

Trish Seeherr
CLIA Cruise Broker of the Year NZ | NTIA Highly Commended 2026
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Savour the South Pacific – Cruise Itinerary & Ship Details

Apr 23, 2027 - May 4, 2027

Trip Summary

April 23 - Friday

6:00 PM Embark on South Pacific: Fiji, Vanuatu & Lifou

April 24 - Saturday

AT SEA

April 25 - Sunday

AT SEA

April 26 - Monday

9:00 AM Nouméa - Noumea

7:00 PM Nouméa

April 27 - Tuesday

7:00 AM Lifou Island - Lifou Island

5:00 PM Lifou Island

April 28 - Wednesday

7:00 AM Port Vila - Port Vila

4:00 PM Port Vila

April 29 - Thursday

7:00 AM Mystery Island (Inyeug) - Mystery Island

5:00 PM Mystery Island (Inyeug)

April 30 - Friday

AT SEA

May 1 - Saturday

7:00 AM Dravuni Island - Dravuni Island

5:00 PM Dravuni Island

May 2 - Sunday

7:00 AM Savusavu - Savusavu

5:00 PM Savusavu

May 3 - Monday

7:00 AM Suva - Suva

5:00 PM Suva

May 4 - Tuesday

7:00 AM Lautoka - Lautoka

April 23 - Friday

DEPARTURE 6:00 PM -

Embark on South Pacific: Fiji, Vanuatu & Lifou

Sydney, capital of New South Wales and one of Australia's largest cities, is best known for its harbourfront Sydney Opera House, with a distinctive sail-like design. Massive Darling Harbour and the smaller Circular Quay port are hubs of waterside life, with the arched Harbour Bridge and esteemed Royal Botanic Garden nearby. Sydney Tower’s outdoor platform, the Skywalk, offers 360-degree views of the city and suburbs.

April 24 - Saturday

AT SEA

April 25 - Sunday

AT SEA

April 26 - Monday

ARRIVAL 9:00 AM - New Caledonia Standard Time

Nouméa

Nouméa brings a distinctly French flavour to the South Pacific, combining beautiful bays and waterfront living with Kanak culture and European influences.

Here, our group will enjoy a full-day private shore experience featuring a visit to the botanical gardens, a cheese and wine tasting and other specially selected highlights.



Noumea

Noumea, SOUTH PROVINCE, NEW CALEDONIA

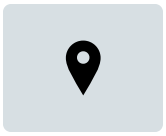
DEPARTURE 7:00 PM - New Caledonia Standard Time

Nouméa

April 27 - Tuesday

ARRIVAL 7:00 AM - New Caledonia Standard Time
Lifou Island
Lifou is the largest of New Caledonia's Loyalty Islands, known for its dramatic coral cliffs, clear lagoons and powdery beaches.

This relaxed port is ideal for exploring independently, whether that means swimming and snorkelling, taking a scenic walk or simply enjoying the island's unhurried pace and strong Kanak culture.



Lifou Island
Loyalty Islands Province, New Caledonia

DEPARTURE 5:00 PM - New Caledonia Standard Time
Lifou Island

April 28 - Wednesday

ARRIVAL 7:00 AM - Vanuatu Standard Time

Port Vila

Port Vila is Vanuatu’s colourful harbourside capital, where Melanesian culture meets French and British influences amid bustling markets and lush tropical scenery.

Our exclusive food-focused experience will introduce the group to local produce and tropical flavours, artisan chocolate, island-made spirits and Vanuatu coffee, before a multi-course waterfront lunch showcasing fresh local ingredients.

Port Vila
Port Vila, Shefa Province, Vanuatu

DEPARTURE 4:00 PM - Vanuatu Standard Time

Port Vila

April 29 - Thursday

ARRIVAL 7:00 AM - Vanuatu Standard Time

Mystery Island (Inyeug)

Mystery Island is a tiny, uninhabited islet just off Aneityum, known for its powdery white sand, crystal-clear water and vibrant coral reefs.

With no busy town or packed sightseeing list, this is a day for swimming, snorkelling and enjoying an unhurried slice of the South Pacific.

Mystery Island
Vanuatu

DEPARTURE 5:00 PM - Vanuatu Standard Time

Mystery Island (Inyeug)

April 30 - Friday



AT SEA

May 1 - Saturday

ARRIVAL 7:00 AM - Fiji Standard Time

Dravuni Island

Dravuni is a small, welcoming island in Fiji's Kadavu group, with palm-fringed beaches, clear shallow water and colourful reefs close to shore. Spend the day swimming, snorkelling or meeting local villagers, or take the short climb to the island's highest point for sweeping views across the surrounding islands and Great Astrolabe Reef.

Dravuni Island
FIJI

DEPARTURE 5:00 PM - Fiji Standard Time

Dravuni Island

May 2 - Sunday

ARRIVAL 7:00 AM - Fiji Standard Time

Savusavu

Savusavu is a relaxed harbour town on Vanua Levu, Fiji's second-largest island, known for its volcanic hot springs, pearl farms and lush tropical surroundings. Far quieter than Fiji's larger centres, it offers an easy-going day of waterfront wandering, local markets and a glimpse of everyday life in the country's less-visited north.

Savusavu
Savusavu, Northern Division, Fiji

DEPARTURE 5:00 PM - Fiji Standard Time

Savusavu

May 3 - Monday

ARRIVAL 7:00 AM - Fiji Standard Time

Suva

Suva is Fiji's lively capital and cultural heart, offering a very different side of the country from its resort islands. Bustling markets, tropical gardens, colonial architecture and a rich blend of cultures give the city its distinctive character.

Our private shore experience will take in several of Suva's key sights before concluding with an elegant high tea at one of the city's landmark hotels.

Suva
Suva, Central Division, Fiji

DEPARTURE 5:00 PM - Fiji Standard Time

Suva

May 4 - Tuesday

ARRIVAL 7:00 AM - Fiji Standard Time

Lautoka

Today we farewell Norwegian Spirit and disembark in Lautoka. Our arranged group transfer will be waiting to take everyone to a 5-star resort in Denarau, where we'll spend our final night in Fiji and come together for a memorable farewell dinner.

Lautoka
Lautoka, Western Division, Fiji

Norwegian Spirit Ship Info

Norwegian Spirit
The Ship

Experience laid-back luxury on Norwegian Spirit®, which has been renovated from bow to stern with the adult traveller in mind. Follow the sun instead of a timetable on this small, intimate ship where pampering and relaxation are always on deck. Feel rejuvenated with a morning in the Thermal Suite, then soak in fantastic vistas and the warm sunshine with your favourite beverage in hand at the adults-only Spice H2O. Get in the hot seat in the casino, roll into big laughs at the comedy club and enjoy mesmerising live performances. Plus, savouring every moment at sea is a breeze with our line up of delicious cuisine, from Italian at Onda by Scarpetta and steak at Cagney's to French dishes at Le Bistro and more

Ship Facts

- Launch Year: 1998
- Refit Year: 2022
- Language: en-US
- Gross Tonnage: 75904
- Length: 268
- Width: 32
- Currency: USD
- Speed: 24
- Capacity: 1972
- Crew Count: 904
- Deck Count: 10
- Cabin Count: 1006
- Wheelchair Cabin Count: 20



Dining Options
COMPLIMENTARY DINING

Every cruise fare includes beautifully crafted menus in our two main dining rooms, a help-yourself buffet and a variety of casual cafés, grills and on-the-go choices. From fresh-baked breads, desserts and pastries to our chefs' original dishes made with the freshest ingredients, your dining can be as fine or fun as you want.

Serving a wide variety of culinary delights to please every palate, our complimentary dining options include two main dining rooms, a help-yourself buffet and a variety of casual cafés, grills and on-the-go choices. Plus, our Main Dining Rooms offer a menu that changes daily, Chef's Signature Dishes and carefully selected wine recommendations, guaranteeing a different culinary adventure with every visit.

SPECIALITY DINING

Dining aboard Norwegian is about having choices. Enjoy delicious comfort foods as well as more exotic choices from our many complimentary dining options. Or widen your palate further and choose from our speciality restaurants for a cover charge or á la carte. Whether it's a cheeseburger you have a desire for, or Coq au Vin, your dinner is ready when you are. And if you book a Speciality Dining Package, you can savour an array of our speciality restaurants for one special price.

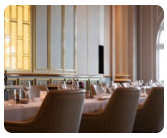
Enjoy a night of gastronomic proportions at one of our many speciality restaurants. Sip your favourite cocktail as you select from choice cuts of Angus beef at Cagney's Steakhouse. Savour French cuisine at Le Bistro. Or indulge in a modern Italian culinary experience at Onda by Scarpetta, coming to Norwegian Spirit in February 2020. No matter what you choose, our speciality dining options feature the tastes you'll crave.



Sushi

In the mood for sushi? Pull up a chair at this contemporary sushi bar for some traditional Japanese culinary bites.

Price Per Person: Cover Charge US$50



Windows

One of our two Main Dining Rooms serving a variety of culinary delights with a contemporary flair.



The Local

The Local offers classic pub fare in a relaxed atmosphere. With popular dishes like the Reuben Sandwich and Fish n' Chips, The Local has all your favourite comfort foods. So try one of our beers or cocktails on tap and catch a game with us!



Onda by Scarpetta

Onda, or "wave" in Italian, brings the charm and effortless elegance of its critically acclaimed sister restaurant, Scarpetta, to sea. Uncork your favorite bottle of wine and let la dolce vita (the good life) flow. Indulge in a modern Italian culinary experience from Scarpetta's signature pastas like the famous Spaghetti Tomato and Basil to unique, mouthwatering seafood creations. And leave room for dessert. Sharing is optional.

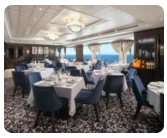
Price Per Person: Cover Charge USD $40



Teppanyaki

Sit at a lively shared table as a skillful chef perfectly prepares shrimp, steak, chicken and fried rice on a large steel grill. And you've got a front row seat to all the sizzles and surprises in our Japanese restaurant.

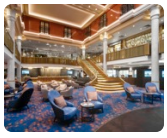
Price Per Person: Cover Charge US$60



Le Bistro

Romance is in the air at our signature French restaurant. Elegant interiors, crisp white linens and attentive servers make this an intimate dining experience. By the end of your meal, you might just be proclaiming c'est magnifique!

Price Per Person: Cover Charge US$60



Atrium Café

Amid the hustle and bustle of the Atrium, enjoy something sweet. This morning and late-night favourite coffee bar features Starbucks's products, cupcakes, macaroons and more.

Price Per Person: À la carte



Silk

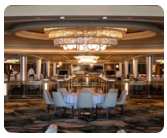
Enjoy our Asian Fusion dining venue featuring freshly prepared noodles, delicious wok fried dishes, authentic soups, and more.

Price Per Person: Cover Charge US$50



Garden Café

Whatever you're craving, chances are you will find it at the Garden Café. This complimentary, indoor buffet restaurant serves up breakfast, lunch and dinner.



Taste

Serving a wide variety of cuisine, Taste offers a stylish and contemporary atmosphere. Enjoy a menu that changes daily with carefully selected wine recommendations and experience a different culinary adventure in every visit.



Cagney's Steakhouse

Specialising in Premium Black Angus Beef and exceptional seafood, this American-style steakhouse is second to none. With classic cocktails, an extensive wine list, and attentive service, Cagney's Steakhouse offers a truly delightful dining experience.

Price Per Person: Cover Charge US$60



Room Service

Available 24 hours a day, simply pick up the phone and order breakfast, lunch, dinner or late-night munchies. A room service fee may apply.

Price Per Person: *Room* Service Fee may apply.

Enrichment



Excursions

GO LOCAL TOURS

Authentic multicultural experiences await on a Go Local Tour with NCL. Explore how people in cities around the world live, work, eat and play on unique tours designed for guests who thrive on culture-connecting and unforgettable exploration.

ADVENTURE RUSH

Start by letting your imagination run wild. Mush your way across an ice field in Alaska. Surf in Kaua'i. Soar through the sky on a zipline on Harvest Caye. Go tubing in Belize or even airboat through the Florida Everglades. Your adventure awaits.

HISTORIC TIMES

Get up close and personal with places you've seen only in pictures. Then take some of your own. Stand in the shadow of the Colosseum. Tour a medieval castle. Unravel the mysteries of the Mayan ruins. Or catch a glimpse of the revered Emerald Buddha in the Grand Palace of Bangkok. Take a history lesson like no other.

WONDERS OF NATURE

Hang with the locals in Australia. Or pack your camera and enjoy majestic humpback whales near Hawai‘i, glaciers in Alaska, the soaring cliffs of Greece or the golden foliage in New England. They’re all naturally wondrous scene-stealers.

LAID-BACK LEISURE

Sometimes you just want to soak in the sun — and your surroundings. So find that perfect secluded beach and take it all in. Or shop the local markets for great bargains and take home a little something to complement your amazing holiday.

SELFIE TOURS

Get your smile — and your mobile device — ready for a tour like no other. With NCL’s Selfie Tours, we will take you to picture-perfect places to fill your feed. Many of our tours are guided by a selfie expert who will show you how to perfect your angle, use a selfie stick and more.



Behind The Scenes Tour

Experience the exciting Behind The Scenes Tour of our crew working areas, including exclusive access to the Bridge, Engine Control Room, Main Galley, Laundry and so much more.



Private Vow Renewal

Nothing says "I love you" like saying it all over again. Book a private ceremony to renew your wedding vows for the ultimate romantic holiday. Here's what our Private Vow Renewal Package includes.

- Bottle of Sparkling Wine, Chocolate Covered Strawberries & Canapes - in Stateroom
- Vows Ceremony Performed by a Ship Officer
- Ceremony Music
- One Single Red Rose
- Couple's Cake
- Champagne Toast
- Keepsake Vow Renewal Certificate
- 8 x 10 Professional Portrait in an Engraved Frame

Booked guests, please contact us here to timetable a vow renewal.

For questions, please contact us at 0333 2412319.

Entertainment

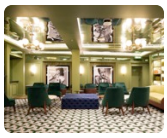
Enliven, embolden and enrich your evenings with soul-giving entertainment aboard Norwegian Spirit®. Claim your wins in Deal or No Deal, two-step it over to Blazing Boots and follow along to fabulous musical medleys in Famous Riffz. Keeping spirits high here is just the beginning of your holiday.

Bars & Lounges - Ready to sip, savour, and soak up the vibes? Raise a glass at Magnum's Champagne & Wine Bar, where the sparkle of Art Nouveau meets an elegant pour. Prefer your cocktail with a side of sunshine? Head to the Great Outdoors Bar or Waves Pool Bar and enjoy a frozen favourite with panoramic sea views. When the sun sets, let the rhythm rise at Spice H2O-an adults-only escape that transforms into an open-air dance party under the stars. Best of all, your More At Sea package covers many of these memorable moments. From laid-back lounging to high-energy nights, there's a perfect spot-and perfect sip-for every mood.

With so many bars and lounges to discover, finding your favourite may take a few days. Dance the night away, relax with your favourite beer at one of our many bars or pop some bubbly and toast to the good life. Whether you're looking to meet up with friends or make new ones, there's always an opportunity to mix it up.

Activities - From top to bottom and from bow to stern, Norwegian Spirit has enough onboard activities to fill every minute of your cruise. Indulge in a refreshing swim at the pool, complete with hot tubs and numerous deck chairs. Wanna get lucky? Bet it all at our award-winning Casinos at Sea®. And when all is said and done, enjoy a pamper session at Mandara Spa. With so much to do, we'll always have you coming back for more.

Onboard Shopping - Forget to pack something? No worries! Our gift shops onboard carry everything you'll need for fun in the sun. Shop from a variety of souvenirs, cosmetics, clothing, snacks and sundry items. Treat yourself at our duty-free shops full of fantastic savings on fine jewellery, accessories, perfume, liquor and tobacco.



Social Comedy and Night Club

Jump start the evening with two talented stand-up comedians that will loosen you up with lots of laughs. And then let loose on the dance floor as a DJ spins your favourite tracks late into the night.



Spice H2O

Inspired by the renowned summer beach parties on the island of Ibiza, Spice H2O is an adult-only escape. By day, you can soak in a large hot tub or sip cold cocktails from your reclined lounge chair. By night, it's a whole different beat. Let loose and dance beneath the stars.



Atrium

It's located in the middle on the ship, where you'll find the Main Reception and the Shore Excursion desk.



Spirit Casino

Spin your way to the jackpot playing the most popular slots including reel and video slots. Or pull up a chair at your favourite table game, from blackjack to craps and more. Whatever games you choose, you can bet on a good time in our award-winning casino.



Stardust Theatre

It's showtime! And we've got a really big show for you at the Stardust. Enjoy Broadway and Vegas-style shows with cocktails before or after dinner in a traditional European opera style auditorium reaching up two decks.
Famous Riffz - Get ready to play loud-this is the game show that ROCKS! Two teams go head-to-head in high-energy music trivia, battling it out in rounds all powered by our electrifying house band, The Riffz. With bonus rounds, surprise tiebreakers, and audience participation that can shift the score, every show is full of twists and epic moments. Contestants get to live the dream on stage with a live band, whilst the audience enjoys a unique blend of concert vibes and game show excitement.

Price Per Person: Complimentary

Blazing Boots - You are all invited to Blazing Boots - a first-class tribute to pop country showcasing songs from the genre's biggest superstars including Reba McEntire, Carrie Underwood, Luke Bryan, and many others. This dazzling production blends eye popping music video visuals, hot vocals, and innovative choreography into an evening that is part rock concert, and all fun. From tear-your-heart-out country ballads to barn burning up tempo hits, this show is sure to get you fired up and your boots "blazing".

Price Per Person: Complimentary

Ignite the Night - Fusing the visual dynamics of American Idol, the red-carpet fashion of the American Music Awards, and the driving force of Dancing with the Stars, IGNITE THE NIGHT promises an evening of high-energy excitement. A vivid mix of dance, style, and design -choreographed by Dancing with the Stars Pro Dancer and Celebrity Britt Stewart.

Price Per Person: Complimentary

The Broadway Cabaret - Experience the dazzling talents of our Spirit Production Vocalists as they present the finest Broadway tunes. If you are a fan of the vibrant world of musicals, this is the cabaret for you. Enjoy an evening of the most beloved show tunes from well-known classics to hidden gems, spanning from soulful ballads to sensational Broadway blockbusters.

Price Per Person: Complimentary

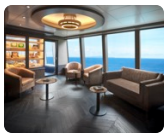
The Welcome Aboard Show - Embark on a thrilling voyage to preview your cruise's sensational entertainment. From the powerhouse performances of the Spirit Production Cast, get to know our dynamic team and brace yourself for surprises that promise to set the stage for an unforgettable holiday ahead!

Price Per Person: Complimentary



Magnum's Champagne & Wine Bar

Inspired by the Art Nouveau era using Charles Rennie Mackintosh's design elements and colours.



Humidor Cigar Lounge

Bring your favourite whiskey cocktail into The Humidor Cigar Lounge to pair with a good smoke. With comfortable leather chairs and a fully-stocked humidor, this is the ideal setting to recline and connect with friends, both new and old.



Spinnaker Lounge

At night, the atmosphere at the Spinnaker Lounge is charged when the music comes up and the stage becomes a dance floor. Panoramic views make this the place perfect for parties and informal meetings.



Waves Pool Bar

Forget life on land, relax in a lounge chair, work on your tan and sip on a frozen drink at this poolside bar.

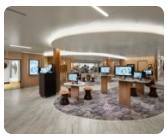


Onboard Shopping

EFFY Jewellery - Effy Hematian has been designing and manufacturing fine jewellery in the heart of New York's Diamond District for over 40 years. By combining uncompromising attention to detail, exceptional gemstones, and quality American craftmanship, Effy has become one of the most celebrated and desired jewellery brands in the world today - available to you onboard at tax-and duty-free pricing.

Jewellery & Duty-Free Shops - There's never a jewellery store around when you need one, right? Luckily you're onboard Norwegian Spirit, where you can choose from a fine selection of gems and jewellery designs for that special someone.

The Photo Gallery - We have everything you need, to capture it all: Binoculars, Camera/Phone Accessories, Professional Portraits, Souvenir, Photography, Photo Books, Wall Art, 3D Photo Crystals, Souvenir Frames, Collectable Photo Accessories & more!



Perspectives Studio

At Perspectives Photography Studio, we celebrate love, life and human connection creating spectacular portraits that will be handed down for generations. Your onboard Portrait Artists will capture your unique spirit in our private studio or on location, it's your choice. Visit us to learn more about this personalised portrait experience.



Professional Portraits

Take advantage of this time together whilst onboard to create beautiful photographs that will last a lifetime. Our professional photographers set up studios in the atrium and around the ship each night so you can have a variety of images to choose from. Relax, have fun and build your digital portfolio - it's always free to try! Visit the Photo Gallery to learn more, view your photos and enjoy great deals on photography packages, frames, wall art, 3D Crystals, binoculars, mobile accessories and more!



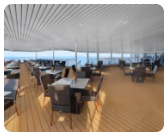
Park West Gallery

Take home something you'll never forget! Our impressive onboard art gallery has everything from contemporary to classics-Peter Max to Picasso-giving you access to an unparalleled collection of fine art. Looking for a little excitement? Try attending our live art auctions where you can raise a glass with our Art Team as the bidding gets fast and furious. Plus, everyone who visits our gallery gets a free work of art!



Bier Garten

Grab a seat and enjoy your favourite beer or a snack. This casual outdoor bar is always hopping with activity.



Great Outdoors Bar

Enjoy your favourite frozen tropical drink or Margarita poolside whilst soaking up the sun.



Deal or No Deal

Enjoy an exhilarating show where contestants play & deal for cash in a high-energy contest of nerves and intuition.

Play cards will be available for purchase onboard.



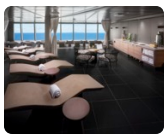
Henry's Pub

Going down to the pub takes on new meaning at Henry's Pub, a traditional English Pub featuring large screen TV's, Fish n' Chips and the proper beer on tap.

Health and Fitness

When you want some "me" time, look no further than Mandara Spa®. Spend some time in the Thermal Suite, and feel the stress melt away. Relax with a hot-stone massage, one of over 50 speciality treatments offered. Let our pampering professionals soothe and rejuvenate you with facials, massages, acupuncture and a full menu of services.

Looking to keep your fitness streak going whilst on holiday? All of our ships feature a state-of-the-art fitness centre with your favourite workout equipment, including treadmills, ellipticals, cycling bikes and free weights. Whether you want to do your favourite routine at sea or try something new with one of the many fitness classes we offer, it's all here.



Spa Thermal Suite

Refresh, recharge, and rejuvenate in Mandara Spa’s adults-only Thermal Suite. Enjoy a full mind and body experience as you alternate between Sauna, Steam Room, Tropical Rain Showers and more.



Mandara Spa & Salon

Step into the world-renowned Mandara Spa and Salon®, where time slows and tranquility takes over. Indulge in signature massages, high-performance Biotec facials, and ancient healing through acupuncture-or rejuvenate your skin with advanced Med Spa treatments. Complete your transformation in the salon with expert hair styling, precision barber services, and flawless nail care, leaving you refreshed, radiant, and ready to sail.



Treatments

Thermal Suite Pass

Refresh, recharge, and rejuvenate in Mandara Spa’s adults-only Thermal Suite. Enjoy a full mind and body experience as you alternate between Sauna, Steam Room, Tropical Rain Showers and more.

Prices vary based on voyage length.

Aroma Spa Seaweed Massage - 100 minutes

Indulge in this detoxifying wrap and massage to reduce fluid retention and cellulite and replenish your body's systems with vital trace elements. This treatment concludes with a full body massage.

Aroma Spa Seaweed Massage - 75 minutes

Indulge in this detoxifying wrap and massage to reduce fluid retention and cellulite and replenish your body's systems with vital trace elements. This treatment concludes with a full body massage.

Aroma Stone Therapy - 50 minutes

Heated Basalt Stones are applied to key points of the body, whilst your therapist massages your body with warmed, fragrant aromatherapy oils.

Aroma Stone Therapy - 75 minutes

Heated Basalt Stones are applied to key points of the body, whilst your therapist massages your body with warmed, fragrant aromatherapy oils.

Bamboo Massage - 50 minutes

Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles into pure bliss. Getting into the belly of the muscle, this deeper tissue massage targets specific areas, releasing the build-up of tightness using sliding and rolling techniques across the body, hands and feet, kneading away soreness to your specified level of pressure.

Bamboo Massage - 75 minutes

Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles into pure bliss. Getting into the belly of the muscle, this deeper tissue massage targets specific areas, releasing the build-up of tightness using sliding and rolling techniques across the body, hands and feet, kneading away soreness to your specified level of pressure.

Body Composition Analysis

Our fitness professionals will determine your body fat percentage, metabolic rate and water retention level and then compare the results to the percentage recommended for you.

Couples Deep Tissue Muscle Massage

You and your favourite person can enjoy a gorgeously relaxing full body Deep Tissue Muscle Massage as you lie side by side. The listed price is per couple.

Couture Touch Face and Body Treatment - 100 minutes

Condition your skin and condition your muscles with this all-embracing hands-on experience. Includes a ELEMIS hands-on TOUCH facial with your choice of a Deep Tissue Muscle Massage or an Aroma Stone Therapy.

Couture Touch Face and Body Treatment - 50 minutes

Condition your skin and condition your muscles with this all-embracing hands-on experience. Includes a ELEMIS hands-on TOUCH facial with your choice of a Deep Tissue Muscle Massage or an Aroma Stone Therapy.

DYSPORT® Cosmetic Wrinkle Treatment - Crow's Feet

Soften the wrinkles around the outside corner of the eyes with this targeted wrinkle treatment.

DYSPORT® Cosmetic Wrinkle Treatment - Forehead Lines

Smooth horizontal forehead lines with this targeted wrinkle treatment.

DYSPORT® Cosmetic Wrinkle Treatment - Frown Lines

Soften wrinkles between the eyebrows with this targeted wrinkle treatment.

Deep Tissue Muscle Massage - 50 minutes

Using muscle-melting warmed oils and deep pressure massage movements, we massage deep into the belly of the muscle, erasing stress, tension and lactic acid build up.

Deep Tissue Muscle Massage - 75 minutes

Using muscle-melting warmed oils and deep pressure massage movements, we massage deep into the belly of the muscle, erasing stress, tension and lactic acid build up.

ELEMIS Deep Cleanse Grooming Treatment with Shave

This grooming treatment for men will deeply cleanse the skin to prepare it for the closest shave ever!

ELEMIS Dynamic Resurfacing Precision Peel

Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function.

Express Shave

A quick, clean, silky shave for the man who wants to be smooth!

Fire and Ice Manicure

Beautify your nails with this invigorating manicure that will warm your spirit and cool your stress.

Fire and Ice Pedicure

This super rejuvenating pedicure will warm your senses and cool your tension, leaving your nails and skin looking beautiful.

GO SMILE™ Teeth Whitening Treatment

Are you ready to smile? Then try our advanced tooth-whitening treatment available at the spa.

Intensely Cleansing Salt Scrub - 50 minutes

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. Choose from Frangipani Monoi Salt Scrub or Lime and Ginger Salt Glow with a 25 minute massage.

Intensely Cleansing Salt Scrub - 75 minutes

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. Choose from Frangipani Monoi Salt Scrub or Lime and Ginger Salt Glow with a 50 minute massage.

Ionithermie Cellulite Reduction Treatment

Reduce the appearance of cellulite and firm and tone the skin with this Parisian treatment that offers substantial inch loss in just one session.

Nutritional Consultation

If you are ready to enhance your well-being with a sensible diet and exercise programme, our fitness professionals can provide you with the in-depth information you need to get you started.

Personal Training

After conducting a Body Composition Analysis, our personal trainers will design a nutrition and exercise plan that will help you achieve the results you've always wanted.

Pro-Collagen Age Defy

This anti-aging facial combines the benefits of exotic ingredients to plump out fine lines and reduce skin-fatigue - helping relax wrinkles, whilst an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

Pro-Collagen Grooming Treatment with Shave

Our most opulent grooming service for men, this is simply the shave of all shaves combined with the facial of all facials! Your skin will be left perfectly smooth.

Restylane® Lip Enhancement Treatment

Add volume to uneven or small lips. This treatment provides you with a fuller, natural looking lip instantly.

Restylane® Lip Lines Treatment

This treatment softens the border of the lip for a smoother lip line.

Restylane® Marionette Lines Treatment

Restore youthful contours by softening the lines from the corners of the mouth to the chin with this FDA approved dermal filler.

Restylane® Smile Lines Treatment

Restore youthful contours by softening the lines from the corners of the nose to the mouth.

Swedish Massage - 50 minutes

This relaxing Swedish massage uses techniques that will smooth away stress and tension.

Swedish Massage - 75 minutes

Enjoy this deeply relaxing Swedish massage for a full 75 minutes.

Thai Herbal Poultice Massage

This energising, rhythmic massage utilises scented herbal poultices, heated and applied to the body at pressure points to relax the muscles and release tension.



Basketball/Volleyball Court

Shoot hoops, join a pick up game or play beach volleyball at the net enclosed, outdoor Basketball/Volleyball Court.



Hot Tubs

There are four outdoor hot tubs on board Norwegian Spirit near the Main Pool. Plus, plenty of deck space and numerous sun beds and deck chairs to choose from.



Jogging/Walking Track

Run circles around the other guests or get your daily walk in before breakfast on the outdoor track.



Golf Driving Net

Fore! Play a round at one of two Golf Driving Nets onboard, because there's no such thing as a lost ball or a bad drive on Norwegian Sky.



Pulse Fitness Centre

Come and feel the burn at our state-of-the-art fitness centre. Get your heart rate up at an aerobics class. Or feel totally zen during a Pilates session. Staying fit has never been easier.



Main Pool

The main pool aboard Norwegian Spirit boasts four hot tubs and numerous deck chairs and sun beds.

Useful to Know

Disabled Facilites

We welcome guests with special needs. The information you are provided with about your holiday (which may be on our website, in our brochures or elsewhere) before you make your booking will include a general indication of the suitability of the holiday for someone with reduced mobility. However, reduced mobility of course means different things to different individuals as we fully appreciate that individual capabilities, restrictions and requirements will vary considerably. If you suffer from reduced mobility or any medical condition or disability which may affect your holiday, please give us full details before booking so that we can provide you with precise information as to the suitability of the holiday taking into account your specific needs. Guests who have significant mobility impairments should travel with someone who will take responsibility for any assistance needed during the cruise and in the event of an emergency. Any assistance provided by Norwegian Cruise Line, its team members or service providers does not form part of the contracted services unless agreed differently in writing or where required by legal regulations (for example, in accordance with EU regulation 1107/2006 dated 5 July 2006 on the rights of disabled persons and persons with reduced mobility when travelling by air and EU regulation 1177/2010 dated 24 November 2010 concerning the rights of passengers when travelling by sea). Any special requirements which we have accepted will be specifically confirmed as accepted on your confirmation invoice. Unless and until specifically confirmed as accepted, all special requests and requirements are subject to availability and do not form part of the contracted services.

We have a limited number of staterooms per ship that are wheelchair accessible with grab rails in the bathrooms, lower sinks and toilets, shower seats, raised beds, adjustable hanging rods in wardrobes, tilting mirrors and extra wide doors for easy access.

If you do use a wheelchair, you must bring your own and it must be collapsible. If you do not wish to bring your own wheelchair on board, please contact our U.S.-based supplier Scooteround on 001 (888) 441 7575 to arrange delivery of one to the ship. All wheelchairs and scooters must be stored in your stateroom; they cannot be left in the hallway or any other public area. To ensure the safety of our guests and crew, wheelchairs may not be used to transfer from the ship to a tender. Guests in wheelchairs may consequently not be able to participate in certain activities or shore excursions in tender ports. Norwegian Cruise Line can only accept certain types of wheelchairs on board. Please see **www.ncl.eu/about/accessible-cruising** for further information. All guests who require medical equipment to be brought on board must advise Norwegian Cruise Line before sailing. Failure to do so may result in equipment not being cleared before departure.

For hearing-/ vision-impaired guests, we have a limited number of staterooms with vibrating alarm clocks and a flashing light system alerting guests to fire alarms. For the vision-impaired, we allow registered guide dogs on all Norwegian Cruise Line ships (airline and international quarantine restrictions may apply and should be checked before booking your cruise).

Guests who need oxygen or require oxygen therapy are welcome on all Norwegian Cruise Line ships; however, you must supply your own oxygen. U.S.-based Special Needs at Sea is the only company allowed to deliver and supply oxygen to Norwegian Cruise Line ships. Let us know at the time of booking that you'll be bringing oxygen on board, then contact Special Needs at Sea at 001 954 585 0575 to arrange delivery to the ship.

Any physical challenge or medical condition that requires special treatment or attention must be reported to Norwegian Cruise Line at the time of booking. For certain conditions we ask for medical declaration and liability forms. Due to unpredictable circumstances at sea, Norwegian Cruise Line must reserve the right to refuse or revoke passage to anyone who, based upon objective standards, is in a physical or mental condition that jeopardises the safe operation of the vessel, who poses a direct threat to the health or safety of others or who may require care beyond that which Norwegian Cruise Line can provide.

For guests with diabetes, refrigerators suitable for storing insulin are available in all staterooms except Studios (category T1 and T8).

If you are on a low calorie diet, breakfast, lunch and dinner menus feature low calorie, haute cuisine dishes. Sugar-free and fat-free desserts are also available. Gluten-free, lactose-free, sodium-free, Kosher and dairy-free diets can also be catered for and must be requested at least two months before your cruise. For further information see **www.ncl.eu**.

Special Dietary Requirements

If you have any food allergy or a dietary requirement that requires Kosher meals or gluten-free food product, please advise a Norwegian Reservations Agent, or your Travel Agent at the time of booking. Obtaining the product for many of these requests requires 30-days notice prior to sailing, and we want to ensure that we are able to fulfil your request. We cannot guarantee Kosher Meal requests made within 30 days of sail date. For the protection of all of our guests, it is not permissible to bring aboard any food items that would require preparation by the ship's staff, or food items that would require cold storage in our kitchen facilities.

Kosher Dining

Norwegian Cruise Line offers Kosher dining options during your cruise with advanced notice. Simply contact our reservations experts at 1-800-237-7030 at least 30 days prior to your sail date and they will make note of your dining preference. If it is within 30 days of your sailing, please contact 0333 2412319 Ext. #11134. A notation will be made on your reservation and the onboard staff will be able to assist you in making your meal selections on embarkation day. Reservations: 1-800-237-7030



Alcohol and Beverage Policy

ALCOHOL CONSUMPTION POLICY

Passengers must be 21 years of age or older to purchase or consume alcohol whilst in US sailings.

Parental consent is required for guests 18 to 20 to consume only beer and wine whilst vessels is in international waters. Authorisation will be given only when the accompanying parent completes the Young Adult Alcoholic Beverage Waiver form. This form can be obtained and completed at the Guest Services Desk upon embarkation of the vessel. In Alaska and Hawaii waters parental consent is NOT permitted for guests 18 to 20 years old.

Please note that with the exception of Wine and Champagne, all guests are prohibited from bringing alcohol on board our ships. If you purchase any alcohol at one of our ports-of-call or in our onboard shops, we will safely store your purchase(s) and either on the final night of the cruise or the morning of debarkation it will be available for pick up in a designated area.

China/Asia: Do not serve or sell alcohol to guests under 21 years of age. Parental consent is NOT permitted for guests 18 to 20 whilst in China/ Asia waters.

Roundtrip Australian, European and New Zealand Itineraries: Do not serve or sell alcohol to guests under 18 years of age. Parental consent is NOT required for guests 18 to 20 years old to purchase and consume alcoholic beverages.

Wine & Champagne Policy

Guests may bring bottles of wine and champagne on board. When bottles are brought on board and served or consumed in any restaurant, public room area or in their stateroom, a corkage fee will be charged according to bottle sizes noted below.

- 750 ml Bottle: $15.00 USD
- 1,500 ml Magnum: $30.00 USD

Wine or champagne sent directly to the ship by travel agents, friends, family, etc. or from another retail source, are subject to the same fees. Box wines are not allowed on board.

** Norwegian encourages the responsible use of alcohol and accordingly reserves the right to permanently or temporarily revoke the drinking privileges of any guest who violates Norwegian's Guest Code of Conduct or who is deemed a danger to himself, herself or others by vessel management. Continued abuse of alcohol whilst sailing and/or violation of Norwegian's alcohol policy may result in immediate disembarkation.*

Non-Alcoholic Beverages Policy

Effective for sailings July 15, 2016 and beyond, guests are prohibited from bringing any beverages -- including liquor, beer and non-alcoholic drinks such as water, soda and juices -- on board either as carry-on or checked luggage, with the exception of purified or distilled water in factory-sealed containers for use in conjunction with medical devices or for the reconstitution of infant formula; and fully sealed and/or corked wine bottles for personal consumption onboard that is subject to screening and a corkage fee (for guests 21 years of age or older). Open beverages of any kind must be consumed or discarded at the security check-point, on embarkation day and at any port of call. This revised policy brings the company in line with other best practise travel security protocols and reduces the need for individual time consuming screening and package inspection of large volumes of beverages.

Effective for sailings July 15, 2016 and beyond, guests are prohibited from bringing any beverages -- including liquor, beer and non-alcoholic drinks such as water, soda and juices -- on board either as carry-on or checked luggage, with the exception of purified or distilled water in factory-sealed containers for use in conjunction with medical devices or for the reconstitution of infant formula; and fully sealed and/or corked wine bottles for personal consumption onboard that is subject to screening and a corkage fee (for guests 21 years of age or older). Open beverages of any kind must be consumed or discarded at the security check-point, on embarkation day and at any port of call. This revised policy brings the company in line with other best practise travel security protocols and reduces the need for individual time consuming screening and package inspection of large volumes of beverages.

Why the change in policy?

The inspection of large volumes of beverages has an impact on the embarkation process and security resources. As one example, guests who attempt to smuggle alcoholic beverages onboard often try to do so in beverage containers. This means all beverages must be personally screened, taking both time and dedicated personnel.

This modified policy will now bring us in line with other travel industry procedures for transporting beverages and allow security personnel to focus on other screening efforts and not individually inspecting all beverages being brought onboard.

What if I purchase a beverage in a port of call?

Guests will not be permitted to bring any beverages onboard the ship in ports of call and any locally-purchased beverages will be disposed of prior to embarkation. No open containers of beverages, including water, will be allowed onboard during a port of call.

If you purchase any alcohol at one of our ports-of-call or in our onboard shops, we will safely store your purchase and either on the final night of the cruise or the morning of debarkation it will be available for pick up in a designated area.

What happens if I bring a case of water to the ship?

Guests who bring beverages to embarkation will be directed to return the items to their vehicle. If the guest does not have a vehicle onsite, the items will be disposed of.

If I need to bring water or milk onboard for a medical reason or infant, what's the process?

Guests who have special needs, medical requirements, or families with infants who require water for formula or milk, should contact the access desk at accessdesk@ncl.com to verify if an exception can be made for their beverage and to obtain pre-approval to provide to security at embarkation.

Is the water onboard safe to drink?

All of our ships produce water in accordance with the guidelines and requirements as defined by the U.S. Department of Health and Human Services, U.S. Public Health Service, Centers for Disease Control and Prevention and the National Centre for Environmental Health.

Can I still bring wine on board?

Yes, guests may bring sealed bottles of wine on board for personal consumption. They will be checked prior to embarkation and a corkage fee applied at that time of $15.00 USD for a 750 ml Bottle or $30.00 USD for a 1,500 ml Magnum bottle. Box wines are not allowed on board.

Guests who purchase a beverage package, or who have a beverage package as part of the Free At Sea promotion, will not be charged a corkage fee.

Why can I bring wine but not other beverages?

As very few guests bring wine onboard, the team is able to easily and quickly screen these items.

Smoking Policy

As the health and well-being of our guests and crew is of the utmost importance, indoor public areas, with the exception of the cigar lounges and the casino, throughout all our ships are smoke-free. Dedicated outdoor areas are assigned to smoking.

Indoor Areas

Cigar Lounge: Cigar smoking is permitted in the designated cigar lounge. Cigarettes, pipe, electronic cigarettes and vapour smoking devices are not permitted in the cigar lounge. Cigar and pipe smoking on board Norwegian Sky, Norwegian Sun, Norwegian Star and Pride of America is permitted only in designated outdoor areas as there is no cigar lounge onboard.

Casino: Norwegian Bliss, Norwegian Joy and Norwegian Encore have a designated smoking room within the Casino. On all other ships, active Casino players may smoke cigarettes, electronic cigarettes and vapour smoking devices in the Casino during gaming hours. Cigar and pipe smoking is not permitted in the Casino.

Staterooms: Guests are not permitted to smoke cigarettes, cigars, pipe, electronic cigarettes and vapour devices in their staterooms or on their balconies. Smoking inside your stateroom or on your balcony will result in a $250 USD cleaning charge added to your onboard account. If cigarette burns on furniture, linens, towels or carpeting are detected; guests will be advised and charged for the damages. Guests in the Garden Villas may smoke in their private garden and on their private sun decks.

Outdoor Areas

Smoking, including cigars, pipe, electronic cigarettes and vapour smoking devices, is not permitted in or near venues serving food, the jogging track, outdoor sporting venues, children's pool areas, Vibe Beach Club, Posh Beach Club or The Waterfront.

The Haven: On ships with The Haven complex, smoking is not permitted in The Haven courtyard area, but is permitted in The Haven Sun Deck area (forward) on Breakaway Class and Breakaway Plus Class.

On Breakaway and Breakaway Plus Class ships and Norwegian Epic:

On Norwegian Breakaway, Norwegian Getaway and Norwegian Epic, cigarettes, electronic cigarettes, cigars, pipe smoking and vapour smoking devices are permitted on deck 15 mid-ship, port side (limited area) and Spice H2O, starboard side.

On Norwegian Escape, cigarettes, electronic cigarettes, cigars, pipe smoking and vapour smoking devices are permitted on deck 16 mid-ship, port side (limited area) and Spice H2O, starboard side.

On Norwegian Bliss and Norwegian Joy, cigarettes, electronic cigarettes, cigars, pipe smoking and vapour smoking devices are permitted at Spice H2O, starboard side.

On Norwegian Encore, cigarettes, electronic cigarettes, cigars, pipe smoking and vapour smoking devices are permitted in the Smoking Room on Deck 8, portside.

On Jewel and Star Class ships and Norwegian Spirit:

The designated smoking areas for cigarettes, electronic cigarettes, cigars, pipe smoking and vapour smoking devices are permitted on deck 13 forward port side.

On Norwegian Sky and Norwegian Sun:

The designated smoking areas for cigarettes, electronic cigarettes, cigars, pipe smoking and vapour smoking devices are permitted on deck 12 forward by the entire bar. During inclement weather, deck 11 forward port side by the towel station is the temporary alternative location.

On Pride of America:

The designated smoking area for cigarettes, cigars, pipe, electronic cigarettes and vapour smoking devices are permitted at Waikiki bar on deck 13 aft.

Dress Code

When it comes to what to wear, you can go resort casual or get decked-out and look your best - it's your call. Feel Free to wear what you like. We even have special "Dress-Up or Not Night." It's the perfect opportunity to get your portrait taken with your family, that special someone or even with the ship's Captain.

Cruise Casual: the Freedom of Freestyle Cruising

Dress cruise casual anytime during the day, in the buffet and in most speciality restaurants. For women, it includes summer and casual dresses, skirts, regular or capri pants, shorts, jeans and tops. Khakis, jeans, shorts and casual shirts are fine for men. Swimwear is acceptable at the buffet and outdoor restaurant, but a shirt or a cover-up and footwear are required.

Be sure to pack a sweater - the air conditioning can be chilly. Kids 12 and under are welcome to wear nice shorts in all our restaurants.

Please Note: We want you to be comfortable, but tank tops for men, flip flops, baseball caps, visors and jeans that are overly faded, with holes or tears and worn below the hips are not permitted in main dining rooms or speciality restaurants.

All Decked-out: Smart Casual

Dress smart casual in our more formal dining room or in our more upscale speciality restaurants. For women, it includes slacks or jeans, dresses, skirts and tops. For men, it's jeans or slacks with a collared shirt and closed-toed shoes. Kids 12 and under are welcome to wear nice shorts in all our restaurants.

Ready for Adventure: Shore Excursions

Think about the shore excursions you'll be taking and pack accordingly, including comfy walking shoes. For kids and adults it's good to pack a pair of closed-toed shoes. You can check within the specific shore excursion for more information.

Special Events: Theme Nights and Parties

Our newest event, Norwegian's Night Out, is the perfect opportunity to get dressed up for an evening of cocktails, fine dining and great entertainment. You may also want to pack an all-white ensemble for our iconic White Hot Party.

Carry-On Bag

Guests should bring a spare overnight bag because all suitcases are collected the night before we return to homeport.

Travel Tips:

- Luggage that is being hand-carried must be able to fit thru the x-ray machines, similar to airplanes if larger than that it must be checked. (Approximately 24" tall and 18" wide)
- We recommend that guests hand-carry medication, jewellery, breakables, or other valuables, an extra set of clothes for the first evening on board, and important documents (I.e Passports and Travel Documents)



Sail & Sustain - Our Commitment

Our global sustainability programme, Sail & Sustain, is centered around our commitment to drive a positive impact on society and the environment whilst delivering on our vision to holiday better and experience more. We visit nearly 500 destinations globally, allowing our guests to travel and explore the world, and our business is inextricably linked to the preservation of our planet and the protection of our shared resources.

Our environmental, social and governance (ESG) strategy is focused on five pillars and was developed through cross-functional collaboration with key internal and external stakeholders. As we continue our ESG journey, we look forward to building upon this foundation and meaningfully contributing to the UN Sustainable Development Goals (SDGs) as we collectively chart a path towards a more sustainable future.

Reducing Our Environmental Impact

The future of our business is closely intertwined with the health of our oceans and the destinations we visit, and environmentally friendly practises allow our business to thrive. We are committed to addressing climate change and doing our part to protect and preserve the environment.

Sailing Safely

The health, safety and well-being of our guests and crew is our highest priority, not only onboard our ships, but also at every destination we visit. We take great effort to maintain a healthy, safe and clean environment and have a stringent 24/7/365 public health and safety compliance culture.

Empowering People

We believe people are our most important resource and we have an on-going commitment to maintain a safe, diverse and inclusive culture that supports and empowers our team members.

Strengthening Our Communities

Dedication to Family and Community is one of our core values and we are committed to strengthening our local communities, the communities we visit and the local ecosystems through which we cruise. We believe it is our responsibility and privilege to give back to the communities around the world where we live, work, visit and serve.

Operating With Integrity And Accountability

We have a strong corporate governance system in place to provide high standards of transparency and accountability and strive to be a leader in ethics and responsible business practises.

Reducing Our Environmental Impact

Reducing our environmental impact is an essential part of our Company's mission and culture. We are committed to addressing climate change and doing our part to protect and preserve our oceans and the environment.

Water Conservation & Management

Onboard Production

Onboard our vessels, water is primarily used by our guests and crew in their staterooms for showers, bathtubs and sinks but is also used for galleys, laundry, pools, whirlpools, spas and cleaning public spaces. We have focused our efforts on increasing water production on board with sophisticated plants that use seawater as the source, which reduces the need for the bunkering of fresh water. This is particularly important in countries where fresh water is limited and best reserved for local communities.

- Reverse Osmosis (RO) produces fresh and technical water from seawater using high-pressure pumps and sophisticated water filters and treatment components.
- Evaporators produce fresh water from seawater utilising heat sources such as Exhaust Gas Boilers, Oil Fired Boilers or Wasted Heat recovered from the main engine high-temperature cooling system.
- Bunkered Water is potable water acquired in port for use on board.

Wastewater Treatment Systems

To treat wastewater onboard, all Norwegian Cruise Line's ships are equipped with Advanced Wastewater Purification systems (AWPs). Wastewater is run through these systems and treated prior to discharge, resulting in effluent that meets or exceeds international regulations and many municipal wastewater facility standards. Our newest ships are equipped with the leading AWP technology that meets the stringent Baltic Standards. Every ship's wastewater is tested quarterly by a third-party, and our environmental officers also conduct weekly water quality tests to ensure we continue to meet all standards.

Bilge Water

Wastewater collected in machinery and engine spaces is known as bilge water. Collected bilge water is held in storage tanks and can only be discharged after meeting international, national and company regulations. To ensure compliance, all ships are equipped with an automatic stopping device and an oil content metre, which work to confirm the ship's compliance. This equipment will analyze and record the oil content of the bilge. If the bilge water does not meet these requirements, discharging is automatically stopped and the bilge water is recirculated until these standards are met. The remaining bilge water that cannot be discharged is collected and landed ashore to an approved vendor.

Ballast Water

To operate safely and comfortably, ships perform an operation known as ballasting, which helps to ensure trim, stability and structural integrity. Filling ballast tanks with ocean water helps stabilise ships, providing comfort to guests and crew. As water is discharged or as fuel is consumed, ships take on seawater to assist with stabilisation. During this operation, some species are able to "hitch a ride" on ships and transfer to many areas of the world, including areas where they are non-native or invasive. Treating ballast water before release removes tiny organisms that may have been picked up in transit in order to safeguard local ecosystems.



Waste Mitigation

Our ships call on sensitive areas of the world, and we strive to lead by example as we strive to continue to be effective stewards. Norwegian enforces a zero-tolerance policy for any items thrown overboard. If an environmental incident is observed, guests, crew and shoreside employees are encouraged to use our environmental hotline.

Proper implementation of a progressive waste management programme lessens the environmental impact of our operations, reduces pollution, promotes diversion of material from landfills, conserves natural resources, saves energy and lowers ship fuel use. Waste is reduced through reusing and recycling, with clear benchmarks serving as our measurement for waste minimisation.

Over the past decade, as the availability of recycling programmes and options has increased, we have taken advantage of these programmes wherever possible. One example is when Norwegian partnered with Waste Management in 2010 to develop an industry-first Live Load offload operation. This partnership reduces offload time of waste, truck on-site time, port congestion, transportation costs and the use of pier-side containers. Our ships that used the Live Load model in 2017 were able to conserve the following:

Norwegian Employees Working To Mitigate Waste

- Both shoreside and shipboard employees have been involved in food and clothing drives
- Our shoreside employees and various crew members participate in beach clean-ups and community clean-ups throughout the year
- During ship refurbishment, options to recycle and donate both technical equipment and hotel furniture are always explored



Fuel & Energy Efficiency

Climate change is one of the defining issues of our time. How governments, organisations and individuals choose to respond to it will have lasting effects for not only our lifetime, but future generations. Knowing this, we believe it is our obligation as leaders in the cruise industry to do our part and help mitigate actions that may influence changes to our climate on a large scale. We are always focused on continuous improvement and are ready to explore new opportunities as our fleet grows.

Emission Abatement

One innovative technology our ships use to decrease exhaust emissions is the Exhaust Gas Cleaning System (EGCS). This technology reduces the amount of sulphur oxide and particulate matter emitted from the ship by cleaning, or scrubbing, the emissions before being released from the stack. Ships equipped with this technology are able to reduce SOx emissions by up to 99 percent. As of December 2020, the following ships have been equipped with this technology: Norwegian Bliss, Norwegian Encore, Norwegian Epic, Norwegian Escape, Norwegian Gem, Norwegian Jade, Norwegian Jewel, Norwegian Joy, Norwegian Pearl, Norwegian Sun and Pride of America.

Whilst in port, our cruise ships continue to generate their own power, providing heat, air conditioning, lighting and hot water for guests and crew, similar to a hotel.

A small number of ports around the world have installed infrastructure for cruise ships to connect to the onshore electrical power grid to supply much of the power needed when the ship is docked. This is known as Cold-Ironing, which can reduce emissions from a ship whilst docked. Out of the 450-plus ports we visit, less than 1% are equipped with this technology. As of December 2020, Norwegian Bliss, Norwegian Encore, Norwegian Epic, Norwegian Jewel, Norwegian Joy and Norwegian Star are equipped with cold-ironing capabilities.

Energy Savings

Data is collected from all our ships to track the largest energy consumers on board and to assist in establishing Key Performance Indicators to identify where energy efficiency improvements can be made. Our goal is to focus on the large energy consumers and explore solutions to optimise operations and lower consumption.

Shipboard Energy Efficiency Management Plan (SEEMP)

The SEEMP is a ship-specific plan that focuses on improving energy efficiency. We do so through improving voyage planning, speed optimisation or operating engines on their most economic loads, optimisation of the air conditioning system and improving our ships' hydrodynamic capabilities by upgrading the propulsion systems with more efficient propellers. Onboard energy management meetings are also held quarterly to discuss energy conservation projects, tracking energy efficiency initiatives and future projects.

One of the most successful programmes implemented on our ships is Wasted Heat Recovery (WHR). This process works by recovering heat from the engines and transferring it to freshwater piping, which allows us to utilise a free source of energy for improving water production and saving fuel.

Accessibility

Norwegian believes that the fun and excitement of Freestyle cruising should be able to be enjoyed by everyone. That's why we are committed to providing all of our guests the freedom of choice to cruise your way. For more details, please **click here**.

Medical Facilities

A physician and nurse are on each ship to provide medical care and services at customary charges. Commonly used medications are kept on board and may be prescribed by the ship's doctor.



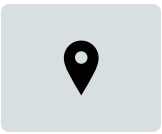
Wi-Fi & Internet Access

All our ships are equipped with 24 hour Internet Cafés. **Click here** for more information on rates and services. Wireless internet (also known as Wi-Fi) is also available throughout Norwegian's entire fleet.



Services

Beauty parlour and spa services include hair styling, manicures, pedicures, facials and massages in our Mandara Spa Salon. Gift shops feature duty-free shopping, with fine jewellery, perfumes, clothing, cosmetics and limited drug store items. Laundry & dry-cleaning services. Internet Café. Art auctions. Photographs taken throughout the cruise.



Age Restrictions

All requirements stated below apply at the time of embarkation. Infants sailing on board a Norwegian Cruise Line vessel must be at least six months of age. However, for voyages that have three or more consecutive days at sea, the infant must be at least 12 months old.

When on board, a minor is defined as an individual under 18 years of age at the time of embarkation. A young adult is defined as an individual between the ages of 18 and 20. Please note that this does not relate to child pricing, where the age is 2-17 years old.

Company policy states that on itineraries that include a port in the United States of America, Canada or China guests under 21 years of age must be accompanied in the same, connecting, or side by side stateroom by a guest who is 21 years of age or older at the time of embarkation (staterooms opposite of each other are not applicable under this policy). For all other cruises this regulation applies to all guests under 18 years of age with the exception of guests who are citizens of the United States of America, Canada or China. For guests under the age of 18 travelling with an accompanying adult, who is not the minor's parent or legal guardian, a Parent/Guardian Release Form (available here: www.ncl.eu/ParentGuardianForm) that authorises the minor's travel and further authorises medical treatment in case of an emergency must be given to a Norwegian Cruise Line representative at the pier during check-in. Failure to present the completed form at embarkation may result in boarding being denied, with no refund provided.

On cruises that include a Canadian port, guests under 18 travelling with a single parent have to provide a letter of approval (preferably notarised) from the parent not travelling. Note: Two people under the age of 21 may travel together in the same stateroom if they are a married couple and provide proof of marriage to a Norwegian Cruise Line representative at the pier before embarkation.

Children under 16 years of age are not allowed to enter the fitness centre. The minimum age for use of the Casino and the Thermal Spa (sauna, steam room, hot tubs) is 18. Some bars and lounges on board Norwegian Epic and Breakaway (Plus)-Class ships, for example Spice H2O, are adult only (18 and over). Lifeguards monitor the family pools during scheduled pool hours. However it is strongly recommended that all children under 12 have adult supervision at all times. The safety of all children (up to the age of 18) is the responsibility of their parent(s) or other accompanying adult(s) irrespective of whether a lifeguard is on duty.

For safety reasons children must not be left unattended on board when their parents or other accompanying adults go ashore.



Service Animals

Norwegian Cruise Line accepts service dogs that are trained to perform a specific task. A service dog may be needed for many different conditions, which would be acceptable under the American with Disabilities Act (ADA) guidelines.

In accordance with the ADA, Norwegian Cruise Line does NOT accept “Emotional Support” dogs as service dogs, they CANNOT sail.

- Guests must provide copies of the dog’s current vaccination records that show all shots are up-to-date (including Rabies), as well as a USDA or International Health certificate
- Guests are responsible for checking with all ports of call for any special requirements they may have. Guests are responsible for bringing all food, medication and life jacket for the dog
- A relief box will be provided

All guests travelling with service animals must book at least two weeks in advance to allow enough time to check with each port of call and provide Norwegian Cruise Line with all required documentation.

*Please note, whilst we accept service dogs that are trained to perform a specific task onboard our ships, due to local restrictions and requirements, not all ports of call may allow you to go ashore.

*Please note, due to government requirements and restrictions, guests embarking or disembarking the ship in an Icelandic port are unable to fly into or out of Iceland with a service animal unless they fulfil certain quarantine conditions upon arrival to Iceland. If your itinerary includes a visit to an Icelandic port of call, not embarking or disembarking, you will be able to sail with your service animal but you will not be able to go ashore whilst in port.

For more information on document requirements, visit:

- U.S Department of Agriculture
- Hawaii Department of Agriculture
- UK Department of Environment, Food and Rural Affairs

To get more information or request accessibility assistance on your upcoming cruise, fill out the Accessibility & Medical Questionnaire or contact us using the phone number at the bottom of this page.