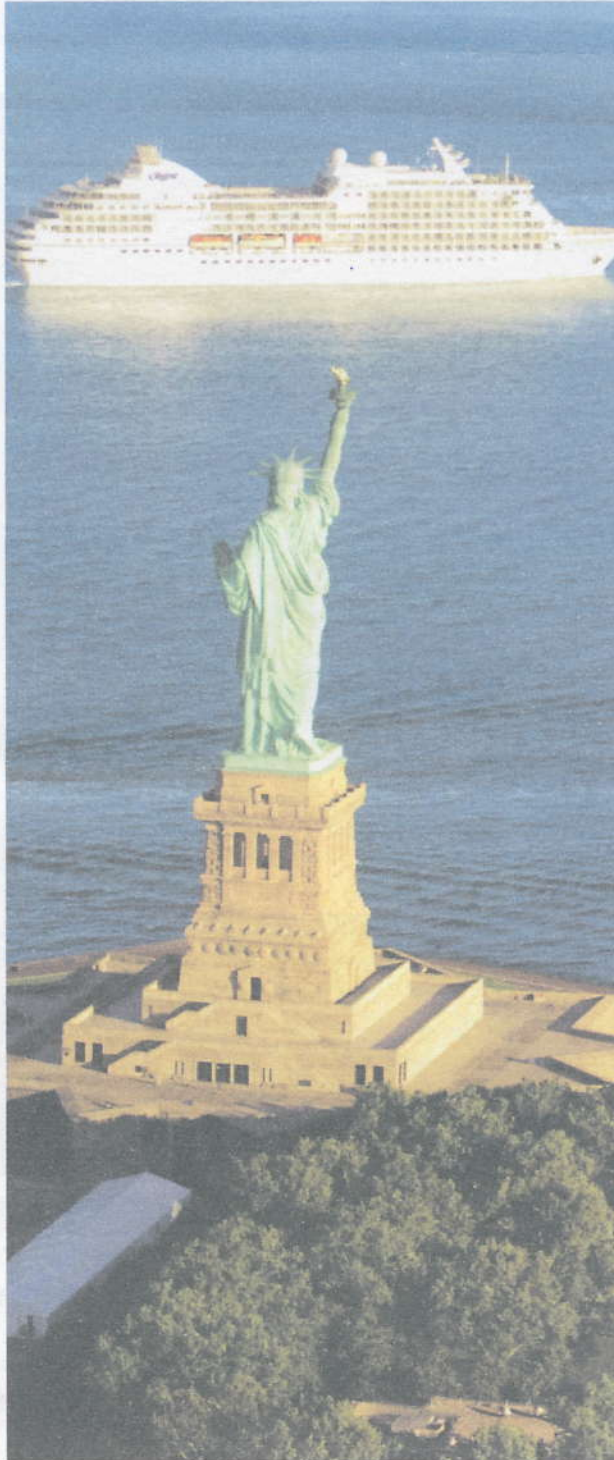


DOCK: 8:00AM  
ALL ABOARD: 5:00PM  
SAIL: 5:30PM

**SEVEN SEAS NAVIGATOR / SUNDAY OCTOBER 23RD, 2011**

**EVENING DRESS CODE: ELEGANT CASUAL**

## NEW YORK, USA



The area that is now Manhattan was long inhabited by the Lenape Indians. In 1524, some Lenape in canoes met the Florentine Giovanni da Verrazzano, the first European explorer to pass New York Harbor, although he may not have entered the harbor past the Narrows. It was not until the voyage of Henry Hudson, an Englishman who worked for the Dutch East India Company, that the area was mapped. Hudson came across Manhattan Island and the native people living there in 1609, and continued up the river that would later bear his name, the Hudson River.

So Manhattan is the oldest and the most densely populated of the five boroughs of New York City. Located primarily on the island of Manhattan at the mouth of the Hudson River, the boundaries of the borough are identical to those of New York County, an original county of the state of New York. The borough and county consist of Manhattan Island and several small adjacent islands: Roosevelt Island, Randall's Island, Wards Island, Governors Island, Liberty Island, part of Ellis Island, Mill Rock, and U Thant Island; as well as Marble Hill, a very small area on the mainland bordering the Bronx. The original city of New York began at the southern end of Manhattan, expanded northwards, and then between 1874 and 1898, annexed land from surrounding counties.

The County of New York is the most densely populated county in the United States, and one of the most densely populated areas in the world, with a 2008 population of 1,634,795 living in a land area of 22.96 square miles or 71,201 residents per square mile (27,485/km<sup>2</sup>). It is also one of the wealthiest counties in the United States, with a 2005 personal income per capita above \$100,000. Manhattan is the third-largest of New York's five boroughs in population, and its smallest borough in size.

Manhattan is a major commercial, financial, and cultural center of both the United States and the world. Anchored by Wall Street in Lower Manhattan, New York City vies with the City of London as the financial capital of the world and is home of both the New York Stock Exchange and NASDAQ. Many major radio, television, and telecommunications companies in the United States are based here, as well as many news, magazine, book, and other media publishers.

Manhattan is home to many famous landmarks, tourist attractions, museums, and universities. It is also home to the United Nations Headquarters. It is the center of New York City and the New York metropolitan region, hosting the seat of city government and a large portion of the area's employment, business, and entertainment activities. As a result, residents of New York City's other boroughs such as Brooklyn and Queens often refer to a trip to Manhattan as "going to the city", despite the comparable populations between those boroughs.



*Caviar  
And  
Champagne  
Breakfast*



Join us in La Veranda (10) and Compass Rose Restaurant (5), for a delicious caviar & champagne breakfast this morning!



**AFTERNOON TEATIME**

4:00pm - 5:00pm  
Galileo's Lounge (11)

Enjoy afternoon delights with melodies from a Regent musician until 4:30pm.

**TODAY'S WEATHER**

Partly Cloudy  
64°F/18°C High  
53°F/12°C Low



**PORT AGENT INFORMATION**

Inter cruises  
676A 9th Ave. # 238  
New York, NY 10038  
711 12th Ave  
New York, NY 10019  
Tel: 732-619-9130

**PIER INFORMATION**

The ship will dock in New York at Pier 88. When going ashore, remember to carry your Suite Key Card as this is your only valid identification for re-boarding the vessel. Guests are required to have a photo ID with them when proceeding ashore.

**DAILY PASSAGES**

We kindly suggest that you carry your copy of the Passages with you when going ashore as it provides you with the port agent's details, address and other useful information.

**DESTINATIONS SERVICES**

THE FOLLOWING TOURS ARE TO MEET AT THE SEVEN SEAS LOUNGE (6)

CODE	TOUR NAME	MEET
NYC-001	Manhattan Highlights	9:15 AM
NYC-002	New York by Land & Sea	9:30 AM
NYC-003	New York, New York!	9:45 AM
NYC-004	Statue of Liberty & Ellis Island	9:45 AM

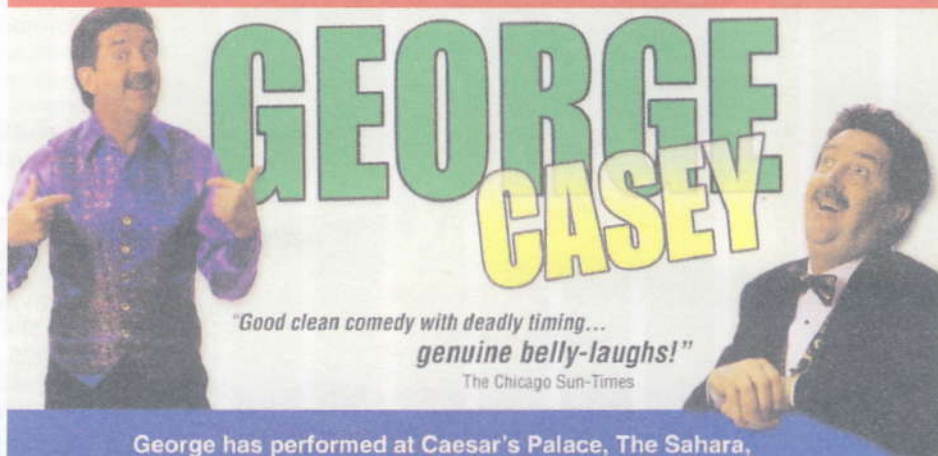
**SOCIAL TRAVELERS:**

Get together with fellow travelers, for conversation, cocktails, and make plans for the evening. Hosted by a member of the Social Staff  
6:30pm- 7:00pm - Stars Lounge (6)



**REGENT PROUDLY PRESENTS:  
COMEDY SHOWTIME**

GUT-BUSTING • RIOTOUS • HILARIOUS • SIDE-SPLITTING • HYSTERICAL • ENTERTAINING



"Good clean comedy with deadly timing...  
genuine belly-laughs!"  
The Chicago Sun-Times

George has performed at Caesar's Palace, The Sahara, and is a regular act at The Riviera Hotel and Casino in Las Vegas.

George has opened for and toured with:

- Bobby Vinton
- Rosemary Clooney
- The Osmond Brothers
- Three Dog Night
- Johnny Maestro & Brooklyn Bridge
- Donald O'Connor
- Ray Price
- Lou Rawles
- Motown's Chi-Lites

9:30pm - Seven Seas Lounge (6 /7)

**CHURCH SERVICES ASHORE**

Guests wishing to experience a local church service may attend:

**Catholic: St Patricks Cathedral, 5th Ave @ 50th St**

**Service:** Sunday Various times  
1.3 miles, 7 blocks walk - Taxi \$8.00

**Protestant: St Bartholomew's, 109 E. 50th St**

**Service :** Sunday Various times  
1.4 miles, 7 blocks walk - Taxi \$8.00

SUNDAY, OCTOBER 23RD, 2011 • SUNRISE 7:15 AM • SUNSET 6:04 PM

**GOOD MORNING**

All Day	The NAVIGATOR TODAY: Daily ship's highlights hosted by Cruise Director Ray Solaire	TV Channel 1
All Day	DESTINATION SERVICES: Information and pre-recorded Shore Excursion briefings	TV Channels 5/6
All Day	GAME SIGN UP: Sign up sheet available for any guests interested in playing Mah Jongg, board games, or card games	Card Room (6)
All Day	JIGSAW: Put a piece in as you pass.	Forward Alcove (9)
<b>6:45</b>	<b>REGENT SEVEN SEAS Navigator is scheduled to pass the Statue of Liberty Bring your cameras. Ray will give a commentary as we pass the Grand Old Lady</b>	
7:00 – 7:30	♥ WALK A MILE with Fitness Director Shane (Sign up required)	SpaClub (12)
7:00 – 3:00	Ⓢ NAVIGATOR QUIZ: Available on the middle shelf. High scorers compete daily for a Regent Reward	Library (6)
8:00 – 8:45	♥ AEROBITONE with Fitness Director Shane (Sign up required)	SpaClub (12)
<b>8:00</b>	<b>ARRIVAL: Seven Seas Navigator is scheduled to dock in New York City Guests are required to have a photo ID with them when proceeding ashore</b>	
	The location of the gangway will be posted in the elevators. ALL GUESTS will need their <b>suite key card</b> If you are on a tour, please check your tour ticket for the meeting time and location <i>Please present your Ship's ID to the gangway Security when departing and boarding the ship</i>	
9:30	COFFEE CHAT: "TRAVELLERS TALES" Got some interesting travel stories from this cruise or another vacation? Have a hot beverage and tell fellow guests your interesting experiences	Navigator Lounge (6)
10:00	Ⓢ 151 DARTS: Play this great game of magnetic darts with a member of the Social Staff.	Atrium (7)
10:15	Ⓢ BAGGO: Join the fun and play this classic ship-board game	Forward Alcove (9)

**GOOD AFTERNOON**

2:00	UNSUPERVISED BRIDGE PLAY: Supplies available for Bridge Play with fellow traveling guests. guests wishing to play with others kindly put your name in the Bridge sign up book	Forward Alcove (8)
3:00	ANYONE FOR PING PONG? Bats and balls available.	Forward Alcove (8)
3:45	Ⓢ TOP TOSS: Come and have a game with a member of the Social Staff	Forward Alcove (9)
4:00 – 5:00	AFTERNOON TEATIME: Enjoy afternoon delights with melodies from our musician until 4:30 p.m.	Galileo's Lounge (11)
4:00 – 4:30	♥ FAB ABS EXPRESS with Fitness Director Shane (Sign up required)	SpaClub (12)
4:30	Ⓢ TEAM TRIVIA: Join a member of the social team for a daily game of light hearted fun trivia.	Galileo's Lounge (11)
5:00 – 5:45	♥ PILATES with Fitness Director Shane (Sign up required)	SpaClub (12)

**AMAZON ADVENTURE**

Departing November 25, 2012, 490-guest luxury *Seven Seas Navigator* sets sail from Miami through the turquoise waters of the Caribbean, heading for an ultimate adventure destination - The Amazon. On this 23-night voyage, guests not only get to enjoy some of the most beautiful tropical islands including Antigua, Barbados, St. Lucia and St. Barts as well as Puerto Rico and Trinidad & Tobago, but will be sailing all the way to Manaus, the "Paris of the Jungle," and the capital of Brazil's state of Amazonas.

The former river village rests along the left bank of the Rio Negro, which merges with the mighty Amazon. Carved from the dense jungle by rubber barons in the 19th century, Manaus has become an ideal starting or ending point for visitors to the mid-Amazon region.

For more information on this voyage, please contact the Cruise Consultant, Gudrun, in her office located on Deck 6 or telephone ext. 2480.



## onboardactivities

**SUNDAY, OCTOBER 23RD, 2011 • SUNRISE 7:15 AM • SUNSET 6:04 PM**

5:00	<b>ALL ABOARD:</b> <i>Seven Seas Navigator</i> prepares to set sail	
5:30	<b>DEPARTURE:</b> <i>Seven Seas Navigator</i> sails for <b>CHARLESTON</b> (687 miles)	
5:30 - 6:15	<b>SAIL AWAY</b> music with the Regent Musicians	Pool Deck (10)
6:00	FRIENDS OF BILL W. MEET	Card Room (6)
	<b>GOOD EVENING - DRESS CODE: ELEGANT CASUAL</b> <i>Skirt, or slacks (no jeans) with blouse or sweater, pant suit or dress for ladies; slacks (no jeans) and collared shirt for gentlemen. Sport jackets are optional</i>	
6:00 - 10:00	<b>PETER MAX EXHIBIT AND GIVEAWAY!</b> When you stop by the Gallery this evening to view our wonderful collection of Peter Max's, you will be entered into a draw for a \$500 Bid Credit. This Bid Credit can be put towards any Peter Max artwork.	Art Gallery (7)
6:00 - 6:30	Relaxing sounds compliments of Regent Signature Pianist Valeriy	Galileo's Lounge (11)
6:30 - 7:00	<b>SOCIAL TRAVELERS:</b> Get together with fellow travelers, for conversation, cocktails, and make plans for the evening. Hosted by a member of the Social Staff	Stars Lounge (6)
6:30 - 7:30	<b>DANCING IN THE ROOM WITH A VIEW:</b> Cocktails & Conversation in the room with the best view. Accompaniment provided by our Regent Signature Quartet for your dancing pleasure	Galileo's Lounge (11)
6:30 - 7:30	<b>IVORY MELODIES:</b> Resident Pianist Gavin sets the scene in style with varied musical melodies, while you enjoy cocktails and conversation with fellow guests.	Stars Lounge (6)
8:15	<b>LIVE FOOTBALL COVERAGE</b> (Reception permitting) NFL Indianapolis Colts vs New Orleans Saints	Channel 15 in suite TV
8:45 - 9:30	Our Resident Pianist Gavin Burke entertains at the baby grand Piano.	Stars Lounge (6)
9:00 - 12:00	<b>CENTURY CASINO: BIRTHDAY WHEEL</b> Is your birthday a lucky number on the roulette wheel?	Casino (7)
9:30 - 10:00	<b>AFTER DINNER DANCE:</b> the Regent Quartet play some easy dance tunes	Galileo's Lounge (11)
9:30	<b>REGENT PROUDLY PRESENTS: COMEDY SHOWTIME</b> <b>STARRING THE UNIQUE HUMOR OF GEORGE CASEY</b>	Seven Seas Lounge (6 / 7)
10:15 - 11:00	<b>NAVIGATOR NIGHTCAP:</b> Regent Pianist Valeriy brings you warm jazz sounds in this cozy corner for a cocktail, conversation and the perfect end to a glorious day.	Navigator Lounge (6)
10:15 - 11:15	Our Resident Pianist Gavin Burke entertains at the baby grand Piano.	Stars Lounge (6)
10:30 - 11:30	<b>BIG BAND DANCING:</b> Join us for a night of dancing to the best of the Great American Songbook featuring our Regent Signature Orchestra	Galileo's Lounge (11)
11:15 - Late	<b>DISCO WITH POWER!</b> Hit the dance floor until the wee hours because "You've got the Power" to select your favorite tunes to dance to with our 8,000 song list digital jukebox, DJ POWER!	Stars Lounge (6)

® = A Regent Reward Activity / ♥ = A Canyon Ranch Fitness Class



### BIG BAND DANCING:

Join us for a night of dancing to the best of the Great American Songbook featuring our Regent Signature Orchestra

10:30pm - 11:30pm - Galileo's Lounge (11)



A MESSAGE FROM OUR CONCESSIONAIRES



**THE WORLD OF LAPIS GLOBES.**

Each globe is handcrafted by artisans and can contain over 30 different minerals and semi-precious stones to accurately depict the countries of the world against rich ocean backgrounds of Lapis Lazuli, crushed Mother of Pearl and Mother of Pearl

**Stop by the Boutique today on Deck 7 to purchase one of these works of Art**



**CENTURY CASINO BIRTHDAY WHEEL**

For tonight only when your birthday happens to hit on the roulette wheel with a straight up bet on it, not only you will win 35 to 1 but you will also receive an extra \$10 in vouchers! So make your way to the casino and **bet on your lucky BIRTHDAY.**

**Casino Deck 7**

**PARK WEST**



**PETER MAX EXHIBIT AND GIVEAWAY!**

When you stop by the Gallery this evening to view our wonderful collection of Peter Max's, you will be entered into a draw for a \$500 Bid Credit. This Bid Credit can be put towards any Peter Max artwork.

**Art Gallery- Deck 7 Midship - 11:00am - 2:00pm**



**YOUR TOTAL TRANSFORMATION FACIAL**

Experience our signature facial treatment with an added boost of your total pampering including complimentary:

- Eye brow shape, eye brow & eye lash tint
- Hand paraffin treatment
- Scalp massage.

All with additional value up to \$180. Feel totally rejuvenated and relaxed.

**120minutes \$290 - TODAY ONLY.**

**Limited availabilities - Deck 12**

**SHIP'S TOILET VACUUM SYSTEM**

Please note that disposal of foreign objects other than toilet paper will damage the toilet system and result in blockages which will inconvenience everyone aboard. Please place "flushable wipes" in the waste bin as they too will clog our toilet system. We request your assistance and co-operation in this important matter.



## OPENING HOURS & SERVICES

### ONBOARD ART PROGRAM

Deck 7, Art Gallery  
Open for viewing 10:00am - 10:00pm  
Tune in to Channel 7 on your TV for an in-depth view of the Art Program For Consultations and enquiries, please contact 508 or 4251

### BOUTIQUES

Deck 7  
6:00pm - 11:00pm

### CANYONRANCH SpaClub®

Deck 12 Forward  
Spa, Beauty Center and Skin Care:  
8:00am - 8:00pm

### CENTURY CASINO

Deck 7  
Slots: 6:30pm - Late  
Tables: 7:00pm - Late

### CRUISE CONSULTANT

Deck 6, Atrium  
8:00am - 10:30am  
6:30pm - 8:30pm  
Discover Regent's global itineraries and book a future cruise while onboard. Afternoon hours by appointment only, please contact Reception.

### DESTINATION SERVICES

Deck 6, Atrium  
8:30am - 11:00am  
5:00pm - 9:00pm  
Booking deadline for all tours in Charleston is tonight at 8:00pm

### DVD & LIBRARY

Deck 6  
Open 24-hours a day  
Over 150 complimentary movies are also available on your Suite TV's RITV on Demand

### EXECUTIVE CONCIERGE

Deck 6, Atrium  
8:00am - 12:00am  
4:00pm - 8:00pm

### FITNESS CENTER

Deck 12, Gym and Aerobics Studio.  
7:00am - 8:00pm  
Treadmills open from 8:00am

### INTERNET MANAGER

Deck 6  
Internet Manager in attendance:  
7:30am - 10:30am  
4:00pm - 7:00pm  
Please ensure to take care if you have food or beverages, to keep them a safe distance from the computers.  
Internet café is open 24 hours a day

### MEDICAL SERVICES

Deck 4, Starboard, Forward  
Consultation Hours:  
8:00am - 9:30am  
6:00pm - 7:30pm  
Dial "9999" for Emergency Appointments.

### POOL & WHIRLPOOLS

Deck 10 (weather permitting)  
7:30am - 8:00pm

### RECEPTION DESK & PURSER'S OFFICE

Deck 6, Atrium  
Open 24-hours a day

### SELF SERVICE LAUNDRETtes

Decks 5, 8, 9 & 11 midship  
daily 7:00am - 10:00pm

### SPORTS DECK

Deck 12 (weather permitting)  
A golf putting course is available  
8:00am - 6:00pm

## DINING OPTIONS

### BREAKFAST IS SERVED

POOL GRILL (10) <i>Fitness Breakfast</i>	6:30am - 9:30am
ROOM SERVICE	6:30am - 10:00am
NAVIGATOR LOUNGE (6) <i>Continental Breakfast</i>	6:30am - 11:00am
LA VERANDA (10) <i>Caviar Breakfast</i>	6:30am - 10:00am
COMPASS ROSE RESTAURANT (5) <i>Caviar Breakfast</i>	8:00am - 9:30am

### SNACK TIME

NAVIGATOR LOUNGE (6) <i>Bouillon is Served</i>	11:00am - 12noon
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### LUNCH IS SERVED

POOL GRILL (10)	11:00am - 4:00pm
COMPASS ROSE RESTAURANT (5)	12noon - 1:30pm
LA VERANDA BUFFET (10)	12noon - 2:00pm

### AFTERNOON TEATIME

GALILEO'S LOUNGE (11)	4:00pm - 5:00pm
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### DINNER IS SERVED

PRIME 7 (10), <i>By Reservation</i> <i>(Reservation Desk for Prime 7 is open in the Compass Rose Restaurant during breakfast and lunch hours)</i>	6:30pm - 9:00pm
COMPASS ROSE RESTAURANT (5)	6:30pm - 9:00pm
LA VERANDA (10)	6:30pm - 9:00pm

### BAR HOURS

POOL BAR (10) (weather permitting)	10:00am - 6:00pm
NAVIGATOR LOUNGE (6)	10:00am - 12midnight
CONNOISSEUR CLUB (6)	10:00am - 12midnight
GALILEO'S LOUNGE (11)	12noon - 12midnight
STARS LOUNGE (6)	6:00pm - Late
SEVEN SEAS LOUNGE (6/7)	9:00pm - 22:30pm
CASINO BAR (7)	9:00pm - Late

### TELEPHONE NUMBERS

ART DIRECTOR (7)	508	COMPASS ROSE RESTAURANT (5)	3421
BOUTIQUES (7)	4260	PRIME 7 (10)	3468
CASINO (7)	3418	MEDICAL SERVICES (4)	4310
CANYON RANCH SpaClub® (12)	4500	For emergency appointments, dial	"0"
CRUISE CONSULTANT (6)	2480	EMERGENCY	9999
INTERNET CAFÉ (6)	3492	RECEPTION DESK (6)	0
DESTINATION SERVICES (6)	2222	ROOM SERVICE	8888

## FOOD ADVISORY

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