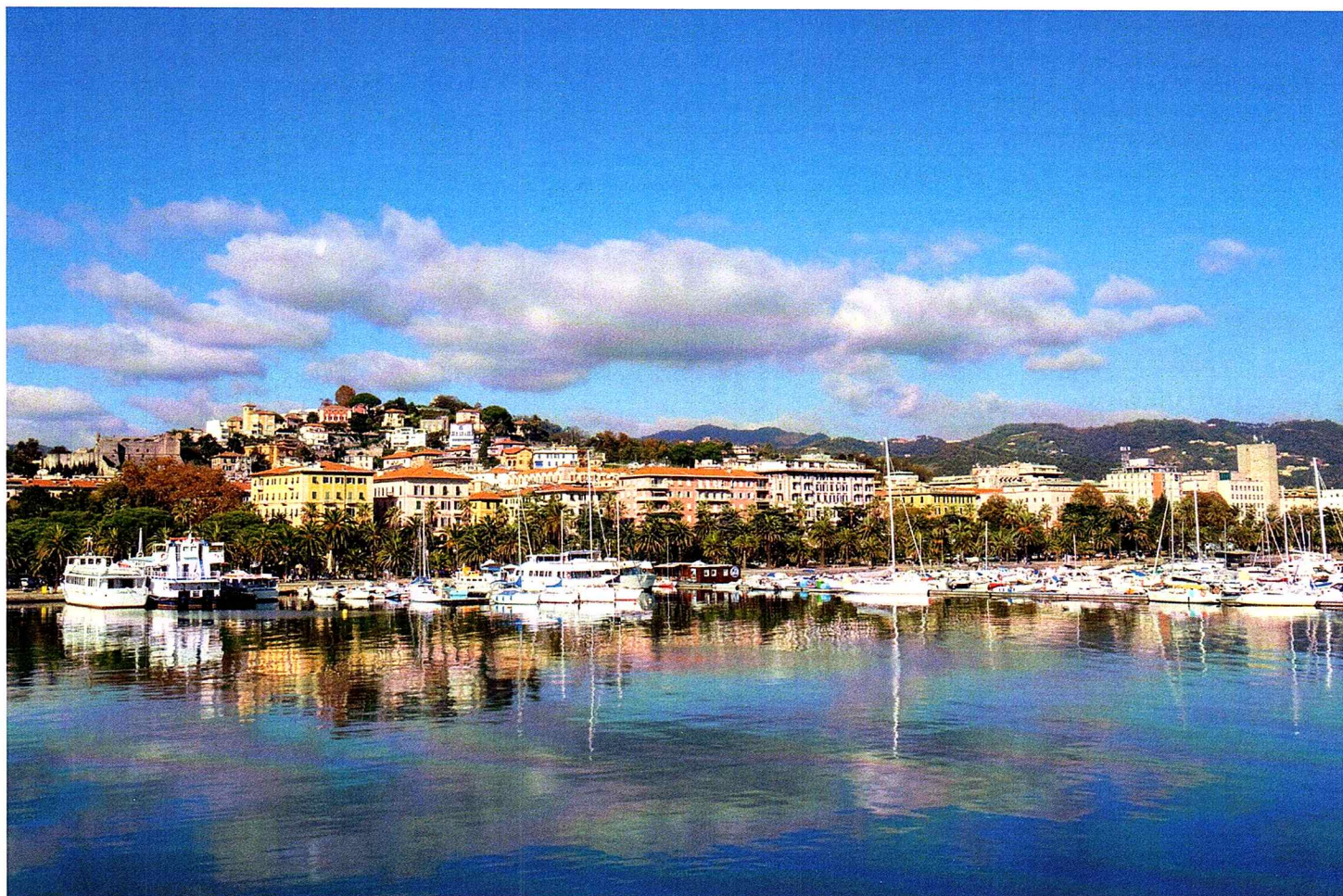


# VIKING DAILY

Sunday, October 12, 2025

**Weather:** Sunny. 72° F / 22° C

**Sunrise:** 7:32 AM | **Sunset:** 6:41 PM



## LA SPEZIA, ITALY

Best known as a gateway to the Cinque Terre, five fishing villages that were awarded UNESCO World Heritage status in 1997, La Spezia boasts a rich maritime history. This thriving port town is home to the oldest naval museum in the world, featuring a varied collection of flags, medals and assault vehicles. La Spezia's scenic beauty is best enjoyed on a stroll along Passeggiata Morin, followed by a sampling of local seafood delicacies made with fresh ingredients that are not to be missed at any of the town's many restaurants.

## Viking Vela

*Please take me back to the ship: Per favore mi può portare alla nave da crociera.*

### Contacts

Agent: +393487677361

Ship: +1 213 898 9610

### Ship Location

PIER GARIBALDI WEST

### Back On Board

6:30 PM

**US Embassy Contact** | Via Vittorio Veneto 121, 00187 Rome, Italy | Phone: +39 06.46741

**UK Embassy Contact** | Via XX Settembre 80/A, 00187 Rome, Italy | Phone: +44 (0)20 7008 5000

**AU Embassy Contact** | Via Antonio Bosio, 5, 00161, Rome, Italy | Phone: +39 06 852721

**CA Embassy Contact** | Via Salaria, 243, 00199 Roma, Italy | Phone: +39 06 854441



# Today on *Viking Vela*

## MORNING

### 7:00–7:30 AM

#### Morning Body Stretch (30 min):

Awaken your body and mind with Sanket. Start your day feeling refreshed by awakening your body with gentle stretches and soothing movements. No previous experience needed. Additional fee of \$10. Limited space; please sign up at Spa Reception.

*The Pool Deck (7)*

### 7:30 AM

**Arrival:** The *Viking Vela* docks in La Spezia, Italy. An announcement will be made in the public areas once the ship has received clearance from local authorities. Please note that you are required to carry your **stateroom keycard** and **Passport** when proceeding ashore today.

### 8:00 AM–8:00 PM

**Nordic Restart (80/110 min):** Kick-start your day with an exfoliating full-body cranberry scrub, a Swedish deep-tissue back-of-body massage and a scalp ritual that will leave you feeling fresh and energized. Treatment charge applicable. Reserve at Spa Reception.

*The Nordic Spa (1)*

### 9:00 AM–6:00 PM

**Sports Deck Is Open:** Sports equipment is available for use (*weather permitting*).

*Sports Deck (9)*

## AFTERNOON

### 4:00–5:00 PM

**Afternoon Tea:** Enjoy calming tunes performed by Resident Pianist Olena while enjoying afternoon tea.

*Wintergarden (7)*

### 4:30 PM

#### Port Talk: Civitavecchia, Italy:

Discover the heritage, culture and history of Civitavecchia, Italy.

*Star Theater (2)*

### 5:00–5:45 PM

**Classical Sounds:** Classical Duo, Ilona and Szabolcs creates sounds to start the evening.

*Atrium (1)*

### 5:30–7:15 PM

**Explorers' Sounds:** Sit back and enjoy the tunes performed by Guitar Entertainer Alex.

*Explorers' Lounge (7)*

## EVENING

### 6:00 PM

**Interdenominational Church Service (Unhosted):** Join fellow guests for a short interdenominational service.

*Torshavn (2)*

### 6:00–6:45 PM

**Munch Moments:** Classical Duo, Ilona and Szabolcs play traditional Norwegian music while Munch's calm scenes and landscapes grace the Atrium screen.

*Atrium (1)*

### 6:30 PM

#### Viking Resident Historian Iconic

**Lecture with Mike Seigel: "The Roman Empire."** Learn about the remarkable success of the Romans before and during the Imperial period.

*Star Theater (2)*

### 6:30 PM

**Back On Board:** Please ensure you have embarked by this time. *Viking Vela* prepares to set sail for Civitavecchia (Rome), Italy.

*(190 nautical miles)*

### 7:00–8:45 PM

**Magical Melodies:** Join Resident Pianist Olena for some melodies in the comfort of the Atrium.

*Atrium (1)*

### 7:30 PM

**Whisky Tasting:** Discover an amazing selection with our beverage team. To sign up, please visit Guest Services on Deck 1. An additional charge may be applied.

*Torshavn (2)*

### 8:00–11:00 PM

**Yellow Diamonds :** Join Kallati brand ambassador Adelle and dive into the story of artistry and brilliance of the yellow diamond. This exclusive event will showcase their unique designs and exclusive offers.

*Juveler (2)*

**Citizen Watches:** Celebrate more than 40 years of Citizen's Eco-Drive technology. View our collection of eco-friendly timepieces, the perfect gift for yourself or a loved one.

*Juveler (2)*

### 8:00 PM

**Nordic Bathing Night:** Join our therapists for a cozy evening experiencing Nordic bathing traditions—a wellness ritual alternating hot and cold treatments. Additional charge is applicable. Limited space; please sign up at Spa Reception.

*The Nordic Spa (1)*

### 9:00 PM

**Viking Proudly Presents Lily Wyatt in 'One Night Only'.** Join your Assistant Cruise Director, Lily, as she leads you on a musical journey, featuring classics from Dusty Springfield, Queen, Adele and many more. With smooth, smoky vocals and plenty of charm, Lily invites you to share a celebration of the very best music from Great Britain.

*Star Theater (2)*

### 9:00–10:45 PM

**Atrium Ivories:** Enjoy sentimental sounds as Classical Duo, Ilona and Szabolcs perform into the night.

*Atrium (1)*

### 9:15–10:00 PM

**Torshavn Acoustics:** Guitar Entertainer Alex performs acoustic favorites in an intimate environment.

*Torshavn (2)*

### 10:15–11:00 PM

**Explorers' Elegance:** Escape with magical views and the tones of our Guitar Entertainer Alex.

*Explorers' Lounge (7)*

### 10:15 PM–Closing

**Late-night Tunes:** Join the Viking Band for entertainment and spirits in our romantic lounge.

*Torshavn (2)*

## Local Currency

The local currency in La Spezia, Italy is the Euro (EUR). The approximate exchange rate is **1.00 USD to EUR 0.86**. We regret that Euro cannot be purchased or exchanged on board.

## #MyVikingStory

As you enjoy your travels, we invite you to share your photos and videos—tag us on any social media platform and use **#MyVikingStory** for the opportunity to be showcased by Viking. Want another way to share? Go to *MyVikingStory.com* to upload and share your content.



## Shore Excursions

To confirm the meeting time and location for your excursion, please match the group number on your excursion ticket with the corresponding group number shown below.

The following shore excursions meet on the pier ashore:

To join your excursion on time we recommend leaving **10 minutes** before departure.

<b>Group 2-3-12</b>	Florence & the Leaning Tower of Pisa	(11 hours)	Departs at	<b>8:00 AM</b>	<b>QV</b>
<b>Group 4</b>	Italy's Art & Architecture	(11 hours)	Departs at	<b>8:00 AM</b>	<b>QV</b>
<b>Group 5</b>	The Renaissance Treasures of Florence	(11 hours)	Departs at	<b>8:00 AM</b>	<b>QV</b>
<b>Group 6-11</b>	From Tuscany to Pisa (included)	(5 hours)	Departs at	<b>8:15 AM</b>	<b>QV</b>
<b>Group 14-15</b>	From Tuscany to Pisa (included)	(5 hours)	Departs at	<b>8:15 AM</b>	<b>QV</b>
<b>Group 16</b>	Fiat 500 Experience & Florence On Your Own	(10 hours)	Departs at	<b>8:30 AM</b>	<b>QV</b>
<b>Group 18-19</b>	Florence on your Own	(10 hours)	Departs at	<b>8:30 AM</b>	<b>QV</b>
<b>Group 22</b>	Lucca on your Own	(5 hours)	Departs at	<b>2:00 PM</b>	
<b>Group 23</b>	Carrara Marble Quarry & Mining Town	(4 hours)	Departs at	<b>2:00 PM</b>	<b>QV</b>
<b>Group 24-29</b>	From Tuscany to Pisa (included)	(5 hours)	Departs at	<b>2:00 PM</b>	<b>QV</b>

- If you would like to be in the same tour group as your travel companions (e.g., family and friends), please compare your group numbers and if you are on different groups please visit us at Guest Services on Deck 1 to be assigned to the same groups. Also, plan in advance to meet and disembark the ship together.
- Only excursions marked above with **"(QV)"** require a **Quietvox** audio headset. Your local tour guide will determine the extent to which the Quietvox will be used. Please plan ahead and charge your headset.
- Tour durations are approximations and may be subject to change due to local conditions and circumstances beyond our control.
- We kindly ask that you allow guests with limited mobility access to the front seats on all motor coaches.
- Remember to bring your shore excursion ticket(s). They will be collected by your tour guide and only guests who are able to present their ticket(s) will be permitted to board the motor coach.
- Viking shore excursions operate on a "rain or shine" basis, unless cancelled by the local tour operator.

## Excursion Booking Deadline

The final deadline to change or cancel Shore Excursions for the upcoming port is always **48 hours prior to tour day by 6:00 PM** at Guest Services on Deck 1. Please be mindful of the Shore Excursions booking and cancellation deadlines. After the deadline, Shore Excursion sales will be closed, and any tickets you may be holding for this port of call will be non-refundable. Additional last-minute tickets may be available, but not guaranteed.

## Inter-Port Shuttle

Please note, due to walking restrictions, guests are not permitted to walk to the terminal. The Port of La Spezia, Italy will provide a complimentary inter-port shuttle bus service to transport guests from the pier to the terminal. This service will operate continuously throughout our stay.

## Stateroom Children's Drawings

In your stateroom, the walls are decorated with drawings made by schoolchildren in Vietnam, Cambodia and Serbia. These drawings depict scenes from one of 19 destinations visited on Viking itineraries, including Barcelona, Bergen, Dubrovnik, Edinburgh and Monte Carlo. Next to each of the drawings, you will see the photographs they were inspired by. This initiative was the idea of Viking Chairman Torstein Hagen.

## NCAA Football

Live sporting events are available on your stateroom television by selecting Live TV, then Prime One (subject to satellite reception).

**1:30 AM** – Kansas vs Texas Tech

## Assistant Cruise Director Lily Wyatt



Lily Wyatt is originally from Birmingham, England and studied professional dance and musical theater at the prestigious Bird College in London, where she graduated with a 1<sup>st</sup> class degree in September 2022. Lily has been lucky enough to perform at some of the England's most famous venues

including Wembley Arena when she appeared in Elf: The Musical UK Tour before joining Viking as a Viking Vocalist, taking her to over 40 different countries. In 2024, she was promoted to Assistant Cruise Director and she is enjoying every single second of her role on board.

## Destination Stamps on the Atrium Screen

Every stamp tells a story, often expressing the cultural identity of a country, and is a piece of miniature art. On the Atrium screen, you will find stamps on display representing destinations on your itinerary, some of which Chairman Torstein Hagen personally collected. Stamp collecting, thanks to an increasingly digital world, is fast becoming a feature of the past. We hope you enjoy our collection of destination stamps shared on the Atrium screen.



## Dining

### Early Risers

The Living Room	Deck 1	6:00–9:00 AM
Mamsen's (Explorers' Lounge)	Deck 7	6:30–7:30 AM

### Breakfast

World Café	Deck 7	6:30–10:00 AM
The Restaurant	Deck 2	8:00–9:30 AM

### Late Risers

Mamsen's (Explorers' Lounge)	Deck 7	7:30–11:00 AM
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### Lunch

Pool Grill	Deck 7	11:30 AM–2:30 PM
World Café	Deck 7	11:30 AM–2:30 PM
Mamsen's (Explorers' Lounge)	Deck 7	11:30 AM–2:30 PM

### Teatime

Wintergarden	Deck 7	4:00–5:00 PM
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### Dinner

Manfredi's*	Deck 1	6:00–9:00 PM
The Chef's Table*	Deck 1	6:00–9:00 PM
The Restaurant	Deck 2	6:00–9:00 PM
World Café	Deck 7	6:00–9:00 PM

*\*Reservations can be made for Manfredi's and The Chef's Table at World Café from 6:30-10:00 AM and 11:30 AM-4:00 PM, or by calling 6503.*

*Dress code: elegant casual (Manfredi's, Chef's Table & The Restaurant)*

*Coffee and tea are available 24 hours from the World Café.*

### Snacks

Pool Grill	Deck 7	2:30–5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	4:00–5:00 PM
Mamsen's (Explorers' Lounge)	Deck 7	10:00 PM–Midnight

### Lounges & Bars

The Living Room Bar	Deck 1	9:00 AM–Midnight
Aquavit Bar	Deck 7	10:00 AM–10:00 PM
Pool Bar	Deck 7	10:00 AM–9:00 PM
Explorers' Lounge	Deck 7	10:00 AM–Midnight
Torshavn	Deck 2	9:00 PM–Closing

## Directory

Guest Services (1)	Ext 9710	24 Hrs
Boutique & Shops (1/2)	Ext 9321	8:00–11:00 PM
Travel Consultant (2)	Ext 9710	By Appointment
Fitness Center (1)	Ext 9300	6:00 AM–10:00 PM
The Nordic Spa (1)	Ext 9300	8:00 AM–8:00 PM
Medical Center (a)	Ext 9200	8:00–10:00 AM / 4:00–6:00 PM
Room Service	Ext 6502	24 Hrs
<b>MEDICAL EMERGENCIES</b>	<b>Ext 999</b>	<b>24 Hrs</b>

To make an appointment with our Travel Consultant, please call 9710 or visit Guest Services on Deck (1).

## Exclusively on board THEO FABERGÉ COLLECTION

Each piece of this limited edition pendant collection is handmade in sterling silver and finished with Fabergé's unique guilloché enamel.

To learn more, visit **Juveler** on Deck 2.



## HIGHCLERE CASTLE

*The filming location of  
Downton Abbey*

Viking offers a glimpse into life at Highclere Castle where only our guests can enjoy Privileged Access\*. Learn more at [viking.com/visit-highclere](http://viking.com/visit-highclere).

See your Travel Consultant on board to book your next journey.



### Port Map

## La Spezia, Italy



To view the port map,  
scan QR code with your camera.