

8

DAYS

# Regent Seven Seas Cruises

CRUISE ABOARD *SEVEN SEAS MARINER*  
FROM VANCOUVER TO SEWARD (OR VICE VERSA)

EST. 1989

**PRESTIGE**

Explore | Dream | Discover



Big, bold and impossibly beautiful, Alaska stretches beyond the imagination – ancient glaciers glint majestically, as snow-mantled mountains soar into the cerulean sky.

The world's first all-balcony ship, *Seven Seas Mariner* features four gourmet restaurants with open seating, generous amenities and a welcome spaciousness. Catering to only 700 guests, her staff-to-guest ratio of 1 to 1.6 ensures the absolute highest level of personal service.

## Key Facts

- \* 8 Days / 7 Nights
- \* 2019 Departure Dates: Various dates available between June & September



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## Accommodation

All suites feature an ocean-view, kingsize or twin-bed configurations, interactive flat-screen television with extensive media library and complimentary movies-on-demand, personalised mini-bar, hair-dryer, plush bathrobes and slippers, L'Occitane soaps, shampoos and lotions, a welcome bottle of champagne and 24-hour room service.

## Dining

### COMPASS ROSE

As the flagship restaurant aboard each of our ships, the wonderfully spacious Compass Rose serves breakfast, lunch and dinner and features an exceptional variety of European-inspired Continental cuisine, as well as flavoursome vegetarian and kosher dishes and nutritious Canyon Ranch SpaClub® specialties. Elegantly decorated in warm golden and maroon hues, Compass Rose offers a refined atmosphere with natural light during the day. Whenever you decide to whet your appetite, your Maître D' will guide you to a quiet, romantic table for two or a festive larger table – reservations are not necessary.

### LA VERANDA

Serving breakfast and lunch, La Veranda is popular any time of the day. Spacious and comfortably casual, La Veranda offers regional specialties that often reflect the cuisines of the countries called on. Dishes are presented in a buffet style that displays the diversity of the menu. La Veranda also features an authentic pizzeria and a shaded, open-air veranda for dining al fresco.

### SETTE MARI AT LA VERANDA

Each evening, La Veranda transforms into Sette Mari at La Veranda, offering a casual, intimate dining experience. Enjoy an extensive menu of authentic antipasti and Italian specialties served à la carte and paired with fine Italian wines – complimentary of course. Delectable dishes are prepared à la minute by our talented chefs using only the freshest gourmet ingredients and served by our attentive waiters. Sette Mari at La Veranda is open for dinner only.

### PRIME 7

A true classic in every sense, Prime 7 sets a new standard in steakhouse fare with its contemporary interpretation of an American favourite. Handsomely decorated with leather wing-back chairs, burnished woods and rich earth-toned fabrics, Prime 7 is elegant and intimate, offering a luxurious setting in which to enjoy classic steakhouse cuisine with a modern flair. Prime 7 is open for dinner only and reservations are required.

### SIGNATURES

Preparing authentic, decadent French cuisine is an art form and is the raison d'être of our French restaurant, Signatures. Capturing the diversity of French fare, our seasoned chefs offer an exquisite dining experience with tantalising tastes and enticing presentation. Signatures is open for dinner only and reservations are required.

### POOL GRILL

The ultimate come-as-you-are dining venue, the Pool Grill couldn't be more casual. Walk over straight from sunbathing or swimming in the pool. Drop by before or after a shore excursion. Enjoy a snack between activities. The Pool Grill is open-air, yet abundantly shaded for comfortable dining. Enjoy grilled-to-order burgers, grilled seafood, sandwiches and fresh salads. Treat yourself to milk shakes, malts, and hand-dipped ice cream desserts sprinkled with all your favourite toppings.

### COFFEE CONNECTION

The Coffee Connection is an informal destination in which to relax, meet other guests and enjoy coffee and snacks throughout the day. In addition to coffee selections, food is available. Breakfast options include cereals, fruits, pastries and bagels. Lunch includes cold cuts, cheeses, assorted rolls and spreads, and cookies. Sandwiches, cookies, dry cakes and fruit are available in the afternoon. Additionally, international newspapers and news magazines will be placed and displayed in Coffee Connection whenever available.



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## Entertainment

For fabulous entertainment there is the Constellation Lounge. Perfectly tiered for unobstructed viewing and furnished with plush seating, the main show lounge is an intimate venue without a bad seat in the house. The phenomenal variety of entertainment here includes full-scale musical revues, rousing cabaret shows and Cirque-style productions backed by our nine-piece Regent Signature Orchestra.

Alternatively, the Stars Nightclub, located on Deck 6 mid-ship, is an ideal place to meet friends and fellow travellers for an after-dinner drink or late-night cocktail. This is the place for those night owls wanting to dance into the night or maybe sing along in a karaoke competition.

The *Seven Seas Mariner* offers a choice of lounges to suit every taste. Located on Deck 12 forward, the Observation Lounge is a quiet place in which to read and relax while watching the spectacular views *Seven Seas Mariner* offers upon entering or leaving the various ports of call. The Observation Lounge musicians will entertain daily and it is the perfect spot for pre-dinner cocktails or a nightcap. Or, located on Deck 5 mid-ship, the Mariner Lounge is the perfect venue to meet friends and fellow travellers for a pre-dinner cocktail or nightcap as our resident musicians entertain with familiar tunes and special requests. There is also, located on Deck 6 aft, the Horizon Lounge, which is the ideal place for cocktails or to simply relax and unwind with an after-dinner drink. Our resident musicians will entertain daily during teatime as well as before and after dinner. Game shows and other entertainment may be scheduled at the discretion of the Cruise Director. If you are after something a bit special then the Connoisseur Club, located on Deck 6 forward, is where you can order a rare vintage cognac or port and pick a fabulous cigar (smoking is permitted in the Connoisseur Club). This elegant hideaway provides comfortable leather armchairs and a club-like atmosphere.

If you are feeling lucky a few pulls at the slot machine or hands of blackjack in our elegantly appointed Casino are the perfect draw. The Casino is located on Deck 4, and is open every day at sea when not restricted by territorial border limits. Blackjack, roulette, poker, craps and slot machines are offered for our guests' enjoyment.

## Fitness, Health & Beauty

If it's relaxation you are after, look no further than the world's premier spa, Canyon Ranch SpaClub®. It offers an unrivalled approach to health and beauty, with spa services customised for you alone. Enjoy an array of treatments including signature massages and therapeutic bodywork, aromatherapy, ayurvedic and seaweed treatments as well as facials. While you're here, explore our extraordinary selection of luxurious beauty treatments – with hair care, manicures, pedicures and more available in the salon.

At the fitness centre, Canyon Ranch fitness experts lead popular exercise classes, such as pilates, yoga and aerobics and are on-hand to offer advice and demonstrate the use of fitness equipment. One-on-one training can be arranged with a Fitness Instructor. Equipment includes Lifecycles, free weights, striders, StairMasters, treadmills, weight benches, a Nautilus machine, workout mats and step benches. Guests under the age of sixteen are not permitted in the Fitness Centre.

The duty free shops offer Regent Seven Seas Cruises logo wear, jewellery, perfumes, swim wear, designer resort wear, precious stones and gift items, all at duty free prices. Opening hours vary and are printed in the Passages daily newsletter.

The ship also offers a host of other amenities and services including a card room, destination services, library, pool bar and pool deck.



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## DAY 1

### Vancouver

Today you will set sail from the Canada Place Cruise Terminal in Vancouver. This Pacific coastal gem offers a unique mix of natural beauty and cosmopolitan living. Its location on the Pacific Ocean, with the mountains providing the backdrop, is perfect for adventure-seekers looking for hiking, skiing or sailing and it is also a fantastic destination for nature-lovers wishing to see whales and, if you travel further up the coast, bears. This multicultural city also boasts world class shopping, museums and restaurants. Vancouver certainly has something for everyone.

## DAY 2

### Inside Passage

Today the backdrop will be lush forests and turquoise glaciers as you travel along one of the most scenic waterways in the world, the Inside Passage.

## DAY 3

### Ketchikan

Ketchikan, on the southwest side of Revillagigedo Island, grew up around salmon canneries and sawmills. Ketchikan's name supposedly comes from the native term 'Katch Kanna', which roughly translates as 'spread wings of a thundering eagle'. At one time Ketchikan was proclaimed the 'Salmon Capital of the World'. An outstanding collection of totem poles make a visit to Ketchikan essential for anyone interested in Native art. Travellers flock to Ketchikan for their first look at the North Country, and are rarely disappointed.

## DAY 4

### Juneau

In 1880, Joe Juneau and Richard Harris were prospecting for gold with the help of Indian guides. Here they discovered nuggets 'as large as beans' at the mouth of the aptly named Gold Creek. Out of their discoveries came three of the largest gold digs in the world where more than \$150 million in gold was mined. Juneau's surrounding beauty and natural wonders have attracted cruise ship travellers for over a century, with steamship companies bringing tourists here since the early 1880s.



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## DAY 5

### Skagway

Skagway, as it is known by the Tlingit, means 'windy place'. Skagway, a place of many names and much history, is the northern terminus of the Alaska Marine Highway. It was known to thousands of hopeful gold rushers as the gateway to the gold fields. Skagway retains the flavor of the gold rush era and the character of such colourful inhabitants as Soapy Smith 'King of the Frontier Con Men', especially on Broadway with its false-front buildings, and in the Trail of '98 Museum with its outstanding collection of gold fever memorabilia.

## DAY 6

### Sitka

Founded by Russian fur traders as New Archangel in 1799, Sitka was the historic centre of Russia's Alaskan empire. The Russian flag was replaced by the Stars and Stripes when the United States purchased the Alaska territory in 1867. Today, picturesque Sitka is known for its fishing industry, an annual summer classical music festival and, of course, its many historic visitor attractions. On a clear day Sitka, the only city in southeast Alaska that actually fronts the Pacific Ocean, rivals Juneau for the sheer beauty of its surroundings.



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## DAY 7

### Cruise – Hubbard Glacier

Hubbard Glacier is the largest glacier in North America, located in eastern Alaska and part of Yukon, Canada. It is named after Gardiner Greene Hubbard, the first president of the National Geographic Society.

## DAY 8

### Arrival in Anchorage (Seward) at 06:00hrs – End of Cruise

Early this morning your cruise comes to an end as you disembark in Seward, Alaska. From there you will be transferred to Anchorage, where your arrangements come to an end.



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## What's Included?

- \* Ocean View Suite accommodation
- \* Unlimited free Wi-Fi
- \* Unlimited shore excursions in every port
- \* Open seating at one of the four speciality restaurants
- \* Unlimited beverages including soft drinks, hot beverages, fine wines & premium spirits
- \* 24-hour room service
- \* Full entertainment programme
- \* Onboard gratuities

## 2019 Departure Dates

### VANCOUVER TO SEWARD

- \* 12th & 26th June
- \* 24th July
- \* 7th & 21st August
- \* 4th September

### SEWARD TO VANCOUVER

- \* 5th & 19th June
- \* 31st July
- \* 14th & 28th August
- \* 11th September

## Travelling in the USA

As you will be travelling in the USA you will need to obtain an ESTA.

It is your responsibility to ensure you have this before you travel. Please go to <https://esta.cbp.dhs.gov> for more information.

Effective April 1st, 2016, all Visa Waiver Program (VWP) passengers travelling to the United States are required to have an electronic passport (e-chip) or risk being denied entry upon arrival into the United States.

## The Next Step?

Speak to Denise or one of our expert team and get your holiday off to the perfect start!

All details and inclusions are correct at the time of producing this document but may be subject to change without notice.



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