

Freestyle Daily



NORWEGIAN CRUISE LINE
FREESTYLE CRUISING

Norwegian Star

Saturday, 5 th April, 2008	Today's forecast	Sunrise	Sunset	Arrival	Departure
Location: Puerto Vallarta	Mostly Sunny, 79F/28C	5:54am	6:16pm	9:00am	5:00pm

Tip of the day

Looking for fun? There's a lot to do on board. You can go to the spa, play a little basketball...the list is practically endless! And since this is Freestyle Cruising, you can just opt to have a nice long nap, too.

Tonight's entertainment

Stardust Comedy Showtime:

The Second City

Join the legendary sketch comedy and improvisation ensemble from Chicago. The Second City's alumni list reads like a who's who of American Comedy: Tina Fey, John Belushi, Bill Murray, John Candy, Stephen Colbert, Alan Arkin and others. We kindly request that no minors be seated on the first two rows of the theater.

Time: 7:30pm & 9:30pm, Stardust Theater, Decks 6 & 7, Fwd

80's Night Dance Party

Join your Cruise Director's Staff for as we dance to the awesome tunes of the 80's. Music provided by The Stingrays.

Time: 11:15pm, Spinnaker Lounge, Deck 12, Fwd

What's on tap today

9:00am: Welcome to Puerto Vallarta. All guests, including children, must carry their key card as well as photo ID. The Gangway location will be announced upon arrival. Fruits & vegetables are not allowed to be taken ashore nor brought back to the ship. All aboard time is 4:30pm. Please keep watches on ships time at all times.

Shore Excursions: Last call for you to book tours for Cabo San Lucas. This port is rated as best for snorkeling so drop by the desk tonight.
Time: 8:00am-9:00am & 5:00pm-7:00pm
Grand Atrium, Deck 7, Mid

Let us do your dirty laundry: We all hate doing laundry. Allow us to take away the hassle for you. See the special laundry promotion inside this Freestyle daily – fill one of our laundry bags with as much as will fit, and we will wash & fold for \$15 or wash & press for only \$20. (See special instructions on promotional flyer and ask your friendly Room Steward/ess for more details).

Don't miss this!

Sail Away: Enjoy a special sail away drink and music with Xcite while whale watching.

Time: 3:45pm-5:30pm, Pool Side, Deck 12, Mid

\$5000 1 Game Jackpot Bingo: Tonight's Bingo Jackpot is super-sized to \$5000. This is a special jackpot offer and is only available tonight. One game only. Your chance to win in 46 numbers or less. If not won in 46 numbers or less, we will play for a consolation payout. A \$100 Ammonite Necklace courtesy of Royal Jewelers will be raffled off. Play on the Instant Win Tickets and get a chance to win \$2000.

Time: 8:30pm
Spinnaker Lounge, Deck 12, Fwd

Shopping Consultant: Remember to get your taxi into town from Tanzanite International. Darell will be there for a shopping Power Hour from 9:30am-10:30am, and hosting a raffle at Diamonds International at 12noon. Loose gemstones are the #1 Best Buy today. Bring your maps and VIP cards for fabulous shopping. Visit Darell in the Atrium tonight for shopping tips for your next port of call, Cabo San Lucas.

VIP cards and information: 7:00pm-9:00pm
Grand Atrium, Deck 7, Mid

Welcome to Puerto Vallarta

When you think of the Mexican Riviera, with its palm-fringed beaches, luxuriant vegetation & posh resorts, many places come to mind. No resort better typifies the classic Mexican beach vacation than Puerto Vallarta. From its sleepy, seaside village roots, it has grown into one of Mexico's most loved destinations.

As you arrive by ship, Puerto Vallarta's romance & beauty take hold. A blanket of lush tropical jungle surrounds the quaint colonial city as it climbs away from the Pacific, into the Sierra Cuale Mountains.

Nestled on the shores of Bahía de Banderas (Mexico's largest natural bay) and spread between the states of Jalisco and Nayarit, Vallarta traces its history back to the 1500's when it was first visited by Spanish explorers. It later became known as a respite for pirates plying the Pacific coast. Puerto Vallarta now has over 250,000 inhabitants, and welcomes more than 1.5 million annual visitors. Despite its popularity & the recent flurry of new resort developments, the city retains much of its "Old Mexico" flair.

We respectfully ask, because we care, that all guests use the hand sanitizing stations at all times, especially when coming back from all ports of call and before dining in our restaurants. If you develop any kind of gastrointestinal symptoms then please report them immediately by calling 3333 or 00. No fee will apply for consultation, only for medication.

Bar Manager's Specials

Drink of the day: "Dark & Stormy", \$7.95 (Souvenir Glass) **Sail Away Special:** "Bahama Rama Mama"

Fruit Smoothie: "Strawberry Banana", \$9.00; without alcohol \$6.00 (Served in a Souvenir Smoothie Cup)

Coffee of the day: "Spanish Coffee" **Today's Shooter:** "Georgia Peach", \$3.50

Martini of the day: "Banana Banshee", \$9.75 **Vodka of the day:** "Christiania"

Star Bar: Cheese plate available with wine from 5:00pm-9:00pm

Spinnaker Lounge: 2 for 1 Margaritas from 3:30pm-4:30pm with free nachos

Endless Summer: Tapas & Guacamole can be requested with Tequila cocktail purchased from 5:00pm-Close

Dear Cruise Director,

I am on vacation and
would like to celebrate
with a bottle of wine.
What are the guidelines
for wine tasting?

Simple, there are 3 steps:

Look

White wines range from
green to yellow to brown.
More color typically
indicates more flavor and
age (but a brown wine may
have gone bad).

For reds, tilt your glass. A
purple edge indicates
youth while brown
indicates maturity. Now
swirl your glass. Size and
speed of the streaks or
"legs" indicate the wine's
body and viscosity.

Smell

Swirl again and smell the
aroma, also called the
bouquet or nose. Common
aromas are fruit, flowers,
earth, wood, herbs, and
spice.

Taste

Your wine should balance
sweetness and acidity.
Allow your initial taste to
awaken your taste buds,
then follow with a fuller
taste to sense the wine's
body and texture.

For more details, ask
your friendly server
tonight in any of the bars
and restaurants.

Shore Excursions

It's whale season, so get your cameras ready.
You can go on a 15 person zodiac or a beautiful
catamaran. Pull up right next to the famous Los
Arcos or cruise along the coastline. We have
choices for everyone. So drop by the desk and
book your tour.

Desk Hours: 8:00am-9:00am & 5:00pm-7:00pm
Grand Atrium, Deck 7, Mid

Internet Cafe

Happy Hour: 50% off time charges. Login today
from 4pm-6pm. Valid for both wireless and
Internet Café users. Details posted in the Café.
Check stocks, chat or email friends & family too.

Manager's Hours: 8:00am-10:00am, 4:00pm-
6:00pm & 7:00pm-10:00pm

Internet Café, Deck 9, Mid (Accessible 24 hrs.)

Galleria Gift Shop

Don't miss our Mexican Fiesta Night from
6:30pm-8:00pm. Tequila, discounts and great
shopping deals, rum and rum cake tasting - we
have it all. Our tax and duty free liquor specials
are going on throughout the cruise.

Time: 5:30pm-11:00pm

Galleria, Deck 7, Aft

Shopping Consultant

Last chance to shop in Mexico. See Darell for
shopping questions about Cabo San Lucas. Get
your VIP shopping discount card to ensure you
get the best price. Enjoy Mimosas, and collect
your free charm at Diamonds International.

Time: 6pm-8pm, Grand Atrium, Deck 7, Mid

Bags

Bypass busy airport check-ins by taking
advantage of NCL's exclusive BAGS program.
Have your luggage checked through all the way
to your final destination from here, right on
board the ship. BAGS provides you with all this
freedom, security and stress relief for just
\$16.00 per person.

Deadline: Today at 8:00pm

Reception Desk, Deck 7, Mid

Star Club Casino

Get your free \$5 chip; pay \$10 & receive \$15 in
gaming chips. Hot Seat Promotions at 11:30pm
for a chance to win free slot play. Free Gaming
Lessons ½ hour prior to casino opening. Casino
Happy Hour is from 6pm-7pm. Enjoy 2 for 1
drinks & win Free Slot plays.

Time: ½ hour after sailing-Close

Star Club Casino, Deck 6, Fwd

Barong Spa & Salon

Ladies Retreat - A self pamper session provided
by our therapists in the thermal suite. Full body
exfoliation & moisturizer, foot & ankle massage,
instructional facial & product explanation for
your skin type. Limited space. Sign up now. \$66
only & includes an Elemis or La Therapie Gift.

Time: 8pm-10pm, Barong Spa, Deck 11, Aft

Photoshop

Bring your memory cards to the Photo gallery
and have them downloaded to CD. Why not
have them professionally printed on board for
only 25 cents each (4" x 6"). The gallery also
sells digital cameras and media cards.

Gallery: 5:00pm-11:00pm

Photo Gallery, Deck 7, Fwd

Secure Your Future Cruise Today

See Romeo about securing your future cruise
with Freestyle Cruise Rewards. Deposit is only
\$250 per cabin and get \$100 off your on board
account. Start dreaming about your next cruise.

Time: 6pm-8pm, Galleria Gift Shop, Deck 7, Aft

Time: 8pm-9pm, Office, Deck 7, Mid

Fine Dining

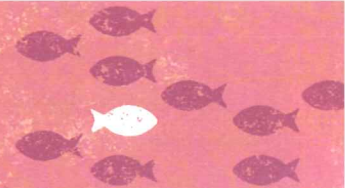
Take advantage of our Specialty Restaurants
where the menus are especially designed to
enhance your dining experience, combined with
excellent service to leave you with
unforgettable memories Please call #6767 to
make your dinner reservation or visit the
Restaurant Reservation Desk.

Time: 7:00am-5:00pm

Endless Summer, Deck 8, Mid



Freestyle Daily Activities



Stuff for the Morning People...

Wake up Stretch with your Fitness Instructor
Gourmet Pastries with your Coffee
Morning Trivia #5
Salon Walk-ins Welcome
Arts & Crafts: Beaded Gecko
Ping Pong Play with fellow guests

Fitness Center, Deck 12, Aft	7:30am
Java Café, Deck 7, Mid	8:00am-5:00pm
Star Bar, Deck 13, Mid	10:15am
Barong Spa, Deck 11, Aft	11:00am
Carousel Lounge, Deck 7, Fwd	11:30am
Ping Pong Tables, Deck 12, Aft	11:30am

Add pizzazz to your afternoon...

Informal Bridge Play
DJ Jasper (weather permitting)
Golf Putting
Wii Play: Choose your own game
Match Game (Male vs. Female)
Australian Airbrushed Tattoos
Live Music: Xcite (weather permitting)
Basketball Shoot Out
Dodgeball Finals (Cruise Staff vs. Guests)
Live Music: Smooth Sax with Gil Herman "Speak Easy Nightclub"
Friends of Bill W. Meet
Jive Dance Class

Card Room, Deck 12, Fwd	2:00pm-4:00pm
Poolside, Deck 12, Mid	2:15pm-3:15pm
Gatsby's, Deck 6, Mid	3:00pm
Pearl Martini Bar, Deck 7, Fwd	3:00pm-5:00pm
Poolside, Deck 12, Mid	3:15pm
Poolside, Deck 12, Mid	3:30pm-5:30pm
Poolside, Deck 12, Mid	3:45pm-5:30pm
Basketball Court, Deck 14, Mid	4:00pm
Sports Deck, Deck 14, Mid	4:30pm
Gatsby's, Deck 6, Mid	4:45pm-6:30pm
Boardroom, Deck 12, Fwd	5:00pm
Spinnaker Lounge, Deck 12, Fwd	5:30pm

Everything's hotter when the sun goes down...

Live Music: Sean Burns "Pub Entertainment"
Mexican Fiesta Shopping Night
Free Rum and Rum Cake Tasting
Live Music: "Big Band Sounds" with the Norwegian Star Showband
Australian Airbrushed Tattoos
Sports Memorabilia Art Exhibition
Live Music: Easy Listening with the Manila Trio
Live Music: Jana Seale "Acoustic Coffee House"
Progressive Team Trivia #6
Stardust Comedy Showtime: The Second City
Latitudes Raffle
Ladies Retreat in the Spa (nominal fee applies)
Friends of Dorothy
Live Music: Stan Sykes Entertains You
1 Game Jackpot Bingo - \$5000 Jackpot in 46 numbers or less
Live Music: Smooth Sax with Gil Herman "Speak Easy Nightclub"
Pub Crawl - Round 2
Joker's Wild - Tell A Joke Night
Live Music: Sean Burns "Pub Entertainment"
Stardust Comedy Showtime: The Second City
Live Music: The Stingrays "Rock & Roll Dance Music"
Live Music: Stan Sykes Entertains You
Live Music: Late Night Jazz with the Norwegian Star Showband
Paradise Lotto Drawing (\$2 per panel)
80's Night Dance Party with The Stingrays
DJ Jasper - Nightclub & Dance-athon with fellow guests
Live Music: The Stingrays "Rock & Roll Dance Music"

Red Lion Pub, Deck 7, Aft	6:00pm-7:00pm
Galleria, Deck 7, Aft	6:30pm-8:00pm
Galleria, Deck 7, Aft	6:30pm-8:00pm
Spinnaker Lounge, Deck 12, Fwd	6:30pm-8:15pm
Grand Atrium, Deck 7, Mid	6:30pm-8:30pm
Art Gallery, Deck 6, Fwd	7:00pm
Grand Atrium, Deck 7, Mid	7:00pm-9:45pm
Gatsby's, Deck 6, Mid	7:00pm-10:00pm
Star Bar, Deck 13, Mid	7:30pm
Stardust Theater, Decks 6 & 7, Fwd	7:30pm
Galleria, Deck 7, Aft	8:00pm
Barong Spa, Deck 11, Aft	8:00pm
Star Bar, Deck 13, Mid	8:15pm
Carousel Lounge, Deck 7, Fwd	8:15pm-9:00pm
Spinnaker Lounge, Deck 12, Fwd	8:30pm
Star Bar, Deck 13, Mid	8:45pm-10:30pm
Red Lion Pub, Deck 7, Aft	9:00pm
Carousel Lounge, Deck 7, Fwd	9:00pm-9:45pm
Red Lion Pub, Deck 7, Aft	9:00pm-11:00pm
Stardust Theater, Decks 6 & 7, Fwd	9:30pm
Spinnaker Lounge, Deck 12, Fwd	9:30pm-10:30pm
Carousel Lounge, Deck 7, Fwd	9:45pm-11:15pm
Gatsby's, Deck 6, Mid	10:30pm-11:30pm
Star Club Casino, Deck 6, Fwd	10:45pm
Spinnaker Lounge, Deck 12, Fwd	11:15pm-Midnight
Carousel Lounge, Deck 7, Fwd	11:15pm-Close
Spinnaker Lounge, Deck 12, Fwd	12:15am-1:00am

Ok, we know this looks like a schedule (gasp!), but remember you're free to whatever!

Bar Services

Java Café Deck 7, Mid	7:30am-Midnight
Barong Juice Bar Deck 12, Aft	8:00am-9:00pm
Topsiders Poolside Deck 12, Mid	8:00am-Close
Bier Garten Deck 14, Fwd	3:00pm-Close
Carousel Nightclub Deck 7, Fwd (over 18 years after 11:30pm)	4:00pm-Close
Pearl Martini Lounge Deck 7, Fwd	4:00pm-Close
Red Lion Pub Deck 7, Aft	4:00pm-Close
Spinnaker Lounge Deck 12, Fwd (over 18 years after 11:00pm)	5:00pm-Close
Star Bar Deck 13, Mid	5:00pm-Close
Gatsby's Champagne Bar Deck 6, Mid	5:00pm-Close
Casino Bar Deck 6, Fwd	5:00pm-Close

Guest Services

Reception Desk Deck 7, Mid (#00)	Open 24 Hours
Restaurant Reservation Desk Endless Summer, Deck 8, Mid (#6767)	7:00am-5:00pm
Medical Center Deck 4, Mid	8:30am-10:00am 4:00pm-6:00pm
On board Credit Desk Deck 7, Mid	8:00am-11:00am 5:00pm-7:00pm
Outdoor Pool/Jacuzzi Deck 12, Mid	8:00am-9:00pm
Waterslides are open Deck 12, Mid	10:00am-5:00pm
Kids Under 2 Play Starboard Room, Deck 12, Fwd (Entrance Spinnaker Lounge)	9:00am-5:00pm
Library is open Deck 12, Fwd	9:00am-11:00am 4:00pm-6:00pm
Arcade Deck 12, Aft	Open 24 Hours
Shopping Consultant Atrium, Deck 7, Mid	7:00pm-9:00pm
Cruise Consultant Galleria Gift Shop, Deck 7, Aft	6:00pm-8:00pm

Emergencies: Simply dial #911 from any on-board ship phone.

All about alcohol: If you bought liquor and other beverages on shore, we'll hold them for you until the last night of your cruise.

Who can drink: Parental consent is required for 18 years old & above to purchase & consume beer, wine & wine cooler.

Open Flames: Open flames, like burning candles and incense, aren't allowed.

Outgoing Telephone Rates: Ship to shore calls can be made from the phone in your stateroom. To the US & Canada \$5.95 per minute! International calls are billed at the rate of \$6.95 per minute. Toll-free numbers (800) and operator-assisted numbers are charged the same rate as calls to the US & Canada. Credit cards & calling cards are not accepted.

Environmental Hotline: To report any environmental problems, call the Reception Desk at 00 or send a letter to Norwegian Cruise Line & NCL America, 7665 Corporate Center Drive, Miami, Florida 33126 or an email to EnvironmentalHotline@ncl.com.

All reports are confidential.

Freestyle Dining

Blue Lagoon Café – Deck 7, Aft Light bites/burgers (closes from 4am-5am; room service menu available)	Open 24 hours
Room Service (#10333) For whenever you're hungry	Open 24 hours
Market Café – Deck 12, Mid	6:30am-11:00am
Versailles – Deck 7, Aft	7:30am-9:00am
Complimentary Ice Cream – Deck 12, Aft	11:00am-5:00pm
Market Café – Deck 12, Mid	11:30am-3:00pm
Versailles – Deck 7, Aft	Noon-1:30pm
The Grill – Deck 12, Mid	Noon-Close
Afternoon Snacks – Deck 12, Aft	3:00pm-5:00pm
Market Café – Deck 12, Mid	5:00pm-9:00pm
Versailles – Deck 7, Aft Designated dining room	5:30pm-10:00pm
Aqua – Deck 6, Mid Five-courses, more intimate	5:30pm-10:30pm
La Trattoria – Deck 12, Mid Now that's Italian – Reservations required	5:30pm-Close
Endless Summer – Deck 8, Mid Tequila Bar / Tex Mex - Reservations required	5:30pm-Close
Soho Room* – Deck 6, Mid Artful California/Pacific Rim	5:30pm-Close
Ginza Asian/Sushi* – Deck 7, Mid Fusion of exotic Asian flavors	5:30pm-Close
Teppanyaki Room* – Deck 7, Mid Authentic Japanese dinner experience	5:00pm & 6:30pm 8:00pm & 9:30pm
Cagney's Steakhouse* – Deck 13, Mid Grilled perfection, elegant setting	5:30pm-Close
Le Bistro* – Deck 6, Mid French cuisine that's magnifique	5:30pm-Close
Casino Snacks – Deck 6, Fwd	11:00pm-1:00am

*These restaurants charge a cover, and for what you get, you'll find it's well worth it. SoHo & Le Bistro \$15.00, Ginza \$10.00, Sushi \$15.00, Teppanyaki & Cagney's \$20.00. Reservations are highly recommended for La Trattoria and Endless Summer Restaurant Cancellations: To ensure each of our guests receive our best service, we can only hold your dinner reservation for 15 minutes. If you need to cancel, please do so by 5 pm on the day of your reservation to avoid having the cover charge for up to two guests applied to your account. For Reservation call 6767 or visit the Restaurant Desk located in the Endless Summer, Deck 8, Midship. Jeans are NOT permitted in the "Designated" venue for dinner. All other dining venues will allow presentable jeans to be worn in the evenings. Shorts, Track Suits, T-Shirts, Cut Offs, Tank Tops and Flip Flops are not permitted in any dining venue for dinner times. Bare Feet and Bathing Suits are NOT permitted in any inside dining venues at any time. There is a risk involved when consuming animal products such as beef, eggs, fish, lamb, poultry, or shellfish that is raw or undercooked. There is also a risk involved when consuming un-pasteurized juices. If you have a chronic illness immune disorder and are unsure of the risks, please consult a physician.

Safety Equipment: Please don't remove or damage with any safety equipment on board (such as smoke detectors or fire extinguishers). Please follow safety instructions from the crew members.

Casino: You have to be 18 (and have ID) to gamble or be in the casino. Sorry, but no winnings can be paid to any person or bets in violation. Also, drinks or glassware can't be taken out; pipes or cigars can't be taken in, but cigarette smoking is ok. Slot winnings of \$1200 and above could be subject to W2-G tax withholding.

Smoking Areas: Smoking of cigarettes is permitted in all guests respective staterooms (incl. balcony's), Casino – Deck 6, Havana Club – Deck 6 (also for pipe and cigar smokers), Promenade Deck 7 (outer deck), Pool Deck 12 & 13 (portside only – seating area), Sun tanning area – Deck 13, Fwd, Bier Garten – Deck 14, Fwd. Please use the ashtrays to fully extinguish all cigarettes & refrain from throwing cigarettes or objects over the ship's side.