



SEVEN SEAS CRUISES®

(PRICES IN USD PER PERSON)

OPTIONAL SHORE EXCURSIONS

ANTWERP, BELGIUM to BELFAST, NORTHERN IRELAND

SS VOYAGER July 12, 2024

Welcome Ashore!

Regent Seven Seas Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call. Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

Shore Excursion Points of Distinction

Professional English-speaking experts to guide you through your journey.

Peace of mind knowing that your excursions are monitored by the ship's staff.

A staff of experienced, excursion specialists expertly plans each tour and is dedicated to maximizing your time in each port.

Travel with premier, licensed and insured, tour companies aboard the best available, climate controlled luxury transportation.

Reserve Your Excursions Online!

Now you can reserve individual shore excursions online, all from the comfort of your home. Our website www.rssc.com offers a wealth of information about your cruise: learn about and purchase shore excursions, view pre- and post-cruise hotel packages, find answers to frequently asked questions, read general information about your upcoming cruise experience, and much more.

You may purchase tours up until 7 days prior to your sail date. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. Call your travel agent or visit www.rssc.com today to pre-purchase any of these wonderful programs. Next to each tour description, you will find symbols to assist you in choosing the excursion that is right for you.

❖ **AMSTERDAM, NETHERLANDS****AMS-STT SHUTTLES TO TOWN****Duration:** 0.00 Hrs **Tour Price:** \$0.00**Date:** July 14, 2024

To ensure that your shoreside experiences are as convenient and enjoyable as possible, we are delighted to offer a complimentary shuttle between your ship and the city center in every port where the ship is not docked within walking distance of the city center. This service runs continuously, aligning perfectly with your ship's in-port schedule. Best of all, there's no need to reserve your seat in advance. Simply make your way to the designated stop to board your shuttle, and you'll be whisked away to the heart of the city. Additional information and schedules can be obtained by visiting the onboard Destination Services Desk during your voyage.

AMS-002 TRADITIONAL HOLLAND & WINDMILLS**Duration:** 8.00 Hrs **Tour Price:** \$99.00**Retail Price:** \$249.00**Date:** July 13, 2024 10:30 AM

Take a scenic drive to tour Delft – famous home of blue ceramics – and The Hague, stately seat of the Dutch government. While its peak fame may have been a century or two ago when tin-glazed Delftware porcelain was all the rage, modern Delft remains a vibrant university city rich with cultural color. After an informative tour of Delft Porcelain Fles, the last remaining factory crafting the city's signature porcelain, you'll be escorted on a brief Delft orientation walk – then set loose for a couple free hours to explore the local landmarks and shops, and to enjoy a Dutch lunch of your own devising. Meeting back up with your excursion companions, a short hop by coach brings the group to The Hague – where the Dutch get down to serious business. On a tour of this architecturally blessed metropolis, you'll encounter everything from ornate aristocratic elegance to modern sophistication. Inspiring landmarks like the grand Peace Palace, home to the International Court of Justice, reflect the Netherlands' longstanding role as an international sponsor of peace.

- Travel through a classic Dutch landscape to visit two of the Netherlands' most picturesque cities.
- Tour Delft's sole remaining ceramic factory, where its classic blue wares are still painted by hand.
- Spend two free hours exploring the sights in canal-ringed Delft and lunching at your own pace.
- Enjoy a guided tour of The Hague, home base of the Dutch government and its royal family.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour includes some 1.5 hours of guided walks, at times over cobblestones; additional walking and exertion during free time is at guests' discretion. This tour is not recommended for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.

AMS-009 THE FIRST RECLAIMED LAND**Duration:** 6.50 Hrs **Tour Price:** \$0.00**Retail Price:** \$149.00**Date:** July 13, 2024 10:30 AM

Leave modern Amsterdam behind and enjoy a countryside road-trip to a pair of authentic North Holland villages. Classically "Dutch" in every regard, Broek in Waterland is an utterly charming hamlet long-celebrated for its classic wooden houses and dairy farms. A center of considerable wealth in the 17th and 18th centuries, Broek had more than its fair share of impressive homes – and visitors, famously including Napoleon himself in 1811. After enjoying a leisurely guided walk through this fairy-tale community, you'll reboard the coach for the day's next destination: UNESCO World Heritage listed Beemster Polder, the Netherlands's oldest tract of reclaimed land. This well-preserved historic area was created by an amazing feat of 17th-century engineering – the extraction of under-lake land by use of windmills, dikes and canals. You'll learn how the Dutch succeeded at creating whole new towns and pasturelands from below sea level during a fascinating visit to an original 17th century windmill. On the drive back to Amsterdam, you'll certainly view the passing scenery with a fresh understanding.

- Travel by coach on a tour of North Holland's traditionally atmospheric Waterland region.
- Visit über-charming Broek, a village so picturesque it was popular to tourists even in the 17th century.
- Tour Beemster Polder, the first tract of Dutch land reclaimed from below lake level by windmill pumping.
- Visit an original windmill and learn how the locals managed to create and live in towns below sea level.
- Back in Amsterdam, enjoy some 90 minutes of free time to explore the city before riding back to port.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour includes approximately 2 hours of walking, at times over cobblestones. There are 50 steep steps to negotiate inside the windmill. Any additional walking or exertion during free time is at guests' discretion. The excursion is not considered suitable for wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating. Guests will start their free time once the canal boat/coach has dropped them off in the city center.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

2

Duration: 4.00 Hrs Tour Price: \$119.00 Retail Price: \$269.00 

Date: July 13, 2024 11:00 AM

Date: July 14, 2024 01:00 PM

Follow an architectural historian through three striking 21st-century icons that have altered the face of Amsterdam and discover how their design challenges were overcome. The Eye museum pays homage to the film industry and its geometric shape reflects the power of visual images. Like film, the building creates an interplay of reality and illusion. The Eye is particularly impressive in the way it has transformed a riverside area that was once an isolated wasteland. Similarly, The Eastern Docklands & Java Island showcase urban planning and architectural innovation, transforming industrial sites into vibrant, modern spaces blending with history. The Silodam is another architectural triumph as this waterside apartment complex is reminiscent of a fully laden container ship. Your architectural historian guide will explain the design details such as how the different colors denote different "neighborhoods" within the village-like building.

- See three ingenious buildings that have transformed waterside areas that were once derelict.
- Learn how the visionary architects designed around the construction challenges.
- View cutting-edge apartment complexes whose designs enhance the residents' daily life.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes approximately 2.5 hours of walking over mainly flat and even surfaces with some steps to negotiate. 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.

AMS-001 AMSTERDAM - THE HEART OF HOLLAND

Duration: 3.00 Hrs Tour Price: \$0.00 Retail Price: \$159.00 

Date: July 13, 2024 01:00 PM, 02:45 PM

Date: July 14, 2024 08:00 AM, 10:00 AM



Amsterdam (sometimes also referred to as Venice of the North) is famous for its Canal Ring area which dates to the 17th century and is a listed UNESCO World Heritage Site. Spread out over 70 islands, this cosmopolitan city boasts 60 miles of canals and about a thousand bridges. Amsterdam is most famous for its narrow, gabled houses lining the canals. Today, you will discover this lovely city on foot and by water. You'll begin your tour with a short drive to the historic city center where you'll start your walking tour. Let your guide tell you the history of this remarkable city, whilst enjoying beautiful sights. After discovering many of the city's best on foot, you'll board a glass-topped canal boat to continue your journey through Amsterdam's lovely canals, ending back at the cruise terminal. You will find the houses have many styles, ranging from striking Renaissance facades to, simpler, more classic ones - each with its own distinct type of gable. On occasion, you will see that a mansion house has replaced a slender old merchant house. As you cruise the canals, bridges of many different types, from rare old wooden bridges to larger ornamental ones, loom overhead. Numerous houseboats and tiny skiffs are tied up beside stone canal walls, an indelible part of the city's fabric.

- Take an expertly guided introductory walk through Amsterdam's UNESCO-listed historic city center.
- See the Nieuwe Kerk (New Church), where Dutch monarchs are crowned, the splendid Royal Palace built at the height of the Dutch Golden Age, and many other essential sights.
- Skim gently along the atmospheric Amsterdam waterways by canal boat, experiencing the setting so fundamental to the fabric of life here.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This excursion includes approximately 1.5 hours of walking, including over uneven surfaces and numerous steps. The tour is not available to wheelchair guests and not recommended for those with limited mobility. There are 5 deep steps to enter the canal boat. The canal boat is not wheelchair accessible.

AMS-018 THIS IS HOLLAND AND GIN TASTING

Duration: 4.00 Hrs Tour Price: \$0.00 Retail Price: \$179.00 

Date: July 13, 2024 01:00 PM



Fly like a bird over Holland on a virtual flight and then see Amsterdam from a water perspective on a special gin-tasting cruise through the canals. The attraction This is Holland presents views of the country that simply aren't available elsewhere. While seated in front of a sphere-shaped screen with your hands and feet dangling, you will watch a film that takes you on an adventurous aerial tour of the country. It will feel like flying, especially with the addition of wind, mist and aromas to enhance the experience. Continuing on to the A'DAM Tower, you will enjoy a real and unrivaled 360° view of Amsterdam and beyond from the sky deck that soars high above the port. You will be treated to yet another glimpse of the city on a leisurely private cruise through its iconic World Heritage site canals. A sampling of traditional juniper-infused gins known as genevers will round out the experience.

- Take a virtual 5D flight over Holland enhanced with wind and mist to add to the realism.
- View Amsterdam from high above the city on the sky deck of A'DAM Tower.
- Cruise Amsterdam's iconic canals while sampling traditional Dutch juniper-infused gins.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

Walking on this tour is mainly at the guests. 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. Guests with photosensitive epilepsy are not able to take the regular elevator up at the Lookout tower due to a light show while going up. They should report this to the guide to take a different elevator. To get to the platform at the Lookout guests need to take approx 20 stairs up. Guests need to be at least 18 years old to participate in the gin tasting. Weather appropriate clothing; and flat, comfortable walking shoes are suggested.

AMS-GG1 GREEN ENERGY BY WIND TURBINES**(PRICES IN USD PER PERSON)****Duration: 5.50 Hrs Tour Price: \$0.00****Retail Price: \$139.00****Date: July 13, 2024 01:00 PM****Date: July 14, 2024 07:30 AM**

Discover one of the primary ways that the Netherlands pursues sustainable energy at 11 Beaufort, a museum and wind farm that focuses on advancements in wind power. While browsing the detailed exhibits, you will learn how wind turbines operate and are maintained to supply huge quantities of sustainable power. The resulting clean energy also greatly reduces the Netherlands' carbon footprint, unlike power sources that rely on gas and coal. Still, nothing compares to seeing a collection of towering wind turbines up close. You will have that opportunity at Wind Park Noordoostpolder, a project that was constructed with a deep regard for how it would impact the ecology, particularly the bird and bat species. Today, the wind park of more than 80 turbines supplies enough energy to power 400,000 households. Some of the turbines are off shore, others rise high above the coast. They are an impressive sight.

- Gain insight into renewable energy by browsing a wind farm and museum .
- Recognize the advancements that the Netherlands has made to reduce its carbon footprint .
- See a wind park with dozens of turbines up close and get an understanding of how they work .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour contains easy walking for 1.5 miles and approximately 15 steps to negotiate plus any additional walking at the guests' discretion during free time. 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. The tour is available to wheelchair guests who have a collapsible wheelchair. This tour must be purchased no later than 3 days prior to the operating date. Cancellations made within 3 days or less are subject to a 100% cancellation penalty. Programs falling under the minimum number of required participants are subject to cancellation.

AMS-005 AMSTERDAM AND JEWISH HERITAGE**Duration: 3.00 Hrs Tour Price: \$0.00****Retail Price: \$179.00****Date: July 13, 2024 01:30 PM****Date: July 14, 2024 10:00 AM**

Experience a vivid walk through Jewish history on this guided visit to several of Amsterdam's most poignant Judaic landmarks. Gain an understanding of early Jewish life in Amsterdam and the Netherlands at the Jewish Historical Museum, founded some 70 years ago, shut down by the Nazis, and reopened stronger than ever in 1955. Stroll the streets of the historic Jewish quarter, once the largest such community in Western Europe. See the Holland Theater (Hollandsche Schouwburg), now a monument to the 104,000 Jews who never returned to Amsterdam after World War II. And listen for the echoes of ancient times at the faithfully preserved Portuguese Synagogue, built in 1675 to accommodate large congregations of Portuguese and Spanish Jews who fled to the Netherlands to escape rampant persecution and forced conversion in their homelands. Thankfully, a suitable refuge was found here in Amsterdam, a city where religious tolerance is a prevailing principle of life.

- Tour the Netherlands' premier Jewish museum, housed within four ancient Ashkenazi synagogues.
- Walk through the sprawling Jewish Quarter, where 10,000 Jews resided in relative peace in the 1700s.
- Visit the Holland Theater, today a moving monument to the thousands of Amsterdam Jews who perished in the Holocaust.
- Enter the Portuguese Synagogue, where congregations Sephardic Jews escaping the Spanish Inquisition once worshipped.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This excursion includes approximately 2 hours of easy-to-moderate walking and standing, with some 20 steps to be negotiated at the Jewish Museum. The excursion is not recommended for wheelchair guests or those with mobility concerns. The Portuguese Synagogue is closed to visitors on Saturdays. The Hollandse Schouwburg is in construction till 2024.

AMS-008 THE WATERWAYS OF AMSTERDAM - CANAL CRUISE**Duration: 1.50 Hrs Tour Price: \$0.00****Retail Price: \$99.00****Date: July 13, 2024 01:30 PM, 03:30 PM****Date: July 14, 2024 09:45 AM, 01:30 PM**

Glide through the Venice of the North in a fitting manner, via glass-roofed canal boat. It's an incomparable way to experience this cosmopolitan city that stretches over some 70 islands and boasts 60 miles of canals and 1,000 bridges. An obscure port mostly visited by fisherman back in the 13th century, Amsterdam steadily grew in trade importance – blossoming into one of the world's most important ports as the Dutch Golden Age gained steam. On this relaxed waterway tour, you'll traverse some of the four concentric canal rings that define the old city center while learning much of the history behind this watery network from your guide. Along the way, expect to pass countless variations on the signature gabled canal house design the city is so famous for. Just as colorful are the procession of houseboats and tiny skiffs tied up in organized randomness along the stone canal banks. The designated route brings you by such major monuments as the National Maritime Museum, magnificent Town Hall (once considered Europe's largest administrative building).

- Explore a city tied inextricably to the water as it must be seen: from the water.
- Glide past gabled canal houses, bridges of every style, and key landmarks in the old city center.
- From your knowledgeable guide, learn the fascinating history of how Amsterdam grew from tiny seaport to powerhouse trade center.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour includes a 10-minute walk (just over 300 yards) between the ship and canal boat. Entering and exiting the canal boat involves negotiating steps. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of ability before participating.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

Page

4

AMS-GL2 INSIDER ACCESS IN EDMAM

(PRICES IN USD PER PERSON)

Duration: 3.50 Hrs Tour Price: \$79.00

Retail Price: \$229.00



GL

Date: July 13, 2024 01:30 PM

Date: July 14, 2024 09:30 AM

Enjoy an insider's look at life in Edam by visiting with a local family and then tour a cheese-making facility to see how Edam's famed cheese is produced. After departing from the pier, you will enjoy a short but scenic drive to Edam, which lies just north of Amsterdam. Although synonymous with its namesake cheese, Edam offers much more, especially when you observe the city through the eyes of a local. During an enlightening walk downtown, you will have an outside visit to see St. Nicholas Church, which was rebuilt following lightning fires in 1602 and 1699. Afterwards, the church's tower was significantly reduced, but the building is still a dominant landmark. Another highlight is the Edam Museum, which occupies an 18th-century sea captain's house. For an even deeper understanding of life in Edam, you will visit a local family in their centuries-old residence. While you enjoy coffee and cake, they will elaborate on the long history of their home, how Edam has changed just in their lifetimes and what the future may hold. Few experiences will reveal so much in such a short time. Still, it is impossible to escape the draw of cheese in Edam. More than a quarter of the cheese produced in the Netherlands is Edam, a soft cheese made with less milk fat than most other cheeses. While touring a cheese-making facility in town, you will watch the process and then taste samples of the iconic product.

- See some of the most meaningful landmarks while walking through downtown Edam.
- Visit with a local family and enjoy coffee, cake and a candid look at life in Edam.
- Watch Edam cheese being produced and sample the freshly made product.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour includes about two hours of walking and standing with some uneven surfaces and steps. The tour is not available to wheelchair guests and may not be suitable for guests with mobility concerns, who should evaluate their stamina and ability before joining the tour. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible.

AMS-GL1 GL-BIKE THROUGH DUTCH LANDSCAPES LIKE A LOCAL

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$139.00



GL

Date: July 13, 2024 02:00 PM

Date: July 14, 2024 10:00 AM

Bicycle through the Waterland, a classic Dutch landscape that is ideal for bicycling as it is flat and spectacularly scenic. A ferry will take you to the Waterland, where you will begin pedaling at a leisurely pace well suited to the area's laid-back ambiance. You can expect to see farmers going about their daily lives, brightly painted wooden houses and an impossibly green countryside crisscrossed with canals and dotted with seemingly endless rivers and lakes. Almost half of the Waterland is water, held in check by a series of dikes, and the landscape couldn't be more beautiful. Expect to pass cows grazing in fields, iconic windmills pumping water out of the lowlands and a number of seaside villages, one of which you will stop in for a drink. The Waterland is also a paradise for water birds, and you will likely see countless swans and geese and perhaps even a godwit, the national bird of the Netherlands.

- Bicycle through the Waterland, a flat bike-friendly landscape full of canals and windmills.
- Expect to see locals pedaling too, as a third of all trips in the Netherlands are on bikes.
- Enjoy the bucolic setting, as you pass grazing cows, windmills and water birds.
- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

This tour requires about 10-15 miles of biking with some inclines and cobblestone surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for guests with mobility concerns, who should evaluate their stamina and ability before joining the tour. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible. Due to biking path, minimum age to participate in the tour is 18.

AMS-004 VOLENDAM AND MARKEN

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: July 13, 2024 02:30 PM

Date: July 14, 2024 08:45 AM

Visit a pair of colorful hamlets that together capture the romance of the Netherlands' special relationship with the sea – and its past. A short drive into North Holland province brings you to tiny Marken, whose tidy green and white clapboard houses remain little changed since the protective dikes of the Zuider Zee were first constructed in this region by monks in the 13th century. Many of the locals here still wear colorful ancestral costumes, making this something of a foray into ancient days. Continuing on to Volendam, discover another once-upon-a-time fishing village, this one a sea of red roofs and a maze of narrow streets that artists have been drawn to (and drawing in) for ages. On a guided walk, expect to encounter canals aplenty, quaint drawbridges, and a photogenic little harbor laden with authentic fishing vessels and seafood vendors.

- Sightsee during a brief panoramic drive across picturesque Dutch countryside by comfortable coach.
- Enjoy a guided walk through Marken, a Zuider Zee-side village where new home construction seems to have stood still long ago.
- Tour equally-ancient Volendam, a place of narrow lanes, canals, drawbridges and a bustling seafloor.
- Visit a local dairy farm and sample delicious local cheeses produced using traditional methods.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This excursion includes approximately 1.5 hours of guided walking, at times over cobblestones. Additional walking or exertion during free time is at guests' discretion.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

Page

5

AMS-007 WINDMILLS & EDAM**(PRICES IN USD PER PERSON)****Duration: 4.00 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 13, 2024 02:30 PM****Date: July 14, 2024 09:00 AM**

Catch a colorful glimpse of traditional Dutch country life in the open-air museum town of Zaanse Schans, then visit the town forever known for its cheese. You'll journey northward from Amsterdam by coach, across scenic countryside to the town of Zaandam, where a faithfully remade Zaan community replicates a working village circa 1700. Your guide will lead you on a stroll along cobbled streets lined with craftsmen practicing the trades of yesterday in a region where windmills and green wooden houses still form the skyline, and dikes and canals still crisscross the pasturelands. Next on the agenda is the tranquil 17th-century town of Edam. Here you'll enjoy an escorted walk past picturesque canals, old-fashioned drawbridges and delightful homes – then indulge in a bit of free-range exploring. There's lots to see and abundant shopping for Dutch mementos (wooden shoes included). Of course, you'll also find plenty of Edam's trademark cheese to sample or purchase. It's a taste that's just as timeless.

- Journey panoramically across a windmill-laced Dutch landscape like you've always seen in books.
- Tour the town of Zaanse Schans, a meticulously recreated village from when Europe was younger.
- Stroll through Edam, most famous for its cheese but brimming with charm and 17th century character.
- Enjoy an interval at leisure, perhaps doing some shopping or further sightseeing, or simply relaxing.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour includes approximately 1.5 hours of walking (at times over cobblestones), which can be at guests' discretion upon arrangement with the guide. While 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 guests with mobility concerns should evaluate carefully their personal level of ability before participating.

AMS-012 AMSTERDAM & VAN GOGH MUSEUM**Duration: 3.50 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 13, 2024 03:00 PM****Date: July 14, 2024 09:30 AM**

Dive into the artistic beauty and somber mystique of Van Gogh on an audio-guided visit to the Amsterdam museum dedicated to his life and work. Located in what's known as Museum Square in the heart of the city, Amsterdam's Van Gogh Museum has amassed the world's largest collection of this tortured 19th-century master's paintings, drawings, and memorabilia. While forever remembered for that missing earlobe, Vincent's real fame has more to do with his outstanding, colorful, totally unique renditions of sunflowers, potato-eaters and tortured self-portraits. Transferred to the museum entrance by coach from the pier, your excursion guide will brief you on the venue and some options for browsing its collection, then you'll have about two hours to explore it on your own – with the help of an audio guide that provides background and context for much of what you're seeing. At the end of the visit, simply walk back out to the coach for the return ride to your ship.

- Spend two fascinating hours immersed in the world's largest Van Gogh collection – some 200 paintings, 400 drawings, and 700 letters.
- Take in the Museum's collection at your preferred pace and sequence; get helpful background and context from the supplied audio guide.
- Wear weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This excursion includes approximately 2.5 hours of moderate walking and standing. The tour is available to wheelchair guests who are able to make their own way on and off the transportation. Guests with mobility limitations should bring along a companion who can provide assistance as needed.

AMS-014 TWILIGHT CANAL CRUISE**Duration: 1.50 Hrs Tour Price: \$0.00****Retail Price: \$119.00****Date: July 13, 2024 08:00 PM**

Add a superb extra level of drama to your Amsterdam visit with a twilight version of the ever-popular canal boat cruise. Picked up right from the cruise terminal and gliding gently along on a glass-roofed vessel, you'll see the city transition from day to night as you view the Venice of the North from a completely unique angle. Encounter ancient nooks and crannies you won't see from any regular ground transport. Pass countless variations on the gabled canal-front mansion the city is so famous for, many now converted into shops, restaurants and offices with a view. Lined by trees and monumental buildings, the famous crescent-shaped Herengracht, Keizergracht and Prinsengracht canals provide the perfect setting – while the glorious Amsterdam-at-twilight skyline provides the magical scenery. Among the iconic landmarks passed: the National Maritime Museum, magnificent Town Hall and historic Anne Frank House. Dress warmly, sit back and relax, and sample Dutch finger food accompanied by wine, beer or soft drinks as you watch the early Amsterdam evening slide by.

- Explore the city whose history is so inextricably tied to the water, from the water.
- Glide past gabled canal houses, bridges of every style, and historic landmarks like city hall.
- Toast the magical scenery with wine, beer or soft drinks and munch on samples of Dutch cheese and crackers.
- Wear warm, weather-appropriate clothing.
- Flat, comfortable walking shoes are recommended.

This tour includes a minimal amount of walking (just over 300 yards) between your ship and the canal boat landing. 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 must be able to negotiate the few steps to embark and disembark the canal boat. Minimum age for onboard beer or wine consumption is 18.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

6

❖ LONDON (TILBURY), UK

TIL-STT SHUTTLES TO TOWN

Duration: 0.00 Hrs Tour Price: \$0.00



Date: July 15, 2024

To ensure that your shoreside experiences are as convenient and enjoyable as possible, we are delighted to offer a complimentary shuttle between your ship and the city center in every port where the ship is not docked within walking distance of the city center. This service runs continuously, aligning perfectly with your ship's in-port schedule. Best of all, there's no need to reserve your seat in advance. Simply make your way to the designated stop to board your shuttle, and you'll be whisked away to the heart of the city. Additional information and schedules can be obtained by visiting the onboard Destination Services Desk during your voyage.

TIL-003 LONDON PANORAMA

Duration: 8.25 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: July 15, 2024 08:00 AM

Delight in this sweeping driving tour around London that focuses on highlights such as Westminster Abbey, Buckingham Palace and the Houses of Parliament. The exact route will depend on the traffic and time of day, but you can expect to see Trafalgar Square, home of the imposing Nelson's Column, and pass through Admiralty Arch and into The Mall. It will be quite a sight, as Buckingham Palace stands at the far end and the delightful urban oasis St. James' Park beckons to the side. Nearby, you will see Whitehall with its poignant Cenotaph war memorial. You can also count on exploring the square mile that makes up the old city, whose medieval and Georgian atmospheres still survive. The massive Tower of London and majestic St. Paul's Cathedral are but a few of the draws in this area.

- Drive past the capital's most well-known attractions on a panoramic tour.
- See icons such as Westminster Abbey, Buckingham Palace and the Houses of Parliament.
- Explore the old city, where you will find the Tower of London and St. Paul's Cathedral.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour is mostly panoramic and the amount of free time will depend on traffic conditions. It is available to wheelchair guests who have a collapsible wheelchair and can make their own way on and off the transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English pounds, as some shops do not accept other currencies nor credit cards for small purchases and some public bathrooms charge.

TIL-004 LONDON ON YOUR OWN

Duration: 8.00 Hrs Tour Price: \$0.00

Retail Price: \$99.00



Date: July 15, 2024 08:00 AM

Explore the capital in whatever way you wish and visit the landmarks that sound fascinating at your own pace. You will be dropped off at a central location near Drury Lane, at Covent Garden, and for your convenience the return transfer will depart from the same place. On the way to and from the city, a host will travel along to answer questions. You might ask for recommendations on where to shop for certain merchandise, what to see on that particular day and the best places to dine if you have a certain cuisine in mind. The host will also hand out information describing some of the highlights and important phone numbers, if you need assistance. Where you go will be entirely up to you, a luxury that encourages you to concentrate on the attractions that interest you the most. With no schedule to follow, you can stay at your chosen attractions as long as you want, allowing you to thoroughly explore them.

- Enjoy a panoramic drive to a central location and explore London independently.
- Focus solely on the attractions that sound most interesting to you.
- Browse the attractions at your own pace and stay at them as long as you like.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

The sites visited during free time, amount of walking and level of exertion are at guests' discretion. This tour is available to wheelchair guests who have a collapsible wheelchair and can make their own way on and off the transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English pounds, as some shops do not accept other currencies nor credit cards for small purchases and some public bathrooms charge.

TIL-001 ROYAL CAPITAL & TOWER OF LONDON

Duration: 8.25 Hrs Tour Price: \$99.00

Retail Price: \$229.00



Date: July 15, 2024 08:30 AM

Enjoy a panoramic tour of London's iconic landmarks and free time to explore other attractions that sound alluring. The sightseeing route will take you past Buckingham Palace and St. Paul's Cathedral on the way to the imposing Tower of London. One of the most famous fortified buildings in the world, the Tower was built by order of William the Conqueror. It has served as a palace, prison, treasury, arsenal and even a zoo, and today it houses the priceless crown jewels. Its medieval palace, infamous Bloody Tower and more than 90 inscriptions made by prisoners in the Beauchamp Tower are also on view. Following free time for lunch in Central London, you will continue the panoramic tour, passing some of the city's most recognizable landmarks such as Westminster Abbey, Big Ben, the Houses of Parliament and London Bridge. Depending on traffic conditions, time will be allotted for photo stops.

- Drive past the capital's most well-known attractions on a panoramic tour.
- Explore the Tower of London and discover its long, fascinating history.
- Pause for photos at some of the most iconic attractions, time permitting.
- Enjoy free time in Central London to dine on your own and browse the shops.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

The Tower of London has stairs, cobblestone steps and passageways that are difficult to negotiate. This tour is not available for wheelchair guests and not recommended for those with mobility concerns. Bring English pounds, as some shops do not accept other currencies nor credit cards for small purchases and some public bathrooms charge.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour



Accessible Tour

Page

7

TIL-002 LONDON ON WATER & LAND**(PRICES IN USD PER PERSON)****Duration: 7.00 Hrs Tour Price: \$0.00****Retail Price: \$169.00****Date: July 15, 2024 08:45 AM**

See the most famous attractions in London by cruising the River Thames and by driving through the heart of the capital. The river cruise will offer a unique water perspective of landmarks such as the Houses of Parliament, an extraordinarily beautiful building also known as the Palace of Westminster. French Impressionist Claude Monet famously painted the Parliament at different times of the day from the same Thames perspective that the cruise offers. Following free time on shore for lunch on your own, you will begin the driving portion of the tour, which will include a land perspective of the Houses of Parliament. The exact route will depend on the traffic, but you can expect to see highlights such as Buckingham Palace, Big Ben, London Bridge and St. Paul's Cathedral. Acclaimed English architect Christopher Wren designed the cathedral and was entombed there in 1723.

- Cruise the River Thames, an iconic waterway with more than 200 bridges.
- Drive past the capital's most well-known attractions on a panoramic land tour.
- See the Houses of Parliament from two perspectives—from the water and the land.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour is available to wheelchair guests who have a collapsible wheelchair and can make their own way on and off the transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English pounds, as some shops do not accept other currencies nor credit cards for small purchases and some public bathrooms charge.

TIL-007 GREENWICH - HOME OF TIME**Duration: 5.50 Hrs Tour Price: \$0.00****Retail Price: \$169.00****Date: July 15, 2024 09:30 AM**

Become acquainted with the main attractions of Greenwich, followed by free time to explore the areas that you find the most alluring. During the introductory walk through Greenwich, you will soon understand why UNESCO has declared this town on the Thames River a World Heritage site. It symbolizes England's artistic and scientific endeavors in the 17th and 18th centuries. So many iconic attractions are there, including the Royal Observatory, the Prime Meridian line at Longitude 0° and the Cutty Sark, the world's only surviving extreme clipper and the fastest ship of its time. Built in 1869 to carry tea from China, it also transported wool from Australia to England, all in record time. As you will discover while touring the ship, it is an extraordinary vessel. You will also enjoy free time to shop, dine on your own and explore other attractions in Greenwich, such as the National Maritime Museum, the Old Royal Naval College and Greenwich Park.

- Enjoy an enlightening walk through Greenwich, a UNESCO World Heritage site.
- Explore the famed 19th-century clipper Cutty Sark, the fastest ship of its time.
- Spend free time in Greenwich, shopping, dining and visiting other attractions.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes about two hours of walking and standing on mostly level ground with a few steps. Additional walking and the level of exertion during free time is at the guests' discretion. This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off the transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. The Cutty Sark is wheelchair accessible with lifts providing access to all levels of the ship. Some areas of the main deck are not wheelchair accessible, but virtual access to them is provided.

TIL-005 CANTERBURY & ITS CATHEDRAL**Duration: 5.00 Hrs Tour Price: \$0.00****Retail Price: \$169.00****Date: July 15, 2024 10:00 AM**

Discover the highlights of Canterbury on an enlightening walk and then explore the medieval city further on your own. Built in the 13th and 14th centuries on Roman foundations, long stretches of the town walls still survive. You will also view lofty houses overhanging the lanes that lead to the great Christ Church Gate, the main entrance to Canterbury Cathedral. Founded in the early 7th century, the cathedral is one of the oldest Christian churches in England and has been a pilgrimage site since the Archbishop of Canterbury Thomas Becket was murdered there in 1170. Be sure to notice the cathedral's stained-glass windows illustrating miracles, the 12th-century mural of St. Paul and the inlays in the marble floor depicting zodiac signs. Another noteworthy feature is the Tomb of the Black Prince, which is topped with a bronze effigy of the knight in full armor. Free time will also be allotted for a deeper exploration of Canterbury on your own.

- Enjoy an enlightening walk through Canterbury with a focus on its medieval attractions.
- Explore Canterbury's gothic cathedral and the shrine of Thomas Becket inside.
- Spend free time in Canterbury, visiting areas of most interest to you.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes about 1½ hours of walking and standing on cobblestone and uneven surfaces with many steps throughout the cathedral. The amount of walking and level of exertion during free time is at the guests' discretion. This tour is not available for wheelchair guests and not recommended for those with mobility concerns. A guided visit of the cathedral will not be possible during religious services or special events; in this case, the guide will provide commentary from the outside and you will enter on your own.

TIL-006 LEGENDARY LEEDS CASTLE**Duration: 5.00 Hrs Tour Price: \$0.00****Retail Price: \$189.00****Date: July 15, 2024 10:00 AM**

Visit Leeds Castle, the first stone castle built by a Norman baron and one of England's most celebrated fortresses. Perched on 500 acres of parkland that covers two islands, it bills itself as "The Loveliest Castle in the World," and the description may not be hyperbole. The beautifully restored castle has been a Saxon manor, a Norman stronghold, a residence to six medieval queens, a palace used by Henry VIII and a private home. To reach the castle, you will walk along a meandering stream, into a belt of stately trees and on through the 13th-century Gate Tower that guards the only access. Inside, you will find that the last private owner, Lady Baillie, left her mark on the castle by refurbishing it in the 1920s and 1930s. However, many of the rooms still reflect medieval and Tudor periods. While walking the grounds, don't miss the spiraling yew maze and the macabre images in the underground grotto.

- Visit Leeds Castle, a meticulously restored fortress described as the loveliest in the world.
- Gain insight into the castle having been a Saxon manor, royal residence and private home.
- Meander the castle grounds, which feature several botanical mazes.
- Dress in weather-appropriate clothing. • Wear flat comfortable walking shoes.

This tour includes about three hours of walking and standing with steps, inclines and uneven or cobblestone surfaces to negotiate. It is not available for wheelchair guests and not recommended for those with mobility concerns.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included

GL Go Local Tour

Accessible Tour

Page

8

TIL-GG1 TURNING TRASH INTO RENEWABLE ENERGY

(PRICES IN USD PER PERSON)

Duration: 4.00 Hrs Tour Price: \$89.00 Retail Price: \$239.00 

Date: July 15, 2024 10:00 AM

Discover how ordinary household waste is converted into energy at an eco-friendly facility in the Suffolk countryside. In essence, the trash is incinerated and the energy from that combustion is used to generate electricity and heat for the community. Besides reducing greenhouse gases and the amount of waste that ends up in the local landfills, the process helps to preserve the environment by burning rubbish that can't be recycled. Since the facility opened in 2014, the area's carbon dioxide emissions have fallen dramatically, air quality has greatly improved and energy has become more affordable than ever. After touring the facility to learn the particulars of the process, you will delve deeper into the benefits of renewable energy in the visitor center. Even the building set new architectural standards for waste-to-energy facilities. As you will see, it blends harmoniously into the beautiful Suffolk landscape and creates a balance between nature and industrial architecture.

- See how trash that can't be recycled can generate energy for the local community .
- Discover the environmental and economic benefits of creating energy from ordinary waste .
- Recognize the innovative architecture that sets new standards for waste facilities .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 2 hours of walking plus over 300 steps to negotiate. 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.

TIL-GG2 THE SUSTAINABLE VINES

Duration: 4.50 Hrs Tour Price: \$109.00 Retail Price: \$259.00 

Date: July 15, 2024 10:00 AM

Taste the difference in wines produced through sustainable, low-impact agricultural methods at Terlingham Vineyard. While walking about the farm's small four-acre vineyard, you will gain an understanding of how the owners—a family of five—grow the grapes without using chemical fertilizers, pesticides, fungicides or herbicides. Absolutely everything from pruning the vines to harvesting the grapes is done by hand. If issues arise, natural remedies are applied. Whenever possible, fermentation is achieved using wild yeasts that grow naturally on the grapes. To attract wildlife, indigenous flowers and grasses are allowed to grow beneath the vines. You will also hear about the winery's recycling of glass and corks and how labelling and packaging waste has been reduced. Once you settle in at the wine-tasting gazebo, you will sample a selection of sparkling and still wines, the latter being free of the carbon dioxide that adds bubbles.

- Visit Terlingham Vineyard, a low-impact, sustainable producer of artisan wines .
- See how the vineyards are maintained by hand using eco-friendly methods .
- Sample a variety of sparkling wines and still wines, which are free of carbon dioxide .
- Dress in weather-appropriate clothing .
- Wear flat comfortable walking shoes .

This tour includes approximately 2 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. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. The walk from the parking into the vineyard is about 1640 ft long, on an uneven farm track. Guests participating must be over the age of 21.

❖ EDINBURGH (NEWHAVEN), SCOTLAND

NWH-STT SHUTTLES TO TOWN

Duration: 0.00 Hrs Tour Price: \$0.00



Date: July 17, 2024

To ensure that your shoreside experiences are as convenient and enjoyable as possible, we are delighted to offer a complimentary shuttle between your ship and the city center in every port where the ship is not docked within walking distance of the city center. This service runs continuously, aligning perfectly with your ship's in-port schedule. Best of all, there's no need to reserve your seat in advance. Simply make your way to the designated stop to board your shuttle, and you'll be whisked away to the heart of the city. Additional information and schedules can be obtained by visiting the onboard Destination Services Desk during your voyage.

NWH-001 CITY OF EDINBURGH & CASTLE

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: July 17, 2024 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 17, 2024 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.

- 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

10

NWH-009 LEISURELY EDINBURGH**(PRICES IN USD PER PERSON)****Duration: 3.50 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 17, 2024 09:00 AM**

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.

NWH-016 THE HOUSE & THE CASTLE**Duration: 8.00 Hrs Tour Price: \$139.00****Retail Price: \$289.00****Date: July 17, 2024 09:00 AM**

Delve into the history of the royals and aristocracy that have lived in and around Edinburgh, beginning with an exploration of Hopetoun House, a magnificent country estate that is still privately owned. While touring the house and grounds, you will gain insight into the Hope family that has resided there since the late 1600s. The interiors have remained virtually unchanged for centuries and beautifully reflect the elegance of the Georgian era. Free time for lunch follows in Edinburgh's enlightening Royal Mile, the grand thoroughfare between Edinburgh Castle and Holyroodhouse, the Queen's official Scottish residence. Afterwards, while touring Edinburgh castle, you may see the Honours of Scotland – which are the oldest crown jewels in Britain – and the apartment where Mary Queen of Scots gave birth to the future King James VI. The Great Hall is another highlight, especially its wood-beam ceiling, which rests on stones carved with symbols such as the thistle, Scotland's national emblem.

- Tour the spectacular private estate that the Hope family has resided in since the late 1600s.
- Browse the royal treasures in Edinburgh Castle, a fortress that is the city's oldest building.
- Meander the Royal Mile during free time and dine there on your own.
- 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 a moderate amount of walking, at times over uneven and cobblestone surfaces. The tour is not available to wheelchair guests and is not considered suitable for those guests with mobility concerns. Weather appropriate clothing and flat, comfortable walking shoes are suggested. Guests should be prepared for the possibility of rain. The order of sites visited may vary.

NWH-GL2 UNDISCOVERED EDINBURGH**Duration: 4.00 Hrs Tour Price: \$79.00****Retail Price: \$229.00****Date: July 17, 2024 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

Page

11



Duration: 6.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: July 17, 2024 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-005 SCONE PALACE, CROWNING PLACE OF SCOTTISH KINGS

Duration: 4.50 Hrs Tour Price: \$0.00

Retail Price: \$159.00



Date: July 17, 2024 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 17, 2024 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

Page

12

Duration: 8.00 Hrs Tour Price: \$259.00

Retail Price: \$479.00



Date: July 17, 2024 10:30 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.

NWH-GL1 THE TWO OF SCOTLANDS BEST IN EDINBURGH

Duration: 2.75 Hrs Tour Price: \$129.00

Retail Price: \$279.00



GL

Date: July 17, 2024 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 17, 2024 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.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

13



Duration: 5.50 Hrs Tour Price: \$0.00

Retail Price: \$129.00



Date: July 17, 2024 01:00 PM

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.

❖ INVERGORDON, SCOTLAND

ING-STT SHUTTLES TO TOWN

Duration: 0.00 Hrs Tour Price: \$0.00



Date: July 18, 2024

To ensure that your shoreside experiences are as convenient and enjoyable as possible, we are delighted to offer a complimentary shuttle between your ship and the city center in every port where the ship is not docked within walking distance of the city center. This service runs continuously, aligning perfectly with your ship's in-port schedule. Best of all, there's no need to reserve your seat in advance. Simply make your way to the designated stop to board your shuttle, and you'll be whisked away to the heart of the city. Additional information and schedules can be obtained by visiting the onboard Destination Services Desk during your voyage.

ING-002 HIGHLAND CASTLES & LOCH NESS

Duration: 8.00 Hrs Tour Price: \$139.00

Retail Price: \$289.00



Date: July 18, 2024 09:30 AM

Spend a marvelous day exploring two of Scotland's most renowned castles and in the thrall of legendary Loch Ness. Considered most romantic of the Highland castles, Cawdor Castle has sheltered the same family for 600 years – and perfectly combines history and home, legend and reality. Crossing an authentic drawbridge, you'll tour Cawdor's classic interior of low doorways, winding stairways, and windows set deep in massive walls. Despite all the stone, the atmosphere inside is so warm and personal you'll get a vivid sense of what life must have been like here during medieval times. Later, driving along the steeply wooded shores of Loch Ness, you'll likely be torn between ogling the spectacular setting and scouring the 900-foot-deep waters for signs of ever-shy Nessie. It's impossible not to look. Passing through the loch-side village of Drumnadrochit, you'll visit Urquhart Castle. A 14th-century fortress and residence with an action-packed history, this building has been a truly magnificent ruin for several centuries – its jagged keep rising from crumbling walls against a backdrop of loch waters and rolling hills. It's a serious wow, as will be the scenery during the glen and highlands drive back to Invergordon alongside Cromarty Firth.

- Visit Cawdor Castle, a medieval landmark considered the Highlands' most romantic ancestral home.
- Stroll lovely gardens and tour an interior that's classic "castle," yet has a warm, lived-in feel; you can practically smell banquet fare simmering in the period kitchens.
- Drive along the moody, magnificent banks of Loch Ness – and keep your eyes peeled.
- Tour and photograph the famously atmospheric ruins of Urquhart Castle along the loch's shore.
- Savor lunch at a local hotel in Inverness, known as the Capital of the Highlands.
- 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 2-3/4 hours of walking, at times over uneven ground and with some 160 steps to be negotiated. The excursion is not considered suitable for wheelchair guests or those with mobility concerns. At Urquhart, the path down to the castle's lower level is steep in parts, but the panoramic views from the coach park are pretty amazing. The order of sites visited may vary.

ING-005SG LOCH NESS & URQUHART CASTLE - SMALL GROUP

Duration: 4.25 Hrs Tour Price: \$79.00

Retail Price: \$229.00



Date: July 18, 2024 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. This tour showcases must-see Scottish destinations, including moody Loch Ness, romantic Urquhart Castle and Inverness, the 'Capital of the Highlands.' Sit back and enjoy the lovely Scottish glen scenery as you make your way along the shores of Cromarty Firth and Beaulieu Firth enroute to the northern tip of Loch Ness. and heading for the each with its own charm as you take this scenic route towards world-famous Loch Ness. The loch is extremely beautiful, long and narrow with steep wooded banks and a depth of 900 feet in places. As you drive its shores, you'll likely be torn between ogling the spectacular setting and scouring the waters for signs of ever-shy Nessie. It's simply impossible not to look for her – or him. Once you reach the Ness-side village of Drumnadrochit, you'll visit iconic Urquhart Castle – a 14th-century fortified residence with an action-packed history. Blown up in 1692, it's been a truly magnificent ruin ever since – its jagged keep rising from crumbling walls against a backdrop of loch waters and rolling hills. After a panoramic spin through Inverness, you'll cross the elegant Kessock Bridge and reenter the Northern Highlands for still more marvelous scenery enroute back to Invergordon.

- Travel by coach across the Scottish Highland countryside and along its scenic sea inlets.
- Tour moody, magnificent Loch Ness – narrow, long, steeply banked and deep enough to hide Nessie.
- Visit and photograph the famously atmospheric ruins of Urquhart Castle along the loch's shore.
- Enjoy a panoramic tour of urbane Inverness, astride the river that flows from Loch Ness but with ample mystique of its own.
- 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 1-3/4 hours of walking, including over uneven ground and with a significant number of steps to negotiate. The tour is not available to wheelchair guests and is not considered suitable for guests with mobility concerns. At Urquhart, the path down to the castle's lower level is steep in parts, but the panoramic views from the coach park are pretty amazing. The order of sites visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

15

ING-001 DUNROBIN CASTLE**(PRICES IN USD PER PERSON)****Duration: 4.00 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 18, 2024 09:45 AM**

Settle back and enjoy wonderful coastal scenery enroute to your guided visit at an elegant castle on a hill overlooking the Moray Firth. Actually, Dunrobin looks rather more like a French chateau than the usual dark-stone Scottish castle; thank all the white stone and gleaming conical towers for that. At 189 rooms, it's the largest great house in the Northern Highlands and also one of the most ancient continuously-inhabited buildings in Britain, with sections dating back to the early 1300s. Like most medieval castles, Dunrobin started out as a fortress-like keep named after its originator, Earl Robin. After extensive home improvements made by the best architects during the 17th, 18th and 19th centuries, the splendid turreted castle you'll tour today is a absolute visual treat, inside and out. The building sits regally on its site, overlooking sprawling formal gardens that in turn overlook the sea. As grand as the interior is – including a portrait-lined main stairway that's 30 feet wide and 50 feet high, and a 10,000-volume library – the grounds are just as inspiring. Echoing the French style of the house that towers above them, these magnificent manicured gardens would look right at home in Versailles.

- Travel by coach across northeast Scotland to turreted Dunrobin Castle, a gleaming gem along its coast.
- Visit the Northern Highlands' largest, oldest and arguably most beautiful great house.
- Enjoy a guided tour of the castle's elegant interior, where every space is super-sized.
- Wander beautiful Versailles-style formal gardens, little changed from their original 1850 layout.
- 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 some 2 hours of walking at the castle, over mostly even surfaces and with approximately 150 steps to be negotiated. The excursion is not considered suitable for wheelchair guests or those with mobility concerns.

ING-008 INVERNESS ON YOUR OWN**Duration: 4.50 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 18, 2024 09:45 AM, 11:45 AM**

This transfer is the ideal solution for independent-minded travelers who prefer to explore destinations at their own pace and discretion. From your ship in Invergordon, board a comfortable motor coach for a scenic journey to the center of Inverness, Capital of the Highlands. There's much to see and do in this historic town along the River Ness with its thriving cultural, crafts and dining scene. And you'll have about three hours of free time to discover whatever strikes your fancy here. While this is a self-guided experience, your coach escort will be happy to answer any questions you may have about how to make the best of your time here. Then, you're on your own. At a prearranged hour and location, you'll need to be back to rejoin the coach for the return drive to the pier. Plan this step wisely: those who run late for pickup must make their own way back to the ship, at their own expense.

- Express your independence and keen traveler instincts by creating your own half-day in Inverness.
- Travel by coach across the Highlands countryside to a convenient spot in the center of town.
- Before striking out on your own for about 3 hours, make use of your coach escort's local knowledge to plan out your itinerary. Or just wander and let it happen naturally.
- Make sure to be back at the prearranged time and place for the coach return to Invergordon.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Amount of walking and level of exertion on this independent tour is at guests' discretion. Lunch and any attraction admission fees are at your own expense.

ING-003 SCENIC MOORLAND DRIVE & DORNOCH**Duration: 3.75 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 18, 2024 10:00 AM**

This relaxed circular drive covers a wonderful cross-section of Highland scenery – from rugged hills and moors to curving coastlines and wooded vales. From Invergordon pier, you'll head north into an area of unspoiled natural beauty. Gentle farmland backed by rolling hills gives way to a climb up into the moorlands toward Struie Hill Viewpoint, famed for its "million-pound" panoramas across Dornoch Firth. Over on the other bank, the quaint hamlet of Spinningdale appears as we approach character-filled Dornoch on the North Sea coast. You'll have some free time to wander in this unpretentious town that offers a glimpse into everyday Scottish life in a setting little changed by the modern world. You might want to consider stopping in at the crafts center, touring a remarkably cozy cathedral that dates back to 1224, or visiting the less-cozy historic town jail. With the group reassembled for further journeying, you'll all feel certain you can smell malted barley in the air as we have a passing encounter with Glenmorangie Whisky Distillery. Transiting the ancient Highland burgh of Tain, we'll make for the windswept Easter Ross seaboard and a spin through remote fishing villages like Balintore and Shandwick enroute back to Invergordon.

- Enjoy an unhurried, highly scenic coach voyage around the Highland moors and coastal burghs.
- Stop for astounding panoramic vistas and enviable photos from Struie Hill Viewpoint.
- Pass many a wee Scottish village, like Spinningdale, Tain, Balintore and Shandwick
- Take some free time to wander in Dornoch, a classic Scottish town of tree-lined streets, mellow stone houses and charming local color.
- 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 90 minutes of walking, mainly at guests' discretion. The gravel path to reach Shin Falls is on an incline and guests should use caution. The tour is considered suitable for wheelchair guests who can make their way on and off the coach. Guests with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

16

ING-005 LOCH NESS & URQUHART CASTLE**(PRICES IN USD PER PERSON)****Duration: 4.25 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 18, 2024 10:00 AM**

This tour showcases must-see Scottish destinations, including moody Loch Ness, romantic Urquhart Castle and Inverness, the 'Capital of the Highlands.' Sit back and enjoy the lovely Scottish glen scenery as you make your way along the shores of Cromarty Firth and Beaulie Firth enroute to the northern tip of Loch Ness. and heading for the each with its own charm as you take this scenic route towards world-famous Loch Ness. The loch is extremely beautiful, long and narrow with steep wooded banks and a depth of 900 feet in places. As you drive its shores, you'll likely be torn between ogling the spectacular setting and scouring the waters for signs of ever-shy Nessie. It's simply impossible not to look for her – or him. Once you reach the Ness-side village of Drumnadrochit, you'll visit iconic Urquhart Castle – a 14th-century fortified residence with an action-packed history. Blown up in 1692, it's been a truly magnificent ruin ever since – its jagged keep rising from crumbling walls against a backdrop of loch waters and rolling hills. After a panoramic spin through Inverness, you'll cross the elegant Kessock Bridge and reenter the Northern Highlands for still more marvelous scenery enroute back to Invergordon.

- Travel by coach across the Scottish Highland countryside and along its scenic sea inlets.
- Tour moody, magnificent Loch Ness – narrow, long, steeply banked and deep enough to hide Nessie.
- Visit and photograph the famously atmospheric ruins of Urquhart Castle along the loch's shore.
- Enjoy a panoramic tour of urbane Inverness, astride the river that flows from Loch Ness but with ample mystique of its own.
- 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 1-3/4 hours of walking, including over uneven ground and with a significant number of steps to negotiate. The tour is not available to wheelchair guests and is not considered suitable for guests with mobility concerns. At Urquhart, the path down to the castle's lower level is steep in parts, but the panoramic views from the coach park are pretty amazing. The order of sites visited may vary.

ING-007 CAWDOR CASTLE & CULLODEN BATTLEFIELD**Duration: 4.50 Hrs Tour Price: \$0.00****Retail Price: \$149.00****Date: July 18, 2024 10:15 AM**

Grab your kilt and join us for a scenic excursion to the battlefield of Culloden Moor and an inside visit to enchanting Cawdor Castle. Your journey south from Invergordon follows the banks of the Cromarty Firth, crosses pastoral fields and woodlands, and skirts dolphin-filled Moray Firth enroute to the eerie, windswept site of the last battle fought on British soil. It was 1746 and Bonnie Prince Charlie's rebelling Jacobites famously lost at Culloden, ending their bid to reinstate a Stuart to the throne. A few miles further on is splendid Cawdor Castle, considered the most romantic in the Highlands. Cawdor has been home to the same family for 600 years, and it shows. Crossing an authentic drawbridge, you'll tour the castle's classic interior of low doorways, winding stairways, and windows set deep in massive walls. Despite all the stone, the sumptuous atmosphere is so warm and personal you'll get a vivid sense of what life has been like here ever since medieval times. The beautiful surrounding gardens add even more romance to the visit. Fruit orchards, flowers and veg grow in profusion along with theme plantings of all types. You'll have some time to roam and be beguiled here.

- Stand in the moorland where the Battle of Culloden took place 250 years ago, and Scotland's history changed forever.
- Visit Cawdor Castle, a medieval landmark considered the Highlands' most romantic ancestral home.
- Tour an interior that's classic "castle," yet sumptuously furnished for an undeniably warm, lived-in feel.
- See rooms lined with family portraits, fabulous tapestries, even a fully-operational Old Kitchen.
- Outside, stroll Cawdor's grounds – a wonderland of themed gardens and wooded paths.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

No bags are allowed into the castle; photography is prohibited.

ING-006 A TASTE OF SCOTTISH WHISKY**Duration: 3.25 Hrs Tour Price: \$0.00****Retail Price: \$129.00****Date: July 18, 2024 02:00 PM**

Savor a personally guided tour of a Scottish Highlands venue that every whisky connoisseur has a soft spot for: Glenmorangie Distillery (or equivalent). These folks have been crafting their range of fine single malt whiskies for over 170 years, using methods as unchanging as the Dornoch Firth terrain that surrounds this scenic locale. Pure, mineral-rich water is still drawn from springs, the best malted barley brought in from local growers. And, most importantly, the "Sixteen Men of Tain" – the distiller's entire workforce – maintain a commitment to the art of whisky creation that has continued across generations of families and through wars, fire, drought and whatever else life might throw at them. Your distillery tour begins with an introduction to the natural ingredients and time-honored skills that make Glenmorangie so distinct. You'll see gleaming swan-neck copper stills – tallest in the Highlands – and casks of American oak. And, about 45 minutes into the experience, you'll be rewarded with a "wee dram" of whisky to sample. Later, at the historic Visitor Center, you can see a magnificent old working steam engine, artifacts from the distillery's past and a model still. Then, of course, there's the distillery shop to visit – most dangerous of the sights.

- Travel by coach across the Highlands to visit a site dear to every Scottish whisky-drinker's heart.
- Enjoy a personally guided tour of the historic Glenmorangie Distillery, with a wee dram to taste.
- Learn about the "Men of Tain" who make the delicious spirits here, and see their copper swan-neck stills and the oak casks Glenmorangie ages in.
- Spend awhile at the admiring the exhibits at the Visitor Center or shopping the tempting wares at the distillery store.
- 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 about 1.5 hours of walking, along with a significant number of steps to negotiate. The tour is not considered suitable for wheelchair guests and those with mobility concerns are cautioned to 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

Page

17

❖ **LERWICK (SHETLAND ISLANDS), SCOTLAND****LER-STT SHUTTLES TO TOWN****Duration: 0.00 Hrs Tour Price: \$0.00****Date: July 19, 2024**

To ensure that your shoreside experiences are as convenient and enjoyable as possible, we are delighted to offer a complimentary shuttle between your ship and the city center in every port where the ship is not docked within walking distance of the city center. This service runs continuously, aligning perfectly with your ship's in-port schedule. Best of all, there's no need to reserve your seat in advance. Simply make your way to the designated stop to board your shuttle, and you'll be whisked away to the heart of the city. Additional information and schedules can be obtained by visiting the onboard Destination Services Desk during your voyage.

LER-001 JARLSHOF & SCENIC MAINLAND DRIVE**Duration: 4.00 Hrs Tour Price: \$0.00****Retail Price: \$149.00****Date: July 19, 2024 07:45 AM**

On this scenic drive you'll explore an ancient Viking village site, visit a wool-knitting center, cross the moors and meet a famous pony or two. Far north and close enough to Norway to speak Scottish with a Scandinavian accent, the Shetlands have been dramatically shaped by the sea – and only somewhat tamed by the hearty people who live here. Your drive down through Mainland, largest of the 100-island archipelago, will offer stunning vistas of the Atlantic Ocean and North Sea. At Jarlshof, you'll independently explore the remnants of a community of stone houses where Norsemen resided in the 7th century; hidden for centuries, a violent storm in 1905 uncovered this remarkable site. At the Hoswick Visitor Center, you'll be introduced to Shetland history and culture through interpretive displays and demonstrations of the Islanders' traditional knitting skills – with the opportunity to browse a wide variety of original cashmere and lambs' wool items offered for sale. Of course, no trip to these islands is complete without a chance to meet a few delightful and inquisitive Shetland ponies. Sporting shaggy coats and flowing manes, they'll likely show up looking for treats as your coach stops for photos.

- Enjoy a panoramic drive across the stunning Mainland island landscape.
- Explore the remains of a Viking village at an archeological site with Stone, Bronze and Iron Age roots.
- Visit a village history center where the islands' legendary knitting skills are the center of attention.
- Have a likely encounter with Shetland ponies equipped with a natural coat for the most severe weather.
- See tiny seaside farms where Shetland sheep graze, and peat bogs still harvested for home heating.
- 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 1.75 hours of walking, including over uneven ground at Jarlshof, where a considerable number of steps are also involved. The tour is not considered suitable for wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites visited may vary.

LER-001SG JARLSHOF & SCENIC MAINLAND DRIVE - SMALL GROUP**Duration: 4.00 Hrs Tour Price: \$149.00****Retail Price: \$249.00****Date: July 19, 2024 08:00 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. On this scenic drive you'll explore an ancient Viking village site, visit a wool-knitting center, cross the moors and meet a famous pony or two. Far north and close enough to Norway to speak Scottish with a Scandinavian accent, the Shetlands have been dramatically shaped by the sea – and only somewhat tamed by the hearty people who live here. Your drive down through Mainland, largest of the 100-island archipelago, will offer stunning vistas of the Atlantic Ocean and North Sea. At Jarlshof, you'll independently explore the remnants of a community of stone houses where Norsemen resided in the 7th century; hidden for centuries, a violent storm in 1905 uncovered this remarkable site. At the Hoswick Visitor Center, you'll be introduced to Shetland history and culture through interpretive displays and demonstrations of the Islanders' traditional knitting skills – with the opportunity to browse a wide variety of original cashmere and lambs' wool items offered for sale. Of course, no trip to these islands is complete without a chance to meet a few delightful and inquisitive Shetland ponies. Sporting shaggy coats and flowing manes, they'll likely show up looking for treats as your coach stops for photos.

- Enjoy a panoramic drive across the stunning Mainland island landscape.
- Explore the remains of a Viking village at an archeological site with Stone, Bronze and Iron Age roots.
- Visit a village history center where the islands' legendary knitting skills are the center of attention.
- Have a likely encounter with Shetland ponies equipped with a natural coat for the most severe weather.
- See tiny seaside farms where Shetland sheep graze, and peat bogs still harvested for home heating.
- 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 1.75 hours of walking, including over uneven ground at Jarlshof, where a considerable number of steps are also involved. The tour is not considered suitable for wheelchair guests and those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

18

Duration: 3.00 Hrs Tour Price: \$149.00 Retail Price: \$249.00 

Date: July 19, 2024 08:15 AM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. Experience spectacular sea cliffs, heather-clad moors, hidden beaches, idyllic farms, Celtic crafts and a forbidding castle ruin on this island drive. Crossroads of the northern seas, Shetland is unlike anywhere else in Scotland. A sense of the sea is ever-present, woven deeply into the island's maritime heritage. Farming, too, is tightly intertwined with the isles' story. On this wide-ranging panoramic jaunt, you'll see cliffs lined with seabirds, coves curtained with wild-flowers, distinctive black and brown Shetland sheep grazing in pastures enclosed by tidy stone walls, pastoral streams and lochs – as well as a workshop specializing in locally crafted jewelry in charming little Weisdale Voe. In the islands' former capital, you'll stop for photos at famous Scalloway castle, a hulking ruin built in 1600 by a notorious despot who extorted crushing taxes and fines from the region's residents before his excessive cruelty was properly punished. After he hung, his imposing bastion was left to rot. Today it's a silent, photogenic curio lording over a busy fishing port. The scenery is far more tranquil as you cross the fertile Tingwall Valley, boasting uninterrupted farmland views with only the occasional church standing out against the horizon.

- Settle in for a guided panoramic journey across the Shetlands landscape – from wild to domesticated.
- See coasts lined with magnificent cliffs, coves and beaches, tiny farms sheltering by the sea-edge.
- Pass through farmland crisscrossed with stone walls, where Shetland sheep graze in tranquility.
- Stand beneath the ominous shadow of Scalloway Castle, a 17th-century despot's refuge gone to seed.
- Stop to visit Shetland Jewelry, where silver and gold are wrought into Celtic and Viking designs.
- 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 excursion involves limited walking, mainly at guests' discretion during stops. The tour is available to wheelchair guests who have a collapsible chair, can make their way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns are cautioned only to participate to the extent of their personal ability. The order of sites visited may vary.

LER-002 LERWICK WALKING TOUR & FORT CHARLOTTE

Duration: 2.00 Hrs Tour Price: \$0.00 Retail Price: \$129.00 

Date: July 19, 2024 09:15 AM



Set foot into seafaring Lerwick on a leisurely guided stroll that captures the unique history of this remote Shetlands outpost. Founded rather unofficially in the 17th century as a below-the-radar marketplace for passing herring ships, today this is the capital and administrative center of the Shetlands – and home to a third of its population. Chief harbor landmarks include the town's trademark lodberries – flat rock piers built by early merchants so that goods could be unloaded directly into warehouses – and the old Tolbooth building, an award-winning restoration that now houses Lerwick's lifeboat station. Atop a rise, you'll encounter Shetland-style recycling: an upturned former ferry now serving as roof to a garage. A walk along a web of steep, narrow lanes leads to Town Hall – where the Shetland's story is depicted in intricate stained-glass. A visit to Fort Charlotte is a study in multiple identities. Built high above Bressay Sound in 1782, it was armed for battle with guns at each of its five corners yet never found an enemy to shoot at. Over time the bastion went on to serve as a base for the Royal Navy Reserve, the town jail and courthouse, a customs house and a coast guard station.

- Get an intimate picture of Lerwick life as you explore its landmarks on foot, led by a seasoned guide.
- Learn the significance of the town's lodberries, tolbooth and mercat cross.
- Wander along steeply scenic lanes up to a high point where the best sea views await.
- Visit a Town Hall built in 1862, with Lerwick's growing status proudly represented in stained glass.
- At the guided walk's end, consider staying on to explore further and shop for knitwear on your own.
- 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 a solid 2 hours of walking, at times over uneven surfaces and steep rises, with some 45 steps to be negotiated. The tour is not available to wheelchair guests or those with mobility concerns. The order of sites visited may vary.

LER-003 MOUSA ISLAND DISCOVERY

Duration: 4.00 Hrs Tour Price: \$0.00 Retail Price: \$139.00 

Date: July 19, 2024 09:15 AM



Travel by ferry across Mousa Sound to walk a tiny island brimming with Shetlands wildlife and wonder at a 2000-year-old castle. This uniquely exploratory tour commences with a drive south to Sandwick to meet up with Tom Jamieson, owner-skipper of the Mousa ferry and expert on local fauna. During a short crossing to Mousa Island you'll hear some area history, see period photos, and perhaps even sight Harbor Porpoises; these waters are visited by these threatened animals at certain times of year. Once on the island, your walk will bring you to world-famous Mousa Broch, a stone-built Iron Age castle with beehive chambers, impressive galleries, and a stairway up to a viewpoint for stunning vistas of this island and back across to Mainland. During your time here, Mousa's abundant animal life awaits discovery. This is a great place to spot shy-but-curious seals, even more bashful otters, and large flocks of breeding seabirds including Storm Petrels, Artic Terns, Artic Skuas and Great Skuas – known to swoop ferociously when defending their nests. Adding to its curious character, this wild sanctuary is actually part of a working farm; you'll see and learn more about this during your walk around Mousa.

- Cross by local ferry to tiny offshore Mousa – an islet brimming with wildlife and character.
- Be on the lookout for porpoises while enroute, and seals basking on the beaches once you land.
- Explore Mousa Broch, one of the British Isles' best-preserved Iron Age forts, perhaps climb its tower.
- Encounter seabirds from bold Great Skuas to graceful Artic Terns, some of nature's greatest travelers.
- Walk the island to fully discover its diverse fauna and its dual role as part of a working farm.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes or sneakers are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour includes approximately 1.75 hours of walking, including over uneven ground on Mousa Island where there may also be some inclines. The tour is not considered suitable for wheelchair guests or those with mobility concerns. Wildlife sightings are not guaranteed.

LER-005 SHETLAND PONIES & SCALLOWAY CASTLE

(PRICES IN USD PER PERSON)



Duration: 2.50 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: July 19, 2024 09:15 AM

This excursion begins with an orientation spin through Lerwick, then brings you to two of Shetland's most famous attractions. Founding in the 1600s and known for its lodberry piers and restored tolhouse, Lerwick wasn't always the Shetlands' capital; it took over that title in 1708. You'll actually pay a call on the town that lost that designation. Scalloway deserved to lose out, if the character of its notorious castle owner is any indication. The hulking ruins of Scalloway Castle lord over this now-busy fishing port – a silent, photogenic reminder of Earl Patrick Stewart, the early 17th-century despot who extorted crushing taxes and fines from island residents before his excessive cruelty was properly punished – by hanging. After your exterior visit to this forbidding bastion, the charm of a drive through the Tingwall Valley for an encounter with wooly Shetland Ponies will surely hit the spot. The venue you'll visit is operated by a dedicated Shetland pony enthusiast who breeds the highest quality animals; Carol or a member of her staff will share their knowledge of these delightful, inquisitive ponies and arrange an informal introduction. The drive back through Mainland's peat- and heather-covered landscape will offer spectacular vistas and further cultural insights.

- Enjoy a panoramic drive through Lerwick as you see its sights and learn about its colorful early days.
- Take in the ruins of Scalloway Castle, from which a 17th-century despot once terrorized the region.
- Enjoy a fun encounter with inquisitive and furry Shetland ponies, bred by a dedicated enthusiast.
- Cross through moorlands where heather flourishes and peat is still harvested for heating island homes.
- Wear weather-appropriate clothing; include a light raincoat or umbrella.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Due to renovations of the Scalloway Castle an exterior visit will be made. This tour includes approximately 1.25 hours of walking and is considered suitable for wheelchair guests who can make their way on and off the coach. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites visited may vary.

LER-004 THE SCENERY OF WESTERN SHETLAND

Duration: 3.00 Hrs Tour Price: \$0.00

Retail Price: \$149.00



Date: July 19, 2024 12:30 PM

Experience spectacular sea cliffs, heather-clad moors, hidden beaches, idyllic farms, Celtic crafts and a forbidding castle ruin on this island drive. Crossroads of the northern seas, Shetland is unlike anywhere else in Scotland. A sense of the sea is ever-present, woven deeply into the island's maritime heritage. Farming, too, is tightly intertwined with the isles' story. On this wide-ranging panoramic jaunt, you'll see cliffs lined with seabirds, coves curtained with wild-flowers, distinctive black and brown Shetland sheep grazing in pastures enclosed by tidy stone walls, pastoral streams and lochs – as well as a workshop specializing in locally crafted jewelry in charming little Weisdale Voe. In the islands' former capital, you'll stop for photos at famous Scalloway castle, a hulking ruin built in 1600 by a notorious despot who extorted crushing taxes and fines from the region's residents before his excessive cruelty was properly punished. After he hung, his imposing bastion was left to rot. Today it's a silent, photogenic curio lording over a busy fishing port. The scenery is far more tranquil as you cross the fertile Tingwall Valley, boasting uninterrupted farmland views with only the occasional church standing out against the horizon.

- Settle in for a guided panoramic journey across the Shetlands landscape – from wild to domesticated.
- See coasts lined with magnificent cliffs, coves and beaches, tiny farms sheltering by the sea-edge.
- Pass through farmland crisscrossed with stone walls, where Shetland sheep graze in tranquility.
- Stand beneath the ominous shadow of Scalloway Castle, a 17th-century despot's refuge gone to seed.
- Stop to visit Shetland Jewelry, where silver and gold are wrought into Celtic and Viking designs.
- 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 excursion involves limited walking, mainly at guests' discretion during stops. The tour is available to wheelchair guests who have a collapsible chair, can make their way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns are cautioned only to participate to the extent of their personal ability. The order of sites visited may vary.

LER-005SG SHETLAND PONIES & SCALLOWAY CASTLE - SMALL GR

Duration: 2.50 Hrs Tour Price: \$149.00

Retail Price: \$249.00



Date: July 19, 2024 01:00 PM

Enhance your shoreside experience with a Regent Choice small group tour. Hosting no more than 16 guests, these tours provide a more intimate experience and allow for more personal engagement with your knowledgeable guide. This excursion begins with an orientation spin through Lerwick, then brings you to two of Shetland's most famous attractions. Founding in the 1600s and known for its lodberry piers and restored tolhouse, Lerwick wasn't always the Shetlands' capital; it took over that title in 1708. You'll actually pay a call on the town that lost that designation. Scalloway deserved to lose out, if the character of its notorious castle owner is any indication. The hulking ruins of Scalloway Castle lord over this now-busy fishing port – a silent, photogenic reminder of Earl Patrick Stewart, the early 17th-century despot who extorted crushing taxes and fines from island residents before his excessive cruelty was properly punished – by hanging. After a visit to this forbidding bastion, the charm of a drive through the Tingwall Valley for an encounter with wooly Shetland Ponies will surely hit the spot. The venue you'll visit is operated by a dedicated Shetland pony enthusiast who breeds the highest quality animals; Carol or a member of her staff will share their knowledge of these delightful, inquisitive ponies and arrange an informal introduction. The drive back through Mainland's peat- and heather-covered landscape will offer spectacular vistas and further cultural insights.

- Enjoy a panoramic drive through Lerwick as you see its sights and learn about its colorful early days.
- Take in the ruins of Scalloway Castle, from which a 17th-century despot once terrorized the region.
- Enjoy a fun encounter with inquisitive and furry Shetland ponies, bred by a dedicated enthusiast.
- Cross through moorlands where heather flourishes and peat is still harvested for heating island homes.
- 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 1.25 hours of walking and is considered suitable for wheelchair guests who can make their way on and off the coach. Those with mobility concerns are cautioned to evaluate their personal level of ability before participating. The order of sites visited may vary.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

Page

20

❖ **ULLAPOOL, UNITED KINGDOM****ULP-STT SHUTTLES TO TOWN****Duration: 0.00 Hrs Tour Price: \$0.00****Date: July 20, 2024**

To ensure that your shoreside experiences are as convenient and enjoyable as possible, we are delighted to offer a complimentary shuttle between your ship and the city center in every port where the ship is not docked within walking distance of the city center. This service runs continuously, aligning perfectly with your ship's in-port schedule. Best of all, there's no need to reserve your seat in advance. Simply make your way to the designated stop to board your shuttle, and you'll be whisked away to the heart of the city. Additional information and schedules can be obtained by visiting the onboard Destination Services Desk during your voyage.

ULP-003 WEST HIGHLAND DRIVE LOCHINVER**Duration: 3.25 Hrs Tour Price: \$0.00****Retail Price: \$149.00****Date: July 20, 2024 08:00 AM**

Enjoy a leisurely coach journey through the western Highlands, gazing out at a landscape of moorland and lochs and stopping every so often to fully drink in its stunning beauty. As soon as you depart relatively-civilized Ullapool, the terrain quickly grows more wild and rugged. Red sandstone peaks tower above silvery lochs and grey-green moors and the views in every direction become more impossibly picturesque. Even in this rather inhospitable landscape, unexpected pockets of warmer-growing plants flourish thanks to the balmy Gulf Stream waters that pass near this coast. Traversing the heather and grass terrain of Inverpolly National Nature Reserve, be on the lookout for red deer, wildcats, eagles and peregrine falcons. Later, a photo stop at Ardvreck Castle reveals a once-mighty bastion left in a state of romantic ruin for centuries. After following the shoreline of Loch Assynt for a time and passing the county's highest mountain, you'll wind up in Lochinver, a pretty west coast harbor town surrounded by a maze of little lakes known as "lochans." Enjoy a brief exploratory stroll at your leisure here before embarking on the scenic return to Ullapool and your ship.

- Settle in for a comfortably-paced panoramic coach tour of Scotland's western Highlands.
- Experience a rugged, timeless landscape of moors, lochs and sandstone mountain peaks.
- See wild Inverpolly Nature Reserve and stop to admire what's left of ancient Ardvreck Castle.
- Take a stroll in tranquil Lochinver, tucked on a large coastal loch and surrounded by smaller ones.
- Wear warm, layered clothing including a waterproof outer layer.
- Flat, comfortable walking shoes are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

This tour is mostly panoramic in nature with limited optional walking at stops made. The tour is available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability.

ULP-001 KNOCKAN CRAG HIKE**Duration: 3.00 Hrs Tour Price: \$0.00****Retail Price: \$199.00****Date: July 20, 2024 08:30 AM**

Hike the staggeringly beautiful trails of Knockan Crag, a set of ancient cliffs that taught 19th-century geologists the secret of what happens when continents collide. A walk across these exposed layered rock formations in the Highlands north of Ullapool lets you see 500 million years of geological history in a single glance – even touch it with your own hands. After an enlightening orientation of the crag's geology in the Rock Room interpretive center, you'll venture out along the trails. The hike will bring you past the famed Moine Thrust, where the darker rocks on top were discovered to be much older than the lighter-colored ones beneath them. The explanation of this phenomenon set the 19th-century scientific world afire – since it provided rock-hard evidence for the first time that the earth's crust can shift sideways in response to enormous collision forces within its underlying tectonic plates. Well-understood now, the idea that these thrust tectonics could be responsible for building mountains – including the Alps and Himalayas – was utterly revolutionary at the time. Your present-day trek involves quite a bit of single-file walking, at times over steep rocky terrain, but the amazing views are well worth it.

- Depart the pier by coach and be quickly immersed in the rugged beauty of the Highlands.
- Begin your visit to Knockan Crag Nature Reserve with an enlightening orientation in the Rock Room interpretive center.
- Set out on an expertly guided trail hike into a spectacular line of cliffs whose rock formations reveal powerful tectonic forces at work millions of years ago.
- Anticipate a slightly arduous trek – that delivers views and scenery worth every bit of the effort.
- Wear warm, layered clothing including a waterproof outer layer.
- Flat, sturdy hiking shoes are required.
- Bring a hat, bottle of water from the ship, and sunglasses and sunscreen as needed.

This tour includes approximately 90 minutes of hiking over uneven natural surfaces, with some steep inclines and steps involved. Participants should be in good physical condition and have sufficient agility to proceed in single-file formation over narrow sections of hiking path. The tour is not available to wheelchair guests or those with mobility concerns and the cruise line and ground operator reserve the right to deny participation to any guests they deem unsuited to the tour's activity level.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



Go Local Tour



Accessible Tour

Page

21

ULP-004 INVEREWE GARDENS & COASTAL DRIVE

(PRICES IN USD PER PERSON)

Duration: 5.75 Hrs Tour Price: \$79.00

Retail Price: \$229.00



Date: July 20, 2024 09:00 AM

Follow one of Scotland's most gorgeous coastal routes to lush Inverewe Garden, a flourishing botanical oasis created out of a barren, rocky landscape in 1862. You'll head out by panoramic coach, tracing the shorelines of Loch Broom, Little Loch Broom, Gruinard Bay and Loch Ewe – fringed with pebbled beaches and Highlands villages. Mesmerizing though this landscape is, Inverewe Garden will still come as a complete head-turner. Visiting this natural paradise today, it's hard to imagine it was once a barren promontory battered by brutal winds and salt spray. The transformation began when Osgood Mackenzie bought the property in 1862, established 100 acres of pines to shelter it, brought in rich soil and began planting. Thanks to visionary planning and the warming effects of the Gulf Stream, Inverewe has blossomed into a subtropical wonderland despite sitting well north of Moscow's latitude. As you stroll its tree-lined paths, look for rare Wollemi pines, Himalayan blue poppies, olearia from New Zealand and rhododendrons from China and India. Exotic flowers are almost always in bloom, including many species from South America. Luckily, the Mackenzie family continued to seed this garden for generations, then ceded it to the National Trust for all to enjoy.

- Enjoy a stunning coach journey along the shores of several Western Highlands lochs and bays.
- Take in a pristine coastal landscape dotted with rocky beaches and traditional Scottish villages.
- At Inverewe Garden, step off the coach and into a surprisingly verdant subtropical world.
- Stroll garden pathways where exotic flora from around the world thrives despite being further north in latitude than Moscow.
- Learn how one man's vision was able to transform a windswept promontory into this green paradise.
- Wear warm, layered clothing including a waterproof outer layer.
- Flat, comfortable walking shoes with a non-slip sole are recommended.
- Bring a hat, bottle of water from the ship, and sunglasses and sunscreen as needed.

This tour includes nearly 3 hours of walking and standing. 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. Due to gradients and tree roots, not all areas will be accessible to those in a wheelchair. Guests with mobility concerns are cautioned only to participate to the extent of their personal stamina and ability.

ULP-002 CORRIESHALLOCH GORGE & LOCH BROOM

Duration: 4.00 Hrs Tour Price: \$0.00

Retail Price: \$169.00



Date: July 20, 2024 09:30 AM

Revel in rugged beauty on a drive along Loch Broom to visit a waterfall gorge considered one of the Scottish Highlands' most impressive natural wonders. Your coach will head south from the pier, tracing the shoreline of lovely, mountain-surrounded Loch Broom. Your destination is Corrieshalloch Gorge National Nature Reserve, a geological marvel carved out of the surrounding rock by a thunderous torrent of melt-water released at the end of the last Ice Age. The powerful River Droma still thunders through this tree-shrouded chasm, plunging down over 325 feet in a series of dramatic falls, tallest of which is the Falls of Measach, a sheer plummet of 150 feet. It's a spectacular sight to see and hear up close, which you will soon do. Your guided woodland walk toward the waterfall leads across a suspension bridge that offers excellent views into the gorge, while a second bridge provides wonderful views of the lush cloak of ferns, mosses and liverworts that somehow manage to hang on to the steep ravine walls and riverbed boulders. After your invigorating walk, a return drive through wild Dundonnell Forest and tea at the Dundonnell Hotel make for a relaxed excursion finish.

- Enjoy a remarkably scenic coach trip along Loch Broom and into the Highlands mountain terrain.
- Visit majestic Corrieshalloch Gorge, a geological wonder carved out of the rock during the last Ice Age.
- Take a walk through the woods and over a pair of suspension bridges to a dramatic waterfall.
- Enjoy outstanding views of the primeval gorge and its sheer walls covered with lush growth.
- Drive back through a wild forest area, stopping for tea and a stroll at the Dundonnell Hotel.
- Wear warm, layered clothing including a waterproof outer layer.
- Flat, comfortable walking shoes with a non-slip sole are recommended.
- Bring a hat, bottle of water from the ship, and sunglasses and sunscreen as needed.

This tour includes about an hour of walking and standing. At the gorge, the walk from the coach park to the suspension bridge is approximately 10 minutes over uneven gravel and sand surfaces. It is then necessary to cross the slightly swaying bridge and continue walking another 5 minutes in order to reach the second viewpoint. A significant gradient must be negotiated in order to visit the bottom of the gorge. However, nice views can be obtained without actually crossing the bridge. The tour is not available to wheelchair guests and not recommended for those with mobility concerns.

ULP-005 SUMMER ISLES R.I.B. ADVENTURE

Duration: 2.50 Hrs Tour Price: \$69.00

Retail Price: \$219.00



Date: July 20, 2024 11:30 AM

Take a seat for an exhilarating waterborne spin via Rigid Inflatable Boat around Scotland's breathtakingly beautiful Summer Isles. After a dockside briefing and gear-up into special waterproof outerwear, you'll set out into Loch Broom, headed for a group of islands that has become a refuge for seabirds and other wildlife. Your seasoned skipper will pilot the 12-passenger RIB nimbly as you make your way from islet to islet. The first of them, Isle Martin, lies less than a mile off the mainland across from the iron age Viking fort at Dun Canna. The abundant bird life on Martin includes red-throated divers, northern fulmars and tiny finch-like twites. Further out into the bay, Horse Island is home to herds of wild goats and a colony of seals. Next, you'll zip over to Tanera Mor, largest of the Summer Isles and the only one inhabited by humans – as well as herons, buzzards and red grouse in healthy numbers. Conditions permitting, you'll skim the waters toward Cathedral Cave on the isle of Tanera Beg. Vast and open to the sea, the cave provides an ideal shelter for nesting cormorants and other seabird species. It's sure to be a scenic and fun adventure.

- Skim the waters of Loch Broom and the Summer Islands via custom-built Rigid Inflatable Boat.
- Enjoy a thrilling ride and get a unique perspective on the Western Highlands coastline.
- Zip past Isle Martin, Horse Island and Tanera Mor – even inspect a sea cave if conditions permit.
- Be on the lookout for abundant wildlife – seabirds, terrestrial birds, wild goats, seals and more.
- Wear warm, layered clothing; waterproof outerwear will be provided on the boat.
- Flat, comfortable walking shoes with a non-slip sole are recommended.
- Bring a hat, sunglasses and sunscreen as needed.

Walking on this tour is minimal; however, travel over the water is at high speed at times and can be rough and bumpy. The tour is not available to wheelchair guests or those with mobility concerns. It is not recommended for pregnant women or those with back, neck or heart problems. Participants must be at least 6 years old and minors must be accompanied by a parent or guardian.



Seated Tour



Light Activity



Moderate



Strenuous



Meal Included



GL Go Local Tour



Accessible Tour

Page

22

General Information

(PRICES IN USD PER PERSON)

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**(PRICES IN USD PER PERSON)**

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.