

LUXURIOUS ESCAPES

WHAT'S HOT
CARIBBEAN
THE FAR EAST
MEDITERRANEAN
PANAMA CANAL
ALASKA
NORTHERN EUROPE
SOUTH AMERICA
& HAWAII

WIN
1 of 3 fabulous
holidays
See page 15





PERFECT MOMENTS... unforgettable holidays

Imagine a world-class holiday that offers choice, freedom and value you can only dream of; a holiday that transports you to the most wonderful places on earth in supreme comfort, style and luxury and pampers you all the way. This is the kind of holiday Princess Cruises and Cunard guarantee you and your family on every one of their luxurious liners.

Picture mouth-watering fine dining, exotic daytime and evening entertainment, sumptuous onboard accommodation as well as up-to-the-minute sporting and spa facilities accompanied by world-class service.

We will feature these liners' wondrous itineraries; dropping in on the architectural jewels of the Mediterranean, the phenomenal Panama Canal, the sun-kissed tropical beaches of the Caribbean, the wonders of the Holy Land, and the far-flung exotic islands of Hawaii.

This supplement will take you on an exciting voyage of its own, so you can sample the kind of spectacular ocean-going holidays you always dreamed of, including experiencing the joy of meeting your ship at Southampton, having the convenience of flying from regional airports; and luxuriating in that sensation of having to unpack just once.

There is no other holiday that offers better value for money, and transports you to so many magical places in such relaxed comfort. This supplement will reveal what it is like to be surrounded by elegance, opulence and splendour on board a world famous liner wrapped in a legacy and heritage that only Cunard can boast. We will also unveil the fabulous features and on board romance of travelling on a Princess Cruises luxury superliner, and discover the magic and intimacy of a holiday on one of their smaller boutique-style ships.

Whether you are seeking high-octane adventure or stress-free relaxation, an ocean-going holiday is the perfect choice and guarantees memories that will last a lifetime.

What's inside

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Here come the celebrities



HOLLY WILLOUGHBY
Iquias ut omnis eicabo. Et di in re volorporit reped et

Let's face it - it's been a lousy winter. Biting cold temperatures and blistering winds haven't been much fun for anyone. And after the coldest weather in more than 20 years you can certainly be forgiven for dreaming of some sunshine.

But celebrities can do more than just dream. While the rest of us were digging out our driveways, Jennifer Aniston showed off the results of daily 2-hour yoga sessions in a skimpy green bikini on white Mexican sands. A taut-tummied Amanda Holden played in the waves on Antigua; whilst her mate Simon Cowell rode a jet ski in nearby Barbados. Pop star Rihanna laughed and frolicked aboard a yacht off the Caribbean coast and a lithe Gwyneth Paltrow sunned herself by the pool in Morocco.

Indeed, today's celebrities certainly know how to take a holiday. And at the moment, the hottest trend in celebrity travel is heading out to sea on a luxury liner. It seems that gazing at the white sands of the world's most beautiful beaches whilst being gently rocked by clear blue water, has become increasingly irresistible for the A-lister looking to get away from it all.

Following a break from a hectic touring schedule, Girls Aloud star Kimberley Walsh headed straight out to sea on a Princess Cruise. The pop star beauty made time to splash in the surf

on Grand Cayman and Cozumel and particularly loved Princess Cays - Princess's own private island in the Bahamas. Dancing on Ice's Jason Gardiner may be ruthless as a judge, but in real life he gave his 9-day Caribbean cruise on the Crown Princess full marks for sunshine and style. GMTV's Andrew Castle loved his voyage on an Emerald Princess cruise ship through the Caribbean so much that he can't wait to go again.

The polished presenter and his family made time to visit St Maarten, St Thomas and Grand Turk. And the list goes on: Rachel Stevens, Lisa Snowdon, Angela Griffin, Tamzin Outhwaite and Holly Willoughby have all chosen Princess Cruises to whisk them away from busy schedules and cold English weather.

Indeed, if you book a Princess cruise you are increasingly likely to bump into someone famous. It's not surprising really. Offering sun-drenched voyages, exotic destinations, world-renowned restaurants and spa pampering amidst 5 star luxury; it simply offers the best. The best part: there's no planning involved, and no details to remember. And a warm welcome along with pampering at every turn, ensures that the celebrity lifestyle is a part of each and every voyage. While you may not be an A-lister; Princess promises to treat you like one.

Tropical paradise beckons. Put down that snow shovel



TAMZIN OUTHWAITE
Iquias ut omnis eicabo. Et di in re volorporit reped et liquo

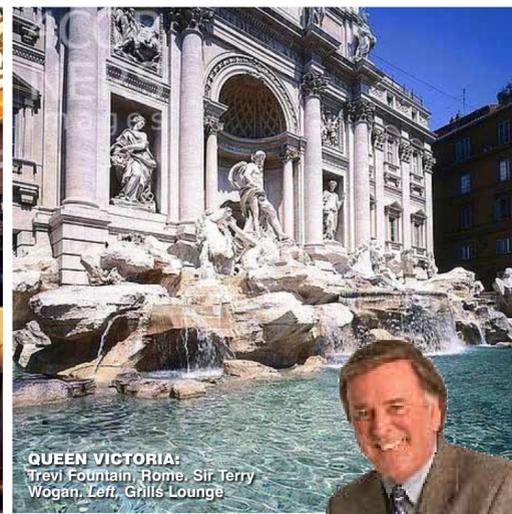


ANGELA GRIFFIN
Iquias ut omnis eicabo. Et di in re volorporit reped et liquo et



AMANDA HOLDEN
Ipiet quide ius debis seque coribus, ades ut optatur ecerumquo conse rerciam

SIR TERRY WOGAN TO SAIL ON QUEEN VICTORIA



QUEEN VICTORIA: Trevi Fountain, Rome. Sir Terry Wogan, Left, Grillis Lounge

THE 12-NIGHT VOYAGE DEPARTS FROM SOUTHAMPTON ON 14 MAY, 2010 AND INCLUDES;

- Two exclusive champagne receptions
- Deadlyoke - a sea shanty sing-along with the Voice of the Balls
- Janet & John Live! (not for the faint hearted)
- Welsh for Beginners - with the Totty From Splotty
- A Natter with Nove (A crash course in how not to drive a bus)
- And the return of Alan Dedicoat's world-famous Pub Quiz
- Plus a sensational fundraising evening with a knight of the realm!

It is appropriate that our National Treasure Sir Terry Wogan and his beloved TOGS (Terry's Old Geezers and Gals) will be special guests on board Cunard's Queen Victoria for a second intrepid trip to raise money for BBC Children in Need. And even though Sir Terry may have hung up the microphone on his much loved daily radio show for the last time, he extends a warm invitation to us all to join him on Queen Victoria - for what is guaranteed to be an experience like no other.

"There is nothing not to look forward to," the Togmeister declares

of the great trip in May. "I am looking forward to the fun and frolics with the Togs and other passengers on board this wonderful ship and all your great staff who look after us so well."

The 12-night roundtrip voyage from Southampton will visit the Jewels of the Mediterranean interwoven with some stardust, glamour and glitz from the whimsical world of Wake Up To Wogan. There will even be members of the Togmeister's team on board including Pudsey, Janet and John Marsh, 'Traffic totty' Lynn Bowles and the mad 'bus crusher' Charles Nove,

as well as the 'Loose Canon' Roger Royle and the 'Voice of the Balls' Alan Dedicoat. Sir Terry is expected to be whisked in by helicopter to rescue the whole sorry affair.

Anyone can sign up to this extraordinary adventure - but it is IMPERATIVE that you book direct with Cunard at www.cunard.co.uk or call the TOG Voyage Helpline. Cunard pledges to donate 10 per cent of each TOG fare made via these methods to BBC Children in Need. Bookings made through travel agents and other third parties will not ensure a contribution nor guarantee participation in the TOGS fun on board.

The ten per cent donation applies to bookings made via: www.cunard.co.uk or the link from the TOG's website www.charitygoods.com or the TOG Voyage Helpline on 01633 671586. The donation will be calculated in relation to the paid fare, excluding land arrangements or hotel options amounts, cancellation revenues or any other fees. See the Cunard blog and read what Sir Terry has to say about the voyage at: wearecunard.com/tag/sir-terry-wogan.

TUI AD
360x90mm

Mediterranean Delight



ITALY:
The Leaning Tower at
Pisa, Tuscany, Italy

It might have seemed an unusual choice for a surprise holiday especially since neither Neil nor I had ever been on a cruise before. But when a friend described her two-week Mediterranean Medley on the Grand Princess superliner, I knew I had to go. All my pre-conceptions about cruising vanished in an instant and I did not hesitate to book the same holiday. Sailing from Southampton was great as Neil wasn't keen on flying. The convenient Saturday departure date was an added bonus.

I was so excited as I knew Neil would love the itinerary. It would be the perfect 50th birthday present. Being half Spanish he had always wanted to see the wonderful Alcazar Palace in Seville in Spain which we could visit from our stop in Cadiz, and soak up some family heritage in Barcelona, where we could sip a cocktail in the shadow of Gaudi's lofty cathedral. I was looking forward to exploring the ancient treasures of Rome and Florence.

We were mesmerised by the fancy yachts in Cannes and Monte Carlo but I still managed to flex my credit card in the designer boutiques! We explored Nelson's shipyard in Gibraltar and travelled up the famous rock to see the Barbary apes.

Even nicer was that the programme was well spaced with a few days at sea, so we could relax and enjoy the ship's onboard facilities.

Imagine Neil's face then, as we entered our mini suite with the lovely separate seating area. He was speechless. I showed him our itinerary for the next 14 nights and he was now as excited as me. He looked around at

the lovely space we had, the big comfy bed, walk-in wardrobe and bathroom with a proper bath. I gave him a big hug and whispered softly: "Happy Birthday."

We felt like we were children again, being let loose in a toy shop. We could have whatever we wanted, when we wanted. Some nights we had a romantic dinner on our balcony before snuggling up together under the stars watching a favourite movie on the giant

outdoor screen, or make the most of the Anytime dining option which we followed with a fabulous Broadway-style show. By the end we felt like young lovers again, rejuvenated by experiencing such luxury, choice and freedom. It was not easy coming back down to earth, literally, after we arrived back at Southampton. But it's okay as we have booked another Princess cruise already! This time to the Caribbean



Movies under the stars

There is nothing like watching your favourite film snuggled up under a blanket under the stars, with one arm wrapped around your beloved and the other around a bag of popcorn. But this is what you can experience with Princess Cruises' Movies Under the Stars. This is such a spectacular way to immerse yourself in an unforgettable romantic movie or blockbuster thriller.

There are many different films shown each week including brand-

new releases, Hollywood greats, children's blockbusters and sporting spectaculars so there's something for everyone. You can just lie back, relax and enjoy every feature on the massive, 300 square foot Times Square-style screen.

You can even choose your mode of enjoyment; sipping a movie-themed cocktail, indulging in a delicious snack, or sinking back into a comfy poolside lounge with an ice-cream or bag of popcorn under a starry sky. Heaven!

MORE INFORMATION

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QM2:
Leaving New York

WIN
1 of 3 fabulous
holidays
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QUEEN OF THE ATLANTIC

Bristling with opulence, grandeur and poise the world's most famous ocean liner Queen Mary 2 commands awe and excitement wherever she goes. She exudes British regal splendour whether she is gliding serenely into port or posing proudly, silhouetted against a moonlit sky.

She is Cunard's flagship and an icon of elegance that merges the magnificence of a new golden age of ocean travel with the traditions and majesty of a bygone era. No-one can fail to fall under her spell and be captivated by her lofty atrium, sweeping staircases and soaring columns, yet also feel warmly embraced by her welcoming staterooms, restaurants and lounges and, of course, her white-gloved British crew who will help you explore this floating wonder of the world.

When it comes to transatlantic crossings there is simply no other ship to match the Queen Mary 2 for luxury, glamour and sophistication. Neither is there a grander way to approach New York's fabulous skyline. One could say it is a case of one exotic destination meeting another.

Cunard is synonymous with legendary voyages. Cunard was the first to operate a scheduled Transatlantic service, and is still the only cruise line that offers a scheduled Transatlantic Crossing between Southampton and New York; offering no fewer than 19 departures between April and November 2010.

New for 2010/2011 is the option to luxuriate in Queen Mary 2's timeless refinement for six or seven legendary days and memorable nights,

returning home by scheduled flight. For even more freedom and flexibility the 'As you Like It' programme offers the opportunity to stay as long as you like exploring the treasures of the Big Apple before or after your crossing, enabling you to begin your transatlantic crossing when you wish. You can even jet off to New York to join the Queen Mary 2 for the Eastbound voyage returning to Southampton.

You can also start or finish your holiday from a choice of UK airports, and on selected voyages children's travel is complementary.

There are so many ways to enjoy the thrilling transatlantic experience on board the Queen Mary 2, from

Dress to thrill for a sip of bubbly in the Veuve Clicquot Champagne Bar before a sensational fine dining experience at Todd English's a la carte restaurant.

Then there are the glittering gala balls and tantalising selection of designer boutiques in case you find you have nothing to wear. After the last waltz, a roll of the dice in the casino could make for an 'enriching' not to say exciting nightcap.

The choices are endless. Wake up to breakfast in your sumptuous stateroom then pamper yourself in the Canyon Ranch SpaClub with a relaxing massage or stimulating facial or, if you are feeling a little more energetic, opt for an early riser's yoga

When it comes to transatlantic crossings there is simply no other ship to match the Queen Mary 2

savouring the pleasures of a traditional afternoon tea to taking a brief journey into the cosmos in the only planetarium at sea brought to you in conjunction with the Royal Astronomical Society.

A kaleidoscope of new friendships, sensations and experiences await as you discover and explore the sumptuous bars, lounges, restaurants, theatres and nightclubs on board. There will be dazzling evenings sparkling with comedy and cabaret entertainment; musical recitals in the elegant Chart Room and enchanting performances in dance and drama brought to you when the curtain rises in the Royal Court theatre.



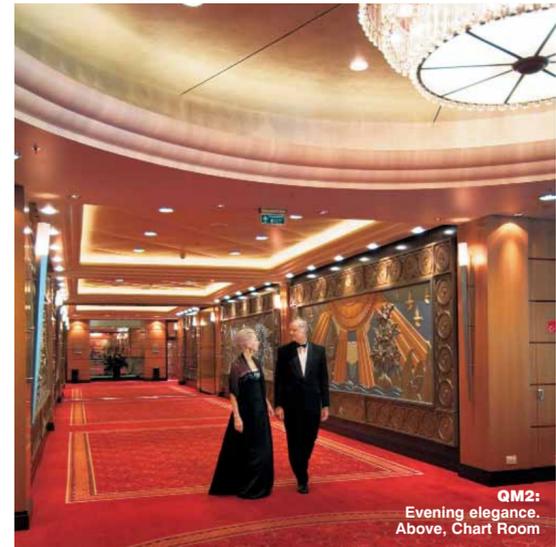
QM2:
Princess Grill Restaurant

session before attending a RADA acting workshop or cookery class. A programme of recitals, concerts, quizzes and classes is delivered to your stateroom daily, so you need never miss a mental and physical work out.

If you are lucky enough to be joining Queen Mary 2 on her Eastbound Crossing in May you can hear the National Symphony Orchestra, which performs with Katherine Jenkins when she tours the UK, and enjoy hearing the author of Chocolat, Joanne Harris, talk about her fascinating life.

There is an exciting coterie of guest speakers who love to share their stories and experiences with guests on board the Queen Mary 2, coming from the worlds of showbiz to science, politics to polar exploration. There is always someone who will delight and surprise you.

A transatlantic crossing on board the Queen Mary 2 presents a thrilling opportunity like no other; to visit one of the world's most iconic cities on board the world's most iconic superliner.



QM2:
Evening elegance.
Above, Chart Room

Get There Faster

Queen Victoria was built for the discerning traveller. Launched by Her Royal Highness Camilla, Duchess of Cornwall in December 2007 in her homeport of Southampton, she sparkles from stern to bow.

Queen Victoria was built for the discerning traveller. Launched by Her Royal Highness Camilla, Duchess of Cornwall in December 2007 in her home port of Southampton, she sparkles from stern to bow.

There is no more thrilling adventure than to visit the pearls of the Adriatic, Mediterranean or Baltic on board such a world-class liner, immersed in such intoxicating splendour.

With exclusive charter flights to Barcelona, Rome and Venice departing from a variety of UK airports a world of wonder awaits the moment you arrive, allowing you to spend more time in the various destinations rather than at sea. Be prepared for a holiday of effortless pampering Cunard style, wrapped in elegant white star service from the moment you step on board.

Expect to be surrounded by crystal chandeliers, magnificent art deco interiors, a conservatory-style Winter Garden and sophisticated three-tier Grand Lobby; in other words a modern reminder of Cunard's rich sea-faring heritage which dates back to 1840.

Imagine flying to Venice to join Queen Victoria on a Mediterranean and Black Sea odyssey dropping in on such iconic destinations as Athens, Istanbul, Yalta and Odessa; soaking up the treasures of the ancient world and returning to the state-of-the-art comforts of your modern stateroom.

As you journey through the ocean waves you will be entranced by the contrast of the ports of call from Barcelona's intense vibrancy to the serene elegance of Monte

Carlo. You will be enchanted by the changing vistas you will wake up to each morning; from the shimmering Doge's Palace reflected in Venice's Grand Canal to the architectural splendours of Renaissance Florence.

Queen Victoria offers so many wondrous itineraries to choose from including a 19-night Grand Mediterranean adventure that includes calling at Port Said which overflows with riches from the Egyptian pharaohs (including the pyramids and the sphinx) or Ephesus in Turkey which boasts the incredible ruins of a Roman library.

You can also experience a shorter seven-night fly voyage from Rome that transports you to the silky sands of Cartagena and the historic rock of Gibraltar.

As you will discover, Queen Victoria is a tough destination to beat in her own right; packed with sumptuous comforts, lavishly-furnished lounges, bars, and a three-tier theatre which boasts the first private boxes at sea. So you may not be surprised to learn that many of her guests find her their favourite destination of all.

In the Royal spa you can let expert beauticians massage your cares away; while an exciting choice of restaurants allows guests to sample the finest mouth-watering dishes from around the world.

There is also a chance to recapture a bygone era in Churchill's Cigar Lounge and also among the 6,000 books in the beautiful wood-paneled library.

Considering Cunard's legacy and reputation as a trusted brand delivering the finest traditions at sea, it is amazing to learn that the company boasts the youngest fleet afloat, creating a new golden age of ocean travel.

Every moment on board Queen Victoria should be savoured so the memory can be preserved for ever.



QV: Grand lobby

CUNARD
EX-UK TACTICAL AD
180x268mm



MYKONOS: Mykonos town, Little Venice, restaurant and terraces

EPHESUS: Celsus Library and Door of Mithridate and Mazzeo (Izmir III district) Ephesus, Turkey, Aegean Region

WIN
1 of 3 fabulous holidays
See page 15

HONEYMOON GREEK-STYLE

You could not pack more romantic destinations in to one itinerary. Stuart and Jessica Robinson see many magical hotspots on the Greek Isles and Mediterranean holiday offered on Ruby Princess.

There was simply no contest when Stuart and Jessica were looking for a luxury spring honeymoon. "We first thought about going to just one Greek island then discovered Ruby Princess, which could take us to several gorgeous islands plus other wonderfully romantic places all on one holiday. We knew we had found heaven," enthused Stuart.

The other excitement was that it was all going to be so effortless; unpacking just once, convenient regional flights and the chance to spend the whole time enjoying each other, soaking up the places they were going to visit and revelling in the gorgeous ship herself.

Ruby Princess is a young modern jewel, just a year old, with the world at her feet, overflowing with luxurious onboard features and wide choice of restaurants, bars and entertainment venues. Flying to Venice is such an amazing start to a honeymoon but then to drop in on Dubrovnik and wander the medieval walled city before moving on to discover the rich verdant landscape of Corfu is as close to paradise as you will get. "From Kusadasi we explored the ruins of the stadium of Olympia, home of the ancient Olympic

games. Stuart said it was inspiration enough for him to try for the 2012 Olympics," laughed Jessica, "Until I reminded him that he would have to miss out on all the delicious food." The couple were so wrapped up in the romantic charm of Mykonos and tiny island of Delos a ferry ride away, they nearly missed the boat. "It was close," admits Jessica. "But we had booked a table at Sabatini's Restaurant which we weren't going to miss for anything; we ate there on our first night and the jumbo sea scallops were just divine." They also enjoyed their pre-dinner cocktails in Crooners Martini Bar. "Stuart felt like James Bond always ordering his drink shaken and not stirred in a Sean Connery

accent. The barman cracked up every time - he was so polite," giggled Jessica. With four swimming pools and nine whirlpool spas on board the couple had plenty of daytime fun frolics in the water. "Then in the evenings we would snuggle up together watching our favourite films at the poolside Movies Under the Stars or wandering hand in hand around the promenade deck delighting in the magical sunsets," added Jessica. "We just loved doing what we wanted and having so much choice, plus the bonus of visiting so many rich and diverse places. We would wake up every morning rushing to our balcony to see what wonderful vista greeted us. It was so exciting. We could not have imagined a more romantic honeymoon at such a romantic price."

DINING SENSATIONS

Melt-in-the-mouth cuisine and menus that tingle your taste buds are all part of the wonderful holiday experience you can expect on board a luxury Cunard liner and Princess Cruises ship. Exotic choices such as Bay scallops in a crown of avocado and caviar sauce or poached baby leeks with smoked salmon julienne and champagne vinaigrette are just a sample of the appetisers set to whet your appetite on board a Princess. You can sink your teeth into a sizzling steak at the Sterling Steakhouse or delicious tender shrimps and marinated artichoke with white truffle oil at Sabatini's Italian Trattoria, the choice is yours. You don't have to dress up either. There are plenty of relaxed and informal dining opportunities including buffets, bistros, cafes, pizzerias and of course 24-hour complimentary room service. Cunard's fine dining moments begin the moment you wake. A typical day might consist of a breakfast of fluffy scrambled eggs served with smoked salmon; an informal lunch of a delicious crunchy salad; jam scones and cucumber

sandwiches for afternoon tea, followed by an irresistible dinner of succulent lobster or melt-in-the-mouth chateaubriand served in an opulent restaurant or alfresco under a starry sky. With such an exciting variety of culinary styles and mouth-watering choices waiting to satisfy your appetite 24 hours a day, this is no time for tightening waist bands, especially as Cunard's exclusive Grills experience on board Queen Mary 2 and Queen Victoria have received the top Berlitz rating in 2009.



ENLIGHTENING: Grand Bazaar, Istanbul, Turkey

Small is beautiful

The added benefit with Princess Cruises is that you have a choice of experiencing a holiday on board a smaller ship as well as a larger superliner. Pacific Princess is a boutique version of her larger sisters, retaining the same American-style onboard luxuries but small enough to reach picturesque harbours and lesser-known ports not accessible by big liners. The result is wonderful itineraries of new and more unusual Mediterranean hotspots to discover, such as the fascinating and exotic Black Sea destinations of Bulgaria, Romania and Ukraine, jewels of the Crimean and Aegean Coasts and the wonders of the Holy Land. The 12-night Crimean and Aegean coast trip starts in Athens and transports you on a thrilling voyage stopping at seven incredible destinations interspersed with relaxing days at sea. First is the Greek port of Volos to see the jaw-dropping cliff-top monasteries of Meteora then on to Bulgaria's Varna, home to the

spectacular Cathedral of the Assumption and Marine Gardens. Take time to linger in Yalta to visit the stunning Livadia Palace, former home of Tsar Nicholas II. A cruise to the Holy Land and Egypt is a life-changing experience and there can be no better way to approach these uplifting destinations than from the sea. Pacific Princess offers two magical 12-night itineraries starting from Rome, Athens or Venice. Both Holy Land itineraries call at Haifa where you can explore the Basilica of the Annunciation in Nazareth, thought to be the home of Mary, or you can dip your toe in the Sea of Galilee before cruising on to Jerusalem, and Egypt's Alexandria. Pacific Princess is a jewel of a destination in herself packed with luxurious stylish staterooms and private balconies. Ideal for both the cruising novice and discerning traveller she combines a warm, intimate ambience with a fabulous range of restaurants, and exotic Lotus spa, swimming pool, and showcase of bars and lounges.

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Save up to £XXXX per person* plus up to £XXXX per person on board spending money.

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From exotic far flung cities such as Sydney, Hong Kong and San Francisco to the majestic wilderness of Alaska, our worldwide holidays can take you to discover some of the world's most iconic destinations. If you have always dreamt of visiting ancient Mediterranean monuments, of cruising amidst the staggering beauty of the Norwegian Fjords or of finding paradise in the Caribbean, our special offer cruises can make your dreams a reality.

OCEANA HOLIDAY E015

10 - 24 Jul 2010

Western Med

Fares start from £1,449pp plus £100 per couple free on-board spending money
Southampton • Gibraltar • Cartagena • Rome (From Civitavecchia) • Florence/Pisa (From Livorno) • Monte Carlo • Barcelona • Cadiz • Southampton

VENTURA HOLIDAY N017

3 - 17 Jul 2010

Western Med

Fares start from £1,469pp plus £100 per couple free on-board spending money
Southampton • Barcelona • Cannes-Florance/Pisa • (From Livorno) • Rome (from Civitavecchia) • Palma • Valencia • Gibraltar • Southampton

VENTURA HOLIDAY N021

14-28 Aug 2010

Western Med

Fares start from £1,619pp plus £100 per couple free on-board spending money
Southampton • Barcelona • Cannes • Florence/Pisa (From Livorno) • Rome (from Civitavecchia) • Palma • Valencia • Gibraltar • Southampton

VENTURA HOLIDAY N026

8-22 Oct 2010

Western Med

Fares start from £1,309pp plus £100 per couple free on-board spending money
Southampton • Barcelona • Cannes • Florence/Pisa (From Livorno) • Rome (from Civitavecchia) • Palma • Valencia • Gibraltar • Southampton

AURORA HOLIDAY R006

6-23 Jul 2010

Central Med

Fares start from £1,834pp plus £100 per couple free on-board spending money
Southampton • Palma • Naples • Dubrovnik • Venice • Spill • Corfu • Cadiz • Southampton

AZURA HOLIDAY A006

9-25 Jun 2010

Central Med

Fares start from £1,854pp plus £100 per couple free on-board spending money
Southampton • Malaga, Katakolon (for tours to Olympia) • Corfu • Dubrovnik • Venice • Korcula • Gibraltar • Southampton

AZURA HOLIDAY A012

20 Aug - 5 Sep 10

Central Med

Fares start from £1,864pp plus £100 per couple free on-board spending money
Southampton • Malaga, Katakolon (for tours to Olympia) • Corfu • Dubrovnik • Venice • Korcula • Gibraltar • Southampton

ORIANA HOLIDAY X007

17 May - 2 Jun 2010

Central Med

Fares start from £1,674pp plus £200 per couple free on-board spending money
Southampton • Malaga • Corfu • Dubrovnik • Naples • Rome • Ajaccio • Vigo • Southampton

AZURA HOLIDAY A009

16-23 Jul 2010

7 night cruise breaks

Fares start from £819pp plus £50 per couple free on-board spending money
Southampton • Madeira • Antigua • St. Maarten • St. Lucia • Barbados • Aruba • Transit the Panama Canal • Puntarenas • Huatulco • Acapulco • San Francisco • Seattle • Ketchikan (Alaska) • Juneau (Alaska) • Yakutat Bay (Alaska) • College Fjord (Alaska) • Whittier (Alaska) • Skagway (Alaska) • Sitka (Alaska) • Tracy Arm (Alaska) • Victoria (Canada) • Vancouver • Los Angeles • Puerto Quetzal • Transit Panama Canal • Roatan • Cozumel • Port Everglades (for tours to Miami) • Orlando (from Port Canaveral) • Charleston • New York • Newport, Rhode Island • Boston • Ponta Delgada • Southampton

OCEANA HOLIDAY E018Y

21-28 Aug 2010

7 night cruise breaks

Fares start from £699pp plus £50 per couple free on-board spending money
Southampton • Stavanger • Geiranger • Crusie in Geirangerfjord • Olden • Bergen • Southampton

VENTURA HOLIDAY N023

4-11 Sep 2010

7 night cruise breaks

Fares start from £799pp plus £50 per couple free on-board spending money
Southampton • Vigo • Lisbon • La Rochelle • Brest • Southampton

AZURA HOLIDAY A005

26 May - 9 Jun 10

Baltic

Fares start from £1,609pp plus £200 per couple free on-board spending money
Southampton • Kristiansand • Stockholm • Tallinn • St Petersburg • Helsinki • Copenhagen • Oslo • Southampton

AZURA HOLIDAY A008

2-16 Jul 2010

Baltic

Fares start from £1,669pp plus £100 per couple free on-board spending money
Southampton • Kristiansand • Stockholm • Tallinn • St Petersburg • Helsinki • Copenhagen • Oslo • Southampton

ARCADIA HOLIDAY J103

12 Apr - 23 Jun 2011

World

Fares start from £6,999pp plus £250 per couple free on-board spending money
Southampton • Madeira • Antigua • St. Maarten • St. Lucia • Barbados • Aruba • Transit the Panama Canal • Puntarenas • Huatulco • Acapulco • San Francisco • Seattle • Ketchikan (Alaska) • Juneau (Alaska) • Yakutat Bay (Alaska) • College Fjord (Alaska) • Whittier (Alaska) • Skagway (Alaska) • Sitka (Alaska) • Tracy Arm (Alaska) • Victoria (Canada) • Vancouver • Los Angeles • Puerto Quetzal • Transit Panama Canal • Roatan • Cozumel • Port Everglades (for tours to Miami) • Orlando (from Port Canaveral) • Charleston • New York • Newport, Rhode Island • Boston • Ponta Delgada • Southampton

ORIANA HOLIDAY X017

23 Sep - 17 Dec 2010

World

Fares start from £7,499pp plus £500 per couple free on-board spending money
Southampton • Madeira • St Lucia • Margarita Island • Curacao • Panama Canal • Acapulco • San Francisco • Kahalui • Honolulu • Apia • Auckland • Tauranga • Wellington • Sydney • Brisbane • Whitsunday Islands • Cairns (from Yorkey's Knob) • Manila • Hong Kong • Phu My (for tours to Ho Chi Minh City) • Bangkok (from Laem Chabang) • Ko Samui • Singapore • Luata Lumpur • Mumbai • Sharm El Sheikh • Suez (for tours to Cairo and the Pyramids) • Suez Canal • Athens (from Piraeus) • Lisbon • Southampton

ARCADIA HOLIDAY JMT

12 Apr - 26 May 2011

World

Fares start from £4,668pp plus £125 per couple free on-board spending money
Southampton • Madeira • Antigua • St. Maarten • St. Lucia • Barbados • Aruba • Transit the Panama Canal • Puntarenas • Huatulco • Acapulco • San Francisco • Seattle • Ketchikan (Alaska) • Juneau (Alaska) • Yakutat Bay (Alaska) • College Fjord (Alaska) • Whittier (Alaska) • Skagway (Alaska) • Sitka (Alaska) • Tracy Arm (Alaska) • Victoria (Canada) • Vancouver • Los Angeles • Fly UK

ARCADIA HOLIDAY JRX

8 May - 23 Jun 2011

World

Fares start from £5,058pp plus £125 per couple free on-board spending money
UK Fly • San Francisco • Seattle • Ketchikan (Alaska) • Juneau (Alaska) • Yakutat Bay (Alaska) • College Fjord (Alaska) • Whittier (Alaska) • Skagway (Alaska) • Sitka (Alaska) • Tracy Arm (Alaska) • Victoria (Canada) • Vancouver • Los Angeles • Puerto Quetzal • Transit Panama Canal • Roatan • Cozumel • Port Everglades (for tours to Miami) • Orlando (from Port Canaveral) • Charleston • New York • Newport, Rhode Island • Boston • Ponta Delgada • Southampton

ORIANA HOLIDAY XBC

23 Sep - 13 Oct 2010

World

Fares start from £2,003pp plus £100 per couple free on-board spending money
Southampton • Madeira • St Lucia • Margarita Island • Curacao • Panama Canal • Acapulco • San Francisco • Fly to UK

ORIANA HOLIDAY XCJ

13 Oct - 4 Nov 2010

World

Fares start from £2,928pp plus £55 per couple free on-board spending money
Fly to San Francisco • Kahalui • Honolulu • Apia • Auckland • Tauranga • Wellington • Sydney • Fly to UK

ORIANA HOLIDAY XJK

4 - 25 Nov 2010

World

Fares start from £3,198pp plus £55 per couple free on-board spending money
Fly to Sydney • Brisbane • Whitsunday Islands • Cairns (from Yorkey's Knob) • Manila • Hong Kong • Phu My (for tours to Ho Chi Minh City) • Bangkok (from Laem Chabang) • Ko Samui • Singapore • Fly to UK

ORIANA HOLIDAY XKN

25 Nov-17 Dec 2010

World

Fares start from £2,448pp plus £55 per couple free on-board spending money
Fly to Singapore • Luata Lumpur • Mumbai • Sharm El Sheikh • Suez (for tours to Cairo and the Pyramids) • Suez Canal • Athens • Lisbon • Southampton

ARCADIA HOLIDAY J008

19 Jun - 4 Jul 2010

Iceland & Fjords

Fares start from £1,709pp plus £50 per couple free on-board spending money
Southampton • Bruges (from Zeebrugge) • Amsterdam • Oslo • Stavanger • Flaam • Olden • Trondheim • Akureyri • Reykjavik • Southampton

ORIANA HOLIDAY X013

30 Jul-15 Aug 2010

Western Med

Fares start from £1,809pp plus £50 per couple free on-board spending money
Southampton • Malaga • Dubrovnik • Venice • Split • Kotor • Corfu • Gibraltar • Southampton

ORIANA HOLIDAY X008

2-16 Jun 2010

Iceland & Fjords

Fares start from £1,519pp plus £100 per couple free on-board spending money
Southampton • Stavanger • Andalsnes • Trondheim • Spitsbergen • Tromso • Bergen • Eidfjord • Southampton

ARTEMIS HOLIDAY P008

26 Apr-16 May 2010

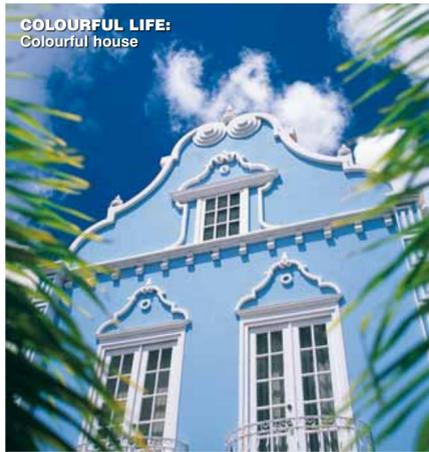
Eastern Med

Fares start from £1,829pp plus £150 per couple free on-board spending money
Southampton • Barcelona • Cannes • Rome (from Civitavecchia) • Capri/Naples • Athens (from Piraeus) • Istanbul • Istanbul • Ephesus (from Kusadasi) • Palma • Valencia • Gibraltar • Southampton

Terms and conditions: *Based on a superior deluxe balcony stateroom on all 16-night Azura Central Mediterranean cruises. All savings correct at time of going to press and are subject to availability and itinerary. For full terms and conditions please refer to the P&O Cruises second edition brochure, published July 2009. This brochure contains full descriptions of the cruises, including stateroom accommodation, itinerary details and port descriptions, as well as important information on passport, visa and health requirements and booking conditions, which you must read before booking. All prices shown are per person, based on two adults sharing the lowest stateroom grade (within the selected stateroom types) and are inclusive of savings shown. Other stateroom types are also available. Sole occupancy and supplementary fares are available upon request. These prices and benefits are not combinable with any other promotional or discounted offer. On-board spending money is applicable to the first two occupants in a stateroom and cannot be redeemed for cash. On-board spending money can be spent in the shops, bars, in the spa and on shore excursions.



BEACH MUSIC:
Steel band



COLOURFUL LIFE:
Colourful house



ISLAND CUISINE:
Prawns with sesame

Caribbean escapes

JACK RIVA discovers glamour, peace and romance on a Princess cruise to the Caribbean

There is nowhere more exotic than the Caribbean. The tropical paradise never goes out of fashion and when it comes to escaping the winter blues a luxury cruise holiday to this destination cannot be beaten. We had always wanted to explore this glamorous region; feel the sun on our backs and dance to a steel band on the beach. Setting off to this tropical paradise on board the luxury superliner Sea Princess was the perfect choice. We were suddenly children again, excited about fulfilling our dreams of swimming with the stingrays on Grand Cayman and trying some diving off Dominica. I was also looking forward to sinking my toes into the powder-soft sand, lying under a shady palm and maybe exploring a rainforest or sleepy

lagoon. My wife Gill though had her sights set more on the duty-free shopping and investigating the islands' historical treasures. We chose the 15-night Grand Caribbean Islander departing from Barbados, which offered us so many thrilling destinations and meant we could fly from our regional airport Newcastle, one of nine around the country. For the first time I can remember we arrived at our holiday destination nice and relaxed. We loved our balcony. It was definitely worth the upgrade. We had plenty of space which was handy since Gill brought an empty suitcase to fill with shopping! I loved all the onboard facilities. There was so much choice: swimming in the onboard pools, listening to live music in the cocktail bars and meeting the new friends Gill made during her many indulging treatments in the exotic Lotus spa. The food was out of this world. We loved everything from simple piping hot pizza to exotic menus of ginger marinated beef tenderloin and passion fruit soufflé and visiting such a variety of exotic restaurants,

dining when we wished. As a man of habit though I did enjoy our pre-dinner drink in Crooners each night – that was where I met my new chums. The on-shore excursions were just magical. I can't believe we packed in so much because the pace was actually quite leisurely. We climbed the hill to Fort King George in Tobago which was amazing and explored the fantastically colourful spice stalls in Grenada. It was nice to escape the bustle too and spend time photographing the birds at the Flamingo Sanctuary on

Bonaire which was bliss as I had the place to myself. The street markets proved to be a magnet for Gill; but she saved her most expensive purchase for the duty free shops in Grand Cayman where she bought a beautiful gold necklace, an early birthday present from me she told me. I loved our evenings together too. We dressed up to dine for a romantic dinner at our favourite Steakhouse restaurant before sharing a tub of popcorn at Movies Under the Stars even though I usually fell asleep before the end. During the day we also loved snoozing on the comfy loungers under the warm sun in the adults-only oasis; the Sanctuary, being pampered by the staff. I could never have imagined a more wonderful holiday packed with fabulous memories. Gill and I came home rejuvenated like newly weds, with some extra luggage and new address book of friends.



PANAMA CANAL:
Passing through



WILDLIFE:
Toucan

Panama treasured

There is no sea-faring channel quite like the Panama Canal. Expect to be mesmerised and captivated as you travel through this man-made engineering marvel that slices a route from the Pacific to Atlantic oceans. The experience of moving through this 57-mile long waterway on board a modern Princess Cruises superliner not only heightens the thrill and excitement, but focuses the mind on this 8th wonder of the world that took 34 years to complete and resulted in the loss of 21,900 lives. The sensation of being raised and lowered some 85 feet through the Gatun Locks is nothing short of awe-inspiring. If you are looking for an 'out there' experience, gliding through the Panama Canal

surrounded by a nature lover's paradise in luxurious comfort is, quite simply, it. And with Princess Cruises you have a choice of magical itineraries offering you the ultimate Panama Adventure. Consider the option of a full transit or partial transit or even a trip that include visits to colourful Caribbean islands and ports where you can take an excursion down the Amazon. Excited? You will be. Expect to wake up to jaw-dropping views from your balcony during your 25-night Panama Marvel holiday on board Sea Princess, calling in on the colourful Caribbean enclave of Puntarenas in Costa Rica, and exotic islands of Tortola, St Maarten, Martinique, St Lucia and Barbados. A Panama Canal cruise is like no other.

MORE INFORMATION

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Blessed with magnificent sunshine and gorgeous sandy beaches, the Caribbean is truly paradise on earth. Snorkel colourful reefs, stroll cobblestone avenues or sit back and relax under a shady

Sea Princess - 14 nights
CARIBBEAN TREASURES

Fly UK/Barbados - Grenada - Bonaire - Aruba - Fort Lauderdale/Fly UK
Fly UK/Barbados - Grenada - Bonaire - Aruba - Fort Lauderdale/Fly UK

DEPARTURES FROM EACH PERSON	STATEROOM	OUTER COCKPIT	WINE	GRATUITY	TIPS
14 APR 2010	£1,990	£1,790	£1,490	£1,290	£1,590

palm tree sipping a fruit cocktail. And the best bit of all? You find yourself in a different destination almost every day, and you only have to unpack once. Bliss!

Sea Princess - 22 nights
PANAMA MARVEL

Fly UK/Barbados - Grenada - Bonaire - Aruba - Fort Lauderdale/Fly UK
Fly UK/Barbados - Grenada - Bonaire - Aruba - Fort Lauderdale/Fly UK

DEPARTURES FROM EACH PERSON	STATEROOM	OUTER COCKPIT	WINE	GRATUITY	TIPS
1 MAY 2010	£1,390	£1,190	£1,270	£1,070	£1,370

Call freephone 0800 0723663 or pop into your local Thomson shop

The advert should be read in conjunction with the Caribbean 2010 and Panama Marvel brochures which contain applicable booking terms and conditions. Full description of the cruise and other important information you need, read before booking. Prices are based on the lowest available grade cabin in a stateroom and may go up or down and are subject to availability on new bookings made by 31 February 2010. All the outboard flights are subject to the availability of the aircraft and the inboard flights are subject to the availability of the aircraft. For Thomson terms and conditions refer to the back page of the supplement.

LEGALLY BLONDE:
Jill Halfpenny



WIN
1 of 3 fabulous holidays
See page 15

sunbeds. It really was one of my favourite moments. I loved seeing a film in the open air and looking around you all you can see is ocean. And as it got darker the stars appeared. It was truly magical!"

And what about another preconception about cruises – that everyone comes back a little heavier around the middle? Did that worry the woman who once appeared in FHM's "Sexiest Woman in the World" poll? "Not in the slightest," Jill laughs, "in fact I didn't gain an ounce! There is so much amazing food available that never felt you had to eat. There would always be plenty more!"

Indeed, in terms of activity, you can hardly imagine this active actress simply lounging in the sun all day. "I'm a danger girl so anything that involved heights and hanging from things I love! We did a zip wire course in rain forest in San Juan that I loved and in St. Thomas we went bareback horse riding in the sea! They slip off the saddles and the horses run while up to their necks in warm water – even if you fall off you can't really hurt yourself. It felt like we were in a movie!"

And despite her hectic schedule, Jill can't wait to head back again. "I want to take another cruise as soon as possible" she smiles. "I am looking for high adventure! I'd like to visit a place like Russia. It's fantastic

HALFPENNY HEAVEN

Jill Halfpenny is losing her voice. It's not surprising really. The stunning brunette is singing and dancing her heart out every night in the musical Legally Blonde and it's left her sounding somewhat sultry. But the voice is the only giveaway to her nocturnal activities – make-up free, she is simply radiant. No stranger to the stage, Jill is a West End veteran who has also starred in Chicago and Calendar Girls; it's clear she knows what she is doing. But as the dark haired beauty sits down for our interview, there's only one thing on her mind. "I've just come back from the most magnificent holiday," she gushes. "It was heaven." Heads turn as the pretty actress, perhaps best known for her role as Kate Mitchell in TV's Eastenders, settles herself into an oversized armchair. Jill recently travelled on board the Caribbean Princess for an 11 night cruise which included stops at Grand Turk, San Juan, St. Thomas and Bermuda. "It was my first ever cruise," she explains, "and I had a lot of preconceptions. I thought it was going to be only old people and we'd all be stuck on a boat together with cabin fever. Boy was I wrong!" She smiles as she remembers, "it was one of those things – a friend suggested I give it a go and I just thought – you never know until you try! And wow, it was simply amazing."

There is nothing like piling on the luxury when it comes to a cruising holiday. So when it comes to booking your stateroom think about choosing one with a private balcony or enjoying the splendour of a mini suite. There's nothing like piling on the luxury when it comes to a cruising holiday. So when it comes to booking your stateroom think about choosing one with a private balcony or enjoying the splendour of a mini suite. Picture yourself sitting down to a quiet glass of champagne wrapped in a soft towelling bathrobe on your own private balcony looking out onto a brand new exciting vista; or lounging on the sofa in the separate seating area in your mini suite. Whether you want to snooze in the

that on a ship you can see the world in bite sized chunks: you can go and explore but you have the security and comfort of your home to return to!" And as for her choice of ship, "as far as Princess goes – they were incredible. They couldn't do enough for you on board, really helpful and efficient. If you're going to do a cruise – you've got to do it with them. I can't wait to get back on a ship!"



SUITE SPLENDOUR

There is nothing like piling on the luxury when it comes to a cruising holiday. So when it comes to booking your stateroom think about choosing one with a private balcony or enjoying the splendour of a mini suite. There's nothing like piling on the luxury when it comes to a cruising holiday. So when it comes to booking your stateroom think about choosing one with a private balcony or enjoying the splendour of a mini suite. Picture yourself sitting down to a quiet glass of champagne wrapped in a soft towelling bathrobe on your own private balcony looking out onto a brand new exciting vista; or lounging on the sofa in the separate seating area in your mini suite. Whether you want to snooze in the

sunshine, or sip a cocktail at nightfall, there's no better place than your own private balcony. Enjoy breakfast as you look for wildlife, indulge in some 'me time' with a good book, admire the stunning scenery as you relax in the sun, or enjoy some pre-dinner drinks as you watch the sun set on another perfect day. Princess Cruises' mini-suites are deluxe and affordable packed with exciting, indulgent extras such as a welcome glass of champagne, two televisions, a separate seating area with sofa, walk-in wardrobe with lots of storage, a bath as well as over-bath shower plus a private balcony. Princess Cruises are experts when it comes to pampering its passengers and mini-suites and private balcony staterooms are available on all its ships.

TUI AD
360x90mm

Adventure in the Americas



ARGENTINA:
Argentina, Buenos Aires,
Street tango dancers



RIO DE JANEIRO:
Statue of Christ the
Redeemer, Rio de
Janeiro, Brazil

We are not quite 'been there, done that' types, but as experienced travellers we were on the lookout for something different; a new, exotic adventure to a far-flung paradise wrapped in the wonderful, familiar Princess Cruises holiday experience.

We are not quite 'been there, done that' types, but as experienced cruisers and discerning travellers we were on the lookout for something different; a new, exotic adventure to a far-flung paradise. We were sure that Princess Cruises could provide us with all this and more so we opted for a fun-filled 16-night adventure.

We couldn't have imagined a trip more packed with wow-factors than the one we chose to Rio de Janeiro via Cape Horn. Joining the wonderful Star Princess at Santiago, Chile was excitement enough; but the prospect of an awesome and scenic voyage exploring this region was simply thrilling.

Pampered with all the luxuries, comfortable and state-of-the-art facilities we have come to expect from Princess

The perfect balance of pampering and adventure made a holiday to South America everything David Slade and his wife Gilly had ever dreamed of

Cruises' fleet, the Star Princess proved to be a sophisticated, modern belle with a luxurious Lotus spa; ocean-view gym and jogging track which my wife and I visited every morning; numerous swimming pools, theatres showing Broadway-style shows and a choice of mouth-watering dining options that were out of this world. We were delighted with the choice and Gilly and I couldn't resist the Ultimate Balcony Dining in our mini-suite so we could watch the sun very nearly set in this southern region.

After three days at sea we were suddenly catapulted back to reality in Chile's cultural and scenic Punta Arenas, which reminded us that fascinating cities can exist in remote places, as mirrored in Uruguay's fabulous capital of Montevideo which bristles with historic monuments and vibrant cosmopolitan life.

As keen sailors we had always dreamt of cruising round Cape Horn; I thought of all the intrepid mariners who had negotiated this outcrop of towering rock, and to cruise in their wake was simply inspiring.

It was incredible to arrive in Port Stanley too and have time to discover tranquillity on this Falkland Island. Then only a couple of days later, to view the skyline of Argentina's capital Buenos Aires from my balcony, felt very emotional.

To end our voyage in Brazil's sambapulsating Rio de Janeiro, an enthralling city crowned by one of the most magnificent monuments on earth, the 125-foot Christ the Redeemer, enhanced our holiday's spiritual dimension in a way we never expected, adding to the incredible memories that will never leave us.



QUEEN ELIZABETH:
Queens Room. Right, Grand Lobby



Introducing a new Queen Elizabeth

A brand new liner joins Cunard's fleet this autumn, promising the ultimate in world-class sophistication, majesty and grandeur.

Since the first Cunard ship, Britannia, sailed in 1840 to the latest Queen - Cunard has been renowned for innovation. Cunard ships have provided the setting for drama and heroism, for escape and discovery, for opulence and oysters. Each ship has a unique story to tell.

Queen Elizabeth will be a ship like no other, reining supreme as the most anticipated new liner, launching in 2010 boasting luxurious modern features yet echoing a legendary age of great British ocean-going travel.

It is hardly surprising that her imminent arrival has caused so much excitement among cruising aficionados. Like her famous sisters Queen Victoria and Queen Mary 2, Queen Elizabeth will be adorned in the finest livery and jewels and

packed with state-of-the-art technological features so she can glide effortlessly into the future.

A testament to timeless refinement her grand public rooms will be decorated in gleaming marble, glistening chandeliers, polished woods, delicate mosaics and sumptuous fabrics.

Even her Royal Arcade of designer boutiques will radiate a refined elegance, with curved staircases, and ornate sculpture arranged majestically over two decks.

Guests will be swept away by the lavish and glamorous ambience of her exotic restaurants and welcoming, comfortable lounges, not to mention dazzled by the theatrical and musical wonders that will unfold in the regal three-tier Royal Court Theatre which has private boxes.

Upholding the finest in classical tradition at sea guests will receive the ultimate in Cunard's White Star

service with white-gloved waiters in attendance at elegant garden parties, looking after your every whim at Ivor Novello-style soirees and at your elbow while you dine at Grand Balls.

You will be pampered beyond your wildest dreams in the luxurious Cunard Royal Spa as well as in your opulent stateroom. The Queens Grill suites even offer butler service.

Get ready to discover a whole new concept in luxury travel as an enthralling new chapter in Cunard's great history unfolds.

Queen Elizabeth begins her maiden season in October with six thrilling voyages; acquainting herself with the sparkling jewels of the Mediterranean, Aegean, Canary Islands and the Caribbean, in preparation for her World Voyage.

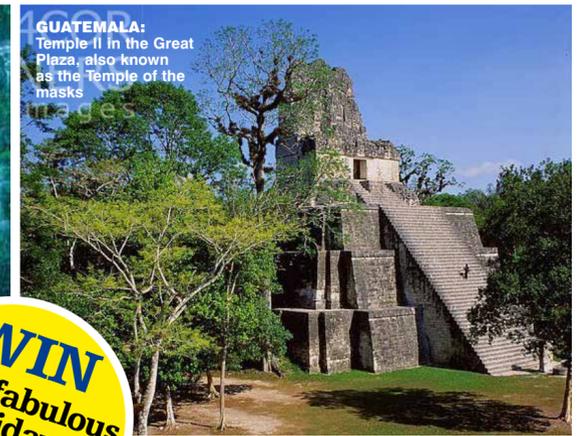
Some 37 destinations are preparing to welcome Queen Elizabeth - almost all for the first time - when she circumnavigates the globe on a sparkling itinerary that spans 103 magical nights. Don't miss this chance to join her.

To track Queen Elizabeth's progress and all the latest news visit Cunard's fabulous blog at <http://wearecunard.com>



WIN
1 of 3 fabulous
holidays
See page 15

HAWAII:
Maui island,
Hana, Blue Pool



GUATEMALA:
Temple II in the Great
Plaza, also known
as the Temple of the
masks



CURACAO:
Local women

VOYAGES TO THE ENDS OF THE EARTH

There is nothing like a holiday that takes you far away from the every day. And when it comes to choosing an ocean-going holiday that ticks all those 'far flung' boxes Cunard is the only choice, with a fleet of the most famous liners in the world waiting to take you to the most exotic places on earth.

Picture discovering the rich Mayan heritage of Guatemala, exploring the lush islands of Hawaii and soaking up the heat and spice of old-world Mexico. These are just

some of the places you can visit on one holiday.

Queen Victoria, Cunard's sophisticated liner packs as much British-style excitement on board as you are likely to find picturesque treasures on shore. But this is just what guests have come to expect from a magnificent regal liner bristling with a legacy and heritage that goes back over 170 years.

Imagine minutes from enjoying a delicious breakfast in your sumptuous suite wandering ashore to discover a tapestry of magical islands and paradises have always

dreamed of visiting. This same thrill must have beguiled screen stars Richard Burton and Elizabeth Taylor, Peter Sellers and Sir Peter Ustinov

There is no other way to discover the exotic corners of the world than on Queen Victoria

who loved to travel aboard Cunard's fine fleet surrounded by the kind of luxury and comfort you see in glamerous movies.

Queen Victoria's 15-night Aloha to

Hawaii voyage will introduce you to a world of welcoming smiles, grass skirts and swaying palms. Get ready to be captivated and spellbound.

Only in Hilo can you wander the sleepy streets and suddenly discover the magnificent Rainbow Falls, and then feel your toes sink into the talcum-soft sand on the

glistening beach of Honolulu.

The 16-night Panama and Mexico Adventure is a fantastic odyssey, where a transfixing vista of movie-set landscapes seem to follow you all along the coast, framed in your balcony window; revealing the dramatic coastline of Mexico around Cabo San Lucas and the sleepy old-world charm and architecture of Puerto Vallarta.

This magical trip includes sailing through the phenomenal Panama Canal, one of the exotic 'boxes' one should tick at least once during a lifetime, and be amazed by the curious sensation of rising and falling in the Gatun lock surrounded by stunning wildlife scenery.

There is no other way to discover the exotic corners of the world than on Queen Victoria. She can not only match every pulsating city, golden shore and sun-kissed isle with gleaming exotic gems of her own, including lavishly decorated suites and lounges and opulent restaurants and bars, but she also strikes an elegant note between the classic and contemporary, reminding guests that she sails in the wake of a grand, golden era of splendid nights and stylish days at sea.

If you are seeking a unique holiday that transports you to inspiring destinations and out-of-this-world places book your 2010 exotic voyage on Queen Victoria.

Go on pamper yourself

There is nothing like getting in the mood for your holiday than relaxing in a spa, so you can recharge your batteries in readiness for the exciting new world you are about to visit.

Imagine immersing yourself in a sumptuous oasis of calm where you can totally unwind and be pampered from head to toe. Well this is what you can expect on board every one of Cunard and Princess Cruises' fleets of luxurious liners.

The fabulous state-of-the-art spas and fitness centres boast top-of-the-range equipment, therapy suites and treatment rooms staffed by experts who can rid you of those every-day stresses and massage your cares away.

Rejuvenating treatments in the plush Canyon Ranch Spa Club which was the first at sea, on board Queen Mary 2 are enough



PRINCESS SPA-TIME:
Lotus Spa, massage



CUNARD PAMPERS:
Royal Spa

to turn back the years. They include exotic Ayurvedic and Thai therapies as well as invigorating massages and facials.

The award-winning Royal Spa and Fitness Centre on Queen Victoria and soon-to-be launched Queen Elizabeth promises the ultimate pampering sensations on water, offering a hydro-pool, caldarium, solarium and tepidarium as well as breath-taking ocean views from the spacious spa area. Indulgent therapies teamed with legendary White Star service and tradition will guarantee you an unforgettable experience.

Princess Cruises' signature

Lotus Spas wrap you in lavish surroundings and offer a variety of stimulating fitness programmes and body therapies to bring a sparkle to your step and your life. Rejuvenate yourself with a detoxifying Cullutox Aroma Spa Ocean Wrap, or for a smoother complexion and youthful glow try a La Thérapie HydraLift Facial.

Spa-time on board a Princess ship combines a health benefit that is both a real treat and great value for money. Most of us sneak off and have a luxuriating facial while the husband is playing golf at home, well it is just the same at sea except you

don't need to feel guilty about it. Princess Cruises ships also offer an adults-only outdoor haven called The Sanctuary where an oasis of calm beckons and is a relaxing alternative to the entertainment available elsewhere on the ship. Providing the ultimate in indulgent pampering, Serenity Stewards attend to your every need from bringing you chilled face towels and Evian water atomisers to personal MP3 players. Take advantage of the private cabanas and enjoy a couples Al Fresco massage, or unwind at the end of a perfect day with a sunset yoga session. Bliss!

MORE INFORMATION

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QUEEN VICTORIA:
The Laconia Suite

PLANE-FREE SAILING

One of the joys of a sea voyage on board one of Cunard's world famous liners is that you don't always have to catch a plane to join the ship. In fact if you are looking for a stress-free holiday without all the annoyances of airport queues and lengthy check-ins, a luxury fly-free round trip from Southampton on Queen Victoria, Queen Elizabeth and Queen Mary 2 is the perfect choice.

Expect contrasting wonders all the way on the seven-night Iberian idyll calling in on Vigo in Spain to explore the breath-taking Santiago de Compostela cathedral; then on to soak up some culture in Bilbao's Guggenheim Museum and onwards

This kind of holiday is so effortless and means that you can start unwinding much sooner, from the moment you step on board in fact

There is a range of voyages to choose from too from an exciting long weekend to an indulgent once-in-a-lifetime 103-night odyssey. On magnificent Queen Victoria an idyllic four-night round-trip offers you a taste of the continent giving you time to browse the designer boutiques of the Champs Elysees in Paris, seek out one of Amsterdam's microbreweries and take a boat ride through Bruges' magical canals.

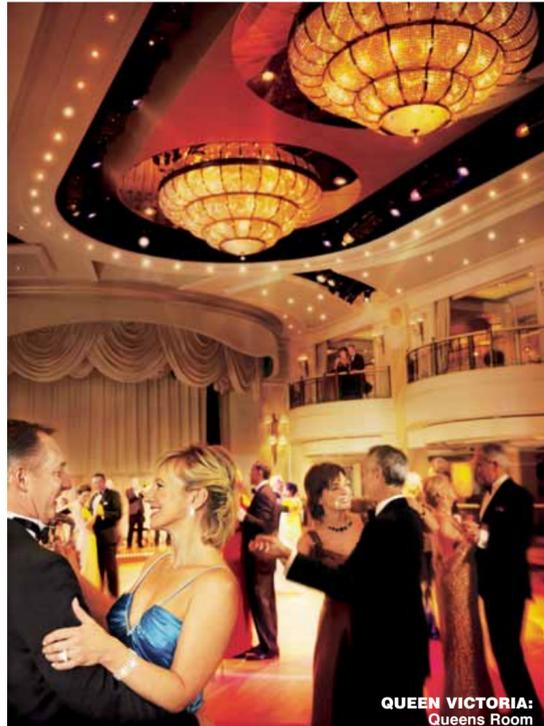
This kind of holiday is so effortless and means that you can start unwinding much sooner, from the moment you step on board in fact. Then there are the long lazy evenings on board that you can spend in sumptuous comfort with friends in a fine-dining restaurant, listening to a musical recital, watching a world-class show from a box in the theatre or imbibing in a

glass of celebratory champagne at the Veuve Clicquot bar. to the spectacular, rugged Brittany landscape around Brest. On Queen Mary 2, the grandest ocean liner in the world, you can indulge in all the wonders Cunard's flagship has to offer by experiencing a round-trip Transatlantic Crossing to New York. The voyage at sea

allows you to immerse yourself in opulent comfort and give in to being pampered every inch of the way, enjoying luxurious spa treatments, classical music concerts, the finest restaurants and the legendary White Star service.

Imagine arriving before that iconic New York skyline and spending a day exploring the city that never sleeps. If, like Noel Coward, who was a frequent traveller with Cunard and a huge fan of its stylishly, elegant traditions, you choose to purchase a one-way ticket as he did in 1921 and head for Broadway, you may never come back. Then again the temptation of afternoon tea served in the Queen's Room served by white-gloved waiters is a hallmark Cunard experience not to be missed.

The ultimate round-trip for those who prefer sea travel to sky will be Queen Elizabeth's maiden world voyage next January. Cunard's majestic newcomer will follow the horizon to the west on a 103-night kaleidoscopic odyssey transporting you to New York and Los Angeles via the breathtaking Panama Canal then across the sparkling Pacific towards the Antipodes, through Asia, India and the Arabian peninsula before Europe's ancient gems beckon her home.



QUEEN VICTORIA:
Queens Room



QM2:
Champagne reception

MORE INFORMATION

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ALASKA:
Glaciers delight



SEALIFE:
Humpback whale watching

Amazing Alaska

Breathtaking, magical and jaw-dropping are some of the words Sue and Tony Phillips used to describe their holiday of a lifetime to Alaska

A cruise to Alaska is among one of the finest scenic and wildlife holidays you will ever experience, and was particularly special to me as it marked a dramatic and phenomenal end to a 30 year teaching career.

My passion for out-of-the-way places could not have been better fulfilled than on this luxurious holiday on board Princess Cruises Sapphire

Princess, and was the perfect farewell gift to myself.

My wife and I are keen nature lovers but had never been on a cruise before. So for the first time in my life I was on my way to discover an unspoilt paradise of glistening glaciers, majestic peaks, glassy fjords and frontier-style towns and villages that I had only previously seen in text books. And to approach this wonderland from the sea was something beyond our wildest dreams.

Our nine-night Splendour of the Glaciers holiday began in Seattle and threaded a breathtaking route. Against a dramatic backdrop of looming summits we arrived at Juneau, Alaska's state capital, perched at the mouth of Gold Creek. We took the once-in-a-lifetime trip to the 12-mile long Mendenhall Glacier and caught a glimpse of some gorgeous brown bears relaxing in their natural habitat as we sailed past Admiralty Island. Further on at Skagway we were transported to a different era, the 1890s Gold Rush, formerly home to 20,000 gold seekers.

We were quite blown away by the magnificent sea life in Glacier Bay and had the thrill of seeing Humpback whales soar out of the water. As soon as the surface of the water broke, the whole ship fell silent, except for the

click of the cameras! As well as the wildlife, the scenery is jaw-dropping. This spectacular fjord was surrounded by sheer vertical walls, and was one of the most magical moments I have ever experienced. I was mesmerised watching vast chunks of ice cascade down from the glacier's towering faces and crashing like white thunder into the waters below.

I couldn't believe that I was experiencing such thrilling natural wonders from the comfort of a luxurious liner like Sapphire Princess. I was so glad we had booked a mini-suite with a balcony because the views were just stunning.

We loved the variety of dining choices and flexibility to eat when we wanted; dressing up for Anytime Dining or relaxing in the spectacular panoramic buffet and bistro. A special treat for me was enjoying pre-dinner cocktails in the cosy Wheelhouse Bar - fabulous self indulgence!

Sue loved her beauty treatments in the Lotus Spa, and we always made sure we got the best seats in the theatre; the shows were out of this world.

The shore excursions were incredible too and so many to choose from. The exclusive private floatplane ride from Ketchikan is simply unmissable as it took us to see some of the most remote places on earth, and dog 'mushing' in Skagway was totally exhilarating as a pack of huskies whisked us along past magical scenery on a wheeled sled. It's going to be difficult to better this holiday next year, so perhaps we will just have to come back with Princess again.

MORE INFORMATION

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WIN ONE OF THREE FABULOUS CRUISES



To enter our prize draw with a chance to win a fabulous holiday, please complete the details below and post to: **FREEPOST SWB4 999, CLEVELDON, B66 1 7ZZ** (no stamp required). If you would like to receive a FREE brochure or FREE DVD, please tick the relevant boxes below.

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 Have you taken a cruise before? Yes No
 Have you taken any of the following cruises before? Princess P&O Cruises Cunard

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Alaska, Canada & New England 2010 Yes please No please
 Mediterranean, Scandinavia, Canada & New England 2010 Yes please No please
 Caribbean 2010/2011 Yes please No please
 Exotic Cruises Worldwide 2010/2011 Yes please No please
 The World of Princess Cruises DVD Yes please No please
 Leaflet - where will your curiosity take you? Yes please No please
 P&O Cruises DVD Yes please No please
 Cunard Voyages Apr 2010-Apr 2011 Yes please No please
 Cunard World Voyages 2011 Yes please No please

Prize draw rules: 1. Closing date for the draw is 31 March 2010. 2. The prize winner will be offered a choice of one of the following cruises: Princess Cruises inside stateroom on a 7 night cruise on Grand Princess for two people departing the UK on 29 May 2010, P&O Cruises outside stateroom on a 7 night cruise on Azura for two people departing the UK on 21 September 2010, or a Cunard six-night Transatlantic Crossing to/from New York on Queen Mary 2 in a balcony stateroom for two people. If these prizes become unavailable we reserve the right to supply an alternative. The prize does not include landlours, 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 dates. The decision of Princess Cruises, P&O Cruises and Cunard 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 15 April 2010. 5. No employees of Carnival plc, Associated Newspapers or TUI 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, P&O Cruises or Cunard 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", "P&O Cruises" or "Cunard", Carnival House, 100 Harbour Parade, Southampton, SO15 1ST. Please DO NOT send coupons to this address. The promoter reserves the right to amend any dates/deadlines at their discretion.

CUNARD
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 81x268mm



TUI AD
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