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SACRED JAPAN & SOUTH KOREA: A VOYAGE FROM KOBE TO TOKYO, INCLUDING SOUTH KOREA

'The land of the Rising Sun', Japan is a fascinating combination of ancient heritage and traditional culture contrasting with the sprawling metropolises of the world's most advanced technological civilisation. Made up of 6,852 islands, the perfect way to explore these seldom visited destinations is by sea and the Heritage Adventurer is the ideal vessel for such a voyage. Set sail on this authentic 10-day expedition cruise as our unique itinerary sees us exploring ancient castles, serenely beautiful gardens and opulent temples and shrines combined with witnessing some of Japan's stunning natural landscapes. Experience all-inclusive luxury cruise travel as we venture to destinations such as the historic and serene castle town of Matsue, the ancient anachronistic town of Hagi, and experience the tranquillity of sacred Miyajima. Discover one of Japan's most famed memorials at historic Hiroshima, dedicated to remembering the lives lost from one of the most defining moments of World War II. Although we will also visit Japan's awe-inspiring contemporary landscape, what makes our itinerary truly special is our visits to 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. Our exploration of Japan also takes us to the south eastern tip of South Korea where we will spend a day in Gyeongju, the 'Museum Without Walls' and also visit the Haeinsa Temple, considered one of the three great temples in South Korea. Such places invoke the strongest of memories and allow you to immerse yourself in the myth and mystique of these ancient lands while returning each evening to the peace and comfort of

our vessel. 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.

ITINERARY

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Day 1: Kobe

Arrive at Kobe, Japan's seventh largest city and third largest port. Considered one of Japan's most beautiful cities, Kobe was completely rebuilt after being rocked by the Great Hanshin-Awaji Earthquake of 1995 which killed more than 5,000 people and destroyed tens of thousands of buildings. Make your way to your hotel where our group will spend the first night of the expedition. This evening meet your fellow voyagers and some of the expedition team over dinner at the hotel.

Day 2: Kobe

Enjoy breakfast at the hotel before exploring Kobe, opportunities include visiting Pure Water Temple Kiyomizudera, one of Japan's most revered temples and a designated UNESCO World Heritage Site, built over the Otowa Waterfall and dating back to 780. Enjoy lunch at a local restaurant before exploring Buddhist temple Sanjusangen-do or Rengeo-in, renowned for its 1,001 statues of the goddess of mercy Kannon, and the ultimate torii gate experience Fushimi Inari Shrine, dedicated to the gods of rice and sake. This afternoon board Heritage Adventurer where your Captain and Expedition Team will welcome you aboard as we set sail for Miyajima.

Day 3: Miyajima

One of Japan's top scenic wonders, Miyajima provides a picture postcard vista of the scarlet Torii gate, the giant camphor wood gates at the entrance to the Shinto Shrine. We will use our

Zodiacs to go ashore this afternoon and explore the Itsukushima Jinja Shrine, founded in the 6th Century and dedicated to three sea goddesses.

Day 4: Hiroshima

Arrive this morning in Hiroshima for our visit to the compelling Peace Memorial Park. The park is dotted with memorials, including the Cenotaph which contains the names of all the known victims of the A-bomb and the permanently lit 'Flame of Peace'. Just outside the park, the A-Bomb Dome is a haunting reminder of the destructive forces that were unleashed on the city being one of the few original buildings to survive. In the museum we will see photos, videos and victims' personal effects relating to the bomb.

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 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 Tokoiji Temple. Return to the vessel for lunch and this afternoon is free to relax or perhaps 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.

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Day 6: Ulsan, South Korea

Crossing over to South Korea we embark on a full day excursion to magnificent Gyeongju, a World Heritage Site which is often described as the world's finest open-air museum embracing ancient Korean history and Buddhist culture. As the ancient capital of the Shilla Dynasty, Gyeongju's cultural heritage dates back to the first millennium. Today, as we stroll through some of the hundreds of excavated monuments, temples, tombs and pagodas, there will be time to explore the National Museum with its exceptional collection of finely worked gold jewellery, metal weapons and distinctive pottery. For lunch, we will sample Korean delicacies and enjoy a cultural performance of traditional dance.

Day 7: Matsue

From the port of Sakaiminato we visit Matsue, the 'town of water,' which nestles between a scenic lake and a large lagoon. We will visit the cultural attractions of the town including the 17th century Matsue Castle before enjoying a boat ride along the local canals. After lunch on board spend the afternoon at leisure or visit the Adachi Museum of Art which is set in a beautiful natural environment. The museum is 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

Kanazawa is a thriving centre of the arts, long known for its lacquerware, outstanding collectable pottery of the Kutani style, gold-leaf workmanship, delicate hand painting of silk for kimonos and painted silk, and classical Noh theatre dramas. The narrow and winding cobblestone streets have a quaint photogenic charm with old fashioned streetlamps and wooden lattice windows hiding elegant restaurants and craft galleries. Around each bend is a traditional house, museum, art gallery, craft shop, historic Samurai residence and even a Geisha house to explore. The fascinating open air market displays a vast variety of items from flowers to fish and local handicrafts and next to the Kanazawa Castle ruins is one of Japan's premier highlights, the famed Kenroku-en Garden, ranked among the country's top three gardens.

Day 9: Sado Island

Today we plan to explore remote Sado Island off the coast of Niigata. Comprising the mountain 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, 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.

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Day 10: Niigata to Tokyo

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.

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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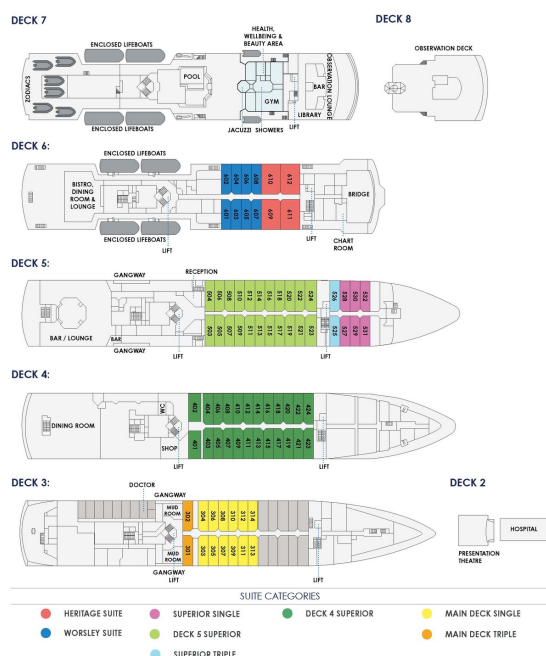
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PRICING



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