



REGENT SEVEN SEAS CRUISES — SEVEN SEAS EXPLORER

Wilderness & Wonder

DEPARTS 06/05/2029

21 NIGHTS

FROM CAPE TOWN

TO LISBON

Day by Day Itinerary

DAY 1	Cape Town, South Africa Sunday, 06/05/2029 Departs 16:00 Sometimes referred to as the Mother City, Cape Town is the most famous port in South Africa and is influenced by many different cultures, including Dutch, British and Malay. The port was founded in 1652 by Dutch explorer Jan Van Riebeeck, and evidence of Dutch...
DAY 2	Sailing the Atlantic Ocean Monday, 07/05/2029
DAY 3	Walvis Bay, Namibia Tuesday, 08/05/2029 Arrives 11:30 · Departs 20:00 Once a whaling station, Walvis Bay provides a gateway to the extraordinary desert landscapes of Namibia and is itself an area of unusual natural beauty. The showpiece of the Walvis Bay area is the natural lagoon where you can see flamingos in their thousands a...
DAY 4	Sailing the Atlantic Ocean Wednesday, 09/05/2029
DAY 5	Sailing the Atlantic Ocean Thursday, 10/05/2029
DAY 6	Luanda, Angola Friday, 11/05/2029 Arrives 07:00 · Departs 16:00 To visit Luanda is to witness the inhabitants of Angola rebuild a great city with their newly-acquired wealth. The sense of pride and confidence is overwhelming, and is demonstrated by the city's new highways and skyscrapers, and by the wildlife and habitat re...
DAY 7	Sailing the Atlantic Ocean Saturday, 12/05/2029

DAY 8	Principe, Sao Tome and Principe Sunday, 13/05/2029 Arrives 09:00 · Departs 16:00 Located in the Gulf of Guinea on the west coast of Africa, Principe island is twinned with Sao Tome and home to beautiful scenery and a rich culture. Enjoy the beautiful walks in Obo Natural Park, dive into the depths off the coasts of the many beaches and tak...
DAY 9	Gulf of Guinea Monday, 14/05/2029
DAY 10	Abidjan, Côte d'Ivoire Tuesday, 15/05/2029 Arrives 11:00 · Departs 18:00 Three hours south of Yamoussoukro, nestled in between the canals and waterways, lies Abidjan the economic capital of the Ivory Coast. Considered the crossroads of West Africa both economically and culturally, Abidjan benefits from clement temperatures year rou...
DAY 11	Sailing the Atlantic Ocean Wednesday, 16/05/2029
DAY 12	Sailing the Atlantic Ocean Thursday, 17/05/2029
DAY 13	Sailing the Atlantic Ocean Friday, 18/05/2029
DAY 14	Banjul, Gambia Saturday, 19/05/2029 Arrives 07:00 · Departs 17:00 The tiny city of Banjul is the capital of The Gambia, a country that itself is little more than the banks of the mighty river that shares its name. Situated on St Mary's Island, where the River Gambia joins the Atlantic, Bathurst, as Banjul was previously call...
DAY 15	Sailing the Atlantic Ocean Sunday, 20/05/2029
DAY 16	Porto Grande, Cape Verde Monday, 21/05/2029 Arrives 07:00 · Departs 17:00 The crescent of volcanic islands which form the Cape Verde archipelago lie 310 miles off the Senegal coast. Despite the name (Green Cape), all the islands are barren, but they offer dramatic mountain scenery and pristine beaches. The Portuguese started colonis...
DAY 17	Sailing the Atlantic Ocean Tuesday, 22/05/2029
DAY 18	Sailing the Atlantic Ocean Wednesday, 23/05/2029

DAY 19	Santa Cruz de La Palma, Spain Thursday, 24/05/2029 Arrives 07:00 · Departs 16:00 Also known as ‘La Isla Bonita’ (the beautiful island), La Palma is typified by lush forests of pine, laurel and fern which contrast with the rugged splendour of the gigantic Taburiente crater. The island is dotted with attractive villages, which are a delight...
DAY 20	Funchal, Madeira, Portugal Friday, 25/05/2029 Arrives 10:00 · Departs 18:00 Formed by a volcanic eruption, Madeira lies in the Gulf Stream, about 500 miles due west of Casablanca. Discovered by Portuguese explorer João Gonçalves Zarco in 1419, this beautiful island became part of Portugal's vast empire and was named for the dense fore...
DAY 21	Sailing the Atlantic Ocean Saturday, 26/05/2029
DAY 22	Lisbon, Portugal Sunday, 27/05/2029 Arrives 07:00 · Departs 17:00 Set on seven hills on the banks of the River Tagus, Lisbon has been the capital of Portugal since the 13th century. It is a city famous for its majestic architecture, old wooden trams, Moorish features and more than twenty centuries of history. Following disas...

Cruise only — Prices From (per person)

INSIDE	OUTSIDE / OCEANVIEW	BALCONY	SUITE
POA	POA	POA	£11,409

Cabin Grades & Prices

Suite

GRADE	PER PERSON
Veranda Suite	
H Veranda Suite	£11,409
Deluxe Veranda Suite	
G2 Deluxe Veranda Suite (G2)	£11,819
G1 Deluxe Veranda Suite (G1)	£12,199
Serenity Suite	
F2 Serenity Suite (F2)	£12,609
F1 Serenity Suite (F1)	£12,979
Concierge Suite	
E Concierge Suite (E)	£13,389
D Concierge Suite (D)	£13,759
Penthouse Suite	

GRADE	PER PERSON
C Penthouse Suite (C)	£15,289
B Penthouse Suite (B)	£15,699
A Penthouse Suite (A)	£16,109
Seven Seas Suite	
SS Seven Seas Suite	£18,419
Explorer Suite	
ES Explorer Suite	£20,509
Grand Suite	
GS Grand Suite	£22,899
Signature Suite	
SG Signature Suite	£31,849
Regent Suite	
RS Regent Suite	£117,449

Other

GRADE	PER PERSON
Horizon Penthouse	
HP Horizon Penthouse	£17,079