided to help you locate your luggage in the terminal. If you did not do this, you are responsible for disembarking with your luggage.

Clearly fill out the information on these tags.

Attach the tags to your luggage and remove any old tags.

Leave the tagged luggage outside your stateroom by **10:00 PM, Sunday, January 27th** for transfer to the terminal.

Keep passports, tickets, medications, breakables and valuables with the belongings you will hand carry to the terminal.

Remember not to pack any items, such as clothing, you will need tomorrow morning.

Please note: Any unidentified luggage which has not been cleared Customs and Immigration in the terminal will not be transferred.

US Customs Border & Protection

All guests will be seen in the terminal by US Customs Border & Protection. Please ensure you have your passport ready to show the US CBP Officials.

If you are a US resident and have exceeded the US Customs allowance of US\$800 per person, please stop at Guest Services for a US Customs Declaration form. This will also apply if you are carrying more than 1 liter of alcohol, 200 cigarettes or 100 cigars.

You will need to show your completed Customs Declaration form with your passport to the US CBP Officials.

Disembarkation Procedures

You will have received a personal letter explaining disembarkation procedures. Also, you will receive a colored luggage tag, depending on your continued-travel arrangements. **No announcements will be made.**

Please vacate your stateroom by 8:00 AM, so we have time to prepare it for our next guests.

If you have made your own travel arrangements, please proceed directly to the gangway at the time designated in your letter. If you go earlier, your luggage and transportation may not be ready.

Keeping the gangway area clear until you are ready to depart will help make for a speedy and efficient disembarkation.

You will be asked to show your stateroom key card to security at the gangway as you disembark.

A Farewell from Your Senior Officers

Stefan Vikingsson

Staff Captain

Thank you for the honor of serving you on board, and for the privilege of getting to know each one of you. May you continue to enjoy discovering the World of Viking at home and abroad.



Marcus Stensson

Chief Engineer

Thank you for cruising with us. I hope this state-of-the-art vessel has given you nautical miles of smooth sailing. I hope to see you back on board with us very soon.



Jennifer Elizabeth

Beaudoin

Cruise Director

I hope you enjoyed the interesting array of events on board and that your days flowed smoothly from beginning to end.



Quentin Owen

Pretorius

Financial Officer

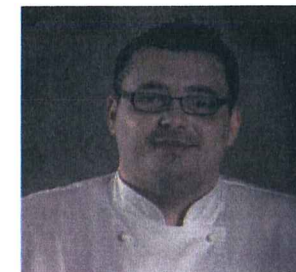
It is my sincere hope that you enjoyed every moment of your voyage with Viking, and always felt carefree, content and comfortable.



Gaetano Monteriso

Corporate Executive Chef

I hope I have tantalized your taste buds with some regional dishes that you'll remember fondly at home.



Zrinka Kardum

Restaurant Manager

We hope you have enjoyed this cruise's regional cuisine both on board and in port, and that you had the opportunity to eat at all of our dining venues.



Edgar de Jaspí

Beverage Manager

I hope you have had the opportunity to try our regional wines and cocktails, and that you found our service exemplary.



Robert Neil Riddell

Shore Excursion Manager

I hope your shore excursions added depth, knowledge and a new understanding to the places you visited and had fun.



Laura Waldeis

Guest Services Manager

It has been my pleasure assisting you throughout your cruise. I hope you enjoyed the enriching and engaging events on board and that your days flowed smoothly from



Renita Kumari

Executive Housekeeper

In saying good-bye to my dear guests, I am hoping that elegant vessel served as your home away from home and you will remember it fondly.

