



## OPTIONAL SHORE EXCURSIONS

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### CINQUE TERRE (LA SPEZIA), ITALY GRANDEUR™ JULY 13, 2024

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Regent Seven Seas Cruises shares your passion for new discoveries and that has led us to create an award winning program of optional shore excursions and tours that explore the world's most important historical, cultural and artistic gems. The wide variety of tour options means you may choose from the most enriching tours and adventures available in each of our ports of call. Witness natural wonders, explore man-made marvels and immerse yourself in the culture, history and cuisine of these storied destinations.

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You may purchase tours up until 7 days prior to your sail date. Our website safely and securely accepts credit card payments; you will automatically receive confirmation of your online purchase by email. Call your travel agent or visit [www.rssc.com](http://www.rssc.com) today to pre-purchase any of these wonderful programs. Next to each tour description, you will find symbols to assist you in choosing the excursion that is right for you.

# SHORE EXCURSIONS

## A CRUISE TO CINQUE TERRE

### HIGHLIGHTS

- Cruise past the picture-perfect villages of Cinque Terre, a UNESCO World Heritage site.
- Discern the charismatic qualities that contribute to the villages' renown, including their superb sea views.
- Land in shimmering Vernazza, a tiny fishing village hugging a protected harbor.
- Stroll among tightly packed and brightly colored homes to an inviting square adjoining the sparkling sea.
- Examine architectural details, such as elegant portals, that evoke Vernazza's Genoese influences.

### DESCRIPTION

Wonder at one of the most pristine areas along the Mediterranean coast, spellbinding Cinque Terre, a five-mile stretch of rocky coastline nestled between two promontories that has been designated both an Italian National Park and a UNESCO World Heritage site. You'll learn the name Cinque Terre derives from the five, or cinque, small yet dazzling neighboring towns of Riomaggiore, Corniglia, Manarola, Vernazza and Monterosso al Mare. As you cruise along this awe-inspiring coastline, appreciate the distinctive characteristics of the villages, which feature dry-laid stone walls, winding footpaths, hillsides dotted with vineyards and, perhaps most memorably, breathtaking views of the sea. You'll alight in enchanting Vernazza, which is located along the Vernazzola stream and clings spectacularly to the rocky face of a cliff, and discover narrow, steep streets that converge on a charming waterfront square. Take time to absorb the town's beguiling atmosphere and admire the narrow buildings painted in a riot of colors, many of which are enhanced by alluring porticos and portals, a captivating reminder of Vernazza's prosperity under the rule of the Genoese.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable, non-slip-sole walking shoes.
- Bring a hat, sunglasses and sunscreen.

### DISCLAIMER:

*This tour includes considerable walking, as well as embarking and disembarking local boats. It is not considered suitable for guests who utilize a wheelchair or guests with mobility concerns. Guests who are prone to motion sickness are cautioned to take the necessary precautions before the commencement of the tour. If Cinque Terre cannot be reached due to weather conditions, the alternative village of Portovenere will be visited.*

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APPROX. DURATION:  
**4.5**  
HOURS

TOUR CODE:  
**LPZ-001**  
**FREE**

TOUR TYPE  
**N/A**

ACTIVITY LEVEL  


OPTIONS  
**N/A**

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## DISCOVER FLORENCE

### HIGHLIGHTS

- Wander among outstanding outdoor sculptures in Piazza della Signoria, watched over by the castle-like Palazzo Vecchio.
- Admire the Cathedral of Santa Maria del Fiore, whose Renaissance dome by Brunelleschi is a feat of engineering.
- Applaud Giotto's 14th-century bell tower and Ghiberti's bronze doors for the Romanesque baptistery.
- View the wonderful Franciscan Gothic Basilica di Santa Croce, combined effort of several Florentine architects and masters.
- Appreciate time on your own to dine in a tempting trattoria or shop Florence's chic boutiques.

### DESCRIPTION

Uncover Florence's extraordinary beauty during this guided walking tour of the UNESCO World Heritage site historic center. Enjoy a leisurely 2 ½ hour drive through classic Tuscan landscapes to Florence, where you'll begin a guided walking tour at the Piazzale Michelangelo, named after the artist whose name is synonymous with Florence. From here, the attractions come one after another, and include the Piazza della Signoria, which is dominated by the Old Palace, Uffizi Gallery, and the Cathedral of Santa Maria del Fiore, more commonly known as the Duomo. You'll delight in the Cathedral of Santa Maria del Fiore, also known as Il Duomo. In 1296 and crowned with a superb octagonal cupola designed by the Renaissance architect Brunelleschi. Nearby you'll find the painter Giotto's soaring 14th-century campanile, or bell tower, and the Romanesque baptistery, which boasts stunning bronze doors by Ghiberti that are known as the Gates of Paradise. Marvel at the exterior of Basilica di Santa Croce, Italy's largest and most renowned Franciscan Gothic church. You'll relish free time for lunch and shopping at the conclusion of this comprehensive tour of magical Florence.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

### DISCLAIMER:

*This tour includes extensive walking, plus any additional walking at the guest's discretion during free time. It is not considered suitable for guests who utilize a wheelchair or guests with mobility concerns. There are no inside visits to the Uffizi Gallery or Basilica di Santa Croce.*

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APPROX. DURATION:

**10.0**  
HOURS

TOUR CODE:

**LPZ-002**  
**\$79.00**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## FLORENCE ON YOUR OWN

### HIGHLIGHTS

- Explore the highlights of Florence, a UNESCO World Heritage site, with generous time for independent exploration.
- Visit the city's astonishing places of worship, Il Duomo and Basilica di Santa Croce.
- Take in towering achievements in Renaissance art, including Michelangelo's David, in the Galleria dell'Accademia.
- Cross the enchanting Ponte Vecchio and roam the Boboli Gardens, Florence's serene oasis.
- Shop Italy's top designers in the enticing boutiques lining Via della Vigna Nuova and Via dei Tornabuoni.
- View Tuscany's ravishing countryside as you journey to and from Florence by coach.

### DESCRIPTION

Indulge in time entirely on your own in resplendent Florence, allowing for ample exploration at your pace. Enjoy a picturesque drive of approximately 2 ½ hours through Tuscany's legendary landscapes. Founded by Romans, Florence came under the rule of the Medici family in the 15th century, who later became the Grand Dukes of Tuscany. This was the period when the city was an economic power and at the height of its glory in art, culture and politics. Florence still retains an extraordinary wealth of artistic and architectural treasures, including the glorious Uffizi gallery, magnificent Sante Croce church, and Ponte Vecchio, the city's oldest bridge. Once in Florence, you will have approximately three to four hours to explore at your leisure. A Florentine tour escort will accompany you on the bus and will be happy to assist in your planning.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- If you wish to visit a place of worship, dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

### DISCLAIMER:

*This tour includes considerable walking at the guest's discretion. It may not be suitable for guests who utilize a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests are free to independently engage a local taxi once in Florence.*

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APPROX. DURATION:  
**9.5**  
HOURS

TOUR CODE:  
**LPZ-003**  
**FREE**

TOUR TYPE  
**N/A**

ACTIVITY LEVEL  


OPTIONS  
**N/A**

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## HIGHLIGHTS OF LUCCA

### HIGHLIGHTS

- Enjoy a tour of splendid Lucca, which is surrounded by unbroken, Renaissance-era red-brick walls.
- Stroll in an inviting oval plaza built on the site of the former Roman amphitheater.
- Visit the gorgeous Duomo di San Martino, where a treasured 13th-century carving of Christ resides.
- Relish time on your own to shop on Via Fillungo or wander deeper into Lucca's atmospheric streets.

### DESCRIPTION

Experience compelling Tuscan art and history on this guided walking tour of scenic and off-the-beaten-path Lucca. Upon arrival in this quaint city, founded in 180 BC by the Romans, you'll walk along the town's massive red-brick walls, built between 1504 and 1645 and among the best-preserved Renaissance-era defenses in Europe. Admire the Piazza Anfiteatro, once the Roman amphitheater and today a charming elliptical square surrounded by sand-colored houses. Visit the extraordinary Duomo di San Martino, a cathedral that holds exquisite paintings by Tintoretto and Ghirlandaio as well as the Volto Santo, a 13th-century wooden effigy believed by medieval pilgrims to have been carved by Christ's follower Nicodemus at the time of the Crucifixion. Conclude your tour with time at your leisure, perhaps browsing for handicrafts along Via Fillungo, the town's principal shopping street, or continuing your exploration of unspoiled and magnetic Lucca.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

### DISCLAIMER:

*This tour includes considerable walking, plus any additional walking at the guest's discretion during free time. It is not considered suitable for guests who utilize a wheelchair or guests with mobility concerns. Travel time to Lucca is approximately one hour each way by motorcoach.*

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APPROX. DURATION:

**5.0**  
HOURS

TOUR CODE:

**LPZ-004**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## HIGHLIGHTS OF PISA

### HIGHLIGHTS

- Journey to Pisa's Campo dei Miracoli, a UNESCO World Heritage site where eminent medieval structures rise.
- Gaze at the Leaning Tower, symbol of the city and one of the world's most beguiling structures.
- Admire the sublime Duomo di Pisa, a cathedral boasting multiple tiers of colonnades on its façade.
- Delight in the ornate circular baptistry, less known but possibly as alluring as the Leaning Tower.
- Relish time on your own to visit the graceful Camposanto cemetery or stroll and shop in the maze-like lanes of enthralling Pisa.

### DESCRIPTION

Discover the marvels of Pisa, including its renowned Leaning Tower, during this tour of the city's most celebrated sites. Begin at the UNESCO World Heritage site Campo dei Miracoli, or Field of Miracles, and learn the medieval masterpieces found here, anchored by the Leaning Tower, date from Pisa's Golden Age as a maritime power from the 11th to the 13th century. Hear the tower started listing after a mere three stories had risen due to the unstable soil found beneath the Campo dei Miracoli, and that by the time it was completed in 1350, it was too late to rectify it.

Tour the dignified duomo, or cathedral, whose multi-level colonnades and subtle interplay of marble and stone make it the archetype of the Pisan Romanesque style. Inside the vast interior, appreciate the soaring granite columns, lovely mosaics and an intricate pulpit carved by Giovanni Pisano. See the elaborate circular baptistry, acclaimed for its superior acoustics, and during time on your own perhaps walk to the Camposanto, a palatial cemetery of covered galleries containing tombs, sculptures, frescoes and domed chapels. As you wander and shop in Pisa's historic heart, contemplate the enduring legacy of the miraculous Italian Renaissance.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

### DISCLAIMER:


*This tour includes extensive walking, plus any additional walking at the guest's discretion during free time. It is not considered suitable for guests who utilize a wheelchair or guests with mobility concerns.*

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APPROX. DURATION:  
**5.0**  
HOURS

TOUR CODE:  
**LPZ-005**  
**FREE**

TOUR TYPE  
**N/A**

ACTIVITY LEVEL  


OPTIONS  
**N/A**

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## HIGHLIGHTS OF PORTOVENERE

### HIGHLIGHTS

- Sail the glorious Ligurian coast, a UNESCO World Heritage site, to the timeless village of Portovenere.
- Walk along the Carugio, a lively street lined with shops and attractive buildings painted in earth tones.
- Emerge onto a picturesque square and discover the black-and-white-striped 13th-century Chiesa di San Pietro.
- Gaze up at the towering homes abutting the Calata Doria, Portovenere's age-old quay.
- Enjoy ample time to shop and see Portovenere's landmarks, including a ruined castle with exceptional views.

### DESCRIPTION

Cruise to the sublime village of Portovenere, part of the UNESCO World Heritage site designation of this stretch of the Ligurian coast due to its outstanding beauty and traditional way of life, which has barely changed over the centuries. Once you arrive in marvelous Portovenere, you'll understand why it's considered one of the Italian Riviera's most scenic fishing villages. Along with your guide, make your way to the Carugio, a narrow lane lined with fashionable shops and charming, earth-toned architecture. Follow the street to a breathtaking square and a Gothic church named for Saint Peter, the Chiesa di San Pietro. Learn the ancient church, which proudly overlooks the glittering sea, was modified in the 13th century, when its distinctive black and white stripes were added. On the Calata Doria, the village's quay, look up at tall houses looming above that were originally built as defense towers. You'll revel in more than two hours to shop and explore Portovenere, perhaps visiting the Romanesque Chiesa di San Lorenzo or ascending to the remains of the Castello Doria for magnificent views of the village and the luxuriantly green island of Palmaria.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable, non-slip-sole walking shoes.
- Dress appropriately for a religious venue; shoulders and knees must be covered.
- Bring a hat, sunglasses and sunscreen.

### DISCLAIMER:


*This tour includes approximately 45 minutes of walking a guided tour, plus any additional walking at the guest's discretion during free time. There will be uneven surfaces to negotiate. The tour is not available to guests who utilized a wheelchair. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina and may arrange with the guide not to participate in some of the walking portions of the tour. Participants must be able to enter and exit the local boats with limited assistance. Guests who are prone to motion sickness are cautioned to take the necessary precautions before the commencement of the tour.*

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APPROX. DURATION:  
**4.0**  
HOURS

TOUR CODE:  
**LPZ-006**  
**FREE**

TOUR TYPE  
**N/A**

ACTIVITY LEVEL  


OPTIONS  
**N/A**

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## BOCELLI COUNTRYSIDE ESCAPE

### HIGHLIGHTS

- Survey the remains of a Roman theater and Renaissance palaces in the medieval town of Volterra.
- Contemplate Andrea Bocelli's peaceful Teatro del Silenzio, an outdoor amphitheater where he performs only once a year.
- Visit the Bocelli family's farm and vineyards, which they have run since the 18th century.
- Indulge in a delicious four-course lunch paired with regional wines.
- Discover Pisa's Campo dei Miracoli, a UNESCO World Heritage site where the Leaning Tower famously tilts to one side.

### DESCRIPTION

Appreciate the joys of Tuscany through the eyes of Andrea Bocelli by exploring medieval Volterra, seeing the beloved tenor's outdoor theater and his family's farm, where you'll sample wines and lunch before stopping in Pisa's glorious Campo di Miracoli, a UNESCO World Heritage site. Settle in for a scenic drive through the Tuscan countryside to hilltop Volterra, where highlights include a well-preserved Roman theater and the Piazza dei Priori, a medieval square lined with grand Renaissance palaces. In nearby Lajatico, Bocelli's birthplace, you'll find the Teatro del Silenzio, a serene open-air amphitheater where Bocelli performs but once a year, leaving the theater almost perpetually in silence except for the sounds of nature.

Learn the Bocelli's family's influence also extends into winemaking on a tour of the vineyards and farm that they have owned since 1730. Relax during a wine tasting, during which you'll sample a selection of characteristic wines such as a lush sangiovese and a crisp, complex pinot grigio, and sit for a delicious four-course lunch. Complete your pleasant day with a visit to Pisa's Campo dei Miracoli, where the magnificent cathedral, baptistery and breathtaking Leaning Tower might inspire you to burst into a joyous aria.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, sunglasses and sunscreen.

### DISCLAIMER:

*This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible. It must be purchased no later than three days prior to the operating date. Cancellations made within three days or less are subject to a 100 percent cancellation penalty. Programs falling under the minimum number of required participants are subject to cancellation.*

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APPROX. DURATION:

**9.0**  
HOURS

TOUR CODE:

**LPZ-007**  
**\$379.00**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS





## BOCELLI BACKSTAGE AND WINE

### HIGHLIGHTS

- Unleash your inner Andrea Bocelli while recording one of his songs in the tenor's own studio.
- Visit the Bocelli family's farm and vineyards, which they have run since the 18th century.
- Indulge in a sampling of wines and a delicious three-course lunch in the Officine Bocelli Restaurant.
- Contemplate Andrea Bocelli's peaceful Teatro del Silenzio, an outdoor amphitheater where he performs only once a year.
- Deepen your knowledge of Bocelli's life and work in a museum honoring his achievements.
- Treasure a copy of your recording as the perfect memento from your pitch-perfect excursion.

### DESCRIPTION

Gain an insider's view into the life of Andrea Bocelli by recording a song at his studio, sampling wines at his family's vineyard, dining at his restaurant and touring his outdoor amphitheater. Settle in for a lovely drive through the Tuscan countryside to the studio where Andrea Bocelli often records. As an introduction to the revered tenor's musical journey, you'll watch an enlightening film on his accomplishments. Revel in a once-in-a-lifetime opportunity to record a karaoke-style version of one of his songs in a studio he frequently uses, choosing either The Prayer or Can't Help Falling in Love.

In nearby Lajatico, the tenor's birthplace, learn the Bocelli's family's influence also extends into winemaking on a tour of the vineyards and farm they have owned since 1730. You'll appreciate a wine tasting with appetizers and three-course lunch in the Officine Bocelli Restaurant. Drive to the Teatro del Silenzio, a serene open-air amphitheater where Bocelli performs but once a year, leaving the theater almost perpetually in silence except for the sounds of nature. Conclude your musical idyll by uncovering the tenor's life and career in the Bocelli Museum and receiving your recording, a uniquely personalized gift you're sure to forever cherish.

### HELPFUL HINTS

- Wear casual, weather-appropriate clothing and comfortable walking shoes.
- Bring a hat, umbrella, sunglasses and sunscreen.

### DISCLAIMER:

*This tour is available to guests who utilize a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible. The Officine Bocelli Restaurant is closed on Mondays and will be substituted with the Alpemare restaurant, the new beach club of the Bocelli family. The order of sites viewed or visited may vary. Participants must be at least 21 years of age to be served alcoholic beverages.*

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APPROX. DURATION:

**9.0**  
HOURS

TOUR CODE:

**LPZ-008**  
**\$499.00**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS



## DISCOVERING THE LIGURIAN COAST BY RUBBER BOAT

### HIGHLIGHTS

- Cruise through Poet's Gulf for a close-up view of its World Heritage site islands.
- Enjoy free time in Portovenere, which shares that World Heritage site designation.
- Gain a historical perspective of the Ligurian region through landmark attractions.

### DESCRIPTION

Cruise around the westernmost islands in scenic La Spezia Bay and then explore the town of Portovenere that overlooks them. The bay is better known as Poet's Gulf because writers that include Lord Bryon, Percy and Mary Shelley and D.H. Lawrence have long been inspired by its natural beauty. In the early 19th century, Bryon supposedly swam more than four miles across the bay from Portovenere to visit the Shelleys, and a plaque in a seaside grotto there commemorates the feat. You will get a close-up look at the islands of Palmaria, Tino and Tinetto in the bay just below Portovenere before going ashore to meander about town at your leisure. UNESCO deemed the islands and town a World Heritage site for their scenic and cultural value, so there is plenty to see. You will have time to shop and dine, if you wish. Seafood and a Ligurian twisted pasta called trofie are featured on most menus.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour includes a moderate amount of walking mainly at the guest's discretion. It is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.*

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APPROX. DURATION:

**8.0**  
HOURS

TOUR CODE:

**LPZ-009**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## ACCESSIBLE FLORENCE & MICHELANGELOS DAVID

### HIGHLIGHTS

- Behold Michelangelo's statue of David and other masterpieces at the Accademia Gallery.
- Meander about the Piazza della Signoria, a main square that the iconic town hall dominates.
- See the famed shop-lined Ponte Vecchio bridge that spans the Arno River.
- Gaze out over Florence from atop the elevated vantage point Piazzle Michelangelo.

### DESCRIPTION

#### OVERVIEW

#### LPZ-AC1 Companion

This excursion is for guests that use a cane/walker, have limited mobility issues or for companions of those guest that have booked mobility equipment tour.

Those guests that are fully dependent on their mobility device please book: LPZ-AC2 ACCESSIBLE FLORENCE & MICHELANGELOS DAVID- Mobility Equipment.

Explore the most emblematic and recognizable attractions in Florence, beginning with the Accademia Gallery, home to Michelangelo's exquisite white marble statue of David. You might also see Florentine Gothic paintings, a viola made by Antonio Stradivari and centuries-old religious artwork, all of which the guide will describe as well as the times in which they were created. Continuing on, you will visit the Piazza della Signoria, the political heart of Florence since in the Middle Ages. The Palazzo Vecchio town hall overlooks the square and its iconic tower has become the symbol of Florence. Ponte Vecchio bridge is equally well known, as it has been spanning the Arno River since medieval times. Shops have lined both sides of the bridge since the 13th century. Following lunch on your own in the Piazza della Repubblica, you will pause at the hillside Piazzle Michelangelo for one last look at the city.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Space is limited, book early.

### DISCLAIMER:

*PLEASE NOTES: Tour includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. Vehicles are adapted with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs; therefore, guests needing special assistance must be accompanied by an able-bodied.*

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APPROX. DURATION:  
**8.0**  
HOURS

TOUR CODE:  
**LPZ-AC1**

TOUR TYPE  


ACTIVITY LEVEL  


OPTIONS  
**N/A**

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## ACCESSIBLE FLORENCE & MICHELANGELOS DAVID

### HIGHLIGHTS

- Behold Michelangelo's statue of David and other masterpieces at the Accademia Gallery.
- Meander about the Piazza della Signoria, a main square that the iconic town hall dominates.
- See the famed shop-lined Ponte Vecchio bridge that spans the Arno River.
- Gaze out over Florence from atop the elevated vantage point Piazzle Michelangelo.

### DESCRIPTION

#### OVERVIEW

#### LPZ-AC2 Mobility Equipment

This excursion is for guests who are fully dependent on their mobility device. You will be required to supply your own wheelchair /scooter. Your mobility equipment (manual or electric) must not exceed the following dimensions: W 57", L 39", H 70".

Those guests that are companions, use a cane or walker, or have limited mobility issues must book the companion tour code LPZ-AC1 ACCESSIBLE FLORENCE & MICHELANGELOS DAVID Companion

Explore the most emblematic and recognizable attractions in Florence, beginning with the Accademia Gallery, home to Michelangelo's exquisite white marble statue of David. You might also see Florentine Gothic paintings, a viola made by Antonio Stradivari and centuries-old religious artwork, all of which the guide will describe as well as the times in which they were created. Continuing on, you will visit the Piazza della Signoria, the political heart of Florence since in the Middle Ages. The Palazzo Vecchio town hall overlooks the square and its iconic tower has become the symbol of Florence. Ponte Vecchio bridge is equally well known, as it has been spanning the Arno River since medieval times. Shops have lined both sides of the bridge since the 13th century. Following lunch on your own in the Piazza della Repubblica, you will pause at the hillside Piazzle Michelangelo for one last look at the city.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Space is limited, book early.

### DISCLAIMER:

*PLEASE NOTES: Tour includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. Vehicles are adapted with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs; therefore, guests needing special assistance must be accompanied by an able-bodied.*

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APPROX. DURATION:  
**8.0**  
HOURS

TOUR CODE:  
**LPZ-AC2**

TOUR TYPE  


ACTIVITY LEVEL  


OPTIONS  
**N/A**

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## ACCESSIBLE PISA & MEDIEVAL LUCCA

### HIGHLIGHTS

- Visit the Field of Miracles, home to Pisa’s Leaning Tower, Duomo, Baptistery and Camposanto.
- Browse paintings of Madonna and St. Paul in the National Museum of San Matteo.
- Tour Lucca, a town revered for its well-preserved Renaissance walls that encircle Old Town.

### DESCRIPTION

#### OVERVIEW

LPZ-AC3 Companion

This excursion is for guests that use a cane/walker, have limited mobility issues or for companions of those guest that have booked mobility equipment tour.

Those guests that are fully dependent on their mobility device please book: LPZ-AC4 ACCESSIBLE PISA & MEDIEVAL LUCCA- Mobility Equipment

Experience incredible medieval art and architecture in Pisa’s glorious Field of Miracles and then explore more medieval treasures in the town Lucca. Few attractions are quite so iconic as the quartet of medieval masterpieces in Pisa —the Leaning Tower, Duomo, Baptistery and Camposanto. The guide will elaborate on the historical importance of this UNESCO World Heritage site while you take in its architectural beauty. In the nearby National Museum of San Matteo, you will see works of art from various ecclesiastical buildings throughout the province. Next, you will continue to Lucca, which the Romans founded in 180 BC. While little from that time remains, historical architecture is still the town’s most outstanding feature, especially its remarkably intact Renaissance walls. While meandering about, you may notice an odd curve to some streets. The reason is that the buildings lining them follow the footprint of the massive walls that once supported a Roman amphitheater.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*PLEASE NOTES: Tour includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. Vehicles are adapted with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs; therefore, guests needing special assistance must be accompanied by an able-bodied.*

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APPROX. DURATION:

**8.0**  
HOURS

TOUR CODE:

**LPZ-AC3**

TOUR TYPE



ACTIVITY LEVEL



OPTIONS

**N/A**

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## LA SPEZIA SOIL OF SEA

### HIGHLIGHTS

- Delve into the maritime history of La Spezia by browsing the Technical Naval Museum.
- Enjoy an authentic slice of life at a popular market and sample traditional products.
- View the landmark Saint Mary Assumption Church and its 14th-century crucifix.

### DESCRIPTION

Grasp the significance of La Spezia's long maritime history at a naval museum and then mingle with the locals while meandering through a bustling marketplace. The town has been a naval headquarters since the mid 19th century, when the military fleet was transferred there. The Technical Naval Museum will reveal details as you will see artifacts from before the unification of Italy, World War II uniforms and torpedoes and radio equipment that famed inventor and electrical engineer Guglielmo Marconi used. Continuing on, you will walk to Piazza Cavour, which the locals call Market Square, as it is a shopping hub. While meandering through the stalls in the company of La Spezia's residents, you will find baked goods, fresh seafood and all sorts of locally grown organic produce. You will also have the opportunity to sample a chickpea pancake and glass of Ligurian wine. Later, you will see the Saint Mary Assumption Church, which holds a revered 14th-century crucifix.

### HELPFUL HINTS

- Dress in weather-appropriate clothing that is conservative to enter the church.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour includes about 3½ hours of walking and standing with some inclines, steps and cobblestone surfaces to negotiate. It is not available to wheelchair guests and may not be suitable for those with mobility concerns, who should evaluate their stamina and ability before joining the tour. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.*

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APPROX. DURATION:

**4.0**  
HOURS

TOUR CODE:

**LPZ-GL1**  
**FREE**

TOUR TYPE



ACTIVITY LEVEL



OPTIONS



## **BOCELLI SEASIDE & FLAVOR**

### **HIGHLIGHTS**

- Sample a selection of wines from the winery that the family of Andrea Bocelli owns.
- Indulge in seafood appetizers and lunch at the Bocellis' exclusive Alpermare Beach Club.
- Explore the classic Tuscan town of Pietrasanta on your own.

### **DESCRIPTION**

Savor Tuscan cuisine and inspiring wines at an exclusive beach club that Andrea Bocelli's family owns in the picturesque town of Forte dei Marmi. As an introduction to Tuscany, you will first stop in historical Pietrasanta in the foothills of the Apuan Alps. As you meander about during free time, be sure to see the 16th-century Fountain of Marzocco, the Cathedral of St. Martin and sections of an ancient wall from Roman times. Upon arriving at the Alpermare Beach Club, you will be treated to a tasting of classic wines from the Tuscan estate that the Bocelli family has owned since 1730. The wines will be paired with seafood appetizers that perfectly complement their characteristics. To enhance the experience, the guide will describe the nuances of the wines and how they are produced. A three-course lunch follows, accompanied by yet another selection of Bocelli wines. Time will also be allotted to explore the beach club at your leisure.

### **HELPFUL HINTS**

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### **DISCLAIMER:**

*This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.*

APPROX. DURATION:

**6.0**  
HOURS

TOUR CODE:

**LPZ-011**  
**\$349.00**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS



## MEDIEVAL TOWN OF SARZANA & TUSCAN LUNCH

### HIGHLIGHTS

- Discover the charms Sarzana, a medieval town with outstanding architecture.
- See the remnants of the town's fortified defensive walls and its imposing fortresses.
- Savor a traditional Tuscan lunch at an atmospheric restaurant downtown.

### DESCRIPTION

#### OVERVIEW

Explore the medieval town of Sarzana before settling in at a traditional restaurant for a classic lunch made with ingredients sourced from throughout Tuscany. As you meander through the ancient atmospheric streets of Sarzana, which perches on the fertile plain of the Magra River, you will behold some of the most spectacular architecture in the Liguria region. Landmarks include two fortresses, the remains of defensive walls built about 200 years later and the Cathedral of Santa Maria Assunta, which supposedly contains the oldest painted wooden cross in Italy. The Bonaparte family famously has deep ties to Sarzana and Napoleon sought asylum there, You might discuss some of these architectural treasures over a multi-course Tuscan lunch at one of Sarzana's most popular restaurants. The dishes may include a vegetable quiche, tagliatelle pasta with pesto sauce and a hearty roasted pork loin.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*PLEASE NOTE Coaches do not have a lift and entering and exiting must be done via stairs. This tour includes approximately 1.5 hours of walking and standing over even, and uneven surfaces. The sights on this tour are not wheelchair accessible; therefore, it is unavailable to wheelchair guests. Any allergies must be noted when booking the tour. This excursion involves standing and walking for periods of time of approximately 1.5 hours during the visit of Sarzana. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.*

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APPROX. DURATION:

**4.5**  
HOURS

TOUR CODE:

**LPZ-012**  
**\$109.00**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS





## PONTREMOLI THE GEM OF THE LUNIGIANA

### HIGHLIGHTS

- Walk through the heart of Pontremoli, an alluring medieval town in the Lunigiana territory.
- See a mix of architecture that reflects the history of Pontremoli.
- Enjoy a traditional lunch with dishes said to have originated in Lunigiana.

### DESCRIPTION

#### OVERVIEW

Head inland to the medieval town of Pontremoli for an enlightening walk along its cobblestone streets before dining at an atmospheric restaurant. Pontremoli means “trembling bridge” in Italian, a reference to its still-standing Roman bridge that spans the River Magra. The city is one of the northernmost points in Lunigiana, a mountainous territory within several regions, the most influential being Tuscany. It may not be as well-known as other northern Tuscan towns, and that lack of commercialization is much of its charm. Pontremoli exudes history but not just from one time period. As you walk through the pedestrian-friendly city center, you will see baroque palaces, the rococo Nostra Donna church and an archaeology museum that holds an invaluable collection of prehistoric sandstone sculptures. During lunch, you will likely be served testaroli, an ancient type of pasta that originated in Lunigiana. It is traditionally made with only three ingredients – water, salt and flour – and topped with pesto.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*PLEASE NOTE Coaches do not have a lift and entering and exiting must be done via stairs. This tour includes approximately 1.5 hours of walking and standing over even, and uneven surfaces. The sights on this tour are not wheelchair accessible; therefore, it is unavailable to wheelchair guests. Any allergies must be noted when booking the tour. This excursion involves standing and walking for periods of time of approximately 1.5 hours during the visit to Pontremoli. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.*

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APPROX. DURATION:

**5.75**  
HOURS

TOUR CODE:

**LPZ-013**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS



# GENERAL INFORMATION

## WHAT IS INCLUDE?

### **Transportation:**

Licensed and insured late model, coaches, vehicles, watercraft, and other modes of transportation are utilized.

### **Meals and Refreshments:**

Included when indicated in the tour description.

### **Guides:**

Licensed, English-speaking, local guides accompany all tours, where available.

### **Entrance Fees:**

Tours include all required admission fees, where applicable.

### **What Should I Wear?**

When taking a shore excursion, comfortable walking shoes, sunglasses, a hat and sunscreen are suggested. You may consider bringing an umbrella, raincoat, sweater, or jacket. And don't forget your camera!

### **Cancellations and refunds**

- In order to ensure quality guides and sufficient transportation, we must provide the tour operator with passenger counts at least 36 hours in advance. Therefore no refunds will be given within 36 hours of the tour.
- Tours operate rain or shine.
- Tours require minimum participation levels to operate so please sign up as early as possible. Tours may be cancelled if minimum participation levels are not met.

### **Prices, Itineraries and General Information**

- Shore excursions prices are subject to change to meet unexpected cost increases or currency fluctuations.
- The information contained in this document was current at the time of printing, however changes may occur before your scheduled departure. Please consult the Destination Services Desk onboard for information and current pricing.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) may be limited or denied. In such instances, adjustments will be made to minimize inconvenience to guests.
- Some tours have limited availability. Please sign up early to avoid disappointment.
- Regent Seven Seas Cruises reserves the right to require Guests to complete a liability waiver for select shore excursions. For more information, please visit the Destination Service.

### **Please Note**

While the greatest care has been taken to offer the finest services available, Regent Seven Seas Cruises will not be held responsible for any act, event or omission during the time that passengers are not onboard the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodation, ground transfers and shore excursions are made by Regent Seven Seas Cruises for the convenience of our Guests with the suppliers of the services. Each Guest agrees not to hold Regent Seven Seas Cruises, its owners, employees, agents or representatives liable, the absence of its own negligence, for any loss, injury, expense, or damage which result directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component other than water transportation or any other option that is available for purchase.

Arrangements with independent contractors include, but are not limited, to services, products, and transportation provided elsewhere that onboard Regent Seven Seas Cruises vessels in connection with tours whether arranged or organized by tour operators, travel agents, or Regent Seven Seas Cruises. Tours including hotel accommodations and transportation by vessel(s) not owned or operated by Regent Seven Seas Cruises or by air, rail, or land are not under the supervision and control of Regent Seven Seas Cruises.

### **IMPORTANT INFORMATION**

Notwithstanding that Regent Seven Seas Cruises, at the Guest's option, arranges air transportation, hotel accommodations, groups transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Regent Seven Seas Cruises, being a "for profit entity", earns a fee on the sale of the optional services.

Tour departure times are subject to change so please reference your actual tour ticket for the correct departure time.

### **NOTICE:**

All Regent Seven Seas Cruises shore excursions are per person, are subject to change and availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Regent Seven Seas Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion information contained in this shore excursion book is subject to change without notice at Regent Seven Seas Cruises' discretion. All shore excursion descriptions and fares listed are subject to change without notice. Regent Seven Seas Cruises is not responsible or liable for typographical errors, omissions or misprints.