

# Day by day sequence of events on a Regents Seven Seas Navigator cruise ship 17 day cruise from Tahiti to Auckland.

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



## DAY 1

SATURDAY, MARCH 14, 2026  
PAPEETE, FRENCH POLYNESIA

## EMBARKATION

Overnight in Port  
All Aboard: 4:30am (Mar 15)  
Departure: 5am (Mar 15)

## EVENING DRESS CODE

Elegant Casual

### Welcome Aboard *Seven Seas Navigator*

Captain Ivan Lazarov, General Manager Vladimir Cavic, Cruise Director John Ekin and the Officers, Staff and Crew would like to welcome you aboard for our *South Pacific Overnights* voyage.

### *South Pacific Overnights*

Papeete (Tahiti), French Polynesia to Auckland, New Zealand | March 14 to March 31, 2026 | 17 Nights

DATE	PORT	ARRIVE	DEPART
Mar 14	Papeete, French Polynesia		
Mar 15	Papeete, French Polynesia		5am
Mar 15	Moorea, French Polynesia	⚓ 8am	6pm
Mar 16	Raiatea, French Polynesia	7:30am	9pm
Mar 17	Bora Bora, French Polynesia	⚓ 8am	
Mar 18	Bora Bora, French Polynesia	⚓	4pm
Mar 19	Cruising the South Pacific		
Mar 20	Cruising the South Pacific		
Mar 21	Pago Pago, American Samoa	9am	6pm

DATE	PORT	ARRIVE	DEPART
Mar 22	Cross the International Date Line		
Mar 23	Apia, Samoa	8am	6pm
Mar 24	Cruising the South Pacific		
Mar 25	Suva, Fiji	8am	6pm
Mar 26	Lautoka, Fiji	7am	4pm
Mar 27	Cruising the South Pacific		
Mar 28	Cruising the South Pacific		
Mar 29	Bay of Islands, New Zealand	⚓ 9am	7pm
Mar 30	Auckland, New Zealand		7am
Mar 31	Auckland, New Zealand		End of the Cruise

⚓ = Anchor Port | Times are subject to change.

## DESTINATIONS SERVICES

The Destination Services Team Arvin, Manuel, Adeeb & Leidy are located on Deck 6 opposite Reception. They are available to provide you with detailed information on our ports of call. Their services include general port information, shore excursion booking, private arrangements and disembarkation arrangements.

### SENIOR OFFICERS

**CAPTAIN**  
Ivan Lazarov  
**STAFF CAPTAIN**  
Pavel Medvedev  
**CHIEF ENGINEER**  
Per Ola Liljeqvist  
**SAFETY OFFICER**  
Domingo Cargiulo  
**SECURITY OFFICER**  
Dattatray Kulkarni

**DOCTOR**  
Jallil Ken Dayo  
**GENERAL MANAGER**  
Vladimir Cavic  
**CHIEF PURSER**  
Danielle Moran  
**EXECUTIVE CONCIERGE**  
Elisabete Nunes

**ENVIRONMENTAL OFFICER**  
Stefan Costache  
**CHIEF HOUSEKEEPER**  
Jennifer Trinidad  
**CRUISE DIRECTOR**  
John Ekin  
**ASSISTANT CRUISE DIRECTOR**  
Patricio Honores

**DESTINATION SERVICES MANAGER**  
Arvin Gooljur  
**HR MANAGER**  
Leslie Urrutia  
**FOOD & BEVERAGE DIRECTOR**  
Boris Maljevic

**FUTURE CRUISE CONSULTANT**  
Felicia Harstrom  
**EXECUTIVE CHEF**  
Williams Halles  
**RESTAURANT MANAGER**  
Martin Rusev

## DRESS CODE

### DAYTIME UNTIL 6PM

During the day, resort-style clothing including shorts, warm-up suits, jeans, and sneakers are acceptable in all public areas. Bare feet are acceptable only on the Pool Deck.

*Bathing suits, while acceptable at the Pool Bar & Grill, are not considered appropriate in any indoor venue.*

### EVENING AFTER 6PM

**Ladies:** Skirts, slacks, or refined denim that is not torn or distressed with blouse or sweater, pant suit or dress

**Gentlemen:** Slacks, or refined denim that is not torn or distressed and collared shirt. Jackets are optional.

Dress sneakers that are clean, in good condition and in a neutral or classic color are permitted.

Guests may also opt for a more formal choice of clothing including gowns and cocktail dresses for ladies, tuxedos, dinner jackets or dark suits with tie for gentlemen.

On the last night of the voyage all guests are welcome to enjoy a relaxed dress code.

Please refer to your daily *Passages* and interactive TV for additional details about our dress code.

*T-shirts, baseball caps, shorts, athletic shoes, flip flops, and bathrobes are not considered appropriate in any social spaces after 6pm.*

## GENERAL ANNOUNCEMENTS

General announcements are audible in the public areas, corridors, and on your television. If you are watching television and the channels suddenly become muted, or if you are in your suite and hear an announcement being made in the corridor, tune to the Bridge Channel 25 to hear the announcements. With the exception of our Safety Briefing and crew safety drills, announcements are not broadcasted inside of suites.

## EXECUTIVE CONCIERGE

Our Executive Concierge Elisabete Nunes is located on Deck 6 and may be contacted via Reception. She is available to answer any questions regarding services on board the vessel or and ashore, or assist with tracking luggage that may have gone astray during your travels.

## CRUISE CONSULTANT

Located on Deck 6 mid-ship, your Cruise Consultant Felicia Harstrom can provide you with information on the Regent Seven Seas Cruises fleet and offer the best savings and value on land or at sea. Onboard bookings are combinable with virtually all promotions!

## SMOKING POLICY

For the safety and comfort of all of our guests & staff, smoking is not permitted in any enclosed dining area, certain public venues, elevators, the theater, all suites & balconies and is only permitted in specific designated smoking areas, listed below:

- Cigarette smoking, including e-cigarettes, is only permitted on the Pool Deck (Deck 10), across from the Pool Bar and the outdoor deck outside of Galileo's Lounge (Deck 11).
- Cigar and pipe smoking are only permitted in the designated smoking area on the Pool Deck.
- All areas other than those specified as designated smoking areas will remain smoke-free.

Failure to comply with the above smoking policy will result in guests being asked to leave the ship at their expense, without refund or credit for the unused portion of their cruise.

## DISPOSAL OF SHARP OBJECTS

We kindly ask those guests using hypodermic needles for medical reasons to please request a Sharps Container from your Suite Attendant. If you are using syringes with needles or any other device for injection, please inform your Suite Attendant, who will be happy to provide you with a Sharps Container for collection of these used items for their safe and proper disposal.

## STAYING HYDRATED

Up to 10 cups of water are lost daily through perspiration and breathing. To keep your body working properly, you need to replace the water you lose, so be sure to drink plenty of water and wear a hat while ashore.

## DECK CHAIRS & POOLSIDE ETIQUETTE

Complimentary chaise lounges and day beds are available on a first come, first served basis. As a courtesy to your fellow guests, we kindly request that you refrain from the practice of reserving chaise lounges and day beds with personal items.

## THE MEDICAL CENTER

*Seven Seas Navigator* has a fully equipped Medical Center staffed by doctors and nurses. All ships meet and exceed the guidelines established by the American College of Emergency Physicians/Cruise Ship Medicine section. These guidelines call for emergency medications and supplies to manage common medical emergencies. Onboard services include basic medical treatment, common laboratory tests, EKGs and X-Rays. Hospitalization and Intensive Care Units are available for the stabilization of most cases. We have a well-equipped pharmacy stocked with the most common prescription medications available. Serious medical conditions will require a referral and possible evacuation shoreside if the medical staff cannot treat it on board. The back page of *Passages* lists our current consultation hours. Suite visits are also available upon request. Medical personnel are on-call 24 hours a day for emergencies. *Please note all medical services are subject to charge.*

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®

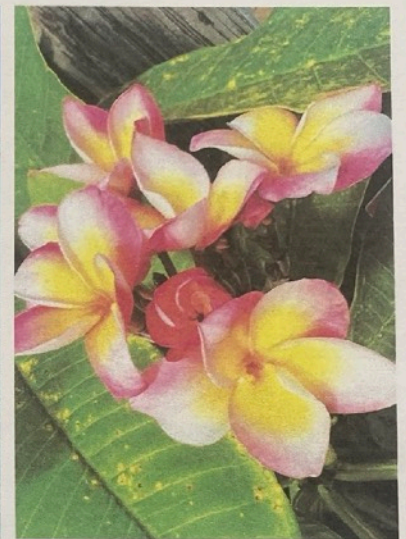


SEVEN SEAS NAVIGATOR

**DAY 2**  
SUNDAY  
MARCH 15, 2026

**MOOREA, FRENCH POLYNESIA**  
Anchor: 8am  
Last Tender: 5:30pm | Departure: 6pm

**EVENING DRESS CODE**  
Elegant Casual



## EXPLORE MOOREA

Moorea, the heart-shaped jewel of French Polynesia, lies just a short ferry ride from Tahiti yet feels like a world apart. Its dramatic volcanic peaks, lush rainforests, and crystal-clear lagoons create a landscape so stunning it seems almost unreal. Rising from the turquoise waters of the South Pacific, the island enchants visitors with a perfect blend of natural beauty, vibrant culture, and easygoing island rhythm. Whether viewed from the air, the sea, or the sandy shores, every angle of Moorea reveals a new facet of paradise. The island's coastline unfolds into gentle bays framed by emerald mountains, with Opunohu and Cook's Bay being the most renowned. These tranquil inlets are ideal starting points for sailing, kayaking, or simply soaking in the quiet majesty of towering cliffs reflected in calm waters. Inland, winding trails lead through pineapple plantations and tropical

gardens to sweeping viewpoints like Belvedere Lookout, where rugged peaks meet deep green valleys and the ocean glitters in the distance. Along the way, the fragrance of tiare blossoms fills the air, adding another sensory layer to the island's allure. Beneath the surface, Moorea's lagoon shelters a vivid underwater world. Coral gardens bloom with color as graceful manta rays and blacktip reef sharks glide through the shallows, offering world-class snorkeling and diving experiences. Those seeking romance or relaxation can stay in overwater bungalows, where glass floors reveal tropical fish drifting below, and sunsets paint the sky in shades of gold and crimson. For a taste of local life, visitors can explore small seaside villages where artisans carve wood, prepare fresh poisson cru, and welcome travelers with warm smiles and Tahitian music.

## FEATURED ENTERTAINMENT



*Captain's*  
**WELCOME  
RECEPTION**

6PM  
SEVEN SEAS  
LOUNGE (6/7)



THE BEST OF THE BEST  
STARRING

**BELINDA  
ADAMS**

9:30PM  
SEVEN SEAS LOUNGE (6/7)

## TODAY AT A GLANCE

### PARTLY CLOUDY



High: 82°F / 28°C  
Low: 80°F / 27°C

### GOING ASHORE

*Seven Seas Navigator* is scheduled to anchor off **Papetoai Pier - Opunohu Bay.**

Remember to carry with you:

#### Suite Key Card

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

*We may automatically use facial recognition for security pre-screening purposes and to facilitate and expedite your embarkation and debarkation. If you do not consent to the above uses of facial recognition, please speak to our staff for an alternate manual process.*

### PORT AGENT

Agence Maritime De Fare Ute  
PO Box 9100, Papeete, Tahiti,  
French Polynesia

Telephone: +689 40 42 5561  
Mobile: +689 87 79 66 05

### MONEY MATTERS

The local currency is the CFP Franc (XPF).

The approximate exchange rate is: U.S. \$1 = XPF 100.

*CFP Franc is not available for purchase onboard.*

### HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place on board to disinfect and sanitize public areas including door handles, railings, and elevator buttons.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
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The following excursions meet in the Seven Seas Lounge (6):

MOZ-002	Aito Off-Road Safari - AM Departure	8:10 AM
MOZ-003	Moorea Island Highlights - AM Departure	8:30 AM
MOZ-004	Dolphin Watching Expedition	8:10 AM
MOZ-005	Lagoon Discovery With Snorkeling - AM Departure	8:00 AM
MOZ-009	Catamaran Sail & Swim - AM Departure	8:10 AM
MOZ-011	Motu Pic Nic Escapade	9:15 AM
MOZ-012	Ohana Catamaran Cruise	8:30 AM

The following excursions meet ashore, on the pier:

*Please allow yourself at least 30 minutes for the tender ride ashore.*

MOZ-002A	Aito Off-Road Safari - PM Departure	12:50 PM
MOZ-003A	Moorea Island Highlights - PM Departure	1:20 PM
MOZ-005A	Lagoon Discovery With Snorkeling - PM Departure	12:20 PM
MOZ-009A	Catamaran Sail & Swim - PM Departure	12:50 PM

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist maps will be available ashore, at the end of the pier.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### TENDER SERVICE

Guests wishing to go ashore must obtain a colored tender ticket in the Seven Seas Lounge (6) from a member of Destination Services. Please wait in the lounge until directed to the gangway on Deck 4. Unless you have difficulty walking, use the stairs to gain access to the tender embarkation platform. Colored tender tickets are required for all guests until the Cruise Director makes an open tendering announcement over the public address system. This will be done once most guests have disembarked. Tenders will then continuously operate from the ship to shore; the time between tenders is approximately every 30 minutes. For Your Safety: These instructions and guidelines are to improve your safety and comfort. Please familiarize yourself with the procedures:

- Tender services operate at the discretion of the Officers. Please await instructions from the officer on duty before disembarking
- Both arms must be free when getting on or off the tenders.
- Loose articles should be handed over to the tender's crew before trying to get on or off.
- Please do not crowd the landing platform.
- Please obey orders given by the tender's crew members who are aware of certain sea conditions for safe operation.
- Please do not try in any way to help unless asked to do so.
- Never jump on board. Sit down as soon as you can, and stand up when requested.
- To avoid the danger of fire and discomfort to others, smoking is not permitted on the tenders or while waiting in boarding lines.
- When stepping on or off the tender you should extend "forearm to forearm" to the person assisting you. Never grip hands as this immobilizes the helper.
- Wait for the signal from the tender's crew to board or exit the tender.

### SHIP'S TOILET VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of *any other items* - including, but not limited to, tissues, wipes and hygiene products - is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; -305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



SEVEN SEAS NAVIGATOR

**DAY 3**  
MONDAY  
MARCH 16, 2026

**RAIATEA, FRENCH POLYNESIA**  
Arrival: 7:30am  
All Aboard: 8:30pm | Departure: 9pm

**EVENING DRESS CODE**  
Elegant Casual

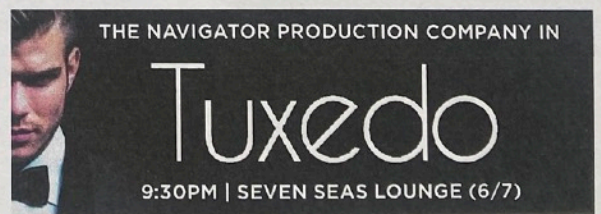


## EXPLORE RAIATEA

Raiatea, the second-largest island in French Polynesia, is often called the "Sacred Island" — a name that reflects its deep cultural legacy and striking natural beauty. Located in the Society Islands, just a short flight from Tahiti, Raiatea exudes a quiet authenticity, offering travelers a glimpse into the spiritual heart of Polynesia while surrounded by lush valleys, emerald mountains, and luminous blue lagoons. Legend tells that Raiatea was the cradle of Polynesian civilization, the departure point from which ancient navigators ventured across the Pacific to populate faraway islands. This enduring spirit still lingers at Taputapuātea, a UNESCO World Heritage site and the most revered marae in Polynesia. Set by the ocean with vistas of neighboring Huahine and Taha'a, the site invites visitors into the rituals, myths, and traditions that once united Polynesian people

across thousands of miles of ocean. Beyond its historical treasures, Raiatea enchants nature enthusiasts with its pristine landscapes. The island is cloaked in tropical forests that conceal waterfalls and wild hibiscus blooms, while the Faaroa River, the only navigable river in French Polynesia, can be explored by kayak or outrigger canoe. Its tranquil waters reveal a different side of island life, where locals paddle gracefully along emerald banks framed by fragrant tropical foliage. In the lagoon shared with its sister island Taha'a, vibrant coral gardens teem with marine life, inviting snorkelers and divers into a realm of vivid color and serenity. Sailing is another highlight, as Raiatea serves as a favorite base for charter yachts exploring the Leeward Islands. Despite its proximity to more famous neighbors like Bora Bora, Raiatea remains blissfully peaceful.

## FEATURED ENTERTAINMENT



## TODAY AT A GLANCE

### PARTLY CLOUDY



High: 81°F / 28°C  
Low: 79°F / 26°C

### GOING ASHORE

*Seven Seas Navigator* is scheduled to dock at **Uturoa Pier**.

Remember to carry with you:  
**Suite Key Card**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

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### PORT AGENT

Agence Maritime De Fare Ute  
PO Box 9100, Papeete, Tahiti,  
French Polynesia

Telephone: +689 40 42 5561  
Mobile: +689 87 79 66 05

### MONEY MATTERS

The local currency is the  
CFP Franc (XPF).

The approximate exchange  
rate is: U.S. \$1 = XPF 102.

*CFP Franc is not available  
for purchase onboard.*

### BEACH TOWELS

Beach towels and umbrellas can be found at the gangway for use when going ashore during your voyage. Request any additional beach towels needed from your Suite Attendant. Please remember to bring the towel and umbrella back and return to the collection bin at the gangway when you return onboard.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
<b>The following excursions meet in the Seven Seas Lounge (6):</b>		
RFP-001	Faaroa River & Motu By Canoe - AM Departure	8:45 AM
RFP-001A	Faaroa River & Motu By Canoe - PM Departure	12:45 PM
RFP-002	Sacred Island By Le Truck - AM Departure	8:15 AM
RFP-002A	Sacred Island By Le Truck - PM Departure	12:45 PM
RFP-005	Taha'a By Land & Sea - AM Departure	8:15 AM
RFP-005A	Taha'a By Land & Sea - PM Departure	12:45 PM
RFP-006	Snorkeling Safari & Pearl Farm - 1st. Departure	9:15 AM
RFP-007	Fa'aroa River Kayaking - AM Departure	8:15 AM
RFP-007A	Fa'aroa River Kayaking - PM Departure	12:45 PM
RFP-008	Taha'a Coral Garden Snorkeling - AM Departure	7:45 AM
RFP-012	Catamaran Sail Away - 1st Departure	9:15 AM
RFP-012A	Catamaran Sail Away - 2nd Departure	12:45 PM
RFP-014	Vanilla Flavor & Tahaa Motu Picnic	8:45 AM
RFP-015	Opoa & Taputapuatea - AM Departure	9:00 AM
RFP-016	Waverunner Adventure - AM Departure	8:30 AM
RFP-017	Raiatea East Coast Highlights - AM Departure	9:00 AM
RFP-006B	Snorkeling Safari & Pearl Farm - 2nd. Departure	1:15 PM
RFP-008A	Taha'a Coral Garden Snorkeling - PM Departure	12:15 PM
<b>The following excursions meet ashore, on the pier:</b>		
RFP-015A	Opoa & Taputapuatea - PM Departure	1:40 PM
RFP-016A	Waverunner Adventure - PM Departure	11:10 AM
RFP-017A	Raiatea East Coast Highlights - PM Departure	1:40 PM
RFP-019	Raiatea Sunset Cruise	4:40 PM

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available ashore.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### BIOSECURITY REGULATIONS

Due to strict Agricultural regulations, No food, nuts, fruits, Plants with soil, seedlings of any kinds, wood products/handicrafts that include bark is permitted to be taken ashore. Thank you for your cooperation.

### SHIP'S TOILET VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of *any other items* - including, but not limited to, tissues, wipes and hygiene products - is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rsc.com](mailto:environmentalhotline@rsc.com). All reports are confidential.

# MARCH 16, 2026 | ACTIVITIES

SUNRISE: 6:08AM | SUNSET: 6:19PM

## GOOD MORNING

All Day	NAVIGATOR TODAY with Cruise Director John Ekin	TV Channel 1
All Day	SPEAKER SERIES   The most recent presentation plays continuously	TV Channels 17 & 18
All Day	SHORE EXCURSION INFORMATION with Destination Services	TV Channels 22 & 23
All Day	PUZZLE PAGE   Daily Sudoku & Crossword are available for your enjoyment	Library (6)
All Day	◆ MENSA® DAILY QUIZ   Answers revealed at 4:25pm in Stars Lounge <i>Must be present to win</i>	Library (6)
7:30am	ARRIVAL   <i>Seven Seas Navigator</i> is scheduled to dock in Raiatea, French Polynesia	
9:30am	◆ SKEEBALL   Join the Entertainment Team for a carnival style game	Fwd Lobby Starboard (8)
10am	MASSAGE TASTERS   Discover our range of treatments with a complimentary taster	Serene Spa & Wellness (12)
10:30am	WELLNESS EVENT: Switch Your Skin Back "On"   Give your skin a well-deserved boost <i>Attendees will receive a complimentary collagen eye treatment and an ELEMIS Skin Lab consultation</i>	Serene Spa & Wellness (12)

## GOOD AFTERNOON

2pm	MAH JONGG & SOCIAL BRIDGE PLAY   <i>non-hosted</i>	Conference Room (6)
2pm	WELLNESS EVENT: Puffy Eye Solutions   Tips on how to conceal and brighten your eyes	Serene Spa & Wellness (12)
2:30pm	◆ ON TOP   Join the Entertainment Team and see if you can end on top!	Fwd Lobby (9)
3pm	◆ TOP TOSS   Swing into the game with the Entertainment Team	Fwd Lobby (9)
4 - 5pm	AFTERNOON TEA   Featuring our talented musicians	Galileo's Lounge (11)
4:25pm	◆ MENSA® DAILY QUIZ   Answers revealed with Social Hostess Natasha	Seven Seas Lounge (6)
4:30pm	◆ TEAM TRIVIA   Test your knowledge with Cruise Director John Ekin <i>Max 6 guests per team. No digital devices permitted</i>	Seven Seas Lounge (6)
5pm	THE SPEAKER SERIES   THE STORY OF FRENCH POLYNESIA (PART 2 of 3) with Dr. John Freedman   Presenting the maritime migrations that peopled the islands of French Polynesia and the rest of the Pacific <i>Replayed on Channel 17 of your in-suite television later today</i>	Seven Seas Lounge (6/7)
5:30pm	LADIES PAMPER PARTY   Pamper yourself at our exclusive Woman's Wellness Event which includes a DIY Mini-Facial   <i>Contact 4500 to reserve your space</i>	Serene Spa & Wellness (12)

◆ Regent Reward Points will be awarded to the winner of this activity, to be redeemed at the end of the voyage.



SPEAKER

### DR. JOHN FREEDMAN

Dr. John Freedman is a Global Studies Scholar and Lecturer who has explored over 170 countries on seven continents and Oceania. He has extensive experience as both an expedition leader and destination enrichment lecturer on educational travel programs. Based on his long experience and in-depth study of Pacific Oceania, John's scholarly and richly illustrated presentations are designed to add depth and context to our travel experience. A graduate of Brown University and Yale Medical School, John retired from clinical medicine after 34 years to pursue his passion for travel and teaching full-time. When not exploring faraway lands, he resides in the Sonoma wine country of California with his wife, Tina. John looks forward to deepening your knowledge, insights, and enjoyment of our fascinating ports of call.



### HELP US SAVE WATER

While we are in French Polynesia, the area's limited resources do not permit us to take on fresh water. Please be judicious in your water consumption and limit usage as much as possible during showers, shaving and brushing teeth. Also kindly consider reusing bathroom towels and linens rather than having them laundered. Thank you for your cooperation.

# PASSAGES

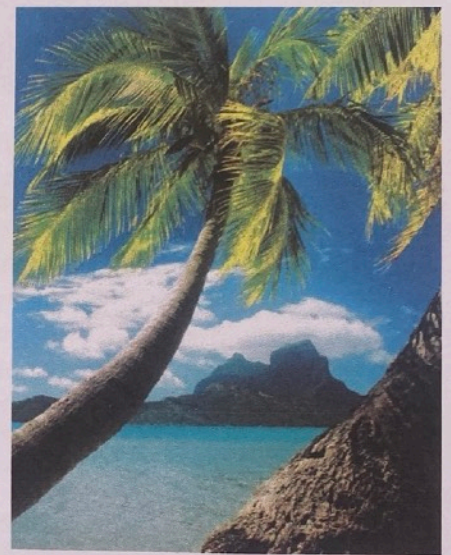
THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 4**  
TUESDAY  
MARCH 17, 2026

**BORA BORA, FRENCH POLYNESIA**  
Anchor: 8am | Last Tender: 9:30pm  
Overnight in Port

**EVENING DRESS CODE**  
Elegant Casual



## CHARMING BORA BORA

Rising from the heart of the South Pacific like an emerald crown surrounded by a turquoise moat, Bora Bora is the very definition of tropical perfection. Nestled among the Leeward Islands of French Polynesia, this small yet breathtaking island has long seduced travelers with its dazzling lagoon, dramatic volcanic peaks, and its unmistakable sense of serenity. The island's centerpiece, Mount Otemanu, towers majestically above the lagoon, its lush slopes cloaked in emerald vegetation that glows under the high Polynesian sun. At its feet lies a mosaic of blues and greens where shallow waters shimmer above coral gardens teeming with marine life. Visitors arriving by plane are immediately enchanted as they glimpse the island's circular reef, studded with motus—tiny islets fringed with coconut palms and white-sand shores. Bora Bora's

world-famous overwater bungalows, perched above the lagoon's crystal-clear shallows, offer direct access to the sea, creating a seamless connection between luxury and nature. The gentle lapping of the lagoon beneath these thatched villas becomes the island's lullaby, inviting guests to unwind in complete tranquility. Bora Bora's charm extends beyond its landscapes to the warmth of its Polynesian culture. Locals greet travelers with fragrant flower leis and graceful smiles, reflecting a genuine spirit of hospitality. The island offers opportunities for lagoon excursions, snorkeling with reef sharks, or cruising at sunset while rays of gold illuminate the water. For those seeking romance, few destinations on earth match Bora Bora's natural beauty and refined intimacy, making it a favorite choice for honeymoons and anniversaries.

## FEATURED ENTERTAINMENT

HAPPY  
*St. Patrick's*  
DAY



LOCAL FOLKLORIC SHOW

## TEHEIURI O TE NATURA

9PM  
SEVEN SEAS LOUNGE (6/7)

## Late Night Events:

SING-A-LONG FAVORITES  
10:15PM | NAVIGATOR LOUNGE (6)

HITS, CLASICS, & MORE  
10:20PM | GALILEO'S LOUNGE (11)

## TODAY AT A GLANCE

### SUNNY



High: 81°F / 27°C  
Low: 79°F / 26°C

### GOING ASHORE

*Seven Seas Navigator* is scheduled to anchor off **Vaitape Bay**.

Remember to carry with you: **Suite Key Card**

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### PORT AGENT

Agence Maritime De Fare Ute  
PO Box 9100, Papeete, Tahiti,  
French Polynesia

Telephone: +689 40 42 5561  
Mobile: +689 87 79 66 05

### MONEY MATTERS

The local currency is the CFP Franc (XPF).  
The approximate exchange rate is: U.S. \$1 = XPF 103.

*CFP Franc is not available for purchase onboard.*

### HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water.

### FRENCH POLYNESIAN VAT REFUND

Kindly note that no VAT representative will be boarding our ship during our final port of call in French Polynesia on March 18. To facilitate your VAT refund process, please adhere to the following instructions: Present 1 Green or Yellow form (client copy), 2 Pink forms, and an envelope with a stamp from the retailer of your purchased items. Please hand over these documents at the Reception desk, and we will endorse and return the client copy to you with the ship's stamp. The remaining 2 Pink forms will be stamped and placed inside the provided envelope, which we will need to submit to the Custom office on your behalf. Please ensure that all details on the forms, including full name, date of birth, nationality, passport number, and email address have been completed. Deadline for submission will be in March 18 at 2pm. For any inquiries, feel free to contact us at the Reception desk on deck 6 or by dialing "0."

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
<b>The following excursions meet in the Seven Seas Lounge (6):</b>		
BOB-004	Glass Bottom Boat - 1st Departure	8am
BOB-008	Sharks & Rays By Glass Bottom Boat - 1st Departure	8:15am
BOB-009	Lagoon Cruise With Beach Break	8:30am
BOB-010	Aqua Safari	8am
BOB-012	Moana Jet Ski Adventure - AM Departure	9am
BOB-015	Sail Bora Bora By Catamaran - AM Departure	8:40am
BOB-016	Polynesian Day With Motu Lunch	9am
BOB-021	ATV Adventure In Bora Bora - AM Departure	8am
BOB-023	Motu Beach Transfer	8:15am

### **The following excursions meet ashore, on the pier:**

*Please allow yourself at least 30 minutes for the tender ride ashore.*

BOB-002	Bora Bora Island Tour by "Le Truck"	12:50pm
BOB-003	Bora Bora Off-Road Adventure	12:50pm
BOB-004A	Glass Bottom Boat - 2nd Departure	10:20am
BOB-005	Shark & Stingray Snorkel Safari	12:50pm
BOB-008A	Sharks & Rays By Glass Bottom Boat - 2nd Departure	11:05am
BOB-008B	Sharks & Rays By Glass Bottom Boat - 3rd Departure	2:05pm
BOB-012A	Moana Jet Ski Adventure - PM Departure	1:05pm
BOB-015A	Sail Bora Bora By Catamaran - PM Departure	12:50pm
BOB-024	Scenic Helicopter Flight Over Bora Bora - 1st. Departure	10:50am
BOB-024A	Scenic Helicopter Flight Over Bora Bora - 2nd Departure	1:20pm
BOB-024B	Scenic Helicopter Flight Over Bora Bora - 3rd Departure	1:50pm
BOBL01	Overland - Romantic Escape At Bora Bora by Pearl Resort	10:50am

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available ashore.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### BIOSECURITY REGULATIONS

Due to strict Agricultural regulations, No food, nuts, fruits, Plants with soil, seedlings of any kinds, wood products/handicrafts that include bark is permitted to be taken ashore. Thank you for your cooperation.

### SHIP'S TOILET VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of *any other items* - including, but not limited to, tissues, wipes and hygiene products - is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

# PASSAGES

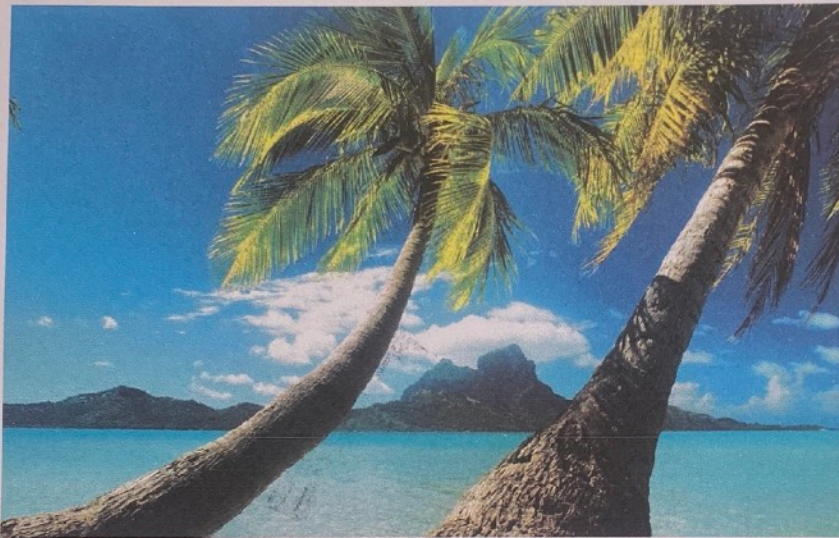
THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 5**  
WEDNESDAY  
MARCH 18, 2026

**BORA BORA, FRENCH POLYNESIA**  
First Tender: 7:30am  
Last Tender: 3:30pm | Departure: 4pm

**EVENING DRESS CODE**  
Elegant Casual



## CHARMING BORA BORA

Rising from the heart of the South Pacific like an emerald crown surrounded by a turquoise moat, Bora Bora is the very definition of tropical perfection. Nestled among the Leeward Islands of French Polynesia, this small yet breathtaking island has long seduced travelers with its dazzling lagoon, dramatic volcanic peaks, and its unmistakable sense of serenity. The island's centerpiece, Mount Otemanu, towers majestically above the lagoon, its lush slopes cloaked in emerald vegetation that glows under the high Polynesian sun. At its feet lies a mosaic of blues and greens where shallow waters shimmer above coral gardens teeming with marine life. Visitors arriving by plane are immediately enchanted as they glimpse the island's circular reef, studded with motus—tiny islets fringed with coconut palms and white-sand shores. Bora Bora's

world-famous overwater bungalows, perched above the lagoon's crystal-clear shallows, offer direct access to the sea, creating a seamless connection between luxury and nature. The gentle lapping of the lagoon beneath these thatched villas becomes the island's lullaby, inviting guests to unwind in complete tranquility. Bora Bora's charm extends beyond its landscapes to the warmth of its Polynesian culture. Locals greet travelers with fragrant flower leis and graceful smiles, reflecting a genuine spirit of hospitality. The island offers opportunities for lagoon excursions, snorkeling with reef sharks, or cruising at sunset while rays of gold illuminate the water. For those seeking romance, few destinations on earth match Bora Bora's natural beauty and refined intimacy, making it a favorite choice for honeymoons and anniversaries.

## FEATURED ENTERTAINMENT



VIOLINIST EXTRAORDINAIRE  
STARRING

**SARAH  
MOIR**

9:30PM  
SEVEN SEAS LOUNGE (6/7)

## Late Night Events:

AT THE 88s

10:15PM | NAVIGATOR LOUNGE (6)

FEEL THE RHYTHM

10:20PM | GALILEO'S LOUNGE (11)

## TODAY AT A GLANCE

### SUNNY



High: 83°F / 28°C  
Low: 81°F / 27°C

### GOING ASHORE

*Seven Seas Navigator* is anchored off **Vaitape Bay**. Remember to carry with you: **Suite Key Card**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

*We may automatically use facial recognition for security pre-screening purposes and to facilitate and expedite your embarkation and debarkation. If you do not consent to the above uses of facial recognition, please speak to our staff for an alternate manual process.*

### PORT AGENT

Agence Maritime De Fare Ute  
PO Box 9100, Papeete, Tahiti,  
French Polynesia

Telephone: +689 40 42 5561  
Mobile: +689 87 79 66 05

### MONEY MATTERS

The local currency is the CFP Franc (XPF).

The approximate exchange rate is: U.S. \$1 = XPF 102.

*CFP Franc is not available for purchase onboard.*

### HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place on board to disinfect and sanitize public areas including door handles, railings, and elevator buttons. As a courtesy to fellow travelers, we ask that guests consider wearing a mask if they are experiencing upper respiratory issues to help prevent the spread of colds and infections between guests.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
<b>The following excursions meet in the Seven Seas Lounge (6):</b>		
BOB-002	Bora Bora Island Tour by "Le Truck" - 1st Departure	8:25 AM
BOB-003	Bora Bora Off-Road Adventure	8:00 AM
BOB-004	Glass Bottom Boat - 1st Departure	8:00 AM
BOB-005	Shark & Stingray Snorkel Safari - AM Departure	8:00 AM
BOB-008	Sharks & Rays By Glass Bottom Boat - 1st Departure	7:30 AM
BOB-009	Lagoon Cruise With Beach Break - AM Departure	7:30 AM
BOB-011	Reef-Ringed Lagoon Tour	8:00 AM
BOB-012	Moana Jet Ski Adventure - AM Dep.	8:00 AM
BOB-015	Sail Bora Bora By Catamaran - AM Departure	7:40 AM
BOB-016	Polynesian Day With Motu Lunch	8:30 AM
BOB-017	Best Of Bora Bora & Lunch	7:40 AM

### The following excursions meet ashore, on the pier:

*Please allow yourself at least 30 minutes for the tender ride ashore.*

BOB-002A	Bora Bora Island Tour by "Le Truck" - 2nd Departure	12:20 PM
BOB-004A	Glass Bottom Boat - 2nd Departure	10:20 AM
BOB-005A	Shark & Stingray Snorkel Safari - PM Departure	12:05 PM
BOB-008A	Sharks & Rays By Glass Bottom Boat - 2nd Departure	10:05 AM
BOB-008B	Sharks & Rays By Glass Bottom Boat - 3rd Departure	12:50 PM
BOB-009A	Lagoon Cruise With Beach Break - PM Departure	11:35 AM
BOB-010A	Aqua Safari - 1st Departure	10:20 AM
BOB-010B	Aqua Safari - 2nd Departure	1:20 PM
BOB-015A	Sail Bora Bora By Catamaran - PM Departure	11:50 AM

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available ashore.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### BEACH TOWELS

Beach towels and umbrellas can be found at the gangway for use when going ashore during your voyage. Request any additional beach towels needed from your Suite Attendant. Please remember to bring the towel and umbrella back and return to the collection bin at the gangway when you return onboard.

### SHIP'S TOILET VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of *any other items* - including, but not limited to, tissues, wipes and hygiene products - is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

# Day 1 at Sea

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



SEVEN SEAS NAVIGATOR

**DAY 6**  
THURSDAY  
MARCH 19, 2026

**CRUISING THE SOUTH PACIFIC**  
Next Port: Pago Pago, American Samoa  
Arrival: March 21 at 9am

**EVENING DRESS CODE**  
Elegant Casual



## SEVEN SEAS NAVIGATOR

Keel Laid: 1999 | Completed: 1999 | Refurbished: 2023  
490 Guests | 345 Crew Members from 41 Nationalities

*For more than thirty years, we have delivered unrivaled experiences throughout the world. All the while, we have been listening to our guests, evolving our services and continually refining each element of the Regent experience. Embrace the freedom enjoyed through the most all-inclusive luxury experience on the Seven Seas aboard a ship that elevates the pinnacle of ocean cruising to new heights.*

*Serene ocean views enhance the soothing color palette in each Seven Seas Navigator® suite. You'll also find luxurious bath amenities, a cozy robe and our superior Elite Slumber™ beds to ensure a relaxing and revitalizing all-inclusive luxury voyage.*

Guest to Staff Ratio:	1.27 to 1
Guest Decks:	8
Total Decks:	13
Port of Registry:	Nassau, Bahamas
Length Overall:	170.69 meters   560 feet
Beam:	23.7 meters   81 feet
Max. Draft:	7.3 meters   24 feet
Gross Tonnage:	28,803 tons
Min/Max Speed:	2 knots   20 knots
Propulsion:	4 x Wärtsilä 8L38 engines
Bow thrusters:	1 x Rolls Royce thruster
Stabilizers:	2 Fincantieri stabilizers
Builder:	Mariotti Yards Genoa, Italy

## FEATURED ENTERTAINMENT



ONE-MAN-ORCHESTRA  
STARRING

**DANNY ELLIOTT**

9:30PM  
SEVEN SEAS LOUNGE (6/7)

### Late Night Events:

ELTON JOHN, BILLY JOEL & MORE

10:15PM | NAVIGATOR LOUNGE (6)

KARAOKE

10:20PM | GALILEO'S LOUNGE (11)

# Day 1 at Sea

## CULINARY CORNER



### WORLD OF WINES

Become a connoisseur of wine as you sip your way around the world of wine.

10:45am | Navigator Lounge (6)



### SEAFOOD EXTRAVAGANZA

Enjoy our selection of seafood, dishes including shrimp, scallops and fresh fish.

12 - 2pm | Pool Grill (10)



### FRENCH POLYNESIAN AFTERNOON TEA

Enjoy our elegant afternoon tea accompanied by one of our talented musicians.

4 - 5pm | Galileo's Lounge (11)

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Breakfast   La Veranda   Deck 10	7:30 - 10am
Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Seafood Extravaganza Lunch Buffet   Pool Grill   Deck 10	12 - 2pm
Lunch   Compass Rose   Deck 5	12 - 1:30pm
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i> Prime 7   Deck 10	6:30 - 9pm

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10 <i>Weather Permitting</i>	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's   Deck 11	12pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	9am - 1pm   4pm - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   3 - 7pm
Cruise Consultant   Deck 6, Midship	9 - 10:30am   3 - 7pm
Boutiques   Deck 7	10am - 10pm
Beauty Shop   Deck 7	10am - 2pm   6pm - 10pm
The Casino   Deck 7	Slots: All day - Closing Tables: 1 - 5pm   8pm - Closing
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	8 - 11am   3 - 6pm   7 - 8pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7:30am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.

**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 999**

**DRESS CODE - ELEGANT CASUAL:** Skirts, slacks, or refined denim that is not torn or distressed with blouse or sweater, pant suit or dress for ladies; slacks, or refined denim that is not torn or distressed and collared shirt for gentlemen. Jackets are optional.

# Day 1 at Sea

## OUR COMMITMENT TO REDUCING FOOD WASTE

As part of our global sustainability program, *Sail & Sustain*, we encourage guests to be mindful of food waste. Guests are welcome to indulge as much as they wish, we only ask that you order or serve yourself what you intend to consume. You will notice that our La Veranda and Pool Grill dishes are carefully portioned as are all the plates in our dining venues. We thank you for your attention and helping us be good stewards of the environment.

## SAFETY INFORMATION

Please be sure to keep your fingers away from door jambs, as doors on the ship are designed to close automatically. Please also be aware of raised thresholds, including but not limited to elevator door sills, thresholds in doorways at the entrance to your bathroom suite and thresholds at doorways that lead onto or off of the open decks. Additionally, please exercise caution when walking around the ship, wear appropriate footwear and be sure to use the ship's handrails when using stairs and walking throughout the ship. Due to sea conditions, the ship is subject to sudden movement.

## PASSPORT DISTRIBUTION

Please be advised that a passport distribution for all guests will take place today, March 19, between 9am and 10am in Deck 7 forward, starboard side. Guests with Butler service will receive their passports from their butler. If you are unable to collect your passport during this time please collect it from Reception desk. We thank you for your attention.

## VOCAL/INSTRUMENTALIST

### DANNY ELLIOTT

More than an instrumentalist, more than a singer! Danny Elliott is a virtual one-man-orchestra, blending his multi-talents into an incredibly entertaining showcase of music and memories. His amazing ability to play song after song on instrument after instrument is something to behold. Experience Danny playing more than a dozen musical instruments. From classical to rock 'n' roll, and everything in between... Swing on the clarinet or saxophone, country fiddle, guitar or bluegrass banjo, classical flute or chromatic harmonica, the Irish penny whistles and low whistle, the haunting sound of the pan pipes or didgeridoo, perhaps some blues harp or rock 'n' roll on the piano, or even the bagpipes!!! And when you think you've seen it all, .... there's the voice! This is an unmissable show that will stay in your memory, long after the voyage. Don't miss it!



COMING SOON | MARCH 24  
*Connoisseur Wine Lunch*  
12pm | Compass Rose (5)  
\$169 per Guest • Space is Limited • Register at Reception (0),  
with your Butler, your Sommelier or Bar Staff



COMING SOON  
MARCH 26  
CAVIAR BAR  
6pm | Galileo's Lounge (11)  
*charges apply*

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

## Day 2 at Sea

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 7**  
FRIDAY  
MARCH 20, 2026

**CRUISING THE SOUTH PACIFIC**  
Next Port: Pago Pago, American Samoa  
Arrival: March 21 at 9am

**EVENING DRESS CODE**  
Elegant Casual



### SEVEN SEAS SOCIETY

We are so pleased that you are part of our family. Upon completing your first voyage, you are automatically welcomed into the Seven Seas Society®, our esteemed family of past guests. Membership confers a host of exclusive rewards and benefits designed to add even more value to your future voyages. Benefits include priority online shore excursion and dining reservations, FREE garment pressing and Wi-Fi, plus instant recognition at the Silver level for first-time guests sailing 21 nights or more. For all other Society members, if the number of nights you are sailing during your cruise brings you to the next tier, enjoy instant recognition at the upgraded tier from the moment you board.

The more you sail, the more you receive in the way of priority privileges. We are constantly evolving the program to provide you with new rewards to make your travel experiences even more memorable. Perhaps the greatest reward of all, however, is the people you will continue to meet and the friendships you will make as you return to sail with Regent again and again.

Enjoy the company of fellow Society members who treasure the beauty and style of our extraordinary ships, and who share your curiosity about the world and love of travel.

We invite you to visit our [www.RSSC.com/Society](http://www.RSSC.com/Society), where you will find details about Society sailings and special offers. We hope to continue to introduce you to new destinations, as well as return you to your favorite places to visit whether aboard *Seven Seas Navigator*® or any one of her sister vessels. If you have any questions about the Seven Seas Society while you are on board, our Cruise Consultant, whose office is located on Deck 6, is pleased to be at your service.

If you are yearning to explore more of the world on board any one of our all-suite ships, your Cruise Consultant will be delighted to acquaint you with the range of savings that are available to you as a Seven Seas Society member. Many of our voyages offer significant Seven Seas Society savings, which is one more way for us to thank you for your loyalty, patronage and friendship.

### FEATURED ENTERTAINMENT

THE NAVIGATOR VOCALISTS IN  
**BROADWAY**  
IN CONCERT  
9:30PM | SEVEN SEAS LOUNGE (6/7)

### Late Night Events:

MUSIC THROUGH THE DECADES  
10:15PM | NAVIGATOR LOUNGE (6)

FROM BALLADS TO BANGERS & MORE  
10:20PM | GALILEO'S LOUNGE (11)

# Day 2 at Sea

## HAND WASHING ON CRUISE SHIPS

In the best interest of preserving the health of our crew and guests, we kindly urge you to wash your hands frequently and always before eating. There is no better method of hygiene than washing your hands. All guests and crew are encouraged to use the hand sanitizers that are located throughout the vessel.

## DECK CHAIRS & POOLSIDE ETIQUETTE

Complimentary chaise lounges and day beds are available on a first come, first served basis. As a courtesy to your fellow guests, we kindly request that you refrain from the practice of reserving chaise lounges and day beds with personal items.

## YOUR BALCONY DOOR HUMIDITY

Keep your balcony door closed to avoid unnecessary humidity, which could activate the heat sensor in your suite. Closing the door will also enable the ship's air conditioning system to run efficiently and effectively.

## UNATTENDED PERSONAL ELECTRONIC DEVICES

Leaving any personal electronic devices/appliances plugged in without supervision is strictly prohibited, as this is a fire hazard. The Housekeeping Department will unplug any devices found in violation of this policy.

COMING SOON | MARCH 27

### WOODFORD RESERVE FLAVOR WHEEL TASTING



AT 4PM | COMPASS ROSE (5)  
\$55 per guest

Space is Limited • Register at Reception (O), with your Butler or Bar Staff

COMING SOON | MARCH 27

### CRAFT CAYMUS

WINE & FOOD PAIRING

12PM | COMPASS ROSE (5)  
\$210 per Guest • Space is Limited

Register at Reception (O), with your Butler, your Sommelier or Bar Staff

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rsc.com](mailto:environmentalhotline@rsc.com). All reports are confidential.

# Day 2 at Sea

## CULINARY CORNER

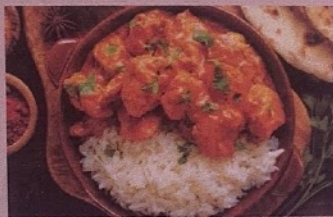


### SANGRIA & FRITTATAS

Start your day with a taste of Spain. Enjoy a glass of our delicious Sangria\* and selection of Frittatas.

\*also available non-alcoholic

7:30 - 10am | La Veranda (10)



### INDIAN LUNCH BUFFET

Sample Indian favorites presented by our Culinary Team.

12 - 2pm | Pool Grill (10)



### AUSTRALIAN & NEW ZEALAND AFTERNOON TEA

Enjoy our elegant afternoon tea accompanied by one of our talented musicians.

4 - 5pm | Galileo's Lounge (11)

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Sangria & Frittatas Breakfast   La Veranda   Deck 10	7:30 - 10am
Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Indian Lunch Buffet   Pool Grill   Deck 10	12 - 2pm
Lunch   Compass Rose   Deck 5	12 - 1:30pm
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i>	6:30 - 9pm
Prime 7   Deck 10	

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10 <i>Weather Permitting</i>	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's   Deck 11	12pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	9am - 1pm   4pm - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   3 - 7pm
Cruise Consultant   Deck 6, Midship	9 - 12pm   3 - 5:30pm
Boutiques   Deck 7	10am - 10pm
Beauty Shop   Deck 7	10am - 2pm   6pm - 10pm
The Casino   Deck 7	Slots: 5pm - Closing Tables: 10am - 5pm
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	8 - 11am   3 - 6pm   7 - 8pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7:30am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

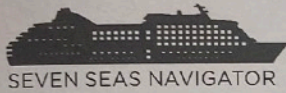
To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.

**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 999**

**DRESS CODE - ELEGANT CASUAL:** Skirts, slacks, or refined denim that is not torn or distressed with blouse or sweater, pant suit or dress for ladies; slacks, or refined denim that is not torn or distressed and collared shirt for gentlemen. Jackets are optional.

# PASSAGES

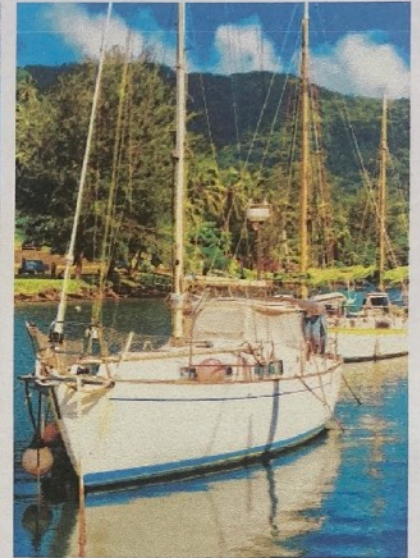
THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 8**  
SATURDAY  
MARCH 21, 2026

**PAGO PAGO, AMERICAN SAMOA**  
Arrival: 9am  
All Aboard: 5:30pm | Departure: 6pm

**EVENING DRESS CODE**  
Elegant Casual



## DISCOVER PAGO PAGO

Cradled within the heart of lush volcanic peaks, Pago Pago, the capital of American Samoa, is a South Pacific gem where nature's majesty and Polynesian hospitality harmoniously converge. The harbor, one of the world's most magnificent natural inlets, stretches inland like a deep blue mirror framed by emerald hills, offering a picture-perfect introduction to the island's splendor. As visitors sail or fly into Pago Pago, the dramatic rise of Mount Alava and Rainmaker Mountain form an unforgettable backdrop, hinting at the adventure and serenity that await. The tiny town itself feels like a tranquil gateway to authentic island life. Markets bustle with color and rhythm—stalls brimming with tropical fruits, handmade crafts, and bright pareos fluttering in the breeze. Along the waterfront, local eateries serve freshly caught fish infused with coconut and

lime, letting travelers savor the ocean's bounty while watching fishing boats drift lazily across the bay. Friendly smiles and warm greetings reflect the Fa'a Samoa, the traditional Samoan way of life centered on family, community, and deep respect for the natural world. For those seeking exploration, Pago Pago's surroundings offer a paradise of discovery. The National Park of American Samoa, stretching across volcanic ridges and coastal rainforests, invites hikers to follow trails that lead to sweeping vistas and secluded beaches where green sea turtles nest in the sand. Snorkeling and diving reveal vibrant coral gardens alive with tropical fish, while the steep cliffs and waterfalls around the island create perfect spots for photographers and nature lovers alike. Pago Pago captures the heart with its raw beauty and timeless island spirit.

## FEATURED ENTERTAINMENT



INTERNATIONAL VIOLIN STARRING

**SARAH MOIR**

9:30PM  
SEVEN SEAS LOUNGE (6/7)

## Late Night Events:

AT THE 88's  
10:15PM | NAVIGATOR LOUNGE (6)

LATE-NIGHT MUSIC & MORE  
10:20PM | GALILEO'S LOUNGE (11)

## TODAY AT A GLANCE

### LIGHT RAIN



High: 83°F / 28°C  
Low: 80°F / 27°C

### GOING ASHORE

*Seven Seas Navigator* is scheduled to dock at **Main Dock**.

Remember to carry with you: **Suite Key Card**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

*We may automatically use facial recognition for security pre-screening purposes and to facilitate and expedite your embarkation and debarkation. If you do not consent to the above uses of facial recognition, please speak to our staff for an alternate manual process.*

### PORT AGENT

Swire Shipping Pte. Ltd.  
P.O. Box 5680, #103 Fagatogo Square, Pago Pago, 96799, American Samoa

Telephone: +168 42487447  
Mobile: +1684 248 2626

### MONEY MATTERS

The local currency is the United States Dollar (USD).

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
The following excursions meet in the Seven Seas Lounge (6):		
PPG-005	Samoan Cultural Experience - AM Departure	9:15am
PPG-005A	Samoan Cultural Experience - PM Departure	1pm
PPG-008	Pago Pago's Eastside & Downtown - AM Departure	9:30am
PPG-008A	Pago Pago's Eastside & Downtown - PM Departure	1:30pm

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available ashore.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### IMPORTANT INFORMATION

This evening, March 21, Galileo's Lounge will be closed from 10pm for a private function. Guests are invited to enjoy Navigator Lounge and Stars Lounge (6) during this time. Thank you for your understanding and cooperation.

### FITNESS CENTER ADVICE

For your safety, please ensure you are wearing suitable exercise clothing and sneakers or trainers when using any part of the Fitness Center. This includes all machines and weights provided. No sandals, flip-flops, deck shoes, jeans or other unsuitable clothing is permitted in the Fitness Center. As a courtesy to other guests, use the sanitizer and paper towels provided to wipe down the machines after use. Guests must be aged 16 years or over to use the equipment in the Fitness Center.

### SHIP'S TOILET VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of *any other items* - including, but not limited to, tissues, wipes and hygiene products - is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

### STAYING HYDRATED

Up to 10 cups of water are lost daily through perspiration and breathing. To keep your body working properly, you need to replace the water you lose, so be sure to drink plenty of water and wear a hat while ashore.



### DOING OUR PART TO PROTECT THE ENVIRONMENT

As part of our commitment to protecting the environment, we recently started sustainably serving Vero Water®, a leading brand of luxury still and sparkling water served by Michelin Starred, James Beard Award-winning Chefs and tastemakers. Vero Water is an eco-friendly alternative to traditional bottled water, that is ultra-purified using a five stage nano-filtration system and filled fresh onboard. This eco-friendly process enables us to serve exceptionally pure, crisp and great tasting water, while significantly reducing plastic and glass bottle waste and our carbon footprint.

**Be sure to bring your reusable Vero bottle with you whether you go ashore, or relax on board so you may enjoy complimentary still or sparkling Vero Water® from hydration stations across our luxurious ship.**

Hydration stations are located around the vessel including the Fitness Center (12), Stars Lounge (6), Pool Deck (10), Jogging Track (11), the Gangway (4/5).

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

# MARCH 21, 2026 | ACTIVITIES

SUNRISE: 6:26AM | SUNSET: 6:32PM

## GOOD MORNING

All Day	NAVIGATOR TODAY with Cruise Director John Ekin	TV Channel 1
All Day	SPEAKER SERIES   The most recent presentation plays continuously	TV Channels 17 & 18
All Day	SHORE EXCURSION INFORMATION with Destination Services	TV Channels 22 & 23
All Day	PUZZLE PAGE   Daily Sudoku & Crossword are available for your enjoyment	Library (6)
All Day	◆ MENSA® DAILY QUIZ   Answers revealed at 4:25pm in Stars Lounge <i>Must be present to win</i>	Library (6)
9am	ARRIVAL   <i>Seven Seas Navigator</i> is scheduled to dock in Pago Pago, American Samoa	
9:30am	◆ DARTS   Aim for the bullseye with the Entertainment Team	Fwd Lobby (9)
10am	WELLNESS EVENT: Puffy Eye Solutions   Tips on how to conceal and brighten your eyes	Serene Spa & Wellness (12)

## GOOD AFTERNOON

1pm	MASSAGE TASTERS   Discover our range of treatments with a complimentary taster	Serene Spa & Wellness (12)
2pm	MAH JONGG & SOCIAL BRIDGE PLAY   <i>non-hosted</i>	Conference Room (6)
2:30pm	◆ CARPET BOWLS   Join the Entertainment Team for a round of fun	Fwd Lobby (9)
3pm	◆ CRAZY GOLF   Golf with a twist. Hosted by the Entertainment Team	Fwd Lobby (9)
4 - 5pm	AFTERNOON TEA   Featuring our talented musicians	Galileo's Lounge (11)
4:25pm	◆ MENSA® DAILY QUIZ   Answers revealed with Social Hostess Natasha	Seven Seas Lounge (6)
4:30pm	◆ TEAM TRIVIA   Test your knowledge with Cruise Director John Ekin <i>Max 6 guests per team. No digital devices permitted</i>	Seven Seas Lounge (6)
5pm	WELLNESS EVENT: Puffy Eye Solutions   Tips on how to conceal and brighten your eyes	Serene Spa & Wellness (12)
5:30pm	ALL ABOARD   All guests are required to be back on board	
5:30pm	LADIES NIGHT IN THE SPA   Indulge in an evening of top to toe pampering   \$49 + 20%	Serene Spa & Wellness (12)

## GOOD EVENING

6pm	DEPARTURE   <i>Seven Seas Navigator</i> sets sail for Apia, Samoa Islands   91 nautical miles	
6 - 6:45pm	ACOUSTIC LIVE LOUNGE with one of our talented musicians	Galileo's Lounge (11)
6:15 - 7pm	NAVIGATOR IVORIES   Cocktail Pianist Victor Nino Salazar	Navigator Lounge (6)
6:30pm	SOLO TRAVELERS' SOCIAL with Social Hostess Natasha	Stars Lounge (6)
6:45 - 7:30pm	RELAXING TUNES   Soft, easy-listening songs with Stick To One Duo	Stars Lounge (6)
7 - 7:30pm	COCKTAILS, MARTINIS, & MORE with the Regent Signature Orchestra	Galileo's Lounge (11)
8:15 - 9pm	PIANO REVERIE with Cocktail Pianist Victor Nino Salazar	Navigator Lounge (6)
8:45 - 9:15pm	AFTER-DINNER DANCING   A lively variety of tunes with Stick To One Duo	Stars Lounge (6)
9:30pm	IN A BRAND-NEW SHOW GUEST ENTERTAINER SARAH MOIR INTERNATIONAL VIOLIN   Rock to pop, Celtic to Classical, music from around the globe <i>Video and audio recording, photography and the saving of seats are strictly prohibited. Thank you</i>	Seven Seas Lounge (6/7)
10:15 - 11:15pm	AT THE 88'S with Cocktail Pianist Victor Nino Salazar	Navigator Lounge (6)
10:15 - 11:30pm	LATE-NIGHT MUSIC & MORE   Hit the dance floor with Stick To One Duo	Stars Lounge (6)

◆ Regent Reward Points will be awarded to the winner of this activity, to be redeemed at the end of the voyage.

# PASSAGES

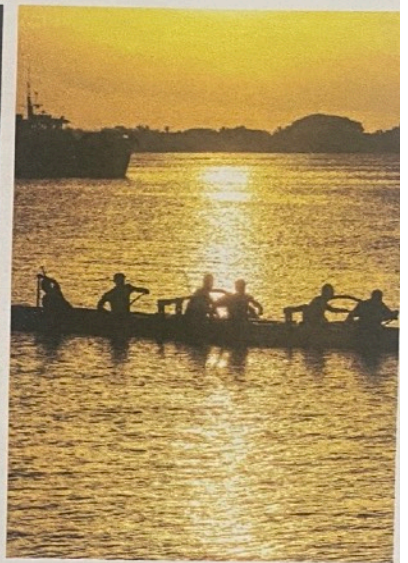
THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 9**  
MONDAY  
MARCH 23, 2026

**APIA, SAMOA**  
Arrival: 8am  
All Aboard: 5:15pm | Departure: 5:30pm

**EVENING DRESS CODE**  
Elegant Casual




## BEAUTIFUL APIA


Apia is the vibrant capital and beating heart of Samoa, located on the northern coast of Upolu. The city blends the charm of traditional island life with the rhythm of a bustling Pacific hub. Set against lush mountains that curve down to the turquoise expanse of the Pacific Ocean, Apia offers travelers an alluring combination of natural beauty, cultural depth, and warm Samoan hospitality. The waterfront, with its palm-fringed promenade and views over the harbor, is the perfect place to begin exploring. Here, visitors can watch colorful fishing boats glide through the water or stroll to the lively Fugalei Market, where stalls overflow with tropical fruit, handmade crafts, and local delicacies. Every encounter reveals the fa'a Samoa—the Samoan way of life—deeply rooted in community, respect, and a joyous appreciation of living close to nature. Historic

landmarks enrich the city's cultural landscape. The Robert Louis Stevenson Museum, housed at the author's former estate of Vailima, offers a glimpse into the writer's later years spent in Samoa. Nearby, the imposing Immaculate Conception Cathedral stands as a symbol of Apia's enduring spiritual life, its majestic ceilings and stained-glass windows radiating calm. Wandering through the streets, one encounters a delightful mix of colonial architecture, lively cafes serving Samoan coffee, and friendly locals greeting visitors with genuine smiles. Beyond the town center, the surrounding region beckons with its natural wonders. The Papaseea Sliding Rocks and the stunning Piula Cave Pool invite refreshing swims, while scenic drives reveal cascading waterfalls, forested trails, and coastal villages where life remains gently paced and steeped in tradition.

## FEATURED ENTERTAINMENT



CLASSICAL CONCERTO  
**ALEX KUSLYA**  
6PM  
SEVEN SEAS LOUNGE (6/7)



AN EVENING WITH  
**BELINDA ADAMS**  
9:30PM | SEVEN SEAS LOUNGE (6/7)

## TODAY AT A GLANCE

### PARTLY CLOUDY



High: 81°F / 28°C  
Low: 79°F / 26°C

### GOING ASHORE

*Seven Seas Navigator* is scheduled to dock at **Port of Apia - Berth 1**.

Remember to carry with you:  
**Suite Key Card**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

*We may automatically use facial recognition for security pre-screening purposes and to facilitate and expedite your embarkation and debarkation. If you do not consent to the above uses of facial recognition, please speak to our staff for an alternate manual process.*

### PORT AGENT

Samoa Global Shipping Services  
Po Box 9404, Apia, Vaitele,  
Samoa Islands

Telephone: +685 27511  
Mobile: +685 7626386

### MONEY MATTERS

The local currency is the Samoan Tala (WST).  
The approximate exchange rate is: U.S. \$1 = WST 2.75.

*We do not sell the Samoan Tala at Reception.*

### HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place on board to disinfect and sanitize public areas including door handles, railings, and elevator buttons.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
The following excursions meet in the Seven Seas Lounge (6):		
API-001	Aleipata District & Beach Break	8:45 AM
API-002	Apia Township & Surroundings - 1st Departure	8:15 AM
API-002A	Apia Township & Surroundings - 2nd Departure	9:30 AM
API-003	Famous Homesteads & Market	9:30 AM
API-006	Coastal Villages, Falefa Falls & Tropical Gardens - 1st Dep.	9:45 AM
The following excursions meet ashore, on the pier:		
API-006A	Coastal Villages, Falefa Falls & Tropical Gardens - 2nd Dep.	11:55 AM

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available ashore.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### SHUTTLE BUS SERVICE

Complimentary Shuttle Service is available beginning at 8am from the pier to Samoa Tourism Headquarters with a mandatory break for lunch. The last shuttle to the terminal will be departing from Samoa Tourism Headquarters at 4:15pm. Shuttle Bus schedules will be available at the Destination Services Desk.

*Shuttle buses are operated on a first-come, first-served basis and may depart earlier than scheduled if filled to full capacity. Shuttle buses are subject to unforeseen delays such as traffic. No compensation is due for non-use of this complimentary service or if alternate forms of transportation are used. As this is a locally operated shuttle bus service, Regent Seven Seas Cruises is not responsible for any changes or delays to the shuttle schedule. Taxis are an alternative form of transportation.*

### BEACH TOWELS

Beach towels and umbrellas can be found at the gangway for use when going ashore during your voyage. Request any additional beach towels needed from your Suite Attendant. Please remember to bring the towel and umbrella back and return to the collection bin at the gangway when you return onboard.

### SHIP'S TOILET VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of *any other items* – including, but not limited to, tissues, wipes and hygiene products – is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

### REGENT REWARD POINTS

During your voyage, you can earn Regent Reward Points by participating in a variety of exciting activities hosted by your Entertainment Team. Regent Reward Activities are indicated in *Passages* with the ♦ symbol.

**Indoor & Outdoor Sports Activities:** First place earns three points; second place earns two points; and third place earns one point.

**Team Activities:** Team Trivia, Guess That Tune and other games – maximum number of players is six per team. The top three teams are awarded points.

Points can be redeemed at the end of your cruise for a variety of Regent Seven Seas Cruises prizes and are not transferrable to other Regent Seven Seas Cruises ships.

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

## Day 1 at Sea

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 10**  
TUESDAY  
MARCH 24, 2026

**CRUISING THE SOUTH PACIFIC**  
Next Port: Suva, Fiji  
Arrival: March 25 at 8am

**EVENING DRESS CODE**  
Elegant Casual



## GOOD HOUSEKEEPING

The final touch to every evening turndown service in your suite is the chocolate on your pillow. This has come to symbolize excellence in keeping house worldwide and is no exception on board *Seven Seas Navigator*. Every Suite on board is tended to by a Suite Attendant ensuring that guests always receive prompt and spotless service. While they are the ambassadors of the department, they are supported by a behind-the-scenes team of tireless accomplices that make it all possible. The Laundry Master and Laundrymen overlook an endless operation in the Main Laundry where all towels, sheets, pillowcases, napkins, tablecloths, crew uniforms and personal clothing are separated, washed and dried for the routine pick ups on a twice daily basis. Seven Butlers and a Head Butler provide an enhanced level of individualized attention to selected suites. These skilled gentlemen are trained to provide exceptional service, quickly, competently and without fuss. They will send out your shirt for pressing, make your restaurant reservation, arrange a private in-suite party...in effect, pamper you endlessly

night and day. Come nightfall, the Night Supervisor takes over with a team of Cleaners, who pick up your shoes to shine, and see to it that the areas guests enjoy all day are meticulous for the following morning. It is a 24-hour operation. During the day, the Chief Housekeeper's responsibilities extend beyond guest suites. She is responsible for the overall onboard cleanliness of the public areas, as well as providing a cleaning service for the Officers' quarters. The Senior Housekeeping Utility is responsible for the crew areas. She heads a team of Housekeeping Utility personnel who sweep, vacuum and collect refuse from all shipboard crew staircases, corridors and offices. While housekeeping is important, so is the ambiance: fresh flowers are chosen and displayed to set the mood in every suite, restaurant, bar and office. The warmth and personality of every guest area is felt as a result of the dedication of the entire Housekeeping Department to create and deliver the Regent Experience. "The secret of joy in work is contained in one word - excellence...to know how to do something is to do it well."

## FEATURED ENTERTAINMENT



THE MUSICAL MAESTRO  
STARRING

**DANNY  
ELLIOTT**

9:30PM  
SEVEN SEAS LOUNGE (6/7)

## Late Night Events:

INTIMATE LOVE SONGS

10:15PM | NAVIGATOR LOUNGE (6)

COUNTRY FAVORITES  
& MORE

10:20PM | GALILEO'S LOUNGE (11)

# Day 1 at Sea

## SAFETY INFORMATION

Please be sure to keep your fingers away from door jambs, as doors on the ship are designed to close automatically. Please also be aware of raised thresholds, including but not limited to elevator door sills, thresholds in doorways at the entrance to your bathroom and thresholds at doorways that lead onto or off of the open decks. Additionally, please exercise caution when walking on the ship, wear appropriate footwear and be sure to use the ship's handrails when using stairs and walking throughout the ship. In rough to sea conditions, the ship is subject to sudden movement.

## DECK CHAIRS & POOLSIDE ETIQUETTE

Complimentary chaise lounges and day beds are available on a first come, first served basis. As a courtesy to your fellow guests, kindly request that you refrain from the practice of reserving chaise lounges and day beds with personal items.

## YOUR BALCONY DOOR HUMIDITY

Keep your balcony door closed to avoid unnecessary humidity, which could activate the heat sensor in your suite. Closing the door will also enable the ship's air conditioning system to run efficiently and effectively.

## UNATTENDED PERSONAL ELECTRONIC DEVICES

Leaving any personal electronic devices/appliances plugged in without supervision is strictly prohibited, as this is a fire hazard. The Housekeeping Department will unplug any devices found in violation of this policy.

COMING SOON | MARCH 27

**WOODFORD RESERVE**  
FLAVOR WHEEL TASTING



AT 4PM | COMPASS ROSE (5)  
\$55 per guest

Space is Limited • Register at Reception (0),  
with your Butler or Bar Staff

COMING SOON | MARCH 27

**CRAFT**  
*of*  
**CAYMUS**

WINE & FOOD PAIRING

12PM | COMPASS ROSE (5)  
\$210 per Guest • Space is Limited  
Register at Reception (0), with your Butler, your Sommelier or Bar Staff

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

# Day 1 at Sea

## CULINARY CORNER



### ASIAN SATAY

Sample splendid Asian favorites prepared by our Culinary team.

12 - 2pm | Pool Grill (10)



### INTERNATIONAL AFTERNOON TEA

Enjoy our elegant afternoon tea accompanied by one of our talented musicians.

4 - 5pm | Galileo's Lounge (11)



### COMING SOON | MAR 26 CAVIAR BAR

Indulge in some of the finest caviar at sea, served with traditional condiments paired with a selection of Premium Champagnes and Vodkas.

6pm | Galileo's Lounge (11)  
charges apply

## DINING OPTIONS

	24-hour
Room Service	6:30 - 9:30am
Fitness Breakfast   Pool Grill   Deck 10	7:30 - 10am
Breakfast   La Veranda   Deck 10	8 - 9:30am
Breakfast   Compass Rose   Deck 5	11am - 4pm
Lunch   Pool Grill   Deck 10	12 - 2pm
Asian Satay Lunch Buffet   Pool Grill   Deck 10	12 - 1:30pm
Lunch   Compass Rose   Deck 5	12 - 2pm
Lunch   La Veranda   Deck 10	6 - 9pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6:30 - 9:30pm
Dinner   Compass Rose   Deck 5	6:30 - 9pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i>	6:30 - 9pm
Prime 7   Deck 10	

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10 <i>Weather Permitting</i>	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's   Deck 11	12pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	9am - 1pm   4pm - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   3 - 7pm
Cruise Consultant   Deck 6, Midship	9am - 12pm   3 - 7pm
Boutiques   Deck 7	10am - 10pm
Beauty Shop   Deck 7	10am - 2pm   6pm - 10pm
The Casino   Deck 7	Slots: 6:30pm - Closing Tables: 11am - 6:30pm
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	8 - 11am   3 - 6pm   7 - 8pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.

**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 999**

**DRESS CODE - ELEGANT CASUAL:** Skirts, slacks, or refined denim that is not torn or distressed with blouse or sweater, pant suit or dress for ladies; slacks, or refined denim that is not torn or distressed and collared shirt for gentlemen. Jackets are optional.

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES\*



**DAY 11**  
WEDNESDAY  
MARCH 25, 2026

**SUVA, FIJI**  
Arrival: 8am  
All Aboard: 5:30pm | Departure: 6pm

**EVENING DRESS CODE**  
Elegant Casual

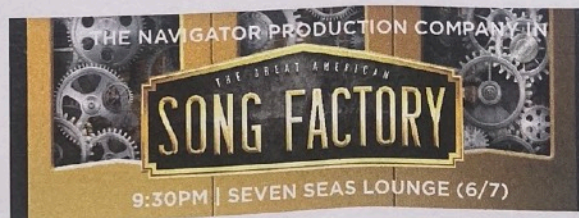


## DISCOVER SUVA

Suva, the lively capital of Fiji, is a city that beautifully blends island charm with urban sophistication. Situated on the southeastern coast of Viti Levu, Fiji's largest island, Suva is a place where tropical beauty meets cultural vibrancy. The city sprawls along a deep harbor fringed by mangrove forests and lush hills, offering stunning views that capture the essence of the South Pacific. Despite being a bustling political and commercial hub, Suva never loses touch with its natural surroundings and relaxed island spirit. A stroll through downtown Suva reveals a fascinating mix of colonial architecture, modern high-rises, and traditional markets. The iconic Suva Municipal Market brims with color and life, where locals sell everything from tropical fruits and spices to handcrafted baskets and flowers. Nearby, Victoria Parade hums with cafés, boutique shops, and restaurants serving

aromatic Indo-Fijian curries and seafood fresh from the Pacific. The blend of cultures is felt everywhere, from language and cuisine to music and fashion, making Suva one of the most cosmopolitan cities in the Pacific Islands. Visitors drawn to history and culture will find an enriching experience at the Fiji Museum, nestled within the tranquil Thurston Gardens. Its exhibits trace the nation's story, from ancient voyaging canoes to colonial artifacts. Beyond the city center, scenic walking trails lead to panoramic lookouts, waterfalls, and rainforests teeming with tropical birds. The Colo-i-Suva Forest Park, only a short drive away, offers a peaceful escape with natural pools and shaded pathways under towering mahogany trees. Suva offers travelers an authentic Fijian experience.

## FEATURED ENTERTAINMENT



### Late Night Events:

**RHYTHM, BLUES, SOUL & MORE**

10:15PM | GALILEO'S LOUNGE (11)

**SMASHING HITS**

10:20PM | GALILEO'S LOUNGE (11)

## TODAY AT A GLANCE

### CLOUDY



High: 84°F / 29°C  
Low: 78°F / 26°C

### GOING ASHORE

Seven Seas Navigator is scheduled to dock at Suva Kings wharf.

Remember to carry with you:

**Suite Key Card**

**Government Issued Photo ID**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

*We may automatically use facial recognition for security pre-screening purposes and to facilitate and expedite your embarkation and debarkation. If you do not consent to the above uses of facial recognition, please speak to our staff for an alternate manual process.*

### PORT AGENT

Swire Shipping, China Navigation Co. Lot 8 Rose Place, Vunato Industrial Subdivision, Lautoka, Fiji  
Telephone: +679 3315 444

### MONEY MATTERS

The local currency is the Fijian Dollar (FJD).

The approximate exchange rate is: U.S. \$1 = FJD 2.22.

*We do not sell the Fijian Dollar at Reception.*

### HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place on board to disinfect and sanitize public areas including door handles, railings, and elevator buttons.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
------	-----------------	-----------

The following excursions meet in the Seven Seas Lounge (6):

SUV-003	Navua River By Longboat - 1st Departure	8:45am
SUV-009	The Pearl South Pacific Escape	8:45am
SUV-011	Best Of Suva - AM Departure	8:45am
SUV-012	A Day At The Beach - AM Departure	8:45am
SUV-014	Wainadoi Zipline - AM Departure	9:45am
SUV-015	The Ultimate Firewalking & Cultural Show - AM Departure	8:45am

The following excursions meet ashore, on the pier:

SUV-011A	Best Of Suva - PM Departure	11:55am
SUV-012A	A Day At The Beach - PM Departure	11:55am

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available on deck 6, from 8:30am to 12:30pm
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### DISPOSAL OF SHARP OBJECTS

We kindly ask those guests using hypodermic needles for medical reasons to please request a Sharps Container from your Suite Attendant. If you are using syringes with needles or any other device for injection, please inform your Suite Attendant, who will be happy to provide you with a Sharps Container for collection of these used items for their safe and proper disposal.

### BALCONY DOOR LOCK

Please take a moment to familiarize yourself with your latch feature of your balcony door lock. For additional information or assistance, please speak with your Suite Attendant or Butler

### YOUR SUITE DOOR

Suite doors are heavy and, as a courtesy to your fellow guests in surrounding suites, should be closed carefully so they do not slam shut.

### SHIP'S TOILET VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of *any other items* - including, but not limited to, tissues, wipes and hygiene products - is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rsc.com](mailto:environmentalhotline@rsc.com). All reports are confidential.



## CULINARY CORNER



### AFTERNOON TEA

Enjoy our elegant afternoon tea accompanied by one of our talented musicians.

4 - 5pm | Galileo's Lounge (11)



### COMING SOON MARCH 26

#### CAVIAR BAR

Indulge in some of the finest caviar at sea, served with traditional condiments paired with a selection of Premium Champagnes and Vodkas.

6pm | Galileo's Lounge (11)  
charges apply

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Breakfast   La Veranda   Deck 10	7 - 10am
Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Lunch   Compass Rose   Deck 5	Closed
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i> Prime 7   Deck 10	6:30 - 9pm

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's Lounge   Deck 11	4pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	7:15 - 11am   4 - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   4 - 8pm
Cruise Consultant   Deck 6, Midship	8 - 11am   4 - 8pm
Boutiques   Deck 7	6:30 - 11pm
The Casino   Deck 7	Closed due to Customs regulations
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	7:30 - 10:30am   4 - 7pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7:30am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.

**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 9999**



**DRESS CODE - ELEGANT CASUAL:** Skirts, slacks, or refined denim that is not torn or distressed with blouse or sweater, pant suit or dress for ladies; slacks, or refined denim that is not torn or distressed and collared shirt for gentlemen. Jackets are optional.

# PASSAGES

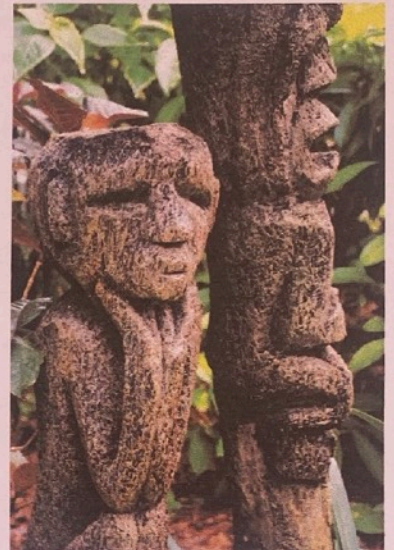
THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 12**  
THURSDAY  
MARCH 26, 2026

**LAUTOKA, FIJI**  
Arrival: 7am  
All Aboard: 3:30pm | Departure: 4pm

**EVENING DRESS CODE**  
Elegant Casual



## EXPLORE LAUTOKA

Lautoka is a city that effortlessly weaves tropical charm with a lively urban rhythm, located on Fiji's sun-drenched western coast. Known as the "Sugar City" for its long-standing ties to the sugarcane industry, Lautoka greets visitors with broad tree-lined avenues, colonial-era architecture, and a refreshing atmosphere shaped by both its coastal breeze and cultural vibrancy. It is the second-largest city in Fiji, yet it retains an easygoing island pace that makes it a delightful place to explore. The waterfront serves as the city's sparkling heart, where palm-lined promenades offer sweeping views of the deep blue Pacific and the distant Mamanuca and Yasawa Islands. From here, ferries and cruises invite travelers to discover nearby coral reefs, hidden coves, and some of Fiji's most picturesque island escapes. Strolling along the esplanade, one can sense the

blend of modernity and tradition that defines Lautoka—locals chatting in outdoor cafés, market stalls bursting with tropical fruit, and fishermen returning with their day's catch. A short drive inland reveals green hillsides and parks like the peaceful Botanical Gardens, filled with orchids, native trees, and shaded walkways. For a touch of local life, the Lautoka Market is a must-visit. Here, the aroma of fresh produce mingles with the vibrant chatter of vendors selling mangoes, pineapples, spices, and handmade crafts. The city's cultural diversity—Fijian, Indian, and Indo-Pacific influences—creates a harmonious fusion that's best experienced through its cuisine, music, and warm hospitality. Lautoka also provides a glimpse into Fiji's industrial heritage through its historic sugar mill, which has been central to the region's economy for over a century.

## FEATURED ENTERTAINMENT



SONGS & STORIES  
STARRING

**MICHAEL  
LINDEN**

9:30PM  
SEVEN SEAS LOUNGE (6/7)

## Late Night Events:

**MUSIC OF THE FAB  
FOUR & MORE**

10:15PM | NAVIGATOR LOUNGE (6)

**KARAOKE**

10:20PM | GALILEO'S LOUNGE (11)

## TODAY AT A GLANCE

### PARTLY CLOUDY



High: 85°F / 29°C  
Low: 75°F / 24°C

### GOING ASHORE

Seven Seas Navigator is scheduled to dock at **Queens Wharf Lautoka**

Remember to carry with you:  
**Suite Key Card**  
**Government Issued Photo ID**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

*We may automatically use facial recognition for security pre-screening purposes and to facilitate and expedite your embarkation and debarkation. If you do not consent to the above uses of facial recognition, please speak to our staff for an alternate manual process.*

### PORT AGENT

Swire Shipping, China Navigation Co. Lot 8 Rose Place, Vunato Industrial Subdivision, Lautoka, Fiji  
Telephone: +679 3315 444

### MONEY MATTERS

The local currency is the Fijian Dollar (FJD).  
The approximate exchange rate is: U.S. \$1 = FJD 2.22.

*We do not sell the Fijian Dollar at Reception.*

### HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place on board to disinfect and sanitize public areas including door handles, railings, and elevator buttons.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
The following excursions meet in the Seven Seas Lounge (6):		
LAT-001A	South Sea Orchids & Fijian Artifacts	9:00 AM
LAT-006A	Nadi Sightseeing	8:30 AM
LAT-007	Sabeto Village & Lautoka Sights - 1st Departure	7:45 AM
LAT-007A	Sabeto Village & Lautoka Sights - 2nd Departure	8:45 AM
LAT-008	Fijian Natural Thermal Mud Bath - 1st Departure	8:15 AM
LAT-008A	Fijian Natural Thermal Mud Bath - 2nd Departure	9:15 AM
LAT-011	Garden Of The Sleeping Giant	8:30 AM
LAT-016	Kula Eco Park	7:20 AM

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available on deck 6, from 7:30am to 11:30am
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### SHUTTLE BUS SERVICE

Complimentary Shuttle Service is available beginning at 8am from the pier to TappooCity Lautoka with a mandatory break for lunch. The last shuttle to the terminal will be departing from TappooCity Lautoka at 2:45pm. Shuttle Bus schedules will be available at the Destination Services Desk.

*Shuttle buses are operated on a first-come, first-served basis and may depart earlier than scheduled if filled to full capacity. Shuttle buses are subject to unforeseen delays such as traffic. No compensation is due for non-use of this complimentary service or if alternate forms of transportation are used. As this is a locally operated shuttle bus service, Regent Seven Seas Cruises is not responsible for any changes or delays to the shuttle schedule. Taxis are an alternative form of transportation.*

### TAX REFUND | LAUTOKA, FIJI

Guests who wish to submit tax refund claims for purchases made in Fiji—Suva (Mar 25) and Lautoka (March 26)—may do so today, March 26, 2026 in Lautoka, Fiji. Tax Officers will be available in the Card Room (Deck 6) from 12pm to 3pm to process claims. Please ensure you bring your original passport, the purchased items for inspection, original shop receipts, and the completed tax forms provided by the merchant. Refunds will be issued in cash only; officers are unable to process refunds to credit cards. Please note that Regent Seven Seas Cruises is unable to assist with the lodgment of VAT refund claims once the tax officers have departed.

### DECK CHAIRS & POOLSIDE ETIQUETTE

Complimentary chaise lounges and day beds are available on a first come, first served basis. As a courtesy to your fellow guests, we kindly request that you refrain from the practice of reserving chaise lounges and day beds with personal items.

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to environmentalhotline@rssc.com. All reports are confidential.

## CULINARY CORNER



### POOL GRILL LUNCH

Enjoy grilled-to-order burgers, sandwiches and fresh salads. Treat yourself to milkshakes or old-fashioned hand-dipped ice cream dessert with toppings.

**11am - 4pm | Pool Grill (10)**



### CAVIAR BAR

Indulge in some of the finest caviar at sea, served with traditional condiments paired with a selection of Premium Champagnes and Vodkas.

**6pm | Galileo's Lounge (11)**  
charges apply

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Breakfast   La Veranda   Deck 10	6:30 - 10am
Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Lunch   Compass Rose   Deck 5	12 - 1:30pm
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i> Prime 7   Deck 10	6:30 - 9pm

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's Lounge   Deck 11	4pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	7 - 11am   4 - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   4 - 8pm
Cruise Consultant   Deck 6, Midship	8 - 11am   4 - 8pm
Boutiques   Deck 7	4:30 - 11pm
The Casino   Deck 7	Slots & Tables: 8pm - Closing
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	7:30 - 10:30am   4 - 7pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7:30am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.  
**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 9999**

**DRESS CODE - ELEGANT CASUAL:** Skirts, slacks, or refined denim that is not torn or distressed with blouse or sweater, pant suit or dress for ladies; slacks, or refined denim that is not torn or distressed and collared shirt for gentlemen. Jackets are optional.

# Day 1 at Sea

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 13**  
FRIDAY  
MARCH 27, 2026

**CRUISING THE SOUTH PACIFIC**  
Next Port: Bay of Islands, New Zealand  
Arrival: March 29 at 9am

**EVENING DRESS CODE**  
Elegant Casual

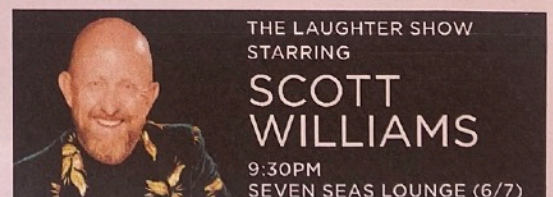


## SAFETY AT SEA

When luxury goes exploring, it is good to know that you are in safe hands. Not only does the Deck Department consist of the true sailors of the vessel in navigational terms, there are several positions responsible for the safety and security of all souls on board, protection of the environment, pollution prevention, as well as the general maintenance and overall appearance of the vessel, from a lick of paint to a bit of spit and polish. Whilst *Seven Seas Navigator* is sailing it's easy to forget that it has taken centuries for navigational systems to become so efficient. The Navigational Bridge is equipped with the latest in Global Positioning Systems and Automatic Radar Plotting Aids, which are fitted for automatic acquisitions of dangerous targets. The Automatic Pilot consists of Atlas Dolog to control the speed by a Doppler system, 2 gyro compasses, 1 magnetic compass and the Ecograph. The course can be controlled by computer and integrated with electronic charts as well as the paper charts, which are always in use. An autopilot controller attached to the computer enables the officer on watch to manually to execute

maneuvers, such as turns, that require a coordinated movement of the control surfaces together with the Officer in Charge. In addition to the GPS and Automatic Pilot a traditional sextant is still used to mark the exact position of the vessel. During the night three AB Firemen patrol the vessel to undertake standard safety checks, while reporting the 'all clear' at electronic call points along the way. The Safety Officer completes the outfit by maintaining safety devices throughout the vessel, firefighting and training all newly embarking and current crew in their emergency duties in accordance with SOLAS (Safety Of Life At Sea) and Safety Management System regulations. A 24-hour watch is maintained on the Navigational Bridge in a strict rotation, and apart from when the Captain has to maneuver in and out of port, the Helm is attended under the steely eye of An Officer of The Watch and a Quartermaster at all times. The Navigational Officer attends to the itinerary and coordinates the steaming miles against the required speed in order to keep on schedule.

## FEATURED ENTERTAINMENT



# Day 1 at Sea

## CULINARY CORNER



### SANGRIA & FRITTATAS

Start your day with a taste of Spain. Enjoy a glass of our delicious Sangria\* and selection of Frittatas.

\*also available non-alcoholic

7:30 - 10am | La Veranda (10)



### BURGER HEAVEN

Enjoy burgers cooked to perfection with a selection of delicious side dishes

12 - 2pm | Pool Grill (10)



### AFTERNOON TEA with CHEESECAKE

Enjoy our elegant afternoon tea featuring a selection of cheesecake and accompanied by one of our talented musicians.

4 - 5pm | Galileo's Lounge (11)

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Sangria & Frittatas Breakfast   La Veranda   Deck 10	7:30 - 10am
Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Burger Heaven Lunch Buffet   Pool Grill   Deck 10	12 - 2pm
Lunch   Compass Rose   Deck 5	12 - 1:30pm
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i> Prime 7   Deck 10	6:30 - 9pm

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10 <i>Weather Permitting</i>	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's   Deck 11	12pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	9am - 1pm   4pm - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   3 - 7pm
Cruise Consultant   Deck 6, Midship	9am - 12pm   2 - 8pm
Boutiques   Deck 7	10am - 10pm
Beauty Shop   Deck 7	10am - 2pm   6pm - 10pm
The Casino   Deck 7	Slots: All day - Closing Tables: 1 - 5pm   8pm - Closing
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	8 - 11am   3 - 6pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.

**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 999**

## Day 2 at Sea

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



SEVEN SEAS NAVIGATOR

### DAY 14

SATURDAY

MARCH 28, 2026

### CRUISING THE SOUTH PACIFIC

Next Port: Bay of Islands, New Zealand

Arrival: March 29 at 9am

### EVENING DRESS CODE

Elegant Casual



## WHAT'S COOKING IN THE MAIN GALLEY?

Guests find their taste for the finer things in life well satisfied aboard *Seven Seas Navigator*. In offering no fewer than four distinguished restaurants, plus an outdoor grill, what is certainly impressive is the diversity of the cuisine. In addition, of course, 24-hour room service is always available. Therefore the Galley department could be considered as a real 'Horn of Plenty,' a true culinary cornucopia. With a full complement of 51 personnel, the Executive Chef, relies on his staff to prepare food items 24-hours a day. In 4 Galleys throughout the ship, there are 51 chefs (Sous Chefs, Outlet Chefs, Cooks and Assistant Cooks), being aided by the corps of 17 Utility Cleaners who continually wash down the working areas and clean the dishes and pots. Almost everyone is responsible for the preparation of his or her own food section. The Cold Galley prepares all sandwiches, ice and fruit carvings, lunch and dinner appetizers, salads and dressings, fruits and over 200 cold canapés per day. The Hot Galley makes the broths and sauces, cooks all poultry and meat, steams fish and boils the vegetables to order. The Pastry Chef

runs a separate operation alongside the Baker to provide a continuous supply of cookies, cakes and pastry items. Bread is baked fresh for breakfast, lunch and dinner, 3 times a day. During the night, Room Service is continuous and breakfast is prepared. With four separate galleys in each of the Restaurants, and not forgetting the Crew and Officer's own dining arrangements, inspections take place on a constant basis. Preparations for the lunch and dinner menus start at 7am and, just to give you some examples, over 1000 eggs are used, 120 lbs of onions chopped and 200 to 300 lbs of potatoes are peeled. The Butcher de-bones, chops, slices and dices the meat for the day in his own Butcher Shop on Deck 5 Aft. A special delight during the cruise is investigating fresh local produce in traditional markets. In 2005, we made headlines around the world by stopping the vessel in the Indian Ocean and hailing a passing fishing boat to purchase all their tuna haul in exchange for 3 cases of whisky. The result was probably the freshest fish ever served on a cruise line!

## FEATURED ENTERTAINMENT

FAREWELL RECEPTION  
featuring

**KREW  
KAPERS**

6PM | Doors open 5:45pm  
SEVEN SEAS LOUNGE (6/7)



A HELLUVA TOWN  
STARRING

**MICHAEL  
LINDEN**

9:30PM  
SEVEN SEAS LOUNGE (6/7)

# Day 2 at Sea

## CULINARY CORNER



### SATURDAY MARYS

We've paired the perfect amount of spice with the freshness of tomato juice, and seasonings that blend in layers of flavor in every sip at our Bloody Mary Bar.

7:30 - 10am | La Veranda (10)



### GREEK BUFFET

Sample Greek favorites presented by our Culinary Team.

12 - 2pm | Pool Grill (10)



### AFTERNOON TEA

with BROWNIES

Enjoy our elegant afternoon tea with a selection of brownies and accompanied by one of our talented musicians.

4 - 5pm | Galileo's Lounge (11)

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Saturday Marys Breakfast   La Veranda   Deck 10	7:30 - 10am
Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Greek Lunch Buffet   Pool Grill   Deck 10	12 - 2pm
Lunch   Compass Rose   Deck 5	12 - 1:30pm
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i>	
Prime 7   Deck 10	6:30 - 9pm

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10 <i>Weather Permitting</i>	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's   Deck 11	12pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	9am - 1pm   4pm - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   3 - 7pm
Cruise Consultant   Deck 6, Midship	9am - 12pm   2 - 7pm
Boutiques   Deck 7	10am - 10pm
Beauty Shop   Deck 7	10am - 2pm   6pm - 10pm
The Casino   Deck 7	Slots: All day - Closing Tables: 1 - 5pm   8pm - Closing
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	8 - 11am   3 - 6pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.

**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 999**

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 15**  
SUNDAY  
MARCH 29, 2026

**BAY OF ISLANDS, NEW ZEALAND**  
Anchor: 9am  
Last Tender: 6:30pm | Departure: 7pm

**EVENING DRESS CODE**  
Elegant Casual



## EXPLORE BAY OF ISLANDS

Framed by emerald hills and sparkling turquoise waters, the Bay of Islands in New Zealand's Northland is a coastal haven that effortlessly blends history, nature, and serenity. Renowned for its subtropical beauty and rich Māori and European heritage, this cluster of more than 140 islands offers an ever-changing panorama of secluded coves, lush headlands, and calm anchorages. From the moment visitors arrive, the sense of tranquillity is accompanied by a feeling of discovery—each bay and inlet revealing its own charm and story. The townships of Paihia, Russell, and Kerikeri serve as warm gateways to this maritime paradise. Paihia provides the bustle of cafés, waterfront promenades, and departure points for scenic cruises, while historic Russell invites visitors to wander cobbled lanes where New Zealand's earliest colonial chapters

began. In Kerikeri, fertile orchards and vineyards flourish beside early mission houses and art galleries, weaving together a vivid mix of culture and creativity. On the water, the Bay of Islands becomes a playground of unforgettable experiences. Sailing among its emerald islets, visitors can encounter pods of dolphins that dance alongside boats, or journey to the famous Hole in the Rock, a dramatic natural archway carved by centuries of wave action. The crystal-clear waters invite snorkeling and diving, where reef fish and shipwrecks tell silent stories beneath the surface. Charter yachts, kayak tours, and sunset cruises allow travellers to explore at their own rhythm, surrounded by endless horizons tinged with golden light. It is a place where the ocean's rhythm and the gentle warmth of Northland life combine.

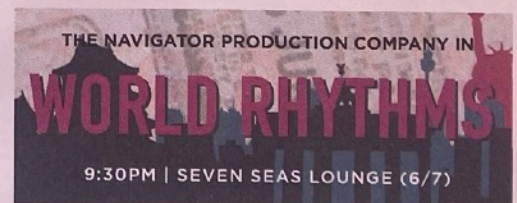
## FEATURED ENTERTAINMENT



THE LAUGHTER CONTINUES  
STARRING

**SCOTT WILLIAMS**

6PM  
SEVEN SEAS LOUNGE (6/7)





## TODAY AT A GLANCE

### PARTLY CLOUDY



High: 71°F / 22°C  
Low: 63°F / 17°C

### GOING ASHORE

*Seven Seas Navigator* is scheduled to anchor off **Waitangi Wharf**.

Remember to carry with you:  
**Suite Key Card**  
**Government Issued Photo ID**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

### PORT AGENT

ISS - McKay Limited  
Bay of Islands, Auckland  
Office, New Zealand

Telephone: +64 27 5655630  
Mobile: +64 27 5655630

### MONEY MATTERS

The local currency is the New Zealand Dollar (NZD).

New Zealand Dollars may be purchased at Reception on Deck 6 using your onboard account.  
The rate is: 1 NZD = US \$0.63

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
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The following excursions meet in the **Seven Seas Lounge (6)**:

BAY-001	Cruise To Cape Brett - Hole In The Rock	9:05am
BAY-002	Kayaking On Waitangi Estuary	9:50am
BAY-003	Kerikeri & Waitangi Highlights	9:05am
BAY-005	Glow Worm Cave & Puketi Kauri Forest - 1st Departure	9am
BAY-005A	Glow Worm Cave & Puketi Kauri Forest - 2nd Departure	9:50am
BAY-006	Relaxing Cruise To Historic Russell - AM Departure	9am
BAY-007	Waka Taia-Mai Exploration	9:35am

The following excursions meet ashore, on the pier:

*Please allow yourself at least 40 minutes for the tender ride ashore.*

BAY-006A	Relaxing Cruise To Historic Russell - PM Departure	1:20 PM
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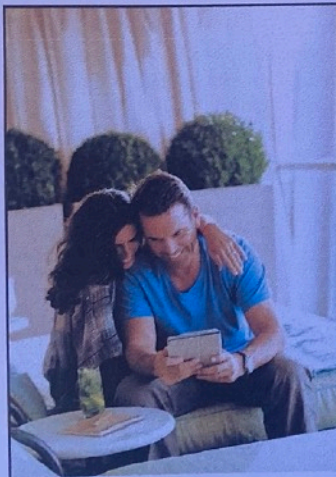
- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available ashore, near the tender pier.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### AGRICULTURE ADVISORY NEW ZEALAND

New Zealand has strict quarantine controls to prevent the introduction of weeds, pests and diseases – protecting New Zealand's unique environment, important agriculture industries and human health. To fulfill quarantine regulations, all food items must be left on board the cruise vessel.

### MOSQUITO BITE PREVENTION

While New Zealand is not prone to any of the mosquito species capable of transmitting the Zika virus, Dengue Fever or Chikungunya, the maritime route our itinerary follows does enter regions that are at risk for exotic mosquitoes. For your protection, use an appropriate insect repellent when exploring ashore and keep your balcony door closed as much as possible to avoid insects entering your suite or stateroom.



### TELL US ABOUT *Your Experience*

We appreciate your valuable comments regarding your cruise experience shared through our Digital Survey. To access the survey, scan this QR code on your mobile device or tablet.



If you are not able to scan the QR code, visit  
<https://survey.rssc.com>

Guests who complete the survey will be entered for a chance to win one of two \$100 non-refundable shipboard credits.

**DON'T FORGET TO COMPLETE YOUR SURVEY BY THE END OF THE VOYAGE**

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

## CULINARY CORNER



### CAVIAR BREAKFAST

Toast to the start of another perfect day with a glass of Heidsieck champagne, and the world's finest caviar.

7 - 10am | La Veranda (10)

8 - 9:30am | Compass Rose (5)



### AFTERNOON TEA

Enjoy our elegant afternoon tea accompanied by one of our talented musicians

4 - 5pm | Galileo's Lounge (11)

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Caviar Breakfast   La Veranda   Deck 10	7 - 10am
Caviar Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Lunch   Compass Rose   Deck 5	Closed
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i> Prime 7   Deck 10	6:30 - 9pm

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's Lounge   Deck 11	4pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	8 - 11am   4 - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   4 - 8pm
Cruise Consultant   Deck 6, Midship	8 - 11am   4 - 8pm
Boutiques   Deck 7	7:30 - 11pm
The Casino   Deck 7	Closed due to Customs regulations
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	7:30 - 10:30am   4 - 7pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7:30am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

To schedule a consultation, please dial 4310 during opening hours listed above. Medical/nurse assistance is available 24-hours via Reception. Medical charges apply.

**IN THE EVENT OF AN EMERGENCY, PLEASE DIAL 9999**

**DRESS CODE - ELEGANT CASUAL:** Skirts, slacks, or refined denim that is not torn or distressed with blouse or sweater, pant suit or dress for ladies; slacks, or refined denim that is not torn or distressed and collared shirt for gentlemen. Jackets are optional.

# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



**DAY 16**  
MONDAY  
MARCH 30, 2026

**AUCKLAND, NEW ZEALAND**  
Arrival: 7am  
Overnight in Port

**EVENING DRESS CODE**  
Elegant Casual



## EXPLORE AUCKLAND

Auckland, New Zealand's largest and most cosmopolitan city, is a dynamic urban hub set between two sparkling harbours on the North Island. Known as the "City of Sails," it blends natural beauty with vibrant modern life, offering visitors an ideal mix of culture, adventure, and coastal charm. The city's distinctive skyline, dominated by the Sky Tower, defines the downtown area where restaurants, galleries, and waterfront promenades create an energetic atmosphere both day and night. Auckland's location makes it a gateway to striking natural landscapes. Within minutes of the city centre, travellers can explore volcanic cones such as Mount Eden and One Tree Hill, which provide panoramic views of the entire region. The surrounding coastline is lined with beaches that cater to every preference, from the calm bays of the Waitematā Harbour to the rugged black sands

of Piha and Muriwai on the west coast. Ferry connections from the central wharf link easily to nearby islands like Waiheke, known for its vineyards and relaxed lifestyle, and Rangitoto, a volcanic reserve popular for hiking and photography. The city's multicultural population adds depth to its identity. Auckland's food scene showcases culinary influences from the Pacific, Asia, and Europe, complemented by fresh local seafood and world-class New Zealand wines. The Auckland Art Gallery, the War Memorial Museum, and the new waterfront precinct of Wynyard Quarter highlight the city's commitment to culture and innovation. Shopping ranges from designer boutiques in Britomart to bustling markets in Otāhuhu and Avondale. Auckland also appeals to adventure seekers. Sailing, kayaking, and jet boating on the harbour are easily accessible.

## FEATURED ENTERTAINMENT

BIG SCREEN POPCORN MOVIE  
**AFTER ALL**  
9PM  
SEVEN SEAS LOUNGE (6/7)

**ABBA**  
*Dance Party!*  
Featuring Navigator Production  
Company & The Regent  
Signature Orchestra  
9:30PM | GALILEO'S LOUNGE (11)



## TODAY AT A GLANCE

### SUNNY



High: 71°F / 22°C  
Low: 62°F / 17°C

### GOING ASHORE

Seven Seas Navigator is scheduled to dock at Queens Wharf East.

Remember to carry with you:  
**Suite Key Card**  
**Government Issued Photo ID**

When going ashore, remember to carry your suite key card as this is your only valid identification for re-boarding the vessel.

*We may automatically use facial recognition for security pre-screening purposes and to facilitate and expedite your embarkation and debarkation. If you do not consent to the above uses of facial recognition, please speak to our staff for an alternate manual process.*

### PORT AGENT

ISS - McKay Limited - Auckland,  
Bay of Islands Shipping Exchange  
Building, 2 Akaroa Street, P.O.  
Box 1372, Parnell, Auckland, 1052

Telephone: +64 0 3740360  
Mobile: +64 210 253 0782

### MONEY MATTERS

The local currency is the New Zealand Dollar (NZD).

New Zealand Dollars may be purchased at Reception on Deck 6 using your onboard account.  
The rate is: 1 NZD = US \$0.63

### SHIP'S TOILET

#### VACUUM SYSTEM

You may only flush toilet paper in the toilets. Disposal of any other items - including, but not limited to, tissues, wipes and hygiene products - is likely to damage the toilet system and result in blockages that will inconvenience everyone aboard.

## FROM DESTINATION SERVICES

CODE	SHORE EXCURSION	MEET TIME
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The following excursions meet in the Seven Seas Lounge (6):

AKL-002	Auckland City Sights - AM Departure	8:45am
AKL-007	Devonport & North Shore	8:45am
AKL-010	Waiheke Island Wineries	8:15am
AKL-012	America's Cup Sailing Experience	8:25am
AKL-GL2	The Urban Village Tour	9:45am

The following excursions meet ashore, on the pier:

AKL-002A	Auckland City Sights - PM Departure	1:25pm
AKL-013	Auckland Museum & Maori Performance	10:10am
AKL-GL3	Lunch with The Locals at a Private Vineyard	10:25am

- During dispatch of tours, Destination Staff will be available in the Seven Seas Lounge (6/7).
- Local tourist information will be available ashore.
- Bring your reusable Vero Water bottle, which can be filled at our hydration stations.

### GET SOCIAL

As you sail from one unforgettable destination to another, join the RSSC Social Club on Facebook at [www.facebook.com/groups/RSSCsocialclub](http://www.facebook.com/groups/RSSCsocialclub) to connect with your fellow travelers and share your favorite cruise moments. You can also share your photos and videos with us by using **#ExperienceRegent** or **#MyRegentExperience** for a chance to be featured on our social media platforms. You can learn more by visiting [www.rssc.com/discover-more/social-media](http://www.rssc.com/discover-more/social-media).

### LOST & FOUND

If you have lost any of your belongings, please check with Reception on Deck 6, prior to disembarking the ship.

### PLEASE RETURN LIBRARY BOOKS

The Library, located on Deck 6, operates on an honor system. With consideration for the enjoyment of all our guests, please return borrowed books to the Library.

### MOSQUITO BITE PREVENTION

While New Zealand is not prone to any of the mosquito species capable of transmitting the Zika virus, Dengue Fever or Chikungunya, the maritime route our itinerary follows does enter regions that are at risk for exotic mosquitoes. For your protection, use an appropriate insect repellent when exploring ashore and keep your balcony door closed as much as possible to avoid insects entering your suite or stateroom.

Environmental Hotline: Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

## CULINARY CORNER



### AFTERNOON TEA

Enjoy our elegant afternoon tea accompanied by one of our talented musicians

4 - 5pm | Galileo's Lounge (11)

### HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place on board to disinfect and sanitize public areas including door handles, railings, and elevator buttons. As a courtesy to fellow travelers, we ask that guests consider wearing a mask if they are experiencing upper respiratory issues to help prevent the spread of colds and infections between guests.

## DINING OPTIONS

Room Service	24-hours
Fitness Breakfast   Pool Grill   Deck 10	6:30 - 9:30am
Breakfast   La Veranda   Deck 10	6:30 - 10am
Breakfast   Compass Rose   Deck 5	8 - 9:30am
Lunch   Pool Grill   Deck 10	11am - 4pm
Lunch   Compass Rose   Deck 5	12 - 1:30pm
Lunch   La Veranda   Deck 10	12 - 2pm
Dinner   Pool Grill   Deck 10 <i>Weather Permitting</i>	6 - 9pm
Dinner   Compass Rose   Deck 5	6:30 - 9:30pm
Dinner   Sette Mari at La Veranda   Deck 10	6:30 - 9pm
SPECIALTY RESTAURANT <i>Reservation Only</i>	6:30 - 9pm
Prime 7   Deck 10	

Reservations can be booked at Compass Rose on Deck 5 during breakfast & lunch hours.

## BAR HOURS

Pool Bar   Deck 10	10am - 9pm
Coffee Connection   Deck 6	6:30am - 6pm
Stars Lounge   Deck 6	4pm - Midnight
Galileo's Lounge   Deck 11	4pm - Midnight
Navigator Lounge   Deck 6	10am - Late

## SERVICE HOURS

Reception & Purser's Office   Deck 6, Atrium	Open 24-hours
Destination Services   Deck 6, Atrium	7 - 11am   4 - 8pm
Executive Concierge   Deck 6, Atrium	8am - 12pm   4 - 8pm
Cruise Consultant   Deck 6, Midship	8 - 10am   3 - 8pm
Boutiques   Deck 7	Closed due to Customs regulations
The Casino   Deck 7	Closed due to Customs regulations
Serene Spa & Wellness   Deck 12	8am - 10pm
Fitness Center   Deck 12	7am - 9pm
Communication Services Manager   Deck 6	7:30 - 10:30am   4 - 7pm
Self Service Launderettes   Decks 5, 8 & 9	7am - 10pm
Pool & Jacuzzi   Deck 10 <i>Weather Permitting</i>	7:30am - 9pm
Sports Deck   Deck 12 <i>Weather Permitting</i>	8am - 6pm
Medical Center   Deck 4	8 - 10am   5:30 - 7:30pm

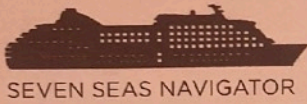
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# PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES\*



**DISEMBARKATION**  
TUESDAY  
MARCH 31, 2026

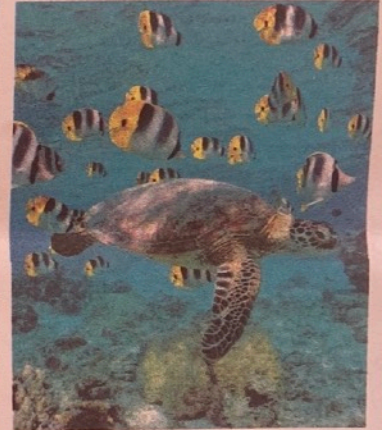
**AUCKLAND, NEW ZEALAND**  
Docking Spot: Queens Wharf East

**PARTLY CLOUDY**  
 High: 66°F /  
Low: 60°F /

— SAILING DISTANCE —

## *South Pacific Overnights*

PAPEETE (TAHITI), FRENCH POLYNESIA TO AUCKLAND, NEW ZEALAND | MARCH 14 TO MARCH 31, 2026 | 17 NIGHTS



FROM	TO	NAUTICAL MILES
Papeete, French Polynesia	Moorea, French Polynesia	21
Moorea, French Polynesia	Raiatea, French Polynesia	98
Raiatea, French Polynesia	Bora Bora, French Polynesia	65
Bora Bora, French Polynesia	Pago Pago, American Samoa	1107
Pago Pago, American Samoa	Apia, Samoa	91
Apia, Samoa	Suva, Fiji	642
Suva, Fiji	Lautoka, Fiji	119
Lautoka, Fiji	Bay of Islands, New Zealand	1071
Bay of Islands, New Zealand	Auckland, New Zealand	135
<b>TOTAL DISTANCE</b>		<b>3349</b>



FAREWELL FROM THE *SEVEN SEAS NAVIGATOR* OFFICERS, STAFF & CREW  
CAPTAIN IVAN LAZAROV | GENERAL MANAGER VLADIMIR CAVIC | CRUISE DIRECTOR JOHN EKIN

## MARCH 31, 2026 | FOR YOUR INFORMATION

### IMPORTANT NOTICE

*Seven Seas Navigator* is docked at Queens Wharf East.

We ask all guests to bring their suite keys to the gangway when leaving the vessel and to have them out and ready for security to swipe.

### INTERNET ACCESS

Please note that any internet packages, whether complimentary or purchased, that have already been activated will remain available until you disembark the vessel.

### SETTLEMENT OF ONBOARD ACCOUNTS

A final statement will be delivered to all guests' staterooms the morning of disembarkation. Please review your statement to ensure that all charges are correct. If you have already had your credit card registered during check-in or at Reception during the cruise, the amount of your final invoice will be automatically billed to your credit card. If paying by cash or traveler's checks, please do so at Reception as accounts will be closed the morning of disembarkation at 6am.

### PLEASE RETURN LIBRARY BOOKS

The Library, located on Deck 6, operates on an honor system. With consideration for the enjoyment of all our guests, please return borrowed books to the Library.

### WAKE-UP CALLS

#### TO SET A WAKE-UP CALL

Lift the receiver, dial (star)\*1 and key in the desired wake-up time based upon the 24-hour clock. Once the automated attendant has confirmed your wake-up time, please replace the handset.

#### Example:

If you would like to wake up at 7:30am  
dial (star)\*1 0730

If you would like to wake up at 4:30pm  
dial (star)\*1 1630

#### TO CANCEL A WAKE-UP CALL

Lift the receiver, dial \*0. Once the automated attendant has confirmed the cancellation of your wake-up call, please replace the handset.

### BREAKFAST

Room Service	6 - 8:30am
Fitness Breakfast   Deck 11	6 - 9am
Breakfast   La Veranda   Deck 11	6 - 9am
Breakfast   Compass Rose   Deck 5	7 - 8:30am
Coffee Connection   Deck 6	6 - 9am

### DISEMBARKATION PROCEDURES

Disembarkation is expected to commence from approximately 6:30am onwards. Please refrain from congregating near the Gangway, Reception or Atrium area, as keeping these areas clear will ultimately allow a smooth and efficient disembarkation process.

Announcements will be broadcasted in all public areas starting from 8am onwards. Kindly proceed to the gangway only when your assigned color-numbered luggage tag is announced. We thank you in advance for your cooperation and understanding. Kindly refer to your disembarkation letter for the accurate debark details.

### LUGGAGE HANDLING

#### PLACE YOUR LUGGAGE OUTSIDE YOUR SUITE BY 10PM ON MARCH 30.

Please ensure that all old luggage tags are removed, attaching the new ones delivered to you with your name, suite number, cell phone details and your next destination - either your hotel details or home address. Valuables, passports, tickets and clothing for the day, shoes, cosmetics, medication and other similar items should be packed in your hand luggage. Your luggage will be transferred shore side according to your disembarkation arrangements.

Please read the following carefully and take into consideration when packing your bags: Many bags look similar! Please check the identification tags to make sure it is your bag; once transfers are complete you can claim them in the terminal. Please carefully check the arrangements confirmed in your disembarkation letter.

### SUITES

#### Guests are kindly requested to vacate their suites by 8am on March 31.

Please remember to double check your drawers, closets and safe for any items you may have overlooked. Please check that you have removed the contents of your safe and leave the safe door open. We regret to advise you that Regent Seven Seas Cruises cannot be responsible for lost or misplaced valuables.

### BATHROBES & UMBRELLAS

Please remember that the bathrobes and umbrellas provided in your suite are for your use during your stay on board *Seven Seas Navigator*. Should you wish to purchase any of the suite amenities as a souvenir, kindly contact your Butler or Suite Attendant for the sale prices.

### LOST & FOUND

If you find that you are missing something, try asking at the Reception Desk located on Deck 6, as it may have been handed in.

**ENVIRONMENTAL HOTLINE:** Please report all environmental incidents, such as spills or potential events by calling 1-877-501-5976; 1-305-436-4003; the ship Reception Desk by dialing "0", or via email to [environmentalhotline@rssc.com](mailto:environmentalhotline@rssc.com). All reports are confidential.

**Travelling on a cruise ship passage from Tahiti to Auckland, we were going from East to West. When we crossed the International dateline on our night sailing from Pago Pago in American Samoa to Apia in Samoa, we lost 24 hours. March the 22nd did not exist for us. We went to sleep on the night of Saturday March 21st and when we woke up the following morning, it was Monday, March 23rd.**