

PASSAGES

THE DAILY NEWSLETTER ABOARD REGENT SEVEN SEAS CRUISES

WEDNESDAY, SEPTEMBER 3, 2014 | TALLINN, ESTONIA

SEVEN SEAS VOYAGER | EVENING DRESS CODE: ELEGANT CASUAL

DOCK: 10AM | ALL ABOARD: 5:30PM | SAILING: AT 6PM

Explore Tallinn



The area now known as Tallinn has been occupied for thousands of years. The first traces of human settlement found by archaeologists in Tallinn's city center are about 5,000 years old. Comb ceramic pottery found on the site dates to about 3000 BC and corded ware pottery circa 2500 BC has been found.

In 1050 Tallinn's first fortress, Toompea, was built. As an important port for trade between Russia and Scandinavia, the city became a target for the expansion of the Teutonic Knights and the Kingdom of Denmark during the period of Northern Crusades in the beginning of the 13th century when Christianity was forcibly imposed on the local population. Danish rule of Tallinn and Northern Estonia started in 1219.

In 1285 the city became the northernmost member of the Hanseatic League, a mercantile and military alliance of German-dominated cities in Northern Europe. The Danes sold Tallinn along with their other land possessions in northern Estonia to the Teutonic Knights in 1346. medieval Tallinn enjoyed a strategic position at the crossroads of trade between western and northern Europe and Russia. With a population of 8,000, the city was very well-fortified with firm city walls and 66 defense towers.

A weather vane, the figure of an old warrior called Old Thomas, was put on top of the spire of the Tallinn Town Hall in 1530 and became the symbol for the city.

With the start of the Protestant Reformation, the German influence became even stronger as the city was converted to Lutheranism. In 1561 Tallinn became a dominion of Sweden.

During the Great Northern War, Tallinn along with Swedish

Estonia and Livonia capitulated to Imperial Russia in 1710, but the local self-government institutions retained their cultural and economic autonomy within Imperial Russia as the Duchy of Estonia.

The 19th century brought industrialization of the city and the port kept its importance. During the final decades of the century, Russification measures became stronger.

On February 24, 1918 the Independence Manifesto was proclaimed in Tallinn, followed by Imperial German occupation and a war of independence with Russia. On February 2, 1920 the Tartu Peace Treaty was signed with Soviet Russia, wherein Russia acknowledged the independence of the Estonian Republic. Tallinn became the capital of an independent Estonia. After World War II started, Estonia was occupied by the Soviet Union in 1940, and later by Nazi Germany from 1941 to 1944. In March, 1944 Tallinn was heavily damaged by Soviet air raids, now known as the March bombing. After the Nazi retreat in 1944, it was again occupied by the USSR. After annexation into the Soviet Union, Tallinn became the capital of the Estonian SSR.

During the 1980 Summer Olympics, the sailing (then known as yachting) events were held at Pirita, northeast of central Tallinn. Many buildings, such as the "Olümpia" hotel, the new Main Post Office building, and the Regatta Center, were built for the Olympics.

In August, 1991 an independent democratic Estonian state was re-established and a period of quick development to a modern European capital ensued. Tallinn became the capital of a de facto independent country once again on August 20, 1991.

Culinary CORNER



AFTERNOON TEATIME

Enjoy the traditional delights of afternoon tea and tempting treats specially prepared by Regent's Pastry Chef, Pascal

4pm - 5pm • Horizon Lounge (5)

TODAY'S WEATHER

Partly Cloudy
HIGH 67°F / 19°C



GOING ASHORE INFORMATION

The ship will be docked at
Old City Harbour - Pier 26

**Please remember to carry your Suite
Key Card and original Passport when going
ashore**

PORT AGENT INFORMATION

WorldWide Esti OU
58 Tuukri Str.
Tallinn, 10120
Estonia
Tel: +372 6 033 383

MONEY MATTERS

The local currency in Estonia is the Euro (EUR). The onboard exchange rate is: \$1.00 = 0.67 EUR
Euro is available for purchase at the Reception.
No coins can be accepted back.
Rates ashore may vary.

DESTINATION SERVICES

THE FOLLOWING TOURS MEET IN THE CONSTELLATION THEATER (4)

TLL-001	TALLINN WALKING TOUR AND CONCERT-68 WL	10:00 AM
TLL-002	UPPER TOWN AND ROCCA AL MARE WITH FOLK S	10:15 AM
TLL-003	MOUNTAIN BIKING IN RURAL ESTONIA AND OLD	10:30 AM
TLL-005	OLD TALLINN & CHOCOLATE MAKING WORKSHOP	10:00 AM
TLL-006	SOVIET NAVY AND THE KGB	10:45 AM
TLL-007	COUNTRYSIDE FISHING AND LUNCH	10:15 AM
TLL-009	PANORAMIC TALLINN	11:00 AM

A local tourist representative will be available next to Destination Services (5) to assist with maps, guides and local information

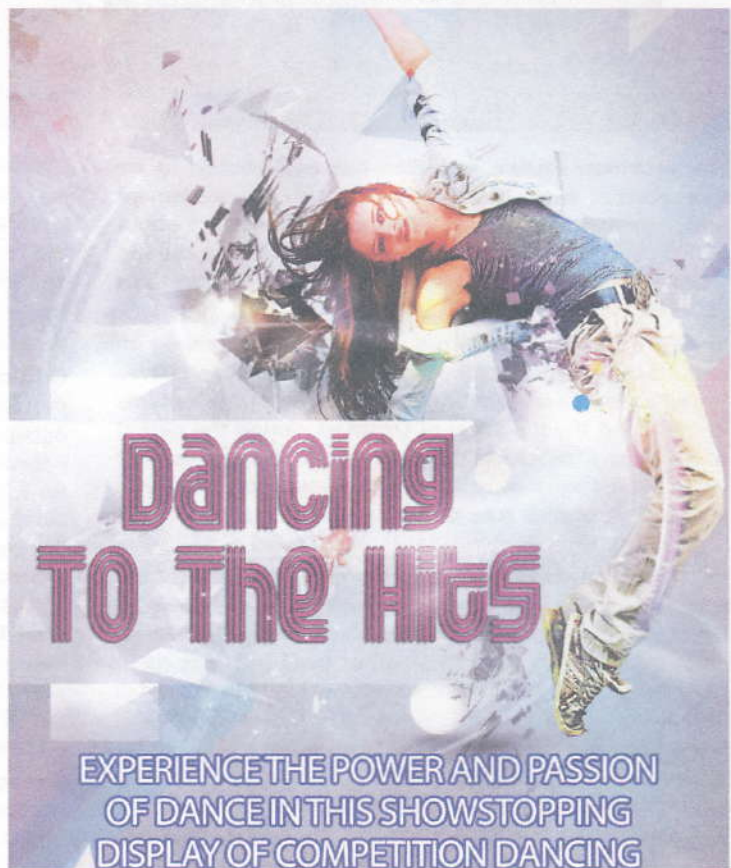
Shuttle Service schedule is available from the Destination Services Desk and the Hospitality Desk

PRESIDENT OBAMA'S VISIT TO TALLINN

On our call in port today we have been informed that President Obama is visiting Tallinn. Please be aware that security is very strict and the upper town will be closed from 12Noon to 3:00pm today. As a result, there may be unexpected road closures and other portions of town will be closed causing delays to the tours throughout the day.

REGENT *proudly presents*

THE JEAN ANN RYAN COMPANY IN



Live with the Regent Signature Orchestra

9:30pm • Constellation Theater (4/5)

TIME CHANGE

Please note: The ship's time moves ONE HOUR FORWARD between September 3 and 4. Kindly adjust your clocks before retiring this evening.

announcing our
2015
EUROPE COLLECTION



Journey through the azure waters of the Mediterranean to the gorgeous Northern Lights of Northern Europe
Receive a \$100 Shipboard Credit to enjoy now when you book a future 2015 Europe Voyage

special onboard-only savings OF UP TO \$1,550 PER SUITE

PLUS receive a Complimentary Voyage Memories DVD

VISIT THE CRUISE CONSULTANT TO SELECT YOUR NEXT VOYAGE

A MESSAGE FROM OUR CONCESSIONAIRES

BALTIC AMBER

The ancient gold of the north

Amber is Europe's only major indigenous gem; it has fascinated mankind for at least 12,000 years, and is found in many of the world's oldest pieces of jewelry. It is formed from petrified tree resin that seeped from varieties of sub-tropical spruce, fir and pine trees that covered much of Northern, Central and Eastern Europe between 20 and 60 million years ago.

ONLY \$16.00 PER GRAM

Our amber is guaranteed to be at least 40 million years old and is set in 925 sterling silver



BOUTIQUE, DECK 5



LUCKY DAY ON ROULETTE

Your lucky night in the Casino can get even better on the roulette wheel. Get a straight up bet on today's date winning number and you will get rewarded with an amazing 40:1 payout!

Casino Manager Tony and his team welcome you to the Casino. Come and try your luck on the tables

CENTURY CASINO, DECK 4

REFLEXOLOGY COMBO \$149

Experience this ancient art on your feet with a Back, Neck and Shoulder Massage to leave your body feeling relaxed and revived. 25-minute Back Neck and Shoulder Massage + 25-minute Reflexology

FACIAL COMBO \$149

Shrug off the weight of your shoulders, refresh and rejuvenate your skin and feel great. Try our our massage and facial combo treatment. 25-minute Back Neck and Shoulder Massage + 25-minute Facial

CANYON RANCH SPA CLUB, DECK 7



OPENING HOURS & SERVICES

Boutiques

Deck 5
From 6:30pm to 11pm

Canyon Ranch SpaClub®

Deck 6 Forward
Spa, Beauty Center
and Skin Care:
From 8am to 9pm
SpaClub® guests must be at least 18 years old. No smoking allowed. Alcoholic beverages are not served or permitted. Please allow a 6-hour notice for cancellations to avoid being charged.

Century Casino

Deck 4
Slots: From 7pm to Closing
Live Gaming Tables:
From 7pm to Closing

Cruise Consultant

Deck 5
From 8am to 12Noon
From 4pm to 7:30pm
Afternoon hours are by appointment. Appointments may be made by dialing Reception (0)

Destination Services

Deck 5
From 8am to 11am
From 5pm to 9pm
The booking deadline for tours in St. Petersburg (Day 2) is at 8pm

Executive Concierge

Deck 5, Atrium
From 8am to 12Noon
From 4pm to 8pm

Fitness Center

Deck 6 Forward
Open daily from 6am to 9pm
Children under the age of 16 are not permitted in the fitness center. Children aged 16 to 17 years of age may use the equipment in the facility if accompanied by a parent or other legal guardian at all times.

Internet Manager

Deck 5
Internet Manager
in attendance:
From 7:30am to 10:30am
From 4pm to 7pm

Library

Deck 6
Open 24 hours a day
for books and DVDs

Medical Services

Deck 3
Consultation Hours:
From 8am to 9:30am
From 6pm to 7:30pm
Dial "0" for Emergency
Appointments

Pool & Whirlpools

Deck 11 (*weather permitting*)
Daily from 7:30am to 8pm

Reception Desk & Purser's Office

Deck 5, Atrium
Open 24 hours a day

Self Service Laundrettes

Decks 6, 7, 8, 9 & 10 Aft
Daily from 7am to 10pm

Sports Deck

Deck 12 (*weather permitting*)
From 7am to 7pm
Shuffleboard, golf equipment and paddle tennis are available. Ping Pong table is on Deck 11

Health Advisory

Regent Seven Seas Cruises strongly encourages guests to practice good hygiene by washing one's hands frequently and thoroughly with soap and warm water. Procedures are in place onboard to disinfect and sanitize public areas including door handles, railings and elevator buttons. Guests are also kindly reminded to use the utensils provided in the handling of food at the buffet stations.

DINING OPTIONS

Breakfast Is Served

POOL GRILL (11) 6:30am-9:30am
Fitness Breakfast

ROOM SERVICE 6:30am-10am

COFFEE CONNECTION (5) 6:30am-10:30am

LA VERANDA (11) 7:30am-10am

COMPASS ROSE RESTAURANT (4) 8am-9:30am

Snack Time

POOL BAR (11) *Bouillon is Served* 10:30am-11:30am

COFFEE CONNECTION (5) 11am-5pm

Lunch Is Served

POOL GRILL (11) 11am-4pm

COMPASS ROSE RESTAURANT (4) 12Noon-1:30pm

LA VERANDA BUFFET (11) 12Noon-2pm

Afternoon Teatime

HORIZON LOUNGE (5) 4pm-5pm

Dinner Is Served

COMPASS ROSE RESTAURANT (4) 6:30pm-9:30pm

SETTE MARI AT LA VERANDA (11) *Portside* 6:30pm-9pm

PRIME 7: *by reservation* (5) 6:30pm-9pm

SIGNATURES: *by reservation* (5) 6:30pm-9pm

Reservations for Prime 7 & Signatures can be made at the Compass Rose Restaurant entrance during breakfast and lunch hours

BAR HOURS

POOL BAR (11) (*weather permitting*) 10am-6pm

VOYAGER LOUNGE (4) 5pm-Late

HORIZON LOUNGE (5) 1pm-Midnight

CONNOISSEUR CLUB (4) 5pm-Late

OBSERVATION LOUNGE (11) Noon-Midnight

CONSTELLATION THEATER (4/5) 9pm-9:30pm

TELEPHONE NUMBERS

BOUTIQUES (5) 4260

CASINO (4) 3418

CANYON RANCH SpaClub® (6) 4500

CRUISE CONSULTANT (5) 2480

DESTINATION SERVICES (5) 2222

EMERGENCY 9999

FITNESS CENTER (6) 3487

HOSPITAL (3) 4310

For emergency appointments, dial "0"

INTERNET ROOM (5) 1508

RECEPTION (5) 0

ROOM SERVICE 8888