



November 8, 2022

Get more holiday for your money – P&O Cruises reveals how to save thousands on the added extras

P&O Cruises has today announced how a cruise holiday could save guests more than £1,600 on the cost of day-to-day holiday spending as supported by consumer expert, Alice Beer.

Based on typical holiday ‘extras’ including meals, travel and entertainment such as a headline show, cinema tickets or entrance to outdoor activities, the costs could amount to more than £1,000 based on two adults. For a family of four that figure rises to an eye-watering £1,600.

Compare this with a typical P&O Cruises holiday where everything from accommodation, travel to numerous must-see destinations, full board meals, afternoon tea, world-class entertainment and children’s clubs are all included in the price. For example, a seven-night fly/cruise to the Canary Islands costs £499 per person. The cruise includes return flights to Tenerife and stops at ports of call such as Madeira, Gran Canaria and Arrecife de Lanzarote.

Shore experiences and drinks packages can be purchased on board in sterling to avoid currency-exchange fluctuations. Guests can also spread the cost of their holiday with monthly payments, at no extra cost, when booking directly with P&O Cruises.

Alice Beer, who is This Morning’s Consumer Editor said: “When planning next year’s holiday, it’s more important than ever to do the maths. Often a seemingly bargain trip can end up costing much more than expected when you take into account food, activities and entertainment. A cruise, where nearly everything is included, offers incredible value for money and also gives you a unique opportunity to visit multiple destinations in just one holiday.”

P&O Cruises president Paul Ludlow said, “With many of us paring back on luxuries and looking to get more holiday for our money, there has never been a better time to try a cruise holiday. So much is included on a P&O Cruises holiday which means that guests can still enjoy all the additional extras that make a holiday memorable without having to worry about the costs mounting up.

“Many of our holidays start from Southampton avoiding expensive airport parking and costs which could save hundreds of pounds on the cost of a typical family holiday.”

Included in the cost of a P&O Cruises holiday:

- **Travel** - Fly-cruise holidays include flights from/to UK airports where P&O Cruises representatives will be on hand to help guests through the terminal. Coach transfers between the airport and the ship are included in the cost of the holiday. Where a shuttle bus is needed to exit the port, that is included in the holiday price.
- **Food** - Breakfast, lunch, dinner and daily afternoon tea is all included in the cost of a P&O Cruises holiday. Every holiday also includes a five-course Celebration Night Dinner designed by Food Hero Marco Pierre White.
- **Accommodation** – Comfortable, contemporary cabins are included, such as the new conservatory mini suites on Iona and Arvia which include an additional lounging area with floor-to-ceiling glass (and an external door) between the main cabin area and balcony so that guests can sit back and relax inside or out in comfort with incredible sea views.
- **Children's clubs** - Run by a team of passionate and dedicated professionals, complimentary children's clubs are available across the fleet and offer a perfect environment for younger travellers to enjoy every activity from soft play, imaginative spaces and high-energy activities plus gaming, DJ equipment and arts and crafts. Night nurseries are also available at no extra charge.
- **Entertainment**
 - World class entertainment is available across the fleet. P&O Cruises new ship Arvia brings exclusive new stage show, Greatest Days – The Official Take That Musical to life by an amazing cast from the Headliners Theatre Company.
 - Ocean Studios - a multiplex cinema offering the latest blockbuster releases and family favourites in a plush setting.
 - The 710 Club on Iona and Arvia - a sophisticated bar crafted to Music Director Gary Barlow's creative vision. Atmospheric and low-lit, The 710 Club offers live music and stylish cocktails.
 - International entertainment company, Creativiva offers fantastic shows in the SkyDome and Grand Atrium on Arvia and Iona. From acrobatics, aerial acts, physical theatre, dance, music, flamboyant costumes and impressive sets, the Grand Atrium and SkyDome provide a spectacular backdrop to these stunning shows.
 - P&O Cruises has partnered with Aardman to offer children a range of Wallace & Gromit and Shaun the Sheep themed activities on board - including a themed dance class, craft workshop or Wallace & Gromit's brand-new show, All Hands on Deck!
 - The Club House - hosts guest speakers and live music and offers family entertainment and game shows. Night owls can party on with DJ nights, comedians and great music from resident band, Pulse.

- Quizzes, talks, demonstrations, and classes by all fields of experts run throughout the day from family game shows, dance classes or cookery demonstrations.
- **On board activities**
 - Swimming pools – each ship has a range of pools including luxury whirlpool spas, splash zones, infinity pools, swim up bars and pools covered by retractable roofs.
 - The new Altitude activity zone on Arvia will feature activities for guests of all ages, from minigolf, an aqua zone at Splash Valley and P&O Cruises first ever high-ropes experience.
 - Altitude Minigolf on Arvia will be the new, tropical island-themed minigolf open all day and illuminated at night.
 - Saunas and steam rooms – on some ships, the sauna and steam rooms are included in the cost of the holiday.
 - Gym – state of the art gyms are included with technogym machines, bikes, treadmills, cross trainers, steppers, as well as weights and a number of free fitness classes.
 - On the sports deck guests can choose from football, basketball, archery, short tennis, table tennis and golf nets.

| Typical holiday extras | P&O Cruises holiday | Two adults | Family of four | |
|--|---|------------|---|---------------|
| Travel to your destination (by sea, by air, transfers, shuttle bus) | Included in the cost of your holiday | £75 | £100 | |
| Lunch | | £30 | £60 | |
| Swimming | | £8 | £15 | |
| Gym | | £16 | Adults only on P&O Cruises holidays | |
| Cinema | | £25 | £40 | |
| Afternoon Tea | | £50 | £100 | |
| Silent disco | | £60 | £120 | |
| Dinner | | £160 | £300 | |
| West End Show | | £212 | £420 | |
| Live bands, aerial acts, performers, children's shows, club | | £40 | £80 | |
| Cookery demonstration | | £290 | £290 (Based on two adults attending) | |
| Minigolf | | £20 | £30 | |
| High ropes | | £40 | £80 | |
| TOTAL | | | £1,026 | £1,635 |
| TOTAL PER PERSON | | | £513 | £408 |

P&O Cruises holiday based on a 7-night fly cruise on Azura (A230) for an inside cabin. Departing Tenerife on December 16, 2022, ports of call are Tenerife, Madeira, Gran Canaria and Arrecife De Lanzarote. More [here](#).

Ends

For images visit [here](#). For more information or to book call P&O Cruises on 0344 338 8003, visit www.pocruises.com or contact a travel agent.

NOTES TO EDITORS

Calculations – prices correct as of 21.10.2022

| Activity | Detail |
|---|--|
| Travel to your destination (by sea, by air, transfers, shuttle bus) | Based on a train journey from Southampton (home) to London (destination) on November 12, 2022. Prices correct as of 13.10.2022. Source: trainline. Two adults £74.80. A family of four £112.20 |
| Lunch | Byron Burger. Two adults £30.30 (2 x soft drinks £6.50 + 2 x classic burgers £15.90 + 2 x fries £7.90). Based on a family of four £60.60 |
| Swimming | Council leisure centre swimming pool. Adult £4.10 / Child £3.50 |
| Gym | PureGym day pass £7.99 |
| Cinema | London Odeon Cinema. Adult £12.50 / Child £9 |
| Afternoon Tea | Afternoon Tea at Mr White's at £25pp |
| Silent disco | Average ticket price of £30pp |
| Dinner | Marco Pierre White steakhouse. 3-course meal with red wine and soft drinks. Two adults £157.85. A family of four £298.75 |
| West End Show | Mamma Mia at the Novello Theatre, London £106pp |
| Live bands, aerial acts & children's shows | Room on the Broom at Manchester Lowry £21pp |
| Cookery demonstration | Cookery demonstration £145pp |
| Minigolf | Minigolf. Adult £9.50. Family of four £30 |
| High ropes | GoApe high ropes course £20pp |

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. The fleet of seven ships each have their own appeal from family friendly or exclusively for adults.

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.

Iona joined the P&O Cruises fleet in May 2021 as the next generation of ship. Iona, the first British cruise ship to be powered by liquefied natural gas, sets a new standard for cruise travel featuring enhancements to already successful brand signature venues from across P&O Cruises existing fleet, as well as many new "firsts" such as the first gin distillery at sea and The 710 Club, with music director Gary Barlow.

Sister ship to Iona, Arvia will join the P&O Cruises fleet in December 2022 as its second LNG-powered, Excel-class ship offering a Caribbean maiden season of fly-cruise holidays from homeport Barbados.

Arvia, meaning "from the seashore," is an innovative and future-focused ship and the latest evolution in the P&O Cruises experience, embodying the newest trends in travel, dining and entertainment to offer varied and contemporary holidays. The ship boasts a unique SkyDome with a retractable glass roof and 16 guest decks, and will feature the first Altitude Skywalk high ropes experience, the tropical-themed Altitude Minigolf, the Altitude Splash Valley aquazone, an outdoor Sports Arena, swim-up bar and infinity pool. It will also offer guests several new dining options such as Green & Co feat. Mizuhana, Ocean Studios cinema, extensive shopping, and the Oasis Spa and Health Club.

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

For further press information please contact:

Michele Andjel, michele.andjel@carnivalukgroup.com 07730 732 072
Jenny Michalczuk, jenny.michalczuk@pocruises.com 07881 315 402
Jenny Hadley, jenny.hadley@pocruises.com 07825 120 088