

FOR YOUR INFORMATION

BREAKFAST
5:30am Coffee & Danish *La Playa Grill, 9 Aft*
6:00am – 10:30am Breakfast on Deck *La Playa Grill, 9 Aft*
8:00am – 12:00pm Late Risers Breakfast *La Playa Grill, 9 Aft*
7:00am – 9:00am Open Seating *Empire, 2 Aft*

LUNCH
12:00pm – 3:30pm Lunch *La Playa Grill, 9 Aft*
11:00am – 6:00pm Grill *La Playa Grill, 9 Aft*
Taste of Nations Mediterranean *La Playa Grill, 9 Aft*

DINNER
Assigned Seating Guests *Empire, 2 & 3 Aft*
Early Dining: 6:00pm **Late Dining: 8:15pm**

Your Time Dining™ Guests
Empire Dining Room
Guests assigned to Your Time Dining are invited to dine when and with whom they choose each evening.
5:45pm – 9:30pm *Empire, 3 Aft*

Tonight's dining room attire is **Cruise Casual**
Please Note: Gym or basketball shorts, flip-flops, bathing suit attire, cut-off jeans and men's sleeveless shirts are not allowed in the dining rooms.

Maitre D' Wine Selection
White: Chardonnay, Beringer, Napa Valley.
Red: Santa Cristina, Italy.
Alaskan Fish Special - Sole Fillet

ALTERNATIVE DINING
We are pleased to offer alternative dining venues with varied selections.

La Playa Grill
6:00pm – 9:30pm *La Playa Grill, 9 Aft*

Deli
11:00am – 11:00pm *Deli, 9 Aft*

Sushi Bar
5:00pm – 8:15pm *Sushi, 2 Fwd*

Late Night Bistro
11:30pm – 1:00am *La Playa Grill, 9 Aft*

Open 24 Hours
Pizza Bar *La Playa Grill, 9 Aft*
Coffee, Tea & Ice Cream *La Playa Grill, 9 Aft*
Room Service *Dial 8000*

BEVERAGE SERVICE
You must be at least 21 years old to be served alcohol on board. Proper identification with birth date is required.

Today's Drink Special
"The Floatplane"

Morning Special
"Bloody Mary's, Mimosas & Screw Drivers" *Pool Bar, 9 Mid*

Hot Drink Special
"Hot Brandy Alexander" *Canopy Bar, 9 Mid / Fantail Bar, 9 Aft*

Carnival Classic Cocktail
"Margarita Miracle"

Fresh Fruit Mojitos - Flavoured by Your own imagination .
5:00pm – 8:30pm *Louis XIV Casino, 2 Mid*

Spirit Master Mixologist - Kate Folk
"Honeymooner"

Fountain Café
Latte, Cappuccino or Espresso. Treat yourself to a thick milkshake made-to-order or indulge with a fresh pastry.
7:00am - 10:00am & 3:00pm - 12am *Fountain Café, 2 Fwd*
6:30am - 4:30pm *Lido, 9 Mid*

United States Department of Public Health has determined that eating uncooked or partially cooked poultry, meat, eggs or seafood may present a health risk to the consumer, particularly those who may be more vulnerable.

MEDICAL CENTER *Deck A Fwd*
Phone: 4444
Medical Center Hours
8:00am – 8:00pm
Doctor's Hours:
8:00am – 11:00am & 3:00pm - 6:00pm

SMOKING AREAS
Smoking is permitted in the Casino, Casino Bar, Shanghai Piano Bar, Dancin' Dance Club, Champion's Sports Bar and the starboard (right) side of the open deck only. Cigar smoking is only permitted in the Champion's Sports Bar located on Deck 2, Fwd.

SAFETY ASHORE
Serious injuries and deaths have resulted from accidents involving the rental of mopeds or scooters. We strongly discourage their rental. If you do rent a car or similar vehicle it is important that you know that traffic laws and the consequences of being involved in a traffic accident vary by country. You should familiarize yourself with these laws before renting a car.

TOMORROW
Due to local laws in the area of Ketchikan, guests will be unable to book excursions once we have arrived in Ketchikan. Any guests considering booking tours would be advised to visit guests services or the shore excursions desk tonight (this will be Juneau night) to avoid disappointment.

ON AIR
Channel 16 - TV Channel Guide
Channel 17 - Cruise Director channel
Channel 33 - Daily movie - The Hurt Locker
Channel 34 - Daily movie - Twilight 2 - The New Moon
Channel 35 - Daily movie - Fantastic Mr Fox

Stay in touch with the fun.
Follow us on Facebook.com/carnival

OPEN TIMES

Fitness Center 6:00am - 8:00pm *Deck 9, Fwd*
Shore Excursions 7:00am - 9:00am *Deck 2, Mid*
4:00pm - 6:00pm *Deck 2, Mid*

Whirlpools 8:00am - 10:00pm *9, Mid/Fwd*
8:00am - 12:00am *Deck 9, Aft*

Swimming Pools 8:00am - 8:00pm *9, Fwd/Aft*
8:00am - 10:00pm *Deck 9, Mid*
8:00am - 8:00pm *Deck 9, Aft*

Spa Carnival® 8:00am - 10:00pm *Deck 9, Fwd*
Towel Hut 8:00am - 8:00pm *Deck 9, Mid*
Formalities 2:00pm - 7:00pm *Deck 3, Mid*
8:00pm - 10:30pm *Deck 3, Mid*

Airbrush Tattoo Artist 3:00pm - 6:00pm *Deck 9, Mid*
Full Casino Slots 3:30pm - Late *Deck 2 Mid*
The Fun Shops™ 3:30pm - 11:30pm *Deck 3, Mid*
Loyalty/Cruise Expert 3:30pm - 10:00pm *Deck 2, Fwd*

HELP US GREENIFY: Carnival Spirit is certified by ISO14001 for the Environmental Management System. Please help us to Save Energy, Conserve Water & Reduce/Recycle Waste for a Sustainable Environment. For all environmental concerns, please contact 1-305-406-5863 (international); 1-888-290-5105 (North America); or 4ENV(4368) from your ship phone. Environmental Compliance web site: **www.carnivalcompliance.com**.
"Carnival's goal is to be the industry leader in environmental excellence."

TOWEL HUT
Blue Beach Towels, Basketballs and Volleyballs are available from the Towel Hut located on Deck 9, Mid from 8:00am - 6:00pm. Your Sail & Sign® Card number will be taken as a deposit.

BEACH TOWELS
Please remember to return the Carnival Beach Towel or Bathrobe to your Stateroom Steward or your Sail & Sign® Card account will be billed. If you'd like to purchase one as a souvenir, your Stateroom Steward will be happy to deliver a new one. Just ask.

CELLULAR PHONE SERVICE
Stay connected out at sea using your cellular phone. International rates apply. Please remember that your cellular phone may show a different time then ships time. Please always stay on ships time.

PHONING HOME
Consult your stateroom directory for dialing instructions. Charges apply to all calls including 1-800 calling cards, credit cards and collect calls. \$6.99 per minute to USA, Canada, Puerto Rico and Caribbean Islands. \$9.99 per minute for international.

INTERNET ACCESS
Frequent Internet users, purchase your 2nd Internet Time Plan today and receive up to 30 additional minutes! Not valid in conjunction with any other promotion. Please see the Internet Café manager for details. The Internet Café is located on Deck 3, Fwd in the Chippendale's Library, WiFi available.

OPEN TIMES continued...

Photo Gallery 5:00pm - 11:00pm *Deck 3, Mid*
Art Gallery 5:00pm - 9:00pm *Deck 3, Aft*
Nouveau Steakhouse 5:30pm - 9:30pm *Deck 10, Mid*
Shopping Desk 7:00pm - 9:00pm *Deck 2, Fwd*
Internet Cafe 24hrs *Deck 3, Fwd*

FUTURE CARNIVAL VACATIONS

The Newest and biggest ship the Carnival Dream!!! Now sailing weekly from Port Canaveral, Orlando. Starting from \$546 per person and offering seven day Eastern & Western Caribbean voyages. New Cabin categories available. Check out the Early Saver rates and receive onboard credits. Visit the Future Carnival Vacations desk for more info.

3:30pm – 10:00pm *Loyalty Cruise Desk, 2 Fwd*

SATURDAY, SEPTEMBER 4, 2010

WELCOME TO JUNEAU, ALASKA

IMPORTANT: Arrival: 7:00am Back onboard: 2:30pm Carnival Spirit Sets Sail at 3:00pm
Please make sure that you have your Sail & Sign Card® & Photo ID with you at all time. The Gangway is located Midship. In case of emergency contact CRUISE LINE AGENCIES OF ALASKA: (907) 586-1282

Sunrise: 6:06am • **Sunset:** 7:47pm

The CARNIVAL SPIRIT® Team

CAPTAIN: Captain Roberto Volpi **CHIEF ENGINEER:** Aniello Esposito

HOTEL DIRECTOR: Ron Ness **CRUISE DIRECTOR:** Stuart Dunn

Safety Message: Be careful of your footing when walking on the sidewalks and streets.

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SATURDAY, SEPTEMBER 4, 2010

MORNING

7:00am	Approximate arrival into Juneau Wake Up Stretch..... <i>Aerobics Studio, 10 Fwd</i>
7:30am	Total Body Conditioning <i>Aerobics Studio, 10 Fwd</i>
8:00am	Spa Appointments..... <i>Dial 0700</i> Puzzle Pages <i>Fountain Cafe, 2 Fwd</i>
9:00am	Sports Equipment Available <i>Towel Station, 9 Mid</i>
10:00am	Nouveau Steak House Reservations <i>Dial 0770</i> Bridge Players Meet (Unsupervised) .. <i>Card Room, 2 Fwd</i> Euchre Players Meet (Unsupervised) . <i>Card Room, 2 Fwd</i>
11:00am	General Trivia <i>Fountain Cafe, 2 Fwd</i>
11:30pm	Bean Bag Toss (Unsupervised)..... <i>Lido Stage, 9 Mid</i>

AFTERNOON

12:00pm	Big Screen Movie - Brightstar... <i>Versailles Lounge, 1 Fwd</i>
2:00pm	The Hunt is On..... <i>Lido Stage, 9 Mid</i>
2:30pm	All guests back onboard
3:00pm	Carnival Spirit sets sail for Ketchikan. Burn Fat Fast seminar..... <i>Aerobics Studio, 10 Fwd</i> Sailaway Music <i>Fantail Bar, 9 Aft</i> Variety Music..... <i>Spirit Atrium, 2 Mid</i> Lido Games <i>Lido Stage, 9 Mid</i>
3:30pm	Gemstone & Ammolite seminar <i>Versailles Lounge, 1 Fwd</i>
4:15pm	Rubberball Bowling - Family..... <i>Spirit Atrium, 2 Mid</i>

EVENING

5:00pm	Fresh Fruits Flavoured Mojitos.... <i>Louis XIV Casino, 2 Mid</i> Secrets of Art Collecting..... <i>Art Gallery, 3 Aft</i> Casual Portraits <i>Deck 2 & 3</i> Trivia Rumble <i>Fountain Cafe, 2 Fwd</i> Live Music..... <i>Deco Lounge, 3 Aft</i> Variety music..... <i>Artist’s Lobby, 2 Aft</i>
5:30pm	60 Seconds or Less..... <i>Fountain Cafe, 2 Fwd</i>
7:00pm	Showtime (Late Seating) <i>Pharaoh’s Palace, 2 Fwd</i>
7:30pm	Country Music..... <i>Spirit Atrium, 2 Mid</i> Live Music..... <i>Deco Lounge, 3 Aft</i> Friends of Dorothy/GLBT <i>Deco Lounge, 3 Aft</i> Friends of Bill W. <i>Chapel, 3 Fwd</i>
8:00pm	PG Rated Comedy..... <i>Versailles Lounge, 1 Fwd</i> Variety Music..... <i>Louis XIV Casino, 2 Mid</i> Piano Party <i>Shanghai Piano Bar, 3 Fwd</i>
8:15pm	\$700 Jackpot Bingo..... <i>Pharaoh’s Palace, 2 Fwd</i>
8:30pm	Dance Music..... <i>Club Cool, 2 Fwd</i>
8:45pm	Showtime (Early Seating)..... <i>Pharaoh’s Palace, 2 Fwd</i>
9:00pm	PG Rated Comedy..... <i>Versailles Lounge, 1 Fwd</i> Karaoke <i>Artist’s Lobby, 2 Aft</i>
9:30pm	Casual Portraits <i>Deck 2 & 3</i>
10:00pm	“R” Rated Adult Comedy..... <i>Versailles Lounge, 1 Fwd</i> Name That Tune <i>Shanghai Piano Bar, 3 Fwd</i>
10:30pm	70’s Disco Dance Party..... <i>Club Cool, 2 Fwd</i>
11:00pm	“R” Rated Adult Comedy..... <i>Versailles Lounge, 1 Fwd</i>
24 Hours	Internet Cafe..... <i>Chippendale’s Library, 3 Fwd</i> + Fees apply

LOOKING AHEAD

Here are some things happening later this cruise that you will not want to miss.

TOMORROW

16 flavors of Martini. What is your favorite??

TOMORROW

A tribute to New Orleans. Mardi Gras bingo, Dixieland Jazz, beads and a trip to Bourbon street.

***EMERGENCY CONTACT INFORMATION**

In case of emergency contact CRUISE LINE AGENCIES OF ALASKA: (907) 586-1282

GET YOUR GROOVE ON

VARIETY MUSIC WITH TAKE TWO

3:00pm - 4:00pm, *Fantail Bar, 9 Aft*
5:00pm - 8:00pm *Louis XIV Casino, 2 Mid*

VARIETY MUSIC WITH BRUCE

5:00pm - 9:00pm *Deco Lounge, 3 Aft*

COUNTRY MUSIC WITH PAT

7:30pm - Late *Spirit Atrium, 2 Mid*

KARAOKE PARTY WITH JOY

9:00pm - Late *Artist’s Lobby, 2 Aft*

A VARIETY OF MUSIC WITH JOEL

8:00pm - 12:00am *Louis XIV Casino, 2 Mid*

SING ALONG PARTY WITH RAMIRO

8:00pm – Late *Shanghai Piano Bar, 3 Fwd*

DANCE MUSIC WITH HIGH RISE

8:30pm - Late *Club Cool, 2 Fwd*

70’S & 80’S MUSIC WITH DJ BERNARD

10:30pm - 12:00am 18yrs+ *Dancin’ Dance Club, 2 Aft*

DANCE SOUNDS WITH DJ BERNARD

12:00am - Late 18yrs+ *Dancin’ Dance Club, 2 Aft*

HIT THE JACKPOT

SLOTS-O-PRIZES

Sit down and insert card. It’s that easy.
Win a random chance to spin the Slots-O-Prizes wheel to win a prize when you play with your Sail & Sign card. Must be 18 or over to win.
5:00pm - 6:00pm *Louis XIV Casino, 2 Mid*

TAKE A CRUISE, WIN A CAR

Play our two-cent BMW slot machines and you could be driving off in a brand-new car. Seriously. +
Louis XIV Casino, 2 Mid

POKER PRO TEXAS HOLD’EM

Take a seat and challenge your fellow cruisers to some Poker Pro Texas Hold’Em. +
7:00pm~9:00pm and 11:00pm. *Louis XIV Casino, 2 Mid*

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!

MINIGOLF

2:30pm (ages 6 – 11) *Sports Deck, 11 Fwd*

Wii BOWLING TOURNAMENT

10:00pm (ages 12–14) *Circle C, 4 Fwd*

GENDER WARS CHALLENGE

4:00pm (ages 15–17) *Club O., 10 Fwd*

SINGIN’ WITH THE BIG BAND

Starring: David, Janae, Ling Ling & Brailey

& The Carnival Spirit Dancers
Music by Dave Fulton & The Spirit Showband

7:00pm Late Seating *Pharaoh’s Palace, 2 & 3 Fwd*

8:45pm Early Seating *Pharaoh’s Palace, 2 & 3 Fwd*
Due to copyright law and safety of the performers, videotaping and photography are strictly prohibited.

GET IN ON THE ACT

GOODBYE JUNEAU

Leave your worries on the mainland and join us for a sail away party as we say, “Adios, Juneau and “Hello, Fun.”

3:00pm

Fantail Bar, 9 Aft

FRESH FRUIT MOJITOS

Not your typical Mojito flavored by your own imagination.

5:00pm - 8:30pm

Louis XIV Casino, 2 Mid

PLAN ON IT

SHORE EXCURSIONS DESK OPENS

The ports of call we have chosen for this cruise are spectacular. Taking a safe and organized tour is something that is a must do event at each destination. Purchasing excursions can be done at the Desk and your stateroom television. For those guests that have pre-ordered tours, your tickets will be delivered to your stateroom this evening.

7:00am - 9:00am & 4:00pm - 6:00pm *Tours Desk, 2 Mid*

GOSMILE TOOTH WHITENING TREATMENT

How’s this for a bright idea? Give us a half hour and we’ll give you a dazzling new smile. Our clinically proven system can whiten your teeth up to six shades lighter in just minutes. It’s effective, efficient and painless. Contact the spa to book your appointment.

8:00am - 10:00pm Call #0700 *Spa Carnival, 9 Fwd*

NOUVEAU STEAKHOUSE

How’d we create the ultimate steak experience? We combined a delicious steakhouse menu with our unique Carnival style. USDA prime beef seasoned and charbroiled to fit your exact specifications, mouthwatering seafood entrées, gourmet appetizers and an extensive wine list. For reservations, call 0770. There will be a fee of \$30 per person.

5:30pm - 9:30pm*Deck, 10 Mid*

MASTERCARD WITH FUNPOINTS

Sign up today to receive 5,000 FunPoints® as well as a free gift for applying. With it, all your onboard purchases this cruise will earn you double FunPoints redeemable towards cruise discounts, onboard gifts or onboard credits. See your Loyalty & Cruise Expert today.

3:30pm – 10:00pm *Loyalty Cruise Desk, 2 Fwd*

THE PUNCHLINER COMEDY CLUB

We are now offering more comedy than ever before.

8:00pm - PG Rated (All Ages) **JeROME**

9:00pm - PG Rated (All Ages) **PAUL LYONS**

10:00pm - R Rated (18yrs +) **JeROME**

11:00pm - R Rated (18yrs +) **PAUL LYONS**

All shows performed in *Versailles Lounge, 1 Fwd*

Throughout the cruise the comedy shows will be repeated at times in which all guests can enjoy each performer.

SHOP TO IT

PHOTO TIME: CASUAL

Want a relaxed photo of you and your family? Bring the brood to one of our Casual Portrait backgrounds and get everyone smiling.

5:00pm - 6:00pm *Deck 2 & 3*

7:15pm - 8:30pm & 9:30pm - 10:30pm *Deck 2 & 3*

WORLD OF AMBER

Find Valerio 888 Amber right on board. It’s a gem of a deal you can’t afford to miss.

3:30pm - 11:30pm *Fun Shops, 3 Mid*

FORMALITIES

Wine packages, Tux Rental, Beer Coolers, Roses, Cakes, Candy & Champagne Packages.

2:00pm - 7:00pm

8:00pm - 10:30pm *Deck 3, Mid*

SHOPPING ASHORE

Become an Ammolite and Northern gemstone guru. You’ll learn the basics of buying jewelry and be able to spot the best deals around. Free gift for all attendants.

3:30pm *Club Cool, 2 Fwd*

1. GOODBYE JUNEAU, HELLO FUN

It’s photo time as we bid farewell to Juneau and get ready for a fantastic evening and an unbelievable day in Ketchikan tomorrow.

3:00pm

Fantail Bar, 9 Aft

2. NAME THAT TUNE

Hear some lyrics and name the tune. No, really – it’s that easy. And to think, all those days of signing in the shower will actually pay off.

10:00pm

Shanghai Piano Bar, 3 Fwd

3. GOLD DAY

There’s no such thing as having too much gold. So pick up an inch of a gold-plated chain starting at one low price per inch.

3:30pm - 11:30pm

Fun Shops, 3 Mid

4. FRESH FRUIT MOJITOS

Not your typical Mojito flavored by your own imagination.

5:00pm - 8:30pm.

Louis XIV Casino, 2 Mid

5. KARAOKE PARTY WITH JOY

The stage is yours to be the next Carnival singing sensation.

9:00pm - Late

Artist’s Lobby, 2 Aft

6. BOOM. BANG. BINGO.

Who likes extra money? Anyone? Anyone? We have \$700 that we gotta give away. You might as well be the one who gets it. Come sign up for Bingo before 8:30pm – and you could be the winner.

8:15pm

Pharaoh’s Palace, 2 Fwd

7. NEW LOOK, NEW YOU

Want a new look? Then spend some time with our hair and makeup experts. You’ll leave looking amazing.

8:00am - 10:00pm

Spa Carnival, 9 Fwd

8. TAKE A CRUISE, WIN A CAR

Play our two-cent BMW slot machines and you could be driving off in a brand-new car. Seriously. +
Louis XIV Casino, 2 Mid

9. 70’S DISCO HOUR WITH “GLITTERBALL”

Dance to your favorite 70’s hits.

9:30pm - 10:30pm

Club Cool, 2 Fwd

10. SECRETS OF ART COLLECTING

The art team let’s you in on the secrets of collecting art. You will be introduced to artists, styles, techniques and of course a complimentary work of art.

5:00pm

Art Gallery, 3 Aft