

OPTIONAL SHORE EXCURSIONS

SAN JUAN, PUERTO RICO NAVIGATOR® MARCH 16, 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 Regent's 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. Regent Seven Seas 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. Call Cruise Connections 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.

SHORE EXCURSIONS

RAINFOREST VISIT

HIGHLIGHTS

- Prepare to experience El Yunque rainforest by browsing exhibits in the welcome center.
- Drive to vantage points where you will see a waterfall and the sprawling rainforest.
- Meander down a nature trail in a forest with different characteristics.
- Watch for colorful tropical birds, many of them endemic to Puerto Rico.

DESCRIPTION

Discover the abundant flora and fauna in a sprawling national forest by browsing interactive exhibits before experiencing the nature firsthand on a leisurely walk through the wilderness. El Yunque National Forest is the only rainforest in the U.S. National Forest System, and it is spectacular. Upon arriving, you will explore the welcome center, which is constructed of natural materials that beautifully blend into the landscape. Here you will see exhibits and an enlightening video describing the environment. Continuing on, you will head into the rainforest and pause for photos at La Coca Falls before climbing a nearly 7-story lookout tower that offers expansive views of the lush foliage, mountain peaks and distant ocean. A short but eye-opening hike through Palo Colorado Forest follows. It is one of four different types of forests within El Yunque, so the foliage will be quite different than what you have seen previously.

HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Bring raingear and umbrellas as it often rains in the forest.
- Wear flat comfortable walking shoes with closed toes.

DISCLAIMER:

This tour involves moderate walking on bumpy and uneven surfaces. Participants should be in good physical condition. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Many areas of the Rainforest are currently closed to access, due to road closures and reconstruction. In most cases, the areas we will be stopping at are the only ones open at this time, and are subject to change with no prior notice by the US National Forest System. They also reserve the right to limit access to any area and the Rainforest itself if there are too many visitors at one time; in this case we will do our best to offer alternatives, but please note that this is outside of our control.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
4.25 HOURS	SJU-003 FREE	N/A	ᢢ	N/A

SAN JUAN CITY & ART MUSEUM

HIGHLIGHTS

- Behold some of Puerto Rico's most esteemed works of art.
- Delve into the history of San Juan through its most revealing architecture.
- See historical San José Church, where Ponce de León was once buried.
- Browse the charming boutiques and fine art galleries in Old San Juan.

DESCRIPTION

Admire the art and architecture of San Juan, which will offer great insight into the city and culture of Puerto Rico. The San Juan Art Museum makes for an excellent starting point, as it displays a huge collection that ranges from colonial to modern art. There is also a serene garden with more than a dozen sculptures by Puerto Rican artists. For a deeper historical perspective, you will then explore Old San Juan, where you will visit Fort San Cristobal before continuing on to landmarks such as El Morro and San José Church, the second-oldest church in the Americas. Ponce de León donated the land for the church when he was governor of Puerto Rico. You will also enjoy free time to browse the shops, boutiques and art galleries around Plaza Colon, the square at the entrance of the oldest district. Following your visit to Old San Juan, you may opt to re-board the coach and return to the ship, or stay a little longer and return to the ship at your own expense.

HELPFUL HINTS

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

DISCLAIMER:

The museum is constantly changing its exhibits, which may cause some sections to be inaccessible. The walking portion of the tour in Old San Juan involves travel over some uneven pavement and steep inclines, especially within the fortress. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair.

APPROX. DURATION: TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
4.0 SJU-004 HOURS FREE	N/A	炔	N/A

EL YUNQUE RAINFOREST WITH LONG HIKE

HIGHLIGHTS

- Grasp the enormity of El Yunque through eye-opening exhibits at its welcome center.
- Follow a lengthy winding trail through the serene rainforest.
- Swim in the pool at La Mina waterfall or relax along the shore.
- Look for tropical birds, including the rare Puerto Rican Parrot.

DESCRIPTION

Enjoy the natural beauty and serenity of El Yunque by hiking through the only tropical rainforest in the U.S. National Forest System. To better understand the enormity of the forest and its natural highlights, you will first explore the welcome center and watch an introductory film on El Yunque. Then after taking in the spectacular scenery from atop the Yokahu Lookout Tower, you will begin hiking down the Big Tree Trail. El Yunque averages 16 feet of rain each year, leaving the tropical landscape perpetually lush and green. The rain feeds countless streams that create spectacular waterfalls such as La Mina, which you will find at the end of the trail. You will be welcome to swim in the refreshing pool at the bottom of the cascade or simply relax in the serene setting. If you spot bright-red flowers, they will likely be Flor de Magas, the national flower of Puerto Rico. At the conclusion of your tour, you will be served a complimentary beverage and snack before re-boarding your coach for the return drive to the pier.

HELPFUL HINTS

- Dress in weather-appropriate clothing and bring raingear.
- Wear a swimsuit under your clothing and bring a towel.
- Wear flat comfortable walking shoes with closed toes.

DISCLAIMER:

This tour involves extensive walking, with many steps to negotiate. Guests should be active and in good physical condition. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests wishing to swim should wear a swimsuit under their clothing, and bring a towel from the ship.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
5.0 HOURS	SJU-006 FREE	N/A	***	N/A
HOURS	FREE			

SAN JUAN & BACARDI RUM DISTILLERY

HIGHLIGHTS

- Tour the visitor pavilion at the Bacardí rum distillery in an open-air tram.
- Discover the history of the distillery and then enjoy a classic rum drink.
- Explore Old San Juan, starting at San Cristobal fort, which took 156 years to build.
- See the towering statue of Christopher Columbus while shopping around Plaza Colon.

DESCRIPTION

Visit the famed Bacardí rum distillery and then enjoy a sweeping tour of Old San Juan, a city that Ponce de León founded in 1521. Upon arriving in the bat wing-shaped Bacardí visitor pavilion, you will hop aboard an open-air tram for an enlightening tour. You can expect to see exhibits detailing the history of Bacardí and the rum-making process and visit a gallery displaying historical documents, family portraits and vintage rum bottles. Afterwards, you will enjoy a complimentary rum drink and have time to purchase premium Bacardí rum. Continuing on to Old San Juan, you will first explore San Cristobal fort, which was built to protect the city from land attacks, unlike the more famous El Morro, which guarded against invasions by sea. Be sure to visit the Devil's Sentry Box, where according to legend soldiers mysteriously disappeared. Free time for shopping in marble-paved Plaza Colon follows. Following your visit to Old San Juan, you may opt to re-board the coach and return to the ship, or stay a little longer and return to the ship at your own expense.

HELPFUL HINTS

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

DISCLAIMER:

The tour of the Bacardi facility doesn't include the distillery or production area. Walking in Old San Juan will be over some uneven pavement and steep inclines, especially in the fortress. This tour is not recommended for guests with limited mobility or guests who utilize a wheelchair. Guests must be at least 21 years of age to consume alcohol. The tour duration depends on traffic conditions and the number of people touring the distillery.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
5.0 HOURS	SJU-007 FREE	N/A	* *	N/A

SAN JUAN CITY TOUR

HIGHLIGHTS

- See the modern side of San Juan and the historical area that was founded in 1521.
- Wander through San Cristobal, the largest Spanish-built fort in the New World.
- Admire four centuries of different architectural styles in compact Old San Juan.
- Remain in Old San Juan to shop at the end of the excursion, if you wish.

DESCRIPTION

Explore the most historical and newest areas of San Juan, a vibrant city that has been Puerto Rico's capital since being founded in 1521. The Condado District reflects contemporary life, as luxury high-rises and resorts dominate it. Old San Juan is more atmospheric and its Gothic, Renaissance and Baroque architecture represents four centuries of development. One of the highlights will be exploring San Cristobal fort, which was built to protect the city from land attacks, unlike the more famous El Morro, which guarded against invasions by sea. Although not quite 100 years old, the Capitol building is noteworthy for its Neoclassical Revival design and the symbolism of its entryway pillars. If you are interested in shopping, the area around Plaza Colón will be especially appealing, as boutiques and galleries are abundant. As an option, you can remain there at the end of the excursion and return on your own later.

HELPFUL HINTS

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

DISCLAIMER:

Due to walking required at the fort, the activity level is substantial. The fort is not wheelchair accessible, and there are steep ramps throughout. Some stops are unguided, allowing guests to browse on their own. Traffic in San Juan can be congested and alternate routes will be used when possible.

APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
2.5 HOURS	SJU-012 FREE	N/A	扶扶	N/A

CULINARY WALKING TOUR

HIGHLIGHTS

- Sample a variety of Puerto Rican dishes and beverages that reflect the local cuisine.
- Learn about the Spanish, African, Taíno and American influences on the cuisine.
- See some of Old San Juan's architectural treasures while walking between venues.

DESCRIPTION

Walk through the enchanting streets of Old San Juan and stop at several traditional venues to sample tasty snacks and refreshing beverages that will be representative of Puerto Rico's complex cuisine. The exact locales will be chosen the day of the excursion based on the menus, daily specials and conversations with the chefs and proprietors to see what's freshest and sounds most appetizing. Regardless, you can expect to sample locally sourced fish and meat dishes, freshly made desserts and artisanal coffee. Puerto Rican cuisine reflects Spanish, African, Taíno and American influences, a style that the locals call cocina criolla or Créole cooking. Between stops, you will see city landmarks such as the second-oldest cathedral in the Americas, the oldest governor's mansion in the Western Hemisphere and a World Heritage site fortification. To enhance your understanding of the attractions and the cuisine, the guide will offer commentary throughout.

HELPFUL HINTS

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

DISCLAIMER:

This tour includes a moderate amount of walking mainly at the guest's discretion. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina

APPROX. DURATION: 3.25
HOURS

TOUR CODE: SJU-014 CA\$156.00

TOUR TYPE **N/A**

ACTIVITY LEVEL

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OPTIONS

GENERAL INFORMATION

WHATS IS INCLUDE?

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, Regent 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 their 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 arrange 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

Not withstanding 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.