

KNOW BEFORE YOU GO

Alaska Well-Being Adventure Cruise

July 20 - 27, 2008

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

For air arrivals and departures into Seattle 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 20**) flights should arrive no later than **12:00 noon** and on the day the ship returns (**July 27**) flights should depart after **11:30 am**.

Can I purchase transfers from the airport to the ship?

If you are arriving in the Seattle airport on the day of sailing you may add transfers to the ship for \$21.00 per person each direction. These transfers are provided by Holland America and **must be added to your cruise booking by May 20**. Flight numbers and details are required for your reservations. Taxis run approximately \$27 and are faster and less expensive if more than one traveling. You are about 30 minutes away from the ship terminal. Most passengers in our groups take taxis.

When may I embark the ship?

The *m/s Westerdam* departs from **Pier 30** at 4:00 pm. **Pier address: 2451 E. Marginal Way S, Seattle, WA. Embarkation begins at approximately 11:30 am.** Guests are requested to be on board no later than one hour prior to sailing time. Lunch is served in the Lido Café until 2:45pm.

Hotel Recommendations

For those arriving early - downtown Seattle is located only about 15 minutes from the Port. Check websites like www.hotels.com or www.kayak.com for details.

Making dining room reservations?

You may request one of two dining options — Early (5:30 pm) or Late (7:45 pm) seating; and table sizes of 2, 4, 6, or 8 guests. Holland America will make every effort to honor your request. All dining requests must be made in advance of sailing through Worldview Travel, and will be noted on your confirmation letter. **Table companion seating preferences must be made by May 31st.** Upon check-in at the pier you will be given your table assignment. After the first night we will have open seating within our group tables, which will give you the flexibility to dine with a variety of people. For a buffet style restaurant you can try The Lido Buffet on the Lido Deck which is complimentary and attire is casual.

Reservation-Only Dining Room

As a delicious alternative to the main dining room, you might consider the Pinnacle Grill at the Odyssey Restaurant. This elegant specialty restaurant is by reservation only which can be made onboard. There is a \$30.00 per person charge for this wonderful experience. Call Ship Services at 800-541-1576 for advance reservations requests. Have your Booking Number available and reconfirm once onboard.

Can the Dining Room accommodate special diets?

Watching your salt, fat or sugar intake? Going Vegetarian? Advise us at the time of booking and we'll be happy to accommodate any special diets. Gluten-free or special medical diets must be pre-ordered a minimum of 60 days prior to sailing. Contact Worldview Travel for these special requests.

May I bring my own liquor On-Board?

Unlimited wine and champagne are allowed. \$15.00 corking fee in the Dining Room.

We're bringing the kids; any special activities for them?

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 teens 9 to 12 and teens 13 to 17 there's miniature golf, pool and pizza parties, video games, disco, movies and more. Our chefs have even designed a special menu that has all their favorites including pizza, hamburgers, hot dogs, and fish 'n' chips. Club HAL will be open during our Abraham-Hicks seminar times. <http://www.hollandamerica.com/cruise-vacation-onboard/Activities.action>

When can I reserve my shore excursions?

Fishing for salmon, panning for gold, walking on a glacier and flight-seeing are only a few of the many exciting shore excursions offered in every port. You can pre-request your excursions in advance either online at <http://www.hollandamerica.com/cruise-vacation-planning/BookShoreExcursions.action> or call the Shore Excursion desk at (888)-425-9376 before sailing, or make your arrangements when you board your ship – based upon availability. Please be prepared with your questions if calling. Pre-booking is highly recommended and is cut off 10 days prior to sailing.

Stateroom Amenities

All staterooms include: double closets, full length mirrors, extra-deep chest of drawers, safe, hairdryers, refrigerators, multi-channel music system, remote-controlled color TV and DVD players in suites and above. 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 alternate restaurant, the Pinnacle Grill at the *Odyssey Restaurant*
- Most entertainment & activities onboard

What's not included in the price?

- Air Transportation cost or transfers to the ship
- Shore excursions in the various ports
- 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 (\$70 per person for the entire cruise).

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
- Formal: cocktail dresses for women; suits & ties, or tuxedos for men

There are two formal nights, one cocktail party, and the rest casual.

No self service laundry and ironing facilities are available. Full laundry services are available for a fee.

Ship Contact Information?

Your final documentation packet will contain detailed information including the phone number for your ship and Email address. The Internet Café is available for sending and receiving emails. Wireless connections are available from a number of areas onboard for those who would like to use their own computers – but not in the staterooms. Charges of approximately 50 cents per minutes will apply for this service and will be posted to your ship board account. When using the Internet Cafe' you will be able to buy different minute packages onboard and is open 24 hours a day with ample computers available

Weather

Expected temperatures range from a low of 50° F (night) to a high of 80° 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.



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