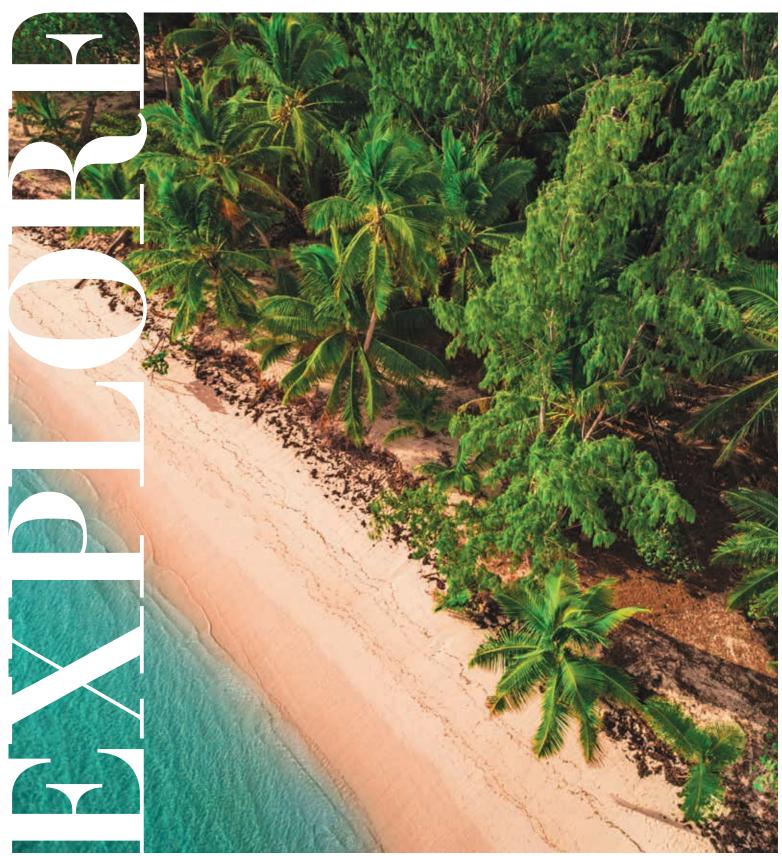


# **NORTH AMERICA**

ISSUE



MAGAZINE ISSUE 17 : NORTH AMERICA

COCONUTS ACROSS THE CARIBBEAN pg.30

The best restaurants in Juneau pg.56

WHISKED AWAY BY THE WINDS OF CAPE BRETON ISLAND  $pg.80\,$ 

# LETTER from the CREATIVE DIRECTOR



Wherever I find myself in my travels, one of the marvelous consistencies throughout our world is the indelible beauty of nature. And when it comes to natural wonders, North America is filled with animals and landscapes that should be seen not once, not twice, but as many times as you can.

The waters in this part of the globe are teaming with life. My first time snorkeling in the Caribbean included watching different types of rays move and dance gracefully beneath the surface — it was a life-changing moment. Even if you're not an avid swimmer or diver, you should experience the tranquility and beauty of life beneath the waves at least once. To that end, we have highlighted five of the most incredible snorkeling destinations in the Caribbean. Sportfishing is another

excellent way to experience the seas of North America. Read about catching marlin, mahi-mahi, wahoo, salmon and halibut on some of our more unique excursions from the Bahamas to Alaska.

On land, Puerto Rico's El Yungue is an incredible national park. Any verdant rainforest is a sight to behold, but the sounds of El Yunque stood out when I was there. The small frogs' "coqui" sound mixing with a waterfall cascading into the quiet pool below is heavenly. A livelier auditory experience awaits in Mexico. Learn about three traditional styles of Mexican music and the instruments that give them their unique sounds. Afar from the tropics, read about Icy Strait Point and Hoonah for an introduction to the Tlingit culture's connection to the land and how the trees themselves can speak to you, if you're willing to listen.

We also include a couple of articles about some of the culinary highlights of these classic destinations. In the Caribbean, the most iconic element of the culinary experience may just be the coconut. Read about some of the best dishes and drinks to enjoy across a handful of locales, thanks to one of our very own Senior Chefs. More culinary delights await your discovery on the far end of the continent,

where Juneau's best restaurants are sure to delight your palate. And as with any culinary travel experience, local ingredients and cultural traditions marry in a beautiful representation of the land and people.

And who better to explore the great outdoors with than man's (or woman's) best friend? I am fond of these fourlegged balls of fur — having two rescues of my own — but growing up in upstate New York, my first love was my neighbor's Newfie. He was bigger than she was, and never was there a gentler creature with such soulful eyes, always there to help you lick a popsicle on a summer's day or romp in the snow in winter. Enjoy a little history of this beloved breed and its origins.

You'll also enjoy reading about some of the most beautiful destinations in Canada. Nova Scotia's Cape Breton Island offers a cornucopia of ways to absorb the natural scenes and cultural heritage of this Celticrooted corner of the Americas. At the same time, a more cultivated wonderland awaits in Victoria, British Columbia. Discover the various gardens of the famed Butchart Gardens, and look forward to planning your own journey to witness it for yourself. You won't be disappointed.

Coast to coast, North America abounds with opportunities to explore and enjoy natural and cultural wonders. Whatever adventure or relaxation you seek, I hope you'll consider some of these great locations for your next journey.

Warmly,

Janice Davidson

Vice President, Creative & Brand Experience Regent Seven Seas Cruises

Tanice Navidson







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# the best snorkeling in the -





## — Top 5 spots —

The magnetic appeal of a Caribbean vacation is strong, attracting people all around the world to its clear waters and sunshine-filled days. If you're planning a trip yourself and wondering which Caribbean island has the best snorkeling, then look no further.

The Caribbean epitomizes a tropical island getaway, complete with the promise of countless snorkeling adventures. There are so many idyllic spots with vibrant marine life that it can be quite challenging to decide where to begin.

To help make your choice a little bit easier, we polled some of the most experienced snorkelers in the world and these were the final results.

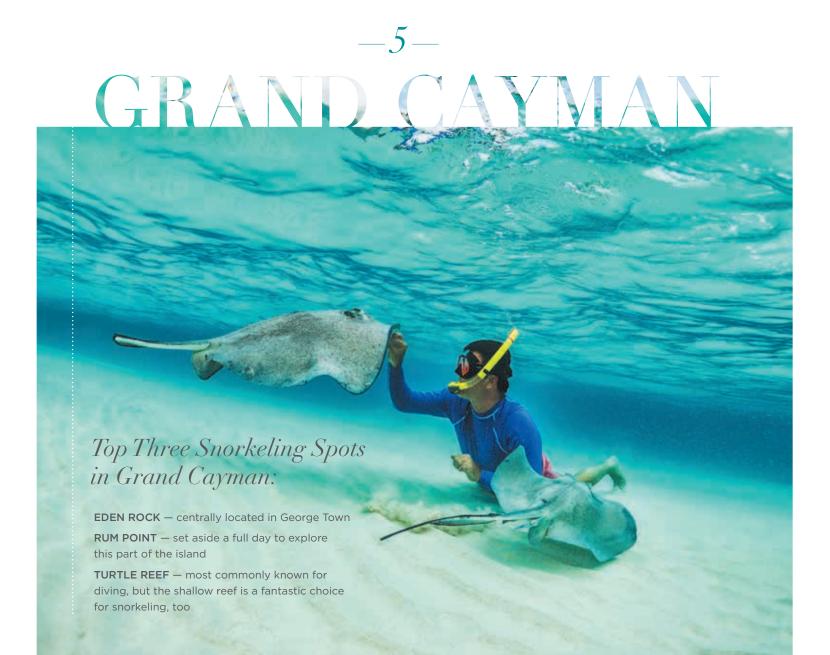


### BY KRISTIN YOUNG









If you're on the hunt for the best snorkeling in Caribbean waters throughout the year, then Grand Cayman is worth consideration. A fair number of spots have beach access and are accessible from the shore. There are other locations, such as Stingray City, that are best experienced with a tour.

The most difficult part of snorkeling in the Cayman Islands will be choosing which of the (many) spots to include on your

itinerary. The brightly colored coral reef shines through the crystal-clear waters and attracts snorkelers from around the world.

Make sure that you spit in your goggles beforehand because you don't want them to fog up. This could cause you to miss the incredible sights such as parrotfish, barracudas, and a variety of schooling fish.

\_4\_



BELIZE



The Belize barrier reef offers unrivaled coral reef snorkeling experiences, boasting an abundance of tropical fish to discover. The clear, turquoise water and choice of hundreds of cayes make Belize one of the best Caribbean snorkeling destinations.

While it's possible to snorkel off of the beaches, the best snorkeling is experienced at the many cayes and atolls.

The dry season, which runs from November to May, is

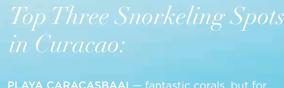
considered the best time to visit for the best visibility. With that being said, the snorkeling is unmatched all year around. Some of the unique marine life that you can expect to encounter include the West Indian Manatee, sea turtles, and whale sharks.

You can also push out further than the reefs on the mainland, and adventure to the various marine reserves and atolls to discover more.

continue...

### \_3\_





more advanced snorkelers

TUGBOAT — shallow tugboat wreck along the reef

KLEIN CURACAO — a small island approximately six



My experience snorkeling in Curacao, located in the southern Caribbean, was both relaxing and exhilarating. The majority of the snorkeling spots have beach entry, meaning easy accessibility and less organization needed.

The west coast of the island is best for underwater adventures, showcasing sea turtles, brightly colored fish, and the iconic tugboat wreck. Curacao's waters are known to be less legally protected than other islands in the Caribbean, such as Bonaire. But the long stretches of white-sand beaches make up for any missing fish.

# -2-ROATÁN



Located approximately 20 miles from Honduras, Roatán is a haven for marine life and a dream for snorkelers. Dipping your head below the surface will bring you up close with queen angelfish, sea turtles, and even whale shark.

There are over 25 unforgettable spots in the world's secondlargest reef. The crystal-clear waters give a clear vision of soft coral all around the island but are best enjoyed at West Bay.

March, April, and May are considered the best months to visit

Roatán, when the climate is most temperate and the island least crowded. If you're looking for a local to guide you on a snorkeling trip, then you can always book a Roatán snorkeling adventure.

If you enjoy pushing your boundaries a bit more, and are experienced in freediving, then you can head to the western tip of the island. The reef wall drops off at a point to a stunning canyon.

continue...



Bonaire is the second-largest island in the Dutch Caribbean, boasting a plethora of ocean life to enjoy. Bonaire's coral reef is envied as one of the healthiest in the Caribbean with tons of places to access from shore.

The immense biodiversity of marine life found in the reefs of Bonaire makes it one of the best Caribbean islands for snorkeling. Just east to Aruba and Curacao, the most notable snorkeling is found on the west coast which is protected from the winds.

The majority of the snorkeling spots are narrow strips of coral reef and can be easily accessed from the shoreline. These snorkeling spots accessible by the beach are free and noticeably marked.

The climate in Bonaire is consistent all year-round, making snorkeling a suitable activity whenever you visit. However, if you want more of the reef to yourself, then low-season (May to October) is best.









# FINAL THOUGHTS



The Caribbean has some of the best snorkeling spots in the world, making it a difficult job in choosing where to go first. This list has narrowed down some of the most exquisite options with lively coral reefs and underwater life.

All that's left to do now is make sure that you have the perfect snorkel mask to add to your packing list! ◆

Kristin Young runs the Caribbean travel website snorkelandhike.com. An avid snorkeler and lover of the outdoors, she travels around the Caribbean seeking out great snorkeling, beautiful hiking trails, and interesting experiences.











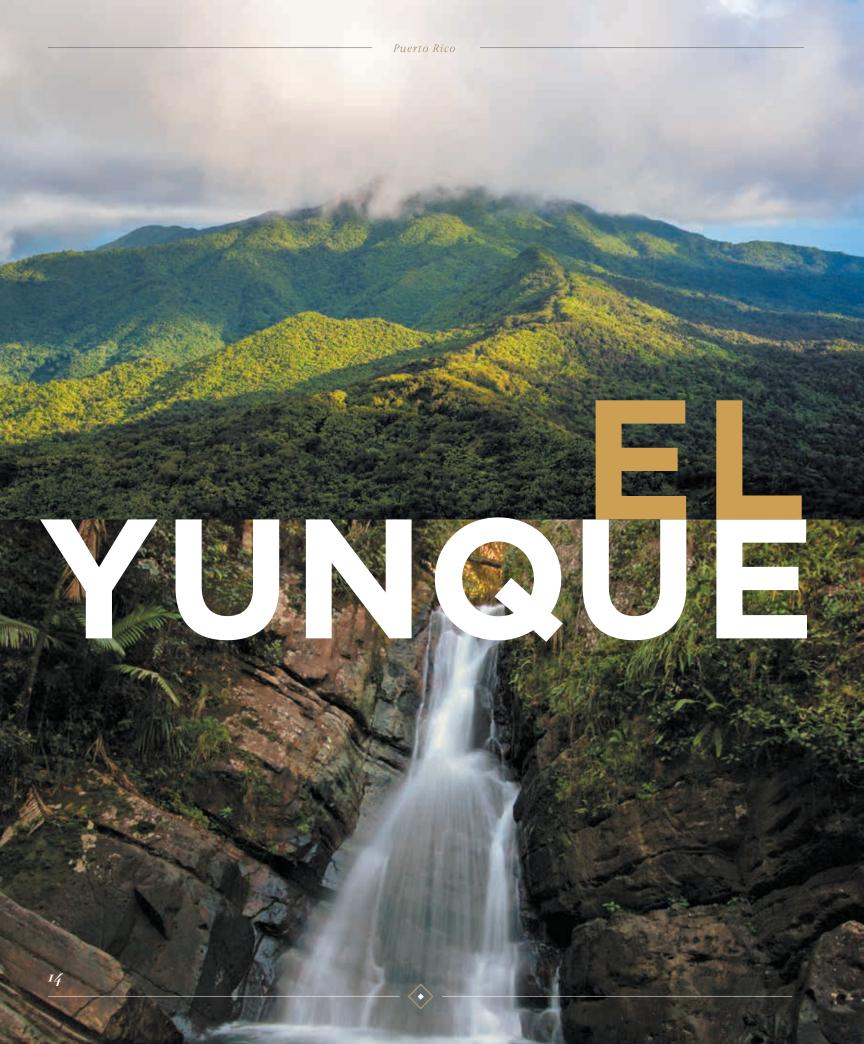
# EXPERIENCE A WHOLE NEW WORLD UNDER THE SEA IN THE CARIBBEAN



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
APR 10, 2024	14	Seven Seas Grandeur™ NEW YORK TO BARCELONA	New York, Royal Naval Dockyard (Bermuda), Horta (Azores), Funchal (Madeira), Malaga, Cartagena, Valencia, Barcelona	73
OCT 23, 2024	15	Seven Seas Grandeur™ NEW YORK TO MIAMI	New York, Royal Naval Dockyard (Bermuda) . St. Barts, St. Lucia, Barbados, Grenada, Bonaire, Curaçao, Aruba, Miami	63
NOV 24, 2024	12	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Aruba, Curaçao, Bonaire, Grenada, St. Lucia, St. Barts, British Virgin Islands	55
DEC 6, 2024	7	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Costa Maya, Belize (Harvest Caye), Honduras, Cozumel	51
DEC 6, 2024	7	Seven Seas Navigator® ROUNDTRIP MIAMI	Miami, Cozumel, Cayman Islands, Jamaica, Bahamas (Great Stirrup Cay)	31
DEC 11, 2024	7	Seven Seas Mariner® ROUNDTRIP MIAMI	Miami, Honduras, Belize (Harvest Caye), Costa Maya, Cozumel, Key West	60
DEC 23, 2024	11	Seven Seas Navigator® MIAMI TO SAN JUAN	Miami, Jamaica, Aruba, Curaçao, Bonaire, Saint Kitts & Nevis, St. Maarten, British Virgin Islands, San Juan	66
DEC 28, 2024	10	Seven Seas Mariner® ROUNDTRIP MIAMI	Miami, Cozumel, Costa Maya, Belize (Harvest Caye), Honduras, Jamaica, Cayman Islands	61
MAR 21, 2025	14	Seven Seas Navigator® ROUNDTRIP MIAMI	Miami, Tampa Bay O, New Orleans O, Progresso, Cozumel, Honduras, Belize (Harvest Caye), Costa Maya	67
NOV 2, 2025	15	Seven Seas Splendor® NEW YORK TO MIAMI	New York, Royal Naval Dockyard (Bermuda) . St. Barts, St. Lucia, Barbados, Grenada, Curaçao, Bonaire, Aruba, Miami	68
NOV 17, 2025	16	Seven Seas Splendor® MIAMI TO BARBADOS	Miami, Cozumel, Costa Maya, Belize (Harvest Caye), Honduras, Puerto Limon, Colón, Cartagena . Aruba, Curaçao, Bonaire, Grenada, Barbados	116
NOV 24, 2025	7	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Costa Maya, Belize (Harvest Caye), Honduras, Cozumel	47
DEC 20, 2025	14	Seven Seas Mariner® ROUNDTRIP MIAMI	Miami, Aruba, Bonaire, Curaçao, Grenada, St. Lucia, Guadeloupe, Saint Kitts & Nevis, British Virgin Islands	63
FEB 28, 2026	14	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Aruba, Curaçao, Bonaire, Grenada, Guadeloupe, Martinique, Saint Kitts & Nevis, St. Barts	72

Overnight in port

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



Roughly 30 miles southeast of San Juan, the only tropical rainforest in the United States' national forest system tempts visitors to explore a Puerto Rico apart.

A tropical wonderland stretching across 29,000 acres in Puerto Rico's northeast corner, El Yunque National Forest may have gotten its name from the Taino word "yuke," an indigenous reference meaning "white earth" that's thought to refer to the clouds that cluster around the forest's mountainous peak (other island lore maintains the forest's name comes from Yúcahu, the Taino deity of fertility).

For visitors who venture into its verdant reaches, the forest is full of surprises. Listen for the sounds of the coqui, Puerto Rico's endemic frog that livens the evening hours with its unique song, and scan the forest canopy (break out your binoculars, too!) to see myriad bird species that thrive here, including Puerto Rican parrots and large hummingbirds called green mangoes, with their signature curved bills.

continue...

## A Sacred & Diverse World

BY TERRY WARD





# the forest's biodiversity has garnered global scientific interest

The forest uniquely offers as much to experience by day as it does after dark, says El Yunque National Forest biologist and park ranger, Victor Cuevas.

"Life in El Yunque has two shifts," he explains. "During the day, you can observe and listen to the singing and fluttering of birds and see all the greenery and color a tropical rainforest has."

"Come evening time, the night shift takes over," Cuevas says. "It is mostly insects and our favorite amphibian, the coqui, who play the music in the forest. We can hear only nocturnal birds, such as the Puerto Rican screech owl or mucarito, the bats fluttering and cricket sounds. But it's the coqui's singing which stands out."

During the daytime, hiking is a popular pastime. Trails range from easy to extremely challenging and reward visitors with spectacular lookouts and sublime places to swim

The natural pools at La Coca Falls, with its 85-foot cascade, can be reached via a challenging trail (1.8 miles one way) through the lower montane forest. For something far easier, hit the Angelito trailhead to walk less than a mile to a natural swimming area within the Río Mameyes, one of Puerto Rico's most scenic and wild rivers that flows in a northerly direction.

Visitors who love plants — and orchids in particular — find wonders at every turn in El Yunque. It's estimated that the national forest harbors 70 species of orchids, says the park's public affairs officer, Brenda Peña López.

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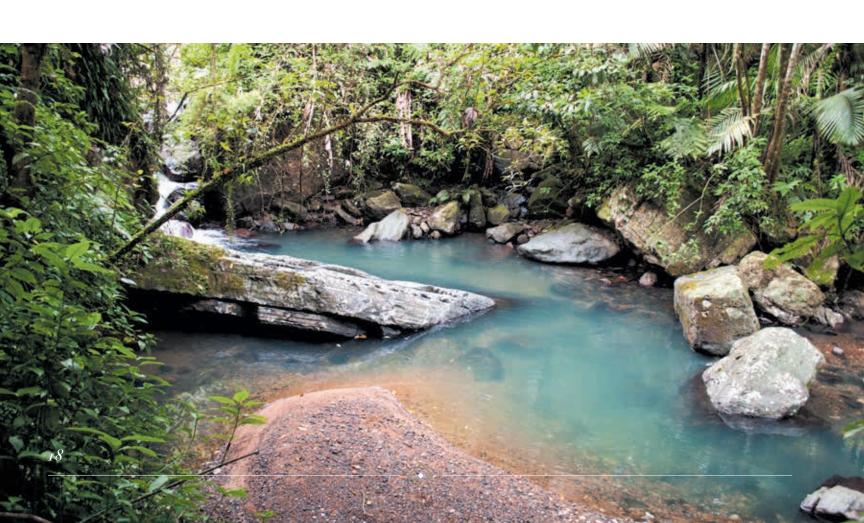


Whatever they're looking for, visitors will find it when they come to El Yunque

Those include seven endemic orchid species and one native orchid that are considered species at risk, she says. "Their rarity lies in their size," says López about these special blooms. "We are talking about very small orchids, such as lepanthes selenitepala, endemic to the Luquillo Mountains, and lepanthes woodberiana, which measure only about 2.5 millimeters."

A naturalist guide can help you spot these tiny treasures where they grow, which is mostly along mossy rocks near streams and moss-covered tree trunks and branches in the forest.

Other rare and fascinating plant species in the forest include bioluminescent mushrooms that are incredibly difficult to find. "Currently, we know of seven known species of bioluminescent fungi. But based on El Yunque's biodiversity, it is estimated that there are 20 to 30 glow-in-the-dark species that have not yet been identified," says López.



Despite its diminutive size (El Yunque is one of the smallest forests in the national forest system), the forest's biological diversity has garnered the attention of scientists across many branches of studies. "El Yunque has been the subject of studies on climate change, how nutrients move through the forest, biodiversity, and rare plant and animal species protected by the federal and state governments," says López.

But for visitors, perhaps one of the most exciting things about El Yunque's exceptional biodiversity is the myriad ways in which they can experience it – not only during the day or night on interpretive trail walks and hikes, but via less-expected activities, including zip lining adventures or volunteer opportunities in the park that might include helping to maintain trails.

"Whatever they're looking for, visitors will find it when they come to El Yunque," López says.

"Waterfalls and crystal-clear waters in which they can take a splash, trails providing a special connection to a unique nature, a humid but pleasant climate all year round, impressive biodiversity and beautiful landscapes that reflect the connection between the ridge and reefs, which is vital for the ecosystems' balance," are just the tip of the iceberg when it comes to the forests wonders, she says.

And El Yunque's proximity to Puerto Rico's northeastern beaches also makes it unique to visit, she says.

"Visitors have the opportunity to experience two different natural environments in the same day," López says. It's best of both Puerto Rican worlds, in other words, and all yours to enjoy. •

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









# Witness the natural beauty of Puerto Rico on these luxurious cruises



DATE	NIGHTS	SHIP/FROM/TO	PORTS	EXCURSIONS
NOV 14, 2024	10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Puerto Plata, San Juan, St. Barts, Dominica, Antigua, British Virgin Islands	61
DEC 13, 2024	10	Seven Seas Navigator® ROUNDTRIP MIAMI	Miami, Puerto Plata, San Juan, St. Barts, Dominica, Antigua, British Virgin Islands	61
DEC 18, 2024	10	Seven Seas Mariner® ROUNDTRIP MIAMI	Miami, Aruba, Curaçao, Bonaire, Grenada, St. Lucia, St. Barts, British Virgin Islands	63
JAN 24, 2025	10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Puerto Plata, San Juan, St. Barts, Dominica, Antigua, British Virgin Islands	61
FEB 13, 2025	10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Puerto Plata, San Juan, St. Barts, Dominica, Antigua, British Virgin Islands	61
JUN 24, 2025	16	Seven Seas Mariner® MIAMI TO NEW YORK	Miami, Aruba, Curaçao, Bonaire, Grenada, St. Lucia, St. Barts, San Juan, Hamilton (Bermuda) <mark>O</mark> , New York <mark>O</mark>	79
DEC 1, 2025	10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, San Juan, St. Barts, St. Maarten, St. Croix, Punta Cana, Nassau	47
DEC 10, 2025	10	Seven Seas Mariner® ROUNDTRIP MIAMI	Miami, Puerto Plata, San Juan, St. Barts, Dominica, Antigua, British Virgin Islands	55
FEB 10, 2026	11	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Bahamas (Great Stirrup Cay), San Juan, British Virgin Islands, St. Barts, Antigua, St. Lucia, St. Maarten	66

Overnight in port

FREE SHORE

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







# HEARTBEAT of Mexico

#### BY JOHN LASHBROOK

Mexico's rich musical heritage is integral to its culture and offers listeners a unique and memorable experience. Whether stumbling upon a local band performing in a plaza or joining in a festive celebration, the music can transport you to a world of passion, folklore, and timeless traditions. Here are three of the most notable styles of traditional Mexican music:

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### Mariachi

Mariachi music is a vibrant and lively traditional Mexican style characterized by its distinctive sound, elaborate costumes and colorful performances. Beginning in the rural areas of western Mexico in the late 1800s, mariachi music grew in popularity. Over time, mariachi bands evolved and became an integral part of Mexican culture, representing the spirit and traditions of the country.

A typical mariachi band consists of several musicians, each playing a specific instrument. The core instruments are the guitar, <code>guitarrón</code> (an acoustic bass guitar), <code>vihuela</code> (a small, high-pitched guitar), and trumpets. Additionally, the band may include violins, harps, and even a Mexican folk harp known as the <code>arpa</code>. These instruments come together to create the distinctive and vibrant sound of mariachi. The musicians often wear <code>charro</code> outfits, (traditional Mexican cowboy suits) with wide-brimmed sombreros. This attire adds to the visual appeal and cultural significance of the performance.

Mariachi music holds immense cultural significance in Mexico and is often associated with celebrations, festivals, and important events. It represents the spirit and identity of the Mexican people and has become a symbol of national pride. Today, mariachi music enjoys popularity worldwide and is recognized as an important and beloved genre of traditional Mexican music. In 2011, UNESCO added mariachi music to its Representative List of the Intangible Cultural Heritage of Humanity.

continue...







### Ranchera

Ranchera music is another traditional Mexican genre that originated in rural areas before the Mexican Revolution.

Ranchera songs reflect the spirit and traditions of the Mexican countryside. They are characterized by their emotional depth and lyrical storytelling, often focusing on themes of love, heartbreak, patriotism, rural life, and Mexican traditions.

The music is typically accompanied by various instruments, including the guitar, vihuela, and accordion, which provide the distinctive sound of ranchera. Other instruments, such as the bass, trumpet and drums, may also be incorporated to enhance the musical arrangement.

Ranchera music gained massive popularity throughout Mexico in the 1930s with the rise of Mexican *comedias rancheras*, films that showcased rural life, humor and music. Some of the most iconic artists to represent the style include Pedro Infante, Jorge Negrete and Vicente Fernández. The genre continues to evolve and thrive, preserving its cultural heritage while embracing modern influences, ensuring its enduring popularity among generations of Mexican music enthusiasts.

### Norteño

Norteño, also known as música norteña, is a traditional Mexican genre that developed in the northern regions of Mexico. It emerged in the late 19th century and combines traditional Mexican folk styles with influences from German, Czech and Polish polka music. Norteño music is characterized by its lively rhythms, accordion-driven melodies and storytelling lyrics. The core instruments that come together to create the distinctive sound of Norteño music include the accordion, bajo sexto (a twelve-string guitar), bass, and drums. This combination of instruments gives Norteño music its energetic and festive quality. Norteño music reflects the traditions, history, and cultural identity of these regions, often depicting themes of love, migration, and regional pride. It is closely associated with social gatherings, festivals, and celebrations, serving as a cultural marker and unifying force within the communities where it is cherished.

Norteño music has also gained widespread popularity across Mexico and beyond, influencing contemporary Mexican music and even crossing over into international markets. It has produced notable artists such as Los Tigres del Norte, Ramón Ayala and Intocable, who have played a crucial role in popularizing the genre and reaching a global audience. Norteño music acts as a symbol of regional pride and cultural heritage, contributing to the diverse and dynamic musical landscape of Mexico.

\* \* \*

If you're planning a trip to Mexico, make sure to seek out opportunities to witness a live musical performance. It is a wonderful way to relax while immersing yourself in the vibrant culture of the country. Picture yourself sipping on a refreshing margarita or local cerveza while captivated by the melodies and infectious rhythms that fill the air. The energy and enthusiasm of the musicians, combined with the lively atmosphere, will transport you to a world where time stands still and celebration is in the air. •

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.







# Feel the rhythms of Mexico on these tropical escapes

NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
17	Seven Seas Mariner® MIAMI TO SAN FRANCISCO	Miami, Cartagena, Puntarenas, Corinto, Puerto Quetzal, Acapulco, Cabo San Lucas, San Diego, Santa Barbara, San Francisco O	71
10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Cayman Islands, Cozumel, Costa Maya, Belize (Harvest Caye), Guatemala, Honduras, Key West	68
7	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Honduras, Belize (Harvest Caye), Costa Maya, Cozumel, Key West	62
10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Cayman Islands, Cozumel, Costa Maya, Belize (Harvest Caye), Guatemala, Honduras, Key West	68
7	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Honduras, Belize (Harvest Caye), Costa Maya, Cozumel, Key West	60
16	Seven Seas Grandeur™ MIAMI TO LOS ANGELES	Miami, Cayman Islands, Cartagena, Puntarenas, Corinto, Puerto Quetzal, Acapulco, Cabo San Lucas, Ensenada, Los Angeles	80
16	Seven Seas Grandeur™ LOS ANGELES TO MIAMI	Los Angeles, Ensenada, Cabo San Lucas, Acapulco, Puerto Quetzal, Corinto, Panama City, Cartagena, Cayman Islands, Miami	66
	17 10 7 10 7	17 Seven Seas Mariner® MIAMI TO SAN FRANCISCO  10 Seven Seas Grandeur™ ROUNDTRIP MIAMI  7 Seven Seas Grandeur™ ROUNDTRIP MIAMI  10 Seven Seas Grandeur™ ROUNDTRIP MIAMI  7 Seven Seas Grandeur™ ROUNDTRIP MIAMI  16 Seven Seas Grandeur™ MIAMI TO LOS ANGELES  16 Seven Seas Grandeur™	Miami, Cartagena, Puntarenas, Corinto, Puerto Quetzal, Acapulco, Cabo San Lucas, San Diego, Santa Barbara, San Francisco   10 Seven Seas Grandeur™ Miami, Cayman Islands, Cozumel, Costa Maya, Belize (Harvest Caye), Guatemala, Honduras, Key West  7 Seven Seas Grandeur™ Miami, Honduras, Belize (Harvest Caye), Costa Maya, Cozumel, Key West  10 Seven Seas Grandeur™ Miami, Cayman Islands, Cozumel, Costa Maya, Belize (Harvest Caye), Guatemala, Honduras, Key West  10 Seven Seas Grandeur™ Miami, Cayman Islands, Cozumel, Costa Maya, Belize (Harvest Caye), Guatemala, Honduras, Key West  11 Seven Seas Grandeur™ Miami, Honduras, Belize (Harvest Caye), Costa Maya, Cozumel, Key West  12 Seven Seas Grandeur™ Miami, Honduras, Belize (Harvest Caye), Costa Maya, Cozumel, Key West  13 Seven Seas Grandeur™ Miami, Cayman Islands, Cartagena, Puntarenas, Corinto, Puerto Quetzal, Acapulco, Cabo San Lucas, Ensenada, Los Angeles  14 Seven Seas Grandeur™ Los Angeles  15 Seven Seas Grandeur™ Los Angeles  16 Seven Seas Grandeur™ Los Angeles  18 Los Angeles, Ensenada, Cabo San Lucas, Acapulco, Puerto Quetzal,



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
FEB 3, 2025	10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Cozumel, Belize City, Guatemala, Honduras, Jamaica, Cayman Islands	45
FEB 17, 2025	10	Seven Seas Navigator® ROUNDTRIP MIAMI	Miami, Costa Maya, Honduras, Belize (Harvest Caye), Key West	61
FEB 23, 2025	10	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Cozumel, Belize City, Guatemala, Honduras, Jamaica, Cayman Islands	45
JAN 3, 2026	7	Seven Seas Mariner® ROUNDTRIP MIAMI	Miami, Aruba, Bonaire, Curaçao, Grenada, St. Lucia, Guadeloupe, Saint Kitts & Nevis, British Virgin Islands	47
FEB 21, 2026	7	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Cozumel, Honduras, Belize (Harvest Caye), Costa Maya	47
MAR 14, 2026	12	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Key West, Cozumel 0, Costa Maya, Guatemala, Belize (Harvest Caye), Honduras, Jamaica, Cayman Islands	77

Overnight in port

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



## across the caribbean

### A SAMPLING OF CULINARY FAVORITES

#### BY CHEF MICHAEL MEYEPA

No aroma captures the essence of the sun-kissed sands, fruit-laden palms and warm clear seas of a perfect tropical escape like coconut. This fruit is as ubiquitous with tropical cuisine as salmon with Alaska, lobster with New England or gumbo with Louisiana. It stands alone in form and flavor, is appreciated for its versatility and health benefits, and it has carved an indelible mark into the gastronomy of these Caribbean paradises with a sweet, nutty bouquet.





### PUERTO RICO | A COOLING EMBRACE

Our first port of call is Puerto Rico, where the emblematic *coquito* reigns supreme. This festive drink, often referred to as Puerto Rican Eggnog, is an intoxicating blend of coconut milk, coconut cream, sweetened condensed or powered milk and rum, with a dusting of cinnamon and nutmeg. Served chilled, it brings respite from the tropical heat.

Puerto Rican rice pudding, known as arroz con dulce, stands apart from other rice puddings thanks to the use of coconut milk and the fragrant spices with which it's infused. And if you're looking for something even smoother, try some tembleque, an almost custard-like coconut pudding that is a pleasure on the palate. Additionally, coconut water is a favorite refreshment among locals and visitors alike.

### ST. LUCIA | SIPPING PARADISE

Sailing southeastward, we drop anchor in St. Lucia. Here, coconuts are as vital as the air you breathe. The most beloved concoction is the *Lucian rum punch*. Made with coconut water, rum, lime juice and a dash of nutmeg, it's an opportunity to savor the island in a glass.

Coconut oil is also a staple, used to fry fresh catches of fish, while coconut milk enriches the national dish, green fig and saltfish, which marries the flavors of green bananas (called "figs" on the island) and salted cod. And if you'd prefer something sweeter, stop in a local bakery for some coupe (Creole for "coconut cake").







crab smothered in coconut milk-infused curry, served over hearty dumplings — this is a plate that demands your undivided attention.

Coconut also breathes life into the vibrant street food scene with its presence in *doubles and callaloo* (originated in Trinidad), a popular snack made with fried bread and chickpea curry and often topped with various sauces, from a pepper sauce to coconut chutney. Trinidad and Tobago's coconut fudge is also a must-try for those with a sweet tooth.







### **DOMINICAN REPUBLIC | A COOL RETREAT**

Paletas de coco (coconut popsicles) are a refreshing treat during a sultry day in the Dominican Republic. Whether homemade or picked up at a local eatery, the simple combination of milk, sugar, coconut milk and a bit of vanilla (if you fancy it), blended and frozen into a chilly delight is hard to beat.

Sancocho Dominicano, a hearty stew with meats, tubers and vegetables, is a national favorite. Incorporating coconut milk further enhances the flavors, providing additional depth and richness to an already delicious meal.

### **ANTIGUA** | SWEET AND SPICY

Our final port of call is Antigua, where the ducana holds the culinary torch high. These potato dumplings, made with grated coconut, sugar, and spices, are wrapped in banana leaves and steamed, boiled or fried to perfection. Ideally served alongside saltfish, ducana is sure to satisfy.

Antiguan coconut tart is another delicacy, blending the flavors of grated coconut, sugar, and almond extract into a delectable tart. Coconut sugar cakes are a stand-out as well — grated coconut, sugar, water and a little ginger — sometimes with a pop of food coloring for fun.

### MORE THAN A NUT

Coconut is a thread we find woven throughout the tapestry of Caribbean cuisine. And it doesn't stop there. This seafaring fruit can be found throughout much of the tropical and subtropical regions of the world, impacting culinary traditions from South America to Southeast Asia and beyond.

The distinct aroma and flavor of the coconut are wonderfully diverse in application. It can stand alone or be brought into a plethora of dishes and beverages to create a more robust flavor profile or be used as a simple sweetener. At a time when cultures are more connected than ever, coconut can serve as an ambassador for tropical cuisines, inviting the world to savor a piece of paradise, one bite at a time. •

Originally from Mauritius, Michael Meyepa has resided in South Africa for the last 25 years. In 2014, Michael joined Regent Seven Seas Cruises, where he applies his masterful skills as a Senior Executive Chef.







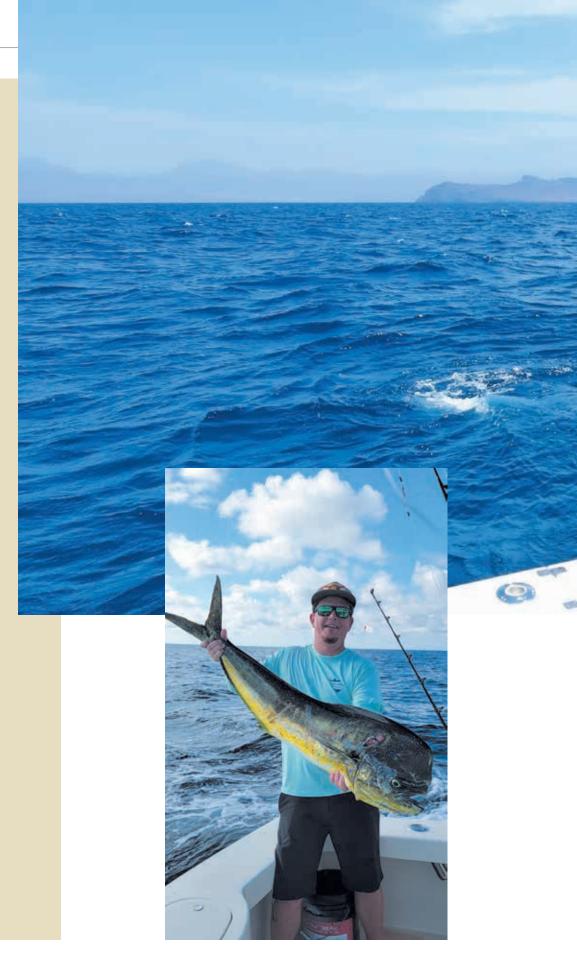


# ENJOY A LOVELY BUNCH OF COCONUTS ON ANY OF THESE INCREDIBLE VOYAGES IN THE CARIBBEAN



DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
FEB 9, 2024	7	Seven Seas Splendor® MIAMI TO SAN JUAN	Miami, Key West, Puerto Plata, St. Thomas, Antigua, St. Barts, San Juan	40
FEB 16, 2024	10	Seven Seas Splendor® SAN JUAN TO BARBADOS	San Juan, Aruba, Curaçao, Bonaire, Grenada, Trinidad & Tobago, St. Vincent & the Grenadines, Guadeloupe, St. Lucia, Barbados	73
FEB 26, 2024	10	Seven Seas Splendor® ROUNDTRIP BARBADOS	Barbados, Trinidad & Tobago, Grenada, St. Vincent & the Grenadines, Dominica, St. Barts, Antigua, Guadeloupe, Martinique, St. Lucia, Barbados	80
MAR 7, 2024	10	Seven Seas Splendor® BARBADOS TO SAN JUAN	Barbados, St. Lucia, Guadeloupe, St. Vincent & the Grenadines, Trinidad & Tobago, Grenada, Bonaire, Curaçao, Aruba, San Juan	73
JAN 3, 2025	10	Seven Seas Navigator® ROUNDTRIP SAN JUAN	San Juan, Grenada, St. Vincent & the Grenadines, Dominica, St. Barts, Antigua, Guadeloupe, Martinique, Saint Kitts & Nevis	74
JAN 13, 2025	7	Seven Seas Navigator® ROUNDTRIP SAN JUAN	San Juan, St. Thomas, St. Maarten, Dominica, St. Lucia, Antigua, St. Barts	44
JAN 20, 2025	10	Seven Seas Navigator® ROUNDTRIP SAN JUAN	San Juan, Grenada, St. Vincent & the Grenadines, Dominica, St. Barts, Antigua, Guadeloupe, Martinique, Saint Kitts & Nevis	74
JAN 30, 2025	7	Seven Seas Navigator® ROUNDTRIP SAN JUAN	San Juan, St. Thomas, St. Croix, Dominica, St. Lucia, Antigua, St. Barts	44
FEB 6, 2025	11	Seven Seas Navigator® SAN JUAN TO MIAMI	San Juan, British Virgin Islands, St. Maarten, Saint Kitts & Nevis, Curaçao, Bonaire, Aruba, Puerto Plata, Miami	86
MAR 5, 2025	14	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Aruba, Curaçao, Bonaire, Grenada, St. Vincent & the Grenadines, Barbados, Dominica, Antigua, St. Maarten	97
DEC 11, 2025	11	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, St. Thomas, Saint Kitts & Nevis, St. Lucia, Martinique, Antigua, Bahamas (Great Stirrup Cay)	58
DEC 22, 2025	12	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Saint Kitts & Nevis, Antigua, Martinique, Barbados, Grenada, St. Lucia, St. Maarten	72
JAN 15, 2026	10	Seven Seas Grandeur™ PANAMA CITY TO LOS ANGELES	Panama City, Puntarenas, Corinto, Puerto Vallarta, Cabo San Lucas, Ensenada, Los Angeles	60

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





### BY JOHN LASHBROOK

From my earliest childhood days, fishing has been an obsession of mine. Many of my fondest memories involve fishing trips with family and friends, and I cherish being able to relive those experiences for years to come. From fishing freshwater lakes and streams to saltwater marshes and venturing offshore, the sport of fishing represents a neverending pursuit of knowledge, exploration and travel due to the endless species of fish and different tackle and techniques required to catch them.

The opportunity to explore exotic destinations in search of big fish never fails to capture my imagination and quicken my pulse. Whenever I have the chance to travel, I try to add

a fishing trip to the itinerary. Over the years, I've found that booking a fishing charter offers the best chance for success and is a great way to experience the beauty of nature while gathering local knowledge from the captain and crew. Whether you're an experienced angler or a novice, a good charter outfit will provide you and your party with the necessary equipment and instruction for a fun, comfortable and productive day on the water

As you plan your next voyage with Regent Seven Seas Cruises, there are several world-class fishing destinations you should consider. Here are three of them:



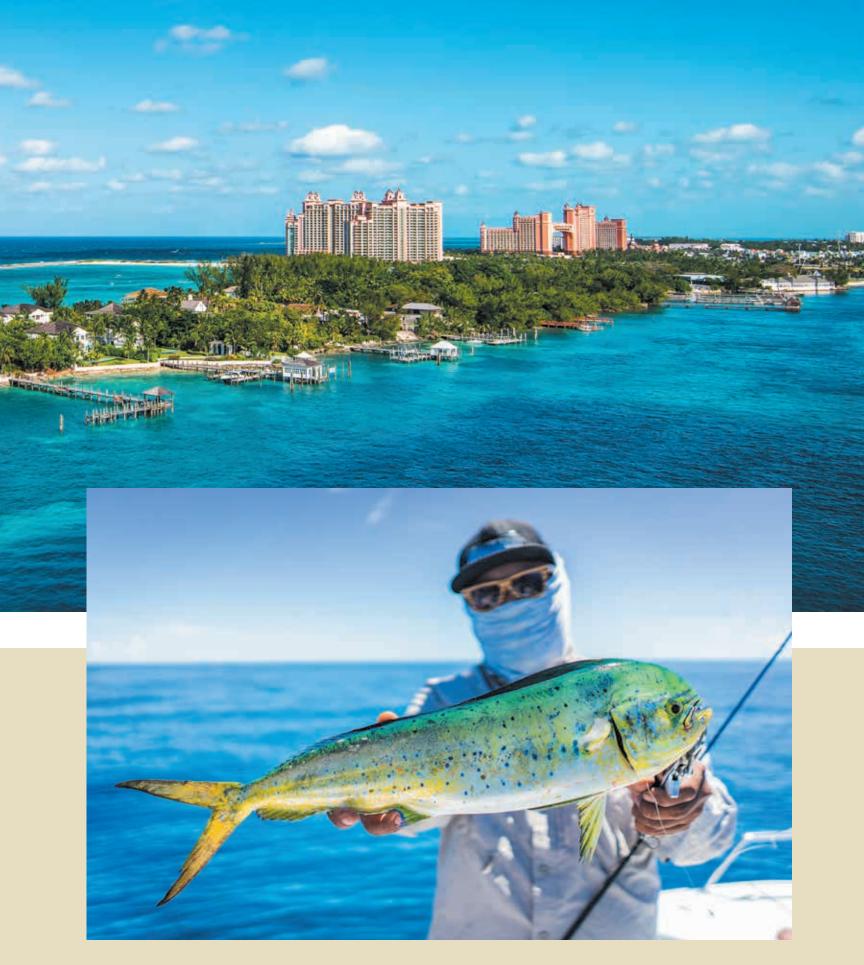




# NASSAU, BAHAMAS

The pristine, tropical waters of the Bahamas offer some of the world's best fishing for prized species such as sailfish, wahoo, tuna, mahi-mahi and more. Trolling is generally the preferred method for targeting these fish, as it allows you to cover more area with multiple baits and lures at varying depths and distances in the spread. As you're waiting for the strike, keep an eye out for diving birds, large patches of sargassum weed or floating objects in the water, as these are often prime indicators of where large pelagic fish may be feeding below.

Be ready. When a fish strikes, you will hear the reel start to sing as line begins to peel out, and the fight begins. Brace yourself for an awe-inspiring spectacle, as sailfish and mahimahi usually jump several times during the fight, putting on a mesmerizing display of aerial acrobatics.









# **CABO SAN LUCAS, MEXICO**

Renowned for its exceptional offshore fishing, Cabo San Lucas is a bucket list destination for many anglers. While many species are caught in these bountiful waters, most charter captains are focused on targeting marlin. It won't take long to reach the prime fishing waters off the Baja Peninsula and begin trolling for these deep-water monsters.

Marlin trolling tactics generally include using hook-less teasers or dredges to attract the fish with artificial lures and rigged natural baits such as small mackerel, bonito or strip baits to entice the bite. Pay close attention to your surface baits as

you troll, and you may witness the heart-pounding moments leading up to a bite. Since marlin use their long bill to slash and stun prey, they often make their presence known before they bite.

If you're lucky enough to battle one of these giants, the goal is to keep the line tight. Bow to them when they jump and patiently tire them out, gaining line with each crank of the reel to bring them alongside the boat for a few pictures and a safe release. If you've never witnessed a marlin's impressive size and beautiful colors up close, I assure you it is a spectacle you will never forget.







# KETCHIKAN, ALASKA

### SALMON

The small port city of Ketchikan is known as Alaska's "First City" and the "Salmon Capital of the World." Needless to say, the fishing is spectacular and the stunning backdrop of glacier-carved bays, majestic fjords and the natural beauty of Tongass National Forest only add to the experience. You are also likely to see seals, breaching whales and eagles while cruising the fishing grounds.





Five species of salmon live in these waters, and once again, trolling is the preferred method captains employ. However, salmon trolling moves much slower than trolling for larger, more active fish like marlin. Using downriggers allows you to precisely control the depth of your baits and lures, depending on where the fish are schooling in the water column. Natural baits such as herring and minnows are commonly used, as are artificial spoons, spinners and hoochies. Catching a king salmon in the 30-40lb range is not uncommon, but they can get much larger, so be ready for a good fight!

### **HALIBUT**

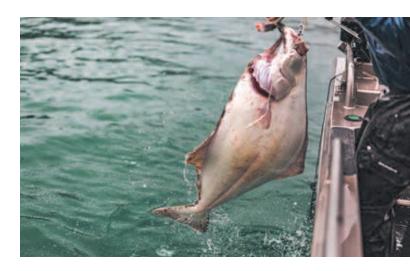
For those who prefer a different style of fishing, the waters of Ketchikan also hold a remarkable halibut fishery. Highly sought after by anglers and seafood enthusiasts alike, halibut can grow to impressive sizes, often surpassing 300 pounds and measuring over 8 feet long. One of the distinguishing features of halibut is their flat body shape, which allows them to lie on the ocean floor and camouflage themself against the sandy or muddy bottom. This adaptive characteristic enables the halibut to be an ambush predator, patiently waiting for prey to come within striking distance.

To target these unique fish, charter captains often anchor the boat near their favorite halibut hole and begin chumming the water. The scent and activity created by the chum slick help get the fish's attention and bring them closer to the boat. Popular natural baits for targeting halibut include whole herring, fresh cut bait or even a whole salmon head on a large circle hook. Baits are sent down to the bottom (using lead weights), where the fish are likely to lurk. Bouncing large artificial jigs along the bottom is another proven technique many anglers use.

One of the best things about an Alaskan fishing charter is that in addition to enjoying the great fishing action and your beautiful surroundings, you can have your catch processed, packaged and shipped home to enjoy on the dinner table.

Wherever your travels may take you, I wish you calm seas, clear skies and tight lines. ◆

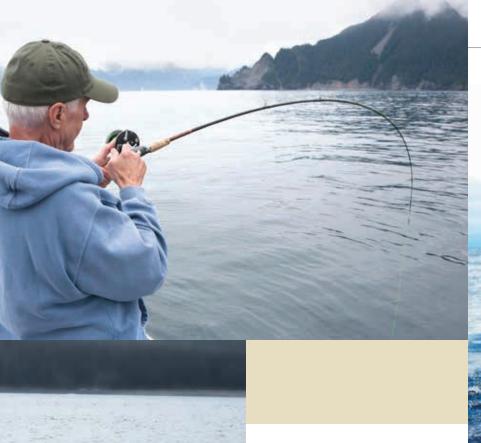
John Lashbrook is the multifaceted owner and operator of PixelWorks (pxlwrx.com). Based in Florida, he's traveled through North America and as far east as Asia, carrying with him a passion for fishing, excellent creative work, and hilarious standup.





# Log your own fish tale from the CARIBBEAN to AMERICA'S LAST FRONTIER

DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAR 24, 2024	7	Seven Seas Splendor® SAN JUAN TO MIAMI	San Juan, St. Barts, Antigua, St. Thomas, Puerto Plata, Nassau, Miami	45
JUN 19, 2024	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 3, 2024	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 17, 2024	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 31, 2024	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
DEC 29, 2024	10	Seven Seas Grandeur™ ROUNDTRIP LOS ANGELES	Los Angeles, Ensenada, Cabo San Lucas, La Paz, Mazatlan, Manzanillo, Puerto Vallarta	50
MAY 21, 2025	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUN 6, 2025	18	Seven Seas Mariner® SAN FRANCISCO TO MIAMI	San Francisco, Los Angeles, Ensenada, Cabo San Lucas, Acapulco, Puerto Quetzal, Corinto, Puntarenas, Cartagena, Cayman Islands, Miami	82
JUN 18, 2025	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 2, 2025	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 16, 2025	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JAN 03, 2026	12	Seven Seas Grandeur™ MIAMI TO PANAMA CITY	Miami, Cayman Islands, Jamaica, Bonaire, Curaçao, Aruba, Costa Rica, Panama City	69
JAN 25, 2026	16	Seven Seas Grandeur™ LOS ANGELES TO MIAMI	Los Angeles, Cabo San Lucas, Acapulco, Puerto Quetzal, Corinto, Puntarenas, Cartagena, Cayman Islands, Miami	74
MAR 26, 2026	12	Seven Seas Grandeur™ ROUNDTRIP MIAMI	Miami, Nassau, Royal Naval Dockyard (Bermuda) 🧿 🧿 Norfolk, Charleston 💽 Port Canaveral	45

Overnight in port

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# isten.

EXPERIENCE THE STORIES OF THE HUNA TLINGIT FROM ICY STRAIT POINT

### BY TERRY WARD

Every port of call comes with a lasting memory you'll take with you when you leave. And when you sail through Glacier Bay National Park in Alaska and come into port in tiny Icy Strait Point, you have the privilege of getting to learn about - and often meet - some of the Huna Tlingit, members of one of Southeast Alaska's diverse indigenous peoples who have called this land their home since time immemorial.

The key is to slow down, look and listen for the stories around you.







TLINGIT CHILKAT CEREMONIAL DANCE BLANKET DESIGN REPRESENTS A KILLER WHALE. AGOMEZ@ABQJOURNAL.COM



Long before the peak of the most recent glacier advance in Glacier Bay that displaced their community — during the Little Ice Age in 1750 — the Huna Tlingit's territory was the stretch of spectacular land that now makes up Glacier Bay National Park. And despite the double punch of the glacier's advance and western expansion into their physical homeland, Glacier Bay remains the spiritual homeland of the Huna Tlingit today, most of whom now live in the town of Hoonah, which includes Icy Strait Point.

"When the advancing ice pushed the Huna Tlingit out of the bay, there were several villages along the shores of Icy Strait," explains Johan Dybdahl, Director of Special Projects for Icy Strait Point and a member of the Huna Tlingit who grew up in Hoonah. "The best location turned out to be where Hoonah is located now, in the lee of the north wind."

Across Southeast Alaska, Dybdahl explains, you'll always find Tlingit villages on the winter sun side of bays and islands. Downtown Juneau is only where it is because of the gold strike that happened there in 1880, he says. "The Tlingit had a fishing camp in downtown Juneau's location, but they would never want to live there in winter since it's not in the sun," Dybdahl explains.





With a population of around 1,000 people, Hoonah, Alaska's largest Tlingit village, has maintained many of the native traditions that were lost further south in Alaska. And the Huna Tlingit people are considered the keepers of some of the culture's older traditions.

Even today, says Dybdahl, an estimated 50 percent of the local diet in Hoonah is sourced from the surrounding sea or the forest.

"People still hang fish to dry and smoke it; we still harvest seals and eat the meat smoked sometimes," he says. Hoonah's people forage seaweed along the coast and harvest spruce buds, beach asparagus and goosegrass, a type of arrow grass with medicinal properties. Sitka black-tailed deer, crab and chinook salmon also make up a large part of the Huna Tlingit diet.

"People just love their native food," says Dybdahl.

"The Huna Tlingit are doing the same things they've always done and adding new twists to preparations, too, from foods that have been introduced."

During a walk to Hoonah village, about 15 minutes by foot from Icy Strait Point, you might see humpback whales bubble feeding as you stroll the



seawalk. Elsewhere in town, you may observe Huna Tlingit people smoking fish outside their homes or foraging along the coastline. Take time to look around you and soak it all in, and you'll be doing what the people originally from this part of Alaska have always been doing.

"Our people learned a lot of things from observation, and especially by observing all the things that live around us," Dybdahl says. "The orcas, whales, seals, sea lions, bears."

Tlingit culture is based on balancing all things, he explains, and the respect of all things and people is paramount. Key to that, says Dybdahl, is the ability to truly listen.

"Our people gave importance to learning to listen," he says. "It's a valuable lesson, and one for people who had to pass down stories and valuable lifesaving lessons." Tlingit people are very careful when they tell stories, asking the children who listen to repeat it back exactly as they heard it so it can be properly passed down. "In that way, these lessons weren't lost," Dybdahl says.

When a second dock was built in Hoonah at Wilderness Landing, Hoonah elders held a blessing of

the trees before clearing some of them to make room for the mountain gondola.

"Our people believe trees are the holders of all knowledge, and what one tree knows all the other trees know, so they talked to the trees," Dybdahl says. "Our whole Tlingit culture is based on balancing things. If you don't have that balance and response in all things, it's like leaving it out there hanging in the air."

Sometimes, says Dybdahl, he will see visitors to Icy Strait Point puzzling over something. So, he will approach them and tell them a story.

"Around every corner at Icy Strait Point, there's another story – and very big stories, in some cases, that visitors have never heard of," Dybdahl says.

The key is to be present, to observe and to truly listen. •

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.





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUL 10, 2024	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
JUL 24, 2024	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
AUG 21, 2024	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
SEP 4, 2024	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
MAY 14, 2025	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
JUN 11, 2025	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50

*54* 





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
JUN 25, 2025	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
JUL 9, 2025	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
JUL 23, 2025	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
AUG 6, 2025	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50
SEP 3, 2025	7	Seven Seas Explorer® VANCOUVER TO SEWARD	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward	50

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







### **SALT**

SALT takes local Alaskan flavors and ingredients and updates them with modern flair; the result is a stunning juxtaposition of rustic heart and fine dining. The atmosphere is upscale, yet comfortable, and guests are often entertained with unobtrusive and pleasant live piano music. The menu at SALT combines unexpected elements, like roasted chestnut soup with prawns, and sea scallop carbonara, to obtain a perfect marriage of flavors. Waitstaff is attentive and professional, yet still have the congenial warmth expected from a local restaurant. Whether you are a visitor or a permanent resident, SALT is certainly not to be missed.



### **PEL'MENI**

Pelmeni is a common food eaten in Russia, consisting of a very thin flour dough, filled with meat and vegetables. Pel'Meni restaurant boasts a small menu that keeps locals coming back time and again. The menu is so small, in fact, that pelmeni is the only thing on it. For \$5, guests get a large portion of the heavenly pastry pillows, filled with their choice of beef or potatoes, and topped with sour cream. Some locals call this haunt a dive, but we like to call it humble. However you name it, Pel'Mini is uncomplicated, allowing for the delicious simplicity of their food to shine through.

### **BULLWINKLE'S PIZZA**

With the friendly face of a famous cartoon character as its logo, Bullwinkle's is a playful throwback to childhood. The restaurant is unpretentious and straightforward, serving pizza and fresh-made sandwiches. Customers have been dining at this local spot for over forty years, and at its second location west of town for over thirty. Classic pies are a favorite of regulars, while the house specialty pizzas like barbecue chicken, taco, and garlic veggie supreme are also popular. Bullwinkle's is a perfect place to grab — or order for delivery — a great pizza when cooking is out of the question.



### THE ROOKERY

The Rookery is a quaint cafe in the heart of Juneau that has grown into much more than just a coffee shop. It is open all day, serving American food with heavy influences from local flavors and ingredients. Priding itself on freshness, The Rookery makes as much of its food from scratch as possible. House favorites on the menu include coconut-poached Alaskan scallops, champagne and three cheese fondue, and the cedar roasted salmon with beet greens. For a quiet, locals-only meal, this is the place to go.









### THE HANGAR ON THE WHARF

One of the best things about Juneau is the breathtaking natural beauty that surrounds it; The Hangar on the Wharf takes full advantage of that, with panoramic views of the Gastineau Channel. The restaurant has been in business for nearly 20 years and has become both a local standard and a popular destination for out-of-town visitors. The menu offers contemporary American fare, with several dishes using local seafood. Beyond that, soups, salads, sandwiches, and classics like jambalaya and chicken fried steak round out the options.



### SANDPIPER CAFÉ

Sandpiper Café is always busy, especially on the weekends, which further attests to its standing as one of Juneau's best. The restaurant is open for breakfast and lunch daily, so be sure to hit it up early in the day so you don't miss it. The breakfast menu is packed with hearty comforts like omelets, eggs benedict, and steak and eggs. The lunch dishes consist of burgers, sandwiches, soups, and salads. There are several items for vegetarians as well, such as tofu, scrambled egg and French toast. This haunt remains a local favorite due to its consistently great food, friendly staff, and generous portions.



### **TWISTED FISH**

In a city where fresh seafood is constantly available, it seems apropos for a great restaurant to spring up and take advantage of this. Enter Twisted Fish. As the name suggests, the menu highlights the freshest catch from Alaskan waters, with its dishes like sweet potato shrimp cakes, clam chowder, and sauteed Alaskan black cod. The restaurant is popular with both locals and visitors, being within walking distance of the cruise docks. Twisted Fish is open daily for lunch and dinner, but only during the summer months. From October to April, the owners and staff close up for the winter and prepare for the coming year.



### **RED DOG SALOON**

It would be difficult to think of Juneau without thinking of the Red Dog Saloon. This restaurant and bar has been in business since the end of the 19th century, when mining brought droves of newcomers to the Klondike region. Since then, the saloon has changed locations, but has held on to its history — and a collection of antique guns and furs that still decorate the dining room to this day. The restaurant serves bar classics that stick to your ribs and go down perfectly with an ice-cold beer. Red Dog Saloon is a stalwart fixture in Juneau's restaurant and commercial landscape and is a delightfully nostalgic place in which to experience a glimpse of the past.

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





DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
AUG 28, 2024	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
SEP 11, 2024	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
JUL 30, 2025	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
AUG 13, 2025	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55
SEP 10, 2025	7	Seven Seas Explorer® SEWARD TO VANCOUVER	Seward, Sitka, Skagway, Juneau, Ketchikan, Vancouver	55

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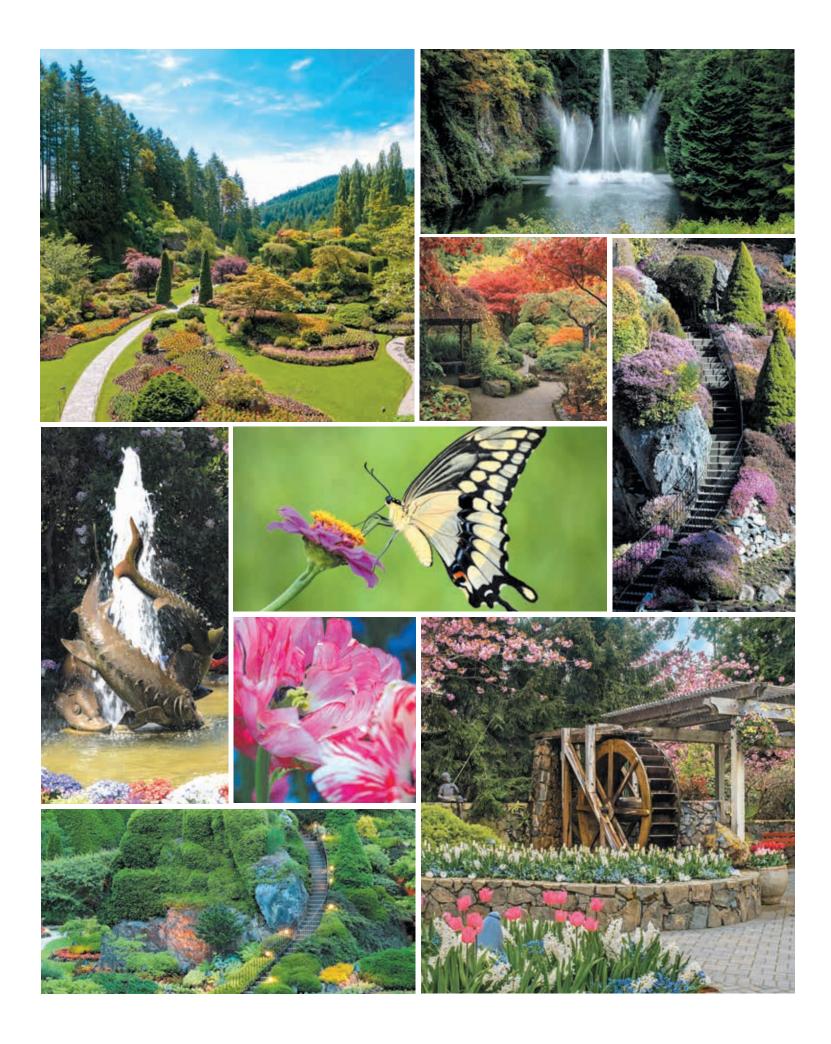
# a day in

# PARADISE

JOURNEY THROUGH THE MAJESTIC
BUTCHART GARDENS

## by Daniel Morris

There are places on Earth that manage to capture the essence of beauty and tranquility in such a manner that words fall short. Butchart Gardens, nestled in the Brentwood Bay of Victoria, Canada, is one of those places. Join me on a walk-through of these magnificent gardens and their exquisite landscapes. Then, plan a journey to this modern-day Eden and discover what no word or image can capture.











Butchart Gardens' history is as captivating as its beauty. Originally a limestone quarry owned by Robert Pim Butchart, it is the Sunken Garden that began the transformation of this land into the botanical marvel we see today. When entering the Sunken Garden, you'll descend into a former industrial site that has been reborn through the vision and dedication of Jennie Butchart, Robert's wife. Cascading floral designs, lush greenery and ornate fountains welcome you into this verdant haven.

As you wander along its winding paths and various elevations, the diversity of plant species and the creativity of landscape architecture remove the outside world, forming a wonderfully serene atmosphere. The quarry's towering walls, remnants of its industrial past, provide an impressive backdrop and secure enclosure for this colorful paradise. Time seems to slow when standing before the tranquil Ross Fountain, with its mesmerizing interplay of water and light.

# SYMPHONIC BEAUTY THE ROSE GARDEN & THE JAPANESE GARDEN

As with each movement in a symphony, the individual gardens of Butchart Gardens engage the senses at their own pace. The Rose Garden is alive with life, a crescendo of color and fragrance. With over 2,500 roses spread across 30 beds, this garden offers an intoxicating blend of aromatic delight and vibrant hues. Pergolas and archways adorned with climbing roses create an environment that seems plucked from the pages of a fairy tale.

Not far from the Rose Garden, the Japanese Garden takes you to the other side of the world. Started in 1929, this garden captures the tranquility and minimalism of traditional Japanese gardens. With meticulously maintained plants, trees, streams, and bridges, it's a serene oasis that invites contemplation and relaxation. Tall Japanese maples shade stone pathways, and during fall, their leaves paint the garden in vibrant shades of red and orange.



# WARMTH & ELEGANCE THE MEDITERRANEAN GARDEN & THE ITALIAN GARDEN

Beyond roses and cherry blossoms, the Mediterranean Garden creates an atmosphere reminiscent of a European seaside retreat. Olive trees, lavender, and exotic flowers transport you to the shores of the Mediterranean Sea. Brugsmansia and fuchsia drip from the lush greenery, painting a picturesque scene that is punctuated by equally captivating aromas.

Located between the Rose Garden and the Mediterranean Garden, the Italian Garden is yet another jewel in the crown of Butchart Gardens. Stepping into the Italian Garden, you are transported to a Renaissance-era villa garden in the heart of Tuscany. It is characterized by elegant symmetry, ornate stone statues and geometrically trimmed hedges. A star-shaped pond serves as the centerpiece, reflecting the sky and surrounding flora. Terracotta pots brimming with vibrant tulips and hyacinths line the walkways, adding splashes of color against the emerald green backdrop.











### A FESTIVE RESPITE

But it's not just the gardens that enchant visitors; Butchart Gardens is a hub of activity and entertainment. It hosts a plethora of events, including concerts, fireworks, and themed festivities throughout the year. In the summer, you can enjoy live performances in the open air, while the festive winter season boasts holiday decorations and an outdoor skating rink.

### AN INVITATION TO PARADISE

Butchart Gardens is more than a collection of flowers, trees and plants; it's a tapestry woven with diverse threads of beauty, history and culture. It's a place where nature and human creativity have brought forth a beautiful revival. From the transformative Sunken Garden, with its echoes of a time gone by, to the international flairs of the Rose, Japanese, Italian and Mediterranean Gardens, a floral symphony awaits. Discover an unforgettable experience in Victoria's very own Eden. Her embrace is evergreen, and her beauty is transcendent.

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



# Tour the stunning grounds and breathe in the color and wonder of

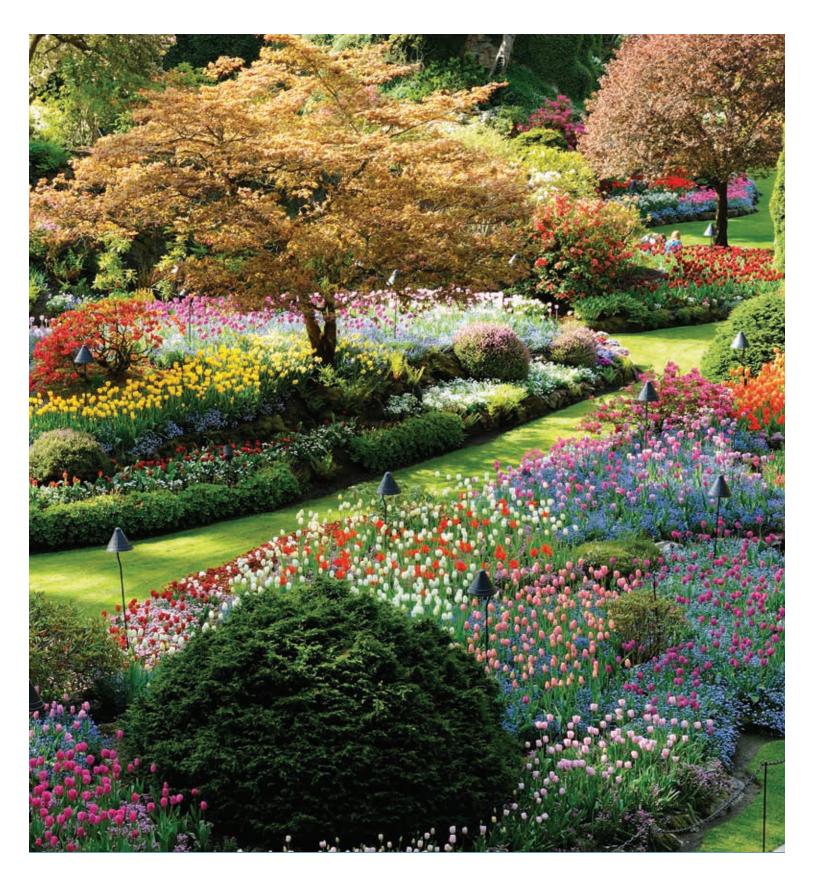
# BUTCHART GARDENS

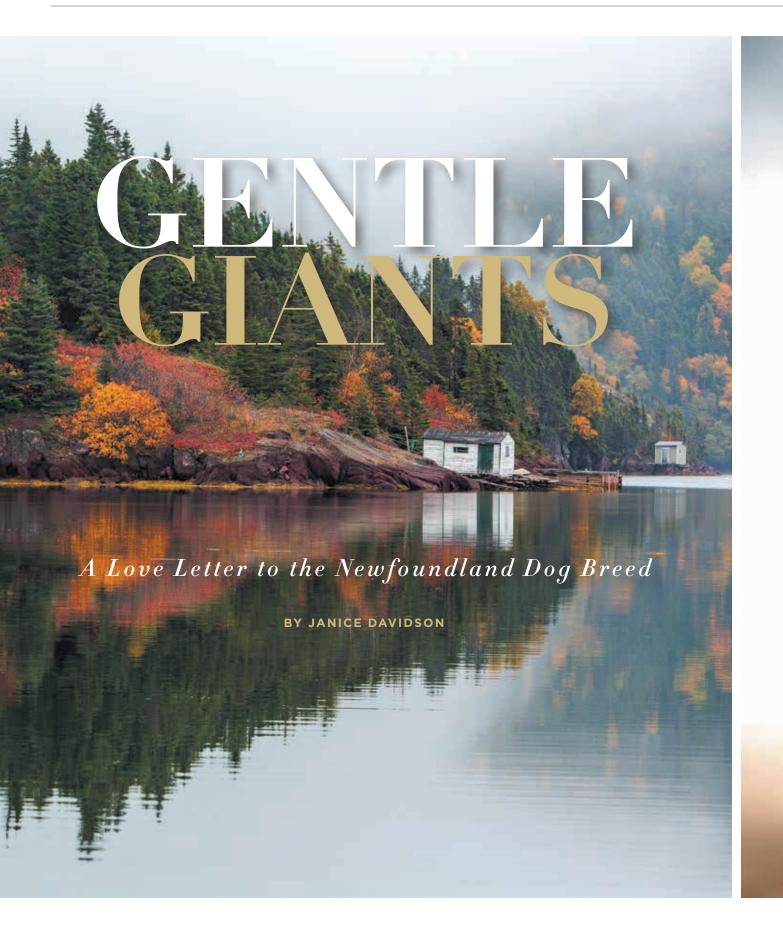
### IN VICTORIA

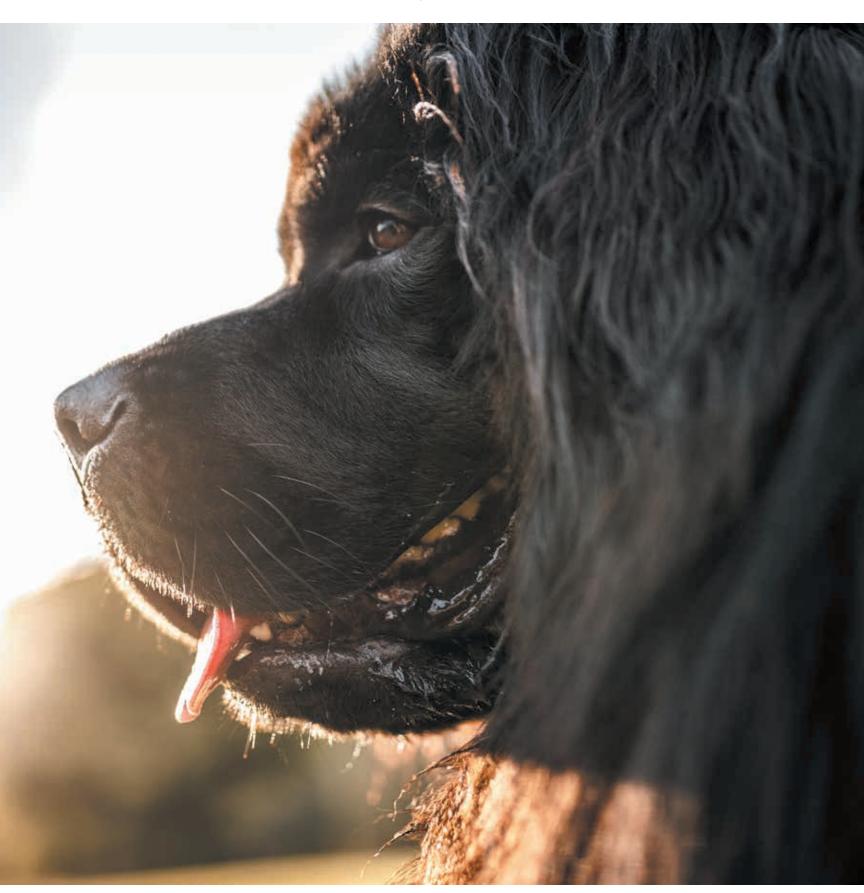
DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
MAY 15, 2024	14	Seven Seas Explorer® ROUNDTRIP VANCOUVER	Vancouver, Wrangell, Juneau, Skagway, Sitka, Seward, Icy Strait (Hoonah), Ketchikan, Victoria, Vancouver	77
AUG 7, 2024	14	Seven Seas Explorer® ROUNDTRIP VANCOUVER	Vancouver, Ketchikan, Juneau, Skagway, Icy Strait (Hoonah), Seward, Icy Strait (Hoonah), Ketchikan, Victoria, Vancouver	82
MAY 28, 2025	14	Seven Seas Explorer® ROUNDTRIP VANCOUVER	Vancouver, Wrangell, Juneau, Skagway, Sitka, Seward, Icy Strait (Hoonah), Ketchikan, Victoria, Vancouver	81
AUG 20, 2025	14	Seven Seas Explorer® ROUNDTRIP VANCOUVER	Vancouver, Wrangell, Juneau, Skagway, Sitka, Seward, Icy Strait (Hoonah), Ketchikan, Victoria, Vancouver	81



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







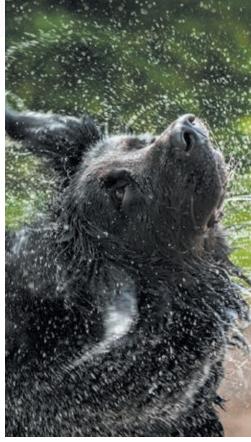
Newfoundland dogs, affectionately known as "Newfies," are the epitome of gentle giants. Their imposing size, which can reach up to 150 pounds, is paired with a heart as big as their stature. With their shaggy double coats — which can be black, brown, gray, or Landseer (black and white) — soulful eyes and sweet demeanor, they have an innate ability to form bonds that tug at the heartstrings. Their combination of strength and tenderness is what makes them unique and highly cherished. From their water-rescuing capabilities to their gentle ways with children, Newfoundlands embody a special blend of heroism and companionship that's rare to find.

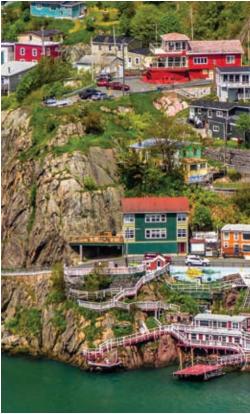
### Sailing Through Time

The Newfoundland dog breed traces its roots to the rugged, easternmost coast of Canada, on the island of Newfoundland. Though their exact ancestry remains somewhat uncertain, it is believed that they descend from a mix of native breeds and Great Pyrenees dogs that arrived in North America by Basque fishermen in 17th century.

The early settlers of Newfoundland recognized the breed's incredible swimming ability and strength. Their webbed feet, muscular build, and water-resistant coat made them natural water dogs. Fishermen enlisted their help in pulling nets and hauling heavy equipment. Their affinity for water also led to many stories of heroism as they saved lives in emergency situations, often braving frigid waters to rescue drowning sailors.













As the breed's reputation spread across the Atlantic,
Newfoundlands found favor among European nobility. Notably,
in the 19th century, the breed was championed by literary figures
and royalties. Lord Byron, the famous poet, immortalized his
Newfoundland named Boatswain in an epitaph, extolling the
virtues of his beloved companion. A Newfoundland dog named
Nelson is even immortalized in a painting of Princess Mary of
Cambridge, Queen Victoria's cousin.

Beyond a centuries-old royal painting, the Newfoundland breed continued to appear in art and entertainment over the years. Their depiction usually revolves around themes of loyalty, bravery and friendship. They have been featured in various movies and classic novels such as *Peter Pan* by J.M. Barrie and *Little Women* by Louisa May Alcott.

continue...



### More Than Just a Pet

Today, the Newfoundland dog holds a special place in the hearts of many. Their patient and gentle demeanor, paired with intelligence and trainability, makes them perfect for various roles within society.

One of the roles that Newfoundlands excel in is that of a therapy dog. Their calm disposition can be incredibly soothing, making them ideal for visiting hospitals, schools and nursing homes. They seem to have an intuitive sense of when to provide comfort.

For families a Newfoundland can be the perfect addition.
The expression "nanny dog" is often used to describe
Newfoundlands due to their protective instincts and gentle
nature with children. They are incredibly patient and often form
deep bonds with the youngest members of the family.

Living with a Newfoundland is a joy coupled with responsibility. They require regular grooming to keep their thick coat in good condition, and exercise to keep them healthy. Due to their size, it's important to provide them with ample space. They thrive in family environments and love to be involved in family activities. Training and socialization from an early age are key to bringing out the best in this breed.

Additionally, their historical expertise in water rescues has not waned. They are actively involved in lifesaving missions around the world. Their exceptional swimming skills, coupled with their innate desire to help, make them invaluable members of search and rescue teams.









# $\begin{array}{c} An\ Ode\ to\ the\\ Newfoundland \end{array}$

As someone who holds dogs near and dear — including having two of my own — the Newfoundland dog breed represents everything one could wish for in a canine companion. Their unwavering loyalty, gentle disposition and heroic capabilities make them not just pets, but family members who enrich our lives in immeasurable ways. There is a certain magic in the way a Newfoundland looks at you, giving a feeling of love and trust.

Newfoundlands, with their shaggy coats and big hearts, are a gift to be cherished. They are more than dogs; they are guardians, therapists, swimmers, and above all, friends that leave lasting impressions on our hearts. ◆







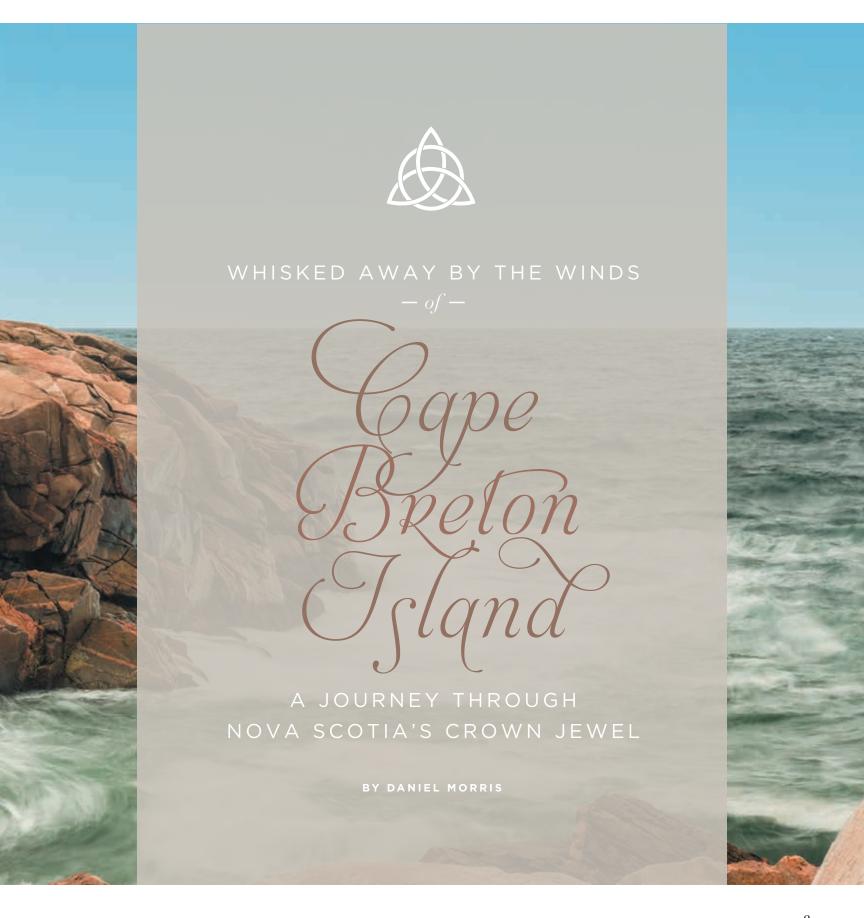


DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
SEP 20, 2024	11	Seven Seas Grandeur™ MONTRÉAL TO BOSTON	Montréal . Quebéc City, Saguenay, Sept-Îles, Havre-Saint-Pierre, Corner Brook, Sydney, Halifax, Saint John (Bay of Fundy), Portland, Boston	67
OCT 1, 2024	11	Seven Seas Grandeur™ BOSTON TO MONTRÉAL	Boston, Portland, Saint John (Bay of Fundy), Sydney, Corner Brook, Havre-Saint-Pierre, Sept-Îles, Saguenay, Quebéc City, Montréal	57
SEP 30, 2025	11	Seven Seas Splendor® MONTRÉAL TO BOSTON	Montréal O, Quebéc City, Saguenay, Sept-Îles, Havre-Saint-Pierre, Corner Brook, Halifax, Saint John (Bay of Fundy), Bar Harbor, Boston	64
OCT 11, 2025	11	Seven Seas Splendor® BOSTON TO MONTRÉAL	Boston, Portland, Bar Harbor, Saint John (Bay of Fundy), Sydney, Corner Brook, Havre-Saint-Pierre, Sept-Îles, Saguenay, Quebéc City, Montréal •	54



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







As the early morning mist retreats and the coastline reveals itself in hues of emerald, amber and auburn, it's hard to escape the spell cast by the natural beauty of Cape Breton Island, Nova Scotia. Far from the discord of modern life, the island lures travelers into its enchanting embrace, whispering secrets of Celtic heritage, gustatory pleasures and untamed wilderness. In this haven, every sense is awakened and engaged.

### THE SCENIC EMBRACE OF CABOT TRAIL

The journey begins with the splendor of Cabot Trail stretching out before you, an ode to the natural beauty of Cape Breton Island. A full spectrum of colors is on display in autumn, from the coastal evergreens like the white and black spruce trees to the foliage of fall painting the forest canopies as you gaze inland with the gold and yellow tones of the American mountain ash, white birch tree and scarlet shades of the maple.

The rolling landscapes, cliffs, and highlands feel close enough to touch as you navigate this classic

drive. Rolling your windows down, the wind whispers ancient tales, caressing your face with the freshness of the forest and sea. More than a mere visual indulgence, you begin to feel the essence of this island in Nova Scotia. The breeze rushes past, taking your stress and worry with it as you continue into the remote beauty of a place protected from the burdens of the modern world.

#### A KALFIDOSCOPE OF ARTISTRY

While immersing yourself in the natural palette of the island, you decide to take in the art on display at the Glass Artisans & Studio Gallery.

Nestled in the Cape Breton Highlands along Cabot Trail, this studio brings together gifted artists who shape, mold and fire glass into stunning pieces that reflect the pathos of this captivating isle. From intricate stained-glass windows that capture Cape Breton's folklore to abstract sculptures that play with light and shadow, every piece of art here is a visual delight to ignite your imagination.





#### LOCAL INDULGENCES

Along the way, you find a rustic eatery and stop to dine. A plate of the freshest lobster, cooked to perfection, is placed before you. The first bite is an epiphany — the delicate sweetness of the meat, the buttery undertones and the salty hint of the ocean's kiss. To really know a place, one must savor its culinary treasures. And in Cape Breton, the bounty of the sea is where this treasure lies.

Whether it's melt-in-your-mouth lobster, a robust seafood mac & brie, the quintessentially British fish & chips or the whimsically delightful Moon Mist ice cream, every dish here is a love letter from the island to your taste buds.

#### A CELTIC HEARTBEAT

The sun is heading toward the horizon as you return to Sydney, here in "New Scotland." Having satiated your appetite, you can't help but allow your curiosity to get the better of you upon seeing signs for the annual Celtic Colours festival. Scottish heritage thrives on Cape Breton Island, and Celtic music is the heartbeat of the people. It beats the loudest each October when hundreds of celebrated Celtic artists come together in celebration of the music, song, storytelling and performing they love.

Celtic sounds travel upon the winds from theaters fit for more proper performances to unassuming local pubs that feel as though they house the very soul of Cape Breton's musical heritage. Step inside for a pint and wait for the fiddlers to start their reel; the room comes to life with foot-tapping, soul-stirring Celtic tunes that weave stories of ancient lands, roaring seas and joyous celebrations. In this moment, you are no longer a spectator. You are part of a centuries-old tradition that binds every heart in the room.

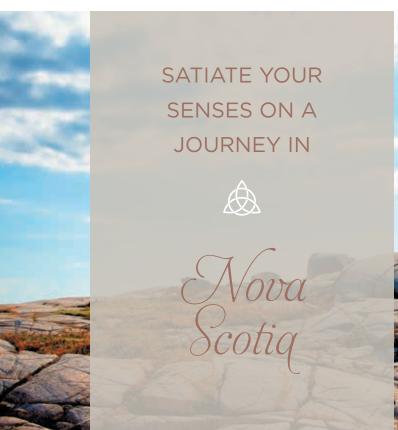
#### FAREWELL, BUT NOT GOODBYE

As your journey reaches its culmination, you find yourself reminiscing about the tapestry of experiences now woven into your very being. This mystical island has touched your heart, enriched your senses and serenaded your soul. Though it's time to bid farewell, a part of you will forever wander through the autumnal beauty of the Cabot Trail, lost in a storied Celtic tune carried upon the winds of Cape Breton Island. •

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









DATE	NIGHTS	SHIP/FROM/TO	PORTS	FREE SHORE EXCURSIONS
OCT 12, 2024	11	Seven Seas Grandeur™ MONTRÉAL TO NEW YORK	Montréal O. Quebéc City, Saguenay, Sydney, Halifax, Saint John (Bay of Fundy) O. Boston, Newport, New York	56
SEP 8, 2025	11	Seven Seas Splendor® MONTRÉAL TO NEW YORK	Montréal O. Quebéc City, Saguenay, Sydney, Halifax, Saint John (Bay of Fundy), Portland, Boston, New York	53
SEP 19, 2025	11	Seven Seas Splendor® NEW YORK TO MONTRÉAL	New York, Newport, Bar Harbor, Saint John (Bay of Fundy), Halifax, Sydney, Saguenay, Quebéc City, Montréal •	55
OCT 22, 2025	11	Seven Seas Splendor® MONTRÉAL TO NEW YORK	Montréal O. Quebéc City, Saguenay, Sydney, Halifax, Saint John (Bay of Fundy), Bar Harbor, Newport, New York	57

Overnight in port

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## THE REGENT EXPERIENCE

## The Pinnacle of All-Inclusive Luxury Cruising

Regent Seven Seas Cruises delivers an all-inclusive, ultra-luxury travel experience with personalized service that attends to every detail of your journey, from start to finish. Relax and enjoy the unrivaled space and comfort of The World's Most Luxurious Fleet™ as you immerse yourself in 500-plus ports of call with over 5,000 shore excursions around the globe.

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

The Regent experience goes beyond any typical expectation of an all-inclusive cruise with the most inclusions, thousands of excursions, luxe amenities, epicurean excellence and intuitive service coalescing for moments that invite you to live life to the fullest, with each memory being more unforgettable than the last.

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### enjoy every moment

### FREE ROUNDTRIP BUSINESS CLASS AIR\* ON INTERCONTINENTAL FLIGHTS

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

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Our complimentary excursions are a highlight of every voyage. We include over 3,800 tours in our FREE Unlimited Shore Excursion menu, including everything from incredible UNESCO World Heritage Sites to more secluded ports only available to smaller vessels like ours.

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

#### FREE TRANSFERS BETWEEN AIRPORT AND SHIP

Begin your journey in North America with FREE Roundtrip Air\*, and look forward to enjoying the complimentary ground transfer waiting to take you to your ship, and then back to the airport after your voyage.

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





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

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

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

#### FREE 24-HOUR ROOM SERVICE

Aboard every one of our ships, in-suite dining is on the menu day and night. Whether taking advantage of an elegant supper served course-by-bourse in your suite, a quiet breakfast in bed, or recouping from an adventurous day in the comfort of your private balcony, our in-suite dining options are always available.

#### 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 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.

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## ${\it Experience\ More\ of\ North\ America}$

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

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







#### FREE UNLIMITED SHORE EXCURSIONS

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

#### REGENT CHOICE SHORE EXCURSIONS

Regent Choice Shore Excursions offer another level of engagement. Their unique itineraries like our Epicurean Explorer Tours and/or smaller group formats require a discounted, supplementary charge, which is why we make sure to only select the best. Sample the local flavors of Juneau, from delectable, wild-caught salmon to locally brewed craft beers infused with the natural essence of this stunning region. In the Bahamas, take hold of the line for thrilling fight with a variety of game fish, from sailfish to tuna.

#### EPICUREAN EXPLORATIONS™

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

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

#### **ECO-CONNECT TOURS**

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

#### BEHIND THE DESIGN TOURS

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

#### **GO LOCAL TOURS**

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





#### SERENE SPA & WELLNESS™ TOURS

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

### EXECUTIVE COLLECTION & BESPOKE TRAVEL ARRANGEMENTS

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

#### PRE- & POST-CRUISE LAND PROGRAMS

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

#### PRE- & POST-CRUISE HOTEL PROGRAM

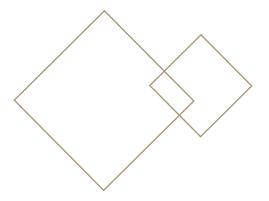
Take comfort in a world-class hotel with a full breakfast each day and private, group transfers between ship, hotel and airport when you take advantage of our Pre- and Post-Cruise Hotel Program for 1, 2 or 3 nights.

#### **IN-PORT OVERNIGHTS**

Evenings provide a different view of a city as the streets light up and the locals unwind. Feel the magic of a destination's nightlife and enjoy more time ashore with more overnights in ports across every region of the world like savoring the history and culture of Montreal or basking in the warm evenings of Bermuda.

### ANNUALLY REFRESHED ITINERARIES & NEW PORTS OF CALL

Every year we develop new and unique itineraries — including new ports of call and more shore excursions — ensuring you always have new ways to enjoy your travels. From history-changing, human creations to the resplendence of nature, there are amazing memories to be discovered in each port of call. Come with us to discover and experience the best life has to offer. Then, return for more.



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Step into your elegant suite and discover comforts and amenities that rival the finest hotels and resorts around the globe. Every suite across our five 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.



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- ◆ Private balcony in 99% of suites.
- ◆ Separate sitting area.
- ◆ European king-size bed or twin bed configurations featuring our newly redesigned Elite Slumber™ Bed dressed with luxurious European linens and duvet.
- Minibar replenished daily with soft drinks, beer and bottled water — all complimentary.
- ♦ Interactive flat-screen television with extensive media library and complimentary movies-on-demand.

- ◆ Spacious walk-in closet or custom built-in closet.
- ♦ Marble-appointed bathroom with tub and/or shower.
- ♦ Luxe soaps, shampoos and lotions.
- ◆ Plush bathrobes and slippers.
- ◆ 24-hour room service with dinner served course-by-course.
- $\blacklozenge$  Complimentary valet laundry service.





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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*<sup>TM</sup>, and much more.

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

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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.

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

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## $with\ Epicurean\ Perfection^{{\scriptscriptstyle ext{ iny M}}}$



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

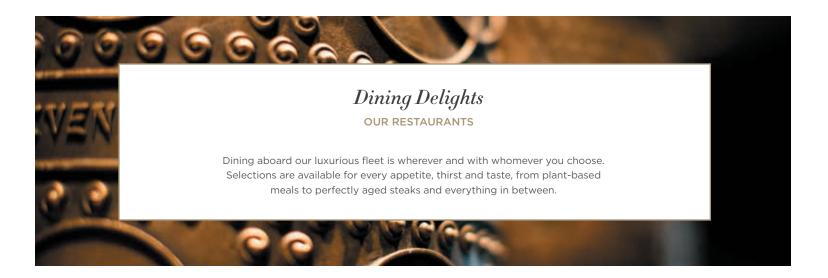
Nothing enhances travel like cuisine.

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

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

Sail away with us and savor every moment.





#### **COMPASS ROSE**

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

Fleetwide | Open seating

#### LA VERANDA

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

Fleetwide | Open seating

#### SETTE MARI AT LA VERANDA

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

Fleetwide | Open seating

#### PRIME 7

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

Fleetwide | Reservations required

#### CHARTREUSE

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

Not available on Seven Seas Navigator® Reservations required

#### PACIFIC RIM

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

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

#### **POOL GRILL**

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

Fleetwide | Open seating

#### IN-SUITE DINING

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

Fleetwide | In-suite



## UNPARALLELED SERVICE

## attending to every detail

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

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

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

## ONBOARD LIFESTYLE

### enjoyment at every turn



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

During the day, compete in an engaging game of trivia or unwind on our peaceful Pool Deck. Participate in Chef-led culinary demonstrations or partake in a delicious tasting event, from caviar to whiskey. Invigorate your mind and body with a fitness class or indulge in an unscheduled stop at the Pool Grill's creamery to satisfy your sweet tooth. There's something for every mood.

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

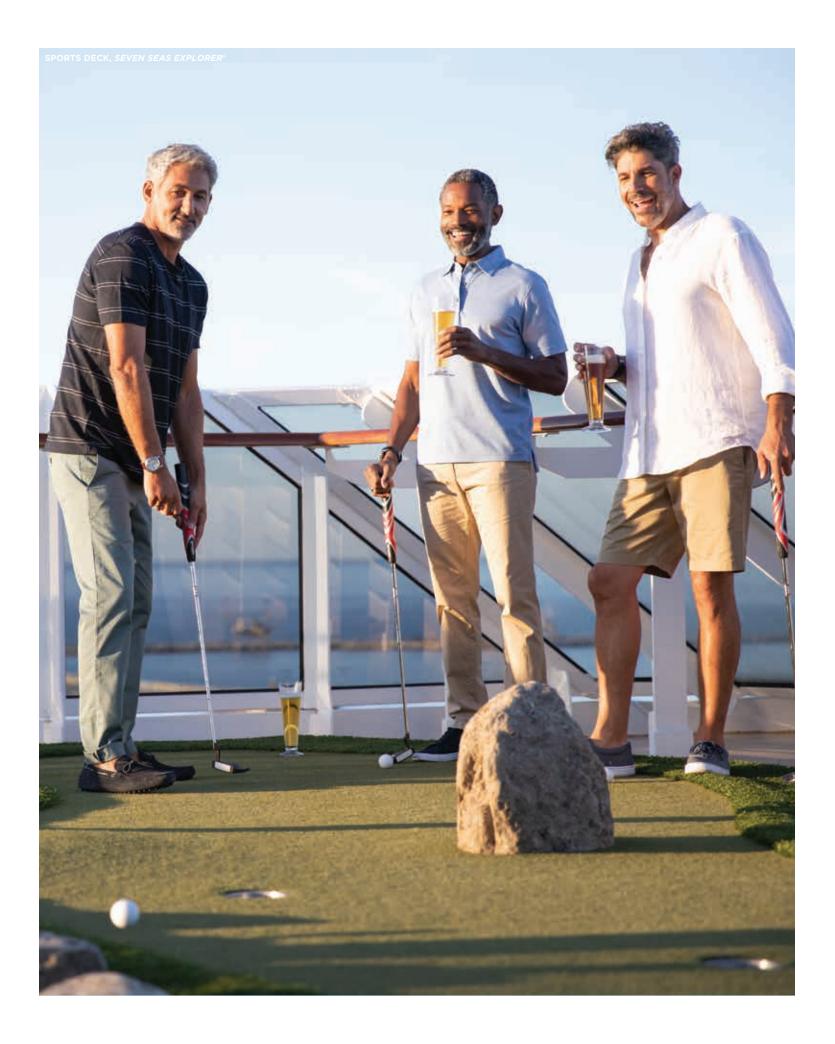
We want you to live every moment of your journey to the fullest, free of care or concern about anything other than whatever and whomever you're enjoying as you cruise the world with us. Come aboard and discover why Regent is the best luxury cruise experience on the Seven Seas.

# Experience the perfect moment, day and night...

Delight in a luxurious afternoon tea at one of our elegant lounges that is transformed into a traditional tea room with 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 spa. Each of our ships offers a tranquil setting for the spa, where you have an extraordinary selection of experiences such as signature massages, therapeutic bodywork, facials and much more. Indulge in beauty treatments including hair care, manicures, pedicures and all the other services available to you at the salon.

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

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

#### **ENTERTAINMENT**

**THEATER SHOWS** | Each night, when the curtain opens, 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 mind through thought-provoking presentations, well-designed classes, specialty excursions and more.

We are pleased to bring you a variety of programming that ranges from talks by renowned experts across multiple fields and unique classes like the chef-led learning experiences in the Culinary Arts Kitchen aboard *Seven Seas Explorer®*, *Seven Seas Splendor®* and *Seven Seas Grandeur™* 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.



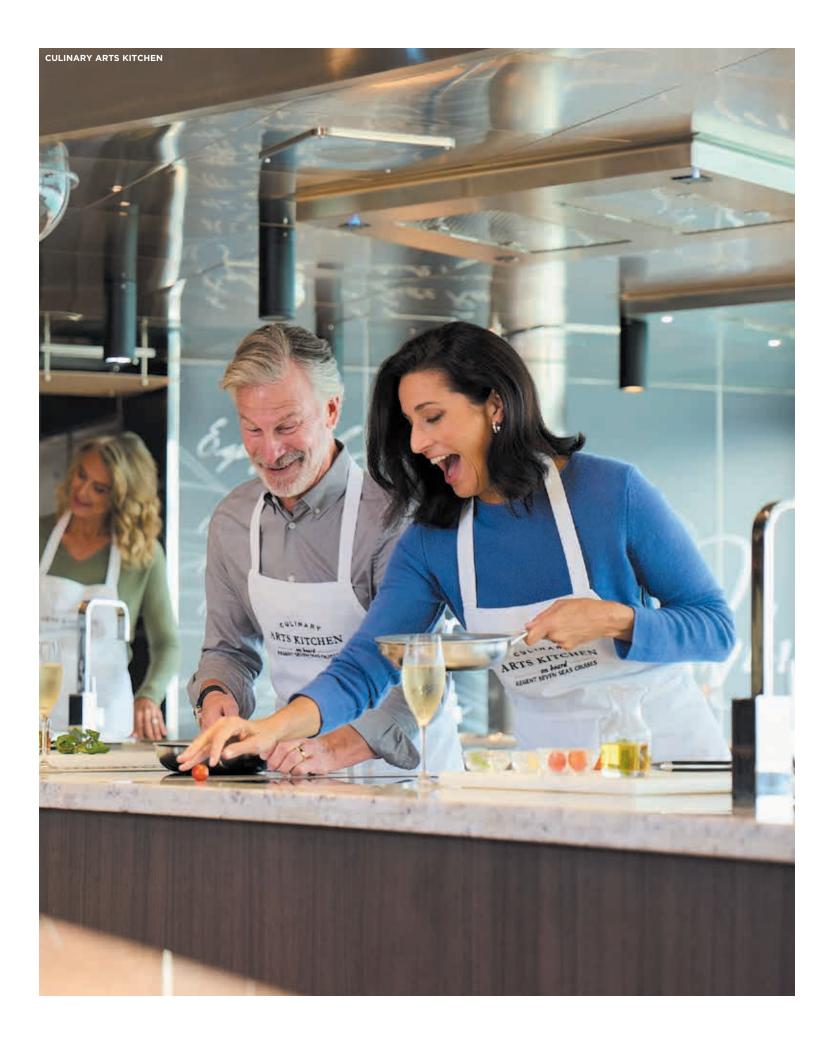
### Discover your new interest in the company of your fellow guests.

THE 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 Cruises®' policies including but not limited to its COVID-19 policies, procedures and conditions. These can be found at RSSC.com/HealthSafetyProtocols. Please note that in the event of any conflict between the COVID-19 policies. procedures and conditions on our website and the Terms and Conditions of the Guest Ticket Contract, the website controls.

#### **DEPOSIT & PAYMENT POLICY**

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

#### CRUISES 14 NIGHTS OR LESS

#### Deposit & Payment Schedule:

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

#### CRUISES 15 NIGHTS TO 60 NIGHTS

#### Deposit & Payment Schedule:

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

#### CRUISES 61 NIGHTS OR MORE

#### Deposit & Payment Schedule:

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

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

#### **CANCELLATION POLICY**

A 100% cancellation fee will be imposed as indicated for nonappearance. 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

DAYS PRIOR TO

\*per person administrative fee

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.

CANCELLATION

VACATION DATE	PER PERSON	
CATEGORY	RS	MS-H
Deposit Date-121 120-91	25% of fare 50% of fare	\$100* 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

#### CRUISES 15 NIGHTS TO 60 NIGHTS

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

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

#### CRUISES 61 NIGHTS OR MORE

\*per person administrative fee

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

VACATION DATE	PER PERSON	ION	AMOUNT
CATEGORY	RS	MS-H	
Deposit Date-211	25% of fare	\$500 in su categories 10% of far categories	s A-H; re in suite
210-151 151-121 120-91 90-0	50% of fare 75% of fare 100% of fare 100% of fare	25% of fai 50% of fa 75% of fa 100% of fa	re re

\*per person administrative fee

#### SINGLE SUPPLEMENTS

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

#### **RESERVATION CHANGES**

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

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**

AMOUNT

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

#### PREGNANCY, CHILDREN, INFANTS & **UNACCOMPANIED MINORS**

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

#### TRAVEL DOCUMENTATION

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

#### **ITINERARY**

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

#### RESPONSIBILITY

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

### ACTS OF NATURE, STRIKE, OR OTHER CONDITIONS BEYOND CONTROL

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

#### AIR TRANSPORTATION

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

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

#### **DINING RESERVATIONS & PRIVILEGES**

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

### OPTIONAL HOTEL STAYS, LAND PROGRAMS & SHORE EXCURSIONS

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

THE FOLLOWING CANCELLATION PENALTIES APPLY:

 $\it Pre-$  and  $\it Post-Cruise Hotels-$  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.

 $\it Regent\ Choice\ Shore\ Excursions - Penalties\ begin at 36 hours prior to the tour start date.$ 

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

#### NOTICE

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

#### **FARES & SPECIAL OFFERS**

For all suite fares and offers, visit RSSC.com. FREE Roundtrip Air

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