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SPIRIT OF JAPAN: AN IN-DEPTH JOURNEY THROUGH THE AGES 2024

Uncover the true essence of The Land of the Rising Sun on this land and sea adventure, as we experience medieval castles and temples, magical gardens, beautiful landscapes, and discover a strong cultural history. Our explorations take us beyond well-known highlights to remote the coastline, islands and pockets tourists rarely have the opportunity to experience, while also venturing across to South Korea. A country rich in history and tradition, Japan seamlessly blends ancient customs with ultramodern living which we will experience as we make our way from iconic cities to remote towns and cultural centres. Our intended destinations are designed to showcase contemporary cities and modern museums alongside medieval castles and shrines from the Edo period, culturally rich islands and fascinating wilderness and wildlife. There is also the opportunity to explore traditional art through visiting galleries and meeting local artists. For those with a passion for nature we plan to venture into several national parklands, observe wildlife and experience the swathes of colourful flowers in bloom.

Cruise Expedition Map



ITINERARY

Day 1: Tokyo

Arrive at Japan's famed neonlit capital Tokyo, where tradition meets ultramodern and towering skyscrapers sit alongside

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ancient temples, and make your way to the hotel where our group will spend the first night of the expedition. This evening meet your fellow voyagers and expedition guides over dinner at the hotel.

Day 2: Kanazawa

Enjoy breakfast at the hotel before travelling by Shinkansen, 'bullet train', to Kanazawa. This afternoon you will board Heritage Adventurer and settle into life on board. We will also take the opportunity to introduce you to your expedition team and our voyage plans as we moor over night.

Day 3: 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 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 4: Matsue

We set sail towards the port of Sakaiminato and the entry point to Matsue, known as 'the town of water' due to being situated between Lake Shinji and Lake Nakaumi. A highlight of our visit will be the Matsue Castle, a national treasure and one of Japan's few largely intact 17th Century castles. Other options today may include exploring Daisen-Oki 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, 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 5: Hagi

Relax on board as we sail south to Hagi, originally a minor fishing port but now famously known for its traditional pottery making, which you will have a chance to learn about. We will also have the opportunity to discover the Teramachi District with its temples and shrines, including the famed 'Ninja Temple', the Jokamachi District with its old Samurai houses, Hagi Castle ruins at Shizuki Park, and beautiful Zen Tokoji Temple.

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 Shilla 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.

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Day 7: Masan for Haeinsa

From our berth in Masan we head inland to the Haeinsa Temple. Regarded as one of the three great temples in Korea, it was first settled in 802AD and its name derives from a verse in a Buddhist Sutra as 'reflections on a smooth sea'. In the 13th Century when Korea was at war with the Mongols, the government commissioned the Tripitaka Koreana, a complete copy of Buddhist scriptures, in the hope of Buddha's intervention in the war. They were carved onto 81,258 double sided wooden blocks and stored on floor to ceiling shelves in the Janggyeong Panjeon building. We also visit the main worship hall of the temple. Returning to Masan this afternoon you may wish to visit the vibrant fish market selling the daily catch.

Day 8: Ube

After a leisurely morning at sea we return to Japan and the port of Ube for our exploration of the historic, southern Yamaguchi prefecture. There will be a choice of tours and you may wish to travel inland to visit the picturesque five-storied Pagoda of Rurikoji Temple and the surrounding park. Dating back to 1442, the pagoda was built in memory of Yoshihiro Mori Terumoto who ruled the area during this period. Alternatively drive to Hofu Tenmangu, believed to be the oldest Tenmangu in Japan having been built in 903 at the site where the court officials and scholar Sugawara Michizane stopped on his way to Fukuoka following his exile. Afterwards visit the museum which houses more than 20,000 national treasure items, including swords, armoury, calligraphy and scrolls. We will then have a chance to explore the beautiful gardens.

Day 9: 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 10: Hiroshima / Miyajima

Island 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 11: Koraku-en & Kurashiki

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. 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 as well as collections from Japan's renowned Mingei movement including ceramics by Hamada Shoji.



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Day 12: Kobe

This morning sail into Kobe, Japan's seventh-largest city and third largest port. Considered one of Japan's most beautiful cities, Kobe was rocked by the Great Hanshin-Awaji Earthquake of 1995 which killed more than 5,000 people and destroyed tens of thousands of buildings. Today the city is completely rebuilt, though a few signs of the terrible event remain. After breakfast, head to Osaka by private coach with your tour leader to explore the Kuromon Ichiba market. Sheltered under arcades, you'll discover the richness of local gastronomy thanks to more than 100 stalls selling fresh products. Then, we visit the castle; the last witness to Osaka's feudal past, where the memory of Shogun Hideyoshi, who had made it the largest fortress in Asia at the time, lingers. Dominating the skyline, the imposing Osaka Castle is a reconstruction erected on the original walls in the largest park in the city. Free time in the evening to enjoy the lively shopping arcades of Dotomburi. Overnight at Nikko

Day 13: Osaka / Amanohashidate

Today, you'll take your private coach with your tour leader to Ine, one of the most beautiful landscapes in the Sea of Japan. This small and charming fishing village is nestled between sea and mountains and far from mass tourism. With a local guide, learn more about Ine history, visit a sake brewery and a famous funaya or boat house. Enjoy also, a boat cruise on the bay. After lunch at a local restaurant, your next destination will be Amanohashidate recognised one of the three most scenic views of Japan. Take a chairlift to Kasamatsu Park from where a panoramic view of Miyazu Bay and the sandbar can be enjoyed. Dinner and overnight at Monjusou hotel.

Day 14: Amanohashidate / Kyoto

Road to Kyoto. For lunch, explore the narrow streets of Nishiki Market and its family-run stalls. After lunch, you'll discover Nijo castle, whose delicate wood carvings are remarkable witnesses of Japanese refinement. Listed as a UNESCO Heritage Site, this fortified castle is a former family home built in the 17th century for the shogun Tokugawa Ieyasu. In the evening, your tour guide will show you the beauty of Gion, Kyoto's best preserved traditional district. With its wooden constructions, Gion is home of geishas. It is not uncommon, while strolling through the small streets at the end of the afternoon, to see a geisha painted with rice powder, dressed in a kimono enhanced with an obi, slipping into an alley in the shade of his umbrella. Overnight at the Thousand.

Day 15: Kyoto

This morning, you'll start with Fushimi Inari. This shrine is best known for its thousands of vermilion torii forming a path on the hill on which the temple is built. These torii are mostly donations made by individuals, families or companies to Inari. The names of the donors often appear on the uprights of the torii. Then, you'll head to Kiyomizu temple, whose terraces offer a beautiful perspective on the ancient capital imperial. Dedicated to the 11-headed goddess Kannon, whose statue is only exhibited once every 33 years, this temple was founded in 798. The current buildings date from 1633. Enjoy a walk in Higashiyama district with its traditional and charming streets. After lunch, you will experience tea ceremony at a private garden. Originally a means of relaxation and meditation, the tea ceremony (Chanoyu) has evolved into an extremely precise ritual requiring hours of learning and practice. The principles of the most famous tea master, Sen No Rikyū are taught in schools across Japan. Nearby, visit Kinkaku-ji temple, nicknamed the "Golden



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Pavilion". A wonderful garden stretches out in front of this pavilion covered in gold leaf, a perfect replica of the original building destroyed in 1950. Overnight at the Thousand.

Day 16: Kyoto / Yokohama

Travel by private vehicle just 35 minutes to Japan's ancient capital city, Kamakura. As the birthplace of Zen in Japan, the city has a stunning array of temples, gardens, and a giant bronze statue of Buddha (The Great Buddha, 'Daibutsu'). It also happens to be a charming seaside town with a delightful shopping street, Komachi Dori, which offers excellent local streetfood, dining and quality souvenir options. Here, you may participate in the Zen art of Bento with 'Shojin Ryori', which was introduced to temples in the Kamakura period, as a cleansing, karma-neutral meal for monks seeking enlightenment. To this day it is revered as being gentle on the mind and body. Mari Fujii, celebrated author of Enlightened Kitchen, has spread the food culture of Shojin Ryori as a philosophy and lifestyle for over 30 years. She personally curates and occasionally hosts an experience at her local café, Café Guri, which also showcases the finest Kamakura-bori lacquerware. Next, we check in to the iconic Hotel New Grand, overlooking Yamashita Park and Tokyo Bay, where you spend the night. Afterwards, we explore the local environs on foot including Yamashita Park, built on reclaimed land from the ruins of the Great Kanto Earthquake in 1923. Nearby highlights include Osanbashi Pier, Yokohama Archives of History Museum and Aka-Renga. Next, we take in the spectacle of Yokohama's Minato Mirai (meaning 'harbour of the future'), which is best enjoyed via a short cable car ride across the bay to Sakuragicho station. For a truly authentic dining experience, take the short walk to the old downtown entertainment district of Noge, which has the iconic nightlife feel of Shinjuku, but on a

smaller, more intimate scale. It also happens to be the birthplace of jazz in Japan.

Day 17: Yokohama / Tokyo

This morning, early birds may wish to head to the lively and intriguing Yokohama fish market, which can be arranged on a private basis. Alternatively, enjoy breakfast at the hotel and take in the sea air and early morning park life at Yamashita Park. Depart to Tokyo by train (it is one hour to Ueno station from your hotel). A short walk from the train station is Ameyoko, a bustling shopping street offering cheap souvenir shops and various restaurants. After lunch, your tour leader will guide you to Asakusa, the traditional district of Tokyo, along the Sumida River. Visit Senso-ji one of Tokyo's most spectacular and revered temples. On the shopping street that leads to the temple, Nakamise Dori, there are many shops selling all kinds of traditional items. Tonight, your farewell dinner will be on a yakatabune (an entertainment boat) for entertaining, cruising on Sumida River from Asakusa to Odaiba. After dark, take in the spectacular sight of bright city lights and the famous Rainbow Bridge from the deck of the yakatabune. Overnight at Hyatt Centric Ginza

Day 18: Tokyo

Enjoy some free time in Tokyo until your transfer by private car to the 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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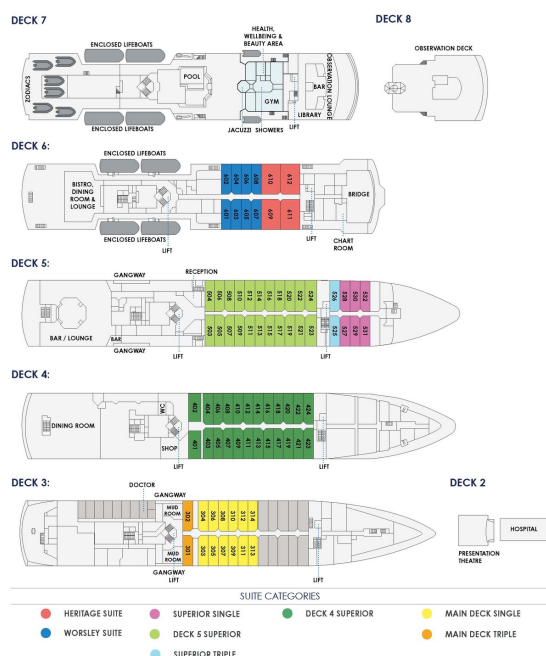
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PRICING



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