

Food & Drink Showcase

Thursday - Belize

Breakfast

6:00am Continental Breakfast	Rosie's Restaurant
7:00am-10:30am Breakfast on Deck	Rosie's Restaurant
8:00am-12:00pm Breakfast for late risers!	Rosie's Restaurant, fwd
7:30am-9:30am Open Seating	Washington Dining Room
Lunch-12:00pm-3:30pm	
Taste of the Nations Today's Feature: Caribbean	Rosie's Restaurant
Lido lunch & salad bar	Fish & Chips Deck 10
Seafood Fare	The Oriental
Asian Corner	

For your pleasure & convenience
12:00pm - 6:00pm The Grill Rosie's Restaurant
11:00am - 11:00pm The Deli

Dinner

"Elegant Casual" is the recommended attire for this evenings meal. Please, no shorts to be worn. All three restaurants are smoke free environments.

Main Seating

5:45pm Washington Dining Room	Lobby Deck 3, aft
6:15pm Lincoln Dining Room	Lobby Deck 3, fwd

Late Seating

8:00pm Washington Dining Room	Lobby Deck 3, aft
8:30pm Lincoln Dining Room	Lobby Deck 3, fwd

Seaview Bistro

6:00pm - 9:30pm	Rosie's Restaurant
Late Night Bistro - Mexican!	
11:30pm - 1:30am	Rosie's Restaurant

Togo Sushi Bar

5:00pm - 8:30pm Promenade Deck, midship

Available 24 hours

Pizzeria	Deck 9, aft
Coffee/Tea/Ice Cream	Rosie's Restaurant

SCARLETT'S SUPPER CLUB, DECK 10, MIDSHIP

Come to the top of the ship for an intimate atmosphere and extensive menu and one of the best wine lists afloat. Modeled after New York's upscale steakhouses. Music and dancing nightly in a romantic candlelight setting. Call 1078 for your reservation, seating is limited. Formal Attire Required.

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

BEVERAGE SERVICE

Sip on your favorite drink as you explore the CARNIVAL VALOR. You must be at least 21 years old to be served alcohol on board. Proper identification with birthdate is required.

TODAY'S DRINK SPECIAL

"Island Delight"

Only \$3.50 regular glass or \$6.75 with Souvenir Glass!

MARTINI OF THE DAY!

SEABREEZE \$3.50 JEANNE'S WINE BAR 5PM-8:15PM

Carnival Colors Deck Party Special

RED, WHITE & BLUE MARGARITAS!

\$3.50 Drink Specials

10:30pm - 1:30am Lido Deck, Midship

Winston's Fine Cigar Bar

Relax and light up one of our many fine cigars, including: Macanudos, Paragas, Cuban-seeds and others. For the perfect night, pair it with a delicious drink from the bar.

Located on Atlantic Deck, Aft.

Carnival Valor is Non-smoking

except for... Casino, Casino Bar, Paris Hot, Lindy Hop, One Small Step Dance Club, Jeanne's Wine Bar, Sports bar Winston's Cigar Bar, Open decks on Starboard side only. Please remember that our Jogging Tracks are non-smoking. Cigar smoking is not permitted anywhere except in the Winston's Cigar Bar or Outer Deck.



Sail & Sign Card

Please keep your room key with you at all times. It is used to purchase shore excursions, drinks, photos, casino coins & chips, laundry service, tuxedo rentals, infirmary services and gift shop items. It can also be used to purchase goods and services at art auctions, formalities, Internet cafe, & Spa Carnival. Additionally, your Sail & Sign card is your "boarding pass" to exit and reboard the ship while in port. Again, please keep it with you at all times.

Purser's Information Desk

Feel free to visit us throughout your cruise for general information, questions, changes or to report lost and found items. Open 24 hrs Lobby, Deck 3 Fwd

Wake Up Calls

Want some help waking up? You can set a wake up call from your stateroom phone by dialing 37 and the military version of the time you would like to receive the call, for example, if you would like an 800am call, simply dial 37 then 0800. Or, for 800pm, dial 37 then 2000. To remove unwanted wake up calls, dial * then 37.

Infirmary Hours

In case of emergency - please dial #911. Over-the-counter items such as Tylenol and Band-Aids are available at the Purser's desk and from Room Service. Services are charged to your Sail & Sign card.

Infirmary Open 8:00am - 8:00pm Deck 0, fwd

Doctor's Hours 8:00am-11am & 3pm-6pm Deck 0, fwd

Energy Consumption

Please turn your lights off when leaving your staterooms.

Going ashore this morning...Tender Tickets and Tour Departures

1) If you are on a TOUR, you DO NOT need a tender ticket. Meet at the Ivanhoe Theatre, DECK 3 level, Starboard Side, 15 minutes prior to the printed time on your Shore Excursions ticket.

2) If you are NOT on a Tour and would like to go ashore before noon, then you must obtain a Tender Ticket. Starting at 8:30am, you may obtain a Tender Ticket by coming to the EAGLES LOUNGE Deck 5 Aft. ONLY COME to the EAGLES LOUNGE when you are READY to depart the ship. You will be given a numbered sticker to wear on your shirt. Upon entering the theatre, you will be seated and will later depart the ship in the numbered order of your tender ticket. DO NOT LEAVE THE LOUNGE unless your number is called or you may miss your tender and lose your place in order. Please DO NOT go directly to the gangway. The wait time from when you get your ticket to when you actually depart the ship could be up to 1 hour. Thank you. Remember your Sail & Sign card + photo ID to re-board.

Guests using a Wheelchair please gather on Deck 1, fwd and a staff member will assist you.

PLEASE BE PATIENT!

Disembarking with tenders always takes time. Please be patient. If you are not on a tour, or if you are not in a hurry to get ashore it is recommended that you wait until later in the morning before trying to go ashore.

Tour Departures

If you already have your tour tickets, double check the departure times and meeting places and be 15 minutes early for all tours as tours depart promptly as scheduled.

Carnival Cruise Lines Environmental Compliance Hotline For all concerns related to Carnival please contact 1-305-406-5863 (International); 1-888-290-5105 (North America); or 4ENV (From your ship phone) / Environmental Compliance web site www.carnival.com/compliance Carnival Cruise Lines is proud to be at the forefront of Safety and Environmental Protection. You will never see any crew member throw anything overboard, and to help to continue to protect YOUR oceans and seas, we ask guests to also refrain from doing so. You must never throw a lit cigarette overboard, or flick hot ash overboard as this could blow back into the ship and start a fire.

Carnival

Phoning Home

We're now featuring even lower satellite calling rates. Calls to the U.S., Canada and the Caribbean are only \$6.99 per minute! International calls are only \$9.99 per minute. Call anywhere in the world directly from your stateroom. Consult your stateroom directory for dialing instructions.

Swimming Pools/Whirlpools

"No Lifeguard on duty, Swim at your own risk"
8:00am-8:00pm Main Pool/Whirlpools/Spa Carnival
8:00am - 10:00pm Aft Pool
8:00am-12:00am (Adults Only) Whirlpool Lido Deck Aft
Waterslide 12:00pm - 5:00pm Sports Deck, fwd

Lido Deck Etiquette

Please, out of consideration for your fellow guests, follow our no seat saving policy. Thank you!

Beach Towels

Fresh beach towels will be placed in your stateroom the night before each port of call. Please use these towels while ashore and on the ship's open decks. Please return the towels to your Stateroom Steward when you are finished with them. A charge of \$22 will be billed to your Sail & Sign account for each towel not returned.

Basketball & Volleyball Courts open until 6pm

Please note Basketball & Volleyball courts may be used only up until 6:00pm. Basketballs and Volleyballs will be obtained from the Pool Bar, Lido Deck main pool, with your Sail & Sign Card as collateral. They must be returned by 6pm that same day or there will be a charge of \$25. Thank you for your consideration to your fellow guests.