

PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES®



SEVEN SEAS SPLENDOR

FRIDAY, FEBRUARY 3, 2023 | ROATAN ISLAND, HONDURAS

ARRIVAL: 1PM | ALL ABOARD: 7:30PM | DEPARTURE: 8PM

EVENING DRESS CODE: ELEGANT CASUAL

EXPLORE ROATAN ISLAND, HONDURAS



QUICK FACTS

Highlights: Luxuriate on the magnificent beaches, snorkel or dive and explore the superb shallow reefs, or discover the island's other natural wonders on a horseback ride on the beach and through a tropical forest past spectacular volcanic rocks.

Shopping: Browse the handcraft market for souvenirs.

Dining: At the beachfront resorts, you'll find delicious fresh seafood.

Roatán is an island in the Caribbean, about 65 kilometres (40 mi) off the northern coast of Honduras. It is located between the islands of Útila and Guanaja, and is the largest of the Bay Islands of Honduras. The island was formerly known in English as Ruatan and Rattan.

It is approximately 77 kilometres (48 mi) long, and less than 8 kilometres (5.0 mi) across at its widest point. The island consists of two municipalities: José Santos Guardiola in the east and Roatán, including the Cayos Cochinos, further south in the west.

The island rests on an exposed ancient coral reef, rising to about 270 metres (890 ft) above sea level. Offshore reefs offer opportunities for diving.

Most habitation is in the western half of the island. The most populous town of the island is Coxen Hole, capital of Roatán municipality, located in the southwest. West of Coxen Hole are the settlements of Gravel Bay, Flowers Bay and Pensacola on the south coast, and Sandy Bay, West End and West Bay on the north coast. To the east of Coxen Hole are the settlements of Mount Pleasant, French

Harbour, Parrot Tree, Jonesville and Oakridge on the south coast, and Punta Gorda on the north coast.

The easternmost quarter of the island is separated by a channel through the mangroves that is 15 metres wide on average. This section is called Helene, or Santa Elena in Spanish. Satellite islands at the eastern end are Morat, Barbareta, and Pigeon Cay. Further west between French Harbour and Coxen Hole are several cays, including Stamp Cay and Barefoot Cay

Located near the Mesoamerican Barrier Reef, the largest barrier reef in the Caribbean Sea (second largest worldwide after Australia's Great Barrier Reef), Roatán has become an important cruise ship, scuba diving and eco-tourism destination in Honduras. Tourism is its most important economic sector, though fishing is also an important source of income for islanders. The island is served by the Juan Manuel Gálvez Roatán International Airport and the Galaxy Wave Ferry with service to the city of La Ceiba twice a day and the Utila Dream ferry with service from Roatan to Utila to La Ceiba twice a day.

TODAY AT A GLANCE

WEATHER FORECAST



SHOWERS

HIGH 79°F / 26°C

LOW 74°F / 23°C

GOING ASHORE

The ship is scheduled to dock in Port of Roatan, Pier 1.

When going ashore, remember to carry your **Suite Key Card & Government Issued ID** as these are your only valid identification for re-boarding the vessel.

PORT AGENT

Anacaribe - Roatan
Anacaribe Building, Residencial Dustry, Coxen Hole, Roatan, Bay Island, Honduras

Telephone: +504 2445 2256

Mobile: +504 9992 8214

MONEY MATTERS

The local currency in Honduras is Hondurian Lempira (HNL). The approximate exchange rate is: 1 USD = 25 HNL.

Please be advised that we do not sell Hondurian Lempiras at the Reception. US dollars are widely accepted with most merchants.

SAFETY INFORMATION

Please exercise caution when walking around the ship, wear appropriate footwear and be sure to use the ship's handrails when using stairs and walking throughout the ship. Use precaution when walking on open decks, due to weather conditions, decks may be slippery when wet.

TODAY'S SHORE EXCURSIONS

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

CODE	SHORE EXCURSION	MEET TIME
ROA-001	Tabyana Beach Day	1:15 PM
ROA-002	Gumbalimba Preservation Park	1:15 PM
ROA-004	Mayan Reef Clear Kayak & Snorkel	1:15 PM
ROA-008	Island Highlights	1:15 PM
ROA-009	Glass-Bottom Semi-Sub & Shopping	1PM
ROA-016	Jolly Roger Catamaran Sailing & Snorkeling	1:05 PM
ROA-017	Ultimate Extreme Adventure Combo	1:15 PM
ROA-020	The Best of the West in Roatan	1:15 PM
ROA-022	Turquoise Bay All Inclusive Over the Water Bungalow	1:15 PM
ROA-023	Turquoise Bay Vip All Inclusive Beach Break	1:15 PM
ROA-025A	Horesback Ride & Swim - 1st Dep	1:15 PM
ROA-026A	Best of Roatan - 1st Dep	1:15 PM

The following excursion meets at the end of the Pier:

ROA-005	Dolphin Encounter	2:10 PM
ROA-010	Deep Sea Fishing	2:55 PM
ROA-025B	Horesback Ride & Swim - 2nd Dep	2:25 PM

- During Tour Dispatch, Staff will be available in the Constellation Theater (4).
- Local tourist information service will be available ashore.
- ☞ Bring your reusable Vero water bottle, which can be filled at our hydration Stations

CULINARY



ARTS KITCHEN

UP YOUR BRUNCH GAME

Doors open at 9:50am

CULINARY ARTS KITCHEN (11)



HEALTH ADVISORY | WASH YOUR HANDS

We strongly encourage 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.

INTERACTIVE TELEVISION SYSTEM (ITV)

Your suite is equipped with a state-of-the-art interactive television system. A wide array of programming is offered for your enjoyment, including movies and TV series, as well as the Cruise Director's daily program available on-demand. You will find information on Destination Services, Entertainment & Enrichment and Serene Spa & Wellness as well as The Speaker Series presentations, a digital version of the daily Passages and more. Your ITV provides convenient access to information about the ship and your voyage, such as your onboard account and bar and restaurant menus, all in the comfort of your suite.

DAILY OFFERS



BELLARRI BOUTIQUE AT SEA

RISE & SHINE AT BELLARRI'S

Rise and Shine on your Port Day featuring all day events at BELLARRI's.

**TANZANITE EVENT 10AM | DIAMOND DAY 15% OFF | 9AM - 12PM | 9 - 11PM
PRECIOUS 20% OFF | 9AM - 12PM | 9 - 11PM**

BELLARRI BOUTIQUE (4)

BELLARRI will pay the tax this cruise on all Fine Jewelry purchases.



EXCLUSIVE WHISKEY & WATCH EVENT

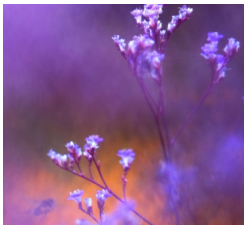
Calling All Watch Connoisseurs!

Join us for our Whiskey & Watches event, and learn about our exclusive collection of Swiss Timepieces.

Stop by the Boutique and speak to our Watch Specialist for details.

11AM | BOUTIQUE (4)

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



SUPERFOODS FOR THE SKIN

Feed the skin natural goodness. Our Sea Lavender & Sapphire Body Polish smoothes parched, dry skin and provides supreme hydration. Enhanced by a half or full-body massage.

75 minutes / \$249 or 100 minutes / \$299

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

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

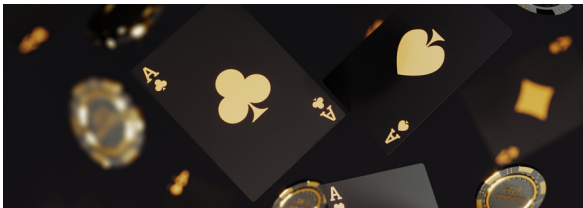
FITNESS SCHEDULE

7am Sunrise Stretch

8am Pure Form Pilates

9am The HIIT

11am Free Footprint
& Posture Analysis



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

TOP REASONS to Book Onboard

- Onboard Savings from \$300 up to \$4,000 per Suite*
- Reduced Deposits from \$500 per person*
- Flexibility to change your voyage once and earn the applicable onboard savings as offered on new voyage
- 100% Refundable Deposit within 30 days of debarkation should your plans change
- Best Price Guarantee* from the day you book up until the day of sailing
- \$200 Shipboard Credit per Suite to enjoy now or on your future voyage*

Receive Exclusive
Savings & Amenities



VISIT OR CALL YOUR CRUISE CONSULTANT TODAY!

**Terms may apply.*

ONBOARD ACTIVITIES

FRIDAY, FEBRUARY 3, 2023 | SUNRISE 6:16am | SUNSET 5:43pm

GOOD MORNING

All Day	SPLENDOR TODAY Daily highlights with Cruise Director, David Nevin	iTV & TV Channel 1
All Day	SHORE EXCURSION INFORMATION with Destination Services Manager, Joanne	iTV & TV Channel 13
8am – 3pm	® MENSA® DAILY QUIZ Play for fun or join the Entertainment Team at 4:25pm in the Observation Lounge for the answers and a chance to win points	Library (11)
8am – 8pm	PUZZLE PAGE Daily Sudoku & Crossword are available for your enjoyment	Library (11)
10am	THE SPEAKER SERIES THE RESTLESS EARTH EXPLODES AND SHAKES with DR. GREG WHEELER - Volcanoes and earthquakes shape the Caribbean. <i>Video and audio recording, photography and the saving of seats are strictly prohibited. Thank you.</i>	Constellation Theater (4/5)
10:15am	® SHUFFLEGOLF Join the Entertainment Team for a round of this classic game!	Atrium (4)
10:30am	WELLNESS EVENT THE HAIR SHOW	Serene Spa (5)
10:45am	BINGO BONANZA! Four games will be played. Card sales from 10:45 – 11am with games beginning at 11am. Good luck!	Meridian Lounge (5)
11am	INSPIRING LECTURE WHISKEY & WATCHES EVENT	Boutique (4)
11:15am	® TOP TOSS Test your throwing skills with the Entertainment Team	Atrium (4)

GOOD AFTERNOON

1pm	ARRIVAL <i>Seven Seas Splendor</i> is scheduled to dock in Roatan Island, Honduras	
1:30pm	INFORMAL BRIDGE & MAH JONGG PLAYERS MEET Join fellow guests to start a game!	Card Room (11)
3:15pm	® BAGGO Test your skills with the Entertainment Team on the deck	Sports Deck (12)
4pm	AFTERNOON TEA Accompanied by Cocktail Pianist Gino de Luca	Meridian Lounge (5)
4:25pm	® MENSA® DAILY QUIZ ANSWERS REVEALED With your Social Hostess Clair	Observation Lounge (11)
4:30pm	® FUN AND FRIENDLY TRIVIA Join the Entertainment Team and fellow guests to take the daily challenge. Teams up to 6 and no digital devices, please!	Observation Lounge (11)
5:30pm	SABBATH SERVICE Guests are invited to gather for a self-conducted service	Card Room (11)

GOOD EVENING

6 – 7:30pm	VISTAS & IVORIES Cocktail Pianist Gino de Luca tickles the ivories	Observation Lounge (11)
6:15 - 7:45pm	EVENING RENDEZVOUS Enjoy pre-dinner cocktails with your dance favorites with the Lemon Duo	Splendor Lounge (4)
6:30 - 7:30pm	IT'S A NIGHT ON THE TOWN! Enjoy music from The Regent Signature Orchestra	Meridian Lounge (5)
6:45pm	SOLO TRAVELERS SOCIAL GET-TOGETHER Meet with Social Hostess Clair and fellow guests for cocktails with the option to continue on to dinner together	Observation Lounge (11)
7:30pm	ALL ABOARD <i>Seven Seas Splendor</i> prepares to sail	
8pm	DEPARTURE <i>Seven Seas Splendor</i> sets sail for Harvest Caye, Belize (140 nautical miles)	
8:45 – 9:30pm	AFTER DINNER HARMONIES The Lemon Duo offer post dinner tunes	Splendor Lounge (4)
9:30pm	TONIGHT'S ENTERTAINMENT BOHEMIAN SOUL – SPLENDOR PRODUCTION CAST As a group of intrepid travelers raise their tents in Paris, the Young Mayor finds himself drawn to a mysterious bohemian girl and the call of the open road. “Bohemian Soul” explores an eclectic array of music ranging from the “Habanera” from Carmen to hits from Frank Sinatra, Cher, and Lady Gaga. We'll visit exotic destinations filled with mystery, and dancing and perhaps, even make new friends. <i>Video and audio recording, flash photography and the saving of seats are strictly prohibited. Thank you</i>	Constellation Theater (4/5)
10 – 10:30pm	AT THE 88's Cocktail Pianist Gino de Luca plays & sings your favorites	Observation Lounge (11)
10:15 - 11:30pm	DANCE RHYTHMS Put on your dancing shoes and heat up the dance floor with the Lemon Duo	Splendor Lounge (4)
10:30pm	® GUESS THAT TUNE Cocktail Pianist Gino de Luca and Social Hostess Clair test your music knowledge for Regent Reward Points	Observation Lounge (11)
10:45 - 11:30pm	AN EVENING WITH GLEN MILLER Featuring the Regent Signature Orchestra	Meridian Lounge (5)
11:30pm - Late	JUKESTER Choose from thousands of songs on our DJ iPad	Splendor Lounge (4)

® Signifies a Regent Reward Event, and points will be awarded to the winner

DRESS CODE - ELEGANT CASUAL: Skirt or slacks with blouse or sweater, pant suit or dress for ladies; slacks and collared shirt for gentlemen. Sport jackets are optional. Jeans are not permitted.

CULINARY CORNER



ITALIAN DINNER BUFFET

We would like to offer you an alternative casual dining experience that is more relaxed after a day of immersive shore excursions on the island of Curacao. Our F&B team will create a casual ambiance inside La Veranda Restaurant and on the outdoor balcony featuring an array of Italian food with some of your favorites including Insalata Caprese, Fresh Pasta and Risotto. *Bon Appetito!*

6:30 - 9pm | La Veranda (11)

DRESS CODE

ITALIAN DINNER DRESS CODE

Dress code for this casual event will be relaxed in order to accommodate those guests returning in the early evening.

Dr. Greg Wheeler

THE RESTLESS EARTH EXPLODES AND SHAKES

10AM
CONSTELLATION THEATER (4/5)

The
SPEAKER
SERIES

THE SPLENDOR PRODUCTION CAST IN

BOHEMIAN SOUL

Paris
1 km

Bucharest
2,310 km

Rome
1,420 km

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



® GUESS THAT TUNE

Cocktail Pianist Gino de Luca and Social Hostess Clair test your music knowledge for Regent Reward Points.

10:30PM | OBSERVATION LOUNGE (11)

OPENING HOURS & SERVICES

BOUTIQUES

Deck 4
9am - 12am
9 - 11pm

SERENE SPA & WELLNESS

Deck 5 Aft
8am - 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: 8:30pm - Closing
Tables: 8:30pm - Closing

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
8am - 8pm
Appointments
4 - 8pm

Appointments are for Booking only. Appointments may be made at any time at Reception or by dialing 0.

DESTINATION SERVICES

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

BUSINESS CENTER

Deck 5
**Business Center
Manager Hours:**
7:30 - 10:30am
4 - 7pm

To log in connect to SPLENDOR WIFI. Open any browser and type login.com. The Business Center is open 24 hours a day.

MEDICAL CENTER

Deck 3 Port, Fwd
Consultation Hours:
8 - 10am
6 - 7:30pm

In the event of an emergency, please dial 9999.

POOL & JACUZZI

Deck 11
8am - 8pm
Weather Permitting

SELF SERVICE LAUNDRETtes

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

SPORTS DECK

Deck 12
Shuffleboard
Golf Putting & Chipping
Paddle Tennis, Ping Pong
10am - 6pm
Weather Permitting

DINING RESERVATIONS

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

BREAKFAST

ROOM SERVICE 6:30 - 9:30am
COFFEE CONNECTION (5) 6:30 - 11am
FITNESS BREAKFAST (11) 6:30 - 9:30am
SANGRIA & FRITTATAS AT LA VERANDA (11) 7:30 - 10am
COMPASS ROSE (4) 8 - 9:30am

LUNCH

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

AFTERNOON TEA

MERIDIAN LOUNGE (5) 4 - 5pm

DINNER

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