



SEVEN SEAS CRUISES®

OPTIONAL SHORE EXCURSIONS

REYKJAVIK, ICELAND to COPENHAGEN, DENMARK

SS SPLENDOR August 31, 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.

❖ ISAFJORDUR, ICELAND

ISF-004 THE BIRD ISLAND OF VIGUR

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: September 01, 2023 08:30 AM

Travel by boat to the island of Vigur, famous for its huge colonies of sea birds and tiny colony of friendly locals. The journey is both scenic and swift; just about half an hour to traverse the Djupfjord to Vigur, where a cluster of red-roofed buildings sits tranquilly against a dramatic snow-capped backdrop. This sparsely populated islet is home to thousands of feathered citizens – comical puffins, eider ducks, guillemots and sometimes-overprotective arctic terns who love to swoop. Upon arrival, you'll have a chance to observe local life on the island, where the farmers make a living by harvesting the down of eider ducks – and provide essential protection for their nests and chicks. It's hard not to feel like you've stepped back in time as you meet with the tiny band of welcoming inhabitants. Their relaxed, easy manner and unique lifestyle will certainly make an impression. Once you've seen how the humans live here, you'll take a leisurely guided island walk to see how Vigur's resident birds thrive in their own natural habitats. As your visit draws to a close, refreshments will be served by the farmer's family before the boat ride back to Isafjordur.

- Skim by boat across magnificent Djupfjord to an island where the birds definitely outnumber the humans.
- Be greeted by a family whose farm crop is eider down, collected from the nests of resident ducks they help keep protected from more aggressive birds.
- Take a guided walk around the island to observe the puffins, eider ducks, guillemots and arctic terns who make their home here.
- Enjoy relaxed refreshments and conversation, offered up the farmer and his family.
- Wear weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of moderate walking and standing, at times over uneven pathways. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. It is a short walk from the pier to the touring boat.

ISF-007 A VISIT TO AN ABANDONED VILLAGE

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: September 01, 2023 08:30 AM

Travel from Isafjordur to the Jökulfirdir Fjord by boat to visit a remote village deserted by all its residents over 60 years ago. The only way to get to Hesteyri is from the water; it's about a 70-minute ride. The tiny settlement never did have any roads leading to it, and no electricity or telephone links. What it did have – and still does – is an outstandingly picturesque setting amidst steep snow-dusted mountains and quiet, secluded coves. Notwithstanding the natural beauty, in the 1940s the 80 inhabitants decided they'd had enough, and by 1952 the last of them had moved away. Many of their structures still stand, little changed from how they were then. And since the village has been an ecologically protected area for decades, the native flora and fauna have had a field day. Hikers here often encounter Arctic foxes, seals, and birds of many types. You'll stroll around the eerily empty village with your guide, enjoying traditional Icelandic refreshments at a house where the doctor used to live. Don't miss this chance for what will certainly be an excursion unlike any other you take this voyage.

- Travel about 70 minutes by boat from Isafjordur to a tiny village along the Jökulfirdir Fjord. No one's home there.
- Enjoy an eerie tour of an entire settlement that was abandoned by its residents in 1952.
- Learn the unusual history of this place from your guide and share traditional Icelandic refreshments at the house where the village doctor once lived.
- Be on the lookout for foxes, seals and sea birds; this has been a wild protected reserve for many years.
- Wear warm, layered, clothing that is wind and water-proof.
- Flat, waterproof walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

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. Those prone to motion sickness should take the necessary precautions.

ISF-008 ARCTIC FOXES AND AVALANCHES

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: September 01, 2023 08:30 AM

Take in the natural beauty of the Westfjords peninsula, a rugged mountainous terrain prone to avalanches and teeming with wildlife such as the cherished arctic fox. After departing from the pier, you will enjoy an immensely scenic drive with a backdrop of mountains on one side and the fjord on the other. In time, you will arrive in Súðavík, a small community founded in the late 19th century around whaling. You may notice that Súðavík has been divided into two distinct areas. The newer section was built following an avalanche in 1995 that destroyed much of the original town. Nearby, you will find the Arctic Fox Center, a research facility and museum dedicated to the only indigenous land mammal in Iceland. While browsing the exhibits, you will discover that arctic foxes remained on the island after the last ice age and how they have become a protected species, no longer hunted for their fur. You may even see injured fox pups being rehabilitated in hopes of releasing them back into the wild. You will next visit a small wooden church that was built in Norway in the late 19th century as a gift for the Icelandic village of Hesteyri. When the village was abandoned in 1952, the church was moved to its present location. After listening to a stirring performance of traditional Icelandic music at the church, you will continue to drive along the fjord, pausing at a memorial to the victims of the avalanche that struck Súðavík. Please note: This tour includes approximately 1 hour of walking over even and uneven ground. It is not recommended for guests who utilize a wheelchair. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ISF-GG1 SUSTAINABLE WESTFJORDS

Duration: 6.50 Hrs Tour Price: \$229.00

Retail Price: \$379.00



Date: September 01, 2023 08:30 AM

Discover some of the eco-friendly businesses that thrive in the mountainous Westfjords peninsula, one of the wildest areas in Iceland. Salt Verk may well be the most unusual as it is the world's only company that produces 100% sustainable salt from seawater by harnessing geothermal power through a fascinating process that is centuries old. The Saett & Salt chocolate factory sprinkles some of that salt over its sweets, which are also flavored with local berries and herbs. You will have the opportunity to sample the chocolates following lunch in a hotel in Heydalur Valley that harvests produce and fish in sustainable ways. The peninsula is so beautiful it's easy to understand why the locals are so obsessed with keeping it pure and natural. The lookout at Kambanes will offer one of the best views of the glacial fjords, while visiting Hvítanes will present an unobstructed look at a colony of harbor seals.

- Gain insight into some of Westfjord peninsula's most sustainable businesses .
- See how geothermal energy is used to extract salt from seawater .
- Savor a lunch of sustainably harvested ingredients and a sampling of chocolates .
- Observe a large colony of harbor seals up close as they sun along the rocky shore .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 2.5 hours of easy walking over grassy, graveled and uneven terrain. 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.

ISF-GG2 BOLUNGARVIK'S INNOVATIONS & VIEWS

Duration: 2.50 Hrs Tour Price: \$109.00

Retail Price: \$259.00



Date: September 01, 2023 08:30 AM

Explore the spectacularly beautiful area north of Isafjordur, including Bolarfjall Mountain, which offers legendary views of the fjords, Hornstrandir Nature Preserve and the village Bolungarvík. Snow and wind make the mountain road impassable except in the summer, so ascending to the lookout will be a rare treat. As a counterpoint to the area's rugged natural beauty, you will visit an innovation center in Bolungarvík that focuses on methods to harness the ocean's resources in sustainable ways that have virtually no impact on the environment. Nearby, you will see how cod liver oil is produced in a traditional manner that maintains its natural properties. Advocates consume the extra-virgin cod liver oil to improve bone health and reduce inflammation and risks associated with heart disease. Another stop will be made at Bolungarvík's bright orange lighthouse, where you will enjoy a different perspective of Bolarfjall Mountain towering across the bay.

- Take in the spectacular views from atop Bolarfjall Mountain and a lone bayside lighthouse .
- Discover some of the innovative ways used to sustainably harness the ocean's resources .
- See how extra-virgin cod liver oil is processed to better retain its natural health benefits .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 1.5 hours of easy walking over grassy, graveled and uneven terrain. 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.

ISF-001 LIFE & CULTURE OF ISAFJORDUR

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 01, 2023 08:45 AM

Travel by panoramic coach on a tour that offers fascinating insights on the lives of those who make the sometimes-harsh landscape of Iceland's Westfjords their home. Beginning from the pier, you'll drive through the streets of Isafjordur and out along the coastal road for a tour of wondrously remote Bolungarvík, a fishing village towered over by its surrounding mountains. Nearby, you'll stop at the outdoor Ósvör Museum, where a century-old fisherman's hut has been restored, complete with the tools of the trade – and the fisherman. On another leg of the journey, you'll find yourself up amidst breathtaking views of the magnificent mountains of the Djup, largest of the West Fjords and the Buna River. Not far from that spot, you'll stop to admire a beautiful stepped waterfall in Tunguskogur and take an opportunity to taste the freshest, clearest mountain water you may ever have encountered. Back in Isafjordur, you'll stop in at the Maritime and Folk Museum, which calls one of the town's oldest and best-preserved houses its home. The museum presents an excellent collection of artifacts related to the region's maritime history – as well as a sizable accordion collection. Gotta have something to do during those long winters.

- Explore the remote Westfjords region by coach, stopping to absorb the local color in its many forms.
- Visit the remote fishing village of Bolungarvík and tour a century-old fisherman's hut nearby in Ósvör.
- Behold stunning mountain vistas along the Djup fjord and taste clear mountain water from a waterfall in Tunguskogur.
- Tour a quirky Maritime and Folk Museum, filled with historic fishing artifacts – and accordions.
- Wear weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of moderate walking and standing, at times over uneven pathways. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of stamina before participating.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ISF-003 FJORDS AND FLOWERS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: September 01, 2023 09:00 AM

See the nature, meet some locals and catch a glimpse of what goes on behind the scenes in small Icelandic fishing towns during this enlightening tour. Included is a breathtaking drive through the West Fjord mountain landscape, where farms and villages huddle on narrow strips of land isolated between rocky ridges and deep fjords. Appearing as if an apparition at one point will be tiny Skrudur, Iceland's oldest botanical garden. You'll go in and have a look around. Over 100 years old, this dot-sized green oasis in the midst of the badlands proves what can be grown this far north. Another curio you'll encounter is the old shark-fishing town of Flateyri, perched on a spit of land projecting out into Onundarfjordur fjord and boasting a current population of about 200. You'll take a guided stroll along main street and into the life of this mountain-surrounded outpost, entering an intimate little church where you'll be treated to an Icelandic music program, and visiting the old bookstore that doubles as the village museum and archive. You'll also have a chance to observe some town women at work in their handcraft workshop and to share a coffee break and chat with the Flateyrites.

- Travel across a ruggedly beautiful West Fjord landscape of steep mountain ridges and sheltered fjords.
- Visit Skrudur, a century-old botanic garden deep in the middle of, well, just about nowhere.
- Take a guided stroll through the fishing village of Flateyri, all on its own on the edge of a fjord surrounded by magnificent slopes.
- Hear Icelandic music in a church, visit an old bookstore that thinks it's a museum, and watch regional handicrafts being made.
- Share coffee and a chat with the locals.
- Wear weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 45 minutes of moderate walking and standing, at times over uneven pathways. 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 a companion to assist them. Those with mobility concerns are cautioned only to participate to the extent of their personal stamina and may make arrangements with the guide to skip some of the walking portions of the tour.

ISF-010 DYNANDI WATERFALL AND LOCAL VILLAGE

Duration: 6.00 Hrs Tour Price: \$199.00

Retail Price: \$349.00



Date: September 01, 2023 09:00 AM

Discover the scenic wonders of the Westfjords peninsula, including thundering Dynjandi waterfall, and then sample fresh seafood in a small fishing village. After departing from the pier, you will settle in for a leisurely and wonderfully scenic drive across Westfjords peninsula, one of the wildest most uninhabited areas of Iceland. Ancient glaciers carved out the peninsula's dramatic landscape, leaving behind deep fjords, steep mountains and craggy inlets. Because the terrain is so harsh, life here has always revolved around the sea, as you will discover while pausing for photos at the waterfront village of Pingeyri. The draw of water is even more powerful farther inland at Dynjandi, the largest waterfall in Westfjords. This natural wonder consists of seven cascades, each with its own name and identity. According to legend, supernatural beings once lived in Dynjandi, whose name means "The Thunderer." It sometimes looks as if people still live inside the waterfall because adventurous hikers often walk behind the roaring cascade and then pop out the other side. Continuing on, you will next visit Suðureyri, a fishing village that was once considerably more remote until a tunnel through the surrounding mountain made traveling there easier. While walking the town's popular Seafood Trail, you will sample fresh fish such as cod and halibut that are caught in the icy waters of the Atlantic. You will also learn how quickly the fish can be delivered from the sea to European fish markets. Please note: This tour includes approximately 75 minutes of walking over grass, gravel and uneven ground. 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.

ISF-001SG LIFE & CULTURE OF ISAFJORDUR - SMALL GROUP

Duration: 3.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: September 01, 2023 09:15 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. Travel by panoramic coach on a tour that offers fascinating insights on the lives of those who make the sometimes-harsh landscape of Iceland's Westfjords their home. Beginning from the pier, you'll drive through the streets of Isafjordur and out along the coastal road for a tour of wondrously remote Bolungarvik, a fishing village towered over by its surrounding mountains. Nearby, you'll stop at the outdoor Ösvör Museum, where a century-old fisherman's hut has been restored, complete with the tools of the trade – and the fisherman. On another leg of the journey, you'll find yourself up amidst breathtaking views of the magnificent mountains of the Djup, largest of the West Fjords and the Buna River. Not far from that spot, you'll stop to admire a beautiful stepped waterfall in Tunguskogur and take an opportunity to taste the freshest, clearest mountain water you may ever have encountered. Back in Isafjordur, you'll stop in at the Maritime and Folk Museum, which calls one of the town's oldest and best-preserved houses its home. The museum presents an excellent collection of artifacts related to the region's maritime history – as well as a sizable accordion collection. Gotta have something to do during those long winters.

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- Visit the remote fishing village of Bolungarvik and tour a century-old fisherman's hut nearby in Ösvör.
- Behold stunning mountain vistas along the Djup fjord and taste clear mountain water from a waterfall in Tunguskogur.
- Tour a quirky Maritime and Folk Museum, filled with historic fishing artifacts – and accordions.
- Wear weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of moderate walking and standing, at times over uneven pathways. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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ISF-009 CALM FJORD KAYAKING

Duration: 3.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: September 01, 2023 09:30 AM

Kayak the serene waters of the fjord that fronts Ísafjörður, a natural setting enhanced by the many seabirds that flock here to raise their young during the summer. After walking from the pier, you will soon arrive at the kayak station, where you will enjoy a briefing on how to get the most out of your experience. Then, you will ease into a sleek kayak and paddle off into the clear, calm waters of the fjord. Ísafjörður sits in a spectacularly scenic setting, so there will be plenty to see as you paddle between the majestic mountains that rise abruptly from both sides of the fjord. Because of the steep terrain, almost all of the buildings are at the water's edge. Although Ísafjörður is the largest town on the Westfjords peninsula, its population is only a few thousand, and the town has remained remarkably quaint and well worth a photo. You can also expect to see quite a bit of wildlife while kayaking, especially seals and seabirds. Oystercatchers are one of the most common and easily recognized birds because of their coloring. They are black and white with an orange bill and rose-colored legs. You might also spot arctic terns, a bird that makes the world's longest migration. They raise their young while summering in the arctic and then fly south all the way to Antarctica for the winter. They too are easy to identify because of their pointy wings and tails. Please note: Minimum age to participate is 13 years of age and children under 18 must be accompanied by an adult parent or guardian. Participants must be in good physical condition and know how to swim. This tour includes a walk of 5 min to go to/from the place where kayaks are prepared. The kayaks are single kayaks. Kayaking gear and life vest are provided. Tour operation is subject to weather conditions. It is not recommended for guests who utilize a wheelchair. Casual, warm and waterproof clothes and shoes are suggested.

ISF-006 EXPLORE THE STREETS OF ISAFJORDUR ON FOOT

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 01, 2023 10:00 AM

Mix with the locals on a walking overview tour of the largest and liveliest town in the West Fjords. Surrounded by dramatic mountains and arcing into its namesake fjord on a curving spit of land, it's tempting to envision Ísafjörður as a remote and unworldly outpost. But on this survey of town, you'll soon discover that there's a surprisingly cosmopolitan vibe afoot here, blending seamlessly with an undeniable frontier character. The old town still has blocks lined with some of Iceland's oldest wood-and-tin houses, built by the early fishing merchants who found prosperity here in the 18th and 19th centuries, but it's also home to a thriving arts and emerging culture scene. Though isolated, Ísafjörður is the kind of place that independent and eccentric thinkers have always been drawn to. Your knowledgeable guide will relate some of that history and lead the way as you soak up the town's relaxed ambiance and most interesting sights. One of those will surely be the Maritime Museum out at the tip of the spit. Set up inside one of the town's oldest and best-preserved houses, the exhibits include an excellent collection of maritime artifacts – as well as a sizable accordion collection.

- Enjoy an escorted walk through a town with one foot squarely in the past and another in the current culture.
- See some of the Iceland's oldest and most lovingly preserved tin-roofed wooden houses.
- Learn about this remote city's intriguing history and unexpected worldliness.
- Tour a Maritime Museum in an 18th-century house where the historic fishing artifacts and accordion collections mingle.
- Wear weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of moderate walking. The tour is not available to wheelchair guests and not recommended for those with mobility concerns.

ISF-014 SECLUDED VALLEY & TASTING

Duration: 3.50 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: September 01, 2023 10:00 AM

Gain a wonderfully broad understanding of the local culture by visiting several characteristic attractions in the surrounding countryside. Ísafjörður is the largest town on the mountainous Westfjords peninsula, but its population is only a few thousand so most of the attractions are somewhat remote. After taking in the sweeping views from a ski resort, you will visit a sheep farm deep in the Staddardalur Valley, one of the first places in Iceland that the Vikings settled. While you sample a selection of delicacies, the farmers will discuss the allure of this now-isolated area and the challenges of living there. You will enjoy a glimpse into coastal life at a nearby fishing hut before pausing alongside a road to hear the legend of the mountain giant that supposedly watches over it. The viewpoint on the outskirts of Ísafjörður will offer a spectacular look at the peninsula's largest city, after which you can savor a beer at Dokkan Brewery.

- Visit a sheep farm in an isolated valley and hear about the challenges of living there.
 - Pause at a fishing hut for a different perspective of the local lifestyle.
 - Hear the legend of the mountain giant that supposedly watches over the road you travel.
 - Admire the sweeping views from a ski resort and a lookout above Ísafjörður.
- Dress in layers in weather-appropriate clothing. • Wear flat comfortable walking shoes with non-slip soles.

This tour includes approximately 90 minutes of walking. 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ISF-003SG FJORDS AND FLOWERS - SMALL GROUP

Duration: 3.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: September 01, 2023 12:45 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. See the nature, meet some locals and catch a glimpse of what goes on behind the scenes in small Icelandic fishing towns during this enlightening tour. Included is a breathtaking drive through the West Fjord mountain landscape, where farms and villages huddle on narrow strips of land isolated between rocky ridges and deep fjords. Appearing as if an apparition at one point will be tiny Skrudur, Iceland's oldest botanical garden. You'll go in and have a look around. Over 100 years old, this dot-sized green oasis in the midst of the badlands proves what can be grown this far north. Another curio you'll encounter is the old shark-fishing town of Flateyri, perched on a spit of land projecting out into Onundarfjörður fjord and boasting a current population of about 200. You'll take a guided stroll along main street and into the life of this mountain-surrounded outpost, entering an intimate little church where you'll be treated to an Icelandic music program, and visiting the old bookstore that doubles as the village museum and archive. You'll also have a chance to observe some town women at work in their handcraft workshop and to share a coffee break and chat with the Flateyrites.

- Travel across a ruggedly beautiful West Fjord landscape of steep mountain ridges and sheltered fjords.
- Visit Skrudur, a century-old botanic garden deep in the middle of, well, just about nowhere.
- Take a guided stroll through the fishing village of Flateyri, all on its own on the edge of a fjord surrounded by magnificent slopes.
- Hear Icelandic music in a church, visit an old bookstore that thinks it's a museum, and watch regional handicrafts being made.
- Share coffee and a chat with the locals.
- Wear weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 45 minutes of moderate walking and standing, at times over uneven pathways. 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 a companion to assist them. Those with mobility concerns are cautioned only to participate to the extent of their personal stamina and may make arrangements with the guide to skip some of the walking portions of the tour. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible.

ISF-013 WHALE AND NATURE WATCHING

Duration: 3.00 Hrs Tour Price: \$119.00

Retail Price: \$269.00



Date: September 01, 2023 01:00 PM

Cruise into the pristine seas off the Westfjords peninsula, looking for some of the more than 20 species of whales and porpoise that feed in these nutrient-rich waters. After departing from the pier in a whale-watching boat, you will cruise into a bay teeming with krill and small fish that whales feed on voraciously. The seemingly endless food supply attracts both humpback whales, minke whales and many others. You will have the opportunity to watch for these fascinating creatures from inside the boat or out on the observation deck. It is a breathtaking sight to see humpback whales acrobatically breaching the water's surface, waving their flukes up and down as they dive, and feeding to fatten up for their winter migration south. You might even spot them bubble-net feeding, a unique technique in which several whales swim in an ever-shrinking circle while blowing bubbles below a school of fish. The bubbles force the fish upwards and cluster them into a column, presenting the perfect opportunity for the whales to gorge themselves. Minke whales are quite a bit smaller, but no less impressive. They have sharply pointed snouts that appear first when they breach. Although minke whales are typically solitary, they are inquisitive and are often spotted swimming alongside vessels or feeding beneath flocks of seabirds. If you see one, it will be a mesmerizing sight you will not soon forget. This tour includes approximately 5 steps. 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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HUSAVIK, ICELAND

HVK-001 JEWELS OF THE NORTH

Duration: 7.00 Hrs **Tour Price:** \$149.00

Retail Price: \$299.00



Date: September 02, 2023 07:30 AM

Encounter Iceland's full array of bizarre and beautiful natural attractions on this enchanting tour of fuming craters, gnarled lava landscapes and a legendary waterfall. Your otherworldly excursion begins with a drive inland toward Lake Mývatn, known for its hyperactive biological tendencies. This body of water positively teems with life, including tens of thousands of ducks and other birds – and its surrounding terrain is a living textbook in oddball geology. In Námaskarð, you'll see and smell a sulfurous field of mud-pots, steam vents, boiling springs and fumaroles; it's a world of incredible color and loud popping earth bubbles. Nearby in Dimmuborgir, the scene is all lava arches and peculiar formations that have led to many a mystic folktale. In contrast, the lakeside pseudo-craters at Skútustaðir don't boil or bubble a bit; they're beautiful grassy pseudo-craters crisscrossed by walking paths that make this an extremely inviting site for a wetland birdwatching stroll. Plunging down in a roaring torrent from a horseshoe-shaped rim, the falls at Godafoss are among Iceland's most impressive and have an ancient legend all their own to learn about. You might hear more about this over lunch at a local Skútustaðir restaurant, included in your excursion.

- Visit a range of diverse, often unearthly scenery surrounding Lake Mývatn, one of Iceland's most spectacular natural reserves.
- Marvel at bubbling sulfurous mud-pots in Námaskarð and lush lakeside pseudo-craters in Skútustaðir.
- Enter an ancient, twisted lava landscape that scary Icelandic fairy tales are made from in Dimmuborgir.
- Experience a visceral thrill watching the waters plummet over Godafoss, "Waterfall of the Gods."
- Rest your feet and enjoy an included restaurant lunch during a mid-excursion break.
- Wear warm, weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2.5 hours of moderate walking and standing, including over rough and uneven natural and gravel surfaces; some may be muddy. There are no handrails so guests are cautioned to take extra care. 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. Those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating, and wheelchair guests may wish to remain at the coach.

HVK-005 NATURE AND NORSE GODS

Duration: 8.50 Hrs **Tour Price:** \$179.00

Retail Price: \$339.00



Date: September 02, 2023 07:30 AM

Visit the extraordinary natural and geological wonders around Husavik and discover the Norse legends behind them. While stopping at the coastal cliffs on the Tjörnes peninsula, you will see an abundance of seabirds, the most photogenic being puffins. You will observe a different sort of natural wonder in the lowlands of Kelduhverfi, a dramatic landscape that spans two tectonic plates. The occasional movement of the plates has left deep fissures in the earth's surface. Another geological sight awaits you at Asbyrgi, a horseshoe-shaped canyon that was probably formed when an ancient river flooded catastrophically. The explanation according to Norse myth is that Odin's eight-legged flying horse simply left a hoof print. Following lunch at a cluster of volcanic columns known as Echo Rocks, you will hike to Dettifoss waterfall, a cascade so powerful that it is nicknamed "The Beast." Iceland's geothermal activity will be evident at the steaming and bubbling mud pots at Námaskarð.

- View the natural and geological wonders near Husavik and hear legends about them.
- Observe nesting puffins and cracks in the earth's surface from shifting tectonic plates.
- Hike to Europe's most powerful waterfall, which is aptly nicknamed "The Beast."
- See bubbling, steaming mud pots that geothermal activity heats beneath the earth.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about four hours of walking. It is not recommended for guests who utilize a wheelchair and those with mobility concerns should evaluate their ability and stamina before joining the tour. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

HVK-003 WHALE AND PUFFIN SAFARI

Duration: 2.50 Hrs **Tour Price:** \$309.00

Retail Price: \$479.00



Date: September 02, 2023 07:45 AM

Zip through Husavik's surrounding waters on a high-speed RIB boat seeking out whales and puffins who consider this one of their favorite habitats. Seeing these wild creatures is a thrill, but even the Rigid Inflatable Boat ride will get your adrenaline pumping. It's a nimble, smooth vessel that covers lots of area quickly – to maximize your chances of successful cetacean sighting. Geared up in warm supplied attire and safety vests, you'll head out into Skjálfandi Bay to observe an Atlantic puffin colony where thousands of these charming "clowns of the ocean" nest during the summer months. They spend most of their lives on the water but can also achieve airborne speeds of up to 55 mph. After a time, you'll zip further out to plankton-rich waters that attract the whales known to feed and congregate off Husavik. Sightings can never be assured but chances are better here than almost anywhere. You might spot a gigantic blue whale up close, or catch humpbacks breaching, slapping the water with fins and flukes, or spy-hopping, when only their heads stick out of the water. Back on shore, browse award-winning Husavik Whale Museum awhile to learn more about these wondrous animals.

- Don your supplied safety and comfort gear for an exhilarating waterborne safari by super-fast RIB boat.
- Observe a vast and delightful Atlantic puffin colony in and around their Skjálfandi Bay nesting habitat.
- Head out further in search of humpback, sei and blue whales – and playful porpoises and dolphins.
- Once back on land, visit the informative Husavik Whale Museum to learn more about the majestic marine mammals you've hopefully seen.
- Wear warm, weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes some 90 minutes of moderate walking and standing. The tour is not available to wheelchair guests; the whale watching vessel is not wheelchair accessible. Those with mobility concerns must be able to enter and exit the boat with limited assistance and should carefully evaluate their personal level of stamina before participating. Guests who suffer from motion sickness should take the necessary precautions prior to tour start. The tour sequence may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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HVK-004 MYVATN NATURE BATHS

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: September 02, 2023 08:30 AM

Discover why Icelanders spend so much time in hot water as you luxuriate in a natural geothermal spa near famous Lake Mývatn. The scenery passed during your drive from Husavik is remarkably unspoiled, a landscape of lava and moss with mountains always lurking on the horizon. Your destination is Mývatn Nature Baths, a stunning open-air natural pool that offers the chance to soak in a pool of soothing, warm water drawn from deep within the earth. This delicious liquid contains a blend of minerals, silicates and geothermal microorganisms that are beneficial to both skin and spirit – and known to imbue bathers with a profound sense of well-being. This environmentally conscious spa just about 65 miles south of the Arctic Circle, in a designated nature preserve famous for its magnificent and curious ecosystem – and bathing in geothermal pools in the region has been a cherished tradition since the Vikings first founded Iceland. After spending two hours or so in the embrace of the spa's waters, you'll completely understand what brought them here.

- Travel by coach across a scenic North Iceland landscape to the geothermal Mývatn Nature Baths.
- Spend about two hours in steamy luxury as you bathe in an open-air pool of mineral-rich water heated by the earth's core.
- Experience a sense of natural well-being and elevated spirits that Icelanders have known for centuries.
- Well-appointed changing rooms, showers and lockers are available for your comfort.
- Wear warm, weather-appropriate clothing including a water/wind proof jacket.
- Bring swimwear and a towel from the ship.
- Comfortable, flat walking shoes with a non-slip sole are recommended.

This tour includes approximately 1 hour of moderate walking. The surfaces at the baths are uneven and rough and can be very slippery and challenging. There are no handrails so guests are cautioned to take extra care. The tour is not available to wheelchair guests or those with mobility issues. There can be varying water temperatures at the baths; guests should enter slowly and proceed with caution.

HVK-002 WHALE WATCHING & WHALE CENTER

Duration: 4.50 Hrs Tour Price: \$149.00

Retail Price: \$309.00



Date: September 02, 2023 08:45 AM

Discover why Husavik is the undisputed cetacean capital of Iceland on an excursion that visits an excellent whale museum then heads out onto the water to spot whales for real. The award-winning Husavik Whale Museum, just a short walk from the pier, is one of world's few museums solely focused to these magnificent creatures. The center has everything from full size skeletons to well-presented exhibits about whales and their habitat. Informed from your visit, you'll have an opportunity to see the whales' habitat with your own eyes as you cruise into Skjálfandi Bay aboard a boat ideally set up for viewing marine life. With some three hours aboard and a whale-seasoned captain and crew, you'll have plenty of chances to see humpbacks raising their trademark flukes above the surface before diving, slender sei whales spouting or massive blue whales gorging on krill; they gobble about four tons daily. You're also likely to spot other marine life, including playful harbor porpoises and white-beaked dolphins surfing the bow wave. Of course, like all wild nature experiences, sightings cannot be guaranteed. But after all, this place is known as Iceland's whale capital for good reason.

- Visit the Husavik Whale Museum, founded in 1997 but grounded in centuries of local whale knowledge.
- Board a vessel optimized for whale watching and head into the waters of Skjálfandi Bay in search of cetaceans to marvel at and photograph.
- Be on the lookout for humpbacks, seis and blues – along with playful porpoises and dolphins.
- Spend about 3 hours exploring scenic Icelandic waters with distant mountains as their backdrop.
- Wear warm, weather-appropriate clothing including a water/wind proof jacket.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes some 90 minutes of moderate walking and standing. The tour is not available to wheelchair guests; the whale watching vessel is not wheelchair accessible. Those with mobility concerns must be able to enter and exit the boat with limited assistance and should carefully evaluate their personal level of stamina before participating. Guests who suffer from motion sickness should take the necessary precautions prior to tour start. The tour sequence may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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❖ TRONDHEIM, NORWAY

TRD-002 PANORAMIC TRONDHEIM

Duration: 2.00 Hrs **Tour Price:** \$0.00

Retail Price: \$69.00



Date: September 04, 2023 12:30 PM

Settle in for a coach-driven intro to 1,000-year-old Trondheim, taking in its most colorful and significant landmarks in unhurried comfort. You'll enjoy a spin through the city center, passing Market Square and massive Nidaros Cathedral, Scandinavia's largest medieval church. Burial spot of sainted Viking king Olav Tryggvason, who founded Trondheim in 997, the cathedral is a major pilgrimage site – and a very easy one to find, its towering spire visible from across the city. Just next door is the 12th-century Archbishop's Palace, now home to the dazzling Norwegian crown jewels along with several museums. Much of the rest of Trondheim's city center is younger, having been rebuilt after a disastrous fire in 1681. Many picturesque wooden mansions from that era remain; foremost among them being the 140-room Stiftsgaarden, a baroque wooden palace that makes a fitting official home for Norway's royals when they're in town. Crossing the Nidelva River, you'll encounter the charming Old Town Bridge and rows of brightly painted waterfront warehouses in Baklandet, Trondheim's most atmospheric neighborhood. Commanding a greenspace high above the city, Kristiansten fortress is a white, blocky structure with gun slits for windows and a chilling WWII backstory.

- Enjoy a relaxed panoramic introduction to Norway's first capital city, still thriving 1,000 years later.
- See top landmarks like 11th-century Nidaros Cathedral, a major pilgrimage site, and Stiftsgaarden, a baroque, 140-room royal residence.
- Pass the Archbishop's Palace, where Norway's crown jewels are kept under lock and key, and hilltop Kristiansten fortress, where Norwegian Resistance members were once locked up, too.
- Cross the Nidelva River by scenic bridge for views of the colorful old waterfront wharf neighborhood of Baklandet.
- Wear weather-appropriate clothing.
- Flat, comfortable shoes are recommended.
- Bring sunglasses and other sun protection as needed.

This tour is panoramic in nature with no stops included. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way onto the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The tour sequence may vary.

TRD-003 TRONDHEIM BY TRAM AND BUS

Duration: 2.00 Hrs **Tour Price:** \$0.00

Retail Price: \$119.00



Date: September 04, 2023 12:30 PM

Admire Trondheim from two distinct vantage points, a historic tram line that climbs above the city and a panoramic motorcoach that travels its roadways. You'll first journey by coach to St. Olav Street, named for the Viking king Olav Tryggvason who founded Trondheim over 1,000 years ago. Here you'll board the landmark Gråkallbanen, the world's northernmost tram line. Running between the city center and the idyllic hills west of Trondheim since 1924, this colorful conveyance brings you past wonderful sights during the half-hour ride up to Lian in the forested Bymarka recreational area. Expect to see vividly colored wooden houses, 17th-century forts and sweeping views of Trondheim and the meandering River Nidelva from atop Byåsen Hill. Hopping back aboard a modern coach, you'll head back toward the city, headed for the central square where a statue of King Olav stands nearly 60 feet up atop a granite pillar, towering over a sundial-shaped cobblestone mosaic. Towering still taller is Trondheim's most iconic building, Nidaros Cathedral. This massive stone landmark has lorded over the city for nearly 10 centuries and remains Norway's most revered pilgrimage site – where monarchs are crowned and laid to rest.

- Ride into the forested hills above Trondheim by historic tram, treated to great scenery along the way.
- Pass by colorful period buildings and enjoy high views of the city and the river that snakes through it.
- Travel back into the city center by coach and experience its sights from a different vantage point.
- Encounter the market square, overseen by a statue of sainted King Olav atop a monumental column.
- See Nidaros Cathedral, coronation place of kings and a revered pilgrimage site since the 11th century.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is primarily panoramic in nature with limited walking. Since participants must be able to make their own way on and off the coach and tram without assistance, this tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

TRD-005 EXCLUSIVE RINGVE VISIT & CONCERT

Duration: 3.00 Hrs **Tour Price:** \$0.00

Retail Price: \$149.00



Date: September 04, 2023 01:00 PM

Enjoy an introductory drive through Trondheim en route to Ringve Museum for a tour of this shrine to Norwegian music and musical instruments, and a short recital and reception. The leisurely drive is rich with architectural splendor as you pass historic landmarks and stop to take in Scandinavia's largest medieval building – Nidaros Cathedral, built along the river where Trondheim's founder, Viking king Olav Tryggvason, was laid to rest in the year 1000. Ringve Museum is located outside the city center on a green peninsula, in an 18th-century manor house with surrounding botanic gardens. About a century ago, the private owners began collecting rare musical instruments and personal artifacts from famous composers – a compilation that grew to encompass thousands of pieces from all over the world and became Norway's national music museum. The guides here are all music students who will happily demonstrate various instruments, including an 18th-century organ, and explain how Norway's music has evolved through the centuries. You'll see exhibits devoted to sheet music, recordings and traditional Norwegian instruments such as hardanger fiddles and zithers – then enjoy a short musical recital with a sparkling wine reception as its finale.

- Enjoy an orientation spin through historic Trondheim, taking in its sights by panoramic coach.
- Stop for photos at Nidaros Cathedral, coronation place of kings and a pilgrimage site for centuries.
- Travel to the countryside and Ringve Museum – once a private manor home, now home to Norway's foremost collection of musical instruments and artifacts.
- During an in-depth tour, see and hear historic instruments demonstrated by music-student guides.
- Browse the fascinating exhibits and enjoy a short musical recital and wine reception.
- 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 easy-to-moderate walking and standing, with some stairs and 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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TRD-009 HIGH-SPEED RIB ADVENTURE ON THE FJORD

Duration: 1.50 Hrs Tour Price: \$169.00

Retail Price: \$319.00



Date: September 04, 2023 01:00 PM, 03:00 PM

Board a rigid inflatable boat and zip off into one of Norway's largest fjords, at its widest near Trondheim and bordered by spectacular cliff, mountain and forest views. The adventure starts with a pier-side briefing at the RIB station, where you'll be geared up in special outerwear to help keep you comfortable on this exhilarating journey into Trondheimsfjord, one of the most picturesque bodies of water Norway has to offer. Your expert captain will pilot the nimble craft to wherever wind and water conditions are best – knowing that sensational scenery is everywhere along this coast. Rocketing at an adrenaline-inducing clip, turning on a dime, you'll cover plenty of water in a short amount of time. While the fjord is rich in marine life, what's most invisible are the thousands of seabirds that congregate here. Ducks, waders and geese like the black-and-white Barnacle Goose and pink-legged Bean Goose are populous, many maintaining nests on the steep shoreline slopes. Especially thrilling, if you're lucky enough to spot one, is the sight of a White-Tailed Eagle or other bird of prey swooping down to pluck a fish from the surface of the fjord. Don't blink or you could miss it.

- Walk to the RIB dock for an orientation briefing and suit up in gear designed for this environment.
- Board a nimble inflatable watercraft and zoom out into the magnificent fjord that surrounds Trondheim.
- Skim unspoiled waters and enjoy spectacular views of sheer cliffs, mountains and spruce forests.
- Encounter seabirds of many varieties, some in flight, others resting and nesting on grassy slopes.
- Be on the lookout for eagles who dive dramatically down to swoop unsuspecting fish from the waters.
- Wear layered clothing including a wind/waterproof jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, gloves, sunglasses and sunscreen as needed.

This tour includes approximately 30 minutes of easy-to-moderate walking. Guests must be able to enter and exit the RIB with limited assistance. The tour is not available to wheelchair guests, pregnant women, or those with heart or respiratory conditions, back or neck problems or mobility concerns. Participants should be in good physical condition and must be at least 12 years old.

TRD-008 LOKKEN MINE AND VINTAGE TRAIN

Duration: 4.50 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: September 04, 2023 01:30 PM

Experience living history in a small Norwegian mining community as you explore its old mine and ride a vintage train built to transport ore and passengers through the region. Settle in for a magnificent coach drive south from Trondheim into a rural area where miners have extracted copper, zinc and silver from the hills since the 1600s. The community of Lokken Verk grew up around the Old Mine nearby, where for centuries, ore was extracted via utterly backbreaking human labor. During your guided tour of Lokken mine, now closed, you'll experience intense quiet – punctuated by the sound of dripping water and the lingering smell of sulfur. Some of the halls within the mine are even used as concert spaces due to their unique acoustics. Back outside, you'll board a restored train that carried ore and passengers to and from Lokken Verk until 1963. When it opened in 1908, this was Norway's first electric railway and it's still the only one in Scandinavia with a one-meter track width. It's an exhilarating ride; few lines anywhere offer sharper turns or steeper climbs. Once you reach Fannrem Station, you'll rejoin your coach for the return to the pier.

- Enjoy a scenic coach trip to Lokken Verk, a historic mining town in the rural hills south of Trondheim.
- Enter the Old Mine for a guided tour of its now-silent passages, where ore was extracted for over 300 years.
- Hear little more than water slowly trickling from the ceilings, and smell the residual sulfur still in the air.
- Ride on the vintage electric train that carried ore and passengers to and from Lokken Verk until 1963.
- Experience an exhilarating journey, with sharper turns and steeper climbs than most other railways.
- Wear warm, layered clothing including a wind/waterproof jacket.
- Flat, comfortable walking shoes with non-slip soles are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2.5 hours of coach travel and a 40-minute guided walk through a mine which has minimal lighting. There are some narrow passage ways and low ceilings involved, as well as gravel and wooden surfaces that can become slippery when wet. There are areas where water drips from the ceiling. Access to the train requires negotiating some stairs. The tour is not available to wheelchair guests or those with mobility concerns. The temperature inside the mine can be quite cool. The tour sequence may vary.

TRD-001 HIGHLIGHTS OF TRONDHEIM

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: September 04, 2023 03:00 PM

Enjoy an up-close look at top Trondheim landmarks, with visits to its open-air folk museum and the massive 11th-century cathedral where the city's sainted founder is buried. The Viking king Olav Trygvason established Trondheim over 1,000 years ago and was laid to rest in a silver casket along the River Nidelva where Nidaros Cathedral now stands. This glorious church is where Norwegian kings are still crowned and buried, with many of their medieval tombstones still visible down in the crypt. But don't look for St. Olav's casket; that was stolen and made into coins centuries ago. You will, however, see magnificent architectural detail and a very old altar decorated with depictions of Olav's life. Artifacts from more ordinary Norwegians await you at Trondelag Folk Museum, where over 60 historical buildings have been gathered together in an open-air setting to showcase how everyday life in and around Trondheim has evolved through the centuries. Early downtown buildings relocated here include turf-roof residences, a post office, dental office and banquet house, while a group of farm structures plucked from surrounding areas showcases the rural life. A drive up to Sverresli viewpoint provides sweeping wide-angle views of the city and its fjord.

- Enjoy a drive through Norway's original capital city and see its historic market square.
- Visit Nidaros Cathedral, Scandinavia's largest medieval building and an important pilgrimage site.
- Tour this massive church where Norwegian monarchs are crowned and laid to rest in the crypts below.
- Stroll among dozens of reassembled city and farm buildings at the open-air Trondelag Folk Museum.
- Catch outstanding panoramic views of Trondheim and its fjord from Sverresli viewpoint.
- Wear weather-appropriate clothing including a light sweater or jacket and umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of easy-to-moderate walking and standing with steps, thresholds and gravel surfaces to negotiate. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The tour sequence may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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TRD-004 TRONDELAG MUSEUM AND CITY WALK

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: September 04, 2023 03:00 PM

Be immersed in history with visits to an open-air heritage museum and a 17th-century hilltop fortress, then take a walk around Trondheim's old quarter. You'll travel by motorcoach through a city established over 1,000 years ago to Trondelag Folk Museum, where some 60 historical buildings in an open-air setting show how the locals have lived ever since. Stroll the grounds among period buildings including a post office, dental office, banquet house and several farmhouses gathered from the surrounding region. Commanding the high ground above central Trondheim, Kristiansten fortress is a white, blocky structure with plentiful gun slits and a central tower for cannons. Built in the late 1600s to ward off would-be invaders, it was no match for the Nazis during WWII, when its walls held imprisoned Norwegian Resistance members. In today's more tranquil times, the old commandant's quarters house a coffeeshop. A walk downhill on foot brings you into picturesque Bakklundet, a 17th-century quarter of wooden wharf-front homes that now house colorful cafes and boutiques. Crossing the river via the charming old Gamle Bybro bridge brings you face to face with iconic Nidaros Cathedral, largest medieval building in Scandinavia and a revered pilgrimage destination since the Middle Ages.

- Travel by coach to two landmark locations that showcase the historic character of this region.
- Walk a sprawling open-air folk museum with over 60 historical buildings and tour a white hilltop fortress with a dark WWII backstory.
- Take a walk downhill and through the colorful old waterfront wharf neighborhood of Bakklundet.
- Cross the river by wooden bridge and gaze on an iconic cathedral where Norway's kings are crowned.
- If you wish, linger in town longer to explore independently before making your way back to the ship.
- Wear layered, 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 over 2 hours of moderate-to-strenuous walking that includes uneven surfaces, thresholds and a downhill trek. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. The tour sequence may vary.

TRD-006 RINGVE MUSEUM AND NIDAROS CATHEDRAL

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: September 04, 2023 03:30 PM

Discover two signature Trondheim attractions: Norway's national music museum and Scandinavia's largest medieval church, a revered pilgrimage site. A panoramic coach drive into a green peninsula leads to Ringve Museum, housed in an 18th-century manor home surrounded by gardens. About a century ago, the private owners began collecting rare musical instruments and personal artifacts from famous composers – in time amassing the magnificent compilation you'll see during this tour. The guides here are all music students who will demonstrate various instruments, including an 18th-century organ, and explain how Norway's music has evolved through the centuries. You'll also graze exhibits of sheet music, historic recordings and unique Norwegian instruments. The return to Trondheim brings you past the colorful waterfront warehouses of Bakklundet and an ancient drawbridge. History runs deep here in this city founded over 1,000 years ago by Viking king Olav Trygvason. Sainted after dying in battle, the king was laid to rest in a silver casket buried along the River Nidelva, where Nidaros Cathedral now stands. While Olav's shiny strongbox was long ago stolen in war, this iconic cathedral still serves as the official coronation and burial site of Norway's kings. You'll tour it, in all its Gothic majesty.

- Travel by coach to Ringve Museum, Norway's foremost repository of musical instruments and artifacts.
- Experience an immersive tour led by music-student guides and hear historic instruments demonstrated.
- Enjoy a drive past Trondheim's colorful old waterfront wharf neighborhood of Bakklundet.
- Take an inside tour of Nidaros Cathedral, coronation place of kings and a pilgrimage site for centuries.
- See a famed stained-glass rose window depicting the Last Judgment and other key features of this fabulously-preserved structure.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of easy-to-moderate walking and standing, with some stairs and 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. Tour sequence may vary.

TRD-007 HIKING BYMARKA

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 04, 2023 04:30 PM

Experience the natural beauty of the Bymarka region outside Trondheim on a hike to a forested hilltop that delivers spectacular views of the region. While it's Norway's third largest city, you'll find it doesn't take long to drive through Trondheim's colorful city center and leave the urban scene behind. The farther west you go, the more rural the terrain quickly becomes. A stop at Sverresli viewpoint offers sweeping views of the city, its fjord and its neighboring bucolic farmland – and that's just the beginning of the inspiring scenery in store for you on this excursion. After a time, you'll step off the coach in the heart of Bymarka, a serene green belt where Trondheim locals get away for recreation. Crisscrossed by hiking and biking trails and dotted with gorgeous tree-lined lakes, this is the glorious landscape you'll hike through. Your eventual destination is Gråkallen hill, which at 1,700 feet elevation is Bymarka's highest point. If the day is clear, expect outstanding views of the fjords and islands just offshore, along with the mountains that form the border between Norway and Sweden. At the bottom of Gråkallen, rejoin your coach for the relaxed ride back to the pier.

- Travel by panoramic coach through central Trondheim and out into the surrounding countryside.
- En route, catch outstanding panoramic views over the city from Sverresli viewpoint.
- Enter serene, forested Bymarka – a lush green swath of parkland dotted with lakes and trails.
- Hike up through the trees to the summit of Gråkallen hill and be rewarded with breathtaking fjord, island and mountain views.
- Wear layered, weather-appropriate clothing including a wind/waterproof jacket.
- Flat, comfortable walking shoes or hiking boots are recommended.
- Bring a hat, a bottle of water from the ship, and sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of moderate-to-strenuous hiking that covers over a mile. There will be gravel, hard mud surfaces and steep inclines involved. The tour is not available to wheelchair guests or those with heart or respiratory conditions, back or neck problems, or mobility concerns. Participants should be in good physical condition and must be at least 8 years old.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ALESUND, NORWAY

ALE-001 MAJESTIC JOURNEY OVER TROLLSTIGEN ROAD

Duration: 8.00 Hrs **Tour Price:** \$149.00

Retail Price: \$299.00



Date: September 05, 2023 09:30 AM

Journey across the fjords to lofty Trollstigen for a thrilling drive down Norway's most dramatic mountain road, the multi-hairpin Troll's Road. This is a true once-in-a-lifetime road trip you'll share tales and snapshots of for years to come. The excursion's initial hours are simply scenic as the coach makes its way from Alesund, rounding Stordal Bay, crossing fertile Valldal Valley and ascending through increasingly stunning scenery to a lunch stop half a mile up in Trollstigen. Nourished with classic Norwegian fare including cream with lingonberries, it's time to fasten your seatbelts for the day's main attraction: descent down the daring hairpins and switchbacks of the 1939 roadbuilding masterwork nicknamed the Troll's Ladder. Once in the lower valley, with your heart rate slowly returning to normal, the coach will bring you face to face with a majestic waterfall and the über-sheer Troll Wall – Europe's highest perpendicular rock face. The return route to Alesund brings you past a series of quaint villages along the Romsdalsfjord. No hairpin turns required.

- Spend a day on the road through Norway's impossibly-scenic fjord and mountain country.
- Experience the country's most twisted blacktop adventure: world-famous Trollstigen Road.
- See a cascading waterfall and the rock face alpinists from around the world come to tackle.
- Pass valleys where strawberries are grown, and fjord-side towns where furniture and ships are made.
- Wear casual clothing, including a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

This panoramic tour includes some 6 hours of travel by coach and a period of slow driving through hair-pin curves; it is not recommended for guests who cannot sit for extended periods of time or who suffer from motion sickness.

ALE-001SG MAJESTIC JOURNEY OVER TROLLSTIGEN ROAD - SMAL

Duration: 8.00 Hrs **Tour Price:** \$179.00

Retail Price: \$339.00



Date: September 05, 2023 09:30 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. Journey across the fjords to lofty Trollstigen for a thrilling drive down Norway's most dramatic mountain road, the multi-hairpin Troll's Road. This is a true once-in-a-lifetime road trip you'll share tales and snapshots of for years to come. The excursion's initial hours are simply scenic as the coach makes its way from Alesund, rounding Stordal Bay, crossing fertile Valldal Valley and ascending through increasingly stunning scenery to a lunch stop half a mile up in Trollstigen. Nourished with classic Norwegian fare including cream with lingonberries, it's time to fasten your seatbelts for the day's main attraction: descent down the daring hairpins and switchbacks of the 1939 roadbuilding masterwork nicknamed the Troll's Ladder. Once in the lower valley, with your heart rate slowly returning to normal, the coach will bring you face to face with a majestic waterfall and the über-sheer Troll Wall – Europe's highest perpendicular rock face. The return route to Alesund brings you past a series of quaint villages along the Romsdalsfjord. No hairpin turns required.

- Spend a day on the road through Norway's impossibly-scenic fjord and mountain country.
- Experience the country's most twisted blacktop adventure: world-famous Trollstigen Road.
- See a cascading waterfall and the rock face alpinists from around the world come to tackle.
- Pass valleys where strawberries are grown, and fjord-side towns where furniture and ships are made.
- Wear casual clothing, including a light sweater or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

This panoramic tour includes some 6 hours of travel by coach and a period of slow driving through hair-pin curves; it is not recommended for guests who cannot sit for extended periods of time or who suffer from motion sickness.

ALE-006 THE SAGA ISLANDS: GISKE AND GODOY

Duration: 3.00 Hrs **Tour Price:** \$59.00

Retail Price: \$209.00



Date: September 05, 2023 09:45 AM

Tour Alesund's Art Nouveau district by coach, then traverse a network of bridges and tunnels to explore two neighboring islands with colorful histories. Along the way, you'll catch amazing views of all the islands and nearby Sunnmore Alps from atop Mount Aksla. Standing on Giske, known as the Saga Island, you'll be in the domain of the great (so great no horse could carry him!) Viking King "Rollo." Born here, his action-packed life included conquering Norway in 911, ruling the French region of Normandy, and being the ancestor of William the Conqueror, sire to the English royal family. After exploring his island – with a stop to admire marble Giske Chapel, dating from 1135, you'll cross by tunnel to steeply mountainous Godoy Island for a stroll through the remote fishing village of Alnes, its red and white striped lighthouse bravely facing down the open Atlantic. This island, too, has deep Viking roots – its ancient name derived from words that mean Island of God(s).

- Enjoy a scenic road trip involving bridges, tunnels and islands as remote as they come.
- Tour Giske Island, childhood home of King Rollo – an indisputably larger-than-life Viking figure.
- Take a guided walk through an unspoiled and charming fishing village out on the tip of Godoy Island.
- Enroute, be treated to fine sightseeing of Alesund's world-famous architecture and Mount Aksla views.
- Wear casual weather-appropriate clothing.
- Sturdy, closed-toe walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

This tour includes a moderate amount of walking over mostly even surfaces with some gravel paths. It is not recommended for guests who utilize a wheelchair. Those with mobility concerns are cautioned to evaluate their personal level of stamina before participating.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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ALE-004 ALESUND AND THE SUNNMORE MUSEUM

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: September 05, 2023 10:00 AM

Take a fjord-side drive from “modern” Alesund to the old trading village at Borgund, where you’ll tour an open-air museum that could only be in Norway. At the delightful Sunnmore, you can wander freely among dozens of classic Norwegian farmhouses and boathouses, all moved here from their original locations. Some have sod and flower roofs, others seem barely large enough to change clothes in. Together they create an evocative time capsule of how people have lived in this region over time. The Sunnmore also presents a vast collection of period boats, including replicas of well-known Viking ships. Local boatbuilding traditions have been passed along for ages, and vessels built here are believed to be among the coast’s most reliable. You’ll even see a notorious fishing vessel used in the clandestine “Shetland Bus” program that carried Norwegian partisans and crucial supplies across the North Sea during World War II. On the way back to town, you’ll be treated to a breathtaking panorama of mountains, islands and sea from the Mount Aksla viewpoint known as Fjellstua.

- Experience the Sunnmore Museum, a completely unique open-air venue featuring over 50 rural houses.
- See an extensive collection of period boats, including a replica of the legendary “Kvalsund” – oldest complete Viking ship ever found in Norway.
- Travel to the venue by coach and enjoy great views of Alesund’s famous Art Nouveau architecture.
- Catch a panoramic vista of the city and its watery surroundings from the Mount Aksla viewpoint.
- Wear casual weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

This tour includes over 1-hour of walking on uneven surfaces, gravel sloping paths and steps. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.

ALE-005 WALKING TOUR OF ALESUND

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: September 05, 2023 02:00 PM, 02:30 PM

On a relaxed walk around the seaside Art Nouveau wonderland of Alesund, you’ll see firsthand why it’s been voted “most beautiful town in Norway.” Arrayed across three islands stretching into the sea and ringed by dramatic mountains, Alesund’s signature “Jugendstil” skyline is both romantic and historical. After a 1904 city-wide fire left 850 houses in ashes and 10,000 people homeless (though only a single woman died), the entire town was rebuilt in the trendiest architectural style of the day. The resulting cityscape is a unified parade of turrets, spires and medieval ornaments; it was German emperor Wilhelm II, a close friend of Norway, who sent the masons to get the job done in record time. On your walk through the compact city center, you’ll learn more about this story – and about Alesund’s status as Norway’s fisheries capital. In a small park at the base of Mount Aksla, you’ll see a statue commemorating Wilhelm and another of Viking legend Rollo, who sailed from this port to found what is today Normandy. From the park, after your guided tour, you can take an optional climb up the 418 steps to reach the lookout point of Mount Aksla. Your effort rewards you with spectacular views of the city center, the archipelago and the Sunnmore Alps.

- Walk the enchanting streets of one of the last three Art Nouveau cities in Europe.
- View Alesund’s one-of-a-kind skyline up close and learn its astounding backstory.
- Come face to face with Rollo the Viking, discover of Normandy and forefather of William the Conqueror.
- Take an optional climb up the 418 steps to the lookout point of Mount Aksla for the best views of the city and surroundings.
- Wear weather-appropriate clothing; a windbreaker is suggested.
- Comfortable and sturdy walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

This tour includes 2-hours of walking, including over uneven surfaces, steps and gentle inclines. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.

ALE-006SG THE SAGA ISLANDS: GISKE AND GODOY - SMALL GROU

Duration: 3.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: September 05, 2023 02:00 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. Tour Alesund’s Art Nouveau district by coach, then traverse a network of bridges and tunnels to explore two neighboring islands with colorful histories. Along the way, you’ll catch amazing views of all the islands and nearby Sunnmore Alps from atop Mount Aksla. Standing on Giske, known as the Saga Island, you’ll be in the domain of the great (so great no horse could carry him!) Viking King “Rollo.” Born here, his action-packed life included conquering Norway in 911, ruling the French region of Normandy, and being the ancestor of William the Conqueror, sire to the English royal family. After exploring his island – with a stop to admire marble Giske Chapel, dating from 1135, you’ll cross by tunnel to steeply mountainous Godoy Island for a stroll through the remote fishing village of Alnes, its red and white striped lighthouse bravely facing down the open Atlantic. This island, too, has deep Viking roots – its ancient name derived from words that mean Island of God(s).

- Enjoy a scenic road trip involving bridges, tunnels and islands as remote as they come.
- Tour Giske Island, childhood home of King Rollo – an indisputably larger-than-life Viking figure.
- Take a guided walk through an unspoiled and charming fishing village out on the tip of Godoy Island.
- Enroute, be treated to fine sightseeing of Alesund’s world-famous architecture and Mount Aksla views.
- Wear casual weather-appropriate clothing.
- Sturdy, closed-toe walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

This tour includes a moderate amount of walking over mostly even surfaces with some gravel paths. It is not recommended for guests who utilize a wheelchair. Those with mobility concerns are cautioned to evaluate their personal level of stamina before participating.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ALE-004SG ALESUND AND THE SUNNMORE MUSEUM - SMALL GROU

Duration: 3.00 Hrs Tour Price: \$89.00

Retail Price: \$239.00



Date: September 05, 2023 02:15 PM

Take a fjord-side drive from “modern” Alesund to the old trading village at Borgund, where you’ll tour an open-air museum that could only be in Norway. At the delightful Sunnmore, you can wander freely among dozens of classic Norwegian farmhouses and boathouses, all moved here from their original locations. Some have sod and flower roofs, others seem barely large enough to change clothes in. Together they create an evocative time capsule of how people have lived in this region over time. The Sunnmore also presents a vast collection of period boats, including replicas of well-known Viking ships. 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. Local boatbuilding traditions have been passed along for ages, and vessels built here are believed to be among the coast’s most reliable. You’ll even see a notorious fishing vessel used in the clandestine “Shetland Bus” program that carried Norwegian partisans and crucial supplies across the North Sea during World War II. On the way back to town, you’ll be treated to a breathtaking panorama of mountains, islands and sea from the Mount Askla viewpoint known as Fjellstua.

- Experience the Summore Museum, a completely unique open-air venue featuring over 50 rural houses.
- See an extensive collection of period boats, including a replica of the legendary “Kvalsund” – oldest complete Viking ship ever found in Norway.
- Travel to the venue by coach and enjoy great views of Alesund’s famous Art Nouveau architecture.
- Catch a panoramic vista of the city and its watery surroundings from the Mount Aksla viewpoint.
- Wear casual weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat and sunglasses/sunscreen as needed.

This tour includes over 1-hour of walking on uneven surfaces, gravel sloping paths and steps. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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❖ STAVANGER, NORWAY

SVG-003 THE STAVANGER ARCHIPELAGO AND LYSEFJORD

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: September 07, 2023 11:30 AM

Experience the majestic natural beauty of Stavanger's archipelago on a sightseeing cruise to Lysefjord. It's just a few minutes' walk from your ship to the spot where you'll board a smaller vessel designed for cruising the cluster of islands and fjords that surround Stavanger. Skimming through waters dotted with tiny, idyllic islands and shoreline homes you wish you owned, you'll get a real sense of the local way of life – and even see locals enjoying their relaxed days on these waters, too. As soon as you make the turn and enter the wonderland of Lysefjord, prepare to have your breath taken away. Sheer rocky cliffs vault skyward along both sides of the narrow emerald-green waterway and famous Pulpit Rock juts out 1,900 feet up above your head as you cruise by underneath. Be on the lookout for the sea lions that live in the inner part of the fjord, and for the goats who clamber down a steep hillside to get close to passing boats – and the tasty handouts fed them by curious visitors. Splendid city views and a stop at Hellenen Beach for coffee and waffles with sour cream help make the trip back extra sweet.

- Walk down the pier to board a sightseeing vessel designed for easy maneuvering around the Stavanger archipelago.
- Cruise among the small islands that make up this idyllic setting, seeing where and how the locals live.
- Head into the awe-inspiring Lysefjord, its sheer rock walls towering high above you on both sides.
- Gaze up at Pulpit Rock far above your head, and spot marine life and mountain goats onshore.
- Enjoy coffee and waffles at a shoreside stop on the return to Stavanger.
- Wear weather-appropriate clothing, include a sweater or light jacket.
- Flat, comfortable walking shoes are recommended.

This tour includes limited walking, but guests must be able to negotiate the boat's gangway and steps at the Hellenen Beach stop. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

SVG-005 PANORAMIC STAVANGER

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



Date: September 07, 2023 11:30 AM, 02:30 PM

Explore Stavanger's colorful past and present on a sightseeing drive that introduces the city's most scenic locales. This 900-year-old harbor city possesses two distinct characters – one is all historical warmth and charm, the other is all youth and modernity, reflecting the city's university vibe and recent oil and energy wealth. On this panoramic orientation tour, you'll encounter both those personalities along with plenty of stellar beach, mountain, and fjord views. You'll pass by the harbor's quaint fish and farmer's market and older residential sections, where Stavanger's centuries-old roots are most apparent. Stavanger Cathedral, too, has retained its handsome 14th-century looks and inviting market square. Yet just beyond sits one of many contemporary landmarks that dot the city, too – the innovatively designed Petroleum Museum, looking like a sleek cluster of oil storage tanks perched on waterfront stilts. Perhaps the most photogenic of all is Gamle Stavanger, its meandering cobbled lanes lined with Northern Europe's best-preserved collection of 18th-century wooden houses. A close runner-up will be your spin past Hafrsfjord and along the southwest Norway coast. Its magnificent blend of sand, sea, sky and light is timeless.

- Get acquainted with Stavanger in complete comfort, sightseeing the town by panoramic coach.
- See the essential neighborhoods and landmarks, from the harbor district to the sands of Jæren.
- Pass the fish market, historical Stavanger Cathedral, modern Petroleum Museum, and the famously charming antique wood cottages of Gamle Stavanger.
- Finish this brief but immersive tour with a feel for this vibrant city that was once Norway's canning capital and is now its oil and energy hub.
- Wear weather-appropriate clothing, include a sweater or light jacket.
- Flat, comfortable walking shoes are recommended.

This tour is mostly panoramic and 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. The coach is not air-conditioned.

SVG-007 IRON AGE FARM AND ULLANDHAUG VIEW POINT

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 07, 2023 11:45 AM, 03:45 PM

Travel into the countryside to witness some of Stavanger's Iron Age and Viking history, then visit a famous district where the lanes are lined with 18th-century wooden houses. Long before its official founding as a city, the sheltered area surrounding Stavanger was an active agricultural and maritime community. A drive out to the reconstructed farmhouses in Ullandhaug provides a fascinating introduction to life here in the thick of the Iron Age, centuries before the Viking king Harald I defeated the last of some 29 regional princes to create the Kingdom of Norway in 872. You'll even visit a hilltop viewpoint that offers sweeping vistas of Hafrsfjord, the fjord where his nation-founding naval battle took place. On your return to the city, you'll travel into the historical residential area of Gamle Stavanger to admire Northern Europe's best-preserved collection of manicured white 18th-century wooden houses, lined up along meandering cobbled lanes. From here, either join your guide for a brief walk through this charming neighborhood that evokes an era when sailing schooners filled the harbor – or stay aboard the coach for a lift back to the pier.

- Travel across rich countryside outside Stavanger to visit the Iron Age farmhouses at Ullandhaug.
- Ride up to a commanding hilltop viewpoint for stunning vistas over the waters of Hafrsfjord.
- Learn about the decisive naval battle that took place here in 872, when Harald the Fairhaired became first king of the unified Kingdom of Norway.
- Stop to admire Gamle Stavanger, its cobbled lanes awash in white, 18th-century wooden houses.
- Join your guide for a walk through this charming neighborhood, or ride back to the ship by coach.
- Wear weather-appropriate clothing, include a sweater or light jacket.
- Flat, comfortable walking shoes are recommended.

This tour includes a moderate amount of walking, some involving uneven natural surfaces and steps. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The transportation is not air-conditioned.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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SVG-005SG PANORAMIC STAVANGER - SMALL GROUP

Duration: 2.00 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: September 07, 2023 12:00 PM, 03:00 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. Explore Stavanger's colorful past and present on a sightseeing drive that introduces the city's most scenic locales. This 900-year-old harbor city possesses two distinct characters – one is all historical warmth and charm, the other is all youth and modernity, reflecting the city's university vibe and recent oil and energy wealth. On this panoramic orientation tour, you'll encounter both those personalities along with plenty of stellar beach, mountain, and fjord views. You'll pass by the harbor's quaint fish and farmer's market and older residential sections, where Stavanger's centuries-old roots are most apparent. Stavanger Cathedral, too, has retained its handsome 14th-century looks and inviting market square. Yet just beyond sits one of many contemporary landmarks that dot the city, too – the innovatively designed Petroleum Museum, looking like a sleek cluster of oil storage tanks perched on waterfront stilts. Perhaps the most photogenic of all is Gamle Stavanger, its meandering cobbled lanes lined with Northern Europe's best-preserved collection of 18th-century wooden houses. A close runner-up will be your spin past Hafersfjord and along the southwest Norway coast. Its magnificent blend of sand, sea, sky and light is timeless.

- Get acquainted with Stavanger in complete comfort, sightseeing the town by panoramic coach.
- See the essential neighborhoods and landmarks, from the harbor district to the sands of Jæren.
- Pass the fish market, historical Stavanger Cathedral, modern Petroleum Museum, and the famously charming antique wood cottages of Gamle Stavanger.
- Finish this brief but immersive tour with a feel for this vibrant city that was once Norway's canning capital and is now its oil and energy hub.
- Wear weather-appropriate clothing, include a sweater or light jacket.
- Flat, comfortable walking shoes are recommended.

This tour is mostly panoramic and 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. The coach is not air-conditioned.

SVG-007SG IRON AGE FARM AND ULLANDHAUG VIEW POINT - SMAI

Duration: 3.00 Hrs Tour Price: \$69.00

Retail Price: \$219.00



Date: September 07, 2023 12:00 PM, 03:30 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. Travel into the countryside to witness some of Stavanger's Iron Age and Viking history, then visit a famous district where the lanes are lined with 18th-century wooden houses. Long before its official founding as a city, the sheltered area surrounding Stavanger was an active agricultural and maritime community. A drive out to the reconstructed farmhouses in Ullandhaug provides a fascinating introduction to life here in the thick of the Iron Age, centuries before the Viking king Harald I defeated the last of some 29 regional princes to create the Kingdom of Norway in 872. You'll even visit a hilltop viewpoint that offers sweeping vistas of Hafersfjord, the fjord where his nation-founding naval battle took place. On your return to the city, you'll travel into the historical residential area of Gamle Stavanger to admire Northern Europe's best-preserved collection of manicured white 18th-century wooden houses, lined up along meandering cobbled lanes. From here, either join your guide for a brief walk through this charming neighborhood that evokes an era when sailing schooners filled the harbor – or stay aboard the coach for a lift back to the pier.

- Travel across rich countryside outside Stavanger to visit the Iron Age farmhouses at Ullandhaug.
- Ride up to a commanding hilltop viewpoint for stunning vistas over the waters of Hafersfjord.
- Learn about the decisive naval battle that took place here in 872, when Harald the Fairhaired became first king of the unified Kingdom of Norway.
- Stop to admire Gamle Stavanger, its cobbled lanes awash in white, 18th-century wooden houses.
- Join your guide for a walk through this charming neighborhood, or ride back to the ship by coach.
- Wear weather-appropriate clothing, include a sweater or light jacket.
- Flat, comfortable walking shoes are recommended.

This tour includes a moderate amount of walking, some involving uneven natural surfaces and steps. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The transportation is not air-conditioned.

SVG-GL1 STAVANGER & SURROUNDINGS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$119.00



GL

Date: September 07, 2023 12:30 PM, 04:00 PM

Reap the benefits of Nordic walking on a delightful hike across the Storhaug peninsula to the beaches on its southern shore. Nordic walking uses a specially designed pole that helps to maximize the benefits of the movements. It can tone the body, burn nearly 50% more calories and put less pressure on the knees and joints. Best of all, Nordic walking is easy to do. You will follow a historical, two-mile route through the city center of Stavanger, across the Storhaug peninsula and on to Godalen. The walk is only about two miles, but it is extraordinarily picturesque. Chances are, you will see bicyclists, other Nordic walkers and joggers, as the trail is as popular as it is scenic. In time, you will pause for a quintessential Norwegian snack of brunost, a brown cheese that is surprisingly sweet because the milk whey is cooked until the lactose sugars caramelize. The route back will be different but equally breathtaking.

- Enjoy the benefits of Nordic walking, which burns more calories than traditional walking.
- Follow a picturesque two-mile route through Stavanger and beyond.
- Stop to snack on brunost, a quintessential Norwegian snack of brown cheese.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes about three hours of walking and standing with some uneven surfaces and steps 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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❖ ARENDAL, NORWAY

ARN-004 PANORAMIC SOUTH COAST VILLAGE

Duration: 5.00 Hrs Tour Price: \$0.00

Retail Price: \$189.00



Date: September 08, 2023 10:30 AM, 01:15 PM

Settle in for an immensely scenic drive along Norway's southern coast to three of the most picturesque villages near Arendal. Each village has its own personality, often shaped by its location. Your first stop is in the seaside town of Tvedestrand. A short, guided tour will take you down the cobblestone streets that line this quaint town. During your free time, you might check out some antique bookstores or the Strykejernet. The village of Grimstad boasts atmospheric cobblestone streets but is known more for its uniformly white-painted historical downtown. Henrik Ibsen spent so much time there in the 19th century that Grimstad built a museum dedicated to the famed Norwegian playwright. Free time in Lillesand will allow you to form your own opinion of this small town with a rich maritime heritage called the "Jewel of Sørlandet". The shops are largely independent boutiques well worth exploring.

- Behold the striking natural beauty of southern Norway as you drive along the coast one way. Return might be by highway.
- Soak in the historical ambiance of two villages: Grimstad and Lillesand.
- Spend free time shopping in Lillesand or simply meandering around the village.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is available for those who utilize a wheelchair. However this excursion includes uneven terrain (cobblestones) and guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Weather appropriate clothing and comfortable shoes are suggested.

ARN-007 FISHING TRIP IN ARENDAL

Duration: 3.00 Hrs Tour Price: \$249.00

Retail Price: \$399.00



Date: September 08, 2023 10:30 AM, 01:45 PM

Head into the sheltered waters off Arendal in a fishing boat and try to catch hard-fighting, highly prized fish such as sea trout, which are commonly found there. After assessing the water and weather conditions, the captain will choose the prime fishing grounds to increase your chances of landing a lunker. Abundant freshwater rivers flow into Tromøy Sound and its pristine waters are teeming with cod, herring, mackerel and haddock. You might also catch lesser-known species such as seabass, roaming the coastline. All the tackle will be provided, so all you have to do is cast your line and wait for a big lug on the other end. The crew will suggest the best fishing methods and bait to match what you're trying to catch.

- Go fishing in the waters off Arendal, which are teeming with species like sea trout and cod.
- Follow the crew's tips and suggestions to increase your chances of catching a fish.
- Tell the crew what kind of fish you'd like to catch and they'll choose the appropriate bait.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

It is available to guests with limited mobility who can make their way on and off the boat and have a companion to assist them. There is no toilet or shaded area on the boat.

ARN-002 TVEDESTRAND & NAES IRONWORK MUSEUM

Duration: 3.30 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 08, 2023 10:45 AM, 03:00 PM

Discover the charms of the neighboring village Tvedestrand on an enlightening walk and by browsing its unusual ironworks museum. An insider's tour of the museum will reveal how iron and steel were produced there for centuries, beginning in 1665. You will likely watch a demonstration of the rebuilt bellows that added air to the blast furnace to increase its heat. Reconstructions of typical ironworkers' homes are on display as well. You will also see a more elaborate residence where one of the ironworks' managers lived in Tvedestrand. This historical wooden building was converted into a museum that contains an old country store and a pharmacy full of 19th-century medicines. Strykejernet is another architectural gem as this oddly shaped building is considered to be the narrowest house in Norway. While walking along the cobblestone streets, you can also expect to see several antiquarian bookstores, which are so plentiful that Tvedestrand is commonly called the "book town."

- Browse an ironworks museum in a factory where iron was produced for centuries.
- See what may be the narrowest house in Norway while walking through Tvedestrand.
- Gain insight into local life in a typical seaside town in southern Norway.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes stairs and uneven terrain. 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. Good walking shoes and comfortable, weather appropriate clothing are suggested.

ARN-003 KUBEN & GLASS ELEVATOR

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 08, 2023 11:00 AM, 02:45 PM

Browse a museum complex built around a 19th-century farmhouse for a historical look at Arendal and ride a glass elevator to the new city center for a view of modern life. The farmhouse is believed to be the region's oldest Swiss chalet-style residence. It and several adjacent dwellings comprise the Kuban Museum, whose exhibits present various aspects of Norway through the centuries. The museum's collection includes excavated Viking artifacts, documents that reveal unsavory aspects of Arendal's 19th-century elite society and items that recount the horrors of the slave ship Fredensborg, which sank just off shore in 1768. You are sure to come away with an unvarnished view of Arendal's past, both good and bad. The city has changed dramatically over the centuries as you will discover by riding a cutting-edge glass elevator from a square in Old Town to Fløyheia, the urban area where Arendal's vision for the future will unfold.

- Gain insight into Arendal's past at the esteemed Kuben Museum complex.
- See exhibitions that detail topics ranging from the Viking influence to the slave trade.
- Enjoy the panoramic views while riding a glass elevator to Arendal's most modern district.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour 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. Weather-appropriate clothing and comfortable shoes are suggested.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ARN-001 A WALK THROUGH ARENDAL

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: September 08, 2023 11:15 AM, 02:00 PM

Meander through Arendal's well-preserved Old Town at a leisurely pace and come away with a surprisingly in-depth historical understanding. Arendal has thrived as a port since the 14th century in part thanks to the large island of Tromøy just off shore that shelters it. Timber has long been one of the main exports and was used to build the centuries-old houses that you will pass in Tyholmen, the atmospheric Old Town. The guide will explain how the sailors and day workers lived in the smaller residences in the upper section, while the prosperous merchants and shipowners lived around the waterfront, an area known as Pollen. One of the highlights there is the old town hall, a four-story national heirloom that was built as a private residence and remains Norway's tallest wooden house. For a glimpse into modern local life, you will pause in a café for a hot beverage and pastry.

- Walk through Arendal's charming Old Town, particularly the Pollen waterfront area.
- See Norway's tallest wooden building, a private residence that became the town hall.
- Enjoy a pastry and hot beverage at a café that is popular among the locals.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 3 hours of walking. 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.

ARN-006 RAFTING ADVENTURE ON OTRA RIVER

Duration: 6.00 Hrs Tour Price: \$159.00

Retail Price: \$309.00



Date: September 08, 2023 12:30 PM

Go whitewater rafting down the ever-changing waters of the Otra River as it winds its way through some of the region's most beautiful wilderness. After an enlightening briefing at the TrollAktiv raft center, you will suit up in the provided gear and board a self-draining inflatable rubber raft that was designed for rivers like the Otra. Over the next two hours or so, you and the others in your raft will paddle and float down the forest-lined river, which is the largest in Southern Norway. During the summer, the Otra's water is relatively calm because the snow in the mountains has long since melted. Even so, you will encounter rapids of various strengths and speeds, ensuring one thrill after another. The guide will show you the best paddling technique and the preferred route through the rapids. After disembarking, you can discuss the highlights with the others in your group while enjoying a rustic lunch.

- Enjoy an exhilarating whitewater rafting adventure on the Otra River.
- Paddle through rapids of varying lengths, strengths and speeds.
- Admire the densely forested landscape that comes right to the water's edge.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour 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, and know how to swim. Tour is not suitable for guests with physical conditions and pregnant women. Minimum height is 4'7". Guests must sign a waiver and bring their own towel. A wetsuit, windproof jacket, safety helmet, swim vests and wet suit boots are included. Each raft accompanies 5 - 8 passengers as well as a guide.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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OSLO, NORWAY

OSL-001 PANORAMIC OSLO

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: September 09, 2023 08:30 AM

Date: September 10, 2023 08:30 AM

Take a seat and enjoy a thorough overview of Oslo on this relaxed coach tour that introduces you to the Norwegian capital's most notable sites. Chief among them is Akershus, the city's signature fortress built in 1299 but updated considerably since then. Pass the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. You get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Drive by Vigeland Sculpture Park before beginning the climb up Holmenkollen Hill, sight of the former world-famous ski jumping arena. On clear days the view over the town and the Oslofjord is simply amazing. Leaving Holmenkollen you will pass through residential areas back to the fjord and to the peninsula of Bygdøy, home of many well-known museums. After a photo stop along the fjord, your tour will conclude with a scenic drive up the Hill of Ekeberg for a fantastic view of the harbor, the fjord with its many islands and a large part of the town that stretches out in the valley below you. A scenic drive along the shoreline brings you back to the pier.

- Sightsee the length, breadth and heights of Oslo by comfortable panoramic coach.
- See the city's most iconic avenues, buildings, parks, palaces – even its Olympic-grade hilltop ski jump.
- Leave the tour with a clear feel for this sprawling capital's character and sustainable approach to city living.
- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is panoramic in nature with limited optional walking at any stops made. 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. Those with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability. The order of sites viewed or visited may vary.

OSL-015 OSLO BY LAND & SEA

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: September 09, 2023 08:30 AM, 09:00 AM

Date: September 10, 2023 08:30 AM, 09:00 AM

Explore Norway's enchanting capital city from two contrasting transport modes – motorcoach and sailboat – and discover they're both the best way to see it. You'll start out on a panoramic spin through the cosmopolitan city center, taking in stunning landmarks like the marble-and-glass Oslo Opera House and winding through the Bjørvika neighborhood. For spectacular views of Oslo and its surrounding fjord, nothing beats a trip up to the ski jump venue atop Holmenkollen Hill. The site's been in use for over 100 years, but the new world-class steel tower was built in 2010 for international ski jumping competitions. Once you've filled your camera with postcard-perfect photos from up here, you'll head to a quay on the Bygdøy Peninsula. There you'll take a deck seat aboard a historic motor sailboat for some thrilling waterborne sightseeing. Cruising through the Oslofjord, you'll have scenic encounters with the ruins of an island monastery built by English monks in the 12th century and tidy Dyna lighthouse, clad in crisp white clapboard and perched on a reef in the fjord. Before arriving back at the cruise pier, you'll pass several beaches, the twin brick towers of City Hall, and Oslo's signature medieval landmark, Akershus Castle.

- Travel through central Oslo by panoramic coach, pausing for photos and awe at key landmarks like the Oslo Opera House and Holmenkollen Ski Jump.
- Take to the waters of Oslo's beautiful fjord aboard an open-deck motor sailor for a whole other perspective on the city.
- Glide past evocative sights like the ancient monastery ruins on Hovedøya island, charming wooden Dyna lighthouse, and Akershus Castle – stronghold of Norway's rulers for centuries.
- Wear layered, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour involves limited walking, mainly at guests' discretion during the stops. 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 touring vessel, and have an able-bodied companion to assist them. Those with mobility concerns should carefully evaluate their personal level of stamina before participating. Tour sequence may vary.

OSL-016 HIKE ALONG THE AKERSELVA RIVER

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$85.00



Date: September 09, 2023 08:30 AM

Date: September 10, 2023 08:30 AM

Travel by Oslo Metro to the northern reaches of town, then enjoy a relaxed hike down the shaded banks of the Akerselva River and through scenic urban parklands. It's a slightly downhill trek of just over four miles, beginning up in the Nydalen neighborhood along walking paths that trace this historic river as it runs from Lake Maridalsvannet, pristine source of the city's drinking water, to the Oslofjord. Rambling at a very comfortable pace, you're bound to spot other walkers, bicyclists and anglers; the river is quite popular among Oslo's locals. Many of them live, work and play along the Akerselva – in loft-style apartments, modern offices and trendy shops that occupy converted industrial buildings that once hummed with activity along these banks in the 19th and 20th century. During the walk, you'll pass several historical textile mills, spillways and statues honoring those who labored at these former factories. Breathe in the fresh, clean air and drink in the wonderful scenery as you meander through leafy woodlands and green spaces that happen to pass through the very center of Oslo. By the walk's end, you'll be right back where you began – at the cruise pier.

- Walk with your guide to a "T-bane" metro station for the ride up to Nydalen in Oslo's northern outskirts.
- Pick up a riverside trail that winds gently downhill, tracing the picturesque banks of the Akerselva.
- Hike about 4 miles in as many hours, moving at a relaxed pace through woodlands and parks beloved by Oslo's locals.
- Pass by historic mills and converted industrial buildings that today house lofts, offices and shops.
- Be on the lookout for white-throated dippers, Norway's national bird.
- Wear layered, weather-appropriate clothing; include a water/windproof jacket.
- Flat, comfortable walking or hiking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 3.5 hours of moderate walking over a distance of nearly 4.5 miles. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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OSL-BB1 BEHIND THE DESIGN - OSLO

Duration: 4.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: September 09, 2023 08:30 AM

Date: September 10, 2023 08:30 AM

Discover how two extraordinarily modern buildings have transformed Oslo's skyline and pushed the boundaries of design. An architectural historian guide will elaborate on the buildings' advanced technologies and present a rare insider's perspective of their construction. The iconic Equinor office building consists of five separate rectangular modules stacked on top of each other at different angles, all in an effort to optimize daylight and views. You may also learn fascinating details about how the atrium's propeller-shaped glass roof was designed to withstand months of extra weight from snow. Similarly, climate conditions influenced the design of the Munchmusset, a 13-story museum dedicated to the works of Norwegian artist Edvard Munch. It is constructed with low-carbon concrete and aluminum cladding that reflects harsh sunlight and is cooled with seawater. You will notice that there are no parking spaces to encourage visitors to use public transportation. The top of the building intentionally tips forward as if bowing to Oslo in homage.

- Follow an architectural historian through two cutting-edge buildings for an insider's perspective.
- Discover how architects overcame the design challenges in a building with five stacked modules.
- Learn the design secrets behind a towering, aluminum-clad art museum.
- 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.

OSL-001SG PANORAMIC OSLO - SMALL GROUP

Duration: 3.00 Hrs Tour Price: \$49.00

Retail Price: \$199.00



Date: September 09, 2023 09:00 AM

Date: September 10, 2023 09:00 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. Take a seat and enjoy a thorough overview of Oslo on this relaxed coach tour that introduces you to the Norwegian capital's most notable sites. Chief among them is Akershus, the city's signature fortress built in 1299 but updated considerably since then. Pass the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. You get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørnvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Drive by Vigeland Sculpture Park before beginning the climb up Holmenkollen Hill, sight of the former world-famous ski jumping arena. On clear days the view over the town and the Oslofjord is simply amazing. Leaving Holmenkollen you will pass through residential areas back to the fjord and to the peninsula of Bygdøy, home of many well-known museums. After a photo stop along the fjord, your tour will conclude with a scenic drive up the Hill of Ekeberg for a fantastic view of the harbor, the fjord with its many islands and a large part of the town that stretches out in the valley below you. A scenic drive along the shoreline brings you back to the pier.

- Sightsee the length, breadth and heights of Oslo by comfortable panoramic coach.
- See the city's most iconic avenues, buildings, parks, palaces – even its Olympic-grade hilltop ski jump.
- Leave the tour with a clear feel for this sprawling capital's character and sustainable approach to city living.
- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is panoramic in nature with limited optional walking at any stops made. 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. Those with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability. The order of sites viewed or visited may vary.

OSL-008 HADELAND GLASS WORKS

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 09, 2023 09:00 AM

Date: September 10, 2023 09:00 AM

Enjoy a scenic fjord-side drive across rural Norway to visit a venue where fine glass and crystal objects have been produced by hand since 1762. The coach journey to the town of Jevnaker skirts the shoreline of a lake dotted with tiny islands and is itself a thing of beauty. But the day's most impressive beauty will be revealed during your Hadeland tour, when you'll have the opportunity to watch expert glassblowers demonstrate their skill at transforming glowing, molten glass into beautiful shapes. They've had plenty of practice: this "factory" is the oldest industrial company still operating in Norway. A glass museum here showcases carefully selected pieces that represent the best of Hadeland's designs from over the last 250 years, and other exhibits trace the evolution of Norwegian glassmaking from its earliest days. You'll learn about how glass is made, formed and finished – and gain insights on this common but essential material's deep connections to the culture. Altogether, you'll spend about 90 minutes at the glassworks "village," a picturesque complex on the banks of yet another lovely lake, then head back to Oslo and your waiting ship.

- Settle back in a comfortable coach seat for a 90-minute spin along a fjord and into rural Norway.
- Tour the oldest industrial company in Norway, a glassmaking "factory" that's been perfecting its craft since 1762.
- Watch skilled glassblowers transform blobs of molten glass into graceful finished pieces.
- Learn about how glass is made, formed and finished – whether for everyday uses or as fine art.
- Browse the extensive collection at Hadeland's in-house museum of glass history and artistry.
- Wear weather-appropriate clothing; include a windbreaker or light jacket.
- Flat, comfortable walking shoes are recommended.

This tour includes approximately 90-minutes of walking and standing. Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this. This tour involves driving through several tunnels.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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OSL-002 OSLO'S MARITIME HIGHLIGHTS

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: September 09, 2023 12:00 PM

Date: September 10, 2023 12:00 PM

Begin with a drive around the inner center of Oslo. You will pass the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. Get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Next, it's on to the Bygdøy peninsula. Once the King's private property, today it is partially designated as a museum area. Stop to visit the Maritime Museum. Included in the museum's different exhibitions is a Viking boat from the Gokstad findings as well as several artifacts from Norwegian's Maritime cultural heritage. Continue on to the Kon Tiki Museum, housing the original balsa raft used by Thor Heyerdahl and his five companions. In 1947, their voyage took them from Peru to Polynesia, crossing 1,864 miles of ocean. You will also find the papyrus-boat RA II with which Thor Heyerdahl used to successfully cross the Atlantic Ocean in 1970. A good selection of documentary material is also on display. You will also pay a visit to the Fram Museum. The Fram was built by Colin Archer in 1892 to explore the Polar Regions. It was used in expeditions of the Arctic and Antarctic regions by the Norwegian explorers, including Roald Amundsen during his expedition of 1910-11. From Bygdøy you will drive along the harbor with its many pleasure boats and have a glimpse of the charming Oscarshall Castle, the summer residence of the Swedish/Norwegian King Oscar I.

- Travel by coach to Bygdøy, passing Oslo sights like the National Theater, the Royal Palace and attractive residential neighborhoods.
- Explore the Maritime Museum and its different exhibits including a Viking boat and a range of artifacts from Norwegian's Maritime cultural heritage.
- Visit the Kon Tiki Museum and see the famous vessels Thor Heyerdahl used to prove that ancient, simple cultures could cross vast oceans – and survive.
- Tour the Fram Museum and see the majestic wooden ship of the same name, used by Roald Amundsen's for his 1911 conquest of the South Pole.
- Return via the harbor road and see Oscarshall, King Oscar I's romantic 19th-century summer castle.
- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2.5 hours of walking, with a considerable number of steps involved. Although all museums are wheel chair accessible, The Fram ship is not, and its visit requires managing several stairs. Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.

OSL-005 HIGHLIGHTS & VIGELAND SCULPTURE PARK

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: September 09, 2023 01:00 PM

Date: September 10, 2023 01:00 PM

A panoramic drive around the inner center of Oslo takes you past the Akershus Fortress which dates back to the 13th century, the famous Oslo Opera House and the brand-new Munch Museum, currently under construction. You get a glimpse of the so-called Barcode-area, the latest addition of office buildings, as well as the new library and many apartment houses in the area of Bjørvika. Passing through the inner-city tunnel you will further on see the Royal Palace, built in the first half of the last century and the residence of the Royal Family. Arriving at the Vigeland Sculpture Park, you can see many of the 200 sculptures that are arranged over the Park's 80 acres, all created by Gustav Vigeland. Making the sculptures even more interesting is that the artist never explained his works, leaving the interpretation to each beholder. Leaving Vigeland you will drive to the Holmenkollen Ski Jump for great views of Oslo. After a photo stop, you return through residential areas back to town where a short walk takes you to the City Hall. Enjoy a guided tour of this iconic building, well-known for the Nobel peace-prize ceremony every year in December.

- Be introduced to many of Oslo's signature sights on a panoramic highlights drive.
- See the city's busiest boulevards, oldest fortress, grandest palace, tallest building and more.
- Take a relaxed walk through famous Vigeland Sculpture Park, filled with the dramatic – and enigmatic – works of a single, prolific Norwegian artist.
- Visit City Hall, where the Nobel Peace Prize is awarded annually and the murals are, well, enormous.
- Wear weather-appropriate clothing; include a light windbreaker or jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 1.5 hours of walking and standing. It is available to wheelchair guests who utilize a collapsible chair, are able to make their own way on and off the coach and have a companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. The order of sites viewed or visited may vary. On occasions when City Hall is closed to visitors, free time near the harbor will be substituted. Venues in the area include the Nobel Peace Center, the Astrup Fearnley Art Museum and the shops at Aker Brygge mall.

OSL-007 NOBEL PEACE CENTER & WALKING TOUR

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: September 09, 2023 01:30 PM

Date: September 10, 2023 01:30 PM

This guided walk will give you a close-up taste of Norway's capital city landmarks and bring you inside one of world's most universally significant venues. Begin with a walk along the harbor front. While walking the scenic route to and from this tour's primary destination, you'll encounter landmark sights like the National Theater and the 173-room, buttercup-yellow Royal Palace set regally atop a hill, surrounded by lush parkland. You'll pass the University of Oslo along the nightlife-friendly main street known as Karl Johans gate, and the Ibsen Museum along aptly-named Henrik Ibsen's gate. After a time, you'll arrive at the Nobel Peace Center for an inspiring inside visit. Opened in 2005, the Peace Center's mission is in perfect accord with the spirit of Alfred Nobel's legacy: to shed light on small as well as large-scale conflicts. Permanent and changing exhibits explore the world-improving work accomplished by Nobel laureates and the story behind the prize. You will also walk through the Akershus fortress dating back to the 13th century and from where you have great views of the Oslo harbor and fjord.

- Set out into Oslo on foot with your guide; it's an ideal way to get to know this vibrant city.
- Pause to admire landmarks like the Royal Palace, National Theater and Ibsen Museum.
- Tour inside the Nobel Peace Center and be profoundly inspired by the exhibits and history on display.
- Walk through Oslo's signature Akershus Fortress, once a medieval castle and royal residence.
- Wear layered, weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 3 hours of moderate walking and is not available to wheelchair guests or those with mobility concerns.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

❖ LYSEKIL, SWEDEN

LYS-001 CITY & PARK BIKE TOUR

Duration: 3.00 Hrs **Tour Price:** \$0.00

Retail Price: \$149.00



Date: September 11, 2023 08:30 AM

Hop on a bicycle for an exhilarating spin through picturesque Lysekil, from its beautifully preserved Old Town to a coastline where nature is well-preserved, too. Established as a fishing village in the 1560s, Lysekil has long been tied to the sea – right down to the two fish that adorn its coat of arms. So it's fitting that your active adventure begins at the pier as you head out along the waterfront. You'll two-wheel into a magnificent stretch of pristine shoreline at Stangehuvud Nature Reserve, where the terrain hasn't changed for eons. Hopping off the bike for a minute, you'll take a guided cliff walk across huge granite boulders with smooth surfaces holding small pools in their depressions. A stop for coffee and a light snack provides an energy boost and a chance to hear a bit of Lysekil history and see where Swedish stonemasons once quarried rock along this ancient coastline. Returning to the saddle, you'll pedal back to Lysekil to explore the 200-year-old Old Town – all narrow alleyways, colorful wooden houses, and flat terrain for easy riding. No question: this is a wonderful town to explore, and a bicycle is an ideal mode of transport around it.

- Tour Lysekil and its surrounds on a bike for a more intimate experience than is possible by coach.
- Cycle along the coast and into an unspoiled nature preserve, with a brief cliff walk along smooth boulders.
- Enjoy a mid-trip break for coffee and a light snack along with a backgrounder on local history.
- Pedal back into town for a two-wheeled survey of Old Town's narrow lanes and colorful houses.
- Wear comfortable, weather-appropriate clothing.
- Flat, closed-toe shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of biking, covering 3 miles of asphalt, uneven and gravel surfaces. There is also a 20-minute guided walk along the cliffs. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition.

LYS-002 LYSEKIL WALK & AQUARIUM

Duration: 3.00 Hrs **Tour Price:** \$0.00

Retail Price: \$89.00



Date: September 11, 2023 08:30 AM

Enjoy a leisurely guided walk through Lysekil, taking in its bracing sea air and visiting attractions like the aquarium, a landmark church and 200-year-old Old Town. Your walk actually begins with a short cross-town coach ride. Disembarking at Havets Hus Aquarium, you'll soon be viewing hundreds of different finned locals swimming contentedly in some 40 saltwater tanks. The wealth of marine life here is spectacular, much of it from the depths of nearby Gullmar Fjord and somewhat rare. Walk through a clear underwater tunnel past spiny dogfish, cod and congers. You may see divers feeding the fish or even get a chance to hold a hermit crab. Heading out on foot through town from here, one of the highlights you'll see and visit is Lysekil Church, built in splendid 1901 Art Nouveau style from locally-quarried granite. Its spire soars over 300 feet high, and sailors have long relied on it as a navigational landmark. In the 200-year-old Old Town district, you'll tour a warren of narrow alleyways and colorful wooden houses, with free time to explore further on your own before the coach ride back to the pier. The artisan workshops here are filled with beautiful handmade arts and crafts.

- Tour picturesque Lysekil on foot, at an easy pace, with a seasoned guide in the lead.
- Visit the Havets Hus aquarium, where over 100 local marine species swim within natural tank habitats.
- Admire the soaring spire and serene interior of Lysekil Church, built at the height of the Art Nouveau era.
- Enjoy a guided walk through Old Town's narrow lanes and colorful houses with free time to browse the district after.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 2 hours of walking, plus any additional walking at guests' discretion during free time. There is a small climb to reach the church. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating.

LYS-004 ART & CULTURE IN FISKEBACKSKIL

Duration: 3.50 Hrs **Tour Price:** \$0.00

Retail Price: \$79.00



Date: September 11, 2023 08:30 AM

Hop aboard a local ferry to visit the gorgeous village of Fiskebäckskil for a walking tour and free time to savor its attractions independently. After a short drive to the ferry stop, you'll be skimming the coastal waters en route to the island of Skaftö and the compact former fishing hamlet on today's agenda. One of the most attractive locales you could find in an archipelago known for its beauty, Fiskebäckskil is beloved for its colorful old wooden houses sporting intricately carved porches. The village church dates from 1772 and has a surprising opulent feel for such an out-of-the-way settlement. This town was also home to one of Sweden's most respected artists, Carl Wilhelmson, whose powerful portraits and landscapes hang in the National Museum. You'll see his house and other landmarks on your guided town walk, then have the opportunity to wander freely a while, discovering even more of Fiskebäckskil's charms. The town restaurants may offer the strongest temptations in the form of fresh local herring, cod and shrimp. Whatever they may be, pursue your favorite pleasures before boarding the return ferry, perhaps with a new favorite place added to your travel log.

- Travel by local ferry through magnificent Bohuslän archipelago waters to the coastal island of Skaftö.
- Enjoy a guided walk through Fiskebäckskil, a character-filled former fishing village revered for its colorful wooden skyline.
- See the home of a Swedish master painter and visit an unexpectedly opulent village church.
- Spend some time at your leisure, exploring Fiskebäckskil further or surrendering to its fresh seafood.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes about an hour of walking, plus any additional walking at guests' discretion during free time. There is a small climb to reach the church. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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LYS-003 LAND & SEA WEST COAST EXPLORATION

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: September 11, 2023 09:00 AM

Sightsee along the dramatic coastline of the Bohuslän archipelago as you travel by small boat to the stylishly rustic fishing village of Smögen. A short walk along the pier brings you to your local boat for a two-hour cruise through one of Sweden's most captivating natural locales: the thousands of scattered Bohuslän islands. During your skirt along the coasts of these craggily beautiful islets you'll likely see sailboats and kayakers carving their way through the sparkling water, seals basking in the sun, and remote fishing villages nestled within natural coves. After a time, tiny Smögen will appear on the watery horizon – a fishing village whose 19th-century wooden boat landings have long been united into a continuous multicolor pier. It's a setting so photogenic this unlikely little hamlet has become an elegant vacation spot. A guided walking tour is in order, after which you'll have free time to wander at will. Invite temptation at fashionable boutiques along the waterfront or enjoy a quick and fresh seafood snack at one of the local eateries. We hear the prawn sandwiches, salmon cakes and grilled halibut are all winners. Rather than cruise back to Lysekil, you'll return by coach along equally picturesque coastal roads.

- Take to Sweden's magnificent West Coast waters on a leisurely sightseeing tour by small boat.
- Discover the ruggedly beautiful terrain of the Bohuslän archipelago, an enchanting world of sea, sky, rocky islets and fishing villages.
- Disembark at Smögen, an impossibly-scenic fishing village where the catch is fresh, and so is the style.
- Enjoy a guided walk and free time to experience Smögen's rustic sophistication on your own.
- Travel back to the pier by land via panoramic coach along stunning coastal roads.
- 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 40 minutes of easy walking, plus any additional walking at guests' discretion during free time. There are some inclines in Smögen, but these can be avoided. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. Those prone to motion sickness should take preventive measures.

LYS-005 SEAL SAFARI

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: September 11, 2023 09:00 AM

Cruise into the natural wonderland of the Bohuslän archipelago, a collection of thousands of rugged coastal islands where harbour seals and other marine creatures abound. You'll board your touring boat right from the pier and soon be skimming through this sea of sparkling cold water and craggy granite islands – the kind of places that make any creature with blubber feel right at home. The majestic setting is also peppered with small fishing villages, but it's the wildlife that's the star attraction here. Eiders, ospreys and white-tailed sea eagles often soar the skies, while the waters teem with some 2,000 marine species including playful porpoises; with luck you'll see some leaping out of the water with balletic precision. Still, the huge colonies of seals found here are the irresistible showstoppers, emerging from the water for leisurely basks on the sun-warmed rocks. Most common among the species found here are harbor seals, known for their large eyes, puppy-like faces and highly-inquisitive nature. Their coloring varies from brown to gray, and adults weigh in at nearly 300 pounds. Your safari captain knows how to navigate the vessel close enough to clearly observe these wonderful creatures without disturbing them. It's a special experience.

- Take to Sweden's magnificent Bohuslän archipelago waters in search of cold-water marine mammals.
- Enter an environment of thousands of rugged, rocky islands and islets caught between sea and sky.
- Travel by small boat, expertly captained for close-up viewing of the prolific local seal colonies without bothering them.
- Keep your eyes peeled for leaping porpoises and majestic seabirds on the wing overhead.
- Wear weather-appropriate clothing; include a light jacket.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour requires limited walking; however, guests must be able to enter and exit the tour boat with minor assistance. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of stamina before participating. Those prone to motion sickness should take preventative measures. There is a restroom aboard the vessel.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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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.