

KNOW BEFORE YOU GO

The Well-Being Adventure Cruise to Tahiti

May 2-9, 2009

What forms or documents are required for this cruise?

For all passengers a valid passport is required for travel and must be valid for at least six months after your return. For those passengers from other countries besides the U.S. and Canada it is the responsibility of the passenger to check on any other additional requirements (such as visas, etc.) that may be applicable to your citizenship.

It is mandatory that all cruise passengers submit a Guest Information form from Regent Cruises, which is required for releasing all cruise documents. This form must be submitted to Regent Cruises no later than March 20, 2009 and the best way to complete this form is online by creating a "My Cruises" account with Regent at: <http://www.rssc.com/mycruises/>

Important Note: Currently Regent Cruises is making modifications to their web site for Guest Information form processing, and you will be sent an email from our office once their system is ready to receive these submissions.

Is there an air program available from LA to Papeete, Tahiti for this cruise?

Regent Cruises does offer a complete air program from Los Angeles to Tahiti based on current availability at the time of booking.

Coach Class airfare: \$1,350 per person roundtrip

Business Class airfare: \$3,800 per person roundtrip

The air program offered also includes a pre or post-cruise hotel day room, brunch, and all transfers in Tahiti.

Airline flights to Tahiti depart the U.S. from Los Angeles and are nonstop service (8 ½ hours).

Actual air schedules will be advised.

Pre and Post Cruise Hotel Programs

Regent Cruises does offer hotel packages for either pre or post cruise stays. Information is attached and must be reserved through Worldview Travel.

When may I embark the ship?

The *ms Regent Paul Gauguin* departs from the port of Papeete, Tahiti at 10:00 pm. **Embarkation begins at approximately 3:00 pm.** Guests are requested to be on board no later than one hour prior to sailing time.

Making dining room reservations?

Regent Cruises has an open seating policy in regard to dining. You may dine with whomever and whenever you choose (during restaurant hours). There are two different restaurants onboard.

More information concerning these venues will be provided with your final cruise documents.

Can the dining room accommodate special diets?

Watching your salt, fat or sugar intake? Going vegetarian? Advise us at the time of booking, and we'll be happy to accommodate any special diets. Gluten-free or special medical diets must be pre-ordered a minimum of 60 days prior to sailing. Contact Worldview Travel for these special requests.

What's included in the Cruise Price?

- All meals including room service
- Complimentary beverages (all beverages including alcoholic drinks and select wines served at dinner)
- All onboard gratuities to cruise staff
- State-of-the-art retractable water sports marina

What's not included in the cruise price?

- Air Transportation or transfers to the ship
- Shore excursions in the various ports
- On board: telephone calls or internet access service, spa treatments, laundry or dry cleaning, photographs, or casino gambling.
- Seminar program with Abraham-Hicks (\$400)

Can we bring the kids; and are there any special activities for them?

Children are allowed on board, but this ship has **NO** programs and supervision for kids. Babysitting may be available at an additional fee but cannot be confirmed until once onboard. All parents who bring children under 18 yrs old will be responsible for them.

When can I reserve my Shore Excursions?

You can pre-book your shore excursions with your Regent booking number (which is listed on your confirmation letter) **from approximately March 25 to 7 days before sailing** at: <http://www.rssc.com/mycruises/> or can also be booked onboard based on availability.

Stateroom Amenities

All the staterooms feature temperature control, queen-size bed (a limited number can have twin-bed configuration), spacious bath with full-size bathtub and shower, luxury European linens and feather down duvets, luxury European robes and cotton slippers, luxurious bath products, hair dryer, TV, CD player, personal safe, a refrigerator replenished daily with soft drinks, beer and bottled water, and more!

Cruise Attire

Here, the constraints of formal wear, tuxedos and ties are forgotten and the only dress code is relaxed and country-club casual.

Ship Contact Information?

Your final documentation packet will contain detailed information including the phone number for your ship. The *Paul Gauguin* has four computers in the card room and wireless access is available throughout the ship, including most suites. Internet access is available for a nominal fee.

Weather

Expected temperatures range from a low of 72° F (night) to a high of 85° F (day). It is advisable to check the internet for up-to-date weather conditions



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