

KNOW BEFORE YOU GO

Cruise Your Way to a Fast Metabolism: An Alaskan Cruise Event with Haylie Pomroy

July 30 – August 6, 2022

Do I need a passport and/or visa?

This cruise makes 1 stop in a foreign port: Victoria, Canada.

FOR U.S. AND CANADIAN CITIZENS: It is necessary for all passengers to provide proof of citizenship and photo ID in one of the following forms:

- 1) A current passport that is valid for at least six months after your return date, or
- 2) An original or certified copy of your birth certificate and valid photo ID (driver's license).

FOR NON-U.S./NON-CANADIAN CITIZENS: You must have and carry a passport valid for six months beyond the duration of your travel. Please carefully verify the existing identification requirements for your particular travel situation.

For International passengers, please be sure you have the necessary Visas for travel to Canada if applicable.

One online resource to quickly find out about visa requirements is <http://www.visahq.com> or you may contact the individual embassy for more info.

How much time do I need to allow for embarking and disembarking?

For air arrivals and departures into Seattle, WA it is recommended guests allow adequate time for transfer between the airport and pier, customs inspections and airport security checks. On the day of departure (**July 30th**) flights should arrive Seattle (SEA) no later than **1:00 pm**. On the day the ship returns (**August 6th**) flights should depart after **11:30 am** from Seattle (SEA).

Can I purchase transfers from the airport to the ship?

If you are arriving in the Seattle Airport (SEA) on the day of sailing you may add transfers to the ship and from the ship back to the airport. The cost of these transfers will be \$58 per person round trip. Flight numbers and details are required for your reservations. Taxis run approximately \$66 from Seattle and are faster and less expensive if more than one is traveling.

When may I embark the ship?

The *ms Eurodam* departs from Pier 91 at 4:00 pm. Embarkation begins at approximately 11:30 am, and guests are required to be on board no later than 90 minutes prior to sailing time. **The Pier address is: 2001 W. Garfield St. Seattle, WA.** For those driving, parking is available at Republic Parking at approximately \$26 per day. <https://rpnw.com/> 206-783-4144, Ext 1113.

Air or Hotel Reservations

For those passengers who need airfare from the U.S., the Travel Edge Air Department can give you a free quote for the best fare and schedule. Contact Lynn at 714-540-7400 ext. 1226 or email her at lynn.horton@traveledge.com. Please include requested dates and times with all email requests. For those arriving early, downtown Seattle is located only about 15 minutes from the Port. There are many good discount internet sites available, such as www.hotels.com or www.kayak.com, both offering a variety of different-priced hotel options.

Dining

Our group will dine at Late Dining (8:00 PM) each evening in the Main Dining Room. This dining time fits our workshop schedule and also allows you to dine with other participants from our group. You can also choose a more casual alternative that is the Lido Restaurant where you can choose from the buffet or a made-to-order meal. Room service is also available and is complimentary.

Reservations-Only Specialty Restaurants

As a delicious alternative to the main dining room, you might consider the Pinnacle Grill, Canaletto's Italian Restaurant or The Tamarind – Asian Fusion. The Pinnacle Grill offers a level of elegant sophistication unmatched anywhere. The Canaletto Restaurant offers an authentic Italian experience, and the Tamarind Restaurant offers an unparalleled Asian culinary experience. There is a \$35 charge for the Pinnacle Grill, \$15 for Canaletto's, and \$25 for Tamarind per person. Reservations can be made onboard or online once you have completed check-in. If you would like to speak to someone regarding these dining reservations in advance, you can call Ship Services at 800-541-1576.

Can the Dining Room accommodate special diets?

Watching your salt, fat or sugar intake? Going Vegan? Advise us at the time of booking and we'll be happy to accommodate any special diets. Holland America offers vegetarian options at each meal and also has a separate Vegetarian and Vegan menu in the Dining Room. Special medical diets must be pre-ordered a minimum of 60 days prior to sailing. These require submission to Holland America directly. Please use this link to communicate your medical dietary request once your booking has been confirmed: book.hollandamerica.com/specialServices

May I bring my own liquor On-Board?

Only wine and champagne are allowed. A corkage fee will be charged for wine or champagne brought to the restaurants or bars for consumption.

Stateroom Details

All staterooms include: Double closets, full length mirrors, extra-deep chest of drawers, safe, hairdryer, and a remote-controlled Flat Screen TV. Staterooms are equipped with both North American standard 110 volt and European Standard 220 volt outlets.

What's included in the Cruise Price?

- All meals, including room service, except in the specialty "reservations-only" restaurants.
- Most entertainment & activities onboard.
- The full seminar program and special event for the group.
- **FREE ONBOARD CREDIT* INCLUDED WITH YOUR BOOKING** – applicable to the 1st and 2nd guests only
 - **\$50 Shipboard Credit per person – Interior Staterooms**
 - **\$75 Shipboard Credit per person – Ocean-View Staterooms**
 - **\$100 Shipboard Credit per person – Verandah Staterooms**
 - **\$150 Shipboard Credit per person – Signature Suites**
 - **\$200 Shipboard Credit per person – Neptune Suites**

* Onboard credit can be applied toward excursions, the spa, specialty restaurants, and more onboard the ship.

What's not included in the price?

- Air Transportation cost or transfers to the ship
- Shore excursions in the various ports
- Meals in the Specialty Reservations-Only Restaurants
- On board: sodas, alcoholic beverages and bottled water, telephone calls or internet access service, spa treatments, laundry or dry cleaning, photographs, casino gambling, and gratuities (Fee is per person/per day, \$16.00 for suites, \$14.50 for non-suites for the duration of the cruise). This will be charged to your onboard account at the end of the cruise by Holland America.

Cruise Attire

Casual wear will be appropriate for days onboard. For evening wear, count on two basic types of attire:

- Casual - dresses, or slacks & blouse for women; sport shirts & trousers for men
- Gala - cocktail dresses for women; suits & ties, or sportcoat and slacks for men

There are two Gala nights for this cruise. No self service laundry or ironing facilities are available. Full laundry services, including pressing, are available for a fee.

Are there any special activities for kids?

Absolutely! Holland America's Club HAL®, a special, fully supervised program for children 3 (must be potty trained) to 17, has lots of cool stuff for kids. For tweens 8 to 12 and teens 13 to 17 there's miniature golf, pool and pizza parties, video games, disco, movies and more. The chefs have designed a special menu that has their favorites including pizza, hamburgers, hot dogs, and fish 'n' chips.

When can I reserve my shore excursions?

Booking shore trips are usually available between 120-60 days before sailing. **Pre-booking excursions is highly recommended.** You can pre-book your excursions with your booking number up to 4 days prior to sailing at www.hollandamerica.com/ShoreExcursions or by calling Holland America at 888-425-9376. You may also make arrangements when you board your ship at the Excursions Desk.

Ship Contact Information

Your E-Documentation packet will contain detailed information including the phone number for your ship. The Explorations Café has workstations available and is open 24 hours a day. Wireless internet is available throughout the ship and guests may use their laptop computer or other wireless internet enabled device to purchase and connect to internet service onboard. Different priced plans are available and charges for internet access will be posted to your ship board account.

Weather

Expected temperatures can range from a low of 50° F (night) to a high of 65° F (day). Layered clothing is suggested, along with a folding umbrella in case of rain or mist. It is advisable to check the internet for up-to-date weather conditions prior to sailing. Bringing binoculars would also enhance viewing scenery.

For Questions please contact: 1503 S Coast Drive, Suite 203, Costa Mesa, CA 92626 - Tel: (949) 537-7200 | Ext. 201
Peter or Peter@lifejourneys.net