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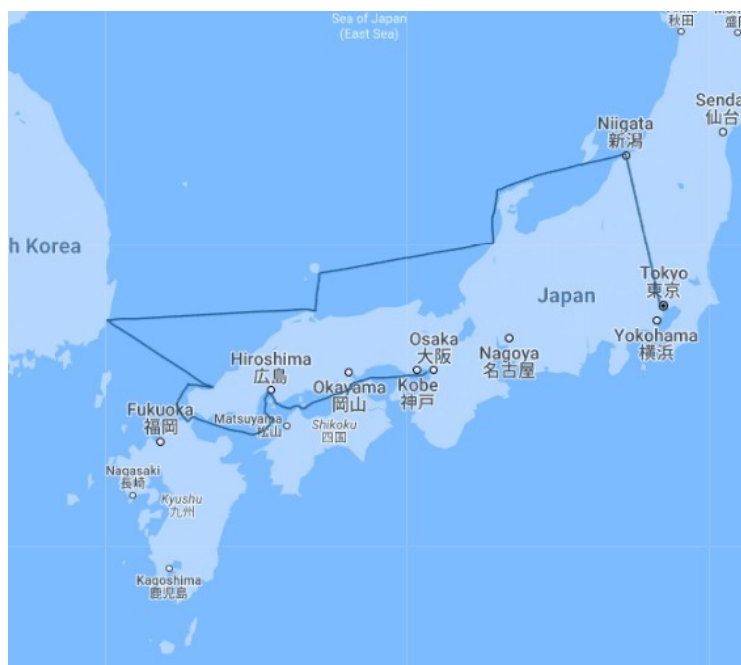
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## SACRED JAPAN & SOUTH KOREA: A VOYAGE FROM OSAKA TO NIIGATA

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; Kanazawa's Teramachi District with its temples and shrines, including the famed 'Ninja Temple'; Hagi's Jokamachi District with its old Samurai houses, Hagi Castle ruins and beautiful Zen Buddhist Tokoji Temple featuring examples of Japan's iconic Shinto Shrines and Torii Gates. 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' alongside a visit to Haeinsa Temple, considered one of the three great temples in South Korea. Our voyage also visits parts of Japan where relatively few tourists set foot such as Sado Island - widely considered a perfect miniature Japan and thriving cultural capital filled with performing arts, natural scenery, samurai history, and more. 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 alongside one of Japan's most famed gardens, the 28-acre formal 17th Century Koraku-en Garden. Explore one of Japan's main bonsai centres at Kinashi Garden and discover the wonders of Japanese circuit-style Yuushien Garden home to more than 250 types of Japanese Peony. 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 on this in-depth exploration around the coastline and islands of Japan, as we discover the unspoiled nature, primeval wilderness, incredible gardens, cultural treasures, traditional villages and futuristic cities resplendent with their



unique charms.

### ITINERARY

Day 1 - Osaka

Arrive at Honshu's largest port city Osaka where modern architecture and a vibrant dining scene are nestled alongside

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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.

### 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 the iconic 33-metre high Minoh Waterfall and diverse wildlife, including the Japanese Giant 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. We also plan to visit Dotonbori, Osaka's vibrant downtown hub of food and culture, for lunch. This afternoon your Captain and Expedition Team welcome you aboard Heritage Adventurer.

### Day 3 - Tomano

From the port of Uno-Ko, we will visit one of Japan's most famed gardens, Koraku-en, which translates as 'garden of pleasure after'. This 17th-Century formal garden has 28 acres to explore and offers stunning views of the nearby towering Okayama Castle. This afternoon we will continue to Kurashiki, where we explore the old merchant quarter, and its fine 17th-century wooden warehouses painted white with traditional black tiles along a canal framed with weeping willows and filled with koi.

There will also be the opportunity to visit the Ohara Museum of Art which includes rare works by Matisse, Picasso and Renoir and collections from Japan's renowned Mingei movement, including ceramics by Shoji Hamada. For those interested in art you may wish to travel to Naoshima Island - Japan's art island - for a full-day excursion. Your day on Naoshima Island will have you admiring its architecture and art museums, including Chichu Art Museum and Benesse House, featuring work by Japanese and international artists including the iconic pumpkins by Yayoi Kusama.

### Day 4 - Hiroshima/Miyajima

Despite its history, including being the site of the world's first atomic bomb attack on 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'. We plan to time our visit to Miyajima Island during high tide, where possible, to experience the floating Torii Gate. Considered one of Japan's most scenic spots it is also the location of the famed Daisho-in Buddhist temple. Choose to indulge in fresh local oysters and ice cream, while native Sika deer wander the streets, and enjoy the views of the Shinto Shrine and Torii Gate.

### Day 5 - Hagi

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

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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 old Samurai houses and take time to visit the Hagi Castle ruins, Shizuki Park and Tokoiji Temple. Spend this afternoon exploring the small town of Senzaki, birthplace of famous Japanese poet Misuzu Kaneko, and home to designated national natural monument and place of scenic beauty Ryugu no Shiofuki/The Dragon Spout, and the region's famous fish cake cuisine Senzaki Kamaboko which date back to the 1680s. Or 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 6 - 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. Stroll among excavated monuments, temples, tombs and pagodas at Tumuli Park and the Bulguksa Buddhist Temple. We may also visit the iconic Woljeonggyo Bridge, savour Korean delicacies and explore Hwanglidangil Road, South Korea's trendy yet traditional Korean-style food, pub, and shopping street and walk in the beautiful Taehwagang Bamboo Forest. Today is a perfect taste of South Korea.

### Day 7 - Matsue, Japan

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 and Mount Daisen with its rich Buddhist culture, it was once home to 3,000 soldier monks, and offers panoramic views from the summit at the Ogamiyama Shrine before visiting the breathtaking Daisenji Temple. Visit the Japanese circuit-style Yuushien Garden combining the traditional elements of a pond, waterfalls, streams, stone lanterns, rock garden and a variety of seasonal flowers including more than 250 types of Japanese Peony, or the Adachi Museum of Art renowned for its superb Japanese gardens and collection of contemporary Japanese paintings, comprising some 1,500 of the country's most highly regarded paintings produced after the Meiji period.

### Day 8 - 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 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

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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 the winding cobblestone streets of Kanazawa's Geisha district Higashi Chaya, explore elegant restaurants and craft galleries and visit the impressive Edo-period Kenroku-en Garden, one of the Three Great Gardens of Japan.

### Day 9 - Sado Island

Today we will explore remote Sado Island off the coast of Niigata. Comprising the mountain Sailing into the bustling port town of Niigata this morning, famous for snow, rice, sake and hot springs. Enjoy breakfast before disembarking and travelling by Shinkansen, 'bullet train', to Tokyo Station where you can continue to Tokyo (Haneda) or Narita International Airports, or continue your travels in Japan's neon-lit capital. ranges of Osado and Kosado flanking the Kokunaka Plain, Sado was once a destination of political exile. It now boasts its own rich cultural and religious life incorporating puppet theatre, Okesa folk songs, Ondeko drumming and demon dances, and Noh theatre thanks to some of its more famous displaced figures. Home to the Japanese Crested Ibis, extinct on the mainland, and the iconic Taraibune Tub Boats, which we will have the opportunity to experience, this island off the beaten path combines stunning natural scenery including Senkakuwan Bay and Ogi Peninsula, and wilderness and wildlife with a rich history including gold and silver mining, Samurai warrior culture and unique agri- and aqua-culture practices. Sado Island is widely considered a perfect miniature version of Japan. Here, we will visit the Shukunegi Village National Important Preservation Area and

learn more about traditional taiko drumming at the Sado Island Taiko Centre.

### Day 10 - Niigata to Tokyo

This morning sail into the bustling port town of Niigata, famous for snow, rice, sake, hot springs and the six-arched, granite-sided stone Bandai Bridge, designated as a Nationally Important Cultural Property in 2004, and one of the most scenic spots in the city. Enjoy breakfast before travelling by Shinkansen, 'bullet train', to Tokyo, check into your hotel and spend the evening at your leisure.

### Day 11 - Tokyo

After breakfast continue your adventure or take a complimentary coach, departing 9am, to Tokyo International Airport (Haneda Airport).

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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## INSIDE YOUR SHIP

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Deck 4 Superior	Deck 5 Superior
Heritage Suite	Main Deck Single
Main Deck Triple	Superior Single
Superior Triple	Worsley Suite





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## PRICING

06-May-2026 to 16-May-2026

Main Deck Triple	£6535 GBP pp
Superior Triple	£6685 GBP pp
Deck 4 Superior	£7395 GBP pp
Deck 5 Superior	£7875 GBP pp
Main Deck Single	£8895 GBP pp
Superior Single	£9565 GBP pp
Worsley Suite	£10115 GBP pp
Heritage Suite	£12000 GBP pp