



SEVEN SEAS CRUISES®

OPTIONAL SHORE EXCURSIONS

STOCKHOLM, SWEDEN to COPENHAGEN, DENMARK

SS SPLENDOR June 23, 2023

Welcome Ashore!

Regent Seven Seas Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call. Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

Shore Excursion Points of Distinction

Professional English-speaking experts to guide you through your journey.

Peace of mind knowing that your excursions are monitored by the ship's staff.

A staff of experienced, excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port. Travel with premier, licensed and insured, tour companies aboard the best available, climate controlled luxury transportation.

Reserve Your Excursions Online!

Now you can reserve individual shore excursions online, all from the comfort of your home. Our website www.rssc.com offers a wealth of information about your cruise: learn about and purchase shore excursions, view pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more.

You may purchase tours up until 7 days prior to your sail date. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. Call your travel agent or visit www.rssc.com today to pre-purchase any of these wonderful programs. Next to each tour description, you will find symbols to assist you in choosing the excursion that is right for you.

❖ HELSINKI, FINLAND

HEL-GL1 HELSINKI THROUGH THE EYES OF A LOCAL

Duration: 4.50 Hrs Tour Price: \$79.00

Retail Price: \$229.00



GL

Date: June 24, 2023 10:30 AM

Experience local life by exploring food markets and a shopping mall, sampling Finnish cuisine and then strolling a serene waterfront park. As you meander about the historical market Vanha Kaupahalli, you will gain an understanding of daily life in Helsinki. Similarly, after a short tram ride to the Kamppi Shopping Centre, you will get a feel for other types of merchandise available to the residents, mainly fashions and jewelry. You will then ride the metro to Hakaniemi Market, a shopping area that specializes in gourmet foods and delicacies. To see if the local cuisine suits your palate, you will sample traditional snacks such as cold smoked reindeer with marinated red onion, Finnish archipelago bread with lemon crème fraîche and salmon, and non-alcoholic rhubarb soda. To become further immersed in local life, you will stroll through waterfront Kaivopuisto Park, which is on the southernmost tip of Helsinki and surrounded by embassies and extravagant homes.

- Observe local life while browsing the merchandise at several popular shopping areas.
- Recognize the vast range of stores available in urban Helsinki.
- Sample traditional Norwegian snacks and stroll a waterfront park.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 3½ hours of walking and standing with some cobblestone surfaces and inclines. It is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

HEL-008 SCENIC HELSINKI HARBOR CRUISE

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: June 24, 2023 11:15 AM

Admire the ins and outs of Helsinki harbor's delightful maze of islands as you cruise waters dotted with historical sites. This one-of-a-kind urban archipelago boasts waterfront saunas, old villas, the city zoo, and a giant icebreaker or two. Your guide will provide ample color on the region's vibrant backstory and its deep relationship to the sea. One of the most impressive of the landmarks you'll encounter during your sail is Suomenlinna, an 18th-century fortress so significant it's been designated a UNESCO World Heritage site. Built during the days when Sweden ruled Finland, this remarkable turf-covered citadel straddles several small islands and once reigned as the Baltic's most powerful sea fortress. Your waterborne harbor survey ends at an open-air market, where you'll have time to wander and graze – perhaps sampling delicious fresh berries or other locally grown produce until it's time to rejoin your coach for the trip back to the pier.

- Take to the waters of Helsinki harbor for a refreshing and enlightening exploratory cruise.
- Sail past islets and landmarks of every stripe that make up this city's unique urban archipelago.
- See Helsinki's signature island-hopping citadel, Suomenlinna, and learn about Helsinki's age-old relationship with the sea.
- Drop in at an open-air market where fresh local produce and artisan foodstuffs are ripe for the grazing.
- Wear weather-appropriate clothing; include a water/windproof jacket.
- Flat, comfortable shoes are recommended.

This tour is mostly panoramic with limited optional walking during free time at the market. Entering and exiting the tour boat does require negotiating 3-5 narrow steps. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.

HEL-013SG WALKING TOUR OF HELSINKI - SMALL GROUP

Duration: 4.00 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: June 24, 2023 11:30 AM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Get up-close to Helsinki's famous array of medieval and modern landmarks on a leisurely guided walk through the city center. You'll get to see far more detail than you would traveling the streets by vehicle. Like in Senate Square where you'll gaze up at the dazzling white Lutheran Cathedral, and at the Railway Station, another icon of Finnish National Romantic architecture opened in 1919. You'll amble along Mannerheim Street, Helsinki's main thoroughfare lined with museums, a new Music Hall and the dignified Parliament building. Re-energized thanks to a coffee and pastry from a downtown café, you'll walk on and pay a visit to one of the city's quirkiest signature buildings: the underground Rock Church. Blasted out of solid granite, its giant ribbed glass and copper dome roof looks very much like a UFO that took a wrong turn. Walking through Sibelius Park, you'll ponder another modernist must-see – the shimmering stainless steel monument made of some 600 hollow tubes, designed to honor Finland's most famous composer by making music of their own as the breezes flow by. No question, this city moves to the beat of its own unique soundtrack.

- Tour Helsinki on foot and enjoy closeup encounters with its most prominent sights.
- Stop to photograph and learn about key landmarks like the Lutheran Cathedral, Railway Station, the National Museum and House of Parliament.
- Visit the Rock Church, blasted out of the bedrock and capped with an extraterrestrial-style saucer roof.
- Stop and enjoy a freshly-brewed cup of joe and a pastry served in a downtown coffee venue.
- At Sibelius Park, decide if you love or loathe the controversial steel-pipe monument built to honor Finland's most famous composer.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour includes approximately 2-miles (3-hours) of moderate walking over mostly cobblestone and uneven surfaces. The tour is not available to wheelchair guests or those with mobility concerns, and operates during all weather conditions so participants should be prepared for the chance of rain. Due to religious services and new regulations, inside visit of the Rock Church cannot be guaranteed.



HEL-BB1 BEHIND THE DESIGN — HELSINKI

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: June 24, 2023 11:30 AM



See two of Helsinki's most avant-garde buildings through the eyes of your architectural historian guide and come away with an eye-opening insider's view. The façade of the Oodi Central Library boasts a striking undulating shape that celebrates Finland having one of the world's highest literacy rates. But only a third of the library contains books, the rest being devoted to public spaces such as a recording studio, movie theatre, restaurants and top-floor Citizens' Balcony. The innovative use of steel beams allowed the middle floor to be built without columns for an unobstructed view from one end to the other. Your guide will also detail the advanced technologies used to construct the Helsinki Music Centre. In particular, you will discover how acoustic technician Yasuhisa Toyota designed the main concert hall in a terraced, vineyard style so the audience surrounds the musicians. Much of the interior is underground to prevent the building from towering above the surrounding ones.

- Gain an insider's perspective into the designs of two modernistic buildings in Helsinki.
- Discover how the Oodi Central Library was brilliantly designed for much more than books.
- Hear about the design challenges in creating the Helsinki Music Centre's extraordinary acoustics.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 3 hours of walking over mainly flat and even surfaces. It is not recommended for guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.

HEL-001 HIGHLIGHTS OF HELSINKI

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: June 24, 2023 11:45 AM



Settle back for the definitive overview of Finland's marvelous capital city on this panoramic drive. The carefully chosen route winds from the harbor past Embassy Park, Senate Square, the chic Esplanadi park district and landmark-lined Mannerheim Street, among other top Helsinki locales – with stops made for you to get closer to some of the most intriguing and photogenic sights. Among the highlights seen are the gleaming white Lutheran Cathedral made famous in the movies, the stadium where the 1952 Olympics happened, a concert hall designed by celebrated Finnish architect Alvar Aalto, and one of the city's quirkiest signature buildings: the underground Rock Church. Excavated out of solid granite, its ribbed glass and copper dome roof looks rather like a UFO that took a wrong turn. At Sibelius Park, you'll stop to ponder another modernist must-see – a shimmering stainless steel monument made of hollow tubes, erected in 1967 to honor Finland's most famous composer by making music of their own as the breezes flow by. At the conclusion of your guided survey, you can choose to return to the ship or continuing exploring this never-dull city on your own.

- Take in Helsinki's most prominent sights in panoramic comfort on a guided coach drive around the city.
- See the domed cathedral and its famous steps in Senate Square, the historic Olympic Stadium and the modern new Opera House on Töölönlahti Bay.
- Visit the Rock Church, blasted out of the bedrock and capped with an extraterrestrial-style saucer roof.
- At Sibelius Park, decide if you love or loathe the controversial steel-pipe monument built to honor Finland's most famous composer.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.

This tour is mostly panoramic with optional walking at the stops. There is a 10-minute walk in each direction required to reach the Rock Church; guests may arrange with the guide to opt out of this portion of the tour if desired. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Due to religious services and new regulations, inside visit of the Rock Church cannot be guaranteed.

HEL-011 BEAUTIFUL HAIKKO MANOR, NORDIC WALK & SAUNA

Duration: 5.50 Hrs Tour Price: \$119.00

Retail Price: \$269.00



Date: June 24, 2023 12:00 PM

Head out from Helsinki to beautiful Haikko Manor and Sauna for a uniquely exhilarating Finnish experience. Like much of Europe, this manor home – now a hotel – has a long history laced with both religious and royal overtones. Back in the 1300s it was a Dominican monastery, but during the era of Russian rule at the turn of the 20th century, the Imperial family came to Haikko for summer getaways. You'll be enjoying a getaway of your own here as the venue's spa equips you for a Nordic walk, arguably Finland's national sport. Sporting your set of ski poles and accompanied by an instructor, you'll head out on a bracing walk in the park-like Haikko environs. Choose the gentle route or go for the more strenuous hill walk. Afterwards, relax in the traditional cottage sauna by the sea or stroll the grounds further. Once back in Helsinki, you'll visit one of the city's quirkiest signature buildings: the underground Rock Church. Excavated out of solid granite, its ribbed glass and copper dome roof looks like a UFO that took a wrong turn. After a photo stop at Senate Square, you can opt to stay in town longer or return to the ship.

- Travel about half an hour outside Helsinki by coach to Haikko Manor, on beautiful seaside parkland.
- Make like a Finn, grab your ski poles and head out on an invigorating instructor-guided Nordic walk.
- Reward yourself afterwards with a visit to the spa's soothing sauna.
- Back in Helsinki, walk to the famous Rock Church, blasted out of the bedrock and capped with an extraterrestrial-style saucer roof.
- Sightsee around convivial Senate Square and consider staying on to explore downtown further.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.

The Nordic walking portion of the tour covers approximately 1 mile, while the Nordic hill climb is approximately 500 feet. Guests who wish to make use of the sauna should bring along a swimsuit. A 10-minute walk in each direction is required to reach the Rock Church. Due to religious services and new regulations, inside visit of the Rock Church cannot be guaranteed.

HEL-GG1 FINLAND'S NATURAL BEAUTY AND ARCHITECTURE

Duration: 6.00 Hrs Tour Price: \$129.00

Retail Price: \$279.00



Date: June 24, 2023 12:00 PM

Become immersed in Helsinki's ground-breaking, eco-friendly architecture as a prelude to hiking through a national park. While driving through the lively capital, you will pass a collection of notable landmarks such as the Parliament House, National Museum and Finlandia Hall, a masterpiece that acclaimed Finnish architect Alvar Aalto designed. Still, few buildings are as striking as the Helsinki Central Library. Known as the Oodi, which means "ode," in Finnish, the library offers much more than books. For instance, there are meeting spaces, music studios, restaurants and 3-D printers, all available to the general public. As you tour the Oodi, the guide will point its unusual aspects and describe the building's energy efficiencies. You will understand why Finns are so passionate about preserving their natural resources when you see Nuuksio National Park. A wonderland of green forests, serene lakes and rugged crags, it makes an ideal setting for your hike and snack around the campfire.

- See Helsinki's architectural landmarks on a panoramic drive around the capital .
- Tour the extraordinary Oodi library while the guide describes its energy efficiencies .
- Share the reverence that Finns have for nature on a leisurely hike through a national park .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 2 ½ hours of walking, some of it over cobblestone surfaces. The sights on this tour are not wheelchair accessible and therefore, it is not available to wheelchair guests and those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The Library is spread out on 3 floors. There are elevators stairs and escalators guests may use. Escalators are the mainly used method of reaching the other floors.

HEL-001SG HIGHLIGHTS OF HELSINKI - SMALL GROUP

Duration: 3.50 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: June 24, 2023 12:30 PM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Settle back for the definitive overview of Finland's marvelous capital city on this panoramic drive. The carefully chosen route winds from the harbor past Embassy Park, Senate Square, the chic Esplanadi park district and landmark-lined Mannerheim Street, among other top Helsinki locales – with stops made for you to get closer to some of the most intriguing and photogenic sights. Among the highlights seen are the gleaming white Lutheran Cathedral made famous in the movies, the stadium where the 1952 Olympics happened, a concert hall designed by celebrated Finnish architect Alvar Aalto, and one of the city's quirkiest signature buildings: the underground Rock Church. Excavated out of solid granite, its ribbed glass and copper dome roof looks rather like a UFO that took a wrong turn. At Sibelius Park, you'll stop to ponder another modernist must-see – a shimmering stainless steel monument made of hollow tubes, erected in 1967 to honor Finland's most famous composer by making music of their own as the breezes flow by. At the conclusion of your guided survey, you can choose to return to the ship or continuing exploring this never-dull city on your own.

- Take in Helsinki's most prominent sights in panoramic comfort on a guided coach drive around the city.
- See the domed cathedral and its famous steps in Senate Square, the historic Olympic Stadium and the modern new Opera House on Töölönlahti Bay.
- Visit the Rock Church, blasted out of the bedrock and capped with an extraterrestrial-style saucer roof.
- At Sibelius Park, decide if you love or loathe the controversial steel-pipe monument built to honor Finland's most famous composer.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.

This tour is mostly panoramic with optional walking at the stops. There is a 10-minute walk in each direction required to reach the Rock Church; guests may arrange with the guide to opt out of this portion of the tour if desired. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Due to religious services and new regulations, inside visit of the Rock Church cannot be guaranteed.

HEL-004 HELSINKI BY SEA AND FORTRESS ISLAND

Duration: 3.50 Hrs Tour Price: \$109.00

Retail Price: \$259.00



Date: June 24, 2023 12:45 PM

Experience Helsinki's scenic archipelago from the sea during this waterborne tour through the maze of islands that surround the Finnish capital. Driven to harborside Market Square, you'll take to the water for a guided cruise that brings you by waterfront suburban neighborhoods where locals live, romantic old villas and giant icebreakers, among many other unique sights. Even the city zoo is on one of Helsinki's generous share of the 180,000 isles to be found in Finland. But one island in particular stands out from the rest, and you're headed there for a guided walk. Suomenlinna is both a major military monument and a UNESCO World Heritage site. Built during the days when Sweden ruled Finland, this remarkable citadel straddles several small islands and once reigned as the Baltic's most powerful sea fortress. Its military shipyard was one of the world's largest dry-docks and Suomenlinna was considered on par with the great maritime fortifications at Gibraltar. Today, 250 years on, it remains carefully preserved and makes a fascinating place to explore and learn about. After the guided fortress walk, you'll have some time to free-range on this picturesque island and discover it further.

- Take to the waters of Helsinki harbor for a refreshing and enlightening exploratory cruise.
- Sail past islets and landmarks of every stripe that make up this city's unique urban archipelago.
- Tour the medieval, island-hopping fortress at Suomenlinna and learn about Helsinki's centuries-old maritime history.
- Return to land at an open-air market where fresh local produce and artisanal foodstuffs are sold.
- If you wish, stay on to graze and explore the city further, or catch the coach ride back to the pier.
- Wear weather-appropriate clothing; include a water/windproof jacket.
- Flat, comfortable shoes are recommended.

This tour involves a moderate amount of walking on Suomenlinna island, and over uneven gravel surfaces at the fortress. Entering and exiting the tour boat requires negotiating 3-5 narrow steps. The tour is not recommended for guests with limited mobility or who use a wheelchair.

HEL-002 ART AND ARCHITECTURE HIGHLIGHTS

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: June 24, 2023 01:00 PM



Pay your respects to the works of some of Finland's most respected architects on this driving tour that visits both rural and urban landmarks. Helsinki is long-renowned for its groundbreaking architecture, wide boulevards and graceful squares. But this expedition's focus lies further out of town in a charming rural landscape of deep forests, majestic rocks and crystal water. You'll be visiting Hvitträsk, once the shared studio residence of three of Finland's most preeminent architects – and the boyhood home of international architect Eero Saarinen, revered for mid-century works like the St. Louis Arch, the TWA terminal at JFK Airport and Washington's Dulles Airport. Built in 1902 of natural stone and logs on a lakeside hill, Hvitträsk remains a defining example of Finnish National Romantic style. Your tour here includes free time for wandering the residence's grounds, an oasis of peace and tranquility. Back in Helsinki proper, you'll enjoy a rolling survey of its most significant in-town architecture, including Finlandia Hall and Parliament House, Senate Square and the Lutheran Cathedral, the University, Uspenski Orthodox Cathedral and the Presidential Palace. And no Helsinki pilgrimage is complete without a visit to the marvelously unique Temppeliaukio Rock Church blasted into solid granite.

- Travel by coach into a rural Finnish landscape to Hvitträsk, the residence and studio once shared by the country's top architects.
- Take a guided tour of this 1902 landmark structure, now a museum and exhibition center for Finnish art and handicrafts, and wander its peaceful surrounding gardens.
- Learn about the boyhood life of superstar architect Eero Saarinen who grew up here, son of one of the three original builders.
- Enjoy a rolling survey of Helsinki's most prominent buildings, some designed by these same architects.
- Stay on downtown to explore the city further at tour's end or ride the coach back to the pier.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.

This tour involves a good amount of walking over flat, steep and cobbled surfaces; it is not recommended for wheelchair guests or those with limited mobility. Should you decide to remain in the city after afterwards, you will be responsible for your own return to the cruise pier.

HEL-013 WALKING TOUR OF HELSINKI

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: June 24, 2023 01:15 PM



Get up-close to Helsinki's famous array of medieval and modern landmarks on a leisurely guided walk through the city center. You'll get to see far more detail than you would traveling the streets by vehicle. Like in Senate Square where you'll gaze up at the dazzling white Lutheran Cathedral, and at the Railway Station, another icon of Finnish National Romantic architecture opened in 1919. You'll amble along Mannerheim Street, Helsinki's main thoroughfare lined with museums, a new Music Hall and the dignified Parliament building. Re-energized thanks to a coffee and pastry from a downtown café, you'll walk on and pay a visit to one of the city's quirkiest signature buildings: the underground Rock Church. Blasted out of solid granite, its giant ribbed glass and copper dome roof looks very much like a UFO that took a wrong turn. Walking through Sibelius Park, you'll ponder another modernist must-see – the shimmering stainless steel monument made of some 600 hollow tubes, designed to honor Finland's most famous composer by making music of their own as the breezes flow by. No question, this city moves to the beat of its own unique soundtrack.

- Tour Helsinki on foot and enjoy closeup encounters with its most prominent sights.
- Stop to photograph and learn about key landmarks like the Lutheran Cathedral, Railway Station, the National Museum and House of Parliament.
- Visit the Rock Church, blasted out of the bedrock and capped with an extraterrestrial-style saucer roof.
- Stop and enjoy a freshly-brewed cup of joe and a pastry served in a downtown coffee venue.
- At Sibelius Park, decide if you love or loathe the controversial steel-pipe monument built to honor Finland's most famous composer.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour includes approximately 2-miles (3-hours) of moderate walking over mostly cobblestone and uneven surfaces. The tour is not available to wheelchair guests or those with mobility concerns, and operates during all weather conditions so participants should be prepared for the chance of rain. Due to religious services and new regulations, inside visit of the Rock Church cannot be guaranteed.

HEL-010 SUOMENLINNA FORTRESS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: June 24, 2023 01:30 PM



Travel by public ferry to tour Finland's signature 18th-century sea fortress, straddling several small islands in Helsinki harbor. Suomenlinna is both a major military monument and a UNESCO World Heritage site, built to safeguard against the threat of Russian invasion back in the days when Sweden ruled Finland. Its military shipyard was one of the world's largest dry-docks and Suomenlinna was considered on par with the great maritime fortifications at Gibraltar. Today, 250 years on, the citadel remains carefully preserved and makes a fascinating place to explore and learn about. During your walking tour around the Suomenlinna grounds, you'll soon realize that this place is more than a fortress: the complex is really a city within the city of Helsinki, boasting its own library, health center, fire brigade and school. There's even a WWII-vintage submarine parked along the coastline, a restored vestige of Finland's flareup-prone territorial tug-of-war with Russia. After your formal Suomenlinna tour, the ferry crossing back to the Market square, where you will some short free time to explore on your own, before going back to the ship

- Head into the waters of Helsinki harbor by ferry to visit a fascinating UNESCO-listed landmark.
- Tour Suomenlinna, the iconic 18th-century sea fortress built at the peak of Sweden's rule of this region.
- Learn about Suomenlinna's long maritime and military history, and about the island's full suite of civilian attributes – including its own library and fire brigade.
- Enjoy some free-range time to explore the Market square at your leisure
- Wear weather-appropriate clothing; include a water/windproof jacket.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour involves a moderate amount of walking on Suomenlinna island, and over uneven gravel surfaces at the fortress. The tour is not recommended for guests with limited mobility or who use a wheelchair.

HEL-2GT CHEF LED FORAGING AND ONBOARD COOKING CLASS**Duration: 4.50 Hrs** **Tour Price: \$169.00****Retail Price: \$319.00****Date: June 24, 2023 01:30 PM**

Join your chef instructor in the Culinary Arts Kitchen for an overview of today's experience, then receive your shopping bag and assignments for your onboard cooking class. Shop for Finnish delicacies at two markets with a chef from the ship and prepare a variety of dishes with the ingredients in a private cooking class in the on-board Culinary Center. While driving through Helsinki's harbor district, you will see icons such as the Parliament House, the Alvar Aalto-designed Finlandia Hall and Senate Square, where you will pause for photos. Still, the markets will likely make the biggest impression as they are brimming with seasonal items that will lend insight into the Finnish diet. While following the chef through both the 19th-century Market Square and the Hakaniemen Market, you will see an array of fresh fruits and vegetables and signature Scandinavian items such as reindeer, gravlax and cloudberry. The chef will carefully select the ingredients for the hands-on cooking class and tastings that follow. Don't be shy about asking questions so you can comfortably prepare the dishes again when you return home.

- Browse two markets in downtown Helsinki with a chef from the ship's Culinary Arts Kitchen.
- Select ingredients for your onboard hands-on cooking class
- Learn to prepare regional dishes in the cooking class in the onboard Culinary Center.
- Sample the dishes that you have prepared under the chef's watchful eye.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 2-hours of walking/standing on mostly flat surfaces and a few steps to negotiate. Tour is not recommended for wheelchair guests or those with walking or mobility concerns. Participants must be at least 21 years of age to be served alcoholic beverages. This experience is limited, those wishing to participate should book early.

HEL-009 PICTURESQUE PORVOO**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$129.00****Date: June 24, 2023 01:45 PM**

Surrender to the wooden charms of Finland's second-oldest town, and enjoy a panoramic spin through the country's landmark-filled capital city. Your excursion to Porvoo begins with a drive through the heart of Helsinki, past its bustling open-air marketplace and architectural must-see's like the Uspenski Orthodox Cathedral, Presidential Palace and expansive Senate Square. You'll make a brief stop to admire the dazzling white Lutheran Cathedral; capped with green domes and set atop a dramatic stairway it dwarfs nearly everything else on the surrounding skyline. Some of the other marquee attractions you'll spot include the Opera House, Finlandia Hall, the National Museum, Parliament building and the Contemporary Art Museum. Arriving in Porvoo, the look and feel of everything shifts backwards in time as you begin a leisurely walking tour of this city that received its charter all the way back in 1346. Stroll along cobblestone streets lined with brightly painted buildings crafted with hammer and nail. Stop to admire stellar views of the historic center from the Old Bridge of Porvoo, which spans the town river. After your orientation walk, take some time on your own to explore further; colorful gardens and browse-worthy handicraft and antique shops abound.

- Settle back for a drive through central Helsinki via panoramic coach, taking in its many landmarks, ancient and modern.
- Stop for a closer view of the city's signature, green-domed Lutheran Cathedral at Senate Square.
- Take the scenic route to medieval Porvoo, where time has not moved nearly as fast as elsewhere.
- Enjoy an illuminating guided walk through Old Town, then spend a while exploring Porvoo's charms – and its shops – at your leisure.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.

This tour is mostly panoramic, with a short introductory walk in Porvoo over hilly and cobbled terrain. Amount of walking and level of exertion during free time is at guests' discretion. This tour is not recommended for wheel chair guests or those with walking or mobility concerns.

❖ TALLINN, ESTONIA

TLL-001 TALLINN WALKING TOUR AND CONCERT

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$89.00



Date: June 25, 2023 08:15 AM, 08:45 AM, 09:15 AM

Stroll the cobblestone streets of Tallinn's well-preserved Old Town to a monastery where you will be treated to a musical performance. As you walk through the medieval district in the Lower Town, which dates to the 13th century, you will soon understand why UNESCO declared it and the Upper Town a World Heritage site. The architecture is extraordinary, especially massive St. Olav's Church and the Church of the Holy Spirit, which primarily catered to the urban poor when first constructed. Other highlights include the House of the Blackheads, a historical merchants' guild. Its red, green and gold front door is so memorable that it's featured on countless postcards. After a bit of free time for shopping in Town Hall Square, you will take a seat in St. Catherine's Monastery for a concert of traditional music through the centuries. Afterwards, you will have the opportunity to shop in the elegant boutiques along Müürivahe Street.

- Enjoy a leisurely walk through Old Town, a UNESCO World Heritage site.
- Marvel at the medieval architecture that includes several 13th-century churches.
- Stop in St. Catherine's Monastery for a musical performance.
- Shop for exquisite fashions and handmade Estonian items before and after the concert.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1.5 miles of moderate walking, including inclines, uneven surfaces, at times over cobblestones and some steps to negotiate, plus any additional walking at the guests' discretion during free time. Cafés may insist on Euro currency and US dollars may not be accepted. Streets in Tallinn's Old Town are cobbled in many places, and extra care should be taken. This tour is not considered suitable for guests who utilize a wheelchair or those with mobility concerns. Order of sights visited may vary and the itinerary may be reversed.

TLL-001SG TALLINN WALKING TOUR AND CONCERT - SMALL GROUP

Duration: 3.50 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: June 25, 2023 08:15 AM, 08:45 AM, 09:15 AM

Stroll the cobblestone streets of Tallinn's well-preserved Old Town to a monastery where you will be treated to a musical performance. As you walk through the medieval district in the Lower Town, which dates to the 13th century, you will soon understand why UNESCO declared it and the Upper Town a World Heritage site. The architecture is extraordinary, especially massive St. Olav's Church and the Church of the Holy Spirit, which primarily catered to the urban poor when first constructed. Other highlights include the House of the Blackheads, a historical merchants' guild. Its red, green and gold front door is so memorable that it's featured on countless postcards. After a bit of free time for shopping in Town Hall Square, you will take a seat in St. Catherine's Monastery for a concert of traditional music through the centuries. Afterwards, you will have the opportunity to shop in the elegant boutiques along Müürivahe Street.

- Enjoy a leisurely walk through Old Town, a UNESCO World Heritage site.
- Marvel at the medieval architecture that includes several 13th-century churches.
- Stop in St. Catherine's Monastery for a musical performance.
- Shop for exquisite fashions and handmade Estonian items before and after the concert.
- Enjoy a higher level of personal attention and flexibility on this small group tour.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1.5 miles of moderate walking, including inclines, uneven surfaces, at times over cobblestones and some steps to negotiate, plus any additional walking at the guests' discretion during free time. Cafés may insist on Euro currency and US dollars may not be accepted. Streets in Tallinn's Old Town are cobbled in many places, and extra care should be taken. This tour is not considered suitable for guests who utilize a wheelchair or those with mobility concerns. Order of sights visited may vary and the itinerary may be reversed.

TLL-005 OLD TALLINN & CHOCOLATE MAKING WORKSHOP WITH MA

Duration: 4.00 Hrs Tour Price: \$199.00

Retail Price: \$349.00



Date: June 25, 2023 08:15 AM, 09:15 AM

Walk through Tallinn's spectacular UNESCO World Heritage site Old Town to the Pierre Chocolaterie, where a master confectioner will teach you how to make delicious truffle fillings. This section of the city exudes history, especially through attractions such as the medieval Long Leg Gate, the early 15th-century town hall and the apothecary that was built about the same time. Before long, you will reach the chocolaterie in the Medieval Master's Courtyard, where the confectioner will demonstrate the finer points of truffle making. The exact fillings will be determined that day from ingredients such as chocolate ganache and hazelnuts. You will be encouraged to join the confectioner to create your own truffle flavors and then sample a selection of these wonderfully sweet treats.

Afterwards, you will stop at a handicraft workshop in Catherine's Passage, an atmospheric lane that still feels medieval. You can expect to see glass-blowers, potters and weavers plying their trades.

- Enjoy a leisurely walk through Old Town, a UNESCO World Heritage site.
- Watch a confectioner demonstrate truffle-making and try it yourself, if you wish.
- See artisans craft glassware, pottery and woven goods in their workshops.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 1.5 miles of moderate walking, over cobblestone surfaces, gravel path and some steps to negotiate, plus any additional walking at the guests' discretion during free time. This tour is not considered suitable for guests who utilize a wheelchair. Order of sights visited may vary and the itinerary may be reversed. Cafés and shops may insist on Euro currency and US dollars may not be accepted.



TLL-006 ESTONIA'S SOVIET PAST**Duration: 4.50 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: June 25, 2023 08:15 AM**

Gain an understanding of Estonian life under Soviet rule by visiting attractions that offer a glimpse into the country's repressive Communist past. Konstantin Päts was Estonia's last president before it became part of the Soviet Union in 1940, and you will see his grave in Forest Cemetery. He died after being imprisoned in the Soviet Union. Nearby, you will find the Tallinn TV Tower, which armed citizens defended from Soviet troops even after Estonia declared its independence in 1991. You will also see how the Soviets surveilled Tallinn residents at the KGB Museum and the prison cells in the basement of the former KGB headquarters. Those cells are particularly disturbing to view as their windows were bricked up to mute the cries of the tortured. The exhibits at the Seaplane Harbour Museum are also enlightening as they reflect life during the Cold War and showcase military ships used during that period.

- View attractions that reveal life during the 50-some years that the Soviets ruled Estonia.
- Visit the KGB Museum and prison cells in the basement of the former KGB headquarters.
- Browse exhibits that reflect life during the Cold War at the Seaplane Harbour Museum.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour involves negotiating numerous steps (approximately 60) and some uneven ground. This tour is not considered suitable for guests who utilize a wheelchair. Order of sights visited may vary and the itinerary may be reversed. Cafés and shops may insist on Euro currency and US dollars may not be accepted.

TLL-007 COUNTRYSIDE FISHING AND LUNCH**Duration: 6.50 Hrs Tour Price: \$129.00****Retail Price: \$279.00****Date: June 25, 2023 08:15 AM**

Spend an immensely relaxing day in the countryside, admiring Estonia's natural beauty with the option of fishing at a rural farm. For a sense of Tallinn's history, you will pass through its architecturally rich Old Town before driving eastward to the summer resort town of Võsu. While pausing at a lookout, you will be treated to an extraordinary view of its beaches, which rim the beautiful Gulf of Finland. Turning inland, you will next visit Sagadi, a 500-year-old manor house in the forested Lahemaa National Park. The serene country setting will further set the stage for the idyllic environment that you will encounter at the Valkla Forell farm that overlooks the meandering Valkla River. You will be welcome to fish there. If you catch something, the chef will happily cook it for your lunch or you can dine on the prepared meal that includes a fish entrée. Either way, it will be a wonderfully satisfying experience.

- Admire the beaches and resort town of Võsu, while pausing at an elevated lookout.
- Meander through Sagadi manor house, part of which is a forestry museum.
- Dine at a farm on the Valkla River, where lunch may include a fish that you've just caught.
- Drive through Tallinn's Old Town, a collection of historically important buildings.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 2.5 hours of moderate walking, over a gravel path and some steps to negotiate (approximately 10). This tour is not considered suitable for guests who utilize a wheelchair. Order of sights visited may vary and the itinerary may be reversed. Cafés and shops may insist on Euro currency and US dollars may not be accepted.

TLL-013 NOBILITY IN THE PAST & FARMERS TODAY**Duration: 5.00 Hrs Tour Price: \$0.00****Retail Price: \$79.00****Date: June 25, 2023 08:15 AM**

View architectural treasures that reflect several contrasting ways of life and come away with a deeper understanding of Estonian culture. While browsing the Anija manor house, you will discover how the stately residence has been renovated over the centuries as its primary use changed. Anija has been a family home for the nobility, a school, a library and even a collective farm. For a more representative look at Estonian rural life, you will visit Liimock, a stone farmhouse where you will enjoy a tasting of products that are characteristic of the region. Tallinn's spectacular Old Town, which UNESCO deemed worthy of a World Heritage site designation, will add a deeper historical slant as much of it dates to medieval times. From there, you will walk up Toompea Hill, a historical stronghold for the nobility. Its highlight may well be the onion-domed Alexander Nevsky Cathedral, a grand orthodox church built when Estonia was part of tsarist Russia.

- See how the nobility lived through the centuries at Anija manor house.
- Visit Liimock farm for an authentic look at rural life.
- Meander through Tallinn's Old Town, a UNESCO World Heritage site.
- Walk from Old Town up Toompea Hill to view even more grand historical buildings
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 3 hours of walking including 45 steps in the various venues visited. Unfortunately, these venues do not have elevators. It is not available to wheelchair guests. Those guests with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability. Cafés and shops may insist on Euro currency and US dollars may not be accepted. The order of the sites viewed or visited may vary.



TLL-002 UPPER TOWN AND ROCCA AL MARE WITH FOLK SHOW**Duration: 3.50 Hrs Tour Price: \$0.00****Retail Price: \$149.00****Date: June 25, 2023 08:30 AM**

Visit attractions that reveal the history of Tallinn's Upper Town as a prelude to watching a folkloric show in the seaside suburb of Rocca al Mare. Your enlightening walk through the hilltop town will begin and end at Tall Hermann, the soaring tower of Toompea Castle that flies Estonia's blue, black and white flag daily. In between, you will enjoy interior visits of the onion-domed Alexander Nevsky Cathedral and the Dome Church of Virgin Mary, whose walls are adorned with rare funerary coats-of-arms. Upper Town also affords spectacular views of the Old Town below, which together UNESCO named a World Heritage site for their well-preserved medieval architecture. Rural architecture is the draw of the Estonian Open-Air Museum in Rocca al Mare. Farms from all over Estonia have been gathered in the park there to depict family life in the 18th through 20th centuries. Watching a folkloric performance will enhance your understanding of those time periods.

- Explore Tallinn's Upper Town, the medieval district where the nobility once lived.
- Browse farmhouses in an open-air museum that depicts rural life centuries ago.
- Watch a folkloric performance at the Estonian Open-Air Museum in Rocca al Mare.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

The Dome Church regrets that interior visits are not possible during services on Sunday mornings. Please note there are cobbled streets and uneven paths in the old town, plus some steps to climb. At Rocca al Mare, the paths are flat but uneven. This tour involves approximately 2 hours of walking. Cafés and shops may insist on Euro currency and US dollars may not be accepted.

TLL-003 BIKING IN RURAL ESTONIA AND OLD TOWN**Duration: 4.50 Hrs Tour Price: \$0.00****Retail Price: \$149.00****Date: June 25, 2023 08:45 AM**

Depart the port by coach for a 30 minute drive to the more tranquil roads around Rocca Al Mare. Your mountain bike will be ready upon your arrival and you will take a few minutes to get set. The terrain and scenery in this area are suited for viewing from the seat of a bike. You will be accompanied by a guide on a lead bicycle for the leisurely ride along country roads to the open air museum of Rocca Al Mare. At the conclusion of your 1-hour ride, you will have refreshments of tea, coffee and barley cake in the Inn at Rocca Al Mare. Return to Tallinn by coach for a walking tour of Lower Town. The coach will stop at the beginning of Nunne Street. You will walk via Nunne Street to Pikk Street enjoying a view of Upper Town and pass the House of Great Guilds and the Church of the Holy Spirit, on your way to Town Hall Square. You will have the opportunity to view the famous Town Hall. There will be free time to visit numerous shops and cafés. Walk back to your coach via Viru Street taking a short stop at Müürivahe handicraft market. Rejoin your coach on Mere Boulevard for your return journey.

Please note: Bicycle helmets are provided, cycling is at your own risk. Dress appropriately for cycling and understand that the tour involves approximately 1 hour of cycling and 1 hour of walking. Children's sized bikes are not available. Guests must be 5 feet in height in order to participate. Cafés and shops may insist on Euro currency and US dollars may not be accepted.

- Bicycle at a comfortable pace through the countryside just outside of Tallinn.
- Walk through Tallinn's historical Lower Town, a treasure-trove of medieval architecture.
- Spend a bit of free time shopping around Town Hall Square.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

Bicycle helmets are provided, cycling is at your own risk. Understand that the tour involves approximately 1 hour of cycling and 1 hour of walking. Children's sized bikes are not available. Guests must be 5 feet in height in order to participate. Cafés and shops may insist on Euro currency and US dollars may not be accepted.

TLL-009SG PANORAMIC TALLINN - SMALL GROUP**Duration: 3.00 Hrs Tour Price: \$49.00****Retail Price: \$199.00****Date: June 25, 2023 08:45 AM**

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Your tour begins with a scenic drive through the cultural heart of Tallinn. View the Tall Herman Tower (from the outside), one of the three remaining towers of the Knights of the Sword Castle. From the base of the nearby cannon tower, enjoy a wonderful view of the churches and towers of Tallinn's Upper Town. Continue on through Kadriorg Park, a true highlight with its charming Baroque ensemble that was designed as a summer residence for Peter the Great. Visit the Song Festival Ground, a natural amphitheater that hosts Estonia's national song festivals. Next, drive through a beautiful residential area drowned in greenery to the popular Pirita beach. From here it's on to the lovely St. Birgit's Convent, an outstanding monument of the 15th- century limestone architecture. As you make your way back to the pier, you'll drive past the summer residence of count Orlov and the delightful statue of Russalka, Estonia's mermaid, on the sea coast. Please note: This tour includes approximately 50 minutes of optional easy walking, and 15 steps to negotiate. The tour is not available to wheelchair guests. Those guests with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability and may make arrangements with the guide to not participate in some of the walking portions of the tour. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. Cafés and shops may insist on Euro currency and US dollars may not be accepted. The order of the sites viewed or visited may vary.

- Drive through Tallinn, stopping on occasion for photos of the most relevant landmarks.
- See a variety of attractions in Old Town, a UNESCO World Heritage site.
- Admire the surrounding natural beauty in Kadriorg Park and the Song Festival Grounds.
- Visit St. Birgit's Convent, now a national symbol that Ivan the Terrible left in ruins.
- Enjoy a higher level of personal attention and flexibility on this small group tour.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 50 minutes of optional easy walking, and 15 steps to negotiate. The tour is not available to wheelchair guests. Those guests with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability and may make arrangements with the guide to not participate in some of the walking portions of the tour. Cafés and shops may insist on Euro currency and US dollars may not be accepted. The order of the sites viewed or visited may vary.



TLL-009 PANORAMIC TALLINN**Duration: 3.00 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: June 25, 2023 09:00 AM**

Settle in for a relaxing panoramic drive through Estonia's capital city that presents the most enlightening landmarks. For starters, you will see the Estonian flag waving proudly atop the Tall Herman Tower that rises above Toompea Castle, where the country's parliament meets. Continuing on through Upper Town, which together with the Lower Town is a UNESCO World Heritage site, you will soon reach Kadriorg Park. This naturally beautiful urban setting dates to 1718, when Tsar Peter the Great conceived it. More greenery awaits you at the Song Festival Grounds, where the popular Song and Dance Celebration has been held every five years since 1869. As you drive by, try to imagine it filled with 30,000 performers. You will also pass through the affluent coastal neighborhood of Pirita on the way to St. Birgit's Convent. Although Russian forces under Ivan the Terrible left it in ruins in 1575, it is still considered a national symbol.

- Drive through Tallinn, stopping on occasion for photos of the most relevant landmarks.
- See a variety of attractions in Old Town, a UNESCO World Heritage site.
- Admire the surrounding natural beauty in Kadriorg Park and the Song Festival Grounds.
- Visit St. Birgit's Convent, now a national symbol that Ivan the Terrible left in ruins.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.
- Cafés and shops may insist on Euro currency. US dollars may not be accepted.

This tour includes approximately 50 minutes of optional easy walking, and 15 steps to negotiate. The tour is not available to wheelchair guests. Those guests with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability and may make arrangements with the guide to not participate in some of the walking portions of the tour. The order of the sites viewed or visited may vary.

TLL-3GT CHEF LED TOUR OF TALLINN'S CULINARY TREASURES**Duration: 5.25 Hrs Tour Price: \$239.00****Retail Price: \$389.00****Date: June 25, 2023 09:00 AM**

Begin your tour in The Culinary Arts Kitchen by meeting your chef instructor host and small group of food enthusiasts. Today's tour was specifically designed for the discerning culinary enthusiast with a lust for exploring the unique traditions and modern influences on Tallinn cuisine. Before leaving for the tour, you'll learn about the 'Four Seasons' of Estonian cuisine and why this city is attracting some Europe's most innovative culinary talent from farmers to chefs. Delight in modern Nordic-inspired cuisine with a side of historical enlightenment, as you stroll through Tallinn on a dining and sightseeing escapade. A sampling of classic Estonian seafood such as Baltic herring awaits you at your first stop, the Viimsi Open Air Museum, a re-creation of a historical coastal village. Various local chefs will describe how the fish are caught and prepared during the tasting. Your culinary immersion will crescendo at a locally-treasured restaurant in Old Town, where you will be treated to a four-course lunch of seasonal dishes influenced by numerous neighboring countries and conquerors such as the Russians, Swedes and Germans. The dishes will be thoughtfully paired with locally brewed beers and ciders. After lunch, enjoy free time in the old city or return to the ship via the coach.

- Sample a variety of modern Nordic-inspired dishes at several historical locations.
- Recognize the influence of other cuisines on Estonia's modern Nordic-inspired cuisine.
- Savor a four-course meal paired with beers and ciders at a restaurant in Old Town.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is not available for wheelchair guests and not recommended for those with mobility concerns, as it includes about an hour of walking over cobblestone streets and uneven paths at times. Participants must be at least 21 years of age to be served alcoholic beverages. This experience is limited, those wishing to participate should book early.

TLL-004 KADRIORG PALACE AND TALLINN ENVIRONS**Duration: 3.00 Hrs Tour Price: \$0.00****Retail Price: \$149.00****Date: June 25, 2023 09:15 AM**

Meander through the summer palace that Peter the Great built in 1718 for his wife Catherine I, which also houses a museum for Russian and Western European art. The palace's name Kadriorg translates to "Catherine's Valley" in honor of the empress. Over the centuries, the palace fell into disrepair, was lavishly renovated and even left abandoned after the Russian Revolution in 1917. In time, it was extensively reconstructed and turned into the magnificent palace that stands today. As you browse from one fabulous room to another, you will discover more about the palace's history. You will also peruse some of the art work inside before strolling through the gardens, which were modelled on those at Versailles. Nearby, you will see a monument commemorating the crew that lost their lives when the Russian warship Russalka sank in 1893. On the return to Tallinn, you will drive through the Kose and Pirita neighborhoods.

- Tour spectacular Kadriorg Palace, which Tsar Peter the Great built for his wife in 1718.
- Peruse the collection of Russian and Western European art in the palace museum.
- Stroll through the palace grounds and pause at the nearby Russalka monument.
- See some of the characteristic neighborhoods on the outskirts of Tallinn.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour emphasizes art painting and is for art lovers. It also involves approximately 2 hours of walking, mostly on gravel paths. Cafés and shops may insist on Euro currency and US dollars may not be accepted.



TLL-012 TALLINN OLD TOWN WITH BEER TASTING**Duration: 4.00 Hrs Tour Price: \$0.00****Retail Price: \$169.00****Date: June 25, 2023 09:15 AM**

Your tour begins with a drive to Toompea Hill. From here, you will then walk to the Palace Square and view the Toompea Castle, and visit the Russian Orthodox Alexander Nevsky Cathedral, home to golden icons and mosaics. Continue along Tallinn's cobbled streets to view the Gothic St. Mary's Cathedral. Afterwards, you will visit a scenic viewpoint. Next, you will descend Short Leg Street to the Lower Old Town and Wheel's Well. In one of the Old Town restaurants, you will learn about beer making and taste three different beers with lunch. After that, continue to the heart of Tallinn - the Town Hall Square for short photo stop before returning to the port. Please note: This tour includes active walking over cobblestone surfaces and includes stairs. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns.



❖ RIGA, LATVIA

RIG-1GT CHEF LED MARKET TOUR & LATVIAN COOKING CLASS

Duration: 4.00 Hrs Tour Price: \$159.00

Retail Price: \$309.00



Date: June 26, 2023 11:15 AM

This Gourmet Explorer Tour immerses you in a true Latvian 'farm to table' experience – from market shopping to prep, plating and savoring. Your Chef Instructor from the Culinary Arts Kitchen and a local culinary guide will shepherd you on a tour through Riga's extraordinary Central Market, its five pavilions a brilliant re-use of historic German Zeppelin hangars. Over 3,000 trade stands occupy an area equal to five roofed football fields, and you and your partner will have about an hour to shop for your assigned ingredients for today's lesson, then explore this culinary mecca on your own. Your shopping bags and imaginations full, the group will set off on a panoramic orientation drive around Riga – traveling boulevards lined with breathtaking buildings, handsome parks and the city's unrivaled bounty of impeccably-preserved German Art Nouveau structures. Returning to the ship, you'll head straight into your cooking session in the Culinary Arts Kitchen. The day's menu will vary by season, but typically features Latvian classics like meatballs in cream gravy and root potato mash, and perhaps a seasonal berry chutney or minced spring mushrooms in a duxelle tart. After prepping these gastronomic delights, you'll savor them for lunch – accompanied by delicious locally-inspired beverages.

- After a Chef's briefing in the Culinary Arts Kitchen, head out together to Riga's amazing Central Market.
- Graze the stalls of this sprawling venue created from vintage zeppelin hangers, considered one of Latvia's most significant 20th-century structures.
- Locate and purchase the local, fresh ingredients assigned to you for this day's culinary lesson.
- Enjoy a fascinating drive around Riga, seeing its landmark sights and architecture by panoramic coach en route back to the pier.
- Return to the Culinary Arts Kitchen for a chef-led class on how to prepare a Latvian lunch feast, then savor it together with locally-inspired beverages and your classmates.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of moderate walking and standing, with cobblestone surfaces at the market. In addition, guests will be standing during the 90-minute cooking class. Tour duration is approximate and includes the cooking class. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. Guests are encouraged not to wear expensive jewelry or watches and to be attentive to their personal belongings while at the market. The market does not accept USD or credit cards for purchases, only Euros. Participants must be at least 21 years of age to be served alcoholic beverages. This experience is limited, those wishing to participate should book early.

RIG-001 TURAIDA AND SIGULDA

Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: June 26, 2023 12:30 PM



Leave cosmopolitan Riga behind as you travel through lush Latvian forest to explore a picturesque river town known for its castles, caves and romantic legends. Every bustling capital city needs a leafy, rural getaway within reach, a place where locals and visitors can relax in primal nature, preferably with hills involved. The hilly setting in Sigulda, some 30 miles outside Riga city limits, is scenic enough to earn this region the nickname of "Latvia's Switzerland." You'll soon see how well the name fits – especially from the high tower of partially-restored Turaida Castle, a cylindrical brick stunner built in 1214 by the crusading Livonian Brothers of the Sword. You'll also see Sigulda Castle, slightly older and more ruined by time – yet eternally atmospheric. Under an ancient linden tree in Turaida's churchyard, you'll encounter the grave of the Rose of Turaida, young heroine of a 17th-century tale of passion so potent, newlyweds still place flowers here in tribute to enduring love. The waters that flow from natural springs within another riverside landmark you'll visit, vast Gutman's Cave, have endurance properties of their own – drinking them is said to be life-prolonging. And a sculpture park nearby keeps Latvian folklore alive and well.

- Enjoy an extremely scenic hour-long coach ride to the area known as Latvia's Switzerland.
- See Turaida Castle, Sigulda Castle and Kropotkin's Manor House – renowned for its competition-grade bobsled track.
- Visit the linden tree marking the grave of the Rose of Turaida, whose untimely rendezvous with murder in 1620 has never been forgotten.
- Admire the sandstone majesty of Latvia's largest cavern, where the spring water is said to reverse time.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour involves approximately 2.5 hours of moderate walking and several steps. The tour is not recommended for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.

RIG-001SG TURAIDA AND SIGULDA - SMALL GROUP

Duration: 5.50 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: June 26, 2023 12:30 PM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Leave cosmopolitan Riga behind as you travel through lush Latvian forest to explore a picturesque river town known for its castles, caves and romantic legends. Every bustling capital city needs a leafy, rural getaway within reach, a place where locals and visitors can relax in primal nature, preferably with hills involved. The hilly setting in Sigulda, some 30 miles outside Riga city limits, is scenic enough to earn this region the nickname of "Latvia's Switzerland." You'll soon see how well the name fits – especially from the high tower of partially-restored Turaida Castle, a cylindrical brick stunner built in 1214 by the crusading Livonian Brothers of the Sword. You'll also see Sigulda Castle, slightly older and more ruined by time – yet eternally atmospheric. Under an ancient linden tree in Turaida's churchyard, you'll encounter the grave of the Rose of Turaida, young heroine of a 17th-century tale of passion so potent, newlyweds still place flowers here in tribute to enduring love. The waters that flow from natural springs within another riverside landmark you'll visit, vast Gutman's Cave, have endurance properties of their own – drinking them is said to be life-prolonging. And a sculpture park nearby keeps Latvian folklore alive and well.

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- Visit the linden tree marking the grave of the Rose of Turaida, whose untimely rendezvous with murder in 1620 has never been forgotten.
- Admire the sandstone majesty of Latvia's largest cavern, where the spring water is said to reverse time.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour involves approximately 2.5 hours of moderate walking and several steps. The tour is not recommended for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible.

RIG-GL1 DISTRICT'S OF RIGA**Duration: 5.00 Hrs Tour Price: \$0.00****Retail Price: \$199.00****GL****Date: June 26, 2023 12:30 PM**

Mingle with local Latvians by traveling on the train and public buses to several waterfront districts, where you will meander about the attractions. The train will bring you to Vecaki, a district on the Gulf of Riga known for its beaches. While there, the guide will enhance your understanding of the capital's turbulent history by elaborating on the nearby fortifications that date to the Napoleonic Wars. You will then board a public bus and enjoy a genuine slice of daily Latvian life on the way to the Vecmīgrāvis district. The guide will point out buildings constructed during the time that the Soviets occupied Latvia. Like several neighboring Baltic countries, Latvia gained its independence from the Soviet Union in 1991. The most historical building is the White Church. Built near the water during the late 18th century, the wooden Lutheran church features a tower that local fishermen have long used as a lighthouse of sorts to help them navigate.

- Get an authentic feel for Latvian life by riding the train and bus with the locals.
- Explore the beach-rimmed district of Vecaki, a resort area where the residents relax.
- Gain an understanding of life under Soviet rule before Latvia became independent in 1991.

- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes about 2½ hours of walking and standing with some steps and cobblestone surfaces to negotiate. It is not available to wheelchair guests and may not be suitable for those with mobility concerns, who should evaluate their stamina and ability before joining the tour.

RIG-GL2 VISIT TO THE LOCAL FARMHOUSE**Duration: 5.00 Hrs Tour Price: \$99.00****Retail Price: \$249.00****GL****Date: June 26, 2023 12:30 PM**

Visit a rural farm and tour the fields with the owners, who will be quite willing to discuss how farming and life has changed since Latvia's independence from the Soviet Union. During the Soviet era, collective farming was practiced, in which government-owned farms banded together to grow crops. When Latvia gained its independence in 1991, farms could be privately owned again. The farm that you will visit grows an abundance of raspberries and strawberries, as the conditions in this part of Latvia are quite favorable for both crops. Growing berries became even more widespread following the Soviet era because the farmers could directly reap the benefits. You may have the opportunity to pick your own berries in the fields and enjoy them while lingering over a cup of tea with the owners of the farm. Feel free to ask them about their lives before and after Soviet rule. It is sure to be an eye-opening experience.

- Gain an understanding of how farming has changed since Soviet rule ended in 1991.
- Tour a berry farm with the owners and pick your own raspberries and strawberries.
- Enjoy the berries and a cup of tea with the owners as they discuss post-Soviet rural life.

- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes about two hours of walking and standing with some sand, steps, inclines and cobblestone surfaces to negotiate. It is not available to wheelchair guests and may not be suitable for those with mobility concerns, who should evaluate their stamina and ability before joining the tour.

RIG-002 RIGA - JEWISH HERITAGE TOUR**Duration: 4.00 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: June 26, 2023 12:45 PM**

Be immersed in the profound and moving Jewish history that has been lived in Riga, long a multicultural melting pot. This tour visits numerous important sites and memorial places, including the site of the former Great Synagogue built in 1868, once the city's largest and most beautiful synagogue. On July 4, 1941 it was deliberately torched with hundreds of Jewish worshipers inside. Today, a solemn gray stone marker with the inscription "Magen David" stands where the tragic event took place. The Old Jewish Cemetery was where Riga's Jews were buried from 1725 until 1941, when it was incorporated into the ghetto – and became a communal grave for large numbers of those killed in 1941. You'll stop to visit where the cemetery stood; the site was destroyed after the war and is now a memorial park. In the outskirts of Riga, you'll stand before a tombstone memorial where the Rumbula massacre took the lives of some 25,000 Jewish victims from all over Europe in just a few days during the reign of Nazi terror. Visits to the New Ghetto Museum and Old Town's magnificent Art Nouveau synagogue, a rare war survivor, end the tour on a more uplifting note.

- Tour key sites throughout Riga where dramatic events touched the lives of not only Latvia's Jews but thousands of others from around the Baltic.
- Visit memorials where the Great Synagogue stood until a fateful July day in 1941, and in Rumbula forest outside town, where thousands were massacred later that same year.
- See the Jewish Hospital, open to those in need of care regardless of nationality or religious belief.
- Experience poignant historical exhibits at the New Ghetto Museum and tour Riga's only still-functioning synagogue – a lavishly designed building that outlived both the Nazi and Soviet eras.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour involves approximate 2 hours of walking over mostly flat terrain, along with cobblestone surfaces at times. Tour is not suitable for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. The order of sites visited may vary.



RIG-005 CHARMING RIGA - THE PEARL OF THE BALTIC**Duration: 3.50 Hrs Tour Price: \$0.00****Retail Price: \$99.00****Date: June 26, 2023 01:00 PM, 02:00 PM**

By coach and on foot, get to know Latvia's fast-evolving capital, over 800 years old and new all over again since independence. Today it's the Baltic States' largest city – a cultural center of world rank, member of the EU and home to a UNESCO-listed trove of architectural treasures left behind by the Germans, Swedes and Russians who ruled Latvia for centuries. A drive along the boulevards of Riga's town center will envelop you in "Jugendstil" – a romantic and intricate German Art Nouveau building style that predominated here into the early 20th century. You'll also see Riga's more contemporary side and have an encounter with statuesque "Milda," holding aloft her three golden stars for all the world to see atop the city's iconic Freedom Monument. A venture on foot into the cobbled, narrow lanes of Old Town brings you face to face with a trio of landmark medieval churches, a pair of handsome Guild Houses, and the city's oldest surviving dwellings, the so-called "Three Brothers." On a square in the epicenter of it all, massive Dome Cathedral stands guard over all who pass. Its mix of Romanesque, Gothic and Baroque styles, accumulated over eight centuries, is quintessential Riga.

- Enjoy a coach and walking tour of Riga and see more picturesque landmarks than you can count.
- Drive along grand boulevards lined with some 800 magnificent German Art Nouveau buildings.
- Tour cobbled Old Town on foot, a UNESCO-listed showplace for medieval and later buildings.
- See guild houses, churches of every size and style, ancient houses and one very sizable cathedral.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen if needed.

This tour involves about 2 miles of moderate walking, at times over cobblestone surfaces, plus any additional done at guests' discretion during free time. The tour is not recommended for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

RIG-005SG CHARMING RIGA - THE PEARL OF THE BALTIC - SMALL G**Duration: 3.50 Hrs Tour Price: \$49.00****Retail Price: \$199.00****Date: June 26, 2023 01:00 PM**

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. By coach and on foot, get to know Latvia's fast-evolving capital, over 800 years old and new all over again since independence. Today it's the Baltic States' largest city – a cultural center of world rank, member of the EU and home to a UNESCO-listed trove of architectural treasures left behind by the Germans, Swedes and Russians who ruled Latvia for centuries. A drive along the boulevards of Riga's town center will envelop you in "Jugendstil" – a romantic and intricate German Art Nouveau building style that predominated here into the early 20th century. You'll also see Riga's more contemporary side and have an encounter with statuesque "Milda," holding aloft her three golden stars for all the world to see atop the city's iconic Freedom Monument. A venture on foot into the cobbled, narrow lanes of Old Town brings you face to face with a trio of landmark medieval churches, a pair of handsome Guild Houses, and the city's oldest surviving dwellings, the so-called "Three Brothers." On a square in the epicenter of it all, massive Dome Cathedral stands guard over all who pass. Its mix of Romanesque, Gothic and Baroque styles, accumulated over eight centuries, is quintessential Riga.

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- Tour cobbled Old Town on foot, a UNESCO-listed showplace for medieval and later buildings.
- See guild houses, churches of every size and style, ancient houses and one very sizable cathedral.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen if needed.

This tour involves about 2 miles of moderate walking, at times over cobblestone surfaces, plus any additional done at guests' discretion during free time. The tour is not recommended for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible.

RIG-003 PANORAMIC RIGA**Duration: 2.50 Hrs Tour Price: \$0.00****Retail Price: \$99.00****Date: June 26, 2023 01:15 PM, 02:15 PM**

Settle back in your comfortable panoramic coach seat for a comprehensive introductory tour of the Latvian capital's top sights. The photo opportunities will be plentiful in this scenic and cosmopolitan city filled with impressive architectural gifts left behind by Germans, Swedes, Soviets and others over the centuries. Modern architecture, too, finds a welcome home among the cobblestones in this timelessly cool cultural center. Waves of prosperity have always been a thing here, with building booms dating back to medieval times – and leading to Riga's well-deserved designation as a UNESCO World Heritage site. Be on the lookout for ornate 19th- and early 20th-century "Jugendstil" buildings sporting Art Nouveau styling and enough gargoyles to give anyone nightmares for a month. Cobbled Old Town's skyline is a sea of church spires when viewed in panorama from the opposite bank of the River Daugava. The 14th-century Powder Tower stands as last vestige of the ancient defensive walls, City Hall Square is all classic formality, and a stop at the Freedom Monument provides a vivid sense of Latvia's pride in its hard-won independence. Since 1935, statuesque "Milda" has held aloft her three golden stars for all the world to see.

- Enjoy a rolling survey of Riga, largest city in the Baltic States – and certainly one of the most scenic.
- Admire countless landmarks left behind over centuries by the cultures who have thrived here.
- Tour picturesque Old Town, a UNESCO-listed showplace for medieval and Art Nouveau-era buildings.
- Cross the River Daugava for magnificent panoramic views from the opposite river bank.
- Stand before the majestic Freedom Monument, built in 1935 after Latvia first won independence.
- Wear weather-appropriate clothing.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen if needed.

This relaxed tour does not require any significant walking, just getting on and off the coach for photo stops.

❖ TALLINN, ESTONIA

TLL-GG1 GREEN CONSUMERISM & NORDIC DESIGN

Duration: 5.00 Hrs Tour Price: \$119.00

Retail Price: \$269.00



Date: June 27, 2023 09:30 AM

Meet a Nordic designer and discover how she upcycles discarded waste materials to create green fashions. The venue for this enlightening experience will be the Telliskivi Creative City, a former industrial complex that has been converted into the largest creative center in Estonia. Of all the studios and galleries, the one that Reet Aus owns may be the most inspiring. She is committed to ending the fashion industry's throwaway culture by creating clothing with excess textiles that would otherwise end up in a landfill. By upcycling or turning old garments into higher-quality sustainable ones, she helps to reduce Estonia's carbon footprint. You will find a similar environmentally conscious atmosphere at the photography museum Fotografiska. After browsing the exhibits, you will enjoy lunch at a zero-waste restaurant, where the dishes are as creative as the photography. Views of Tallinn's World Heritage site Old Town will enhance the dining experience.

- Meet a designer that upcycles discarded textiles to create sustainable fashions .
- See stylish high-quality clothing made with materials once earmarked for the landfill .
- Browse a photography museum and dine in its zero-waste restaurant .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes a moderate amount of walking for approximate 3.5 miles, some over uneven surfaces. It is therefore not available guests in wheelchairs. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. There will be some steps to enter and exit the tram.

❖ VISBY, SWEDEN

VBY-001 MEDIEVAL VISBY

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: June 27, 2023 10:30 AM, 02:30 PM

Discover current-day beauty and a famously colorful past on this guided excursion through Gotland's "Town of Roses and Ruins." Ancient capital city of Sweden's favorite getaway island, Visby swashbuckled its way through the Viking Age and flourished as a sea-trade powerhouse during the Middle Ages. Today, it remains one of the world's best-preserved fortified cities – with the coveted UNESCO World Heritage designation to prove it. You'll depart the pier for a panoramic orientation spin around town, and even down the coast to cliff-top Höglint to catch stunning views of the Baltic Sea and Visby's 13th-century walls and towers from a distance. In the heart of the city, a stroll through Visby's botanical garden, its roots dating back to the 1850s, will provide the charm while an hour-long guided walk through Dalmansporten gate and into the narrow, winding streets of the medieval district will provide the fascination. See the historical Hanseatic harbor at Almedalen, gaze on Kruttornet, oldest tower among many along the 1.5-mile city ramparts, and ponder the macabre myth surrounding the building of the Maiden's Tower. See the ruins of several medieval churches, as well as one that still welcomes worshippers, the Cathedral of St. Mary's.

- Enjoy a guided orientation tour of Visby, Gotland's charming and historic capital city.
- Catch stunning cliff-top views of the Baltic Coast and Visby from Höglint viewpoint.
- Stroll a botanic garden, drive along UNESCO-listed city walls, and take a guided amble in Old Town.
- Learn the stories behind landmarks like the Cathedral of St. Mary's, the old harbor of Almedalen, Dalmansporten gate, and the Gunpowder and Maiden's towers.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, a bottle of water from the ship, and sunglasses and sunscreen as needed.

This tour includes just over an hour of moderate walking that includes descending a staircase of 75 steps. The tour is not available to wheelchair guests or those with mobility concerns.

VBY-001SG MEDIEVAL VISBY - SMALL GROUP

Duration: 3.00 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: June 27, 2023 10:30 AM, 02:30 PM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Discover current-day beauty and a famously colorful past on this guided excursion through Gotland's "Town of Roses and Ruins." Ancient capital city of Sweden's favorite getaway island, Visby swashbuckled its way through the Viking Age and flourished as a sea-trade powerhouse during the Middle Ages. Today, it remains one of the world's best-preserved fortified cities – with the coveted UNESCO World Heritage designation to prove it. You'll depart the pier for a panoramic orientation spin around town, and even down the coast to cliff-top Höglint to catch stunning views of the Baltic Sea and Visby's 13th-century walls and towers from a distance. In the heart of the city, a stroll through Visby's botanical garden, its roots dating back to the 1850s, will provide the charm while an hour-long guided walk through Dalmansporten gate and into the narrow, winding streets of the medieval district will provide the fascination. See the historical Hanseatic harbor at Almedalen, gaze on Kruttornet, oldest tower among many along the 1.5-mile city ramparts, and ponder the macabre myth surrounding the building of the Maiden's Tower. See the ruins of several medieval churches, as well as one that still welcomes worshippers, the Cathedral of St. Mary's.

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- Learn the stories behind landmarks like the Cathedral of St. Mary's, the old harbor of Almedalen, Dalmansporten gate, and the Gunpowder and Maiden's towers.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, a bottle of water from the ship, and sunglasses and sunscreen as needed.

This tour includes just over an hour of moderate walking that includes descending a staircase of 75 steps. The tour is not available to wheelchair guests or those with mobility concerns.

VBY-002 VISBY WALK AND HISTORICAL MUSEUM

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$79.00



Date: June 27, 2023 11:00 AM

Journey back into Visby's past on a guided walk through this medieval city and have an encounter with the world's largest Viking silver hoard. Colorful capital of Sweden's favorite Baltic Sea getaway island, Visby swashbuckled through the Viking Age and was a Hanseatic powerhouse throughout the Middle Ages. Today, with over 1.5 miles of intact 13th-century ringwalls and towers, this UNESCO-listed showplace is rightly known as the Town of Roses and Ruins. Landmarks seen on your ramble include the main city square at Stora Torget and the historic harbor of Almedalen, now a waterfront green space. You'll see Kruttornet tower, the city's oldest structure, and stroll through fragrant botanical gardens and along narrow streets past evocative church ruins. A walk to the splendid Cathedral of St. Mary's – consecrated in 1225 and rebuilt many times since – brings you to Visby's only medieval-era church still in active use. In time, you'll arrive at the Gotland Museum and step inside for an in-depth visit. That huge silver trove – weighing in at well over 150 pounds – is, of course, the star attraction, but the archeological and cultural exhibits here work together to tell a fascinating story of Gotland over the ages.

- Enjoy a guide-led walk through the picturesque streets of Visby and get to know the city up-close.
- See the famous ring of 13th-century walls and towers that make this a UNESCO World Heritage site.
- Stroll a historic botanic garden and pass ruined medieval churches along with one beautiful one that's survived the centuries.
- Tour a history museum where the world's largest cache of Viking silver booty is on display, along with ancient armor and a famous skeleton from the Stone Age.

- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, a bottle of water from the ship, and sunglasses and sunscreen as needed.

This tour involves approximately 3 hours of walking and so is recommended for guests in physically fit condition.



VBY-003 VISBY BY BICYCLE**Duration: 4.00 Hrs Tour Price: \$0.00****Retail Price: \$99.00****Date: June 27, 2023 11:00 AM**

Experience a pedal-powered spin through Sweden's famed "Town of Roses and Ruins" and along the picturesque Gotland coastline. The guided ride begins near the pier, where you'll be set up with your wheels. Not far away is your first stop, Almedalen, site of the Hanseatic League harbor during medieval times. Passing the Gunpowder Tower, the town's oldest structure, and a botanical garden first planted in the 1850s, you'll continue uphill to Klinten for stunning panoramas of this UNESCO-listed city and its cathedral. Ancient, narrow lanes lead through the eastern gate of Visby's ring of well-preserved 13th-century walls as you head about 2.5 miles southward to call on Fridhem – a Swiss-style wooden country guesthouse that was the beloved summer palace of Princess Eugenie until her death in 1889. You'll take a break here to enjoy coffee or tea and biscuits. Reinvigorated, you'll head a bit further south to visit Höglint viewpoint, a clifftop overlook famed for its stunning views of the Baltic below and Visby in the distance. The return ride to town will be just as scenic, and soon enough you'll be back on board the ship – resting your likely-weary legs and smiling.

- Enjoy an exhilarating two-wheeled tour around medieval Visby and its surrounding coastline.
- See key landmarks including the old Hanseatic harbor and the oldest tower along Visby's 1.5 miles of well-preserved medieval walls.
- Capture breathtaking views from overlooks like Klinten and cliff-top Höglint, in a coastal preserve.
- Savor a mid-ride refreshment break at Fridhem, once the woodsy summer palace of Princess Eugenie.
- Return to the ship loaded with "pride of the ride," photos to share and stories to tell.
- Wear layered, weather-appropriate clothing.
- Flat, comfortable sneakers or athletic shoes are recommended.
- Bring a hat, water from the ship, and sunglasses and sunscreen as needed.

This tour involves a 9-mile bike ride that can be strenuous and includes some gentle hills. Guests should be in athletically fit condition, comfortable on a bike and familiar with the use of hand brakes. This tour is not suitable for children under 12 years. We recommend bringing ample bottled water for hydration during the ride since a considerable distance is traveled before reaching the refreshment stop. A limited number of E-bikes are available on request basis at an additional cost.

VBY-2GT CHEF LED LOCAL FARM TOUR & GREENHOUSE LUNCH**Duration: 5.00 Hrs Tour Price: \$239.00****Retail Price: \$389.00****Date: June 27, 2023 11:30 AM**

Your day begins by meeting your Chef in The Culinary Arts Kitchen for an introduction to Swedish cuisine and an overview of today's tour. Discover how local foods are ingeniously sourced by visiting two farms that redefine the Swedish farm-to-table experience. As preparation, your chef will elaborate on Gotland Island's micro-cuisine on the way to Ejmunds Farm, which the same family has owned since 1862. There, you will learn how the farmers humanely raise cattle to produce a highly marbled, exceptionally tender Kobe-like beef that is prized throughout Sweden. The farm also grows organic black truffles beneath hazelnut trees, which were planted specifically to help the truffles thrive in the roots. At Lilla Bjers Farm, another multi-generational enterprise, you will see firsthand how the owners practice organic, sustainable farming. As you walk through the fields with the farmers, they will elaborate on the produce and how it is harvested. Consider this walk an educational sorbet of sorts before proceeding to the greenhouse, a delightful setting for your multi-course lunch of seasonal dishes. After lunch, return to the ship with a glow from being in the fresh farm air today and a new appreciation for this unique rural paradise that has become a 'bucket list' summer destination for food-centric tourism.

- See how Ejmunds Farm humanely produces free-range beef that is similar to Kobe beef.
- Tour Lilla Bjers Farm with the owners as they describe their organic farming methods.
- Dine on local dishes in the elegant greenhouse at Lilla Bjers Farm.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 2-hours walking/standing, that includes some natural surfaces and a few steps. Tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Participants must be at least 21 years of age to be served alcoholic beverages. This experience is limited, those wishing to participate should book early.

❖ LIEPAJA, LATVIA

LPJ-001 LIEPAJA CITY TOUR

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: June 28, 2023 10:15 AM, 02:15 PM

Enjoy an enlightening walk through the historical heart of Liepaja, stopping along the way for an organ recital in the Holy Trinity Cathedral. It won't take long to reach the 18th-century cathedral, which holds the world's largest mechanical organ. Unlike organs that musicians play, mechanical organs are self-playing, and as you will discover during the recital, the music is inspiring. Liepaja's architecture is equally impressive, especially in Old Town, which was incorporated in 1625. Although the city suffered heavy damage during World War II, what remains is well worth exploring. You will meander through centrally located Rose Square, past the art nouveau-style Peter's Market in Kuršu Square and on to St. Anne's, the oldest church in Liepaja. Its gothic façade is captivating as is its baroque-period altar. Because of Liepaja's strategic location and robust port, the city was repeatedly invaded over the centuries and the ruins of fortresses line its shores.

- Listen to a musical recital on the world's largest mechanical organ in the cathedral.
- Gain insight into Liepaja's turbulent history while meandering through Old Town.
- See architectural treasures that include the oldest church in Liepaja.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

Please note: This tour includes approximately 2 1/2 hours of walking on flat sidewalks and cobblestone streets. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. There will be a brief shopping opportunity of approximately 30 minutes at Rose Square.

LPJ-003 ART & ARCHITECTURE OF LIEPAJA

Duration: 3.75 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: June 28, 2023 10:15 AM, 10:45 AM

Walk through downtown Liepaja, admiring the dozens of art nouveau buildings that were constructed at the beginning of the 20th century, when the city began to thrive economically. Your leisurely stroll will commence at Rose Square, a popular gathering place with an abundance of rose beds. It is at the corner of Graudu and Liela streets, which are both lined with dozens of art nouveau residences, theaters and schools that survived the bombing of Liepaja during World War II. You don't have to be an architecture buff to appreciate the beauty of the sleek, stylized designs. As a contrast, you will continue on to Old Town, an area known for its august churches, including the gothic-inspired St. Anne's and the Holy Trinity Cathedral, which holds the world's largest mechanical organ. The Great Amber Concert Hall best exemplifies Liepaja's contemporary architecture. The cultural center has become iconic, largely because of its tilted amber-glazed façade.

- Admire the abundance of art nouveau buildings in downtown Liepaja.
- Walk through Old Town, where you will find Liepaja's most impressive churches.
- Browse the Great Amber Concert Hall, an iconic contemporary cultural center.
- Spend free time people-watching and enjoying the serenity of Rose Square.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

Please note: This tour includes approximately 3 hours of walking on flat sidewalks and cobblestone streets. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. There will be a brief shopping opportunity of approximately 30 minutes at Rose Square.

LPJ-002 HISTORIC KAROSTA & LIEPAJA

Duration: 3.75 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: June 28, 2023 10:30 AM, 02:45 PM

Delve into the history of Liepaja and its Karosta neighborhood, which was once the largest military territory in the Baltics. Russian tsar Alexander III ordered the fortification of Karosta in the late 19th century and many of the military buildings remain today. While there, you will pause for photos of a former naval training facility and a military prison that has been converted into a rather bizarre boutique hotel. Beautifully ornate, gold-domed Saint Nicholas Naval Cathedral is another historical highlight as the religion-intolerant Russians used it as a cinema until the fall of the Soviet Union. There is also plenty to explore in Liepaja's captivating Old Town such as the Great Amber Concert Hall. Completed in 2015, the cultural center features a tilted amber-glazed façade that provides a striking contrast to the historical buildings that surround it. To round out your exploration of Liepaja, free time will be allotted in Rose Square, one of the most popular gathering places.

- View the fortified architecture in Karosta, once the largest military territory in the Baltics.
- See a military prison that is now a boutique hotel and Saint Nicholas Naval Cathedral.
- Admire the Great Amber Concert Hall, an iconic contemporary cultural center in Liepaja.
- Spend free time people-watching and enjoying the serenity of Rose Square.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

Please note: This tour includes approximately 2 hours of walking on flat surfaces with some steps. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Guests with limited mobility may remain in the bus during photo stops. There will be a brief shopping opportunity of approximately 30 minutes at Rose Square.



❖ RONNE, DENMARK

RON-004 THE BEST OF BORNHOLM

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: June 29, 2023 10:30 AM, 03:00 PM

Develop a comprehensive picture of Bornholm island's picturesque landscape, fishing villages, historic landmarks and artistic side on a classic "best of" tour. Crisscrossing this sunny Baltic island tucked halfway between Scandinavia and mainland Europe, you'll encounter the ancient, the modern, and everything in between – even get a taste of local specialties. Up in the north, the clifftop ruins of Hammershus Fortress hold echoes of violent medieval conflicts, while your drive through vast Almindingen Forest is all tranquility. A guided walk through the harborside enclave of Gudhjem brings you past storybook half-timbered, thatch-roofed houses clustered along winding lanes that beckon the wanderer to browse and discover. Along this same coast, you'll pay a call on the Baltic Sea Glass studio where two talented artists create large, one-off glass art pieces of superb quality – their designs inspired by Bornholm's wildlife and landscapes. A visit to one of Denmark's famous whitewashed Round Churches will plunge you into the era of the Knights Templar, while a panoramic spin through Ronne will reveal its mix of gardeny old wooden houses and brick "bomb house" replacements built after the town's severe bombardment by Russian planes as WWII wound down elsewhere.

- Experience the many sides of Bornholm on a comprehensive island outing.
- Take a panoramic spin around Ronne and see how WWII affected the town skyline.
- Travel through leafy Almindingen Forest and walk through an extremely charming fishing village.
- Visit ancient ruins at Hammershus Fortress and look around one of Denmark's famous round churches.
- Tour the studios of Baltic Sea Glass studios, where stunning works of art are carefully crafted.
- Wear weather-appropriate clothing; include a light jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2.5 hours of moderate walking and standing, some over cobblestone streets, with steps involved at the venues. This tour may not be suitable for wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating.

RON-006 WALKING TOUR OF RONNE

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$89.00



Date: June 29, 2023 10:45 AM

Get an up-close introduction to Bornholm's historic capital town on a guided walk that brings its personality and atmosphere to life. Your ramble begins at the harbor and winds through Ronne's narrow, cobbled streets, many lined with historic timber-framed houses built when the 19th century was new. Curiously interspersed among these character buildings, in what at first appears to be a random pattern, are modern structures. These so-called "bomb houses" of red and yellow brick were built after World War II, replacing the one-in-ten of all Ronne homes that were leveled by intensive Red Army aerial bombardment at the close of the war. That famous 1945 incident and the Soviet occupation that followed are among the stories you'll learn more about as you stroll the city and, with luck, witness the buttery light that has drawn painters to this isle for generations. You'll tour stout, cylindrical Ronne citadel, constructed in 1687 on the orders of a Danish king intent on protecting the town should the Swedes come calling, and enjoy a well-deserved break and complimentary light refreshments at a charming town eatery.

- Explore the cobbled streets of Ronne on foot, with time to really take in its character and landmarks.
- Gain insight on what you're seeing, with historical and cultural commentary from your seasoned guide.
- See the city's famous half-timbered houses, with learn about why some are missing.
- Visit the Ronne citadel – round, white, stout and never quite used for its intended function.
- Enjoy an activity break and light refreshment at a local restaurant.
- Wear weather-appropriate clothing; include a light jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 3 hours of moderate walking along cobblestone streets, with a few steps to negotiate. The tour is not considered suitable for wheelchair guests or those with mobility concerns. Participants should be in good physical condition.

RON-003 A TASTE OF BORNHOLM

Duration: 5.00 Hrs Tour Price: \$159.00

Retail Price: \$309.00



Date: June 29, 2023 11:00 AM, 01:00 PM

Savor the delectable flavors of Bornholm in a tour designed to tickle your taste buds and give your eyes a scenery feast as well. You'll set out from the pier by panoramic coach, bound for a wine estate outside the small town of Aakirkeby. Lille Gadegaard Vineyard began humbly but had the vision to dive headfirst into the viticultural revolution that swept Denmark over the past two decades. Today, this idyllic venue is the country's largest wine producer, and you'll enjoy a sampling of its wares amidst captivating scenery. Further across Bornholm, you'll find yourself learning about and tasting organically crafted sausages created from classic family recipes at 80-acre Hallegaard Farm. Drive after that, to the small village of Snogebaek, to taste a real specialty, iconic and genuine flavor from Bornholm: the traditional smoked fish. A spin the rest of the way to the island's eastern shore brings you to Svaneke, where a pleasant, guided walk will make you enjoy the town which was awarded with the title of Denmark's most beautiful town back in 2013.

- Enjoy a panoramic spin across Bornholm Island, stopping in at tasting venues along the way.
- Sample wines in an idyllic setting at a vineyard that's ripened into Denmark's foremost producer.
- Visit a countryside farm to taste artisanal sausage made the organic, authentic, family way.
- Taste the iconic specialty from the Island: the "smoked fish (herring)" for which Bornholm is famous among the Scandinavian and Baltic countries.
- In Bornholm's easternmost town, enjoy a pleasant, guided walk and some free time.
- Take the scenic route back across the island through a 9,400-acre forest that's been left free to flourish.
- Wear weather-appropriate clothing; include a light jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of moderate walking and standing, some over cobblestone streets, with steps involved at the venues. The tour may not be suitable for wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating.



RON-001 COLD WAR PRELUDE - OCCUPATION OF BORNHOLM**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$169.00****Date: June 29, 2023 11:30 AM**

Explore the town of Ronne and discover how the sunny Danish island of Bornholm suffered a uniquely dark chapter immediately after World War II. While the rest of occupied Europe was being liberated in May 1945, this normally tranquil Baltic island, halfway between Scandinavia and mainland Europe, was being mercilessly bombarded by the Russians. The problem was that they still considered Bornholm a bridgehead for retreating German refugees, so still an active part of the Eastern Front. Airborne bombs leveled nearly a tenth of all homes in Ronne and Nexø on the opposite coast, and the island remained occupied by Russian troops for another 11 months. In many ways this was a preview of the Cold War era to follow. You'll pass sights tied to this story throughout your panoramic drive through Ronne, including the Russian graves at Allinge Church. A visit to Bornholm Defense Museum will provide detailed background on the occupation and Soviet plans for the area. The Bornholms Museum, also visited, brims with regional artifacts dating all the way back to Viking and earlier times. Light refreshments and snacks at a local café provides a welcome break during this informative tour.

- Enjoy a coach tour of Ronne with special focus on sights related to its occupation by Russia after WWII.
- Visit two museums that between them delve into the military and cultural history of Bornholm island, going back to prehistoric times.
- Hear informative commentary from your seasoned guide and enjoy light refreshments at a local café.
- Wear weather-appropriate clothing; include a light jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes about 2 hours of moderate walking and standing, some over cobble streets, with steps to negotiate at the venues. This tour may not be suitable for wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating.

RON-005 DISCOVER BORNHOLM BY BIKE**Duration: 3.00 Hrs** **Tour Price: \$109.00****Retail Price: \$259.00****Date: June 29, 2023 01:00 PM**

Two-wheel your way through Ronne and its surrounding Bornholm terrain on a cycling tour guaranteed to put a fresh spin on the everyday sightseeing experience. This invigorating and fun journey brings you much closer to the landmarks and landscapes than a coach tour – while covering far more ground than any walking tour could. Besides being remarkably picturesque both inside and outside its capital town, the sunny Baltic island of Bornholm has developed into something of a cyclist's dream over the years. An impressive 142 miles of well-marked bike routes have been established; many replacing old railway tracks, which puts them well-removed from automotive traffic. Your rolling survey will depart right from the Ronne pier after a short safety briefing and helmet fitting. Then, for the next several hours, your seasoned guide will lead the way as you take in the sights of Ronne and Bornholm, pedaling and coasting and appreciating the refreshing freedom of bicycle touring. Stops for photos and brief rest will be made regularly during your journey.

- See the sights and feel the wind in your helmet on a guided cycling tour of Ronne and Bornholm.
- After being fitted with your helmet and briefed on cycling safety, head out for about 3 hours of fun.
- Follow a route that takes advantage of Bornholm's many miles of marked bike routes, including many along old railroad routes where no cars travel.
- Experience this island of gardens and half-timbered houses from a delightfully intimate vantage point.
- Wear weather-appropriate, cycling-suitable clothes.
- Comfortable, closed-toe shoes are a must.
- Helmet and water bottle are provided; bring sunglasses and sunscreen as needed.

This tour includes over 2 hours of moderate-to-strenuous bike riding, some over uneven or natural terrain. The tour is not available to wheelchair guests or those with mobility concerns. Guests should be in good physical condition. There are no restrooms available along the bike route.



General Information

What is Included?

Transportation:

Licensed and insured late model, coaches, vehicles, watercraft, and other modes of transportation are utilized.

Meals and Refreshments:

Included when indicated in the tour description.

Guides:

Licensed, English-speaking, local guides accompany all tours, where available.

Entrance Fees:

Tours include all required admission fees, where applicable.

What Should I Wear?

When taking a shore excursion, comfortable walking shoes, sunglasses, a hat and sunscreen are suggested. You may consider bringing an umbrella, raincoat, sweater, or jacket. And don't forget your camera!

Cancellations and refunds

- In order to ensure quality guides and sufficient transportation, we must provide the tour operator with passenger counts at least 36 hours in advance. Therefore no refunds will be given within 36 hours of the tour.
- Tours operate rain or shine.
- Tours require minimum participation levels to operate so please sign up as early as possible. Tours may be cancelled if minimum participation levels are not met.

Prices, Itineraries and General Information

- Shore excursions prices are subject to change to meet unexpected cost increases or currency fluctuations.
- The information contained in this document was current at the time of printing, however changes may occur before your scheduled departure. Please consult the Destination Services Desk onboard for information and current pricing.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) may be limited or denied. In such instances, adjustments will be made to minimize inconvenience to guests.
- Some tours have limited availability. Please sign up early to avoid disappointment.
- Regent Seven Seas Cruises reserves the right to require Guests to complete a liability waiver for select shore excursions. For more information, please visit the Destination Service.

Please Note

While the greatest care has been taken to offer the finest services available, Regent Seven Seas Cruises will not be held responsible for any act, event or omission during the time that passengers are not onboard the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodation, ground transfers and shore excursions are made by Regent Seven Seas Cruises for the convenience of our Guests with the suppliers of the services. Each Guest agrees not to hold Regent Seven Seas Cruises, its owners, employees, agents or representatives liable, the absence of its own negligence, for any loss, injury, expense, or damage which result directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component other than water transportation or any other option that is available for purchase.

Arrangements with independent contractors include, but are not limited, to services, products, and transportation provided elsewhere that onboard Regent Seven Seas Cruises vessels in connection with tours whether arranged or organized by tour operators, travel agents, or Regent Seven Seas Cruises. Tours including hotel accommodations and transportation by vessel(s) not owned or operated by Regent Seven Seas Cruises or by air, rail, or land are not under the supervision and control of Regent Seven Seas Cruises.

IMPORTANT INFORMATION

Notwithstanding that Regent Seven Seas Cruises, at the Guest's option, arranges air transportation, hotel accommodations, groups transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Regent Seven Seas Cruises, being a "for profit entity", earns a fee on the sale of the optional services.

Tour departure times are subject to change so please reference your actual tour ticket for the correct departure time.

NOTICE:

All Regent Seven Seas Cruises shore excursions are per person, are subject to change and availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Regent Seven Seas Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion information contained in this shore excursion book is subject to change without notice at Regent Seven Seas Cruises' discretion. All shore excursion descriptions and fares listed are subject to change without notice. Regent Seven Seas Cruises is not responsible or liable for typographical errors, omissions or misprints.