



SEVEN SEAS CRUISES®

(Prices in USD Per Person)

FREE & OPTIONAL SHORE EXCURSIONS

COPENHAGEN, DENMARK to REYKJAVIK, ICELAND

SS VOYAGER July 28, 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.

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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.

NWH-001 CITY OF EDINBURGH & CASTLE**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$159.00****Date: July 30, 2023 08:30 AM**

Survey Edinburgh's most famous landmarks by panoramic coach and tour the castle that has crowned Castle Rock for a millennium. It's said that ancient British tribes clustered their wooden huts on this same rocky outcrop, believing the windy heights brought greater security. Today, Edinburgh Castle is still secure enough to safeguard the Scottish Crown Jewels you will see on dazzling display during your inside visit. Entering through the main gate as warriors Robert the Bruce and William Wallace gaze down on you forebodingly, you'll pass from modern times to medieval – and soon find yourself immersed in a place of profound history. Just one example is seeing the Royal bedchamber where Mary, Queen of Scots gave birth to James VI – the King who united the thrones of Scotland and England in 1603. Returning to the present day, you'll travel by coach through Old Town, descending along the ridge known as the Royal Mile. This fabled route takes you along Castle Hill, Lawnmarket, High Street and Canongate, passing lofty St. Giles Cathedral, picturesque tenement houses and their tiny side "wynds," and the Palace of Holyrood House, official Scottish residence of the Queen.

- Take in fine views of Edinburgh's most prepossessing landmarks, making your way around the city by panoramic coach.
- Travel the length of the Royal Mile and past the formal gardens and Georgian elegance of Princes Street.
- Ascend the Esplanade on foot to enter 1000-year-old Edinburgh Castle and tour the treasures and history within.
- Admire the Scottish Crown Jewels and visit the Royal Apartment where a legendary king was born.
- Wear 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 1 hour of walking at Edinburgh Castle, at times over uneven and cobblestone surfaces and with a significant number of steps to negotiate. The tour is not suitable for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. Due to traffic regulations, a drive past St. Giles Cathedral cannot be guaranteed. The order of sites visited may vary.

NWH-001SG CITY OF EDINBURGH & CASTLE - SMALL GROUP**Duration: 4.00 Hrs** **Tour Price: \$149.00****Retail Price: \$299.00****Date: July 30, 2023 08:30 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. Survey Edinburgh's most famous landmarks by panoramic coach and tour the castle that has crowned Castle Rock for a millennium. It's said that ancient British tribes clustered their wooden huts on this same rocky outcrop, believing the windy heights brought greater security. Today, Edinburgh Castle is still secure enough to safeguard the Scottish Crown Jewels you will see on dazzling display during your inside visit. Entering through the main gate as warriors Robert the Bruce and William Wallace gaze down on you forebodingly, you'll pass from modern times to medieval – and soon find yourself immersed in a place of profound history. Just one example is seeing the Royal bedchamber where Mary, Queen of Scots gave birth to James VI – the King who united the thrones of Scotland and England in 1603. Returning to the present day, you'll travel by coach through Old Town, descending along the ridge known as the Royal Mile. This fabled route takes you along Castle Hill, Lawnmarket, High Street and Canongate, passing lofty St. Giles Cathedral, picturesque tenement houses and their tiny side "wynds," and the Palace of Holyrood House, official Scottish residence of the Queen.

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- Admire the Scottish Crown Jewels and visit the Royal Apartment where a legendary king was born.
- Wear 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 1 hour of walking at Edinburgh Castle, at times over uneven and cobblestone surfaces and with a significant number of steps to negotiate. The tour is not suitable for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. Due to traffic regulations, a drive past St. Giles Cathedral cannot be guaranteed. The order of sites visited may vary.

NWH-011 FROM FIELD TO PLATE - A TRUE SCOTTISH CULINARY EXP**Duration: 8.00 Hrs** **Tour Price: \$259.00****Retail Price: \$479.00****Date: July 30, 2023 09:00 AM**

Is organic produce healthier and tastier? You will have a more informed opinion about its benefits after picking organic produce at a farm and then cooking your own lunch with the ingredients. All the while, a local Scottish chef and cookbook author will offer guidance and recommendations. He will start by showing you how to select the best ingredients at the organic farm, based on their appearance and texture. The county of Fife is a microcosm of the country's agricultural offerings, so there will be plenty to learn about organic ingredients. After the chef demonstrates his culinary techniques at nearby Falkland Estate, you will roll up your sleeves and join in the cooking. By using the organic ingredients from the farm and following the chef's expert guidance, you will create a delectable lunch of classic Scottish cuisine. The protein in the meal will have been sourced locally and may include fresh seafood such as cockles, pilchards or prawns.

- Pick a variety of fresh produce at an organic farm to be used later in your lunch.
- Watch a cooking demonstration by a leading Scottish chef.
- Participate in a hands-on cooking class and then dine on your delectable concoctions.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 4 hours of moderate walking/standing; there will be some inclines and uneven surfaces to negotiate and a few steps. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Food allergies and/or dietary concerns must be notified in advance, and this tour is not suitable for Vegans. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

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NWH-GL2 UNDISCOVERED EDINBURGH**(Prices in USD Per Person)****Duration: 4.00 Hrs** **Tour Price: \$79.00****Retail Price: \$229.00****GL****Date: July 30, 2023 09:00 AM**

Explore parts of Edinburgh that are often overlooked but shouldn't be, as these revitalized areas have become thriving destinations. For instance, Dean Village was once a separate section of town where many mill workers lived, and it still seems vastly different from busier Edinburgh. Highlights include a 19th-century residential building for the mill workers known as Well Court and Dean Bridge, which spans the Water of Leith. You will next explore Stockbridge, a village on the north edge of Edinburgh that is wonderfully bohemian and artsy. Landmarks include the Roman temple-inspired St. Bernard's Well, whose waters supposedly have medicinal qualities, and Stockbridge Colonies, a cluster of 19th-century stone homes that is really a village within a village. Then there is Leith, a port for more than 1,000 years. You might see what was once the largest swing bridge in the United Kingdom, a 17th-century signal tower that was originally a windmill and the statue of Roberts Burns.

- Discover fascinating sections of Edinburgh known mostly to locals.
- Peruse Dean Village, a historical area of Edinburgh where grains were milled for 800 years.
- Explore the bohemian, artsy village of Stockbridge.
- See highlights such as a 17th-century signal tower that was originally a windmill in Leith.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about 2½ hours of walking and standing with some inclines and cobblestone surfaces to negotiate, plus any additional walking at the guests' discretion during free time. This tour 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.

NWH-004 ST. ANDREW'S - HOME OF GOLF**Duration: 6.00 Hrs** **Tour Price: \$0.00****Retail Price: \$149.00****Date: July 30, 2023 09:15 AM**

Enthusiasts won't want to miss this pilgrimage to St. Andrews and the legendary links known simply as the Old Course. Enjoy a picturesque one-hour drive from the pier into the North Sea coastal county of Fife, branching off the main road onto country byways with fine pastoral views as you get ever closer to St. Andrews. On arrival, you'll make a brief stop at the atmospheric ruins of St. Andrews Cathedral, its great east window and surviving 12th-century foundations presenting one of Scotland's most photographed scenes. Your tour continues with a panoramic drive through this bustling market town, before arriving at its most enduring claim to fame: The Royal and Ancient Golf Club of St. Andrews. Founded 1754, The Club is the headquarters of world golf and holds supreme sway in all golfing matters. After your exterior view of the Club, you'll have time for a guided short stroll around areas of the Old Course, or to browse in one of the many small specialist shops selling golfing memorabilia and togs here. Or to simply breathe in the sea air as you ponder the drama these noble fairways and greens have seen.

- Enjoy a scenic hour's drive across Fife's rolling hills en route to the market town of St. Andrews.
- Stop for photos at the impressive ruins of St. Andrews Cathedral, once largest and greatest in the land.
- Gaze on the storied exterior of The Royal and Ancient Golf Club, where the Game began.
- Take a guided short stroll around part of the Old Course, the most venerable links in the world.
- If you wish, indulge in some St. Andrews memorabilia or classic clothing at the specialty shops.
- Wear 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 can include up to 1.5 hours of walking, the amount depending on guests' discretion. 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 stamina before participating. The order of sites visited may vary.

NWH-004SG ST. ANDREW'S - HOME OF GOLF - SMALL GROUP**Duration: 6.00 Hrs** **Tour Price: \$79.00****Retail Price: \$229.00****Date: July 30, 2023 09:15 AM**

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- Wear 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 can include up to 1.5 hours of walking, the amount depending on guests' discretion. 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 stamina before participating. The order of sites visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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NWH-005 SCONE PALACE, CROWNING PLACE OF SCOTTISH KINGS**(Prices in USD Per Person)****Duration: 4.50 Hrs****Tour Price: \$0.00****Retail Price: \$159.00****Date: July 30, 2023 09:45 AM**

Travel deep into the Scottish heartland, and the country's history, to visit a great Gothic palace where kings have been crowned since time immemorial. Scone Palace is where Macbeth, King of Scots bled to death, and where Robert the Bruce was crowned King in 1306 after slaying William Wallace. The legendary Stone of Scone, aka the Stone of Destiny, was part of the coronation seat here until late in the 13th century – when it was seized by King Edward I and used in England's coronations for the next 500 years. Against this rich historical backdrop, your Scone Palace tour becomes even more momentous as you visit the ceremonial dining room laden with precious ivories, the drawing room with walls clad in silk, the library overlooking parkland pastures and the River Tay, and the Ambassador's room where an 18th-century royal bed sports three magnificent coats of arms of King George III. Then there are the Inner Hall's beautiful carved oak fireplaces and the Royal Gallery, its 142-foot length of Scottish oak walked by many a king. Before leaving, you'll also have some time to explore the palace grounds landscaped with formal gardens and lawns where splendid peacocks wander free.

- Travel deep into the Scottish landscape by coach, with the River Tay and Grampian Mountains for scenery.
- Tour Scone Palace, steeped in legend and the setting for king-making ceremonies for over 1,000 years.
- Learn the story of the Stone of Scone, used as the coronation seat here for centuries until England nabbed it in 1296.
- Walk through the palace's interior rooms, laden with history and decorated in regal medieval style.
- Explore the palace grounds, where commanding river prospects beckon and peacocks roam.
- Wear 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 one hour of walking. 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 stamina before participating. The order of sites visited may vary.

NWH-007 BRAVEHEART COUNTRY & STIRLING CASTLE**Duration: 5.50 Hrs****Tour Price: \$0.00****Retail Price: \$149.00****Date: July 30, 2023 10:15 AM**

Visit two essential landmarks from Scotland's valiant and at times blood-soaked history. This is, after all, a land of mighty fortresses on rocky heights, and great halls within towering strongholds where great men discussed affairs of state against backdrops of regal splendor. Foremost among these landmarks is one that pays homage to Robert the Bruce's hard-fought battles to drive the English from Scotland and be recognized as rightful king inside his own country. His campaign reached its climax at the 1314 battle at Bannockburn – your first stop on this fascinating tour. Here at the Heritage Center you'll encounter an informative 'Kingdom of the Scots' exhibition and a multimedia presentation of the Battle of Bannockburn presented amidst a colorful atmosphere of heraldic banners. Barely four miles away, rising abruptly from the flat plains is a fortress-crowned rock with the grey town of Stirling clinging to its sides. Stirling Castle has appropriately been called the key to Scotland, bitterly fought over and staunchly defended over many centuries. Your self-guided tour will acquaint you with this classic castle's central turreted gatehouse, flanking towers and curtain wall – as well as the Great Hall, Renaissance-era Palace and Chapel Royal within.

- Delve into the heart of Braveheart Country and visit the site of the pivotal 1314 Battle of Bannockburn.
- Tour the Heritage Center where Scottish history from Robert the Bruce to the Union of the Crowns of Scotland and England in 1603 is depicted via exhibits and multimedia.
- Travel through the grey hill-clinging village of Stirling to visit the Castle at its top – so strategic to whoever rules Scotland, it's been called the key to the country.
- Enjoy a self-directed exploration of this medieval bastion, from its turreted gatehouse to its interior Palace and Chapel Royal.
- Capture outstanding views of the Highlands scenery from atop the Castle's battlements.
- Wear 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 1.5 hours of walking and is not considered suitable for wheelchair guests. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The order of sites visited may vary.

NWH-010 THE TROSSACHS PANORAMA**Duration: 5.50 Hrs****Tour Price: \$0.00****Retail Price: \$129.00****Date: July 30, 2023 10:30 AM**

Join us on a coach excursion that passes key landmarks from Scotland's tumultuous past and travels through peaceful glens that rival the Highlands for natural beauty. In Scottish history, there's no more famous hero than William Wallace – more commonly known as Braveheart. On a drive west from the pier, skirting the Firth of Forth and the winding River Forth, you'll come upon an elaborately sculpted stone tower built in Wallace's honor at the height of the Victorian era. The National Wallace Monument sits atop Abbey Craig, where Braveheart rallied the Scots to a great victory in 1297. Nearby you'll see Stirling Castle, another huge symbol of national pride. For centuries, possession of this strategic fortress has been considered the key to ruling Scotland. Always bitterly fought over and staunchly defended, it overlooks the fields of Bannockburn, where Robert the Bruce prevailed against the English in a decisive battle for independence in 1314. Soon, the scenery grows more tranquil as the drive enters the Trossachs, a wonderland of wooded glens and sparkling lochs – once home to yet another Scottish folk hero, Rob Roy MacGregor. Some free time in Aberfoyle affords you an authentic taste of local village life.

- Travel into the landscape of Scotland's battle-laced history, where William Wallace and Robert the Bruce fought key battles 700 years ago.
- Gaze up at the ornate National Wallace Monument and across the revered fields of Bannockburn.
- See formidable Stirling Castle, where numerous Scottish monarchs have been born, crowned and mourned.
- Shift gears to pastoral mode on a drive through the peaceful wooded wonderland of the Trossachs.
- Experience Rob Roy country and get a taste of Scottish village life during free time in Aberfoyle.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is primarily panoramic with limited, mostly optional walking at 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 have an able-bodied companion to assist them.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

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NWH-GL1 THE TWO OF SCOTLANDS BEST IN EDINBURGH

(Prices in USD Per Person)

Duration: 2.75 Hrs Tour Price: \$129.00

Retail Price: \$279.00



GL

Date: July 30, 2023 11:30 AM

Experience the joys of two iconic Scottish activities: drinking a wee dram of whisky and playing the bagpipes. The whiskies will be served at cask strength, meaning that the drams will not have been subjected to chill filtration or any other interference that would alter their tastes. The tasting will reveal the remarkable variety within the distillation processes and present the complexities that different oak casks and aging times impart. A member of the Scotch Malt Whisky Society will describe each whisky's characteristics. Your immersion into the world of bagpipes will be just as enlightening. Louise Marshall, one of Scotland's most renowned pipers, will lead your workshop. She has played for Queen Elizabeth II and Pope Benedict XVI, and her instruction will be based on years of experience. Marshall will teach you basic chanter techniques, show you how bagpipes work and describe the instrument's history. If you wish to look the part, Scottish attire will be available.

- Gain insight into the remarkable variety of Scot whiskies through a sampling.
- Listen to a member of the Scotch Malt Whisky Society describe the various whiskies.
- Participate in a hands-on bagpipe workshop led by an authority on this iconic instrument.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of walking and standing with some inclines and cobblestone surfaces to negotiate, plus any additional walking at the guests' discretion during free time. The tour is available to wheelchair guests who have a collapsible wheelchair, and are able to make their own way on and off the vehicle and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Children under the age of 18 will be offered light refreshments instead of whisky, but will not be allowed to enter the Members Room, where drinks can be purchased. This tour must be purchased at least 3 days prior to the operating date. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

NWH-002 ROYAL MILE WALKING TOUR

Duration: 4.25 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: July 30, 2023 01:00 PM

Walk Edinburgh's glorious Royal Mile, the medieval thoroughfare that stretches from Edinburgh Castle to the Palace of Holyroodhouse. The walk will commence at the castle's esplanade in the shadow of the imposing fortress, the city's oldest building. While descending the Royal Mile, you will pass a litany of historical buildings such as Gladstone's Land, the former townhouse of a wealthy merchant that has been restored to its 17th-century splendor. You will also see Lady Stair's House, a literary museum dedicated to the works of Sir Walter Scott and Robert Louis Stevenson, both of whom were born in Edinburgh. Upon reaching the end of the street, you will enjoy free time, during which you might explore Holyroodhouse, the British monarch's official residence in Scotland. In the 18th century, famed novelist Daniel Defoe hailed the Royal Mile as "the largest, longest and finest street in the world." It remains extraordinary even today.

- Stroll the Royal Mile, the thoroughfare that links Edinburgh Castle and Holyroodhouse.
- Pass one historical building after another for an idea of city life through the centuries.
- Spend free time around Holyroodhouse, where you might tour the royal residence or shop.
- Wear 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 nearly 3 hours of walking, at times over uneven and cobblestone surfaces; it is not available to wheelchair guests and is not considered suitable for those with mobility concerns. The order of sites visited may vary. The tour does not include entrance to the Palace of Holyroodhouse. There are cobble stones and uneven hilly terrain. Not suitable for people with walking difficulties.

NWH-009 LEISURELY EDINBURGH

Duration: 3.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: July 30, 2023 01:00 PM

Enjoy a relaxing narrated spin through Edinburgh, capturing the capital's ancient essence through its most iconic landmarks. One thing to keep in mind: in this Gothic cityscape, Old Town is truly medieval and even New Town hails from the 18th century. Brooding moodily above it all, stacked on a granite outcrop that no enemy could easily scale, Edinburgh Castle anchors the Royal Mile, a famous ridge-top stretch that runs down through several very scenic streets to end at Holyrood Palace, the Queen's official residence when in Scotland. Touring the streets of Old Town is a phenomenally atmospheric experience – you are transported back to what life here looked like centuries ago, when residents of all social classes shared the same "tenement buildings" crowded along the narrow ridge. Be ready for a startling contrast when you cross over by bridge to stately Prince Street, lined with handsome gardens on one side and "modern" Georgian architecture on the other. Holyrood's royal parklands remain the city's foremost green oasis, with serene ponds and plentiful waterfowl. A stop at the park's highest point, Arthur's Seat, provides a fabulous photo opp, with views that overlook all of Edinburgh and far beyond.

- Travel by comfortable coach on a rolling survey of the one-of-a-kind cityscape that is Edinburgh.
- See signature cathedrals, medieval buildings, tiny alleyways and other landmarks along the Royal Mile, spanning between Edinburgh Castle and Holyrood Palace.
- Cross over what was once a boggy ravine to New Town, its rectangular blocks lined with handsome Georgian architecture.
- Drive through tranquil Holyrood Park – once Mary, Queen of Scots' hunting grounds – and up to epic city views from Arthur's Seat, sitting on an extinct volcano.
- Wear weather-appropriate clothing; include a rain jacket or umbrella.
- Flat, comfortable shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is panoramic in nature with optional limited walking at the photo stop. 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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❖ KIRKWALL (ORKNEY ISLANDS), SCOTLAND

(Prices in USD Per Person)

KOI-006 SOUTH ISLAND PANORAMIC

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: July 31, 2023 08:30 AM, 01:30 PM

Experience the beauty of a drive through Orkney's southern islands, stopping at sites with wartime history and a village where the shopping is peaceful. You'll depart Kirkwall to the south, hugging the coast along Scapa Flow as you learn why action seen here during World Wars I and II make this one of the world's best-known stretches of water. Heading across the Churchill Barriers, a series of four rock causeways that link Orkney's main island to smaller south islands previously only reachable by ferry, you'll first arrive at Lamb Holm. While uninhabited, this tiny islet is home to the Italian Chapel – converted from a raw corrugated metal hut into a place of hand-painted beauty by Italian prisoners during World War II. You'll be touched by your visit here, as are the "Camp 60" ex-prisoners and their descendants who still come to visit. Further south is the island of South Ronaldsay and its pretty village of St. Margaret's Hope. Stopping here for a while, you'll learn more about the people behind that name and have some time to meander streets lined with handsome stone cottages or perhaps do a little impromptu shopping at the excellent craft workshop.

- Head south hugging the coast of Scapa Flow, whose waters have famous tales to tell.
- Cross to the southern islands via the Churchill Barriers, causeways built to block enemy access to the Scapa Flow.
- Visit a beautiful Italian Chapel built on an uninhabited islet by Italian prisoners during WWII.
- Spend awhile wandering or craft shopping in the charming stone village of St. Margaret's Hope.
- Wear weather-appropriate clothing; bring a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is primarily panoramic in nature with limited optional walking at 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 have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

KOI-004 NORTH ORKNEY EXPLORATION

Duration: 3.75 Hrs Tour Price: \$0.00

Retail Price: \$139.00



Date: July 31, 2023 09:00 AM

Travel across Orkney's largest Island on an exploratory journey that uncovers landmarks made by ancient man and wild nature – and comes with tea. Your panoramic drive takes you along Mainland island's west coast, passing through gently rolling countryside with the Northern Isles dotting the horizon in the distance. Passing dramatic Eynnhallow Sound, a stretch of water where the Atlantic meets the North Sea, you'll pause for spectacular vistas and photo ops as the flat-topped tidal island known as the Brough of Birsay comes into view. A visit to a local tearoom for refreshments will help you calm down a bit from that thrill before heading into the Heart of Neolithic Orkney – a UNESCO World Heritage site recognized for some ancient archaeological thrills of its own. Your visit to one of the them, the Standing Stones of Stenness, will leave you wondering who raised these tall Neolithic slabs 5,000 years ago, and how they did it. The return drive to Kirkwall traces the north shore of Scapa Flow; your guide will share stories of the ancient Vikings and 20th-century Germans who have made this one of the world's best-known stretches of water.

- Drive through rolling Mainland island scenery to catch breathtaking photo ops at Brough of Birsay.
- Travel into the Heart of Neolithic Orkney, a UNESCO-listed region rich with archeological treasures.
- Visit the 5,000-year-old Standing Stones of Stenness and imagine how they came to be.
- Drive along the coast of Scapa Flow, whose calm waters have tumultuous tales to tell.
- Enjoy a refreshing, mid-excursion tearoom break.
- Wear warm, weather-appropriate clothing; bring a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a moderate amount of walking, with some soft and uneven ground involved at the Standing Stones of Stenness. While the tour is available to guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have a companion to assist them, some guests may wish to stay aboard the coach at that stop. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites viewed or visited may vary.

KOI-004SG NORTH ORKNEY EXPLORATION - SMALL GROUP

Duration: 3.75 Hrs Tour Price: \$79.00

Retail Price: \$229.00



Date: July 31, 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. Travel across Orkney's largest Island on an exploratory journey that uncovers landmarks made by ancient man and wild nature – and comes with tea. Your panoramic drive takes you along Mainland island's west coast, passing through gently rolling countryside with the Northern Isles dotting the horizon in the distance. Passing dramatic Eynnhallow Sound, a stretch of water where the Atlantic meets the North Sea, you'll pause for spectacular vistas and photo ops as the flat-topped tidal island known as the Brough of Birsay comes into view. A visit to a local tearoom for refreshments will help you calm down a bit from that thrill before heading into the Heart of Neolithic Orkney – a UNESCO World Heritage site recognized for some ancient archaeological thrills of its own. Your visit to one of the them, the Standing Stones of Stenness, will leave you wondering who raised these tall Neolithic slabs 5,000 years ago, and how they did it. The return drive to Kirkwall traces the north shore of Scapa Flow; your guide will share stories of the ancient Vikings and 20th-century Germans who have made this one of the world's best-known stretches of water.

- Drive through rolling Mainland island scenery to catch breathtaking photo ops at Brough of Birsay.
- Travel into the Heart of Neolithic Orkney, a UNESCO-listed region rich with archeological treasures.
- Visit the 5,000-year-old Standing Stones of Stenness and imagine how they came to be.
- Drive along the coast of Scapa Flow, whose calm waters have tumultuous tales to tell.
- Enjoy a refreshing, mid-excursion tearoom break.
- Wear warm, weather-appropriate clothing; bring a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a moderate amount of walking, with some soft and uneven ground involved at the Standing Stones of Stenness. While the tour is available to guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have a companion to assist them, some guests may wish to stay aboard the coach at that stop. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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KOI-001 ORKNEY'S ARCHAEOLOGICAL WONDERS

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



(Prices in USD Per Person)



Date: July 31, 2023 09:30 AM, 12:00 PM

Venture into the historical heartland of Orkney to visit pre-historic landmarks and the intriguing Scapa Flow. You'll head from Kirkwall across Mainland island, passing through a gently rolling landscape and into the UNESCO-designated Heart of Neolithic Orkney – a World Heritage site recognized for its ancient archaeological wealth. The drive brings you past the Standing Stones of Stenness, four tall Neolithic slabs with sharply angled tops; if time permits, the coach will stop here for a closer view. Not far away, the Ring of Brodgar awaits – you'll spend awhile admiring this huge ceremonial circle of standing stones somehow raised in place 5,000 years ago. You'll also visit Skara Brae, a village of clustered dwellings dating to about that same era. Buried for millennia, they were only revealed from under the sand dunes by a chance storm in 1850. Nearby is Skail House, a 1620 manor built on top of an ancient Pre-Norse burial ground. Following the coast of Scapa Flow, one of the world's best-known stretches of sheltered water, you'll encounter some far more modern history; this is where the German naval fleet scuttled itself soon at World War I's end. WWII saw calamitous action here, too.

- Travel into the region known as the Heart of Neolithic Orkney, a UNESCO World Heritage site.
- See 5,000-year-old landmarks including the Standing Stones of Stenness, the Ring of Brodgar, and the Neolithic village of Skara Brae.
- Drive along the coast of Scapa Flow, whose waters once sheltered Viking ships yet have more chilling modern tales to tell.
- Wear warm, weather-appropriate clothing; bring a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a moderate amount of walking with some steps and stairs, rough ground and narrow paths. The sites included are only partially wheelchair accessible; however, 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 to evaluate their personal level of ability before participating. No filming or photography is permitted inside Skail House. The order of sites viewed or visited may vary.

KOI-001SG ORKNEY'S ARCHAEOLOGICAL WONDERS - SMALL GROU

Duration: 4.00 Hrs Tour Price: \$79.00

Retail Price: \$229.00



Date: July 31, 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. Venture into the historical heartland of Orkney to visit pre-historic landmarks and the intriguing Scapa Flow. You'll head from Kirkwall across Mainland island, passing through a gently rolling landscape and into the UNESCO-designated Heart of Neolithic Orkney – a World Heritage site recognized for its ancient archaeological wealth. The drive brings you past the Standing Stones of Stenness, four tall Neolithic slabs with sharply angled tops; if time permits, the coach will stop here for a closer view. Not far away, the Ring of Brodgar awaits – you'll spend awhile admiring this huge ceremonial circle of standing stones somehow raised in place 5,000 years ago. You'll also visit Skara Brae, a village of clustered dwellings dating to about that same era. Buried for millennia, they were only revealed from under the sand dunes by a chance storm in 1850. Nearby is Skail House, a 1620 manor built on top of an ancient Pre-Norse burial ground. Following the coast of Scapa Flow, one of the world's best-known stretches of sheltered water, you'll encounter some far more modern history; this is where the German naval fleet scuttled itself soon at World War I's end. WWII saw calamitous action here, too.

- Travel into the region known as the Heart of Neolithic Orkney, a UNESCO World Heritage site.
- See 5,000-year-old landmarks including the Standing Stones of Stenness, the Ring of Brodgar, and the Neolithic village of Skara Brae.
- Drive along the coast of Scapa Flow, whose waters once sheltered Viking ships yet have more chilling modern tales to tell.
- Wear warm, weather-appropriate clothing; bring a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a moderate amount of walking with some steps and stairs, rough ground and narrow paths. The sites included are only partially wheelchair accessible; however, 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 to evaluate their personal level of ability before participating. No filming or photography is permitted inside Skail House. The order of sites viewed or visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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❖ AKUREYRI, ICELAND

(Prices in USD Per Person)

AEY-005 JEWELS OF THE NORTH

Duration: 8.00 Hrs Tour Price: \$109.00

Retail Price: \$259.00



Date: August 03, 2023 08:30 AM

This fascinating tour brings you face to face with some of Iceland's most beautiful – and sometimes bizarre – natural attractions. You'll travel by coach along the shore of picturesque Eyjafjörður fjord, cross an ancient glacial valley, gaze in awe at a legendary horseshoe waterfall and marvel at the eerie volcanic pseudo-craters of Skutustadir – and that's all before lunch. After breaking for a hearty meal at a local venue, you'll be ready for an afternoon filled with even stranger examples of this country's bubbling geothermal roots. Like those twisted lava formations at Dimmuborgir, an imaginative landscape formed over 2,000 years ago and full of hardened lava lakes, natural arches and craggy grottoes. Then there's the barren field of gurgling sulfur cauldrons and boiling mud pits at Namaskard, where you'll be able to peer directly into the superheated heart of Iceland – catching a sulfurous whiff of the nasty brew that bubbles about beneath the ground no plant can survive in. Overall, few places on Earth are as curious.

- Hear the mighty "Waterfall of the Gods" – Godafoss – roar as it thunders over a wide horseshoe cliff.
- Visit the odd volcanic landscape of Skutustadir, where the craters look like something on the moon.
- Encounter extraordinary hardened lava castles and other ancient formations at Dimmuborgir.
- Tour a simmering landscape of active geothermal pits and cauldrons of Namaskard.
- Travel by comfortable coach with a seasoned guide, and enjoy a hearty midday lunch.
- 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 2-1/2 hours of moderate walking/standing. The terrain visited includes some rough, uneven and sometimes muddy pathways. There are no handrails; guests are cautioned to take extra care. Tour includes visits to environmentally sensitive/fragile sites. Námaskarð is a geothermal area, hot springs contain water of extremely high heat. Waterfall can be viewed from coach. 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.

AEY-002 GODAFOSS AND LEISURELY AKUREYRI

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: August 03, 2023 09:00 AM

Travel by coach to thundering Godafoss waterfall, then tour Akureyri and the world's most northerly botanical garden. Plunging down in a roaring torrent from its high horseshoe-shaped rim, Godafoss is one of Iceland's most impressive natural wonders. The name translates to "Waterfall of the Gods," and legend has it that a local chieftain tossed statues of the old Norse gods into these waters a thousand years ago to proclaim the country's conversion to the Christian faith. Motoring back into town, you'll be treated to a rolling inspection tour of Akureyri's charming architecture and stunning fjord-side views. Then, despite being practically within shouting distance of the Arctic Circle, you'll find yourself on a guided walk through the unpredictably lush Akureyri Public Parkland Botanical Garden. The secret to all that fertility is a warm microclimate that flora finds irresistible. Besides abundant oxygen, there's plenty of birdsong in the air here, too. After soaking up this dose of verdant Icelandic nature, the excursion winds down with some further panoramic sightseeing enroute back to your ship.

- Experience the visceral thrill of the Skjalfandaflljót River's waters plummeting down over Godafoss falls.
- Tour a century-old botanical garden that seems to flourish without a care in this far Northern region.
- Enjoy a scenic coach ride through the countryside outside Akureyri, as well as a panoramic tour of the town's Danish-inspired architecture and picturesque mountain-and-fjord setting.
- 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 1 hour of moderate walking/standing. The terrain at the falls includes some rough and sometimes muddy pathways, with no handrails; guests are cautioned to take extra care. Similar conditions may also be found at the botanical gardens. 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.

AEY-015 CULTURAL HERITAGE, HORSES & NATURE

Duration: 5.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: August 03, 2023 09:00 AM

Behold the natural beauty of northern Iceland and enjoy the cultural diversity by browsing a museum and watching an equestrian performance. A breathtakingly scenic drive will bring you to Goðafoss, the so-called "Waterfall of the Gods." According to legend, it was named for the statues of Nordic gods that a chieftain threw into the water when Iceland converted to Christianity. The turf-roofed Laufás Folk Museum will add a different perspective of the country, as it is filled with curious household and agricultural items from the 19th century. The Icelandic horse is even more unusual because it is the world's only breed that holds five gaits —walk, trot, gallop, tölt and the flying pace. While watching these strong-spirited horses perform at Brúnir Farm, you will understand why they are held in such high esteem. Back in Akureyri, you will meander through the world's northernmost botanical gardens. A surprising variety of plants flourish there thanks to the area's warm microclimate.

- Hear the legend of Goðafoss waterfall while watching the thundering cascade.
- Browse a turf-roofed museum with a variety of enlightening 19th-century items.
- Watch a rare performance of Icelandic horses that highlights their unusual abilities.
- Walk through the world's northernmost botanical gardens.

• 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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AEY-003 AKUREYRI & SANTA'S HOUSE

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



(Prices in USD Per Person)



Date: August 03, 2023 10:30 AM

Tour a range of Akureyri attractions, capped off by a visit to a famous store where Christmas stays in full swing 365 days a year. A compact city considered the unofficial capital of Northern Iceland, Akureyri packs a lot of sightseeing punch for its size. On this walking excursion, you'll encounter everything from a balmy botanical garden filled with color and fragrance, to a museum dedicated to one of Iceland's most beloved children's book authors, to a modernistic Lutheran church that's become the enduring icon of the city, and more. But the absolute top treat of all has to be the visit to Santa's House – a gingerbread-clad emporium awash in Yuletide joy no matter what month visitors drop by. Inside, you'll see decorations from all over the world, and be introduced to the quirky ins-and-outs of Iceland's holiday traditions. One of them involves children leaving shoes in their windows for 13 consecutive nights leading up to Christmas, so that 13 different Santas (affectionately referred to as The Yuletide Lads) can pop by to fill them with presents.

- Walk the town center with your knowledgeable guide and discover Akureyri's marquee sights.
- Explore Artist's Alley, known as downtown's cultural heart, and visit Akureyri's landmark hilltop church.
- Wander a botanical garden that thrives in a warm microclimate you'd never expect to find so far north.
- Tour the Nonni Museum, childhood home of author Jón Sveinsson and one of Akureyri's oldest houses.
- Visit a year-round Christmas landmark, Santa's House – and be introduced to Iceland's 13 Santas.
- 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/standing, a few rough or sometimes muddy pathways, and 20-some steps at Santa's House. The excursion is not available to wheelchair guests, and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

AEY-007 MYVATN NATURE BATHS

Duration: 5.00 Hrs Tour Price: \$109.00

Retail Price: \$259.00



Date: August 03, 2023 10:30 AM

Kick back in true Icelandic style as you bathe in a soothing geothermal spa and marvel at an epic waterfall. Iceland's splendorous natural phenomena – from roaring cascades to bubbling hot-water pools – play an oversized role in this small country's legends and lifestyle. First this excursion will introduce you to thunderous Godafoss, a spectacular horseshoe-shaped waterfall with a seriously legendary past. After that, you'll get acquainted with the centuries-old Viking habit of soaking convivially in pools of warm water drawn from deep within the earth. In addition to being wonderfully soothing, a steamy soak in the pool at luxurious Myvatn Nature Baths is also health-promoting: the water's blend of minerals, silicates and geothermal microorganisms is highly beneficial to the skin. You'll have about 90 minutes to revel in the experience here; just enough to forget any care you might have ever had in mind. You'll return by coach to the same ship you started from, a whole different person.

- Travel from the pier by comfortable coach and admire and unspoiled northern landscape.
- Visit the famous "Waterfall of the Gods" – Godafoss – one of Iceland's most impressive wonders.
- Spend a blissful while in hot water for real at Myvatn Nature Baths, a plush natural geothermal spa.
- Wear warm, weather-appropriate clothing including a water/wind proof jacket.
- Be sure to bring swimwear and towel.
- Comfortable, flat walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 1 hour of moderate walking/standing. The terrain at the falls includes some rough and sometimes muddy pathways, and surfaces at the baths are uneven and can be very slippery and challenging. There are no handrails; guests are cautioned to take extra care. The tour is not available to wheelchair guests or those with mobility concerns. Water temperatures vary at the baths; guests should enter pool(s) slowly and proceed with caution.

AEY-011 HRISEY ISLAND

Duration: 5.00 Hrs Tour Price: \$69.00

Retail Price: \$229.00



Date: August 03, 2023 10:45 AM

Cross the fjord by ferry to tour an island filled with rustic charm and predator-free birdlife, then enjoy an Icelandic beer tasting. Hrisey Island is home to just about 200 human inhabitants who live in a quaint fishing village featuring paved streets, tidy gardens and super mountain views. But it does have crowds...of the feathered variety. Thanks to a total lack of foxes, minks and other egg hunters, winged locals live in a veritable island-wide sanctuary. During your two-hour guided tour, you'll have a chance to witness this – including the often-hilarious antics of the ptarmigan, so fearless they can sometimes be spotted strolling down main street. You'll range the isle aboard a farm-style wagon, a traditional but certainly unconventional mode of transport. Back on the mainland, a beer tasting at KaldiBjor Brewery (that means Cold Beer Brewery in the local parlance) will provide a bit of Icelandic chilled pleasure before the coach ride back to the pier. "Skál," as they

- Follow the shoreline by coach, then hop aboard an island ferry for the 15-minute ride to Hrisey.
- Tour this unspoiled island by traditional farm wagon with a seasoned guide.
- Encounter the many varieties of bird who enjoy safe sanctuary here, including the comical ptarmigan.
- Toast the peaceful wonder of Iceland over a beer tasting at a well-known mainland brewery.
- Wear warm, layered clothing with a water/wind proof outer layer.
- Flat, sturdy shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This excursion is not available to wheelchair guests and not considered suitable for those with mobility concerns. There is limited walking involved, but guests must be able to make their way on and off the ferry with limited assistance and be able to climb aboard the wagon in Hrisey. The ferry transfer can be cold and the wagon ride is uncovered. Those with asthma or grass allergies should be aware that the wagon ride will travel through areas surrounded by high vegetation, and those prone to motion sickness should take the necessary precautions. Bird and wildlife sightings are likely, but not guaranteed. Minimum age for beer tasting is 20 years old.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

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AEY-001 AKUREYRI WALKING TOUR

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$169.00



(Prices in USD Per Person)



Date: August 03, 2023 11:00 AM

Take an unhurried stroll through Akureyri, set majestically between fjord and mountain near the Arctic Circle. Discover its colorful cultural life and learn about its 16th-century origins as a remote Danish trading post. Foremost among the landmarks you'll encounter is a hilltop Lutheran church whose modern design has become a symbol of the city. Inside is a surprising link to another city: the stained glass window over the altar hails from faraway Coventry, England. It was spirited here for safekeeping after Coventry Cathedral was bombed by air raids during World War II, and never went back. Further along the route, at the Akureyri Museum, you'll gain perspective on the area's past through period photographs and exhibits devoted to early trade. At your guided walk's end, you'll be in midtown and free to either head back to the pier or – better yet – spend awhile exploring the cool design shops and Icelandic eateries along pedestrian-friendly Hafnarstæti street, just near the harbor.

- Savor fabulous views of Iceland's longest fjord as you walk the waterfront Strandgata.
- Climb the hill to a signature church whose modern lines are tempered with historic stained glass.
- Dive into the city's backstory at Akureyri Museum and hear its tales from your knowledgeable guide.
- After the escorted walk, reward yourself with some free-range shopping or dining on local fare.
- 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 3 hours of moderate to strenuous walking, at times over gravel pathways. To reach the church, there is an uphill climb of approximately 95 steps. Participants should be in good physical condition; the tour is not available to wheelchair guests or those with mobility concerns.

AEY-008 POLAR FLIGHT TO GRIMSEY

Duration: 3.00 Hrs Tour Price: \$379.00

Retail Price: \$579.00



Date: August 03, 2023 11:00 AM

Fly to the tiny isle of Grimsey to explore this northernmost inhabited part of Iceland which straddles the Arctic Circle. The flight from Akureyri airport takes just half an hour, but Grimsey might as well be a million miles away. Barely 100 souls reside here, along with the occasional polar bear dropping by from a drifting ice floe. Years ago, Grimsey was larger – but large chunks of it have tumbled into the sea over time and its residents have learned to make do with a diminishing land mass. Subsistence itself can be a challenge as a result, with islanders relying on locally caught seafood, scant imported goods and the most prized of edible island delicacies: bird eggs snatched by brave rappellers who clamber down Grimsey's sheer sea cliffs during the brief summer. While mentioned in the earliest of Icelandic sagas, this miniscule outpost's big claim to fame came late in the 19th century when the locals' exceptional prowess at chess captured the outside world's attention. Go figure.

- Fly to a remote islet sitting astride the Arctic Circle and observe its unique lifestyle firsthand.
- Wander Grimsey's few streets, encounter its residents and wonder at how they manage to thrive here.
- See the island's signature lighthouse, a church built from driftwood and raucous colonies of puffins and other seabirds making a home along the cliffs.
- Step across the Arctic Circle yourself, so you can boast about it later to friends at shipboard dinner.
- 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 1 hour of moderate walking/standing. The island's terrain includes some uneven, rough and gravel surfaces. This excursion is not available to wheelchair guests or those with mobility concerns.

AEY-004 AKUREYRI NATURE AND HISTORY

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: August 03, 2023 12:30 PM

Experience a true nature-lover's delight as you enter a wonderland of waterfalls, forests and historic farms surrounding Akureyri, then tour the world's northernmost botanical garden. Cross Iceland's largest fjord and head inland where silent mountains and sprawling woodlands stretch as far as the eye can see. Stop to thrill at thundering Godafoss waterfall – one of Iceland's most impressive natural wonders – and learn about the captivating legend behind its name. Tour a remote stone-and-turf farmhouse that was once a manor house and vicarage and is now a time capsule filled with period furniture and artifacts that tell the story of Iceland's agricultural past. Lastly, just in case all this wasn't quite enough natural inspiration for you, enjoy a guided stroll through lush Akureyri Public Parkland Botanical Garden back near the heart of the city. Beneficiary of a surprisingly warm local microclimate, this century-old green refuge is a showplace of color, fragrance, and birdsong during much of the year.

- Experience the roar of Godafoss falls as a mighty river's waters cascade over a wide horseshoe cliff.
- Travel back in time to Iceland's early agrarian days in a farmhouse with timbers as old as the 1500s.
- Wander a botanical garden that thrives in a unique fertile microclimate here in the far North.
- Enjoy a panoramic coach ride through the unspoiled mountains and woodlands outside Akureyri.
- 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/standing. The terrain at the falls includes some rough and sometimes muddy pathways, with no handrails; guests are cautioned to take extra care. Similar conditions may also be found at the botanical gardens. The farmhouse has low ceilings and narrow doorways/passageways. The excursion is not available to wheelchair guests, and those with mobility concerns are cautioned to carefully 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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AEY-009 A TASTE OF AKUREYRI**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$169.00****(Prices in USD Per Person)****Date: August 03, 2023 12:30 PM**

Enjoy a taste of Akureyri's cultural past and culinary present on this short but wide-ranging excursion. Out in the idyllic countryside, you'll visit the intriguing Laufás "turf house" – once the height of agricultural living style and now a regional museum packed with original implements and equipment essential to life in Iceland's rural past. Back in the town center, your guide will point out the Danish and other architectural influences left behind from Akureyri's trading past. At the Nonni Museum, see an exhibition commemorating the life and works of a beloved Icelandic children's book author. Check out the modern Lutheran church that's become a symbol of the city; its hilltop views of the fjord are second to none. Walk along Art Alley, brimming with workshops and galleries. And end up BláaKannan Café, renowned for its homemadeterta – a unique "tort" cake Icelanders serve on special occasions. Order up a slice – it goes great with coffee, tea or hot chocolate – and browse the rest of town at your leisure before returning to the ship.

- Visit one of Iceland's last "turf houses," a building style remarkably well suited to the rural environment.
- Tour the childhood home of a beloved author who penned a dozen classics Iceland's kids still read. .
- Stroll artisanal Art Alley and get commanding fjord views from a Akureyri's signature hilltop church.
- Step inside BláaKannan Café, a local institution renowned for unique and tasty Icelandic "torts."
- 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 2.5 hours of walking. 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.

AEY-014 WHALE WATCHING FROM AKUREYRI**Duration: 4.00 Hrs** **Tour Price: \$0.00****Retail Price: \$189.00****Date: August 03, 2023 12:30 PM**

Sail into the nutrient-rich waters of Iceland's longest fjord, looking for whales, dolphins and porpoises that feed here in abundance. Chances are, you will also spot colonies of puffins nesting in the rocky cliffs and diving for small fish. They are easy to identify by their bright orange beaks and short, stout wings. Still, whales are the star attractions. Species such as humpback, blue and minke whales frequent these waters to gorge on the abundant plankton and fish larvae carried in the coastal currents. You may also spot white-beaked dolphins and harbor porpoises. 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. If blue whales surface to exhale, the spray from their blowholes will shoot about 30 feet into the air, so it will be quite the spectacle.

- Cruise a fjord where numerous species of whales, dolphins and porpoises feed.
- Watch the spectacle as the cetaceans breach the water's surface and then dive for food.
- Look for puffins nesting in the cliffs and feeding on small fish.
- Dress in weather-appropriate clothing, including a waterproof jacket.
- Wear flat comfortable walking shoes with non-slip soles.

This tour includes limited walking. The whale watching boat is not wheelchair accessible and therefore; the tour is not available to wheelchair guests. 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 and ability. Warm, weather appropriate clothing that should include a water/wind proof jacket; cap; sunglasses; and comfortable, flat walking shoes with a non-slip sole are recommended. Sightings are not guaranteed.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

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ISF-007 A VISIT TO AN ABANDONED VILLAGE**Duration: 4.50 Hrs** **Tour Price: \$0.00****Retail Price: \$169.00****Date: August 04, 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: August 04, 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 protected arctic fox. You will see how avalanches have affected the area in Súðavík, a small community founded in the late 19th century around whaling. The newer section was built following an avalanche in 1995 that destroyed almost all of the original town. At the Arctic Fox Center, a research facility and museum dedicated to the only indigenous land mammal in Iceland, you will learn about the foxes and perhaps see injured ones being rehabilitated. You will also visit a small wooden church that was moved to its present location from Hesteyri when that village was abandoned in the 1950s. After listening to a stirring performance of traditional Icelandic music at the church, you will drive along the neighboring fjord, pausing at a memorial to the victims of the avalanche that struck Súðavík.

- See how Súðavík was rebuilt after an avalanche in 1995 destroyed much of the city.
- Stop at a memorial to the victims of that devastating avalanche.
- Learn about arctic foxes at a research center and perhaps watch them being rehabilitated.
- Listen to a performance of Icelandic music at 19th-century Norwegian-built church.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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.

ISF-013 WHALE AND NATURE WATCHING**Duration: 3.00 Hrs** **Tour Price: \$119.00****Retail Price: \$269.00****Date: August 04, 2023 08:30 AM**

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. The seemingly endless food supply of krill and small fish attracts 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. 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 that you will not soon forget.

- Cruise into nutrient-rich waters teeming with various species of whales.
- Look for humpback whales breaching the water's surface and waving their massive flukes.
- Keep an eye out for typically solitary minke whales feeding beneath flocks of seabirds.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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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ISF-001 LIFE & CULTURE OF ISAFJORDUR

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



(Prices in USD Per Person)



Date: August 04, 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 Bolungarvik, 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 Bolungarvik 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.

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

Duration: 3.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: August 04, 2023 08:45 AM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. 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 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 Bolungarvik 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. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible.

ISF-003 FJORDS AND FLOWERS

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: August 04, 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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ISF-010 DYNANDI WATERFALL AND LOCAL VILLAGE

Duration: 6.00 Hrs Tour Price: \$199.00

Retail Price: \$349.00



(Prices in USD Per Person)

Date: August 04, 2023 09:00 AM

Discover the scenic wonders of the Westfjords peninsula and sample fresh seafood in one of its fishing villages. Long ago, glaciers carved their way across the peninsula, leaving behind a dramatic landscape of 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 in 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." You will next visit Suðureyri, a fishing village that was 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.

- Explore Westfjords peninsula, one of the wildest most uninhabited areas of Iceland.
- Behold the peninsula's largest waterfalls, where supernatural beings supposedly once lived.
- Visit two waterfront villages and sample fresh fish while walking the Seafood Trail.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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-004 THE BIRD ISLAND OF VIGUR

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: August 04, 2023 09:30 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-009 CALM FJORD KAYAKING

Duration: 3.00 Hrs Tour Price: \$99.00

Retail Price: \$249.00



Date: August 04, 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 a briefing on how to get the most out of the experience, 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 backdrop, 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 that may include oystercatchers and arctic terns.

- Kayak through the glass-smooth waters of the fjord that fronts Ísafjörður.
- Take in the magnificent scenery that surrounds the steep-walled fjord.
- Watch for wildlife such as seals and seabirds, which are often abundant.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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.



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



(Prices in USD Per Person)

Date: August 04, 2023 10:00 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. 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-006 EXPLORE THE STREETS OF ISAFJORDUR ON FOOT

Duration: 2.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: August 04, 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 Isafjordur 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, Isafjordur 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: August 04, 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 Stáðardalur 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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**GOH-001 HIGHLIGHTS OF NUUK****Duration: 1.50 Hrs** **Tour Price: \$0.00****Retail Price: \$79.00****Date: August 07, 2023 05:00 PM, 05:00 PM, 06:45 PM**

Drive through Nuuk, the world's smallest capital, and trace the town's history through its marquee attractions. Nuuk means "headland," a reference to its location at the tip of a peninsula at the mouth of an extensive fjord system. Missionary Hans Egede founded the city in 1728, although Inuits, Vikings and various other groups had lived there on and off for about 4,000 years. The route that you will follow passes landmarks that include the Parliament, the University of Greenland and Katuaq, a cultural venue whose modern design was inspired by the magical play of light on the ice and snow. The National Museum occupies several buildings around the colonial harbor, where a statue of Egede overlooks the sea. Other prominent historical buildings include Nuuk Cathedral. You will also drive through Nuuk's neighboring suburbs, which include Nuussuaq and the more contemporary Qinngorput district. Regardless of where you travel, craggy mountains provide a majestic backdrop.

- Settle in for a panoramic drive through the diminutive capital of Nuuk.
- Gain insight into Nuuk's history while passing landmarks such as the Parliament.
- Drive through the residential suburbs for a look at local life.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour is panoramic in nature and walking is at the guests' discretion during photo stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the bus and have an able-bodied companion to assist them. Warm clothing; cap; sunglasses; and flat, comfortable shoes are recommended.

GOH-004 FJORD BOAT TOUR**Duration: 2.00 Hrs** **Tour Price: \$159.00****Retail Price: \$309.00****Date: August 07, 2023 05:00 PM, 05:00 PM, 07:15 PM**

Cruise into the beautiful Nuup Kangerlua fjord to look for humpback whales, which usually frequent these waters to feed and often breach the surface in acrobatic displays. As you approach uninhabited Sermitsiaq Island in the fjord, you will see a saddle-shaped mountain rising from the island's heart. When the weather warms and the snow and glaciers melt, a waterfall usually thunders off the mountain and into the crystal-clear waters of the fjord below. It is quite the sight, as is the wildlife that typically frequents this area. There is no telling what will appear, but you can expect to see frolicking seals, soaring eagles and perhaps humpback whales. If they are present, the whales will no doubt steal the show, especially if one leaps from the water and lands with a tremendous splash. Scientists think whales breach the water to clean pests from their skin. However, they may do it just for fun.

- Look for humpback whales and other wildlife while cruising through a nearby fjord.
- Learn about whale behavior, some of which scientists still don't fully understand.
- Keep an eye out for other marine life and eagles, which are often seen soaring above.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour takes place on a boat and is mostly seated. The tour is not available to wheelchair guests and those with walking difficulties are cautioned to carefully evaluate their personal level of ability to enter and exit the boat. Those who suffer from motion sickness should take necessary precautions. Warm clothing; cap; sunglasses; and flat, comfortable walking shoes with a non-slip sole are recommended. Wildlife sightings are not guaranteed and the tour's operation is subject to prevailing weather conditions.

GOH-002 GUIDED SHORT WALK & VISIT WITH LOCAL FAMILY**Duration: 1.50 Hrs** **Tour Price: \$0.00****Retail Price: \$69.00****Date: August 07, 2023 05:15 PM, 05:15 PM, 05:15 PM, 07:00 PM**

Get a firsthand account of what it's like to live in Nuuk by visiting a local family and asking them about whatever comes to mind. Although Nuuk was founded in 1728, Inuits and Vikings settled the area as many as 4,000 years before. The town slowly developed around the colonial harbor, where a statue of the missionary founder now overlooks the sea. Nearby stands the National Museum, whose collection includes ancient dog sleds, kayaks and well-preserved Inuit mummies. Still, the most meaningful way to learn about the Greenlandic culture is to visit a local family in their home. It is an experience you won't soon forget because Greenlanders are friendly and eager to share their life stories. Over coffee and cake, you will discover what it's like to live in Nuuk and cope with the harsh winter weather. Feel free to ask about the culture and customs, as your hosts welcome all questions.

- Gain a historical perspective of Nuuk while driving past the most significant landmarks.
- Learn what it's like to live in Nuuk by visiting a local family in their home.
- Ask the local family whatever you wish, as they are open to any of your questions.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 45-minutes of easy to moderate walking and it may be standing room only during your visit to the local home. The tour is not available to wheelchair guests and those with walking difficulties are cautioned to carefully evaluate their personal level of stamina and ability. Warm clothing; cap; sunglasses; and flat, comfortable walking shoes are recommended. Tour sequence may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

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FRD-001 WALKING TOUR OF PAAMIUT

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: August 08, 2023 09:30 AM, 11:15 AM, 01:00 PM, 02:45 PM, 04:30 PM

Escorted around town by a local, you'll be introduced to life in Greenland's eighth-largest fishing village. Suffice it to say, rush hour is no big challenge in this burg. But living in Paamiut has its rewards for the 1,500-or-so souls who call it home. Their scattered skyline is colorful, their blue-black mountain backdrop is stunning – they even have a handsome stave church, one hotel and a supermarket. The fishing is excellent, the mitten-makers are busy, and the wildlife is contented. Minke and humpback whales swim by in the fjord, while white-tailed sea eagles (Greenlanders call them "Nattoralik") guard the sky and bring good luck to those who spot them. On your town walk you'll visit a local family and perhaps strike up conversations with friendly shopkeepers and others. A stop at a workshop that crafts coats from sealskin will provide a glimpse into the unique local economy – in Greenland, seal meat is a mainstay in the diet and no by-products are wasted.

- Stroll the streets of tiny Paamiut with a local who knows its story and residents personally.
- Be on the lookout for exciting wildlife, from majestic sea eagles in the sky to whales in the fjord.
- Visit a workshop where sealskin is crafted into mittens and coats in classic Greenland fashion.
- Wear warm, weather-appropriate clothing.
- Comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 1 hour of moderate walking, at times over uneven surfaces and up/down 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. Tour sequence may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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QAQORTOQ, GREENLAND

JJU-001 HVALSEY CHURCH RUIN

Duration: 2.75 Hrs **Tour Price:** \$149.00

Retail Price: \$299.00



Date: August 09, 2023 07:30 AM, 10:00 AM, 12:30 PM

Cruise along a pristine fjord to the stone ruins of a 14th-century Norse church, one of the first built on the North American continent. It's a short walk from the tender pier to the boat you'll board for your sail across the channel, past Whale Island and along a fjord to the spot where the ruins of Hvalsey Church – once one of the Greenland's largest, most influential churches – still cling tenaciously to the shoreline. Having endured some 700 harsh sub-Arctic winters, what's left of Hvalsey remains in remarkable shape. It's mottled stone walls are nearly intact, rising some 20 feet to where the wooden roofbeams once spanned them. This venerable house of worship was erected all those years ago by Norse settlers from Iceland, attracted to the fertile terrain of South Greenland. People would gather here to attend Christian festivals throughout the year, arriving by ship, horseback and on foot. But the last recorded religious event at Hvalsey Church was a wedding that happened in September 1408, apparently quite well attended. Sometime in the following century, Hvalsey was abandoned and left to fall slowly into disrepair. Your knowledgeable guide will share intriguing historical details and local anecdotes.

- Board a local boat for a voyage along Qaqortoq's shoreline and fjord waters to reach a remote landmark.
- Disembark to survey the ruins of Hvalsey Church, built by Norse settlers seven centuries ago and abandoned by them within 100 years.
- Learn the facts and stories about Hvalsey and this unique South Greenland region from your guide.
- After a time here, reboard your vessel for the scenic sail back to the pier.
- Wear weather-appropriate clothing; include a light jacket or windbreaker.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses, sunscreen and insect repellent as needed.

This tour includes about 90 minutes of moderate walking and standing over mostly uneven and natural terrain. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. Guests who experience motion sickness should take precautionary measures.

JJU-003 GREAT GREENLAND TANNERY

Duration: 1.00 Hrs **Tour Price:** \$0.00

Retail Price: \$89.00



Date: August 09, 2023 08:00 AM, 09:00 AM, 10:00 AM, 11:00 AM

Take a behind-the-scenes look at a tannery that transforms sealskins into furs, an industry with strong traditional ties to the indigenous Inuit people. Fur seals are abundant in this sub-Arctic region, where the Inuit have hunted them for thousands of years, primarily for food. Hunters send their surplus skins to the Great Greenland Tannery, and during your tour of the factory you'll learn more about the deep cultural and financial connections between seal hunting and traditional Inuit life. It's an industry and inter-relationship not often well-understood by those who don't live in this environment – and your tour will surely be eye-opening. You'll see sealskins, and perhaps even those of polar bear and polar fox, being processed and dyed. Many are for export to fabricators in Denmark, but other skins remain at the tannery to be sewn into a variety of finished pieces including jackets, pants and shawls. Even smaller items like handbags and belts are produced at the Great Greenland Tannery, ensuring that almost the entire sealskin is used. Two Greenlanders are in charge of designing the tannery's exquisite merchandise, sold in the on-site fashion studio. After the tour, explore Qaqortoq further or stroll back to the ship.

- Stroll to Greenland's sole tannery, where some 100,000 sealskins are processed each year, most coming from individual Inuit hunters.
- Learn about the Inuit culture's longstanding reliance on the seal population for food and sustenance.
- Watch as seal skins are prepared and dyed, destined to be turned into exquisite finished products.
- Browse handsomely designed sealskin items available for purchase in the tannery's fashion studio.
- Finish up with some free time to explore Qaqortoq further, returning to the pier at your leisure.
- Wear weather-appropriate clothing; include a light jacket or windbreaker.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour involves approximately 1 hour of moderate walking and standing over mostly uneven and natural terrain. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. Guests who experience motion sickness should take precautionary measures.

JJU-004 WALKING TOUR OF QAQORTOQ

Duration: 1.50 Hrs **Tour Price:** \$0.00

Retail Price: \$109.00



Date: August 09, 2023 08:00 AM, 09:45 AM, 11:30 AM

Experience charming Qaqortoq up-close on a guided walk around the historic center, where colorful colonial homes share the scene with dozens of curious rock sculptures. This settlement, South Greenland's largest city, is home to about 3,200. It's also home to Greenland's oldest fountain; the country's only other one is younger. Qaqortoq was officially founded in 1775, but its cultural roots reach back far further – beyond 2,500 BC when the Paleo-Eskimo Saqqaq people lived here. The Norse arrived around the 10th century, and Danish traders later – rechristening this Julianehaab for their queen at the time. The city's modern Greenlandic name means "the white," a reference to the icy glaciers and fjords that surround it. But during the time of your visit, "the green" might be more accurate, with the landscape in full dazzle and flower and vegetable gardens flourishing town-wide. In addition to historic landmarks like Qaqortoq's oldest church and a typical Inuit sod house, you'll see the local fish market, where fresh-caught seafood is displayed side by side with seal and whale meat. As you stroll the town, you'll also encounter stone sculptures of all sizes and shapes, created by local artists in celebration of South Greenland's proud cultural history.

- Walk the colorful lanes of Qaqortoq with a guide and discover South Greenland's biggest city.
- Encounter the country's oldest fountain, a sod house, a landmark church and a bustling seafood market where seal and whale are on the chalkboard.
- See intriguing stone sculptures scattered throughout town, part of a project called Stone and Man created by local artists to express South Greenland's cultural history.
- Finish up with some free time to explore Qaqortoq further, returning to the pier at your leisure.
- Wear weather-appropriate clothing; include a light jacket or windbreaker.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes about 90 minutes of moderate walking and standing over mostly flat surfaces, with some inclines and steps involved. 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. If a church service is underway during your visit, you may not be able to enter or take photos. Entrance into the main museum building is optional and there is an additional charge of 20 Danish krone.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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JJU-007 KAFFEMIK IN A PRIVATE HOME

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$89.00



Date: August 09, 2023 08:30 AM, 10:30 AM, 01:00 PM

Spend a relaxing while getting to know some Qaqortoq residents in the comfort of their home and learn about daily life in Greenlandic culture. This charming tour introduces you to one of Greenland's most intimate traditions, the kaffemik. Centered around coffee, tea, cake and conversation, the kaffemik is Greenlanders' equivalent to an open house – where family and friends gather to celebrate an event or just each other's company. Your guide will greet you at the pier and escort you into town to enter a private home and participate in a kaffemik yourself, meeting and chatting with your hosts informally. During your visit you will also be treated to a presentation of the Greenlandic national costume – an elaborate and showy affair – and meet a local woman who uses traditional skills dating back centuries to craft these labor-intensive garments. Each can take months to complete, and you can't help but imagine what it must be like to spend long sub-Arctic winters in a cozy wooden cottage, assembling animal hides, beads and colorful fabrics in this way. At the conclusion of this delightful and authentic Greenlandic experience, you'll walk back to the pier bearing new cultural insights.

- Escorted by your guide, take a leisurely walk through Qaqortoq to a private home for an informal visit.
- Enter and be introduced to the kaffemik, where Greenlanders get together for coffee, tea and cake.
- Get acquainted with your hosts and learn about their daily life here in this charming, sub-Arctic city.
- See a presentation of Greenland's famously elaborate national costume and meet a woman who hand-makes them, using all the traditional techniques and materials.

- Wear weather-appropriate clothing; include a light jacket or windbreaker.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.
- Wear weather-appropriate clothing; include a light jacket or windbreaker.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 30 minutes of easy/moderate walking, with a bit of hilly terrain and steps to enter the home. 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.

JJU-005 HIKE ALONG THE GREAT LAKE

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: August 09, 2023 09:00 AM

Don your trail shoes and set out with your guide along paths hugging the shore of Qaqortoq's placid "Great Lake." The majestic scenery is sure to inspire you, and your well-informed guide will be ready to field any and all questions about this unique and surprisingly fertile sub-Arctic environment. Your ramble begins right from the pier as you take in a scene of colorful homes climbing up the hillsides above the harbor. This is South Greenland's largest city, population a stratospheric 3,200 souls. Soon, you'll leave this mini-metropolis behind as you trek outward toward Lake Tasersuaq, aka the Great Lake – its serene blue waters framed by rugged mountains and pure enough to be Qaqortoq's source of drinking water. Making your way along the lake's picturesque shoreline, you'll soon appreciate how this region's mild summers and generous rainfall make it something of a remote Eden. Look for plump sheep grazing lazily along grassy upland meadows, crowberries ripening on low bushes, and the magenta-petaled niarsiaq, Greenland's national flower. And be on the lookout skyward for white-tailed eagles, often seen soaring over the lake in search of fish to swoop down and pluck out of the water.

- Led by a guide very familiar with the terrain, hike through Qaqortoq and out to its tranquil Great Lake.
- Learn about the local flora and fauna as you circle this unspoiled blue expanse of glacier-fed water.
- Discover how Southern Greenland's sub-Arctic environment is actually quite fertile and lush.
- See sheep grazing and eagles swooping and many a flower, flowering.
- After about 3 miles of majestic trekking, return to Qaqortoq both invigorated and fully ready to relax.
- Wear weather-appropriate clothing; include a light jacket or windbreaker.
- Flat, sturdy walking or hiking shoes are recommended.
- Bring a hat, sunglasses and sunscreen, insect repellent and a bottle of water from the ship.

This tour involves some 2.5 hours of moderate-to-strenuous walking over mostly uneven and natural terrain, with some inclines. Total distance covered is approximately 3 miles. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition.

JJU-006 TASTE OF GREENLAND

Duration: 1.50 Hrs Tour Price: \$0.00

Retail Price: \$109.00



Date: August 09, 2023 10:30 AM, 12:30 PM

Heighten your appetite with a walk through Qaqortoq to sample Greenlandic and Inuit cuisine at a local restaurant. You'll spend about 25 minutes along the immensely scenic route through the heart of South Greenland's largest city – still a compact, charming place where gardens flourish, colorful historic homes line the streets and public artworks celebrate the region's rich cultural history. But then, there's no better way to get a true taste of a culture than by its food. The offerings at this excursion's designated venue change frequently but typically include traditional Greenlandic and Inuit dishes featuring high-protein meats – a diet meant to sustain early locals through harsh, physically demanding winters. Greenlanders have been whalers for some 4,000 years, so look for a taste of that to be served – perhaps thinly sliced like carpaccio or quick-cooked like veal to seal in its flavor. Lamb is also popular here, raised naturally and allowed to range the upland pastures freely. Other traditional specialties might include dried seal, grilled Arctic char or smoked reindeer. Tasty local crowberries, which look like blueberries, are used liberally in sauces and desserts. No worries; you'll burn off any excess calories on the walk back to the ship

- Enjoy a leisurely, scenic walk through Qaqortoq's downtown – alive with color and charm.
- Visit a local restaurant specializing in traditional Greenlandic dishes made from regional ingredients.
- Enjoy a tasting likely to include whale meat along with dried seal, smoked reindeer or free-range lamb.
- Discover the flavor of Greenland's answer to blueberries: the crowberry.
- See a few more sights and shed a few calories on the pleasant walk back to the ship.
- Wear weather-appropriate clothing; include a light jacket or windbreaker.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 30 minutes of moderate walking over mostly flat terrain. 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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❖ REYKJAVIK, ICELAND

REK-001 ICELAND ON HORSEBACK

Duration: 3.50 Hrs Tour Price: \$139.00

Retail Price: \$289.00



Date: August 11, 2023 04:30 PM

Saddle up and get your sense of wonder going full gallop on a scenic ride through the countryside outside Reykjavik on an Icelandic horse. On arrival at the riding center in Hafnarfjörður, you'll be geared up with overalls, riding helmet, boots and gloves – and introduced to your extremely sure-footed, keen and friendly Icelandic mount. Adorned with long, shaggy manes and thick coats, these purebred descendants of ancient Viking steeds and renowned for their good ride and gentle, calm disposition. Which is handy, because much of the terrain you'll be seeing is wild. It might be the lava fields surrounding Mt. Helgafell Volcano and the Kaldársel area, or remote and primal Lake Hvaleyrarvatn, with the beautiful Bláfjöll Mountains as your companion on the horizon. Icelandic horses also have one other unique trick about them, one well suited to the country's rugged glacial landscape. Beyond the usual walk, trot and gallop, they know another unique gait: the tölt. It's a flowing four-beat gait where the rider stretches down in the stirrup, then sits back into the sensation of floating. The secure high steps involved let your Icelandic horse move easily over terrain that might stop other breeds in their tracks.

- Head out by coach from Reykjavik pier to the Ishestar Riding Centre in Hafnarfjörður south of town.
- Get geared up and introduced to the shaggy, compact Icelandic horse – famed for its great riding qualities.
- Head out into the great glacial outdoors, led by your guide, perhaps to the base of a volcano or the shores of a remote lake.
- Experience a unique gait that makes covering Iceland's rugged terrain effortless: the tölt.
- While in this memorable landscape, explore rough lava fields and learn about local reforestation efforts.
- Wear weather-appropriate clothing; rain is always a possibility here.
- Long pants and sturdy closed-toe shoes are mandatory.
- Bring a hat, sunglasses and sunscreen as needed.

This tour involves limited walking, but is not available to wheelchair guests, pregnant women, or those with mobility concerns or recent back or neck injuries. The order of sights viewed or visited may vary. Minimum age is 8 years old and maximum weight is 220 lbs. Children under 18 must be accompanied by a parent or adult guardian.

REK-007 PANORAMIC CITY TOUR

Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: August 11, 2023 04:30 PM

Join us on an orientation spin through Reykjavik, highlighting must-see landmarks like the Pearl, the president's home, a 15th-century farmstead and the University of Iceland. You'll discover Iceland's capital is both a cosmopolitan city and a small town, a place of vibrancy and quietude, of innovative architecture and untamed nature. In the Laugardalur valley you'll see where the city plays, and out in rural Bessastadir, the estate where the country's president lives. You'll survey Reykjavik's colorful old quarter and stop for photos at Hofdi House, where Reagan and Gorbachev held their historic 1986 confab that ended the Cold War. At Árbær Open Air Museum you'll encounter traditional farm and village buildings relocated from all over Iceland, and at Tjornin, admire the lake that brings tranquility and ducks to the center of town. You'll crane your neck at majestic Hallgrímskirkja Church, its iconic tower soaring high above the city. But perhaps the most impressive Reykjavik sight of all with be the views you enjoy from the Pearl, a glittering hilltop dome that houses a Viking museum and massive tanks that store hot geothermal water to keep Reykjavik's residents warm and cozy. The town looks spectacular from up here.

- Enjoy a time-efficient, comprehensive introduction to Reykjavik and its most essential sights.
- Travel the city in relaxed comfort via panoramic coach, stopping for a closer look at key landmarks.
- See the town lake, the city's sporting grounds, the country's university and its president's house.
- Capture breathtaking vistas from the Pearl, and historic selfies at the house where the Cold War ended.
- Wear warm, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is mostly panoramic with minimal optional walking at the stops. It is available to wheelchair guests who have a collapsible chair, can make their own way on and off the coach and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites viewed or visited may vary.

REK-012 ICELANDIC LAVA FIELDS

Duration: 4.00 Hrs Tour Price: \$129.00

Retail Price: \$279.00



Date: August 11, 2023 04:30 PM

Marvel at southwest Iceland's volcanic scenery as you encounter lava fields, geothermal pools and stunning lakes – then top it all off with a succulent Icelandic Langoustine lunch. A drive into hauntingly beautiful Reykjanes Peninsula reveals a rugged landscape shaped by ancient volcanoes and glaciers. After Hafnarfjörður, a city built on an ancient lava flow, every mile traveled grows more dramatic. A stop at Kleifarvatn Lake presents a striking photo op and a chance to spot the Nessie-like serpent believed to inhabit its 300-foot depths. At the hyperactive Krysvík geothermal area you'll walk along a wooden boardwalk past boiling mud pools and hissing steam vents, amidst terrain stained bold red, green and yellow from mineral deposits. Excellent views of lava fields and the ocean shore are available from a nearby hill; they could almost be of another planet's landscape. Unexpected hues show up again at Green Lake, a deep dish of seafoam-colored water sitting inside a dormant volcano crater. The setting is more heavenly than hellish at lovely wooden Strandarkirkja Church, a place that Icelandic seamen have prayed for centuries. Speaking of which, the flavor of that lobster lunch at a coastal restaurant will feel like a prayer, answered.

- Venture out by coach into a dramatic world shaped by volcanic and glacial forces.
- Stop to wonder at southwest Iceland's largest and deepest lake, set amidst wonderfully stark terrain.
- Tread gingerly along a boardwalk in a geothermal area where the fumaroles and boiling mud pots never stop bubbling.
- Visit a bright green crater lake and a handsome 12th-century church believed to have profound powers.
- Settle in at a seaside restaurant for a lunch of Icelandic Langoustine that's got its own divine qualities.
- Wear warm, layered clothing; be ready for changing weather conditions.
- Flat, sturdy shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this excursion is 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 have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully 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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REK-013 SUPER 4x4 ADVENTURE

Duration: 4.00 Hrs Tour Price: \$189.00

Retail Price: \$349.00



Date: August 11, 2023 04:30 PM

Go well off the beaten path and into the dramatic, volcanically formed terrain surrounding Reykjavik in a 4x4 "super truck" expressly configured for this environment. At times you'll be on the highway, at others, your skilled driver/guide will head off-road into the scenic hinterlands left behind by ancient eruptions and grinding glaciers. You'll visit normally-inaccessible areas that have remained pure and unspoiled for centuries – like Ulfarsfell, a smallish mountain offering surprisingly expansive views of Reykjavik and Faxaflói Bay. On a clear day, you might even spot glacier-capped Snaefellsjökull volcano across the water to the northwest. But then, this whole trip is one of continuous awe-inspiring scenery, whether en route to a power plant that uses geothermal energy to produce electricity and hot water for Reykjavik, or up at the observation point above Iceland's largest lake, Thingvallavatn – with Hengill volcano looming in the distance. And then there's that gravel lakeside road that leads to wonderfully picturesque Thousand Waters Trail, that winds through countless rivers and streams, that taken all together gives the wilder scenery a run for its money. Fact is, you may find it hard to decide which of these amazing settings was your favorite. It's a nice problem to have.

- Head into Iceland's hinterlands as a passenger in a specialized 4x4 "super truck" that eats rough terrain for lunch.
- Be awed as your expert driver heads off-road into unspoiled landscapes created ages ago by volcanic and glacial activity.
- Catch jaw-dropping views from atop Ulfarsfell mountain and a viewpoint above Lake Thingvallavatn.
- See a plant that uses geothermal energy to power Reykjavik and enjoy a spin along irresistibly-scenic Thousand Waters Trail.
- Return to the ship with newfound appreciation for wild Iceland, and skilled excursion drivers.
- Wear warm, layered clothing; be ready for changing weather conditions.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is limited and mainly at guests' discretion; however, the vehicle will at times travel over unpaved natural tracks and the ride can become quite bumpy. The tour is not available to wheelchair guests, pregnant women, or those with mobility, back or neck issues. Views are dependent on prevailing weather conditions.

REK-005 FLIGHTSEEING ICE AND FIRE - GLACIERS AND VOLCANOE

Duration: 2.50 Hrs Tour Price: \$599.00

Retail Price: \$849.00



Date: August 11, 2023 05:00 PM

Buckle up for an aerial survey of the sharply contrasting faces of natural Iceland on this unique flightseeing tour over the country's glaciers, volcanoes and other wonders. Truly a land of fire and ice, Iceland's geological age, geographic location and geothermal structure all combine to create some of the richest and most varied topography in the world. Boarding your flightseeing aircraft at Reykjavik's domestic airport, you'll receive your flight briefing then ascend to the skies for breathtaking views of mountain ridges, ash cones, table mountains, volcanoes, geysers, sprawling lava fields, glaciers and waterfalls. And perhaps even a few more of the spectacular and diverse natural phenomena that define the Icelandic landscape. Highlights of your overflight include hard-to-pronounce Tindfjallajökull and Eyjafjallajökull glaciers and famous Hekla volcano, nicknamed "The Gateway to Hell." You'll also get views of Thingvellir National Park, site of the world's oldest parliament, mighty Gullfoss Waterfall, Thórs mörk Nature Reserve and the Geysir Geothermal Area – birthplace of the English word, geyser. After a flight like this, your imagination may well remain up in the clouds long after the rest of you has settled gently back down to earth and returned to the ship.

- See astounding sights on a 90-minute flight over the fiery, icy, watery geological nirvana that is Iceland.
- Look down on it all – creeping glaciers, rumbling volcanos, erupting geysers and rushing waterfalls.
- Pass over bleak lava fields, sharp mountain ridges, even the place where two continental plates meet.
- Learn about astounding natural landmarks whose names you'll never be able to pronounce.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a minimal amount of walking and is suitable for guests with limited mobility. It is available to wheelchair guests who have a collapsible chair, can make their own way on and off the bus and aircraft and have a companion to assist them.

REK-003 BATHING IN THE BLUE LAGOON

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$199.00



Date: August 11, 2023 05:15 PM

Revitalize your mind, body and spirit in a unique new way with a relaxing visit to Iceland's famously mineral-rich Blue Lagoon. It's a pilgrimage many, many have made before you – though people only really began bathing here in 1981. That's when the restorative effects of the lagoon's unique geothermal seawater, rich in both silica and sulfur, was first discovered. You'll depart the pier for the scenic coach drive out into the volcanically active Reykjanes Peninsula, and in about 45 minutes' time find yourself gazing at the Blue Lagoon's sizable expanse of milky-blue waters. A pre-dip shower is not only traditional but mandatory before entering the lagoon, and once in, you'll find the water warm but not excessively hot. Once all your stress has melted away – that usually doesn't take long – you may want to spend a bit of time at the sauna; it overlooks the lagoon and features silica-white walls and a cozy steam bath carved into a lava cave. Best of all, Blue Lagoon guests have ready access to globs of the famous white silica mud that forms an essential part of this natural spa experience only Iceland could offer.

- Travel into scenic, volcanic Reykjanes Peninsula to visit one of Iceland's most famous landmarks,
- After a pre-soak shower, slip into the famous milky-blue waters of the Blue Lagoon.
- Experience the geothermal seawater famed for its restorative effects on the skin, and ability to wash away the stress of modern life in minutes.
- Enjoy the lagoon's remarkable environment as you apply its signature white silica mud generously.
- Visit the sauna and other facilities here at your leisure before returning to civilization.
- Bring a bathing suit, change of clothing and a towel from the ship.
- Flat, comfortable waterproof shoes are useful.
- Bring a hat, sunglasses and sunscreen as needed.

The Blue Lagoon visit is for bathing in geothermal seawater, not regular swimming. The tour includes a minimal amount of walking and is available to guests who have a collapsible chair, can make their own way on and off the coach and into and out of the lagoon, and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. Pregnant women and heart patients should check with their doctor before booking this tour. For hygiene reasons, guests will need to take a shower without swimwear before their dip; separate men's and women's dressing rooms and showers are provided.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

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REK-011 PICTURE PERFECT ICELAND

Duration: 6.00 Hrs Tour Price: \$0.00

Retail Price: \$189.00



Date: August 11, 2023 05:15 PM

There are few places on earth more photogenic than unspoiled Iceland, as this wide-ranging excursion will prove. This country's array of picture-perfect natural landmarks is simply beyond compare, and many of them are readily accessible – even though not widely visited. That's a promising combination for any amateur or professional photographer looking for an inspiring environment. Traveling the region by coach with a seasoned guide who knows the choice spots, this photo-journey visits places where you can shoot sprawling lava fields, bubbling hot springs, pristine mountains and lakes, volcanic peaks and untamed wildlife – all in the space of a few hours. So, grab your favorite camera, lenses and plenty of memory cards and join us on a venture into nature photography nirvana. The possibilities are endless, and so is the beauty.

- Travel into Iceland's picture-perfect landscape for photo ops few other places on Earth can offer.
- Visit dramatic, unspoiled places where any nature photographer would find inspiration.
- Shoot lunar lava fields, bubbling hot springs, glistening mountains and lakes, wildlife and more.
- Wear warm, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes limited walking, mainly at the guest's discretion during the stops. However, It is not recommended for guests who utilize a wheelchair due to rough pathways - a mixture of gravel, mud, grass & no hand rails. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of the sites visited or viewed may vary. You will need to bring your own camera and camera equipment.

REK-002 WHALE WATCHING

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: August 11, 2023 08:00 PM

Seize your opportunity to catch a glimpse of nature's largest marine denizens up-close on an exciting offshore whale watching expedition. You'll board your expertly-captained vessel at Reykjavik's Old Harbor and head out – usually no more than 15 nautical miles but it all depends on where the whales are most likely to be spotted that day. Your onboard guide will provide an introduction and safety briefing, and keep you informed throughout the excursion about what you can see and where to look. Observe from the comfort of indoors, gazing out through large windows – or embrace the fresh salt air and adventure as you watch from the outside deck. Either way, you could find yourself experiencing close encounters with minke, humpback or killer whales at any moment along the way. Other marine creatures commonly seen on these journeys include white-beaked dolphins, harbor porpoises and many species of seabirds and seals. Between sightings, or if you get too chilled outdoors, you can always come in for a warm-up with some coffee or to make use of the onboard restrooms. Just don't dawdle; the whales won't wait for you.

- Board a specialized whale watching vessel and head out into the bay from Reykjavik Old Harbor.
- With your guide helping you know when and where to look, keep your eyes peeled for the most exciting of marine mammals: minke, humpback and killer whales.
- Expect to also spot white-beaked dolphins, harbor porpoises, seals and seabirds.
- Watch in comfort through picture windows from inside the cabin or go for the exhilaration and closer views from out on the deck.
- Wear warm, weather-appropriate clothing; things can get windy out here.
- Flat, comfortable, non-slip walking shoes are suggested.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes a minimal amount of walking and is available to wheelchair guests who have a collapsible chair, can make their own way on and off the coach and tour vessel, and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. Guests prone to motion sickness should take the necessary precautions. Even though Reykjavik weather is warm, it can get very cold and windy out on the bay; bring warm clothing and make use of special thermal suits carried on board if necessary. Although common, sightings of marine life are not guaranteed.



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.