



SEVEN SEAS SPLENDOR *inaugural season*



FEBRUARY 8, 2020 | SEVILLE (CÁDIZ), SPAIN

SEVEN SEAS SPLENDOR | EVENING DRESS CODE: ELEGANT CASUAL

ARRIVAL: 7AM | ALL ABOARD: 5:30PM | DEPARTURE: 6PM

DISCOVER CADIZ



Located in southern Spain, Cádiz is one of the oldest city in Europe. It is almost entirely surrounded by water. Formidable walls still stand, protecting and providing Cádiz with a skyline like no other. The old quarter is composed of picturesque buildings, parks, and gardens intertwined with narrow cobblestone streets and squares.

A relaxed and easygoing city, Cádiz is easy and fun to explore. In the spring, the normally quiet city erupts with a carnival celebration considered to be the liveliest and most important in Spain. For ten days the streets are filled with people singing, dancing and celebrating in colorful costumes. Beyond Cádiz lies the beautiful countryside of Andalucía and Jerez. The legendary bodegas of Jerez produce some of the finest sherry in the world. The city is also known for its magnificent horses. To the north of Cádiz is Seville, one of the most beautiful cities in all of Spain.

This historic city is rich in architectural masterpieces, magnificent churches, plazas, and meandering alleyways. Seville is home to the third largest cathedral in Christendom, a Gothic building that was completed in 1507 and took over a century to build. Next to the cathedral is La Giralda Tower. The looming structure is actually a minaret of the mosque that once stood on the site where the

cathedral is now. Impressive palaces such as the Moorish Reales Alcazares with its immaculate gardens or the Renaissance style Casa de Pilatos are fine examples of the variety of cultural influences in Seville.

The Santa Cruz Quarter is the old Jewish area of the city. Artisans' shops and quaint cafés occupy whitewashed houses crowded along meandering alleys and charming squares. Plaza de Toros is Seville's bullring and is one of the oldest in the country. The twelve-sided monument Torre del Oro stands watch over the city as it has since the 13th century. Once sheathed in gold tile, the tower was designed to guard the river from intruders. Plaza de España was constructed for Seville's first international fair in 1929. The plaza is a favorite with locals and features fountains, canals and tile work depicting the many different provinces of Spain.

Paella is the Spanish national dish, a combination of seafood, chicken and vegetables mixed together in saffron-flavored rice. Typical Andalusian cuisine focuses on fish dishes such as Zarzuela. Up to a dozen different types of seafood are used in this dish, which is served in a brandy and wine sauce. Paamb tomaquet is peasant-style bread, topped with fresh tomatoes and grilled.

TODAY AT A GLANCE

TODAY'S WEATHER



Partly Cloudy
HIGH 63°F / 17°C
LOW 55°F / 13°C

GOING ASHORE

The ship is docked at Muelle Alfonso XIII. When going ashore, remember to carry your suite key card as these are your only valid identification for re-boarding the vessel.

PORT AGENT

InterCruises
Sanchez Barcaiztegui nº 3 3º
derecha, Cadiz, 11005, Spain
Telephone: + 34-956-54-6863
Mobile: +34-649-821-560

MONEY MATTERS

The local currency in Spain is the Euro (€).

The approximate exchange rate is: U.S. \$1 = €0.91.

We do not sell the Euro at the Reception Desk.

TAX IN THE EU

Due to the itinerary of this cruise please note that there will be a 23% EU Tax added to Boutique & Spa retail purchases

HEALTH ADVISORY

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place on board to disinfect and sanitize public areas including door handles, railings and elevator buttons. Guests are also kindly reminded to use the utensils provided in the handling of food at the buffet stations.

FROM DESTINATION SERVICES

THE FOLLOWING TOURS MEET IN THE CONSTELLATION THEATER (4/5):

CAN-002	Cadiz Walking Tour 🎧	8:45am
CAN-004	White Villages Of Andalusia	7:45am
CAN-005	Highlights of Cadiz 🎧	7:45am
CAN-006	Seville On Your Own	7:30am
CAN-008	Jerez De La Frontera - Home of Sherry	9:15am
CAN-009	Scenic Cadiz & Flamenco	9:15am
CAN-011	Toros of Andalusia & Sherry Tasting	9:55am
CAN-017	Forest Cycling Adventure	8am
CAN-018	A Panoramic Look At Cadiz	8am
CAN-021	Gibraltar On Your Own	7:15am
CAN-022	Sherry, Music & Art	7:45am
CAN-023	A Toast At The Osbourne Family's Cellar	9:15am
CAN-GL2	GL-Tapas Lesson at Bodega Casa Del Marques	9:45am
CAN-GL3	GL-Local Cheese Lovers	8:15am
CAN-GL3A	GL-Local Cheese Lovers - A	9:45am

THE FOLLOWING TOURS MEET ON THE PIER:

CAN-013	Cadiz Walking Tour with Local Spanish Tapas 🎧	11:55am
CAN-014	Photogenic Cadiz	10:25am

🎧 Regent Smartguide Enabled Tour *Please remember to bring your headphones and smartphone*

🚰 Bring your reusable Vero water bottle with you, which can be filled at our hydration stations

LOCAL TOURIST INFORMATION

A local tourist representative will be available onboard in the Reception Lobby on Deck 5 from 7:45am - 11:45am to assist with maps and local information.

REGENT SMARTGUIDE APP

Regent Seven Seas Cruises is committed to providing guests with a truly unrivaled experience, both on our ships and on our uniquely curated shore excursions.

The Regent Seven Seas SmartGuide allows guests joining large group tours to hear the tour guide's narrative through the comfort of your own smartphone and headphones. Guests no longer have to compete to walk next to the tour guide in order to hear them speak clearly. Every luxury is included in all Regent Seven Seas journeys, now including this convenient feature to enhance your shore excursion experience. Download the Regent Seven Seas Cruises App on your device today.

GENERAL CREW DRILL

A fire and lifeboat drill for the Crew is scheduled for 10:15am. This exercise does not involve guests, but we kindly ask you to keep movement about the ship to a minimum while the drill is in progress. Also, please use caution when approaching fire doors in the ship's corridors, as they may be closed automatically from the Bridge. Because this essential drill involves all of the ship's staff, we ask for your understanding should any interruption or delay in service occur. Please note: during the drill, the ship's services will be curtailed.

THE BARRICADE BOYS

Showcasing some of the finest male voices from International productions and the Hollywood movie of Les Misérables. The Barricade Boys not only perform the world's greatest show tunes but also celebrate music from some of the most iconic names in the music industry, with powerful ballads and beautiful operatic arias to some of the best pop, rock and swing numbers of all time. Do you hear the people sing?? Yes - with fabulous harmonies, incredible vocals, dashing good looks and fantastic personalities! The Barricade Boys are not just another vocal group but the world's first musical super group!

CULINARY CORNER



BLOODY MARY BAR

Experience our all-new Bloody Mary Bar in La Veranda.

We've paired the perfect amount of spice with the freshness of tomato juice, a kick from your alcohol of choice and seasonings that blend in layers of flavor in every sip.

7am - 10am | LA VERANDA (11)



AFTERNOON TEA

Enjoy our elegant afternoon tea and accompanying delectable bites with music by Guitarist, Sergiy

4pm - 5pm | MERIDIAN LOUNGE (5)

SAFETY INFORMATION

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

DIRECT FROM THE WEST END AND BROADWAY

WEST END WILMA | ACT DROP | LONDON THEATRE | THEATRE WEEKLY
REWRITE THIS STORY | BRITISH THEATRE | YORK PRESS | SPY IN THE STALLS

THE Barricade BOYS

STARRING Les Misérables
PAST PERFORMERS

A promotional image for the musical 'The Barricade Boys'. It features four men in dark suits on a stage. One man is standing and playing a guitar, while the others are sitting or standing around him. The background is a warm, reddish glow. A red circular badge in the bottom right corner says 'AS SEEN ON ITV'S THIS MORNING'.

9:30PM • CONSTELLATION THEATER (4/5)

KARAOKE NIGHT

It's your turn to be the star of the evening as we open up the mic for you to choose the hits or be amazed by the hidden after-dark talent.

10:30PM | SPLENDOR LOUNGE (4)



ONBOARD ACTIVITIES

SATURDAY, FEBRUARY 8, 2020 | SUNRISE 8:21am | SUNSET 6:57pm

GOOD MORNING

All Day	JIGSAW PUZZLE Place a few pieces as you pass to continue this group project	Coffee Connection (5)
7am	ARRIVAL <i>Seven Seas Splendor</i> is scheduled to dock in Cadiz, Spain	
8am - 3pm	® MENSA DAILY QUIZ Play for fun & join Social Hostess Nicola at 4:25pm in the Observation Lounge for the answers	Card Room (11)
8am - 8pm	PUZZLE PAGE Daily Sudoku & Crossword are available for your enjoyment	Card Room (11)
9:30am	® INDOOR BAGGO Test your throwing skills with the Entertainment Team	Atrium (4)
10am	GENERAL CREW DRILL Any alarms or announcements are for exercise only, and no action is required by Guests. during the drill, the ship's services will be curtailed.	

GOOD AFTERNOON

1:30pm	INFORMAL BRIDGE PLAY Join fellow guests for the social play (non-hosted)	Compass Rose (4)
2pm	MAH JONGG Meet for this popular game of skill and strategy (non-hosted)	Card Room (11)
3:15pm	® SHUFFLEBOARD Take to the Sports Deck with the Entertainment Team	Sports Deck (12)
4pm	WELLNESS EVENT Reshape Your Body with Ionithermie	Fitness Center (5)
4 - 5pm	AFTERNOON TEA accompanied by Guitarist, Sergiy	Meridian Lounge (5)
4:25pm	® MENSA DAILY QUIZ ANSWERS REVEALED with your Social Hostess, Nicola	Observation Lounge (11)
4:30pm	® FUN & FRIENDLY TRIVIA with Assistant Cruise Director Olivia Teams of up to six guests take the daily challenge NO PHONES OR TABLETS PLEASE	Observation Lounge (11)
5:30pm	ALL ABOARD <i>Seven Seas Splendor</i> prepares to set sail	
6pm	DEPARTURE <i>Seven Seas Splendor</i> sets sail for Funchal, Portugal (600 nautical miles)	

GOOD EVENING

6 - 7:30pm	IT'S 5 O'CLOCK SOMEWHERE Splendorous views, pre-dinner drinks and perfect melodies by Cocktail Pianist Ed Waters in our enchanting lounge at the top of the ship!	Observation Lounge (11)
6:15 - 7:45pm	BLAME IT ON THE BOOGIE... & KASIA Boogie & Kasia take the stage as they play music for dancing before dinner	Splendor Lounge (4)
6:30pm	FRIENDS OF DOROTHY LGBTQ Join fellow guests in this exquisite lounge	Splendor Lounge (4)
6:30 - 7:30pm	SINATRA & MARTINIS An instrumental salute to The Chairman, The Sultan of Swoon, and Ol' Blue Eyes, as you experience our onboard cocktail lab!	Meridian Lounge (5)
6:45 - 7:15pm	SOLO & SOCIAL TRAVELERS with Social Hostess, Nicola Richards Meet fellow guests for cocktails with the option to continue on to dinner together	Observation Lounge (11)
8:45 - 10pm	SMOKIN' COCKTAIL LOUNGE Boogie & Kasia offer up some cool lounge hits	Splendor Lounge (4)
9:30pm	TONIGHT'S ENTERTAINMENT THE BARRICADE BOYS <i>Video and audio recording, photography and the saving of seats are strictly prohibited. Thank you.</i>	Constellation Theater (4/5)
10 - 11:30pm	AT THE 88'S: "TRIBUTE TO THE FAB FOUR": Cocktail Pianist Ed Waters features the music of the Lads from Liverpool..	Observation Lounge (11)
10:30pm	KARAOKE NIGHT! It's your turn to be the star of the evening <i>Followed by music to dance the night away</i>	Splendor Lounge (4)
10:45 - 11:30pm	VARIETY DANCE VIBES The Regent Signature Orchestra plays your dancing requests to entice you to the dance floor!	Meridian Lounge (5)
11:45pm	JUKESTER Choose from thousands of songs on our DJ iPad	Splendor Lounge (4)

® Signifies a Regent Reward Event, and points will be awarded to the winner

DRESS CODE - ELEGANT CASUAL: Skirt or slacks with blouse or sweater, pant suit or dress for ladies; slacks and collared shirt for gentlemen. Sport jackets are optional. Jeans are not permitted.

FROM OUR CONCESSIONAIRES



BELLARRI BOUTIQUE AT SEA

CALLING ALL BELLARRI COLLECTORS

We cordially invite you to a Signature VIP Event celebrating our BELLARRI Collector Circle Members.

Wear your personal BELLARRI treasures, and join us for an intimate reception.
9PM | BELLARRI BOUTIQUE (4)



SWAROVSKI

Swarovski is the world leader in cut crystal, and one of the worlds most loved brands of fashion jewelry. Come in store today and view the latest in crystal glamour.

THE BOUTIQUES ARE LOCATED ON DECK 4, MID-SHIP

Price match guarantee – Please ask in store for details. Onboard credits can be redeemed on all products



TOTAL BODY WELLNESS

A 50-minute Swedish Massage, invigorating Skin Brushing, Foot & Ankle Massage, Neck & Shoulder Massage, and Hand & Arm Massage.

75 minutes / \$149

Dial 4500 or visit Serene Spa & Wellness™ located on Deck 5 to make an appointment.

Please provide 24 hours' notice when canceling appointments or your onboard account may be charged 50% of your treatment cost. Onboard credit is applicable on any services or products.

FITNESS SCHEDULE

- 8am Sunrise Stretch
- 9am The HIIT
- 10am Yoga Flow Vinyasa
- 4pm Pure-Form Pilates
- 5pm Sunset Stretch
- 6pm Foot & Posture Analysis

LIMITED TIME *booking offer*

Book your next voyage aboard any of our luxurious ships today for a deposit of only \$500 per person* — when you choose to sail in a Concierge Suite, Superior Suite, Deluxe Veranda Suite, Veranda Suite or Deluxe Window Suite. **PLUS** receive a \$200 Shipboard Credit to enjoy now.

WISH TO SAIL IN A HIGHER SUITE CATEGORY?

You are eligible for **50% Reduced Deposit**.

*Terms may apply

**VISIT YOUR CRUISE CONSULTANT
TO SELECT YOUR NEXT VOYAGE**



OPENING HOURS & SERVICES

BOUTIQUES

Deck 4
7pm - 11pm

SERENE SPA & WELLNESS

Deck 5 Aft
8am - 10pm
Guests must be at least 18 years old to use the Spa. Alcoholic beverages are not served or permitted.

FITNESS CENTER

Deck 6 Aft
7am - 9pm

THE CASINO

Deck 4
Slots: 7pm - Closing
Tables: 7pm - Closing

RECEPTION & PURSER'S OFFICE

Deck 5, Atrium
Open 24-hours a day

EXECUTIVE CONCIERGE

Deck 5, Atrium
8am - 12noon
4pm - 8pm

CRUISE CONSULTANT

Deck 5, Atrium
8am - 11am
4pm - 8pm
Afternoon hours are by appointment. Appointments may be made at any time at Reception or by dialing 0.

DESTINATION SERVICES

Deck 5, Atrium
6:45am - 11am
5pm - 9pm
The booking deadline for tours in Funchal, Portugal closes at 8pm.

BUSINESS CENTER

Deck 5
Business Center
Manager Hours:
7:30am - 10:30am
4pm - 7pm
Don't forget to log out. Type logout.com in your web browser address bar to discontinue billing. The Business Center is open 24 hours a day.

MEDICAL CENTER

Deck 3 Port, Fwd
Consultation Hours:
8am - 9:30am
6pm - 7:30pm
For emergency appointments dial 0.

POOL & JACUZZI

Deck 11
7:30am - 9pm
Weather Permitting

SELF SERVICE LAUNDRETTES

Decks 6 Aft, 7 Aft,
8 Aft, 9 Fwd & Aft,
12 Fwd
7am - 10pm

SPORTS DECK

Deck 12
Shuffleboard, Golf Putting
Course & Paddle Tennis
8am - 6pm
Weather Permitting

DINING RESERVATIONS

Deck 5, Atrium
8am - 6pm
For reservations at
Prime 7, Chartreuse
& Pacific Rim.

DINING OPTIONS

BREAKFAST

ROOM SERVICE	6:30am - 9:30am
FITNESS BREAKFAST(11)	6:30am - 9:30am
COFFEE CONNECTION (5)	6:30am - 11am
LA VERANDA (11)	7am - 10am
COMPASS ROSE (4)	8am - 9:30am

LUNCH

POOL GRILL (11)	11am - 4pm
LA VERANDA (11)	12noon - 2pm
CHARTREUSE (10)	Closed
PRIME 7 (10)	12noon - 1:30pm

AFTERNOON TEA

MERIDIAN LOUNGE (5)	4pm - 5pm
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DINNER

COMPASS ROSE (4)	6:30pm - 9:30pm
SETTE MARI AT LA VERANDA (11)	6:30pm - 9pm
CHARTREUSE <i>by reservation</i> (10)	6:30pm - 9pm
PRIME 7 (10) <i>by reservation</i>	6:30pm - 9pm
PACIFIC RIM <i>by reservation</i> (5)	6:30pm - 9pm



BAR HOURS

POOL BAR (11) <i>weather permitting</i>	10am - 10pm
OBSERVATION LOUNGE (11)	4pm - Midnight
CONNOISSEUR CLUB (11)	12noon - Midnight
MERIDIAN LOUNGE (5)	6pm - 11pm
COFFEE CONNECTION (5)	6am - 6pm
CONSTELLATION THEATER (4/5)	9pm - 10:30pm
SPLENDOR LOUNGE (4)	5pm - Late



TELEPHONE NUMBERS

EMERGENCY	9999
BOUTIQUES (4)	3113
BUSINESS CENTER (5)	3169
CASINO (4)	4020
CRUISE CONSULTANT (5)	2480
DESTINATION SERVICES (5)	2222
MEDICAL CENTER (3)	4310
<i>For emergency appointments, dial 0</i>	
DINING RESERVATIONS (5)	3167
SERENE SPA & WELLNESS (5)	4500