

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

Experience all-inclusive luxury cruise travel on an unforgettable 10-day exploration of Japan, 'the Land of the Rising Sun' with Heritage Expeditions, pioneers in authentic small ship expedition cruising. Our voyage Sacred Japan & South Korea has been carefully curated to showcase Japan's seamless blend of ancient customs and ultramodern living, culinary creativity, arts and gardens. We will cruise from iconic cities to seldom visited remote coastlines and islands best explored by sea aboard our purpose-built expedition flagship Heritage Adventurer. Historic highlights on our journey include the five-storey Pagoda of Miyajima; the 17th Century Matsue Castle; the sobering Hiroshima Peace Memorial Park with its eternal Flame of Peace; Kanazawa's Teramachi District with its temples and shrines, including the famed 'Ninja Temple'. We will also discover Fukuoka's trendy yatai food stalls, vibrant art installations, historic ruins and colourful coastal parks. We also plan to explore Japan's traditional and contemporary art as we visit galleries and meet local artists. One option includes a visit to Japan's 'art island' Naoshima, and a day in South Korea's Ulsan. Here we will explore UNESCO World Heritage Site Gyeongju - the 'museum without walls' alongside a visit to Haeinsa Temple, considered one of South Korea's three great temples. Our voyage also visits parts of Japan where relatively few tourists set foot such as Sado Island. Sado Island is widely considered a perfect miniature Japan and thriving cultural capital filled with performing arts, natural scenery, samurai history, and more. For those with a passion for nature, we plan to visit Daisen-Oki and Hakusan National Parks, Kenrokuen Garden - one of the Three Great Gardens of Japan alongside one



of Japan's most famed gardens, the 28-acre formal 17th Century Koraku-en Garden. Explore one of Japan's main bonsai centres at Kinashi Garden and discover the wonders of Japanese circuit-style Yuushien Garden home to more than 250 types of Japanese Peony. 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. They will add immeasurably to your enjoyment and understanding of this captivating country. We hope you can join us on this in-depth exploration around the coastline and islands of Japan, as we discover the unspoiled nature, primeval wilderness, incredible gardens, cultural treasures, traditional villages and futuristic cities resplendent with their



unique charms.

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. Make your way to your hotel where you 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/Niigata

Enjoy breakfast at the hotel before boarding your flight to the bustling port town of Niigata. Famous for snow, rice, sake, hot springs and the six-arched, granite-sided stone Bandai Bridge which was designated as a Nationally Important Cultural Property in 2004, and one of the most scenic spots in the city. This afternoon your captain and expedition team will welcome you aboard Heritage Adventurer.

Day 3: Sado Island

Today we will 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 eligious life incorporating puppet theatre, Okesa folk songs, Ondeko drumming, 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, 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 4: 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 the winding cobblestone streets of Kanazawa's Geisha district Higashi Chaya. Explore elegant restaurants and craft galleries and visit the impressive Edo-period Kenroku-en Garden, one of the Three Great Gardens of Japan.

Day 5: Matsue

Arrive at the port of Sakaiminato, entry point to Matsue, known as 'the town of water' due to being situated between Lake Shinji and Lake Nakaumi. We plan to visit 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 and Mount Daisen with its rich Buddhist culture. It was once home to 3,000 soldier monks and offers panoramic views from the summit at the Ogamiyama Shrine before visiting the breathtaking Daisenji Temple. Visit the Japanese circuit-style Yuushien Garden combining the traditional elements of a pond, waterfalls, streams, stone lanterns, rock garden and a variety of seasonal flowers. These include more than 250 types of Japanese Peony, or visit the Adachi Museum of Art 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 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 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. Stroll among excavated monuments, temples, tombs and pagodas at Tumuli Park and the Bulguksa Buddhist Temple. We may also visit the iconic Woljeonggyo Bridge. Savour Korean delicaciesand explore Hwanglidangil Road, South Korea's trendy yet traditional Korean-style food, pub, and shopping street and walk in the beautiful Taehwagang Bamboo Forest. Today is a perfect taste of South Korea.

Day 7: Fukuoka, Japan

The largest city on the island of Kyushu, Fukuoka is the union of the castle town of Fukuoka on the west bank of the Naka River and the merchant town of Hakata on the east bank. This buzzy metropolis combines an effortless blend of trendy yatai food stalls (which made Lonely Planet and The New York Times 2023 travel lists) with vibrant art installations, historic ruins and colourful coastal parks. During our time here there may be opportunities to explore the northern city of Kitakyushu and famed Kokura Castle, TOTO Museum and Kawachi Wisteria Garden or Nanzoin Temple with its reclining bronze Buddha (thought to be the world's largest bronze statue) and the Dazaifu



Tenmangu Shrine, which is built on the grave site of poet and scholar Sugawara no Michizane and surrounded by beautiful gardens, ponds and bridges with more than 6,000 plum trees.

Day 8: Hiroshima & Miyajima

Despite its history, including being the site of the world's first atomic bomb attack on 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'. We plan to time our visit to Miyajima Island during high tide, where possible, to experience the floating Torii Gate. Considered one of Japan's most scenic spots it is also the location of the famed Daisho-in Buddhist temple. Choose to indulge in fresh local oysters and ice cream, while native Sika deer wander the streets, and enjoy the views of the Shinto Shrine and Torri Gate.

Day 9: Tomano/Uno-Ko

From the port of Uno-Ko, we will visit one of Japan's most famedgardens, Koraku-en, which translates as 'garden of pleasure after'. This 17th-Century formal garden has 28 acres to explore and offers stunning views of the nearby towering Okayama Castle. This afternoon we will continue to Kurashiki. Here we plan to 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 and collections from Japan's renowned Mingei movement, including ceramics by Sh ji Hamada. For those interested in art you may wish to travel to Naoshima Island -Japan's art island - for a full-day excursion. Your day on Naoshima Island will have you admiring its architecture and art museums, including Chichu Art Museum and Benesse House, featuring work by Japanese and international artists including the iconic pumpkins by Yayoi Kusama.

Day 10: Osaka

This morning sail back into Osaka, after breakfast there will be a complimentary coach to a central hotel or either Kansai or Osaka International Airports. To allow time for disembarkation procedures and travel from Osaka, we do not recommend booking flights departing before 1300 hours. Note: During our voyage, circumstances may make it necessary or desirable to deviate from the proposed itinerary. This can include poor weather and opportunities for making unplanned excursions. Your Expedition Leader will keep you fully informed. This tour offers a variety of activities and excursions. Your personal interests will determine which of these you wish to join. Please note that some activities and excursions will run at similar times, and it will not be possible to participate in both. Accordingly, refunds for excursions and missed landings are not available. Voyages are planned and scheduled pending final regulatory approval.

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



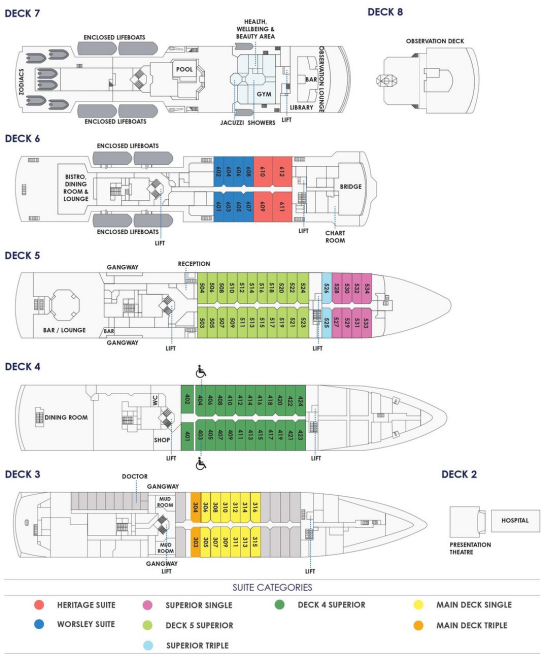
Bistro on Deck 6. Perfect for early risers to enjoy tea, coffee and light breakfast options the Bistro provides great views and opens directly onto a covered and heated teak-deck outdoor dining area. The Bar and Lounge - The social hub of Heritage Adventurer, the Bar and Lounge on Deck 5 features seating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



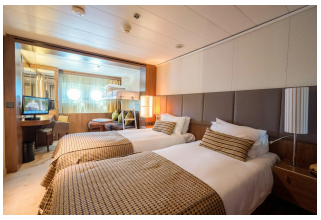
discussions.



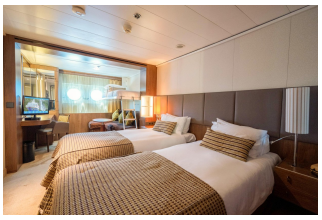
INSIDE YOUR SHIP



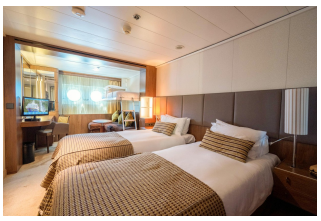
Deck 4 Superior



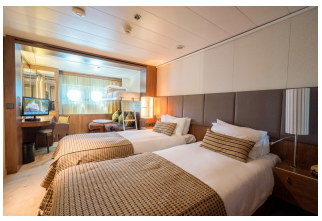
Deck 5 Superior



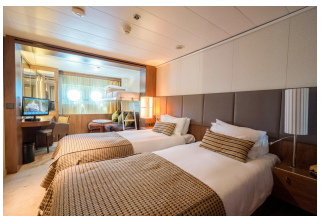
Heritage Suite



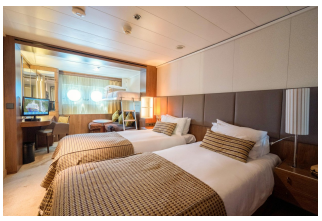
Main Deck Single



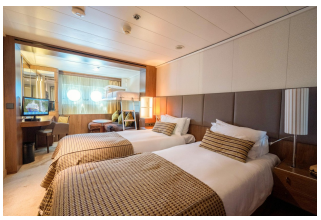
Main Deck Triple



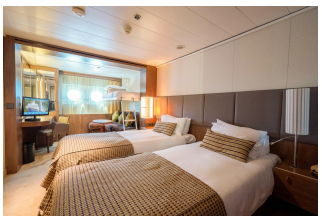
Superior Single



Superior Triple



Worsley Suite





PRICING

05-May-2027 to 14-May-2027

Main Deck Triple	£6300 GBP pp
Superior Triple	£6450 GBP pp
Deck 4 Superior	£7150 GBP pp
Deck 5 Superior	£7600 GBP pp
Main Deck Single	£8600 GBP pp
Worsley Suite	£9850 GBP pp
Superior Single	£9850 GBP pp
Heritage Suite	£11550 GBP pp