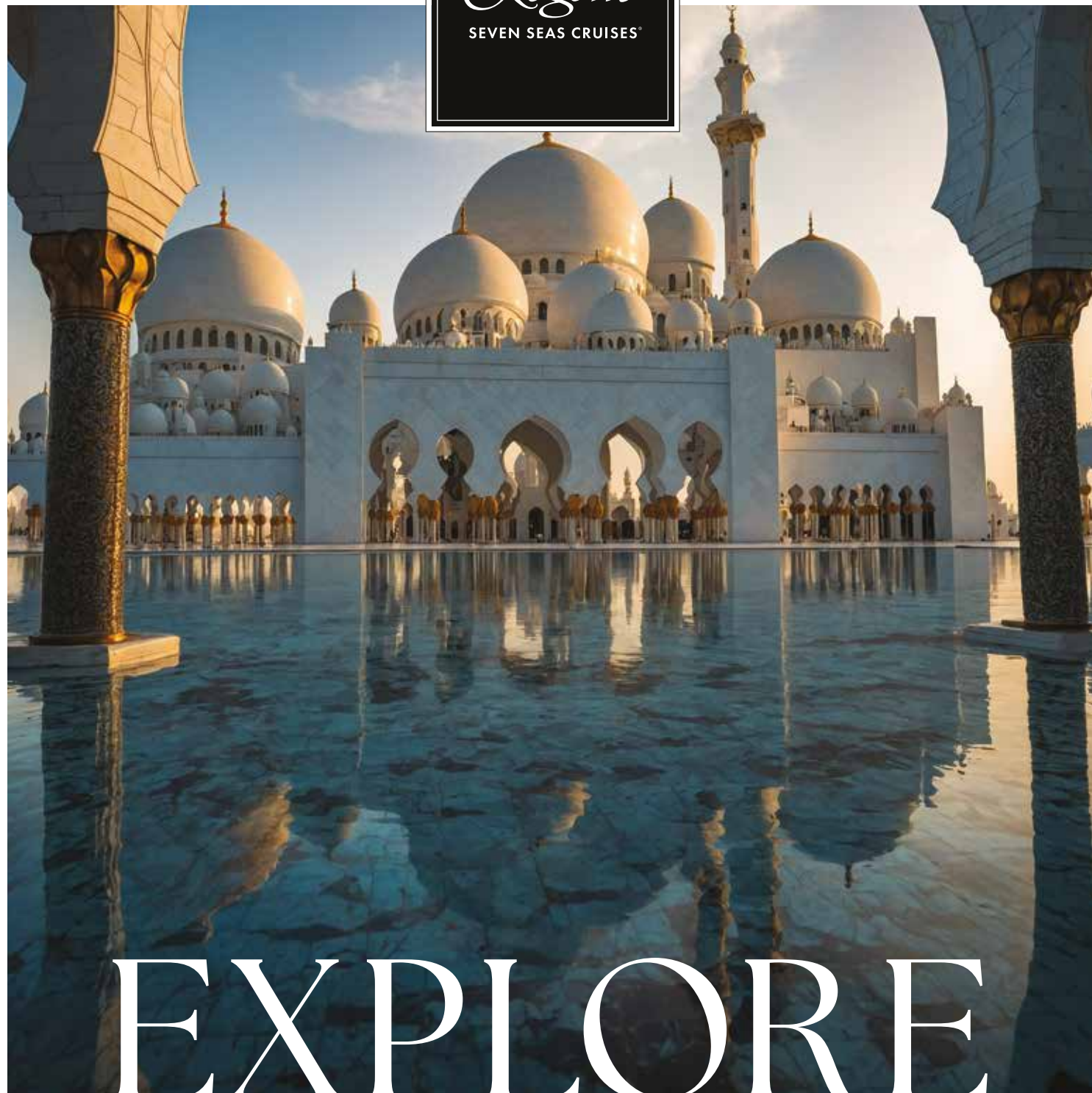


EXOTICS ISSUE

Regent
SEVEN SEAS CRUISES™



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— ASK AN EXPERT —

WHERE SHOULD YOU GO ON

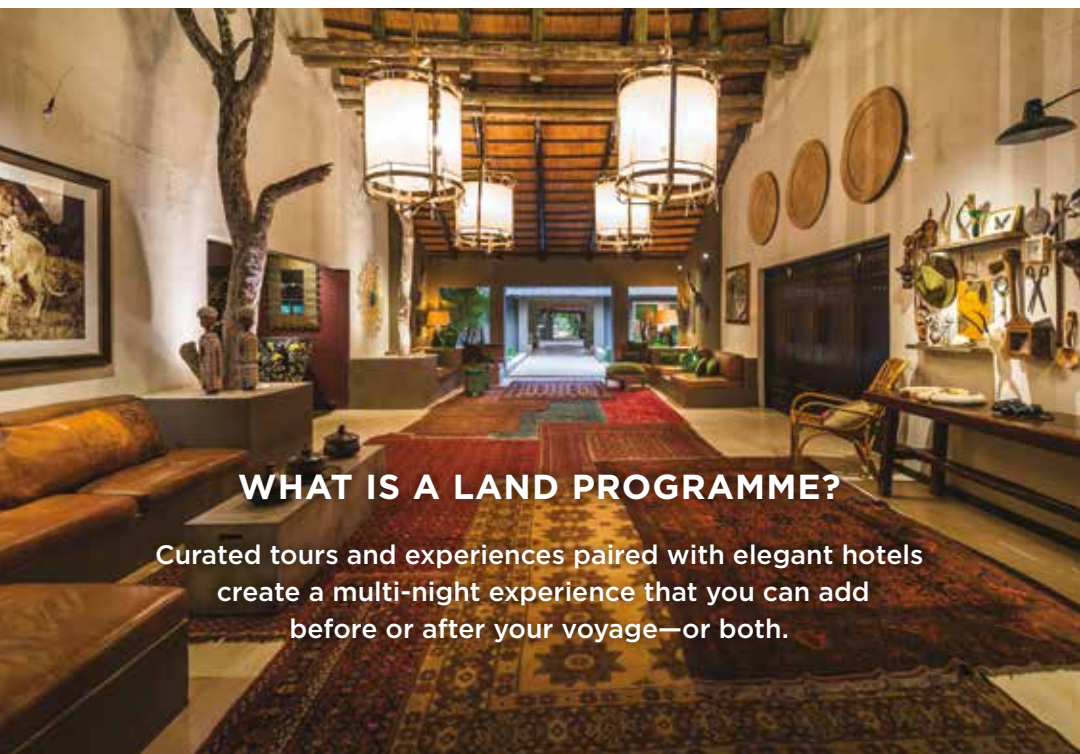
Safari

BY CHRISTINA ANDRUSYSHYN





**NO MATTER WHICH SAFARI EXPERIENCE YOU CHOOSE,
THERE IS NO 'ROUGHING IT' AT THESE LUXURY LODGES.**



WHAT IS A LAND PROGRAMME?

Curated tours and experiences paired with elegant hotels create a multi-night experience that you can add before or after your voyage—or both.

An African safari is more than a trip; it's an experience that transforms how you see the natural world. The seamless blend of luxury, adventure, and conservation ensures that every moment—from your first wildlife sighting to your last evening under the stars—is unforgettable.

For those preparing for their first safari, my advice is simple: go with an open mind. Animal encounters are never guaranteed, but whatever you do see and experience will leave you longing for more. A safari is truly unique, a once-in-a-lifetime adventure that I believe everyone should have the opportunity to try.

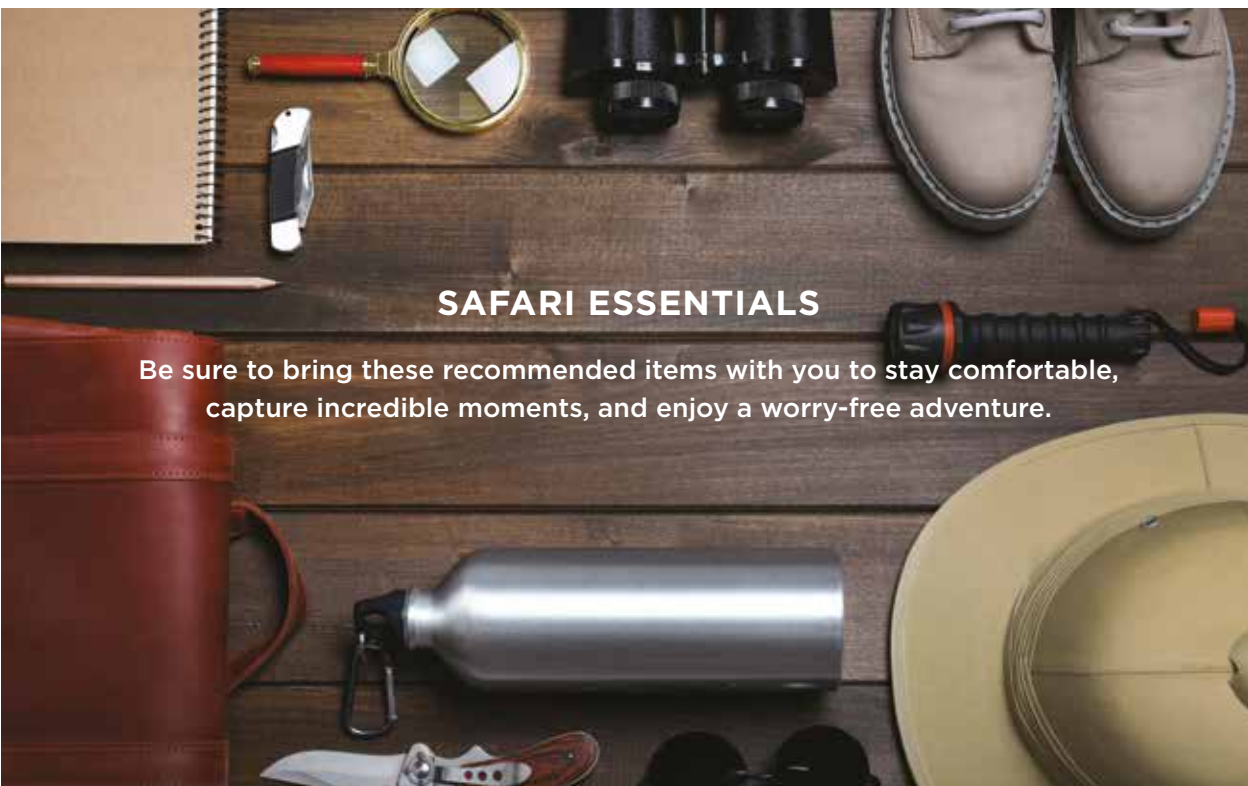
When curating new Land Programmes for Regent in Africa, I seek experiences that resonate as once-in-a-lifetime moments, emphasising conservation, and community impact. This approach has led to some remarkable additions that go beyond traditional safaris, bringing guests closer to African wildlife and culture.

HOW WE SELECT SAFARIS

We hold our safari lodges to the same high standards as our ships. While we rely on trusted local ground operators to evaluate properties, I've personally visited several lodges in the Eastern Cape, including Shamwari, Amakhala, and Lalibela. These visits ensure I know exactly what our guests can expect, from the quality of accommodations to the operations of each safari. (A challenging assignment, right?)

Each safari follows a similar structure—morning and evening game drives, gourmet meals, and luxurious amenities—but what sets each lodge apart is its unique blend of décor, staff, additional activities, and location. By selecting lodges with seamless service, gourmet dining, and high-end facilities, we ensure that your safari experience mirrors the excellence you expect from our cruise offerings.





SAFARI ESSENTIALS

Be sure to bring these recommended items with you to stay comfortable, capture incredible moments, and enjoy a worry-free adventure.

- Good camera with a zoom lens and video camera
- Chargers and adaptors for various voltages
- Binoculars (many lodges supply these)
- Light-coloured clothing that can be layered
- Raincoat (not all vehicles are covered)
- Warm clothes for early morning / late evening game drives
- Insect repellent
- Antimalarial pills if visiting an area prone to this
- Bathing suit, as most lodges have pools and spas



WHERE TO GO ON SAFARI?

Many of our Africa voyages begin or end in Cape Town, so naturally, we offer many safari programmes in South Africa. The country is home to some of the most famous game reserves, including Kruger National Park, one of the largest and most diverse wildlife reserves in the world.

KRUGER & SABI SABI LODGE

The Kruger and Sabi Sabi Lodge safari programme is tailored to immerse guests in South Africa's unspoiled wilderness. These programmes emphasise exceptional luxury and unforgettable wildlife encounters. Sabi Sabi is an amazing private reserve with four unique luxury lodges offering services comparable to those on board Regent ships.

Each lodge provides ample open spaces and special amenities with exciting safari land programmes. Guests may have the option to do a bush walk or a tour of a local village. You'll also find spas, pools, libraries and viewing decks. For those who love documenting the experience, Sabi Sabi offers photographic safaris on which guests

can capture breathtaking wildlife moments with guidance from expert photographers.

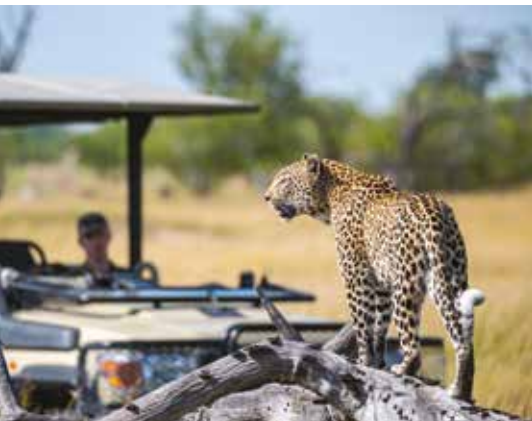
ELEPHANT CAMP AND VICTORIA FALLS

For years, our most popular programme has been—and I feel will always continue to be—our combo Chobe and Victoria Falls safaris. After making it all this way, you may as well explore two extraordinary attractions.

Our Chobe Elephant Camp and Victoria Falls programme offers guests the dual experience of majestic African wildlife and one of the world's most breathtaking natural wonders. There is no 'roughing it' in these camps. Guests stay in luxury tented suites with a private deck and a plunge pool. The suites are also each equipped with both indoor and outdoor showers, a private lounge, and a fire pit with a view of the Falls' Batoka Gorge.

Elephant Camp provides opportunities for close interactions with wildlife, including elephants, in a responsible and ethical manner. At Victoria Falls, guests can enjoy a range of activities, from viewing the falls to helicopter tours, ensuring a versatile and diverse itinerary.





TAILORED TO YOUR TASTE

For those seeking a more extensive safari, our longer programmes departing from Johannesburg are ideal. On the opposite spectrum, shorter Eastern Cape safaris are an excellent introduction to this experience. Some programmes also include private guides and customised safari schedules. For instance, at Omaanda Lodge in Namibia, couples can tailor their excursions to their interests, from rhino tracking to savouring the serene beauty of the savannah.

And, for those travellers that may not have the additional time to extend their vacations with a pre- or post-cruise safari, we do have many excursions that provide safari experiences, as well as several Overlands you can enjoy midway through your cruise. No matter what safari programme you choose, I guarantee that you will walk away with a new sense of wonder for the amazing creatures that inhabit this part of the world. Aside from all of the Big Five sightings and the incredible meals we had, one memorable moment that resonated with me was when a female elephant approached our standing vehicle, so close that her tusks were inside the jeep just inches from us—able to topple the vehicle over in a heartbeat.

For a few heart-stopping minutes, we waited in complete silence, our ranger calmly speaking to her until she finally blinked at us, somewhat snorted and then waltzed away once she realized that we were not there to harm. It was a humbling reminder of the power that these creatures hold, of their sheer beauty and of the importance of respecting their space.

AN INCREDIBLE EXPERIENCE NO MATTER WHAT YOU CHOOSE

No matter which lodge or safari you choose, rest assured that every detail is crafted to provide you with an extraordinary journey—one that combines the thrill of the wild with the comfort and elegance you deserve. Plus, the all-inclusive nature of these land packages makes them a tremendous value. With everything taken care of, from accommodations to transfers and meals, you can focus on the magic of your journey.

Safe travels, and may the call of the wild lead you to extraordinary places! ✨

Christina Andrusyshyn is the Senior Manager of Land Services Destination Services and ensures every experience delivers unforgettable moments.

YOU COULD SEE...

Big game like elephants, rhinos, and giraffes, as well as predators like leopards and cheetahs at Kruger National Park.

Black rhinos, springboks, and the colourful birdlife of Etosha National Park in Namibia.

The iconic Big Five, hippos, Nile crocodiles, and meerkats in the Makgadikgadi salt pans in Botswana.

A diverse range of animals, including lions, cheetahs, zebras, and rare species like the aardwolf, are known to roam the Eastern Cape.

Over 264 bird species, along with traditional safari animals, can be spotted across the Garden Route.



— EMBARK ON AN —

UNFORGETTABLE EXPERIENCE IN

Africa

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
31 OCT 2025	25	A TOAST TO WEST AFRICA <i>Seven Seas Navigator</i> * BARCELONA TO CAPE TOWN	Barcelona, Seville (Cádiz), Casablanca, Agadir, Arrecife (Lanzarote), Mindelo (São Vicente), Dakar, Banjul, Abidjan, Sekondi-Takoradi, Lomé, São Tomé, Walvis Bay, Cape Town	up to 70
25 NOV 2025	19	MAJESTIC SAFARIS & MODERN SPIRES <i>Seven Seas Navigator</i> * CAPE TOWN TO DOHA	Cape Town, Mossel Bay, Richards Bay, Maputo, Mayotte, Nosy Be, Mahé, Muscat, Fujairah, Dubai, Doha	up to 41
10 DEC 2025 FESTIVE CRUISE	25	WORLD HOLIDAY SPECTACULAR <i>Seven Seas Voyager</i> * BARCELONA TO CAPE TOWN	Barcelona, Seville (Cádiz), Arrecife (Lanzarote), Santa Cruz de Tenerife, Mindelo (São Vicente), Dakar, Banjul, Abidjan, Sekondi-Takoradi, Lomé, São Tomé, Walvis Bay, Cape Town	up to 65
13 JAN 2026	14	LAGOONS, SAFARIS & DUNES <i>Seven Seas Voyager</i> * ROUNDRIP CAPE TOWN	Cape Town, Walvis Bay, Port Elizabeth, East London, Durban, Mossel Bay, Cape Town	up to 41
28 FEB 2026	23	WEST AFRICAN ADVENTURE <i>Seven Seas Voyager</i> * CAPE TOWN TO LISBON	Cape Town, Walvis Bay, São Tomé, Lomé, Sekondi-Takoradi, Banjul, Mindelo (São Vicente), Santa Cruz de Tenerife, Santa Cruz de la Palma, Lisbon	up to 47
9 APR 2026	30	INDIAN OCEAN EXPLORATION <i>Seven Seas Mariner</i> * SINGAPORE TO CAPE TOWN	Singapore, Kuala Lumpur (Port Klang), Langkawi, Phuket, Galle, Colombo, Cochin (Kochi), Mangalore, Goa (Mormugao), Malé, Praslin, Mahé, Nosy Be, Mayotte, Maputo, Richards Bay, Durban, Mossel Bay, Cape Town	up to 104
9 MAY 2026	23	WESTERN AFRICA & ISLES OF WONDER <i>Seven Seas Mariner</i> * CAPE TOWN TO LISBON	Cape Town, Walvis Bay, Luanda, São Tomé, Cotonou, Sekondi-Takoradi, Abidjan, Dakar, Mindelo (São Vicente), Santa Cruz de la Palma, Funchal (Madeira), Lisbon	up to 39
22 MAY 2026	20	ARABIAN NIGHTS & AFRICAN SHORES <i>Seven Seas Navigator</i> * DOHA TO CAPE TOWN	Doha, Dubai, Mahé, Nosy Be, Mayotte, Durban, Port Elizabeth, Cape Town	up to 47
11 JUN 2026	24	WEST AFRICA PASSAGE <i>Seven Seas Navigator</i> * CAPE TOWN TO BARCELONA	Cape Town, Walvis Bay, São Tomé, Lomé, Sekondi-Takoradi, Abidjan, Banjul, Dakar, Mindelo (São Vicente), Arrecife (Lanzarote), Agadir, Barcelona	up to 31

OVERNIGHT IN PORT

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OR CONTACT YOUR TRAVEL ADVISOR

PRE- AND POST-CRUISE

SAFARI LAND PROGRAMMES

FROM CAPE TOWN, SOUTH AFRICA

Combine your cruise with an enriching land-based experience that showcases the highlights and reveals hidden treasures of each incredible destination. It's the perfect prelude—or grand finale—to your holiday abroad. All Land Programmes must be pre-booked through *Regent Seven Seas Cruises®* or your Travel Advisor.



BOTSWANA SAFARI & VICTORIA FALLS

7 nights

Embark on an unforgettable adventure that immerses you in the heart of Africa's most iconic landscapes and wildlife. Feel the power of nature at thundering Victoria Falls, one of the Seven Natural Wonders of the World. Journey to the Okavango Delta and then to Chobe National Park, Botswana's first and most renowned national park, where multiple game drives offer close encounters with Africa's legendary wildlife.

DOUBLE SAFARI: GORAH & LONG LEE | *5 nights*

Double your adventure with visits to two distinct game reserves. At Gorah Elephant Camp, immerse yourself in the romance of a bygone era with luxurious tented accommodations overlooking a game-rich waterhole. Then, experience Edwardian elegance at Shamwari's Long Lee Manor, where opulent suites and stunning vistas set the stage for thrilling wildlife encounters.



EASTERN CAPE: SHAMWARI BAYETHE | *3 nights*

You'll be warmly greeted with "By-ye-ti," meaning "I salute you," at Shamwari's Bayethe Tented Lodge. The refined tents have every comfort and are shrouded by rich vegetation, providing privacy and a feeling of seclusion with views of the African bush. Take part in several game drives, where you will enjoy an up-close, unobstructed view of Africa's most iconic animals.

BOTSWANA & MASHATU LODGE

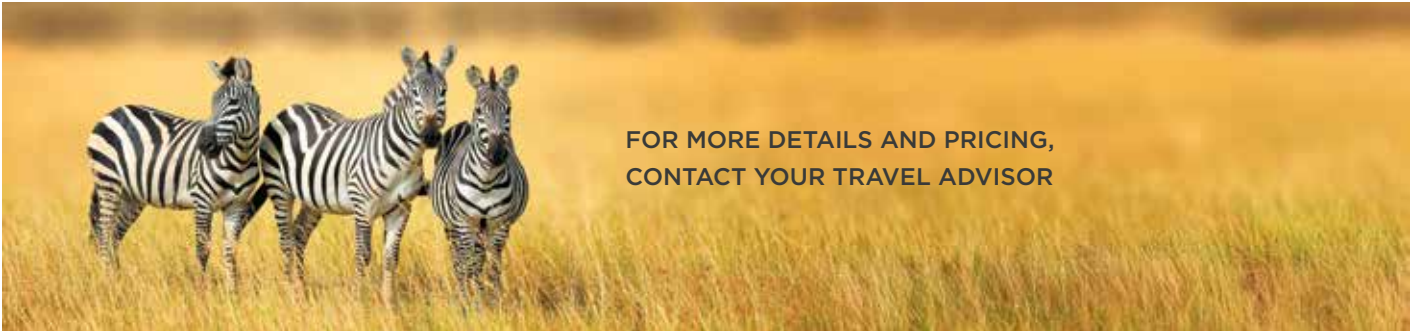
5 nights

Embark on a once-in-a-lifetime safari at the Northern Tuli Game Reserve. Situated between Zimbabwe's protected Tuli Safari Area and the Mapungubwe National Park, this safari location is a UNESCO World Heritage site in South Africa. This vast area forms part of a cross-boundary wildlife conservation area protecting the substantial biodiversity of fauna and flora in this region.



ELEPHANT CAMP & VICTORIA FALLS | *5 nights*

Create a dream adventure while staying at a luxury lodge in Zimbabwe with a range of exciting options that include visiting Victoria Falls, enjoying game drives into Zambezi National Park, nature walks, a sunset cruise and elephant encounters at Chobe National Park. This dream adventure includes luxury tented suites at the Elephant Camp, where every suite faces spectacular Batoka Gorge.



FOR MORE DETAILS AND PRICING,
CONTACT YOUR TRAVEL ADVISOR

KRUGER & SABI SABI BUSH LODGE

4 nights

Spend two nights at the stunning Sabi Sabi Bush Lodge, which is situated in the world-renowned 160,000-acre Sabi Sands Game Reserve adjacent to Kruger National Park. Experience an intimate view of Africa's most iconic wildlife on thrilling game drives deep into the bush.

KRUGER & THORNYBUSH LODGE

4 nights

Take advantage of this game lodge's proximity to Kruger National Park, South Africa's oldest and biggest safari reserve. Thornybush's private nature reserve is home to one of the most diverse concentrations of indigenous game within southern Africa. During multiple safaris, encounter the Big Five, hundreds of bird species and numerous African favourites like giraffes, zebras, hippos and antelopes.



VICTORIA FALLS & CHOBE CHILWERO | *5 nights*

Set off on a spectacular safari in Chobe National Park, where expert guides lead you in 4x4 open vehicles for up-close encounters with elephants, lions, leopards, and the rare puku and Chobe bushbuck. Explore over 11,654 square kilometres (4,500 square miles) of diverse landscapes, from floodplains to teak woodlands, teeming with wildlife along the Chobe River's banks.

KRUGER & NGALA SAFARI LODGE | *4 nights*

Ngala Private Game Reserve offers one of the most incredible Big Five wildlife experiences in the world. The lodge's swimming pool and sundeck overlook a natural riverine woodland, ideal for avid birdwatchers. A tranquil massage sala and a well-equipped fitness room can be enjoyed in between game drives. Dinners are set in a candlelit courtyard or showcased as an African feast in the open-air boma.



GARDEN ROUTE SAFARI: SANBONA DWYKA LODGE

3 nights

Travel to a luxurious lodge for a chance to see some of the only free-range white lions in South Africa. From Cape Town, travel past lush vineyards and quaint villages into the vast spaces of the Little Karoo to Sanbona Wildlife Reserve. Head out for numerous game drives from blissful Dwyka Tented Lodge, nestled in the horseshoe bend of a ravine.

there's
NO PLACE LIKE

DAR

fun **FACT**

DARWIN is home to just 144,000 people and is the capital of the Northern Territory, a region that is five times the size of the United Kingdom and twice the size of Texas. It is also the least populated region of Australia.





BY LISA PILE

Darwin's uniqueness lies in its blend of wild landscapes, rich history, deep cultural roots, and tropical charm, which give it a character all its own and make it a one-of-a-kind destination in Australia.

It is also where I grew up and called home.

What this city lacks in population, it makes up for in impact: a tropical oasis meets a vibrant cultural scene with natural wonders on your doorstep. Unlike most of Australia, Darwin has a tropical climate with distinct wet and dry seasons. This influences a more relaxed, outdoor-oriented lifestyle, and locals embrace the heat with festivals, markets, and beach activities. The tropical environment also means Darwin's pace is slower and life is more casual, which contributes to its friendly, welcoming vibe.

If you have the opportunity to visit Darwin on a Regent voyage, these are my recommendations for discovering and enjoying this very special part of Australia.

CULTURAL PURSUITS

Darwin is home to one of the highest concentrations of Indigenous Australians and serves as a gateway to Aboriginal culture. Indigenous art, history traditions are widely celebrated. Numerous art galleries and cultural centres showcase Aboriginal art from the region, like the Museum and Art Gallery of the Northern Territory. Its collection is brimming with Aboriginal, Southeast Asian, and Oceanic artworks, as well as modern Australian fine art. The sizable Indigenous artefacts gallery reveals much about the peoples who were living in the area long before the HMS Beagle called in 1839 and left behind the name Darwin.

recommended
SHORE EXCURSION

HIGHLIGHTS OF DARWIN'S HISTORICAL PAST

Experience Darwin's multicultural pulse, forged by Indigenous roots and Asian neighbours, as you explore world-class galleries filled with Aboriginal and Oceanic art. Step back in time at Fannie Bay Gaol's chilling gallows, relive the drama of Cyclone Tracy, and soak up tropical beauty at the botanic gardens and East Point—Darwin awaits your adventure.



recommended
AMENITY

SHUTTLES TO TOWN

Regent is delighted to offer a complimentary shuttle between your ship and Darwin's city centre. 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.



ASIAN FLAVOURS

Darwin is Australia's gateway to Asia. It is closer to Jakarta, the capital of Indonesia, than it is to Canberra, Australia's capital. Darwin is also about the same flying time to Singapore and Manila as it is to Sydney and Melbourne. Its proximity to Asia is a big influence on Darwin's food scene. The Mindil Beach Sunset Market offers a rich mixture of international cuisines and is an iconic location where people gather to enjoy great food, live music, and some of the most beautiful sunsets in Australia.

recommended **SHORE EXCURSION**

TERRITORY WILDLIFE PARK

Embark on a scenic drive from Darwin to the Territory Wildlife Park, spanning a thousand acres of Aussie bushland. Explore winding trails or hop on the shuttle, taking in woodlands, wetlands, and tropical forest. Marvel at the walk-through aquarium and thrilling raptor shows. Then relax as you head back to Darwin, enchanted by its wild heart.



NATURAL WONDERS

Darwin offers access to Australia's stunning national parks and natural attractions, including the sweeping wetlands of Kakadu National Park and Arnhem Land, the cascading waterfalls of Litchfield National Park, and the rugged beauty of Katherine Gorge. These regions showcase ancient Aboriginal rock art, unique wildlife, and geological formations.

Closer to the city, the Territory Wildlife Park invites you to explore bushland habitats teeming with native species, from raptors and marine life to elusive nocturnal creatures. Experience nature firsthand in the heart of the Northern Territory, and connect with the vibrant heritage of Australia's Top End.



ABORIGINAL ROCK ART AT KATHERINE GORGE

recommended
EXECUTIVE COLLECTION*

HALF-DAY CAR

Enjoy the flexibility and independence to design your itinerary ashore and sightsee at your own pace. With a private car and driver, you can easily explore Darwin's shopping hotspots, from modern malls to vibrant local markets. Unwind with the city's retail therapy, pick out souvenirs, and savour a stress-free experience—all without worrying about transportation.

*Additional charges apply.



SHOP FOR PEARLS

Darwin has a rich history with pearling, earning it the title of the 'Pearl Capital' of northern Australia. The waters around Darwin and Broome produce some of the highest-quality pearl oysters (*Pinctada maxima*) in the world. These pearls are known as South Sea Pearls—the largest and most beautiful.

Be sure to visit Paspaley Pearls Headquarters, where you can learn about intricate cultivation, discover the importance of grading, and witness expert craftsmanship. Here, you'll also find exquisite pieces crafted from locally sourced gems, guaranteeing a truly dazzling souvenir of your Darwin adventure.

CROCS ABOUND

This tropical city is celebrated for its spectacular sunsets over the Timor Sea, which transform the sky into breathtaking hues. In addition, Darwin is renowned as the Crocodile Capital, thanks to its vast population of saltwater crocodiles lurking in local rivers and estuaries.

The thriving wetlands around Darwin provide ideal habitats for these ancient predators, which can reach lengths of over six metres (19 feet). Adventurous visitors can join a thrilling 'jumping croc' cruise on the Adelaide River to witness their raw power. At Crocosaurus Cove in the heart of Darwin, interactive encounters offer a safe yet unforgettable look into the crocodiles' world. 🌟

recommended
SHORE EXCURSION

JUMPING CROCODILE CRUISE

Embark on a cruise that brings you nearly face-to-jaws with jumping crocodiles. Yes, you read that right: jumping, snaggle-toothed, claw-footed crocs. And we're not talking about little hops, these are full-tilt leaps of almost a full body length out of the water. You'll want to have your camera poised in hopes of capturing that breathtaking moment when the croc breaks the water.



Lisa Pile is Vice President of Sales & General Manager for Asia Pacific of Regent Seven Seas Cruises. Her luxury travel career has taken her all over the globe.



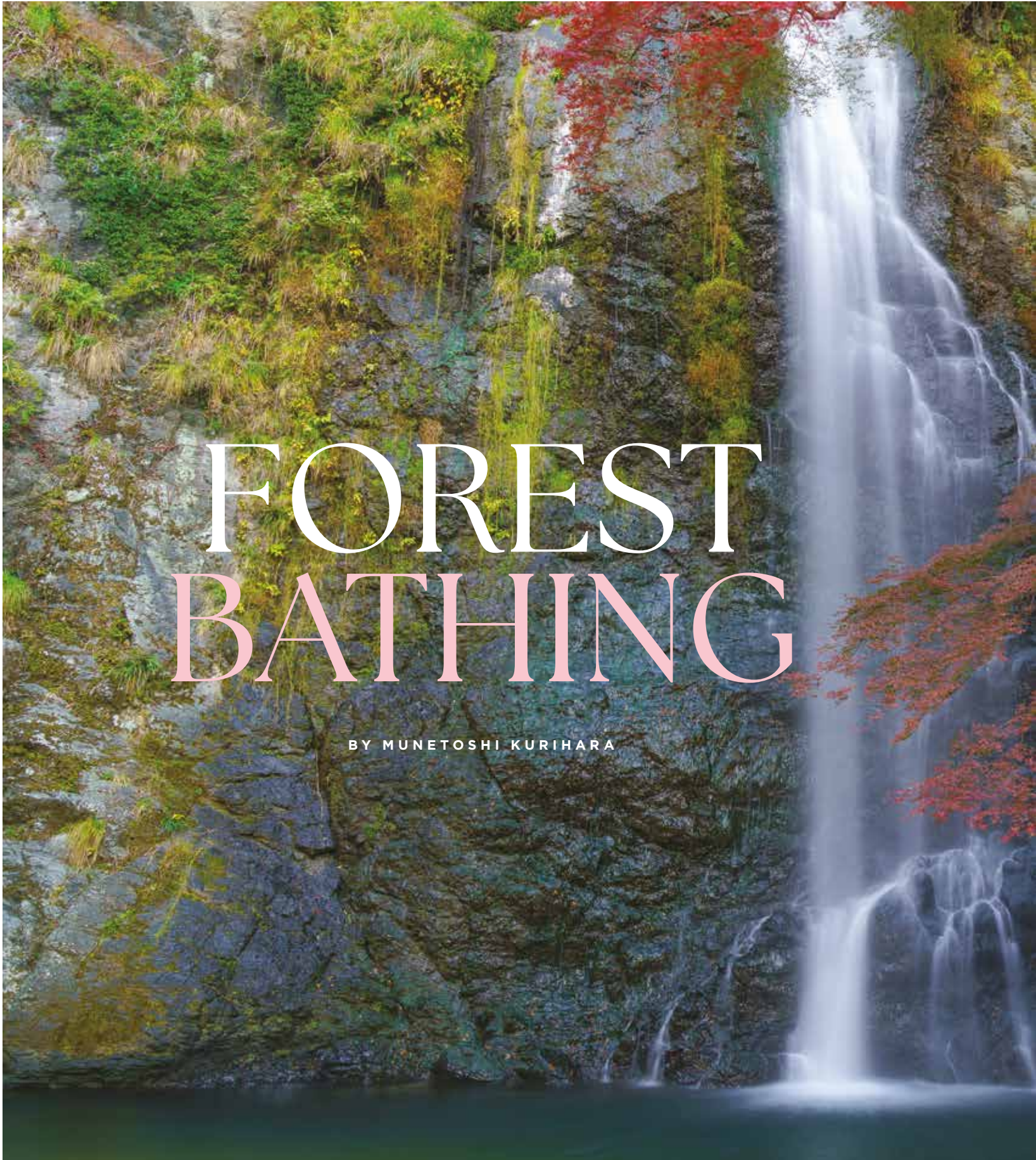
TAKE IN THE BEAUTY & CHARM OF
DARWIN
 ON THESE SAILINGS

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
12 DEC 2025 FESTIVE CRUISE	16	SOJOURN TO OZ <i>Seven Seas Explorer*</i> BALI TO SYDNEY	Bali (Benoa) , Gili Mas (Lombok), Komodo, Darwin , Cairns, Whitsunday Islands (Airlie Beach) , Brisbane, Sydney	up to 32
5 JAN 2026	18	BEAUTIFUL BALI & THE BARRIER REEF <i>Seven Seas Navigator*</i> SINGAPORE TO SYDNEY	Singapore, Semarang (Java), Surabaya, Bali (Benoa) , Komodo, Darwin, Cooktown, Cairns, Townsville, Whitsunday Islands (Airlie Beach), Brisbane, Sydney	up to 27
6 MAR 2026	18	KIWI CHARM & AUSSIE DELIGHTS <i>Seven Seas Mariner*</i> AUCKLAND TO BALI	Auckland, Bay of Islands, Sydney , Mooloolaba, Whitsunday Islands (Airlie Beach), Cairns, Darwin , Komodo, Bali (Benoa)	up to 30
3 DEC 2026	16	CORAL COAST TO OPERA HOUSE <i>Seven Seas Explorer*</i> BALI TO SYDNEY	Bali (Benoa), Gili Mas (Lombok), Komodo, Darwin , Cooktown, Cairns, Townsville, Whitsunday Islands (Airlie Beach), Brisbane, Sydney	up to 30
28 JAN 2027	19	ROOS, REEFS & ROMANCE <i>Seven Seas Explorer*</i> SYDNEY TO BALI	Sydney, Mooloolaba, Gladstone, Whitsunday Islands (Airlie Beach), Townsville, Cairns, Cooktown, Darwin, Kupang (West Timor) , Waingapu (Sumba), Komodo, Lombok (Lembar) , Bali (Benoa)	up to 28
16 MAR 2027	18	ARCHIPELAGO ADVENTURE <i>Seven Seas Splendor*</i> SYDNEY TO SINGAPORE	Sydney, Townsville, Cairns , Cooktown, Darwin, Komodo, Bali (Benoa) , Surabaya, Semarang (Java), Singapore	up to 34

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FOREST BATHING

BY MUNETOSHI KURIHARA



Unwind and Connect with Nature in Japan

*Shinrin-yoku translates to 'forest bathing'.
The phrase and practice were first introduced
in 1982 by Tomohide Akiyama, who then served
as Director General of Japan's Forestry Agency.
Akiyama's emphasis on the many mental and
physical health benefits of spending quiet,
quality time in nature eventually led to a true
movement in Japan.*

Forest bathing continues to grow in popularity and scientific and healthcare legitimacy—not just across densely-populated Japan, but all around the world. With more than 40 years of research and practice in Japan, it's truly become an established and even vital component of preventative healthcare in Japan. In study after study, researchers have demonstrated that forest bathing can improve not just sleep quality and energy levels, but mood, concentration levels, stress levels, blood pressure, and more. Many even cite the practice as a main component in Japan boasting the world's oldest population.

Of course, you can forest bathe all over the world—but to do so in Japan, the birthplace of this practice, is a must on your travel list.



SORAKUEN GARDEN



SERENITY IN OSAKA

Osaka is the third-largest city in Japan and the central metropolis of the Kansai region. It is a hub for land, sea, and river-canal transportation. Yet, even in bustling Osaka, there are a few prime locations to explore, reset, and restore.

SETTSU-KYO PARK

A picturesque nature spot that also serves as a communal space for locals, Settsu-kyo Park is a popular yet pristine scenic area in the Osaka/Hokusei region, accessible just over half an hour from downtown Osaka. Located in the upper-midsection of the Akutagawa River basin in Takatsuki, the park consists entirely of mountains and forests. From cherry blossoms in spring to red leaves in fall, Settsu-kyo is a must-visit park. There's also a famous gorge and waterfall within the park.

MINOO (OR MINOH) PARK

Minoo Park can be reached in under half-an-hour from Osaka's downtown Umeda (or Kita/North) district via train. The trail from the Minoo station to Minoo Falls is paved and flat, and the waterfall can be reached in around 45 minutes. The soothing trail also passes several shops and historic places like Ryuanji Temple.

REGENERATING IN KYOTO

Kyoto is renowned as a contemporary city of learning and creation. Home to many universities and researchers, this city of 1.46 million residents also remains steeped in history, classical architecture, and stunning natural scenery. With its abundance of lush forests, it's also an ideal spot for forest bathing.

SAGANO BAMBOO FOREST

Just a little more than half an hour outside of Kyoto, in the western district of Arashiyama, the famous, fascinating Sagano Bamboo Forest unfolds in magnificent fashion.

Possibly the world's most renowned bamboo grove, Sagano begins north of Arashiyama's Togetsukyo Bridge. Exploring the 2.7-kilometres-long (1.7 miles) loop trail here is often accomplished in under an hour, but the memories are sure to last for a lifetime. The serene, surreal rows of towering, revered mōsō bamboo offer a special forest bathing experience that is absolutely unique to Japan. The pathway here is open 24 hours a day, seven days a week. The nearby Rinzaï Zen Tenryū-ji Temple is also worth exploring.

SORAKUEN GARDEN

A little over 64 kilometres (40 miles) southwest of Kyoto lies Kobe. While much has changed here in the past century, the serene Sorakuen Garden remains pristine and pure. Stroll the paths of Kobe's only traditional urban garden and then behold the world's longest suspension bridge. As you navigate the winding paths of Sorakuen Garden, you may spot a 17th-century houseboat and the Hassam House, attractions the government has designated 'Important Cultural Properties'. Still, it's the gorgeous landscaping that makes Sorakuen so memorable.

The camphor trees were planted in 1567 to ward off calamity, and the pine trees are symbols of divinity. The setting and design are truly special, with each element placed with great purpose and thought. The 3.9-kilometres-long (2.43 miles) Akashi-Kaikyo Bridge links Kobe with Awaji Island and is a true marvel of engineering, built to withstand powerful winds and earthquakes. The views from the iconic bridge between Osaka Bay and the Seto Inland Sea are absolutely beautiful.

I hope these recommendations inspire you to come and experience forest bathing in Japan. ☀

Munetoshi "Toshi" Jurihara is the General Sales Manager for Japan. He plays Japanese drums and enjoys camping.



*Find serenity and relaxation
on a sojourn to Japan*

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
8 NOV 2025	20	COASTAL WONDERS OF EAST ASIA <i>Seven Seas Explorer</i> * TOKYO TO BANGKOK	Tokyo, Shimizu, Osaka, Beppu, Busan, Jeju (Jeju Island), Seoul (Incheon), Shanghai*, Hong Kong, Nha Trang, Ho Chi Minh City, Bangkok (Laem Chabang)	up to 85
+ BRIDGE AT SEA VISIT RSSC.COM/ENRICHMENT FOR DETAILS				
28 FEB 2026	14	SACRED PAGODAS & HOLY TEMPLES <i>Seven Seas Explorer</i> * HONG KONG TO TOKYO	Hong Kong, Taipei (Keelung), Ishigaki (Sakishima Islands), Shanghai, Busan, Nagasaki, Osaka, Nagoya, Tokyo	up to 44
31 OCT 2026	10	ZEN TO ZEST <i>Seven Seas Explorer</i> * TOKYO TO HONG KONG	Tokyo, Nagoya, Osaka, Okinawa (Naha), Ishigaki (Sakishima Islands), Taipei (Keelung), Kaohsiung, Hong Kong	up to 46
2 MAR 2027	16	ICONIC SKYLINES, STARRY NIGHTS <i>Seven Seas Explorer</i> * BANGKOK TO TOKYO	Bangkok (Laem Chabang), Sihanoukville, Ho Chi Minh City, Nha Trang, Hong Kong, Taipei (Keelung), Hirara (Miyakojima), Osaka, Tokyo	up to 43
30 MAR 2027	14	HANAMI EXPERIENCE <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Osaka, Beppu, Nagasaki, Busan, Sakaiminato, Kanazawa, Akita, Hakodate, Tokyo	up to 28

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THE CITY OF ANGELS

WELCOME
TO
BANGKOK



GRAND PALACE



NIGHT MARKETS

BY STEVE ODELL

Bangkok's Thai name is **Krung Thep**, meaning **City of Angels**.

With the Chao Phraya River at its heart, Bangkok is known for its vibrant culture, amazing street food, bustling nightlife, world-famous shopping malls and markets, historic temples and shrines, beautiful natural parks and gardens, incredible architecture, and much more. This bustling city of golden temple spires, neon lights, stilted houses, and soaring skyscrapers has an estimated population of 9 million. Hence, it is full of life and especially known for its friendly population and welcoming atmosphere. It is a place I love to visit and never tire of.

KEEP IN MIND...

Bangkok is sprawling, and it's very easy to get lost, so I'd recommend a car and a local guide to take you around. However, if you are adventurous like me and want to experience the real Bangkok, your guide could equally take you to all the major highlights using the city's many forms of transport: longtail boats, water taxis, tuk-tuks, and even the sky train.

WHAT TO SEE...

Popular stops include Chinatown, the Grand Palace, local markets, Wat Pho Temple, and the reclining Buddha. You can also visit Khao San Road, a lively district packed with markets, restaurants, and bars that make a good lunch stop.

WHAT TO DO...

Afterwards, revel in Bangkok's nightlife. You might want to relax with some jazz at the Mandarin Oriental's Bamboo Bar; you could browse the night markets, which offer everything from original artwork and designer bags to kitschy souvenirs and secondhand books. I have art hanging in my home that I bought there, which people always ask me about. My ten-dollar purchases have become quite the conversation starters.

The Tower Club at Lebua's rooftop bar—appropriately named Sky Bar—is one of the highest in the world, with a creative cocktail menu and a bird's-eye view of the city. Another great choice is Vertigo at the Banyan Tree Hotel, with its alfresco bar-come-restaurant 61 floors above the bustling streets of Bangkok, overlooking a magnificent cityscape. Make sure to pick a table in the middle if heights aren't your thing. A short stroll away is the famed Sukhothai Hotel, one of my favourite hotels globally; it was designed in a style inspired by the ancient Sukhothai Kingdom by the late Australian architect Kerry Hill. The Celadon Restaurant there is highly recommended for a high-quality traditional experience of Thai cuisine.

FOR THE FOODIE...

If you want to learn how to prepare Thai food, look no further than Chef Nooror's renowned Blue Elephant, which is not far away on Sathorn Road. It is an excellent experience!

FOR A QUIETER EXPERIENCE...

A trip to Bangkok would not be complete without a Thai longtail boat trip on the Chao Phraya River, meandering through the quieter klongs in the Nonthaburi district to the north of the city. Along the way, you'll pass stilted wooden houses, tiny noodle shops, local markets, and fruit orchards that wouldn't look out of place in a small farming village.

WHERE TO SHOP...

For shoppers, don't miss the renowned Chatuchak Market or a visit to the Jim Thompson House—the Thai home and now a museum of James H. W. Thompson, an American soldier who initiated the Thai silk industry in the middle of the last century and was granted the Most Exalted Order of the White Elephant from the royal family.

As busy as Bangkok can be, keep your eyes open. There are magnificent finds everywhere that may take you by surprise. It's a feast for the eyes and the senses, and you will surely return for more, as I have. ☀

Steve Odell is Senior Vice President, International & Consumer Sales for Oceania Cruises & Regent Seven Seas Cruises and is a treasure trove of travel stories.



EXPLORE TEMPLES AND TANTALISING FLAVOURS WHILE IN BANGKOK

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
28 NOV 2025	14	BANGKOK TO BALI DISCOVERY <i>Seven Seas Explorer*</i> BANGKOK TO BALI	Bangkok (Laem Chabang), Ko Samui, Ho Chi Minh City, Nha Trang, Singapore, Jakarta, Semarang (Java), Surabaya, Bali (Benoa)	up to 50
14 FEB 2026	14	CULINARY ESCAPADES IN ASIA <i>Seven Seas Explorer*</i> SINGAPORE TO HONG KONG	Singapore, Ko Samui, Bangkok (Laem Chabang), Sihanoukville, Ho Chi Minh City, Nha Trang, Coron (Palawan), Manila, Hong Kong	up to 39
24 MAR 2026	16	SPECTACULAR ASIA AT NIGHT <i>Seven Seas Mariner*</i> BALI TO SINGAPORE	Bali (Benoa), Bali (Celukan Bawang), Surabaya, Semarang (Java), Ho Chi Minh City, Nha Trang, Sihanoukville, Bangkok (Laem Chabang), Ko Samui, Singapore	up to 58
18 APR 2026	14	SANDS OF SOUTHEAST ASIA <i>Seven Seas Navigator*</i> BALI TO BANGKOK	Bali (Benoa), Bali (Celukan Bawang), Surabaya, Semarang (Java), Singapore, Ho Chi Minh City, Nha Trang, Sihanoukville, Bangkok (Laem Chabang)	up to 53
2 MAY 2026	20	INDIAN OCEAN ENCHANTMENTS <i>Seven Seas Navigator*</i> BANGKOK TO DOHA	Bangkok (Laem Chabang), Ko Samui, Singapore, Kuala Lumpur (Port Klang), Penang, Phuket, Colombo, Cochin (Kochi), Mangalore, Goa (Mormugao), Mumbai, Fujairah, Abu Dhabi, Doha	up to 76
10 NOV 2026	12	SKYSCRAPERS & SANCTUARIES <i>Seven Seas Explorer*</i> HONG KONG TO BANGKOK	Hong Kong, Hanoi (Ha Long Bay), Nha Trang, Ho Chi Minh City, Singapore, Bangkok (Laem Chabang)	up to 43
22 NOV 2026	11	PEAKS & PAGODAS <i>Seven Seas Explorer*</i> BANGKOK TO BALI	Bangkok (Laem Chabang), Ko Samui, Kuala Lumpur (Port Klang), Jakarta, Semarang (Java), Surabaya, Bali (Benoa)	up to 26
16 FEB 2027	14	CITIES OF MYSTERY & MAGIC <i>Seven Seas Explorer*</i> BALI TO BANGKOK	Bali (Benoa), Surabaya, Semarang (Java), Jakarta, Kuala Lumpur (Port Klang), Singapore, Kota Kinabalu (Borneo), Muara, Phu My (Ho Chi Minh City), Bangkok (Laem Chabang)	up to 45

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BRAZIL

in focus

BY JOAO MIRANDA



There's something indescribable about Brazil that captures the soul. It's more than just a destination; it's a place where the pulse of life beats a little louder, and colours seem a little brighter. I remember my first glimpse of Brazil from the deck of a ship—lush green mountains rising from the ocean, vibrant cities hugging the coastline, and a warmth that radiated from both the people and the land. Brazil has a way of embracing you, making you feel at home even if you're half a world away.

For travellers seeking boundless natural beauty, rich culture, and *Heartfelt Hospitality™*, there is no better way to experience Brazil than on a Regent cruise.



RICH HISTORY

Brazil's history is as vast and diverse as its landscapes. Originally home to indigenous tribes, Brazil's story changed in 1500 with the arrival of Portuguese explorer Pedro Álvares Cabral. Interestingly, the first European settlers included many French speakers, who had a lasting impact on local culture. French was widely spoken among the early colonisers, leaving an imprint still heard today in Rio's unique accent. Over time, Brazil evolved into a remarkable cultural blend, with European influences and African heritage brought during the colonial period. This fusion is reflected in Brazil's architecture, music, and cuisine, creating a country unlike any other— a place where rhythms, colours, and flavours meld in perfect harmony.

Today, Brazil is celebrated not only for its natural wonders but for its vibrant cities and the warmth of its people, who invite visitors to experience their rich heritage with open arms.





PRECIOUS PORTS OF BRAZIL

Each stop unveils a different facet of this captivating country. Here are six must-see destinations that bring you closer to Brazil's soul:

RIO DE JANEIRO

Rio, the 'Marvellous City,' is as lively as it is beautiful, sitting between mountains and golden beaches. Standing beside Christ the Redeemer, high above the city, feels almost like a spiritual experience.

Then there's the famous Copacabana Beach, where the hum of samba and the rhythm of life fills the air. Take the cable car to Sugarloaf Mountain for a view you'll never forget.

MANAUS & THE AMAZON RIVER

Manaus, the gateway to the Amazon, is for those who crave adventure. Imagine journeying into the heart of the rainforest, discovering exotic wildlife, and visiting indigenous villages.

The 'Meeting of the Waters' is a must-see—where the dark Rio Negro meets the sandy-coloured Amazon, flowing side by side without mixing. This natural phenomenon is as spellbinding as Brazil itself.







RECIFE & OLINDA

Recife's waterways give it the nickname 'Venice of Brazil', but it's Olinda, just nearby, that truly captures the imagination. Wander the cobblestone streets of this UNESCO World Heritage town, known for its colourful colonial architecture and historic churches. During Carnival season, these cities explode with music and dance, offering an authentic taste of Brazil's celebratory spirit.

SALVADOR

Salvador pulses with life and history. Walking through the vibrant streets of Pelourinho, the historic district, you'll hear the music, feel the rhythm, and see the blend of African and European influences that give this city its unique character. Try the *moqueca*, a seafood stew that's rich and full of flavour, and experience capoeira, a Brazilian martial art that combines dance and music—it's like watching history come to life.

TREASURED CONNECTION

As you sail along Brazil's coast and into its lush heart, each port reveals another layer of its charm. Whether it's Rio's lively spirit or the raw wilderness of the Amazon, every part of Brazil feels like it was meant to be shared. And as beautiful as these places are, it's the people—their pride, joy, and kindness—that will leave the deepest impression. They invite you in, eager to share their stories, their food, and their music. It's like the country itself is a friend you're just meeting, yet somehow already know.

A cruise through Brazil isn't just about breathtaking scenery. It's about discovering a country brimming with life, colour, and joy. And when the ship pulls away, leaving Brazil's coast behind, don't be surprised if you feel a tug at your heart, a sense that a part of you has found a new home here. ☀

Joao Miranda is the Regional Sales Manager for Latin America for Regent Seven Seas Cruises®. He's visited over 90 countries and is the author of The Travel of Life.

Discover the
wonders of **BRAZIL**
on one of these sailings



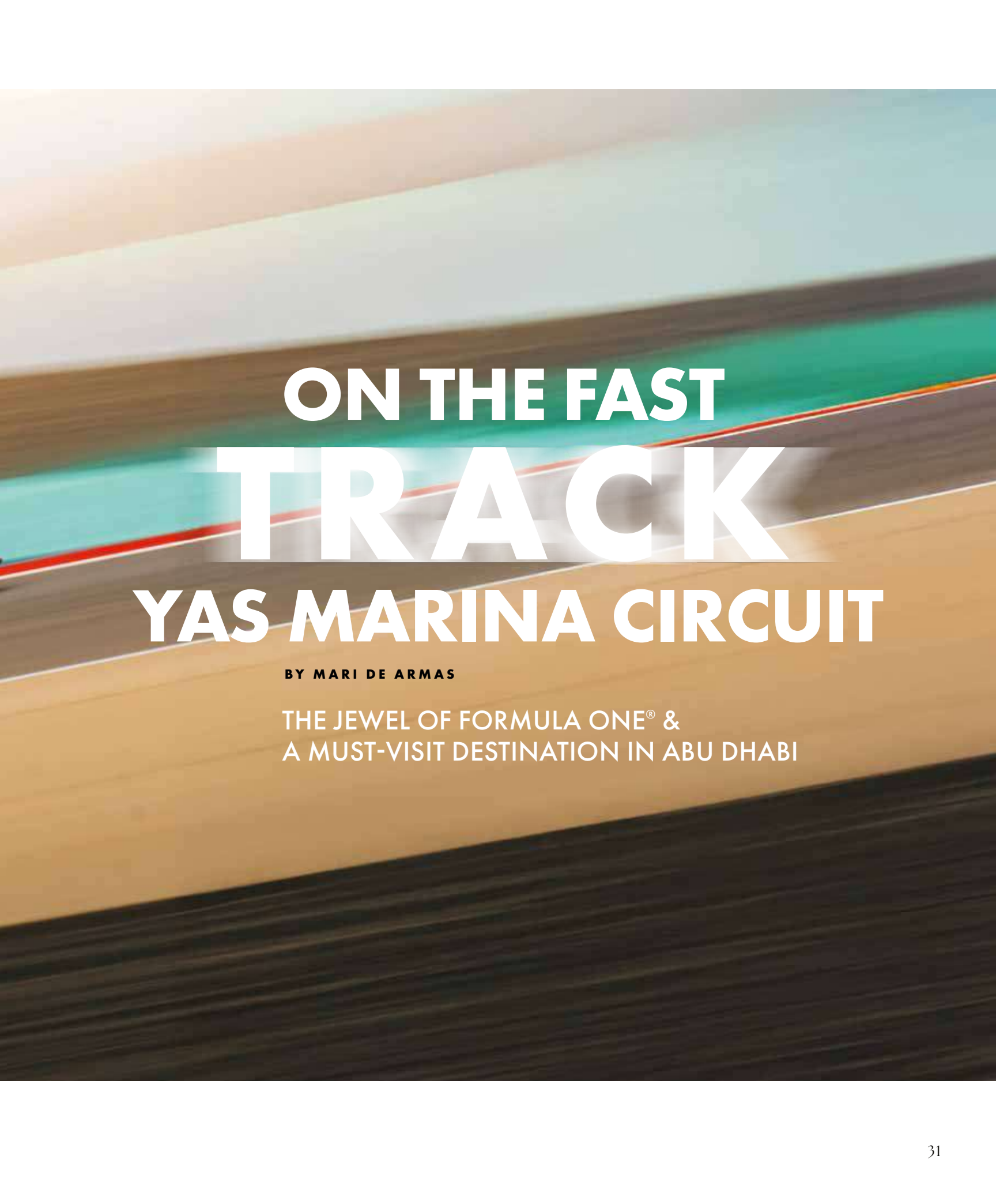
DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
3 DEC 2025	14	SEASON OF SAMBA <i>Seven Seas Splendor</i> * BRIDGETOWN TO RIO DE JANEIRO	Barbados, St. Vincent & the Grenadines, Trinidad & Tobago, Devil's Island, Fortaleza, Recife, Maceió, Salvador, Rio de Janeiro + BRIDGE AT SEA VISIT RSSC.COM/ENRICHMENT FOR DETAILS	up to 31
17 DEC 2025 FESTIVE CRUISE	11	SOUTH AMERICAN SPLENDOR <i>Seven Seas Splendor</i> * RIO DE JANEIRO TO BUENOS AIRES	Rio de Janeiro, Ilha Grande, Ilhabela, São Paulo (Santos), Porto Belo, Rio Grande, Punta del Este, Montevideo, Buenos Aires	up to 28
17 FEB 2026	24	THE COLORS OF CARNAVAL <i>Seven Seas Splendor</i> * BUENOS AIRES TO MIAMI	Buenos Aires, Punta del Este, Rio Grande, Porto Belo, São Paulo (Santos), Ilha Grande, Rio de Janeiro, Búzios, Salvador, Maceió, Recife, Belém (Icoaraci), Devil's Island, St. Lucia, Dominica, St. Maarten, Miami	up to 73
9 NOV 2026	22	SECRETS OF THE AMAZON <i>Seven Seas Mariner</i> * ROUNDTrip MIAMI	Miami, Barbados, Trinidad & Tobago, Santarém (Amazon River), Boca da Valeria (Amazon River), Manaus (Amazon River), Parintins (Amazon River), Alter do Chão (Amazon River), Grenada, San Juan	up to 43
4 JAN 2027	18	WHITE SANDS & BRAZILIAN SUN <i>Seven Seas Mariner</i> * MIAMI TO RIO DE JANEIRO	Miami, St. Thomas, Antigua, St. Lucia, Barbados, Devil's Island, Belém (Icoaraci), Recife, Maceió, Salvador, Búzios, Rio de Janeiro	up to 55
22 JAN 2027	11	NIGHTS OF SAMBA & TANGO <i>Seven Seas Mariner</i> * RIO DE JANEIRO TO BUENOS AIRES	Rio de Janeiro, Búzios, Ilha Grande, Ilhabela, São Francisco do Sul, Porto Belo, Rio Grande, Montevideo, Buenos Aires	up to 20
9 MAR 2027	22	JOURNEY TO THE AMAZON <i>Seven Seas Grandeur</i> * ROUNDTrip PANAMA CITY	Panama City, Aruba, Trinidad & Tobago, Santarém (Amazon River), Boca da Valeria (Amazon River), Manaus (Amazon River), Parintins (Amazon River), Alter do Chão (Amazon River), Grenada, Curaçao	up to 43

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ON THE FAST TRACK YAS MARINA CIRCUIT

BY MARI DE ARMAS

THE JEWEL OF FORMULA ONE® &
A MUST-VISIT DESTINATION IN ABU DHABI



I knew the names Andretti, Lauda, and Fittipaldi before I could spell. And, to the chagrin of the adults, I'd sit a nose-length from the television screen to watch them zoom by. I learned of 'exotic' locations like Monaco and Monza. And remember when downtown Miami, from Bayfront Park through Biscayne Boulevard, was transformed into a street circuit of the first-ever Miami Grand Prix in the early 1980s.

The names have since changed to Alonso, Hamilton, and Verstappen (and thankfully, my spelling has improved). Yet the excitement of watching drivers push the limits of speed, technology, and human endurance remains the same.

There is nothing like Formula One®.

Drivers battle each other at over 300 kph (200 mph), mere inches apart, making split-second decisions that will either lead them to glory or disaster. They do this across more than twenty adrenaline-pumping races on some of the world's most demanding circuits.

And none is more iconic and luxurious than Yas Marina Circuit in Abu Dhabi.

EXUDING GLAMOUR & EXCITEMENT

Designed by the legendary Hermann Tilke, this engineering marvel winds along the Yas Island waterfront, offering drivers and spectators breathtaking views and unmatched technical challenges. Widely regarded as the most expensive race track ever constructed, it boasts state-of-the-art facilities and a layout designed to challenge even the most skilled drivers. The track's 5.28-kilometre (3.28-mile) length combines high-speed straights, technical turns, and iconic features like the stretch running beneath the futuristic W Abu Dhabi hotel, making it a true masterpiece of motorsport design.



But there is one accolade that makes this circuit a favourite among fans: it's the championship decider.

Every year, the Yas Marina Circuit takes centre stage as the host of the final round of the Formula One season. This pivotal event carries immense weight, often deciding both the Drivers' and Constructors' Championships, adding an electrifying sense of drama to an already intense competition. The twilight setting, with the race transitioning from day to night, only amplifies the spectacle, creating an atmosphere unmatched on the Formula One calendar.

SPEEDING OFFSEASON

Yas Marina Circuit isn't just a world-class venue for Formula One; it's also a year-round destination for motorsport enthusiasts. Open to the public, the circuit offers a range of thrilling experiences that go beyond watching the race. From walking tours that delve into the history and inner workings of Formula One to opportunities for cycling or running on the iconic track itself, the Yas Marina Circuit invites everyone to immerse themselves in the spirit of speed and precision.

One of the highlights for fans of speed and beauty on four wheels is the Ferrari World Abu Dhabi experience, located adjacent to the circuit. Here, you can explore the Ferrari Fan Zone and get behind the wheel for an unforgettable racing experience. For the ultimate adrenaline rush, go from zero to 240 kph (149 mph) in five seconds on the world's fastest rollercoaster.

40 minutes south of Yas Island, the Emirates National Auto Museum is another must-visit locale for car lovers. Less about speed and more about the history and elegance of vehicles, the pyramid-shaped museum is home to over 200 cars owned by His Highness Sheikh Hamad Bin Hamdan Al Nahyan. If you're a fan of the BBC television programme Top Gear, you will notice some familiar cars, including the six-metre-tall (21-foot-tall) Willys Jeep, a modified 8x8 Nissan Patrol, and a Mercedes Benz Monster Truck.

As we anticipate the start of the 2025 motorsport season, Abu Dhabi is the perfect place to fulfill your 'need for speed'. Here's to another year of roaring engines, daring drivers, and the enduring spectacle of Formula One. ✨

Mari de Armas is a travel writer who specialises in luxury cruising. She regularly contributes to Regent Seven Seas Cruises' official blog, [Luxury Goes Exploring](#)®.





RACE TOWARDS

ABU DHABI

ON THESE LUXURIOUS VOYAGES

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
14 DEC 2025 FESTIVE CRUISE	22	A NEW YEAR TO REMEMBER <i>Seven Seas Navigator*</i> DOHA TO SINGAPORE	Doha , Abu Dhabi, Khasab, Mumbai, Goa (Mormugao), Mangalore, Cochin (Kochi), Colombo, Galle, Hambantota , Phuket , Langkawi, Penang, Kuala Lumpur (Port Klang), Kuala Lumpur (Port Klang) , Melaka (Malacca) , Singapore	up to 72
7 DEC 2026 FESTIVE CRUISE	21	MASTERPIECES OF PETRA <i>Seven Seas Voyager*</i> ATHENS TO DUBAI	Athens (Piraeus), Sharm El Sheikh, Aqaba , Luxor (Safaga) , Jeddah , Muscat, Abu Dhabi, Sir Bani Yas, Dubai	up to 30
3 MAR 2027	21	SOUKS TO SORRENTO <i>Seven Seas Voyager*</i> DOHA TO ROME	Doha, Abu Dhabi, Muscat, Jeddah, Aqaba, Luxor (Safaga) , Jerusalem (Haifa) , Athens (Piraeus), Sorrento/Capri, Rome (Civitavecchia)	up to 61
3 APR 2027	22	SPICE & SANDS <i>Seven Seas Splendor*</i> SINGAPORE TO ABU DHABI	Singapore, Kuala Lumpur (Port Klang), Penang, Phuket, Colombo , Malé , Cochin (Kochi), Mangalore, Goa (Mormugao), Mumbai , Muscat, Dubai, Doha, Abu Dhabi	up to 74
25 APR 2027	23	MINARETS & MONUMENTS <i>Seven Seas Splendor*</i> ABU DHABI TO ROME	Abu Dhabi, Salalah, Jeddah, Luxor (Safaga) , Aqaba , Jerusalem (Haifa) , Limassol, Rhodes, Ephesus (Kusadasi), Athens (Piraeus), Sorrento/Capri, Rome (Civitavecchia)	up to 93

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flow OF LIFE

THE WATERFALLS OF KOCHI, JAPAN

BY FABIOLA FILS-AIME

Standing before the rushing waters, one feels the cool mist, hears the rhythmic roar, and senses a profound connection to nature. Whether you're a photographer, a hiker, or a nature lover, waterfalls offer a peaceful retreat from the city's bustle. And in Kochi, there are plenty to choose from.





RYUGADO CAVES

Underground is not the traditional place one would think to see waterfalls, yet in Kochi, you can journey to the Ryugado Caves to witness this phenomenon. Walk through one of Japan's largest stalactite caves, a wondrous setting that has been designated a national natural monument. The caves are located within Mount Sampo and are estimated to be at least 175 million years old. While meandering along the caves' narrow paths and steel platforms you will behold an abundance of unusual formations, many of them named for figures from Japanese mythology. Coloured lights illuminate the formations to add drama.

YASUI GORGE

Encased by steep moss-covered cliffs, rugged boulders, and ancient forests, the water of Yasui Gorge is so pristine that every stone on the riverbed is visible. This breathtaking location is famed for its 'Niyodo Blue', an almost otherworldly turquoise hue that captivates all who visit.

Stretching across approximately 10 kilometres (6 miles), Yasui Gorge is home to several must-see spots, including the cascading Mikaeri no Taki and Hiryu no Taki waterfalls. The crystal-clear pool at Suishobuchi, also known as 'crystal deep', shimmers in vibrant shades of blue, evoking the brilliance of gemstones.



TODORO FALLS

Located in the scenic Yasui Valley, these falls are among the most impressive sights in Kochi. Surrounded by dense forests and rock formations, Todoro Falls is a photographer's paradise, especially in autumn when the leaves turn vibrant shades of red and yellow. This multi-tiered waterfall drops from a great height and has a strong flow, creating a mist that fills the valley below.



NAKATSU GORGE

This gorge towers above the Nakatsu River, a tributary of the luminous Niyodo River. A leisure trail meanders alongside the river, with stepping stones and quaint bridges. The path leads to Uryu no Taki, a dramatic 20-metre (66-foot) waterfall where the rushing waters plunge into crystal-clear blue basins. Along the way, look out for the whimsical stone figures of the *shichifukujin* (Seven Lucky Gods), cleverly hidden among the mossy rocks and boulders, adding an air of mystery to the lush landscape.



OODARU FALLS

Nestled in the lush mountains, this 34-metre (112-foot) waterfall cascades gracefully into a crystal-clear basin, creating a soothing symphony of rushing water and misty air. Enjoy a leisurely walk along well-maintained trails leading to scenic viewpoints, where you can admire the falls from different angles. Picnic areas near the base of the falls provide a peaceful spot to relax, while the more adventurous can explore nearby hiking routes that wind through Kochi's pristine forests.







TIPS *for* VISITING KOCHI, JAPAN

CHOOSE YOUR SEASON:

Regent sails to Kochi in spring and autumn. These seasons offer the most vibrant scenery, with spring bringing fresh greens and autumn draping the forests in red and yellow hues.

OUTERWEAR:

Dress in weather-appropriate clothing. Bring a rain jacket to stay dry from the mist.

FOOTWEAR AND SAFETY:

Wear flat, comfortable walking shoes with non-slip soles, as some trails may be slippery or rocky, especially after rain.

RESPECT LOCAL TRADITIONS:

Some waterfalls are associated with local legends and are considered sacred, so be mindful of signage and guidelines at each site. ✨

Fabiola Fils-Aime is a Marketing Specialist for Regent Seven Seas Cruises and has a deep appreciation for travel and immersing herself in diverse cultures. She enjoys playing the drums, electric and bass guitars.



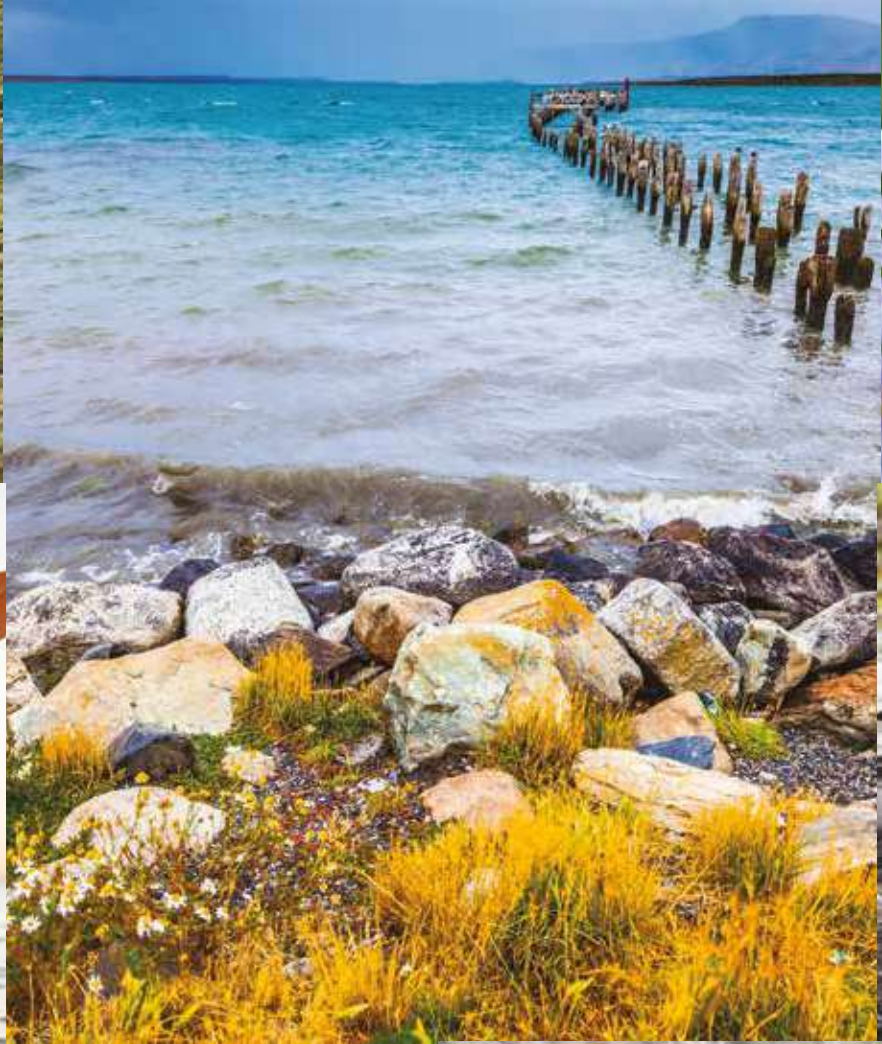


— ENJOY A SOOTHING ESCAPE INTO KOCHI'S NATURAL WORLD —

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
6 OCT 2025	11	SERENE SEAS OF JAPAN <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo (Yokohama), Shimizu, Kyoto (Kobe) , Kochi, Hiroshima, Busan, Nagasaki, Beppu, Tokyo	up to 35
28 OCT 2025	11	JAPANESE TRADITIONS & TEMPLES <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Shimizu, Kyoto (Kobe) , Kochi, Hiroshima, Busan, Nagasaki, Beppu + BRIDGE AT SEA VISIT RSSC.COM/ENRICHMENT FOR DETAILS	up to 35
14 MAR 2026	11	BLOSSOMS ACROSS JAPAN <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Shimizu, Kyoto (Kobe) , Kochi, Hiroshima, Busan, Nagasaki, Beppu	up to 35
25 MAR 2026	14	SAKURA SEASON HIGHLIGHTS <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Nagoya, Kyoto (Kobe), Kochi, Beppu, Seoul (Incheon) , Shanghai, Kagoshima	up to 45
8 APR 2026	11	ANCIENT & MODERN FUSION <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Shimizu, Kyoto (Kobe) , Kochi, Hiroshima, Busan, Nagasaki, Beppu	up to 35
19 APR 2026	14	EMPERORS OF THE EAST <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Nagoya, Kyoto (Kobe), Kochi, Beppu, Seoul (Incheon) , Shanghai, Kagoshima	up to 45
20 OCT 2026	11	JAPAN IN A JOURNEY <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Shimizu, Kyoto (Kobe) , Kochi, Hiroshima, Busan, Nagasaki, Kagoshima, Beppu	up to 41
18 MAR 2027	12	CASTLES, TEMPLES & GEISHAS <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Nagoya, Kyoto (Kobe) , Kochi, Kagoshima, Shanghai, Shimizu	up to 38
13 APR 2027	12	TOKYO INDULGENCE <i>Seven Seas Explorer</i> * TOKYO TO SEOUL	Tokyo, Shimizu, Nagoya, Osaka, Kochi, Hiroshima, Kagoshima, Nagasaki, Jeju (Jeju Island), Seoul (Incheon)	up to 51
25 APR 2027	12	EXOTIC ADVENTURE <i>Seven Seas Explorer</i> * SEOUL TO TOKYO	Seoul (Incheon), Beijing (Tianjin), Shanghai , Kagoshima, Beppu, Hiroshima, Kochi, Nagoya, Tokyo	up to 40

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GUIDE
to
KAYAKING
THE STRAIT

BY CARLA VILLACRECES

THINK PANORAMIC VIEWS, UNTOUCHED
NATURE, AND A ONCE-IN-A-LIFETIME
KAYAK EXPEDITION.

For active explorers, there is only one way to experience the Strait of Magellan: mere inches from its surface. Here, epic encounters with wildlife—from penguins to dolphins—are at the top of the itinerary, as you kayak your way through legendary channels, islands, and fjords surrounded by ice-capped mountains and lush forests.

JOURNEY THROUGH A STORIED PAST

Named after the Portuguese navigator who explored these waters in the 16th century, the Strait of Magellan is one of the most breathtaking channels in the world.

At about 560 kilometres (350 miles) and 3 to 32 kilometres wide (1.2 to 20 miles), this waterway connects the Atlantic and Pacific oceans between mainland South America and the island of Tierra del Fuego. Up until the completion of the Panama Canal in 1914, the Strait of Magellan provided the only safe passage across oceans.

Today, the Strait combines adventure and scenic wonder for those ready to embrace its unique allure at sea level.

PERFECT BLEND OF EXERCISE & ADVENTURE

Kayaking provides a rejuvenating escape that nurtures both body and soul. As a low-impact activity, it strengthens muscles, improves cardiovascular health, and enhances flexibility without straining joints. Additionally, the serene connection with nature fosters relaxation and reduces stress.



SET OFF & WITNESS WILD BEAUTY

The best time to visit the Strait of Magellan is during austral summer from December to March. The warmer days offer ideal conditions for breeding and seasonal migration among birds and marine mammals, providing a magical opportunity for tour-goers to encounter nature in all its glory.

As you glide across the water, be on the lookout for pods of Commerson's and Peale's dolphins. Frequent travellers of the Strait, these mammals are unique in their bold bi-coloured appearance. Watch them spin, twist, and leap in an awe-inspiring demonstration of their playful personalities.

Then, cast your eyes to the sky, where birds are aplenty. Magellan geese pairs can be easily identified by their distinct colours. Males boast a stark white head and neck, while females have a reddish-brown hue.

Together, their patterned wings are mesmerising to watch in flight. Seagulls and cormorants can also be found soaring along rugged coasts, diving into the water for small fish and kelp beds.

Not all birds take to the skies, of course. Expect to see Fuegian steamer ducks swimming along the Strait. Native to the region, these gray birds are the largest of their species, and although they are flightless, their small wings serve as the perfect paddles to propel them across the surface.





KAYAKING TECHNIQUES

PROPER POSTURE. Sit upright with a straight back and slightly bent knees. Engage your core to power your strokes rather than relying solely on your arms.

EVEN STROKES. Aim for consistent paddle strokes on both sides to maintain a straight course.

PADDLE TECHNIQUE. Hold the paddle slightly wider than shoulder-width apart, with knuckles facing upwards, and maintain a relaxed but firm grip.

If weather permits, this waterway will lead you to thousands of Magellanic penguins that inhabit rocky Magdalena Island. Magellanic penguins are highly social and monogamous for life. You can expect to see the penguins tottering about, tending to their young, interacting with each other and hunting small fish in the Strait.

PREPARE FOR THE UNFORGETTABLE

Before embarking on your kayaking expedition, remember that preparation is key. Dress in your swimsuit under a cover-up or shorts and pack all your outdoor essentials, including sunglasses, hats, towels, sunscreen, beach shoes and a change of dry clothes. The weather can change at any moment during the day, so it's best to layer up. And don't forget to grab your camera or a pair of binoculars to capture the beauty of wildlife from a safe distance. When you're out on the water, there's no shortage of impressive sightings to behold. *



Carla Villacreces is the Creative Director for Regent, specialising in crafting compelling digital experiences. She is passionate traveller who enjoys exploring the world with her family and is always on the hunt for exceptional red wines.

MAKE BOLD STROKES TOWARD YOUR DREAM VOYAGE TO CHILE

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
28 DEC 2025 FESTIVE CRUISE	17	ANTARCTIC CELEBRATION <i>Seven Seas Splendor*</i> ROUNDRIP BUENOS AIRES	Buenos Aires, Puerto Madryn, Punta Arenas , Ushuaia, Cruising the Drake Passage, Cruising the Antarctic Peninsula, Port Stanley, Montevideo Itinerary and/or ports of call are subject to change at any time due to prevailing weather conditions, or any other cause, at the discretion of Regent Seven Seas Cruises® + BRIDGE AT SEA VISIT RSSC.COM/ENRICHMENT FOR DETAILS	up to 26
14 JAN 2026	18	ANTARCTICA & THE CHILEAN FJORDS <i>Seven Seas Splendor*</i> BUENOS AIRES TO SANTIAGO	Buenos Aires, Punta del Este, Port Stanley, Cruising the Antarctic Peninsula, Cruising the Drake Passage, Ushuaia, Punta Arenas, Laguna San Rafael, Puerto Chacabuco, Puerto Montt, Santiago (San Antonio) Itinerary and/or ports of call are subject to change at any time due to prevailing weather conditions, or any other cause, at the discretion of Regent Seven Seas Cruises®	up to 26
1 FEB 2026	16	EDGE OF THE WORLD EXPEDITION <i>Seven Seas Splendor*</i> SANTIAGO TO BUENOS AIRES	Santiago (San Antonio), Puerto Montt, Puerto Chacabuco, Laguna San Rafael, Punta Arenas, Ushuaia , Puerto Madryn, Montevideo, Buenos Aires	up to 27
2 FEB 2027	18	COLOSSAL COASTLINES <i>Seven Seas Mariner*</i> ROUNDRIP BUENOS AIRES	Buenos Aires, Puerto Madryn, Punta Arenas , Ushuaia, Cruising the Drake Passage, Cruising the Antarctic Peninsula, Port Stanley, Punta del Este, Montevideo Itinerary and/or ports of call are subject to change at any time due to prevailing weather conditions, or any other cause, at the discretion of Regent Seven Seas Cruises®	up to 29
20 FEB 2027	18	ANTARCTIC ENCOUNTER <i>Seven Seas Mariner*</i> BUENOS AIRES TO LIMA	Buenos Aires, Port Stanley, Cruising the Antarctic Peninsula, Cruising the Drake Passage, Ushuaia, Punta Arenas, Puerto Montt, Santiago (San Antonio), Lima (Callao) Itinerary and/or ports of call are subject to change at any time due to prevailing weather conditions, or any other cause, at the discretion of Regent Seven Seas Cruises®	up to 29

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444

YOUR LUCKY NUMBER

— *in* —

GUAYAQUIL

BY VIVIAN BERMUDEZ



The (literal) first step of an unforgettable adventure is nestled in one of Guayaquil's most colourful and artsy neighbourhoods, Las Peñas. Brightly painted homes, some as old as 400 years, cluster here at the foot of Santa Ana Hill. Yet, the real gem is waiting for you at the top of the stairs that intersect this town. Each step is individually numbered, one through 444, but don't let the climb daunt you. There are plenty of places to stop for an enriching respite.

During the journey up, you'll have the opportunity to explore local crafts made from shells and driftwood by Guayaquil's artisans. You may grab a drink at a local café and listen to live performances of traditional Ecuadorian music. It's hard not to be seduced by the colour of daily Guayaquil life. You might even try striking up a conversation with one of the locals for a true first-hand perspective. They're understandably proud of their neighbourhood.

Your view of Guayaquil (and beyond) expands over the horizon as you reach the infamous *Escalón #444*. It's only there that you can get the best 360-degree panorama of Ecuador.

Spend time at the lighthouse and learn about the statues dedicated to famous Ecuadorian leaders. Step into the Capilla del Cerro Santa Ana, a Catholic church, for a quiet moment of reflection. And you'll certainly want to take a moment for a photo opportunity on a golden bench.

Once you've explored to your heart's content, give your legs a break and take the cable car back down as the sunset is on the horizon. 🌅

Vivian Bermudez is Regent's Senior Digital Designer. When she is not beautifying the digital space, she watercolours, and occasionally writes.

AN EXTRAORDINARY JOURNEY TO GUAYAQUIL BEGINS WITH THIS FIRST STEP

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
10 MAR 2027	16	MACHU PICCHU & MAYAN RUINS <i>Seven Seas Mariner</i> LIMA TO MIAMI	Lima (Callao), Salaverry, Guayaquil, Manta, Golfito, Panama City, Puerto Limón, Roatán, Belize (Harvest Caye), Costa Maya, Miami	up to 85

OVERNIGHT IN PORT

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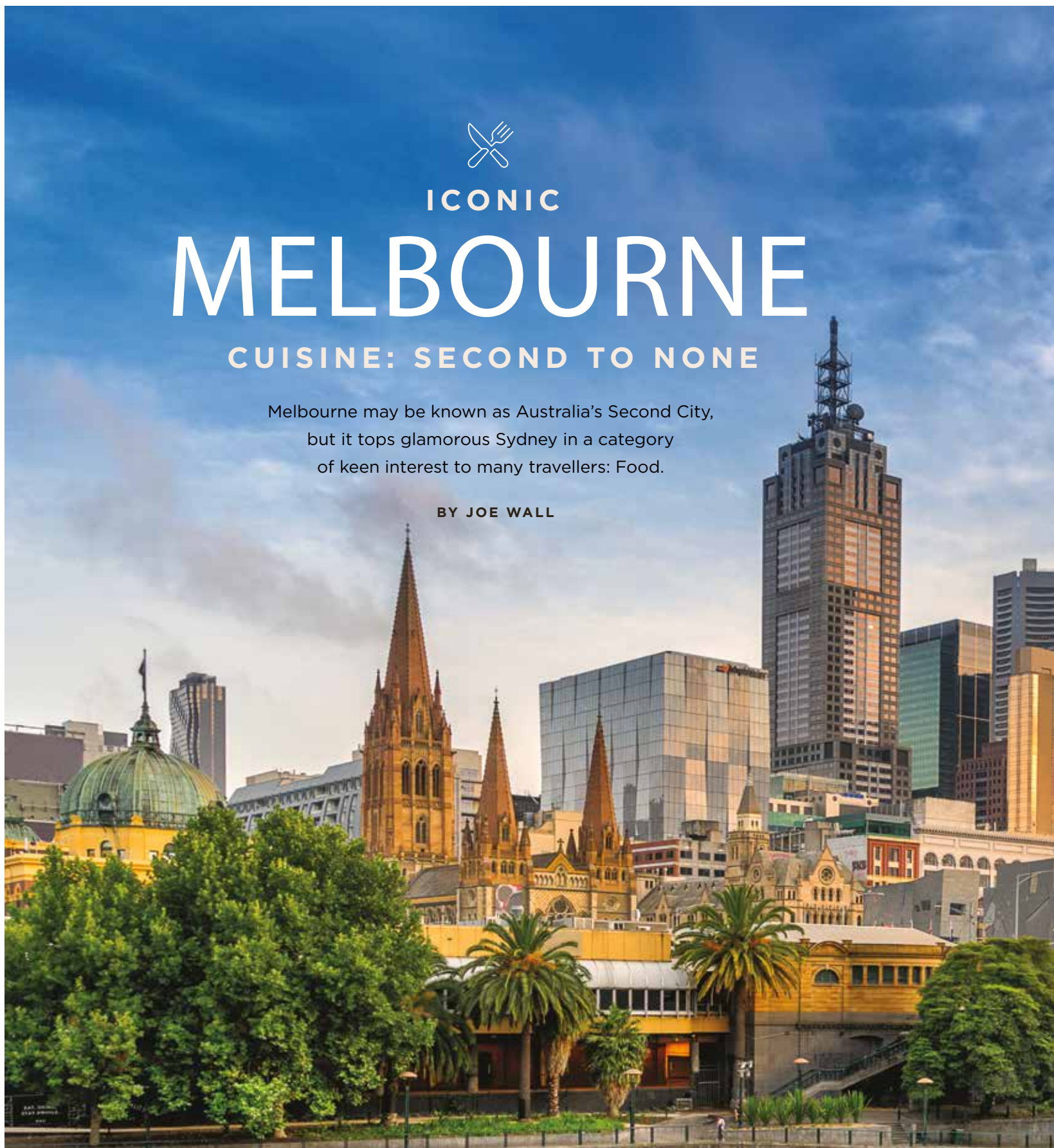
ICONIC

MELBOURNE

CUISINE: SECOND TO NONE

Melbourne may be known as Australia's Second City,
but it tops glamorous Sydney in a category
of keen interest to many travellers: Food.

BY JOE WALL





The state of Victoria's capital city is also Australia's widely acknowledged dining capital, with an array of restaurants, cafés, and wine and cocktail bars throughout the city, many tucked within delightful laneways, arcades, and 'Little' streets.

Melbourne's food culture has evolved through waves of immigrants, including (but not limited to) people of Chinese, Italian, Greek, Turkish, Lebanese, and Vietnamese descent. Old World fare like lamb roasts and meat pies once dominated Aussie dinner tables and restaurant menus, but certain dishes brought by immigrants have become standards in this melting-pot foodie haven on the banks of the Yarra River.

Taste Melbourne's immigrant history through these iconic dishes as you walk the CBD (Central Business District) or hop on a tram to explore Melbourne's vibrant inner-city suburbs.



SICHUAN FRIED EGGPLANT & DIM SIM

Melbourne's non-European multiculturalism began during the 1850s gold rush when Chinese men settled in Victoria alongside a majority of British, Irish, and Scottish fortune seekers. Chinatown was established on Little Bourke Street soon afterward, but the 1901 Immigration Restriction Act halted the Chinese community's growth. Chinatown's revival began when immigration laws were eased after World War II.

Today, Melbourne's Chinatown is home to five traditional arches, historic buildings, and a variety of Asian eateries serving the crunchy local favourite Sichuan fried eggplant, drizzled with a spicy-sweet vinegar sauce. Look for more adventurous versions at acclaimed restaurants **Dainty Sichuan** (South Yarra) or **Lee Ho Fook** (CBD).

In the 1940s, a Chinese-Australian restaurateur named William Chen Wing Young capitalised on the popularity of dim sum staple *siu mai* by creating what is today one of Melbourne's signature foods: dim sim, which are siu mai made with a thick flour wrapper and then deep-fried. The best-known proprietor is **South Melbourne Market Dim Sims**, which has been making fried or steamed versions for nearly 60 years.



CAPRICCIOSA PIZZA

The 1850s gold rush also brought the first wave of Italian people to Victoria, with a second wave arriving soon after World War II. An Italian community took root in the suburb of Carlton in the 1960s, and by the 1970s, a desire for al fresco dining led to the formation of a booming Little Italy along Lygon Street. It was here that espresso first combined with crema in Melbourne, leading Lygon Street to be called the birthplace of Melbourne's much-lauded café culture.

You'll find a distinctly Melbourne pizza in Lygon's lively restaurants and bistros. The ubiquitous capricciosa usually comes with olives, shredded ham, and mushrooms on a dense crust, but many more toppings may be added to this Italian-Australian classic. Old-school Italian restaurants are plentiful throughout the city, as are fine dining options like **Tipo OO** and **Grossi Fiorentino**, both located in the CBD.





SOUVLAKI

A mass World War II migration would eventually lead to Melbourne having one of the largest Greek populations in the world outside of Athens. Greek businessmen opened ‘milk bars’ that served American-style burgers and shakes in the 1940s and 1950s, but a desire to gather their community led to a few traditional Greek restaurants popping up in the CBD. One in particular—**Stalactites**, which opened in 1978 at the corner of Lonsdale and Russell Streets—caused others to follow and evolve into Melbourne’s Greek Quarter.

Souvlaki (or ‘souvas’ in the Aussie tradition of shortening words) is still a bestseller at Stalactites and Melbourne’s many family-owned Greek restaurants, including **Tsindos** (Greek Quarter) and **Lemnos Taverna** (Pahran). A typical souva consists of lamb, sauce (usually *tzatziki*), tomato, onions, lettuce, and fries. *Kali orexi!*



CHICKEN TAWOUK & FALAFEL

The first wave of Lebanese immigrants arrived in the late 19th century, but larger numbers came during the post-WWII migration and late 1970s. A trickle of restaurants opened in the 1950s and 1960s, but today Sydney Road in Brunswick boasts a bevy of cosy eateries selling *kibbie* (deep-fried lamb meatballs), meze, falafel, and baklava. At family-owned **A1 Bakery** (Brunswick), feast on a platter of chicken tawouk and falafel. For the ultimate comfort meal, head to **Abla’s** (Carlton) for a dome of fragrant rice flecked with minced spiced lamb topped with chicken and slivers of toasted almonds and pine nuts.

GOZLEME

Not long after Turkey—born immigrants began arriving in the 1960s and 1970s, Turkish bread and late-night kebabs became Aussie staples. In Melbourne, traditional gozleme became a passion. Stuffed with a thin layer of spinach, ground meat, and cheese, these squares of flatbread are fried on a hot plate and served with dipping sauce. Visit the **Anatolian Gozleme Kitchen** at Prahran Market, Australia’s oldest continuously running food market, for made-from-scratch gozleme. For tasty takes on modern Turkish cuisine, **Tulum** (Balaclava) and **Lezzet Anatolian Kitchen** (Elwood) have become go-to stops for Melbourne’s gastronomes.





BÁNH MÌ

Thousands of refugees from Vietnam settled in Melbourne in the 1970s and 1980s. The suburbs of Footscray, Springvale, and Richmond became hubs of Vietnamese culture, businesses and bakeries. Many bakeries, in fact, all offered variations of the bánh mì, which quickly became a popular lunch item. Featuring a crisp crust but soft inside, barbecued meat stacked with cucumber, carrot, coriander, pâté, and chilli, you'll find delicious options at **Ca Com Bánh Mì Bar** (Richmond) and **Trang Bakery** (Collingwood). 🌟

Joe Wall is an American writer who's lived and worked in Australia, Fiji, and New Zealand. His affinity for the word 'mate' appears permanent.



5 ESSENTIAL FOODIE LANDMARKS

- **Pellegrini's Espresso Bar** (Melbourne):
In a city celebrated for its European airs, Pellegrini's is pure old school. Enjoy a 'spag bol' (Spaghetti Bolognese) at the counter for a classic Melbourne 'feed'.
- **American Doughnut Kitchen** (Queen Victoria Market):
After taking in the shops and stalls of Melbourne's most-visited market, reward yourself with a bag of hot-jam-filled doughnuts. Expect a queue (they're worth it).
- **Attica** (Ripponlea):
Indigenous Australians have lived in Melbourne for over 60,000 years, yet their culinary wisdom has been largely overlooked. Award-winning Attica has reinvented the incorporation of native ingredients into modern Australian fare.
- **Monarch Cakes** (St. Kilda):
To stroll Acland Street is to be bombarded with windows packed with dreamy cakes and pastries. Monarch has successfully tempted passersby with *kugelhupf* (marble cake) and more since 1934.
- **Any Melbourne café**:
Coffee is a competitive sport in this footy-crazed city. Order a flat white in any café. Admire the barista's diligent artistry. Sip greatness.

EXPLORE

MELBOURNE

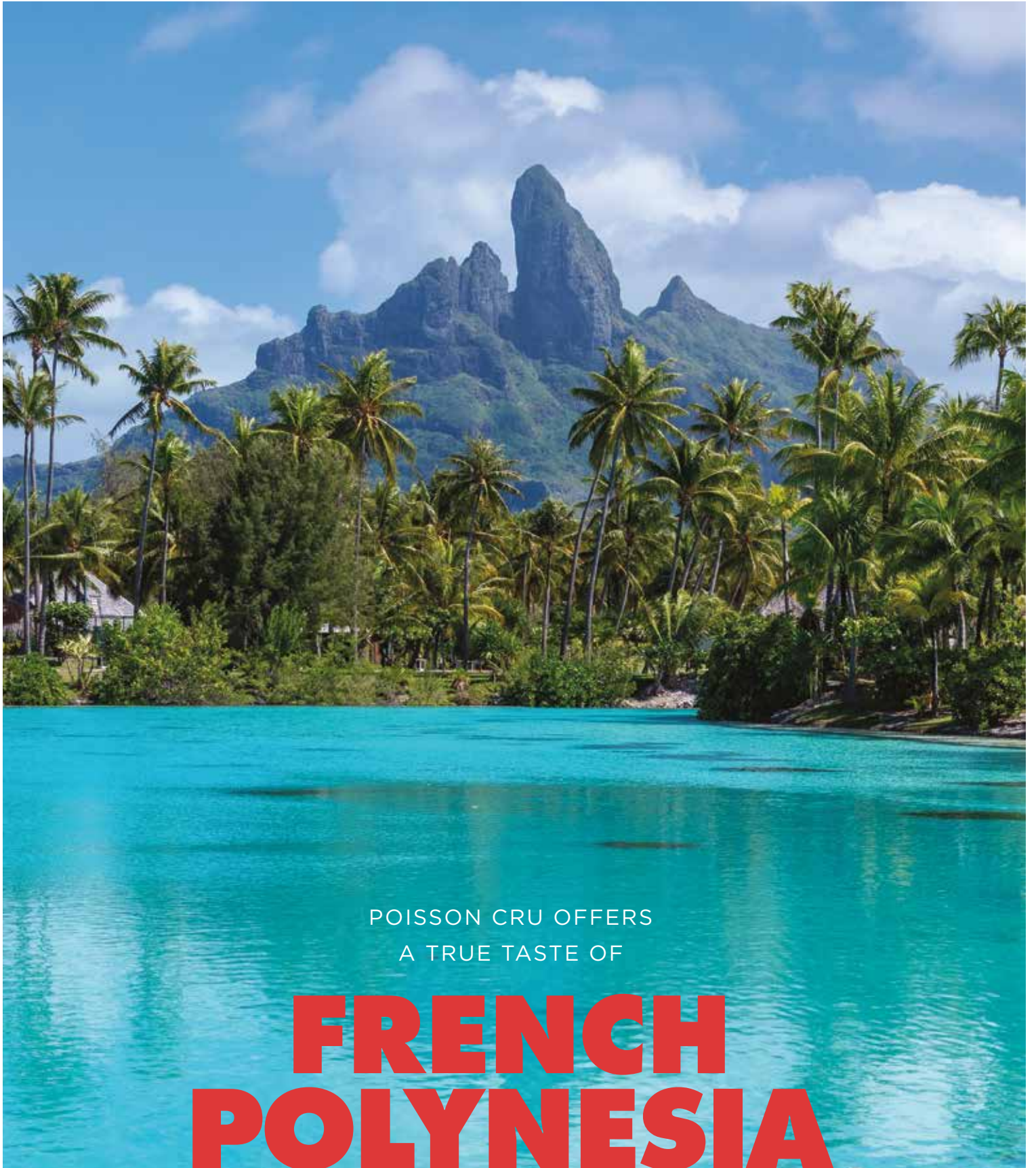
ONE DISH AT A TIME

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
28 DEC 2025 FESTIVE CRUISE	15	AUSSIE BITES & KIWI SIGHTS <i>Seven Seas Explorer</i> [*] SYDNEY TO AUCKLAND	Sydney, Melbourne, Phillip Island, Burnie (Tasmania), Cruising the Fjords of Milford Sound, Cruising the Fjords of Doubtful Sound, Cruising the Fjords of Dusky Sound, Dunedin, Timaru, Christchurch (Lyttelton), Wellington, Napier, Auckland	up to 39
12 JAN 2026	15	NEW ZEALAND'S COASTAL GEMS <i>Seven Seas Explorer</i> [*] AUCKLAND TO SYDNEY	Auckland, Bay of Islands, Rotorua (Tauranga), Napier, Wellington, Christchurch (Lyttelton), Dunedin, Cruising the Fjords of Dusky Sound, Cruising the Fjords of Doubtful Sound, Cruising the Fjords of Milford Sound, Hobart (Tasmania), Burnie (Tasmania), Melbourne, Sydney	up to 41
23 JAN 2026	14	HARBORS, SOUNDS & SAILS <i>Seven Seas Navigator</i> [*] SYDNEY TO AUCKLAND	Sydney, Melbourne, Burnie (Tasmania), Hobart (Tasmania), Cruising the Fjords of Milford Sound, Cruising the Fjords of Doubtful Sound, Cruising the Fjords of Dusky Sound, Dunedin, Christchurch (Lyttelton), Wellington, Napier, Gisborne, Rotorua (Tauranga), Auckland	up to 42
27 JAN 2026	18	AUSTRALIA UNCOVERED <i>Seven Seas Explorer</i> [*] SYDNEY TO SINGAPORE	Sydney, Melbourne, Portland, Penneshaw (Kangaroo Island), Esperance, Albany, Busselton, Perth (Fremantle), Bali (Benoa), Bali (Celukan Bawang), Singapore	up to 36
31 MAR 2026	18	DOWN UNDER AUSTRALIA <i>Seven Seas Navigator</i> [*] AUCKLAND TO BALI	Auckland, Bay of Islands, Sydney, Melbourne, Esperance, Albany, Busselton, Perth (Fremantle), Komodo, Bali (Benoa)	up to 34
19 DEC 2026 FESTIVE CRUISE	10	AN AUSSIE CELEBRATION <i>Seven Seas Explorer</i> [*] ROUNDTrip SYDNEY	Sydney, Eden, Melbourne, Phillip Island, Portland, Hobart (Tasmania), Sydney	up to 29
29 DEC 2026 FESTIVE CRUISE	16	TOAST TO THE FJORDS <i>Seven Seas Explorer</i> [*] SYDNEY TO AUCKLAND	Sydney, Melbourne, Hobart (Tasmania), Cruising the Fjords of Dusky Sound, Cruising the Fjords of Doubtful Sound, Cruising the Fjords of Milford Sound, Dunedin, Christchurch (Lyttelton), Picton, Wellington, Gisborne, Rotorua (Tauranga), Bay of Islands, Auckland	up to 42
14 JAN 2027	14	VINTNERS & ARTISANS OF THE PACIFIC <i>Seven Seas Explorer</i> [*] AUCKLAND TO SYDNEY	Auckland, Bay of Islands, Rotorua (Tauranga), Napier, Wellington, Christchurch (Lyttelton), Dunedin, Cruising the Fjords of Dusky Sound, Cruising the Fjords of Doubtful Sound, Cruising the Fjords of Milford Sound, Burnie (Tasmania), Melbourne, Sydney	up to 35

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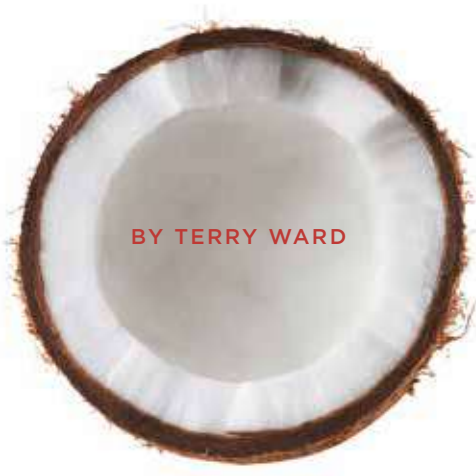


POISSON CRU OFFERS
A TRUE TASTE OF

FRENCH POLYNESIA



“PERU HAS ITS
CEVICHE, AND
HAWAII HAS ITS
POKE. IN FRENCH
POLYNESIA,
THE RAW FISH
SPECIALITY
TO TRY IS A
COLOURFUL AND
DELICIOUS BOWL
OF POISSON CRU.”



French for 'raw fish', poisson cru (*iā ota* in the Tahitian language) is beloved throughout the spectacularly beautiful South Pacific islands. Not only practical, since it's made from widely available island ingredients, it also offers the essence of Tahitian taste and place thanks to classic island flavours like fish, citrus juice, and coconut.

Enjoyed by Tahitians for breakfast, lunch or dinner (and sometimes all three), you'll find poisson cru on offer everywhere, from fine dining restaurants and luxury hotels and guesthouse breakfast buffets to any neighbourly gathering you might get lucky enough to be invited to in this chain of more than 100 islands.

"Anytime I've been away from Tahiti, the first thing I want when I come back home is poisson cru. It's what every Tahitian wants," says Tahiti Food Tours' founder Heimata Hall, whose company guides visitors on street food tours of his home island, Moorea, as well as on neighbouring Tahiti.

Before outside influences arrived in the islands, says Hall, the dish consisted of just raw fish and coconut milk with a citrus element to 'cook' the fish.

“Through different cultural influences, including the French and the Chinese, vegetables got introduced to poisson cru,” he says. Now, it’s normal to find other elements added to the dish, depending on who’s making it, including ingredients like mango, pineapple, radish, red, yellow and green bell peppers, tomatoes, cucumbers, coriander, and more.

The most classic version of poisson cru found at restaurants throughout the islands today is most often made using tuna, coconut milk, lime juice, onions, carrots, and cucumbers.

Some people add more lime to the fish for an acidity that ‘cooks’ it more, while others may go heavier on the coconut milk to soften the acidic flavour, says Hall. Honey can even be added to the coconut milk to infuse it with a little more sweetness.

“You’ll never find a poisson cru that tastes the same twice,” he says, adding that of all the versions he’s tried, his grandmother’s recipe is still his favourite.

And while tuna has become poisson cru’s go-to fish ingredient across Tahiti, it’s not Hall’s preferred option, he says. Before tuna became so widely available, lagoon fish—including species like parrot fish, Spanish mackerel, and jack—were more commonly used in poisson cru, since they were the easiest for people to fish within close range of where they live, he says.

“I try not to use tuna if I have something else available. We have so many amazing fish available in the lagoon, and each kind has its own texture and flavour,” Hall says. His favourite fish to use in poisson cru is a pelagic scad called ature that appears seasonally in Tahiti’s waters and is a local favourite for its tender, sweet flesh.

Before indulging in poisson cru, be sure to say, *Tama’a Maitai*. It means ‘eat well’ in Tahitian. And with this special dish on the menu, you can be sure you will. 🌴

Terry Ward, who is based in Florida, has been published by outlets such as Travel Channel, the Washington Post, Travel+Leisure, and Cruise Critic.







READY TO TRY YOUR
HAND AT MAKING

**POISSON
CRU?**

Hall suggests keeping it simple with his recipe. He says you can also adapt the dish to the region where you live, using the freshest products from the sea and land.

“That might mean adding things like cooked shrimp, lobster or blue crab,” he says. “This dish truly represents the freshness and quality of local products from the sea and land.”

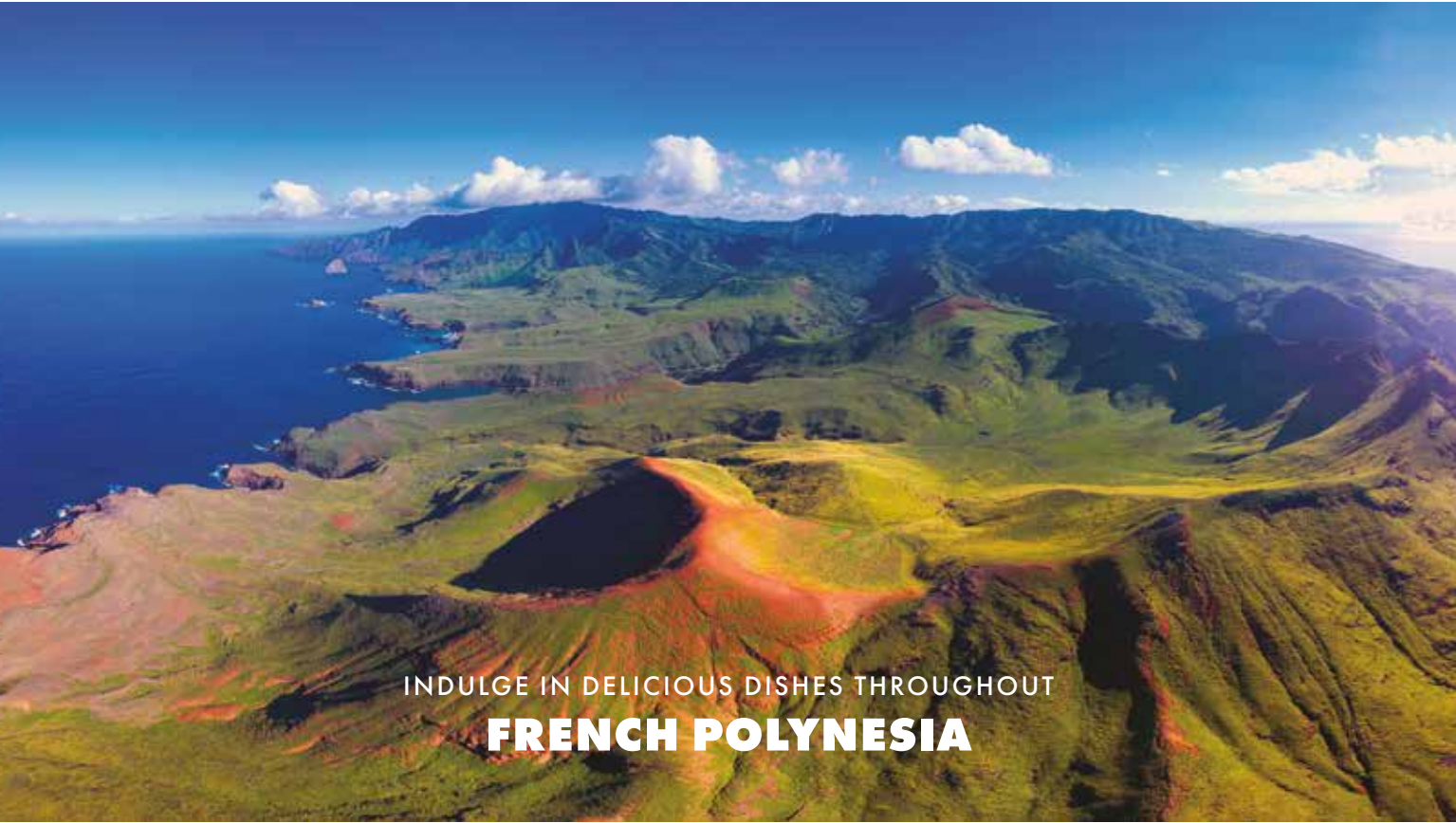
**HEIMATA HALL’S RECIPE
FOR TAHITIAN I’A OTA**

(Serves 4)

INGREDIENTS INSTRUCTIONS

- | | |
|---|--|
| 1.75 pounds (800 grams)
fresh locally caught fish* | 1 Cut the fish into half-inch cubes. |
| 1 medium yellow onion | 2 Cut the onion into thin slices and the
cucumber into half moons (the peel can be
removed, depending on your preference).
Cut the tomato into small cubes and grate the
carrot with the large part of a cheese grater. |
| ½ carrot | |
| ½ cucumber, seeds
removed | 3 Combine all ingredients in a large bowl
with the fish. |
| 1 tomato | |
| Juice of 3 or 4 fresh limes | 4 In a medium bowl, combine fresh coconut
milk, and lime juice. Then add that to the
fish and vegetables in the large bowl and
mix together. |
| 1 cup (237 millilitres)
fresh coconut milk | |
| Green onions/scallions
for garnish | 5 Season with salt, to taste, and garnish
with scallions. |
| 1 teaspoon salt | 6 Serve in a bowl or plate individually. |

*Please note it is advisable to freeze freshly caught fish and defrost thoroughly before consumption.



INDULGE IN DELICIOUS DISHES THROUGHOUT
FRENCH POLYNESIA

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
1 FEB 2026	14	SOUTH PACIFIC DREAMS <i>Seven Seas Mariner</i> * HONOLULU TO PAPEETE	Honolulu, Nawiliwili , Lahaina, Tabuaeran (Fanning Island), Rangiroa, Raiatea, Bora Bora , Papeete (Tahiti)	<i>up to</i> 27
22 FEB 2026	10	ALLURING POLYNESIA <i>Seven Seas Navigator</i> * ROUNDRIP PAPEETE	Papeete (Tahiti) ,Moorea, Fakarava, Huahine, Rangiroa, Bora Bora * , Raiatea	<i>up to</i> 31
4 MAR 2026	10	SOUTH PACIFIC SEASCAPES <i>Seven Seas Navigator</i> * ROUNDRIP PAPEETE	Papeete (Tahiti) ,Moorea, Rarotonga , Rangiroa, Huahine, Bora Bora , Raiatea	<i>up to</i> 31
26 JAN 2027	28	CANAL TO CORAL REEFS <i>Seven Seas Splendor</i> * PANAMA CITY TO PAPEETE	Panama City, Puntarenas, Corinto, Acajutla, Puerto Quetzal, Puerto Vallarta, Cabo San Lucas, Los Angeles , Honolulu, Kahului, Hilo, Bora Bora, Moorea, Papeete (Tahiti)	<i>up to</i> 91

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the
FLIGHT OF THE
DODO

The Imperishable Legacy of Mauritius

BY SHAWANDA JAMES



In the short span of 150 years, the dodo bird was discovered and became extinct—leaving behind a complicated legacy of uniqueness and the adverse impacts of human exploration.

While the bird no longer inhabits the shores of Mauritius, it continues to fascinate people worldwide.

In and around **PORT LOUIS**, one can find symbols of the dodo at every turn.



A SPECIES AS UNIQUE AS THE ISLAND ON WHICH IT LIVED

Standing just over three feet tall and weighing in at around 20 kilograms (44 pounds), the stature of the dodo rivalled that of a growing toddler. Ancient artefacts describe the dodo as having grey-tinged feathers, yellow legs, and a beak not more than a few inches long. One of the few species of fowl in the world that was deemed flightless, its stout body and short legs led to the misconception that the dodo was an inactive species. On the contrary, its physique actually proved that the dodo adapted to its environment extremely well.

Absent was the imminent danger of natural predators, creating a relatively safe and peaceful environment for the dodo to live and thrive. The coastal ecosystem remained virtually unscathed for millions of years.

That changed with the inception of global exploration and colonial settlements.

FROM TREASURED DISCOVERY TO TRAGIC EXTINCTION

By the turn of the 16th century, explorers from almost every corner of the world set sail to discover the treasures

of unknown lands. As history has demonstrated, human settlement had unintentional impacts on the lands settled on. These impacts not only affected the native people, but adversely affected its ecosystems. The dodo took a direct hit following the discovery of their existence by Portuguese seamen in the early 1500s. Dutch explorers settled in Mauritius right before the turn of the 17th century, beginning the chain of events that led to the extinction of the dodo.

The settlers became an instant predator of the dodo, as many avidly hunted them. The animals they brought with them (such as dogs and pigs) also became immediately dangerous to the dodo as predators. This culminated in the extinction of the bird; its last recorded sighting was at the end of the 17th century.

Interestingly, some dodos were transported to parts of Europe and Asia as well. While many reports are speculative, they mention that some of the birds arrived in places like France, the United Kingdom, and Asia alive but succumbed to the unfamiliar natural environment they were then placed in.

A once thriving species met an unexpected end.



ITS LEGACY ENDURES

For centuries after its extinction, the dodo continued to spark the imagination of scientists and historians around the world. Excavation efforts as recent as 2006 speak to the continued interest in the dodo. As an environmental symbol, it represents the devastation that can occur when ecosystems are disrupted or destroyed by major environmental changes and human impacts.

At least two museums have exhibits of dodo artefacts where people can see parts of a dodo's skeletal makeup on display. Most notable is the National History Museum in Port Louis, where a dedicated collection of dodo artefacts tells the unique story of the dodo's existence in an effort to preserve its legacy.

Commemorative efforts to honour the dodo as an important part of Mauritian history are extensive. Go into any local gift or craft shop in town, and be prepared to find pictures, paintings, and trinkets with the dodo as the focal point. The nation's postal stamps and the Coat of Arms feature the dodo as well, similar to how the American eagle is profiled as the national bird. Arguably the most famous tribute is the story of Alice's Adventures in Wonderland, written by famed author Lewis Carroll in 1868.

Although the dodo has been extinct for hundreds of years, its importance to environmental history and Mauritian culture is timeless. In spite of its journey from a thriving species to its unfortunate end in extinction, the dodo is a unique symbol of material culture for Mauritius and global environmental history that's certain to intrigue and inspire people for years to come. ✿

Professionally, Shawanda James is a writer and a member of the Regent marketing team. Personally, she loves good books, good food, and incredible ocean views.



Journey to the heart of
MAURITIUS
to learn more about the Dodo

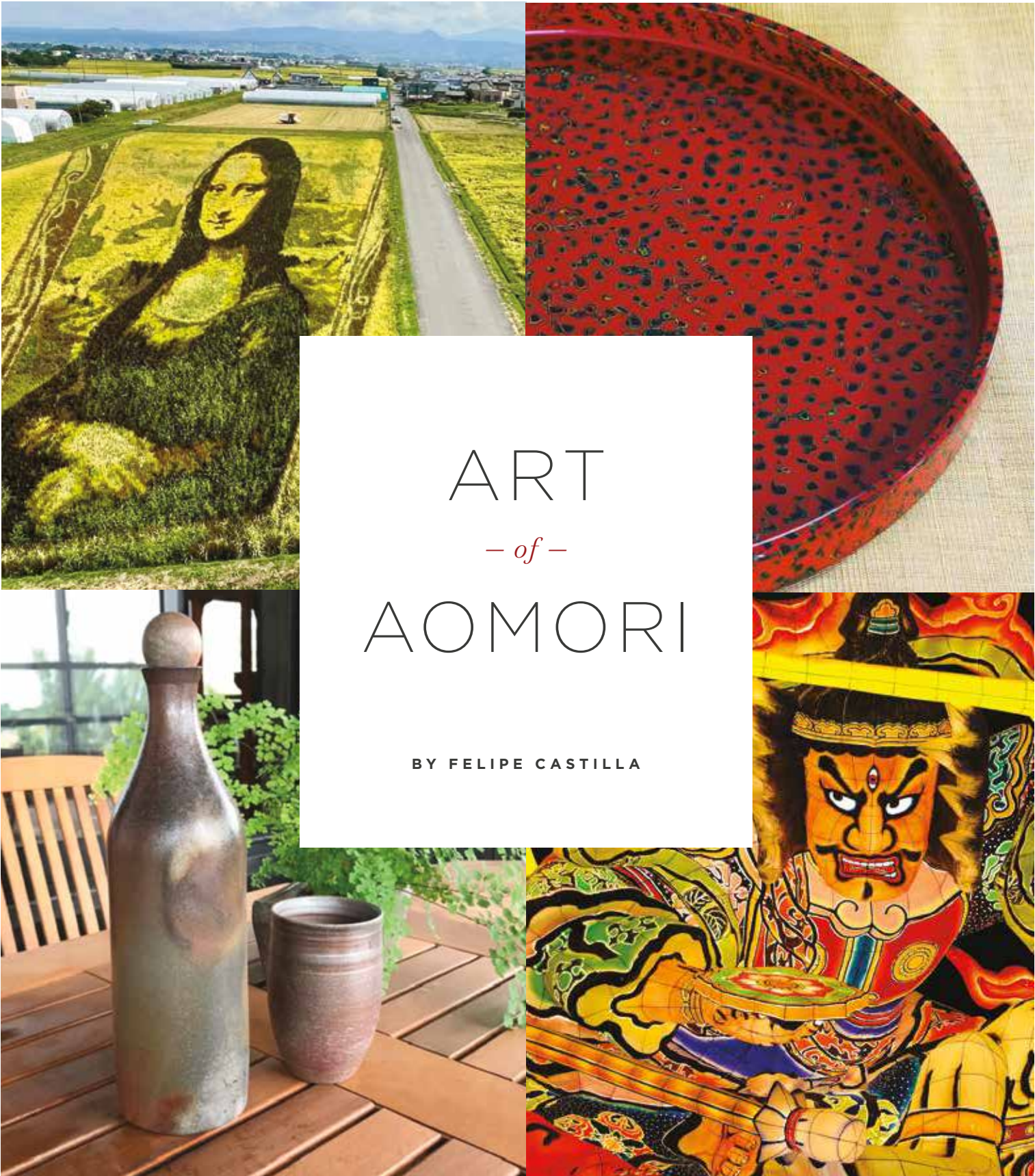
DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
27 JAN 2026	16	SHORES OF MADAGASCAR <i>Seven Seas Voyager*</i> CAPE TOWN TO PORT LOUIS	Cape Town, Port Elizabeth , Maputo, Morondava , Mayotte, Nosy Be, Antsiranana (Diego Suarez) , Nosy Boraha , Toamasina , Port Louis	up to 21
12 FEB 2026	16	STUNNING BEACHES & THE BIG FIVE <i>Seven Seas Voyager*</i> PORT LOUIS TO CAPE TOWN	Port Louis, Nosy Boraha , Antsiranana (Diego Suarez) , Nosy Be, Dar es Salaam , Toliara , Port Elizabeth , Mossel Bay, Cape Town	up to 17
28 DEC 2026 FESTIVE CRUISE	20	DESERT CITIES & TURQUOISE SEAS <i>Seven Seas Voyager*</i> DUBAI TO PORT LOUIS	Dubai, Khasab, Fujairah, Muscat, Praslin, Mahé, Mombasa , Zanzibar , Dar es Salaam, Nosy Be, Antsiranana (Diego Suarez) , Port Louis	up to 39
17 JAN 2027	15	SOUTHEAST AFRICA UNVEILED <i>Seven Seas Voyager*</i> PORT LOUIS TO CAPE TOWN	Port Louis, Pointe des Galets, Fort Dauphin, Toliara, Maputo, Durban* , East London, Port Elizabeth, Mossel Bay, Cape Town	up to 29
1 FEB 2027	15	MADAGASCAR MARVELS <i>Seven Seas Voyager*</i> CAPE TOWN TO PORT LOUIS	Cape Town, Port Elizabeth , Durban , Mayotte, Nosy Be, Antsiranana (Diego Suarez), Port Louis	up to 31
16 FEB 2027	15	SEYCHELLES TO SANDS <i>Seven Seas Voyager*</i> PORT LOUIS TO DOHA	Port Louis, Mahé, Malé , Muscat, Dubai, Doha	up to 24

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Nestled in the northernmost region of Japan's Honshu Island, Aomori Prefecture is a land of breathtaking natural beauty, rich cultural heritage, and deep artistic traditions. While often celebrated for its stunning landscapes, vibrant festivals, and world-class apples, Aomori is also a hub for remarkable artistry that blends centuries-old craftsmanship with contemporary innovation.

From rice fields transformed into sprawling canvases to meticulously crafted pottery, lacquerware, and hand-painted kites, Aomori's artistic scene offers a unique and immersive experience for art lovers and cultural enthusiasts alike.

RICE PADDY ART

Aomori's rice paddy art transforms rice fields into sprawling masterpieces. Every year, the Inakadate Village Rice Paddy Art Festival showcases the collaboration between local farmers and artists, who plant multi-coloured rice varieties in intricate patterns that grow into massive, living murals. These murals, only visible from above, range from depictions of historical Japanese figures to famous Western artworks. Though fleeting and lasting only as long as the growing season, the careful planning and execution required are nothing short of astounding.

POTTERY & CERAMICS

For fans of pottery and ceramics, a fascinating studio visit to Tsugaru Kanayama Pottery is a must. There, you will learn about the techniques used to produce its distinct pottery from local clay, coveted for its earthy hues ranging from copper brown to rusty red. Depending on the method, the kiln's pine ashes can leave characteristic patterns on the pottery, such as teeny spots that look like sesame seeds.

LACQUERWARE

In the realm of decorative arts, Aomori's lacquerware, specifically the Tsugaru-nuri style, is highly regarded and venerated. Lacquered pieces are considered practical, durable, and strikingly beautiful, making them highly coveted by collectors. Artisans across Aomori continue to honour the techniques used to develop Tsugaru lacquerware, which is thought to have originated during the Edo Period. Visitors can tour workshops to witness the complex and labour-intensive process, gaining insight into the precision and dedication required to create each piece.

HANDPAINTED KITES

Aomori's handcrafted kites, known locally as Tsugaru tako, are meticulously crafted works of art rooted in Japanese folklore and tradition. These kites are prominently featured during the annual Nebuta Festival in August, where large, illuminated floats decorated with kite-inspired designs fill the streets of Aomori. This festival celebrates the elaborate art of kite-making in a mesmerising blend of tradition, artistry, and local pride.



TOWADA ART CENTRE

MUSEUMS & ART CENTRES

Aomori's museums offer an enriching journey through both traditional and contemporary Japanese art. For example, the Aomori Museum of Art has brought attention to local artists and houses works by prominent Western painters. Located near the Sannai-Maruyama Site, the museum was designed by Japanese architect Jun Aoki. Its most recognisable symbol is the Aomori Dog statue by Yoshimoto Nara, a must-see for all visitors.

The museum of Tsugara Neputa Village holds massive floats with painted screens created for the annual summer festival in Hirosaki, and they look even more spectacular up close. The museum also includes exhibits of cultural items such as three-string shamisen musical instruments, local handicrafts, and antique toys.

Another must-see is the Towada Art Centre in Towada City, which blends artwork with the surrounding cityscape and nature. Most of the approximately 30 art pieces in the museum's permanent collection were specifically

commissioned for the Towada Art Centre and are situated in spaces designed exclusively for them. Its innovative layout invites visitors to explore both indoor and outdoor artworks, transforming Towada's main street into an open-air gallery.

In Hirosaki, the Museum of Contemporary Art stands as a testament to preservation and innovation. Housed in a renovated brick warehouse from the Meiji and Taisho eras, the museum combines historical architecture with modern artistry, creating a unique space to explore Japan's evolving cultural landscape. 🌸

Felipe Castilla is a filmmaker, screenwriter, and avid reader.



— EXPERIENCE THE AVANT-GARDE DURING A CALL ON AOMORI —

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
17 SEP 2025	19	NORTH PACIFIC CROSSING <i>Seven Seas Explorer</i> * VANCOUVER TO TOKYO	Vancouver, Ketchikan, Sitka, Anchorage (Whittier), Kodiak, Dutch Harbor, Aomori, Hakodate, Sendai, Tokyo (Yokohama)	up to 44
17 OCT 2025	11	SCENIC LANDSCAPES, VIBRANT CITIES <i>Seven Seas Explorer</i> * ROUNDRIP TOKYO	Tokyo, Sendai, Miyako, Muroran, Aomori, Sakata, Busan, Shimizu	up to 22
3 MAY 2026	17	NORTHERN PACIFIC JOURNEY <i>Seven Seas Explorer</i> * TOKYO TO VANCOUVER	Tokyo, Hitachinaka, Miyako, Hakodate, Aomori, Kushiro, Kodiak, Anchorage (Whittier), Sitka, Ketchikan, Vancouver	up to 43
30 SEP 2026	20	PACIFIC PASSAGE ADVENTURE <i>Seven Seas Explorer</i> * SEATTLE TO TOKYO	Seattle, Ketchikan, Juneau, Anchorage (Whittier), Kushiro, Hakodate, Aomori, Miyako, Hitachinaka, Tokyo	up to 56
7 MAY 2027	19	EPIC PACIFIC PASSAGE <i>Seven Seas Explorer</i> * TOKYO TO VANCOUVER	Tokyo, Hitachinaka, Sendai, Miyako, Aomori, Kushiro, Kodiak, Anchorage (Whittier), Icy Strait Point (Hoonah), Juneau, Ketchikan, Vancouver	up to 58

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DANCING *the* SAMOAN WAY

BY JOE WALL

“SAMOAN DANCE IS
THE POETRY OF A
PEOPLE. TRADITIONAL
CHOREOGRAPHY
COMES FROM PLACE
AND CUSTOM; THE
DANCES TELL A STORY
OF CULTURAL VALUES
AND CELEBRATE
SIMPLE EVENTS.
THEY ARE GRACEFUL,
EXUBERANT, COMIC,
AND EMBLEMATIC OF
THE OLDEST CULTURE
IN POLYNESIA.”

*Writer Benna Crawford
on siva Samoa*

You need not scamper
up the slope of an ancient
volcano or partake in
a formal Samoan ‘ava
ceremony to feel the
presence of *fa’a Samoa*,
the Samoan Way. It is
in the warm smiles of
people saying, *Talofa Lava!*
(Welcome to Samoa!),
the foods you eat, the
laughs you share and,
most especially, in the
siva Samoa (traditional
dances) you witness and
are perhaps asked to join.

Understanding fa’a
Samoa and its role
in traditional dance
is the Rosetta Stone
of Samoan culture.



HONOURING AIGA AND AGANU’U

Fa’a Samoa encompasses nearly all facets of life across the Samoan archipelago. At its core is love and respect for *aiga* (family) and *aganu’u* (culture). Unlike in the West, where individualism is celebrated, fa’a Samoa maintains generational pride and enduring social cohesion. Rather than turning inward, Samoan culture exudes hospitality and bonhomie, ensuring the continued perception of Samoans as happy people around the world.

The core values of fa’a Samoa also include:

LANGUAGE is a cherished symbol of cultural identity for many Samoans. English is spoken by younger people, but Samoan, which is a major Polynesian dialect similar to Hawaiian, Tongan, Tahitian, and Māori, is spoken by all.

RELIGION and the church are central to the Samoan way of life. Christianity arrived in 1830 by way of missionaries and tenets of the Christian faith have been integrated into fa’a Samoa.

STORYTELLING is rife throughout Samoan dance, music, and art. According to Samoan mythology and legends, its people descended from the gods and heavens to inhabit the islands they call home.

SAMOAN TATTOOS are a rite of passage that demonstrates inner strength and resilience. While the tradition once denoted status and social rank, contemporary Samoans view *tatau* (tattoo) as symbols of family dedication and pride.

THE LANGUAGE OF SIVA

Much like their beloved spoken language and bold *tatau*, *siva* Samoa tells the story of a proud people in unforgettable fashion. The variations are distinctive from other Polynesian cultures, as they range from the slow and fluid *siva* to the dazzling, flaming knives of *siva afi* (dance with fire).

SIVA

The most traditional Samoan dance, *siva* features graceful hand and foot movements in time to music. It is usually performed by a young woman.

SASA

Usually performed by large groups of people moving in unison, *sasa* depicts everyday life, from cooking with an *UMU* (traditional oven) to mimicking the movements of paddling a canoe. It is sometimes performed by entire villages.

FA’ATAUPATI

Known in English as the Samoan Slap Dance, this fast and energetic display is performed only by men who rhythmically and loudly slap various parts of their bodies.

It traces its origins to an invasion of mosquitos in the 19th century and mimics the universal annoyance of slapping biting pests.

MAULU’ULU

Another dance that conveys everyday activities but incorporates staggered rows of performers moving in sync from sitting, kneeling, and standing positions.

TAUALUGA

Considered the pinnacle of Samoan artistic expression, the graceful *taualuga* often brings wedding receptions and other festivities to memorable conclusions. Its delicate hand gestures and subtle facial expressions combine with impeccable poise to enthrall audiences of all ethnicities.

SIVA AFI

Originally performed by Samoan warriors to demonstrate strength and battle prowess, *siva afi* requires brave young men to twirl large, flaming knives around their bodies to the beat of wooden drums. They are the awe-inspiring highlight of weekly *FIAFIA* nights in Apia and throughout Samoa. ✨

Joe Wall is an American writer who's lived and worked in Australia, Fiji, and New Zealand. His affinity for the word 'mate' appears permanent.



FIND YOUR RHYTHM AND ENJOY EVERY MOMENT ACROSS

THE SOUTH PACIFIC

DATE	NIGHTS	SHIP/FROM/TO	PORTS	SHORE EXCURSIONS
6 FEB 2026	16	VIBRANT FIJI & POLYNESIAN MAGIC <i>Seven Seas Navigator*</i> AUCKLAND TO PAPEETE	Auckland, Whangarei, Bay of Islands, Port Vila (Efate), Lautoka, Suva, Apia, Pago Pago, Bora Bora, Raiatea, Papeete (Tahiti)	up to 49
15 FEB 2026	19	BEAUTY IN SOUTHERN SEAS <i>Seven Seas Mariner*</i> PAPEETE TO AUCKLAND	Papeete (Tahiti), Moorea, Huahine, Pago Pago, Apia, Suva, Lautoka, Port Vila (Efate), Lifou Island, Mystery Island, Nouméa, Auckland	up to 50
14 MAR 2026	17	SOUTH PACIFIC OVERNIGHTS <i>Seven Seas Navigator*</i> PAPEETE TO AUCKLAND	Papeete (Tahiti), Moorea, Raiatea, Bora Bora, Pago Pago, Apia, Suva, Lautoka, Bay of Islands, Auckland	up to 45
23 FEB 2027	21	PEARLS OF THE PACIFIC <i>Seven Seas Splendor*</i> PAPEETE TO SYDNEY	Papeete (Tahiti), Moorea, Huahine, Raiatea, Bora Bora, Pago Pago, Apia, Suva, Lautoka, Port Vila (Efate), Mystery Island, Lifou Island, Nouméa, Sydney	up to 82

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