



April 4, 2022

Unique wilderness and wellbeing pursuits as Iona sets sail for the fjords

P&O Cruises newest ship, Iona will set sail for its much-anticipated maiden season in the fjords on April 9, 2022 with guests able to join exclusive experiences designed to explore Norway's unique landscape.

P&O Cruises president Paul Ludlow said:

"After a very successful inaugural season of UK coastal cruises and the winter in the Canaries and Europe, we are delighted to see Iona embark on her first season in the fjords. These holidays offer adrenaline experiences combined with the tranquility of the natural environment. Norway is a destination best experienced by sea and with new, memorable experiences both on board and on shore, guests can embrace an exciting wilderness and wellbeing adventure or simply sit back and enjoy the panoramas."

With Iona sailing weekly departures from home port Southampton, ex-SAS personnel and expert survival guides will take guests on a thrilling RIB ride from Hellesylt to Ljøkaia, marvelling at dramatic vistas along the way. They will then kayak along the glassy waters of Geirangerfjord, followed by a wilderness BBQ lunch.

Yoga in the Blue Mountain Hall in Olden is a different kind of adventure, for complete beginners to seasoned yogis. Guests will practice gentle exercises and breathing techniques in this unique structure part-formed by a huge boulder that fell from the mountains in an avalanche 6,000 years ago.

Back on board, guests can experience fresh Norwegian flavours in Epicurean restaurant. Exclusive to Iona, the six-course fine dining taster menu has been designed by award-winning restaurateur and P&O Cruises Local Food Hero, Kjartan Skjelde.

Iona is one of the world's most environmentally-friendly ships, fully powered by liquefied natural gas (LNG). The ship has more than 30 places to eat and drink and has Gary Barlow as music director of The 710 Club, Iona's intimate music bar showcasing new talent and eclectic live performances.

Example itineraries include:

Iona – Norwegian fjords, seven nights, £749

Seven-night cruise on Iona (G229) from £749 per person. Departing August 27, 2022 in the school holidays, the price includes full board meals and entertainment on board. Departing from and returning to Southampton, ports of call are Stavanger, Olden, Hellesylt, Geiranger, Geirangerfjord and Haugesund.

Iona – Norwegian fjords, seven nights, £649

Seven-night cruise on Iona (G230) from £649 per person. Departing September 3, 2022, the price includes full board meals and entertainment on board. Departing from and returning to

Southampton, ports of call are Stavanger, Olden, Hellesylt, Geiranger, Geirangerfjord and Haugesund.

Cruise holidays to the Norwegian fjords on Iona take place between April and September each year. Find out more [here](#).

Example shore experiences:
(prices start from £40 per person)

Kayak through the Norwegian Fjords

On the Nordfjord kayaking shore experience in Olden, guests can learn the ropes before heading into the spectacular Nordfjord with their kayak. Guests will paddle past waterfalls, glaciers and mountains as the well-informed guide shares their knowledge of the region.

Hike Sugarlump Mountain

Guests can head for the hills on the Hiking Sugarlump Mountain shore experience in Ålesund. From the base of Sugarlump Mountain, guests will continue on foot, following a narrow nature trail. The hike itself starts at 164 feet above sea level and continues to the summit at an elevation of 1,000 feet.

Bike in Geiranger

Guests can take a bike ride starting from Lake Djupvatnet in Geiranger. It's downhill all the way with opportunities to stop off at several viewpoints during the journey to capture pictures of the fjord below.

Join an SAS adventure

Created exclusively for P&O Cruises by ex-SAS personnel and led by expert survival guides, guests can begin by taking a thrilling RIB from Hellesylt to Ljøkaia. The experience will include kayaking along the glassy waters of Geirangerfjord before stopping for a wilderness BBQ lunch. A five-hour hike up Blåhornet mountain is the last stop before guests make their way back to Geiranger.

Ends

About P&O Cruises

P&O Cruises is Britain's favourite cruise line, welcoming guests to experience holidays with a blend of discovery, choice, relaxation and exceptional service catered towards British tastes. P&O Cruises fleet of premium ships combine genuine service, a sense of occasion and attention to detail.

In 2021 P&O Cruises launched Iona, its first Excel class ship. The LNG-powered ship, with 5,200-guest capacity, is the largest ship built to serve the UK market. Iona features enhancements to already successful brand signature venues from the existing fleet, as well as features newly developed for Iona. These include a three deck atrium in the heart of the ship as well as SkyDome – a glass dome exclusively designed by Martin Francis. This is a world first at sea and offers a unique space for both relaxing in all weathers and providing entertainment, featuring aerial performers and a wealth of live acts.

P&O Cruises second LNG-powered Excel class ship and sister ship to Iona is named Arvia, meaning from the seashore, and will join the fleet in December 2022. Arvia is an innovative and future-focused ship and will offer outstanding, varied and contemporary holidays. Arvia has been designed to travel to the sun all year-round and to maximise views of the ocean and the seashore from everywhere on board.

With over 200 destinations worldwide, P&O Cruises Itineraries are carefully curated to inspire discovery, and are varied to suit newcomers and experienced guests alike. With a wide choice of holidays from two days to three months there is something for everyone. P&O Cruises sails to

Australia & New Zealand, Baltic, the British Isles, Canada, the Spain, Portugal & the Canary Islands, the Caribbean, Central America, the Far East & Asia, the Indian Ocean, the Mediterranean, Scandinavia, South America, the South Pacific, the United States and Western Europe.

The company is part of Carnival Corporation & PLC (NYSE/LSE: CCL; NYSE:CUK).

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