



**G**OURMET  
EXPLORER TOURS  
*travel • explore • taste*

OUR DISTINCTIVE GOURMET EXPLORER TOURS, OFFERED EXCLUSIVELY ABOARD *SEVEN SEAS EXPLORER*®, as part of our optional Regent Choice Shore Excursions, provide the unique opportunity to experience the culinary culture of the world's most delicious destinations. On these excursions, which range from 3 to 9 hours, guests will relish the opportunity to get a firsthand taste of the culinary culture from around the world. Meals and refreshments are included, but vary by tour.

Guests may venture into local markets and find colorful produce, fresh fish and exotic spices to be used in traditional recipes that inspire people to gather around the table. They may tour a winery in Livorno or indulge in a stellar dinner at a Michelin-starred restaurant in Saint-Tropez for a culinary experience unlike any other.

Gourmet Explorer Tours can be booked 240 days prior to departure for Concierge Suites and higher. All other suites can book tours 180 days prior to voyage departure.

FOR A COMPLETE LIST AND DETAILED DESCRIPTIONS OF  
GOURMET EXPLORER TOURS CONTACT YOUR TRAVEL AGENT.

## A SAMPLING OF GOURMET EXPLORER TOURS

### AVAILABLE ON SELECT 2016 SEVEN SEAS EXPLORER® VOYAGES

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#### MARKET-TO-TABLE CHEF TOUR & COOKING CLASS

FROM CORFU, GREECE – TOUR CODE: CFU-1GT

AVAILABLE ON THE FOLLOWING VOYAGES: AUGUST 3, 2016 VENICE TO ROME & SEPTEMBER 24, 2016 VENICE TO MONTE CARLO

Shop like a local in this foraging culinary tour complete with cooking class on board. Receive a shopping assignment from your Chef and gather produce, cheeses and specialties at the local market with your classmates. Stroll through this enchanting city as you continue to shop for extra virgin olive oil and delicacies. Enjoy a light lunch at a famed local taverna, afterwards returning to *Seven Seas Explorer*® for a cooking class on Corfu cuisine using the bounty of your foraging efforts.

ORIGINAL PRICE: \$239 .... NOW \$159

MIN/MAX: 12/18 DEPARTURE TIME: 8:30AM

#### SLOVENIA'S TRENDING CULINARY SCENE

FROM KOPER, SLOVENIA – TOUR CODE: KOP-1GT

AVAILABLE ON THE FOLLOWING VOYAGES: JULY 20, 2016 MONTE CARLO TO VENICE, AUGUST 3, 2016 VENICE TO ROME & SEPTEMBER 14, 2016 ROME TO VENICE

Learn why Slovenia is trending as a culinary destination during this food and wine immersion. Visit the Fonda Fish Farm and meet Dr. Fonda, a world-renowned biologist for a boat tour of her branzino fields. Travel to panoramic Hiša Torkla restaurant for presentations and tastings of Slovenia's finest olive oils and salts. Enjoy lunch designed around the foods of Slovenia complete with wines paired to showcase the growing viniculture industry here.

ORIGINAL PRICE: \$319 .... NOW \$199

MIN/MAX: 12/18 DEPARTURE TIME: 8:30AM

#### TUSCAN FOOD & WINE AT PRIVATE VILLA

FROM LIVORNO, ITALY – TOUR CODE: LRN-1GT

AVAILABLE ON THE FOLLOWING VOYAGES: SEPTEMBER 4, 2016 BARCELONA TO ROME & OCTOBER 4, 2016 MONTE CARLO TO ATHENS

Whether this is your first trip to Tuscany or your tenth, enjoy a day in the countryside and a truly authentic food and wine experience. Visit the Mercato Centrale with your Chef and local guide. Travel to Villa Dianella for a cooking demonstration and sumptuous luncheon with wines from the villa. Learn about the olive oil and winemaking traditions here dating back to when the Medici family used the villa as their country home in hunting season.

ORIGINAL PRICE: \$349 .... NOW \$229

MIN/MAX: 12/18 DEPARTURE TIME: 8:00AM

#### FRENCH WINE TASTING & DINNER AT CHÈVRE D'OR

FROM MONTE CARLO, MONACO – TOUR CODE: MON-1GT

AVAILABLE ON THE FOLLOWING VOYAGES: AUGUST 13, 2016 ROME TO LISBON & SEPTEMBER 4, 2016 BARCELONA TO ROME

For a memorable evening on the Cote d'Azur, join a small group of wine and food enthusiasts for a private wine tasting and dinner at the Relais & Châteaux property La Chèvre d'Or. Hosted by your Chef from the Culinary Arts Kitchen, enjoy three French wines at Cave Bianchi in Nice followed by a multi-course tasting menus and paired wines in a private dining room atop Eze. Enjoy the ride back to Monte Carlo with the majestic view with the casino and harbor lights below.

ORIGINAL PRICE: \$709 .... NOW \$599

MIN/MAX: 12/14 DEPARTURE TIME: 5:30PM

#### EXPERIENCE SPAIN'S TRENDIEST CULINARY DESTINATION

FROM PALAMOS, SPAIN – TOUR CODE: PMS-1GT

AVAILABLE ON THE FOLLOWING VOYAGE: AUGUST 13, 2016 ROME TO LISBON

Boasting more Michelin Chefs than anywhere else in the world, join a small group of 'foodies' for an intimate behind-the-scenes look at this magical region of Spain. Join your Chef from the Culinary Arts Kitchen and a local culinary guide for a visit to an artisanal olive oil producer for a tour and tasting. Travel to the magical stone-walled village of Madremanya for a cooking demonstration and luncheon by Chef Vicenc, recently voted amongst the top 5 Catalan chefs. Taste four Catalan wines with your seven-course tasting menu.

ORIGINAL PRICE: \$379 .... NOW \$249

MIN/MAX: 12/18 DEPARTURE TIME: 8:30AM

#### CULINARY VISIT TO FAMED DON ALFONSO ESTATE

FROM SORRENTO, ITALY – TOUR CODE: SRT-1GT

AVAILABLE ON THE FOLLOWING VOYAGES: AUGUST 3, 2016 VENICE TO ROME & OCTOBER 4, 2016 MONTE CARLO TO ATHENS

If your ideal day in Italy is a truly authentic experience atop Sorrento with unmatched hospitality and food, then this is the tour for you! Make cheese at the artisanal fromagerie from cows milked that morning, watch a culinary demonstration by a master chef and then be wined and dined surrounded by luxury, family history and the famed gardens of the Relais & Château property, the stunning Don Alfonso.

ORIGINAL PRICE: \$689 .... NOW \$539

MIN/MAX: 10/15 DEPARTURE TIME: 8:00AM

*Please note tours and dates are subject to change at any time without notice.*

**GOURMET EXPLORER TOURS BY DATE & PORT**  
**AVAILABLE ON SELECT 2016 SEVEN SEAS EXPLORER® VOYAGES**

| Voyage             | Tour Date    | Port                         | Tour  |
|--------------------|--------------|------------------------------|---|
| <b>July 20</b>     |              |                              |   |
|                    | July 22      | SANARY-SUR-MER, FRANCE       | MARKET, MASTER CHEF, PROVENCAL LUNCH & WINES        |
|                    | July 25      | BARCELONA, SPAIN             | BARCELONA'S FOOD MARKET & MICHELIN 2-STAR LUNCH     |
|                    | July 27      | TAORMINA (SICILY), ITALY     | CHEF MARKET TOUR: CANNOLIS & LUNCH WITH WINES       |
|                    | August 1     | KOPER, SLOVENIA              | SLOVENIA'S TRENDING CULINARY SCENE                  |
| <b>August 3</b>    |              |                              |   |
|                    | August 4     | KOPER, SLOVENIA              | SLOVENIA'S TRENDING CULINARY SCENE                  |
|                    | August 8     | CORFU, GREECE                | MARKET-TO-TABLE CHEF TOUR & COOKING CLASS           |
|                    | August 10    | TAORMINA (SICILY), ITALY     | CHEF MARKET TOUR: CANNOLIS & LUNCH WITH WINES       |
|                    | August 11    | SORRENTO, ITALY              | CULINARY VISIT TO FAMED DON ALFONSO ESTATE          |
| <b>August 13</b>   |              |                              |   |
|                    | August 15    | MONTE CARLO, MONACO          | FRENCH WINE TASTING & DINNER AT LA CHÈVRE D'OR      |
|                    | August 16    | SAINT-TROPEZ, FRANCE         | MICHELIN 3-STAR RESTAURANT & WINERY                 |
|                    | August 18    | PALAMOS, SPAIN               | EXPERIENCE SPAIN'S TRENDIEST CULINARY DESTINATION   |
|                    | August 19    | BARCELONA, SPAIN             | BARCELONA'S FOOD MARKETS & MICHELIN 2-STAR LUNCH    |
| <b>August 25</b>   |              |                              |   |
|                    | August 27    | SEVILLE (CÁDIZ), SPAIN       | CHEF TOUR OF CÁDIZ MARKET & TAPAS LUNCH             |
|                    | September 1  | CASABLANCA, MOROCCO          | CHEF TOUR & MOROCCAN COOKING CLASS                  |
| <b>September 4</b> |              |                              |   |
|                    | September 5  | VALENCIA, SPAIN              | PAELLA IMMERSION — (MARKET-TO-KITCHEN) MASTER CLASS |
|                    | September 8  | PROVENCE (MARSEILLE), FRANCE | MICHELIN CHEF REINE SAMMUT & AIX MARKET             |
|                    | September 9  | SAINT-TROPEZ, FRANCE         | MICHELIN 3-STAR RESTAURANT & WINERY TASTING         |
|                    | September 10 | MONTE CARLO, MONACO          | FRENCH WINE TASTING & DINNER AT CHÈVRE D'OR         |
|                    | September 12 | LIVORNO, ITALY               | TUSCAN FOOD & WINE AT PRIVATE VILLA                 |

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**AVAILABLE ON SELECT 2016 SEVEN SEAS EXPLORER® VOYAGES**

| Voyage              | Tour Date    | Port                               | Tour   |
|---------------------|--------------|------------------------------------|--|
| <b>September 14</b> |              |                                    |  |
|                     | September 16 | CATANIA (SICILY), ITALY            | CHEF MARKET TOUR:<br>CANNOLIS & LUNCH WITH WINES   |
|                     | September 21 | KOPER, SLOVENIA                    | SLOVENIA'S TRENDING<br>CULINARY SCENE              |
| <b>September 24</b> |              |                                    |  |
|                     | September 28 | CORFU, GREECE                      | MARKET-TO-TABLE CHEF TOUR<br>& COOKING CLASSES     |
|                     | September 29 | TAORMINA (SICILY), ITALY           | CHEF MARKET TOUR:<br>CANNOLIS & LUNCH WITH WINES   |
|                     | October 1    | ROME (CIVITAVECCHIA),<br>ITALY     | CHEF'S 'FAVORITES'<br>ROMAN CULINARY TOUR          |
|                     | October 3    | PORTOFINO, ITALY                   | CHEF MARKET TOUR:<br>PESTO, PASTA & LUNCH          |
| <b>October 4</b>    |              |                                    |  |
|                     | October 6    | LIVORNO, ITALY                     | TUSCAN FOOD & WINE AT<br>PRIVATE VILLA             |
|                     | October 7    | ROME (CIVITAVECCHIA),<br>ITALY     | CHEF'S 'FAVORITES'<br>ROMAN CULINARY TOUR          |
|                     | October 8    | SORRENTO, ITALY                    | CULINARY VISIT TO FAMED<br>DON ALFONSO ESTATE      |
| <b>October 12</b>   |              |                                    |  |
|                     | October 14   | AGHIOS NIKOLAOS (CRETE),<br>GREECE | CRETAN CUISINE & WINE WITH<br>FARM-TO-TABLE LUNCH  |
|                     | October 19   | RHODES, GREECE                     | COOKING LESSON & LUNCH<br>AT FAMILY TAVERNA        |
|                     | October 20   | KOPER, SLOVENIA                    | SLOVENIA'S TRENDING<br>CULINARY SCENE              |
| <b>October 22</b>   |              |                                    |  |
|                     | October 24   | CORFU, GREECE                      | MARKET-TO-TABLE CHEF TOUR<br>& COOKING CLASSES     |
| <b>November 2</b>   |              |                                    |  |
|                     | November 5   | RHODES, GREECE                     | COOKING LESSON & LUNCH<br>AT FAMILY TAVERNA        |
| <b>November 16</b>  |              |                                    |  |
|                     | November 18  | BARCELONA, SPAIN                   | BARCELONA'S FOOD MARKET<br>& MICHELIN 2-STAR LUNCH |
|                     | November 22  | FUNCHAL (MADEIRA),<br>PORTUGAL     | MADEIRAN CULINARY IMMERSION<br>& HILLTOP LUNCH     |

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