



GREAT ESCAPES

WHAT'S HOT: CARIBBEAN THE FAR EAST
MEDITERRANEAN PANAMA CANAL ALASKA
NORTHERN EUROPE CANADA & NEW ENGLAND

WIN
1 of 2
fabulous
holidays
See page 15



4



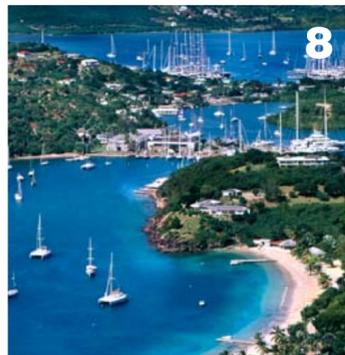
5



6



7



8



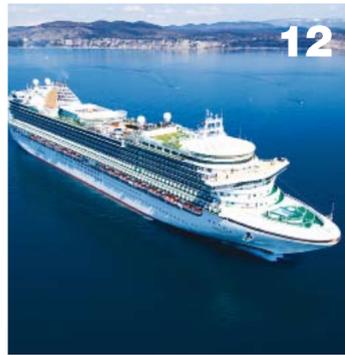
9



10



11



12



13

What's inside

- 3 CELEBRITY CORNER** Find out why the big names are enjoying a new kind of holiday. And enjoy a foretaste of the unique and delicious cuisine that culinary maestros Marco Pierre White and Gary Rhodes are cooking up especially for you.
- 4 GREEK ODYSSEY** For the classic experience, you shouldn't miss Barcelona, Rome and Cannes. But did you know you could venture farther afield, to Dubrovnik, Galilee and even the Crimea?
- 5 ADVENTURES ABROAD** Without stepping foot in an airport visit France, Italy, Portugal, Majorca, Monaco, Spain, Croatia, Greece...the list goes on. Luckily there's time to learn belly dancing and take a helicopter trip over Monaco too!
- 6 BALTIC BEAUTY** Glaciers and Vikings are just two of the more interesting exports from the north, where the warm welcome is far from frozen. Discover the rare natural attractions of Reykjavik, the exotic domes of St Petersburg, and the famous mermaid in magical Copenhagen.
- 7 FJORD FIESTA** From Southampton to New York, taking in the fabulous Norwegian fjords, Faroe Islands, Iceland and Greenland. Will the Northern Lights be the highlight – or simply the icing on the cake?
- 8 ULTIMATE CARIBBEAN** St Lucia, Barbados, St Kitts, azure blue seas, white sands, sunny skies...sounds like a tropical paradise, doesn't it? Maybe that's because it is! No wonder these exclusive island getaways welcome showbiz stars – and now, you too.
- 9 CAPTIVATING CANAL** Panama is home not only to that famous hat which could come in handy under the warm tropical sun, but the awesome canal that is one of the world's most extraordinary feats of engineering. And you get to travel along it! It's the ultimate water ride. PLUS: why not drop in on the beautiful Caribbean islands and Mexico?
- 10 WILD AND WONDERFUL ALASKA, PLUS CANADA AND NEW ENGLAND** A certain vice-presidential candidate has put Alaska in the news, so what better time to find out what this state is all about, with a close-up look at nature, from mighty glaciers to extraordinary whales? Or if autumn colours are what you crave, they don't come any more beautiful than in Canada and New England; oh yes, and there's the world's greatest waterfall to see while you're in Canada...
- 11 WELCOME TO THE WORLD – THE ULTIMATE THRILL** You know when they say 'the world is your oyster'? Well, it's never more true than now. How does 23 countries sound, with the comfortable haven of your own room to go home to every day? After you've seen everything from Sydney Harbour to South Sea lagoons, the Pyramids to the Panama Canal, you will truly be a global citizen.
- 12 VIVA VENTURA** The ultimate modern holiday for couples and families that brims with options day and night. Guaranteeing endless choice with a contemporary circus school, a sensational Latin American show lounge, a cool jazz bar with floor-to-ceiling video screens and exquisite dining experiences.
- 13 RUBY'S SPARKLING DEBUT** New standards in style and excellence await you. And if you find yourself in a romantic mood and you decide to tie the knot, you can do that, too.
- 14 EASTERN PROMISE** China, Vietnam, Japan, Singapore...the lure of the mysterious Orient is as irresistible as ever – and now you can see it all. Plus, Music Festivals at Sea provide a sublime experience, with celebrities and virtuoso performances.
- 15 CRUISE CLINIC** Worried about health or what to wear? Our answers can help to put your mind at rest.

2 holidays to be won SEE PAGE 15

Perfect moments... unforgettable holidays

The best holidays – those that linger most brightly in the memory – are usually a rich mixture of wonderful moments and unforgettable experiences. Exciting visits to thrilling new places are a key ingredient: that morning you spent in Rome's Colosseum, whale and dolphin watching in St Lucia, or on a four-wheel-drive desert safari in Dubai. Imagine enjoying this sort of experience nearly every day of your holiday.

In this special supplement discover how you can visit the places that you've always dreamed of exploring: Greek

islands, Norwegian fjords, Caribbean beaches or Asian rainforests. Whether you are planning your first trip abroad – or your 15th adventure – this supplement will help you decide where to go. You may be planning a holiday to celebrate a birthday, anniversary or special occasion, and we can suggest several perfect holiday solutions.

Treat yourself to a luxurious adventure and discover some of the world's greatest places. These are holidays where you're guaranteed total relaxation – yet assured the fondest of memories.

You'll find you can discover the world, and extend your horizons – literally.

CELEBRITY ESCAPE

When perpetually single girl Jennifer Aniston needs to get over her latest break-up, she always heads for the same place in Mexico. Hard-working Nicole Kidman favours a deserted island in Fiji when she has a week off from filming and Catherine Zeta Jones bolts for her Bermuda mansion when she needs to unwind. You can't be a celebrity without having a secret getaway. And whether they're stretched out on white sands, splashing in turquoise waves, or strolling along some of the world's most beautiful beaches, the rich and famous can be counted on to do this one thing well: these people certainly know how to take a holiday.

And just where are the A-list headed today? The number one trend in glamour holidays may surprise you – right now it's all about the cruise ship. Offering sun-drenched voyages on crystal blue waters, stunning views, fresh sea air, gorgeous destinations, and no bigger decisions to make than which pillowed deck chair to lie in, cruising takes the 'work' out of taking a holiday. And no cruise line is more adorned with celebrities than Princess Cruises. It's not surprising. From the on-board spa with a menu of treatments designed to soothe and pamper, to the fitness classes which promise to rebuild and strengthen tired muscles, to a lavish dining experience offering sumptuous selections at every meal, it simply offers the best.

It's no wonder, then, that if you book a Princess cruise, you're increasingly likely to bump into somebody famous on board.

Strictly Come Dancing star Lisa Snowdon basked in the warm winds

of the Caribbean on her cruise, and spent long days lying in the sun, laughing with her girlfriends and taking time out for diving excursions among shipwrecks and underwater caves.

On her Princess cruise to Alaska, supermodel Marie Helvin enjoyed a champagne breakfast in bed each morning before bear spotting, whale watching and canoeing up an ice-blue glacier.

And that's just scratching the surface. While on board Tahitian Princess in the South Pacific, Dancing On Ice star Holly Willoughby could be spotted each day stretching out in the sunshine before heading off on a snorkelling safari. And actress and presenter Claire Sweeney fulfilled the dream of a lifetime on her cruise to Bora Bora, when she swam with dolphins.

Today's celebrities are looking to really get away from it all: deadlines, intrusive media and the stress of their daily lives. And the idea of gazing at the white sands of the world's most beautiful beaches whilst being gently rocked by clear blue water is simply irresistible, whether you're a celebrity or not – especially when there is no planning involved, and no details to remember.

Tropical paradise beckons – and Princess Cruises' amazing five-star facilities and accommodating staff ensure that the pampered celebrity lifestyle is a part of each and every voyage. What are you waiting for?



LISA SNOWDON
Went diving to explore Caribbean shipwrecks

HOLLY WILLOUGHBY
Finds that cruises have that Xtra-special something

CLAIRE SWEENEY
Swam with dolphins on her Bora Bora cruise

MARIE HELVIN
Enjoyed bear spotting and whale watching

GREAT BRITISH CHEFS AT SEA



GARY RHODES serves up delicious, British dishes



MARCO PIERRE WHITE creates an authentic taste of the Mediterranean for guests

Two outstanding celebrity chefs – Marco Pierre White and Gary Rhodes – will be ensuring that guests enjoy exceptional dining experiences on board P&O Cruises ships.

Gary, winner of a constellation of Michelin stars, will be serving tempting classic British dishes with a modern twist in his intimate and stylish restaurants on Arcadia and Oriana.

How about seared black tiger prawns with a crab cocktail salad, followed by roast loin of lamb and caramelised onion tart with sweet mint peas, then vanilla crème brûlée with nutmeg ice-cream and raisin syrup?

Meanwhile, Marco Pierre White offers guests a taste of authentic Mediterranean cuisine in The White Room on Ventura. The restaurant offers fine dining in simply elegant surroundings, with teak tables and parasols outside for alfresco dining, too.

Marco's menus use high-quality, fresh ingredients to create delicious pasta and seafood dishes, risottos, flavoursome sauces and succulent meats, drizzled in olive oil and garnished with fresh herbs.

Marco Pierre White was the first chef ever to be awarded three Michelin stars. With a reputation for panache and attention to detail, he is a perfect partner for P&O Cruises.

And now, guests on board Oceana and Aurora will also be able to enjoy the Marco Pierre White experience in two new dining venues, Café Jardin and Café Bordeaux. Both menus will serve classic Mediterranean dishes which have been given the Marco Pierre White treatment especially for passengers on board. Dishes on the current menus include quail's eggs hollandaise, Marco's confit de canard and a French lemon tart.

Fantastic food is as much part of the P&O Cruises experience as the rich sights and sounds you'll uncover along the way. Standing at the helm of an experienced team, the P&O Cruises executive chefs are even inducted into the Chaine de Rôtisseries – a global society celebrating the best chefs and gastronomes selected from 86 countries.

Book your 2009 cruise today



Fjords
Cruises = 7 nights = 16 Jul 09
Southampton, Bergen, Stavanger, Haugesund, Oslo to Southampton
From only **£679**

Fjords
Cruises = 7 nights = 26 Aug 09
Southampton, Bergen, Stavanger, Haugesund, Oslo, Cruise to Reykjavik, Stavanger Southampton
From only **£749**

Baltic
Cruises = 10 nights = 20 Jun 08
Southampton, Stockholm, Oslo, Copenhagen, Bergen, Stavanger, Haugesund, Oslo, Southampton
From only **£929**

Baltic
Cruises = 14 nights = 04 May 08
Southampton, Oslo, Copenhagen, Stockholm, Helsinki, St Petersburg, Tallinn, Copenhagen, Bergen, Southampton
From only **£1229**

Baltic
Cruises = 14 nights = 20 May 08
Southampton, Copenhagen, Stockholm, Helsinki, St Petersburg, Tallinn, Oslo, Southampton
From only **£1369**

Baltic
Cruises = 14 nights = 14 May 08
Southampton, Oslo, Copenhagen, Stockholm, Helsinki, St Petersburg, Tallinn, Bergen, Southampton
From only **£1409**



Scandinavia
Grand Princess = 7 nights = 11 Jul 09
Southampton, Stockholm/Bergen, Copenhagen (optional port), Helsinki, Oslo, Southampton
From only **£649**

Scandinavia
Grand Princess = 7 nights = 29 Aug 09
Southampton, Stockholm/Bergen, Copenhagen (optional port), Helsinki, Oslo, Southampton
From only **£689**

Scandinavia & Russia
Grand Princess = 10 nights = 14 May 09
By Air: Copenhagen, Stockholm, Helsinki, St Petersburg (optional port), Tallinn, Oslo, Southampton
From only **£1089**

North Cape & Norwegian Fjords
Crown Princess = 12 nights = 07 Jul 09
Southampton, Stavanger, Hellesund (optional), Tromsø, Sandnessjøen, Harstad, Tromsø, Bergen, Southampton
From only **£1169**

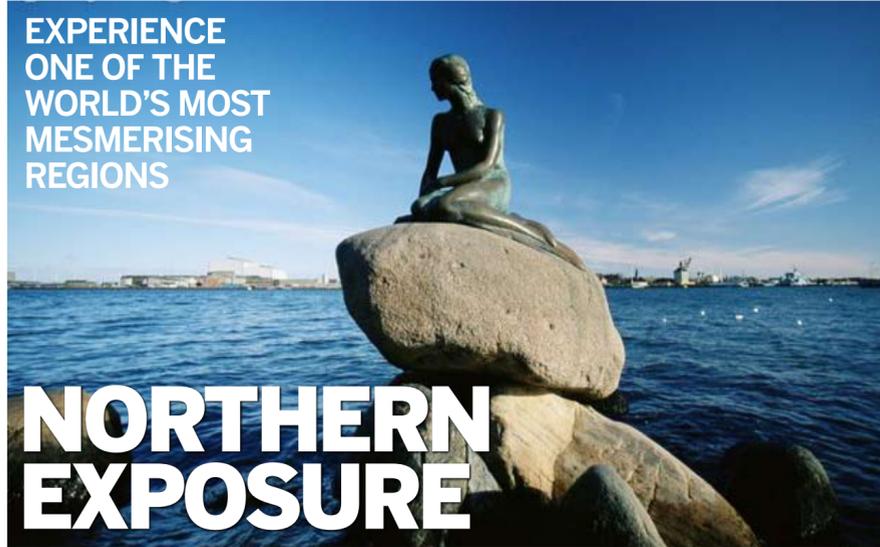
Iceland, Norway & British Isles
Crown Princess = 12 nights = 31 Jul 09
Southampton, Bergen, Oslo, Helsinki (optional), Tromsø, Sandnessjøen, Harstad, Tromsø, Bergen, Southampton
From only **£1169**

Fire & Ice Explorer
Titanic Princess = 10 nights = 23 Jul 09
By Air: New York, Tallinn, St Petersburg, Copenhagen, Stockholm, Helsinki, Southampton
From only **£2479**

ace available at cruise-ports
Thomson
visit your local Thomson shop
call 0871 231 4848
switch on Sky Digital 647

For full terms and conditions visit page 15

EXPERIENCE ONE OF THE WORLD'S MOST MESMERISING REGIONS



NORTHERN EXPOSURE

Europe's northern hemisphere is one of the most beautiful parts of the world. Especially when you explore it by ship. You can glide through serenely beautiful fjords, mesmerised by cascading waterfalls and lush, rolling vistas. You can gaze upon historic treasures, from great works of Tsarist art to traditional, well-preserved Viking relics. You can stand beneath mighty glaciers, which look blue beneath the vast sky, and you can wander through landscapes covered in blankets of shivering white mist.

It is experiences such as these that give this region its unique appeal. From the magical atmosphere of Copenhagen to the rare natural attractions of Reykjavik,

the lakeside charm of Trondheim, the echoing lengths of Sognefjord and the grand-domed skyline of St Petersburg, every place will delight you. Whether you are looking out from your ship or stepping ashore, you will be enchanted.

The best route into this region really is via the sea. In fact, many places you will visit here have a history intertwined with their surrounding waters. Imagine, standing on your own private balcony as day breaks, watching the islands of Stockholm appear on the horizon, or sitting in one of your ship's ocean-view bars, taking in the scenery of the magical North Cape. These are just some of the unique experiences you can enjoy when you explore this part of the world on a magnificent P&O Cruises superliner.

MORE INFO

P&O Cruises sail north between May and December. Prices start from around £1,049pp for a Baltic Cruise. To find out more please call 0800 111 4141 (ref MOS2) or visit www.pocruises.co.uk. Sail roundtrip from Copenhagen with Princess Cruises on a ten-night Baltic cruise from £1,089pp. Alternatively enjoy a 12-night Fjord cruise to the 'Land of the Midnight Sun' from only £1,169pp. For a brochure call 0844 579 0099 (ref MOS2) or visit www.princess.com.



Short and sweet

Whether you fancy a couple of days away, or a whole week, P&O Cruises offers a selection of delightful options.

Sailing direct from Southampton, with no flight involved, these long-weekend and full-week holidays are hassle free. P&O Cruises offer the chance to see more than one city in the same holiday. Plus, if you've never tried a cruise before, these short voyages provide an ideal taster.

So, for example, take a two-night cruise to Zeebrugge and you could explore the charming medieval city of Bruges or Ghent, as well as enjoying all the marvellous facilities on board your P&O Cruises ship.

Or opt for a seven-night cruise around the amazing Norwegian fjords, with a range of exciting ports of call and shore excursions on offer. For example, from Bergen, with its colourful timber buildings, passengers can take a walking tour of the city and get a bird's-eye view of the stunning surrounding landscapes from Mount Fløien.

Or from the peaceful village of Olden, guests can try fjord fishing for trout or char, a new way to experience the beauty of Nordfjord, one of the most picturesque fjords in Norway.

PURE BLISS

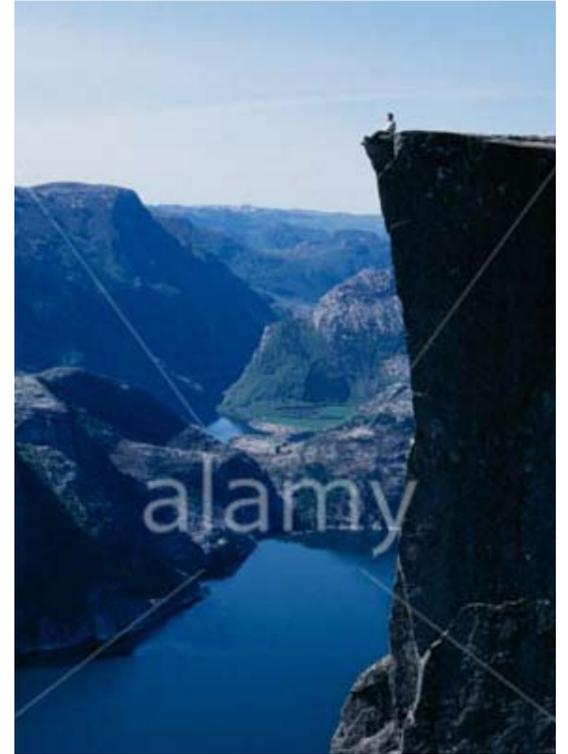
Everyone needs a little 'me' time, and a cruise offers the perfect opportunity to vanish for a few indulgent hours into an on-board spa.

Nothing can compare with the feeling of blissful contentment that follows a visit to a spa, where you can indulge all your senses. It's the perfect way to feel stress seep away, frowns disappear and tension ebb from aching feet and muscles. After an hour or so in a spa, you're sure to leave with a spring in your step, feeling younger, healthier, more beautiful - in fact, rejuvenated...

As well as inviting pools and whirlpools to slip into to relax, all P&O Cruises ships have an Oasis Spa and Health Club. The gyms all have state-of-the-art equipment and a range of classes, including more unusual exercises such as zumba, yoga and spinning. The spa offers a full range of therapeutic treatments,



including facials, body wraps, massages, and, on Ventura and Arcadia, even a thermal spa experience, using steam and sauna facilities to soothe and smooth your body.



Fjord fiesta

A JOURNEY TAKING IN THE FAROE ISLANDS, GREENLAND AND NEW YORK WAS AN OFFER THAT STUART MARTIN AND HIS WIFE COULDN'T REFUSE

It was the wonderful itinerary that grabbed our attention: a journey from Southampton to New York via an intriguing northerly route to the Norwegian fjords, Faroe Islands, Iceland and Greenland.

My wife Jill had always wanted to visit Greenland ever since she first found it on her primary school globe - and when she realised that the cruise would arrive at Greenland on her birthday, it seemed a holiday match made in heaven.

Princess, sister line to P&O Cruises - the UK's number one cruise line - has more than 40 years' experience, so they know exactly what their passengers need and we always loved how efficient the service was on board: everything was done in a calm, relaxing way. Nothing was ever too much trouble, and the extra-special touches such as remembering I liked an olive in my cosmopolitan, made our holiday unforgettable.

From the moment the 19-day voyage left Southampton, each day offered sheer delight. One of the great pleasures was the number of 'at sea' days, which allowed us to enjoy everything our wonderful ship had to offer. Jill took the chance to luxuriate in the fabulous Lotus Spa while I worked out in the gym. During the day there were courses in all sorts of subjects from travel photography to cookery demonstrations and computer classes.

The port visits were a highlight: visits to Stavanger and Bergen in Norway and Torshavn in the Faroe Islands were fascinating, as were our stops in Iceland. For Jill and me however we were most anticipating our first port of call in Greenland at Nuuk - Jill's birthday treat.

A special highlight in Bergen was a visit to Troldhaugen, the home of composer Edvard Grieg. We saw the house and visited the hut where he composed many works and were treated to a piano recital of his music. It was a real delight.

And what a thrill on the final morning, when we sailed into New York harbour: truly a voyage to remember.

MORE INFO

Discover the fascinating fjords, gorgeous Greenland and inspirational Iceland on a 19-night transatlantic cruise from Southampton to New York. With Princess prices start from only £1,649pp. For a brochure call 0844 579 0099 (ref MOS2) or visit www.princess.com. P&O Cruises offers amazing 7 night holidays to the fjords starting from £749pp. Alternatively enjoy a 15 night Fjord, Iceland and Greenland cruise. For a brochure call 0800 111 4141 (ref MOS2) or visit www.pocruises.co.uk

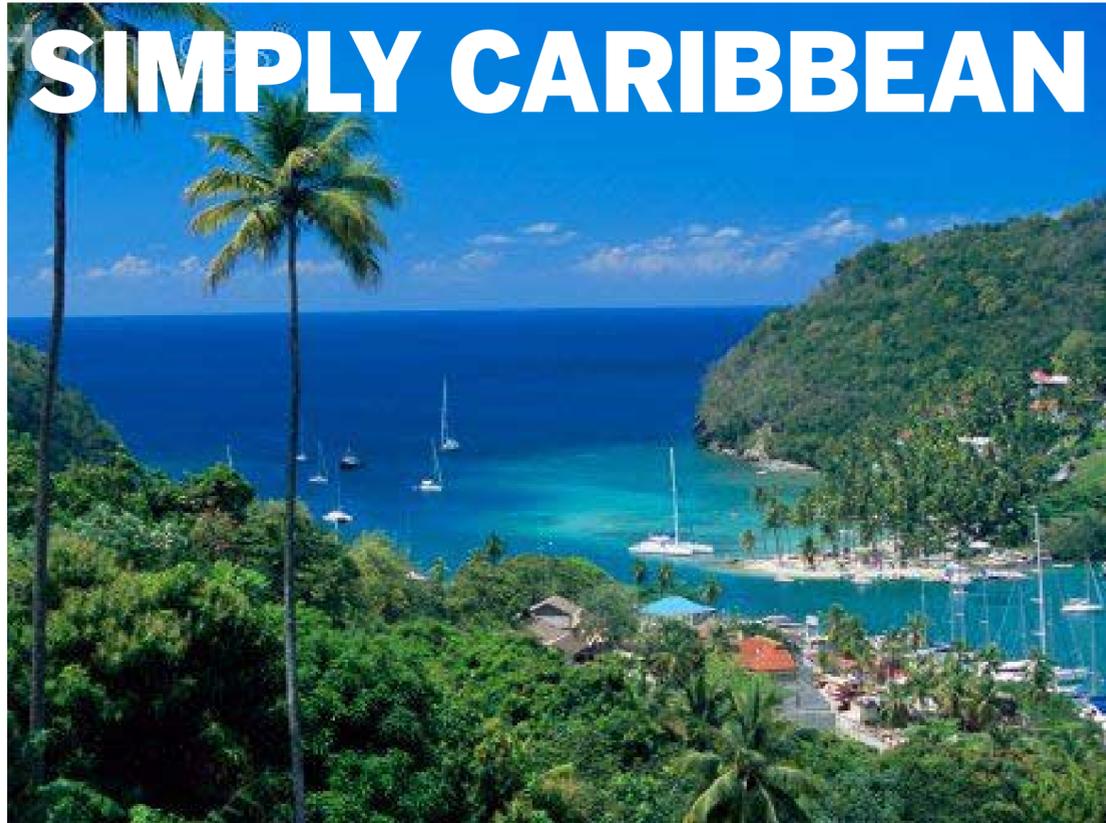


You can indulge in anything from a heavenly Balinese head massage to an Indian Ritual, a 90-minute treat for the senses, using rich oil infused with aromatic cardamom and patchouli to warm and energise.

Apart from pampering treatments, you can step off your ship with a whole new image, thanks to tanning and slimming therapies, teeth whitening and makeovers. Princess Cruises' Lotus Spas offer guests the perfect retreat as they relax in blissful surroundings and experience the therapeutic powers of the ocean along with the healing properties of fragrant sacred flowers. The spa menu includes steam and sauna rituals, bathing rituals, facials, massage, pedicures and manicures, reflexology and a beauty salon. You can also take part in a number of classes or work out in the state-of-the-art, ocean-view gym. Grand Princess, Island Princess, Star Princess, Emerald Princess, Crown Princess, Caribbean Princess and Ruby Princess also have idyllic adults-only spa retreats called The Sanctuary, where Serenity Stewards are on hand to ensure you are totally pampered.



2 holidays to be won SEE PAGE 15



SIMPLY CARIBBEAN

FLY TO THE CARIBBEAN

P&O Cruises offer exclusive flights to the Caribbean from several regional airports. All regional flights are included in the fare. On all cruises there are flights from London Gatwick and Manchester and on certain cruises from Bournemouth, Belfast International, Birmingham, Bristol, Cardiff, Doncaster/Sheffield, Edinburgh, Glasgow, Leeds Bradford, Newcastle, Stansted, and Nottingham East Midlands. After handing over your luggage at the airport, the next time you will see it is when it appears in your stateroom on board the cruise ship. On selected flights you can upgrade to a premium seat: scheduled flights may also be available.

MORE INFO

P&O Cruises offers a choice of fly-cruises or transatlantic crossings to the Caribbean. Prices start from £1430 per person for a 15-night Caribbean cruise. For a brochure call 0800 111 4141 (ref MOS2) or visit www.pocruises.co.uk. Sail year-round in the Caribbean with Princess Cruises. Escape for 8 to 16 nights and experience 5-star luxury and warm, paradise islands all from just £939pp for 8 nights on Sea Princess. For a brochure call 0844 579 0099 (ref MOS2) or visit www.princess.com.

The Caribbean is THE ultimate holiday destination: a dreamy blue sky and stunning white coral beaches fringed by gently swaying palm trees. Imagine yourself lazing beneath a bright sun as you sip an exquisite rum punch. Bliss.

The feeling is even more satisfying when you know that back home winter has Britain firmly in its grasp. No stranger to the pleasures the Caribbean brings; sun and glorious beaches being the most obvious, P&O Cruises make it their winter retreat, basing their contemporary ships, Ventura and Oceana and most traditional ship Artemis there from October through to March.

P&O Cruises has sailed to the Caribbean longer than any other cruise line, and their holidays take you to visit up to ten islands in one cruise giving you somewhere new to discover almost every day – why only visit one or two, when there's so many incredible islands to experience? This way you can walk

among St Lucia's rainforest adorned volcanic peaks, witness Barbados's colonial charm, recline on one of Antigua's reputed 365 beaches and visit St Kitts's historic harbours and fortresses in one amazing and never to be forgotten holiday. Throughout all the beautiful islands there are all kinds of wonderful excursions, from horse riding in the surf to scuba diving.

Travelling with Britain's favourite cruise line means travelling between each island is sure to be just as extraordinary as the destinations themselves. Ventura is perfect for the Caribbean with her stunning spa offering an eclectic range of treatments to revive and refresh you, a choice of cool blue pools to take a dip in, friendly waiters will even bring you refreshments as you recline on your lounge turning the pages of that book you've been meaning to read. There's no where you have to be and nothing you have to do, unless you want to of course. It's just the most perfect holiday if you want to take some time out and

enjoy the company of loved ones or friends, just doing the things that you love to do. There's the chance to be romantic too with a choice of superb intimate restaurants including, on Ventura, the Marco Pierre White's Restaurant, The White Room. After eating dinner alfresco you can enjoy a moonlit stroll on deck or, if you really want to get your heart racing, then salsa your way into the early hours or raise your game in the casino.

Getting to and from the ships awaiting you in the Caribbean is taken care of by P&O Cruises as well; exclusive flights from many regional airports – with a choice of either Friday or Saturday departures in the case of Ventura – make the journey to the Caribbean so much easier. In most cases, once your luggage is checked in at the airport you don't need to worry about it again – it will arrive at your stateroom on board not long after you do. I say again...bliss!



ESCAPE THE WINTER BLUES AND CROSS IN STYLE TO A CARIBBEAN PARADISE

Prefer to travel to the Caribbean without taking a plane? Enjoy a 'no fly' winter Caribbean cruise on Oriana, Aurora or Arcadia. Stylish Arcadia and cosmopolitan Aurora offer transatlantic cruises to the Caribbean where you get to enjoy ample deck space, pools, sports and spa, to enjoy some winter sunshine. These are leisurely three-week holidays which allow you to visit five or six Caribbean islands and return via Madeira. Totally relax on a fabulous 36-night voyage with Oriana that leaves Southampton on 8 January 2010 and visits popular Caribbean islands and Central America: ports of call include St Lucia, Barbados, Limon, Santo Tomas de Castilla and Montego Bay. It includes a transit through the Panama Canal. Or choose a 35-night cruise with Oriana, leaving Southampton on 13 February 2010 and visiting 13 ports, including St Maarten, Grand Cayman, New Orleans, Tampa and Princess Cays.

2 holidays to be won SEE PAGE 15

Winter sun, the no-fly way

PURE PANAMA PLEASURE

PURE PANAMA PLEASURE BEACHES, RAINFORESTS AND A GREAT ENGINEERING FEAT: LAURA BISHOP LOVED HER HOLIDAY

This holiday was a trip with a 'wow' factor. I couldn't resist the idea of a partial transit of the Panama Canal – a true 'must see' experience. The canal may not be long – just 48 miles – but its completion nearly 100 years ago marked the culmination of a Herculean construction effort. Princess Cruises is the leader in the region, because Coral Princess and Island Princess were purpose built for the canal, and, with the highest percentage of balcony staterooms in the region, they provide the perfect vantage point from which to experience the canal's locks.

Our cruise started in Fort Lauderdale in Florida and included stops on the Caribbean island of Aruba, the wonderful old city of Cartagena in Colombia, before the highlight

of the trip – the journey into the Panama Canal. The route home took us via Limon in Costa Rica and Ocho Rios in Jamaica, before arriving back in Fort Lauderdale.

Fellow passengers couldn't speak highly enough of the standards of service and the attentive courteous style of the friendly staff.

The great pleasure of travelling with Princess Cruises was that you not only visit extraordinary places, you are treated to the best of everything onboard ship. Everybody was treated like a celebrity, and you leave feeling totally pampered and relaxed.

I enjoyed everything from the soothing Lotus Spa massage to relaxing on my balcony with a heavenly cocktail and perfect view. The West End-style shows took some beating too. I'll be coming back to Princess.



This is holiday paradise

ESCAPE TO THE CARIBBEAN, WHERE YOU'LL FIND TOTAL RELAXATION YEAR ROUND

Princess offers year-round cruising in the Caribbean, so therefore provides a huge choice of ports of call, a wide range of ships and a fabulous selection of shore excursions. The Caribbean Islands possess a wealth of activities for visitors of all interests and ages. The region's histories and cities are fascinating – from the ancient Mayan city of Tulum on the Yucatan peninsula to the Chacchoben ruins near Costa Maya. Hear the legends of Aruban gold, Jamaican voodoo, or the origins of St

Maarten's half-French-half-Dutch culture. Each island has its own incredible story, and with Princess Cruises you can hear them all. ■ A popular choice is to travel on Sea Princess, which offers 15-night roundtrip cruises from either Barbados or Montego Bay. Exclusive direct flights to Sea Princess are available from nine regional airports: London, Manchester, Birmingham, Cardiff, East Midlands, Edinburgh, Glasgow, Newcastle and Doncaster Robin Hood.

■ You can select from a choice of 260 cruises across 19 different itineraries, with holiday durations of nine, 11, 12, 15 or 16 nights. ■ You can enjoy Movies Under The Stars – big screen movies shown at night out on deck – on six ships in the Caribbean, including Sea Princess, Crown Princess, Caribbean Princess, Emerald Princess, Ruby Princess and Grand Princess. ■ Cruise and Stay options allow you to combine a cruise with an additional stay in Orlando, Miami or New York.

DINE IN PRIVATE ON YOUR OWN BALCONY

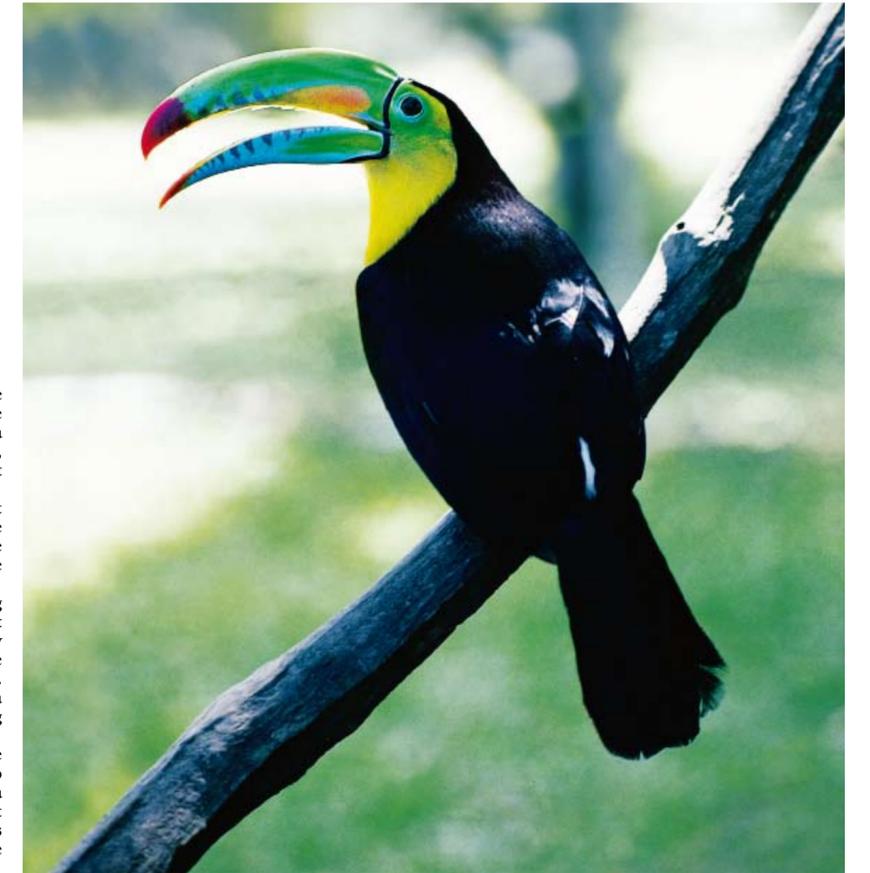


The twinkling light from a thousand stars sparkles in your eyes as, holding hands, you and your partner step out on to your very own balcony and sit down at your private dining table. Exquisite cuisine melts in your mouth as the two of you enjoy a unique dining experience, gazing at the moon's reflection shining in an endless sea, and smile contentedly at each other... Having your own balcony allows you not only to admire the scenery, but also to enjoy some privacy – to read a book, sip pre-dinner cocktails, top up your tan, or eat breakfast, lunch or dinner. With Princess Cruises, there's no extra charge to dine on your own private balcony if you order through the 24-hour complimentary room service. Why not splash out on an indulgent champagne breakfast, including a chilled half-bottle of bubbly?

The Ultimate Balcony Dinner is also available. After an exclusive cocktail party with other guests and senior officers, you're served a four-course balcony dinner featuring delicious seafood or tender beef, again accompanied by champagne. You also receive in-room flowers and a souvenir photograph of your special evening. Meanwhile, P&O Cruises also offers its guests balcony dining on Ventura, with delicious menus newly created by Marco Pierre White. Alternatively, you can dine alfresco any evening under the sparkling stars in the Horizon Grill on Oceana or The White Room restaurant on Ventura. Dining under the stars is an unforgettable way to celebrate a special occasion, with each chef proud to present their imaginative and balanced menus, using the finest produce.

MORE INFO

12-night Panama Canal holidays start from only £1,499pp with Princess Cruises. 15-night holidays on Sea Princess in the Caribbean start from £1,239pp and 9-night holidays sailing to the Caribbean from Fort Lauderdale can cost from as little as £1,059pp. For a brochure call 0844 579 0099 (ref MOS2) or visit www.princess.com. For an unforgettable experience take a P&O Cruises holiday through the Panama Canal. A 15-night cruise holiday starts from just £1,419pp. For a brochure call 0800 111 4141 (ref MOS2) or visit www.pocruises.co.uk.



A PERFECT SHIP FOR A PERFECT HOLIDAY. ALISON PRICE AND HER HUSBAND FOUND THAT VENTURA WAS ALL THEY HOPED FOR – AND MORE

We had watched with great interest the spectacular ceremony earlier this year when Dame Helen Mirren named Ventura, with the aid of the Royal Marines; we were already booked to sail on her for a Mediterranean cruise.

We knew that Ventura is large – but I wondered how we would 'fit in' on board. Would we be overwhelmed by the size?

I'm happy to report that big is beautiful. What we most appreciated is that the sheer size of Ventura means endless choice. When you plan your meals, for example, you have a brilliant choice of superb dining experiences available.

The meals are fabulous; the ports we visited were even more fantastic. My personal delight was buying a pair of designer shoes in Florence; my husband fulfilled two dreams when he took a tour of Barcelona's Nou Camp stadium and gambled at the casino in Monte Carlo.

We enjoyed an afternoon spent in the thermal suite, alfresco dining for two in the Marco Pierre White restaurant, The White Room...very romantic, and it was wonderful to have so much time for each other.

I was amazed at just how elegant and beautifully decorated Ventura is. There couldn't be a more apt setting for her art cruises, hosted by experts from Tate Modern and featuring talks, seminars and workshops.

The holiday was over all too



Viva Ventura



VALUE AND VISTAS



quickly and there was so much we still hadn't tried. We're already looking at 2009 holidays and plan to revisit Ventura. Hopefully next time I'll pluck up the courage to try Cirque Ventura and have a go on the trapeze!

If you want to share some of the Ventura magic this winter, join her in the Caribbean. She returns to Southampton in March to begin a programme of cruises to the Mediterranean, the Baltic and the Norwegian fjords, with a choice of seven- and 14-night holidays.

The summer is an exciting time to be on Ventura, with visits to Barcelona, Monte Carlo, Dubrovnik and, for the first time, Alesund, Alghero, Almeria, Andalsnes, Curacao, Ibiza, Kristiansand, Naples, Split, St Tomas, Zakynthos and La Spezia – the gateway to the UNESCO World Heritage Site called Cinque Terre, a collection of five coastal villages perched on the coastline.

A HOLIDAY WITH A PLEASANT SURPRISE IN STORE

What would you give to wake up to a new view every day? The beauty of a cruise is you can do just that. Caribbean islands, dramatic fjordland scenery, buzzing cities; whether you're a sunseeker or a culture vulture, a cruise holiday can offer you the chance to explore many different destinations in one holiday. You might think this a privilege you pay for, but consider this: a two-week holiday with P&O Cruises next summer in an ocean view stateroom starts from as little as £1,250pp.

Even better, one of the great advantages of cruising is that your holiday fare goes such a long way. Unlike other breaks, when you have to pay extra for essentials like food and activities, with P&O Cruises breakfast, lunch and lavish silver-service dinners in the main restaurants are covered in the price, as well as spectacular evening entertainment, such as live comedy, theatre shows, nightclubs and cinema.

On board, there's a wealth of activities. From some friendly

rivalry on the sports court, to a few hours in the state-of-the-art gym, lounging in the whirlpool spa or catching a port presentation ahead of your next port of call, when not ashore, you'll never be short of things to do. Unless of course that's exactly the way you like it.

Busy Mums and Dads are assured of some quiet time too, with free children's and teenagers clubs on Aurora, Oceana, Oriana and Ventura. The Reef is specially kitted out with all the latest gaming technology, ball pools, toys and snug areas and staffed by qualified Youth Crew, or 'Reef Rangers' as they are known on board.

Moreover, P&O Cruises haven't forgotten about the little touches. Enter your air-conditioned stateroom and you'll find designer tea and coffee making facilities, your en suite bathroom stocked with luxurious pamper packs, and a comfortable bed dressed with fine Egyptian cotton sheets. You needn't lift a finger either, with a personal steward to keep everything clean and tidy. Add to this the thought of your early booking discount of up to 45% and free children's places on selected cruises and a peaceful slumber should be guaranteed.

WIN a 15-night Caribbean Cruise on Ventura SEE PAGE 15

From her dramatic piazza-style atrium, featuring great places to stop and enjoy a light snack, and performing street entertainers, to the popular Movies Under the Stars, Ruby Princess is set to win the hearts of cruise passengers.

A sister to Emerald Princess and Crown Princess, Ruby Princess boasts a fine array of dining venues, including the signature Sabatini's Italian restaurant and the Crown Grill steak and seafood restaurant, plus a relaxing oasis just for adults, called The Sanctuary. Ruby Princess will be sailing firstly in the Caribbean and then moving on to the Med.

Highlights include Personal Choice Dining, featuring Traditional Dining, where you can enjoy the same waiters and table each evening, or Anytime Dining, where you choose a time to suit you; the Lotus Spa, with fitness centre; an extensive children's and teens' centre; a wedding chapel, and nearly 900 staterooms with private balconies – perfect for enjoying the scenic Caribbean and beauty of the Mediterranean and Greek isles.

While she will accommodate 3,110 passengers, impressively 80 per cent of Ruby Princess's outside staterooms have balconies – and there will be an entire deck of mini-suites.

The superb on-board leisure facilities include a nine-hole putting course, as well as four swimming pools, including one swim-against-the-current pool and a children's splash pool.

Other exciting innovations include a fabulous Caribbean themed Café Caribe and Skywalkers nightclub and observation lounge, featuring spectacular views over the aft of the ship.

Exclusive spa services include a deep tissue muscle massage, Swedish massage and full body



Ruby Princess is a real gem

THE NEWEST SHIP TO JOIN THE PRINCESS FLEET – SCHEDULED FOR 6 NOVEMBER – RUBY PRINCESS SETS NEW STANDARDS IN STYLE AND EXCELLENCE

lotus massage for couples. Suite passengers onboard Ruby Princess can enjoy an exclusive Sabatini's breakfast from 7.30am to 10.30am on

sea days. Princess are always coming up with new ideas and Ruby Princess will definitely set new standards in excellence.



MORE INFO

Ruby Princess sails to the Caribbean from November 2008 to May 2009. 9-night holidays start from just £1,069pp. Between May and September 2009 she will be sailing our popular 12-night holidays between Venice and Barcelona from only £1,359pp. For a brochure call 0844 579 0099 (ref MOS2) or visit www.princess.com



THE PERFECT WEDDING

ENJOY A RELAXED AND PERFECT BIG DAY WITH EVERYTHING ORGANISED FOR YOU AND YOUR EVERY WISH GRANTED

With a gentle swish of her stunning ivory satin gown, the beautiful bride took her father's arm and began to walk, calmly and confidently, towards her handsome groom.

The couple exchanged smiles, before they turned towards the Captain, and, minutes later, shared their first tender kiss as man and wife.

Murmurs of approval and heartfelt applause rippled through the intimate gathering, before impeccably dressed waiters arrived with glasses of champagne for the toast.

The bride beamed round at all her family and friends. Her big day had been exactly as she'd dreamed – every personal wish granted, each detail perfectly planned and executed.

What's more, it had all been organised for her, leaving her free to enjoy every second of the best day of her life.

Whether you want to get married on a ship at sea or ashore in an exotic destination, Princess Cruises offers

an outstanding service, including everything a land-based wedding can offer, and more.

A cruise represents a unique alternative that allows you to combine your wedding and honeymoon into one special package.

And when you book with Princess, you get your own wedding coordinator to ensure every detail is taken care of.

Elaine McQuarrie Robb and Andrew Edward Winchester were married on board Princess Cruises ship Sea Princess.

'We wanted something really intimate with only our nearest and dearest,' says Elaine.

'Sea Princess is so impressive, with huge staircases, flowers and string quartets playing; it's like the best five-star hotel, and this all becomes part of your big day.'

Your ceremony is conducted by the Captain on your ship, or Princess Cruises can organise a whole wedding ashore, in an exotic port of call.

'Our wedding coordinator listened to everything we wanted and helped us achieve it so our day was deeply personal and unique,' says Elaine. 'All the paperwork was taken care of, and you can choose all the trimmings. I wanted the day to feel very chic and elegant, and it was. Our ceremony was candle-lit, decorated with floral displays and we had a pianist playing a grand piano – it was all very romantic.'

'The evening meal was fantastic. Our menus were personalised for us and had a selection of fantastic options.'

In fact, anything you could possibly think of can be arranged for you by Princess Cruises.

'We were treated like royalty the whole voyage,' says Elaine.



MORE INFO

Princess Cruises offers weddings at sea, ashore, or in an exotic location. Call The Wedding Experience on 023 8022 0099 for more details. P&O Cruises are delighted to offer Weddings at Sea conducted by the Captain. For further information and to request a wedding brochure contact our wedding planners on 0845 351 0353, email celebrations@pocruises.com or visit www.pocruises.com or visit www.pocruises.com/uk/weddings

Book your 2009 cruise today

<p>Cruise Break Ventura • 7 nights • 21 Mar 09 From only £489 £20 per person onboard spend</p>	<p>Fiorita Ventura • 7 nights • 21 Mar 09 From only £719</p>	<p>Mediterranean Ventura • 14 nights • 02 Apr 09 From only £1069</p>
<p>Eastern Caribbean Voyager Ruby Princess • 12 nights • 23 Mar 09 From only £1189 £70 per person onboard spend & complimentary drinks on upgrade</p>	<p>Grand Mediterranean Ruby Princess • 12 nights • 25 Sep 09 From only £1559</p>	<p>Grand Mediterranean Ruby Princess • 12 nights • 13 Jul 09 From only £1679 £70 per person onboard spend & complimentary drinks on upgrade</p>

visit your local Thomson shop call 0871 231 4848 switch on Sky Digital 647 Thomson



offered something to delight all of us – a grand tour of the best of the Far East. Not only a trip in which we discovered new places but a cruise which gave us time to rediscover the delights of family life.

We've cruised before and we had all loved the Princess Cruises style: very efficient, very friendly – nothing too much trouble.

Frankly, I was surprised by how many different Far East cruises are offered by Princess. All of the itineraries are thoughtfully and imaginatively put together – the 19-night Images of the Orient, however, was absolutely ideal.

We were all looking forward to discovering Bangkok, where we spent the first night in a hotel, before boarding Diamond Princess. The cruise offered a good mixture of port visits and days at sea. My daughter and I were particularly looking forward to spending some quality time together in the Lotus Spa, enjoying a Musclesse Aroma Spa Ocean Wrap: a heated seaweed mask containing a warming blend of pine and rosemary essential oils is applied to your body before you are cocooned in a foil wrap. It was all marvellous.

John and David really enjoyed practising their golf on the on-board simulator or joining in a game of basketball or doing some circuits of the jogging track.

This turned out to be the perfect holiday for everyone, and it was great to all be together.

EASTERN PROMISE

FOR HER FAMILY REUNION MATTY DAVIES FOUND THE IDEAL SOLUTION WITH A FAR EAST HOLIDAY THAT TOOK THEM TO SOME OF THE MOST EXCITING PLACES IN ASIA

It was the perfect solution to our holiday needs. With a son, David, working in Dubai and a daughter, Sarah, temporarily employed in Sydney, a family reunion on a Far Eastern cruise admirably fitted the bill.

Inspired by the Summer Olympics in Beijing we had all said that we were keen to spend some time in China: Sarah wanted to visit Japan, while David was keen to sample life in Singapore. My husband John has always talked about visiting Vietnam.

A cruise around Asia offers its own intriguing opportunities and wonderful choices of fascinating places to visit. Friends who had recently done an Asia cruise with Princess Cruises were full of excitement at the chance they had

to see so many wonderful places in a relatively short time. As well as taking many of the organised shore excursions – which were all excellent – we also did our own

thing at some ports (Princess is happy to make suggestions if you plan to go it alone).

The 19-night Diamond Princess itinerary from Bangkok to Beijing



MORE INFO

Why not sail from Bangkok to Beijing on a 19 night holiday? Fly-cruises on Diamond Princess start from only £2,309pp. For a brochure call 0844 579 0099 (ref MOS2) or visit www.princess.com In 2009 P&O Cruises offer longer holidays which feature, Far East, Indian Ocean and Australia. For more information please call 0800 111 4141 (ref MOS2) or visit www.pocrises.co.uk

Tate Talks

Tate Modern will be on selected cruises on Ventura and Oceana, while Arcadia, Artemis, Aurora and Oriana will benefit from the knowledge of experts from Tate Britain. Tate will be on board to present 'Tate Talks' a fun and simulating series of talks and workshops that will give you a fascinating insight into the world of art. Incorporating talks on specific artists or movements and practical workshops to allow you to have a go. The knowledge, humour and passion of the Tate experts will bring these subjects to life and are sure to capture your imagination. For more information on Tate Talks please visit www.pocrises.co.uk/tatetalks

Music to your ears

Lulled into a state of perfect serenity, you delight in the beautiful music that is reaching your ears. But who is the composer? Maddeningly, the name is on the tip of your tongue... then you hear the answer from a very familiar voice.

P&O Cruises' ever-popular Music Festivals at Sea are hosted by knowledgeable and well-known personalities from the worlds of television, radio and stage, such as John Suchet, Richard Baker, Henry Kelly and Gabrielle Woolf.

Complemented by a wonderful team of internationally-renowned artists, the on board music festivals can include opera, operetta, recitals, music quizzes and interviews, with something to suit everyone, whatever your taste in music.

As 2009 is the festivals' jubilee year, P&O Cruises is inviting passengers to enjoy once again some of the marvellous music and artists featured over the past 25 years. These themed cruises may also include concerts ashore and tours to places of musical interest.

P&O Cruises also offers a selection of other Special Interest Cruises for passengers hoping to learn something new while on holiday – everything from fine cuisine and ballroom dancing to antiques and art appreciation.

Particularly popular are the Wildlife cruises. Whether you are sailing in the sunny Caribbean or amazing Amazon, you'll get a real insight into the exotic birds and animals to be seen locally from true experts in the field.



CRUISE CLINIC



When you are on board you will experience some movement, but I would be surprised if it was sufficient to affect your enjoyment. In the highly unlikely event that you suffer some degree of discomfort, you can obtain seasick medication; each ship has a well-equipped Medical Centre on board, run by qualified doctors.

day: these will include talks, seminars, sports events and tournaments, movies and shows. These are in addition to a variety of restaurants, bars and cafés onboard. There are also swimming pools, whirlpools and extensive spas and health clubs, and in your stateroom you can enjoy a fantastic programme of TV and newly released movies.

Q I am keen for my friend to come with me on a Baltic cruise next summer. She has never been on a cruise before and says that she is worried that she will be bored?

A She will be surprised to discover that the problem for cruisers today is not that they don't have enough to do, the worry is wondering how you will be able to fit everything in to your schedule. Every evening on the ship a newspaper is delivered to your stateroom which outlines all the activities taking place the next

Q I am wondering what I should wear on my cruise. Can you help me with advice on what to pack?

A The secret of packing is 'keep it simple'. During the day, casual shirts, shorts, trousers and beachwear are ideal. On board you will find there are Formal, Semi-Formal and Smart Casual evenings. On formal nights it's your opportunity to dress up. On the other evenings, depending on the dress code, you can wear anything from tailored trousers to

smart separates or an elegant dress, while men can wear a jacket and tie; on casual nights you can wear casual separates or smart jeans. Cruise operators ask that people do not wear trainers or sportswear into the restaurants during the evening. If you have forgotten anything, shops on board carry a wide range of leisure wear and formal clothing.

Q Will my children have lots to entertain them on board?

A Any reputable cruise company will have staff on hand who have extensive experience of working with children and young people, and in the planning and facilitating of a wide range of play and leisure activities for everyone from toddlers to teens. If you have under-eights, look for a company that has youth staff with relevant qualifications – NNEB/CACHE Diploma in Nursery Nursing, BTEC National Diploma in Early Childhood Studies, CACHE/OCR/EDXCEL City & Guilds Certificate in Childcare & Education and/or a

Teaching Certificate are ones to look for. All kids are not the same, of course, and good cruise companies will also offer facilities for different age groups, typically age ranges three to seven, eight to 12 and 13 to 17, which ensures that children are with their peers and don't get bored or overawed. In fact, it's safe to say that children on board a cruise nowadays will be safe, well looked after and probably having the time of their lives! On most ships there's no shortage of activities or distractions, with everything from arts and crafts, game tables, movies and splash pools to teen centres, ping-pong tables, juke boxes and the latest video games. Youth and teen centres on board ship should be fully supervised by staff who are chosen for their skill and past experience of working with children, with daycare, teaching or child development backgrounds and recruited from the professions of teaching, nursing, certified nannies and daycare staff. They are also likely to have a current CPR qualification.

WIN ONE OF TWO FABULOUS HOLIDAYS

Enter this fantastic prize draw and you could:

WIN a 15-night Caribbean cruise from Southampton to Barbados on Ventura with P&O Cruises

WIN a 7 night European cruise roundtrip from Southampton with Princess Cruises

To enter our prize draw with a chance to win one of these fabulous holidays, please complete your details below, and post to FREEPOST SWB1309, CLEVEDON, BS21 7ZZ (no stamp required). If you would like to receive a FREE Princess Cruises or P&O Cruises brochure and FREE film, please tick the relevant boxes below.

Mr/Mrs/Ms/Miss/Dr _____ Initials _____

Surname _____

Address _____

Postcode _____

Telephone _____

E-mail _____

Please select your age range

Under 29 30-49 50-59 60-69 70+

Have you taken a cruise before? Yes No

Have you taken any of the following cruises before? Princess

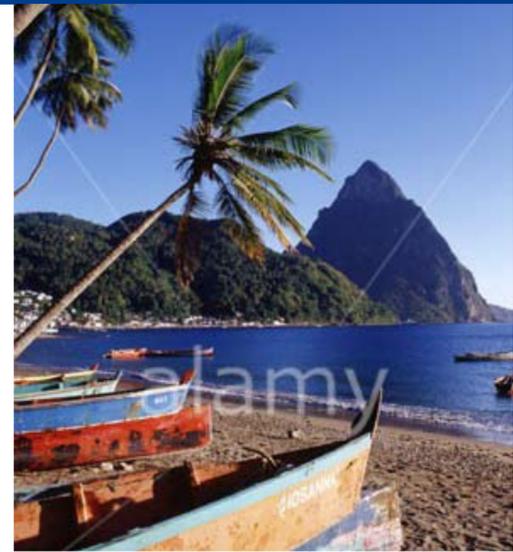
P&O Cruises

When do you plan to take your cruise?

Within 6 months Within 12 months

More than 12 months

Princess Cruises and P&O Cruises are Carnival plc brands. Carnival plc may wish to contact you by post, telephone and/or email with information and offers on Princess Cruises, P&O Cruises and occasionally other Carnival cruise brands (see www.carnivalplcgroup.com for details). If you prefer NOT to be contacted please tick here



Please send me a copy of: **PRINCESS CRUISES**



Mediterranean, Scandinavia, Canada & New England 2009 **Yes please**



Alaska, Canada & New England Cruises & Landtours 2009 **Yes please**



Caribbean 2009/2010 **Yes please**

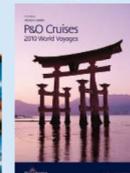


Exotic Cruises Worldwide 2009/2010 **Yes please**



FREE World of Princess DVD **Yes please**

Please send me a copy of: **P&O CRUISES**



P&O Cruises Worldwide Exotic Holidays 2010 **Yes please**



P&O Cruises 2009 **Yes please**



An Introduction to P&O Cruises **Yes please**

BROCHURES

PRINCESS CRUISES For any Princess Cruises' brochure, request your FREE copy by calling **0844 579 0099** quoting ref MOS2 or visit www.princess.com

P&O CRUISES For any P&O Cruises' brochure, request your FREE copy by calling **0800 111 4141** quoting ref MOS2 or visit www.pocrises.co.uk

MOS2

Prize draw rules: 1. Closing date for the draw for Princess Cruises is 31/03/09 and for P&O Cruises is 31/08/09. 2. The prize from Princess Cruises is an inside stateroom on a 7-night cruise on Grand Princess for 2 people departing the UK on 23 May 2009. The prize from P&O Cruises is an inside twin cabin on a 15-night Ventura cruise for two people departing the UK on 23 October 2009. If these prizes become unavailable we reserve the right to supply an alternative. The prize does not include landlairs, shore excursions, stateroom upgrades or transport to/from the ships or airports. 3. The winning entry will be drawn at random from the valid entries received by us before the closing date. The decision of Princess Cruises and P&O Cruises will be final and no correspondence will be entered into. No cash alternative will be offered. The prize is non-transferable. 4. The winner will be notified in writing by 17/04/09 for Princess Cruises and by 07/09/09 for P&O Cruises. 5. No employees of Carnival plc, Mail on Sunday or Thomson, may enter the draw. The draw is only open to residents of the United Kingdom. 6. Only one entry permitted per person. Entrants must be aged 18 or over. No bulk or third party entries accepted. 7. No purchase is necessary to enter the draw. 8. The winner will be bound by Princess Cruises or P&O Cruises booking terms and conditions. 9. Proof of posting will not be accepted as proof of delivery. Responsibility cannot be accepted for lost or misplaced entries. 10. The promoter is Carnival plc trading as "Princess Cruises" or "P&O Cruises", Richmond House, Terminus Terrace, Southampton, SO14 3PN. Please DO NOT send coupons to this address. The promoter reserves the right to amend any dates/deadlines at their discretion.



