

The Globe and Mail *Caribbean Odyssey*

Thank you for choosing the Globe and Mail Caribbean Odyssey onboard the Regent Seven Seas Navigator. Please take a few moments to read this important document and if you have any further questions or concerns, please contact your Adventure Ambassador.

IMPORTANT TIPS FOR SMOOTH SAILING



The Globe and Mail
Caribbean Odyssey
includes round trip
airfare and transfers from Toronto on January
25th- February 4th 2008. Please carefully read the
following information about your air/sea package.

- Your cruise departs from Fort Lauderdale and based on schedules and availability, we reserve the right to fly you into either Miami or Fort Lauderdale and then transfer you to the port via private motor-coach
- Flights have been negotiated and pre-determined air blocks are booked through our respective airlines. Your individual schedule will be confirmed approx. 90 days prior to departure.
- If your travel originates from Western Canada (West of Winnipeg), flight schedules may require that you fly a day in advance. In this case, your connector air add-on charge will include one night accommodation and transfers arranged by Cruise Connections Canada.

If you have any questions or concerns regarding the above stated conditions please contact your Adventure Ambassadors as soon as possible before final payment. Please be aware that once the airline tickets are issued, they cannot be changed.

CUSTOM AIR

Our Custom Air option allows you to opt out of the flight portion of the package and obtain a \$650.00 credit per person. This option must be organized before final payment. Your Adventure Ambassador would be pleased to coordinate independent flight arrangements as per your requirements.* Transfers are available upon request.

- Guests with independent flight departures are kindly advised to arrive at least 4-5 hours prior to the ship's scheduled departure to allow for

any unexpected delays. As well, your return flight home should be similarly scheduled for 4-5 hours after the Seven Seas Navigator's return into Fort Lauderdale. The Globe and Mail Caribbean Odyssey cannot accept any responsibility for late arrivals.

*Excludes any frequent flyer redemption programs.

AIRLINE SEAT SELECTION

Airline seat selection will not be available until 90 days prior to sailing. Please contact your Adventure Ambassador once you receive your personal itinerary. They will assist in organizing your seat assignments and any special meal requests.

FREQUENT FLYER MEMBERS

We would be happy to register your Frequent Flyer Membership information. Kindly reconfirm this information with the airline ticket agent at check-in. Please note that mileage credit is subject to the rules and regulations of the air carrier.

TRIP CANCELLATION/INTERRUPTION INSURANCE

We are pleased to include Deluxe Non-Medical, Trip Cancellation and Interruption package insurance through RBC Insurance†; Canada's largest travel insurance company and a division of the Royal Bank of Canada (www.rbcinsurance.com/travel). Benefits include:

- Comprehensive trip cancellation and interruption coverage
- Baggage and Personal Effects Insurance
- Travel Accident Insurance

These are just a few of the many benefits included with this valuable protection package. We strongly recommend that you consider upgrading your coverage to include their Deluxe Medical



Exclusive fine dining.

Protection Plan for a nominal charge. Your Adventure Ambassador would be pleased to assist you at 1-877-543-3125.

† Conditions Apply.

PROOF OF CITIZENSHIP

Effective January 8th, 2007, it is the policy of Regent Seven Seas Cruises to require passports for all travelers including U.S., non-U.S. and Canadian citizens wishing to enter or re-enter the United States. Passports must be valid for six months after the conclusion of your cruise. If you have any other questions regarding passport requirements please feel free to contact your Adventure Ambassador.

VISAS

No visa is required for Canadian/U.S. or British passport holders. Should you be holding a passport of another nationality please check with your Adventure Ambassador for possible visa requirements or visit www.visaconnection.com.

TRANSFERS

You will be greeted upon arrival by a member of The Globe and Mail Adventure Ambassador team and transferred to the ship or hotel.

LUGGAGE ON BOARD

Once you board the Seven Seas Navigator, your luggage will be delivered to your suite; this normally takes a few hours. Whilst Regent does not impose any limitation on the amount of luggage you bring, generally, airlines only allow 2 pieces of checked baggage each weighing 23kgs or 50lbs (62in/157cm) and 1 carry on bag weighing 18kgs or 40lbs (45in/114cm). When we release the airline schedule we will also enclose the airline's current baggage policy.

Life ON BOARD

SUITES

The Seven Seas Navigator boasts some of the most luxurious suites at sea. All Suites feature:

- Ocean views and 90% with private balconies
- Temperature control
- European king size beds, (also available in twin bed configuration)
- Walk in closet
- Marble appointed bathroom with full bath tub and shower
- Anichini bathrobes and slippers
- TV, CD/DVD player and hairdryer
- Private safe
- Complimentary mini-bar replenished daily
- Standard 110 and 220 electrical volt outlets
- Penthouse suites B and above include Butler service

YOUR STEWARDESS

Your stewardess is invaluable, with a smile she will take care of many of the small details that will make your vacation fabulous. Please make use of the "DO NOT DISTURB" and "MAKE UP ROOM" signs to enable your stewardess to best serve you. Your stewardess can also provide extra towels, pillows and/or blankets and handle many other special requests.



A day at Cayo Levantado on a private island.

BUTLER SERVICE

Butler service is personalized, customized and an example of true luxury. A butler will, among other things:

- Assist with packing and unpacking
- Make dinner reservations
- Re-stock suite bar
- Make reservations for onboard services, such as shore excursions and the spa
- Deliver afternoon hors d'oeuvres and course-by-course meals
- Expedite laundry, dry-cleaning and pressing services
- Provide complimentary pressing the first evening onboard
- Arrange in-suite cocktail or dinner parties
- Draw a bubble bath

CHARGE ACCOUNTS ON BOARD

The Regent Seven Seas Navigator operates as a "cashless" system. Each guest is issued a Suite card which allows you to purchase onboard services such as shore excursions, spa packages, sundries, etc. The casino onboard does not accept the 'Suite Card' and requires cash settlement. The currency onboard is U.S. dollars. At the end of the week you may settle your account by traveler's cheques, credit card or cash.

DRESS CODE

We have implemented a relaxed dress code where there will only be one formal evening. Feel free to dress to the nine's at any time or relax and kick back in country club casual style.

Country Club Casual- Gentleman: open neck shirts and slacks are fine. Ladies: slacks, skirts and blouses.

Formal – Gentlemen may choose to wear a dark suit or dinner jacket (black tie optional)

Ladies: cocktail dresses or evening gowns are appropriate.

Note: Jeans or shorts are not appropriate after 6:00pm in any of the lounges or dining areas.

SMOKING POLICY

Smoking is not permitted in any suites, balconies or enclosed dining areas onboard the Seven Seas Navigator. Smoking however is permitted in the Connoisseur Club, Casino, Stars Lounge (designated area), Galileo's (outside area only) and designated areas of the Pool Deck. Pipe Smoking is only permitted in the Connoisseur Club. Cigar Smoking is permitted in the Connoisseur Club and in designated areas of the Pool Deck.

Things TO BRING ALONG

We anticipate magnificent weather during this 10-day Caribbean Odyssey, and therefore suggest:

THE SUN

- Sunglasses: Protect your eyes and minimize discomfort from glare with a good pair of sunglasses
- Sunscreen: the Caribbean sun is intense and bringing along sunscreen with an SPF of 15 or higher is a must
- Hats do wonders to protect your face and scalp and we highly recommend that you bring one along

MEMORIES

Don't forget your...

- Camera and/or video camera
- Personal equipment such as snorkel and mask

- Beach cover-ups, water shoes and comfortable walking shoes

CONVENIENCE

- Prescription medications and photocopies of any current medications you may be taking
- Chargers for your phone, camera and video camera. Batteries and Memory Sticks
- Your favorite book or magazine for those relaxing days by the pool

So MUCH TO DO SO LITTLE TIME

DAILY ACTIVITY PROGRAM 'PASSAGES'

Each day The Globe & Mail Caribbean Odyssey promises a wide variety of programming to entice your mind, body, soul and appetite. A daily listing of all activities will be delivered to your suite each evening for the following day.

DINING

When it comes to where and when to eat, the Seven Seas Navigator will offer you several choices. No matter what your choice, you can be assured a fantastic dining experience.

Each day's menu will also feature signature dishes from our Food Network celebrity chefs for you to enjoy in addition to Regent's famous culinary delights. You may also choose from a wide variety of complimentary wine and spirits, soft drinks, bottled water and hot beverages throughout the ship or decide on an alternative vintage reserve that will be available for purchase from the wine cellar.

COMPASS ROSE RESTAURANT

A fusion of international cuisine is presented in the Seven Seas Navigator's elegant main dining

room with its fresh flowers, fine linen, china and crystal. Each Evening will also feature dishes created by our Food Network celebrity chefs.



Meals created by on-board Food Network celebrity chefs.



PORTOFINO IL RISTORANTE

You'll enjoy elaborate breakfast and lunch buffets served in a more casual atmosphere. In the evening the restaurant, lead by Beppi Crosariol, transforms into an authentic Italian restaurant. An extensive wine tasting is followed by an entertaining dinner of regional specialties. Reservations are recommended for dinner.

MEDITERRANEAN POOL GRILL

Greet the sun by the pool at lunch with a choice of grilled favorites, salads and fresh tropical fruits. Each Evening, the Mediterranean Pool Grill is transformed into a cozy outdoor restaurant serving grilled specialties in a more casual atmosphere.

SPECIAL DIETS:

In addition to the light menu and 'Spa' cuisine available, please advise your Adventure Ambassador of any special dietary requirements.

IN-SUITE SERVICE

Whether you want breakfast in bed, a late night sandwich, or just some snacks to watch a movie, the kitchen never closes and is just a phone call away.

Seven Seas Navigator offers complimentary in-suite service available 24 hours a day. You may choose from an extensive in-suite menu or during lunch and dinner hours, be served course by course from the Compass Rose Restaurant or Mediterranean Grill Menu.

SPECIAL OCCASIONS

If you are celebrating a special event during the sailing (i.e. birthday, anniversary, honeymoon etc.), please advise your Adventure Ambassador and we will mark that day in a special way!

Onboard SERVICES

HEALTH AND BEAUTY

Seven Seas Navigator guests have access to Carita Spa of Paris, which offers a full range of health and beauty services, including a fully equipped gym with modern exercise equipment.

Designed as a luxurious refuge from everyday stresses, Carita Spas combine the art of gentle pampering with an extensive range of physical regimens including health and revitalization. The Carita approach couples pleasure with effectiveness, sophistication with simplicity and research with the expertise of highly trained beauty therapists, hairdressers and nail technicians. Go ahead; this is the time to pamper yourself! (www.carita.com)

BOUTIQUE

The onboard boutique offers a selection of designer fashions, perfumes and Regent logo items. Toiletries and convenience items are also available for purchase. The boutique will be closed while in port due to local government regulations.

CASINO

Drop by the elegantly appointed Casino, where croupiers deal the cards and announce the plays with a savior-faire that would make James Bond green with envy. Gaming choices include blackjack, mini-craps, roulette, poker, slot machines and video Texas Holdem.

Laundry and Dry Cleaning

Onboard laundry and valet services, including pressing and dry cleaning, are available at a nominal charge and may be arranged through your stewardess or butler. Additional, complimentary self service laundries and detergent are available on deck 5, 8, 9 and 11.

MEDICAL SERVICES

Seven Seas Navigator is equipped with an infirmary staffed by a qualified physician and registered nurse. Should you require medical attention during the cruise, the doctor is available to render services at a customary charge. Optional Deluxe Unlimited RBC Medical Insurance coverage can be purchased prior to departure and may cover health-care related costs you may encounter during your journey. (www.rbcinsurance.com/travel)

If you are on medication, please bring an adequate supply with you and keep it in your carry-on luggage.

MOTION SICKNESS

With the modern advances in technology and ship design, ships today sail very smoothly, and very few people experience motion sickness. If this is a concern, please consult your physician who can advise you on a number of preventative options.

STAYING IN TOUCH

In-Suite Phone: Calls from your direct-dial telephone are charged to the credit card on your onboard account. Phone rates average approximately \$6.50 USD per minute.

Mobile Phone: Worldwide mobile phone service is also available aboard – or when in port – at rates roughly equivalent to Caribbean roaming charges. Billing is via your existing mobile phone service



Snorkeling and scuba at Grand Turk.



Conversations with Globe and Mail personalities.

provider. Please check with your local provider to verify rates and to make sure that your plan offers international roaming.

Business Services (fax): Business equipment is available, including fax machine and copy services. Fax reception is complimentary; fax transmission calls are available at \$6.50 USD per page.

Internet/Email: Internet terminals are available in the Library for you to send or receive email and/or surf the net. Wireless users can access the internet throughout the ship.

Time plans are available for purchase onboard.

Life IN PORT

WHILE IN PORT

Think of the Seven Seas Navigator as your floating luxury hotel. Feel free to get on and off as often as you like. When you are in port the Seven Seas Navigator is always available for meals and activities. The casino and boutiques will not be open due to local government regulations.

DOCKING/TENDERING

Due to our unique sailing we will require docking in port as well as anchoring in harbor. Modern motorized tenders will transfer guests back and forth between the port and the ship. There are stairs at all gangways as well as going to and from the tenders. If you require assistance there will be eager crew members available to ensure a comfortable transition.

SHORE EXCURSIONS

Along with a wide selection of tours offered by the Regent Concierge, the Globe and Mail Caribbean Odyssey will be offering a select collection of unique, exclusive and original

excursions. Tours can cost anywhere from \$26 to \$250 USD (or more) per person. You are not obligated to purchase any of these.

If you prefer to venture forth on your own, you'll have insider information to the key sights, the trendiest shops and the best restaurants thanks to Regent's partnerships with Fodor's and Travel + Leisure.

All GOOD THINGS MUST COME TO AN END

GRATUITIES

All standard gratuities are included in your cruise fare.

SETTLING YOUR ACCOUNT

The night prior to your disembarkation, a detailed statement of your shipboard charges for onboard services and products will be delivered to your suite. Take the time to look it over and ensure it is correct. Should there be a discrepancy, contact Reception at your earliest convenience. Otherwise your charges will automatically be charged to the credit card on file.

DISSEMBARKATION/BREAKFAST

When the Seven Seas Navigator arrives back in Fort Lauderdale on the last day of your cruise, all breakfast venues will be available, you may enjoy room service as well. Relax in one of the lounges as we smoothly disembark guests in small groups.

A SMILE GOES A LONG WAY!

The crew and staff aboard the Seven Seas Navigator are anxious to please you and a friendly word and a pleasant smile are always appreciated.

We are pleased to bring this once in a lifetime event together in collaboration with The Globe and Mail. May this be an enriching experience that brings you closer to The Globe and perhaps provides a few surprises!

Bon VOYAGE!

www.globeandmail.com/caribbeanodyssey



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