

LETTER *from* the CREATIVE DIRECTOR



On beautiful Santorini, a place I've visited many times, a simple yet profoundly delicious meal became the highlight of my travels. We began with grilled tomatoes, zucchini and eggplant – each glistening with a drizzle of the freshest olive oil. Freshly baked bread followed (also straight from the grill) with a serving of fresh fish adorned with lemon and olives. The perfect pairing was a white wine exclusive to the island (you can't find it elsewhere). The whole experience — its authenticity to the place, the fresh, individual flavors and the harmony of their combination — is something I'll never forget. Savoring magical moments like this is what I wish for each of our guests.

In this special *Epicurean Perfection*™ issue, we share some of the many incredible experiences available when traveling the

world with us, both on shore and on board, from specialized culinary tours to a memorable conversation over coffee.

In the heart of Oslo, you'll discover a bustling culinary scene that rivals the world's best. It's not just about traditional Norwegian fare; the city boasts multiple Michelin-starred restaurants that offer both innovation and a nod to tradition. Then, dive into the history of the artisanal Belgian chocolatiers who have been crafting masterpieces for generations.

While Belgium charms with its chocolates, Iceland surprises with its Thunder Bread. This unique bread is not just about its taste but the remarkable geography and geology that give rise to its creation. Baked underground using the island's geothermal energy, it's a testament to the symbiotic relationship between the land and its inhabitants. In Sweden, getting coffee together transcends the beverage itself. *Fika*, as they call it, is a cultural institution and an opportunity to refresh and reconnect; it's an embodiment of the Swedish art of enjoying life's small moments, and I highly recommend tasting a *kardemumbullar* (cardamon bun) with your coffee.

The South of France is renowned for many things, including vineyards rooted in the history of this beautiful land. Here, the wines, especially those by Gérard Bertrand, offer a taste of the region's sun-soaked terroir, a testament to years of winemaking tradition and expertise. A simpler exploration awaits in Italy's Campania region, where the Caprese Salad was born of a rich authenticity expressed through fresh, local ingredients. From Italy to Spain, read about Valencia's *paella*. Emblematic of Spain and cherished globally, paella tells a story of the land and the people. In Greece, discover the delights of *meze*, a cultural experience that spans the country.

In the Americas, glean some insights into Chilean wines, guided by the expert insights of Doug Frost, one of four people on the planet to hold both Master Sommelier and Master of Wine titles. A piece on Argentine beef speaks of its rich history and influence on the country's culinary landscape. To the north, Alaska, with its pristine waters, offers an unmatched seafood experience. Dive deep into its sustainable fisheries in one article, while another invites you to learn about one of our latest Epicurean Explorer Tours. A one-of-a-kind experience awaits in Ketchikan. Hear from Chef Kellie Evans about exploring an Alaskan oyster farm and refining your skills in the Culinary Arts Kitchen back on board.

From the coasts of Santorini to the vast stretches of Alaska, our world is a tapestry of flavors, cultures, and stories. I invite you to savor each experience, each dish and each tale. Safe travels and *bon appétit*!

Janice Davidson

Janice Davidson
Vice President, Brand Experience & Creative
Regent Seven Seas Cruises®







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delight in EUROPE

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NORDIC GLORY:





OSLO *is for* EATERS

A CHAT WITH ARNE SØRVIG
OF THE GASTRONOMY NORWAY
FOUNDATION ABOUT THE
NORWEGIAN CAPITAL'S
GREAT TASTE

BY TERRY WARD

There was a time when the bulk of the buzz about Nordic dining centered on Copenhagen, with groundbreaking restaurants like René Redzepi's Noma the benchmark for everything cutting edge on Northern Europe's culinary stage.

But in the past decade or so, Oslo, Norway's laid-back capital, has come into its own with a celebrated food scene worth seeking out—and seeking a deeper understanding of, too, if you're interested in all things Nordic at the table.

We sat down with Arne Sørvig — CEO of the Gastronomy Norway Foundation, president of Team Norway for the Bocuse d'Or and co-founder of nordicfoodlive.no (an online space for Nordic chefs to share their talents) — for a deeper dive into Oslo's food scene and Norway's culinary heritage.

Sørvig says Oslo's innovative culinary scene of today traces its roots to the 1980s.

"Not too many decades ago, the Norwegian restaurant scene was very different from now," he says. "Oslo, as a capital city, has always been on the map. But the number of restaurants and the diversity of the gastronomy was at a very different place."

Norway inherited a "household food culture," Sørvig explains, based on a strong common knowledge of how to "use, combine and preserve the riches of each season for enjoyment in the coming seasons."

The country's first restaurants were along the lines of roadside eateries offering simple staple dishes until the 1980s, says Sørvig, when chef Eyvind Hellstrøm emerged as Norway's first chef of global renown with his celebrated restaurant, Bagatelle. Now permanently closed, it remained the only Norwegian restaurant to be lauded with two Michelin stars until 2012.

The culture at Bagatelle "was based on French principles that still play a significant role today, but melted into the new Nordic cooking alongside culinary ideas from all over the world," Sørvig explains.

Among the other things that moved Norway's culinary dial in the 1980s and essentially created the foundations for today's "open, curious and playful gastronomy" in Oslo and beyond, Sørvig says, was the evolution of Norway into a "modern, optimistic and wealthy nation." That transition created a demand for an ever-evolving — and evolved — dining scene, he says.

Today, Oslo has ten restaurants with one Michelin star and one three-star Michelin restaurant, Maaemo, where chef Esben Holmboe Bang's celebrated menu is sourced locally, including wild produce and all-organic ingredients.

In 2023 alone, six Norwegian restaurants received their first Michelin star.

We chatted with Sørvig to better understand Norway and Oslo's cuisine scene today and for his tips on the restaurants to book well in advance if you'd like a seat at one of the country's most celebrated tables.

Let's start with the quintessential ingredients in Norwegian gastronomy...

That would be Norwegian seafood, which is natural due to the rich and long coastline of Norway. The Norway lobster — which some people call langoustine and others call real scampi — is hugely popular among Norwegian chefs, along with Norwegian scallops. Skrei, the seasonal cod from the Arctic, is also fundamental to Norwegian gastronomy, along with cold water shrimps, king crab, brown crab, shellfish and sea urchins.

With short growing seasons in the north, how do Norwegian chefs adapt?

Seasons are very important, both for the use of what the seasons bring during that particular period, but also for conserving ingredients to improve variety for the next season's menus. For instance, there's the picking of primeur vegetables, wildflowers and plants (like ramson, which is wild garlic) in the spring to be used later in the darker and colder winter season.

continue...



SAFFRON MILK CAP MUSHROOMS





KVÆFJORDKAKE
VERDENS
BESTE KAKE



Mushrooms and root vegetables figure into the autumn season in stews, as well as on winter menus. Bread and dairy products, especially butter, are core ingredients in Norway's food heritage, as well as smoked fish, like salmon and herring.

Look for cured meats, too — ham, *fenalår* (cured leg of lamb) and sausages. Norway is also renowned internationally for farmed salmon — relative to the population, it's a large food production activity here.

The search for the most perfect ingredients takes up much of our chefs' attention — the rest of their time goes into applying or inventing ways to present those ingredients, so they are the key 'actors' on the menu. Pouring on strong spices and powerful sauces that conceal the main ingredients is regarded as sloppy handcraft in the Nordic style. But inventing ways to strengthen the characteristic of each ingredient, without making it unrecognizable, requires high-level skills and techniques.

In short, the complexity of simplicity, a strong connection to nature, climate and seasons, and connection to the region's culinary heritage — without being conservative and stale about the techniques and what appears on the plate — are the backbones of what's happening in Norway and Oslo's best restaurants right now.

The idea is to help nature 'shine.' You can experience this philosophy at the most lauded restaurants in Oslo.

Where do you recommend visitors go for a self-guided stroll through Oslo's most interesting foodie neighborhoods?

Oslo is not a big city. It's easy to move around by public transportation — and you should. There are good restaurants scattered in most of the central neighborhoods now, offering the visiting foodie great variety.

I recommend walking around the Grünerløkka neighborhood, as well as the newer neighborhood, Bjørvika, where you will find nice places close to the Oslo Opera House, Munch Museum and the Oslo public library, Deichman Bjørvika.

Include a visit to the Vipps Oslo, a food hall, close to Bjørvika, as well as Mathallen food hall in Vulkan, not far from Grünerløkka. Visit the city's traditional Kampen neighborhood, too, with its local Kampen Bistro and coffee shops. On the way, stop by Grønland, with its diverse culture, and the up-and-coming Tøyen neighborhood.

For an iconic fine dining experience in Oslo, what are the tables to book?

I suggest using the Michelin guide to seek out the city's best gastronomy, visiting at least one of the starred restaurants to experience the essence of New Norwegian high-end cuisine.










I have a very hard time — which is a good thing — pointing out one singular place you should dine in Oslo. But some of my favorites are Statholdergaarden, Kontrast, REST, HotShop, Brasserie Rivoli, Le Benjamin, Fyr Bistronomi (it has a great terrace!), Stallen, Apostrophe for 'Nordic omakase,' and the informal Kampen Bistro. And of course, Maaemo — Norway's only three Michelin star restaurant. ♦

Freelance travel writer Terry Ward is based in Florida but is frequently on the road (or at sea!) to report stories. Her work has been published by such outlets as Travel Channel, the Washington Post, Travel+Leisure and Cruise Critic. Visit her website to learn more, www.terry-ward.com.





HERITAGE AND INNOVATION ARE AT THEIR BEST IN THE CULINARY DISCOVERIES AWAITING YOU IN OSLO.

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUN 15, 2024	17	<i>Seven Seas Navigator</i> [®] AMSTERDAM TO COPENHAGEN	Amsterdam, Nordfjordeid, Kristiansund, Ålesund, Stavanger, Kristiansand, Oslo, Helsingborg, Kiel, Rønne (Bornholm), Gdansk (Gdynia), Klaipėda, Tallinn, Helsinki, Stockholm, Copenhagen	65
JUL 23, 2024	20	<i>Seven Seas Mariner</i> [®] COPENHAGEN TO AMSTERDAM	Copenhagen, Lysekil, Oslo  , Kristiansand, Stavanger, Olden, Kristiansund, Trondheim, Hammerfest, North Cape (Honningsvåg), Tromsø, Leknes (Lofoten Islands), Ålesund, Lerwick (Shetland Islands), Invergordon, Amsterdam (Ijmuiden), Amsterdam 	66
JUL 25, 2024	18	<i>Seven Seas Splendor</i> [®] REYKJAVIK TO LONDON	Reykjavik, Isafjordur, Akureyri, Tórshavn (Faroe Islands), Lerwick (Shetland Islands), Måløy, Bergen, Stavanger, Kristiansand, Oslo  , Amsterdam, Antwerp  , Paris (Honfleur), St. Peter Port (Guernsey), London (Southampton)	86
AUG 20, 2024	14	<i>Seven Seas Splendor</i> [®] LONDON TO OSLO	London (Southampton), Saint-Malo, Falmouth (Cornwall), Waterford, Dublin (Dún Laoghaire), Liverpool, Belfast, Ullapool, Kirkwall (Orkney Islands), Lerwick (Shetland Islands), Ålesund, Bergen, Stavanger, Arendal, Oslo	60
SEP 3, 2024	19	<i>Seven Seas Splendor</i> [®] OSLO TO LONDON	Oslo, Skagen, Stavanger, Flåm (Sognefjord), Ålesund, Trondheim, Hammerfest, North Cape (Honningsvåg), Molde, Lerwick (Shetland Islands), Kirkwall (Orkney Islands), Invergordon, Edinburgh (Newhaven), Newcastle, Amsterdam  , Bruges (Zeebrugge), London (Southampton)	79
JUL 27, 2025	12	<i>Seven Seas Grandeur</i> [™] REYKJAVIK TO LONDON	Reykjavik, Isafjordur, Akureyri, Tórshavn (Faroe Islands), Lerwick (Shetland Islands), Måløy, Nordfjordeid, Bergen, Ulvik (Hardangerfjord)  , Haugesund, Arendal, Oslo  , Skagen, Amsterdam, Bruges (Zeebrugge), London (Southampton)	81
AUG 18, 2025	9	<i>Seven Seas Navigator</i> [®] EDINBURGH TO OSLO	Edinburgh (Leith)  , Invergordon, Lerwick (Shetland Islands), Tórshavn (Faroe Islands), Ålesund, Stavanger, Arendal, Oslo	35
AUG 30, 2025	20	<i>Seven Seas Navigator</i> [®] OSLO TO AMSTERDAM	Oslo, Lysekil, Skagen, Kristiansand, Stavanger, Olden, Kristiansund, Trondheim, Hammerfest, North Cape (Honningsvåg), Tromsø, Leknes (Lofoten Islands), Ålesund, Lerwick (Shetland Islands), Invergordon, Edinburgh (Newhaven), Newcastle, Amsterdam 	76

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RICH & DELICIOUS

BELGIAN CHOCOLATE | *Chef Rafael de Freitas*

Chocolate may just be the most impactful sweet in modern history. Today it is an industry with a market value north of \$125 billion USD and has been used as everything from rations for soldiers in wartime to artistic sculptures at high-end functions to countless uses as an ingredient in an untold number of dishes, not to mention the simple delight of enjoying it as a standalone treat.

Dating back over 3,500 years to what is present day Mexico, today's confections bear little resemblance to the more bitter concoctions of chocolate's origins. Its popularity rose after it found its way into European courts and the cities of colonial America, eventually evolving into the many delectable forms we know it for today.



NOBLE BEGINNINGS

Its story in Belgium began during the 17th century when the country was under Spanish control. Predominantly a luxury enjoyed by nobility — most often in the form of a decadent hot chocolate beverage — it eventually found its way into the broader market.

In the mid-1800s, the pioneering chocolatier Jean Neuhaus began to gain notoriety for Belgian chocolate in Brussels, selling plaques of his dark chocolate in the Galerie de la Reine. His legacy was carried forth by his family, with his grandson inventing the first Belgian praline (also known as bonbons) in 1912. This delicious treat, a hollow chocolate shell infused with sweet nutty creams, transformed the landscape of confectionary treats, elevating Belgium's position within the chocolate industry. It was a position they further secured as they colonized parts of Africa, gaining access to some of the finest cocoa beans on the planet. By the 20th century, Belgian cities like Brussels and Bruges were dotted with chocolate shops, making it a central part of the country's identity.

AN ARTISAN APPROACH

Innovation and obsession led way for an atmosphere of artisans that held their craft higher than their desire for commercialization (an approach that has helped propel them to their esteemed place in the market, coincidentally). The nation's chocolatiers, often hailing from families that have a generational connection to the chocolate trade, undergo extensive training. They hone their skills for years, enabling them to master the delicate intricacies involved in this culinary art.



RICH INSIGHTS:

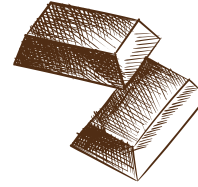
The process of selecting, fermenting, roasting and grinding the perfect cocoa beans for chocolate is intricately scientific, drawing on decades of experimentation and experience.

The creation process is critical to producing the ideal Belgian chocolate. Core to achieving the smoothness they desire is ensuring that the sugar and cocoa particles are ground to the correct size. If the particles are larger than the space between the papillae on your tongue (the tiny bumps housing your taste buds), then you'll feel the particles, creating a grainy feel to the chocolate. And if ground too small, you can end up with a dry feeling in your mouth. Some countries may consider that 25-30 micrometers acceptable, however the Belgians aim smaller, 18-20 micrometers, for the ultimate smoothness.

The next key difference comes from the conching stage, where a shearing device heats and mixes the chocolate for up to three-plus days, during which the chocolate passes through three different phases: dry, pasty and liquid. The balance between the dry and liquid conching is what leads to the caramelized flavor characteristic of great Belgian chocolate. This, for example, is a key difference between Belgium and their primary competition, Switzerland, who leans into the liquid conching for a milkier texture.

THE SUM OF ITS PARTS

The combination of this excellence in craft alongside the finest ingredients on the planet all but guarantees the superiority of their products. Each ingredient plays a crucial role in determining the flavor, texture, and overall experience of the chocolate. Here are the essentials:



COCOA BEANS

The heart and soul of chocolate. The quality and origin of the beans significantly impact the flavor profile. Belgian chocolatiers source premium beans, primarily from West Africa, which have a distinctive taste. The meticulous roasting and grinding of these beans are what give Belgian chocolate its unparalleled depth.

COCOA BUTTER

This is what provides the silky, melt-in-your-mouth texture. Belgian chocolates pride themselves in using 100% cocoa butter to enhance the quality and luxurious smoothness of their chocolate.

SUGAR

While cocoa provides the depth, sugar adds the sweetness. The precision in balancing the cocoa's bitterness with sugar is a skill chocolatiers have perfected over generations.

MILK

In milk chocolates, the quality and processing of milk are pivotal. Belgian chocolates often use full-fat milk, which gives a creamy, rich texture and a flavor that beautifully complements the cocoa.

Each of these ingredients contributes to the magic that is Belgian chocolate. Whether it's the deep, aromatic notes of the cocoa or the velvety texture lent by the cocoa butter, every component has its part to play in the dance of flavor and texture.

RICH INSIGHTS:

Belgians take so much pride in their chocolate that they passed a law in the 1880s defining 35% cocoa as the minimum amount of cocoa to be used in any Belgian chocolate.





A TASTE OF MASTERY

Several Belgian chocolatiers have risen to global prominence, ensuring that the country's name remains synonymous with chocolate excellence. Here are some notable names that most chocolate aficionados will recognize and can explore when in Belgium:

NEUHAUS

Founded in 1857, Neuhaus is the birthplace of the Belgian praline. Its chocolates exude a harmonious blend of tradition and innovation, with fillings that range from the classic hazelnut ganache to exotic flavors like passion fruit and saffron.

WITTAMER

This family-owned chocolatier that has been making chocolate since 1910. They are known for their traditional Belgian chocolates, such as pralines and truffles.

LEONIDAS

Known for offering quality chocolates at accessible prices, Leonidas has been around since 1913. Their Manon Café, a coffee-flavored praline, is a must-try for any chocolate enthusiast.

GODIVA

A name recognized globally, Godiva was established in 1926. Their chocolates are not just delectable treats but also works of art, with their iconic gold packaging symbolizing luxury and elegance.

GUYLIAN

Founded in the 1960s by Guy Foubert, Guylian is famous for its seashell-shaped chocolates. Their specialty lies in blending the richness of Belgian chocolate with Mediterranean hazelnuts.

PIERRE MARCOLINI

A relatively newer entrant compared to the other names on this list, Pierre Marcolini's eponymous brand, founded in 1995, has risen to acclaim for its avant-garde approach. He sources beans directly from cocoa farmers and oversees the entire chocolate-making process, ensuring a bean-to-bar authenticity.

* * *

The excellence of Belgian chocolate lies at the intersection of tradition, craftsmanship, innovation and stringent quality standards. The country's chocolatiers have managed to keep the essence of classic Belgian chocolates intact while also pushing the boundaries of creativity. With every bite, one not only tastes the rich cocoa but also the passion and dedication of the many hands that have shaped it. ♦















Chef Rafael De Freitas hails from South Africa and is a masterful pastry chef with more than a decade of his culinary career spent enhancing the dining experience for guests of Regent Seven Seas Cruises. He is passionate about exploring local flavors, developing modern deserts and training new pastry chefs.





CHOCOLATE NIRVANA IS YOURS TO INDULGE IN BELGIUM.



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUN 3, 2024	12	<i>Seven Seas Navigator</i> [®] MONTE CARLO TO AMSTERDAM	Monte Carlo, Provence (Marseille), Barcelona, Seville (Cádiz), Lisbon, Oporto, La Coruña, St. Helier (Jersey), Portsmouth, Bruges (Zeebrugge), Amsterdam	90
JUN 28, 2024	14	<i>Seven Seas Voyager</i> [®] LISBON TO ANTWERP	Lisbon, Oporto, Santiago de Compostela (Vilagarcía), La Coruña, Bilbao, Biarritz (Saint-Jean-de-Luz), Nantes (Montoir-de-Bretagne)  , Pont-Aven (Concarneau), Brest, St. Peter Port (Guernsey), Paris (Honfleur), Bruges (Zeebrugge), Antwerp 	81
JUL 12, 2024	9	<i>Seven Seas Voyager</i> [®] ANTWERP TO BELFAST	Antwerp, Amsterdam  , London (Tilbury), Edinburgh (Newhaven), Invergordon, Lerwick (Shetland Islands), Ullapool, Belfast	40
JUL 12, 2024	14	<i>Seven Seas Navigator</i> [®] STOCKHOLM TO AMSTERDAM	Stockholm, Helsinki, Tallinn, Riga, Visby, Gdansk (Gdynia), Copenhagen, Skagen, Esbjerg, Hamburg  , London (Tilbury), Bruges (Zeebrugge), Amsterdam	51
AUG 12, 2024	8	<i>Seven Seas Splendor</i> [®] ROUNDTRIP LONDON	London (Southampton), Bruges (Zeebrugge), Dunkerque, Calais, Paris (Honfleur)   , Cherbourg  , London (Southampton)	24
AUG 12, 2024	12	<i>Seven Seas Mariner</i> [®] AMSTERDAM TO BARCELONA	Amsterdam, Bruges (Zeebrugge), St. Peter Port (Guernsey), Bordeaux  , Biarritz (Saint-Jean-de-Luz), Ferrol, Oporto, Lisbon, Seville (Cádiz), Barcelona	83
AUG 25, 2024	10	<i>Seven Seas Navigator</i> [®] ROUNDTRIP LONDON	London (Southampton), Vlissingen, Amsterdam (Ijmuiden), Bruges (Zeebrugge), Dunkerque, Calais, Paris (Honfleur)   , Cherbourg, St. Malo, London (Southampton)	46
MAY 25, 2025	15	<i>Seven Seas Navigator</i> [®] ROME TO AMSTERDAM	Rome (Civitavecchia), Portofino, Monte Carlo, Provence (Marseille), Barcelona, Seville (Cádiz), Portimão, Lisbon, Oporto, La Coruña, Paris (Honfleur), Antwerp  , Amsterdam (Ijmuiden)	126
JUL 27, 2025	11	<i>Seven Seas Voyager</i> [®] ANTWERP TO LONDON	Antwerp, Amsterdam, Newcastle, Edinburgh (Newhaven), Invergordon, Liverpool, Belfast, Dublin (Dún Laoghaire), Cork (Ringaskiddy), London (Southampton)	62
AUG 27, 2025	17	<i>Seven Seas Navigator</i> [®] OSLO TO BARCELONA	Oslo, Skagen, Copenhagen  , Kiel, Rotterdam, Bruges (Zeebrugge), Paris (Honfleur), La Coruña, Oporto, Lisbon, Portimão, Málaga, Almería, Ibiza, Barcelona	120
SEP 2, 2025	12	<i>Seven Seas Voyager</i> [®] HAMBURG TO LISBON	Hamburg, Amsterdam, Bruges (Zeebrugge), Paris (Honfleur), St. Peter Port (Guernsey), Lorient, Bordeaux (Le Verdon), Bordeaux, France  , Santander, La Coruña, Oporto, Lisbon	74
SEP 19, 2025	12	<i>Seven Seas Mariner</i> [®] AMSTERDAM TO BARCELONA	Amsterdam, Bruges (Zeebrugge), St. Peter Port (Guernsey), Bordeaux  , Biarritz (Saint-Jean-de-Luz), La Coruña, Oporto, Lisbon, Seville (Cádiz), Barcelona	87

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icelandic



A land of rugged beauty and magical landscapes, Iceland is renowned for its awe-inspiring geysers and glaciers, as well as a unique culinary heritage deeply intertwined with the island's geology, history and culture. Among the numerous palatable pleasures that have emerged from this Nordic nation, one that stands out with a bold flavor and an interesting tale to tell is Hverabrauð, affectionately known as "Thunder Bread."

THE LEGACY OF THUNDER BREAD

Hverabrauð, translated as "hot spring bread," has been a steadfast staple in Icelandic cuisine for centuries, embodying the country's resilient spirit and ability to adapt to its environment. The bread boasts a whimsical nickname, "Thunder Bread," stemming from its extremely high fiber content and the rumbling tummy that may occur if one overindulges. This hearty rye bread is a delicious emblem of Iceland's history and natural ingenuity.

Beloved for its robust flavor, dense texture and rich brown hue, Thunder Bread is traditionally cooked using a method representing the harmony between Iceland's people and its unique geological landscape. This unusual preparation involves placing the dough of rye flour, salt, baking powder or baking soda, sugar and milk into a covered pot or a wooden cask and then burying it in the ground near a geyser or hot spring. The slow, geothermal steaming process works its magic over 12 or more hours until the bread is cooked to perfection.

thunder bread

BY JOHN LASHBROOK





A TRADITIONAL TASTE

As an Icelandic staple, this slightly sweet rye bread complements a wide array of flavors and is enjoyed in numerous ways. Different recipes — often handed down for generations — may add or substitute certain ingredients, such as using buttermilk or kefir instead of milk or adding molasses, syrup or honey to enhance the sweetness.

Traditional Thunder Bread is commonly served with butter or sliced thin and topped with hard-boiled eggs, smoked meats, smoked fish or pickled herring. Icelanders also combine dried breadcrumbs with buttermilk to create a rich and comforting porridge and leftover or slightly stale bread is often transformed into a brauðsúpa or “bread soup.” This delectable creation involves simmering the stale bread with ingredients such as raisins, prunes and lemon, then topping each portion with a generous dollop of whipped cream.

ICELANDIC RYE-SOURCEFULNESS

Beyond its wonderful taste and intriguing method of preparation, Thunder Bread reflects Iceland’s resilience and resourcefulness. During a period that lasted from 1602 to 1786, Iceland suffered under a trade monopoly imposed by the Danish Crown. With abundant fish but limited agricultural resources, Icelanders had to rely on imports from Denmark for much of their grain and other agricultural products. This period not only fueled a spirit of resourcefulness but also led to the adaptation and elevation of available ingredients like rye — one of Denmark’s leading exports — into the cornerstone of their cuisine.

The adaptive and innovative spirit of Icelanders is additionally enjoyed in Thunder Bread by harnessing the island’s geothermal resources. While the country’s abundant hot springs have been utilized throughout history for cooking and washing clothes, in more recent years, they have become a cornerstone of the modern energy infrastructure. (Currently, geothermal power constitutes 66% of Iceland’s primary energy usage and contributes to 25% of its electricity production.)





ARTISANAL EATERIES

Visitors who come to Iceland with an appetite for authenticity and relaxation need to look no further than Laugarvatn Fontana. Nestled by the tranquil lake of Laugarvatn about an hour east of Reykjavik, this charming establishment is home to various spa services and a popular bakery that practices the age-old method of baking Icelandic *Hverabraud* in the hot sand by the lake, following a cherished recipe that is several generations old. (You may recognize it from its appearance on Netflix's *Down to Earth* with Zac Efron.) Alongside their legendary Thunder Bread, patrons can enjoy tasty smoked trout for a sumptuous interplay of local Icelandic flavors.

Alternatively, the restaurant Kjöt and Kúnst, situated in Hveragerði, a quaint town southeast of Reykjavik, offers a number of traditional Icelandic dishes with a contemporary twist on their Thunder Bread preparation. Rather than burying their bread in the ground, this restaurant uses the region's geothermal steam to power the ovens that bake the bread and a range of other delectable dishes. This novel approach pays homage to Iceland's traditional ingredients and historical use of geothermal energy while embracing modern technology and innovation.

A FLAVOR OF CELEBRATION

Thunder Bread stands out as a unique culinary treasure in a land overrun with natural wonder. It embodies Iceland in a simple form, reflecting a spirit of ingenuity and harmony. Unearthed from the warmth of this geothermal playground, it is a perfect slice of Iceland's culture and the beautiful land around it. ♦

John Lashbrook is the multifaceted owner and operator of PixelWorks (pxlwrx.com). Based in Florida, he's traveled through North America and as far east as Asia, carrying with him a passion for fishing, excellent creative work, and hilarious standup.



*Uncover new delights
on these explorations
of Iceland.*



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUN 2, 2024	18	<i>Seven Seas Mariner</i> [®] NEW YORK TO REYKJAVIK	New York, Martha's Vineyard, Boston, Portland, Bar Harbor, Saint John (Bay of Fundy), Halifax, Sydney, Corner Brook, Nuuk, Paamiut, Qaqortoq, Isafjordur, Reykjavik	82
JUN 20, 2024	15	<i>Seven Seas Mariner</i> [®] REYKJAVIK TO LONDON	Reykjavik, Heimaey , Eskifjordur, Tórshavn (Faroe Islands) , Kirkwall (Orkney Islands), Stornoway (Hebrides), Killybegs, Isle of Man, Dublin (Dún Laoghaire), Liverpool, Holyhead, Waterford, Portland, Saint-Malo, London (Southampton)	63
JUN 21, 2024	14	<i>Seven Seas Splendor</i> [®] LONDON TO REYKJAVIK	London (Southampton), Kirkwall (Orkney Islands), Tórshavn (Faroe Islands), Akureyri, Isafjordur, Nuuk, Paamiut, Qaqortoq, Reykjavik	40
JUL 5, 2024	10	<i>Seven Seas Splendor</i> [®] ROUNDRIP REYKJAVIK	Reykjavik, Grundarfjordur, Isafjordur, Akureyri, Seydisfjordur, Djupivogur, Torshavn (Faroe Islands) , Heimaey	31
JUL 15, 2024	10	<i>Seven Seas Splendor</i> [®] ROUNDRIP REYKJAVIK	Reykjavik, Isafjordur, Nanortalik, Paamiut, Qaqortoq, Narsaq, Grundarfjordur, Reykjavik	31
AUG 5, 2024	20	<i>Seven Seas Navigator</i> [®] ROUNDRIP LONDON	London (Southampton), Kirkwall (Orkney Islands), Tórshavn (Faroe Islands), Akureyri, Isafjordur, Reykjavik , Nuuk, Paamiut, Qaqortoq, Killybegs, Belfast, London (Southampton)	55
JUN 23, 2025	14	<i>Seven Seas Grandeur</i> [™] LONDON TO REYKJAVIK	London (Southampton), Dublin (Dún Laoghaire), Liverpool, Killybegs, Narsaq , Narsarsuaq, Qaqortoq, Isafjordur, Reykjavik	31
JUL 7, 2025	10	<i>Seven Seas Grandeur</i> [™] ROUNDRIP REYKJAVIK	Reykjavik, Heimaey, Eskifjordur, Seydisfjordur, Husavik, Akureyri, Siglufjordur, Isafjordur, Grundarfjordur	28
JUL 10, 2025	18	<i>Seven Seas Mariner</i> [®] NEW YORK TO REYKJAVIK	New York, Newport, Boston, Portland, Rockland/Camden, Saint John (Bay of Fundy), Halifax, Sydney, Corner Brook, Nuuk, Paamiut, Narsaq , Isafjordur, Reykjavik	72
JUL 17, 2025	10	<i>Seven Seas Grandeur</i> [™] ROUNDRIP REYKJAVIK	Reykjavik, Djupivogur, Eskifjordur, Seydisfjordur, Husavik, Akureyri, Siglufjordur , Isafjordur, Grundarfjordur, Reykjavik	23
JUL 28, 2025	15	<i>Seven Seas Mariner</i> [®] REYKJAVIK TO PARIS	Reykjavik, Eskifjordur, Klaksvik (Faroe Islands), Tórshavn (Faroe Islands), Kirkwall (Orkney Islands), Ullapool, Belfast, Isle of Man, Dublin (Dún Laoghaire), Holyhead, Liverpool, Cork (Cobh), Saint-Malo, Paris (Le Havre)	73

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THE FIKA

**EMBRACING
THE SWEDISH
COFFEE CULTURE
AND SOCIAL
CONNECTION
OF *FIKA***

BY JANICE DAVIDSON





Beyond the mesmerizing landscapes and historical wonders, in Sweden lies a cherished tradition that takes on more meaning than the typical coffee break. The Swedish word *fika*, used as both a verb and a noun, has no direct English translation. Rooted in the Swedish concept of *lagom* — finding balance and moderation in all aspects of life — *fika* encourages people to slow down and enjoy the present moment. It is a time for relaxation and reflection, where individuals take a moment to step away from the hustle of daily life and indulge in the company of friends, family or colleagues.

EXPERIENCE



This ritual sees Swedes gathering over steaming cups of coffee and delightful pastries, fostering an environment where meaningful conversations flow, friendships flourish and a sense of community thrives. Once you participate in the *fika* experience, you will discover a deeper understanding of the cultural significance and social essence that weave together the fabric of Swedish life — a heartwarming celebration of togetherness and the fine art of savoring life's simple pleasures.



MORE THAN JUST KAFFE

Coffee is a significant part of the *fika* experience, and Swedes take their coffee seriously. Swedish coffee culture is a rich tapestry of flavors and traditions, with *kaffe* as its foundation. *Kaffe* is a celebration of coffee in its purest form, brewed strong and served black with a rich and robust taste. It accentuates the essence of carefully selected coffee beans and a meticulous roasting and brewing process. This beverage encapsulates the Swedish commitment to quality and craftsmanship, with each cup serving a delightful journey through the coffee beans' bold flavors and aromatic notes.

As a delightful departure from the usual brew, Swedish Egg Coffee, or *Äggkaffe*, captivates coffee enthusiasts with its unique and whimsical preparation. In this enchanting concoction, coffee grounds are artfully mixed with raw egg and boiling water, creating a milder and creamier brew that tantalizes the taste buds. The result is a velvety, smooth coffee that stands apart from the traditional coffee experience, offering a delightful fusion of unexpected and captivating flavors. *Äggkaffe* embodies the spirit of Swedish exploration and innovation, inviting coffee lovers to add a touch of creativity and a dash of playfulness to their daily coffee ritual.

Of course, a variety of other popular coffee drinks are also on the menu. *Fika* is about savoring the moment with every sip, whether it's a smooth latte, bold cappuccino or an eye-opening espresso.

PASTRY PAIRINGS

No *fika* experience in Sweden is complete without a delightful assortment of pastries to perfectly pair with the coffee. Swedish bakers have mastered crafting an artful array of delectable treats to tempt your palate and satisfy your cravings.

Among the most popular pastries are the aromatic *Kanelbullar*, commonly known as cinnamon rolls, which are often topped with a sprinkle of pearl sugar for added crunch. Another beloved classic is the *Semla*, traditionally savored on Shrove Tuesday, featuring a cardamom-spiced wheat bun generously filled with almond paste and whipped cream. The *Prinsesstårta*, or Princess Cake, takes center stage with its intricate layers of sponge cake, raspberry jam, custard and whipped cream, all cloaked in a vibrant green marzipan cover. Lastly, the *Chokladboll*, translating to "chocolate ball," emerges as a cherished favorite among all ages. This no-bake pastry tantalizes the taste buds with its combination of oats, cocoa, sugar and butter, rolled into delightful bite-sized balls that promise a moment of pure indulgence.

WHERE FIKA COMES TO LIFE

As the capital city, Stockholm offers a plethora of *fika* destinations. Vete-Katten, a historic cafe dating back to 1928, exudes old-world charm and is famous for its traditional pastries. Drop Coffee on the other hand, is a haven for coffee enthusiasts, serving expertly crafted brews.





Visby (Gotland Island) is a UNESCO World Heritage site, and the charming city is not short on *fika* spots. One such gem is Cafe Gula Huset, a quaint cafe known for its delightful cakes and cozy ambiance.

The lovely coastal town of Lysekil boasts beautiful scenery and delightful *fika* spots as well. For coffee enthusiasts, Skaftö Kafferosteri & Kafé is a must-visit, as they roast their own coffee beans on-site, ensuring a fresh and flavorful brew.

EMBRACING FIKA, EMBRACING SWEDEN

Fika is a cultural touchstone that encapsulates the Swedish way of life. It is a chance to slow down, connect with others, and find joy in the little moments. Whether it's the bustling streets of Stockholm, the historical charm of Visby or the scenic beauty of Lysekil, *fika* brings people together all across Sweden.

So, if you ever find yourself in Sweden, don't just drink coffee; take part in the *fika* experience and gain a deeper understanding of the heart and soul of this captivating Nordic nation. ♦







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THE COFFEE CONNECTION


























The name is no accident. Whether enjoying a good book or spending time with friends or family, the Coffee Connection is for more than just an afternoon pick-me-up (unless that's all you're looking for, of course). It's the perfect place for an onboard fika experience with an assortment of delicious options.

Our baristas deliver nothing short of excellence when crafting the perfect cappuccino, that almond-milk latte, a robust yerba mate or a soothing chamomile tea. Pastries and other goodies are on hand as well for you to find the right accompaniments to your beverage of choice. Grab a seat al fresco or cozy up on a couch by the window and fall into the *fika* mindset, embracing the moment at hand.





YOUR OWN *FIKA* EXPERIENCE AWAITS ON THESE VOYAGES TO *SWEDEN* AND NORTHERN EUROPE.

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUL 2, 2024	10	<i>Seven Seas Navigator</i> [®] COPENHAGEN TO STOCKHOLM	Copenhagen, Kiel, Rønne (Bornholm), Gdansk (Gdynia), Klaipėda, Saaremaa, Tallinn, Kotka, Helsinki, Stockholm 	43
JUL 5, 2024	12	<i>Seven Seas Mariner</i> [®] LONDON TO COPENHAGEN	London (Southampton), Paris (Honfleur), Antwerp  , Rotterdam, Aarhus, Helsingborg, Berlin (Warnemünde)  , Gdynia, Klaipėda, Visby, Stockholm  , Helsinki, Tallinn, Copenhagen	71
JUN 9, 2025	18	<i>Seven Seas Navigator</i> [®] AMSTERDAM TO COPENHAGEN	Amsterdam (Ijmuiden), Haugesund, Nordfjordeid, Ålesund, Stavanger, Kristiansand, Oslo  , Aarhus, Kiel, Rønne (Bornholm), Gdansk (Gdynia), Klaipėda, Riga, Stockholm  , Copenhagen	63
JUN 27, 2025	10	<i>Seven Seas Navigator</i> [®] COPENHAGEN TO STOCKHOLM	Copenhagen, Berlin (Warnemünde)  , Rønne (Bornholm), Gdansk (Gdynia), Klaipėda, Tallinn, Helsinki, Stockholm 	40
JUL 7, 2025	20	<i>Seven Seas Voyager</i> [®] LONDON TO ANTWERP	London (Southampton), Stavanger, Vik (Sognefjord)  , Ålesund, Svolvær (Lofoten Islands)  , Tromsø, Hammerfest, North Cape (Honningsvåg), Alta  , Harstad, Bodø, Brønnøysund, Trondheim, Molde, Nordfjordeid, Eidfjord, Amsterdam, Antwerp	54
JUL 7, 2025	12	<i>Seven Seas Navigator</i> [®] STOCKHOLM TO AMSTERDAM	Stockholm, Helsinki, Klaipėda, Gdansk, Copenhagen  , Berlin (Warnemünde)  , London (Tilbury), Amsterdam (Ijmuiden) 	49
JUL 27, 2025	18	<i>Seven Seas Grandeur</i> [™] REYKJAVIK TO LONDON	Reykjavik, Isafjordur, Akureyri, Tórshavn (Faroe Islands), Lerwick (Shetland Islands), Måløy, Nordfjordeid, Bergen, Ulvik (Hardangerfjord), Haugesund, Arendal, Oslo  , Skagen, Amsterdam, Bruges (Zeebrugge), London (Southampton)	81
AUG 7, 2025	12	<i>Seven Seas Voyager</i> [®] LONDON TO STOCKHOLM	London (Southampton), Skagen, Copenhagen, Berlin (Warnemünde)  , Rønne (Bornholm), Gdansk (Gdynia), Klaipėda, Tallinn, Helsinki, Stockholm	46
AUG 12, 2025	18	<i>Seven Seas Mariner</i> [®] PARIS TO OSLO	Paris (Le Havre), Calais, Antwerp  , Amsterdam, Copenhagen  , Kiel, Rønne (Bornholm), Gdansk (Gdynia), Klaipėda, Riga, Stockholm  , Visby, Oslo 	65
AUG 19, 2025	14	<i>Seven Seas Voyager</i> [®] STOCKHOLM TO HAMBURG	Stockholm, Sundsvall  , Umeå  , Kemi  ,  , Turku, Visby, Karlskrona, Malmö, Copenhagen  , Lysekil, Oslo, Hamburg	36

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GÉRARD BERTRAND

ELEVATING VITICULTURE
— *in the* —
SOUTH OF FRANCE

BY DANIEL MORRIS

The South of France is home to historical castles, picturesque towns and weathered vineyards that stand as silent witnesses to the tales of generations past. Adding to this rich heritage, famed vintner Gérard Bertrand has crafted a story all his own. Honoring the tradition of his ancestry and the beautiful interplay of nature within it all, he has carried forward his father's vision, making it uniquely his, elevating the wines of the Languedoc region to new heights in the eyes of viticulture and the world.





Traditionally, wine has been compartmentalized into two 'colors': the opulent, velvety reds that command attention and the crisp, refreshing whites (more yellow in hue than white) that cleanse the palate. This age-old dichotomy seemed almost immutable, with wine connoisseurs and novices alike finding comfort in this familiar classification. In this well-established landscape, however, Gérard Bertrand emerged with a vision that challenged the norm.

Bertrand's love for the Languedoc region — a passion grown from seeds planted by his father many years ago — is built on the belief that his home region can produce some of the finest wine on the planet, going against the thinking of the more mass-production, quantity-over-quality winemakers that dominated the landscape when he was young. This passion for producing the best included a conviction in the potential of rosé and orange wines to go beyond the methods, marketing and subsequent expectations weighing them down. And while this passion started early, it took a backseat to the rugby that took centerstage in his young adult years.

Throughout his professional rugby union career, Bertrand kept alive the connection to his early years of working in the vineyards with his father. These years of playing, traveling and experiencing more of the world around him became quintessential to his overall approach to life. At the young age of 22, he took over the family business after dealing with the tragic loss of his father in a car accident. When his rugby career ended in 1994, Bertrand took on the vintner mantle full-time.

Applying the savviness and drive fueled by his athletic expeditions with respect for the history and heritage of French viticulture, Bertrand elevated the wines of Languedoc to the highest heights and drove forward the wine empire he helms today.



In 2018, Bertrand took the crown of the most expensive rosé from Sacha Lichine's Garrus when he introduced the world to the exceptional Clos du Temple. In doing so, he didn't just create a marvelous product; he made a statement, underscoring rosé's rightful place alongside the revered reds and whites of the world. This audacious move helped cement rosé's place as a quality wine. Within three years of its launch, they had increased the production of Clos du Temple by more than six times that of its inaugural vintage, confirming Bertrand's vision of 'pink' wine as more than just a casual beverage.

Yet, Bertrand's innovative journey was far from over. With orange wine (which some refer to as 'amber' to avoid confusion with the fruit), Bertrand ventured further from the conventional path. This unique type of wine, achieved through extended skin contact during fermentation, presented a spectrum of flavors and aromas seemingly unexplored with any serious conviction. It was an invitation to experience a tasty interplay of the familiar and the novel.

At the heart of these explorations with rosé and orange wines lay a profound respect for the age-old traditions of Southern France and a deep belief that the terroir of Languedoc is as special as any other. Every bottle crafted is a narrative. Each sip tells tales of the region's land, history and heritage, echoing the whispers of vineyards that have stood for hundreds of years. Bertrand created a sensory journey through his wines: a delicious voyage through time, capturing the essence of his home and the promise of its future.





The terroir is where it all begins. In a rapidly evolving world where the drumbeat of sustainability grows louder each day, the wine industry finds itself at a crossroads. Amidst the clamor for greener practices and a more harmonious relationship with nature, Gérard Bertrand's wholehearted adoption of biodynamic farming emerges as a beacon of hope and inspiration at a time when many industries grapple with balancing modernity and sustainability.

A seminal book in the field of organic and biodynamic farming called *Biodynamic Agriculture* (1924) by Rudolf Steiner had a direct impact on Bertrand. To oversimplify, it focused on the philosophy of treating the farm as an entity in which all aspects — the soil, plants, water, people and animals — are interconnected and collectively important to the health and growth of the crops. This method goes beyond organic by considering the vineyard in harmony with the wider environment and cosmic rhythms.

At first glance, these core principles may appear to be a throwback to ancient times with an intricate dance of the earth with the cosmos, rooted in practices that have stood the test of time. They may seem at odds with contemporary agricultural methodologies and scientific approaches to maximizing the yield of a single crop. Yet, in this seeming antiquity, Bertrand discerned a vision that was both progressive *and* revolutionary for viticulture.





For two decades, he undertook the colossal task of transitioning his prized Languedoc-Roussillon estates to fully embrace this age-old method fully. This was no mere nod to an environmental trend. It was a resounding proclamation of a winemaking philosophy — a philosophy that prioritized the health of the land and the authenticity of the wine it produced. This shift was not just about adopting a set of farming practices — it was about committing to a holistic ethos that viewed the vineyard as an entity unto itself.

For Gérard Bertrand, the journey into biodynamics was an essential evolution of the vision for showcasing the beautiful terroir of the region within his wines for all the world to enjoy. Every facet of this practice — from nurturing the mineral-rich soils vines to aligning the cultivation processes with celestial cycles — played

a pivotal role in crafting each bottle. His wines that emerged from this process were not just products but expressions of a belief that sustainability, authenticity and unparalleled quality are not mutually exclusive but can, in fact, beautifully coalesce. Bertrand's commitment to biodynamics showcased its effectiveness and viability within viticulture.

A clear and singular vision drove every decision made by Bertrand. Whether it was championing underrepresented wine styles, pushing the boundaries of traditional winemaking or fervently advocating for eco-friendly and sustainable practices, his choices were deliberate and purposeful. They were not just about producing wine; they were about creating experiences. Every bottle that bears his label offers the drinker a journey into the heart of Southern France, capturing its soul, essence and rich heritage.

Through his wines, Bertrand invites the world to share in an odyssey marked by resilience in the face of challenges, an unyielding passion for perfection, and a relentless pursuit of excellence that continues to redefine the world of wine. His legacy is etched in a philosophy that marries reverence for ancestral traditions with the courage to innovate. ♦

Daniel Morris is the Sr. Copywriter at Regent Seven Seas Cruises and Copy Editor of EXPLORE Magazine. He loves travel and exploring the opportunities it brings to connect with, learn and share the stories of the world's people and cultures.



A FRENCH CONNECTION

A mastery of the French culinary arts is an essential element of what makes Chartreuse such a magnificent restaurant. And there is no better way to do that than to spend time gleaning learnings from masterful French Chefs themselves.

In 2021, the elite team behind Regent's most delicious culinary experiences spent time in the South of France to develop new techniques and recipes while refining the classics and exploring some of the finest wines and ingredients on the planet. And since the incomparable Steph Armengol — then Vice President, Hotel Operations at Regent Seven Seas Cruises — happens to be family friends with Gérard Bertrand, they spent time in the kitchen with Chef Laurent Chabert of Monsieur Bertrand's very own Château L'Hospitalet in beautiful Massif de la Clape.

Laughing and learning together, the team connected with the land, plucking vegetables from the rich soil and tasting the terroir of the incredible wines they produce. Dining together, they reinforced the beauty and power of a shared meal — an essential element in a holistic culinary exploration of a culture. They traveled to sample and take in more of France's marvelous offerings, an experience you can see for yourself at Regent's YouTube page in the Heritage Story video they captured while there.





And look forward to tasting the difference for yourself when joining us in the best French restaurant on the Seven Seas.






To watch the video, scan the QR code or go to [RSSC.com/chartreuse-a-heritage-story](https://www.rssc.com/chartreuse-a-heritage-story)



TASTE THE TERROIR AND DELIGHT IN THE CULINARY
MASTERY OF THE SOUTH OF FRANCE ON THESE
UNFORGETTABLE CRUISES.

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APR 14, 2024	10	<i>Seven Seas Splendor</i> [®] BARCELONA TO ROME	Barcelona, Castellón, Alicante, Ibiza, Palma de Mallorca, Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Rome (Civitavecchia)	92
APR 24, 2024	7	<i>Seven Seas Grandeur</i> [™] BARCELONA TO ROME	Barcelona, Palma de Mallorca, Sète, Provence (Marseille), Saint-Tropez, Monte Carlo  , Tuscany (Livorno), Rome (Civitavecchia)	67
MAY 16, 2024	14	<i>Seven Seas Splendor</i> [®] MONTE CARLO TO LONDON	Monte Carlo, Provence (Marseille), Málaga, Tangier, Seville (Cádiz), Lisbon, Oporto, Ferrol, Bilbao, Bordeaux  , Biarritz (Saint-Jean-de-Luz), London (Southampton)	115
MAY 29, 2024	10	<i>Seven Seas Voyager</i> [®] VALLETTA TO BARCELONA	Valletta, Lipari (Sicily), Sorrento/Capri, Rome (Civitavecchia), Olbia/Porto Cervo (Sardinia), Portofino, Monte Carlo, Provence (Marseille), Port-Vendres, Mahón (Menorca), Barcelona	69
MAY 30, 2024	10	<i>Seven Seas Splendor</i> [®] ROUNDTRIP LONDON	London (Southampton), Saint-Malo, Brest, Lorient, Bordeaux (Le Verdon), Bordeaux  , Biarritz (Saint-Jean-de-Luz), Santander, Gijón, London (Southampton)	47
JUL 1, 2024	10	<i>Seven Seas Grandeur</i> [™] ROME TO MONTE CARLO	Rome (Civitavecchia), Salerno, Valletta, Taormina (Sicily), Ibiza, Palma de Mallorca, Barcelona, Provence (Marseille), Antibes, Monte Carlo 	98



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUL 22, 2024	9	<i>Seven Seas Grandeur</i> TM BARCELONA TO ROME	Barcelona, Alicante, Ibiza, Palma de Mallorca, Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Rome (Civitavecchia)	102
AUG 14, 2024	10	<i>Seven Seas Grandeur</i> TM ATHENS TO BARCELONA	Athens (Piraeus), Bozcaada, Istanbul  , Taormina (Sicily), Sorrento/Capri, Rome (Civitavecchia), Cannes, Provence (Marseille), Barcelona	63
AUG 24, 2024	12	<i>Seven Seas Mariner</i> [®] BARCELONA TO ROME	Barcelona, Alicante, Granada (Motril), Ibiza, Palma de Mallorca, Mahón (Menorca), Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Olbia/Porto Cervo (Sardinia), Rome (Civitavecchia)	112
OCT 17, 2024	10	<i>Seven Seas Mariner</i> [®] ROME TO LISBON	Rome (Civitavecchia), Tuscany (Livorno), Cannes, Provence (Marseille), Barcelona, Palma de Mallorca, Cartagena, Málaga, Gibraltar, Seville (Cádiz), Lisbon	145
OCT 27, 2024	10	<i>Seven Seas Voyager</i> [®] ISTANBUL TO BARCELONA	Istanbul, Pergamum (Dikili), Athens (Piraeus), Ephesus (Kusadasi), Messina (Sicily), Naples, Rome (Civitavecchia), Ajaccio (Corsica), Provence (Marseille), Barcelona	64
OCT 31, 2024	12	<i>Seven Seas Splendor</i> [®] ATHENS TO LISBON	Athens (Piraeus), Ephesus (Kusadasi), Heraklion (Crete), Catania (Sicily), Salerno, Rome (Civitavecchia), Cinque Terre (La Spezia), Provence (Marseille), Barcelona, Alicante, Lisbon	94
MAR 29, 2025	10	<i>Seven Seas Splendor</i> [®] LISBON TO BARCELONA	Lisbon, Seville (Cádiz)  , Gibraltar, Tangier, Melilla, Ajaccio (Corsica), Portofino, Monte Carlo, Barcelona	58
APR 20, 2025	10	<i>Seven Seas Splendor</i> [®] BARCELONA TO ATHENS	Barcelona, Provence (Marseille), Rome (Civitavecchia), Salerno, Siracusa (Sicily), Santorini, Ephesus (Kusadasi), Mykonos, Athens (Piraeus)	73
APR 23, 2025	10	<i>Seven Seas Navigator</i> [®] BARCELONA TO ATHENS	Barcelona, Provence (Marseille), Cannes, Tuscany (Livorno), Trapani (Sicily), La Goulette, Valletta, Monemvasia, Athens (Piraeus)	62
JUN 13, 2025	12	<i>Seven Seas Voyager</i> [®] VENICE TO BARCELONA	Venice (Fusina), Rijeka, Dubrovnik, Bari, Argostoli (Cephalonia), Catania (Sicily), Rome (Civitavecchia), Tuscany (Livorno), Monte Carlo, Mahón (Menorca), Barcelona	105
JUL 12, 2025	10	<i>Seven Seas Splendor</i> [®] VENICE TO BARCELONA	Venice (Fusina), Split, Kotor, Corfu, Argostoli (Cephalonia), Taormina (Sicily), Amalfi/Positano, Rome (Civitavecchia), Monte Carlo, Barcelona	82
OCT 1, 2025	12	<i>Seven Seas Mariner</i> [®] BARCELONA TO ISTANBUL	Barcelona, Palamós, Provence (Marseille), Saint-Tropez, Tuscany (Livorno), Rome (Civitavecchia), Salerno, Santorini, Athens (Piraeus), Kavala/Philippi, Istanbul 	104

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SIMPLE *is* GOOD

THE ALLURE OF THE CAPRESE SALAD

BY CHEF WOLFGANG MAIER





Rich, firm tomatoes, sweet and acidic, paired with fresh mozzarella, the perfectly creamy textured compliment, brightly garnished with an aromatic pop of basil, sprinkled with salt and pepper, and drizzled in a divinely smooth extra virgin olive oil:

Insalata Caprese.

Today a symbol of Italian cuisine, the Caprese salad has won over taste buds around the world by highlighting the beauty of fresh, high-quality Italian ingredients through a wonderfully simple arrangement.

A RECENT EPIPHANY

Believed to have originated on the island of Capri in the Campania region, this beloved dish was originally made with *Re Umberto* or *Fiascone* tomatoes (grown along the famed Amalfi coast) and a type of braided mozzarella called *treccia di Sorrento*; it did not include any type of vinegar (as is popularly enjoyed today).

The first known naming of the dish — at least in print — was its appearance on a menu at the Hotel Quisisana on Capri nearly 100 years ago. Some give credit to the hard-to-please palate of Italian poet Filippo Tommaso Marinetti and the chefs at the Hotel Quisisana that created it to please him, while others believe a mason that sought to create an Italian dish representative of the country he loved, showcasing the green, white and red of Italy's national flag. In contrast, there is at least one legend that is much less recent, dating to the first century CE and claiming Roman Emperor Tiberius preferred and was often served this refreshing dish.

However it came to be, the salad became particularly popular in the 20th century and is here to stay.



CAMPANIA'S GIFTS

Campania boasts some of Italy's most delicious produce, seeded by mineral-rich volcanic soil (thanks to the infamous Mount Vesuvius) in a unique environment where the mild Mediterranean climate is moderated by its proximity to the sea and nearby mountains. All of this coalesces into what may be Italy's most fertile region. This special terroir gives birth to ingredients with unparalleled taste and texture, from famed citrus and tomatoes to sweet peppers and artichoke.

TOMATOES

The region's tomatoes are juicy, sweet, and full of flavor. Varieties like the delicate, bittersweet San Marzano (the local 'king of tomatoes') and the cherry tomatoes of the Vesuvian area are especially renowned. These tomatoes, nurtured under the Mediterranean sun, offer a sweetness and depth of flavor unmatched in many other parts of the world.

MOZZARELLA

The Campania region is also famed for its *Mozzarella di Bufala*. While it's produced elsewhere, Campania's variant stands out for its creamy texture and fresh taste, attributed to the region's lush pastures and traditional cheese-making methods. It's the perfect pairing with the ripe local tomatoes.

BASIL

An herb integral to Italian cuisine, basil in the Campania region is aromatic and fresh. Its peppery taste adds a unique touch to the salad, providing a pop of color and aroma. One particular variation is Napoletano basil, partly identifiable by its larger, ruffled-like leaves.

OLIVE OIL

Italy, and especially the Campania region, is home to many luscious olive groves. The olive oil produced here has a rich, fruity flavor that serves as the ideal dressing for the Caprese salad, perfectly binding all the ingredients together.









WHEN IN NAPLES

Not far from Capri, Naples is home to some of the most magnificent opportunities to indulge in the perfect Caprese salad. However, you might just prefer to make your own, and Naples is the perfect destination for finding the ideal ingredients. The city pulsates with markets, stores and eateries that pride themselves on using and selling the freshest local produce. Here are a pair worth exploring:

MERCATO DI PORTA NOLANA

Located close to the central station, this market is a haven for fresh vegetables and fruits, as well as a broad selection of other goods. The tomatoes here are plump, ripe, and bursting with flavor — and the local atmosphere is quite flavorful as well.









CASEIFICIO OLANDA

This cheese shop in Naples offers a wide variety of cheeses, but its *mozzarella di bufala* is particularly outstanding. Made fresh daily, it has the perfect consistency and flavor to elevate your Caprese to that next level. ♦

Wolfgang Maier is the Senior Culinary Director at Regent Seven Seas Cruises and a true master of the culinary arts. Originally from Austria, he has spent more than a decade helping guide the development of the unrivaled menus of The World's Most Luxurious Fleet™. Chef Maier is passionate about exploring new food trends and the outdoors, enjoying motorbikes and photography as well.

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APR 16, 2024	10	Seven Seas Voyager® BARCELONA TO ATHENS	Barcelona, Rome (Civitavecchia), Sorrento/Capri, Santorini, Izmir, Istanbul 🇮🇹, Mykonos, Athens (Piraeus)	45
APR 29, 2024	7	Seven Seas Splendor® ROME TO ATHENS	Rome (Civitavecchia), Naples, Taormina (Sicily), Santorini, Ephesus (Kusadasi), Mykonos, Athens (Piraeus)	38
JUL 31, 2024	14	Seven Seas Grandeur™ ROME TO ATHENS	Rome (Civitavecchia), Amalfi/Positano, Taormina (Sicily), Crotone (Calabria), Corfu, Dubrovnik, Venice (Trieste) 🇮🇹, Split, Kotor, Corfu, Katakolon, Santorini, Ephesus (Kusadasi), Athens (Piraeus)	96
AUG 5, 2024	10	Seven Seas Voyager® BARCELONA TO ATHENS	Barcelona, Antibes, Porto Santo Stefano, Salerno, Taormina (Sicily), Crotone (Calabria), Kotor, Igoumenitsa, Argostoli (Cephalonia), Monemvasia, Athens (Piraeus)	54
SEP 5, 2024	17	Seven Seas Mariner® ROME TO MONTE CARLO	Rome (Civitavecchia), Amalfi/Positano, Messina (Sicily), Athens (Piraeus), Santorini, Katakolon, Corfu, Valletta 🇮🇹, Ibiza, Palma de Mallorca, Barcelona, Sète, Sanary-sur-Mer, Ajaccio (Corsica), Monte Carlo	98

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
SEP 25, 2024	10	<i>Seven Seas Voyager</i> [®] ROME TO VENICE	Rome (Civitavecchia), Amalfi/Positano, Messina (Sicily), Valletta, Igoumenitsa, Tirana (Durrës), Kotor, Zadar, Rijeka, Venice (Trieste)	49
OCT 24, 2024	7	<i>Seven Seas Splendor</i> [®] ROME TO ATHENS	Rome (Civitavecchia), Salerno, Catania (Sicily), Ephesus (Kusadasi), Santorini, Mykonos, Athens (Piraeus)	36
NOV 5, 2024	10	<i>Seven Seas Navigator</i> [®] ISTANBUL TO ROME	Istanbul  , Izmir, Athens (Piraeus), Messina (Sicily), Naples, Rome (Civitavecchia), Cinque Terre (La Spezia), Toulon	65
APR 28, 2025	11	<i>Seven Seas Grandeur</i> [™] VENICE TO ROME	Venice (Fusina), Koper, Dubrovnik, Brindisi  , Igoumenitsa, Argostoli (Cephalonia), Valletta, Catania (Sicily), Palermo (Sicily), Amalfi/Positano, Rome (Civitavecchia)	70
MAY 13, 2025	12	<i>Seven Seas Navigator</i> [®] ISTANBUL TO ROME	Istanbul, Bozcaada, Ephesus (Kusadasi), Rhodes, Limassol, Jerusalem (Ashdod), Jerusalem (Haifa), Cairo (Port Said), Valletta, Salerno, Rome (Civitavecchia)	88
JUL 2, 2025	10	<i>Seven Seas Splendor</i> [®] ROME TO VENICE	Rome (Civitavecchia), Amalfi/Positano, Messina (Sicily), Valletta, Igoumenitsa, Corfu, Kotor, Rijeka, Venice (Fusina)	59
AUG 1, 2025	10	<i>Seven Seas Splendor</i> [®] ROME TO ATHENS	Rome (Civitavecchia), Amalfi/Positano, Palermo, Valletta, Bozcaada, Istanbul  , Ephesus, Santorini, Athens (Piraeus)	54
AUG 11, 2025	12	<i>Seven Seas Splendor</i> [®] ATHENS TO BARCELONA	Athens (Piraeus), Skiathos, Istanbul  , Cesme, Santorini, Amalfi/Positano, Rome (Civitavecchia), Monte Carlo, Barcelona 	75
SEP 13, 2025	10	<i>Seven Seas Navigator</i> [®] BARCELONA TO ATHENS	Barcelona, Saint-Tropez, Tuscany (Livorno), Rome (Civitavecchia), Naples, Messina (Sicily), Istanbul  , Bozcaada, Athens (Piraeus)	74
OCT 15, 2025	10	<i>Seven Seas Grandeur</i> [™] VENICE TO ROME	Venice (Fusina), Rijeka, Urbino (Ancona), Kotor, Bari, Corfu, Valletta, Catania (Sicily), Salerno, Rome (Civitavecchia)	78
OCT 19, 2025	12	<i>Seven Seas Navigator</i> [®] ISTANBUL TO BARCELONA	Istanbul, Kavala/Philippi, Ephesus (Kusadasi), Athens (Piraeus), Mykonos, Messina (Sicily), Naples, Rome (Civitavecchia), Cinque Terre (La Spezia), Mahón (Menorca), Barcelona	87
OCT 25, 2025	14	<i>Seven Seas Grandeur</i> [™] ROME TO BARCELONA	Rome (Civitavecchia), Naples, Messina (Sicily), Valletta, La Goulette, Ajaccio (Corsica), Tuscany (Livorno), Monte Carlo, Palma de Mallorca, Alicante, Valencia, Barcelona 	147
OCT 31, 2025	14	<i>Seven Seas Voyager</i> [®] VENICE TO ROME	Venice (Fusina), Rijeka, Kotor, Brindisi  , Corfu, Argostoli (Cephalonia), Messina (Sicily), Siracusa (Sicily), Valletta, Palermo (Sicily), Amalfi/Positano, Naples, Rome (Civitavecchia)	90

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VALENCIAN

Pai-Ay-Uh

(PAELLA)

BY LIESL NOEL

The allure of traveling is experiencing different places and cultures. Culinary delights and local specialties are amongst the most memorable things that can tie an experience with a particular destination. A worthy example is paella.

Widely considered one of Spain's national dishes, Valencia boasts the country's most authentic paella. Valencia might be better known as the City of Arts and Sciences and home to famous oranges. Yet, it is the authentic tradition of the best paella that Valencians pride themselves most with and enjoy sharing in its best original form. While variations of the dish have evolved and become famous worldwide, it should be experienced and enjoyed in its glory in the home region of Valencia, Spain.

HUMBLE ORIGINS

The history of paella is a relatively simple one that stemmed from humble beginnings but is still cherished today. Valencia has the perfect climate for growing rice, becoming one of Spain's most important rice-producing areas. Farm laborers would break for lunchtime and use a large pan over a wood fire to cook rice and whatever else they could forage. Ingredients were mostly rabbit, snails and chickens, and a selection of beans were added for flavor and texture. A touch of saffron made for the coloring, and paprika was added to the mix, finishing it with a rich, smoky flavor. The meal was enjoyed by everyone eating out of the large dish with wooden spoons.

Although Valencia is one of the largest natural ports in the Mediterranean, seafood was not added to the dish. The Valencian word paella means frying pan and is considered twofold in meaning. The pan and rice ensemble together make the dish what it is. One can't be without the other, so when referring to paella, we're referring to both at the same time. It's all in the pan! Just as the big dishes were historically communal dishes, the idea holds true today. Not a dish to be ordered for one, but shared, as can be seen all over town as local families and visitors sit around a pan of paella enjoying the experience.



How to Find Notable and Worthy Valencian Paella

A great way to start a day exploring the city is at the Mercado Central. The Mercado Central is a Modernist iron building that houses family-owned stalls, selling Spanish produce, and is only open until early afternoon. A peruse through the largest and most beautiful European fresh market where the senses will delightfully be treated to a sensual journey with wonderful smells, colors and flavors of locally sourced produce and wares, appreciating why it is called the Cathedral for the Senses. The market offers many options to experience local cuisine. At the Central Bar, hosted by Michelin-starred Chef Richard Camerena, assorted dishes, tapas and sandwiches may be enjoyed. There is also an opportunity to purchase items that may be prepared for you by participating restaurants for a nominal fee. Since the oranges growing all over the city are not great for eating, it makes sense for locals to create a cocktail, Agua de Valencia, using the orange citrus, typically adding vodka, gin and sugar. Situated in Mercado Central is La Cava De Supergourmet, where a rather entertaining bartender will make what she considers the best version of the cocktail.

There are *horchaterias* (cafés) all over Valencia, where local treats like horchata may be enjoyed. This creamy drink is made from nut milk and paired with *fortons* (a light pastry) for dipping. Another popular treat is Bunuelos, a donut type treat, made from pumpkin based dough, fried and dusted with sugar.

Knowing what authentic Valencian paella is helps discern the real dish from the many available varieties. Typically this dish was served as the main meal at lunchtime but can be easily found as a dinner item nowadays.

After exploring Valencia, it may be time to satiate the appetite with a hearty, traditional Valencian paella. While the countless signs and colorful posters might be tempting, the more subdued and less advertised establishments often offer the best dining experiences. The telltale sign of a good and proper paella, is the slightly scorched rice that makes a crust of crispy rice at the bottom and sides of the pan. Along Valencia's

Malvarrosa beachfront, La Pepica is a great option to enjoy a great version of traditional paella while overlooking the Mediterranean. It is considered to have been Ernest Hemingway's favorite place to eat paella in Valencia. Off the usual tourist path in the quaint Benisano, Comunidad, is Restaurant Levante, which many claim has the best paella in Valencia and is frequented by locals. Casa Roberto, a short walk from Old Town is another well-known and loved restaurant in the lively and vibrant part of the bohemian Ruzafa district, following the classic Valencian paella but adding more snails. Casa Carmel is ideal for families or groups. This unique, beachfront, family-run restaurant uses a wood fire to prepare their popular paella, and groups enjoy eating out of the pan it was cooked in.

Another great option to truly enjoy paella is to go on a Chef-led Epicurean Explorer Tour with Regent Seven Seas Cruises. This is the best way to learn about the ingredients, how to source them, and the secret to cooking methods. The morning classes include a trip to Mercado Central to pick out *bojoqueta*, *gavroto* (Lima beans), *tavella* and *rojet* beans, spices and meats. Back aboard in the Culinary Arts Kitchen, the preparations get underway and end with everyone enjoying their self-made paella and sampling others. Guests leave with satisfied appetites and great memories, as well as the knowledge for how to make a genuinely traditional Valencian paella, taking home a new skill and something to share.

Buen Provecho!

Any way visitors choose to partake in experiencing what culinary delights Valencia has to offer, the hosts will not disappoint. The Valencians are so proud and passionate about their paella that they commissioned an emoji! ♦

Liesl Noel is a gifted writer from South Africa. She's spent years traveling the world with some of the world's most influential people prior to becoming a proud mother, middle school language arts teacher and talented freelance writer.








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JUN 18, 2024	10	Seven Seas Voyager® ROUNDTrip LISBON	Lisbon, Santiago de Compostela (Vilagarcía), Ferrol, Gijón, Biarritz (Saint-Jean-de-Luz), Bordeaux 🇫🇷, Bilbao, Oporto	64
JUL 11, 2024	11	Seven Seas Grandeur™ MONTE CARLO TO BARCELONA	Monte Carlo, Portofino, Cinque Terre (La Spezia), Ajaccio (Corsica), Olbia/Porto Cervo (Sardinia), Sorrento/Capri, Palermo (Sicily), Ibiza, Valencia, Barcelona	58
AUG 31, 2024	15	Seven Seas Voyager® JERUSALEM TO LISBON	Jerusalem (Haifa), Jerusalem (Ashdod) 🇮🇱, Paphos, Antalya, Marmaris, Santorini, Valletta, Trapani (Sicily), Cagliari (Sardinia), Mahón (Menorca), Málaga, Portimão, Lisbon	85
SEP 4, 2024	14	Seven Seas Navigator® LONDON TO BARCELONA	London (Southampton), St. Peter Port (Guernsey), Bordeaux 🇫🇷, Bilbao, La Coruña, Oporto, Lisbon 🇮🇪, Gibraltar, Granada (Motril), Alicante, Palma de Mallorca, Barcelona	102



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
SEP 15, 2024	10	<i>Seven Seas Voyager</i> [®] LISBON TO ROME	Lisbon, Portimão, Seville (Cádiz), Granada (Motril), Ibiza, Mahón (Menorca), Toulon, Cannes, Ajaccio (Corsica), Olbia/Porto Cervo (Sardinia), Rome (Civitavecchia)	82
SEP 18, 2024	10	<i>Seven Seas Navigator</i> [®] BARCELONA TO ROME	Barcelona, Valencia, Alicante, Ibiza, Palma de Mallorca, Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Rome (Civitavecchia)	101
SEP 22, 2024	10	<i>Seven Seas Mariner</i> [®] MONTE CARLO TO LISBON	Monte Carlo, Sanary-sur-Mer, Barcelona, Palma de Mallorca, Cartagena, Málaga, Gibraltar, Tangier, Seville (Cádiz), Portimão, Lisbon	102
OCT 2, 2024	10	<i>Seven Seas Mariner</i> [®] LISBON TO BARCELONA	Lisbon, Funchal (Madeira), Santa Cruz de la Palma, Santa Cruz de Tenerife, Arrecife (Lanzarote), Agadir, Casablanca, Seville (Cádiz), Barcelona	58
OCT 4, 2024	15	<i>Seven Seas Splendor</i> [®] LONDON TO BARCELONA	London (Southampton), St. Peter Port (Guernsey), La Rochelle, Bordeaux  , Bilbao, La Coruña, Oporto, Lisbon  , Gibraltar, Granada (Motril), Alicante, Palma de Mallorca, Barcelona	115
OCT 27, 2024	7	<i>Seven Seas Mariner</i> [®] LISBON TO BARCELONA	Lisbon, Portimao, Seville (Cadiz), Tangier, Casablanca, Palma de Mallorca, Barcelona	60
NOV 15, 2024	7	<i>Seven Seas Navigator</i> [®] ROME TO BARCELONA	Rome (Civitavecchia), Tuscany (Livorno), Cinque Terre (La Spezia), Cannes, Toulon, Palamós, Palma de Mallorca, Barcelona	64
APR 16, 2025	7	<i>Seven Seas Navigator</i> [®] LISBON TO BARCELONA	Lisbon, Portimao, Seville (Cadiz), Gibraltar, Malaga, Melilla, Alicante, Barcelona	66
MAY 9, 2025	9	<i>Seven Seas Grandeur</i> [™] ROME TO BARCELONA	Rome (Civitavecchia), Portoferraio (Elba), Cinque Terre (La Spezia), Nice (Villefranche), Toulon, Port-Vendres, Palma de Mallorca, Ibiza, Barcelona	60
MAY 18, 2025	14	<i>Seven Seas Grandeur</i> [™] BARCELONA TO LISBON	Barcelona, Provence (Marseille), Saint-Tropez, Portofino, Tuscany (Livorno), Rome (Civitavecchia), Ibiza, Cartagena, Almeria, Tangier, Gibraltar, Seville (Cádiz), Lisbon	123
JUL 22, 2025	10	<i>Seven Seas Splendor</i> [®] BARCELONA TO ROME	Barcelona, Valencia, Ibiza, Palma de Mallorca, Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Rome (Civitavecchia)	101
SEP 9, 2025	16	<i>Seven Seas Grandeur</i> [™] PARIS TO BARCELONA	Paris (Le Havre), Bordeaux   , Bilbao, Gijón, La Coruña, Oporto, Lisbon, Seville (Cádiz), Málaga, Cartagena, Valencia, Palma de Mallorca, Barcelona	162
NOV 14, 2025	12	<i>Seven Seas Voyager</i> [®] ROME TO BARCELONA	Rome (Civitavecchia), Portoferraio (Elba), Tuscany (Livorno), Genoa, Toulon, Palamós, Ajaccio (Corsica), Olbia/Porto Cervo (Sardinia), Palma de Mallorca, Alicante, Valencia, Barcelona	113

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Aditibus excea dolo “The [meze] tradition is deeply rooted and is an expression of something Greeks hold dear: socializing (i.e., talking) over a few plates of simple, tasty food, letting the wine or spirits flow, and savoring the liberating, gratifying effects of the two together. Greeks never drink without eating, and seldom eat without at least a glass of wine.”

Greek-American cookbook author and celebrity chef Diane Kochilas.





— *in* —

GREECE

MAKE TIME FOR MEZE

By Joe Wall

We travel to discover. Across seas, atop mountains, in the huts of isolated villages and the skyscrapers of neon-lit cities. In Greece, a land with as much to discover as anyplace in the world, a seat at a table laden with *mezedes* (plural for *meze*) and small glasses of strong Greek spirits guarantees a joyous insight into Greek culture you won't find in any museum, archaeological ruin or philosopher's fable.

The cheerful informality of meze belies its importance to Greek food culture. A meze is most easily described as a variety of small, savory dishes served as a complement to alcoholic drinks such as *ouzo*, *raki* or *tsipouro*. Mezedes are not appetizers: The meal begins with meze and finishes with meze. You may see everything from grilled meats and seafood to dips, salads and pastries, usually prepared with local ingredients like extra virgin olive oil, feta, yogurt, Greek honey and herbs. In the spirit of *pikilia* (variety), plates are small and choices are many. Sampling is encouraged and everything is unrushed.

More than an Old World antidote to fast food culture, an authentic Greek meze is an opportunity to appreciate simple food and honest drink while enjoying genuine human interaction with old friends or new. Conviviality and hospitality are as much on the menu as the array of delicious Greek fare, and the sharing of food translates to sharing of stories. Sit back. Take a bite. Raise your glass. Laugh. This is living in the moment. This is a Greek meze.



MEZE HISTORY

The word “meze” comes from the ancient Persian word “maza” (“taste”). The Turkish turned “maza” into “mezze”, which describe snacks and appetizers dating back to the Ottoman Empire. During the Greco-Persian Wars (492–449 BC), Persian invasions of Greece resulted in elements of their culture, language, and culinary tradition coming with them. As Greeks discovered Persian culinary practices, they began incorporating them into their daily lives and giving them Greek names. One of these practices was the serving of bread, cheese and olives before each meal, which would become the foundation of Greek meze. When the distillation of ouzo took off at the beginning of the 19th century following Greek independence, the anise-flavored liquor quickly became essential to meze culture.

The sharing nature of meze and its connection to the Greek word *parea* — a group of friends who gather purely to enjoy each other’s company and celebrate the simple things in life — required no foreign intervention, however. Ancient Greeks had a unique social dining culture of their own. People were expected to bring a dish when they gathered with loved ones and meals were valued as opportunities to connect and socialize. Instead of fading over the centuries, this practice has flourished and remains a vital part of the modern-day Greek lifestyle.



WHERE TO FIND MEZE

The passion for meze is so high in Greece that when friends and family gather to indulge, they have different types of meze restaurants to choose from. The taverna is the 'neighborhood hangout' of Greek eateries and a huge part of Greek culture. They are usually family-run, traditionally decorated and lively with music and dancing. Variations on the taverna include the *hasapotaverna* (butcher's taverna), which serve in-house butchered meats, and *psarotaverna* (fish taverna), which specialize in seafood dishes and are commonly found along Greece's magnificent waterfronts.

The *ouzeri*, unsurprisingly, is a place to enjoy Greece's national drink while dining on flavorful mezedes that match ouzo's strong taste. Many are located by the sea, especially on the Greek islands, but *ouzeri* are found throughout Greece. At the *tsipouradiko* the featured drink is tsipouro, another traditional spirit distilled from grape marc. The *mezedopolio* is a less common eatery that focuses on meze.



POPULAR MEZEDES

Tzatziki: This most famous of Greek dips is made from yogurt, cucumber, garlic and fresh herbs such as dill or mint. Served with pita bread.

Skordalia: A garlicky, mashed potato dip. Served on Greece's National Independence Day with beetroots and fried salted cod.

Dolmades: Vine leaves stuffed with minced meat, rice, fresh herbs, seasonings and sometimes pine nuts.

Taramasalata: A popular sauce made with fish roe (fish eggs), olive oil, lemon juice, onions and bread, taramasalata is also used as a dip.

Saganaki Cheese: Made from any number of Greek cheeses — including kefalograviera, kasseri, kefalotyri and others — this dish is fried, served with lemon juice and eaten with bread.

Melitzanosalata: A tasty, roasted eggplant dip that can be served as a side dish or eaten on its own.

Fava: A healthy staple of the Greek diet, this split pea purée is sometimes served as a main course but may also be used in a sandwich or wrap.

Htapodaki (octopus): A common dish in any Greek taverna, it is usually either chargrilled or marinated in oil and vinegar.

Kolokythokeftedes: Grilled meatballs or fritters made with ground lamb, onions, spices and fresh herbs, these Greek favorites go perfectly with tzatziki.

Moussaka: This treasured Greek specialty is a layered, baked casserole dish that consists of slow-cooked meats (lamb or beef), eggplant and/or potato, tomato, a cheesy béchamel sauce and seasonings.

Tomatokeftedes: Served throughout Greece, these fritter-like snacks are especially prevalent in Santorini, where they're made from the yearly bounty of sweet cherry tomatoes.



FIVE ATHENS RESTAURANTS KNOWN FOR MEZE

(reservations recommended):

Ama Lachei

Kallidromiou 69, Athina 106 83

Situated in a former primary school in the Exarchia neighborhood, this popular eatery beckons with a lovely courtyard full of cozy tables and abundant greenery. Sample cheeses from across the Greek islands and mezedes made with flair.

Bocas Meze

13 Prousis, Nea Filadelfia, 143 41

This colorful, open-kitchen restaurant in the Nea Filadelfia area is considered revolutionary for its mission to serve 'Greek tapas', a delicious combination of Greek meze and Spanish tapas.

To Kati Allo

Chatzichristou 12, Athina 117 42

This authentic, family-owned taverna serves up simple, home-cooked Greek food. You'll find it tucked away down an Athens side street near the Acropolis Museum.

Mavro Provato

Arrianou 33, Athina 116 35

Besides expertly made meze, this mezedopoleio in the Pangrati neighborhood presents an opportunity to try a variety of liqueurs including tsipouro, multiple brands of ouzo, raki and rakomelo, which is tsipouro or raki mixed with honey and spices.

Oxo Nou

Emmanouil Benaki 63, Athina 106 81

Expect hearty platters of Cretan-style meze, traditional Greek music and plenty of tsipouro at this casual ouzeri in the Exarchia neighborhood. ♦

Joe Wall is an American writer who's lived and worked in Australia, Fiji and New Zealand. His affinity for the word 'mate' appears permanent.



















*Savor the beauty of Greece,
one bite at a time.*

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
APR 26, 2024	12	Seven Seas Voyager® ATHENS TO ISTANBUL	Athens (Piraeus), Santorini, Katakolon, Corfu, Kotor, Urbino (Ancona), Ravenna, Split, Heraklion (Crete), Ephesus (Kusadasi), Istanbul 📍	76
MAY 6, 2024	10	Seven Seas Splendor® ATHENS TO MONTE CARLO	Athens (Piraeus), Mykonos, Izmir, Santorini, Messina (Sicily), Sorrento/Capri, Rome (Civitavecchia), Tuscany (Livorno), Cannes, Monte Carlo 📍	80
MAY 8, 2024	7	Seven Seas Voyager® ISTANBUL TO ATHENS	Istanbul 📍, Ephesus (Kusadasi), Marmaris, Antalya, Santorini, Mykonos, Athens (Piraeus)	39
MAY 14, 2024	10	Seven Seas Navigator® ATHENS TO VENICE	Athens (Piraeus), Ephesus (Kusadasi), Santorini, Katakolon, Igoumenitsa, Kotor, Dubrovnik 📍, Korcula, Venice (Trieste) 📍	54
MAY 15, 2024	14	Seven Seas Voyager® ATHENS TO VALLETTA	Athens (Piraeus), Pergamum (Dikili), Istanbul 📍, Alanya, Jerusalem (Haifa) 📍, Jerusalem (Ashdod), Paphos, Rhodes, Aghios Nikolaos (Crete), Messina (Sicily), Valletta	70
MAY 20, 2024	10	Seven Seas Grandeur™ VENICE TO ATHENS	Venice (Fusina), Urbino (Ancona), Kotor, Igoumenitsa, Santorini, Izmir, Istanbul 📍, Mytilini (Lesbos), Athens (Piraeus)	36
MAY 24, 2024	10	Seven Seas Navigator® VENICE TO MONTE CARLO	Venice (Trieste), Split, Bari, Corfu, Catania (Sicily), Amalfi/Positano, Rome (Civitavecchia), Ajaccio (Corsica), Barcelona, Saint-Tropez, Monte Carlo	76
MAY 30 2024	12	Seven Seas Grandeur™ ATHENS TO ISTANBUL	Athens (Piraeus), Mykonos, Jerusalem (Ashdod), Jerusalem (Haifa) 📍, Limassol, Alanya, Rhodes, Ephesus (Kusadasi), Kavala/Philippi, Istanbul 📍	72
JUN 11, 2024	10	Seven Seas Grandeur™ ISTANBUL TO ATHENS	Istanbul, Mytilini (Lesbos), Mykonos, Ephesus (Kusadasi), Patmos, Rhodes, Limassol, Antalya, Bodrum, Heraklion (Crete), Athens (Piraeus)	50





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUN 21, 2024	10	Seven Seas Grandeur™ ATHENS TO ROME	Athens (Piraeus), Bozcaada, Istanbul  , Izmir, Santorini, Valletta, Catania (Sicily), Amalfi/Positano, Rome (Civitavecchia)	42
AUG 15, 2024	7	Seven Seas Voyager® ATHENS TO ISTANBUL	Athens (Piraeus), Syros, Santorini, Patmos, Skiathos, Bozcaada, Istanbul 	23
AUG 22, 2024	9	Seven Seas Voyager® ISTANBUL TO JERUSALEM	Istanbul, Pergamum (Dikili), Cesme, Didim, Rhodes, Alanya, Limassol, Jerusalem (Ashdod), Jerusalem (Haifa) 	48
SEP 28, 2024	12	Seven Seas Navigator® ROME TO ATHENS	Rome (Civitavecchia), Ponza, Trapani (Sicily), Gozo, Syros, Bozcaada, Istanbul  , Limnos, Ephesus (Kusadasi), Santorini, Athens (Piraeus)	42
OCT 5, 2024	10	Seven Seas Voyager® VENICE TO ATHENS	Venice (Trieste), Zadar, Kotor, Corfu, Katakolon, Nauplion, Ephesus (Kusadasi), Istanbul  , Mykonos, Athens (Piraeus)	63
OCT 10, 2024	12	Seven Seas Navigator® ATHENS TO JERUSALEM	Athens (Piraeus), Volos, Thessaloniki, Istanbul   , Izmir, Santorini, Rhodes, Alanya, Limassol, Jerusalem (Haifa) 	63
OCT 15, 2024	12	Seven Seas Voyager® ATHENS TO ISTANBUL	Athens (Piraeus), Santorini, Katakolon, Corfu, Kotor, Urbino (Ancona), Ravenna, Split, Heraklion (Crete), Ephesus (Kusadasi), Istanbul 	76
OCT 22, 2024	14	Seven Seas Navigator® JERUSALEM TO ISTANBUL	Jerusalem (Haifa)  , Limassol, Antalya, Rhodes, Kos, Chania (Crete), Nauplion, Athens (Piraeus)  , Syros, Ephesus (Kusadasi), Pergamum (Dikili), Istanbul 	78
SEP 24, 2025	12	Seven Seas Voyager® JERUSALEM TO ATHENS	Jerusalem (Haifa)  , Jerusalem (Ashdod), Limassol, Antalya, Rhodes, Ephesus (Kusadasi), Istanbul  , Mytilini (Lesbos), Mykonos, Athens (Piraeus)	69

 Overnight in port

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BY DOUG FROST



HOW HOT *is* CHILE NOW?

EXPLORING THE NOTES AND FLAVORS BEHIND THE DYNAMIC GROWTH OF CHILE'S VITICULTURE

Lunch with Viviana Navarrete was bound to be exciting — her wines are just as celebrated as they are hard to find. But I was shivering, not so much from the excitement as from the cold. It was early December (summertime in Chile), and our outdoor luncheon was situated above the Maipo River, the wind whipping back and forth as we enjoyed the panorama of marshy flats below us and the Pacific Ocean at the edge of it all.

Viviana was being attended to by a couple of employees, and though she had on long pants and a sweater of sorts, her helpers were covering her in shawls. I, dressed for a presumed mid-summer lunch outdoors (shorts and t-shirt), was nearly frozen during our two-hour repast. I huddled over the seared fish course in search of warmth.

In a way, the circumstances could have been deliberate. After so many years in which the American press has regarded Chile as just another sunny, dry South American clime making flaccid facsimiles of Bordeaux reds (mostly Cabs and Merlots), there is some justice in being forced to experience how Chilean viticulture has plowed closer to the ocean, pushed farther up in the Andes, or inched closer to Antarctica. These cooler sites are giving Chilean wines more edge and interest. After figuring out how to meekly mimic the world's best wines, Chileans are discovering they can have their own voice.





Chilean wines have for decades been an ocean of pleasant, non-descript wines. Establishing new and colder vineyards is only one part of the sea-change Chilean wines are undergoing. The rise of old vine wines, from Cinsault and Carignan to Moscatel de Alejandro and Pais, is another swell. For more than a generation, the country has been undergoing a rationalization of its vineyards. Cabernet and Merlot are moving to warmer spots or into the Andean foothills. At the same time, more and more coastal vineyards are planted in pursuit of success with varieties like Sauvignon Blanc, Chardonnay, Riesling and Pinot Noir.

Re-consideration of past behaviors extends to the wineries too, with the once commonplace local *rauli* wood vats replaced by concrete eggs, larger format European oak barrels, cement vats, new oak sources and both reductive, modern winemaking and Old School oxidative winemaking finding their adherents. Whether or not these bubbles merely pop and disappear or gather steam no longer seems a matter of debate. The rest of the world is realizing that profound riches are expanding in South America's thinnest country.

Chile has long enjoyed a successful run in U.S. retail stores, half-baked though it may be, but price has been its primary asset. Dating to the 80s and 90s, Chile succeeded in being a cheaper version of something famous, like French wine. Historically isolated; with Antarctica at one end, the treacherous Atacama Desert on the other; the vast Pacific on the west and the high Andes on the east, Chile found commonality more with France than any South American neighbor. Until recently, it followed the edicts of its French consultants.





A few decades ago, French wine (particularly Bordeaux) were the world's benchmarks, so why not be a pale imitation of that? Well, as Oscar Wilde put it, "Be yourself; everyone else is already taken." Of late, Chilean producers seem keen to do just that. Two of the grower collectives, focused upon seemingly parochial concerns, offer broader lessons to the country's industry. VIGNO (Vignadores del Carignan), a producer group working with old vine Carignan, and MOVI (Movimientos de viñateros independientes or the Independent Wine Producers' Movement) personify another Chilean character, one that is proud of its heritage.

That is not to ignore the excellence of once novel and benchmark-setting estates like Almaviva, Don Melchor, Clos Apalta, Chadwick, Aurelio Montes, Don Maximiano and Seña. They continue to drive both quality and price. And there are new estates that want to muscle into the spotlight, such as A Los Viñateros, Alcohuz, Baettig, Viña VIK (established by Patrick Valette, formerly of Chateau Pavie) and many others.

Chile's past success may have bedeviled its present. There once seemed no compelling reason to buy these wines other than price. But whether or not the U.S. market is ignorant of these developments, Chilean wines are the best they've been and more themselves than ever. Despite that, the early aughts saw wines that sought to be international, which is to say, not identifiably Chilean; the wines have evolved, not least with the grape that is virtually Chile's own, Carmenère.

Rather famously, this very minor Bordeaux grape was once mistakenly identified as Merlot. Its intensely herbal nature made for a very awkward Merlot, but it has a distinctive and flashy personality when tamed. Carmenère is a challenge; nonetheless, Aurelio Montes and a handful of other Chilean winemakers have made lovely wines from it. But skittish fear of its herbaceousness sent winemakers to the far side of ripeness. Now by finding the best sites and accepting the grape's essential character, producers have dramatically improved the quality of those wines.

As the country's signature grape, Carmenère, has found its footing, Chilean wines are firmly rooted in a new era of diversity and excellence. Whether from grapes that have long held sway, like Cabernet, Chardonnay or Merlot; or grapes that represent the new regions and skills of Chile's best minds, like Riesling, Syrah, Sauvignon Blanc, Carmenère and Carignan; Chile is now living up to its potential. Those of us who thought we understood Chile are finding out that there is more here than we knew, whether mountainous vineyards or chilly coastal summits. It's as though this place is a new land, waiting for wine lovers to discover what only seemed possible. Startling brilliance and stunning diversity are suddenly available to us. Now Chile's surprises are the beginning of a new journey. ♦

Doug Frost is an expert wine consultant and author. In 1993, Mr. Frost became the second person in history to hold both Master Sommelier and Master of Wine titles, and is currently one of only four people in the world with both of those remarkable distinctions.





DELIGHTFULLY DIVERSE

Sampling the success of Chile's ongoing exploration of viticulture can be done wherever you sail with Regent. Whether choosing a delicious a Carmenere or a full-bodied Cabernet Sauvignon, a symphony of notes can be enjoyed with every meal — or whenever the mood strikes you. And while we always included exceptional fine wines with every voyage, the most discerning oenophiles will appreciate our Connoisseur List of wines for a truly unrivaled wine experience.

Dive into the Chilean wine scene with these (and more) exceptional wines aboard The World's Most Luxurious Fleet™:

2019 DAGAZ TIERRAS DE PUMANQUE SYRAH

from the Colchagua Valley

This highly rated vintage is a full-bodied and complex wine with flavors of black fruit, spice and a touch of oak. It offers an elegant and vibrant experience that makes it a delicious pairing with steak and other grilled meats.

2012 VIÑA ERRAZURIZ EDUARDO CHADWICK 'SEÑA' CABERNET SAUVIGNON

from the Aconcagua Valley

2012 produced excellent wines in Chile; this blended Cabernet Sauvignon is one of the best. Full-bodied with a long finish, it offers flavors of dark fruit, vanilla and a touch of spice, creating a wonderful pairing with grilled meats and well-spiced dishes.

2013 MONTES 'PURPLE ANGEL' CARMÉNÈRE

from the Colchagua Valley

Carménère, perhaps the most notable Chilean grape, is a favorite pairing with South American red meats and flavorful asado dishes. This complex vintage leads with black fruit, chocolate and a little spice, with a full body on the palate, adding a touch of oak and a long finish.

REDISCOVER THE MAGIC OF
CHILE ON THESE LUXURIOUS
ADVENTURES.





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JAN 26, 2024	7	<i>Seven Seas Voyager</i> [®] RIO DE JANEIRO TO BUENOS AIRES	Rio de Janeiro, Ilha Grande, São Paulo (Santos), Itajaí, Montevideo, Buenos Aires 📍	20
FEB 2, 2024	17	<i>Seven Seas Voyager</i> [®] BUENOS AIRES TO SANTIAGO	Buenos Aires, Punta del Este, Stanley, Ushuaia, Punta Arenas, Puerto Chacabuco, Puerto Montt, Santiago (San Antonio)	25
FEB 19, 2024	19	<i>Seven Seas Voyager</i> [®] SANTIAGO TO BUENOS AIRES	Santiago (San Antonio), Puerto Montt, Puerto Chacabuco, Laguna San Rafael, Punta Arenas, Ushuaia, Port Stanley, Montevideo, Buenos Aires 📍	32
JAN 19, 2025	24	<i>Seven Seas Splendor</i> [®] RIO DE JANEIRO TO SANTIAGO	Rio de Janeiro, Ilha Grande, São Paulo (Santos), Itajaí, Montevideo, Buenos Aires 📍, Punta del Este, Port Stanley, Ushuaia, Punta Arenas, Puerto Chacabuco, Puerto Montt, Santiago (San Antonio)	39
FEB 12, 2025	19	<i>Seven Seas Splendor</i> [®] SANTIAGO TO BUENOS AIRES	Santiago (San Antonio), Puerto Montt, Puerto Chacabuco, Laguna San Rafael, Punta Arenas, Ushuaia, Port Stanley, Montevideo, Buenos Aires 📍	33
JAN 14, 2026	18	<i>Seven Seas Splendor</i> [®] BUENOS AIRES TO SANTIAGO	Buenos Aires, Punta del Este, Port Stanley, Ushuaia, Punta Arenas, Laguna San Rafael, Puerto Chacabuco, Puerto Montt, Santiago (San Antonio)	26
FEB 1, 2026	16	<i>Seven Seas Splendor</i> [®] SANTIAGO TO BUENOS AIRES	Santiago (San Antonio), Puerto Montt, Puerto Chacabuco, Laguna San Rafael, Punta Arenas, Ushuaia 📍, Puerto Madryn, Montevideo, Buenos Aires	27

📍 Overnight in port

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BY CHEF AURELIEN DUMEYLET

BEEF IN ARGENTINE CUISINE

Argentina is a country synonymous with delectable steak. From the vast *Pampas* (plains of central Argentina) to the bustling streets of Buenos Aires, Argentine beef — considered among the best in the world — is enjoyed at asados and fine-dining establishments alike. But what gives it such distinction, and why is it a core component of Argentine culture and cuisine?







ORIGINS OF ARGENTINE BEEF

The genesis of Argentina's beef-centric culinary landscape dates to the 16th century when Spanish conquerors introduced cattle to the pristine expanses of the Argentine Pampas. The terrain was an ideal grazing ground for these free-range cattle, loaded with nutrient-rich plants and grasses, producing meat that is leaner, richer in omega-3 fatty acids and boasts a distinct flavor profile that has gained international acclaim.

The beef is leaner, richer in omega-3 fatty acids and boasts a distinct flavor profile that has gained international acclaim.

As they wandered the Pampas, the cattle of Argentina were looked after by the legendary horsemen of South America: the *gaucho*. While their legend was elevated for their roles in the War of Independence against Spain in the early 1800s, their nomadic lifestyle and dedication to their herds secured their place as the custodians of Argentina's beef culture. Their lives are steeped in tradition and resilience, echoing the values of freedom and self-reliance, making them enduring symbols of Argentine cultural pride.



As the years progressed, beef wasn't just another food source for the Argentines; it became part of their way of life. The country experienced a culinary transformation, where simple dishes celebrated the freshness and quality of grass- and grain-fed beef. Beef-driven dishes, from stews to grilled meats, began to dominate dining tables, eventually securing their spot as the centerpiece of most Argentine meals. For some, the *gaucho* lifestyle remained, yet it adapted to a more modern world with changes like embracing tourism to entertain and teach foreigners of their cultural heritage.

MORE THAN A MEAL

In Argentina, beef is not just food; it's a narrative of history, community and identity. Walk through the vibrant streets of Buenos Aires, and the

tantalizing aromas of wood-fired parrillas waft through the air with a power so alluring that it seems it could carry you through the air like a character in an old cartoon. Often bustling with activity, these steakhouses aren't just places to eat; they are where stories, laughter, and traditions merge, all over plates heaped with juicy steaks. This is even more true of the traditional *asado*.

Whether you call it a sausage sizzle, barbecue, *mangal*, *yakitori* or *asado* — gathering together to cook over an open flame and commune is as universal as any social experience. Nearly every culture has its own version and customs, and Argentina is no exception.

A practice brought forth by the *gaucho*, the *asado* originated when they would convene around roaring campfires, roasting substantial cuts of beef for a hearty meal after a full day weathering the challenging environment and herding their cattle. Over time, this practice became more than just a meal preparation method; it evolved into a cherished ritual, celebrating unity, camaraderie and the joy of shared meals.

Over the years, Argentina's culinary tapestry diversified; however, beef stayed at the forefront. Each region's unique flavors and techniques added to the collective beef narrative. From the sumptuous *bife de chorizo* (sirloin or strip steak) of urban centers to the rustic *costillas* (ribs) of the hinterlands, beef dishes mirror Argentina's culinary diversity and rich regional influences.

A GLOBAL INFLUENCE

Argentina's prowess in beef production isn't confined within its borders. Despite a temporary ban on specific cuts to help manage domestic prices until 2024, Argentina is sure to remain a powerhouse in beef exportation for years to come. The country has etched a distinctive mark on the global culinary scene with its top-tier, grass-fed, grain-fed beef.

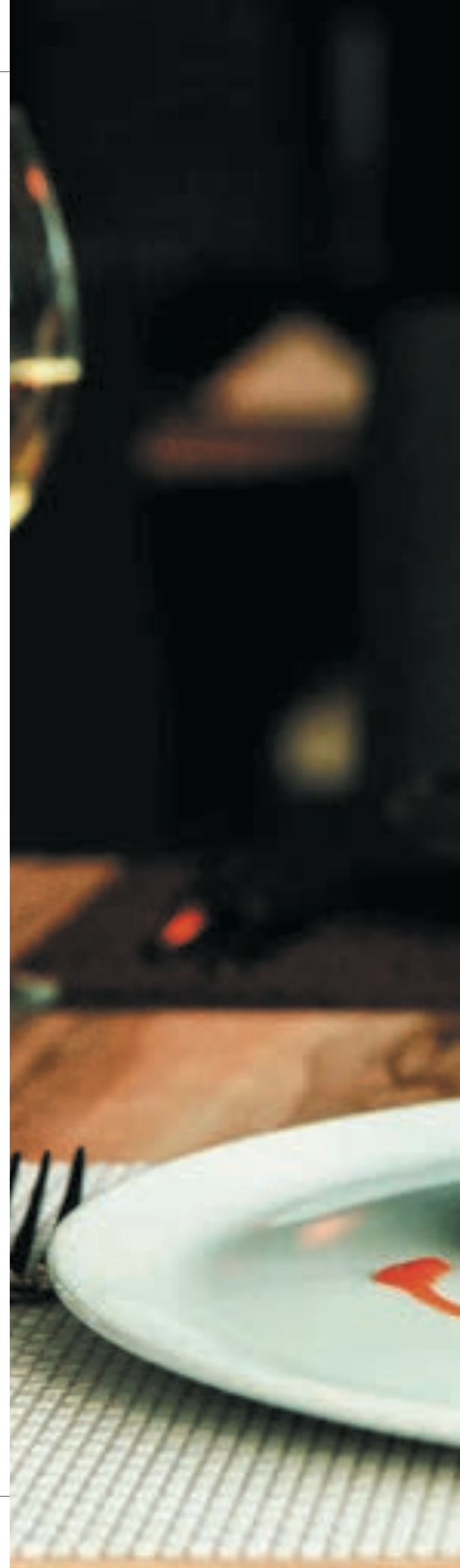
The ripple effect of the undeniable quality and mouthwatering flavors

of Argentine beef can be seen in the popularity of Argentine cuisine worldwide. Steakhouses emulating Argentine grilling techniques have sprouted in global cities, from New York to Tokyo. This global footprint is a testament to the perfect blend of quality beef production, time-honored culinary traditions and the indomitable spirit of the Argentine people.

* * *

The legacy of the *gaucho*, the allure of the *asado* and the global appeal of Argentine beef paint a picture of a country where food is not just sustenance but a beautiful expression of identity and heritage. ♦

Chef Aurelien Dumeylet originally hails from Limoges, France and has been elevating the culinary experience at Regent Seven Seas Cruises since 2007. Currently living Makati, Philippines, he is a lover of the culinary arts – especially pastries and breads – and cannot resist exploring new restaurants.









TASTE ARGENTINA’S BEST ON AN ODYSSEY TO SOUTH AMERICA.

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAR 9, 2024	10	Seven Seas Voyager® BUENOS AIRES TO RIO DE JANEIRO	Buenos Aires, Montevideo  , Punta del Este, Itajaí, São Paulo (Santos), Ilha Grande, Búzios, Rio de Janeiro 	21
MAR 3, 2025	10	Seven Seas Splendor® BUENOS AIRES TO RIO DE JANEIRO	Buenos Aires, Montevideo  , Punta del Este, Itajaí, São Paulo (Santos), Ilha Grande, Búzios, Rio de Janeiro 	22
DEC 17, 2025	11	Seven Seas Splendor® RIO DE JANEIRO TO BUENOS AIRES	Rio de Janeiro, Ilha Grande, Ilhabela, São Paulo (Santos), Porto Belo, Rio Grande, Punta del Este, Montevideo, Buenos Aires 	28
DEC 28, 2025	17	Seven Seas Splendor® ROUNDRIP BUENOS AIRES	Buenos Aires, Puerto Madryn, Punta Arenas  , Ushuaia, Port Stanley, Montevideo	26
FEB 17, 2026	24	Seven Seas Splendor® BUENOS AIRES TO MIAMI	Buenos Aires, Punta del Este, Rio Grande, Porto Belo, São Paulo (Santos), Búzios, Rio de Janeiro, Cabo Frio, Salvador, Maceió, Recife, Belém (Icoaraci), Devil's Island, Castries, Roseau, Philipsburg, Miami	73

 Overnight in port

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BOUNTY FROM THE DEEP

ALASKA'S SUCCULENT,
SUSTAINABLE SEAFOOD

BY JOHN LASHBROOK





Alaska's rich waters are a haven for a remarkable variety of marine life. Spanning nearly 1.5 million square miles, the waters of Alaska encompass the Gulf of Alaska, Bering Sea, Aleutian Islands, Chukchi Sea and Beaufort Sea, making it one of the most expansive and biologically diverse marine regions on the planet.

From the depths of these abundant waters we find some of Alaska's most valuable natural resources and prized culinary treasures, including salmon, halibut, cod and crab. Celebrated for both its exceptional quality and sustainability, Alaskan seafood adds joy wherever it is served.



A MODEL OF CONSERVATION

Amid global concerns of overfishing and dwindling fish populations, Alaska stands as a beacon of responsible and sustainable fisheries management. The state has implemented rigorous conservation methods and science-based practices to ensure the health and longevity of its marine resources.

Alaska's ongoing conservation methods prioritize the long-term sustainability of its fisheries. Thanks to the efforts of the Alaska Department of Fish and Game (ADFG), catch limits and fishing seasons are meticulously set based on data-driven analyses, allowing fish populations to naturally replenish. As a result, commercial harvests are carefully managed, and visitors can participate in fishing and crabbing charters with the knowledge that their experiences contribute to preserving these abundant marine resources for generations to come. And in the event that any of their prized fisheries are threatened, they're quick to take action to protect them.

In parts of 2022 and early 2023, particular crab harvesting seasons were shut down to allow for recovery after surveys of those crab populations showed decline. This decision was extremely difficult due to its impacts on the livelihood of the fishermen that depend upon those harvests, however it was deemed necessary to protect the industry and environment in the long term. Today, thanks to those conservation efforts, the fisheries that were suspended are expected to reopen in the coming seasons.

VALUE BEYOND THE PLATE

These healthy and sustainable fisheries are profoundly important to the state. While the seafood industry plays a critical role in Alaska's economy, providing employment for thousands and generating massive revenue through seafood exports, the value of Alaskan fisheries don't end there.

The allure of Alaska's pristine waters and productive fisheries also attracts countless tourists each year in search of angling adventures, whale watching and more. Tourism revenue further bolsters Alaska's economy, strengthening local communities and encouraging the continuation of sustainable practices.

Furthermore, sustainable fisheries play a vital role in maintaining the biological balance of Alaska's ecosystem. The health of marine life directly impacts the well-being of various species of wildlife, and the protection of these vital habitats helps to safeguard the overall ecological integrity of the region.

SAVORING YOUR EXPERIENCE

For those who want to truly experience the wonders of Alaskan waters, booking a fishing or crabbing charter with a reputable outfit is a great choice. A seasoned charter captain and crew will have a thorough knowledge of local waters, tides and weather patterns while providing their guests with the best chance of catching the targeted





species. From trolling for salmon to bottom fishing for halibut or hauling crab pots, guests aboard a charter are sure to gain a new appreciation for the rich abundance of Alaska's pristine waters.

Upon returning to shore, skilled chefs await, ready to transform the day's fresh catch into a delightful culinary masterpiece. Picture a perfectly grilled salmon fillet, tender and moist, infused with smoky flavors that only an open grill can impart. Or perhaps a flaky halibut, delicately cooked in a lemon-butter sauce that enhances its natural sweetness. And let's not forget the indulgence of savoring a sweet and tender crab leg dipped in rich, creamy drawn butter. Enjoying a succulent feast of fresh seafood is the perfect way to end a day on the water while celebrating the bounty of Alaska's bountiful fishery.

And as an added bonus, most charter outfits offer the option of processing, packing, and shipping your catch to your home, allowing you to relive your adventure and share the flavors of Alaska with your family and friends.

VISIT THE LAST FRONTIER

For this type of sea-to-table experience, there are a number of incredible opportunities to explore. Alaska's thriving fishing locales, from Icy Strait Point to Ketchikan to Juneau and others, have become bucket-list destinations for recreational anglers seeking salmon, halibut, lingcod and more. Partial to crustaceans? Dungeness crab excursions are often accompanied by a delectable Alaskan feast.

An Alaskan charter is more than merely a fishing or crabbing trip; it is an immersive outdoor experience that offers a glimpse into the wonders of the deep. With expert captains, skilled crews and breathtaking wildlife encounters, every moment at sea brings a deeper connection with nature.

The act of indulging in Alaska's delectable and sustainably caught seafood goes beyond a mere culinary delight, it is also serves to support the preservation of Alaska's pristine waters and thriving marine ecosystem.

So, set sail and discover the endless wonders and flavors of Alaska. ♦

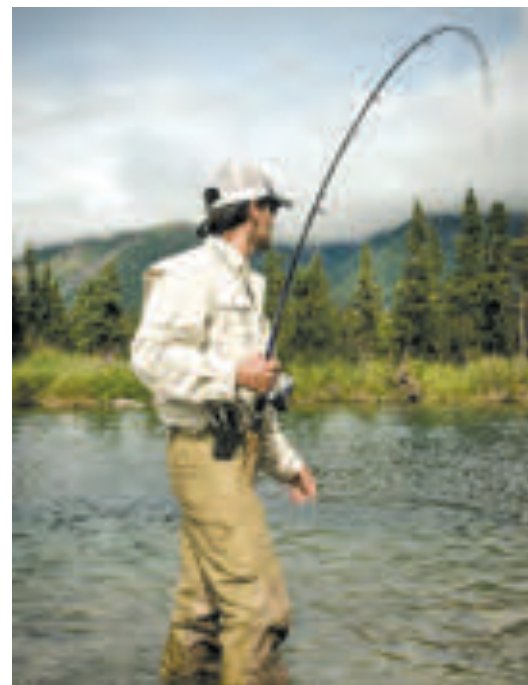
John Lashbrook is the multifaceted owner and operator of PixelWorks (pxlwrx.com). Based in Florida, he's traveled through North America and as far east as Asia, carrying with him a passion for fishing, excellent creative work, and hilarious standup.



SUSTAIN YOUR WANDERLUST IN THE LAST FRONTIER.

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAY 15, 2024	14	<i>Seven Seas Explorer</i> ® ROUNDRIP VANCOUVER	Vancouver, Wrangell, Juneau, Skagway, Sitka, Seward, Icy Strait Point (Hoonah), Ketchikan, Victoria	77
MAY 29, 2024	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
JUN 19, 2024	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUN 26, 2024	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
JUL 17, 2024	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 24, 2024	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
AUG 21, 2024	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
AUG 28, 2024	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
MAY 14, 2025	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAY 21, 2025	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUN 18, 2025	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUN 25, 2025	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
JUL 16, 2025	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 23, 2025	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
AUG 13, 2025	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
AUG 20, 2025	14	<i>Seven Seas Explorer</i> ® ROUNDTRIP VANCOUVER	Vancouver, Wrangell, Juneau, Skagway, Sitka, Seward, Icy Strait Point (Hoonah), Ketchikan, Victoria	81
SEP 10, 2025	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55

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OYSTERS *in Alaska?*

BY DANIEL MORRIS

• SHELLFISH FARMING IS TAKEN TO NEW DEPTHS •

I grew up ocean adjacent — swimming, snorkeling, fishing and SCUBA diving in the warm waters of South Florida. And as you might expect, I adore seafood. Fresh mahi-mahi, Florida lobster, grouper, snapper — the list goes on. Crustaceans are a particular favorite. So, when I heard about our latest Epicurean Explorer Tour in Ketchikan, Alaska, I had to learn more. I know of the incredible scallops in Norway, langoustine in Scotland and other types of coldwater shellfish, but oysters in Alaska? That's a new one.





CHEF KELLIE EVANS

I reached out to our Director of Culinary Enrichment Chef Kathryn Kelly to learn more. (Chef Kelly is the creative maestro composing our Culinary

Arts Kitchen Experiences.) She promptly put me in touch with one of her Senior Chefs, Chef Kellie Evans.

Growing up in a small town in Virginia, Chef Evans found herself drawn to exploring new flavors, often befriendng classmates with different backgrounds than her own to explore and discover something new. She further cultivated this passion when moving to New York to study theater. As the Executive Chef for a catering enterprise, she serviced multiple famous television productions and exercised more of her creativity as the food editor for *Saveur* magazine. While there, Chef Evans oversaw their test kitchen and even starred in and produced a series of instructional videos.

Those experiences have all served her well during her eight-plus years of demonstrating, teaching and hosting cruise guests.

"I love the storytelling aspect of cooking." She told me when asked her about what captivated her attention and drew her to this unique position: an interplay of travel, teaching and the culinary arts. "For me it's the history of these dishes and these ingredients and where they come from." She enjoys sharing those discoveries with her guests, teaching them something new and delicious with each excursion and class. "It's that *aha-moment*."





BABY OYSTER

HUMP ISLAND *Oyster Company*

“Here in Ketchikan, they have the largest oyster farm in all of Alaska.” Hump Island Oyster Company is a

family owned endeavor, started by fourth-generation Alaskans and predominantly staffed by college and high-school students. In 2010, Trevor Sande, a civil engineer by trade, started a floating oyster farm (a type of suspended aquaculture) with 150,000 juvenile oysters. His oysters thrived in the fresh cold waters near his family home, rich in nutrients and plankton.

However, oysters are protandric animals, which means they can change from male to female, and they require temperatures warmer than 68° Fahrenheit to spawn. This means these non-native inhabitants can’t reproduce in Southeast Alaska’s cold waters (which don’t tend to get out of the 50s). Therefore, Hump Island Oyster Company acquires ‘baby’ Pacific oysters, about the size of a grain of sand, shipped in from Hawaii.

Chef Evans went on to explain that because they’re suspended in such clean water and don’t need to divert their energy to things like reproduction or producing pearls (a means of self-protection), “They’re able to keep 100% of their nutritional value.” These filter-feeding shellfish can also grow year-round — essentially hibernating in the coldest months — and can grow up to two years longer than most other oysters, Chef Evans said, growing larger, more robust, and producing a “super clean flavor.”



*“They’re able to keep 100%
of their nutritional value...
super clean flavor.”*







The intimate 12-person tour begins on board in the Culinary Arts Kitchen, with a brief overview of the day ahead. After a short drive to the dock, where guests get to see the baby oysters, guests take a brief 15-minute boat ride to the oyster farm, offering both indoor and outdoor seating as they cruise through the pristine Clover Pass. “It’s a beautiful, magical place,” says Chef Evans, with eagles overhead and the occasional marine life peeking through the surface.

While on Hump Island, guests learn more about this unique operation, including its various challenges like the oyster’s primary nemesis in these icy waters, the starfish, the ingenuity of this young company (like repurposing a ‘tumbler’ used in gold mining for sorting and polishing the oysters), as well as the positive impacts and sustainability of it all. And, of course, they get to taste them.

The High North Bar, where the tasting occurs, includes both raw and cooked oysters. Guests can also try another sustainable endeavor of the company, kelp and kelp-based products like hot sauce. (That’s right, kelp hot sauce.) All of this can be delightfully paired with local craft brews for the full Alaska-grown oyster experience.

Back at the ship, this unique excursion is concluded with a memorable 90-minute class. This season, Chef Evans taught a delicious salmon chowder recipe. (Ketchikan is the Salmon Capital of the World, after all.) They spend most of the time on the chowder. “We fall back on technique,” she said. “The salmon is almost the

last ingredient to go in the pot to retain all of its flavor.” And while salmon is the highlight of the chowder, Chef Evans is sure to incorporate all the local ingredients in delicious and unique ways for a holistic culinary experience.

Beyond the intellectual epiphanies Chef Evans offers, sometimes that ‘aha-moment’ is because she encouraged a guest to try something they didn’t think they enjoyed, only to then discover that they do like it. I find that to be true throughout life. Tasting something new is essential to travel, to growing as a person, as a society and so much more. Much like Chef Evans has learned throughout her life, and much like a young civil engineer learned by starting an oyster farm in Alaska, and much like I regularly tell my two children, “You never know until you try it.” ♦

Daniel Morris is the Sr. Copywriter at Regent Seven Seas Cruises and Copy Editor of EXPLORE Magazine. He loves travel and exploring the opportunities it brings to connect with, learn and share the stories of the world’s people and cultures.





*Edification and
indulgence await
in Ketchikan.*

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAY 1, 2024	7	<i>Seven Seas Explorer</i> [®] VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
MAY 8, 2024	7	<i>Seven Seas Explorer</i> [®] SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUN 5, 2024	7	<i>Seven Seas Explorer</i> [®] SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUN 12, 2024	7	<i>Seven Seas Explorer</i> [®] VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
JUL 3, 2024	7	<i>Seven Seas Explorer</i> [®] SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 10, 2024	7	<i>Seven Seas Explorer</i> [®] VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
JUL 31, 2024	7	<i>Seven Seas Explorer</i> [®] SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
AUG 7, 2024	14	<i>Seven Seas Explorer</i> [®] ROUNDTrip VANCOUVER	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward, Ketchikan, Victoria	82
SEP 4, 2024	7	<i>Seven Seas Explorer</i> [®] VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
SEP 11, 2024	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
MAY 28, 2025	14	<i>Seven Seas Explorer</i> ® ROUNDRIP VANCOUVER	Vancouver, Wrangell, Juneau, Skagway, Sitka, Seward, Icy Strait Point (Hoonah), Ketchikan, Victoria	81
JUN 11, 2025	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
JUL 2, 2025	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 9, 2025	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
JUL 30, 2025	7	<i>Seven Seas Explorer</i> ® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
AUG 6, 2025	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53
SEP 3, 2025	7	<i>Seven Seas Explorer</i> ® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait Point (Hoonah), Seward	53

FOR ALL VOYAGES VISITING **ALASKA** AND TO
VIEW **FREE** UNLIMITED SHORE EXCURSIONS, VISIT **RSSC.COM**

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FREE Specialty Restaurants

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FREE Transfers Between Airport
and Ship*

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FREE Valet Laundry Service



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or visit [RSSC.com/value-comparison](https://www.regent.com/RSSC.com/value-comparison)





THE REGENT EXPERIENCE

True All-Inclusive Luxury Travel

Regent Seven Seas Cruises® delivers all-inclusive luxury travel with personalized service that attends to every detail of your journey, from start to finish. Relax and enjoy the unrivaled space and comfort of The World's Most Luxurious Fleet™ as you immerse yourself in more than 500 ports of call around the globe.

Go beyond your expectation of an all-inclusive cruise with the most inclusions, thousands of excursions, luxe amenities, epicurean excellence and intuitive service coalescing for moments that invite you to live life to the fullest, with each new memory more unforgettable than the last.

And all along the way, we invite you to indulge your palate and curiosity with the most comprehensive culinary programming on the Seven Seas. Epicurean Perfection™ is more than a name; it's our passion and mission in what we provide with all the culinary encounters our guests enjoy.

Whet your appetite in the pages ahead. Then, find your ideal voyage and join us for *An Unrivaled Experience®*.





SAVOR YOUR JOURNEY

with epicurean perfection™

The memorable aroma of a favorite dish can transport us across the globe instantly, while a new flavor can enshrine a special moment for all time.

Nothing enhances travel like cuisine.

Perfection is our aim with every incredible culinary experience we serve. Authentic flavors are infused with creative inspiration. Regional dishes overflow with heritage and variety. Indulge on board across multiple specialty restaurants, fine wines, spirits and more. When shoreside, our Epicurean Explorations encourage you to immerse yourself in local cultures and culinary traditions.

Whatever your diet or mood, we provide a myriad of delicious choices to satiate your inner gourmand and discover — again and again — the power and beauty of a shared culinary experience.





PACIFIC RIM — LOBSTER TEMPURA



DISCOVER THE TASTE OF TRAVEL

with epicurean explorations™

When it comes to immersing yourself in a culture, there may be no better way than with our Epicurean Explorations. Ranging across every region, our shoreside culinary experiences invite you to explore historic markets, sample famed beverages, witness traditional cooking methods and taste local specialties.





EPICUREAN EXPLORER TOURS

These Culinary Arts Kitchen Experiences are unique to voyages aboard *Seven Seas Grandeur™*, *Seven Seas Splendor®* and *Seven Seas Explorer®*. Step ashore with a Chef instructor from the Culinary Arts Kitchen and discover the intimate details of flavors of the destinations we visit. Discover the beauty of an ancient market, world-class restaurants and more, before returning to your ship to incorporate your new learnings in the kitchen.†

WINE & SPIRITS TOURS

Experience delightful wines and spirits produced in the region you visit, from famed vineyards in Europe to the Guinness plant in Ireland to historic whiskey distilleries.

EPICUREAN LAND PROGRAMS

These unique Pre- and Post-Cruise Land Programs are curated with your discerning palate in mind. Savor your time ashore by immersing yourself in a particular destination and its unique flavors and culinary heritage.

FOOD & WINE TOURS

Enjoy your time in port with excursions created and centered around food and wine, allowing you to taste, learn and explore regional flavors in the places you visit.

LOCAL FLAVORS TOURS

For a more authentic and off-the-beaten-path approach to exploring, our Local Flavors Tours bring you culinary experiences that are less expected and more in tune with the local cultures.

†Visit [RSSC.com](https://www.rssc.com) for Terms & Conditions





THE ONBOARD EXPERIENCE

with epicurean indulgence™

The lighting and layout of the room. The palette of colors and texture of the linens. The shape and design of the dinnerware. Every detail sets the stage as you step into this evening's dining experience. The maitre d' directs the servers, who play their roles to perfection, in step with the rhythm of your requests and the mastery of the chef's preparation. Your sommelier skillfully guides you toward the ideal pairing for your meal. The finale before the curtain closes? Perhaps a soothing coffee or indulgent dessert? As with all the rest, the choice is yours, and it's all included.

All our onboard culinary experiences go well beyond our inclusion of the best specialty restaurants on the Seven Seas. Special wine and spirit tastings, deck-top regional barbecues and enriching cooking classes are just a few of the other ingredients that come together to create culinary encounters that are discernibly *unrivaled*.







COMPASS ROSE

Featuring one of the most comprehensive and elaborate menus at sea — you could dine here every evening of your voyage and never have the same dish twice. Favorites are always available, as the freedom to design a unique meal that is all your own. Choose from various meats, fish, sauces and sides for a seemingly endless combination of culinary delights. There is the added benefit of some specially designed dishes as part of the Serene Spa and Wellness healthy dining selections, and there is a Chef-designed dégustation menu for the indecisive evenings. Featured wine pairings are at hand with every meal, and dessert is always on the menu. Compass Rose is the epitome of Epicurean Perfection™ and a symphony of style, taste and ambiance at the heart of each ship.

Fleetwide | Open seating





BONE-IN RIBEYE



7

P R I M E

Boasting a distinguished ambience that echoes the grandeur of classic American steakhouses, Prime 7 is a haven for those with an appetite for the exquisite. Artfully aged cuts of meat, including the illustrious New York strip, porterhouse, and melt-in-your-mouth filet mignon, take center stage. Seafood aficionados are equally catered to with choices ranging from smoked salmon to succulent lobster. Begin your culinary journey with appetizers that are nothing short of masterpieces — the fresh tang of Tuna poke, the crispness of the classic wedge salad and the harmonious blend of goat cheese, piquillo pepper and portobello mushroom in a delightful tart. All along the way in this culinary journey, your sommelier will guide you toward the perfect vintages to pair with your dishes. And save space for dessert, as the 14-layer chocolate cake drizzled in pistachio sauce is a slice of heaven.

Fleetwide | Open seating





LA VERANDA

As your ship glides across the Seven Seas, La Veranda presents a vista unlike any other, paired with delectable offerings from dawn to dusk. Mornings are marked by bespoke breakfasts against the oceanic panorama, featuring made-to-order omelets, fresh fruits and pastries baked that very morning. Special treats like Friday's fruit sangria and Saturday's iconic Bloody Mary bar add zest to the week. Lunch diverges from the ordinary with its hot carving stations showcasing global flavors, while al fresco options allow guests to dine amidst the scenic vistas as they sail from port to port. The adjacent Pool Grill offers an array of options, including made-to-order sandwiches and hamburgers, lobster nachos and more, ensuring diverse choices for every appetite.

La Veranda provides connection — keeping you close to your destination within the elegance, comfort and luxury of The World's Most Luxurious Fleet™.

Fleetwide / Open seating





Sette Mari at LA VERANDA

Sette Mari transforms La Veranda each evening into a stunning representation of Italian culinary artistry. Reflecting the Puglia region's traditions, guests gather to relish family-style appetizers like zucchini chips, aromatic bruschetta and generous shavings of parmesan, all perfectly complemented by a selection of freshly-baked breads and focaccia. The meal seamlessly progresses from antipasti to enticing prima piatti, offering everything from classic pastas to innovative delights, seamlessly leading into a second course that delves deep into Italy's culinary heritage. And the wine is nothing short of magnificent with magnificent pairings for every tasteful choice you make. Classic desserts such as tiramisu and cannoli await as well. Complemented by a sip of limoncello or sambuca, each evening becomes a cherished memory, set against an ambiance blending casual elegance with the warmth of Italian hospitality.

Fleetwide / Open seating





SALMON



There may be no country more closely connected with fine dining than France. Capturing the essence of that rich culinary heritage, Chartreuse evokes the elegance of a chic Parisian bistro, seamlessly blending classic and contemporary French culinary artistry. Diners are treated to a journey beginning with a choice of delicious hors d'oeuvres like an ethereal cheese soufflé and a delectable escargot. The main courses — be it the perfectly prepared Sole Grenobloise or the mouthwatering seared duck — are enhanced by expertly selected French wines. Conclude this indulgent evening with meticulously crafted desserts like heavenly Île Flottante, a velvet champagne mousse or the ever-exquisite Crème Brûlée. Whatever path you take in this culinary French odyssey, you can't make a wrong choice. Wherever you turn is certain to satisfy.

Not available on Seven Seas Navigator® / Reservations required





SASHIMI

PACIFIC RIM

A celebration of Asia's culinary traditions, Pacific Rim envelopes guests with Zen-like ambiance balanced with a harmonious blend of Pan-Asian flavors. From the lotus-shaped windows to the artfully lit architectural nuances, every element beckons you into a moment of serene indulgence. Guests are warmly greeted with Pacific Rim's signature cocktail, before embarking into an array of delicious options, from classics like pad Thai and sushi to Korean BBQ short ribs and the rich flavors of the aromatic Massaman curry. Pair the perfect sake with each dish, then delight in the finest teas from the East, serving as a gentle punctuation to a meal that transcends borders. Pacific Rim is more than just a dining venue; it's an invitation to explore the flavors of Asia with the finest service at sea, for a journey into the heart of the Eastern world.

*Seven Seas Grandeur™, Seven Seas Splendor®
and Seven Seas Explorer® | Reservations required*





GO BEYOND THE KITCHEN

with epicurean enrichment™

Glean wisdom from masters in the culinary arts. Sharpen your skills in a hands-on cooking class at the Culinary Arts Kitchen. Engage the beauty of a foreign culture and immerse yourself in a particular culinary love on an Epicurean Spotlight Voyage. The various and engaging opportunities that await you are sure to satisfy your inner gourmand.





CULINARY
ARTS KITCHEN
— on board —
REGENT SEVEN SEAS CRUISES®

We've expanded on the success of our world-class Culinary Arts Kitchen — a professional-grade culinary teaching facility aboard *Seven Seas Grandeur*™, *Seven Seas Splendor*® and *Seven Seas Explorer*® — with more hands-on classes, special demonstrations, tours and more led by renowned Chef Kathryn Kelly.

EPICUREAN SPOTLIGHT VOYAGES

These Spotlight Voyages are specially curated and crafted around particular culinary interests and special guests like masterful vintners and chefs.

EPICUREAN ENGAGEMENTS

As part of our Speaker Series, each Epicurean Engagement edifies with enlightening talks and presentations from various culinary experts from around the globe.

EPICUREAN TASTINGS

Expand your palate and explore unique flavors as you taste new wines, spirits and more with the masterful guidance of our sommeliers, mixologists and chefs.

EPICUREAN EXPLORER TOURS

As part of our Epicurean Explorations — these tours are exclusively connected to the Culinary Arts Kitchen, including being led by a chef instructor and at times including a hands-on application of some of the shoreside learnings brought back to the ship.

HANDS-ON COOKING CLASSES

As they've been doing since we began them, our Hands-On Cooking Classes deliver original curriculum developed specifically for our guests. Whether you're just getting started on your cooking journey or are already an experienced chef, there are opportunities for every skill level to learn, taste and enjoy.

CHEF'S TABLE COOKING DEMONSTRATIONS

These unique and intimate demonstrations around the chef's table invite you to expand your repertoire as you learn to master tools and techniques in your own kitchen. Enjoy a glass of wine and the opportunity to ask the Chef questions and share insights with your fellow guests. Even the most seasoned cooks will learn something new.



NOTIFICATION

Information contained in this brochure is not an offer or a contract. The transportation of Guests and baggage on Regent Seven Seas Cruises® vessels is provided solely by the Operator and is governed by the Terms and Conditions of the Guest Ticket Contract. For complete information on Terms and Conditions, itineraries, liability of Regent Seven Seas Cruises® and all sections mentioned below, please refer to the Guest Ticket Contract. A copy of the Guest Ticket Contract is available by contacting your Travel Advisor or online at RSSC.com. Upon booking the cruise, all of the Terms and Conditions of the Guest Ticket Contract shall be binding on the parties thereto. Guests must abide by all of Regent Seven Seas Cruises® policies including but not limited to its COVID-19 policies, procedures and conditions. These can be found at RSSC.com/HealthSafetyProtocols. Please note that in the event of any conflict between the COVID-19 policies, procedures and conditions on our website and the Terms and Conditions of the Guest Ticket Contract, the website controls.

DEPOSIT & PAYMENT POLICY

American Express, MasterCard, Visa, traveler's checks and personal checks are accepted for deposits and full payments. For your convenience, your final payment may be automatically charged to the credit card used to make the initial deposit. Regent Seven Seas Cruises® accepts no responsibility for credit card foreign currency/transaction processing fees independently assessed by issuing banks. None of these fees separately charged by the issuing banks accrues to the benefit of Regent Seven Seas Cruises®. Third party credit card charges can only be accepted when accompanied by valid authorization to charge from the relevant card owner. Deposit and final payment schedules vary by the cruise sail date and length, as outlined below.

CRUISES 14 NIGHTS OR LESS

Deposit & Payment Schedule:

- Over 120 days from sailing: 15% deposit due within seven days of booking; excluding Regent Suite, which is 25% deposit due within seven days of booking; payment in full due for all suites 120 days prior to sailing
- 120-91 days from sailing: payment in full due within three days of booking
- 90-31 days from sailing: payment in full due within 24 hours of booking
- 30 days or less from sailing: payment in full due same day of booking

CRUISES 15 NIGHTS TO 60 NIGHTS

Deposit & Payment Schedule:

- Over 150 days from sailing: 15% deposit due within seven days of booking; excluding Regent Suite, which is 25% deposit due within seven days of booking; payment in full due for all suites 150 days prior to sailing
- 150-121 days from sailing: payment in full due within seven days of booking
- 120-91 days from sailing: payment in full due within three days of booking
- 90-31 days from sailing: payment in full due within 24 hours of booking
- 30 days or less from sailing: payment in full due same day of booking

CRUISES 61 NIGHTS OR MORE

Deposit & Payment Schedule:

- Over 270 days from sailing: 10% initial deposit due within seven days of booking, followed by a second deposit totaling 30% due 270 days prior to booking; excluding Regent Suite, which is one 25% deposit due within seven days of booking; payment in full due for all suites 180 days prior to sailing
- 270-181 days from sailing: 30% deposit due within seven days of sailing
- 180-121 days from sailing: payment in full due with three days of booking; payment in full due 180 days prior to sailing
- 120-91 days from sailing: payment in full due within 24 hours of booking
- 90 days or less from sailing: payment in full due same day of booking

Final balance must be received per this schedule, together with passport details and any special onboard service requests; otherwise, booking may be subject to immediate cancellation and any applicable penalties. Regent Seven Seas Cruises® reserves the right to cancel any booking not fully paid or deposited per the schedule or those without passport details.

CANCELLATION POLICY

A 100% cancellation fee will be imposed as indicated for non-appearance. Fare is defined as the full cost of any cruise or air component purchased from Regent Seven Seas Cruises®, excluding optional facilities and services fees. Please refer to the full Terms and Conditions of the Guest Ticket Contract for fees relating to the cancellation of optional facilities and services. Any refund due as indicated by the cancellation fee schedule will be made after receipt of written notice of cancellation. Cancellation notices must be in writing and received by Regent Seven Seas Cruises® no later than the day before cancellation penalties are to be assessed. Guests who cancel within the indicated periods are subject to the following per person cancellation fees.

CRUISES 14 NIGHTS OR LESS

For cancellations made from the date of deposit to 121 days prior to cruise sail date, an administrative fee of \$100 per person for suite categories MS-H will apply.

DAYS PRIOR TO VACATION DATE	CANCELLATION PER PERSON	AMOUNT
CATEGORY	RS	MS-H
Deposit Date-121	25% of fare	\$100*
120-91	50% of fare	15% of fare
90-61	75% of fare	50% of fare
60-31	100% of fare	75% of fare
30-0	100% of fare	100% of fare

*per person administrative fee

CRUISES 15 NIGHTS TO 60 NIGHTS

For cancellations made from the date of deposit to 151 days prior to cruise sail date, an administrative fee of \$100 per person for suite categories MS-H will apply.

DAYS PRIOR TO VACATION DATE	CANCELLATION PER PERSON	AMOUNT
CATEGORY	RS	MS-H
Deposit Date-151	25% of fare	\$100*
150-121	50% of fare	15% of fare
120-91	75% of fare	50% of fare
90-76	100% of fare	75% of fare
75-0	100% of fare	100% of fare

*per person administrative fee

CRUISES 61 NIGHTS OR MORE

For cancellations made from the date of deposit to 211 days prior to cruise sail date, an administrative fee of \$100 per person for suite categories MS-H will apply.

DAYS PRIOR TO VACATION DATE	CANCELLATION PER PERSON	AMOUNT
CATEGORY	RS	MS-H
Deposit Date-211	25% of fare	\$500 in suite categories A-H; 10% of fare in suite categories MS-HS
210-151	50% of fare	25% of fare
151-121	75% of fare	50% of fare
120-91	100% of fare	75% of fare
90-0	100% of fare	100% of fare

*per person administrative fee

SINGLE SUPPLEMENTS

A supplemental charge for single occupancy varies by sailing. Single supplement savings are based on double occupancy 2-for-1 fares and are capacity controlled on select categories. Guests sailing at a reduced single supplement that elect not to participate in our Air/Sea Program will receive an air credit for only one Guest.

RESERVATION CHANGES

If a name substitution or removal is requested when a booking is within penalty period, cancellation penalties apply. Please refer to the Cancellation Policy section of the Terms and Conditions for applicable charges. Changes to airline tickets are subject to airline approval, and any imposition of airline or other cancellation fees are the responsibility of the Guest. All air reservations booked through Regent Seven Seas Cruises®, custom or otherwise, that are within one year of departure, will require a \$500 administrative fee for each change to a passenger name. If a Guest wishes to change a booking from cruise-only to include air travel arrangements after the final payment date, Regent Seven Seas Cruises® will impose a change fee of up to \$150 per person. Bookings cannot be converted from cruise-only to air/sea within 30 days of sailing.

INSURANCE

We highly recommend adequate personal and baggage insurance and trip cancellation insurance to cover the full purchase price of the cruise, including air and/or land program costs. All trip cancellation policies will be strictly enforced. No refund will be made for unused or partially used portions of the cruise, air or land programs, including shore excursions, except as specifically outlined in the Guest Ticket Contract. Applications for insurance are provided upon request. Insurance purchased through Regent Seven Seas Cruises® is refundable up until the point a booking is within cancellation penalty. RegentCare Guest Travel Protection Program offers \$50,000 per person maximum coverage.

MEDICAL SERVICES

Our vessels are equipped with limited medical facilities and staffed by internationally accredited medical personnel. Customary Emergency Room fees and charges apply for medical services. Guests needing special services, including wheelchairs, motorized scooters, oxygen therapy, etc., must advise Regent Seven Seas Cruises® in writing at time of deposit. Please note some ports of call may not be suitable for Guests with limited mobility and may preclude debarkation with or without the aid of a wheelchair or motorized scooter. Regent Seven Seas Cruises® has the right to refuse or revoke passage to anyone who, in its judgment, is unfit for travel or whose comfort on board may be compromised due to situations beyond the care that can be provided by Regent Seven Seas Cruises®.

PREGNANCY, CHILDREN, INFANTS &

UNACCOMPANIED MINORS

Regent Seven Seas Cruises® cannot accept Guests who will have entered their 24th week of pregnancy at the beginning of, or at any time during, the cruise. Infants must be six months of age as of the first day of the cruise. For voyages that have three or more consecutive days at sea, infants must be at least one year of age as of the first day of the cruise. Guests traveling with a young infant that does not meet the infant policy will be denied boarding. No refunds or other compensation shall be due from Regent Seven Seas Cruises® as a result of the denial of boarding to an underage infant or any accompanying Guests. Any Guest under the age of 18 must be accompanied by and occupy the same stateroom as an adult 18 years or older. Regent Seven Seas Cruises® does not provide for the care, entertainment or supervision of children.

TRAVEL DOCUMENTATION

All Guests must have passports valid for six months following disembarkation and necessary visas when boarding. It is the Guest's responsibility to ensure that they have all necessary documents to participate in the cruise. It is the sole responsibility of each Guest to obtain and have available the appropriate valid travel and health documents for their chosen itinerary. Regent Seven Seas Cruises® accepts no responsibility for obtaining required visas or for advising Guests of visa or other immigration requirements. Travel documents are issued approximately 25 days prior to departure. Please refer to the Guest Ticket Contract and RSSC.com for further requirements and information.



ITINERARY

Guests acknowledge that the scheduled itinerary is subject to delay, modification, or port-of-call cancellation due to weather and other causes beyond the control of Regent Seven Seas Cruises®. If necessary, at the sole discretion of Regent Seven Seas Cruises®, Regent Seven Seas Cruises® may substitute ports of call or make itinerary changes. Regent Seven Seas Cruises® does not assume responsibility or liability for any loss or expense incurred by Guests as a result of any changes or cancellations. Please refer to the full Terms and Conditions of the Guest Ticket Contract.

RESPONSIBILITY

Regent Seven Seas Cruises® accepts no liability, whether occasioned by railroad, motor coach, private car, boat, aircraft or any other conveyance, for any injury, damages, loss, accident or delay from the acts or defaults of any company or person, or in carrying out the arrangements of the cruise or cruise tour, as a result of any cause beyond the control of Regent Seven Seas Cruises®. Guests specifically release Regent Seven Seas Cruises® from any and all claims for loss or damage to baggage or property, or from personal injuries or death, or from loss from delay, arising out of the acts, omissions or negligence of any other party, such as air carriers, hotels, shore excursion operators, restaurateurs, transportation providers, medical personnel, ship owners, ship operators or other providers of services and facilities. All medical services and independent contractor services are offered solely for the convenience of Guests and are accepted at the Guest's own risk and cost. Please refer to the full Terms and Conditions of the Guest Ticket Contract.

ACTS OF NATURE, STRIKE, OR OTHER CONDITIONS BEYOND CONTROL

Regent Seven Seas Cruises® shall not be liable for delay or inability to perform caused by or arising out of strikes, lockout or labor difficulties or shortages, whether or not Regent Seven Seas Cruises® is a party thereto, or any other acts of nature, God, government restraint, outbreaks or epidemics or pandemics of communicable disease, force majeure or other circumstances beyond the control of Regent Seven Seas Cruises®. Please refer to the full Terms and Conditions of the Guest Ticket Contract.

AIR TRANSPORTATION

Regent Seven Seas Cruises®, as an added service to our Guests, offers arrangements for air travel in conjunction with a cruise. Air arrangements, including routings, are at Regent Seven Seas Cruises® (or its agents') discretion and are based on flight availability and agreements with airlines. Special requests, including class of service upgrades, specific carriers and routing, are at the discretion of Regent Seven Seas Cruises®. A \$75 non-refundable Custom Air call service fee will be applied to reservations which, if the Custom Air flight option presented is accepted within three days, will become part of the existing \$175 per person air customization fee. If guests choose not to accept the Custom Air flight option presented, the \$75 fee will not be refunded. Platinum, Titanium, Diamond, and Commodore guests will continue to receive a complimentary one-time Custom Air deviation, including the waiving of one \$75 Custom Air call service fee. All air reservations booked through Regent, custom or otherwise, that are within 1 year of departure, will require a \$500 administrative fee for each change to a passenger name. Occasionally, due to scheduling conflicts, an enroute overnight might be necessary. Costs associated with an overnight stay are at the Guest's expense. Upgrade offers apply to intercontinental flights only. On intercontinental flights, Guests may utilize Regent Seven Seas Cruises® Business Class Air program or choose cruise-only fares; air arrangements no longer include economy air downgrades. Air allowance is subject to prevailing rates at time of change. In making these arrangements, Regent Seven Seas Cruises® acts only as an agent on the Guest's behalf, and does not operate, control, or supervise any airlines and is not responsible for carriers failing to meet schedules. Air tickets are refundable to Regent Seven Seas Cruises® only and considered a part of the total cruise tour fare. Any airline-imposed fees that result from changes to or cancellation of air arrangements are the sole responsibility of the Guest. Due to government regulations, if you are delayed or unable to board at embarkation, you may not be able to board at a later time. In such event, Carrier shall have no liability to refund any cruise fares. **Guests who elect not to participate in the standard Regent Seven Seas Cruises® Air/Sea Program or do not purchase transfer arrangements from Regent Seven Seas Cruises® will be responsible for their own transfer arrangements to and from the ship. Transfers are not included**

for Guests making independent land/hotel arrangements. A credit is available for Guests not utilizing the air-inclusive program. The Destination Services desk can assist with post-cruise transfer arrangements once Guests are on board. Regent Seven Seas Cruises® offers all Air/Sea Guests complimentary transfers to and from the airport/ship in conjunction with the air program on the day of the ship's embarkation/disembarkation, with the exception of circumstances where custom air arrangements are confirmed by Regent Seven Seas Cruises®.

DINING RESERVATIONS & PRIVILEGES

Guests will have access to dine one evening in each specialty restaurant to ensure all Guests have an opportunity to experience these unique venues. Reservations are required for Prime 7, Chartreuse and Pacific Rim. Reservations are not required in Compass Rose, La Veranda or Sette Mari at La Veranda. Only one reservation is allowed in advance per specialty restaurant. Dining reservations can be made beginning 75 days prior to sailing.

OPTIONAL HOTEL STAYS, LAND PROGRAMS & SHORE EXCURSIONS

Regent Seven Seas Cruises® offers Guests the option to purchase hotel stays, land programs and shore excursions. These programs are subject to cancellation if a minimum number of participants is not reached. Fares are per person based on double occupancy and are subject to change without notice. For further details, please contact Regent Seven Seas Cruises® or your Travel Advisor. Pre- and/or post-cruise hotel packages must be purchased no later than 60 days prior to sail date. Cancellations made 60 days or less prior to the sail date are subject to 100% cancellation penalty. Regent Seven Seas Cruises® reserves the right to cancel the availability of any hotel included in the program. In the event that a hotel is unavailable, the Guest will receive a complete refund and/or will be offered a comparable hotel property based on availability. If a pre- or post-cruise program is cancelled by Regent Seven Seas Cruises®, Guests who have booked their air through the Regent Seven Seas Cruises® Air/Sea Program will have their flight changed between their gateway city and the ship without incurring a change fee. Regent Seven Seas Cruises® cannot be held responsible for any independent travel costs incurred if a land program, tour or private arrangement made through Regent Seven Seas Cruises® is cancelled due to participation minimums not being met. Flight availability, itinerary and programs are subject to change without notice and do not constitute grounds for your cancellation of the voyage.

THE FOLLOWING CANCELLATION PENALTIES APPLY:

Pre- and Post-Cruise Hotels — A 100% penalty will begin at 60 days prior to the hotel check-in date.

Pre- and Post-Cruise Land Programs — A 100% penalty will begin at 60 days prior to the program's start date.

Overland Programs (land tours that take place during cruise) — A 100% penalty will begin at 60 days prior to program start date.

Regent Choice Shore Excursions — Penalties begin at 36 hours prior to the tour start date.

Regent Seven Seas Cruises® and its appointed ground operators will do all they can to assist with alternative arrangements, but Regent Seven Seas Cruises® will not assume responsibility for any costs incurred if a land program, tour, shore excursion or private arrangement made through Regent Seven Seas Cruises® is disrupted due to adverse weather conditions or other conditions outside of Regent Seven Seas Cruises® control. Regent Seven Seas Cruises® reserves the right to increase hotel, land program, tour and shore excursion prices to cover increased costs, tariffs and taxes and to reflect fluctuations in foreign exchange markets. Regent Seven Seas Cruises® reserves the right to change or withdraw a program at any time without notice. Programs are capacity controlled with limited availability.

NOTICE

While Regent Seven Seas Cruises® makes every effort to adhere to the specifics shown in this brochure, circumstances may require otherwise. All information contained herein is subject to change without notice at the discretion of Regent Seven Seas Cruises®. All schedules and fares listed in this brochure are subject to change without notice. Regent Seven Seas Cruises® is not responsible or liable for any typographical errors, omissions or misprints. Please refer to the full Terms and Conditions of the Guest Ticket Contract which are binding upon the Guest.

FARES & SPECIAL OFFERS

For all suite fares and offers, visit RSSC.com. **FREE Roundtrip Air** includes ground transfers and applies to coach, roundtrip flights only from the following airports: ATL, BOS, CLT, DEN, DFW, DTW, EWR, FLL, IAD, IAH, JFK, LAX, LGA, MCO, MDW, MIA, MSP, ORD, PBI, PHL, PHX, SAN, SAV, SEA, SFO, TPA, YUL, YVR, YYZ. Airfare is available from all other U.S. and Canadian gateways for an additional charge. Any advertised fares that include the FREE Roundtrip Air include all airline fees, surcharges and government taxes. Airline-imposed personal charges such as baggage fees may apply. **FREE Business Class Air** applies to intercontinental flights only. Custom air arrangements may be made 210 days prior to sailing as long as cruise has a paid deposit, and Guests have completed in full the "Guest Information Form" (GIF), including their name as per passport and date of birth (custom air fees apply). **FREE Unlimited Shore Excursion** reservations are on a first-come, first-served basis and are subject to availability. Shore excursion early bookings close seven days prior to sailing. A 75-minute window is required between tours operating on the same day in port. **FREE 1-Night Pre-Cruise Hotel Package** applies to Guests 1 and 2 in Concierge Suites and higher and includes transfers from hotel to pier only. Hotel Package is capacity-controlled with limited availability and is not available for new bookings made within 60 days of departure. Regent Seven Seas Cruises® reserves the right to change or withdraw any Hotel Package at any time without notice. **FREE Unlimited WiFi** applies to all suite categories and is for one log-in per suite. Concierge Suites and higher receive up to four log-ins, for up to four devices, per suite. **FREE Land Program** applies to Guests 1 and 2 for one Pre- or Post-Cruise Land Program and is not combinable with the 5% discount on Pre- or Post-Cruise Hotel or Land Programs available to Guests for purchase. Guests in Concierge Suites and higher who choose a FREE Land Program or choose to arrange their own pre-cruise hotel accommodations will receive a credit in lieu of the FREE 1-Night Pre-Cruise Hotel Package. **FREE Valet Laundry Service** includes wash, press and fold services for Guests sailing in all suites; additionally, Regent Suite Guests receive free unlimited dry cleaning service. FREE Valet Laundry Service is not available on the final full day of each cruise, nor on the day of disembarkation. **Kids Sail** promotion is per person, cruise-only, as 3rd and/or 4th Guest in suite and applies to children 17 years of age or younger, when accompanied by an adult 18 years of age or older. **Seven Seas Society®** Savings indicated are per suite and are in addition to Bonus Savings. Savings may be changed or withdrawn at any time without notice. Single Guests earn double nights when traveling single occupancy. Free phone time is per suite and is in addition to Concierge-Level amenities. Gold members and above receive four unique log-ins with FREE Unlimited WiFi per suite and \$100 Shipboard Credit per suite. Titanium members and above receive unlimited dry cleaning. The exclusive activities for Gold, Platinum and Titanium members may be combined with special events already incorporated in our longer voyages. **Regent Seven Seas Cruises® Ambassador Program** is valid for new, full fare bookings. Offer is combinable with most standard offers; however, certain restrictions may apply. The \$250 Savings will be applied as a Future Cruise Credit. Travel Advisors are not eligible to refer new Guests and earn Future Cruise Credits. Traveling companions sharing one suite are not eligible to refer new Guests within the same suite. Program may be changed or withdrawn at any time without notice. Referring Seven Seas Society® member and referred new Guests are not required to sail on the same voyage. Seven Seas Society® Member: The referring Guest must be an existing Seven Seas Society® member at the time of the referral. The \$250 Savings for the referring Seven Seas Society® member may be applied to any existing or future booking where final payment has not been made. Seven Seas Society® members may apply up to a maximum of four suite referrals per booking. New Referred Guest: The new Guest reservation must be made by, or for, a Guest who has not booked or sailed with Regent Seven Seas Cruises® previously. Existing bookings for future sailings are not eligible. The new Guest, or their Travel Advisor, should complete the Ambassador Referral form at RSSC.com/Ambassador within 14 days from date of deposit for the \$250 Savings to be applied to the booking. Only one \$250 Savings per suite is permitted.

For full terms and conditions, visit RSSC.com/legal

Ships' Registry: Bahamas and Marshall Islands.

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