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THE PHILIPPINES TO THE JAPANESE COASTLINE

Leaving from Malaysia, L'AUSTRAL will take you to the Philippines, a string of idyllic islands where the white-sand beaches, limestone cliffs and lush mangroves try to outdo one another with their beauty. Then, Japan will welcome you to its magnificent Southern Islands which boast spectacular nature and ancestral culture, including zen gardens and age-old temples.

Day 1: Kota Kinabalu (Borneo, Malaysia)

Posted on the north-east coast of the Malaysian State of Sabah, on the island of Borneo, Kota Kinabalu is an excellent stopover for exploring the whole region. If you like adventure, its proximity with Kinabalu makes it a destination of choice. But before you start to climb the holy mountain, you can stop in the heart of the metropolis, that the initiates nicknamed KK, because it has some interesting surprises in store for you. Although, there isn't much left of its colonial heritage, the city's multiple ethnicity will seduce you, especially in its food, and in the warm, picturesque abundance that reigns there. Don't miss a stroll along the city's busiest promenade, the colourful Waterfront.

Day 2: At sea

Day 3: Puerto Princesa (Philippines)

Puerto Princesa, in the centre of Palawan island, is a great place for discovering a large portion of the natural sites of which there are many in the region. If you'd like to see nature in her most spectacular finery, your dreams will more than come true in the karstic topography of the underground river in the national park of Puerto Princesa, a UNESCO World Heritage site.

Day 4: Coron (Philippines)

Anchored off the extreme north of Palawan in the heart of the Philippine archipelago of the Calamian, the little island of Coron is an emerald gem adorned with lakes. Among the many possible activities, you can access the shores of Lake Kayangan in a bangka, a traditional outrigger canoe with bamboo lateral support floats. The waters here are too tempting to miss, and of

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a rare purity. The fresh, warm waters of Lake Barracuda are excellent for diving. Famous for their limestone cliffs pierced with caves, the island will seduce you by the beauty of its landscapes and its extraordinary cultural heritage.

Day 5: Manila (Philippines)

In the crook of Manila bay, on first sight, the Philippine capital shows its highly Americanised Asian megalopolis side of ultramodern skyscrapers set all along the waterfront. But when you stroll through the cobbled streets of the Intramuros district, you'll discover a different side of Manila, full of historical charm. An enchanted pause in the middle of urban bustle, Rizal Park with its 60 hectares of magnificent green parkland, is perfect for recharging your batteries. To see the city from a different angle, take a walk along Roxas boulevard, a popular seaside promenade.

Days 6 & 7: At sea

Day 8: Hualien (Taiwan)

Hualien City, is a county-controlled city and the county seat of Hualien County, Taiwan. It is located on the east coast of Taiwan on the Pacific Ocean, and has a population of 106,368 inhabitants

Day 9: Ishigaki-Jima (Japan)

Located to the south of the main island of the Yaeyama archipelago, south of Japan, Ishigaki boasts all the aspects of an authentic piece of paradise. You've guessed it, it's not for its skyscrapers you come here for, but for the purity of its emerald waters and the immaculate whiteness of its beaches. You'll find everything you need to relax whether it's an intense chill-out, a scuba-dive or a snorkelling session to explore the coral reef. You

may also witness the "flight" of a manta ray. Ishigaki is also well-known for pineapple and black pearl farming.

Day 10: Naha - Okinawa Island (Japan)

Capital of the prefecture of Okinawa, the town of Naha, is positioned south-west of the island. You'll love its lively atmosphere, particularly along the Kokusai high street, Kokusai meaning "international". The picturesque Makishi market, nicknamed "Naha's kitchen", will win you over with its profusion of colourful fish and local spices displayed on their stalls. To get a view of the island's heritage which combines Japanese and Taiwanese influences, you can visit Shuri castle, a medieval building protected by UNESCO and surrounded by lovely gardens.

Day 11: Naze - Oshima Island (Japan)

Amami shima is the seventh largest island in the Japanese archipelago.

Day 12: Miyanouira - Yakushima Island (Japan)

Yakushima is an island off the south east coast of Kyushu next to Tanegashima and north of Okinawa in Japan. Officially a part of Kagoshima Prefecture, it is on the UNESCO World Heritage List.

Day 13: At sea

Day 14: Hiroshima (Japan)

Whether you've been here or not, it is difficult to mention Hiroshima without feeling moved. The town spreads along Honshu Island, along the inside maritime coasts of Seto. Firmly focused on the future, Hiroshima doesn't forget its past, and a visit to the Peace Memorial Park and its Genbaku Dome are a

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must. You'll be amazed by the city's modern, cosmopolitan atmosphere and the effervescent nights just as much as its peaceful stillness in its natural parkland areas, like splendid Shukkei-en, the town's historic garden.

Day 15: Osaka (Japan)

Like its big sister Tokyo, Osaka is the product of ancestral traditions and flawless technological innovations. And here, in addition, there is the notion of serenity because of its geographical location on the Pacific coast. You'll actually feel soothed and peaceful when you first set eyes on Osaka castle, standing proud in the midst of majestic skyscrapers. And this feeling will not leave you, whether you're in the midst of the lively streets of Dotomburi or the bizarre Shinsekai district where time seems to stand still. A multitude of restaurants unfurl before the eyes of the passer-by, with menus full of regional specialities: takoyaki made with octopus and other succulent dishes kushikatsu dishes presented on kebabs.

Please Note:

Itineraries are subject to change.

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YOUR SHIP: L'AUSTRAL

YOUR SHIP:	L'Austral
VESSEL TYPE:	142 metres. Passenger Capacity: 264 (200 in Antarctica). Built:
LENGTH:	2011
PASSENGER CAPACITY:	
BUILT/REFURBISHED:	

Luxury Expedition / Cruise Ship This superb mega-yacht with 132 cabins is the result of the expertise of the Italian Fincantieri shipyard and French sophistication, as interpreted by designer Jean-Philippe Nuel. L'Austral has a unique atmosphere, a subtle blend of luxury, intimacy and well-being. A sleek silhouette softened by elegantly smooth contours and large, arched windows opening up to the sea and the light: so many features come together to give L'Austral her distinctive shape. Precious materials, discreet elegance and a perfect balance between chic and casual, combine to make you feel as if you are on your own private yacht. A design blending tradition and innovation, where a nautical mood has been subtly recreated. Precious materials in soothing neutral tones are brought to life with splashes of cheerful reds. So many personal touches create the spirit of a "private yacht". Suites and staterooms You can expect magnificent ocean views as 124 staterooms and suites have balconies. Individually-controlled airconditioning · Cabin layout: kingsize bed, or twin beds, communicating cabins available (children welcome) · Minibar · Flat screen satellite TV · iPod™

players · Desk with stationery · Electronic safe · French bath products · Dressing table and hairdryer · Bath robes · Satellite direct line telephone · 110/220 volts · 24hr room service · WiFi · Balcony Cuisine Loyal to the great French tradition, the haute cuisine on board is worthy of the finest restaurants, where discreet, attentive service is the hallmark. Choose from two restaurants for breakfasts, lunch and dinner. The Gastronomic Restaurant is situated on Le Liberte Deck and serves you French and international cuisine accompanied by fine wine. On the Grill Restaurant, you have the opportunity to eat outside and enjoy buffet lunch and themed dinner. Life On Board Whether you want to join other guests in the theatre or games area (Wii™ consoles, etc), or relax on your own in a quiet corner of the library, L'Austral has been designed to meet the needs of every guest. Everything has been done to preserve the independence of each guest to suit their personal tastes: lounges for lectures and shows, a spa in partnership with Sothys™, but also more intimate spaces such as the library and internet corner. Comfortable cabins, nearly all with private balcony, are available for families either as triples or as communicating cabins. There is also a games area with Wii™ consoles, children's menus, and a baby-sitting service. Just as if you were on a private yacht, your time is your own to do as you please. Fitted with the latest equipment (Kinesis Wall, running machine) and in partnership with the famous Sothys™ brand, the Beauty Centre on L'Austral welcomes you for some unforgettable moments of relaxation and pampering (beauty treatments, hairdresser). Wheelchairs 3 specially adapted wheelchair cabins (Deck 3 = Superior cabin no. 307, no balcony, Deck 4 = Prestige Cabin no. 407 - with

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balcony and Deck 5 = Prestige Cabin no 509, with balcony) and lifts to all decks/areas. Details Please click the following links to read more about Ponant and the other Ponant



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