





LETTER from the CREATIVE DIRECTOR



If you close your eyes and think about the last destination you visited, you may remember details like the color of the sand, the city's magnificent architecture or a piece of art that moved you. But if you are like me and have a passion for the culinary arts, the first thing that will come to mind is the taste of a dish you absolutely loved.

There have been many times in my travels where I leaned back against my chair and said, "That was so good!" I want you to have the same experience.

In this issue, you'll find a definitive guide to dining in Bangkok, as well as the innovative chef-led restaurants of Cape Town. Most of our voyages offer extended calls, allowing you to taste these world cities quite literally. Across the Atlantic Ocean, South America is

also home to delectable cuisines that celebrate ingredients found nowhere else in the world with incredible restaurants to match. Some are world-famous, like Lima's Central Restaurante. Others are hidden gems like Aprazivel atop a hill in Rio de Janeiro. We created a wonderful list to inspire your dining plans in Peru, Brazil and Argentina.

Savoring the local flavors is also a fantastic way to learn more about a region's history, culture and tradition. Something as simple as a cup of tea, for instance, holds a treasured place in many countries around the world — especially in China, India and Japan.

Speaking of Japan, I've long been captivated by the beauty of Kyoto's bamboo forest and Beppu's healing hot springs. I hope those articles inspire you to experience these wonders firsthand. You will also read about one of my all-time favorite places, Moorea, one of the lesser-known jewels of the South Pacific. There is also a fascinating story about the Māori tradition of the haka. Long associated with the clash of rivals, this intimidating and exciting dance is performed during festivals, events and the ever popular rugby matches.

Among the intriguing destinations featured in this issue, none is more remote than the proverbial edge of the world. A voyage to Antarctica is a once-in-a-lifetime experience, and as someone with a keen eye for capturing images, it is the destination for photography. No matter your level of expertise, you will have amazing opportunities to snap photos of curious penguins and whale tails. Our writer gathered some pointers to help you prepare for an adventure of this magnitude.

I hope this issue inspires you to add a few more places to your travel list and reminds you of a few others you have been dreaming of visiting for as long as you've had your passport. And when you are ready to embark on your journey, we would be honored to host you on your trip of a lifetime.

Warmly,

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

_ Davilu







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EXPOID S emerald city

- A SANCTUARY OF NATURAL WONDER -

BY SHAWANDA JAMES

Waves of wonder, serenity and awe wash over you as you move throughout the Arashiyama Bamboo Forest. It's almost inexplicable. Above any global or cultural esteem, the towering stalks of this natural sanctuary create an immersive experience that can only be understood by visiting it yourself.

Highlighting Kyoto's rich culture, history, and connection with nature, this forest draws visitors by the thousands, like an emerald city aglow in sunlight.

continue...





Seeing the forest for the trees

Bamboo is often considered a tree, but technically, it's a grass. And this particular forest is made up of a distinct species called Moso bamboo, which can grow up to 92 feet high, creating a stunning scene of narrow wooden pillars, thin branches and delicate evergreen leaves breathing with the wind and resetting your expectations of how a forest can look.

As you meander down the extensive walking path, you'll see these exceptionally tall shoots by the hundreds. Bright green stalks and a plethora of leaves seamlessly form a canopy that allows slivers of sunshine to pierce through. It's a spectacular sight. The pictures don't do it justice.

This prolific, towering grove of grass is a marvelous representation of the versatility and resilience of the vibrant and innovative culture it represents. It stands tall and unchanged by the seasons.

A natural symphony

A stroll through the Arashiyama Bamboo Forest is more than what meets the eye. The experience is also a delight for the ears.

Watch and listen closely to the bending and swaying of the stalks and branches, meeting one another as they submit to the direction of the wind. The sound it produces is pleasing and almost symphonic. Hollow wooden stalks melodically rattle against each other as the thin branches and leaves brush one another for a unique and calming sound.

Because of this, Japan's Ministry of Environment included it as part of Japan's 100 Best Soundscapes. This distinction is another reason travelers from abroad flock to this site in droves. It gives new meaning to taking in the sights and sounds.

A treasure trove of culture and history

Bamboo is well known for being a symbol of flexibility and strength and has a long relationship with culture and mythology in Japan. With that in mind, it may come as no surprise that the Arashiyama Bamboo Forest stands adjacent to several shrines and temples within Arashiyama Park.





TENRYU-JI TEMPLE

Considered one of five great temples of distinction in Kyoto, Tenryu-ji Temple is a UNESCO World Heritage site that draws droves of visitors annually, all eager to explore its main hall and scenic garden. Originating in 1339, Tenryu-ji was built as a memorial for the late emperor Go-Daigo. Surviving a destructive fire, periods of disrepair and fights for ownership, this temple has proven resilient in preserving the history of leaders that ruled this region of Japan. A popular attraction, visitors can enjoy the bamboo grove from its dedicated entrance, as it sits adjacent to the forest.

NONOMIYA SHRINE

A Japanese cultural landmark dating to the Heian Period of 794 - 1185 CE, Nonomiya Shrine served as a purifying ground for centuries. In their transition to becoming maidservants for the imperial family, many young women visited the Shinto shrine to prepare for this maidenhood or perhaps to pray in hopes of being connected to a love partner.

KIMONO FOREST

Serving as a colorful pathway to the neighboring Randen tram station, the Kimono Forest is a significant departure from the typical forest (even more so than the Bamboo Forest). Comprised of 600 poles wrapped in authentic Kimono cloth, this local monument brightly displays an important element of Japanese culture, bearing its gorgeous stream of shades and patterns.

Textured with historical relevance and glowing in its organic beauty, the Arashiyama Bamboo Forest isn't just another bucket-list site to check off your list. This remarkable site is an unforgettable escape to another world.

It's an experience you must see and hear for yourself. •

Professionally, Shawanda James is a writer and a member of the Marketing team at Regent Seven Seas Cruises. Personally, Shawanda loves good books, good food, and incredible ocean views (especially on a cruise ship!), and is the proud mother of four children.



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A SIMPLE GUIDE TO ONSENS

BY MICHELE WRIGH

IN BEPPU







DISBIN BATHING DOS & DON'TS ETIQUETTE



There are specific rules and etiquettes for onsen bathing. Much of this is to maintain the bath's peaceful integrity, and to protect the cleanliness of the water itself. As this is a shared space, guests should be courteous and mindful of those around them. This is a time of relaxation.

- Wash thoroughly before entering the water
- Bath naked. No clothes, towels or swimsuits in the water
- Keep hair tied up and out of the water
- No drunk people, drinking or glass allowed
- No swimming or washing in the tub
- No running walk carefully as it can be slippery
- Dry off with a small towel after exiting the water

(No tattoos allowed in some)

With close to 3,000 hot spring towns in Japan, it isn't surprising that the bathing culture is deeply entrenched in the Japanese psyche. The popular tourist destination of Beppu, in Oita Prefecture, is the country's biggest onsen (hot spring) town.

Consistent with many ancient cultures, cleanliness is next to Godliness, and in Japan there has been a close tie to the symbolic use of water for purification and cleansing of the spirit, according to Buddhist customs.

Onsens have been used for healing across the ages, with the Samurai warriors appreciating a rejuvenating soak after battle. Interestingly enough, there is even evidence of hot springs being discovered when injured animals were found resting in the water. It's instinctual: slipping into a hot bath and letting your cares float away is a terrific way to unwind no matter where you live.

Over time communal bathing sustained the bonds of friendship and community, with neighbors, families and friends catching up at the same time each day.

What makes a hot spring an onsen? Well, to qualify it needs to have a surface temperature of over 77° Fahrenheit (25° Celsius) and contain natural minerals. Underground water, heated by geothermal and volcanic activity, spurts up as natural springs. (Perhaps the best way to get a good overall understanding is to visit the 7 Hells of Beppu — for viewing only, not bathing — for some first-hand insight into this natural phenomenon).

Onsens are believed to promote health, relieve stress and be generally beneficial to the body, mind and soul. Full immersion into warm water gets the blood circulating and soothes sore bones and muscles, while fresh air and natural scenery alleviates mental stress. The nutrients in the spring waters have their own healing properties: more bubbly springs will contain carbon dioxide and others may have sulfur, salt, iron and sodium bicarbonate present.

Study the color and fragrance of the different onsens to identify their type. Milky white onsens such as Oku-Myoban Sanso have a hydrogen sulfide component, which turns white when in contact with oxygen. In addition to the color, the onsen may have a strong sulfuric (rotten-egg smell). The feel of this type of spring water — or Yuzawari — is silky smooth, and it leaves your skin feeling soft. Reddish brown water, with a metallic scent denotes the presence of higher iron concentration and a rare, deep red indicates iodine.







Mountain onsens may have a black or amber hue, due to the dense flora and ancient decomposed organic matter through which the spring has passed. These baths tend to have a slippery feel to them, and leave the skin nourished and supple. Acidic water can have a tingly yuzawari and a germicidal effect. Alkaline water is silky and chloride has a sticky, salty sensation.

Historically, onsen bathing was performed in the nude, and in mixed company. Western influence has meant separate onsens for men and women, but some like Hyoton Onsen offer private baths for couples and families. These include an enclosed outdoor bath which you fill when ready, a steam room and a plunge pool.

Before entering an onsen you are expected to wash thoroughly. In addition to personal cleaning for hygiene purposes, you adjust the body's temperature, so it isn't a shock when you climb in. Only a small towel is allowed when moving from the locker room to the bathtub, but it is important this towel does not touch the water (again for sanitary reasons) and it is used for drying off on exiting the water. You receive a yukata (a type of kimono/dressing gown) for walking around, and if you were to experience a sand bath onsen experience, for example at Beppu Beach Sand Bath, you lie in the sand in your yukata and are covered by hot spring heated sand for 15 minutes of relaxation.

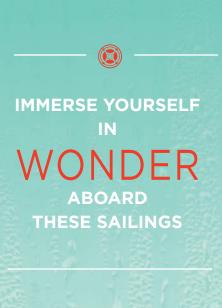
While in Beppu, you might also take the opportunity to try a local speciality, onsen steam cooking. This interactive experience invites you to buy your food and — with assistance — cook your chosen traditional fare using hot spring steam.

Another popular onsen is the historic Takegawara Onsen — one of the oldest in Beppu — originally built in the late 1800s as a public bath. Treat yourself to the clear medicinal waters of Oka No Yu, or step outside the city to find Tsuru No Yu and Hebinyu, natural outdoor springs in a beautiful setting.

In many places people with tattoos are not permitted entry — it's a throw-back to the Japanese 'gangster' era where only the mafia had tattoos, so be sure to look out for tattoo-friendly onsens if required. ◆

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.











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ETIQUETTE & TRADITIONS
OF TEA TIME

in

CHINA, INDIA & JAPAN

- by Terry Ward -







ONE OF THE BEST WAYS TO IMMERSE IN THE CULTURE WHEREVER YOUR TRAVELS
TAKE YOU IS BY TAKING A SEAT AT A LOCAL TABLE. AND WHILE COFFEE MIGHT
DOMINATE THE GLOBAL HOT BEVERAGE SPOTLIGHT, TEA TIME HOLDS A TREASURED
PLACE ALL ITS OWN IN MANY COUNTRIES AROUND THE WORLD.

The ritual of preparing, offering and drinking tea is particularly integral to social etiquette and life in such countries as China, India and Japan, where tea time comes with its own rites and rules worth getting to know — even if you're just passing through during ports of call in cities like Shanghai, Hong Kong, Mumbai, Tokyo and Osaka.

Ready to raise a cup and drink it all in? Read on for how to deepen your next tea experience with new friends on your travels.

IN INDIA, CHAI IS WOVEN INTO THE CULTURAL FABRIC

The spiced, sweetened black tea with milk called *Chai* (the Hindi word for tea) is such an important part of Indian social life that many families gather to drink it in the morning, in the late afternoon and again after dinner.

And while tea with milk is consumed throughout India, the addition of spices tends to vary depending on the region, says Poorvi Chordia, a certified tea sommelier and founder of single-origin tea company, Herbs & Kettles.

"There are a few regions in India, like Darjeeling, where the tea grown is naturally aromatic with floral and fruity notes, and so people prefer to enjoy the tea as is and without milk," she notes.

Before British colonization, tea was used as an herb in cooking or for its medicinal properties by the tribes of Northeast India. But during colonization, says Chordia, "there was a lively saga of tea opium and theft between China and the East India Company, owned by the British, that finally led to commercialization of tea in India." Tea and tea culture are now an important part of modern India, she says. "It's a drink that is consumed by most and connects people with each other."

During travels to Mumbai — India's most populous city, home to more than 17 million people — look for small tea stalls on nearly every street corner. The city is known for "cutting chai" — a half-order of tea served in a special small glass instead of a traditional clay cup. Whether you raise a glass or not, it's fun to join the crowds gathered around the chaiwala (tea seller) to enjoy the liveliness of locals making conversations with old and new friends, sipping their chai while munching the traditional street food called *vada pav* (a type of potato fritter) that perfectly complements it.

continue...











A TEA IN CHINA FOR EVERY TASTE

China's tea culture traces back to the Tang dynasty, the golden age of Chinese arts and culture that dates to between 618 and 906 AD. In addition to its fascinating tea evolution over time, China has held a serious sway on tea culture in neighboring countries like Japan and Korea. As you'd expect in a country this large, traditions and tastes vary widely when it comes to how the locals take their tea in the country that's the largest consumer of it on Earth.

In China, Chinese people tend to drink two to three cups per day, most often after their meals, says Steven Zhang of TeaJust, a website dedicated to savoring "the beauty of tea."

"Shanghai, in particular, is known for its traditional green tea culture," he says. "However, in recent years, we have seen a diversification in the types of tea consumed, with Pu-erh, black, oolong, dark, white, and yellow teas becoming increasingly popular." The evolution of preferences is reflective of Shanghai's changing population and consumption habits as well as the growing focus on health and wellness, Zhang says.

Travelers to Hong Kong will find a more varied tea culture that expands to different types and origins, he says.

- "The locals (in Hong Kong) love not just Chinese teas, but also Indian and Sri Lankan teas," Zhang says. "This has contributed to the long-term and stable
- "This has contributed to the long-term and stable development of the tea trade in Hong Kong."

According to the International Tea Council, Hong Kong has the highest per capita tea consumption in all of Asia. And you'll find tea houses throughout Hong Kong and in mainland China, too.

When you're offered a cup, just be sure to accept it with both hands as a form of gratitude and respect.

THE DELICATE ETIQUETTE OF TEA IN JAPAN

The rituals surrounding the serving of tea vary around the world. But perhaps nowhere are they as hallowed as in Japan. The traditional tea ceremony called *chanoyu*, or *sado*, practiced widely for tourists around the country, ties in elements of art and performance — and that's before you even raise the cup to your lips to sip.

Tea was first introduced to Japan in the 8th century from neighboring China and was mainly used for medicinal purposes. Today, green tea is the country's most consumed beverage and is enjoyed on a daily basis by an estimated 72.3 percent of the population, according to statistics from the World Green Tea Association.

The traditional Japanese way of preparing and serving green tea usually takes place within a traditional tea room built just for that purpose, complete with a tatami mat floor. You'll be invited to kneel on the mat to receive the tea from a "tea master" who has undergone extensive training to perform the ceremony. You can find traditional tea rooms across the country everywhere from traditional gardens and hotels to cultural centers, but Kyoto is considered the cultural heart of the ceremony.

During a typical tourist-oriented ceremony, you'll watch the tea master prepare the powdered green tea with a traditional whisk called a *chasen* and be offered a traditional Japanese sweet before drinking.

Once it's ready to drink, the tea will be placed before you (in a small cup) on the mat. According to traditional etiquette, you should then pick up the cup with your right hand and place it into your left palm, turning the cup clockwise 90 degrees before taking a few sips and returning it back to the mat.

After you finish your tea, it's customary to bow and express gratitude for the privilege. After all, it's not every day you get to take part in one of a country's most treasured rituals. •

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.



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Ports Visited: Tokyo, Hitachinaka, Miyako, Hakodate, Sapporo (Otaru), Dutch Harbor, Kodiak, Seward, Sitka, Ketchikan, Victoria, Vancouver

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FREE Business Class Air* is to Tokyo only

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INCLUDES FREE BUSINESS CLASS AIR*

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Overnight in port

A SAVINGS OF \$5,500 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

- → FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: VISIONARY DUBAI & ABU DHABI

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INCLUDES FREE BUSINESS CLASS AIR*

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INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bangkok, Ko Samui, Singapore ⊙, Kuala Lumpur (Port Klang), Penang, Phuket, Sabang, Colombo, Cochin (Kochi), Mangalore, Goa (Mormugao), Mumbai, Fujairah, Dubai ⊙

Overnight in bort

A SAVINGS OF \$6,400 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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 OR POST-CRUISE: ESCAPE TO THE EMIRATES

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Ports Visited: Tokyo, Hitachinaka, Miyako, Hakodate, Muroran ■, Dutch Harbor, Kodiak, Seward, Sitka, Ketchikan, Vancouver, Victoria, Seattle •, Astoria, San Francisco

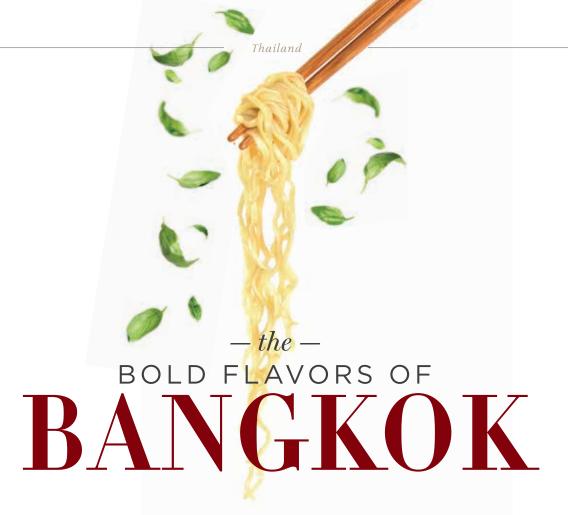
Overnight in port NEW PORT OF CALL

Free Business Class Air is From Tokyo only

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AS THE LARGEST CITY AND CAPITAL OF THAILAND, BANGKOK IS A VIBRANT AND BUSTLING METROPOLIS KNOWN FOR ITS RICH HISTORY, CULTURAL ATTRACTIONS AND — OF COURSE — A SUMPTUOUS CUISINE. TASTE YOUR WAY THROUGH THE CITY AND YOU WILL FIND THAT BANGKOK TRULY COMES TO LIFE THROUGH ITS FOOD CULTURE. HOP ON ATUK-TUK AND HEAD THROUGH THE BUSTLING CITY STREETS TO VISIT THE EMERALD BUDDAH AT THE GRAND PALACE, WATCH A MUAY THAI KICKBOXING MATCH, OR BROWSE THE LOCAL MARKETS AS THE AROMA OF DELICIOUS THAI STREET FARE WAFTS THROUGH THE AIR. EVERYWHERE YOU TURN, THERE ARE FRIENDLY STREET VENDORS WITH DELECTABLE LOCAL TREATS TO TEMPT YOUR TASTE BUDS. FROM NOODLE CARTS TO WORLD-CLASS FINE DINING, BANGKOK HAS A WELL-EARNED REPUTATION AS A BUCKET-LIST DESTINATION FOR FOODIES.

BY JOHN LASHBROOK

A GROWING APPETITE

Thai food began to gain global popularity in the 1960s and 1970s. During this time, the country experienced a dramatic rise in tourism and visitors fell in love with the bold, unique flavors of Southeast Asia. At the same time, Thai immigrants began moving and opening restaurants in other countries, introducing Thai cuisine to a wider audience. The appetite for Thai food grew and today it is widely considered as one of the most popular and beloved cuisines around the world.

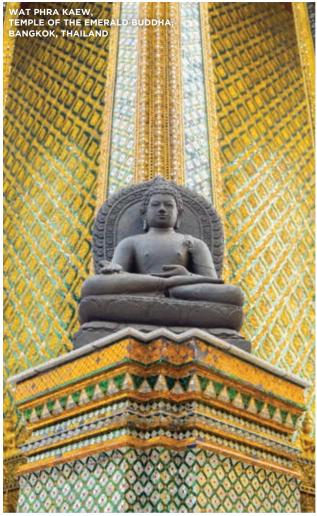
UNIQUE FLAVORS AND STAPLE INGREDIENTS

Rice and noodles are the foundation of most Thai dishes. Long grain jasmine rice is the clear favorite of the locals, but sticky rice and black rice are also on the menu. Several types of noodles are served in Thai cuisine as well, each with their own distinct texture and flavor.

Thai recipes often feature a unique balance of sweet, sour, salty, and spicy flavors, using local ingredients that reflect the country's geography and cultural influences. The bold and spicy flavors are generally derived from fresh or dried chili peppers, curry paste, galangal and ginger. Coconut milk is commonly used to add a touch of sweetness and a rich creamy texture to soups, curries and other dishes, while herbs like lemongrass, Thai basil, kaffir lime leaves and coriander add a lively burst of freshness. Fish sauce, also known as nam pla, is a pungent liquid condiment that is made by fermenting fish with salt. It is considered an essential ingredient throughout much of Southeast Asia and adds a rich and savory depth of flavor to dishes.

continue...













STREET FOOD & CASUAL FARE

Street food is a must-try when in Bangkok, and there are no shortages of great options available. Visit Pad Thai Nana for some of the best Pad Thai in Bangkok. This small 70-year old venue is located within walking distance from Khao San Road, a popular area for a lively nightlife scene and various attractions. Other popular street food dishes include Som Tum, a spicy green papaya salad and satay skewers of grilled meats. Wander around the Chatuchak Weekend Market or Sukhumvit Soi 38 for some of the area's best quality and variety of food. Keep in mind that a handful of these local carts and stalls have received Michelin's Bib Gourmand award for their outstanding dishes, so if there's a long line, it's probably a good sign.

If your palate is feeling particularly adventurous, you can sample different fried insects like grasshoppers and beetles, which are typically deep-fried and seasoned with salt, chili, or other spices.

Whether you're looking for a quick bite as you stroll along the marketplace or a luxe fine dining experience, Bangkok offers a unique blend of bold flavors, tantilizing aromas and an unforgettable atmosphere that will leave a lasting impression on you and your taste buds. •

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.



FINE DINING

When you're ready to step away from the hustle and bustle of the city's vibrant streets and enjoy a more upscale atmosphere and culinary experience, Bangkok is home to many world-renowned, fine dining establishments that offer everything you would expect and more.

Below are a few top-notch choices:

NAHM: For the last six years, Nahm has received a Michelin Star, and ranked among the top 10 restaurants in Asia. The food is a robust and modern take on traditional Thai fare.

LE NORMANDIE: Awarded Two Michelin Stars every year since the Bangkok guide began, Le Normandie is considered one of Thailand's best French fine dining restaurants. Located in the Mandarin Oriental Bangkok, patrons enjoy breathtaking views, contemporary French cuisine and an exceptional wine collection.

SÜHRING: Awarded Two Michelin Stars in 2022, this German restaurant is a top choice for fine dining in Bangkok and is known for its modern take on traditional German cuisine. Sühring has also received numerous other accolades for its beautiful presentation and use of high-quality ingredients.

•••••

SAVOR THE EXQUISITE CUISINE OF BANGKOK AND BEYOND ON THESE FANTASTIC ITINERARIES



MIGHTY MT. FUJI TO THAI BEAUTY

TOKYO TO BANGKOK | Seven Seas Explorer®

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Ports Visited: Tokyo, Shimizu, Kyoto (Kobe), Kochi, Okinawa (Naha), Taipei (Keelung), Nha Trang, Ho Chi Minh City , Bangkok (Laem Chabang)

Overnight in port

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INCLUDES FREE BUSINESS CLASS AIR*

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Overnight in port

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 OR POST-CRUISE: BALINESE TRADITIONS

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ALLURING ASIAN ISLES

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14 NIGHTS FEB 7

ALL-INCLUSIVE FARES FROM \$18,199
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Singapore, Ko Samui, Bangkok O, Sihanoukville, Ho Chi Minh City, Nha Trang, Coron (Palawan), Manila, Hong Kong

Overnight in port

A SAVINGS OF \$5,600 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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 OR POST-CRUISE: JEWELS OF HONG KONG

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ASIAN WONDERS & ARABIAN DELIGHTS

BANGKOK TO ABU DHABI | Seven Seas Navigator®

20 NIGHTS APR 5

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per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bangkok O, Ko Samui, Singapore, Kuala Lumpur (Port Klang), Penang, Phuket, Sabang, Colombo, Cochin (Kochi), Mangalore, Goa (Mormugao), Mumbai, Fujairah, Dubai, Abu Dhabi

Overnight in port

A SAVINGS OF \$5,000 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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 OR POST-CRUISE: DUBAI'S PAST & PRESENT

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- \div BRIDGE AT SEA | VISIT RSSC.COM/ENRICHMENT FOR DETAILS



SACRED TEMPLES & SERENE SHORES

BALI TO BANGKOK | Seven Seas Navigator®

14 NIGHTS MAR 22 2024 ALL-INCLUSIVE FARES FROM \$15,299
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bali (Benoa), Bali (Celukan Bawang), Surabaya, Semarang (Java), Singapore ☑, Ho Chi Minh City ☑, Nha Trang, Sihanoukville, Bangkok ☑

Overnight in port

A SAVINGS OF \$5,780 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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 OR POST-CRUISE: ESSENCE OF BANGKOK

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- + 50% SINGLE SUPPLEMENT*



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HONG KONG TO BANGKOK | Seven Seas Explorer®

12 NIGHTS NOV 8

ALL-INCLUSIVE FARES FROM \$15,799

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Hong Kong, Hanoi (Ha Long Bay), Nha Trang, Ho Chi Minh City ⊙, Singapore, Ko Samui, Bangkok (Laem Chabang) ⊙

Overnight in port

A SAVINGS OF \$5,900 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

→ FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: JEWELS OF HONG KONG

— OR — POST-CRUISE: ESSENCE OF BANGKOK

Visit RSSC.com/Land for details



SACRED TEMPLES & WILD BEAUTY

BANGKOK TO BALI | Seven Seas Explorer®

DURATION 14 **NIGHTS**

DEPARTS NOV 20 2024

ALL-INCLUSIVE **FARES FROM** \$16,999 per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bangkok (Laem Chabang) , Ko Samui, Ho Chi Minh City O, Kota Kinabalu (Borneo), Muara, Semarang (Java), Surabaya, Bali (Benoa) 0

Overnight in port

A SAVINGS OF \$5,700 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

+ FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: ESSENCE OF BANGKOK - OR - POST-CRUISE: BALINESE TRADITIONS Visit RSSC.com/Land for details



OVERNIGHTS IN ASIA

BALI TO HONG KONG | Seven Seas Mariner®

DURATION 18 **NIGHTS**

DEPARTS APR 10

ALL-INCLUSIVE FARES FROM \$19,299 ber berson

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bali (Benoa), Bali (Celukan Bawang), Surabaya, Singapore O, Ko Samui, Bangkok O, Ho Chi Minh City O, Nha Trang, Hanoi (Ha Long Bay) Hong Kong

Overnight in port

A SAVINGS OF \$5,000 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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- + SEVEN SEAS SOCIETY® MEMBERS ENJOY ADDITIONAL SAVINGS OF UP TO \$1.900 PER SUITE



THE ALLURE OF ASIA

SINGAPORE TO HONG KONG | Seven Seas Explorer®

DURATION 14 **NIGHTS**

DEPARTS FEB 5 2025

FARES FROM \$17,699 per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Singapore, Ko Samui, Bangkok (Laem Chabang) O, Sihanoukville, Ho Chi Minh City, Nha Trang, Coron (Palawan), Manila, Hong Kong Overnight in port

A SAVINGS OF \$6,500 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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- + SEVEN SEAS SOCIETY* MEMBERS ENJOY ADDITIONAL SAVINGS OF UP TO \$4,200 PER SUITE



SACRED GARDENS & HALLOWED STREETS

BALI TO BANGKOK | Seven Seas Voyager®

DURATION 14 **NIGHTS**

DEPARTS **APR 12**

ALL-INCLUSIVE FARES FROM \$17,399

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bali (Benoa), Bali (Celukan Bawang), Surabaya, Semarang (Java), Singapore O, Ho Chi Minh City O, Nha Trang, Sihanoukville, Bangkok O Overnight in port

A SAVINGS OF \$6,400 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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BY JOHN LASHBROOK

INTERIOR VIEW OF THE ART GALLERY OF NEW SOUTH WALES'
NEW SANAA-DESIGNED BUILDING, PHOTO © IWAN BAAN



cultural heritage and a wealth of attractions for visitors to explore. While the Opera House, top of your list, you should also make sure to include a visit to the Art Gallery of New South

gallery is known for its innovative exhibitions, offering a wide array of unique and engaging

continue...

the beginning

In 1871, the Art Gallery of New South Wales was founded. In the beginning, they did not have an art collection or a building, but began by participating in local exhibitions and public programs. Over the next 151 years — with an undying commitment to the arts — it has grown into a leading cultural institution in Sydney and one of Australia's premier art museums.

the sydney modern project

In December of 2022, the Sydney Modern Project was completed. This major expansion is considered the most significant cultural development in the city since the opening of the Sydney Opera house. With a budget of AUD \$344 million, this project was funded through a combination of public and philanthropic funding. The state government made an investment of AUD \$244 million and the Gallery's remaining AUD \$100 million fundraising goal was more than met by a generous outpouring of support from private donors.

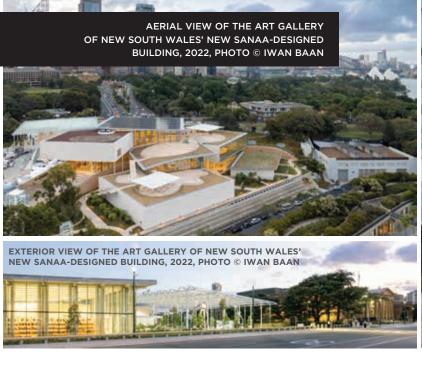
With the addition of a new building designed by SANAA, the Art Gallery of New South Wales nearly doubled its space to over 430,000 square feet. The original 1896 building has been completely renovated and includes a new research library, National Art Archive and a children's art

library. You can stroll through the lovely Art Garden that connects the two buildings or venture down into the Tank, a decommissioned, naval fuel bunker from World War II that has been repurposed into a unique art space. Additionally, the campus also offers numerous dining options, an auditorium and gift shops. Multiple levels of indoor and outdoor spaces seamlessly flow together incorporating art, architecture and landscape for an immersive and truly dynamic visitor experience.

going green

When you gaze upon remarkable architecture and use of space, it is evident that every aspect of its design has been carefully considered from an aesthetic, functional and environmental standpoint. The new building runs entirely off renewable energy, with roughly 10% being captured from solar panels. Rainwater is captured and utilized in cooling towers and also to irrigate the green roof and numerous landscaped areas. The new building was awarded a 6-Star Green Star design rating from Australia's Green Building Council, making it the first public art museum in Australia to receive this honor. •

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.





Art Exhibits

Enjoy exploring the various art exhibits on display in spacious galleries while massive floor-to ceiling windows reveal breathtaking views of the city. With over 38,000 works of art in its permanent collection, the Art Gallery of New South Wales is home a diverse range of art forms, including painting, sculpture, photography, ceramics, textiles, and more.

Below are a few of the ongoing displays GRAND COURT

Discover a unique collection of international and Australian artworks — from 15th-century European Renaissance art to exceptional ceramics from across the centuries and around the globe, and 19th-century sculpture and painting.

20TH-CENTURY GALLERIES

Admire the works of Wassily Kandinsky, Pablo Picasso, Grace Crowley, Russell Drysdale, Sidney Nolan, Roland Wakelin and more. Gain a new perspective through the lense of aboriginal art and drawings from Papua New Guinean collective Haus Yuriyal. Observe Ken Unsworth's Suspended Stone Circle II in the new atrium.

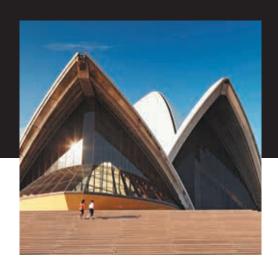
ASIAN LANTERN

View select works from the extensive Asian art collection that began in 1879. On the ground floor, sculptures, paintings, textiles and installations are all displayed within a large glass pavilion, reminiscent of the floating lanterns found throughout Asia. In the lower gallery you will find a working Japanese tearoom and an exhibition highlighting the natural elements of earth, water and fire.

The Art Gallery of New South Wales offers you a worldclass museum experience in a unique and awe-inspiring setting. Whether you consider yourself an art lover or simply enjoy learning new things, you are sure to find your time here well spent.

Admission is free and so are most of the exhibitions and events.

TO LEARN MORE VISIT artgallery.nsw.gov.au



Discover the art and culture of this extraordinary region on these voyages



WILDLIFE EXPLORATION DOWN UNDER BALI TO SYDNEY | Seven Seas Explorer*

17 NIGHTS DEC 5

ALL-INCLUSIVE FARES FROM \$19,799 per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bali (Benoa), Bali (Celukan Bawang) ⊙, Gili Mas (Lombok), Komodo, Darwin, Cairns, Townsville, Airlie Beach, Mooloolaba, Newcastle, Sydney

Overnight in port

A SAVINGS OF \$7,100 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

- → FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: BEAUTIFUL BALI

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NEW YEAR DOWN UNDER

SINGAPORE TO SYDNEY | Seven Seas Navigator®

19 NIGHTS DEC 22 2023 FARES FROM \$19,199

per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Singapore, Semarang (Java), Bali (Benoa) ¹ □, Komodo, Darwin, Cooktown, Cairns, Townsville, Airlie Beach, Brisbane, Sydney

Overnight in port

A SAVINGS OF \$7,100 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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- \div BRIDGE AT SEA | VISIT RSSC.COM/ENRICHMENT FOR DETAILS
- + 50% SINGLE SUPPLEMENT*



HAWAIIAN DAYS, TAHITIAN NIGHTS

PAPEETE TO SYDNEY | Seven Seas Mariner®

19 NIGHTS DEPARTS FEB 11 2024 ALL-INCLUSIVE FARES FROM \$21,299
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Papeete (Tahiti), Bora Bora, Pago Pago, Apia, Lautoka, Bay of Islands, Auckland, Rotorua (Tauranga), Napier, Wellington, Sydney □

Overnight in port

A SAVINGS OF \$7,500 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

 \pm SEVEN SEAS SOCIETY $^{\circ}$ MEMBERS ENJOY ADDITIONAL SAVINGS OF UP TO \$1,550 PER SUITE



AUSSIE IMMERSION

SYDNEY TO SINGAPORE | Seven Seas Explorer®

19 NIGHTS DEPARTS
JAN 19
2024

ALL-INCLUSIVE FARES FROM \$22,999

ber berson

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Sydney, Newcastle, Townsville, Cairns, Alotau, Port Moresby, Darwin, Komodo, Bali (Benoa) ⊙, Singapore ⊙

Overnight in port

A SAVINGS OF \$6,500 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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 OR POST-CRUISE: DISCOVER SINGAPORE

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THE GREAT REEF, DRAGONS & GARDENS

SYDNEY TO SINGAPORE | Seven Seas Mariner®

18 NIGHTS MAR 1 2024 ALL-INCLUSIVE FARES FROM \$22,999
ber berson

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Sydney, Newcastle, Townsville, Cairns, Cooktown, Darwin, Komodo, Bali (Benoa) , Surabaya, Semarang (Java), Singapore

Overnight in port

A SAVINGS OF \$6,450 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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 OR POST-CRUISE: DISCOVER SINGAPORE

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AN AUSSIE EXPLORATION

BALI TO SYDNEY | Seven Seas Explorer®

16 NIGHTS DEC 4 2024 ALL-INCLUSIVE FARES FROM \$19,799
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Bali (Benoa) , Gili Mas (Lombok), Komodo, Darwin, Cooktown, Cairns, Townsville, Whitsunday Island (Airlie Beach), Newcastle, Sydney

Overnight in port

A SAVINGS OF \$6,600 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

- → FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: BALINESE TRADITIONS

 OR POST-CRUISE: SYDNEY ICONS (2 NIGHTS)

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EMERALD SEAS & THE GREAT REEF

SYDNEY TO SINGAPORE | Seven Seas Explorer®

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*\$22,799

per person

INCLUDES FREE BUSINESS CLASS AIR*

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Overnight in port

A SAVINGS OF \$7,500 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

→ FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: SYDNEY ICONS (2 NIGHTS)

— OR — POST-CRUISE: DISCOVER SINGAPORE

Visit RSSC.com/Land for details



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HAKA POWER & PRIDE OF AOTEAROA

- by Joe Wall -



We arrive in New Zealand expecting overwhelming natural splendor. We are rewarded with sparkling black-sand beaches, staggering snow-capped mountains, picturesque harbor cities and a soul refreshed by the rare joy of surpassed expectations.

In the land called Aotearoa, however, the ubiquity of epic landscapes is matched by the immediate presence of Māori culture in everyday life. A renewed appreciation for Te Reo Māori has led to growing numbers of Kiwis learning to speak New Zealand's native language. (Your first lesson: 'Kia ora' is 'Hello'). Traditional Māori art forms like *whakairo* (carving), *raranga* (weaving), *tā moko* (tattooing) and *peitatanga* (painting) stamp everything from urban streetscapes to art gallery walls with their strong, distinctive style. As Māori are the *kaitiaki* (guardians) of land, soil and water, their knowledge of *taonga* (natural resources) is an essential aspect of the nation's reverence for environmental protection.

A single, stirring practice that has gained international recognition in our digital age is perhaps the most recognizable form of traditional Māori culture, both in New Zealand and the world: the rousing, and oftentimes goosebump-inducing, haka.

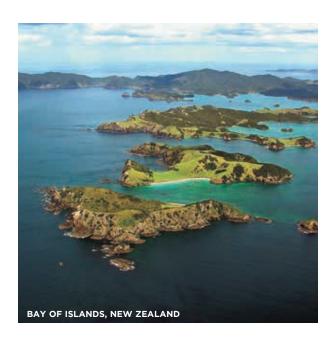




MĀORI IN AOTEAROA

Māori have been the *tangata whenua* (people of the land) of Aotearoa since the first Polynesians arrived over 1,000 years ago. According to legend, the first explorer to reach New Zealand was a navigator named Kupe. He traveled across the Pacific on his waka *hourua* (voyaging canoe) from the ancestral Polynesian homeland of Hawaiki, thought to be an island or group of islands in the South Pacific Ocean, making landfall at Hokianga Harbour in Northland. It is said that Kupe's wife Kuramārōtini devised the name Aotearoa ('long white cloud') on seeing the North Island for the first time.

More waka hourua followed Kupe over the next few hundred years, settling in various parts of New Zealand. They quickly established themselves as expert hunters, gatherers and growers, and wielded a variety of traditional weapons with great skill. From these founding peoples came the iwi (tribes) that form the structure of Māori society, in which groups of people are descended from a common ancestor and associated with a certain region or area in New Zealand. To protect themselves from attack, Māori constructed $p\bar{a}$ (fortified villages), mostly in the North Island on land where could grow Polynesian crops such as kūmara and taro. Today, many $p\bar{a}$ are historic sites, especially in and around Bay of Islands.







HAKA ORIGINS

Commonly known as a war dance used to inspire warriors on the battlefield, the Māori have traditionally performed haka to display iwi pride, strength and unity. It's easy to imagine the effect the sight and sound of tattooed warriors swaying in unison, slapping their chests and thighs, stamping their feet, bulging their eyes and sticking out their tongues, all while making violent gestures with and without weapons. Its ferocity would surely strike fear in potential opponents — especially the $peruperu\ haka$ traditionally performed before a battle — but it has also been performed to celebrate, entertain and welcome visiting iwi.

The most common legend surrounding the haka's origin involves a sun god named Tama-te-nui-ra. He and a wife named Hine-raumati, who was said to embody the essence of summer, had a son named Tane-rore. Māori consider the quivering appearance of the air on hot summer days to be a sign of Tane-rore dancing for his mother, and this movement is reflected in the quivering motion that haka performers make with their hands.



MODERN KAPA HAKA

While haka has long been associated with the clash of rivals and the welcoming of visitors to a community, its highly expressive display of inner thoughts and emotions make it appropriate for many occasions. Present-day performances at birthdays, weddings, graduations and funerals exude pride, happiness or sorrow, and are deeply felt by Māori and non-Māori alike.

Kapa Haka refers to traditional Māori group dance performed on *marae* (meeting grounds), at schools and during special events and festivals. At Te Pā Tū in Rotorua, performances generally include examples of the following: Waiata-ā-ringa (action songs), in which lyrics are accentuated by hand movements; Poi (ball on a cord), a form of dance usually performed by women using twirling balls; traditional Haka, sometimes incorporating *taiaha* (spear-like weapons) and *patu* (clubs); and Pūkana (facial expressions), which demonstrate a performer's ferocity and passion.



ALL BLACKS 'KA MATE'

New Zealand's greatest ambassadors of the haka are the All Blacks, the nation's wildly popular — and equally successful—international rugby union team. The sight of Māori and descendants of European immigrants to New Zealand lined up shoulder to shoulder, performing a rousing ritual of historical importance to the nation's first settlers, intimidates opponents and bounds Kiwis of all ethnicities.

The All Blacks have made a haka called 'Ka Mate' ('It was death') globally famous. Composed around 1820 by the *rangatira* (chief) Te Rauparaha, it was performed by New Zealand's first representative rugby team called The Natives during a tour of Britain and Australia in 1888-89. The All Blacks continued the tradition upon their incorporation in 1905, but only when they played outside of New Zealand. That changed in 1986, when the team made 'Ka Mate' a part of their pre-game ritual at home matches. Along with their international prowess, the approximately minute-long haka has become a signature of the team.

New Zealand's women's rugby team, the Black Ferns, perform a rousing haka of their own. Called 'Ko Uhia Mai' ('Let it be known') and specially composed by a respected Māori rugby leader Te Whetū Tipiwai, their haka is also a source of great national pride. ◆









KAMATE

KA MATE (MĀORI) ALL BLACKS

KA MATE, KA MATE! KA ORA! KA ORA!
KA MATE! KA MATE! KA ORA! KA ORA!
TĒNEI TE TANGATA PŪHURUHURU
NĀNA NEI I TIKI MAI WHAKAWHITI TE RĀ
Ā, UPANE! KA UPANE!

KA MATE (ENGLISH) ALL BLACKS

Ā, UPANE, KA UPANE, WHITI TE RA!

I DIE! I DIE! I LIVE! I LIVE!
I DIE! I DIE! I LIVE! I LIVE!
THIS IS THE HAIRY MAN
WHO SUMMONS THE SUN
AND MAKES IT SHINE
A STEP UPWARD,
ANOTHER STEP UPWARD!
A STEP UPWARD, ANOTHER...
THE SUN SHINES!

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.



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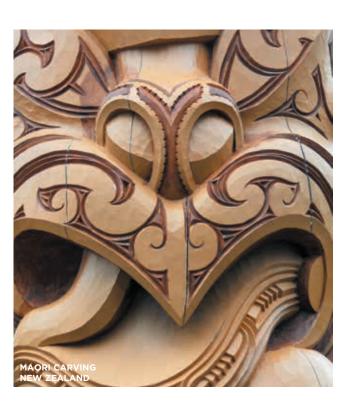
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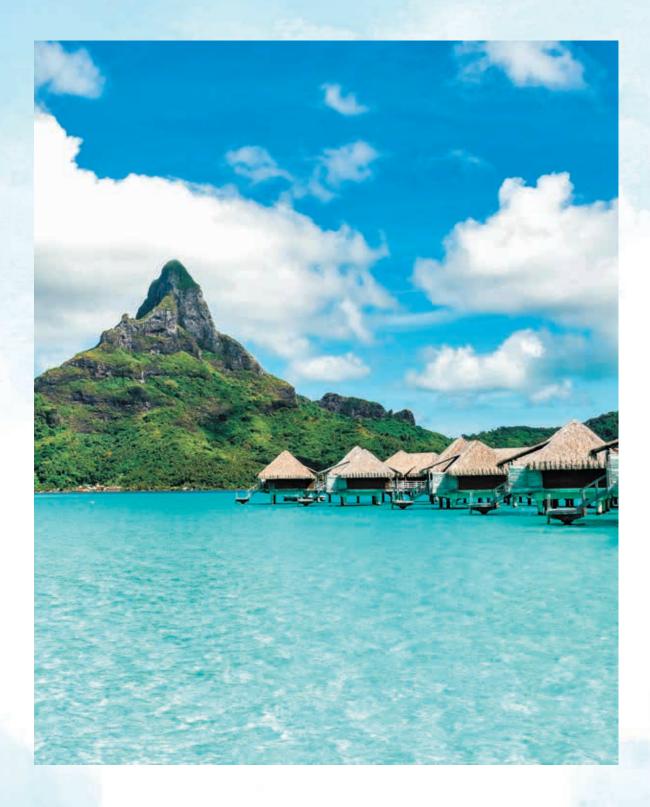
Ports Visited: Papeete (Tahiti), Bora Bora O, Pago Pago, Apia, Lautoka, Bay of Islands, Auckland O, Rotorua (Tauranga), Napier, Sydney

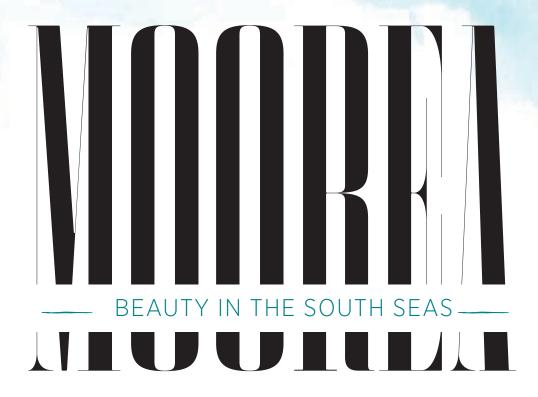
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BY STEVE TURNER

"In the South Seas, the Creator Seems to have laid himself out to show what He can do." — Rupert Brooke

If your idea of paradise is a small volcanic island in the South Pacific, covered by lush vegetation, surrounded by an aquamarine lagoon, and fringed by white beaches and wind-bent palms, then Moorea is the place for you. Sometimes referred to as Tahiti's laid-back "little sister," this heart-shaped piece of igneous rock is always relaxing and is the perfect day trip for visitors to Tahiti, which is only a short ferry ride away.

Moorea doesn't have shopping malls, theme parks or rows of nightclubs, but it does have hiking trails, picturesque villages, sharp mountain ridges poking into the clouds and an impressive array of pilot whales, spinner dolphins, sharks and fish. Despite what is often claimed, it wasn't the island that inspired James Michener's creation of Bali Ha'i, which in turn inspired the musical South Pacific, but it might as well have been.

continue...

THE LAY OF THE LAND

The island has one road that runs around its perimeter. At only 38 miles long, the average bus tour takes around two hours all the way around, including stops. It gives a feeling of the geography of Moorea — the vast jagged peaks that monopolize the interior, the dense rainforest, the white beaches, the bays, and the small settlements of pastelpainted houses.

Once you have your bearings, you can explore off-road by renting various vehicles, from bicycles and motor scooters to ATV quadbikes and mini-Jeep roadsters. Popular places to visit include the pineapple farms of the Opao Valley, the Tiki Village Cultural Center, where you can buy local art and see the best fire dancing on the island, and the Rotui Juice Factory and Distillery.

SEASIDE ENTERTAINMENT

There are a variety of beaches, from the family friendly Termae Beach, popular with swimmers and snorkellers, to the private beach of the Hilton hotel with its easy access to showers, toilets, and refreshments. Tiahura Beach on the west coast used to belong to the now defunct Club Med (it closed in 2000) and is less crowded. Some beaches are only accessible from tracks off the coastal road, so it's important to know where you're going if setting out on your own.

The celebrated marine life of Moorea can be viewed from a glass-bottom boat or by diving, snorkeling, and swimming. There are organized whale-watching tours and boat trips to Stingray Bay, where sting rays, spotted eagle rays, black-tip and white-tip reef sharks swim in the clear shallow waters.



The best place to see turtles is at the Spirit of the Ocean Turtle Rehabilitation Center, where they have been rescuing sick and injured turtles, treating them, and then releasing them back into the sea for almost 20 years. The founder, marine biologist Matthieu Petit, also offers a range of underwater tours to view whales, dolphins, rays, sharks, and sea turtles.

ISLAND DELIGHTS

China, France and Tahiti are key influencers to Moreean food. Fish, yams, and sweet potatoes are abundant throughout their culinary offerings. Many dishes are wrapped in leaves and cooked in an underground oven (ahima'a) that uses hot stones. Specialty fish includes mahi mahi, tuna, parrotfish, and barracuda.

In the 18th century, sailors knew they were approaching Moreea by the sweet smell of its fragrant flowers carried offshore in the breeze. The most common trees and plants

are quite flamboyant with vibrant blossoms, including hibiscus, pandanus, anthurium, bougainvillea, ylang-ylang and 'tiaretahiti' (an endemic gardenia widely used in perfumery). A range fruit-bearing trees provide a variety of tasty options like uru (breadfruit), guava, avocado, and bananas.

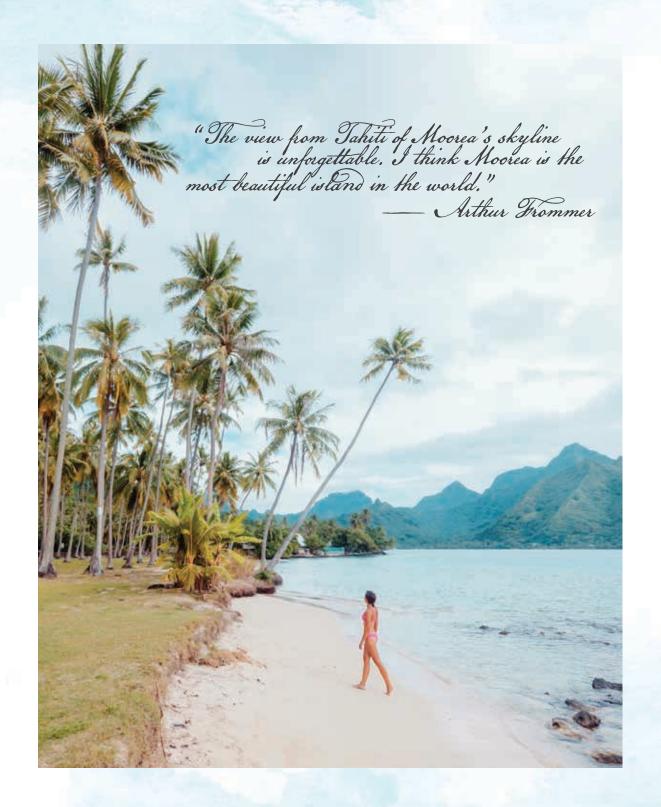
UNFORGETTABLE BEAUTY

The best views of Moorea are enjoyed from such peaks as Belvedere Lookout, Togua Lookout, Magic Mountain, and Mount Rotui. From these points, you can see all over the island, which is only 10 miles across at its widest point, and across the sea to Tahiti. Although only 899 meters high, Rotui is among the most rugged mounts in the world and best attempted only during the dry season (June – August).

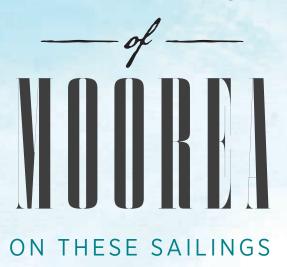
Arthur Frommer, the creator of Frommer's Travel Guides, came to a similar conclusion about the South Pacific as Rupert Brooke, with Moorea in mind. "Nothing compares with its sawtooth ridges and the dark-green hulk of Mount Rotui separating Cook's and Opunohu bays," he declared. "The view from Tahiti of Moorea's skyline is unforgettable. I think Moorea is the most beautiful island in the world." ◆

Steve Turner is a freelance writer and travel journalist that has sailed aboard multiple cruise lines and has years of experience that includes having his work in publications like the Mail in the UK.





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Ridiculously cute - right? They're precious. Precious, but not little.

BIG BABIES

When they're born, the average elephant weighs around 250 pounds and stands around three feet tall. That's right — a newborn elephant stands as tall as a three-year-old human and weighs as much as the average NFL player. On top of that, they can drink as much (or more) than three gallons of milk per day for two or more years. Elephant moms are champions.

It takes a wee while for them to learn how to use their most impressive appendage:

the trunk. A (very) muscular extension of their upper lip and nose, it takes somewhere between six and eight months before they begin to go from waving it about and tripping over themselves to eating, drinking, grasping and bathing with it.

Once they learn the basics, they continue to stay together in family units (herds), with the exception of the male elephants, which — not unlike us humans — begin to seek their independence in their early teen years.

VISUAL DIFFERENCES BETWEEN AFRICAN & ASIAN ELEPHANTS



AFRICAN Larger, Broader Ears Larger, Rounder Head Male & Female Tusks More Wrinkled Skin "Two-Fingered" Trunks



ASIAN Smaller, Rounder Ears Smaller, "Double Domed" Head Male-Only Tusks Smoother Skin "One-Fingered" trunks

THREE OF A KIND — These magnificent mammals fall into two primary species — African and Asian — with the African elephant having two subspecies.



The African savanna elephant (Loxodonta africana) is the largest elephant species. They have tusks that tend to curve outward and are a lighter gray color. These mammoths (well — mammoth decedents), predominantly reside in the open savannas of sub-Saharan Africa (as one might infer from their name), and even into the deserts of Namibia and Mali.



The African forest elephant
(Loxodonta cyclotis) is smaller
with straighter tusks that tend
to point down, and they sport
a darker complexion. And, you
guessed it, they reside in forested
regions around sub-Saharan Africa,
including places like Gabon and
the Republic of Congo.



Asian elephants (Elephas maximus) are smaller than their African cousins overall. The key differences are most notable with the smaller, rounder ears, smoother skin, and distinct, "double-domed" heads. Much of these characteristics developed due to the different type of habitat in which they live, be it in scrub or rain forest across Southwest Asia, India and into Nepal.

A couple other unique differences can be noted between African and Asian elephants. One of these interesting variants is found in their trunks. African elephants have two finger-like elements at the end of their trunk for grasping, while Asian elephants only have one.

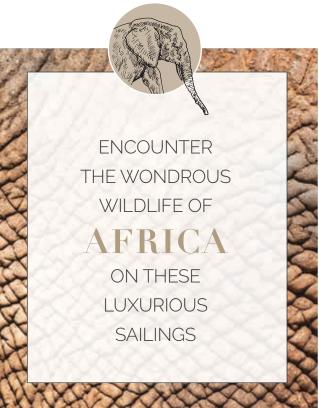
A HEAVY FOOTPRINT

These massive herbivores are a beautiful part of our natural world, with each being integral to their own environment. Considered to be a keystone species, elephants provide numerous services in the maintenance of their ecosystems. In forested regions, they create pathways through dense undergrowth and open areas for more growth. In the savanna, they help keep the plains open through their consumption of various vegetation. And wherever they live, elephant dung is primary way in which seeds are spread and new life is sprouted throughout the habitat.

Yet, elephants face many challenges in our modern era, from poaching to habitat loss. Thankfully, there are many worthy organizations working hard to protect and help these magnificent animals propagate and thrive. •

Daniel Morris is the Sr. Copywriter at Regent Seven Seas Cruises* and Copy Editor of EXPLORE Magazine. He has a deep love of travel and the opportunities it brings to learn and share the stories of the world's people and cultures.







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☐

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Overnight in port

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→ FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: VINEYARDS & NATURE'S
WONDERS, WILD & WONDERFUL CAPE TOWN OR WINE & DINE AFRICAN STYLE

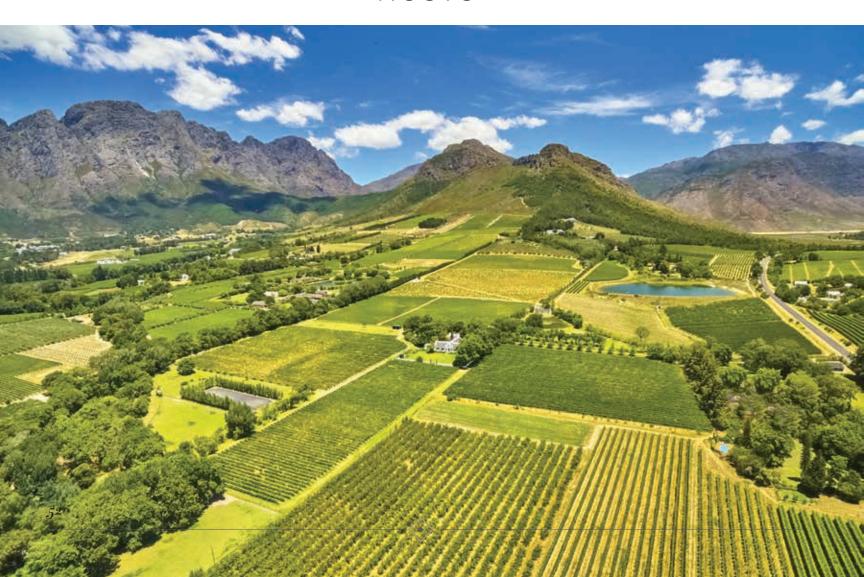
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— MUSTS —



PERHAPS THE GLORIOUS GEOGRAPHICAL POSITION WHICH **CAPE TOWN** COMMANDS
RELEASES THE RIGHT CULINARY CREATIVE JUICES FOR THOSE WHO LIVE THERE.

MAYBE THE OFF-BEAT VIBE AND PULSE OF LAID-BACK EXCITEMENT OFFERS THE RIGHT

AMBIANCE FOR GOURMET LIVING. WHATEVER IT IS, THE PEOPLE OF CAPE TOWN AND THE

SURROUNDING WINELANDS KNOW FOOD — AND THEY KNOW IT WELL.







by Michele Wright

Juicy street food options permeate the air in markets and the inner city and elegant hotels and superb restaurants pair award-winning local wines with creative dining masterpieces. This is foodie paradise. Arrive hungry and ready to try new delights in exquisite settings.

Visitors to Cape Town enjoy arts and culture in addition to stunning natural sights, fascinating architecture and a diverse mix of people. While here, you will sense the deeply entrenched emotions of a turbulent history, and recognize how this has defined today's modern metropolis.

As a destination, the city boasts some of the world's most renowned chefs and restaurateurs, seasonal menus and fresh farm-to-table produce. You can't go wrong with a visit to Reverie Social Table in Observatory or Chef's Warehouse in Beau Constantia. Relish Aubergine's sophisticated food and wine pairings in Gardens or discover Chef Santi's showcase of seasonal menus at his social table experience, Chef's Table Cape Town.

WATERFRONT FLAVORS

The bustling V & A Waterfront is a popular tourist hot spot — a working harbor alive with boutique shops, malls, markets and entertainment options. It's home to impressive designer buildings, renowned hotels and galleries. While at the waterfront, you might savor the elegance of Signal Restaurant at the Cape Grace Hotel or the flavors of Baia Seafood Restaurant. Should you prefer something a little more informal, the V & A Food Market offers street food dining, craft beer and live music. It's an eclectic indoor market with a great Cape Town vibe.

LOCAL IS LEKKER

"Local is Lekker" is a South African claim which translates (in a rather uninspired manner) to "local is nice/good." For the diverse cultures and heritages of the people, this means so much more than one standard favorite. Braaiing (barbecuing) is a national past time, and the Zulu word shisanyama gives this an added edge — it means so much more than just a barbecue. Shisanyama is about the music, the beer, the laughter and friendship. Braaiing or experiencing shisanyama is something to add to your 'to do' list.

continue...



Cape Malay curries and *babotie* (a spicy mince, chutney and egg dish) are definitely worth trying. Follow these up with Malva Pudding (a decadent apricot steam pudding) or Milk Tart for the requisite dose of sugar. Bunny Chows are also typically South African: a hollowed-out loaf of bread is filled with curry and eaten with your hands. No bunnies are harmed in the making — the name is believed to be derived from the Banias community, Indian merchants who first served the "bunnies."

PERFECT PAIRINGS

Food always tastes better with Cape wines — it's just a fact that grapes make the world a better place. A fun way to explore the Winelands at your own leisure, and with some top estates on the itinerary, is to jump on to the Franschhoek Wine Tram, a hop-on hop-off experience. You can move from one glorious estate to the next, stopping for wine tastings, cellar tours and exploring some of the most exquisite grounds imaginable, while sampling their menus. This offers the chance to experience places such as Grand Provence, Leopards Leep, Haute Cabriere and Mont Rochelle, depending on your route. Wine estates are home to incredible restaurants in magical settings.

If you are exploring on your own Lanzerac, Spier, Delaire Graff, Boshendal and Waterford are excellent estates to visit offering sumptuous dining options, gourmet picnics and lovely gardens.

AN ARTISTIC TOUCH

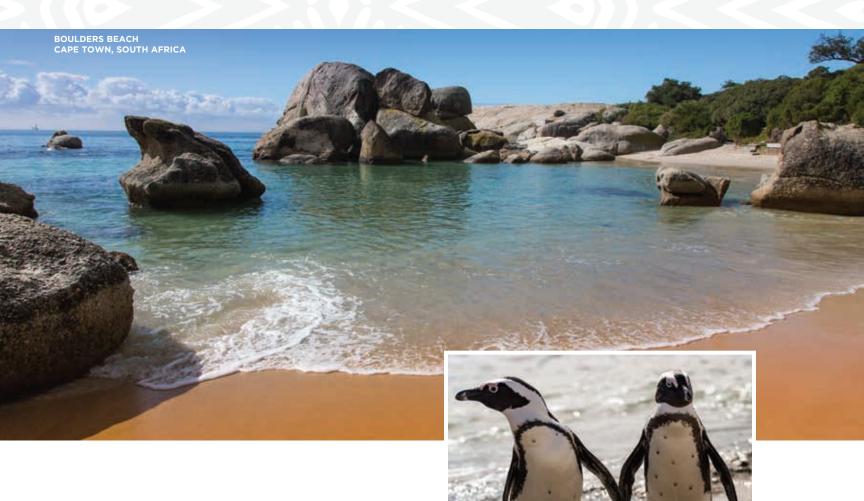
Much of the creative energy of the Mother City — as Cape Town is fondly known — is reflected in its art. Explore the world of contemporary art at Zeitz (MOCCA) Museum of Contemporary Art Africa, in the award-winning waterfront structure, and head up to The Silo Rooftop Bar for a casual lunch, or sundowners, while appreciating panoramic city views. Alternatively, head for Norval Foundation's gallery and landscaped sculpture gardens in Steenberg.

The bistro-style restaurant serves a traditional menu, ideal for visiting arts and culture enthusiasts to refresh themselves.

continue...







BEACHSIDE ATTRACTIONS

Heading south to see the Penguins at Boulders Beach, is all part of a Cape visit, and these smelly, but ever-socute little critters are sure to steal your heart. Boulders is located near the historic naval base, Simon's Town, so once you have had your fill of gazing adoringly at waddling penguins and youngsters with attitude, you can meander around the quaint town, a mere 20 miles or so from Cape Town. Continuing on a little further you will reach the Cape Peninsula, the south-western most point of the continent at the Cape of Good Hope. Stunning beaches, incredible landscape and some badly behaved baboons are highlights here, but you will also see the Cape Fynbos (unique local vegetation), plenty of small mammals and dassies (rock hyrax). A popular return trip back to town runs via Noordhoek, stopping at the Cape Point Vineyard for a casual lunch, a picnic, wine tasting or even sundowners.

With so much to see and do in and around Cape Town, plan your days so you include the right dining options at the same time you select your touring destinations. Whatever you decide to experience, you are bound to encounter the warmth of the Capetonians, the striking beauty of the landscape and cultural flavors you're sure to remember. •

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 and works in marketing at Regent Seven Seas Cruises.



CULTURAL
FLAVORS AWAIT
ABOARD THESE
MAJESTIC
SAILINGS



WILDLIFE & WINE

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Overnight in port

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Overnight in port

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ATLANTIC OCEAN DELIGHT

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14 NIGHTS JAN 5 2025 \$14,699 per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Cape Town, Luderitz, Walvis Bay ⊙, Jamestown, Rio de Janeiro ⊙

Overnight in port

A SAVINGS OF \$6,400 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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 WONDERS, WILL & WONDERFUL CAPE TOWN OR WINE & DINE AFRICAN STYLE
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FOR ALL VOYAGES VISITING **CAPE TOWN** AND TO VIEW **FREE** UNLIMITED SHORE EXCURSIONS, VISIT **RSSC.COM**



Some are world-famous, others are holes in the wall-all offer meals to remember South American cuisine occupies a league of its own. And thanks to innovative chefs blending unique native ingredients from the continent with contemporary techniques, restaurants here are making global waves among the world's best. During your next port of call in Rio de Janeiro, Buenos Aires and Lima, follow our lead for some of the best dining addresses in town, whether you're looking to dress up for a multi-course meal or come as you are to a beloved neighborhood haunt.



BRAZIL



Rio de Janeiro's famous Christ the Redeemer statue welcomes visitors to Brazil's second-largest city with arms wide open. And whether you're looking for a five-star churrasco experience here or something decidedly more mellow, the city's fabulous food scene is equally hospitable and inviting. Come to try the hearty Brazilian bean stew called Feijoada, hit up a classic Churrascaria (steak house) or just sip on a citrusy caipirinha someplace sceney in one of the most visited cities in the Southern Hemisphere.

FOGO DE CHÃO BOTAFOGO

With inimitable views of Botafogo Bay and Sugar Loaf Mountain from its outdoor patio, Fogo de Chão Botafogo offers one of Rio's most unforgettable Churrasco experiences. Locals come for happy hour deals on appetizers and caipirinhas (Brazil's classic cachaça cocktail). Dinner is an all out extravaganza of grilled meats (chicken, lamb, steak and pork) and seafood served family style alongside warm pao de queijo rolls, polenta, feijoada and more.



RIO DE JANEIRO



RESTAURANTE MIRANTE DA PRAINHA

What seafood-lover doesn't love beautiful views served alongside flopping fresh fish? Join your people at Restaurante Mirante da Prainha, overlooking crescent-shaped Prainha Beach-a popular Rio surf spot about 22 miles west of the Ipanema neighborhood. Grilled and fried robalo, grilled shrimp, salmon and delicious risotto dishes are all on the menu. Sit at wooden tables just steps from the surf to enjoy fresh food as inspiring as the surrounding ocean views.

APRAZIVEL

This bucolic restaurant atop a hill in Rio's spectacularly beautiful and bohemian Santa Teresa neighborhood is a destination to remember for a meal you won't forget. Traditional Brazilian dishes from across the country get contemporary spins at Aprazivel, like fresh fish cooked with turmeric and cashew nuts and delicious Amazonian specialties including the crab dish called casquinha de caranguejo. Beautiful gardens that lilt to life with birdsong in the late afternoon and early evenings surround the restaurant, which feels like a little escape in the heart of the city.

continue...





When it comes to eating well, Porteños (the name for the inhabitants of Argentina's port city of Buenos Aires) know their ways around a world class vino or steak. In addition to some seriously fabulous and atmospheric parrillas (typical Argentine steak houses), head out to see what BA's food fuss is all about at the following addresses, too.

ROTISERÍA MIRAMAR

Humble wooden tables set atop simple tiled floors welcome you into this neighborhood restaurant situated between the barrios of San Telmo and San Cristóbal that was founded in 1950 by the Ramos family, who are still at the helm. Snails (caracoles in Spanish) are the house specialty, and other favorite dishes include the spinach fritters called buñuelos de espinaca, paella, rabbit and delicious grilled sardines. The wine flows as freely as the conversation and you're sure to be surrounded by mostly locals in this spot.





EL FERROVIARIO PARILLA

Parrillas are a dime a dozen in Buenos Aires. But you can't leave Argentina's capital without experiencing the lively deliciousness of one. In the neighborhood of Liniers, El Ferroviario Parilla stands apart for its cheerful railroad theme and variety of offerings that range from parrilla standards like morcilla (blood sausage), chorizo and bife de chorizo to the breaded veal specialty called milanesa. Don't miss the gluten-free tiramisu for dessert.

F5 CANTINA

For what many consider Buenos Aires' best medialunas (the Argentine answer to croissants that are a sweet breakfast staple), head to F5 Cantina in the Villa Crespo neighborhood, right near trendy Palermo. Come lunch and dinner time, look for delicious Italian pastas and the restaurant's beloved Italian-style Milanesa Napolitana on the menu here, too.

Ceviche dishes from Peru's lively capital are famous throughout the world. But the coastal city of Lima has much more to offer, too — from chifa restaurants that meld Andean, Peruvian and Chinese influences to Michelin-star outposts that have landed the city on the international culinary map.

CENTRAL RESTAURANTE

Lauded as the best restaurant in all of Latin America for several years running, Central is Lima's most hallowed place to dine. Getting a reservation at this Barranco neighborhood hotspot can be a real feat (although it never hurts to check last minute in case someone has canceled). Come for modern Peruvian cuisine that plays out as a culinary journey through 12 of the country's varied ecosystems and altitudes and the ingredients that grow there, including heritage plants and fruits and Amazonian fish, just to start.



PFRU



MAYTA

Also consistently ranked among Latin America's best restaurants, Mayta brings to life native Peruvian products using contemporary culinary techniques that wow. The chef's duck rice with smoked magret is a house favorite that's topped with foie gras and a fried egg for serious decadence. Try the Amazonian ceviche, too, with ginger-spiked leche de tigre and native Peruvian charapita chilis bringing the heat.

EL MERCADO

If you try just one food in Lima, make it ceviche, Peru's most famous dish is made with raw citrus-infused seafood and served up everywhere, from street side stalls to fancier restaurants and cafes. Open for lunch only in the city's vibrant Miraflores neighborhood, trendy El Mercado draws crowds for its varied ceviches as well as tiraditos-a Peruvian take on sashimi, with layers of raw scallops and octopus. For the classic Peruvian cocktail to enjoy it all with, a pisco sour is a must-pisco brandy shaken with egg white, lime juice, simple syrup and a dash of bitters. Raise your glass and say iSalud!, Spanish for "cheers." •

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.





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Overnight in port

A SAVINGS OF \$3,980 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

+ BRIDGE AT SEA | VISIT RSSC.COM/ENRICHMENT FOR DETAILS



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MIAMI TO LIMA | Seven Seas Splendor®

16 NIGHTS DEPARTS
DEC 4
2023

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per person

INCLUDES FREE BUSINESS CLASS AIR*

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Overnight in port

FREE Business Class Air* is from Lima only

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BEAUTIFUL IN BRAZIL

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INCLUDES FREE BUSINESS CLASS AIR*

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Overnight in port

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FREE Business Class Air* is to Rio de Janeiro only

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ESCAPE & DELIGHT IN BRAZIL

MIAMI TO RIO DE JANEIRO | Seven Seas Mariner®

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Ports Visited: Miami, Roseau, Bridgetown, Devil's Island, Belem (Icoaraci), Recife, Maceio, Salvador, Buzios, Rio De Janeiro, Rio De Janeiro

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GAUCHOS & GOLAZOS

BUENOS AIRES TO RIO DE JANEIRO | Seven Seas Voyager®

10 NIGHTS MAR 9

ALL-INCLUSIVE FARES FROM \$12,299
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Buenos Aires, Montevideo ○, Punta del Este, Itajaí, São Paulo (Santos), Ilha Grande, Búzios, Rio de Janeiro ○

Overnight in port

A SAVINGS OF \$3,980 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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- + 25% SINGLE SUPPLEMENT*



BUOYANT RHYTHMS

BUENOS AIRES TO RIO DE JANEIRO | Seven Seas Splendor®

10 NIGHTS

MAR 3

ALL-INCLUSIVE FARES FROM \$13,299
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Buenos Aires, Montevideo ⊙, Punta del Este, Itajaí, São Paulo (Santos), Ilha Grande, Búzios, Rio de Janeiro ⊙

Overnight in port

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MANAUS



SAMPLING THE AMAZON

The Amazon is an incredible ecosystem that has produced some of the most incredible life on our planet. The people that live in this part of the world have adapted and developed vibrant cultures that reflect the complexity of the region. In turn, they've created culinary flavors unlike anywhere else. And, while some are more of an acquired taste the others, Manaus is an ideal place to experience them.



CHRISTMAS IN THE AMAZON

AMAZON RIVER - ROUNDTRIP MIAMI | Seven Seas Mariner®

25 NIGHTS DEC 12 2023 ALL-INCLUSIVE FARES FROM \$13,399
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Miami, Gustavia, Pointe-à-Pitre, St. George's, Port of Spain, Santarém (Amazon River), Boca da Valeria, Manaus (Amazon River) ⊙, Parintins (Amazon River), Alter do Chão (Amazon River), Bridgetown, Roseau, Philipsburg, San Juan, Nassau, Miami

Overnight in port

A SAVINGS OF \$430 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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- + BRIDGE AT SEA | VISIT RSSC.COM/ENRICHMENT FOR DETAILS



RADIANT AMAZON

AMAZON RIVER - ROUNDTRIP MIAMI | Seven Seas Mariner®

DURATION 24 NIGHTS

NOV 17 2024 ALL-INCLUSIVE FARES FROM \$12,399
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Miami, Gustavia, Pointe-à-Pitre, St. George's, Port of Spain, Santarém (Amazon River), Boca da Valeria (Amazon River), Manaus (Amazon River), Parintins (Amazon River), Alter do Chão (Amazon River), Bridgetown, Roseau, Philipsburg, San Juan, Great Stirrup Cay, Miami

Overnight in port

A SAVINGS OF \$500 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.





EMERALD REEFS & AMAZON ADVENTURE

AMAZON RIVER — ROUNDTRIP MIAMI | Seven Seas Navigator®

25 NIGHTS DEPARTS **FEB 24** 2025 ALL-INCLUSIVE FARES FROM \$11,899
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Miami, Gustavia, Pointe-à-Pitre, St. George's, Port of Spain, Santarém (Amazon River), Boca da Valeria (Amazon River), Manaus (Amazon River) ☑, Parintins (Amazon River), Alter do Chão (Amazon River), Bridgetown, Roseau, Philipsburg, San Juan, Great Stirrup Cay, Miami

Overnight in port

A SAVINGS OF \$800 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

FLAVORS - TO -EXPLORE



PATO NO TUCUPÍ

This traditional Brazilian dish is a stewed duck that may include alfavaca (a type of basil that grows in the Amazon), tomatoes and onions, or perhaps garlic, jambú leaves and manioc root juice for a bit more bite. shaken with egg white, lime juice, simple syrup and a dash of bitters. Raise your glass and say iSalud!, Spanish for "cheers."



CALDEIRADA

Thanks to the unique ingredients of the Amazon, like the large Tambaquí – a freshwater fish also known as black pacu – this fish stew takes on a unique Brazilian flair that sets it apart from its Portuguese origins.



MANIÇOBA

Derived from leaves of the manioc plant, this Brazilian dish is typically mixed with some sort of salted pork, like bacon or sausage, and often served with rice.



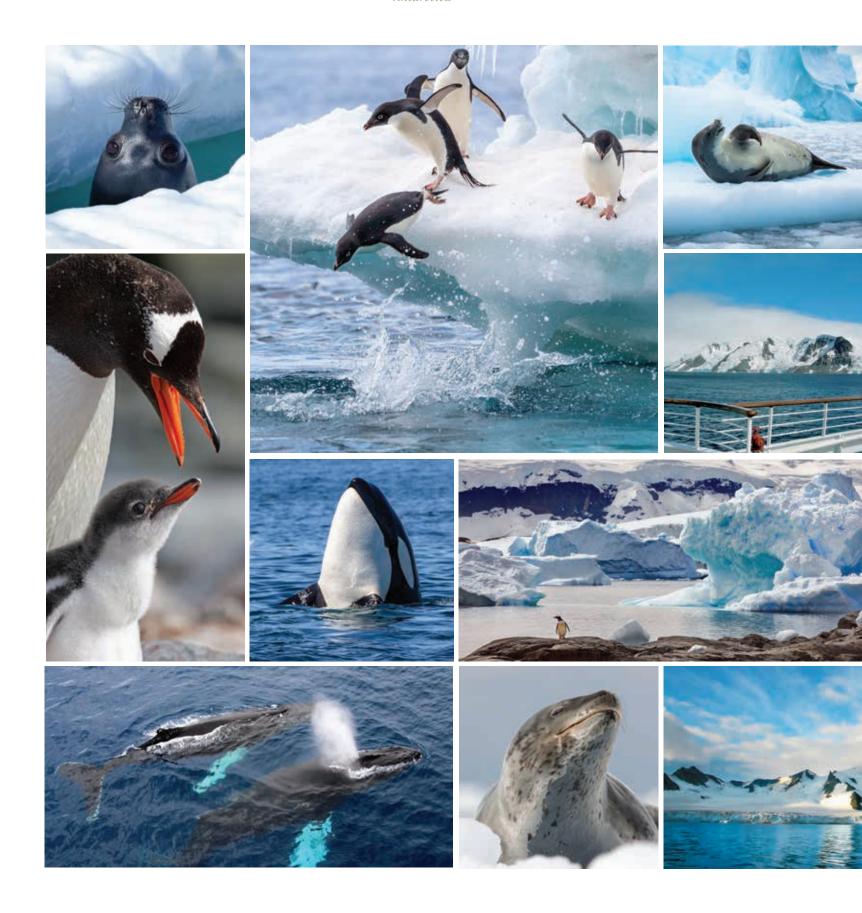
MANIOC

While a popular ingredient in a variety of dishes, like the aforementioned manicoba and pato no tucupí, manioc, also known as yucca, is a staple across several South American cuisines and Amazonian fare is no exception.



FRUIT

There are so many flavorful and unique fruit options in the Amazon, that I suggest you try as many as you can. Cacau and the açaí berry have worldwide notoriety, but there are various other options worth giving taste, like *buriti* and *guaraná*.













capturing

ANTARCTICA

PHOTO TIPS WHEN CRUISING THE ANTARCTIC PENINUSLA

by Daniel Morris

Photographing the landscapes and wildlife of the Antarctic
Peninsula can be a challenging and rewarding experience.

The unique conditions provide amazing opportunities for stunning photography. Here are some pointers to help you prepare for making the most of those opportunities.

PLAN & PACK ACCORDINGLY

Research the time of year when you plan to visit the Antarctic Peninsula, as well as the ports, bays and areas you intend to visit, so that you know what type of wildlife and landscapes to watch for and photograph. You might even create a list of the animals, places and things you want to make sure you capture on camera.

A good zoom lens is always a good travel companion. It will give you the flexibility to capture wider images of the landscape, while the telephoto end will bring you ever closer to the unique wildlife you're bound to see. A prime telephoto lens — 200mm, 400mm and longer — will allow you to get even closer to the action. And if you're not able to go ashore when cruising the Antarctic Peninsula, a monopod can provide some additional stabilization for capturing those longer shots from the ship.

And — of course — it's a good idea to take at least two camera batteries and a few memory cards (32 GB is a usually a good size, particularly if you're not shooting a lot of video footage), as well as a laptop (or tablet) and external drive to unload your cards at the end of the day.

continue...







Lastly, be sure to have the proper attire and protection for yourself and your gear for the expected weather conditions. (It's always a good idea to have some sort of rain gear whenever traveling to remote locales).

OTHERWORLDLY LANDSCAPES

The Antarctic Peninsula is both intimidating and magical, home to some of the most spectacular landscapes on Earth, from towering glaciers and ice-filled seas to jagged mountains blanketed in snow. There is no shortage of stunning vistas to photograph.

Consider a wide-angle to capture the grandeur and scope of the landscape, or you might use a longer lens to capture more detail with multiple shots and later create a high-resolution composite image for a stunning print piece in your home. Watch for unique features and utilize the natural lines and shapes that occur to help compose your ideal images.

From around October through February, the sun stays above the horizon 24 hours per day in Antarctica. During that time, it moves up and down throughout the sky creating some interesting conditions for photographers. Toward midnight is when the sun tends to be closest to the horizon, creating longer shadows, while midday has it naturally higher in the sky (albeit still lower than nearer the equator). Use these unique conditions to your advantage and look for angles and compositions that allow you to make the best use of the natural light.

Whatever your style, don't be afraid to think outside the box a little and experiment with different compositions and techniques after you've captured those must-have images.

CAPTURING THE WILD

Despite being at the bottom of the world, there is an abundance of life at the Antarctic Peninsula — be it on land, in the sea or air. Seals and whales of various types can be found along the shores and waterways, while birds occupy every space in some capacity, from penguins to albatross.

This is where your longer lenses become so valuable. However, keep in mind that much of what you'll want to capture is likely to be on the move, so being prepared in auto-mode with a fast auto-focus, or using the right shutter speed and ISO settings,



is essential. If you're new to the photography game, a faster shutter speed is what you'll want to use if looking catch crisp, blur-free shot of a bird mid-flight, a breaching whale or a diving seal. If you've ever tried to photograph a bird while it's flying, it isn't easy, so you might want to practice a little before you set out on your Antarctic journey.

December through February are ideal times for seeing the various wildlife, with warmer temperatures (for Antarctica) and everything from courting birds to migrating whales. January provides ideal opportunities for snapping a picture of a fluffy penguin chick, with February offering some of the best whale watching as humpback, minke, sperm, orca and southern right whales make their way through the area. February is also a good time for spotting fur seal pups, as they tend to be more curious and active as they grow, and as their parents set out hunting in the surrounding seas.

There is much to see and photograph on a cruise to the Antarctic Peninsula, so be sure to do your homework and pack the right gear. Then, look forward to experiencing a place unlike anywhere else in the world. ◆

Daniel Morris is the Sr. Copywriter at Regent Seven Seas Cruises* and Copy Editor of EXPLORE Magazine. He has a deep love of travel and the opportunities it brings to learn and share the stories of the world's people and cultures.



CAPTURE IMAGES

OF EXTRAORDINARY

LANDSCAPES

AND WILDLIFE

ON THESE VOYAGES

TO THE ANTARCTIC

PENINSULA



ANTARCTIC PENINSULA DISCOVERY

RIO DE JANEIRO TO SANTIAGO | Seven Seas Voyager®

24 NIGHTS JAN 26 2024 FARES FROM \$22,799
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Rio de Janeiro, Ilha Grande, São Paulo (Santos), Itajaí, Brazil ▶, Montevideo, Buenos Aires ○, Punta del Este, Port Stanley, Cruising the Antarctic Peninsula, Ushuaia, Punta Arenas, Puerto Chacabuco, Puerto Montt, Santiago (San Antonio)

Overnight in port NEW PORT OF CALL

Itinerary and/or ports of call are subject to change at any time due to prevailing weather conditions, or any other cause, at the discretion of Regent Seven Seas Cruises*

A SAVINGS OF \$3,980 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS

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





WHITE CONTINENT EXPLORATION

SANTIAGO TO BUENOS AIRES | Seven Seas Voyager®

19 NIGHTS DEPARTS **FEB 19** 2024 ALL-INCLUSIVE FARES FROM \$19,399
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INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Santiago (San Antonio), Puerto Montt, Puerto Chacabuco, Laguna San Rafael, Punta Arenas, Ushuaia, Cruising the Antarctic Peninsula, Port Stanley, Montevideo, Buenos Aires

Overnight in port NEW PORT OF CALL

Itinerary and/or ports of call are subject to change at any time due to prevailing weather conditions, or any other cause, at the discretion of Regent Seven Seas Cruises"

A SAVINGS OF \$3,850 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

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ANTARCTIC EXPLORATION

RIO DE JANEIRO TO SANTIAGO | Seven Seas Splendor®

24
NIGHTS

JAN 19 2025 ALL-INCLUSIVE FARES FROM \$23,499
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Rio de Janeiro, Ilha Grande, São Paulo (Santos), Itajaí, Montevideo, Buenos Aires ⊙, Punta del Este, Port Stanley, Cruising the Antarctic Peninsula, Ushuaia, Punta Arenas, Puerto Chacabuco, Puerto Montt, Santiago (San Antonio)

Overnight in port

A SAVINGS OF \$5,600 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

- → FREE 3-NIGHT LAND PROGRAM PRE-CRUISE: A PASSION FOR RIO

 OR POST-CRUISE: CHILEAN WONDERS & WINE

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BEAUTY AT THE END OF THE WORLD

RIO DE JANEIRO TO SANTIAGO | Seven Seas Mariner®

DURATION **22** NIGHTS

JAN 25 2025 FARES FROM \$21,699
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Rio de Janeiro, São Paulo (Santos), Itajaí, Montevideo, Buenos Aires, Punta del Este, Port Stanley, Ushuaia, Cruising the Antarctic Peninsula, Punta Arenas, Puerto Chacabuco, Puerto Montt, Santiago (San Antonio)

Overnight in port

A SAVINGS OF \$3,900 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

+ SEVEN SEAS SOCIETY* MEMBERS ENJOY ADDITIONAL SAVINGS OF UP TO \$2,400 PER SUITE



SOUTH AMERICA & THE GREAT WHITE CONTINENT

SANTIAGO TO BUENOS AIRES | Seven Seas Splendor®

19 NIGHTS FEB 12 2025 FARES FROM \$19,699
per person

INCLUDES FREE BUSINESS CLASS AIR*

Ports Visited: Santiago (San Antonio), Puerto Montt, Puerto Chacabuco, Laguna San Rafael, Punta Arenas, Ushuaia, Cruising the Antarctic Peninsula Port Stanley, Montevideo, Buenos Aires

☐

Overnight in port

A SAVINGS OF \$5,300 PER PERSON IS AVAILABLE WHEN ARRANGING YOUR OWN FLIGHTS AND TRANSFERS.

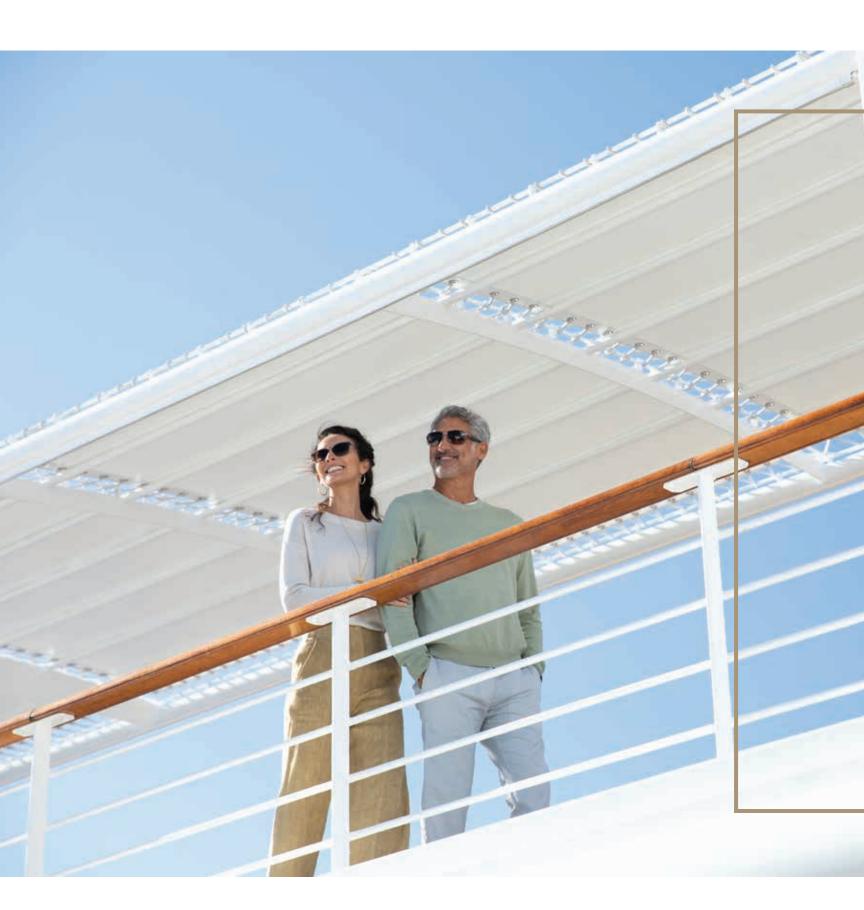
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FOR ALL VOYAGES VISITING **ANTARCTICA** AND TO VIEW **FREE** UNLIMITED SHORE EXCURSIONS, VISIT **RSSC.COM**



THE REGENT EXPERIENCE

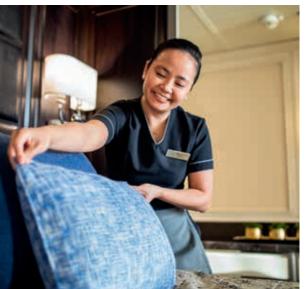
discover the world with us

Regent Seven Seas Cruises® delivers a truly all-inclusive experience with personalized service that attends to every detail while immersing you in more than 500 ports of call around the globe from the unrivaled comfort and space of The World's Most Luxurious Fleet™. Every trip we take is a gift of opportunities, each an invitation to connect with the people and places we encounter.

New and far-flung regions and favorite ports of call 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. Relax and rejuvenate at the spa, or recline by the pool and laugh with new and old friends as your journey becomes its own destination.

The Regent experience will take you beyond your expectations of all-inclusive luxury travel, creating moments that invite you to live life to the fullest, with each new memory being more unforgettable than the last.

Find your ideal itinerary, then allow us to attend to every detail as you join us for An Unrivaled Experience





enjoy every moment

FREE ROUNDTRIP BUSINESS CLASS AIR* ON INTERCONTINENTAL FLIGHTS

Because we believe 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 and ground transfers between airport and ship are also included.

FREE UNLIMITED SHORE EXCURSIONS

Our complimentary excursions are a highlight of every voyage, which is why we include over 2,000 tours in our FREE Unlimited Shore Excursion menu, including experiencing incredible UNESCO World Heritage Sites like the stunning Himeji Castle in Japan or witnessing the beauty of centuries-old temples and terraced rice fields in Bali.

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. This is 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 AND SHIP

When you begin your exotic journey with FREE Business Class Air*, you not only arrive in style, but you also have a complimentary ground transfer waiting to take you to your ship, then back to the airport at the end of your voyage.

FREE UNLIMITED BEVERAGES, INCLUDING FINE WINES AND SPIRITS

In most places, your dinner experience generally begins 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.



"Our recent trip aboard Regent Splendor was the very best cruise of the 17 cruises we have made! What an impressive ship in all respects! Superb professionalism demonstrated at all levels with smiles galore from everyone resulted in a very positive environment. We are sold on traveling with Regent!"

- Nancy S., Seven Seas Society® Silver Member

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

Stylish and soulful; elegant, yet easy-going; our lounges are the ideal locales to sip a fine cognac and engage in a friendly conversation with fellow luxury travelers in the plush and secluded Connoisseur Club. Wander up to the Observation Lounge, order your favorite drink and enjoy a variety of entertainment from dancing and karaoke to the contemporary tunes of our three-piece jazz combo. Evenings offer a wide array of sophisticated fun and best of all...it's 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 are, from the most southern cities on the planet to the brilliant northern nights across the northern shores of the Pacific, you will always have the opportunity to indulge in your favorite cuisine while on board. Delight in a bountiful Italian dinner at Sette Mari at La Veranda with an expansive menu that features authentic family recipes, as well as an ever-changing array of options for appetizers and desserts. 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 will transport you to Paris, Bordeaux and Burgundy. And, at our largest specialty restaurant, the chic and

stylish Compass Rose, choose from a robust list of extraordinary dishes. Wherever you choose to dine, all of 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 $^{\text{TM}}$.

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.



IMMERSE YOURSELF

experience more than ever

The world is marvelous, enigmatic and beautiful. It begs to be explored, engaged and experienced. Inexhaustible horizons stretch across glistening seas, rolling dunes, verdant forests and majestic mountains. Intoxicating fragrances and patchworks of color mesmerize throughout local markets and across blooming fields of wildflowers. Mouthwatering flavors of local recipes perfected over generations bring families and friends together while new rhythms move us from the table to the dance floor in a celebration of life.

Travelers like us come alive at the thought of setting sail and venturing into waters and lands both familiar and unknown, seeking to fill our pages with priceless moments that will carry on as precious memories. Join us as we experience the world around us, one adventure at a time.

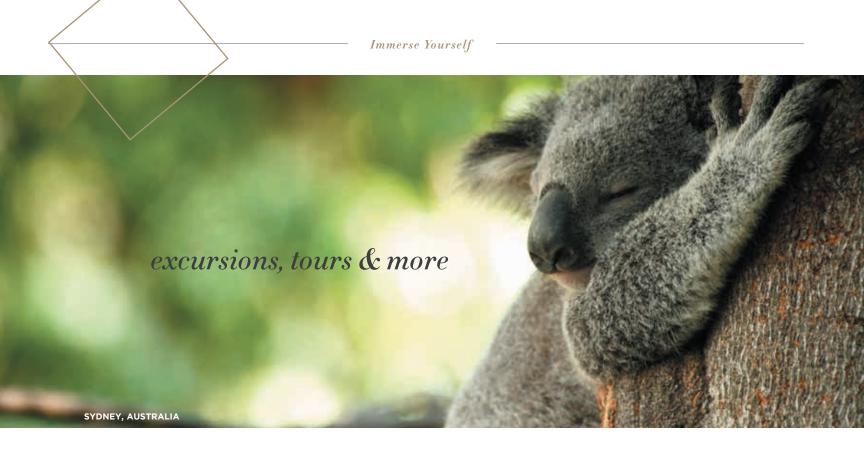












FREE UNLIMITED SHORE EXCURSIONS

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. Stroll the sacred grounds at the base of Mount Fuji and bear witness to the tremendous beauty of Japan's highest peak or experience the fascinating culture and native lands of the Zulu in the Valley of a Thousand Hills in South Africa.

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. Set out from Cairns aboard a luxury catamaran to witness the world's most verdant marine habitat on the Outer Great Barrier Reef or discover the highlights of Rio, like experiencing the summit of Sugarloaf, the brilliant beauty of the Tijuca Forest and more.

EPICUREAN EXPLORATIONS™

The flavors of a particular region or a specific culture create unique connections that are unlike any other. Therefore, we continue to develop and curate special culinary experiences in each of the incredible regions to which we sail.

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.

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. Sample the culture, learn about Caodaism and taste the local vegetarian flavors of Ho Chi Minh City. Experience the world through the eyes of those who actually live there and discover the best of what you didn't know about your favorite destinations with Go Local Tours.

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*.

SERENE SPA & WELLNESS™ TOURS

Transcend the moment as you expand your mind and strengthen your body with a Serene Spa & Wellness™ Tour. Soak in the relaxation of the detoxifying and restorative effects of a geothermal mud bath in New Zealand or savor the balance of healthy ingredients in a traditional Asian dish before experiencing the expert touch of a professional reflexologist in Hong Kong. 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

Pause and envision your perfect day of exploring your destination exactly as you'd like... You haven't strayed as far from reality as you might think. 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.

MID-CRUISE OVERLAND PROGRAMS

If you desire to experience more time ashore during your voyage, enveloping yourself your destination, then our Overland Programs are the ideal solution.

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 experiencing the uncanny beauty of the South Pacific while cruising the crystalline waters of Bora Bora's famed lagoon at sunset.

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.



LUXURIOUS SUITES

your sanctuary at sea



Step into your elegant suite and discover comforts and amenities that rival the finest hotels and resorts around the globe. Every suite across our six ships delivers incredible ocean views. They also include a separate sitting area, the heavenly comfort of our Elite Slumber™ beds, spacious closets, an interactive flat-screen TV with complimentary movies on demand, an included minibar stocked daily with your preferences, 24-hour room service, complimentary laundry service and many other prime amenities inviting you to settle in, relax and enjoy your journey.



Your all-suite accommodations always include:

- ◆ 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
- ♦ Valet laundry service
- ◆ 24-hour room service with dinner served course-by-course





REGENT SUITE

As the most exclusive addresses at sea, each 4,443 square foot Regent Suite includes top-of-the-line, customizable amenities, a private car and driver in every port, an exclusively private dining experience in The Study for you and select friends, an in-suite spa with unlimited treatments from Serene Spa and Wellness™, and much more.

DISTINCTIVE SUITES

Only surpassed by the luxurious Regent Suite, our Distinctive Suites deliver a sumptuous environment with exclusive offerings like priority boarding, your choice of luxury bath amenities, guaranteed dining reservations 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.

For Full Deck Plans, Suite Layouts & All Suite Amenities, Visit RSSC.com/Ships

EPICUREAN PERFECTION™

savor the journey



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

Nothing enhances travel like cuisine.

At Regent Seven Seas Cruises, authentic flavors are infused with creative inspiration, and regional dishes overflow with heritage and variety.

Exclusive Epicurean Spotlight Voyages offer firsthand insights with specially curated sailings hosted by masters of their culinary crafts. Our Epicurean Enrichment™ programming invites you to deepen your knowledge through a presentation or expand your repertoire in our Culinary Arts Kitchen.

And whether you're enjoying the unrivaled culinary opportunities on board with our Epicurean Indulgence $^{\text{TM}}$ offerings — including multiple specialty restaurants and unique tastings — or headed ashore for some Epicurean Exploration $^{\text{TM}}$ with various foodie-focused excursions, we provide a myriad of opportunities 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.





"I have food issues and food allergies. The food department and wait staff made me safe at every meal. I was able to have the same food as other people, just carefully prepared to meet my needs"

Donna P. — Seven Seas Society® Bronze Member

COMPASS ROSE

At the heart of each ship, our largest specialty restaurant features 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

Our intimate and elegant steakhouse exudes glamour and elevates classic American fare to new heights. Mouthwatering prime New York strip, porterhouse and succulent filet mignon only touch upon the delectable selections.

Reservations required.

CHARTREUSE

Experience classic French fare with a modern twist, aboard Seven Seas Splendor*, Seven Seas Explorer*, Seven Seas Voyager* and Seven Seas Mariner*. From les poissons like the perfectly prepared Filet de Flétan with braised fennel and artichoke tapenade to the delectable Carré d'Agneau en Persillade, Chartreuse is sure to please.

Reservations required.

PACIFIC RIM

Prepare to be delighted by a perfect balance of delicious flavors and 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.

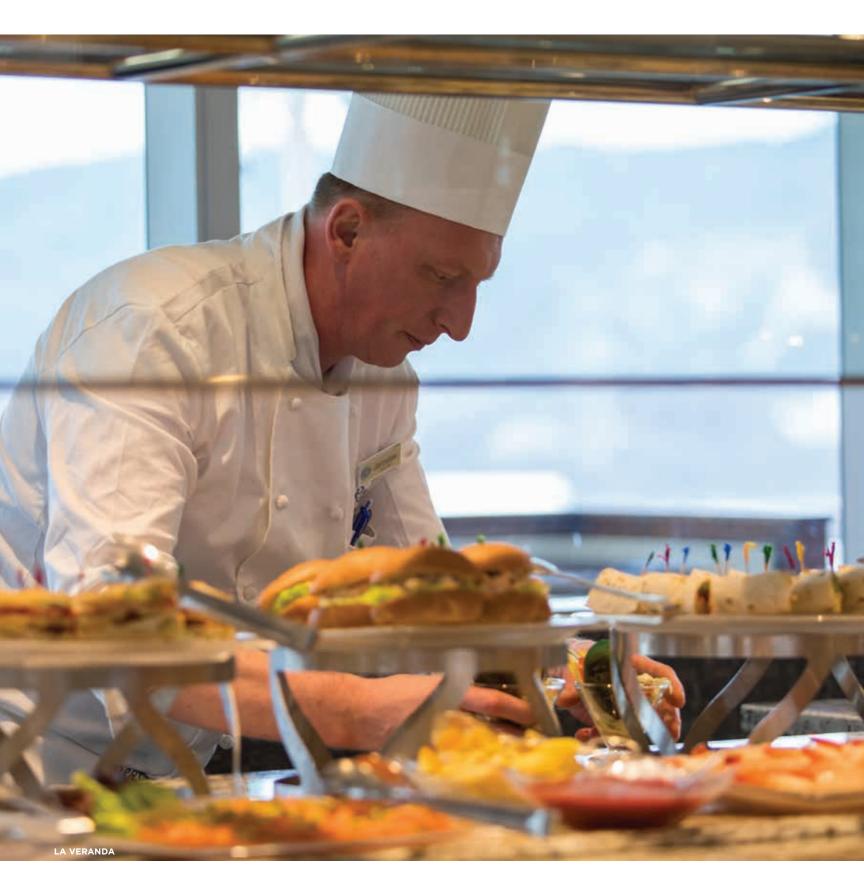
Fleetwide | Open seating

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 a variety of plant-based options, all available 24 hours a day. Each evening, dinnertime may be enjoyed with dishes made to taste from the expansive Compass Rose menu, graciously served in your suite, course by course.

Fleetwide | In-suite







UNPARALLELED SERVICE

with a personal touch

The kindness of our staff and crew extends well beyond the warm smiles and chilled glass of champagne that greets you as you come aboard. As we set sail, our aim is that you feel at ease and welcomed to delight in every minute of your journey.

Explore each port of call in confidence thanks to the guided care of our experienced destinations team members, returning to the comforts of a refreshed and replenished suite, with our outstanding attendants and butlers ensuring it's just as you prefer. Dining experiences in our specialty restaurants are a symphonic production of exquisite flavors and impeccable service with the direction of the maître d', the creativity and expertise of the chef, the precision of the sommelier and the rhythm of the wait staff. And should you desire anything "off the menu" during your travels, the concierge staff awaits, seeking to fulfill your every request.

Allow us to welcome you aboard and create your perfect onboard experience.

ONBOARD LIFESTYLE

enjoyment at every turn



Every great journey offers immense joy along the way. During your relaxing days and nights on board, explore the abundance of space our perfectly sized ships offer as you create unforgettable memories with every luxurious amenity, wonderful performance and enriching activity.

During the day, compete in an engaging game of trivia or unwind on our peaceful Pool Deck. Participate in Chef-led culinary demonstrations and join your fellow travelers every afternoon for an elegant tea service. 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 an activity for every mood.

In the evenings, the ship comes alive with dynamic shows, specially designed for our intimate theater, while live 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 the stage during karaoke.

Celebrate and relax aboard The World's Most Luxurious Fleet™.

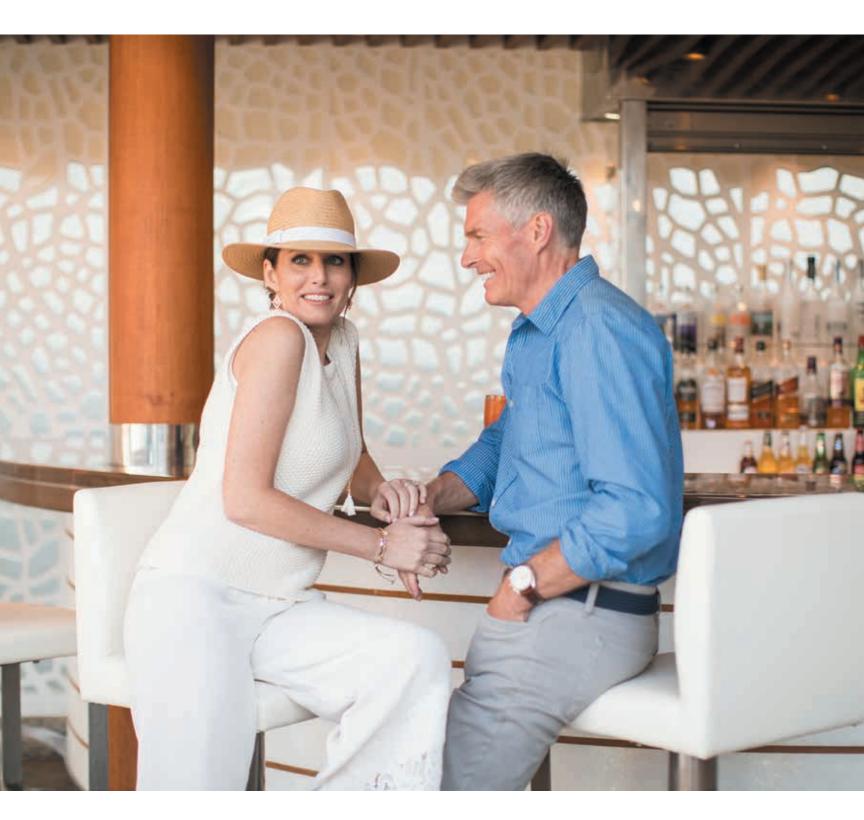
Experience the perfect moment, day and night...

- ◆ Delight in a luxurious afternoon tea at one of our elegant lounges that is transformed into a traditional tea room with linentopped 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.





$onboard\ activities$







WELLNESS

SERENE SPA & WELLNESS™— For the ultimate indulgence, revitalize your mind and body at our onboard Serene Spa & Wellness. Each of our ships offers a tranquil spa setting, 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, you are transported to fantastical lands by riveting performances. We proudly feature lavishly staged musical productions, created and produced by our team of award-winning choreographers and directors.

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 journey 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 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 your new interest in the company of your fellow guests.

- ◆ 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 for full details



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' 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 Deposit and final payment schedules vary by the voyage sail date and length, as outlined below.

VOYAGES 14 NIGHTS OR LESS

Deposit Schedule:

- Over 120 days from sailing: 15% deposit due within seven days of booking; excluding Regent Suite, which is one 25% deposit due within seven days of sailing
- 91-120 days from sailing: payment in full due within three days of booking
- 31-90 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

Full Payment required 120 days from sailing

VOYAGES 15 NIGHTS OR LONGER

Deposit Schedule:

- Over 150 days from sailing: 15% deposit due within seven days of booking; excluding Regent Suite, which is one 25% deposit due within seven days of sailing
- 121-150 days from sailing: payment in full due within seven days of booking
- 91-120 days from sailing: payment in full due within three days of booking
- 31-90 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

Full Payment required 150 days from sailing

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.

VACATION DATE PER PERSON	DAYS PRIOR TO	CANCELLATION AMOUNT
	VACATION DATE	PER PERSON

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

100% of fare

100% of fare

SINGLE SUPPLEMENTS

per person administrative fee

75-0

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 FREE Air 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 1 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.

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®. 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 or 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 unless otherwise specified. 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.

 $\label{eq:Regent Choice Shore Excursions} - \text{Penalties begin at 36 hours} \\ \text{prior to the tour start date.}$

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. All fares are per person, based on double occupancy, and are subject to change without notice.

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

Fares are subject to increase. All fares and offers are per person in U.S. dollars, valid for residents of U.S. and Canada, based on double occupancy, for new bookings only and may be changed or withdrawn at any time. Not all promotions are combinable. 2-for-1 Fares and Bonus Savings are based on published Full Brochure Fares; such fares may not have resulted in actual sales in all suite categories and do not include optional charges as detailed in the Guest Ticket Contract. Future Cruise Credits applied toward bookings follow the same penalty schedule as other forms of payment. Bonus Savings amounts featured are per suite and are reflected in the fare. Air Credits featured are per person and reflect Business Class Air on Intercontinental flights and Economy Air on Domestic flights. Single Supplement savings are capacity-controlled and are available on select voyages and categories. **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 270 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 7 days prior to sailing. A 75-minute window is require between tours operating on the same day in port. FREE 1-Night Pre-Cruise Hotel Package applies to Guests 1 and 2 in Concierge Suites and higher and includes transfers from hotel to pier only. Hotel Package is capacity-controlled with limited availability and is not available for new bookings made within 60 days of departure. Regent Seven Seas Cruises® reserves the right to change or withdraw any Hotel Package at any time without notice. FREE Unlimited WiFi applies to all suite categories and is for one log-in per suite. Concierge Suites and higher receive up to four log-ins, for up to four devices, per suite. FREE Land Program applies to Guests 1 and 2 for one Pre- or Post-Cruise Land Program and is not combinable with the 5% discount on Pre- or Post-Cruise Hotel or Land Programs available to Guests for purchase. Guests in Concierge Suites and higher who choose a FREE Land Program or choose to arrange their own pre-cruise hotel accommodations will receive a credit in lieu of the FREE 1-Night Pre-Cruise Hotel Package. FREE Valet Laundry Service includes wash, press and fold services for Guests sailing in all suites; additionally, Regent Suite Guests receive free unlimited dry cleaning service. FREE Valet Laundry Service is not available on the final full day of each cruise, nor on the day of disembarkation. Kids Sail promotion is per person, cruise-only, as 3rd and/or 4th Guest in suite and applies to children 17 years of age or younger, when accompanied by an adult 18 years of age or older. Seven Seas Society* Savings indicated are per suite and are in addition to Bonus Savings. Savings may be changed or withdrawn at any time without notice. Single Guests earn double nights when traveling single occupancy. Free phone time is per suite and is in addition to Concierge-Level amenities. Gold members and above receive four unique log-ins with FREE Unlimited WiFi per suite and \$100 Shipboard Credit per suite. Titanium members and above receive unlimited dry cleaning. The exclusive activities for Gold, Platinum and Titanium members may be combined with special events already incorporated in our longer voyages. Regent Seven Seas Cruises* Ambassador Program is valid for new, full fare bookings. Offer is combinable with most standard offers; however, certain restrictions may apply. The \$250 Savings will be applied as a Future Cruise Credit. Travel Advisors are not eligible to refer new Guests and earn Future Cruise Credits. Traveling companions sharing one suite are not eligible to refer new Guests within the same suite. Program may be changed or withdrawn at any time without notice. Referring Seven Seas Society® member and referred new Guests are not required to sail on the same voyage. Seven Seas Society® Member: The referring Guest must be an existing Seven Seas Society® member at the time of the referral. The \$250 Savings for the referring Seven Seas Society® member may be applied to any existing or future booking where final payment has not been made. Seven Seas Society® members may apply up to a maximum of four suite referrals per booking. New Referred Guest: The new Guest reservation must be made by, or for, a Guest who has not booked or sailed with Regent Seven Seas Cruises® previously. Existing bookings for future sailings are not eligible. The new Guest, or their Travel Advisor, should complete the Ambassador Referral form at RSSC.com/Ambassador within 14 days from date of deposit for the \$250 Savings to be applied to the booking. Only one \$250 Savings per suite is permitted.

Ships' Registry: Bahamas and Marshall Islands. ©2023 Regent Seven Seas Cruises®

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APR23243



Seven Seas Grandeur™

373 SUITES, ALL WITH PRIVATE BALCONIES



Seven Seas Splendor®

373 SUITES, ALL WITH PRIVATE BALCONIES



Seven Seas Explorer®

373 SUITES, ALL WITH PRIVATE BALCONIES



JUL 2023

ARRIVING NOVEMBER 2023

Our newest ship is inspired by the past and stunningly reimagined for the future. Seven Seas *Grandeur*™ will exemplify our heritage of perfection with unrivaled space. unparalleled service, exceptional cuisine and transformative experiences that will begin the moment you step aboard.

NORTHERN EUROPE

JUL 10, 2023 | 16 NIGHTS 🔊 Stockholm to Copenhagen | RSSC.com

JUL 26, 2023 | 12 NIGHTS 🗐 Copenhagen to London | RSSC.com

JUL 5, 2023 | 7 NIGHTS 🔕 Seward to Vancouver | RSSC.com

JUL 12, 2023 | 7 NIGHTS Vancouver to Seward | RSSC.com

JUL 19, 2023 | 7 NIGHTS Seward to Vancouver | RSSC.com

JUL 26, 2023 | 7 NIGHTS 🗐 Vancouver to Seward | RSSC.com

AUG 2023

NORTHERN EUROPE

AUG 7, 2023 | 16 NIGHTS London to Reykjavik | RSSC.com

AUG 23, 2023 | 8 NIGHTS 🔊 Roundtrip Reykjavik | RSSC.com

AUG 31, 2023 | 12 NIGHTS Reykjavik to Copenhagen | RSSC.com

AUG 2, 2023 | 7 NIGHTS Seward to Vancouver | RSSC.com

AUG 9, 2023 | 7 NIGHTS Vancouver to Seward | RSSC.com

AUG 16, 2023 | 7 NIGHTS (5)

Seward to Vancouver | RSSC.com AUG 23, 2023 | 7 NIGHTS Vancouver to Seward | RSSC.com

AUG 30, 2023 | 7 NIGHTS 🔕 Seward to Vancouver | RSSC.com

SEP 2023

NORTHERN EUROPE

SEP 12, 2023 | 12 NIGHTS (5) Copenhagen to London | RSSC.com

SEP 24, 2023 | 14 NIGHTS (5) London to Barcelona | RSSC.com

ALASKA

ASIA

SEP 6, 2023 | 7 NIGHTS Vancouver to Seward | RSSC.com

SEP 13, 2023 | 7 NIGHTS Seward to Vancouve | RSSC.com

SEP 20, 2023 | 19 NIGHTS \ Vancouver to Tokyo | Page 19

OCT 2023

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MEDITERRANEAN

OCT 8, 2023 | 12 NIGHTS 🔕 Barcelona to Venice | RSSC.com

OCT 20, 2023 | 10 NIGHTS (5) Venice to Athens | RSSC.com

OCT 30, 2023 | 7 NIGHTS (5) Roundtrip Athens | RSSC.com

ASIA

OCT 9, 2023 | 11 NIGHTS 🔊 🔻 Roundtrip Tokyo | RSSC.com

OCT 20, 2023 | 11 NIGHTS \ Roundtrip Tokyo | RSSC.com

Roundtrip Tokyo | Page 8

OCT 31, 2023 | 11 NIGHTS (5)

Seven Seas Voyager® Seven Seas Mariner® Seven Seas Navigator® 349 SUITES, ALL WITH 348 SUITES, ALL WITH 248 SUITES, 90% WITH PRIVATE BALCONIES PRIVATE BALCONIES PRIVATE BALCONIES NORTHERN EUROPE **MEDITERRANEAN** NORTHERN EUROPE JUL 2023 JUL 2, 2023 | 12 NIGHTS JUL 3, 2023 | 10 NIGHTS JUL 11, 2023 | 12 NIGHTS Lisbon to London | RSSC.com Athens to Rome | RSSC.com Reykjavik to London | RSSC.com JUL 14, 2023 | 14 NIGHTS 🔊 JUL 13, 2023 | 10 NIGHTS JUL 23, 2023 | 16 NIGHTS 🔊 London to Copenhagen | RSSC.com Rome to Barcelona | RSSC.com London to Copenhagen | RSSC.com JUL 28, 2023 | 15 NIGHTS (5) JUL 23, 2023 | 10 NIGHTS Copenhagen to Reykjavik | RSSC.com Barcelona to Lisbon | RSSC.com NORTHERN EUROPE NORTHERN EUROPE AUG MEDITERRANEAN 2023 AUG 12, 2023 | 14 NIGHTS AUG 2, 2023 | 12 NIGHTS (5) AUG 8, 2023 | 20 NIGHTS Reykjavik to London | RSSC.com Copenhagen to Amsterdam | RSSC.com Lisbon to Rome | RSSC.com AUG 26, 2023 | 12 NIGHTS AUG 28, 2023 | 12 NIGHTS AUG 14, 2023 | 10 NIGHTS 🔕 Roundtrip London | RSSC.com Amsterdam to Barcelona | RSSC.com Rome to Venice | RSSC.com AUG 24, 2023 | 10 NIGHTS 🔕 Venice to Barcelona | RSSC.com NORTHERN CANADA, NEW ENGLAND & BERMUDA MEDITERRANEAN **MEDITERRANEAN** SEP EUROPE 2023 SEP 7, 2023 | 14 NIGHTS SEP 3, 2023 | 14 NIGHTS SEP 22, 2023 | 7 NIGHTS London to Monte Carlo | RSSC.com Barcelona to New York | RSSC.com Barcelona to Lisbon | RSSC.com SEP 29, 2023 | 10 NIGHTS (5) SEP 17, 2023 | 11 NIGHTS SEP 21, 2023 | 12 NIGHTS 🔕 New York to Montréal | RSSC.com Lisbon to Valletta | RSSC.com Monte Carlo to Athens | RSSC.com SEP 28, 2023 | 11 NIGHTS Montréal to New York | RSSC.com CANADA, NEW ENGLAND MEDITERRANEAN MEDITERRANEAN OCT 2023 OCT 3, 2023 | 12 NIGHTS OCT 9, 2023 | 11 NIGHTS OCT 9, 2023 | 10 NIGHTS New York to Montréal | RSSC.com Athens to Jerusalem | RSSC.com Valletta to Venice | RSSC.com OCT 15, 2023 | 10 NIGHTS (5) OCT 20, 2023 | 11 NIGHTS OCT 19, 2023 | 10 NIGHTS (5) Jerusalem to Rome | RSSC.com Montréal to New York | RSSC.com Venice to Athens | RSSC.com OCT 31, 2023 | 15 NIGHTS 🗐 OCT 25, 2023 | 10 NIGHTS (5) OCT 29, 2023 | 12 NIGHTS 🔊 Rome to Istanbul | RSSC.com New York to Miami | RSSC.com Athens to Istanbu | RSSC.com

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AMERICA

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SOUTH AMERICA

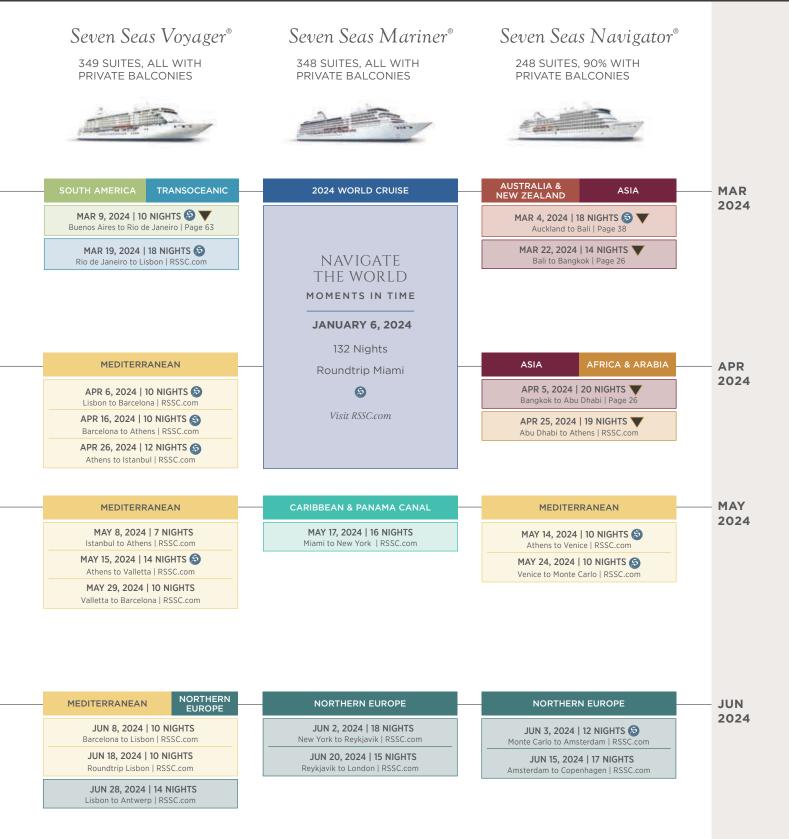
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JUL 23, 2024 | 20 NIGHTS (5) Copenhagen to Amsterdam | RSSC.com

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JUL 26, 2024 | 10 NIGHTS Amsterdam to London | RSSC.com

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AUG 22, 2024 | 9 NIGHTS

Istanbul to Jerusalem | RSSC.com

AUG 31, 2024 | 15 NIGHTS S Jerusalem to Lisbon | RSSC.com

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AUG 24, 2024 | 12 NIGHTS S Barcelona to Rome | RSSC.com

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AUG 5, 2024 | 20 NIGHTS S Roundtrip London | RSSC.com

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SEP 15, 2024 | 10 NIGHTS S Lisbon to Rome | RSSC.com

SEP 25, 2024 | 10 NIGHTS Rome to Venice | RSSC.com

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SEP 5, 2024 | 17 NIGHTS S Rome to Monte Carlo | RSSC.com

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Monte Carlo to Lisbon | RSSC.com

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MEDITERRANEAN

SEP 4, 2024 | 14 NIGHTS S London to Barcelona | RSSC.com

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OCT 15, 2024 | 12 NIGHTS S Athens to Istanbul | RSSC.com

OCT 27, 2024 | 10 NIGHTS Istanbul to Barcelona | RSSC.com

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OCT 2, 2024 | 10 NIGHTS Lisbon to Barcelona | RSSC.com

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OCT 10, 2024 | 12 NIGHTS (5)
Athens to Jerusalem | RSSC.com

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DEC 13, 2024 | 10 NIGHTS Roundtrip Miami | RSSC.com

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JAN 30, 2025 | 7 NIGHTS S Roundtrip Bridgetown | RSSC.com

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CANAL A

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MAY 14, 2025 | 23 NIGHTS So Tokyo to San Francisco | Page 21 MAY 2025

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