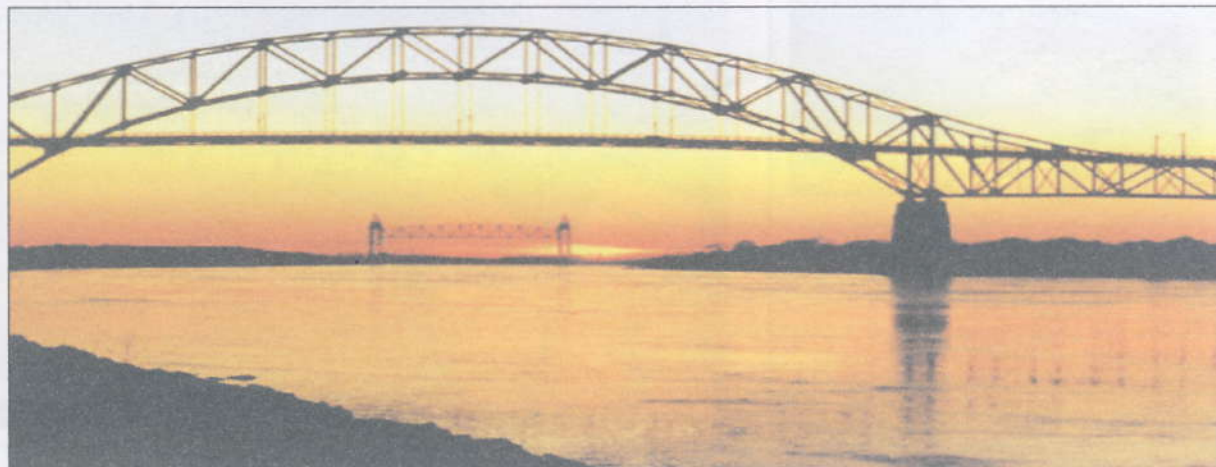


SEVEN SEAS NAVIGATOR / SATURDAY OCTOBER 22ND, 2011

EVENING DRESS CODE: ELEGANT CASUAL

CAPE COD CANAL



The Cape Cod Canal is an artificial waterway traversing the narrow neck of land that joins Cape Cod to mainland Massachusetts.

Part of the Atlantic Intracoastal Waterway, the canal is roughly 17.4 miles (28 km) long (approximately 7 miles, or 11.3 km, of which are cut through land) and connects Cape Cod Bay in the north to Buzzards Bay in the south. The 540-foot (164.6 meter) width of the canal is spanned by the Cape Cod Canal Railroad Bridge and two highway bridges—the Bourne and the Sagamore. Traffic lights govern the approach of vessels over 65 feet (19.8 m), and are located at either end of the canal.

The idea of constructing such a canal was first considered by Miles Standish of the Plymouth Colony in 1623, and Pilgrims scouted the low-lying stretch of land between the Manomet and the Scusset rivers for potential routes. William Bradford established the trading post of Aptuxcet in 1627 at the portage between the rivers. Trade with the Native Americans of Narragansett Bay and the Dutch of New Netherlands prospered and was a major factor enabling the Pilgrims to pay off their indebtedness. In 1697 the General Court of Massachusetts considered the first formal proposal to build the canal, but apparently took no action. More energetic planning with surveys took place repeatedly in 1776 (by George Washington), 1791, 1803, 1818, 1824–1830, and 1860. None of these efforts came to fruition. The first attempts at actually building a canal did not take place until the late 19th century; earlier planners either ran out of money or were overwhelmed by the project's size.

The engineers finally decided which route through the hillsides to take by connecting and widening the Manomet and Scusset Rivers.

On June 22, 1909, construction finally began for a working canal under the direction of August Belmont, Jr's Boston, Cape Cod & New York Canal Company, using designs

by engineer William Barclay Parsons. There were many problems that the engineers of the canal encountered. One was mammoth boulders left by the retreat of Ice Age glaciers. Divers were hired to blow them up, but the effort slowed dredging. Another problem was cold winter storms, which forced the engineers to stop dredging altogether and wait for spring. Nevertheless, the canal opened, on a limited basis, in 1914, and it was completed in 1916. The privately-owned toll canal had a maximum width of one hundred feet (30 m), a maximum depth of 25 feet, and took a somewhat difficult route from Phinney Harbor at the head of Buzzards Bay. Due to the narrow channel and navigation difficulty, several accidents occurred which limited traffic and blackened the canal's reputation. As a result, despite shortening the trade route from New York City to Boston by 62 miles, toll revenues failed to meet investors' expectations.

A German U-boat, the U-156, surfaced three miles off Orleans, on July 21, 1918 and shelled the tug Perth Amboy and her string of four barges. The Director General of the United States Railroad Administration took over jurisdiction and operation of the canal four days later under a presidential proclamation. The United States Army Corps of Engineers re-dredged the channel to 25 feet deep while it remained under government control until 1920. In 1928, the government purchased the canal for use as a free public waterway. The purchase price was \$11,400,000, and \$21,000,000 was spent between 1935 to 1940 increasing the canal's width to 480 feet, and its depth to 32 feet. As a result, the canal became the widest sea level canal in the world. The southern entrance to the canal was rebuilt for direct access from Buzzards Bay rather than through Phinney Harbor. Before construction began, the Massachusetts Institute of Technology, built a huge scale model, of 9 feet to a mile, of the canal to study the effects of tidal currents on the enlarged and re-routed canal.



CULINARY CORNER



AMERICAN BURGER BBQ HEAVEN

12:00noon - 2:00pm

Pool Deck (10)

Compliments of Executive Chef Guido Scarpellino & the Galley Team



CHOCOHOLIC TEATIME

4:00pm - 5:00pm

Galileo's Lounge (11)

Enjoy afternoon Chocoholic Tea delights, a snack, and a cup of Tea with Piano Melodies from a Regent Signature musician



RESERVE WINE TASTING

Head Sommelier Yavuz cordially invites you to a Connoisseur's Wine Tasting taking place on board Seven Seas Navigator this cruise. This event will take place in the Compass Rose Restaurant (5), **October 22nd, 2011 at 4:00pm.** Bookings can be made until **October 22nd, 2011 at 12noon, via the Reception (6)** Or with any Sommelier in the restaurants.

PRICE PER PERSON \$150

PRE DINNER: REGENT PROUDLY PRESENTS: "HE'S GOT THE WORLD ON A STRING"

NOT TO BE MISSED!



STARRING International Entertainer & Puppet Master **RAY SOLAIRE** accompanied by the Regent Signature Orchestra. Join Ray and his special friends for a unique night of entertainment.

If you would like a drink during the show kindly be in the room 10 minutes prior to the start as there will be no beverage service once the performance has commenced

6:15pm Seven Seas Lounge (6/7)

VISIONS OF NEW YORK



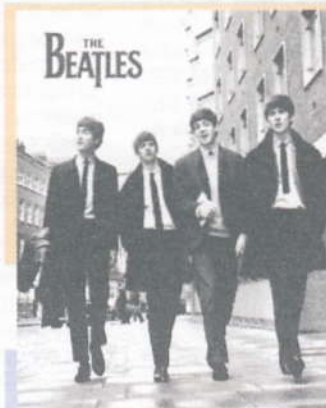
New York City

POPCORN DOCUMENTARY MOVIE VISIONS OF NEW YORK

This picturesque release offers 77 minutes of aerial footage of New York City, capturing many scenes of iconic buildings and skyscrapers, the waters of Hudson Bay, the streets of interesting neighborhoods like Harlem, Little Italy, and Chinatown, and much more.

9:00 - Seven Seas Lounge (6/7)

BEATLES PUB NIGHT A TRIBUTE TO 'THE FAB FOUR'



Join your Assistant Cruise Director Elsa for a pint of Guinness as the Regent Signature Orchestra and Regent Singers Erik & Shaina celebrate the music of the famous lads that changed the face of music forever.

Take to the dance floor with the Regent Dancers and "Twist and Shout" the night away!

9:30PM • GALILEO'S LOUNGE (11)

SATURDAY, OCTOBER 22ND, 2011 • SUNRISE 7:04 AM • SUNSET 6:04 PM

onboardactivities

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)
7:00 - 3:00	Ⓞ NAVIGATOR QUIZ: Available on the Middle shelf. High scorers compete daily for a Regent Reward	Library (6)
7:00 - 7:30	♥ WALK A MILE with Fitness Director Shane	SpaClub (12)
8:00 - 8:45	♥ INDOOR CYCLING with Fitness Director Shane (Sign up required)	SpaClub (12)
9:00 - 10:00	♥ MORNING STRETCH with Fitness Director Shane (Sign up required)	SpaClub (12)
9:15	Boutique Seminar: "TANZANITE - the Jewel of Africa" Tanzanite was discovered in Tanzania, northern Africa in 1967, quite unexpectedly and purely by chance. Tanzanite is a one generation gem stone and is an investment that is surely to become an heirloom. Join Sian your on board jeweler today and follow the journey of this incredible gemstone. Who discovered it and how.	Stars Lounge (6)
9:30	ENRICHMENT LECTURE: Prof. Jim Clement presents "WHALES OF THE WORLD" In the company of Gentle giants	Seven Seas Lounge (6/7)
10:00	COFFEE CHAT'S BOOK CLUB: Join a member of the Social Staff and fellow guests as you enjoy a cup of java while discussing your favorite reads and authors, or exchange a paperback you've finished	Navigator Lounge (6)
10:00	ART ENRICHMENT SERIES: THE FAB FIVE Who are the 5 most important artists living today? Find out at the Fab Five seminar today!	Stars Lounge (6)
10:15	Ⓞ TOP TOSS: Bouncy balls on String? Try this intriguing game with a member of the Social Staff.	Forward Alcove (9)
11:00	CANYON RANCH SEMINAR "Secrets to a Flatter Stomach part II" Join Fitness Director Shane and learn more about how to achieve a healthy waistline.	SpaClub (12)
11:00	ART ENRICHMENT THE GREAT MASTERS They changed art forever, but how? Journey into the love lives, secrets, scandals, and intrigues of the greatest artists of all time, Rembrandt, Picasso, Dali, and Chagall	Seven Seas Lounge (6/7)
11:00	REGENT SEVEN SEAS NAVIGATOR IS EXPECTED TO TRANSIT THE CAPE COD CANAL	
11:15	Ⓞ INDOOR PUTTING: How is your aim with obstacles? Keep on collecting those Regent Rewards!	Forward Alcove (9)
	GOOD AFTERNOON	
12:00	CAPTAIN'S NOON ANNOUNCEMENT: A navigational update from the Bridge with the ship's position and weather	
12:00	FRIENDS OF BILL W. MEET	Card Room (6)
12:00 - 2:00	A SPECIAL EXTRAVAGANZA! AMERICAN BURGER BBQ HEAVEN Compliments of Executive Chef Guido Scarpellino & the Galley Team.	Pool Deck (10)
12:15	BINGO BONANZA!! Play 4 games for \$12! No Cash Needed! Just charge to your on-board account! <i>(cards on sale 15 minutes prior to start time & each purchased card plays all 4 games)</i>	Galileo's Lounge (11)
1:00	ICE CARVING DEMONSTRATION. Given by Amador	Pool Deck (10)
1:30	CHAMPAGNE ART AUCTION Park West Gallery, the largest dealer of Art in the world, has boarded the Regent Navigator and today we will be featuring over 300 artworks ranging in price from \$200 to \$100,000. Artworks from Artists such as Rembrandt, Picasso, Chagall, Agam, Miro and many more will be available for you to add to your collection for up to 40% off the land gallery price	Stars Lounge (6)
2:00	CANYON RANCH SEMINAR: Understand Your Metabolism Join your onboard fitness and wellness instructor, Shane and learn how to increase your metabolic rate.	Galileo's Lounge (11)
2:00	FUTURE CRUISES! Join Gudrun our Cruise Consultant learn about the exciting new cruises Regent has planned for next year	Seven Seas Lounge (6/7)
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)
2:00	CENTURY CASINO: BLACKJACK TOURNAMENT \$25 Buy-In	Casino (7)
2:15	Ⓞ BOCCE: Play this great game of Italian style bowling with a member of the Social Staff	Forward Alcove (9)
3:15	Ⓞ DARTS: Get together to find out who will become the champ of this classic ship game.	Atrium (7)
3:45	NEEDLEPOINT GET TOGETHER. Join Elsa to continue working on your project	Galileo's Lounge (11)
4:00 - 4:30	♥ FAB ABS EXPRESS with Fitness Director Shane (Sign up required)	SpaClub (12)
4:00 - 5:00	CHOCOHOIC TEATIME: Enjoy afternoon Chocoholic Tea delights, a snack, and a cup of Tea with Piano Melodies from a Regent Signature musician	Galileo's Lounge (11)

SATURDAY, OCTOBER 22ND, 2011 • SUNRISE 7:04 AM • SUNSET 6:04 PM

onboardactivities

- 4:30 ® TEAM TRIVIA: Join Assistant Cruise Director Elsa for a daily game of light hearted fun trivia Galileo's Lounge (11)
- 5:00 - 5:45 ♥ PATHWAY TO YOGA with Fitness Director Shane (Sign up required) SpaClub (12)
- GOOD EVENING - DRESS CODE: ELEGANT CASUAL**
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
- 6:15 **PRE DINNER: REGENT PROUDLY PRESENTS: The Ray Solaire Show "He's Got the World on a String"**
STARRING International Entertainer & Puppet Master Ray Solaire
accompanied by the Regent Signature Orchestra. .
Join Ray and his special friends for a unique night of entertainment
If you would like a drink during the show kindly be in the room 10 minutes prior to the start as there will be no beverage service once the performance has commenced **Seven Seas Lounge (6 /7)**
- 6:30 - 7:30 **COCKTAILS IN THE ROOM WITH A VIEW:** Cocktails & Conversation in the room with the best view.
Music by provided by our Regent Signature pianist Valeriy Galileo's Lounge (11)
- 6:45 - 7:45 **IVORY MELODIES:** Resident Pianist Gavin Burke sets the scene in style with varied musical melodies, while you enjoy cocktails and conversation with fellow guests. Stars Lounge (6)
- 7:00 - 7:15 **SOCIAL TRAVELERS:** Get together with fellow travelers, immediately following our pre-dinner show for conversation, cocktails, and make plans for the evening. Hosted by a member of the Social Staff Stars Lounge (6)
- 9:00 **POPCORN DOCUMENTARY MOVIE VISIONS OF NEW YORK** This picturesque release offers 77 minutes of aerial footage of New York City, capturing many scenes of iconic buildings and skyscrapers, the waters of Hudson Bay, the streets of interesting neighborhoods like Harlem, Little Italy, Chinatown, and much more. **Seven Seas Lounge (6/7)**
- 9:00 - 12:00 **CENTURY CASINO: THREE CARD POKER GIVEAWAY** **Casino (7)**
- 9:30 - 10:30 **BEATLES PUB NIGHT - A TRIBUTE TO "THE FAB FOUR"**
Join your Assistant Cruise Director Elsa for a pint of Guinness
as the Regent Signature Orchestra and Regent Singers Erik & Shaina celebrate the music of the famous lads that changed the face of music forever. Take to the dance floor with the Regent Dancers and "Twist and Shout" the night away! **Galileo's Lounge (11)**
- 9:30 -11:00 **STARS INTERLUDE:** Resident Pianist Gavin Burke provides after dinner music to go with your after dinner drinks Stars Lounge (6)
- 9:45 - 10:45 **NAVIGATOR NIGHTCAP:** Regent Signature Keyboardist Valeriy brings you warm sounds in this cozy corner for a cocktail, conversation, and the perfect end to a glorious sea day. Navigator Lounge (6)
- 10:45 - 11:15 **LATE NIGHT DANCE.** The Regent Quartet play for your dancing entertainment. Galileo's Lounge (11)
- 11:00 - Late **DISCO WITH POWER!** 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

HOT SPRINGS, FJORDS & WHITE NIGHTS - A NORTHERN ODYSSEY

A breathtaking variety of scenery and sights awaits Regent's guests on this unique 29-night Northern Odyssey! Join Seven Seas Voyager on June 3, 2012 for a combination of three spectacular cruises that offer a magnificent range of cultures, landscapes and history;

Sail from London to Reykjavik and discover "Celtic charms" during the first 10 days of your voyage which takes you along the western shores of the United Kingdom and Ireland.

Volcanoes as well as spectacular geysers and waterfalls are just a few of Iceland's many natural wonders expecting you during Seven Seas Voyager's calls in Reykjavik, Isafjordur and Akureyri. A perfect introduction to this second part of your voyage, our 12-night "Norwegian Fjords" cruise from Reykjavik to Copenhagen. En route towards Norway's beautiful fjord land, you have the opportunity to step ashore in Tórshavn ("Thor's Harbor") a picturesque port on the Faroe Islands (Denmark), also considered to be one of the oldest capitals in Northern Europe and in Lerwick, capital of the Shetland Islands (UK) and the most northerly and most easterly town of Scotland. Then explore Alesund, Geiranger, Flåm & Gudvangen as well as beautiful Bergen and Norway's capital Oslo in the peak of midsummer when daylight hours now stretch well into the evening. Finally, conclude this amazing odyssey with a 7-night "Baltic Serenade" from Copenhagen to Stockholm including stops in Visby, Riga, Tallinn, Helsinki and two days in St. Petersburg.

Each of the three voyages (sailing June 3, June 12 and June 25, 2012) can be booked independently, but it is certainly its combination as a Northern Odyssey that will make it an unforgettable journey.

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



A MESSAGE FROM OUR CONCESSIONAIRES



CENTURY CASINO

Come and join us in the Casino for a fun filled tournament day at sea! We are going to kick off with a Slot tournament at **11am** and the buy in is only **\$25**.

Blackjack tournament will follow at 2pm where players of all skills are welcome to join. The buy in is only **\$25** and you can enter as many times you wish. **From 2pm to 3pm qualifying rounds and at 3pm the grand final..**

So make your way to the casino and register now! First come first serve rules applies.

Casino Deck 7



ART ENRICHMENT SERIES FAB FIVE

Who are the 5 most important artists living today? Find out at the Fab Five seminar today!

Stars Lounge, Deck 6 Aft 9:15am

CHAMPAGNE ART AUCTION

Park West Gallery, the largest dealer of Art in the world, has boarded the Regent Navigator and today we will be featuring over 300 artworks ranging in price from \$200 to \$100,000. Artworks from Artists such as Rembrandt, Picasso, Chagall, Agam, Miro and many more will be available for you to add to your collection for upto 40% off the land gallery price!

1:30 pm Preview, Auction to Follow Stars Lounge, Deck 6



TANZANITE

"TANZANITE - THE JEWEL OF AFRICA."

Tanzanite was discovered in Tanzania, northern Africa in 1967, quite unexpectedly and purely by chance. Tanzanite is a one generation gem stone and is an investment that is sure to become an heirloom

Join Sian your on board jeweler today and follow the journey of this incredible gemstone. Who discovered it and how.

9:15am - Stars Lounge - Deck 6



CANYON RANCH
Spa Club.

CANYON RANCH MASSAGE

Relieve muscle tension and promote relaxation with our full body Swedish massage. Customized to your individual needs, this treatment will restores your energy and promotes natural well-being.

On board credit applicable on any services or products at Canyon Ranch SpaClub.

Deck 12

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
9:00am - 10:30am
2:30pm - 11:00pm

CANYONRANCH SpaClub®

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

CENTURY CASINO

Deck 7
Slots: 3:00pm - Late
Tables: 3:00pm - 5:00pm
7:00pm - Late

CRUISE CONSULTANT

Deck 6, Atrium
8:30am - 12:00pm
3:00pm - 6:30pm
Future Cruise Presentation at 3:00pm in Seven Seas Lounge.
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
9:00am - 9:00pm

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 - 12noon
3:00pm - 7:00pm

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:
8:00am - 11:00am
2:00pm - 6:00pm
7:00pm - 9:00pm

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)	7:30am - 10:00am
COMPASS ROSE RESTAURANT (5)	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
AMERICAN BBQ BURGER HEAVEN (10)	12noon - 2:00pm
COMPASS ROSE RESTAURANT (5)	12noon - 1:30pm
LA VERANDA BUFFET (10)	12noon - 2:00pm

CHOCOHOLIC 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)	12:00noon - 12midnight
STARS LOUNGE (6)	6:00pm - Late
SEVEN SEAS LOUNGE (6/7)	9:00pm - 10:30pm
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.