


# COASTAL JAPAN: IMPERIAL DYNASTIES AND MODERN CULTURE EXPEDITION CRUISE

Step back in time on a voyage into Japan's riveting history, from the storied castle towns of the Edo period to the elegant shrines and merchant districts of the Meiji era to the poignant sites of World War II. Venture into the homes of samurai and feudal lords and discover exquisite centuries-old gardens and temples. Take a detour to South Korea to discover the ancient city of Gyeongju and explore Japanese artistic traditions of the past and present.




## ITINERARY

Day 1 Osaka, Japan

Arrive in Osaka and transfer to your hotel.

Day 2 Osaka / Embark Ship

After checking out of the hotel, travel to Himeji Castle, one of Japan's most spectacular. Also known as "White Heron Castle," this UNESCO World Heritage site is at once imposing and elegant. Following lunch, transfer to the National Geographic Resolution for embarkation.




Meals Included: Breakfast, Lunch, Dinner

### Day 3 Naoshima / Okayama / Kurashiki

This morning, take a short ferry ride to Naoshima Island, which was converted into a hub for art and artists by the Benesse Corporation in 1992. Naoshima is an eclectic mixture of nature, art and architecture-you'll discover famous works, like Yayoi Kusama's Yellow Pumpkin, displayed in unexpected places.

This afternoon, choose to visit Okayama, home to Korakuen Garden, one of the three best landscape gardens in Japan. Stroll the elegant garden paths, enjoying the beauty and the views of Okayama Castle and its impressive black silhouette. You may also choose to walk along Kurashiki's lovely canal, lined with beautifully preserved storehouses now selling locally made handicrafts, or visit the Ohara Museum of Art and the Ohashi House, an example of a wealthy merchant's home from the 18th century.

Meals Included: Breakfast, Lunch, Dinner

### Day 4 Takamatsu

Early this morning, sail to Takamatsu on Shikoku Island. Explore Shikoku Mur, an open-air museum that showcases traditional building styles. Learn how people lived during the Edo and Taisho eras. Visit Ritsurin Garden-earning three stars in the Michelin Green Guide, it is one of the most beautiful gardens in all of Japan. End the day at Kinashi Bonsai Town, dedicated to the art of pine tree bonsai.

Meals Included: Breakfast, Lunch, Dinner

### Day 5 Miyajima / Hiroshima

Start the day on the island of Miyajima, home of Itsukushima Shrine, a UNESCO World Heritage site famed for its red torii gate that seems to float atop the water at high tide. In Hiroshima, visit the Peace Memorial Park, see the Atomic Bomb Dome, one of only a few buildings left standing after the attack and learn about the city's dedication to peace following World War II.

Meals Included: Breakfast, Lunch, Dinner

### Day 6 Uwajima / Uchiko

Rise early for a morning hike to Uwajima Castle, one of just 12 original Edo-period castles that remain intact. Continue to Uchiko, once a center of wax production. Take a walk in the town's well-preserved Yokaichi district, where beautifully crafted wooden merchant homes recall the prosperity of the Meiji period.

Meals Included: Breakfast, Lunch, Dinner

### Day 7 Yakushima Island

The diverse ecology of Yakushima Island, including a subtropical coast and temperate rainforest in the interior, has earned this island World Heritage status. On a hike, discover the island's ancient Yakusugi cedar trees, many of which date back more than a thousand years. Back on board the ship in the evening,




head north toward the island of Kyushu.

Meals Included: Breakfast, Lunch, Dinner

### Day 8 Kagoshima

At the southern end of Kyushu, the city of Kagoshima sits just across the bay from the active volcano Sakurajima. Take a walk in Sengan-en Garden, designed by the city's ruling Shimadzu clan in 1658 to incorporate the bay and its simmering volcano. After lunch, travel along the Satsuma Peninsula to the village of Chiran, where the samurai designed gardens inspired by their travels.

Meals Included: Breakfast, Lunch, Dinner

### Day 9 Nagasaki

Long before World War II, Nagasaki was a cosmopolitan trading center, drawing merchants from Europe and China to its picturesque harbor as early as the 1500s. Visit Oura Cathedral, the oldest Christian church in Japan, and venture into Sofukuji, a 400-year-old Ming-style Zen Buddhist temple. Visit Nagasaki Peace Park, where a poignant exhibition illustrates the aftermath of the atomic bomb attack on the city, and see the somber monument erected at ground zero. This afternoon, chart a course for the Korean Peninsula.

Meals Included: Breakfast, Lunch, Dinner

### Day 10 Ulsan, South Korea / Gyeongju

Dock in Busan and travel to Gyeongju, the ancient capital of the Silla kingdom and the crown jewel of Korea's cultural heritage. Packed with the ruins of temples, pagodas and palaces dating back more than a thousand years, the historic areas of the city have been collectively designated a UNESCO World Heritage site. Visit Bulguksa Temple, a masterpiece of Silla architecture originally built in A.D. 528. At the Gyeongju National Museum, examine jewelry, weapons and other Silla artifacts. See Cheomseongdae, a seventh-century observatory, and wander among towering royal burial mounds.

Meals Included: Breakfast, Lunch, Dinner

### Day 11 Matsue, Japan

Sail up the coast to Matsue, situated between a lake, a lagoon and the sea. Tour the 17th-century Matsue Castle built as a defensive fortress and discover its clever design elements intended to foil the enemy. Continue to the Adachi Museum of Art, which blends an impressive collection of 20th-century Japanese art with a gem-like traditional garden.

Meals Included: Breakfast, Lunch, Dinner

### Day 12 Moji

With its location in line with the route from Honshu to Shanghai, Moji has a long history as a prominent trading post. The bustling modern day ship traffic has moved to another port, leaving Moji with a slower pace. You'll have the opportunity to step back in time and stroll the promenade, exploring the well-preserved buildings of the Meiji and Taisho periods. Moji is also known for its limestone caves. You will pass through a cedar grove to enter one of Japan's largest limestone caves: Akiyoshidai. Exploring




this cave, you'll only touch a very small corner of the national park that spans 100 meters underground.

Meals Included: Breakfast, Lunch, Dinner

### Day 13 Mitarai

Located in the Seto Inland Sea, Mitarai is a seaside village that did not get swept up with all the changes and development that the 20th century brought. The traditional wooden buildings and narrow streets date back to a traditional past. The mature gardens add even more beauty and serenity to the sheltered bay. Explore this hidden gem that has been designated a Historic Preservation District of Traditional Architecture.

Meals Included: Breakfast, Lunch, Dinner

### Days 14-15 Osaka / Disembark Ship / Kyoto

Upon disembarkation, transfer to Kyoto. Once the capital of Japan, this beautiful city still holds many of the Japanese traditions very dear. It's a unique blend of modern day and ancient culture that has been refined over the last 1200 years. Spend two days exploring an array of sites, including the impressive Torii Gates of Fushimi Inari Shrine; Nishiki Market with its assortment of beautiful fresh foods; Higashiyama District one of Kyoto's best preserved historic districts; and the soaring stalks of bamboo in Arashiyama. No visit to Kyoto is complete without a glimpse into the secret life of the Geisha as you learn about the customs and experience a traditional ceremony.

Meals Included: Breakfast, Lunch, Dinner

### Day 16 Kyoto / Osaka

Following breakfast, check out of the hotel and transfer to the airport for flights home.

Meals Included: Breakfast

### Please note:

Itineraries are subject to change.




# YOUR SHIP: NATIONAL GEOGRAPHIC RESOLUTION

**YOUR SHIP:** National Geographic Resolution

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

A next-generation expedition ship, purpose-built for polar navigation. National Geographic Resolution is a next-generation expedition ship, purpose-built for polar navigation. A twin to National Geographic Endurance, she is a fully stabilized, highly strengthened, ice-class Polar Class 5 (PC5) vessel, it is designed to navigate polar passages year-round, and safely explore uncharted waters, while providing exceptional comfort. Its patented X-BOW® is key to its design; its powerful wave-slicing action provides an extremely smooth ride in even adverse conditions, and even reduces spray on deck, for superior observation. She carries a full suite of expedition tools and offers a variety of experience-enhancing amenities. The luxury of comfort on expedition. National Geographic Resolution comfortably accommodates 126 guests in 69 outside-facing cabins. Cabins are efficiently designed, with sizes range from the 140-square-foot solo cabin to the 430-square-foot category 7 suite. Fifty-three of the 69 cabins, including all 12 of the solo cabins, will feature small balconies with floor-to-ceiling sliding doors that bring in the spectacular views and ample natural light. Comfort & convenience in every room. Every cabin has two portholes, a large window or balcony, and temperature controls. Bathrooms are modern and stocked with botanically inspired hair products, soap, and shower gel, plus a hairdryer. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Dining. Food served aboard is fresh, local, and delicious, and sourced from suppliers who share our values of sustainable use whenever possible. Meals aboard are almost always served in the dining room, located aft of the lounge deck. When weather conditions allow, lighter fare may be served on the observation deck. There is no assigned seating and our dining room accommodates the entire expedition community in a single seating. During meals your expedition leader, naturalists, and any guest speakers aboard will join you. Public Areas: Two restaurants, a Chef's Table for small group dining, Observation Lounge with bar, gym, Wellness area, infinity-style outdoor hot tubs, library, main lounge with full service bar, 24-hour beverage, state-of-the-art facilities for films, slideshows and presentations, and a photo workshop area; plus, an expedition base with lockers for expedition gear, and an "open bridge" for access to our captain, officers and the art of navigation. Meals: Two restaurants, featuring local, sustainable choices and unassigned seating for flexible, inclusive dining; plus a Chef's table for intimate, small group dining. Main restaurant has 270° views, and the Observation deck restaurant features lighter, made-to-order fare. Special Features: A full-time doctor, undersea specialist, National Geographic photographer, Lindblad-National Geographic certified photo instructor and video chronicler, an internet cafe and laundry. Wellness: The vessel is staffed by our wellness specialists and features a



glass-enclosed yoga studio, gym, treatment rooms and spa relax area, and high- and low-heat saunas with ocean views. Expedition Landing Craft. Key to our operation is our fleet of expedition landing craft, which we use to land in places that would otherwise be inaccessible. With 14 of these boats and two loading stations used every time we disembark, we're able to transfer guests off the ship quickly, so you can be out on adventures, not idly waiting. The expedition landing craft we use are 19 feet long, powered by four-stroke outboard engines, and are capable of comfortably carrying 10-12 people. They are widely recognized as the safest and most versatile small boats afloat. Remotely Operated Vehicle. Capable of reaching 1,000 feet, far beyond the range of any Scuba diver, the ROV allows you to literally view parts of the undersea that are as unexplored as the moon. Chances are you, like many of our guests, will be struck by how surprisingly colorful undersea life is in these unlikely places. And this glimpse may fundamentally change how you view the ocean. Kayaks. National Geographic Resolution will be equipped with a fleet of kayaks large enough to ensure everyone who wants to can paddle at every opportunity. Consequently, prior kayaking experience isn't necessary--many of our guests have their first kayaking experience in extraordinary locations. Our custom-designed floating platform lets us deploy kayaks from the ship, or any location we want--including far from shore. Kayakers are usually free to explore where they want within boundaries set by the undersea specialist and officer of the watch. Underwater camera. Our undersea specialist will dive often during your expedition, even in polar regions, with cold-water gear, to shoot high-definition, Cousteau-like footage of the deep. Colorful nudibranchs, swimming, plant-like crinoids, and mysterious fish with antifreeze blood that thrive in the frigid sea will give you an entirely new appreciation of the marine environment. Video microscope. Naturalists will use the video microscope to help explain all elements of the environment, including tiny organisms that are the building block of the marine ecosystem. Spellbinding live views of krill at 80x magnification fills the high-definition screens in the lounge with vivid detail, and fills every onlooker with a sense of wonder at the importance of otherwise unobservable creatures. Hydrophone. This underwater microphone is deployed to listen to the vocalizations of marine mammals. Real time transmissions of their eerie, haunting sounds can be broadcast through the ship or recorded for later playback. Few experiences in nature are as captivating as watching humpback whales feed close to the ship as their vocalizations play through the ship's PA system. Electronic charts. An electronic chart showing the ship's location, course, and speed is almost always on display in the lounge. Open bridge. You'll find our captains are engaged, knowledgeable members of your expedition who are eager to share their passion with you. National Geographic Resolution's open bridge features comfortable spaces to sit, enjoy the view, drink your morning coffee, or simply chat with the officers. Snorkeling gear & wetsuits. On warm weather itineraries where there will be snorkeling, you'll select a mask, snorkel, fins, and wetsuit that remain yours for the duration of the expedition. There's no need to pack and tote your own gear, although guests who prefer to are welcome to bring








their own.


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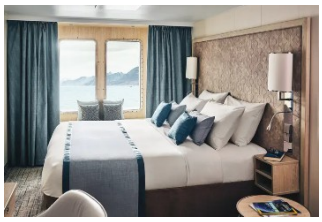
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