

Freestyle DAILY



Norwegian Sun Tuesday, May 30, 2006 Today's Forecast Sunrise Sunset
Partly Cloudy 4:18AM 9:09PM
62F / 16C

"Imagination is more important than knowledge."
Just ask your Cruise Director

SPOTLIGHT SHOWTIME

Norwegian Cruise Line presents

"Que Noche"

Featuring the Jean Ann Ryan Company in a celebration of Latin dance and music!
Stay after the show for a chance to meet and take photos with the Cast in Costume!

STARDUST LOUNGE DECKS 6 & 7 AFT
8:15PM & 9:45 PM

JUNEAU

Juneau is dramatically set on Gastineau Channel at the base of Mt. Roberts. While it is the capital and the third largest city in Alaska, its small town atmosphere still exists today. It lies within the world's largest temperate rain forest, the Tongass National Forest. Encompassing 3,105 square miles, it is the largest city in area in the United States, although its population is about 30,000.

SAWYER GLACIER

This afternoon will be your opportunity to look at one of the most beautiful sights in all of Alaska, Tracey Arm and Sawyer Glacier. A long narrow fjord, it extends about thirty miles into the wilderness. At the upstream end of the fjord is the glacier. The raising and lowering action of the tides cause icebergs to be calved from the glacier face, some as large as a three story building. Get your cameras ready for a breathtaking, spectacular view! Commentary on Tracey Arm and Sawyer Glacier can be heard in public areas and no channel 23 in your stateroom.

WHAT'S ON TAP TODAY!!

WELCOME TO JUNEAU, ALASKA at approximately 7:00AM - The *M/S Norwegian Sun* docks in Juneau. We must wait for clearance from the local officials and set our gangway before anyone proceeds ashore. Guests on Shore Excursions, please check your tickets for meeting times and locations. **Announcements will be made in public areas and on channel 23 on your stateroom T.V.** Gangway location is subject to change throughout our stay due to the tides. All Guests have to present their Sun Key Card to security officials prior to disembarking the ship and boarding. For security purposes, always carry a piece of photo I.D. and proof of citizenship (Passport or birth certificate) with you at all times while ashore. Enjoy your day in Juneau! **All aboard will be at 1:30pm as the *M/S Norwegian Sun* prepares to sail for Sawyer Glacier.**

Who Wants To Be A Bazillionaire? Join your Cruise Director's Staff tonight for our take on the popular game show. Use your lifelines, guess correctly, and see if your Final Answer is right and gets you all the way to the end! For all the fun and craziness come to Bazillionaire tonight!
8:30PM Dazzles Disco, Deck 6, Mid

KLONDIKE NIGHT: Join your Cruise Director's Staff for our fun and crazy country night here on the Sun. Boot Scoot 'n Boogy your way down to Dazzles Disco for the great music and dancing.
10:45PM-11:45PM
Dazzles Disco, Deck 6, Mid

DON'T MISS THIS!

There's only one place on the entire cruise where you can buy NCL Logo souvenirs!
Visit the Galleria Gift Shops for NCL items, and much, much more. Deck 7, Aft.

Alaska, Day 4, Juneau, Resort Casual

Please be advised that during our passage through Tracey Arm today we will lose internet/telephone connection from approximately 5:00PM-9:00PM. We thank you for your understanding.

DEAR CRUISE DIRECTOR

Question - I've been thinking about going to the Spa, what do you recommend?

Answer - Where do I begin? The onboard Mandara Spa has so much to offer you could go for a different treatment every day and still not hit them all. I can't help but indulge a little with an Aromaspa Seaweed Massage. Not only do you get a great massage experience but it also detoxifies as well. I also can't say enough about the Hydralift Facial, a wonderful anti-aging facial for any type of skin.

Question - Is the Spa open even when we're in port?

Answer - Yes. In fact, when we're in port might be the perfect time for you to visit. Many of their best deals are for during port times. That Hydralift Facial I just mentioned; you can save \$68 if you book it during port times. Or, save \$43 and get an Ionithermie Super Detox during port times for only \$89! And let's not forget, the Spa has so much more than just massages. A full line of health and beauty services are available, as well as fitness classes from Yoga and Pilates to Indoor Cycling. Find out a bit more about your health with a Body Composition Analysis and ask the wonderful staff about their newest service, Acupuncture! Stop by the Spa today.

SHORE EXCURSIONS

Last minute decisions on Juneau? Your Shore Excursion team is available on the pier during dispatch times to book a tour for today. Don't forget to check your tickets for meeting times & locations.

There's still time to book a tour for Skagway or Prince Rupert!

Time: 6:00PM-8:00PM

Location: Atrium, Deck 5, Mid

MANDARA SPA

Indulge yourself in the beautiful world of Mandara Spa...

For your convenience, Spa will be open all day while in ports of call and until 10:00 pm!

Check out all great in port time specials!

Mandara Spa, Deck 11, Fwd #29

GALLERIA SHOPS

BEEN THERE! SEEN THAT! Now buy the t-shirt. Buy 2 get a FREE GIFT. The only place to purchase NCL logo! Visit the Galleria for your cruise memories. **Deck sale from 2.30PM-4.30PM.** Hats, gloves, Binoculars and much more. Don't forget today only Sawyer Glacier t-shirts \$15 each! Buy 2 get a free gift! Weather permitting deck 11 mid ship

PORT AND CRUISE

Brent will be available on the gangway upon arrival. Remember your Diamonds International Free Charm Bracelet, Del Sol Tote Bag Card & Maps!

SKAGWAY VIP SHOPPING CARDS

Last port for Diamonds Int. Charms & MARK HENRY Alexandrite at **Goodmark Jewelers.** Free 1 carat sapphire to first 200 people. 5:00-6:00PM Deck 5, Mid

BINGO

Join your Cruise Staff for our **Five Game Bingo Bonanza!** Plus, collect more raffle tickets for our Free Cruise for 2 to the Caribbean Draw that will happen on the last sea day.

3:30PM Stardust Lounge, Deck 6, Aft

SUN CLUB CASINO

Not to be missed is today's exciting No-Limit TEXAS HOLD'EM TOURNAMENT and SLOT TOURNAMENT. Hit or stand? Double down or split? For only \$5, our WIN CARDS pack will help you decide what to do on 3 of the most popular table games - Blackjack, Roulette and Craps.

Opening Hours: approx. 3:00pm - close Sun Club Casino, Deck 7, Mid

ART AUCTION

Join one of the largest Art Dealers in the world for a fun and exciting live auction at sea. Don't miss the free champagne and everyone in attendance will be eligible to win some of the \$3000 worth of artwork to be given away today!

Time: Preview at 2:30PM

Auction at 3:00PM

Location: Dazzles, Deck 6, Mid.

INTERNET CAFE

HAPPY HOUR -50% OFF TIME CHARGES IN THE CAFÉ.

Login in today between 4:00PM-6:00PM to take advantage of this special offer. (You must bring your receipt to the Internet Manager to receive credit!) See the Café Manager for details and restrictions.

PHOTO GALLERY

All the photos taken on the gangway today will include a Calendar FREE! Make sure that you smile for your on board photographers as we approach Sawyer Glacier today. Let them capture that special moment that will last a life time. Stop by the Photo Gallery tonight to view your pictures. Deck 6, Aft

HOLLYWOOD@SEA

Rent a DVD tonight! \$6.95 for 24 hours. CD's and DVD's available for purchase too, as well as mp3 players! Visit tonight and find out more. Deck 6, Mid.

MORNING ACTIVITIES

- 7:00AM (approx.) **Arrival in Juneau, Alaska**
Have an excellent day!
- 8:00AM **SA- Fab Abs**
Fitness Room, Deck 11, Fwd
- 8:00AM **SA- Walk A Mile- get your card punched again**
Promenade, Deck 6, Fwd, Strbd
- 9:00AM **Su Doku Challenge- pick yours up today!**
Library, Deck 6, Aft
- 9:00AM-10:00AM Library is open for book sign out
Library, Deck 6, Aft
- 10:00AM Staying onboard? Play a game of Checkers
Malaysia Room, Deck 6, Aft
- 10:15AM Morning Trivia- with your *Cruise Staff*
Windjammer, Deck 6, Mid
- 10:30AM Movie: "Rumor Has It" 1hr 34 PG13
Dazzles Disco, Deck 6, Mid
- 11:15AM Arts & Crafts: Paper Boxes
Windjammer, Deck 6, Mid

EVENING ACTIVITIES

- 6:00PM Friends of Bill W.- with your fellow guests
Bali Room, Deck 6, Mid (enter from Havana)
- 6:00PM **SA- Indoor Cycling/Spinning (\$10 per person)**
Fitness Room, Deck 11, Fwd
- 7:00PM(approx.) **Arrive at Sawyer Glacier**
Enjoy the view!
- 7:00PM-9:00PM **SPIN TO WIN** Free Pull Slot Machines
Casino, Deck 7, Mid
- 8:15PM **SPOTLIGHT SHOWTIME- Que Noche**
Stardust Lounge, Decks 6 & 7, Aft
- 8:30PM **Bazillionaire-** with your *Cruise Staff*
Dazzles Disco, Deck 6, Mid
- 9:45PM **SPOTLIGHT SHOWTIME- Que Noche**
Stardust Lounge, Decks 6 & 7, Aft
- 10:15PM-11:00PM Dixieland Music with the Sun Showband
Windjammer, Deck 6, Mid
- 10:45PM-11:45PM **Klondike Night** with the *Cruise Staff*
Dazzles Disco, Deck 6, Mid

AFTERNOON ACTIVITIES

- 1:00PM Informal Bridge Play
Malaysia Room, Deck 6, Aft
- 1:30PM **All Aboard the Norwegian Sun**
As we prepare to sail up Tracey Arm
- 2:00PM Spanish Language Lesson- with *Lee Ann*
Windjammer, Deck 6, Mid
- 2:30PM Art Auction Preview (Auction at 3:00PM)
Dazzles Disco, Deck 6, Mid
- 2:30PM **SA- Crazy Golf Putting Challenge # 2**
Champagne Bar, Deck 7, Mid
- 1 hour after sail Sun Club Casino Opens
Casino Deck 7, Mid
- 3:00PM-5:00PM Library is open for book sign out
Library, Deck 6, Aft
- 3:30PM **Star Seekers Sign Up-** must be 18 or over
Las Ramblas, Deck 12, Aft
- 3:30PM **SA- Basketball Challenge**
Sports Court, Deck 12, Aft
- 3:30PM **FIVE GAME BINGO BONANZA!**
Stardust Lounge, Decks 6 & 7, Aft
- 3:30PM **Victory at Sea Slot Tournament**
Casino, Deck 7, Mid
- 4:00PM **SA- Pathway to Yoga (\$10 per person)**
Fitness Room, Deck 11, Fwd
- 4:30PM **Texas Hold'em Tournament**
Casino, Deck 7, Mid
- 4:30PM **SA- Klondike Line Dance Class**
Observation Lounge, Deck 12, Fwd
- 5:00PM (approx.) **Enter Tracey Arm Fjord**
Get your cameras ready!

MUSIC AND DANCING

- HARMONY & RHYTHM** Dazzles Disco, Deck 6, Mid
1:30PM-2:15PM Music by the Pool (weather permitting)
- 7:15PM-8:15PM
- 9:30PM-10:30PM
- 10:45PM-11:45PM Klondike Night
- PRYME TYME** Observation Lounge, Deck 12, Fwd
8:30PM-9:15PM
- 9:30PM-10:15PM
- 10:30PM-Close
- LOS AMIGOS** Las Ramblas, Deck 12, Aft
9:00PM-Close
- SUN SHOWBAND** Windjammer, Deck 6, Mid
10:15PM-11:00PM Dixieland
- 11:15PM-Close Late Night Jazz
- FABRIZIO CALIGARIS** Atrium, Deck 5, Mid
3:15PM-4:00PM
- 6:45PM-7:30PM (Windjammer, Deck 6, Mid)
- 8:15PM-9:15PM (Windjammer, Deck 6, Mid)
- 9:30PM-10:00PM (Windjammer, Deck 6, Mid)
- DJ ROMMEL** Dazzles Disco, Deck 6, Mid
11:45PM-Close Over 18 yrs of age after 11:00PM

BAR HOURS

7:00AM-Close	Java Cafe	Deck 5, Mid
7:00AM-Close	Sports Bar	Deck 11, Aft
8:00AM-Close	Topsiders	Deck 11, Aft
11:00AM-Close	Great Outdoor	Deck 11, Aft
1:00PM-Close	Observation Lounge	Deck 12, Fwd
1:30PM-6:00PM	Champs	Deck 12, Fwd
2:00PM-Close	Champagne Bar	Deck 7, Mid
½ hr after sail	Casino Bar	Deck 7, Mid
3:00PM-Close	Windjammer/Havana	Deck 6, Mid
5:30PM-Close	Las Ramblas	Deck 12, Aft
7:00PM-Close	Dazzles Disco	Deck 6, Mid

BAR PROMOTIONS

Drink of the Day: *Mai Tai*- \$8.00

Coffee: *Nutty Monk Coffee*- \$5.75 (All Inside Bars)

Liqueurs: *Served in Love Cup*- \$5.50 (All Inside Bars)

Martini: *Bourbon Manhattan*- \$7 (5:00PM-7:00PM)

Smoothie: *Pineapple*- \$9.00(non-alcohol \$6)

Sail Away: *Margarita Madness*- \$8

First Wave: *Bloody Mary & Caesar* \$4.25 8AM-11AM

GUEST SERVICES

8:00AM-8:00PM	Acupuncture Clinic #29	Deck 11,Fwd
8:00PM-10:00PM	Art Director in Gallery	Deck 7, Mid
1 hour after sail	Casino Opens	Deck 7, Mid
8:00AM-10:00AM	Credit Desk	Deck 5, Mid
4:00PM-8:00PM	Credit Desk	Deck 5, Mid
½ hr after sail	Galleria Shops (close 11PM)	Deck 7, Aft
2:30PM-5:00PM	Hollywood@Sea Open	Deck 6, Mid
8:00PM-11:00PM	Hollywood@Sea Open	Deck 6, Mid
5:30PM-6:00PM	International Desk	Deck 5, Mid
8:00AM-10:00AM	Internet Manager	Deck 6, Mid
4:00PM-6:00PM	Internet Manager	Deck 6, Mid
8:00PM-11:00PM	Internet Manager	Deck 6, Mid
9:00AM-10:00AM	Library	Deck 6, Aft
3:00PM-5:00PM	Library	Deck 6, Aft
8:00AM-10:00PM	Mandara Spa - #29	Deck 11,Fwd
8:30AM-10:00AM	Medical Centre	Deck 3, Fwd
4:00PM-5:00PM	Medical Centre	Deck 3, Fwd
Upon arrival	Port & Cruise	On Pier
5:00PM-6:00PM	Port & Cruise	Deck 5, Mid
2:00PM-11:00PM	Photo Gallery Shop	Deck 6, Aft
Upon Arrival	Shore Excursion	On Pier
6:00PM-8:00PM	Shore Excursion Desk	Deck 5, Mid

IMPORTANT NOTICE:

Emergency Number: The ships emergency number is 911 from any ships phone!

Medical Sharps: Ask your room steward for a sharps container for needle disposal

Environmental Hotline: You may phone hotline at 877-501-5976 or E-mail semshotline@ncl.com Reports are confidential.

Casino: Must be 18 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule.

Customer Relations: Help us resolve your onboard service issues quickly by contacting the Reception Desk at #20 or call 1-866-625-1164

Alcohol Policy: Alcoholic beverages purchased on land will be collected & secured in our bonded stores and available for pick up on debarkation morning. Service and consumption of alcoholic beverages requires 21 years of age.

FREESTYLE DINING

24 Hours Room Service available Dial #27/28

BREAKFAST

5:30AM-10:00AM	Early Riser- Las Ramblas	Deck 12, Aft
5:30AM-10:00AM	Garden Café	Deck 11, Aft
5:30AM-10:00AM	Waffles - Pacific Heights	Deck 11, Aft
5:30AM-10:00AM	Omelets - Las Ramblas	Deck 12, Aft
5:30AM-10:30AM	Great Outdoor Café	Deck 11, Aft
7:00AM-9:00AM	Continuous- Seven Seas	Deck 5, Aft

LUNCH

11:30AM-3:00PM	Great Outdoor Café	Deck 11, Aft
Noon-2:00PM	Continuous - Seven Seas	Deck 5, Aft
Noon-3:00PM	Lunch Buffet - Garden Café	Deck 11, Aft
Noon-4:00PM	Pizza- Pacific Heights	Deck 11, Aft

SNACKS

11:00AM-10:00PM	Ice Cream- Garden Café	Deck 11, Aft
3:00PM-5:30PM	Snacks - Great Outdoor	Deck 11, Aft
5:30PM-10:00PM	Tapas in Las Ramblas	Deck 12, Aft
5:30PM-5:30AM	Late Night - Sports Bar	Deck 11, Aft
10:00PM-Midnight	Late Night - Garden Café	Deck 11, Aft
11:00PM-1:00AM	Casino Late Night Snacks	Deck 7, Mid

DINNER

5:30PM-10:00PM	Russian Buffet - Garden	Deck 11, Aft
5:30PM-9:30PM	Klondike Dinner- Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Klondike Dinner - Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

5:30PM-Close	<i>Pacific Heights #93</i> Cooking Light	Deck 11, Aft
5:30PM-Close	<i>Ginza #82</i> Teppanyaki	Deck 12, Aft
5:30PM-Close	<i>Ginza #82</i> Sushi Bar	Deck 12, Aft
6:00PM-Close	<i>East Meets West #82</i> Steak House	Deck 12, Aft
6:00PM-Close	<i>Il Adagio #80</i> Fine Italian	Deck 5, Mid
6:00PM-Close	<i>Le Bistro #81</i> French /Med	Deck 12, Aft

Reservations are highly recommended for all Specialty Restaurants. Call 58200 or visit the Restaurant Reservation Desk located in the Atrium Deck 5 Mid Ship between 8:00am-5:00pm. Cover Charges Apply (includes all items except A La Carte) - East Meets West Steakhouse \$20.00, Le Bistro 15.00, Il Adagio \$12.50. Individual pricing applies for Ginza. (Teppanyaki & Sushi Bar). A fee of \$5.00 per person will be charged for cancellations after 5:00 PM. There is no cover charge for dining in Pacific Heights or Las Ramblas.

Dress Code: Blue jeans, shorts and tank tops are not permitted after 5:30pm in the restaurants except Garden Café & Sports Bar.

Telephone Ship to Shore: Use the Speed Dial number 1 on your stateroom telephone. There is a charge that applies for 1-800 numbers. As soon as the number is connected(rings), the charges will apply.



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING