

Freestyle Daily

Norwegian Epic Day 1

Tonight's Entertainment

Blue Man Group

Think vibrating techno music, light shows, comedy, lots of paint and outrageously talented Blue Men creating a wildly fun party atmosphere. You'll be amazed as you become part of the show. Video and photography is strictly prohibited and please be advised that beverages are not to be brought into the Theater. Book tickets through the Box Office. Late comers will not be accommodated, so please be on time. This show involves flashing images/lights.
Time: 7:00pm & 10:00pm, Epic Theater, Deck 6, Fwd – doors open 30 minutes before show

Legends Unplugged

The longest running tribute show in entertainment history, Legends in Concert joins the ship that is making cruise history. See the world's greatest celebrity impersonators live, as they pay homage to legendary stars. Space is limited for this performance.
Time: 9:30pm, Manhattan Room, Deck 6, Aft

Howl at the Moon

Be ready to live-out your inner rock star at The World's Greatest Rock N' Roll Dueling Piano Bar! Howl at the Moon has been rocking cities for years and they now bring their world famous entertainment to Norwegian Epic. From 70's rock to hip hop, you say it – we play it! Our entertainers will have you singing, dancing, and howling all night long! After 11:00pm, we recommend this venue for those individuals 18 and over.
Time: 9:00pm-1:00am, Headliners, Deck 6, Fwd

Comedy Magician Jeff Hobson

Jeff Hobson is one of the most in-demand comedy magicians working today. His refreshing and clever mix of comedy and magic has brought him back for repeat performances all over the world. No reservation needed, seats are on a first come, first serve basis. This show will be repeated later this cruise on Tuesday and Wednesday evening.
Time: 8:00pm & 10:00pm, Spiegel Tent, Deck 6, Fwd

Seize the Day

Spider Web: Find another one of the Epic's many surprises – the giant spider web! Climbing your way through two stories of insanity has never been this much fun. (Eight legs are not required.)
Time: 12:00pm-3:00pm & 4:30pm-6:00pm
Sports Court, Deck 17, Aft

Waterslides: Did you pack your swim suit? Then you shouldn't miss the excitement of Norwegian Epic's three waterslides in the expansive Aqua Park. The Epic Plunge awaits you!
Time: 11:30pm-3:00pm & 4:00pm-7:00pm
Aqua Park, Deck 15, Mid

Music Everywhere

Fat Cats Blues Bar, Deck 6, Aft
Slam Allen Blues Band - 9:00pm to 1:00am

Atrium, Deck 5, Mid
Wildfire: Musical Variety Duo -
7:00pm to 11:00pm

Sail Away Party: The best vibes and best views for sail away await you on the Pool Deck and in our innovative Spice H₂O Beach Club. Join our Celebrity Guest DJs and the Cruise Staff to dance and wave good-bye to Miami.
Time: 4:00pm
Poolside, Deck 15, Mid

Ice Skating: Yet another first onboard Norwegian Epic! Lace up your skates and see what it's like to skate when it's warm. Space is limited for unlimited fun! Please bring your socks.
Time: 8:00pm-11:00pm
Sports Court, Deck 17, Aft

Manhattan Room, Deck 6, Aft
Manhattan Band - 5:30pm to 7:30pm
& 8:00pm-9:00pm

Shakers Martini Bar, Deck 7, Mid
Piano Man Bernie Martini - 8:30pm to 12:30am

Saturday
August 14th, 2010
Miami, Florida

Today's Forecast:
Sunny, 92F/33C

Sunrise: 6:55am	Sunset: 7:56pm
Arrival: 8:00am	All Aboard: 3:30pm

Tip of the Day: Do you know what Fwd, Mid & Aft mean? Fwd is the bow which is the front of the ship, Mid is the middle and Aft is the stern which is the back.

Welcome Back Latitudes Members:

Welcome aboard our largest ship, Norwegian Epic. If your stateroom key does not indicate your Latitudes status or if you didn't receive your welcome aboard letter, please see your Cruise Consultants Jennifer and Juan Deck 5, Mid between 1:00pm-4:00pm & 6:00pm-9:00pm.

Your Cruise Consultants are here to give you a kick start in planning your next dream vacation by giving you \$100 free right now when you sign-up for Cruise Rewards.

See your Cruise Consultants and apply for the US Norwegian Cruise Line MasterCard and receive a bonus of 10,000 points.

The Daily Recommend

Shore Excursions

Beaches, sightseeing, adventure and more - discover the easiest and safest way to maximize your time ashore. Tours sell out, so book today!

Time: 1:00pm-9:00pm

Shore Excursion Desk, Deck 5, Mid

Mandara Spa

Chill out Lounge! Enjoy our Hydrotherapy Pool, Jacuzzi, Saunas, Steams, Heated Beds and open Veranda. Enjoy your unlimited "Chill out" facilities for \$199 per/Couple.

Time: 11:30am-10:00pm

Mandara Spa, Deck 14, Aft

Art Gallery

Guess the Price of the Picasso! We have an original hand signed Pablo Picasso onboard. The closest guess wins a fantastic piece of art. Each night we will display a new clue to help your guess. Pick up a welcome aboard package tonight.

Time: 6:00pm-10:00pm

Headliners, Deck 6, Fwd

Mandatory Life Boat Drill

This is a mandatory drill and all guest services will cease at 3:00pm. Please listen for announcements over the public address system. Life jackets are not required at the drill.

Time: 3:30pm

All Muster Stations

Cruise Consultant

\$100 to spend this cruise - one \$250 deposit for a new future cruise of 6 days or longer gives you \$100 absolutely free to spend on this cruise. You have 4 years to book, only available onboard. See Jenni and Juan today.

Time: 1:00pm-4:00pm & 6:00pm-9:00pm

Cruise Consultants, Deck 5, Mid

Photo Gallery

Click the finest Photo Gallery at sea, where you will be able to view, edit and order photographs 24/7 from the photo kiosks or check your pictures printed so far by looking at your designated stateroom folder conveniently organized for you.

Time: 5:00pm-11:00pm

Photo Gallery, Deck 5, Mid

Tradewinds Tax & Duty Free Shopping

Free Liquor Tasting and Raffle - Taste some of the fine liquor brands available for sale onboard. Pre-order tonight and you will be automatically entered into our "win your liquor purchase" raffle.

Time: 7:00pm-9:00pm

Promotional Kiosk, Deck 7, Mid

Port & Shopping

Did you know that Tax & Duty Free Shopping is one of the most popular activities on any cruise? This week we will be visiting the largest shopping ports in the Caribbean. Remember tomorrow's Port & Shopping Presentation is a must see.

Time: Tomorrow at 12:30pm

Manhattan Room, Deck 6, Aft

Epic Casino

Sign-up for your Casinos at Sea player's card for free and earn points while you play tables and slots. Hospitality desk opens at 1:00pm. Come and enjoy a free rum punch and free gaming lessons with our Casino launch party between 4:30pm-5:00pm.

Time: 5:00pm (approximately)-Close

Epic Casino, Deck 6, Mid/Aft

Internet

Embarkation Special today: receive up to 20 additional minutes free! Internet Time Packages: 250 minutes (plus 20 minutes free) - \$100 or 100 minutes (plus 10 minutes free) - \$55. Application fee applicable on first login.

Time: Always Open

Internet Café, Deck 5, Fwd

Pub Crawl

5 bars and only 25 dollars! It's the Welcome Aboard Pub Crawl...the best way to meet your freestyle friends and kick off your cruise with an unforgettable night!

Time: 9:00pm

Maltings Bar, Deck 7, Mid

Bowling

Norwegian Epic has the most bowling alleys at sea, so be sure to try bowling on the high seas. Get your friends and your family and bowl the night away. You won't want to miss it! Please bring your socks.

Time: 11:30am-3:00pm & 4:00pm-12:00am

O'Sheehan's, Deck 6, Mid

Bar Manager's Specials

Bucket of Beer: Buy 5 & get 1 free!

Daily Special: "Going Coco Nuts"
\$7.95 - served in a souvenir glass

Sailaway Special: "Bon Voyage"
\$7.95

Coffee of the Day: "Keoke Coffee"
\$6.75

Smoothie: "Tuttie Frutti"
\$8.95 - served in a souvenir glass

Non-Alcoholic: "Pink Lemonade"
\$4.50

The Day Ahead Your Choice

Norwegian Epic

Day 1

Saturday, August 14th, 2010

A Morning of Possibilities

All Day	Sudoku & Crosswords Available	Bowling Alley
All Day	Giant Chess Play	Promenade
All Day	Shuffleboard	Promenade
11:30am-3:00pm	Island Vibes with Flex	Poolside
11:30am-3:00pm	Waterslides are open	Aqua Park
11:30am-3:00pm	Kids Crew Open House	Recess
11:30am-3:00pm	Teen Registration	Entourage
11:30am-3:00pm	Sports Court Free Play	Sports Court
11:30am-3:00pm	Rock & Rappelling Wall	Rock Wall
11:30pm-3:00pm	Bowling *	O'Sheehan's
11:30am-3:00pm	Acupuncture Demonstrations	Pulse Fitness
11:30am-3:00pm	Botox Cosmetic Consultations	Pulse Fitness
11:30am-3:00pm	Fitness Class sign-up & viewing	Pulse Fitness

An Afternoon of Enjoyment

12:00pm-3:00pm	Giant Spider Web	Sports Court
12:00pm-3:00pm	Piano Melodies with Dmytri	Atrium
12:00pm-3:00pm	Guitar Man David Conley	Maltings
1:00pm	Guided Ship Tour	Bliss Lounge
1:00pm	Casino Hospitality Desk	Epic Casino
2:00pm	Guided Ship Tour	Bliss Lounge
3:30pm	Mandatory Life Boat Drill	All Areas
4:00pm	Friends of Bill W.	Le Bistro
4:00pm-6:30pm	Sail Away with Celebrity Guest DJ	Poolside
4:00pm-7:00pm	Waterslides are open	Aqua Park
4:00pm-7:00pm	Sports Court Free Play	Sports Court
4:00pm-7:00pm	Teen Registration	Entourage
4:00pm-7:00pm	Kid's Crew Registration	Recess
4:00pm-12:00am	Bowling *	O'Sheehan's

* Denotes a charge for these activities

An Afternoon of Enjoyment (cont'd)

4:30pm-6:00pm	Giant Spider Web	Sports Court
4:30pm-7:00pm	Rock & Rappelling Wall	Rock Wall
5:30pm-6:30pm	Solo Travelers Gathering	Living Room
5:30pm-7:30pm	Music with Manhattan Band	Manhattan
5:30pm-8:30pm	Piano Melodies with Ron Brown	Taste
5:30pm-8:30pm	Guitar Man David Conley	Maltings

A Night to Remember

6:00pm	\$500 Spa Raffle Drawing	Pulse Fitness
6:00pm-10:00pm	Guess the Price of the Picasso	Headliners
7:00pm	Blue Man Group	Epic Theater
7:00pm-11:00pm	Wildfire: Musical Variety Duo	Atrium
7:45pm	Evening Trivia	Fat Cats
8:00pm	Comedy Magician Jeff Hobson	Spiegel Tent
8:00pm	On the Screen: Beyonce's Concert	Spice H ₂ O
8:00pm-9:00pm	Music with Manhattan Band	Manhattan
8:00pm-11:00pm	Ice Skating	Sports Court
8:30pm-12:30am	Piano Man Bernie Martini	Shakers Bar
8:45pm	Battle of the Sexes Game Show	Bliss Lounge
9:00pm	Pub Crawl *	Maltings Bar
9:00pm-1:00am	Howl at the Moon	Headliners
9:00pm-1:00am	Slam Allen Blues Band	Fat Cats
9:15pm-11:15pm	Karaoke Madness	Bliss Lounge
9:30pm	Legends Unplugged	Manhattan
10:00pm	Blue Man Group	Epic Theater
10:00pm	Comedy Magician Jeff Hobson	Spiegel Tent
10:00pm	Welcome Party with Celebrity DJ	Spice H ₂ O
11:15pm	Toga Party with Celebrity Guest DJ	Bliss Lounge
11:15pm	Movie: Star Trek (PG13, 127mins.)	Atrium
11:30pm	Paradise Lotto Draw *	Epic Casino

← Tear here

← Fold here

Freestyle Dining

Freestyle Dining – it's how Freestyle Cruising began. With no fixed dining times or pre-assigned seating, you'll have more freedom throughout your entire cruise vacation. Included in your cruise fare are complimentary main dining rooms, plentiful buffets, a variety of casual cafés, grills and on-the-go choices. For a cover charge, we also offer a tempting selection of specialty restaurants with different cuisines and atmospheres. There is something for everyone and every occasion. What are you in the mood for?

The Best Way to Fill your Afternoon

Garden Café	Buffet (Deck 15, Fwd)	11:30am-3:00pm
Great Outdoors	Buffet (Deck 15, Fwd)	11:30am-5:00pm
Noodle Bar - A la carte	Chinese (Deck 6, Aft)	12:00pm-5:00pm
Spice H ₂ O	Snacks (Deck 15, Aft)	12:00pm-5:00pm
Taste	Contemporary (Deck 5, Aft)	12:00pm-2:30pm
Wasabi - A la carte		
Yakitori & Sushi	Japanese (Deck 7, Mid)	12:00pm-5:00pm

The Dinner you Won't Soon Forget

Cagney's (\$25)	Steakhouse (Deck 7, Aft)	5:30pm-10:00pm
Garden Café	Buffet (Deck 15, Fwd)	4:00pm-9:30pm
La Cucina (\$10)	Italian (Deck 14, Fwd)	5:30pm-10:00pm
Le Bistro (\$20)	French (Deck 5, Mid)	5:30pm-10:00pm
Manhattan Room	Supper Club (Deck 6, Aft)	5:30pm-9:30pm
Moderno (\$18)	Churrascaria (Deck 7, Aft)	5:30pm-10:00pm
Noodle Bar - A la carte	Chinese (Deck 6, Aft)	5:00pm-12:00am
Shanghai (\$15)	Asian (Deck 6, Aft)	5:30pm-10:00pm
Spice H ₂ O	Snacks (Deck 15, Aft)	6:00pm-Close
Taste	Contemporary (Deck 5, Aft)	5:30pm-10:00pm
Wasabi - A la carte		
Yakitori & Sushi	Japanese (Deck 7, Mid)	5:00pm-12:00am
Teppanyaki (\$25)	Teppanyaki (Deck 7, Aft)	5:00pm-10:00pm

Please note that these charges are per person.

For the Anytime Appetite

Atrium	Snacks (Deck 5, Mid)	11:30am-Close
Great Outdoors	Snacks (Deck 15, Fwd)	9:30pm-12:00am
O'Sheehan's	Irish Pub (Deck 6, Mid)	Always Open
Pizza 24/7 (\$5)	Delivery Service	Always Open
Room Service	Stateroom Delivery	Always Open

Restaurant & Ice Bar Reservations: Check out all the great restaurants onboard from buffet to Asian and Steakhouse. You can make reservations for all restaurants for your cruise. Visit one of our specialty restaurants tonight for a delicious dinner. The Restaurant Reservations Desk is open from 11:00am-3:00pm & 4:00pm-5:00pm in the Garden Café, Wasabi, Shanghai, O'Sheehan's, Taste & Bistro. Menus are displayed by the reservation desk.

Dress Code: Stay relaxed throughout the evening. Resort Casual is allowed in all our dining venues. Shorts are permitted in all outlets except The Manhattan room and Le Bistro after 5:00pm. Shoes and shirt must be worn, no tank tops, flip flops or baseball caps.

Restaurant Cancellations: To ensure each of our guests receive our best service, we can only hold your dinner reservation for 15 minutes. If you need to cancel, please do so before 5:00pm on the day of your reservation to avoid having the cover charge for up to two guests applied to your account.

Bar Services

Atrium Café, Deck 5, Mid	11:30am-Whenever
Bliss Ultra Lounge, Deck 7, Fwd	11:30am-Whenever
Cagney's Bar, Deck 7, Aft	5:30pm-Whenever
Cascades Bar, Deck 6, Aft	11:30am-Whenever
Garden Café Bar, Deck 15, Fwd	11:30am-9:00pm
Garden Café/Juice Bar, Deck 15, Fwd	11:30am-Whenever
Headliners, Deck 6, Fwd	6:00pm-Whenever
Maltings Beer & Whiskey Bar, Deck 7, Aft	11:30am-Whenever
O'Sheehan's Bar & Grill, Deck 6, Mid	11:30am-Whenever
Shakers Martini Bar, Deck 7, Mid	11:30am-Whenever
Spice H ₂ O Bar, Deck 16, Aft	11:30am-Whenever
SVEDKA Ice Bar, Deck 7, Mid	5:00pm-12:30am
The Studio Lounge, Deck 11, Fwd	4:00pm-11:00pm
Wasabi Sake Bar, Deck 7, Aft	5:00pm-Whenever
Waves Pool Bar, Deck 15, Fwd	11:30am-Whenever

Guest Services

Box Office (Headliners) Deck 6, Fwd	12:00pm-3:00pm
Box Office, Deck 6, Fwd	4:00pm-5:00pm
Click Photo Gallery, Deck 5, Fwd	5:00pm-11:00pm
Cruise Consultant Desk, Deck 5, Mid	1:00pm-4:00pm & 6:00pm-9:00pm
Entourage Teen Lounge, Deck 16, Aft	8:00pm-1:00am
Guest Service Desk, Deck 5, Mid	Always Open
I-Connect Internet Café, Deck 5, Fwd	Always Open
I-Connect Manager's Hours Deck 5, Fwd	1:00pm-3:30pm & 7:00pm-10:00pm
Jacuzzis, Deck 15, Mid **	8:00am-12:00am
Jacuzzis Spice H ₂ O, Deck 15, Aft **	8:00am-12:00am
Kid's Pool, Deck 15, Mid **	8:00am-7:00pm
Mandara Spa & Salon, Deck 14, Aft	8:00am-10:00pm
Onboard Credit Desk, Deck 5, Mid	12:00pm-8:00pm
Pool, Deck 15, Mid **	8:00am-10:00pm
Port & Shopping Desk, Deck 5, Mid	7:00pm-8:30pm
Pulse Fitness Center, Deck 14, Mid	12:00pm-11:00pm
Recess Kid's Club, Deck 14, Mid	8:00pm-10:30pm
Sandbar Spirits & Tobacco, Deck 7, Aft	5:00pm-11:00pm
Shore Excursion Desk, Deck 5, Mid	1:00pm-9:00pm
Spice H ₂ O Pool, Deck 15, Mid **	8:00am-10:00pm
The Barber Shop, Deck 7, Aft	11:30am-10:00pm
The Collection Art Gallery, Deck 5, Fwd	6:00pm-10:00pm
The Marketplace, Deck 15, Aft	Closed
Tradewinds Tax & Duty Free, Deck 7, Mid	5:00pm-11:00pm

Please note that all guest services will close at 3:00pm for the mandatory lifeboat drill which will commence at 3:30pm

Environmental Hotline: The environmental hotline shall be used only to report actual or potential environmental incidents, spills, and concerns. Please call 1-877-501-5976, the ship Guest Services Desk at 00, or e-mail to EnvironmentalHotline@ncl.com. All reports are confidential. Also please be advised that it is strictly prohibited to disembark the vessel with any food products.

Safety Equipment: Please don't remove or meddle with any safety equipment onboard (such as smoke detectors or fire extinguishers). Please follow all safety instructions from the crew. We strongly recommend no running on the open decks except the jogging track on Deck 7.

Customer Advisory: There is a risk involved when consuming animal products such as beef, eggs, fish, lamb, poultry or shellfish that is raw or undercooked. There is also a risk involved when consuming un-pasteurized juices. If you have a chronic illness, immune disorder and are unsure of the risk, please consult a physician.

Caribbean Scooter Advisory: We want you to have the safest and most enjoyable time and that's why we want you to think twice before you decide to rent a moped. Getting injured during your vacation would not be fun, and driving a moped can be dangerous. There are tons of other great ways to explore this beautiful island, just stop by the shore excursion desk to find the experience that's best for you.

All passengers are reminded to maintain a high level of vigilance and to take appropriate steps to increase their security and safety awareness when departing the vessel.

Spice H₂O & Bliss Lounge: Please be advised that Spice H₂O is an adult only venue at all times. Bliss Lounge becomes an adult only venue after 10:00pm.

**Weather Permitting