

EUROPE



LETTER *from* the CREATIVE DIRECTOR



Myths and legends are the timeless threads that connect us to our past. In some places, they've been obscured, but across Europe, gods, heroes and mystical creatures have guided civilizations for centuries. For this issue of EXPLORE, we embark on a journey through some of the imaginative tales and folklore that have shaped Europe and the world.

There is no better place to start than in Scotland, home to the legendary Loch Ness Monster, affectionately called Nessie. Read about the origins of this mysterious creature lurking in the depths of the Scottish Highlands. We were thrilled to learn that the Loch Ness Centre is once again welcoming visitors after a major restoration.

Turning our focus toward Scandinavia, delve into the vibrant mythology of

Finland, where mythical creatures lurk in deep waters and forests known as the Kalevala. Meanwhile, the Sámi, the indigenous people in Lapland, preserve their traditions with enchanting stories of sacred landscapes and foster a deep connection to the natural world.

I've included my own account of interacting with the wily monkeys of Gibraltar. Storytelling is the focus of everything I do — from image selections to video edits to the content of this magazine — but I rarely have time to write. So, when we determined we would highlight Gibraltar, I couldn't stop thinking about my remarkable first experience there. I knew I had to share it with you, hoping you'll experience it yourself. There are several tales about how these curious animals may have arrived on this seaside rock of legend, adding to the intriguing theme of this issue.

No journey to Europe would be complete without a taste of the legendary cuisine, from Turkey's kebabs to France's classic pastries to Ireland's fish and chips. Delight in reading about each of these staple dishes, as well as the Spanish culinary tradition of tapas. There are several stories surrounding

the birth of this style of eating. Some say it was innovative bartenders, others assert it was hard-working farmers, while others say it was an ailing king.

Even places as breathtaking as Saint-Tropez offer a wealth of history and a touch of lore beyond the glimmering coastline. Among the top places to explore is the 17th century Citadel, complete with ominous dungeons. Though the citadel does not have a mythical backstory, it stands as a testament to the town's resilience and a reminder of its maritime heritage.

I hope you enjoy reading this issue and that it ignites your sense of wonder. As you immerse yourself in these narratives, may you feel a renewed appreciation for the incredible history and beauty that thrives in Europe.

Warmly,

A handwritten signature in black ink, reading "Jan Davidson".

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





URQUHART CASTLE AT LOCH NESS, SCOTLAND





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Naples



N T

SCENES OF CAMPANIA

I N

Geographical influences & visual highlights of Naples

BY DANIEL MORRIS



Naples is one of Italy's most fascinating ports of call. Stunning geographical features and epic historical events influenced a wealth of culture and cuisine that have impacted the world. Rich volcanic soil produces world-famous tomatoes, citrus, olives and vineyards, as local legends paint the city's historical past with a hue of intrigue.

continue...





TOP: CASTEL DELL'OVO
BOTTOM: VILLA PIGNATELLI

Coastal Insights

Naples is in the southwestern part of Italy, in a bay of the same name near the Tyrrhenian Sea. It's nestled in a natural amphitheater-like setting, surrounded by hills on three sides. The hills of Naples are home to some of the city's most exclusive neighborhoods, delicious restaurants and captivating vistas.

Renowned for its beautiful coastline, the Bay of Naples can be enjoyed up close or from various vantage points throughout the city. One of the most famous is the Castel dell'Ovo, a medieval castle perched on the coast of a tiny island just off the coast. And if you're looking to relax seaside, there are multiple swaths of sand to consider; Bagno Sirena is great for a keyed-down experience.

SITES TO SEE

Castel dell'Ovo

Take a boat to the island Megaride and explore the castle's ramparts and towers while enjoying stunning views of the Bay of Naples. Legend has it that famous Latin poet Virgil placed a magical egg inside the castle's foundation. Should the egg break, the castle and the city will crumble.

Villa Pignatelli

This beautiful 19th-century villa is tucked away in the peaceful and picturesque Vomero district. Visitors can explore the mansion-turned-museum's ornate interiors with decor from Neapolitan and French artisans alongside art collections filled with sculptures, photography, stuccos and paintings. And it's all surrounded by lush gardens and panoramic views of the Bay of Naples.

Amalfi Coast

Costiera Amalfitana is one of Italy's most picturesque coastal regions. It's a short drive south of Naples, beyond Sorrento and around the bend of the Sorrentine Peninsula. Charming towns like Positano, Amalfi and Ravello showcase their unique character and vibes alongside stunning scenes of the sea.

continue...



*“And if you’re looking
to relax seaside,
there are multiple swaths
of sand to consider...”*



Under the Surface

Mount Vesuvius, an active volcano that last erupted in 1944, is a significant geographical feature that has shaped the land, history and culture of Naples. Most notable — of course — is the infamous eruption of 79 CE, which destroyed the neighboring towns of Pompeii and Herculaneum. But as life goes on, tragedy proves to be fertile soil for growth. And in the case of a volcano, it's a literal truth. Volcanic soil is incredibly fertile, and it isn't just around the mountain where that holds true.

Known as the *Campania Felix* (Happy Campania), the surrounding rural environment is abundant in rich soil and fresh water sources. It's also accompanied by an ideal climate which create an ideal scenario for cultivating various crops in the region that help Neapolitan cuisine to stand out in its own fashion. Sweet and delicious tomatoes, delectable olives and a plethora of grapes — with their varietal characteristics — are just a taste of what Naples has to offer.

MOUNT VESUVIUS



SITES TO SEE

Mount Vesuvius

Visitors can take a guided tour to the crater of the volcano, where they can learn about its history, geology, and current activity. The views from the top are breathtaking, and visitors can see the entire Bay of Naples on a clear day.

Pompeii

Pompeii was buried under ash and pumice when Mount Vesuvius erupted over 2,000 years ago, preserving portions of the city in dramatic fashion. Today, this UNESCO World Heritage site is one of the most famous archaeological locations in the world, providing visitors with a unique glimpse into life in ancient Rome.

Catacombs of San Gennaro

These ancient catacombs contain a labyrinth of underground tunnels and tombs that were hewn from the substrate of yellow tuff (rock composed of volcanic debris from an eruption), with its beginnings dating to the 2nd century CE. This burial ground was expanded over the years to house the city's early Christians and is considered one of Naples' most significant religious sites. ♦



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





*Explore **Naples** and the surrounding region on these magnificent sailings.*



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAY 1, 2024	7	<i>Seven Seas Grandeur</i> [®] ROME TO BARCELONA	Rome (Civitavecchia), Naples, Taormina (Sicily), Valetta, Palma de Mallorca, Valencia, Barcelona	54
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 (Marseilles), Barcelona	64
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, Rome (Civitavecchia)	65
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), Toulon, Mahón (Menorca), Barcelona	95
OCT 25, 2025	14	<i>Seven Seas Grandeur</i> [®] ROME TO BARCELONA	Rome (Civitavecchia), Naples, Messina (Sicily), Valletta, La Goulette, Cagliari (Sardinia), Ajaccio (Corsica), Tuscany (Livorno), Monte Carlo, Toulon, Palma de Mallorca, Alicante, Valencia, Barcelona 	160

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THE MOST
BEAUTIFUL BEACHES IN
Corfu, Greece

BY ALEX SAKALIS



With its sheltered bay and narrow strips of land, the Ionian island of Corfu, close to the coasts of both mainland Greece and Albania, is a great place for sun-seekers and water sports enthusiasts alike. The coastline is lush with trees and plants, which gives a sheltered feel while you swim and sunbathe. There are secluded pebbled beaches and more popular, sandy stretches of the coastline with enough facilities to relax for the day. Find your perfect spot among these beautiful beaches in Corfu.

continue...





GLYFADA BEACH | *for soft sand*

On the opposite side of the island from Corfu Town, you'll find one of the most popular beaches — and for good reason. The sand at Glyfada beach is soft on your feet and looks like light brown sugar. The water is calm and inviting and remains shallow for several meters. Glyfada beach is laid out with sunbeds and umbrellas and has a few restaurants nearby. Be sure to get a doughnut or freshly cut fruit from one of the beach vendors.

CANAL D'AMOUR | *for loved-up swims*

Truly one of the most beautiful beaches on Corfu is Canal d'Amour. There are several rock formations that create hidden coves and caves around the coastline. You can lay your towel out on the smooth rocks to sunbathe or rent a sunbed. There are several spots set up for cliff jumping into the turquoise waters. It gets its name, French for Channel of Love, from the superstition that if a couple swims through the channel together, they'll soon be married.

PALEOKASTRITSA BEACH | *for snorkeling*

For a green and lush slice of paradise, head to the west side of Corfu to Paleokastritsa Beach. The water is spectacularly clean and very refreshing on hot summer days. The shore is a mix of small pebbles and sand.



CANAL D'AMOUR



AGIOS GEORGIOS PAGON BEACH



There are lots of fish in this bay, so be sure to bring your snorkeling gear. Finish your day at Paleokastritsa Beach with a climb up to the monastery for an incredible sunset view.

BARBATI BEACH | *for kayaking to secluded coves*

You'll love sunbathing to the sound of the small waves on the pebbles and rocks of Barbati Beach. The green mountains make a beautiful backdrop, and offer early morning and late afternoon shade on the beach. It's a beautiful beach that never gets too crowded. There are a few restaurants that serve the beach for coffee, cocktails and traditional food. Hire a boat or kayak to venture off to secluded bays and coves.

ISSOS BEACH | *for adventurous water sports*

Rolling sand dunes and strong winds make Issos beach a great spot for adventure travelers. Learn how to kitesurf or windsurf through the deep blue waters along the western coast of Corfu. For those less inclined towards water sports, Issos Beach has golden sand and umbrella rentals to enjoy a day of sunbathing and paddling. Lake Korission and natural wetlands, where you might catch a glimpse of the pink flamingos, is within walking distance.

AGIOS GEORGIOS PAGON BEACH | *for a family-friendly beach*

There are two beaches in Corfu, not far from each other, both called Agios Georgios, or Saint George.



WINE TASTING — CORFU, GREECE

To differentiate between them, they're known as Agios Georgios Pagon and Agios Georgios South. Agios Georgios Pagon is a horseshoe-shaped bay in the northwest of Corfu with a long stretch of golden sand. It's a lovely beach with a beautiful landscape of trees, hills and wild plants. The water is calm and safe for the entire family. This beach is a great spot to catch the sunset.

AGIOS STEFANOS BEACH | *for a sunset view*

Emerald waters and 2km (1.3mi) of sand await you at Agios Stefanos beach in the northwest corner of Corfu. It's an old fishing village that has maintained its authentic identity, despite the development of nearby resorts. There are lots of hiking paths with spectacular views throughout the coastline that lead you to secluded beaches. The area has plenty of fish taverns and restaurants. It's also the perfect spot for dinner with a sunset view.

AVLAKI BEACH | *for a locals' getaway*

Local people try to keep Avlaki Beach their secret — but with pristine water and gorgeous views, visitors to the island are happily discovering it. It's a pebbled beach with some large rocks, but there's a small pier to help you get into the water. There are kayaks and canoes available for hire to explore the small coves nearby. Avlaki Beach has just a couple of restaurants, where you can get a snack or full meal, and the food is particularly good. ♦

Alex Sakalis is a gifted writer and a contributor to Culture Trip.








Culture Trip inspires people to explore the world's culture and creativity through innovative technology and a network of local content creators. Their vision is to bring the world to everyone and in doing so bring everyone closer together. Visit www.culturetrip.com to learn more.



BASK IN THE BEAUTY OF

Corfu

ON THESE
MEDITERRANEAN ESCAPES.

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
OCT 19, 2023	10	<i>Seven Seas Navigator</i> [®] VENICE TO ATHENS	Venice (Fusina), Zadar, Kotor, Corfu, Katakolon, Gythion, Ephesus (Kusadasi), Istanbul  , Mykonos, Athens (Piraeus)	55
OCT 20, 2023	10	<i>Seven Seas Splendor</i> [®] VENICE TO ATHENS	Venice (Fusina), Urbino (Ancona), Dubrovnik, Kotor, Corfu, Rhodes, Bodrum, Ephesus (Kusadasi), Syros  , Athens (Piraeus)	58
APR 26, 2024	12	<i>Seven Seas Voyager</i> [®] ATHENS TO ISTANBUL	Athens (Piraeus), Santorini, Katakolon, Corfu, Kotor, Urbino (Ancona), Ravenna, Split, Heraklion (Crete), Ephesus (Kusadasi), Istanbul 	76
MAY 8, 2024	12	<i>Seven Seas Grandeur</i> [™] BARCELONA TO VENICE	Barcelona, Sanary, Monte Carlo, Tuscany (Livorno), Rome (Civitavecchia), Sorrento/Capri, Palermo (Sicily), Corfu, Kotor, Split, Venice (Trieste) 	100
JUL 31, 2024	10	<i>Seven Seas Grandeur</i> [™] 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
SEP 5, 2024	12	<i>Seven Seas Mariner</i> [®] 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
OCT 5, 2024	10	<i>Seven Seas Voyager</i> [®] VENICE TO ATHENS	Venice (Trieste), Zadar, Kotor, Corfu, Katakolon, Nauplion, Ephesus (Kusadasi), Istanbul  , Mykonos, Athens (Piraeus)	63
OCT 15, 2024	12	<i>Seven Seas Voyager</i> [®] ATHENS TO ISTANBUL	Athens (Piraeus), Santorini, Katakolon, Corfu, Kotor, Urbino (Ancona), Ravenna, Split, Heraklion (Crete), Ephesus (Kusadasi), Istanbul 	76

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MAY 19, 2025	12	<i>Seven Seas Splendor</i> [®] JERUSALEM TO ROME	Jerusalem (Haifa), Jerusalem (Ashdod), Cairo (Port Said), Alexandria, Katakolon, Corfu, Messina (Sicily), Valletta, La Goulette, Tuscany (Livorno), Rome (Civitavecchia)	84
JUN 3, 2025	10	<i>Seven Seas Voyager</i> [®] ATHENS TO VENICE	Athens (Piraeus), Mykonos, Aghios Nikolaos (Crete), Corfu, Kotor, Split, Zadar, Koper, Venice (Fusina) 	79
JUL 2, 2025	10	<i>Seven Seas Splendor</i> [®] ROME TO VENICE	Rome (Civitavecchia), Amalfi/Positano, Messina (Sicily), Valletta, Igoumenitsa, Corfu, Kotor, Hvar, Rijeka, Venice (Fusina)	63
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, Provence (Marseille), Barcelona	96
OCT 15, 2025	10	<i>Seven Seas Grandeur</i> [™] VENICE TO ROME	Venice (Fusina), Rijeka, Urbino (Ancona), Kotor, Bar  , Bari, Corfu, Valletta, Catania (Sicily), Salerno, Rome (Civitavecchia)	78
OCT 31, 2025	14	<i>Seven Seas Voyager</i> [®] VENICE TO ROME	Venice (Fusina), Rijeka, Urbino (Ancona), Kotor, Brindisi  , Corfu, Argostoli (Cephalonia), Messina (Sicily), Siracusa (Sicily), Valletta, La Goulette, Palermo (Sicily), Amalfi/Positano, Naples, Rome (Civitavecchia)	103
APR 7, 2026	10	<i>Seven Seas Voyager</i> [®] ATHENS TO ROME	Athens (Piraeus), Mykonos, Ephesus (Kusadasi), Kos, Chania (Crete), Santorini, Gythion, Corfu, Taormina (Sicily), Salerno, Rome (Civitavecchia)	71

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THE REAL MEANING OF THE GREETING “YASSOU” IN GREECE



BY DETRACI REGULA

Along with *kalimera*, you’ve probably heard the residents of Greece saying, “*yassou*” during your travels. Greeks often greet one another with the friendly and casual phrase. It is a multi-purpose term with a literal translation of “your health” in English and is used to wish good health upon a person. Sometimes, in informal settings like a casual bar, Greeks might also say, “*yassou*” to make an informal toast in the same way Americans say, “cheers.”

On the other hand, in a formal setting like a fancy restaurant, Grecians will often use the formal *yassas* when greeting each other but might say, “*raki*” or “*ouzo*” to toasting a drink in a traditional setting.

In other words, *yassou* is considered casual while *yassas* is considered to be a more respectful way to say, “hello.” You will often hear *yassou* used to address people younger than the speaker and *yassas* for greeting friends who are older than them, acquaintances, and family members.

continue...





If you're planning on visiting Greece, you can expect that Greeks in the tourist industry will almost exclusively use *yassas* when addressing visitors. For those working in hospitality and restaurant services, tourists are considered honorable and honored guests.

You may also hear the word "*ya*" tossed around in casual settings which is an abbreviation of *yassou/yassas*. It is the Greek equivalent of saying hi or hey and shouldn't be used in formal settings.

OTHER TRADITIONS OF GREETINGS IN GREECE

Although you won't find it very hard to meet Greek people who also speak English you'll still likely be greeted by "*yassas*" when you sit down at a restaurant or check-in to your hotel.

Unlike in France and some other European countries, you won't be expected to kiss each other's cheeks as a greeting. In fact, depending on where you're traveling in Greece, it is sometimes considered too forward to use this gesture.

In Crete, for instance, female friends might exchange kisses on the cheek when saying hello, but it's considered quite rude for a man to greet another man this way unless they're related. In Athens, on the other hand, it is deemed to be rude to use this gesture on a total stranger, regardless of gender.

Shaking hands is a standard form of greeting, but you should avoid doing so unless a Greek person extends their hand to you first. In that case, not returning the handshake would be rude.

MORE WAYS TO SAY "HELLO" AND HELPFUL TERMS TO KNOW

When it comes to preparing for your travels to Greece, you'll want to familiarize yourself with the country's customs and traditions, but you might also want to brush up on some common Greek words and phrases.

Greeks use *kalimera* to say, "good morning," *kalispera* to say "good evening," and *antio* for "goodbye." You may sometimes, though rarely, hear *kalo mesimeri* which means "good afternoon."



Other helpful terms including: *efcharisto* to say, "thank you," *parakalo* for "please" and sometimes "thank you," and *kathika* which means "I am lost." *Ochi efcharisto* means "no thank you" and *nai* means "yes" (even though it sounds like English for "no").

Although you'll find almost everyone in the tourist industry speaks at least a little English, you might surprise your host if you use one of these common phrases in conversation.

When it comes to understanding the language when you're in Greece, though, you'll also need to familiarize yourself with the Greek alphabet, which you'll likely see on road signs, billboards, restaurant menus, and pretty much everywhere writing appears in Greece. ♦

DeTraci Regula is an experienced writer and a contributor to TripSavvy.

TripSavvy.com is one of the top-10 travel information sites in the world and is part of the Dotdash Meredith publishing family. It's written by real experts that speak the local language and have tabs on the best of everything in town, from cocktails to kids' menus.



EXPLORE ICONS OF ANCIENT GREECE ON THE VOYAGES BELOW



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
APR 16, 2025	12	<i>Seven Seas Grandeur</i> ™ ISTANBUL TO VENICE	Istanbul, Kavala/Philippi, Thessaloniki, Chios N , Athens (Piraeus), Mykonos, Santorini, Argostoli (Cephalonia), Kotor, Dubrovnik, Ravenna, Rijeka, Venice (Fusina)	76
OCT 5, 2025	14	<i>Seven Seas Navigator</i> ® ATHENS TO ISTANBUL	Athens (Piraeus), Gythion, Igoumenitsa, Kotor, Dubrovnik, Zadar, Koper, Venice (Fusina), Urbino (Ancona), Bari, Argostoli (Cephalonia), Santorini, Mykonos, Bozcaada, Istanbul	109
OCT 5, 2025	10	<i>Seven Seas Grandeur</i> ™ ATHENS TO VENICE	Athens (Piraeus), Santorini, Heraklion (Crete), Katakolon, Brindisi N , Tirana (Durrës), Kotor, Dubrovnik, Zadar, Koper, Venice (Fusina)	74
OCT 17, 2025	14	<i>Seven Seas Voyager</i> ® ISTANBUL TO VENICE	Istanbul, Kavala/Philippi, Thessaloniki, Mytilini (Lesbos), Ephesus (Kusadasi), Mykonos, Santorini, Gythion, Igoumenitsa, Kotor, Dubrovnik, Urbino (Ancona), Koper, Venice (Fusina) O	99

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Top Things To See and Do in

ST. TROPEZ

St. Tropez is known for its decadent lifestyle, high-end fashion, laid-back beach vibe and over-the-top partying. It does have other things to offer too, like art, history, beautiful scenery and wonderful walks. Here's our list of the top 10 things to see and do when you visit.

BY ALEX LEDSON



10

CHILL OUT ON PAMPELONNE BEACH

It's the most obvious choice but a visit to St. Tropez is not complete without visiting the most famous of its beaches and the place that put St. Tropez on the map. Brigitte Bardot arrived on the beach to film key scenes of her movie *And God... Created Woman* in the 1950s. They built a shack to house the crew, the Club 55, which is still the place to have dinner and celebrity-spot. The film made her — and the beach — a star.





VISIT THE CITADEL & MUSEUM OF MARITIME HISTORY

St. Tropez has a rich maritime heritage to discover. The Citadel was built in the 17th century after the King sent his engineer to oversee work to build a fortress that could fend off an attack. The citadel was turned into a naval museum in the 1950s and now celebrates the lives of locals who worked and fought on the seas. The museum is housed in the dungeons, which have been protected since 1921, but the entire site received protected status in 1995.



TAKE IN THE VIEWS OVER CAP CAMARAT

The Cap Camarat lighthouse is the second highest in France and offers amazing views over the bay. Afterwards you can swim on the beach below, called Bonnes Terrasse, or continue further round the coast on an even longer walk. A perfect escape from the parties and living the “high life”.

continue...





07

FOLLOW THE COASTAL PATH

The coastline is wonderful around St. Tropez — full of rugged walkways and little paths that open out into expansive beaches. It's possible to walk the entire coastline for miles and miles (the "littoral"), stopping on the way at the Cap Camarat lighthouse before taking in the nudist beach at Tahiti Beach and ending up at a lovely beachside restaurant.

06

SAVOR THE HISTORY OF LA PONCHE

The historic fishing village of La Ponche is a wonderful place to wander around. It was a thriving harbor in the 18th and 19th centuries and where all the fishermen used to live. Today, its cobbled streets and beautiful buildings are a wonderful place to hang out. The area also has one of the few beaches in town.



05

EAT A TARTE TROPÉZIENNE

St. Tropez has its own dessert that is hugely popular. The "Tarte Tropézienne" was created by a Polish baker in 1955 when he opened a bakery in the center of town. It was based on the French brioche — but cut into two and filled with cream, using his grandmother's recipe. He was asked to cater for Brigitte Bardot's film crew working on Pampelonne beach. She loved his cake, named it and both became immensely popular.





04

DRINK IN THE VIEUX PORT

The social life of St. Tropez centers around the Old Port. Many of the good restaurants are located here and it's a great place to have breakfast, an "apéro" (a pre-dinner drink) or a full-blown three-course meal. It's where the night starts and continues into the early hours with some of the best clubs and bars. It's a cliché but vital.

03

SEE AVANT-GARDE ART AT THE MUSÉE DE L'ANNONCIADE

The penitent monks of St. Tropez built an old chapel in 1510 where they looked after returning prisoners of war. It's a beautiful building. Now it houses the art museum specializing in art from the early half of the 20th century, particularly by Paul Signac. Small but beautifully formed.

continue...



02

**MUSÉE DE LA GENDARMERIE
ET DU CINÉMA**

St. Tropez has a rich film history. Several classic movies were filmed here and the film industry — thanks to Brigitte Bardot — put St. Tropez on the map. The old police headquarters, the “gendarmerie” used to be housed in this building but now it’s home to the Museum of Police and Cinema. There is a link — the highest grossing movie of 1964 in France was *The Troops of St. Tropez* about a police officer transferred into town to deal with nudists and his errant daughter. Charming and cute.



01

**CHURCH OF NOTRE DAME
DE L'ASSOMPTION**

This large church presides over the whole town and it's well worth a visit. You're not allowed to take photos but there is some lovely artwork inside. The views from the top of the hill are stunning.

Alex Ledsom is an experienced travel writer and a contributor to Culture Trip.

Culture Trip inspires people to explore the world's culture and creativity through innovative technology and a network of local content creators. Their vision is to bring the world to everyone and in doing so bring everyone closer together. Visit www.culturetrip.com to learn more.



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DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
OCT 8, 2023	12	<i>Seven Seas Splendor</i> [®] BARCELONA TO VENICE	Barcelona (Tarragona), Provence (Marseille), Saint-Tropez, Monte Carlo, Tuscany (Livorno), Rome (Civitavecchia), Naples, Kotor, Split, Koper, Venice (Fusina) 	92
APR 14, 2024	10	<i>Seven Seas Splendor</i> [®] BARCELONA TO ROME	Barcelona, Castellon, 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, Sete, Provence (Marseille), Saint-Tropez, Monte Carlo  , Tuscany (Livorno), Rome (Civitavecchia)	130
MAY 24, 2024	10	<i>Seven Seas Navigator</i> [®] VENICE TO MONTE CARLO	Venice (Trieste), Split, Bari, Corfu, Catania (Sicily), Amalfi/Positano, Rome (Civitavecchia), Ajaccio (Corsica), Barcelona, Spain, Saint-Tropez, Monte Carlo	75
JUN 8, 2024	10	<i>Seven Seas Voyager</i> [®] BARCELONA TO LISBON	Barcelona, Palma De Mallorca, Sete, Saint-Tropez, Cinque Terre (La Spezia), Porto Torres (Sardinia), Almeria, Malaga, Portimao, Lisbon	69
JUL 22, 2024	12	<i>Seven Seas Grandeur</i> [®] BARCELONA TO ROME	Barcelona, Alicante, Ibiza, Palma De Mallorca, Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Rome (Civitavecchia)	102
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
OCT 19, 2024	12	<i>Seven Seas Splendor</i> [®] BARCELONA TO ATHENS	Barcelona, Provence (Marseille), Saint-Tropez, Monte Carlo, Tuscany (Livorno), Rome (Civitavecchia), Naples, Siracusa (Sicily), Ephesus (Kusadasi), Santorini, Mykonos, Athens (Piraeus)	92
JUN 22, 2025	10	<i>Seven Seas Splendor</i> [®] MONTE CARLO TO ROME	Monte Carlo, Saint-Tropez, Barcelona, Castellón, Palma de Mallorca, La Goulette, Trapani (Sicily), Valletta, Sorrento/Capri, Rome (Civitavecchia)	72
JUL 22, 2025	10	<i>Seven Seas Splendor</i> [®] BARCELONA TO ROME	Barcelona, Valencia, Cartagena, Ibiza, Palma de Mallorca, Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Rome (Civitavecchia)	117
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 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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• THE ART OF •



FRENCH PASTRY

BY JOHN LASHBROOK

The atmosphere is warm and inviting. The air is filled with the sweet smell of freshly baked treats. The soft chatter, the clinking of silverware, and the hiss of the espresso machine create a symphony that is somehow invigorating and calming all at once. You are greeted by a colorful display of delicate pastries, meticulously crafted and perfectly arranged, each looking more tempting and delicious than the last. From the classic *croissants*, *macarons* and *éclairs* to the lesser-known but equally tempting *mille-feuille* and *tarte Tatin*, an exquisite pastry selection is without a doubt the cornerstone of many French cafés.

But, what is it that gives French pastries that certain *je ne sais quoi*? French cuisine is known for utilizing high-quality ingredients and precise techniques to develop the right balance of flavors, textures and aesthetics to create a sensory experience that is both pleasing to the eye and the palate. It is truly a celebration of the art of cooking and the pleasure of dining — a reflection of the country's rich culinary history and its dedication to culinary excellence.

continue...



A BRIEF HISTORY

OF FRENCH BAKING



The roots of French baking can be traced back to the Middle Ages when baking guilds were used to regulate the industry and ensure quality. During this time, bread was a staple food in France and was baked in communal ovens. Bakers would create their own unique bread recipes and would mark their loaves with a signature to distinguish them from others.

In the 16th and 17th centuries, French baking became more sophisticated and refined, with the emergence of pastry chefs who specialized in creating elaborate desserts and pastries. It was during this Renaissance period that baking started to become elevated as an art form in France and royal and noble households began to employ skilled pastry chefs to create lavish desserts for their pleasure.

As time went on, French pastry chefs continued to push the boundaries of their craft, experimenting with new techniques and ingredients to create even more extravagant and delicious desserts. One of the most influential figures in French pastry history was Marie-Antoine Carême, a renowned chef who elevated French cuisine to new heights during the 18th century. He is credited with developing *croquembouche*, a towering cone made of cream-filled pastry puffs, and the napoleon pastry. Widely regarded as one of the founding fathers of grand cuisine and French gastronomy, Carême emphasized the importance of presentation and aesthetics. His influence can still be seen in modern French baking techniques today. ♦



5 FRENCH PASTRIES

TO TEMPT YOUR TASTE BUDS



1 RELIGIEUSE

Religieuse is a classic French pastry composed of two cream-filled choux pastry shells, one slightly smaller than the other, stacked on top of each other and decorated with a glaze or icing. It is typically filled with vanilla or chocolate pastry cream. The name “religieuse” means “nun” in French, as the pastry is said to resemble a nun in her habit.



4 CANELE'

Canelé a small French pastry originating from the Bordeaux region, known for its thick, caramelized crust and soft, vanilla center. Its unique shape, cylindrical with fluted sides, is achieved by baking in a special mold coated with beeswax and butter. A perfect snack or dessert, Canelé is often enjoyed with Chantilly cream and a cup of coffee.



2 OPE'RA

Opéra is a classic French dessert consisting of layers of almond sponge cake soaked in coffee syrup, chocolate ganache, and coffee buttercream. The cake is then topped with a smooth layer of chocolate glaze, creating a beautiful and decadent treat. Its rich flavors and elegant presentation make it a popular choice for special occasions and celebrations.



3 FRAISIER

Fraisier is a classic French pastry made with layers of sponge cake, fresh strawberries, and pastry cream, all surrounded by a delicate layer of marzipan or fondant icing. It's a light and refreshing dessert that is perfect for summer, and the combination of the sweet, juicy strawberries and the rich, creamy pastry cream makes it a true delight for your palate.



5 CHOUQUETTE

Chouquettes are delightful French pastries made of choux pastry dough topped with crunchy pearl sugar. These bite-sized treats are simple yet delicious, with a light and airy texture, subtle sweetness and delicate crunch that make them a perfect accompaniment for afternoon tea.







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.



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NOV 13, 2023	7	<i>Seven Seas Splendor</i> [®] ROME TO BARCELONA	Rome (Civitavecchia), Tuscany (Livorno), Cinque Terre (La Spezia), Nice (Villefranche), Toulon, Palamos, Palma De Mallorca, Barcelona	60
APR 29, 2024	18	<i>Seven Seas Mariner</i> [®] ROME TO MIAMI	Rome (Civitavecchia), Tuscany (Livorno), Cannes, Barcelona  , Alicante, Malaga Spain, Ponta Delgada (Azores), Hamilton  , Miami	86
MAY 29, 2024	10	<i>Seven Seas Voyager</i> [®] VALETTA TO BARCELONA	Valletta, Lipari, Sorrento/Capri, Rome (Civitavecchia), Olbia/Porto Cervo (Sardinia), Portofino, Monte Carlo, Provence (Marseille), Port-Vendres, Mahon (Menorca), Barcelona	69
MAY 30, 2024	10	<i>Seven Seas Splendor</i> [®] ROUNDTrip LONDON	London (Southampton), Saint-Malo, Brest, Lorient, Bordeaux  , Biarritz (Saint-Jean-de-Luz), Santander, Gijon	47
AUG 12, 2024	8	<i>Seven Seas Splendor</i> [®] ROUNDTrip LONDON	London (Southampton), Bruges (Zeebrugge), Dunkerque, Calais, Paris (Honfleur)  , Cherbourg 	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 (Cadiz), Barcelona	83





DATE	NIGHTS	FROM/TO	PORTS	FREE SHORE EXCURSIONS
AUG 20, 2024	14	<i>Seven Seas Splendor</i> [®] LONDON TO OSLO	London (Southampton), Saint-Malo, Falmouth, Waterford, Dublin (Dún Loaghaire), Liverpool, Belfast, Ullapool, Kirkwall (Orkney Islands), Lerwick (Shetland Islands), Alesund, Bergen, Stavanger, Arendal, Oslo	60
AUG 24, 2024	12	<i>Seven Seas Mariner</i> [®] BARCELONA TO ROME	Barcelona, Alicante, Granada (Motril), Ibiza, Palma De Mallorca, Mahon (Menorca), Provence (Marseille), Saint-Tropez, Monte Carlo, Portofino, Tuscany (Livorno), Olbia/Porto Cervo (Sardinia), Rome (Civitavecchia)	112
AUG 25, 2024	10	<i>Seven Seas Navigator</i> [®] ROUNDTrip LONDON	London (Southampton), Vlissingen (Zeeland), Amsterdam (Ijmuiden), Bruges (Zeebrugge), Dunkerque, Calais, Paris (Honfleur)  , Cherbourg, Saint-Malo	46
SEP 15, 2024	10	<i>Seven Seas Voyager</i> [®] LISBON TO ROME	Lisbon, Portimao, Seville (Cadiz), Granada (Motril), Ibiza, Mahon (Menorca), Toulon, Cannes, Ajaccio (Corsica), Olbia/Porto Cervo (Sardinia), Rome (Civitavecchia)	82
NOV 15, 2024	7	<i>Seven Seas Navigator</i> [®] ROME TO BARCELONA	Rome (Civitavecchia), Tuscany (Livorno), Cinque Terre (La Spezia), Cannes, Toulon, Palamos, Palma De Mallorca, Barcelona	64
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, Mahón (Menorca), Palma de Mallorca, Ibiza, Barcelona	70
JUN 25, 2025	12	<i>Seven Seas Voyager</i> [®] BARCELONA TO LONDON	Barcelona, Cartagena, Málaga, Tangier, Seville (Cádiz), Lisbon, Oporto, La Coruña, Santander, Lorient, St. Peter Port (Guernsey), Saint-Malo, London (Southampton)	112
AUG 12, 2025	18	<i>Seven Seas Mariner</i> [®] PARIS TO OSLO	Paris (Le Havre), Calais, Antwerp  , Rotterdam, Copenhagen  , Kiel, Rønne (Bornholm), Gdansk, Klaipėda, Riga, Stockholm  , Visby, Oslo 	65
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, Almeria, Ibiza, Barcelona	127
SEP 9, 2025	16	<i>Seven Seas Grandeur</i> [™] PARIS TO BARCELONA	Paris (Le Havre), Bordeaux   , Bilbao, Gijón, La Coruña, Oporto, Lisbon, Portimão, Seville (Cádiz), Málaga, Cartagena, Valencia, Palma de Mallorca, Barcelona	170
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
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), Mahón (Menorca), Palma de Mallorca, Alicante, Valencia, Barcelona	123
MAR 27, 2026	14	<i>Seven Seas Splendor</i> [®] LISBON TO BARCELONA	Lisbon, Portimão, Seville (Cádiz), Casablanca, Tangier, Málaga, Cartagena, Palma de Mallorca, Rome (Civitavecchia), Portoferraio (Elba), Tuscany (Livorno), Cannes, Toulon, Barcelona	145

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the TASTE *of* SPAIN

By Liesl Noel

While rich in art, culture, museums, fascinating history and architecture, Spain is also home to flamenco and fiestas, bullfighting and beautiful beaches. But one of my favorite Spanish experiences is enjoying tapas! The Spanish have mastered the art of casually bringing people together, and tapas are the perfect accompaniment to the vibrance and allure Spain offers.

WHAT ARE TAPAS?

Tapas are small plates that include practically anything, whether a simple skewer of olives to a gourmet slow-cooked beef cheek served over a sweet potato puree. They're a small taste of Spanish cuisine. These interesting dishes are traditionally served as a bite to eat with a drink and are an essential ingredient to the essence of the Spanish culture and social scene.

continue...





TAPAS TO TRY

While there are many appealing offerings, varied by area and establishment, there are some staples, other than the chorizo, that simply must be tried.



JAMÓN SERRANO — one of the most common servings, is a cured, salted and dried meat that is kept for a particular period to get the perfect texture and color. Not just any ham makes the cut for this favorite delicacy.



The **TORTILLA ESPAÑOLA** (Spanish Omelette) is a tasty, soft, seasoned egg and potato dish that, while small, makes for a fairly substantial morsel.



CROQUETAS (Croquettes) are fried fritters, crispy on the outside, filled with a soft bechamel sauce that is flavored with ham, chicken or shrimp, and cheese.

Now, a dish that may be a little more for the adventurous but well worth it is **BOQUERONES EN VINAGRE** — fresh anchovies (not as we know them) that have been marinated in salt water and then vinegar for hours, drained and seasoned to make an incredible dish. These are particularly well paired with beer!



GAMBAS AL AJILLO, shrimps in garlic, olive oil and white wine, cooked in the shell for more flavor, are a popular choice, especially with a glass of wine or beer.



THE TAPAS EXPERIENCE

It is typical custom to order drinks and then place small orders of food as you go along. Whatever your fancy, tapas are meant to be shared and enjoyed by all, which is what makes them so socially popular. If you stick to the traditional Spanish times, around 1:30 to 3:00 P.M. or 8:30 to 10:00 P.M., you'll be sure to enjoy the freshest food and best atmosphere. It is the perfect way to try different foods and flavors and know what to get more of.

THE HISTORY OF TAPAS

It is believed that the tradition of serving tapas started when bartenders would place a small plate over drinks to stop dust from entering and flies from taking an unwanted sip, but legends stem back to medieval Spain to King Alfonso X, "The Wise," of Castile. The most popular legend is that while the king was recovering from an illness, he had to take small bites of food with some wine between meals. When he was well again, he declared no wine was to be served without being accompanied by something to eat. This would prevent citizens from becoming too inebriated from the effects of alcohol on an empty stomach.

There is also a theory that tapas stemmed from farmers and workers needing to eat small amounts of food to sustain their energy until their main meal. Rich in fat, the main meal (around lunchtime) was heavy to digest, so a "siesta" (nap) was needed before resuming an easier workload in the afternoon hours. Meals were typically served with wine, and when taverns were established all over the country, they honored the king's decree and covered the glass with a slice of smoked ham and cheese. Considering that the Spanish verb "*tapar*" means to cover, the stories seem to have merged into an idea that has become ingrained in Spanish culture. While the idea of tapas has spread worldwide, its true essence lies within its place of origin — Spain!

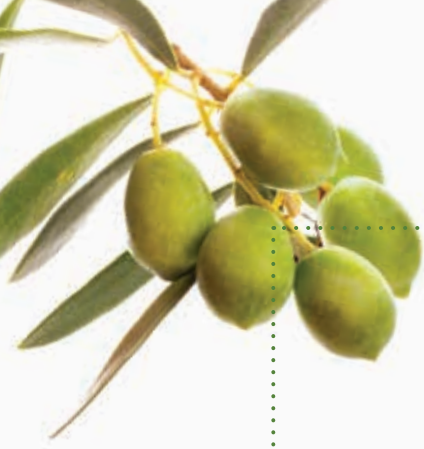
TAPAS IS SPAIN

These interesting small dishes, regardless of their legendary origin, are an important part of Spanish cuisine and culture. Going out for tapas has created a way to try a variety of dishes and experience local flavors, and enjoy the great libations the country has to offer.












Tapas have become synonymous with Spain, not only being an important part of the culture and cuisine but also associated with family and friends spending time together socializing. While we've all recreated our own version of tapas, there is nothing like socializing at the bar counter or around small tables or barrels having drinks, sampling food and enjoying the ultimate experience in the homeland of tapas. Keep your drinks covered! ♦

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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NOV 20, 2023	14	<i>Seven Seas Splendor</i> [®] BARCELONA TO MIAMI	Barcelona, Arrecife (Lanzarote), Santa Cruz De La Palma, St. Maarten, San Juan, Miami	39
APR 6, 2024	10	<i>Seven Seas Voyager</i> [®] LISBON TO BARCELONA	Lisbon, Funchal (Madeira), Santa Cruz De La Palma  , Arrecife (Lanzarote), Agadir, Casablanca, Seville (Cadiz), Barcelona 	58
MAY 16, 2024	14	<i>Seven Seas Splendor</i> [®] MONTE CARLO TO LONDON	Monte Carlo, Provence (Marseille), Malaga, Tangier, Seville (Cadiz), Lisbon, Oporto, Ferrol, Bilbao, Bordeaux  , Biarritz (Saint-Jean-de-Luz), London (Southampton)	115
JUN 3, 2024	12	<i>Seven Seas Navigator</i> [®] MONTE CARLO TO AMSTERDAM	Monte Carlo, Provence (Marseille), Barcelona, Seville (Cadiz), Lisbon, Oporto, La Coruna, St. Helier (Jersey), Portsmouth, Bruges (Zeebrugge), Amsterdam	90
JUN 18, 2024	10	<i>Seven Seas Voyager</i> [®] ROUNDTrip LISBON	Lisbon, Vilagarcia, Ferrol, Gijon, Biarritz (Saint-Jean-de-Luz), Bordeaux  , Bilbao, Oporto	64
JUN 28, 2024	14	<i>Seven Seas Voyager</i> [®] LISBON TO ANTWERP	Lisbon, Oporto, Vilagarcia, La Coruna, Bilbao, Biarritz (Saint-Jean-de-Luz), Nantes (Montoir)  , Pont-Aven, Brest, St. Peter Port (Guernsey), Paris (Honfleur), Bruges (Zeebrugge), Antwerp 	81
JUL 21, 2024	15	<i>Seven Seas Voyager</i> [®] BELFAST TO BARCELONA	Belfast, Dublin (Dún Loaghaire), Waterford, La Rochelle, Bordeaux   , Biarritz (Saint-Jean-de-Luz), Gijon, Tangier, Melilla, Alicante, Palma De Mallorca, Barcelona	75
AUG 24, 2024	10	<i>Seven Seas Grandeur</i> [™] BARCELONA TO NEW YORK	Barcelona, Alicante, Granada (Motril), Seville (Cadiz), Funchal (Madeira), Ponta Delgada (Azores), Horta (Azores), Halifax, Portland, Boston, Newport, New York	103
SEP 5, 2024	12	<i>Seven Seas Mariner</i> [®] ROME TO MONTE CARLO	Rome (Civitavecchia), Amalfi/Positano, Messina (Sicily), Athens (Piraeus), Santorini, Katakolon, Corfu, Valletta  , Ibiza, Palma De Mallorca, Barcelona, Sete, Sanary, Ajaccio (Corsica), Monte Carlo, Monaco 	98
OCT 2, 2024	10	<i>Seven Seas Mariner</i> [®] LISBON TO BARCELONA	Lisbon, Funchal (Madeira), Santa Cruz De La Palma  , Arrecife (Lanzarote), Agadir, Casablanca, Seville (Cadiz), Barcelona	58
OCT 27, 2024	7	<i>Seven Seas Mariner</i> [®] LISBON TO BARCELONA	Lisbon, Portimao, Casablanca, Tangier, Almeria, Valencia, Palma De Mallorca, Barcelona	60



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
NOV 3, 2024	14	<i>Seven Seas Mariner</i> [®] BARCELONA TO MIAMI	Barcelona, Malaga, Funchal (Madeira), Hamilton  , Miami 	37
NOV 22, 2024	14	<i>Seven Seas Navigator</i> [®] BARCELONA TO MIAMI	Barcelona, Alicante, Malaga, Funchal (Madeira), San Juan, Miami	52
MAR 19, 2025	10	<i>Seven Seas Grandeur</i> [™] MIAMI TO BARCELONA	Miami, Great Stirrup Cay (Bahamas), Royal Naval Dockyard, Horta (Azores), Seville (Cádiz), Valencia, Barcelona	65
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	126
JUN 1, 2025	10	<i>Seven Seas Grandeur</i> [™] LISBON TO LONDON	Lisbon, Oporto, Gijón, Bordeaux (Le Verdon), Bordeaux  , Lorient, Brest, Saint-Malo, St. Helier (Jersey), Paris (Honfleur), London (Southampton) 	60
JUN 12, 2025	10	<i>Seven Seas Splendor</i> [®] LISBON TO MONTE CARLO	Lisbon, Seville (Cádiz), Casablanca, Gibraltar, Melilla, Alicante, Ibiza, Barcelona  , Toulon, Monte Carlo	88
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, Provence (Marseille), Mahón (Menorca), Barcelona 	119
AUG 11, 2025	12	<i>Seven Seas Splendor</i> [®] ATHENS TO BARCELONA	Athens (Piraeus), Skiathos, Istanbul  , Cesme, Marmaris, Santorini, Amalfi/Positano, Rome (Civitavecchia), Monte Carlo, Barcelona 	78
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  , Santander, La Coruña, Oporto, Lisbon 	74
SEP 14, 2025	11	<i>Seven Seas Voyager</i> [®] LISBON TO JERUSALEM	Lisbon, Seville (Cádiz), La Goulette, Valletta, Argostoli (Cephalonia), Heraklion (Crete), Alexandria, Cairo (Port Said), Jerusalem (Haifa) 	57

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The rich legacy and diverse flavors of Turkish cuisine — touched by Mediterranean, Central Asian and Iranian influences, among many others — is what many visitors most remember about calling into port in Türkiye. After all, who could forget that first strong yet layered taste of your first real Turkish coffee or raising a delicate glass of the ubiquitous apple tea enjoyed almost everywhere?

But if you try only one Turkish specialty in Istanbul, make it the country's venerable and humble *kebab* (also called *kebab*). Perhaps Türkiye's most legendary food export — and a favorite among late-night revelers in cities all over the world, where it roasts on vertical rotisseries as *döner kebab* everywhere from Manhattan to Berlin — *kebab* is Turkish for “roasted.” The name refers to a dish of marinated meats cooked on a skewer, preferably over a charcoal grill.

As you might expect in a country that brings as much to the table as Türkiye, however, *döner kebab* — one version of the dish, made with lamb on a spit — only scratches the surface when it comes to the diverse kebaps you can sink your teeth into in the dish's motherland.

Read on for a few of the best *ocakbaşı* (grill side) restaurants across Istanbul's lively neighborhoods, from Ortaköy and Fatih to Taksim and Nişantaşı, and get ready to sample various styles of kebab in the city that knows them best.

HARBI ADANA OCAKBAŞI

For an inexpensive kebab feast in Ortaköy, in Istanbul's Beşiktaş neighborhood (one of the city's oldest barrios), Harbi Adana Ocakbaşı is known for its delicious *Adana kebab*. A specialty of the large southern Türkiye city of Adana, it's made from hand-minced ground lamb meat squeezed around a skewer and bears similarities to the Persian dish called *kabab koobideh*. Order a bottle of Turkish *raki* and settle in for a feast to remember.

continue...



TATBAK

The specialty at this restaurant located in the city's upscale Nişantaşı district is *yoğurtlu kebab*, sumptuous lamb kebabs marinated in Greek yogurt, spices and tomato sauce that gets luxuriously poured over pieces of pide bread. Regulars, too, have been pouring into this spot known for its retro decor to enjoy the house favorite dish since 1960, and it's a treat to break bread among their enthusiastic ranks.

ŞEHZADE CAĞ KEBAP

A short stroll from Istanbul's famous Spice Bazaar in the city's Fatih district, Şehzade Cağ Kebab is considered one of the go-to spots for trying the specialty called *cağ kebabı*, made with lamb. Like a relative to the better-known *döner* kebab, the meat in this version is sliced thicker and cooked horizontally over hot coals instead of vertically. The word *cağ* refers to the small skewers the meat is served on. Wrap it into pieces of *lavash* bread, splash with the tasty buffalo yogurt and prepare to be wowed.

SIIRT ŞEREF BURYAN

Istanbul's Fatih neighborhood is the city's most famous quarter for feasting on *büryan kebabı*, a whole lamb specialty from the city of Bitlis in Eastern Türkiye that's grilled in an underground oven to the most tender effect. And a stroll around Fatih's open-air shopping streets around the pedestrian square of Kadınlar Pazarı reveals no shortage of restaurants serving it up. None can compare to Siirt Şeref Buryan, however. Situated near ancient Roman aqueducts, the longstanding restaurant



is a veritable temple to one of Türkiye's most exquisite dishes. Lamb meat is hung from hooks over the pit ovens to cook for more than three hours, which turns the outer bits of fat into crackling, greasy deliciousness you can sop up with the accompanying bread.

BURSA KEBAPÇISI














Head to this restaurant in business since 1956 in the busy and vibrant Taksim neighborhood to try *Iskender Kebab*. This specialty that hails from the Turkish city of Bursa, near the Sea of Marmara in northwest Türkiye. Bursa Kebabçısı's version of the classic is redolent with buttery lamb *döner* meat prepared with tomato sauce, pure Turkish yogurt and butter from local farms. It's served over fluffy chunks of pide bread, leaving you just one thing to do — dig in and enjoy. ♦

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.



MANY DELIGHTS AWAIT ON THESE VOYAGES TO TURKEY.



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
OCT 3, 2023	12	<i>Seven Seas Voyager</i> [®] ATHENS TO JERUSALEM	Athens (Piraeus), Skiathos, Thessaloniki, Istanbul  , Izmir, Santorini, Rhodes, Alanya, Limassol, Jerusalem (Haifa) 	58
OCT 9, 2023	10	<i>Seven Seas Navigator</i> [®] VALETTA TO VENICE	Valletta, Heraklion (Crete), Izmir, Volos, Athens (Piraeus), Tirana (Durrës), Dubrovnik, Venice (Fusina)	45
OCT 30, 2023	7	<i>Seven Seas Splendor</i> [®] ROUNDTrip ATHENS	Athens (Piraeus), Kavala/Philippi, Istanbul  , Izmir, Bodrum, Mykonos	27
NOV 4, 2023	10	<i>Seven Seas Voyager</i> [®] ISTANBUL TO BARCELONA	Istanbul, Kavala/Philippi, Thessaloniki, Pergamum (Dikili), Ephesus (Kusadasi), Chania (Crete), La Goulette, Cagliari (Sardinia), Ajaccio (Corsica), Tuscany (Livorno), Genoa, Provence (Marseille), Mahón (Menorca), Barcelona	74
APR 16, 2024	10	<i>Seven Seas Voyager</i> [®] BARCELONA TO ATHENS	Barcelona, Rome (Civitavecchia), Sorrento/Capri, Santorini, Izmir, Istanbul  , Mykonos, Athens (Piraeus)	45
MAY 8, 2024	7	<i>Seven Seas Voyager</i> [®] ISTANBUL TO ATHENS	Istanbul  , Ephesus (Kusadasi), Marmaris, Antalya, Santorini, Mykonos, Athens (Piraeus)	39
MAY 14, 2024	10	<i>Seven Seas Navigator</i> [®] ATHENS TO VENICE	Athens (Piraeus), Ephesus (Kusadasi), Santorini, Katakolon, Igoumenitsa, Kotor, Dubrovnik  , Korcula, Venice (Trieste) 	54
MAY 15, 2024	14	<i>Seven Seas Voyager</i> [®] ATHENS TO VALETTA	Athens (Piraeus), Pergamum (Dikili), Istanbul  , Alanya, Jerusalem (Haifa)  , Jerusalem (Ashdod), Paphos, Rhodes, Aghios Nikolaos (Crete), Messina (Sicily), Valletta	70
MAY 20, 2024	10	<i>Seven Seas Grandeur</i> [®] VENICE TO ATHENS	Venice, Urbino (Ancona), Dubrovnik, Igoumenitsa, Santorini, Izmir, Istanbul  , Mytilini (Lesbos), Athens (Piraeus)	45
AUG 14, 2024	12	<i>Seven Seas Grandeur</i> [™] ATHENS TO BARCELONA	Athens (Piraeus), Bozcaada, Istanbul  , Taormina (Sicily), Sorrento/Capri, Rome (Civitavecchia), Cannes, Provence (Marseille), Barcelona	63
AUG 15, 2024	7	<i>Seven Seas Voyager</i> [®] ATHENS TO ISTANBUL	Athens (Piraeus), Syros, Santorini, Patmos, Skiathos, Bozcaada, Istanbul 	23
APR 30, 2025	7	<i>Seven Seas Splendor</i> [®] ATHENS TO ISTANBUL	Athens (Piraeus), Santorini, Rhodes, Bodrum, Ephesus (Kusadasi), Izmir, Istanbul 	50

 Overnight in port

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Scene Stealing

SICILY

BY MARI DE ARMAS

The first time I saw Italy was in the film *Cinema Paradiso* directed by Giuseppe Tornatore. Lush panoramas, a bustling piazza anchored by a church and its belltower, women making tomato paste on wooden boards — it all captured my imagination. I immediately made plans to one day visit the enchanting village of Giancaldo, only to discover that there was no such town by that name.



SICILY, ITALY





CALL ME BY ANOTHER NAME:

PALERMO

Pulling back the curtain on movie magic, I discovered the real place I dreamed of visiting was the capital of the island of Sicily, Palermo. What's more, I kept recognizing it in other Italian movies, from Roberto Benigni's *Johnny Stecchino* to the classic film *The Leopard*. Some of the city's most famous landmarks, such as the Norman Palace, the Palatine Chapel, and the Teatro Massimo, made cameos in movies since the 1960s.

Founded by the Phoenicians in the eighth century BCE, Palermo remained a Phoenician city until the First Punic War, when Sicily fell under Roman rule. Years later, Palermo was ruled by the Byzantine Empire, then the Normans, then the Spanish, before becoming a part of Italy. As the most conquered city in the world, Palermo has a wealth of beautiful architecture, from ancient ruins to Baroque palaces. Yet, Sicily's capital was only the beginning of my cinematic tour of this camera-friendly island.

continue...



A BACKDROP THAT CAN'T BE REFUSED:

MESSINA

Francis Ford Coppola's iconic *Godfather* trilogy shined a massive spotlight on new destinations for me to dream of. While Corleone, the birthplace of the family's patriarch, is a real town in the province of Palermo, the director opted to film in Messina. Movie magic strikes again!

Messina is a living testament to the many civilizations that have traversed it: from Roman, Byzantine and Arab invasions to the days of glory during Aragon's reign when Messina became capital of Kingdom of the Two Sicilies. Yet, through Coppola's films, viewers were able to see a rugged and quaint view of this region, beginning with the Sicilian village of Forza d'Agrò—the stand-in for Corleone's hometown. Entire scenes were shot overlooking the coastline and Arab-Norman castle of Capo Sant'Alessio, as well as in and around the central cathedral, which is one of the most beautiful in this region.

Twenty minutes from Forza d'Agrò is one of the most famous film locations in the village of Savoca, Bar Vitelli. This is where Michael Corleone asks Apollonia's hand in marriage. However, this is no ordinary bar. It's housed in the 18th century Palazzo Trimarchi, located in the Piazza Fossia, the town's main square. The bar features an outdoor vine-covered terrace from where you can enjoy spectacular views of the areas surrounding Savoca.

SIGN, SEALED, DELIVERED:

LIPARI

After watching the film *Il Postino*, I too had created my own trilogy of Sicilian destinations by adding the Aeolian Islands to the list. The classic 1994 Italian film directed by Michael Radford tells the fictional story in which Chilean poet Pablo Neruda forms a friendship with a local postman. Eventually writing his own poetry, the postman captures the heart of the love of his life. This Oscar-nominated movie was filmed along the northeast coast of Sicily, making the turquoise water and volcanic peaks almost as important as the main character.

BEING ON SET

When I did get the opportunity to travel to Sicily, it was like walking on to a movie set. The beaches, Mt. Etna, and the charming villages were more than beautiful backdrops, they were very much real. As were the delicacies of Messina that were thankfully not props (read: wine and cannoli). I had the opportunity to walk in the footsteps of *Malèna* while in Trapani, and even had my own Monica Vitti moment in Taormina, while overlooking the Ionian Sea. I set a postcard from Lipari in honor of *Il Postino* and discovered the hidden streets of Palermo with the enthusiasm of a child.

Whether it's a romantic comedy set in Siracusa or a tense drama showcasing the stunning shores of Catania, Sicily's beauty is a scene stealer. ♦

Mari de Armas is a travel writer specializing in luxury cruising. She is a regular contributor to the official blog of Regent Seven Seas Cruises, Luxury Goes Exploring. Read more of her posts at [RSSC.com/discover-more/blog](https://www.rssc.com/discover-more/blog).





— History of Italian Film —

Italy has long been a popular location for filmmakers, and thanks to its stunning landscapes, rich history, and vibrant culture, cinephiles will continue to see Sicily and beyond —from the rolling hills of Tuscany to the canals of Venice — on the big screen. The country's extraordinary architecture, art, and ancient ruins offer a sense of history and grandeur that adds to the cinematic experience, in addition to endless inspiration for filmmakers.

The first Italian film, *La presa di Roma*, is a six-minute war film that was released in 1905. Since then, Italian cinema has produced a diverse array of award-winning films.

In the 1940s and 1950s, Italian neorealism emerged as a prominent movement in Italian cinema. Neorealist films focused on depicting the realities of everyday life in post-World War II Italy and often featured non-professional actors and location shooting. Some notable neorealist films include *Bicycle Thieves* (1948) by Vittorio De Sica and *La Strada* (1954) by Federico Fellini.

In the 1960s, Italian cinema produced an incredible range of films. Federico Fellini completed four features, including *La Dolce Vita*, *8 ½*, *Juliet of the Spirits*, and *Satyricon*. This era also saw the rise of the spaghetti western, like Sergio Leone's *The Good, the Bad and the Ugly*.

In the 1970s, Italian horror films, or giallo films, gained popularity, thanks to directors like Dario Argento and Lucio Fulci. Well-known giallo films were *Suspiria* (1977) and Fulci's *The Beyond* (1981).

The 1980s and 1990s brought international acclaim to the art of Italian cinema with *Cinema Paradiso* (1988) and Roberto Benigni's *La Vita è Bella*.

Italian cinema has continued to produce influential and acclaimed films in recent years, with directors like Paolo Sorrentino, Matteo Garrone, and Luca Guadagnino gaining international recognition for their work.





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DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
OCT 25, 2023	10	<i>Seven Seas Voyager</i> [®] ROME TO ISTANBUL	Rome (Civitavecchia), Naples, Trapani (Sicily), Valletta, Argostoli, Gythion, Athens (Piraeus) 📍, Mytilini (Lesbos), Istanbul 📍	57
NOV 6, 2023	7	<i>Seven Seas Splendor</i> [®] ATHENS TO ROME	Athens (Piraeus), Ephesus (Kusadasi), Rhodes, Chania (Crete), Argostoli, Messina (Sicily), Naples, Rome (Civitavecchia)	42
APR 29, 2024	7	<i>Seven Seas Splendor</i> [®] ROME TO ATHENS	Rome (Civitavecchia), Naples, Taormina (Sicily), Santorini, Ephesus (Kusadasi), Mykonos, Athens (Piraeus)	38
MAY 6, 2024	10	<i>Seven Seas Splendor</i> [®] ATHENS TO MONTE CARLO	Athens (Piraeus), Mykonos, Izmir, Santorini, Messina (Sicily), Sorrento/Capri, Rome (Civitavecchia), Tuscany (Livorno), Cannes, Monte Carlo 📍	80
JUN 21, 2024	10	<i>Seven Seas Grandeur</i> [™] ATHENS TO ROME	Athens (Piraeus), Bozcaada, Istanbul 📍, Izmir, Santorini, Valletta, Catania (Sicily), Amalfi/Positano, Rome (Civitavecchia)	42
JUL 1, 2024	7	<i>Seven Seas Grandeur</i> [™] ROME TO MONTE CARLO	Rome (Civitavecchia), Salerno, Taormina (Sicily), Valletta, Ibiza, Palma De Mallorca, Barcelona, Provence (Marseille), Antibes, Monte Carlo 📍	98
JUL 11, 2024	7	<i>Seven Seas Grandeur</i> [™] 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 5, 2024	10	<i>Seven Seas Voyager</i> [®] BARCELONA TO ATHENS	Barcelona, Antibes, Porto Santo Stefano, Salerno, Taormina (Sicily), Crotone (Calabria), Kotor, Igoumenitsa, Argostoli, Monemvasia, Athens (Piraeus)	54
SEP 25, 2024	10	<i>Seven Seas Voyager</i> [®] ROME TO VENICE	Rome (Civitavecchia), Amalfi/Positano, Messina (Sicily), Valletta, Igoumenitsa, Tirana (Durrës), Kotor, Hvar, Rijeka, Venice (Trieste)	49
SEP 28, 2024	12	<i>Seven Seas Navigator</i> [®] ROME TO ATHENS	Rome (Civitavecchia), Ponza Island, Trapani (Sicily), Gozo Island, Syros, Bozcaada, Istanbul 📍, Myrina (Limnos), Ephesus (Kusadasi), Santorini, Athens (Piraeus)	42



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
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
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)	78
APR 23, 2025	10	<i>Seven Seas Navigator</i> [®] BARCELONA TO ATHENS	Barcelona, Provence (Marseille), Cannes, Tuscany (Livorno), Olbia/Porto Cervo (Sardinia), Trapani (Sicily), La Goulette, Valletta, Monemvasia, Athens (Piraeus)	63
APR 28, 2025	11	<i>Seven Seas Grandeur</i> [™] VENICE TO ROME	Venice (Fusina), Koper, Dubrovnik, Brindisi N , Igoumenitsa, Argostoli (Cephalonia), Valletta, Catania (Sicily), Palermo (Sicily), Amalfi/Positano, Rome (Civitavecchia)	70
AUG 1, 2025	10	<i>Seven Seas Splendor</i> [®] ROME TO ATHENS	Rome (Civitavecchia), Amalfi/Positano, Palermo (Sicily), Valletta, Bozcaada, Istanbul O , Ephesus (Kusadasi), Santorini, Athens (Piraeus)	54
SEP 25, 2025	10	<i>Seven Seas Grandeur</i> [™] BARCELONA TO ATHENS	Barcelona, Toulon, Tuscany (Livorno), Rome (Civitavecchia), Naples, Messina (Sicily), Valletta, Argostoli (Cephalonia), Gythion, Mykonos, Athens (Piraeus)	89
OCT 23, 2025	12	<i>Seven Seas Mariner</i> [®] JERUSALEM TO BARCELONA	Jerusalem (Haifa) O , Cairo (Port Said), Alexandria, Aghios Nikolaos (Crete), Valletta, La Goulette, Trapani (Sicily), Cagliari (Sardinia), Mahón (Menorca), Barcelona	62

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the RUINS of LIMASSOL

A Glimpse into the Past of Cyprus



BY PHILLIP LEECH

As part of the Destinations Team for Norwegian Cruise Line Holdings, I have sailed aboard each one of Regent's luxurious ships multiple times, working with our teams to organize meaningful and immersive tours around the world. My favorite region may just be the Mediterranean, with the island country of Cyprus being a true highlight.

The beautiful port of Limassol is home to beautiful beaches, delicious cuisine and, most especially, fascinating ancient history. You don't have to go far to appreciate the centuries-old architecture. The city's old town is a maze of narrow streets and alleys lined with traditional houses and buildings that bring Limassol's dynamic history to life. Especially the medieval church of Panagia Chrysopolitissa, which is believed to be one of the oldest churches on the island.

One of the most intriguing aspects of the island's history is the presence of various archaeological sites and ruins that give us a glimpse into the past. For journey back in time, spend your day exploring legendary places, like Kolossi Castle, the Kourion Archaeological Site and the Amathus Archaeological Site.

continue...



Kolossi Castle

Limassol has been inhabited since prehistoric times. Over the centuries, it has been ruled by various empires and civilizations, including the Greeks, the Romans, the Byzantines, the Venetians, and the Ottomans. As a result, the city has a rich archaeological heritage that reflects the influences of these different cultures. A wonderful place to take in all this history is at Kolossi Castle.

Towering above the city, the castle consists of a large central courtyard surrounded by high walls and towers. Inside the courtyard, there is a well that provided water for the castle's inhabitants. The castle also has multiple rooms and chambers, including a chapel, a kitchen, and a dungeon. The upper floors of the castle were used as living quarters for the castle's garrison.

One of the most interesting features of Kolossi Castle is its association with the production of Commandaria, a sweet dessert wine that has been produced in the area since ancient times. The Knights of Saint John were instrumental in developing the local wine industry, and they built a large wine press at the castle to produce Commandaria. The wine press is still visible today, and you can see the large stone tanks that were used to ferment the grapes.

Best of all, the castle offers spectacular views of the surrounding area, including the Kouris River and the Troodos Mountains.

Kourion Archaeological Site

Another important area that may pique your interest is Kourion. This site was an important city-state in ancient Cyprus. Today, you can tour the well-preserved Roman public bathhouse, and several houses and villas from the Hellenistic and Roman periods. Yet, the Greco-Roman amphitheater is the highlight.

The Greek Roman theater is remarkable with its acoustic qualities and beautiful views; I find it to be the most impressive ruins at this site. However, the villas discovered there with their exceptional mosaic floors and an early Christian Basilica are also rather noteworthy.

The theater was constructed at the end of the 2nd century B.C.E. but took its current dimensions during the 2nd century C.E. Consisting of a semicircular orchestra that is surrounded by seats, it was enclosed to the south by the building's façade, though today only the foundations remain.

Amathus Archaeological Site

Limassol embodies beauty, which is why it's no surprise to find a temple dedicated to the goddess Aphrodite at Amathus. Home to several ruins, you may wander through the remains of the city's walls, the agora, the public baths, and several houses and villas.

This UNESCO World Heritage site dates to 1100 B.C.E. Since then, it was conquered by a number of armies, including the Persians, Ptolemies, Romans and Byzantines. At the end it was destroyed and abandoned during the 7th century C.E. as a result of the Arab invasions.

Exploring Limassol

The beautiful detail about these sites is that to reach the ruins, you'll journey through vast groves of lemons, oranges and olives, and take in the majestic mountains and scenery and stunning beaches of Limassol. And don't forget to explore the various items available for the perfect keepsakes and gifts, from lovely lace and jewelry to copper creations and local pottery. There is much to be enjoyed on a visit to Limassol! ♦

Phillip Leech has a deep love of travel and has sailed the world. He is the Corporate Destination Manager for Norwegian Cruise Line Holdings.





ANCIENT KOURION, ARCHAEOLOGICAL SITE



KOLOSSI CASTLE



AMATHUS, ARCHAEOLOGICAL SITE







EXPERIENCE

*Limassol's history
and legends firsthand.*

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
OCT 29, 2023	12	<i>Seven Seas Navigator</i> [®] ATHENS TO ISTANBUL	Athens (Piraeus), Santorini, Rhodes, Alanya, Limassol, Antalya, Kos, Aghios Nikolaos (Crete), Bodrum, Ephesus (Kusadasi), Pergamum (Dikili), Istanbul 📍	59
MAY 30, 2024	12	<i>Seven Seas Grandeur</i> [™] ATHENS TO ISTANBUL	Athens (Piraeus), Mykonos, Jerusalem (Ashdod), Jerusalem (Haifa), Jerusalem (Haifa), Limassol, Alanya, Rhodes, Ephesus (Kusadasi), Kavala/Philippi, Istanbul 📍	72
JUN 11, 2024	10	<i>Seven Seas Grandeur</i> [™] ISTANBUL TO ATHENS	Istanbul, Mytilini (Lesbos), Mykonos, Ephesus (Kusadasi), Patmos, Rhodes, Limassol, Antalya, Bodrum, Heraklion (Crete), Athens (Piraeus)	50
AUG 22, 2024	9	<i>Seven Seas Voyager</i> [®] ISTANBUL TO JERUSALEM	Istanbul, Pergamum (Dikili), Cesme, Didim, Rhodes, Alanya, Limassol, Jerusalem (Ashdod), Jerusalem (Haifa) 📍	48
OCT 10, 2024	12	<i>Seven Seas Navigator</i> [®] ATHENS TO JERUSALEM	Athens (Piraeus), Volos, Thessaloniki, Istanbul 📍, Izmir, Santorini, Rhodes, Alanya, Limassol, Jerusalem (Haifa) 📍	63
OCT 22, 2024	14	<i>Seven Seas Navigator</i> [®] JERUSALEM TO ISTANBUL	Jerusalem (Haifa) 📍, Limassol, Antalya, Rhodes, Kos, Chania (Crete), Nafplion, Athens (Piraeus), Athens (Piraeus), Syros, Ephesus (Kusadasi), Pergamum (Dikili), Istanbul 📍	78
APR 2, 2025	14	<i>Seven Seas Grandeur</i> [™] BARCELONA TO ISTANBUL	Barcelona, Valletta, Argostoli (Cephalonia), Alexandria, Cairo (Port Said), Jerusalem (Haifa), Jerusalem (Ashdod), Limassol, Rhodes, Ephesus (Kusadasi), Pergamum (Dikili), Istanbul 📍	98





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAY 3, 2025	10	<i>Seven Seas Navigator</i> ® ATHENS TO ISTANBUL	Athens (Piraeus), Rhodes, Antalya, Limassol, Cairo (Port Said), Alexandria, Ephesus (Kusadasi), Limnos, Istanbul 	62
MAY 7, 2025	12	<i>Seven Seas Splendor</i> ® ISTANBUL TO JERUSALEM	Istanbul, Bozcaada, Thessaloniki, Mykonos, Athens (Piraeus), Greece  , Ephesus (Kusadasi), Bodrum, Rhodes, Alanya, Limassol, Jerusalem (Haifa) 	81
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
SEP 23, 2025	12	<i>Seven Seas Navigator</i> ® ROUNDTrip ATHENS	Athens (Piraeus), Kavala/Philippi, Istanbul, Bozcaada, Marmaris, Alanya, Jerusalem (Haifa), Jerusalem (Ashdod), Limassol, Rhodes, Heraklion (Crete), Mykonos	87
SEP 25, 2025	11	<i>Seven Seas Voyager</i> ® JERUSALEM TO ATHENS	Jerusalem (Haifa), Jerusalem (Ashdod), Limassol, Antalya, Rhodes, Ephesus (Kusadasi), Pergamum (Dikili), Istanbul  , Mytilini (Lesbos), Mykonos, Athens (Piraeus)	89
OCT 6, 2025	11	<i>Seven Seas Voyager</i> ® ATHENS TO ISTANBUL	Athens (Piraeus), Santorini, Rhodes, Alanya, Limassol, Antalya, Kos, Aghios Nikolaos (Crete), Bodrum, Ephesus (Kusadasi), Pergamum (Dikili), Istanbul	58
OCT 13, 2025	10	<i>Seven Seas Mariner</i> ® ISTANBUL TO JERUSALEM	Istanbul, Pergamum (Dikili), Ephesus (Kusadasi), Bodrum, Rhodes, Alanya, Limassol, Jerusalem (Ashdod), Jerusalem (Haifa)	56

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Wild & Wonderful
GIBRALTAR



MONKEYS

BY JANICE DAVIDSON

continue...

Yes. That's really me
with a monkey on
my head. No digital trickery
here. It was my first time
visiting the Rock of
Gibraltar, and my first
introduction to its most
famous inhabitants, the
Gibraltar monkeys.



MONKEYING AROUND

I was taking a tour of the Rock that included the vistas at its peak to the caves which sheltered soldiers, generations ago. As we arrived, my driver pulled out a banana and said, "Watch this." We were beside each other and before I could catch my breath, I had a monkey on my head snatching the banana from the driver's hands!

I was shocked to say the least. I quickly learned you're really not supposed to feed them. In fact, having food on you is the quickest way to create a problem with the

Gibraltar monkeys. They're quite clever and have grown very accustomed to human visitors, but don't mistake them for pets. They are wild animals and should be treated accordingly.

They can get competitive and will fight each other over food. They may even take issue with you if you forcibly try to take any back from them. And truth be told, they don't need it. There are plenty of monkey-friendly culinary options for them to enjoy in the surrounding wilderness.

Also, stay vigilant about your belongings. These clever characters will take advantage if you're not paying attention. They're known for snatching bags — they associate them with food — and may even grab a phone or sunglasses given the opportunity to scratch their itch of curiosity.

Lastly, give them space and don't try to touch. You don't need to be afraid, but you should respect them as much as you enjoy them. And they are a lot of fun to watch.





A TAIL OF INTRIGUE

They're often referred to as "apes," as they don't appear to have tails. There is even a location called Apes' Den where one particular pack lives (multiple packs reside on the Rock). However, they're not actually apes at all. The Gibraltar monkeys are Barbary macaques from northern Africa (Morocco and Algeria, to be more specific). Macaques are one of a few types of monkeys with short tails.

They have been around since the 1700s, but no one really knows how they arrived. One local tale suggests they swam the strait, but that is rather unlikely given the distance and strong currents. Another suggests they arrived as pets of Moors traveling through the area. However they arrived, they've shown they have staying power, growing to a population of over 300. And legend has it that as long they remain, the Rock of Gibraltar will stay under British rule.

CONSERVING A WILD LIFE

In addition to observing them on a tour of the Rock, the Almeda Wildlife Conservation Park, located in the Gibraltar Botanic Gardens, offers another perspective on these sneaky characters. Observe them in a more relaxed state of mind, revealing a different side of these funny residents of the Rock.

And don't forget to take in the rest of park and gardens.

continue...



The park itself is rather unique in the various purposes it serves, from rehabilitating native wildlife to housing and caring for exotic species that are confiscated by customs or become unwanted pets, including the cotton-topped tamarin from Colombia, lemurs from Madagascar, the Indian peafowl, Vietnamese pigs, Amazon parrots, soft-shelled turtles and more.

The gardens, which opened to the public in 1816, are home to some beautiful flora. There are native species like the Stone Pine and wild olive trees as well as imported plants and trees like the fascinating Dragon Tree. The Dragon Tree is native to the Canary Islands (and neighbors like Madeira) and is known for its smooth gray bark and blood red resin. There are multiple trees in the park that predate its establishment, some by as much as a hundred years.

NOT TO BE MISSED

Having a monkey on your head isn't the typical experience in Gibraltar. I've been back more than once and have enjoyed watching the Gibraltar monkeys play around, look for food and pose for photos. Well, maybe they weren't actually posing, but it sure looked like they knew what was going on.

The Mediterranean is filled with so many marvelous experiences. Every time I leave, I'm left wanting more and always adding to my wish list of what to do next (or to do again), and visiting the Gibraltar monkeys is always on the list. ♦

GIBRALTAR BOTANICAL GARDENS



COTTON-TOPPED TAMARIN



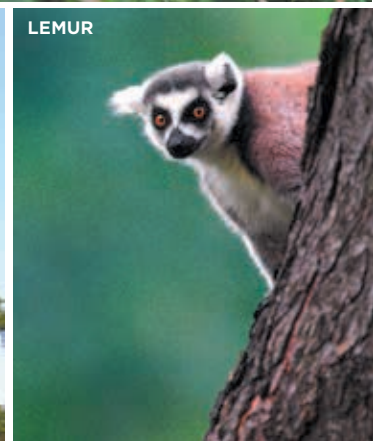
INDIAN PEAFOWL



DRAGON TREE



LEMUR





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DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
SEP 4, 2024	14	<i>Seven Seas Navigator</i> ® LONDON TO BARCELONA	London (Southampton), St. Peter Port (Guernsey), Bordeaux 📍, Bilbao, La Coruna, Oporto, Lisbon 📍, Gibraltar, Granada (Motril), Alicante, Palma De Mallorca, Barcelona	102
SEP 22, 2024	10	<i>Seven Seas Mariner</i> ® MONTE CARLO TO LISBON	Monte Carlo, Sanary-sur-Mer, Barcelona, Palma De Mallorca, Cartagena, Malaga, Gibraltar, Tangier, Seville (Cadiz), Portimao, Lisbon	102
OCT 4, 2024	15	<i>Seven Seas Splendor</i> ® LONDON TO BARCELONA	London (Southampton), St. Peter Port (Guernsey), La Rochelle, Bordeaux 📍, Bilbao, La Coruna, Oporto, Lisbon 📍, Gibraltar, Granada (Motril), Alicante, Palma De Mallorca, Barcelona	115
OCT 17, 2024	10	<i>Seven Seas Mariner</i> ® ROME TO LISBON	Rome (Civitavecchia), Tuscany (Livorno), Cannes, Provence (Marseille), Barcelona, Palma De Mallorca, Cartagena, Malaga, Gibraltar, Seville (Cadiz), Lisbon	145
MAR 29, 2025	10	<i>Seven Seas Splendor</i> ® LISBON TO BARCELONA	Lisbon, Seville (Cádiz) 📍, Gibraltar, Tangier, Melilla, Ajaccio (Corsica), Portofino, Monte Carlo, Provence (Marseille), Barcelona	72
APR 16, 2025	7	<i>Seven Seas Navigator</i> ® LISBON TO BARCELONA	Lisbon, Portimão, Seville (Cádiz), Gibraltar, Málaga, Melilla, Alicante, Barcelona	66
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), Portimão, Lisbon	131
MAY 31, 2025	12	<i>Seven Seas Splendor</i> ® ROME TO LISBON	Rome (Civitavecchia), Cartagena, Gibraltar, Las Palmas de Gran Canaria, Santa Cruz de Tenerife, Arrecife (Lanzarote), Agadir, Casablanca, Seville (Cádiz), Lisbon 📍	95

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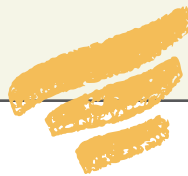
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Fish & Chips

BEER & A BLARNEY STONE

BY INGRID MARINCIC

A bustling city in the southwest of Ireland, Cork is known for its rich history, lively culture, and natural beauty. The “Rebel County,” birthplace of Michael Collins, is a land of stunning scenery and a breathtaking coastline. From here, you can explore the Wild Atlantic Way and seaside ports such as Kinsale and Cobh. Experience some Titanic tales in the old White Star Line offices in Cobh, from where the ill-fated Titanic last set sail, or perhaps visit “Ireland’s Alcatraz” at Spike Island.





BLARNEY CASTLE

Cork has a well-earned reputation as Ireland's foodie capital, thanks to high-quality, locally sourced produce and an array of talented chefs. It's a hub of delicious cuisine and fun festivals with a university town vibrancy — there is even an 18th Century English Market hailed for traditional foods and market wares.

When it comes to dining, one dish has become an Irish staple and dates to the early 1900s when it was introduced by immigrants. It's the classic fish and chips. Being on the Atlantic Ocean means fish doesn't come much fresher than this, and when pulled from the magical Irish waters, this is fish with a difference.

The humble spud? Well, not so humble when it's an IRISH potato — hence the chips (fries) are simply from another dimension.

So where should you savor these promised delights while experiencing all the city of Cork has to offer?

First, building up your hunger levels with some essential Cork touring at the iconic Blarney Castle is advisable.

MORE THAN A STONE

The castle was constructed in the 15th century and is steeped in history and legend. Head up the spiral staircase for a date with the famous stone, then increase your communications skillset the medieval way: press your lips to the Blarney Stone to be imbued with the "gift of the gab." Next, reconnoiter the castle's Fern and Poison Gardens and view the Seven Sisters Standing stones. Discover the mystical Rock Close with its ancient druidic sacrificial altar, witch's kitchen, and hermit's cell, all surrounded by yew trees — spooky stuff.

Having earned lunch, it's time to make some decisions. Do you go with takeout, take the picnic route, or enjoy things in a fine-dining setting?

continue...



WHERE TO EAT

1 | QUINLAN'S SEAFOOD BAR

A family-run business using a traditional recipe to keep their batter light and crispy, Quinlan's is known for serving fresh seasonal fish and is dedicated to showcasing Ireland's fishing heritage. Rated as one of the best, Quinlan's Seafood Bar is a sit-down venue with easy dining, indoors or out.

2 | THE RIVER CLUB

Savor restaurant-quality fish and chips in the elegance of this idyllic oasis. Cocktails on the summer terrace or seated dining in the sophisticated Grill Room — this is effortless glamor and a place appreciated by locals and visitors alike.

3 | JACKIE LENNOX CHIP SHOP

This well-established local “chippie” has been around since the 1950s. Try one of their Haddock, chips — and peas (this is IRISH fish and chips). Enjoy your takeout at a park or sunny spot — if the weather is good, you could sit at the University College Cork campus quad.

Jackie Lennox is within walking distance of several central highlights which should be seen while in the city.

A FORT, A CLOCK & A BREWERY

If art interests you, visit the Lewis Glucksman Gallery at the University College Cork or enjoy stunning views over the city as you walk along the ramparts of the 400-year-old Elizabeth Fort.

Admire French gothic stained-glass masterpieces at St. Fin Barre's Cathedral, where St. Fin Barre founded a monastery in the 7th century. Another fascinating church is St. Anne's, with its “four-faced liar” clock tower. This bell tower is a striking part of the Cork skyline. Despite belonging to a church, the clock is not kept honest — its four faces reveal different times!

Wander through Cork City Goal obtaining a chilly feel for prison life in the 19th and early 20th centuries. This edifice was initially a women's prison and later housed republican prisoners — of which it managed to let 39-escape in one memorable night!

What's more Irish than a brewery (built where a Franciscan monastery once stood)? Some claim the libations still hold the healing properties of the well which once stood on the site. After one or two, your cares will undoubtedly melt away, so perhaps end your day of exploration by whetting your whistle at the Franciscan Well Brewery. A little local music, a lot of Irish craic, and you are on your way. Slainte! ♦

Ingrid Marincic is an avid traveler and Director, Destination Services Development for Norwegian Cruise Line Holdings.



ST. FIN BARRE'S CATHEDRAL



Get the
gift of gab
after kissing
the Blarney Stone
on these cruises
to **CORK**.



BLARNEY CASTLE

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUN 11, 2025	12	<i>Seven Seas Grandeur</i> TM ROUNDRIP LONDON	London (Southampton), Falmouth (Cornwall), Bantry, Cork (Cobh), Dublin (Dún Laoghaire), Belfast, Liverpool, Glasgow (Greenock), Ullapool, Invergordon, Edinburgh (Newhaven)	61
JUL 27, 2025	11	<i>Seven Seas Voyager</i> [®] ANTWERP TO LONDON	Antwerp, Amsterdam, Newcastle, Edinburgh (Newhaven), Invergordon, Stornoway (Hebrides), Liverpool, Belfast, Dublin (Dún Laoghaire), Cork (Ringaskiddy), London (Southampton)	65
JUL 28, 2025	15	<i>Seven Seas Mariner</i> [®] REYKJAVIK TO PARIS	Reykjavik, Heimaey, Eskifjordur, Klaksvík (Faroe Islands), Tórshavn (Faroe Islands), Kirkwall (Orkney Islands), Ullapool, Belfast, Douglas, Dublin (Dún Laoghaire), Holyhead, Liverpool, Cork (Cobh), Saint-Malo, Paris (Le Havre)	78
AUG 14, 2025	14	<i>Seven Seas Grandeur</i> TM LONDON TO AMSTERDAM	London (Southampton), Cork (Cobh), Bantry N , Dingle N , Galway, Killybegs, Londonderry, Belfast, Liverpool, Dublin (Dún Laoghaire), Fishguard, Portland, Amsterdam	65

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In Finland,
EUROPE'S
last great wilderness

by Joe Wall



HAPPY 'LAPPI'

In Finland, nature is never far away, and Finns have a palpable passion for it. But where do the world's happiest people go to recharge in dense forests, commune with wildlife, swim in pristine waters — even breathe the world's purest air? The people of Finland head north to their country's Lapland region, commonly known as Europe's last great wilderness.

Some background: It's not hyperbole to call Finns the world's happiest people. For five years in a row, the Nordic nation has topped the annual World Happiness Report. The air? According to the World Health Organization, the level of airborne particles in Finland's air is on average 6 micrograms per cubic meter — the lowest level for any individual country. And with more than 75% of its land area covered by woodlands of spruce, pine and birch, Finland is indeed the most forested country in Europe. Its people feel a genuine connection — a 2021 survey indicated that 87% of Finns feel that nature is important because it provides them with peace of mind, energy and relaxation.

continue...

SÁMI HOMELAND & ERÄMAA

One of Finland's 19 official provinces, the wild and sparsely populated Lapland ('Lappi' in Finnish) stretches north from just below the Arctic Circle at the port city of Kemi. The vast area of Lapland also crosses Sweden ('Lapland' in Swedish), Norway ('Finnmark' in Norwegian) and northern parts of Russia. Though it spans 30% of Finland's land area, Lapland is home to just 3% of its population, meaning there are as many shaggy, good-natured reindeer in this beloved subarctic region as people.

Finnish Lapland is homeland of the Sámi, the only indigenous people within the area of the European Union. Located mostly in northernmost Lapland, the Sámi have a rich cultural heritage and speak three languages, all of them rooted in a reverence for nature. Approximately 10,000 Sámis live in Finland out of an overall population of 5.5 million. The Sámi Museum Siida and Sámi Cultural Centre Sajos in far-north Finland

celebrate the strong connection the Sámi people have with their traditional homeland of Sápmi (the preferred Sámi name for the region).

This relationship with the outdoors and reverence for natural resources has long extended to non-indigenous Finns and is best understood in the Finnish term for wilderness: *erämaa*, which translates to 'the land of *erä*' (nature's bounty). It typically refers to the untamed and untainted wild that today is represented by national parks and other protected areas, including Lapland's '*erämaa-alueet*' ('wilderness areas') that preserve both nature and traditional Sámi culture. The concept of *erämaa* became a symbol of Finnish nationalism in the 19th century — the nation declared its independence from the Russian empire in 1917 — and was championed by painters, writers and musicians as a cornerstone of Finnish identity.



SÁMI SHAMAN
LAPLAND, FINLAND



ARCTIC MAJESTY

Lapland is more than pure air and breathtakingly big skies. Extreme seasons within the Arctic Circle reward visitors with radically different experiences: Winter brings endless nights lit by the aurora borealis (Northern Lights), alpine ski slopes and cross-country trails, snowmobiles for hire, reindeer safaris, even a visit to Santa's 'home' in the Finnish Lapland capital of Rovaniemi, 72 miles north of Kemi. Summer brings the natural phenomenon of the midnight sun to most of Lapland, which means round-the-clock salmon fishing, setting out on lakes and rivers aboard kayaks and canoes, and exploring the diversity of natural landscapes that include Finland's three largest national parks.

Besides reindeer, herds of which are commonly seen grazing freely in grasslands and roadsides, a variety of animals inhabit Lapland's sheltering woodlands. The brown bear is Finland's national animal and features prominently in Finnish mythology. Wolverines — the largest member of the weasel family — Arctic foxes, the Eurasian lynx, Lapland owls, golden eagles and variety of hawks also call the wilderness home.



SÁMI TRADITIONAL DRESSED WOMEN
LAPLAND, FINLAND

CREATURES OF THE KALEVALA

In such a heavily forested land, it's no surprise that generations of Finnish children have grown up with an assortment of mythical creatures lurking in deep waters and flitting amidst the trees. Some had counterparts in the folklore of neighboring Nordic peoples, but the historically agricultural lands of today's Finland meant that its mythical creatures were heavily associated with nature. Most date back centuries. In 1551, Mikael Agricola, a bishop and clergyman who is often called the 'father of written Finnish', assembled lists of known deities and creatures in Finnish mythology. These lists were later used in the creation of Kalevala ('Land of Heroes'), a 19th-century national folk epic compiled by Finnish folklorist Elias Lönnrot.

A sampling of these mythical creatures must include the Hiisi, ancient forest gods with pagan origins that help hunters get prey. They are not to be confused with Menninkäinen, leprechaun-like creatures who seek out shiny objects that many believe inspired J.R.R. Tolkien's Hobbits (Tolkien admitted to a fascination with Finnish mythology). The tiny Keiju are beautiful, humanoid creatures with butterfly wings that reside in misty meadows, while Peikko are the feared 'boogeymen' of Finnish mythology who kidnap wayward children. As proof that not all creatures take human form, Iku-Turso is a fearsome, giant-octopus-like creature that's similar to a dragon-winged Kraken.

continue...





SMOKED FISH

THE SNOW CASTLE
KEMI, FINLAND

KEMI: GATEWAY TO LAPLAND

Charming Kemi is a new port of call for Regent Seven Seas Cruises®. Situated on the Gulf of Bothnia near the Swedish border, it is approximately 440 miles north of Helsinki and 57 miles south of the Arctic Circle. It is best-known as the home of Lumilinna (Kemi Snow Castle), the largest snow structure in the world that's open year-round and features a restaurant serving traditional Finnish cuisine like smoked fish, reindeer and cloudberry, a chapel, art exhibitions and more. At Sisäsatama, Kemi's 'Inner Old Harbour', learn about the Lapland region's seafaring history on a tour of the historic Icebreaker Sampo before visiting the Smoke Hut of Yli-Jaakheikki, a restored fisherman's dwelling built in a village near Rovaniemi in 1796. ♦

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.



Majestic beauty astounds in
FINLAND *on these voyages*
in Northern Europe.



DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
JUN 15, 2024	17	Seven Seas Navigator® AMSTERDAM TO COPENHAGEN	Amsterdam, Nordfjordeid, Kristiansund, Alesund, Stavanger, Kristiansand, Oslo, Helsingborg, Kiel, Ronne (Bornholm), Gdynia, Klaipeda, Tallinn, Helsinki, Stockholm, Copenhagen	65
JUL 2, 2024	10	Seven Seas Navigator® COPENHAGEN TO STOCKHOLM	Copenhagen, Kiel, Ronne (Bornholm), Gdansk (Gdynia), Klaipeda, Saaremaa, Tallinn, Kotka, Helsinki, Stockholm	43
JUL 5, 2024	12	Seven Seas Mariner® LONDON TO COPENHAGEN	London (Southampton), Paris (Honfleur), Antwerp, Rotterdam, Aarhus, Helsingborg, Berlin (Warnemünde), Gdynia, Klaipeda, Visby, Stockholm, Helsinki, Tallinn, Copenhagen	71
JUL 12, 2024	14	Seven Seas Navigator® STOCKHOLM TO AMSTERDAM	Stockholm, Helsinki, Tallinn, Riga, Visby, Gdansk (Gdynia), Copenhagen, Skagen, Esbjerg, Hamburg, London (Tilbury), Bruges (Zeebrugge), Amsterdam	51
JUN 27, 2025	10	Seven Seas Navigator® COPENHAGEN TO STOCKHOLM	Copenhagen, Berlin (Warnemünde), Rønne (Bornholm), Gdansk, Klaipeda, Tallinn, Kotka, Helsinki, Stockholm	46
JUL 7, 2025	12	Seven Seas Navigator® STOCKHOLM TO AMSTERDAM	Stockholm, Helsinki, Tallinn, Klaipeda, Gdansk, Copenhagen, Berlin (Warnemünde), London (Tilbury), Amsterdam	57
AUG 7, 2025	12	Seven Seas Voyager® LONDON TO STOCKHOLM	London (Southampton), Skagen, Copenhagen, Berlin (Warnemünde), Rønne (Bornholm), Gdansk, Klaipeda, Riga, Tallinn, Helsinki, Stockholm	52
AUG 19, 2025	14	Seven Seas Voyager® STOCKHOLM TO HAMBURG	Stockholm, Sundsvall, Umeå, Kemi, Turku, Visby, Karlskrona, Malmö, Copenhagen, Lysekil, Oslo, Hamburg	36

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LAND OF THE HIDDEN FOLK

ICELAND'S
SCANDINAVIAN MYTHOLOGY
WOVEN THROUGH TIME

by Michele Wright





An island nation of otherworldly beauty, Iceland is steeped in myth and legend. When exploring the country, that lens of Scandinavian folklore and Viking history makes for an enchanting experience.

The modern capital, Reykjavik (“Smoky Bay”), was named by Norsemen due to the columns of steam arising from surrounding geothermal vents. Legend has it the Valkyrie bathed in the hot springs because of the water’s healing properties. One of Reykjavik’s most recognizable landmarks is Hallgrímskirkja, a towering church with excellent views over the city – and you may catch a glimpse of the Valkyrie’s northern lights from the tower.

This role of mythology in Icelandic culture is well showcased at Reykjavik’s National Museum, which houses a vast collection of artifacts. One fascinating exhibit is a replica of a Viking longhouse with the tools and furnishings used by the ancient inhabitants. The museum also displays the documented Sagas and epic tales of the local people, ancient texts dating back to medieval times.

Discovered during the Viking Age, Iceland was first settled by the Norse and Celts. The country’s extensive history has been chronicled in a revered body of literature that reveals the legacy of the local people, their legends and family stories. Medieval poems and mythological lays are preserved in manuscript form and narrate heroic deeds, detailing the actions and wisdom of the northern gods and heroes. These Sagas are a proud cultural tradition and a part of modern Iceland and its people.

continue...



ISAFJORDUR, ICELAND

THREADS OF LEGEND

In Iceland, stories are woven around everything. Strange occurrences are the order of the day and things go bump in the night. The very land on which you stand has a captivating tale of origin. The Norse God, Odin, created the world by killing a giant named Ymir. Ymir's body became the earth, his blood the sea. An element of the mysterious landscape is the mountain trolls and giants, the hidden people or elves and other fantastical creatures. Iceland's version of Nessie is a giant underwater worm (last spotted in 2012), and you should be careful not to mistake the tricky Nykur sea horse for a real horse - or you may be carted off to a watery death.

Memorable landmarks and rock edifices take the shape of trolls - unluckily petrified to stone when caught out in the sun. And some rock faces have startlingly humanoid appearances, very much lending themselves to the tales.

Although there are claims of a high percentage of Icelanders believing in elves, it's more a case of respecting superstition - and not annoying the folk (just in case). One example is Elf Hill, which had a long history as an elven residence. When a road was being built through the hill, all sorts of things started going weirdly wrong. The elves won that round.

The road was diverted around the hill as the builders decided not to tempt fate (or the powers under the hill) and curved the road around the place. There are many such spots throughout the country - whether shack or landmark - where things are simply left well enough alone.

THE NORSE GOD, ODIN



A CULTURAL FABRIC

Folklore is a force in Icelandic culture, and allowances are made for ancient beliefs. Lore is a way to explain the earth and life because nature is alive and mystical. The country is female, and she feeds and nurtures her children. Bergthor, the giant, met a farmer and requested a drink; to this day, the farmer's family provides an annual offering of whey to Whey Well - because that's what's done. Brimketill, a lava rock pool (and the troll swimming pool) fills with water during high tide and is the ideal place for a troll soak. Stories make sense of a harsh environment and add an appealing magical tone. In fact, trolls have names, family trees and are "known" by historians and locals alike.

In the Westfjords region, the remote town of Isafjodur lies nestled in a fjord. Surrounded by exquisite natural mountains which ascend out of the sea, the area's natural beauty provides a wonderful setting to immerse yourself in Iceland's stories. Many of these mountains boast enchanting names — such as Snaefell or "Snow Mountain," the dwelling place of trolls. The Dynjandi waterfall is called after a giantess who fell in love with the wrong man and was forced to flee. The fall is her bridal veil, the water's thunderous sound, her tears. Or as another legend would have it, the noisy "Thunderer" lives beneath the water — along with a whole host of monsters. Probably not somewhere you want to take a dip, either way.

The town of Isafjodur, with its rich maritime history, is an interesting place to explore. It boasts several museums and galleries displaying Icelandic art and unveiling the culture.

From Viking sagas to stunning natural wonders, Iceland is a place where past and present come together in a truly magical way. Legends of wizards, ghosts and weird creatures are all brought to life through skillful retellings — and the sheer atmosphere of the landscape provides the perfect mystical mood.

Michele Wright's love of writing began at the age of 12 when her grandfather gave her a typewriter. Discovering the world was a fascinating place, she started merging her twin passions — writing and travel. Michele lives in Hampshire with her husband and teenage sons.

DYNJANDI WATERFALL















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Fire & Ice
in total luxury.*

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JUN 2, 2024	12	<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	10	<i>Seven Seas Mariner</i> [®] REYKJAVIK TO LONDON	Reykjavik, Heimaey, Eskifjordur, Torshavn (Faroe Islands) , Kirkwall (Orkney Islands), Stornoway (Hebrides), Killybegs, Douglas, 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), Torshavn (Faroe Islands), Akureyri, Isafjordur, Nuuk, Paamiut, Qaqortoq, Reykjavik	40
JUL 5, 2024	10	<i>Seven Seas Splendor</i> [®] ROUNDTRIP REYKJAVIK	Reykjavik, Grundarfjordur, Isafjordur, Akureyri, Seydisfjordur, Djupivogur, Torshavn (Faroe Islands) , Heimaey	31
JUL 15, 2024	10	<i>Seven Seas Splendor</i> [®] ROUNDTRIP REYKJAVIK	Reykjavik, Grundarfjordur, Isafjordur, Akureyri, Seydisfjordur, Djupivogur, Torshavn (Faroe Islands) , Heimaey	31
JUL 25, 2024	18	<i>Seven Seas Splendor</i> [®] REYKJAVIK TO LONDON	Reykjavik, Isafjordur, Akureyri, Torshavn (Faroe Islands), Lerwick (Shetland Islands), Måløy, Bergen, Stavanger, Kristiansand, Oslo , Amsterdam, Antwerp , Paris (Honfleur), St. Peter Port (Guernsey), London (Southampton)	86
AUG 5, 2024	20	<i>Seven Seas Navigator</i> [®] ROUNDTRIP LONDON	London (Southampton), Kirkwall (Orkney Islands), Torshavn (Faroe Islands), Akureyri, Isafjordur, Reykjavik , Nuuk, Paamiut, Qaqortoq, Killybegs, Belfast	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	54



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUL 7, 2025	10	<i>Seven Seas Navigator</i> [®] STOCKHOLM TO AMSTERDAM	Stockholm, Helsinki, Tallinn, Klaipėda, Gdansk, Copenhagen  , Berlin (Warnemünde)  , London (Tilbury), Amsterdam 	57
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 	45
JUL 17, 2025	10	<i>Seven Seas Grandeur</i> [™] ROUNDTrip REYKJAVIK	Reykjavik, Heimaey, Djupivogur, Eskifjordur, Seydisfjordur, Husavik, Akureyri, Siglufjordur  , Isafjordur, Grundarfjordur	63
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)	23
JUL 29, 2025	20	<i>Seven Seas Navigator</i> [®] LONDON TO EDINBURGH	London (Southampton), Falmouth (Cornwall), Cork (Cobh), Galway, Narsaq  , Paamiut, Nuuk, Reykjavik  , Isafjordur, Akureyri, Tórshavn (Faroe Islands), Kirkwall (Orkney Islands), Edinburgh (Leith) 	57

 Overnight in port  NEW PORT OF CALL





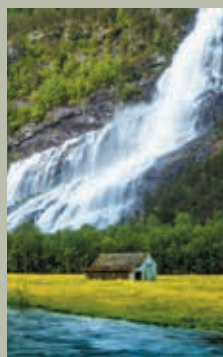
Explore where Iceland's mythological roots were planted when you cruise the majestic fjords of Norway on these special cruises aboard *Seven Seas Navigator*[®] and *Seven Seas Voyager*[®] in 2025.



NORWEGIAN SUMMER SOJOURN





Seven Seas Navigator[®]
JUN 9, 2025 | 18 NIGHTS
AMSTERDAM TO COPENHAGEN

Ports Visited: Amsterdam, Haugesund, Nordfjordeid, Ålesund, Stavanger, Kristiansand, Oslo , Aarhus, Kiel, Rønne (Bornholm), Gdansk, Klaipėda, Riga, Stockholm , Copenhagen



LOVELY NORWAY & THE FJORDS

Seven Seas Voyager[®]
JUL 7, 2025 | 20 NIGHTS
LONDON TO ANTWERP

Ports Visited: London (Southampton), Stavanger, Vik (Sognefjord) , Ålesund, Svolvær (Lofoten Islands) , Tromsø, Hammerfest, North Cape (Honningsvåg), Alta , Harstad, Bodø, Brønnøysund , Trondheim, Molde, Nordfjordeid, Eidfjord, Amsterdam, Antwerp

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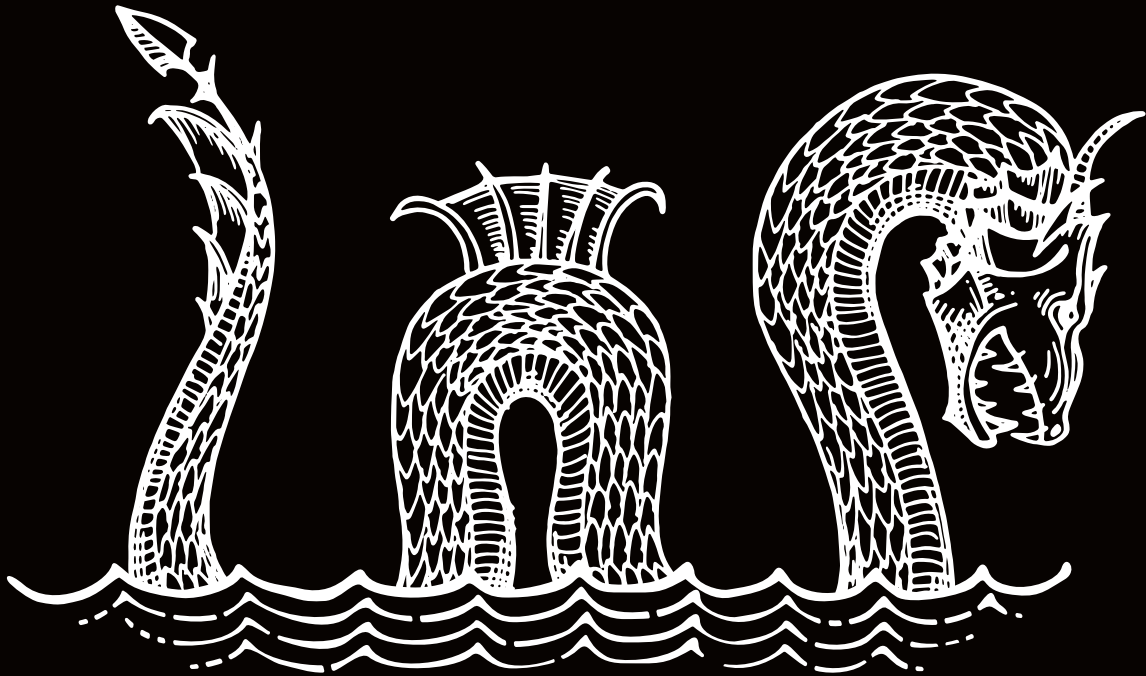
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I N S E A R C H
OF
NESSIE

Explore the Mystery & Beauty of Loch Ness
FROM INVERGORDON

by Terry Ward

THERE ARE MYRIAD WAYS
TO BASK IN THE LORE OF
ONE OF THE WORLD'S MOST
MYTHICAL CREATURES.



It's hard to imagine a lake legend more widespread than that of the Loch Ness Monster. Also known as Nessie, the marine creature was allegedly first sighted back in 1933, when a local couple living in the Scottish Highlands reported seeing "an enormous animal rolling and plunging on the surface" of Loch Ness, a 23-mile-long freshwater lake not far from the charming port town of Invergordon.

A media circus naturally ensued. And for decades after, researchers launched expeditions, unsuccessfully, to try to find and document the alleged creature using everything from sonar operations to underwater photography during their forays into the loch.

Over the decades, more than 1,000 eyewitnesses have claimed to have spotted the Loch Ness Monster. It's often described as having a snake-like head that breaks the water's surface as parts of the creature's body surface behind it, rising above the waves. When Nessie disappears back into the loch, she's said to leave circular patterns of disturbed water at the surface as she descends. Her stand-out features are often similarly cited by witnesses — a long, thin body of a greenish color with black humps.

It's safe to say that most travelers who call into port in Invergordon — a small Scottish port town in the eastern Highland region, within easy striking distance of Loch Ness — have likely heard of the mythical creature said to call these waters home. And if you're looking to learn more about the lore of Nessie, there are all kinds of fun ways to experience her habitat at Loch Ness. Read on for a few adventurous and more mild forays you can make into the region during a port of call in Invergordon.

DEEP DIVE INTO NESSIE'S PAST PRESENT AND FUTURE AT LOCH NESS CENTRE

Re-opening in Spring 2023 after a major transformation to the tune of nearly \$1.9 million, the Loch Ness Centre in the town of Drumnadrochit, on the northwest shore of Loch Ness, takes visitors on a fascinating journey through 500 million years of the region's history. A corny gift shop hawking green monster mugs and magnets this is not. Come to the visitor center to learn how Nessie became intrinsic to Scottish Highland lore. The upgraded facility will share not only the legends of Loch Ness but the scientific research in the region, too, shedding new light on one of Scotland's most iconic locales.

continue...

OVER THE
DECADES,
MORE THAN
1,000 EYE-
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HAVE
CLAIMED
TO HAVE
SPOTTED
THE LOCH
NESS
MONSTER.





EXPERIENCE THE NEW LOCH NESS 360° TRAIL

With easy trails to stroll and more challenging routes that lure seasoned cyclists and hikers, the Loch Ness 360° Trail, which officially debuted in 2022, covers 80 miles around the entire circumference of the lake. And while you won't have time to tackle the entire trail in a day, there are a few iconic viewpoints overlooking Loch Ness along its northern stretch that are worth seeking out (bring your binoculars to scout the water's surface for Nessie).

If you're feeling energetic, climb the 94 steps to the top of Inverness Castle's North Tower for 360 degree views over the River Ness. About nine miles south from there, on the loch's northeast shore and also along the Loch Ness 360° Trail, Dores Beach is an extremely popular place to scout the water for sea monster action (and a great spot to dip into the chilly waters of the loch for a wild swim, too, if you're game).

And on Loch Ness's opposite shore, not far from the Loch Ness Centre, the ruins of the 13th century Urquhart Castle jut picturesquely out onto a peninsula. Bring a picnic and consider mustering the energy to climb five stories to the top of the castle's Grant Tower for more expansive Loch Ness views.

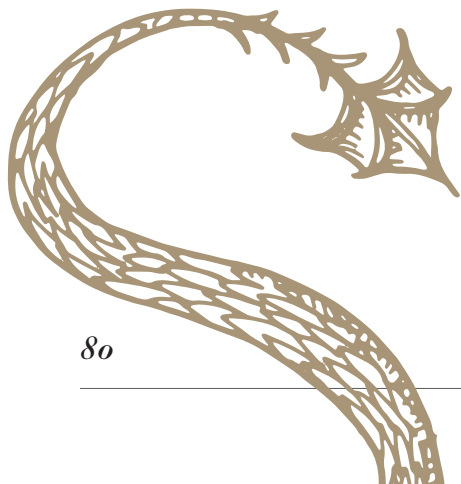
CRUISE OUT ONTO LOCH NESS

Scouting for Nessie from a distant viewpoint on the shoreline is one thing. But whether or not you buy into the lore of it all, there's something undeniably otherworldly about cruising out onto the waters of Loch Ness, which plunge 745 feet down at their deepest (all the better to hide a mythical creature, of course). Views of the surrounding mountains and valley carved by glaciers during the last Ice Age make the scenery during a boat ride on the loch all the more spectacular.

Some boat tours take you by coach to Loch Ness's edge from Inverness, just south of Invergordon, and include a visit to Urquhart Castle after you've finished cruising the loch in search of its shyest resident.

The best part? Even if you don't spot Nessie herself, the joy is always in the journey when traveling through the Scottish Highlands. So be sure to enjoy the ride. ♦

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.



URQUHART CASTLE AT LOCH NESS SCOTLAND HIGHLANDS



INVERNESS CASTLE



SCOTTISH HIGHLANDS





SEARCH FOR THE LEGEND OF THE LOCH ON A JOURNEY TO THE BRITISH ISLES.

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
JUN 9, 2024	12	<i>Seven Seas Splendor</i> [®] ROUNDTRIP LONDON	London (Southampton), Tyne (Newcastle), Edinburgh (Newhaven), Invergordon, Kirkwall (Orkney Islands), Stornoway (Hebrides), Dublin (Dún Laoghaire), Belfast, Douglas, Ringaskiddy (Cork), Portland	58
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 23, 2024	10	<i>Seven Seas Mariner</i> [®] COPENHAGEN TO AMSTERDAM	Copenhagen, Lysekil, Oslo  , Kristiansand, Stavanger, Olden, Kristiansund, Trondheim, Hammerfest, North Cape (Honningsvåg), Tromsø, Leknes, Ålesund, Lerwick (Shetland Islands), Invergordon, Amsterdam (Ijmuiden), Amsterdam 	66
JUL 26, 2024	10	<i>Seven Seas Navigator</i> [®] AMSTERDAM TO LONDON	Amsterdam, Edinburgh (Newhaven), Invergordon, Ullapool, Belfast, Dublin (Dún Laoghaire), Holyhead, Cork (Cobh), Falmouth, London (Southampton)	49
SEP 3, 2024	19	<i>Seven Seas Splendor</i> [®] OSLO TO LONDON	Oslo, Skagen, Stavanger, Flam (Sognefjord), Ålesund, Trondheim, Hammerfest, North Cape (Honningsvåg), Molde, Lerwick (Shetland Islands), Kirkwall (Orkney Islands), Invergordon, Edinburgh (Newhaven), Tyne (Newcastle), Amsterdam  , Bruges (Zeebrugge), London (Southampton)	79
SEP 22, 2024	12	<i>Seven Seas Splendor</i> [®] ROUNDTRIP LONDON	London (Southampton), Tyne (Newcastle), Edinburgh (Newhaven), Invergordon, Lerwick (Shetland Islands), Kirkwall (Orkney Islands), Belfast, Dublin (Dún Laoghaire), Holyhead, Cork (Cobh), Falmouth	61
JUL 19, 2025	10	<i>Seven Seas Navigator</i> [®] AMSTERDAM TO LONDON	Amsterdam, Edinburgh (Leith)  , Invergordon, Ullapool, Belfast, Holyhead, Dublin (Dún Laoghaire), Cork (Cobh), Falmouth (Cornwall), London (Southampton)	51
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 28, 2025	12	<i>Seven Seas Grandeur</i> [™] AMSTERDAM TO PARIS	Amsterdam, Edinburgh (Leith), Invergordon, Ullapool, Kirkwall (Orkney Islands), Stornoway (Hebrides), Glasgow (Greenock), Holyhead, Douglas, Fishguard, Paris (Le Havre) 	59
AUG 30, 2025	20	<i>Seven Seas Mariner</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

 Overnight in port  NEW PORT OF CALL

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THE REGENT EXPERIENCE

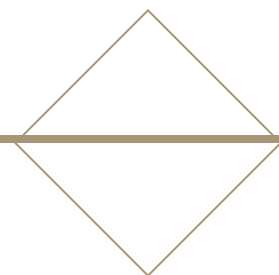
The Pinnacle of All-Inclusive Luxury Cruising

Regent Seven Seas Cruises delivers an all-inclusive, ultra-luxury travel experience 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.

New and far-flung regions and favorite destinations hide wonders awaiting your discovery. Begin each day with a new vista from your private balcony and enrich your perspective with knowledgeable insights from onboard speakers and local guides as you tour, taste and savor each magnificent locale.

The Regent experience goes *beyond* any typical 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 memory being more unforgettable than the last.

Find your ideal itinerary in the pages ahead, then join us for *An Unrivaled Experience*®





experience the unrivaled™

FREE ROUNDTrip BUSINESS CLASS AIR* ON INTERCONTINENTAL FLIGHTS

Your vacation experience begins before you even step aboard your ship. Your fare includes FREE Business Class Air* on intercontinental flights from 29 gateway cities, or choose our All-inclusive Cruise-Only Fare should you prefer to arrange your own air travel.

FREE UNLIMITED SHORE EXCURSIONS

Our complimentary excursions are a highlight of every voyage. We include over 3,000 tours in our FREE Unlimited Shore Excursion menu, including everything from incredible UNESCO World Heritage Sites to more secluded ports only available to smaller vessels like ours.

FREE 1-NIGHT PRE-CRUISE HOTEL PACKAGE

Arrive the day before your cruise to relax, unwind and get acclimated, as you enjoy a complimentary night stay at one of our partner hotels when you reserve a Concierge Suite or higher. It's the perfect way to unwind after your Business Class flight and explore the history and charm of the city where your voyage begins.

FREE TRANSFERS BETWEEN AIRPORT & SHIP

When you begin your journey in Europe with FREE Business Class Air*, you arrive in style and can look forward to enjoying the complimentary ground transfer waiting to take you to your ship and back to the airport after your voyage.

FREE UNLIMITED BEVERAGES, INCLUDING FINE WINES AND SPIRITS

In most places, a dinner experience may begin by reviewing the wine list and weighing the value of purchasing a bottle versus a few glasses. However, we aren't "most places." One of the most acclaimed amenities we offer includes the perfectly paired wines, served by an expert sommelier...and it's completely included. Even if you are more wine-curious than a wine connoisseur, you can sample fine bottles without commitment. In addition to wines, premium spirits and non-alcoholic beverages are also included.





FREE OPEN BARS AND LOUNGES, PLUS IN-SUITE MINIBAR REPLENISHED DAILY

Stylish and soulful; elegant, yet easy going; our lounges are the ideal locales to sip on a signature drink or cup of tea and enjoy each other's company without ever worrying about a crowd. Wander into the Observation Lounge, order your favorite beverage and enjoy a variety of entertainment including the contemporary tunes of our three-piece jazz combo. Evenings offer a wide array of sophisticated fun and it's all included. Even back in your suite, you will find your minibar stocked with your favorite beverages. Everywhere you turn, you are taken care of.

FREE SPECIALTY RESTAURANTS

Wherever you sail, be it cruising the starkly beautiful shores of Scandinavia or dipping in the warm waters of the beautiful Greek Isles, Epicurean Indulgence™ awaits on board The World's Most Luxurious Fleet™. With open seating, tables for two and *alfresco* dining, comfort and class are at the foray of each meal. Delight in a delicious Italian dinner at Sette Mari at La Veranda with an expansive menu that features authentic family recipes, as well as ever-changing array of options. Enjoy an elevated American cuisine at Prime 7, the Pan-Asian flare of Pacific Rim on *Seven Seas Grandeur*™, *Seven Seas Splendor*™ and *Seven Seas Explorer*® and savor the modern interpretation of French dishes featured in Chartreuse. And our largest specialty restaurant, the chic and stylish Compass Rose, offers a robust list of extraordinary dishes. Wherever you choose to dine, all our restaurants offer fine wines, expertly made cocktails, delectable desserts and exquisite presentations.

FREE PRE-PAID GRATUITIES

We have eliminated the awkward envelopes, the daily service charges and the tip calculator by taking care of our crew on your behalf. Your gratuities have been pre-paid through your cruise fare, covering all of our team with the exception of the experts at Serene Spa & Wellness™.

FREE UNLIMITED WIFI

Connect from the privacy of your suite, from the comfort of your lounge chair on the Pool Deck or from anywhere else on board, for as long as you like, to check your email, social accounts and whatever sites you frequent the most. Best of all, it's completely complimentary.

FREE VALET LAUNDRY SERVICE

We know how precious your time is, so to help you make the most of every moment, we provide complimentary valet laundry service on every voyage. Have your clothing picked up, safely laundered, carefully pressed, folded, then returned to your suite each day, enjoying the extra time aboard, however you please.



IMMERSIVE EXPLORATION

experience more of europe

Wanderlust tugs at the heart of every traveler. It draws us into the unknown in search of something beautiful, true and unforgettable. Spellbinding vistas span vast and vibrant seas, flowing with the tides to windswept cliffs, icy fjords, lush green countrysides and white-sand beaches. The warmth and richness of humanity are felt, tasted and experienced in local connections, traditional dishes and riveting histories. Architectural masterpieces and poignant ruins captivate our imaginations, taking us beyond the reach of any plane, train or automobile.

Sail with us into those wondrous horizons and experience more than ever, one magical day at a time.





CORFU, GREECE



excursions, tours & more

FREE UNLIMITED SHORE EXCURSIONS

Every destination we sail to harbors treasured experiences waiting to be unearthed. And there's no better way to dig in than by taking advantage of our hallmark inclusion of thousands of wonderful, FREE Unlimited Shore Excursions. These excursions are curated to provide you with an array of ways to engage your interests and indulge your passions, from adventurous encounters with nature to quiet explorations of world-famous museums. And with access to over 350 UNESCO World Heritage Sites, you'll have unique opportunities to experience world history in profound and tangible ways.

REGENT CHOICE SHORE EXCURSIONS

Regent Choice Shore Excursions offer another level of engagement. Their unique itineraries like our Gourmet Explorer Tours and/or smaller group formats require a discounted, supplementary charge, which is why we make sure to only select the best. Sample the local flavors of Amalfi, from the sweet limoncello to complex vintages grown on a century-old vineyard or soar over the geological nirvana that is Iceland on a flightseeing tour from Reykjavik.

EPICUREAN EXPLORATIONS™

The flavors of a particular region or a specific culture create unique connections that are unlike any other. Unique to our Culinary Arts Kitchen Experiences, our specially curated, Master Chef-led Epicurean Explorer Tours invite you to learn something new as you immerse your palate in the cultural flavors of your destination. Dozens of wine-centric

excursions await with our Wine & Spirits Tours, while our Food & Wine Tours incorporate an additional element through our partnership with Food & Wine Trails. These and many more opportunities to taste and savor your destination are available with our Epicurean Explorations.

ECO-CONNECT TOURS

Engage with local groups and businesses to learn about how they're transforming the world around them, while experiencing the impact of their efforts first-hand. Converse with, learn from and observe the local community as they work to conserve and sustain the surrounding environment on our unique Eco-Connect Tours.

BEHIND THE DESIGN TOURS

Glimpse behind the scenes of some of the most captivating and brilliant designs around the world. Witness superb architectural feats and more, gaining special insights from knowledgeable guides about the inspiration, reasoning and genius that brought these marvels to life on a Behind the Design Tour.

GO LOCAL TOURS

Sometimes, the best solution for anyone looking to uncover off-the-beaten-path experiences is to start thinking like a local. Go Local Tours provide a more direct way for you to learn the culture of a destination through the communities within. Experience the world through the eyes of those who live there and discover the best of what you didn't know about your favorite destinations with Go Local Tours.





SERENE SPA & WELLNESS™ TOURS

Transcend the moment as you expand your mind and strengthen your body with a Serene Spa & Wellness Tour. Restore and heal your mind, body and soul as you travel throughout the world with our Serene Spa & Wellness Tours.

EXECUTIVE COLLECTION & BESPOKE TRAVEL ARRANGEMENTS

Envision your perfect day of exploring your destination exactly as you'd like... Creating your own, customized excursions is possible. Whether you're looking to engage a private vehicle from our Executive Collection with a personal driver and/or English-speaking guide or hoping to develop a truly bespoke experience with our elite concierge team, we welcome the opportunity to help you create your perfect journey.

PRE- & POST-CRUISE LAND PROGRAMS

Saturate yourself in the cultural sounds; taste the local flavors; and experience the history of the world's most remarkable locations by spending more time in them with our well-planned Land Programs, before or after your voyage.

PRE- & POST-CRUISE HOTEL PROGRAM

Take comfort in a world-class hotel with a full breakfast each day and private, group transfers between ship, hotel and airport when you take advantage of our Pre- and Post-Cruise Hotel Program for 1, 2 or 3 nights.

IN-PORT OVERNIGHTS

Evenings provide a different view of a city as the streets light up and the locals unwind. Feel the magic of a destination's nightlife and enjoy more time ashore with more overnights in ports across every region of the world like taking in the royal highlights of Denmark and Sweden from Copenhagen or soak in the sunset on the French Riviera.

ANNUALLY REFRESHED ITINERARIES & NEW PORTS OF CALL

Every year we develop new and unique itineraries — including new ports of call and more shore excursions — ensuring you always have new ways to enjoy your travels. From history-changing, human creations to the resplendence of nature, there are amazing memories to be discovered in each port of call.

Come with us to discover and experience the best life has to offer. Then, return for more.

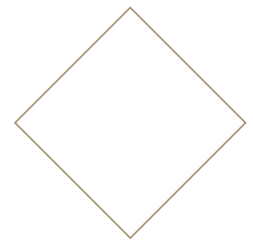


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- ◆ Private balcony in 99% of suites.
- ◆ Separate sitting area.
- ◆ European king-size bed or twin bed configurations featuring our newly redesigned Elite Slumber™ Bed dressed with luxurious European linens and duvet.
- ◆ Minibar replenished daily with soft drinks, beer and bottled water — all complimentary.
- ◆ Interactive flat-screen television with extensive media library and complimentary movies-on-demand.
- ◆ Spacious walk-in closet or custom built-in closet.
- ◆ Marble-appointed bathroom with tub and/or shower.
- ◆ Luxe soaps, shampoos and lotions.
- ◆ Plush bathrobes and slippers.
- ◆ 24-hour room service with dinner served course-by-course.
- ◆ Complimentary valet laundry service.



SPLENDOR SUITE — SEVEN SEAS SPLENDOR®



PENTHOUSE SUITE — SEVEN SEAS MARINER



REGENT SUITE

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Only surpassed by the luxurious Regent Suite, our Distinctive Suites deliver a sumptuous environment with exclusive amenities, priority boarding, guaranteed reservations each night at the specialty restaurant of your choice, a private butler and more.

PENTHOUSE SUITES *and above*

All Penthouse Suites on each of our ships bring you the personal service of a butler throughout your cruise, all the perks and amenities you receive with our Concierge Suites and more.

CONCIERGE SUITES *and above*

Concierge Suites offer a FREE 1-Night Pre-Cruise Hotel Package, priority shore excursion and restaurant reservations, all the great features of our Deluxe Suites and more.

DELUXE SUITES *and above*

Our Deluxe Suites deliver a level of hospitality and service a step above the competition with amenities like a welcome bottle of champagne, 24-hour room service and more.

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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 all the incredible culinary experiences we serve. A multitude of specialty restaurants, delicious tastings, fine wines and spirits, enriching presentations and Culinary Arts Kitchen classes are a sampling of the Epicurean Indulgence™ to enjoy on board. Unique Epicurean Spotlight Voyages — hosted by masters of the culinary arts, famed vintners and more — and shoreside Epicurean Explorations™ like our Epicurean Land Programs and Local Flavors Tours encourage you to fully immerse yourself in local cultures and culinary traditions.

At Regent Seven Seas Cruises, authentic flavors are infused with creative inspiration, and regional dishes overflow with heritage and variety. Whatever your diet or mood, we provide a myriad of opportunities and delicious choices for you to satiate your inner gourmand and discover — again and again — the power and beauty of a shared culinary experience.

Sail away with us and savor every moment.



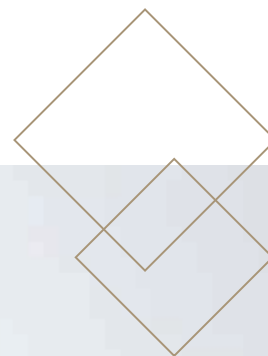


PACIFIC RIM — SEVEN SEAS EXPLORER



dining delights | our restaurants

Dining aboard our luxurious fleet is wherever and with whomever you choose. Selections are available for every diet, thirst and taste, from plant-based meals to perfectly aged steaks and everything in between.



SETTE MARI — SEVEN SEAS MARINER®



COMPASS ROSE — SEVEN SEAS SPLENDOR®



COMPASS ROSE

In our largest specialty restaurant, delicious steaks, delectable seafood, savory plant-based options and more create seemingly endless combinations for customizing your meal. More customary selections are also available, and everything is made to taste and presented in style.

Fleetwide / Open seating

LA VERANDA

Greet your days on the high seas with sumptuous breakfasts and shimmering ocean views on the balcony. Enjoy quiet window seats with freshly baked delights, made-to-order omelets and, for late risers, tasty lunch buffets that include hot carving stations.

Fleetwide / Open seating

SETTE MARI AT LA VERANDA

Authentic Italian specialties, antipasto, traditional desserts and fine wines are all paired with the perfect atmosphere in this nightly transformation of La Veranda. Savor old-school classics and masterful culinary innovations for a taste of Italy, wherever you travel.

Fleetwide / Open seating

PRIME 7

This elegant steakhouse elevates classic American fare to its highest heights. Savor perfectly aged, prime New York strip, porterhouse and succulent filet mignon, smoked salmon and delicious lobster, decadent desserts and exquisite wines in a warm and intimate setting.

Fleetwide / Reservations required

CHARTREUSE

Classic French fare with a modern twist is paired with the ambiance and romance of a chic, fine-dining restaurant on a Champs-Élysées side street. Savor all the refinements and exquisite flavors that come with the finest French cuisine for the perfect evening on board.

Not available on Seven Seas Navigator® / Reservations required

PACIFIC RIM

Prepare to be delighted by a perfect balance of delicious flavors and a Zen-like ambiance. Amid dimly lit architectural details and lotus-shaped windows, the Pan-Asian creations of this elegant dinner venue invite you to relax and savor every moment.

Seven Seas Grandeur™, Seven Seas Splendor® and Seven Seas Explorer® / Reservations required

POOL GRILL

Savor al fresco dining with views of the world's most beloved landscapes. Be it a light breakfast or lunch, look forward to American fare, regional barbecues and old-fashioned desserts, or simply relax with your favorite cocktail or a frozen drink at the bar.

Fleetwide / Open seating

IN-SUITE DINING

Dine in the comfort of your suite on a range of appetizers, main courses and desserts, including sandwiches, burgers, pizzas, soups, salads and various plant-based options, all available 24 hours a day. Dinnertime may be enjoyed each evening with dishes made to taste from the expansive Compass Rose menu, graciously served in your suite, course by course.

Fleetwide / In-suite



UNPARALLELED SERVICE

Attending to Every Detail

Decades of experience are at the foundation of our unparalleled team. Perfection is our aim when it comes to creating your ideal environment, delivering a luxurious experience crafted to your taste.

Our culinary teams are the best in the industry, delivering epicurean delights morning, noon and night. The skill and knowledge of our sommeliers, bartenders and baristas are infused within each perfect pairing, mix and pour. Attendants and butlers ensure your suite is maintained just as you prefer, while the captain and navigational team pride themselves in delivering safe and smooth passage throughout your journey. And should you desire anything more particular during your travels, the concierge staff awaits, seeking to fulfill your every request.

When it comes to a luxury experience, personalized and intuitive service is the premier measure. And no one does it better than Regent Seven Seas Cruises.





REGENT SUITE — SEVEN SEAS SPLENDOR®

ONBOARD LIFESTYLE

enjoyment at every turn



Unrivaled Space at Sea® is about having the freedom and luxury to make the journey your own.

During the day, compete in an engaging game of trivia or unwind on our peaceful Pool Deck. Participate in Chef-led culinary demonstrations or partake in a delicious tasting event, from caviar to whiskey.

Invigorate your mind and body with a fitness class or indulge in an unscheduled stop at the Pool Grill's creamery to satisfy your sweet tooth. There's something for every mood.

In the evenings, the ship comes alive with dynamic live shows, specially designed for our intimate theater, while musical performances entertain across our plush lounges. Your bartender gladly refreshes your drink as you and your partner dance to your favorite song or take to the stage during karaoke.

We want you to live every moment of your journey to the fullest, free of care or concern about anything other than whatever and whomever you're enjoying as you cruise the world with us. Come aboard and discover why Regent is the best luxury cruise experience on the Seven Seas.

Experience the perfect moment, day and night

- ◆ Delight in a luxurious afternoon tea at one of our elegant lounges that is transformed into a traditional tea room with linen-topped tables, fine china and silver. Enjoy finger sandwiches, colorful petit fours and delicious scones.
- ◆ When you're in the mood to unwind with a good book, visit our well-stocked and exceedingly comfortable Library. Choose from a vast collection of volumes ranging from destination-specific guide books to best-selling mysteries and classic literature.
- ◆ Enjoy specialized programming aboard select voyages like our annual Reunion Cruise with special events and excursions or one of our Spotlight Voyages, with unique events, performances, excursions and classes hosted by the fascinating personalities sailing with you.





HORIZON LOUNGE
SEVEN SEAS VOYAGER®



onboard activities





WELLNESS

SERENE SPA & WELLNESS™

For the ultimate indulgence, revitalize your mind and body at our onboard spa. Each of our ships offers a tranquil setting for the spa, where you have an extraordinary selection of experiences such as signature massages, therapeutic bodywork, facials and much more. Indulge in beauty treatments including hair care, manicures, pedicures and all the other services available to you at the salon.

FITNESS CENTER & SPORTS DECK

Enjoy an invigorating workout at the state-of-the-art Fitness Center or attend a peaceful yoga class led by one of our fitness experts. Delight in a brisk walk around the Jogging Track at the top of the ship. Along the path is the dedicated Sports Deck, where you can ask your favorite competitor to join you in a game of shuffleboard, paddle tennis and pickleball or simply work on your short game at the putting green.

POOL DECK

Take a deep breath and relax. Lounge your day away under the warm sun and enjoy an unforgettable vista on our resort-style Pool Deck. Outfitted in teak accents, the Pool Deck features a lavish pool and at least two whirlpools. Our amiable and dedicated crew is readily standing by to bring refreshing beverages, plush towels and even clean your sunglasses upon request.

ENTERTAINMENT

THEATER SHOWS

Each night, when the curtain opens and the lights come up, you'll find yourself transported into a world of pure delight by riveting performances from our incredible cast and guest entertainers. We proudly feature lavishly staged musical productions, created and produced by our team of award-winning choreographers and directors, as well as comedic performances, magical acts and more.

THE CASINO

Delight in the exciting gaming offerings of our elegant casino including Blackjack, roulette, poker, craps and a selection of slot machines. Cheer on your fellow gamers as they bet on a favorite number or when they beat the house in a sizzling card game.

BARS & LOUNGES

With as many as five bars and lounges to choose from, you have plenty of locations to meet friends for a pre-dinner cocktail and the amiable sounds of a baby grand piano. Later, step onto the floor and dance the night away to the live music of our Regent Signature Orchestra or recline and enjoy some of the great performances. You will always find ample space, a friendly face and an available seat to enjoy with the attentive, personalized service and sophisticated ambiance found in each of our bars and lounges.



enriching opportunities

On board and on shore, discover opportunities to enrich your mind through thought-provoking presentations, well-designed classes, specialty excursions and more.

We are pleased to bring you a variety of programming that ranges from talks by renowned experts across multiple fields and unique classes like the chef-led learning experiences in the Culinary Arts Kitchen aboard *Seven Seas Grandeur*™, *Seven Seas Splendor*® and *Seven Seas Explorer*® to competitive games of bridge hosted by an ACBL Certified Instructor on select sailings. For younger travelers, select voyages feature daily activities designed just for them by their enthusiastic counselors.

Enjoy a cross-section of interests, whether you are focused on improving your health and wellness, socializing with your fellow guests or expanding your knowledge.



Discover a new interest in the company of new friends

- ◆ **The Regent Speaker Series** — On every sailing, thought-provoking and fascinating presentations invite guests to immerse themselves more fully into the cultures and people of the destinations they're traveling to, while select voyages offer unique experiences and learnings from thought leaders across a variety of scientific fields, media and entertainment.
- ◆ **Spotlight Voyages** — These themed cruises offer in-depth programming, from panel discussions with public broadcasting personalities to insightful food and wine tastings with renowned chefs and winemakers.
- ◆ **Culinary Arts Kitchen** — Choose from a variety of cooking classes led by an amiable Chef Instructor, from mastering regional cuisine to learning about food and wine pairing. Exclusively aboard *Seven Seas Grandeur*, *Seven Seas Splendor* and *Seven Seas Explorer*, requires a supplemental fee.

Visit [RSSC.com/Enrichment](https://www.rssc.com/enrichment) for full details



CHEF LEO FARM TOUR
HARVEST CAYE, BELIZE



CULINARY ARTS KITCHEN



An Unrivalled Experience®



“Pre-cruise we spent a few days in Barcelona: Gaudi architecture, Sagrada Familia, stained glass, cool tones on the east walls & warm tones on the west walls.”

— Suzanne P. | Barcelona, Spain

“A gorgeous sunny day 25 degrees Celsius in beautiful Bergen. Amazing weather. A funicular ride to the top of Mount Floyen with spectacular views. Tour of composer Edvard Grieg's home with all its memorabilia, and an extensive city tour. A long but sunny day. Nice rewards though, dinner in Compass Rose while still light outside, the clocks go back one hour tonight AND tomorrow is a sea day — yes, life is good!”

— Marcia R. | Bergen, Norway



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“Thanks to those on the Seven Seas Navigator who made our anniversary celebration one we will never forget. A special thanks to our butler, cabin steward, cruise directors and head housekeeper.”

— Jim S. | Ponta Delgada, Azores, Portugal

“Weather back to brilliance again for us today as I ventured on an included Regent Choice Shore Excursion “Cinque Terre on your own.” This guided experience took our small group to two of the five villages, Manarola and Corniglia. Both very different, offering breathtaking views, plenty of walkways leading you to quaint wine bars, gelatos and small retail shops. These areas are known for their wine produce, honey and pesto. Amazing day!”

— Scott G. | Livorno, Tuscany



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. This administrative fee may be converted to a Future Cruise Credit redeemable on bookings made up to 12 months after cancellation date and for travel any time.

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. This administrative fee may be converted to a Future Cruise Credit redeemable on bookings made up to 12 months after cancellation date and for travel any time.

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. This administrative fee may be converted to a Future Cruise Credit redeemable on bookings made up to 12 months after cancellation date and for travel any time.

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](https://www.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](https://www.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](https://www.rssc.com/legal)

Ships' Registry: Bahamas and Marshall Islands.

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Regent
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OR CONTACT YOUR TRAVEL ADVISOR

