

PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



SEVEN SEAS SPLENDOR

SUNDAY, SEPTEMBER 10, 2023 | OSLO, NORWAY

ALL ABOARD: 6:30PM | DEPARTURE: 7PM

EVENING DRESS CODE: ELEGANT CASUAL

EXPLORE OSLO, NORWAY



Norway, often referred to as the "Land of the Midnight Sun" and the "Land of Fjords," is a breathtaking country located in Scandinavia, known for its stunning natural beauty, rich history, and thriving cultural scene. Situated in Northern Europe, Norway is bordered by Sweden to the east, Finland to the northeast, and the North Atlantic Ocean to the west. One of the most striking features of Norway is its diverse and awe-inspiring landscapes. From the majestic fjords, such as the famous Geirangerfjord and Nærøyfjord, to the snow-capped mountains of the Norwegian Alps, the country's scenery is truly a sight to behold. Nature lovers and adventure seekers are drawn to Norway's vast wilderness, offering opportunities for hiking, skiing, and exploring the great outdoors. Norway's northernmost regions are renowned for the mesmerizing Northern Lights, a natural light display that dances across the Arctic sky during the winter months. This dazzling phenomenon attracts travelers from all over the world who seek a glimpse of this ethereal spectacle. The country's long coastline is lined with charming coastal towns and villages, each

with its own distinct character and maritime heritage. Cities like Bergen, Oslo, and Trondheim boast historic architecture, vibrant cultural scenes, and a blend of traditional and modern influences. Norway's history is rich and storied, with evidence of human habitation dating back to prehistoric times. The Vikings, the seafaring people from Scandinavia, played a significant role in shaping Norway's early history and cultural identity. Historic landmarks, such as the medieval Nidaros Cathedral in Trondheim and the Akershus Fortress in Oslo, stand as testaments to Norway's past. Norway is also known for its progressive and inclusive society, placing a strong emphasis on education, healthcare, and social welfare. It consistently ranks high in global surveys on quality of life and happiness. The country's cuisine is influenced by its maritime heritage and natural resources. Norwegian salmon, cod, and herring are staples of the diet, and traditional dishes like "rømmegrøt" (a sour cream porridge) and "klippfisk" (dried and salted cod) are part of the cultural culinary experience.

TODAY AT A GLANCE

WEATHER FORECAST



PARTLY CLOUDY

HIGH 75°F / 24°C

LOW 58°F / 14°C

GOING ASHORE

The ship is docked at
Filipstadkaia

When going ashore,
remember to carry your
suite key card as this is
your only valid identification
for re-boarding the vessel.

PORT AGENT

Jessica Berg

GAC Norway - Oslo

Filipstadbrygge 1

0250, Norway

Mobile: +47 9289 3795

Phone: +47 4698 8265

MONEY MATTERS

The local currency in Norway
is the Norwegian Krone (kr).

HEALTH ADVISORY

Regent Seven Seas Cruises
strongly encourages guests
to practice good hygiene by
washing one's hands frequently
and thoroughly with soap and
warm water. Procedures are in
place on board to disinfect and
sanitize public areas including
door handles, railings and elevator
buttons.

TODAY'S SHORE EXCURSIONS

The following excursions meet in the Constellation Theater (4):

CODE	SHORE EXCURSION	MEET TIME
OSL-001	DAY 2 - Panoramic Oslo	8:15 AM
OSL-015	DAY 2 - Oslo by Land & Sea - 1st dep	8:15 AM
OSL-016	DAY 2 - Hike along the Akerselva River	8:30 AM
OSL-001SG	DAY 2 - SG - Panoramic Oslo	8:45 AM
OSL-015A	DAY 2 - Oslo by Land & Sea - 2nd dep	8:45 AM
OSL-008	DAY 2 - Hadeland Glass Works	9:00 AM

The following excursions meet in the Splendor Lounge (4):

OSL-002	DAY 2 - Oslo's Maritime Highlights	11:45 AM
OSL-005	DAY 2 - Highlights & Vigeland Sculpture Park	12:45 PM

The following excursions meet on the Pier:

OSL-007	DAY 2 - Oslo's National Museum & Walking Tour	1:25 PM
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- During Tour Dispatch, Staff will be available at the tour meeting venue
- Local tourist information service will be available onboard from 8am - 12pm.
- ☞ Bring your reusable Vero water bottle, which can be filled at our hydration Stations

VAT TAX REFUND | NORWAY

All guests will have the opportunity to get VAT tax refund on purchases made in Norway. The refund process will take place in the **Souvenir Shop** in Oslo Cruise Terminal, Norway from 8am until 8pm as well as **Filipstadkaia** - the harbor in Filipstad, open for the duration of our call in port. Should you have purchased luxury items eligible for a Tax Refund, please ensure that you take them along. For any inquiries, please contact the Reception Desk.

CULINARY ARTS KITCHEN

FARMSTAND FABULOUS
Doors open at 3:50pm
CULINARY ARTS KITCHEN (11)

ROSH HASHANAH | SHANA TOVA *For our in-transit guests*

Rosh Hashanah, literally head of the year, is a Jewish holiday commonly referred to as the Jewish New Year. It is observed on the first day of Tishrei, the seventh month of the Hebrew calendar. Rosh Hashanah is observed as a day of rest and is characterized by the blowing of the shofar, a trumpet made from a ram's horn, intended to awaken the listener from his slumber and alert them to the coming judgment. The traditional Hebrew greeting on Rosh Hashanah is shana tova for a good year, or shana tova umetukah for a good and sweet year. Join your fellow guests on September 15 as we mark Rosh Hashanah with a service and celebratory dinner in the La Veranda Starboard Side on Deck 11. To make a reservation for the dinner, register at Reservation Desk on Deck 5 no later than 6pm on September 14.

ONBOARD ACTIVITIES

SUNDAY, SEPTEMBER 10, 2023 | SUNRISE 6:32AM | SUNSET 7:46PM

GOOD MORNING

All Day	SPLENDOR TODAY Daily highlights with Cruise Director, Margaret	ITV & TV Channel 1
All Day	SHORE EXCURSION INFORMATION with Destination Services	ITV & TV Channel 13
8am - 3pm	® MENSA® DAILY QUIZ Play for fun & join Social Hostess Emily in the Observation Lounge for the answers	Reception (5)
8am - 8pm	PUZZLE PAGE Daily Sudoku & Crossword are available for your enjoyment	Reception (5)
10:15am	® HIGH ROLLER Is Lady Luck on your side? Join the Entertainment Team & find out	Atrium (4)
11am	SPORTS ENTHUSIASTS MEET for Deck 12 Sports Fun <i>Unhosted & Weather Permitting</i>	Pool Bar (11)

GOOD AFTERNOON

1 - 3pm	WELLNESS EVENT MASSAGE TESTER SESSION - Sample and discover our spectacular range of treatments with a complimentary massage taster	Serene Spa & Wellness (5)
2:15pm	® RING TOSS Test your throwing skills with the Entertainment Team	Atrium (4)
3pm	PADDLE TENNIS OR PICKLEBALL PLAYERS MEET <i>Unhosted & Weather Permitting</i>	Tennis Court Aft (12)
3:15pm	® SHUFFLEGOLF Join the Entertainment Team for a round of this classic game!	Atrium (4)
4pm	INTERDENOMINATIONAL WORSHIP With Cruise Director Margaret. All faiths are welcome	Constellation Theater (4)
4- 5pm	AFTERNOON TEA Accompanied by Duo Pianist Dimas	Meridian Lounge (5)
4:30pm	® FUN AND FRIENDLY TRIVIA Join Cruise Director Margaret and fellow guests to take the daily challenge. <i>Teams up to 6 and no digital devices, please</i>	Observation Lounge (11)
5pm	® MENSA® DAILY QUIZ ANSWERS REVEALED with your Social Hostess Emily	Observation Lounge (11)
5:30pm	FRIENDS OF BILL W. MEET	Pool Deck Aft Stbd (11)

GOOD EVENING

6pm	CAPTAIN'S FAREWELL & "KREW KAPERS" Captain Ubaldo invites all guests to enjoy a special performance of "Krew Kapers" that will touch your heart <i>Doors open at 5:45pm</i>	Constellation Theater (4/5)
6 - 7:30pm	RAY'S COCKTAIL BAR Cocktail Pianist Ray tickles the ivories for your early evening enjoyment	Observation Lounge (11)
6:15 - 7:00pm	STRINGS AND SAX Yevhenii and Stas provide a smooth jazz serenade	Splendor Lounge (4)
6:30pm	ALL ABOARD <i>Seven Seas Splendor</i> prepares to sail	
6:30 - 7:30pm	MARTINIS, MUSIC AND DANCING Discover the cocktail lab and fabulous tunes from the Regent Signature Orchestra perfect for your pre-dinner enjoyment	Meridian Lounge (5)
7pm	DEPARTURE <i>Seven Seas Splendor</i> sets sail for Lysekil, Sweden (56 nautical miles)	
7:10 - 7:45pm	LIVE IN THE LOUNGE Chloe shares her musical side as she sings songs from the 50s, 60s, 70s and beyond	Splendor Lounge (4)
8:45 - 9:30pm	SPLENDID SERENADE Chloe continues to sing you through the decades	Splendor Lounge (4)
9:30pm	TONIGHT'S ENTERTAINMENT DIAMOND RUN - SLENDOR PRODUCTION CAST An International Man of Mystery crisscrosses the globe in pursuit of a priceless blue diamond and the beautiful jewel thief who wants it for herself. This heart-pounding spy thriller features songs by Camila Cabello, Lady Gaga, Rihanna, Nancy Sinatra, Michael Bublé, and more. <i>PG-13 Video and audio recording, photography and the saving of seats are strictly prohibited. Thank you.</i>	Constellation Theater (4/5)
10 - 11:30pm	AT THE 88'S AN EVENING WITH OL' BLUE EYES Enjoy a nightcap and classic Sinatra tunes with Cocktail Pianist Ray	Observation Lounge (11)
10:30 - 11:15pm	SIPS AND STRINGS Guitarist Yevhenii shares some great guitar tunes for a nightcap	Meridian Lounge (5)
10:15 - 11:30pm	COTTON CLUB Margaret joins members of the Regent Signature Orchestra and shares some of her favorite jazz and blues standards	Splendor Lounge (4)
Late	JUKESTER Choose from thousands of songs on our DJ iPad	Splendor Lounge (4)

® Signifies a Regent Reward Event. Points will be awarded to the winner

EVENING DRESS CODE - ELEGANT CASUAL: Skirt or slacks with blouse or sweater, pant suit or dress for ladies; slacks and collared shirt for gentlemen. Jeans, T-shirts, baseball caps, shorts, sneakers, and bathrobes are not considered appropriate in any public area after 6pm.

CULINARY CORNER



CAVIAR BREAKFAST

Toast to the start of another perfect day with a glass of Heidsieck champagne, and the world's finest caviar.

7 - 10am | La Veranda (11)

8 - 9:30am | Compass Rose (4)



AFTERNOON TEA

Enjoy a elegant afternoon tea accompanied by Duo Pianist Dimas

4 - 5pm | Meridian Lounge (5)

CAPTAIN'S FAREWELL & KREW KAPERS

Captain Ubaldo invites all guests to enjoy a special performance of Krew Kapers. Don't miss the crew of Seven Seas *Splendor* in this farewell performance that will touch your heart.

DOORS OPEN AT 5:45PM

6PM | CONSTELLATION THEATER (4/5)

THE SPLENDOR PRODUCTION COMPANY IN

DIAMOND RUN

DANGER **LOVES** COMPANY



9:30PM | CONSTELLATION THEATER (4/5)

DIGITAL GUEST SURVEY

TELL US ABOUT YOUR EXPERIENCE

Your feedback about your Regent Seven Seas Cruises experience is invaluable. We read each and every comment you submit to us, so that we can enhance your experience and continually find ways to improve. We kindly ask that you take a few minutes to complete our Digital Guest Survey and share your feedback with us.



DAILY OFFERS



BELLARRI BOUTIQUE AT SEA

10% - 50% OFF REGULAR PRICE

From BELLARRI'S Vault...for One Day Only!

Retired Collection of classic BELLARRI creations,

7:30PM | BELLARRI BOUTIQUE (4)

The exclusive fine jewelry on board Regent Seven Seas Splendor



LAST CHANCE TO SHOP TAX FREE

If you need extra travel accessories to help you pack, or you just need last minute gifts, don't forget you can use your onboard credit in the Boutiques until 11pm this evening

We hope you enjoy the rest of the journey onboard *Seven Seas Splendor* and wish you safe travels.

BOUTIQUES (4)

Price Match Guarantee - please ask in store for details. Onboard credit is applicable on all products.



GET LUCKY IN THE CASINO

RAISE THE STAKES TONIGHT

Ante Up, Double Down, Spin to Win!

The Casino features Blackjack, Poker, Roulette and Slot Machines.

THE CASINO, DECK 4



THE REGENT MANICURE & PEDICURE

Indulge hands and feet in a hydrating milk protein bath and vitamin-rich oil to strengthen nails. Warmed frangipani oil is also layered on to replenish moisture prior to perfectly polishing nails.

30 minute manicure & 45 minute pedicure / \$110

Dial 4500 or visit Serene Spa & Wellness™ located on Deck 5 to make an appointment.

For your convenience, an 20% service charge will automatically be added to all services.

Onboard credit is applicable on any services or products. Restrictions may apply. See spa for details.

FITNESS SCHEDULE

7am Sunrise Stretch

8am Yoga Flow Vinyasa

3pm Indoor Cycling

4:30pm Wellness Event

Relieving Back Pain

6:30pm Re-Set Breathing

SAVE MORE *sail Asia*

Book an ASIA voyage before you disembark to take advantage of
special onboard savings OF UP TO \$4,000 USD PER SUITE*

PLUS Reduced Deposits only when you Book On Board
AND a \$200 Shipboard Credit to enjoy now or on your future cruise

*Other currencies available

VISIT THE CRUISE CONSULTANT TO SELECT YOUR NEXT VOYAGE

OPENING HOURS & SERVICES

BOUTIQUES

Deck 4
7:30 - 11pm

SERENE SPA & WELLNESS

Deck 5 Aft
7am - 10pm

*Guests must be at least 18
years old to use the Spa.
Alcoholic beverages are
not served or permitted.*

FITNESS CENTER

Deck 6 Aft
7am - 9pm

THE CASINO

Deck 4
Slots: 7:30 - 11pm
Tables: 7:30 - 11pm

RECEPTION & PURSER'S OFFICE

Deck 5, Atrium
Open 24-hours a day

EXECUTIVE CONCIERGE

Deck 5, Atrium
8am - 12pm
4 - 8pm

CRUISE CONSULTANT

Deck 5, Atrium
8 - 10:30am
4 - 8pm

*Afternoon hours are by
appointment only, which may
be made at any time at Reception
or by dialing 0.*

*For more information about
onboard savings, tune to
Channel 10 on your Suite TV.*

DESTINATION SERVICES

Deck 5, Atrium
9 - 11am
4 - 8pm

BUSINESS CENTER

Deck 5
**Business Center
Manager Hours:**

7:30 - 10:30am
4 - 7pm

*To login, connect to
SPLENDOR WIFI
Open any browser and type
LOGINNOW.COM
The Business Center is open
24-hours a day.*

MEDICAL CENTER

Deck 3 Port, Fwd
Consultation Hours:
8 - 10am
5 - 8pm

*To schedule a consultation,
please dial 4310 during opening
hours listed above.*

*Medical/nurse assistance is
available 24-hours via Reception.
Medical charges apply.*

*In the event of an emergency,
please dial 9999.*

POOL & JACUZZI

Deck 11
8am - 8pm

Weather Permitting

SELF SERVICE LAUNDERETTES

Decks 6 Aft, 7 Aft,
8 Aft, 9 Fwd & Aft,
12 Fwd
7am - 10pm

SPORTS DECK

Deck 12
Shuffleboard
Golf Putting Course
Pickleball, Paddle Tennis
8am - 6pm

Weather Permitting

DINING RESERVATIONS

Deck 5, Atrium
8am - 6pm
For reservations at
Prime 7, Chartreuse
& Pacific Rim.

DINING OPTIONS

BREAKFAST

ROOM SERVICE 6:30 - 9:30am
FITNESS BREAKFAST (11) 6:30 - 9:30am
COFFEE CONNECTION (5) 6:30 - 11am

CAVIAR BREAKFAST

COMPASS ROSE (4) 8 - 9:30am
LA VERANDA (11) 7 - 10am

LUNCH

POOL GRILL (11) 11am - 4pm
LA VERANDA (11) 12 - 2pm
PRIME 7 (10) 12 - 1:30pm

AFTERNOON TEA

MERIDIAN LOUNGE (5) 4 - 5pm

DINNER

COMPASS ROSE (4) 6:30 - 9:30pm
SETTE MARI AT LA VERANDA (11) 6:30 - 9pm
CHARTREUSE (10) *By Reservation* 6:30 - 9pm
PRIME 7 (10) 6:30 - 9pm
PACIFIC RIM (5) *By Reservation* 6:30 - 9pm

BAR HOURS

POOL BAR (11) *Weather Permitting* 10am - 6pm
OBSERVATION LOUNGE (11) 4pm - Midnight
CONNOISSEUR CLUB (11) 4pm - Midnight
MERIDIAN LOUNGE (5) 6pm - Midnight
COFFEE CONNECTION (5) 6:30am - 6pm
SPLENDOR LOUNGE (4) 5pm - Late

TELEPHONE NUMBERS

EMERGENCY 9999
BOUTIQUES (4) 3113
BUSINESS CENTER (5) 3169
THE CASINO (4) 4020
CRUISE CONSULTANT (5) 3188
DESTINATION SERVICES (5) 2222
MEDICAL CENTER (3) 4310
DINING RESERVATIONS (5) 3167
SERENE SPA & WELLNESS (5) 4500