

December 7, 2022

P&O Cruises to host stars from the world of sport and exploration on 2023 itineraries

P&O Cruises has today announced 'P&O Cruises Presents: Sail with the stars', which will showcase celebrated UK stars from the world of sport and exploration on board Ventura in 2023 and will be included in the price of the holiday.

Sports enthusiasts will have the opportunity to enjoy memorable stories, games and entertainment on the Sporting Icons cruise with broadcaster trio Sue Barker, Matt Dawson and Phil Tufnell on a seven-night cruise to Spain and Portugal. Guests who enjoy tales of the wilderness and the great outdoors can join the five-night Global Explorers cruise with adventurer and TV presenter Ben Fogle, travel journalist Simon Calder and Monty Halls, best known for his BBC Great Escape series.

Both cruises will depart from and return to Southampton with prices starting from £549pp for an inside cabin.

More information:

P&O Cruises Presents: Sporting Icons

Spain and Portugal, 7 nights (N325) from £629pp

Sporting legends Sue Barker, Matt Dawson and Phil Tufnell, as well as former British snowboarding sensation and TV presenter Aimee Fuller will join guests on board this 7-night cruise on Ventura from £629pp for an inside cabin. Departing September 2, 2023, the price includes full board meals, entertainment and children's clubs. Departing and returning to Southampton, ports of call are Vigo, Lisbon, Porto (from Leixoes) and Cherbourg.

P&O Cruises Presents: Global Explorers

Short break, 5 nights (N327) from £549pp

Ben Fogle, Simon Calder and Monty Halls will join guests on board this 5-night cruise on Ventura from £549pp for an inside cabin. Departing September 19, 2023, the price includes full board meals, entertainment and children's clubs. Departing and returning to Southampton, ports of call are Le Havre and Rotterdam (with tours to Amsterdam),

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 editor

Speaker biographies

Sporting Icons

Sue Barker - Sue Barker is a legend of British tennis. As a player she won Junior Wimbledon at the age
of 17, before going on to win the French Open at the age of just 19 in 1976, making the semifinals of
Wimbledon the following year. But it was fronting the BBC's coverage of Wimbledon from 1993 until her
retirement in 2022 that made Sue a sporting TV icon. Her glittering second career saw her cover
countless flagship broadcasts, including the Olympics, BBC Sports Personality of the Year and
Grandstand.

- Phil Tufnell Phil Tufnell is a former England international cricketer turned TV and radio personality.
 Having won I'm a Celebrity... Get Me Out of Here, Phil remains a favourite in the BBC Test Match
 Special commentary box.
- Matt Dawson Matt's early career was spent as a successful professional rugby player, making a total
 of 290 appearances for the Northampton Saints and London Wasps between 1991 and 2006. He also
 appeared 77 times for England and was selected three times to tour with the British and Irish Lions.
 Since retiring from rugby, Matt forged a successful career in television and media which continues to
 play an important role in his life, with commitments including BBC Radio 5 Live and BT Sport.

Global Explorers

- Ben Fogle Ben Fogle is an award-winning broadcaster and adventurer. He has written nine Sunday
 Times Bestselling books and is the United Nations Patron of the Wilderness. Ben has climbed Mount
 Everest, rowed across the Atlantic, raced across Antarctica to the South Pole and crossed the deserts of
 the Empty Quarter in the Middle East. Ben's career spans more than 20 years, having firstly found
 himself on BBC's first reality TV show Castaway. He is a fellow of the Royal Geographic Society,
 ambassador to Hearing Dogs for the Deaf and patron of The Red Cross and United Nations.
- Simon Calder Simon Calder is Britain's leading travel commentator and is known as 'the man who
 pays his way', meaning he pays for his own travel. Simon is travel correspondent for The Independent,
 and writes for the Evening Standard, the i newspaper, National Geographic as well many other
 publications. Simon is a regular guest on national TV and radio, often seen on BBC Breakfast, Good
 Morning Britain, This Morning, CNN, ITV News, Channel 5 and Sky News, as well as BBC Radio 2, 4, 5,
 LBC, Times and Talk.
- Monty Halls Monty Halls is a broadcaster, speaker, naturalist, marine biologist, travel writer and leadership specialist. He is an ex-Royal Marines officer who worked for Nelson Mandela during the peace process in the early nineties, before leaving to pursue a career in expeditions, travel journalism and biology, eventually becoming a qualified marine biologist. He is also the president of the Galapagos Conservation Trust. Monty rose to fame after winning the Channel 4 show Superhumans, leading him to present further series for Channel 4, National Geographic, the History Channel, Channel 5, and the BBC. He is best known for his three BBC2 series Great Escapes, where he lived on the west coast of Scotland and Ireland with his dog Reuben.

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. 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.

British Travel Awards Winner 21/22 – Best Cruise Line for Family Holidays.

Cruise Critic Editors' Picks Awards Winner 2022 – Best for Families.

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

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