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ETERNALLY SACRED JAPAN & SOUTH KOREA: 11-DAY JAPAN VOYAGE BETWEEN TOKYO AND OSAKA, INCL. SOUTH KOREA

Historic highlights on our journey include the five-storey Pagoda of Miyajima, the 17th Century Matsue Castle, the sobering Hiroshima Peace Memorial Park with its eternal Flame of Peace, Teramachi District with its temples and shrines, including the famed 'Ninja Temple', the Jokamachi District with its old Samurai houses, Hagi Castle ruins and beautiful Zen Tokoji Temple, and Japan's iconic Shinto Shrine and Torii Gate. During our expedition we will also explore Japan's traditional and contemporary art as we visit galleries and meet local artists including an option to visit Japan's 'art island' Naoshima, and a day in South Korea's Ulsan exploring UNESCO World Heritage Site Gyeongju - the 'museum without walls' and visiting the Haeinsa Temple, considered one of the three great temples in South Korea. We'll also moor at Uwajima, one of Japan's premier pearl producers with the opportunity to visit one of the city's traditional pearl farms. For those with a passion for nature we plan to visit Daisen-Oki and Hakusan National Parks, Kenrokuen Garden - one of the Three Great Gardens of Japan, Samurai-era Tenshaen Garden and one of Japan's most famed gardens the 28-acre formal 17th Century Koraku-en garden and visit one of Japan's main bonsai centres at Kinashi. At Yuushien Garden, guests on our April departure can experience the iconic Yuushien Peony Festival. Helping us understand all we will see and experience, and travelling with us throughout the voyage, will be our expert Guest Speakers and Japanese guides who will add immeasurably to your enjoyment and understanding of this captivating country. We hope you can join us for this rare opportunity to join this in-depth exploration around the coastline and islands of Japan, as we discover the unspoiled nature,

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primeval wilderness, incredible gardens, cultural treasures, traditional villages and futuristic cities resplendent with their

Day 2: Osaka



Enjoy breakfast at the hotel before exploring Osaka, opportunities here include visiting Minoh Park and Osaka Castle. With an area of just 9.6 square kilometres (963 hectares) Minoh Park is one of Japan's smallest National Parks and home to iconic 33-metre high Minoh Waterfall and diverse wildlife including Japanese Salamander and protected Mino Monkeys. Explore Osaka Castle, one of Japan's most famous landmarks, take in the views from Osaka Castle Main Tower and relive dramatic stories of warlords and Osaka's fascinating history. Board Heritage Adventurer for lunch as your Captain and Expedition Team welcome you aboard and we set sail for Takamatsu.

unique charms.

Day 3: Takamatsu

ITINERARY

Day 1: Osaka

Arrive at Honshu's largest port city Osaka where modern architecture and a vibrant dining scene are nestled alongside the 16th Century shogunate Osaka Castle, and make your way to your hotel where you will spend the first night of the expedition. This evening meet your fellow voyagers and expedition guides over dinner at the hotel.

Shikoku Island's Takamatsu has had a long history as a port town earning itself the nickname 'Gateway to Shikoku', although more recently locals have been calling it 'Udon Kingdom'. If you have an interest in plants a visit to Ritsurin Park, considered one of Japan's finest gardens, is sure to be a highlight. Next you will enjoy a visit to Kinashi, one of Japan's main bonsai production centres, where you will learn about traditional methods of growing bonsai. For those interested in history and art you may wish to travel to Naoshima Island for a full-day excursion. Shikoku is known for its art and this excursion to Naoshima will



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have you admiring its architecture and art museums, including Chichu Art Museum and Benesse House, featuring work by Japanese and international artists.

Day 4: Hiroshima & Miyajima

Despite its history including being the site of the world's first atomic bomb attack on the 6 August 1945, Hiroshima is a vibrant and thriving cosmopolitan community. We plan to visit the beautiful Peace Park and Museum, with its sombre cenotaph containing names of atomic bomb victims, and the permanently lit 'Flame of Peace'. After visiting the Peace Park we will travel to Miyajima Island, considered one of Japan's most scenic spots and the location of the Torii Gate and the Daisho-in Buddhist temple. For those after a nature fix, ascend Mount Misen on Miyajima Island by cable car and enjoy a hike, admiring the views below of the Shinto Shrine and Torii Gate.

Day 5: Uwajima

This morning we land on Shikoku Island and the port of Uwajima situated deep inside the sawtoothed coast of Uwajima Bay. The city of Uwajima is emerging as the nation's largest pearl cultivation centre and we will learn the process of implanting, harvesting, extracting and sorting pearls on a visit to a pearl farm. We will also see Uwajima Castle which is built on top of the hill with panoramic views over the town and harbour and the

Tenshaen Garden, built in the Samurai era. Enjoy an afternoon at leisure.

Day 6: Shimonoseki

After a leisurely morning at sea we return to Japan and Shimonoseki Port perched above the 650-metre-wide Kanmon Straits and tucked away at the western end of Japan's main island Honshu. Surrounded by water on three sides, Shimonoseki is rightly famous for its seafood and, in addition to being considered the gateway to Kyushu, is also known as 'Japan's Pufferfish/Fugu Capital' - the potentially deadly local delicacy requiring takumi-level preparation by specially trained Fugu chefs. Other highlights include city's iconic Kanmon Bridge spanning Honshu and Kyushu Islands, world famous Karato Fish Market and the beautiful Akama Shinto Shrine built to honour drowned child Emperor Antoku. Our excursions today include an exploration of Mekari Park with its mural depicting the 1185 Battle of Dan-no-ura, time to explore Kokura Castle and its rich history at the crossroads of Japanese history, and discover the beautiful Shiranoe Botanical Garden accompanied by its resident gardeners. There is also time to explore the world famous Karato Fish Market adjacent to where Heritage Adventurer is docked and visit Akama Shinto Shrine on the shores of the Kanon Strait.

Day 7: Hagi

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Hagi was a minor fishing port until Mori Terumoto fortified it in 1604 and it was Mori Samurai that helped spark off the anti-Tokugawa revolt in the mid-19th century. Today it is better known for its traditional pottery making. This morning we will explore the Teramachi District with its temples and shrines, the Jokamachi District, where we find the old Samurai houses and also take time to explore Hagi Castle, Shizuki Park and Tokoji Temple. This afternoon travel to the outskirts of the city and the Yoshika Taibi Memorial Museum which is dedicated to a large collection of Hagi-yaki pottery which was highly prized in the Edo period as wares for tea ceremonies. Alternatively, discover the natural wonders of 300 million year old limestone Akiyoshido Cave.

Day 8: Ulsan, South Korea

Today we cross the Sea of Japan to Ulsan in South Korea where we plan to visit the UNESCO World Heritage Site of Gyeongju. The capital of the Silla Dynasty and dating back to the first millennium, Gyeongju is known as 'the museum without walls' and is full of ancient Korean history and Buddhist culture. Enjoy strolling through hundreds of excavated monuments, temples, tombs and pagodas, and experience Korean delicacies, cultural performances, and visit the National Museum with its gold jewellery, metal weapons, and distinctive pottery. Today provides a perfect taste of the best South Korea has to offer.

Day 9: Matsue

This morning we arrive at the port of Sakaiminato, entry point to Matsue, known as 'the town of water' due to being situated between Lake Shinji and Lake Nakaumi. We plan to visit Matsue Castle, a national treasure and one of Japan's few largely intact 17th Century castles. Other options today may include exploring Daisen-Okii National Park, steeped in beauty and history it's also the home of rare flora and fauna including the giant salamander, visiting the picturesque Yuushien Garden (our April departure coincides with the iconic annual Yuushien Peony Festival where we plan to experience the spectacle of more than 30,000 of the colourful blooms floating on serene ponds and lining the traditional garden's paths in a floral carpet), the Adachi Museum of Art, learning about the art of Japanese paper making at the Yakumo-mura village, or perhaps you may wish to spend some time exploring the picturesque streets and local canals.

Day 10: Kanazawa

Options today include exploring the historic mountain settlement and UNESCO World Heritage Site of Shirakawa-go, high in the remote mountains of the Shogawa River Valley in Hakusan National Park. Take in the sights on mountain walks and experience the unique cultural traditions including the region's iconic Gassho-zukuri farmhouses, some of which are more than

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250 years old, designed to withstand the heavy snow in winter and provide a large attic space for cultivating silkworms. Alternatively explore the rich art centre of Kanazawa discovering some of the unique styles of Japanese art. Kanazawa is rightly famous for its Kutani-style pottery, exquisite lacquerware, gold-leaf workmanship, hand painted silk, and classical Noh dance-drama performed since the 14th Century. Wander winding cobblestone streets, elegant restaurants, craft galleries and visit the impressive Edo-period Kenrokuen Garden, one of the Three Great Gardens of Japan, and explore the Omicho Market boasting everything from flowers, to crafts and food.

Day 11: Kanazawa/Tokyo

After breakfast and final farewells board a Shinkansen 'bullet train' to Tokyo Station and continue your travels. To allow time for disembarkation procedures and travel from, we do not recommend booking flights departing before 1500 hours.

Please note:

Itineraries are subject to change.



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YOUR SHIP: HERITAGE ADVENTURER

YOUR SHIP: Heritage Adventurer

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Heritage Adventurer is a true pioneering expedition vessel of exceptional pedigree. Often referred to as the 'Grande Dame of Polar Exploration' due to her celebrated history and refined design, she was purpose-built for adventure in 1991 at Finland's Rauma shipyard and specifically designed for Polar exploration. Setting a peerless standard in authentic expedition travel, Heritage Adventurer (formerly known as MS Hanseatic) combines the highest passenger ship ice-class rating (1A Super) with an impressive history of Polar exploration. Having held records for the most northern and southern Arctic and Antarctic navigations, and for traversing both the Northwest and Northeast Passages, makes Heritage Adventurer perfect for pioneering experiential expedition travel. Originally designed to accommodate 184 guests, Heritage Adventurer now welcomes just 140 expeditioners ensuring spacious, stylish and comfortable voyages, while a fleet of 14 Zodiacs ensures all guests are able to maximise their expedition adventure. Heritage Adventurer proudly continues our traditions of exceptional, personalised expedition experiences as Heritage Expeditions flagship. Observation Lounge - One of the most celebrated and best-known features of Heritage Adventurer is the awe-inducing

Observation Lounge, Library and Bar. Located on Deck 7 and perched directly above the Bridge, enjoy sweeping 270-degree views through floor to ceiling windows, perfect for wildlife spotting and quick access to the outer deck. Bring your binoculars to spot wildlife, observe the ever-changing landscape, write in your journal or relax with a book. Observation Deck - Enjoy 360-degree views from the highest point on the ship. The Observation Deck sits above the Observation Lounge and provides exceptional outside viewing options. Stretching the full width of the vessel, this is the perfect spot to take in the surrounding land and seascapes. Perfect on a sunny day, recline in the comfortable sun loungers protected from the wind and elements and watch your voyage unfold. The Bridge - No expedition is complete without visiting Heritage Adventurer's busy nerve centre. Located on Deck 6, Heritage Expeditions' Open Bridge Policy means you are welcome to observe the Captain and crew at work while enjoying some of the ship's best views. It's a fascinating place to learn about navigation and vessel operations, however please note the Bridge will be closed when departing or arriving at port. Dining Room - Indulge in fine international cuisine from our talented chefs in the lavish surrounds of our Dining Room on Deck 4. Sensational 270-degree views provide a stunning backdrop to meals here along with an international wine list featuring many outstanding regional wines. With relaxed seating arrangements, all guests can enjoy dining in a single sitting from hearty breakfasts setting you up for the day's adventure to sumptuous lunches and multi-course evening dining. Bistro - Simple fast and delicious meals and snacks are on offer in our relaxed

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Bistro on Deck 6. Perfect for early risers to enjoy tea, coffee and light breakfast options the Bistro provides great views and opens directly onto a covered and heated teak-deck outdoor dining area. The Bar and Lounge - The social hub of Heritage Adventurer, the Bar and Lounge on Deck 5 features seating for all guests. Enjoy a beverage at the bar, sink into an armchair, relax on one of the many spacious loungers and watch the world go by through the panoramic windows or make new friends at the communal seating. This multi-tasking space also doubles as the location of daily briefings and evening recaps with the expedition team. The Gym - Featuring spectacular ocean views, the well-equipped gym is adjacent to the pool, hot tub and sauna in Deck 7's wellbeing zone. Maintain your routine with an elliptical cross trainer, treadmill, rowing machine, stationary bikes, TRX as well as free weights, yoga mats and fitness balls. Towels are provided with change room and shower amenities nearby. Sauna and Steam Room - True to her Nordic origins, Heritage Adventurer features a dry-heat Finnish sauna and European steam room on Deck 7. Perfect for warming up post Polar plunge or unwinding after a day's adventures, the sauna and steam room include change room facilities, showers and towels. Swimming Pool and Hot Tub - Surrounded by relaxed teak seating including sun loungers, the open-air saltwater pool can be heated or chilled. Encased in glass the hot tub ensures all-weather use, perfect for those who like to relax with a view following a day of exploring. Lectures and Presentations - Enjoy informative and entertaining lectures on history, biology, wildlife, and ecology in the comfort of the Presentation Theatre. With state-of-the-art audio-visual equipment, our world-renowned expedition team will bring your adventure to life through interactive presentations and

discussions.



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