

JAPAN'S NATIONAL PARKS, ART & CULTURE: A CIRCUMNAVIGATION OF HONSHU, OSAKA - KOBE TO KOBE, INCL. SOUTH KOREA

Heritage Expeditions, pioneers in authentic small ship expedition cruising, invite you to join an unforgettable circumnavigation of Japan's main island Honshu and exploration of its wilderness, arts, culture and rich history including Hokkaido, Kyushu and South Korea. Note: our 2027 voyage visits Sado Island instead of Niigata, see brochure for full details. Adding another level of appreciation to our 2026 voyage is the unique opportunity to travel with special guest, New Zealand Arts Foundation Laureate and one of New Zealand's foremost painters and printmakers John Reynolds. Experience the extraordinary sights of Japan alongside Reynolds, enjoy artist interpretations, presentations and the opportunity to create your own watercolour postcards in an exclusive, artist-led workshop. As featured on television's _Luxury Escapes: The World's Best Holidays_ , this voyage has been specially designed to explore and experience Japan's seamless blend of ancient customs with ultramodern living, incredible wilderness, wildlife and renowned arts as we cruise from iconic cities to remote coastlines and islands. Highlights include Kanazawa's 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 classical Noh theatre dramas performed since the 14th Century, and Naoshima Island - Japan's Art Island. Discover Kyoto's famed 1,001 Senju Kannon statues, historic Pontocho Alley, Nishiki Market and Fushimi's sake heritage. Visit two of Japan's best contemporary art museums - the recently-opened Hachinohe Art Museum and the Towada Art Center, celebrate Japan's internationally-renowned magna culture at Ishinomaki,



explore the living museum Ise-Shima National Park and Japan's most sacred shrine complex Ise Jing . Our voyage will see us visiting the iconic Japanese island-dotted seascapes of Matsushima and Ago Bays and discovering the unique plants, wildlife and wilderness hiking trails on UNESCO-registered Global Geopark Izu Oshima Island. We will also explore Japan's national parks including Bandai-Asahi National Park and its impressive lakes and hot springs, the volcanic wonderland of Shikotsu-Toya National Park, and Towada Hachimantai National Park featuring Lake Towada and Mount Akita



-Komagatake.

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 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 - 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 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. Alternatively, enjoy an excursion to Kyoto, where you can explore the city's spiritual heritage at the 12th-Century temple Sanj sangen-d and its 1,001 statues. Stroll through Kyoto's historic and iconic lanes, where 16th-Century geiko and maiko culture is brought to life, before visiting Nishiki Market, known as 'Kyoto's Kitchen', to discover the city's renowned culinary delights. Board Heritage Adventurer as your Captain and Expedition Team welcome you later this afternoon.

Day 3 - Ise-Shima National Park

Expect a day like no other as we explore Ise-Shima National Park. Often likened to a living museum the peninsula of Ise-Shima, or just 'Shima' as it is known to the locals, there is



much to discover here including endless forests and abundant nature, rich maritime history, incredible coastal scenery and Japan's most sacred shrine complex Ise Jing . Comprising some 125 different shrines hidden among a labyrinth of mossy walls and dating back to the third century Ise Jing is considered the spiritual home of Shinto cosmology. Explore grand shrine, Kotai Jing , made entirely of Japanese cypress where no metal nails or screws have been used in its construction and, in accordance with Shinto practice, is rebuilt every 20 years in order to preserve its purity. Currently in its 62nd iteration, it was last rebuilt in 2013. Shima has been an official source of seafood for Japan's imperial family since the 5th Century and the iconic amulet-wearing ama divers, female seabed foragers have been responsibly harvesting these waters since Japan's Jomon era. At Ago Bay gaze out over the fascinating seascape created by more than 60 islands dotting the water and observe Shima's sacred Meoto Iwa, Wedded Rocks, connected by a shimenawa rope near the Futami-Okitama Shrine.

Day 4 - Izu Oshima Island

Izu Oshima is the largest of the Izu Islands, a chain of islands lying to the south of the Japanese mainland, which preserves its own unique natural and human history. Mount Mihara towers over the landscape at the island's centre, to the east a dramatic cliff drops into the ocean, while gently sloping plains extend towards the west. Almost entirely covered by forests, Oshima Island was certified as a Japan Geopark in September 2010 in recognition of its unique status. This morning we will explore and discover the unique plants and birds that call the island home as well as meeting the local inhabitants to discover their way of life.

Day 5 - Ishinomaki

After a morning at sea with presentations from our on board experts we arrive in the port city of Ishinomaki. The city is renowned for the Shiogama Seafood Wholesale Market and its colourful urban core showcasing its 'manga' culture - the art of Japanese comic books and illustrated novels - thanks to famed pioneer Shotaro Ishinomori and creator of the popular Kamen Rider series. Throughout the city you can observe artworks and statues celebrating the importance of the artist and the art on Japanese culture. South of the city is Matsushima Bay, studded with more than 200 pine-covered islands and considered one of Japan's three most iconic views, take the opportunity to explore this beautiful landscape from the shores or discover from the water.

Day 6 - Hachinohe & Lake Towada

With a Pacific shoreline of outstanding natural beauty, a clutch of fantastic cultural sights, thronging markets and delectable seafood, there is a lot to see and experience during a visit to Hachinohe and the Aomori Region. Today there will be the opportunity to explore the region's fascinating connection with contemporary art through visits to two of Japan's best contemporary art museums - the recently opened Hachinhoe Art Museum and the Towada Art Center. Reflecting a new approach to contemporary art, Hachinhoe Art Museum, also known as an 'art farm' offers a dynamic new interpretation of how and where art is created, housed in an innovative design intended to bring the community together to utilise the space. At Towada Art Centre, one of Japan's foremost contemporary art institutions, the striking Ryue Nishizawa designed building features contemporary artists such as Leandro Erlich, Yayoi Kusama and Ron Mueck. Alternatively join a visit to the stunning Lake Towada, a 2,000-year-old flooded double caldera some 400



metres above sea level, and its surrounding forest in Towada Hachimantai National Park. Lake Towada is the largest caldera lake on Honshu, and is characterised by two large peninsula's which extend nearly a third of the way across the lake. On a clear day Mt Towada is reflected in the still waters of the lake creating a picture post card scene. While a short walk brings you to Oirase Stream with its beautiful and dynamic cluster of 30 waterfalls.

Day 7 - Muroran

Adventures abound at Shikotsu-Toya National Park, named after its famous twin caldera lakes. Another picturesque natural hot spot, the park's spectacular scenery including its impressive lakes, hot springs and volcanic wonderland, are all easily accessible and offer multiple hiking and walking options. Activities here could include riding the cable car to the top of Mount Usu to take in the grand scale views over Lake Toya or visiting the geothermal spectacle of steaming vents and sulphurous streams at Jigokudani aka 'Hell Valley' and the Upopoy National Museum of the Ainu which stands on the shores of Lake Poroto where you have the opportunity to see and experience the Ainu culture including cuisine, music and crafts. This afternoon enjoy free time to explore Muroran at your leisure, visit the scenic cape and lighthouse or take in the city from above after a walk up Mount Sokuryo.

Day 8 - Akita

A key city in the Tohoku region since medieval times, Akita was once a castle town of the Satake clan, but today is a vibrant, prosperous city that seamlessly honours its past while still embracing its young energetic spirit. Noted for its burgeoning art community, there are several fine museums to explore including the Hirano Masakichi Art Museum housing a collection of work by Western and Japanese artists as well as the Akita City Folklore Museum. Venture inland to discover the Kakunodate Samurai District, a living museum that showcases the samurai way of life in a picturesque setting that remains largely unchanged since it was established in 1620. Beyond Kakunodate in the mountainous spine of Honshu is Mount Akita-Komagatake where there are excellent hiking opportunities in sub-alpine and alpine habitats at the southern-most extension of Towada-Hachimantai National Park.

Day 9 - Sado Island

Today we will explore remote Sado Island off the coast of Niigata. The entire island is designated as one of Japan's Geoparks and comprises the mountain ranges of Osado and Kosado flanking the Kokunaka Plain. 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. 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 - 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 an 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 - 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 renown 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 12 - 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 13 - Shimonoseki, Japan

This morning 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 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 14 - 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 Torri Gate.

Day 15 - Takamatsu

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 Island is known for its art and this excursion to Naoshima will have you admiring its architecture and art museums, including Chichu Art Museum and Benesse House, featuring work by Japanese and international artists.

Day 16 - Osaka

This morning sail back into Osaka, after breakfast there will be a complimentary coach to a central hotel or the Kansai International Airport. To allow time for disembarkation procedures and travel from Osaka, we do not recommend booking flights departing before 1300 hours.

Please Note:

Itineraries are subject to change.



YOUR SHIP: HERITAGE ADVENTURER

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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



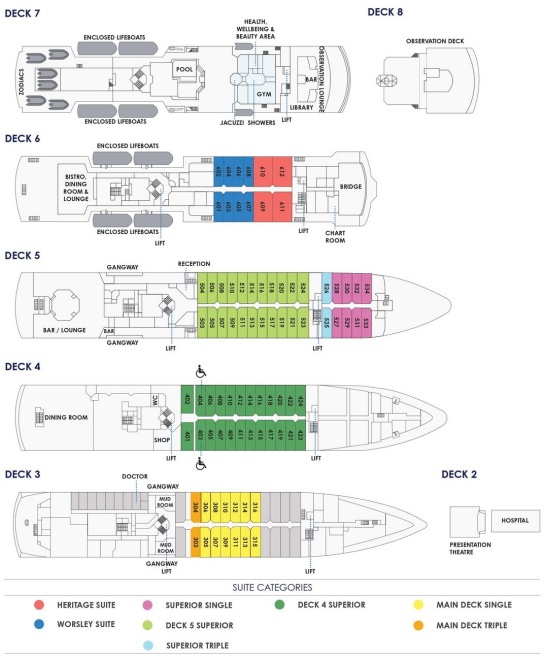
Bistro on Deck 6. Perfect for early risers to enjoy tea, coffee and light breakfast options the Bistro provides great views and opens directly onto a covered and heated teak-deck outdoor dining area. The Bar and Lounge - The social hub of Heritage Adventurer, the Bar and Lounge on Deck 5 features seating 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



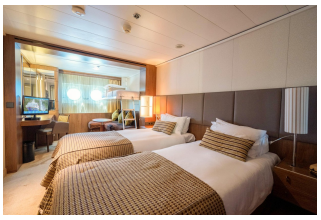
discussions.



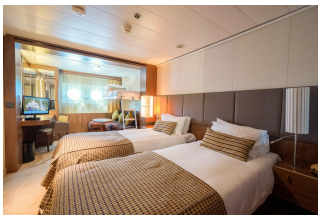
INSIDE YOUR SHIP



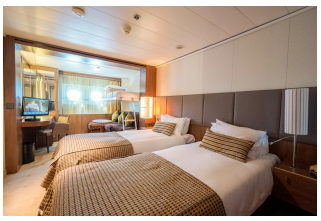
Deck 4 Superior



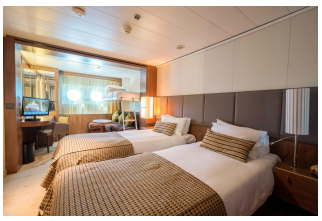
Deck 5 Superior



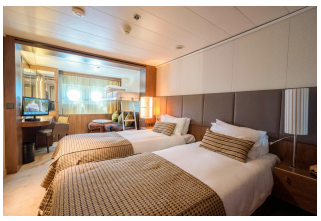
Heritage Suite



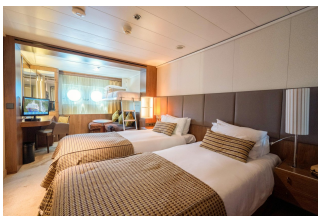
Main Deck Single



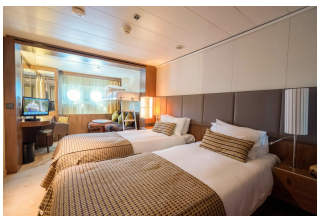
Main Deck Triple



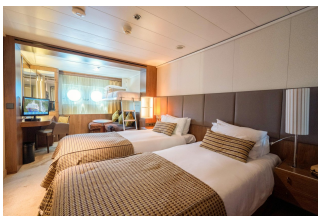
Superior Single



Superior Triple



Worsley Suite





PRICING

31-May-2027 to 15-Jun-2027

Main Deck Triple	£10450 GBP pp
Superior Triple	£10700 GBP pp
Deck 4 Superior	£11900 GBP pp
Deck 5 Superior	£12700 GBP pp
Main Deck Single	£14450 GBP pp
Superior Single	£16500 GBP pp
Worsley Suite	£16500 GBP pp
Heritage Suite	£19550 GBP pp