

EXPLORATIONS

BY NORWEGIAN®

Onshore Explorations Guide

Exploration from Tokyo to Tokyo

EMBARK Tokyo 07 April 2027

DISEMBARK Tokyo 21 April 2027



DISCOVER

Some of the world's most significant historical, cultural and artistic landmarks, thoughtfully designed to enrich every destination you visit.



To make choosing your experience simple, our onshore explorations are grouped into three clear categories:

Highlights

Effortlessly experience the must-see sights and key points of interest in each port.

Local Discovery

Go deeper into the destination, with immersive experiences that reveal local life, culture and character.

Active

Explore your ports of call from a fresh perspective through engaging activities such as cycling, hiking, kayaking and more.

Every port offers a carefully curated collection of tours and adventures. Experience awe-inspiring natural sights, world-renowned landmarks and authentic local culture, history and cuisine that bring these destinations to life.

Reasons to Explore Onshore

Seamless and Secure Experiences

All excursions are carefully monitored by shipboard staff and depart directly from the pier for your comfort, safety and convenience.

Expert Local Guidance

Enjoy insightful commentary from professional, English-speaking guides who bring each destination to life.

Thoughtfully Planned Itineraries

Our experienced excursion specialists design every tour to help you make the most of your time ashore.

Premium Transportation

Travel with trusted, licensed and insured tour operators using the best available climate-controlled vehicles.

Helpful Hints for Your Onshore Exploration

- Wear casual, weather-appropriate clothing and comfortable walking shoes suitable for the day's activities. For more active experiences, sturdy, non-slip footwear or hiking shoes are recommended.
- Dress respectfully when visiting cultural or religious sites. Shoulders and knees should be covered where required.
- Bring a hat, sunglasses and sunscreen to stay protected from the sun.
- Carry bottled water to stay hydrated, particularly during active or warmer excursions.
- For water-based activities, remember to bring swimwear and a towel.
- Insect repellent may be useful for outdoor or nature-focused explorations.



While excursions may be shown for embarkation and disembarkation ports, they may not be available to book on the day you board or leave the ship due to operational requirements. The excursions listed are offered exclusively for ports of call during the voyage.

Once onboard, you are welcome to visit the Destinations Desk to discuss your onward travel plans. In some cases, transfer services may be available to suit your individual arrangements. Please note that these services are not listed in this document, as they cannot be pre-booked and are available for purchase only whilst onboard **Regatta**.

Important Information About Onshore Explorations

Onshore Explorations offered through **Explorations by Norwegian** are operated by independent, licensed third-party providers. Explorations by Norwegian facilitates these experiences but does not operate them directly.

Details such as itineraries, routes, duration, departure times, pricing and availability are provided as a **guide only** and may be updated, adjusted or withdrawn without notice. Onshore Explorations may be modified or cancelled due to weather conditions, safety considerations, capacity limitations or other operational requirements.

Participation in any Onshore Exploration is at the guest's own discretion and risk. Explorations by Norwegian is not responsible for the actions, services or omissions of third-party tour operators. Cancellation terms and conditions may vary depending on the specific Onshore Exploration and operator.

All pricing is listed in US\$ on a per person basis. Pricing is correct as at 10 March 2026 but may be subject to change.

Official Port Name	Country	Tour Code	Onshore Explorations Category	Tour Name	US\$ Cost Per person	Duration (Hours)	Walking	Overview	Please note
Tokyo	Japan	TOK-001	Highlights	PANORAMIC TOKYO	\$119	3.5	EASY	Settle in for a relaxing drive through downtown, past the glorious Imperial Palace and on to Senso-ji temple in the ancient district of Asakusa. According to legend, Senso-ji was founded in the 7th century to honour Kannon, the goddess of compassion, after two brothers fished a statue of her out of the Sumida River. It is Tokyo's oldest temple and as you will see extraordinarily colourful. Beyond the temple, you will find Nakamise, a lengthy street with a shopping arcade that dates to the 17th century. Although destroyed during the Great Kanto Earthquake of 1923 and again during World War II, Nakamise was rebuilt to its original Edo period splendor. Merchandise ranges from kimonos to folding fans to all sorts of traditional foods.	Credit cards are not accepted in most of the Nakamise shops. The tour will not visit the Buddhist Temple Senso-ji. Please note that Asakusa and Nakamise are not included in the route. Passengers with wheelchairs are reminded that a few steps need to be negotiated to board the coach and that wheelchairs will be stored in the boot of the coach (fold-up wheelchair). The coach cannot accommodate an electric scooter.
Tokyo	Japan	TOK-002	Local Discovery	HIGHLIGHTS OF TOKYO & JAPANESE BBQ LUNCH	\$189	8	MODERATE	Visit the marquee attractions of Tokyo, all of which celebrate Japan's history, cultural diversity and architectural splendor. The 19th-century Imperial Palace is certainly high on the list, as it is regarded as Tokyo's heart and soul. It was built on the site of the former Edo Castle, the seat of power for the Tokugawa shoguns. You will enjoy a spectacular view of the exterior and grounds before continuing on to Meiji Shrine, Tokyo's most renowned Shinto shrine. To enter, you will pass through a 40-foot-high torii gate made of 1,500-year-old cypress. Unlike many other places of worship, the shrine is elegantly understated, even austere, imbuing it with a wonderful serenity. You will also visit Senso-ji, the oldest temple in Tokyo, which is dedicated to Kannon, the Buddhist goddess of compassion. To enhance your understanding of local culture, you will enjoy Japanese-style BBQ for lunch.	The minimum age to participate is 18. This tour includes about 3½ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. The tour is not considered suitable for guests with mobility concerns. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary. Please advise Destination Services if any dietary restriction.
Tokyo	Japan	TOK-003	Local Discovery	HIGHLIGHTS OF TOKYO & WESTERN LUNCH	\$169	7.5	MODERATE	Tour Tokyo's most storied destinations, from the glorious Imperial Palace to revered religious sites that reflect Japan's deep Buddhist and Shinto beliefs. The palace was built on the site of the former Edo Castle, the seat of power for the Tokugawa shoguns. Japan's emperor and empress reside at the palace, so only an exterior visit is possible, but you won't be disappointed. The grounds are magnificent and offer numerous photo opportunities at places like the Niju-bashi Bridge, which spans the moat. Another highlight is Meiji Shrine, Tokyo's most renowned Shinto shrine. The shrine is elegantly understated, even austere, imbuing it with a wonderful serenity that the surrounding forested park enhances. For a different religious perspective, you will explore Senso-ji, the oldest temple in Tokyo. Founded in the 7th century, it is dedicated to Kannon, the Buddhist goddess of compassion.	This tour includes about 3½ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. The tour is not considered suitable for guests with mobility concerns. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-005	Highlights	MEIJI SHRINE AND TOKYO TOWER	\$129	4	MODERATE	See two Tokyo icons: a shrine dedicated to Japan's first modern emperor and a soaring telecommunication tower that boldly announced the country's rebirth after World War II. Tokyo's history will come alive as you arrive at Meiji Shrine, Tokyo's most renowned Shinto shrine. It is dedicated to Emperor Meiji the Great, who transformed Japan from a feudal state into a world power. The soaring torii gate entry makes quite the statement, as it was constructed with 1,500-year-old cypress. Once inside the elegant shrine, you will likely feel a great sense of serenity. Tokyo Tower, on the other hand, will leave you with a sense of city's single-minded purpose to emerge from the devastation of the war. The colossal communication tower was erected in 1958 as a symbol of Japan's rebirth and defines Tokyo's skyline. After riding an elevator to the tower's nearly 500-foot-high Grand Observation Platform, you will be treated to an astounding view of the city.	This tour includes about 2¼ hours of moderate walking and standing with some steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-006	Highlights	TOKYO GARDEN AND TOWER	\$139	3.75	MODERATE	Enjoy Tokyo from two entirely different perspectives: while strolling through a centuries-old garden and from an observation platform high above the city. Koishikawa Korakuen Garden is a wonderfully serene setting in the heart of the city that dates to 1629. Although Japanese in many ways, the garden also incorporates Chinese concepts such as its high-arched full moon bridge. Even the word "Korakuen" comes from an ancient Chinese text and means "the garden for enjoying power later on." As you stroll the winding paths, you will encounter viewpoints that reproduce famous landscapes but in miniature. You will also see flowering bushes, bamboo-covered hills, weeping cherry trees and even rice paddies. For a more expansive view of Tokyo, you will ride an elevator to the 500-foot-high Grand Observation Platform on Tokyo Tower, the second-highest structure in Japan. The communication tower was erected in 1958 as a symbol of Japan's rebirth following World War II.	This tour includes about 2¼ hours of moderate walking and standing with some steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The order of the sights viewed or visited may vary.

Tokyo	Japan	TOK-007	Highlights	SHOPPING: MODERN AND TRADITIONAL	\$109	4.5	MODERATE	Spend hours in Tokyo's most famous and diverse shopping districts, where you will find everything from traditional Japanese goods to the latest fashions, designer jewellery and high-end electronics. Next to Senso-ji temple, the lengthy street Nakamise has been a shopping mecca for centuries. The cacophony of sounds and the throngs of people will be wonderfully invigorating, and you can't help but enjoy the experience. Then it's off to the Ginza shopping and entertainment district, where the merchandise tends to be more modern and fashionable. The list of international boutiques and stores reads like a Who's Who of luxury designers for clothing, jewellery, fragrances and leather goods. The merchandise is absolutely exquisite throughout. As you will spend nearly two hours in Ginza, you are sure to see the exclusive Wako Department Store, whose clock tower has been a symbol of the district since it was erected in 1932.	This tour includes about 3½ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. The tour is not considered suitable for guests with mobility concerns. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-008	Highlights	TOKYO SKYTREE AND OSAKUSA TEMPLE	\$149	4.5	MODERATE	Visit the oldest temple in Tokyo and then ride up a futuristic broadcast tower to its sky-high observation deck for a phenomenal view of the city and even Mt. Fuji on a clear day. After passing through the Thunder Gate of Senso-ji temple in the district of Asakusa, you will behold a stately five-story pagoda and Japanese-style garden whose profound serenity encourages contemplation. The mood will be much different along Nakamise, a lengthy and typically bustling shopping street adjacent to the temple. You will have time to browse before heading to Tokyo Skytree, the world's tallest freestanding broadcast tower. It is an original in every sense, including the tower's unique white colour with a tinge of blue that is meant to pay homage to Japan's traditional indigo dyers. While the tower's primary role is to transmit digital broadcasts, it also features a soaring observation deck that will offer you an unrivaled, breathtaking view of Tokyo.	This tour includes about 2½ hours of moderate walking and standing with some gravel, uneven surfaces and steps to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are not permitted. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The temple's main hall is not wheelchair accessible. Photography and video are not permitted inside the main hall. The order of the sights viewed or visited may vary.
Tokyo	Japan	TOK-010	Highlights	TOKYO GEISHA PERFORMANCE & DINNER	\$369	3.5	MODERATE	Spend a relaxing evening lingering over an authentic Japanese-style dinner, followed by a traditional geisha performance that will lend great insight into the Japanese culture. The hallmarks of your kaiseki-style dinner are its meticulous preparation and beautiful presentation. Each course will be a work of art that beautifully blends delicate textures, flavours and colours. Originally, kaiseki meals were simple and vegetarian; they only later become elaborate affairs. A genuine geisha performance will follow. In this elegant centuries-old art form, female entertainers dressed in colourful floor-length kimonos will sing, dance and play traditional musical instruments such as a three-stringed Japanese lute. Geishas are highly trained performers who study a range of arts that traditionally include poetry, calligraphy and performing the tea ceremony. In the 1920s, there were about 80,000 geishas in Japan, but today there may be only a thousand, so this performance will be a rare treat.	This tour includes limited walking; however, participants will be seated on the floor on a tatami mat. The tour is not available to wheelchair guests or those with mobility concerns. Shoes must be removed in the restaurant. The minimum age to participate is 18.
Tokyo	Japan	TOK-011	Highlights	MT. FUJI & HAKONE NATIONAL PARK	\$269	9	STRENUOUS	Marvel at Japan's spectacular natural beauty in Hakone National Park, a land dominated by steaming hot springs and Mt. Fuji, the tallest peak in Japan. Although it will take 2½ hours to reach the park, it will be well worth the time. Upon arriving, you will ride an aerial gondola up to Owakudani Station, which perches 3,425 feet above sea level. The views throughout the ride and atop the station will be absolutely spectacular. Along the way, be sure to notice the plume of hot steam that continuously rises from Mt. Kami, the highest elevation within the park. Later, in Owakudani Valley, you will enjoy a close-up view of the hot springs, steam vents and bubbling pools rising from the valley floor. Following lunch at a hotel, you will cruise Lake Ashi. The highlight will be the view of Mt. Fuji, which will also be reflected on the water's surface, weather permitting.	This tour includes about one hour of walking that can be strenuous at times with a significant number of steps and uneven ground to negotiate. Travel time in the coach is about 5½ hours to and from Hakone, including one rest stop in each direction. The tour is not available to wheelchair guests and not recommended for those with mobility concerns. Mt. Fuji is often shrouded in clouds and views cannot be guaranteed. Guests can ride in the coach up to Owakudani Station instead of the gondola, if they prefer. The order of the sights viewed or visited may vary. There will be a Japanese set meal for lunch. Special dietary requests might not be accommodated. Heavy traffic may be expected.

Tokyo	Japan	TOK-012	Highlights	HISTORIC KAMAKURA	\$139	6	MODERATE	Discover the charms of Kamakura, an ancient capital with a profusion of temples and shrines and an exceptionally popular shopping area. Your first stop will be at the Great Buddha, an outdoor bronze statue that lords over the grounds of Kotokuin temple. Cast in 1252, the 93-ton statue was housed inside another temple until the 15th century, when a tsunami destroyed the building. The Great Buddha is seated in the lotus position, his hands positioned in a meditative gesture. You will also explore nearby Tsurugaoka Hachimangu shrine, which was founded in the 11th century and dedicated to the Shinto god of war. The shrine's lotus ponds and tree-lined lanes are wonderfully peaceful and will leave you in an ideal frame of mind for the excitement you can expect to encounter at historical Komachi Dori. This always-busy stylish street is lined with hundreds of restaurants and boutiques, and you will have plenty of time to explore them.	This tour includes about two hours of moderate walking and standing with some steps, plus any additional walking at the guests' discretion during free time. There are 62 steps to reach the main hall at Tsurugaoka Hachimangu shrine. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Scooters are prohibited. The tour is not considered suitable for guests with walking difficulties. The order of the sights viewed or visited may vary. The guests who do not wish to go up can still enjoy other parts of the ground.
Tokyo	Japan	TOK-016	Highlights	TOSUMO WRESTLING & TRADITIONAL TEMPLE	\$269	5	MODERATE	Gain insight into sumo wrestling by watching a live match and for a complete change of pace browse a serene Buddhist temple. Shortly after dining in the historical Sumida district, you will observe the wrestlers as they prepare for the competition. You will see them perform ceremonial rituals such as stomping their feet and rinsing their mouths with water. The significance of each gesture will be explained to enhance your understanding of Japan's national sport. You will also learn about the wrestlers' daily life, diet and training. After the match, the wrestlers will be available for questions and to take photos with you. Visiting the Sensoji temple will be impressive in an entirely different way as it is Tokyo's oldest and most significant Buddhist temple. Rituals and tradition are also important there as you will discover by selecting a slip of paper known as omikuji, whose message may predict your future.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Tokyo	Japan	TOK-017	Highlights	GEISHA PERFORMANCE & HISTORIC CASTLE	\$299	3.5	MODERATE	Watch a delightfully entertaining geisha performance and browse the ruins of Edo Castle, a fortification that was once the seat of power for the Tokugawa shogunate. The geisha will perform a traditional dance called nihon-buyo, which originated in the early 17th century. The roots of this complex dance can be traced to kabuki theatre and the practice of Zen Buddhism. The geisha may use props such as a fan to help tell the story and convey emotions. As an accompaniment, a musician will play instruments such as a three-string shamisen lute and a taiko, a traditional barrel-shaped drum. Viewing the remnants of the castle will add an entirely different cultural perspective. Much of the original castle has been destroyed by fires and earthquakes, but a few turrets and gates remain. The Imperial Palace was built on the site of the main castle. Still, the most photographed spot is the Nijubashi Bridge, which spans the moat.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Shimizu	Japan	SMZ-001	Highlights	MT. FUJI HIGHLIGHTS	\$129	4.25	MODERATE	Visit a serene shrine and one of Japan's most stunningly natural seaside settings, both lying in the shadow of majestic Mount Fuji. The mountain is Japan's highest and a UNESCO World Heritage Site for being a "sacred place and source of artistic inspiration." Prior to ascending Mount Fuji, climbers often pray at Fujisan Hongu Sengen Taisha Shrine, which will be your first stop. Since being constructed in the early 17th century, the shrine has been considered a guardian deity that prevents natural disasters and ensures easy childbirth. Inside, there is a pond that attracts pilgrims who come to purify themselves in the clear water. Mount Fuji reigns as the dominant feature throughout this area, as you will discover at the seaside pine grove Miho no Matsubara. With snow-capped Mount Fuji looming in the background and more than 50,000 pine trees in the foreground, it offers one of the most stunning views in Japan and has inspired artists for centuries.	This tour includes about 1½ hours of moderate walking. There will be sand, concrete and gravel paths, as well as steps to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. The tour sequence may vary.
Shimizu	Japan	SMZ-002	Highlights	CASTLE GARDEN & SHIZOUKA SENGEN SHRINE	\$129	4.25	MODERATE	Explore a park built around a nearly 400-year-old castle, an unusual shrine complex and a coastal pine grove that offers a stunning view of Mount Fuji. While the moats and walls of Sunpu Castle are original, some of what you will see while meandering the grounds is a reproduction, including the main gate and the structure from which heavy stones were dropped on invaders. The architecture is decidedly different at nearby Shizuoka Sengen, a shrine designed in the Momoyama style, which uses extensive lacquer, wooden carvings and gold leaf. Still, the highlight is the collection of traditional artifacts such as swords, armour suits and musical instruments. Mount Fuji plays a dominant role at your next destination, as it serves as the backdrop for the seaside pine grove Miho no Matsubara. The view from the shore with Mount Fuji lording over the scenery is considered one of Japan's best.	This tour includes nearly two hours of moderate walking. There will be sand, concrete and gravel paths, as well as a significant number of steps to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. The tour sequence may vary.
Shimizu	Japan	SMZ-003	Highlights	MT. FUJI VIEWS, TEA CEREMONY & ART MUSEUM	\$139	4.5	MODERATE	Delve into Japanese culture by visiting an art museum, enjoying a ritualistic tea ceremony and admiring sacred Mount Fuji. The Tokaido Hiroshige Art Museum holds more than 1,000 woodblock prints from Utagawa Hiroshige, a 19th-century master of the ukiyo-e genre, which typically depicts subjects of everyday life. Hiroshige's genius for landscape composition and colour in works such as "The Fifty-Three Stations of the Tokaido" influenced European painters such as Claude Monet and Vincent van Gogh. The tea ceremony that follows will be inspirational in a different way. You will be served traditional green tea in a manner that is a ritualistic art form that will elevate the tea to more than a mere beverage. You will then drive to the seaside pine grove Miho no Matsubara. The grove consists of more than 50,000 pine trees, and the view of Mount Fuji from the shore is considered one of the top three vistas in Japan.	This tour includes more than two hours of moderate walking and standing. There will be sand, concrete and gravel paths, as well as a significant number of steps to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. The tea ceremony is limited to 15 guests at a time and guests must remove their shoes when entering the tea room. Views of Mt. Fuji are weather dependent. The tour sequence may vary.

Shimizu	Japan	SMZ-004	Local Discovery	FISH MARKET & KUNOZAN TOSHUGO SHRINE	\$209	4.75	MODERATE	Enjoy a stunning view of Mount Fuji from a beautiful shrine built to honour one of Japan's feudal lords and then savour a seafood lunch at a bustling fresh fish market. You will reach the shrine via cable car from the Nihondaira Park Outlook, which offers a glorious view of Suruga Bay and majestic Mount Fuji. Dedicated to the feudal lord Tokugawa Ieyasu, who unified Japan in the early 1600s, the shrine is a complex of ornate bright-red buildings constructed in the Shinto style. The carved ceiling in Honden Hall is particularly interesting. For a bit of entertainment, you might select a random paper fortune from a box and then tie it to a string in hopes that the fortune will come true. This common practice at Japanese shrines is known as "omikuji." Back in Shimizu, where you will stroll through Kashi-no-Ichi, a large fish market on the waterfront where you will enjoy lunch in one of the restaurants.	This tour includes about two hours of moderate walking and standing and numerous steps to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. The tour sequence may vary. Service animals are not allowed
Shimizu	Japan	SMZ-005	Highlights	KUNOZAN TOSHUGO SHRINE & MIHONO MATSUBARA	\$159	4.5	STRENUOUS	Gaze upon sacred Mount Fuji from several perspectives that include a hilltop shrine and a coastal pine grove so stunningly scenic that artists have captured its beauty for centuries. A cable car will bring you to Kunozan Toshogu Shrine and during the ride you will enjoy sweeping views of Suruga Bay and majestic Mount Fuji. The shrine is a complex of ornate bright-red buildings constructed in the Shinto style. The second shogun of the Tokugawa government built the temple to honour his father, Tokugawa Ieyasu, who unified Japan in the early 1600s. The three main halls within the complex are elaborately decorated, but vary architecturally. You will enjoy a different perspective of Mount Fuji from the seaside pine grove Miho no Matsubara. The grove consists of more than 50,000 pine trees, including a 650-year-old tree thought to have mythical powers. The view of the sacred mountain behind the forest is absolutely spectacular.	This tour includes about 2½ hours of moderate walking and standing and numerous steps to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. The tour sequence may vary.
Shimizu	Japan	SMZ-006	Highlights	NIHONDAIRA AND KUNOZAN TOSHUGO SHRINE	\$159	3.5	MODERATE	Gain a deeper understanding of Japan's history by visiting a 17th-century shrine built to honour the first shogun of the Tokugawa dynasty. Kunozan Toshogu Shrine perches on a hilltop above Nihondaira Park Outlook, from which you will enjoy a glorious view of Suruga Bay and majestic Mount Fuji. The shrine is traditionally reached by climbing about 1,000 steps; however, you will reach the shrine via cable car. While browsing the ornate bright-red buildings within the shrine complex, be sure to notice the guardian statue near the Romon Gate, the drum tower and the stables. The shrine's historical museum is another highlight, as it contains Japanese swords, armour and rare objects of art. For a bit of entertainment, you might select a random paper fortune from a box outside on the grounds and then tie it to a string in hopes that the fortune will come true. This common practice at Japanese shrines is known as "omikuji."	This tour includes approximately 2 hours of moderate walking/standing and a large number of steps to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. Those wishing to make any purchases should bring along local currency. The tour sequence may vary. The visit to the Shrine's historical Museum is not included in the tour.
Shimizu	Japan	SMZ-007	Highlights	SCENIC DRIVE WITH VIEW OF MT. FUJI	\$109	3	EASY	Enjoy a relaxing and immensely picturesque drive through the countryside, pausing on occasion for photos of the most remarkable sights within the Shizuoka Prefecture. Your initial stop will be at the Nihondaira Park Outlook, which offers a glorious view of Suruga Bay and majestic Mount Fuji. Japan's national symbol and one of its most extraordinary settings, Mount Fuji has been deemed a UNESCO World Heritage site as a "sacred place and source of artistic inspiration." It is a spectacular sight regardless of the perspective, but especially from Miho no Matsubara. This seaside pine grove consists of more than 50,000 pine trees, including a 650-year-old tree thought to have mythical powers. The view from the shore with Mount Fuji looming over the scenery has been rated one of the top three views in Japan.	This tour is panoramic in nature and walking is at guests' discretion. Guests with wheelchair can access to the board walk in Mihono Matsubara but may find difficult the beach. Views of Mt. Fuji are subject to weather conditions. Cherry trees are in bloom during March and April therefore no views of cherry flowers are guaranteed. Guests with wheelchair can access to the board walk in Mihono Matsubara. Possibly difficult on the beach. There are souvenir shops with a rest area that guests can use during the free time. Guests do not necessarily have to stand and walk during the visit.
Shimizu	Japan	SMZ-008	Highlights	JAPANESE TEA MAKING EXPERIENCE	\$259	5	MODERATE	Delve into the world of tea through hands-on experiences that will reveal the cultural importance of the beverage in Japan. Your immersion will begin at a green tea plantation, where you will head into the fields with a wicker basket and pick tea leaves. You may be surprised by which ones are actually ready to harvest. During the workshop that follows, you will learn how to properly brew green tea, which is known as sencha. Factors that ensure a perfect cup of tea include water temperature, the proportion of leaves to water and not disturbing the tea while it is steeping. Visiting a factory where tea is processed will enhance your understanding even further as you will watch the workers perform each and every step. Later, during a traditional lunch – served with tea, of course – you might reflect on how tea is considered to be more than a beverage in Japan.	Foreign currency is not accepted in Japan, so please recommend the guests to bring the local currency. Credit cards are accepted at some places but not everywhere. Tea leaf picking is available from end of April to beginning of October. The order of visit may vary.
Shimizu	Japan	SMZ-009	Highlights	TUNA FROM SEA TO TABLE	\$169	5	MODERATE	Watch a freshly caught whole tuna being cut up or dismantled for sashimi, which you will enjoy for lunch. As a prelude to the experience, you will visit the Fujisan Hongu Sengen Taisha Shrine, where climbers often pray before attempting to ascend Mount Fuji. Constructed in the 17th century, the shrine has long been considered a guardian deity that prevents natural disasters and ensures easy childbirth. More than 500 cherry trees grace the grounds and provide a wonderfully scenic setting. Inside, there is a pond fed by melting snow and ice from Mount Fuji. You will later observe a master chef dismantle an entire tuna by meticulously cutting out the premium pieces. It is a true art form that requires a long apprenticeship, especially for chefs that are entrusted to dismantle a tuna that may cost more than a million dollars. Lunch follows during which you will appreciate the extraordinary taste of fresh sashimi.	Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended.
Shimizu	Japan	SMZ-011	Local Discovery	SUSHI MAKING EXPERIENCE & FISH MARKET	\$199	3	MODERATE	Browse a waterfront market where an extraordinary variety of seafood is displayed and prepare your own lunch of sushi at a nearby venue. You can't help but be awed by the sheer volume of seafood that comes right off the docks at the Kashi-no-Ichi market. Although you will see familiar items such as whole tuna and oysters in the shell, chances are you will see an abundance of other items that you may not recognise. Not to worry. The guide will translate their names on the signage, which are in Japanese. As an introduction to the history of sushi, you will stop at the Shimizu Sushi Museum and then sit in on short lecture by a sushi chef, a position that typically takes up to 10 years of rigorous training to earn in Japan. The chef will demonstrate the basics of preparing the fresh fish so you can make your own delicious sushi lunch.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Wet and slippery floors are common in the fish market. Non-slip footwear is recommended. This tour is not recommended for guests with seafood allergies.

Shimizu	Japan	SMZ-012	Highlights	WORLD OF TEA	\$199	4.5	MODERATE	Delve into the world of tea through hands-on experiences that will reveal the cultural importance of the beverage in Japan. Your immersion will begin at a green tea plantation, where you will head into the fields with a wicker basket and pick tea leaves. You may be surprised by which ones are actually ready to harvest. During the workshop that follows, you will learn how to properly brew green tea, which is known as sencha. Factors that ensure a perfect cup of tea include water temperature, the proportion of leaves to water and not disturbing the tea while it is steeping. Visiting a factory where tea is processed will enhance your understanding even further as you will watch the workers perform each and every step. Later, during a traditional lunch – served with tea, of course – you might reflect on how tea is considered to be more than a beverage in Japan.	This tour includes limited walking, mainly at the guest's discretion. It is not available to guests that utilise a wheelchair.
Nagoya	Japan	NGO-001	Highlights	ATSUTA SHRINE & TOYOTA TECHNOLOGY MUSEUM	\$119	3.75	MODERATE	Discover two vastly different aspects of Nagoya: its love of history at an ancient shrine and its reverence for innovation at a technology museum. Although the city was largely destroyed during World War II, it has been lovingly reconstructed, including fire-ravaged Atsuta Shrine. It was supposedly founded in the 3rd century when a legendary sacred sword was enshrined here. Over time, the Shinto shrine became a great spiritual centre, and today thousands of artifacts are displayed, including holy garments, utensils for deities and ancient documents. In contrast, the Toyota Commemorative Museum of Industry and Technology celebrates industrial innovations. The museum is located in a 1911 factory for automatic looms in honour of Sakichi Toyoda, the inventor of Japan's first power loom and founder of the Toyota Group. The company name was later changed from Toyoda to Toyota in part because it requires only eight brush strokes to write in Japanese, and eight is a lucky number.	This tour includes about three hours of moderate walking with steps, cobblestones and gravel surfaces to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The tour sequence may vary.
Nagoya	Japan	NGO-002	Highlights	TOKUGAWA LEGACY	\$139	4.25	MODERATE	Visit several historical landmarks associated with Japan's legendary Tokugawa Shogun family, starting at the extraordinary Nagoya Castle. Ieyasu Tokugawa, the first shogun of the Edo period, ordered its construction in 1612. Although destroyed in World War II, the castle was rebuilt to its original splendor. You will see Tokugawa family treasures in the Tokugawa Art Museum, including period furniture, armour and ceramics for tea ceremonies. Many objects of art are from the peaceful Edo period, which lasted from 1603 to 1868. More priceless artifacts await you at Atsuta Shrine, which is said to have been founded in the 3rd century to enshrine a sacred sword. While the sacred sword remains the most valuable item, the last person claiming to see it was a priest from the Edo period, who soon died from a mysterious curse. Even so, that hasn't deterred the pilgrims that come hoping that the sword will bless them with good luck.	This tour includes about three hours of moderate walking with steps, cobblestones and gravel surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for guests with mobility concerns who should evaluate their stamina and ability before joining the tour. The tour sequence may vary.
Nagoya	Japan	NGO-003	Highlights	INUYAMA CASTLE & NORITAKE GARDEN	\$169	6.5	MODERATE	Travel into the beautiful Nobi Plain to visit one of Japan's most revered castles and browse a cultural complex devoted to Noritake ceramics. Now an official national treasure, Inuyama Castle was completed in 1537 and has survived relatively intact over the centuries. As you browse the extraordinary interior, you will see artifacts relating to the Naruse family that once owned the castle. The armoury of samurai weapons and the hidden doors for the guards are of particular note, as they shed light on the fact that the castle was under constant threat of attack. Noritake Garden presents a more artistic side of the area. Located on the site of the former Noritake ceramics factory, the garden also contains a craft centre, museum and gallery. While meandering through the buildings, you will learn about the history and production of Noritake ceramics, see important Noritake pieces from the early 1900s and admire the traditional artwork.	This tour includes about 2½ hours of moderate to strenuous walking with cobblestones and steps to negotiate. The tour is not recommended for wheelchair guests and may not be suitable for guests with mobility concerns who should evaluate their stamina and ability before joining the tour. The tour sequence may vary.
Nagoya	Japan	NGO-004	Highlights	PANORAMIC TOUR OF NAGOYA	\$109	4	MODERATE	Explore a Shinto shrine and Nagoya's namesake castle before enjoying a serene stroll through one of the city's traditional Japanese gardens. As you approach lovely Toyokuni Shrine, you will first notice the large Torii gate that leads to the entryway. The shrine is dedicated to Toyotomi Hideyoshi, who was born a peasant here in 1536 and rose to become a great feudal lord who unified Japan's warring political factions. Nagoya Castle is another architectural gem and was one of the largest castles in Japan until World War II, when most of it was destroyed. While browsing the replica castle, be sure to note the golden sea creatures on the roof that have become a symbol of Nagoya. For a respite from the hubbub of the city, you will stroll through Shiratori Garden, a green oasis meant to leave visitors with a great sense of ease and tranquility.	This tour includes about two hours of moderate walking with cobblestone surfaces and gravel and earthen paths to negotiate. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have a companion to assist them. Guests with mobility concerns should carefully evaluate their stamina and ability before joining the tour. The tour sequence may vary.
Nagoya	Japan	NGO-005	Highlights	NABANA NO SATO FLOWER PARK	\$179	4	STRENUOUS	Stroll through one of the largest flower gardens in Japan, an urban oasis where something is always in bloom year-round. The variety of plants at the Nabana No Sato flower park is incredible and no matter where you turn you will see flowers of every imaginable species. Colourful flowers carpet huge open areas in such abundance that the landscape looks like a painting. There are flowers in pots, on walls, in beds to make quilt-work patterns and hanging from greenhouse ceilings to reflect in the mirror-like ponds below. The setting is so beautiful that it is simply impossible to snap a bad photo. While you will be free to meander about the flower park on your own, don't miss the outdoor hot springs, where you will likely see visitors relaxing and soaking their feet in the soothing waters. There is even a beer garden that serves a variety of local brews.	Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended. Foreign currency is not accepted in Japan, so please recommend the guests to bring the local currency. Credit cards are accepted at some places but not everywhere.
Nagoya	Japan	NGO-006	Highlights	NAGOYA CASTLE & ATSUTA SHRINE	\$199	4	MODERATE	See culturally significant landmarks that reveal much about life in Nagoya centuries ago, one being a castle complex, the other a Shinto shrine. Tokugawa Ieyasu, the first Shogun of the Edo period, oversaw the construction of Nagoya Castle and the adjacent Honmaru Palace in the early 17th century. Although bombing during World War II destroyed both of them, they have been reconstructed to resemble the originals. Be sure to note the sea creatures adorning the castle's roof – which Nagoya has adopted as a city symbol – and the palace's glorious interior, especially the gold metalwork and exquisite paintings on the sliding doors. Atsuta Shrine was also heavily damaged during World War II and later restored to mirror the original. The shrine was supposedly founded in the 3rd century to hold a mythical imperial sword that hasn't been displayed since the 7th century. However, thousands of other artifacts are on exhibit, including weaponry and sacred garments.	Please note that shoes are not allowed inside the Honmaru Palace; instead, slippers will be provided. This tour includes minimum amount of walking, mainly at guests' discretion during stops. It is not recommended to guests who utilise a wheelchair due to cobblestone surfaces. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

Nagoya	Japan	NGO-007	Highlights	NATIONAL TREASURE - INUYAMA CASTLE	\$209	3.75	STRENUOUS	Explore a 16th-century hilltop castle that is still relatively intact, one of many reasons that Japan has officially declared it a national treasure. Inuyama Castle perches atop a hill above the meandering Kiso River, a strategic location that has served it well since the castle was completed in 1537. Its soaring stone-and-wooden watchtower – known as a donjon – is one of the oldest in Japan. Climb its original steps for a panoramic view of the castle grounds and river, the same view that the samurai warriors once enjoyed. Elsewhere in the donjon, you will see a narrow underground passage that served to bottleneck invaders and some of the original building materials such as square steel nails. The castle also features an armoury of samurai weapons, reminders that the castle was under a constant threat of attack. The one room in the donjon with tatami mats was reserved for the Naruse clan that owned the castle.	Please note that shoes are not allowed inside the Inuyama Castle; instead, socks are recommended. This tour includes a short incline section from the parking to the castle. It is not recommended to guests who utilise a wheelchair due to cobblestone surfaces and steep steps. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Nagoya	Japan	NGO-008	Highlights	HISTORICAL MEIJI MURA OPEN-AIR MUSEUM	\$259	3.75	MODERATE	Walk through an open-air museum of historical buildings that offer a rare glimpse into the Meiji Era, a time that brought about the modernization and Westernization of Japan. The era was relatively short – ending with the death of emperor Meiji in 1912 – but much was accomplished to make Japan a more open and powerful nation. As you will see at Meiji Mura, the architecture became more modern and was heavily influenced by Western styles. One of the museum highlights is the Frank Lloyd Wright-designed main entrance hall and lobby of Tokyo's iconic Imperial Hotel, which was moved to the museum piece by piece. Other attractions among the 60-some buildings include St. Francis Xavier's Cathedral, which was relocated from Kyoto, a prison, a sake brewery and Sapporo's telephone exchange, which reflects the technological advances that were made during the Meiji Era. Some of the buildings have been repurposed for cafés and stores.	This tour includes approximately 2 hours of walking with incline sections. It is not recommended to guests who utilise a wheelchair due to cobblestone surfaces. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Nagoya	Japan	NGO-009	Highlights	TOKONAME POTTERY TOWN	\$269	4.75	MODERATE	Delve into the great pottery tradition in Tokoname that first developed in the 12th century and became so culturally important that the town has been declared a Japan Heritage Site. As an introduction, you will browse the INAX Museums, a collection of buildings that hold industry-related items such decorative tiles, ornamental terracotta and a massive kiln for earthenware pipes. There is even a museum made of clay that displays some of the many uses of this versatile building material. Some of the buildings contain machinery and tools that will enhance your understanding of the ancient craft of pottery. Afterwards, you will walk through Old Town along an unusual footpath, part of which is lined with high walls of stacked pottery pipes and bottles. You will also pass century-old red-brick kiln chimneys, former pottery factories and small shops selling ceramics such as teapots and jars, all made from the iron-rich clays around Tokoname.	This tour includes approximately 2 hours of walking with incline sections. It is not recommended to guests who utilise a wheelchair due to uneven paths and presence of stairs. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Kobe	Japan	KBE-001	Highlights	TRADITIONAL KYOTO	\$349	9.25	STRENUOUS	Discover the gracious spirit of Old Japan while touring Kyoto's most alluring sites, starting with the magnificent Golden Pavilion. Built in the late 14th century as a shogun's retirement residence, the three-story pavilion is now a revered temple. Its most outstanding features are the shimmering gold leaf that covers the two top stories and the positioning of the temple so that it reflects in a tranquil pond. Nearby, you will find Nijo Castle, a wooden fortification built in 1603 with nightingale plank floors that chirp when walked on, so as to warn the residents of invaders. Other defensive measures of this World Heritage site include a moat and towering stone walls. You will also see Sanjusangendo, a temple with 1,001 statues of Kannon, the goddess of mercy. The statues have multiple heads and arms to better see and help those who are suffering. You will find them in the main hall, which is Japan's longest wooden structure.	This tour includes up to five hours of walking with steps to negotiate, including 30 steps at Kinkakuji Temple. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Photography or shooting video is not permitted inside Ninomaru Palace or Sanjusangendo, and shoes must be removed to enter either site. Parts of Nijo Castle may be closed. The order of sites visited may vary.
Kobe	Japan	KBE-002	Highlights	THE GLORY OF MT. ROKKO	\$189	3.75	STRENUOUS	Ride an old-fashioned, open-air cable car to Mt. Rokko and take in the panoramic views from its observation deck. The cable operates on a two-car, one-track system, so the ascending and descending cars pass each other halfway up the mountain. As dramatic as the ride will be, the views from the observation deck will be even more spectacular. With an elevation of 3,000 feet, Mt. Rokko is the highest peak in the mountain range and its observation deck has been enthralling visitors since opening in 1901. From there, you will enjoy sweeping vistas of Kobe, Osaka Bay and distant Awaji Island. Back in the city, you will browse a sake museum that is housed in a former sake brewery. While touring this authentic setting, you will see the various stages of producing sake and how they have changed over the centuries. You may also have the rare chance to taste freshly pressed, unpasteurised sake.	This tour includes about 1½ hours of walking with some steps, including the 30 at the funicular station. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The order of sites visited may vary. In the event of funicular closure due to weather or maintenance, funicular ride will be replaced by a bus ride.
Kobe	Japan	KBE-003	Highlights	NARA & OSAKA DISCOVERY	\$349	9	STRENUOUS	Explore the key historical attractions in Nara and Osaka, two of Japan's most influential cities. The 8th-century capital of Japan, Nara is considered the cradle of Japanese arts, literature and crafts with temples and shrines that pre-date those found in Kyoto. Eight World Heritage sites and numerous official National Treasures and Important Cultural Assets are located here, including Todai-ji Temple, where you will behold the world's largest Buddha statue. It is housed in the world's largest wooden building. Nara is also known for its urban oases such as Deer Park, where you will stroll through the woodlands where at least 1,000 deer roam. In the Shinto religion, deer are considered sacred messengers of the gods. The namesake castle is the ultimate attraction in Osaka. Besides seeing how architecturally extraordinary it is, you might browse the museum full of historical and cultural artifacts.	This tour includes about four to five hours of walking with some steps to negotiate, especially at the Kasuga Shrine. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The parking lot at Osaka Castle is at 15-minute walk from the castle. Photography or shooting video is not permitted inside parts of the castle. The order of sites visited may vary.
Kobe	Japan	KBE-004	Highlights	HIGHLIGHTS OF OSAKA	\$209	5	MODERATE	See landmarks in Osaka that reveal its historical importance and how the city developed technologies in construction, engineering and the arts. Your introduction to Osaka begins at its famed castle, which played a major role in the unification of Japan in the 16th century. Be sure to notice the ornamental roof tiles and bas-reliefs carved in the shape of crouching tigers, which are all gilded with gold. Inside, you will find an engaging museum that traces the history of the castle from the late 1500s to the present day by displaying items such as innovative armour, furnishings and personal effects from the city's war lords. Shitennoji, the oldest temple in Japan, will present a cultural view of Osaka. Although repeatedly destroyed by fires, each time it has been rebuilt to reflect the original 6th-century design. The most notable features are the five-story pagoda and a treasure house that holds several massive wooden Buddha statues.	This tour includes about three hours of walking with numerous steps to negotiate. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. The parking lot at Osaka Castle is at 15-minute walk from the castle. Photography or shooting video is not permitted inside parts of the Osaka Castle.

Kobe	Japan	KBE-005	Highlights	HIGHLIGHTS OF KYOTO	\$289	8	MODERATE	Explore two of Kyoto's marquee attractions: the impressive Golden Pavilion and formidable Nijo Castle, a quintessential example of Momoyama architecture, which flourished 400 years ago. Originally built as a three-story home in 1397, the pavilion follows the Shinden style by being positioned at the edge of a tranquil pond. While viewing the pavilion's exterior, you will notice that the second and third stories are covered in shimmering gold leaf. The mirror reflection of the temple on the glassy pond is another highlight. More history awaits you at Nijo Castle, a wooden fortification built in 1603 as the residence of the Tokugawa clan. An esteemed UNESCO World Heritage site, the castle is protected by a moat, stone walls and ingenious nightingale floors, which chirp like a bird when walked upon to alert the guards of potential intruders. Despite its defensive elements, the castle was primarily a home.	This tour includes about 2½ hours of moderate walking and a significant number of steps to negotiate. It is not recommended for wheelchair guests or those with mobility concerns who should evaluate their stamina and ability before joining the tour. Guests must remove their shoes to enter Ninomaru Palace in Nijo Castle. Photography or shooting video is not permitted inside the palace. The drive between Kyoto and Osaka is about 1½ hours and subject to traffic delays. The order of the sites viewed or visited may vary.
Kobe	Japan	KBE-006	Highlights	OSAKA CASTLE	\$159	3.5	STRENUOUS	Focus on Osaka's single most important attraction—Osaka Castle, whose landmark tower has become a symbol for the city. General Toyotomi Hideyoshi, the so-called "Napoleon of Japan," built the original castle in 1583 and although it was intended to be Japan's most impenetrable fortification, it was destroyed just 30 years after being finished. Lightning struck the castle that replaced it, burning much of it to the ground. In 1931, the castle tower was reconstructed once again, and even from a distance you will see it lordling over the grounds. Despite the heavy damage that the castle has suffered over the centuries, many of the key features of the castle complex remain intact, including turrets and sections of the walls that border the surrounding moat. If you can only see one attraction that defines Osaka culturally, historically and architecturally, it is Osaka Castle.	This tour includes about 1½ hours of moderate walking with a significant number of step and a 15-minute walk from the parking area to the castle. There is an elevator in the castle, but it does not access the observatory. The tour is not available to wheelchair guests or those with mobility concerns. Photography or shooting video is not permitted inside parts of the Osaka Castle.
Kobe	Japan	KBE-007	Highlights	PANORAMIC OSAKA	\$169	4.5	EASY	Visit two icons in Osaka that represent vastly different time periods: a classic 16th-century castle and a modern high rise. Magnificent Osaka Castle consists of 13 structures that include gates, moats and gunpowder storehouses. The nine-story donjon at its centre is adorned with golden sea creature ornaments and is so distinctive that the government has designated the castle an Important Cultural Asset and the cherished symbol of Osaka. While touring the exterior, you will learn about the castle's construction, particularly its massive stone wall. For a modern perspective of the city, you will ascend to the observation deck of towering Umeda Sky Building. Completed in 1993, the twin-tower glass-and-steel high rise offers a stunning, 360-degree view of Osaka and beyond to Awaji Island. Nearly 3 million people live in Osaka, so you can imagine the urban sprawl nearly as far as you can see.	This tour includes nearly 2 hours of easy walking and standing with a few steps and some gravel surfaces. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour.
Kobe	Japan	KBE-020	Highlights	KENDO EXPERIENCE & SHINSEIKAI STREET	\$339	5	MODERATE	Watch a captivating kendo performance and learn some of the basics of this martial art before spending free time in the vibrant Shinsekai district. Accomplished masters will demonstrate kendo, which is derived from the sword-fighting techniques that the ancient samurai practiced. As you will see, the participants wear protective armour and use bamboo swords to strike each other. The points scored depend on the targets hit. Besides discovering the etiquette behind kendo, you be welcome to suit up in traditional kendo attire and try this martial art firsthand. For a complete change of pace, you will continue to Shinsekai, a nostalgic district modelled after both Paris and Coney Island. During free time there, you might dine on your own, play vintage arcade games and browse the seemingly endless shops, many of them along the Janjan-Yokocho alley. The landmark that rises above it all is the Tsutenkaku Tower, a symbol of Osaka.	Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of the sites visited or viewed may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.
Kobe	Japan	KBE-021	Highlights	OSAKA GOURMET & SUSHI MAKING	\$289	5	MODERATE	Browse the bustling Kuromon Market, where you will see every imaginable gourmet delicacy, and learn to prepare your own sushi by following a chef's instruction. The covered market holds more than 150 stores where everything from blow fish to fresh fruits to traditional sweets can be found. Expect it to be crowded and loud, which is much of the charm. Chances are, you will see fishmongers preparing fresh cuts of seafood, people dining on street food and others just milling about awed by the abundant choices. You may be offered samples, but don't get too full as you will soon be making sushi for your lunch. The chef will show you how to prepare two styles of sushi. Nigiri sushi typically features raw fish atop a mound of hand-pressed rice. Then there is gunkan sushi, in which the rice is wrapped in a strip of seaweed to create a bowl for the various toppings.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. The order of the sites visited or viewed may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.
Kobe	Japan	KBE-022	Highlights	NOH EXPERIENCE & SHINSAIBASHI	\$299	5.5	MODERATE	Watch an authentic Noh performance after touring the theatre's backstage and browse Shinsaibashi, Osaka's premier shopping destination. The venue for the show will be the Yamamoto Noh Theater, a purpose-built setting for Noh, a form of song and dance that is so essential to Japan that UNESCO has designated it an Intangible Cultural Heritage. As an introduction to this art form, you will receive a behind-the-scenes look at the stage, the dressing rooms and other elements essential to Noh. To further your cultural immersion, a master will teach you Noh movements in a workshop before the actual performance begins. Watching the show will be a mesmerising and profound experience. Walking through Shinsaibashi will be exhilarating in a different way as it is one of Japan's busiest shopping arcades. It has been a retail centre since the mid-18th century and now spans eight blocks, fully covered so you can comfortably shop no matter what the weather.	Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of the sites visited or viewed may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.

Kobe	Japan	KBE-017	Highlights	UNWIND IN ARIMA HOT SPRINGS	\$279	6	MODERATE	Enjoy a relaxing guided walk through the Arima hot springs district and explore further independently, during which you may partake of the therapeutic waters. Arima lies in a natural mountain setting and although largely modern, it has remained compact and easy to walk. As you meander the atmospheric narrow streets of the historical area, the guide will elaborate on Arima's more than 1,000-year history, the local traditions and the two types of hot springs. The so-called gold water contains iron deposits said to relieve skin ailments, while the silver water is considered a remedy for various muscle and joint ailments. During free time, you might dine on your own, shop along the retail street Yumotozaka and take advantage of the mineral-rich hot springs. If you prefer not to fully immerse in the hot springs, you could opt for a simple footbath that is immensely rewarding as well.	This tour includes external visits only. Entrances to sites, venues are not included unless otherwise stated. Participation in hot spring bathing is not included in this tour itinerary. If guests would like to experience the hot springs, this may be possible during their free time. This tour includes approximately 2 miles of walking at a steady pace, part of which will be on cobblestone and uneven surfaces. Tour sensitive to weather conditions (Rain, wind, and sun). The order and times of the sites visited may vary due to traffic and operational reasons. The tour is not recommended for guests on wheelchairs, scooters or with any limited mobility. Guests who miss the return transportation will be responsible for getting back to the ship. Active participation from guests is required. Guests should wear comfortable shoes, sunglasses, and comfortable clothing. EXPO Japan 2025 (Apr 13 – Oct 13) may cause traffic delays, potentially reducing sightseeing time to ensure timely cruise return. Money exchange machines available at ports. Please make sure to have some Japanese Yen for purchasing as some food stalls & some shops accept cash only. Maximum age to participate is 75 years of age and maximum weight is 350 lbs. Waiver must be signed.
Tokushima	Japan	TKS-005	Local Discovery	AWA DANCE MUSEUM & MOUNT BIZAN ROPEWAY	\$279	2.45	MODERATE	Ride a cable-car ropeway to the summit of Mount Bizan for the ultimate view of Tokushima and watch a live performance of Awa Odori after browsing a museum solely dedicated to this traditional Japanese dance. The higher you ascend on the ropeway, the more spectacular the views, especially if the day is clear and you can see all the way to Awaji Island and the Kii Mountains beyond. Nearly 1,000 feet high, Bizan looms over the urban sprawl of Tokushima and is so revered that it has become a symbol for the city. Awa Odori dance is equally synonymous with Tokushima as you will discover while browsing the Awa Odori Kaikan museum. The exhibits beautifully display dance costumes and musical instruments and describe in detail how this 400-year-old art form has evolved. Still, the highlight will be watching an Awa Odori performance, which can be wildly energetic or exquisitely elegant.	This tour includes approximately 1 hour of walking. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Tokushima	Japan	TKS-006	Highlights	OTSUKA MUSEUM OF ART & NARUTO WHIRLPOOLS	\$319	4.25	MODERATE	Browse an art museum renowned for its reproductions of the world's greatest masterpieces and behold the tidal phenomenon of Japan's largest whirlpools. On the approach to the narrow Naruto Strait, you will notice the water's unusual turbulence, even from a distance. The whirlpools can be raging at times, particularly at high tide and low tide, when the currents violently swirl at dizzying speeds. The sheer size and power of the whirlpools can be mesmerising, especially from the viewpoint, a glass-paneled walkway under the Onaruto Bridge. The Otsuka Museum of Art is compelling in a different way as it only displays replicas of great artwork. The museum's goal is to present a collection of world-famous art in one location that would otherwise be impossible. The thousand or so reproductions range from Picasso's seminal "Guernica" – the original of which is in Madrid – to Michelangelo's glorious paintings on the ceiling of the Sistine Chapel.	This tour includes approximately 2.5 hours of walking. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Whirlpools appearance may vary depending on the tide and weather conditions.
Tokushima	Japan	TKS-007	Local Discovery	NARUTO WHIRLPOOLS & AWA DANCE MUSEUM	\$289	4	MODERATE	Observe the natural phenomenon of Japan's largest whirlpools and see how Awa Odori dance became a cultural phenomenon, especially in Tokushima. The Naruto Whirlpools are incredibly, even dangerously powerful. They are even more dynamic at high and low tides and at certain times of the year. These eddies are formed as the seawater rushes through the narrow Naruto Strait between Awaji and Shikoku islands. The unique topography of the strait's deep, v-shaped bottom adds to the intensity of the whirlpools. The glass-paneled walkway under the Onaruto Bridge is one of the best places to view the swirling waters. Browsing the Awa Odori Kaikan museum will add another dimension to your appreciation for this part of Japan. The exhibits are entirely dedicated to traditional Awa Odori dance. It is so popular that the annual Awa Odori festival in Tokushima draws more than a million people. You will understand the attraction after viewing the museum's displays.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Whirlpools appearance may vary depending on the tide and weather conditions.
Tokushima	Japan	TKS-008	Highlights	SOY SAUCE & SAKE BREWERIES	\$289	3	MODERATE	Visit two breweries that produce iconic Japanese products – soy sauce at one, sake at the another. While touring the soy sauce brewery, you will learn about the intricate process of making this cornerstone of Japanese cuisine. It involves the natural fermentation of cooked soybeans and wheat and the addition of salt or brine, a process that also gives the resulting liquid its distinctive brown colour. Although soy sauce originated in China, it is said to have been introduced to Japan in the 7th century. As you will discover, each brewery has its own proprietary method of production that imparts its soy sauce with a unique, nuanced flavour. You will also delve deeply into the production of sake, a rice wine that is also an integral part of Japanese culture and cuisine. After an enlightening behind-the-scenes look at the brewing process, you will be offered a sampling of sake, each variety with its own characteristics.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The minimum age to participate in Sake tasting is 20 years old.

Tokushima	Japan	TKS-009	Highlights	INDIGO DYEING & PILGRIMAGE TEMPLE	\$289	3.5	MODERATE	Discover the Japanese art of indigo dyeing in a hands-on workshop and visit a Buddhist temple that marks the beginning of a 750-mile pilgrimage route. Tokushima has long been known for its traditional indigo dyeing, a technique known as aizome. The dye comes from the leaves of a species of indigo plant that is cultivated throughout the prefecture. The history of indigo and the process of extracting the natural dye is fascinating as you will learn in this immersive class, during which you will create your own blue-dyed textiles. In the nearby town of Naruto, you will explore Ryozen-ji temple, the first of the 88 temples on the Shikoku Pilgrimage route, a significant spiritual journey for Buddhists as each temple represents a stage on the path to enlightenment. Chances are, you will see pilgrims following in the footsteps of the 9th-century monk and poet Kobo-Daishi, who founded the Shingon school of Buddhism.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Tokushima	Japan	TKS-010	Highlights	UDATSU HISTORICAL DISTRICT & ZEN GARDEN	\$289	4	MODERATE	Meander through a historical district full of Edo Period homes that feature an unusual architectural element and tour one of the more impressive residences. This former district for merchants lies within the town of Mima, once known as the fortified castle town of Wakimachi. It flourished centuries ago from the production of washi paper, which was used for books and screen room dividers. Many of the district's beautifully preserved residences feature udatsu, unique high-winged wall structures on the roofs that were built to prevent fires from spreading. Because udatsu was expensive, it was considered a sign of wealth and prestige. Although most of the homes have been altered to better suit contemporary life, the Yoshida residence has been beautifully preserved just as it was in 1792. Inside, you will gain an understanding of how one of the town's wealthiest indigo merchants and his family lived in five buildings arranged around a Zen garden.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Shoes are not permitted inside the temple.
Tokushima	Japan	TKS-011	Highlights	TRADITIONAL NINGYO JORURI & POTTERY STUDIO	\$279	3.75	MODERATE	Become immersed in Japanese puppetry and pottery at venues where these traditional art forms are still practiced and preserved. While watching a Ningyo Joruri puppet show, you will notice that it is a highly collaborative art. A narrator tells the story, a three-stringed lute known as a shamisen paints the scene musically and three performers manipulate the puppets in perfect unison. This type of puppetry was particularly popular in Tokushima during the Edo Period and numerous Ningyo Joruri theatres still exist. While browsing the Ningyo Joruri Museum, you will gain an even more in-depth understanding of this style of puppetry. You will enjoy a similar deep dive into Otani ware, a type of pottery that originated in the Tokushima Prefecture. The most iconic pieces are ceramics so large that it takes two people to make them – one standing to shape the clay, the other lying on the floor to turn the potter's wheel with their feet.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Tokushima	Japan	TKS-012	Active	PILGRIMAGE TEMPLES & WALK	\$309	3	MODERATE	Walk between two Buddhist temples at the beginning of a 750-mile pilgrimage route where each temple represents a stage on the path to enlightenment. You will start at Ryozen-ji temple, the first of 88 temples on the Shikoku Pilgrimage route. Here pilgrims traditionally don white robes and receive a walking stick and a book to collect a temple stamp at each new destination. Before taking off, the pilgrims often pause at the statue of the Medicine Buddha to ask for healing and protection on their journey. The temple's name, Ryozenji, means Vulture Peak, a reference to the sacred mountain in India where Buddha is said to have preached. The half-hour walk to the second temple will be along a tranquil path meant to encourage meditation. After passing through the bright red entry gate, you will arrive at Gokuraku-ji, a temple dedicated to the Buddha of Infinite Light, symbolising the promise of enlightenment and peace.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair due to uneven terrain. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Hiroshima	Japan	HIJ-001	Highlights	HIGHLIGHTS OF HIROSHIMA	\$199	4	MODERATE	View the landmarks of Hiroshima, some commemorating the atomic bomb blast here in 1945 and others reflecting the city's celebration of peace. At the poignant Hiroshima Peace Memorial Park, you will behold the ruins of some of the few concrete buildings left after the atomic bomb was dropped. One of them, the Atomic Bomb Dome, has been declared a UNESCO World Heritage site and has become a symbol of Hiroshima. You will also see the Cenotaph memorial, where the names of the tens of thousands that lost their lives in the blast are inscribed, and the Flame of Peace, which monks visit daily to offer prayers and burn incense. While the mood there is somber, serenity is the overarching theme at Shukkei-en Garden. Besides being a wonderful respite from the hubbub of the city, the garden is a visual delight, as plants are always in bloom regardless of the season.	This tour includes about two hours of walking with a few steps. Guests with mobility concerns should evaluate their ability and stamina before joining the tour. Sites include sensitive materials, graphic pictures and displays on the atrocities of war. The order of sites visited may vary. Bring local currency for shopping.
Hiroshima	Japan	HIJ-002	Highlights	HIROSHIMA & MIYAJIMA EXPLORATION	\$349	7.25	STRENUOUS	Visit a memorial park that recounts the devastation from the atomic bomb dropped on Hiroshima in 1945 and then enjoy the wonders on beautiful Miyajima Island. Hiroshima Peace Memorial Park was built after World War II as a memorial to the tens of thousands of people who died in the atomic bomb blast. While here, you will see the Atomic Bomb Dome, one of the few structures left after the blast, and the Flame of Peace, a memorial that will continue to burn until nuclear weapons are abolished worldwide. You will enjoy an entirely different perspective of the area at Miyajima Island, which you will reach by ferry. Revered for its breathtaking beauty since ancient times, the island is home to the glorious Ito no Yatai Shrine, a World Heritage site renowned for its "floating" red torii gate. You will have time to wander through the main hall and the adjoining shrines, which can be reached through bright-red passageways.	This tour includes about four hours of walking with a few steps. Guests with mobility concerns should evaluate their ability and stamina before joining the tour. Sites include sensitive material, graphic pictures and displays on the atrocities of war. The order of sites visited may vary. Bring local currency for shopping.
Hiroshima	Japan	HIJ-004	Highlights	MIYAJIMA H/D	\$199	4.25	STRENUOUS	Take the ferry to Miyajima, a small forested island known for its stunning natural beauty and ancient shrines. Upon arriving, you will first notice the giant red torii gate that rises up out of the ocean as if it were floating. The revered primary shrine is also built over the water and together these iconic attractions have been declared a UNESCO World Heritage site, as they illustrate the Japanese concept of scenic beauty, in which nature and human creativity harmoniously combine. At high tide, the gate and the 12th-century shrine seem to be floating on the water. To alleviate friction from the rising tides and more severe water conditions, the shrine's wooden floors have spaces between the planks and were constructed without metal nails that would restrict the planks from moving with the tides.	This tour includes nearly three hours of walking with some steps. The tour is not recommended for wheelchair guests and those with mobility concerns should evaluate their ability and stamina before joining the tour. Bring local currency for shopping.
Hiroshima	Japan	HIJ-005	Highlights	PANORAMIC HIROSHIMA	\$139	2	EASY	Enjoy a panoramic drive through Hiroshima, pausing on occasion at attractions that highlight the city's history and rise from near total devastation by an atomic bomb in 1945. Your first stop for photos will be at the Atomic Bomb Dome, the only structure left standing near the epicentre of the atomic blast. While a stark, powerful reminder of the destructive force of an atomic bomb, the building has also become a symbol of peace and hope for the elimination of nuclear weapons. The skeletal remains of the dome stand exactly as they did right after the bomb blast. Continuing on, you will see a wonderful reconstruction of the 16th-century Hiroshima Castle, a historical building that the atomic bomb leveled. Rebuilt in 1958, the stone and wooden castle rises five stories above its immaculately landscaped grounds and is surrounded by a protective moat.	This tour is primarily panoramic in nature and walking is at the guests' discretion during the photo stops. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. The tour sequence may vary.

Hiroshima	Japan	HIJ-007	Highlights	PEACE MEMORIAL PARK & MUSEUM	\$119	3	MODERATE	Visit the poignant Hiroshima Peace Memorial Park and its emotionally powerful museum, which contains victims' mementos and exhibitions that convey the devastation from the atomic bomb blast in 1945. Hiroshima was the world's first city destroyed by an atomic bomb, and you will find haunting reminders of that event throughout the park. The most iconic is surely the Atomic Bomb Dome, the only structure left standing near the epicentre of the atomic blast. Now a World Heritage site, its skeletal remains stand exactly as they did right after the bomb blast. You will also see the impactful Children's Peace Monument, which depicts a young girl named Sadako holding a wire crane above her head. Sadako believed if she folded enough origami cranes—the crane symbolising long life—she would survive the effects of the bomb's radiation. She died at age 12, and visitors still leave paper cranes in her memory at the foot of the monument.	This tour includes about 1½ hours of walking with some steps. The tour may not be suitable for wheelchair guests and those with mobility concerns should evaluate their ability and stamina before joining the tour. Sites include sensitive material, graphic pictures and displays on the atrocities of war. The order of sites visited may vary. Flash photography is prohibited inside the Peace Memorial Museum.
Hiroshima	Japan	HIJ-008	Highlights	SHUKKEI-EN JAPANESE GARDEN	\$139	2.5	MODERATE	Stroll through tranquil Shukkei-en Garden in the shadow of Hiroshima Castle as a prelude to visiting sites that memorialise victims of the atomic bomb blast here in 1945. The bomb leveled much of Hiroshima, including centuries-old Shukkei-en Garden. Replanting started almost immediately and today the garden is a revered urban oasis. While meandering along its natural paths, you can expect to find sculpted gardens, arched bridges over serene ponds and a variety of flowering plants, as the garden was designed so that something is always in bloom. Hiroshima Peace Memorial Park encourages reflection, but in a different way. Its attractions are grim reminders of the atomic bomb's devastation. The skeletal Atomic Bomb Dome, one of few buildings left somewhat intact after the blast, has become a symbol of Hiroshima. Other memorials include the Cenotaph, where the names of the victims are inscribed, and the Flame of Peace, which will burn continuously until nuclear weapons are abolished worldwide.	This tour includes just over an hour of walking and with steps and cobblestone surfaces to negotiate. The tour is not recommended for wheelchair guests or those with mobility concerns. The tour sequence may vary.
Hiroshima	Japan	HIJ-AC1	Highlights	ACCESSIBLE HIROSHIMA - A FLOATING SHRINE AND TASTE OF TRADITION	\$399	6	EASY	This tour is intended for guests who have limited mobility, rely on a cane or walker, or for guests' companions. Explore a Shinto shrine that seems to float on the water off the sacred island of Miyajima and savour an equally memorable meal. On the ferry ride over to the island, you will first notice the giant red torii gate that rises up out of the sea. Similarly, the Itsukushima shrine that stands behind it was built over the water to give the illusion of floating when the tide is high. UNESCO declared these architectural treasures a World Heritage site because they so perfectly personify the Japanese concept of scenic beauty that combines nature with human creativity. Itsukushima dates to the 13th century while some of shrines on the island were constructed even earlier. Chances are, you will see free-roaming deer on Miyajima, perhaps even while shopping in the island's arcade. Back on the mainland, you will stop to dine on Hiroshima-style okonomiyaki, a pancake layered with noodles, fried eggs and pork belly.	This tour has a limited capacity; therefore, it is recommended that guest's pre-book this tour as early as possible. This tour is designed to use the most accessible wheelchair routes possible. This includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. The vehicle used on this excursion is equipped with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs. Guests needing special assistance must be accompanied by an able-bodied companion. Lunch/snack costs are not included. The number of accessible vehicles is extremely limited. Guests are encouraged to make their accessible shore excursion reservations as far in advance as possible. Guests wishing to utilise a wheelchair (manual or electric) on this excursion must provide the total dimensions (height, length and width) and weight of the electric scooter or wheelchair at the time of booking.

Hiroshima	Japan	HIJ-AC2	Highlights	ACCESSIBLE HIROSHIMA - A FLOATING SHRINE AND TASTE OF TRADITION - Mobility Equipment User	\$399	6	EASY	Guests who are fully dependent on their mobility device are eligible for this excursion and are required to bring their own wheelchair/scooter. Explore a Shinto shrine that seems to float on the water off the sacred island of Miyajima and savour an equally memorable meal. On the ferry ride over to the island, you will first notice the giant red torii gate that rises up out of the sea. Similarly, the Itsukushima shrine that stands behind it was built over the water to give the illusion of floating when the tide is high. UNESCO declared these architectural treasures a World Heritage site because they so perfectly personify the Japanese concept of scenic beauty that combines nature with human creativity. Itsukushima dates to the 13th century while some of the shrines on the island were constructed even earlier. Chances are, you will see free-roaming deer on Miyajima, perhaps even while shopping in the island's arcade. Back on the mainland, you will stop to dine on Hiroshima-style okonomiyaki, a pancake layered with noodles, fried eggs and pork belly.	This tour has a limited capacity; therefore, it is recommended that guest's pre-book this tour as early as possible. This tour is designed to use the most accessible wheelchair routes possible. This includes step-free routes, shorter distances and no stairs. Accessible restrooms with wide doors for wheelchairs are present along the tour route. The vehicle used on this excursion is equipped with an access ramp (or lift where available) to accommodate a limited number of wheelchairs and/or mobility scooters. Guides are not allowed to push wheelchairs. Guests needing special assistance must be accompanied by an able-bodied companion. Lunch/snack costs are not included. The number of accessible vehicles is extremely limited. Guests are encouraged to make their accessible shore excursion reservations as far in advance as possible. Guests wishing to utilise a wheelchair (manual or electric) on this excursion must provide the total dimensions (height, length and width) and weight of the electric scooter or wheelchair at the time of booking.
Beppu	Japan	BE9-001	Local Discovery	AMAZING HELL SPRINGS & VILLAGE STOP	\$209	3	EASY	Visit two of Beppu's many hot springs known as jigokus or "hells" and a village that has been producing natural bath products for centuries. With so many thermal springs in and around Beppu, thick clouds of steam can always be seen rising from the ground. At the Umi Jigoku, the so-called Sea Hell, you will notice that the cobalt-blue water is near boiling and so hot that visitors can only observe the thermal phenomenon. However, at the Chinoike Jigoku or Blood Pond Hell, you might take a foot bath in the iron oxide-rich water that gives the pool its reddish colour. The hot springs throughout Beppu are said to have restorative powers, and visitors come from all over to soak in them. While browsing the shops in Myoban Yunosato village, you might purchase some of the healing minerals and bath salts that have been extracted from the waters to create your own hot springs experience at home.	This tour includes a moderate amount of walking. It is available to guests who utilise a collapsible wheelchair, can both make their way on and off the coach and have a companion to assist them. Casual clothing and comfortable, flat walking shoes are suggested. The order of the sites visited or viewed may vary.
Beppu	Japan	BE9-002	Active	JIGOKUMEGURI & BAMBOO CRAFT EXPERIENCE	\$209	4	MODERATE	Behold two unusual hot springs and become immersed in the art of making exquisite bamboo handicrafts. Although there are countless thermal springs around Beppu, each one tends to have its own qualities and highly descriptive name. As you will observe at Sea Hell, the cobalt-blue water is so hot that sitting in it would be unbearable. The water at Blood Pond Hell is nearly as hot, but boasts a blood-red hue from the iron oxide in it. If you opt for a foot bath there, you will discover how soothing the mineral-rich water can be. In the nearby Beppu Bamboo Crafts centre, you will find an extraordinary display of woven bamboo works of art. The collection goes far beyond traditional baskets and includes unexpected items such as bamboo furniture and clothing. During a fun, hands-on workshop, you will learn to decorate a bamboo bell with coloured bamboo sticks.	This tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual clothing and comfortable, flat walking shoes are suggested. The order of the sites visited or viewed may vary.
Beppu	Japan	BE9-003	Local Discovery	USUKI STONE BUDDHAS & VILLAGE	\$239	4.5	STRENUOUS	Delve into the history of Usuki, a former castle town famous for its many Buddha sculptures carved into the surrounding rock cliffs. Buddhas made of stone are rare in Japan, but there are about 60 of them in Usuki, all carved between the 8th and 12th centuries. The Buddhas are considered national treasures. As such, they are sheltered from the elements as the stone is of volcanic origin and somewhat soft and moist, which makes the sculptures susceptible to erosion. Although the castle overlooking Usuki is in ruins, it still offers a hint of what life was like in the 16th century. You will get a more revealing glimpse into the past in the town's historical district. Its centrepiece is a narrow road that winds past elaborate temples and Edo-style samurai residences with several levels due to their limited street frontage. You are sure to find the district wonderfully photogenic.	This tour includes approximately 2 hours of walking, with some strenuous walking over uneven surfaces, some steps, and narrow passageways. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual clothing and comfortable, flat walking shoes are suggested.
Beppu	Japan	BE9-004	Highlights	BEPPU HOT SPRING EXPERIENCE	\$209	3	MODERATE	Ease into the restorative, mineral-rich waters of a hot spring and enjoy free time exploring Kannawa, a village built on soil that constantly steams due to the thermal springs below. It is almost impossible to avoid the lingering foggy steam that makes Kannawa so spectacularly atmospheric. While wandering about, you will also likely notice the variety of small shops with sidewalk displays of freshly steamed eggs, sweet potatoes and pork dumplings. The residents have learned to live with the corrosive effects of the high humidity and minerals in the water, as most everything mechanical or electric soon breaks down. However, as you will discover firsthand, soaking in a thermal spring can work wonders. You can expect to emerge from the water wonderfully refreshed and relaxed. As an option, you might just steam your feet in the supposedly healing mist that rises from the hot water.	This tour includes limited walking, mainly at the guest's discretion. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests are required to be naked at the hot spring as it is not allowed to wear swimsuits. Tattoos are prohibited. Guests should watch their step in a hot spring as surfaces may be slippery. It is recommended that guests not wear accessories as the colour may be changed due to hot spring water. Please do not bring valuable items. The order of the sites visited may vary.

Beppu	Japan	BE9-005	Highlights	USA JINGU SHRINE & KUMANO MAGAIBUTSU STONE BUDDHA	\$239	4.5	STRENUOUS	Gain insight into the Shinto religion at an 8th-century shrine and view one of the largest stone Buddhas in Japan. Usa Jingu is one of the country's oldest shrines and is dedicated to Hachiman, the patron deity of war and archery. The design of the shrine's vermilion-lacquered main hall is a prototype of Hachiman-zukuri style of architecture and deserves attention, as do the cultural artifacts in the shrine's treasure hall. The setting for the ancient Kumano Magaibutsu stone Buddha is more rural, and the surrounding natural beauty makes up for the difficulty in reaching this official National Important Cultural Property. It requires climbing a set of steep, boulder-strewn "demon steps" with the aid of handrails, but it is well worth the effort. Once you arrive at the stone cliff, you will see the sublime face of Buddha in bas relief, which like Usa Jingu was created in the 8th century.	This tour includes strenuous walking over uneven surfaces, including many stone steps and steep slopes to negotiate at Kumano Magai Butsu. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual clothing and comfortable, flat walking shoes are suggested. The order of the sites visited or viewed may vary.
Beppu	Japan	BE9-006	Highlights	YUFUIN WITH HOT SPRING EXPERIENCE	\$359	4.75	MODERATE	Become familiar with the considerable charms of Yufuin, an Edo-style village in the shadow of twin-peaked Mount Yufu, and relax by soaking in a hot spring. While pausing for photos at Lake Kinrin, you will enjoy sweeping views of the natural beauty that makes the Oita Prefecture so appealing. Yufuin is equally captivating, especially along Yunotsubo Kaido, a street lined with low-slung shops and cafés that lend it a traditional atmosphere. Walk into any of them, and you can expect to smell the bewitching aroma of yuzu kosho, a local citrus chili paste used liberally in the cuisine and for sale in most shops. Although the atmosphere is laidback throughout Yufuin, its hot springs make relaxing an art form. After soaking in the soothing waters, you will feel incredibly refreshed and tension-free. A stop at Sagiridai Observatory will present another perspective of Yufuin nestled at the foot of Mt. Yufu.	This tour includes a moderate amount of walking, mainly at the guest's discretion. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests are required to be naked at the hot spring as it is not allowed to wear swimsuits. Tattoos are prohibited. Guests should watch their step in a hot spring as surfaces may be slippery. It is recommended that guests not wear accessories as the colour may be changed due to hot spring water. Please do not bring valuable items. Towels will be provided upon entry to the hot spring. The order of the sites visited may vary.
Beppu	Japan	BE9-007	Local Discovery	YUFUIN VILLAGE & BEPPU ROPEWAY	\$159	5	MODERATE	Spend free time exploring the village of Yufuin and ascend Mount Tsurumi on a cable car ropeway for the ultimate view of Beppu. Known for its hot springs, laidback Yufuin lies in the shadow of twin-peaked Mount Yufu. On the outskirts of the village, you will pause for photos at Lake Kinrin, whose geothermally heated waters are typically covered in mist. Despite the rural surroundings, Yufuin boasts a popular shopping area along Yunotsubo Street, which you can leisurely browse on your own. Handmade crafts, local delicacies and fine art are but a few of the offerings. Back in Beppu, you will ride the ropeway to the summit of the mountain that overlooks the city. As spectacular as the views will be on the way up, they are even more extraordinary from the observation deck at the top. At that altitude, the temperatures will be noticeably cooler, which may encourage you to walk the mountain trails.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Beppu	Japan	BE9-008	Local Discovery	HITA VILLAGE & HARA JIROZAEMON FACTORY	\$139	4.5	MODERATE	Browse the main shopping street that runs through the hot spring town of Hita and visit a family-owned factory that has been making soy sauce and miso soy bean paste for 23 generations. The Hara family produces these traditional culinary staples using their own recipes and techniques, and you will see exactly how it is done during an eye-opening factory tour. After sampling these two iconic Japanese products – which are revered for their unique flavours – you will learn about the family's special brand of lemonade. Later, you will be dropped off on Mamedamachi Street, a pedestrian-friendly area lined with architecture that dates to the Edo Period, which lasted from 1603 to 1868. Besides browsing the dozens of shops, you will visit a museum where thousands of hina dolls are displayed on tiered platforms. The dolls represent the imperial couple and their court and are believed to bring young girls good luck and happiness.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Hakata	Japan	HK1-007	Highlights	NOH EXPERIENCE & KUSHIDA SHRINE	\$199	4.5	MODERATE	Watch an authentic Noh performance after touring the theatre's backstage and browse a Shinto shrine that was founded in the 8th century. The venue for the show will be the Morimoto Noh Theater, which has been purpose-built for Noh, a form of song and dance that is so essential to Japan that UNESCO has designated it an Intangible Cultural Heritage. As an introduction to this art form, you will receive a behind-the-scenes look at the stage, the dressing rooms and other elements essential to Noh. To further your cultural immersion, a master will teach you Noh movements in a workshop before the actual performance begins. Watching the show will be a mesmerising and profound experience. Visiting the Kushida Shrine will be moving in a more spiritual way as it is the oldest and most venerated shrine in Fukuoka. Be sure to notice the collection of Tengu masks and a 1,000-year-old ginko tree that symbolises longevity of life.	Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of the sites visited or viewed may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.
Hakata	Japan	HK1-008	Highlights	TEA CEREMONY & JAPANESE GARDEN	\$209	4	MODERATE	Learn some of the rituals involved in an authentic tea ceremony while being served a green tea and behold the natural wonders in a garden that captures the essence of classical Japanese beauty. The tea ceremony is a time-honoured cultural tradition that embodies grace, mindfulness and hospitality. A tea master will conduct the ritual in a traditional tearoom with tatami flooring, a serene setting that is as iconic as the Way of the Tea, the way the matcha – a finely ground green tea – is prepared and presented. The landscape within the Ohori Park Japanese Garden is equally tranquil as it features rolling hills, a central lake and thick clusters of trees. While enjoying a meandering walk through this urban oasis, you may encounter a Zen garden, a rock garden and native vegetation such as Japanese black pine and Satzuki azalea. Another highlight is a teahouse modelled after a tea ceremony pavilion.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. The order of the sites visited or viewed may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere. The Japanese Garden will close on Mondays and select local holidays and will be replaced with the Dazaifu Shrine or similar.

Hakata	Japan	HK1-009	Highlights	SWEET REPLICA EXPERIENCE & DAZAIFU SHRINE	\$179	4.5	MODERATE	Learn to make super-realistic plastic food samples like the ones displayed in restaurant windows and visit a shrine dedicated to the god of learning. A master artisan will teach you the basics of making plastic foods, which serve as visual menus of sorts in restaurants throughout Japan. You will likely make a parfait with your choice of plastic ice cream and textured toppings, all incredibly lifelike. Following this entertaining experience, you will explore Dazaifu Tenmangu, a venerated Shinto shrine where worshippers often come to pray for academic success, especially during exams. The shrine is dedicated to Sugawara Michizane, a legendary 9th-century scholar who has been deified and buried there. On the approach to the shrine, you will find an abundance of shops selling umegae mochi, a tasty grilled rice cake filled with sweet red bean paste. They also offer ice cream, perhaps ones that look as realistic as your plastic parfait.	Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of the sites visited or viewed may vary. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.
Busan	South Korea	BSN-001	Local Discovery	CULTURAL PERFORMANCE & BUSAN CITY	\$129	3.5	MODERATE	Delve into the culture of Busan by visiting some of its most representative attractions and by watching a traditional dance performance at the city's cultural centre. The performance will include a selection of regional dances that are improvisational rather than choreographed. South Korean dances are more about feelings than telling stories, and you can expect the show to be quite moving. On the other hand, Yongdusan Park conveys a sense of serenity, as you will see by meandering the paths of this urban oasis. Now a symbol of the city, Busan Tower rises high above the park. To experience local life on a more intimate level, you will also visit the Jagalchi Fish Market, the country's largest seafood market. As you browse the stalls and stores, you can expect to find every imaginable marine creature, including live eels, sea squirts and skates, which are similar to stingrays.	This tour includes about 1½ hours of easy walking and standing with some wet tile surfaces and narrow aisles at the Jagalchi Fish Market. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Entrance to the Busan Tower is not included. Drop-off location for free time will be at the Hotel Foret nearby Gukje Market and Jagalchi Fish Market. Photography is not allowed at the cultural performance. The order of the sites viewed or visited may vary.
Busan	South Korea	BSN-004	Highlights	TEA CULTURE AND CITY HIGHLIGHTS	\$149	4	MODERATE	Participate in an elegant Korean tea ceremony, followed by a relaxing stroll through an urban park and a glimpse into daily life at a bustling fish market. Also known as a "darye," meaning "etiquette for tea," the ceremony has been practiced for thousands of years. During the elegant ceremony, you will discover many of the ritual's nuances, which involve visual beauty, the aroma of the tea and its flavour. The experience is intended to heighten the senses and provide a path to spiritual enlightenment. Yongdusan Park offers another venue ideal for relaxation, as it is a leafy urban oasis. Feel free to meander the grounds, where you are sure to see local residents enjoying the serenity. Jagalchi Fish Market will offer a change of pace, as it is a bustling energetic venue. A favourite of locals, the fish market offers a wonderful glimpse into daily life and the bounty of the sea.	This tour includes about 1½ hours of easy walking and standing with some wet tile surfaces and narrow aisles at the Jagalchi Fish Market. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Guests must sit on the floor for about 40 minutes during the tea ceremony or in the few available chairs. Entrance to the Busan Tower is not included. Drop-off location for free time will be at the Hotel Foret nearby Gukje Market and Jagalchi Fish Market. Photography is not allowed at the cultural performance. The order of the sites viewed or visited may vary.
Busan	South Korea	BSN-005	Highlights	HIGHLIGHTS OF GYEONGJU & BUSAN	\$189	8	MODERATE	Behold an exquisite Buddhist temple complex and a king's tomb in Gyeongju before touring a serene park and Korea's largest seafood market in Busan. Once the capital of the Silla Kingdom, Gyeongju is a World Heritage site revered for its remarkable collection of Korean Buddhist architecture. The Bulguksa Temple is a prime example, as you will discover through its Silla-style bridges, Buddha statues and the 33 steps leading to the temple, which represent the 33 steps to enlightenment. You will also behold the Flying Horse Tomb in Tumuli Park, a repository of artifacts such as gold crowns and the final resting place of a 6th-century Silla king. Returning to Busan, you will stop at Yongdusan, a mountaintop park that offers outstanding views of the city. Yongdusan means "dragon's head mountain," a reference to the park's shape. You will then visit Jagalchi Fish Market, which offers a wonderful glimpse into daily life and the bounty of the sea.	This tour includes nearly three hours of easy to moderate walking over 1½ mile and with some uneven surfaces and steps to negotiate. The aisles at the fish market are narrow and the floor can be wet and slippery. Lines may be long. The tour is not available to wheelchair guests or to those with mobility concerns. Entrance to the Busan Tower is not included. The tour sequence may vary.
Busan	South Korea	BSN-006	Highlights	HAEDONG YONGGUNGSA TEMPLE & CITY TOUR	\$179	6.25	MODERATE	Discover the area's most iconic architecture, both ancient and modern, before immersing yourself in local daily life by visiting two bustling marketplaces. Originally built in the 14th century, Haedong Yonggungsa is revered for its pagoda and Buddhist sanctum inside a cave. It is said that the Great Goddess Buddha lives in the sea and appears on the back of a dragon, making Haedong Yonggungsa one of three sacred places related to the Goddess Buddha. The 108 steps down to the temple represent the 108 anguishes in Buddhist life. For a glimpse into South Korea's modern architecture, you will visit the glass-and-steel domed APEC House. This airy, light-filled building was designed to represent the spirit of openness and cooperation, as it is used for meetings and international summits. You will then browse Gukje Market, the country's largest traditional market, and Jagalchi Fish Market, South Korea's largest seafood market. Both display an extraordinary amount of merchandise.	This tour includes about 2½ hours of moderate to strenuous walking with some uneven surfaces and more than 100 steps to negotiate at the temple. The aisles at the fish market are narrow and the flooring can be wet and slippery. Lines may be long. The tour is not available to wheelchair guests or those with mobility concerns. The tour sequence may vary.

Busan	South Korea	BSN-007	Local Discovery	BEOMEOSA TEMPLE & MARKETS	\$109	4.25	MODERATE	Visit an ancient Buddhist temple that dates to the Silla Dynasty before returning to Busan for a revealing glimpse into modern daily life at two bustling marketplaces. The temple is Beomeosa, a sprawling complex nestled on a mountainside surrounded by wisteria woods. Many of the buildings date from the 7th and 8th centuries, although after countless invasions they have been repeatedly reconstructed. In all likelihood, you will see the monks praying and chanting in Buddha Hall. A glimpse into two of Busan's most bustling markets follows. Refugees of the Korean War started Gukje, which has grown into the country's largest traditional market. Fresh seafood is the allure of Jagalchi Fish Market, where every imaginable fish and exotic sea creature is displayed on ice. Both markets are excellent venues for people-watching and to observe daily life.	This tour includes about two hours of moderate to strenuous walking with some uneven surfaces and about 100 steps to negotiate at the temple. The aisles at the fish market are narrow and the floor can be wet and slippery. Lines may be long. The tour is not available to wheelchair guests or to those with mobility concerns. The tour sequence may vary.
Busan	South Korea	BSN-008	Local Discovery	HAEDONG YONGGUNGSA TEMPLE & FISH MARKET	\$109	4	MODERATE	recognise how the sea greatly influences local life by visiting several representative coastal attractions. Unlike the majority of Buddhist temples, Haedong Yonggungsa was constructed right on the shore in honour of the fact that the Great Goddess Buddha lives in the sea. The temple that stands today is an exact replica of the 14th-century original. The designers of the modern APEC House believe its seaside location provides a calm setting for the meetings and international summits that are held there. Natural light bathes the airy interior, adding to the soothing ambiance. The sea's bounty will be evident as you browse the Jagalchi Fish Market, South Korea's largest seafood market. Each morning, fresh fish and every other imaginable marine creature is delivered, iced and displayed in the seemingly endless shops and stalls. Other seafood is kept live in water tanks. Besides its incredible variety of seafood, the market is an excellent venue for people-watching.	This tour includes approximately 2 hours of walking. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests will have to negotiate many steps at the temple and wet floors at the fish market. Casual clothing and comfortable, non-slip walking shoes are suggested. The order of the sites visited or viewed may vary.
Busan	South Korea	BSN-GG1	Highlights	BUSAN RESOURCE CIRCULATION CENTRE	\$119	3.5	MODERATE	Discover how South Korea manages the enormous amount of waste it produces and see several places that benefit from the nation's green commitment. While driving through the countryside, you will pass the Nakdon River estuary, a habitat that attracts large numbers of migratory birds. It is a fragile environment that could easily be compromised if not for facilities such as the Resource Circulation centre. There, you will discover how South Korea is addressing its waste, as it is the world's largest consumer of plastic per capita. E-waste from small electronics that include obsolete computers and phones is especially harmful as they can leak toxic chemicals such as lead and mercury into landfills. But through recycling, South Korea is helping to protect its natural resources and the ocean. Later, while browsing the sprawling Jagalchi Fish Market, you will appreciate the bounty of a healthy sea, as every imaginable marine creature will be on display.	This tour includes approximately 90 minutes of walking/standing and several steps to negotiate. It is not recommended for guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing and comfortable, non-slip walking shoes are suggested. Cancellations made within 7 days or less are subject to a 100% cancellation penalty.
Nagasaki	Japan	NGS-001	Highlights	HIGHLIGHTS OF NAGASAKI	\$149	3	MODERATE	Visit the key landmarks in Nagasaki, most of which recognise the devastating effects of the atomic bomb that was dropped on the city in August 1945. At first glance, the city appears to be modern, having been rebuilt since the end of World War II; however, your exploration will also reveal more historical areas with temples and secluded gardens. Still, attractions that commemorate Nagasaki's destruction from the bomb blast take centre stage. The Peace Memorial Park now stands near Ground Zero and features statues and sculptures that countries all over the world have donated. The statue of a man with his right arm pointing to the sky to indicate the continued threat of nuclear destruction is particularly moving. You will also browse the Atomic Bomb Museum, which holds hundreds of artifacts that show the power of the bomb's impact and contains displays on modern nuclear technology.	This tour includes about 2½ hours of walking with a limited number of steps to negotiate. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. This tour includes sensitive material, including graphic pictures and displays on the atrocities of war. The order of sites visited may vary.
Nagasaki	Japan	NGS-002	Highlights	THE SPLENDOR OF ARITA & NAGASAKI	\$269	7	STRENUOUS	Discover the extraordinary ceramics produced in the city of Arita and then visit a memorial park in Nagasaki near the epicentre of the 1945 atomic bomb blast. Although it will take two hours to reach Arita, it will be well worth the time. Your immersion into ceramics will begin at Fukagawa-Seiji, a crafts company founded in 1894. The artisans here are particularly revered for their porcelain, especially the white porcelain that appears transparent. As you will see, traditional methods are still used to manufacture a wide variety of products. During free time in Arita's atmospheric Old Town, be sure to browse the pottery galleries. While Arita is considered the birthplace of Japanese porcelain, Nagasaki will forever be remembered for the devastating atomic bomb that was dropped here. As you meander through the Peace Memorial Park, you can take a moment to reflect on the bomb's effects.	This tour includes about 2½ hours of walking with some steps to negotiate. This tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. The order of sites visited may vary. Restaurants in Japan are unable to accommodate Dietary Restrictions. The duration of this tour may vary without prior advice.
Nagasaki	Japan	NGS-003	Highlights	A VISIT TO UNZEN & SHIMABARA	\$369	7.25	STRENUOUS	Behold the geological wonders around Mount Unzen and then get a glimpse into 17th-century life in the city of Shimabara. You will see the power of what lies beneath the earth's surface at Unzen Hell, a concentrated area with more than 30 sulfur pits and natural steam vents caused by the highly active volcano chain on the Shimabara Peninsula. The geological activity can be unpredictable and devastating, as you will see in a nearby village that was covered in lava and mud when Fugen Volcano erupted in 1991. Today, the ruins of the village are a memorial to the 48 people that died and the countless others that were affected. While visiting the castle in Shimabara, you will gain an understanding of Japan at the end of the feudal era, when the city flourished. Browsing the castle museum and the Old Town nearby will leave you with a genuine feel for the challenges of life centuries ago.	This tour includes about three hours of walking with some steps to negotiate. Guests with mobility concerns should evaluate their stamina and ability before joining the tour.
Nagasaki	Japan	NGS-004	Highlights	PANORAMIC NAGASAKI	\$139	4.75	STRENUOUS	Take in the natural beauty of Nagasaki and some of the most scenic vistas in and around town, beginning with a stop atop Mount Inasayama. Thanks to the mountain's proximity to the city centre, you will be treated to sweeping vistas of the urban sprawl. Ask the guide to point out the Peace Memorial Park, as it will be your next destination. It is located near Ground Zero of the atomic bomb that was dropped here in 1945. Today, the park is a lush oasis full of fountains, statues and sculptures that countries around the world have donated in the name of peace. You will also visit Urakami Cathedral, where relics damaged in the bomb blast are on display, including charred stone saints. For a different historical reference point, you will pause at Dejima, an artificial island built in 1636 to segregate the Portuguese population and control their missionary activities. Dejima is now part of the mainland.	The sites visited are not accessible to wheelchairs or / and scooters. To visit the sites, steps are involved. Steep slope at Urakami Cathedral. The tour includes a lot of hilly streets, steps and approx. 3 hours of walking. The tour is available to guests who can make their way on and off the coach and have a companion to assist them. This tour includes sensitive material, including graphic displays.

Nagasaki	Japan	NGS-005	Highlights	BEST OF NAGASAKI	\$159	4	MODERATE	Delve into the culture and history of Nagasaki by visiting two museums and a park that reveal the effects of the 1945 atomic blast and the isolationist Edo period. As you browse the displays in the Atomic Bomb Museum, you will learn about the city's culture before the bomb struck and the aftermath of the atomic blast. The museum's goal is to candidly show the devastation from the atomic bomb in hopes that nuclear weapons will eventually be abolished. It is only fitting that you will next visit the Peace Memorial Park, an urban greenspace built near Ground Zero of the atomic blast. For a different perspective of Nagasaki's past, you will tour an historical museum on Dejima, an artificial island built hundreds of years ago to isolate Portuguese missionaries. Through documents, artwork and restored buildings, the museum shows what life was like during this cultural period.	This tour includes about three hours of easy to moderate walking and standing with some steps. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Weather appropriate clothing; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. The tour sequence may vary.
Nagasaki	Japan	NGS-006	Highlights	HIGHLIGHTS OF UNZEN & SHIMABARA	\$349	7.25	MODERATE	Stroll a boardwalk that winds through boiling geothermal springs known as Unzen Hell and then visit Shimabara castle, which a cruel feudal lord built in the 17th century. A magma reservoir at the bottom of a nearby bay causes the steaming, hissing landscape of Unzen Hell, which is of geological and historical interest. Here, between 1627 and 1632, dozens of Christians were executed by being thrown into the boiling waters to suppress the spread of Christianity, which had been introduced to Japan about 100 years earlier. A plaque stands at Unzen Hell to commemorate the martyrs. The struggles of Japan's early Christians are also detailed at Shimabara Castle, which was built by the lord that ordered the Christians to be murdered at Unzen Hell. The museum inside the castle showcases the ordeals of Christians at the time and their uprising in the Shimabara Rebellion. The five-tiered castle is a reproduction of the original, except for the stone foundation and moat that survived intact.	This tour includes about two hours of moderate walking and standing. There will be gravel paths, cobblestone surfaces and a few steps to negotiate at Shimabara Castle. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Restaurants in Japan are unable to accommodate Dietary Restrictions.
Nagasaki	Japan	NGS-007	Highlights	ARITA HIGHLIGHTS	\$169	5.5	MODERATE	A scenic two-hour drive from Nagasaki takes you to Arita, known throughout the world as the birthplace of magnificent Japanese ceramics. In 1604, Japanese warlords from the Arita area invaded Korea, bringing back highly skilled Korean potters. Around 1616, after the discovery of kaolin in the area of Arita, the town became an important centre of Japanese ceramics. Today, you'll visit the pottery Fukagawa-Seiji, selected as the Japanese Imperial Household Agency. It has been producing exquisite hand crafted porcelain for over 120 years, here in Arita. The unique design of this almost transparent white porcelain is highly desired by porcelain lovers all over the world. After you enjoy your visit to Fukagawa Seiji Gallery Park, you will be transferred to the old town where you can see the famous Arita's Tonbai fences made of used bricks and old-fashioned potteries. There are many small Pottery galleries and shops in this area so you will have another chance to purchase unique pottery. Your last visit is to the Izumiyama Ceramic Stone Field, located a few minutes away from the Tonbai fences. This site, rich in superior quality kaolin, a type of clay used to produce porcelain, was discovered around 1616 and excavated for hundreds of years. The quarry is no longer in use, but after years of mining, the mountain has obtained a peculiar shape. After visiting the quarry, you will head back to Nagasaki and re-board the ship.	This tour includes approximately 2 hours of walking with approximately 50 steps to negotiate at the quarry. This tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Casual clothing and comfortable, flat walking shoes are recommended. We suggest passengers obtain local currency for shopping. The order of sites visited may vary.
Nagasaki	Japan	NGS-008	Highlights	HIDDEN CHRISTIANITY & JAPANESE CULTURE	\$289	2.2	MODERATE	Visit a remote area on the island of Kyushu where Christianity was practiced despite being banned during the Edo Period and then delve into a different side of the Japanese culture. To stem the growth of Christianity in Japan, it was forbidden for centuries, forcing many Christians to practice their religion in secret. The isolated region of Sotome welcomed these "hidden Christians" as you will discover at the Shitsu Church, which was built shortly after the ban was lifted in 1873. You will also browse a memorial museum dedicated to the French missionary Father Marc Marie de Rotz, who helped reestablish Catholicism in the area and founded a vocational centre for women. A sister from the church will guide you through the Shitsu Aid centre and show you how to make soba buckwheat noodles. Afterwards, you will stop at a fresh market for a deeper understanding of the local cuisine.	This tour includes approximately 2 hours of walking with incline sections. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Nagasaki	Japan	NGS-010	Highlights	WORLD OF TEA	\$299	5.25	MODERATE	Delve into the world of tea through experiences that reveal the cultural importance of the beverage in Japan. Your immersion will begin in the tea fields of Higashisonogi, the largest producer of tea in the Nagasaki Prefecture. While walking among the green rows of tea, you will learn to distinguish the leaves that are ready to pick. Those leaves eventually make their way to a factory where they are typically steamed, rolled and sorted. There, you will learn about the process and the art of tea-making and the cultural importance of tea. It is only natural that a tasting follows, during which you will hear about the factors that ensure a perfect cup of tea. They include water temperature, the proportion of leaves to water and not disturbing the tea while it is steeping. A bento box will be served during the tasting of teas, each of which has its own unique flavour profile.	Depending on the season, the factory may or may not be actively making tea during the visit. This tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.

Nagasaki	Japan	NGS-011	Highlights	TEA FACTORY & HASAMI PORCELAIN TOWN	\$159	5	MODERATE	Discover how a variety of teas are grown and processed in the Nagasaki Prefecture and enjoy a similar deep dive into the world of porcelain. While walking through the vast tea fields of the region, you will learn how the tea is grown and harvested before making its way to a nearby tea factory. The intricate production process is just as fascinating, especially when you can sample the resulting teas, which will enhance your understanding of the tea culture in Japan. Hasami porcelain is revered, as well, as it has been handmade in the town for nearly 400 years. The texture is even different than that of most porcelain to give the Hasami pieces a natural, organic feel. Aesthetically, the porcelain is simple yet modern and traditional. Although the designs have changed with the times, the green celadon items have remained among the most popular, particularly the delicately engraved ones.	For calls around and during the month of APRIL, guests will not be able to walk within the rows of tea plants due to ongoing harvest operations, only access to edges of the fields. Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Local vendors do not accept foreign currency; please ensure you have local currency for any shopping needs. Credit cards are accepted at some places but not everywhere.
Nagasaki	Japan	NGS-WT1	Active	NORDIC WALK AND SPECIAL LUNCH AT BUDDHIST TEMPLE-	\$359	6.25	MODERATE	Work up an appetite Nordic walking on Iojima Island and then dine on a vegetarian meal that monks have prepared in a manner that reflects the pure way of Buddha. After a brief warm-up to stretch your legs, you will begin walking around the beautiful island. To help maintain stability and good posture, you will walk using specially designed Nordic poles similar to ski poles. The poles work the upper body through a full range of motion, so you will get a better workout without feeling like you're working any harder. Afterwards, you will head for nearby Kofukuji Temple for lunch. The Zen Buddhist temple practices a style of vegetarian cooking known as Fucha royri, which Chinese monks introduced to Japan about 300 years ago during the Edo period. You will dine sitting on a tatami mat and be served traditional vegetarian dishes prepared in a way that enhances their purity and freshness.	Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Kochi	Japan	KZC-001	Highlights	BEAUTIFUL TEMPLE & GARDENS	\$149	3	MODERATE	Explore two extraordinary landmarks atop Mount Godaisan, a sacred mountain not far from downtown Kochi. Established in the 8th century, Chikurinji Temple features an unusual five-story burgundy pagoda and is an important stop on a pilgrimage route that includes 88 temples. Known as a temple of learning, Chikurinji contains scrolls of great importance. It is also where Japan's beloved Buddhist saint Kobo Daishi received his training. He is venerated as a deity in one of the temple's halls. Nearby, you find the Makino Botanical Garden, built in 1958 to honour the Father of Japanese Botany, Kochi-born Dr. Tomitaro Makino. More than 3,000 species of plants flourish here, and as you stroll through the green oasis you can't help but feel immensely relaxed. If the outdoor experience piques your curiosity about Dr. Makino, visit the Exhibition Hall that focuses on his life and achievements.	This tour includes about two hours of walking on flat, hilly and steep terrains with about 150 steps at Chikurinji temple. This tour is not available to wheel chair guests or those with walking or mobility concerns.
Kochi	Japan	KZC-002	Highlights	JAPANESE PAPER MAKING EXPERIENCE	\$159	3.75	EASY	Discover the art of Washi paper making at a craft village near the beautiful Niyodo River. As you will see, the paper is made by hand using raw materials sourced from the surrounding forest. Extraordinarily clean water is also essential to the process, which is why the village was established by the river. Stronger and more durable than ordinary paper, Washi paper is traditionally used for arts, crafts and writing. Although the Chinese originally created paper, Buddhist monks introduced it to Japan in the 7th century so they could write down their scriptures. Washi paper is made from the inner bark of three indigenous plants, and while the process has become mechanised, the artisans at the craft village still work by hand. Later, you will see the crystal-clear waters of the Niyodo River from the low Nagoya Chinka Bridge, which was designed to let flood waters rush over it.	This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off the transportation. Guests must be self-sufficient or travel with a companion who can provide assistance.
Kochi	Japan	KZC-003	Highlights	EKINGURA MUSEUM & KOCHI CASTLE	\$269	4	MODERATE	Delve into the fiery art of 19th-century Kochi artist Ekin at a museum dedicated to his work and explore Kochi Castle, which looms atop Otakasa Hill. Known for his magnificent folding screen artwork with red as the dominant colour, Ekin painted ordinary subject matters that common people adored such as fishing and farming. You will find many of his most passionate pieces displayed at Ekingura Museum, including unusual ones meant to be viewed through peepholes. For a glimpse into the local culture in the 17th-century, you will visit Kochi Castle, an extraordinary building that has endured invasions, fires and natural disasters. One of a dozen Japanese castles with its original keep and palace, the castle is an architectural gem with a wooden interior that reflects the style of the Edo Period.	This tour includes more than two hours of walking on flat, hilly and steep terrain with about 160 steps to reach the castle's main building and additional stairs inside. This tour is not available to wheelchair guests or those with walking or mobility concerns. Flash photography and the use of tripods is prohibited inside the castle. Guests might be asked to remove their shoes and wear provided slippers in some areas of the castle.
Kochi	Japan	KZC-004	Highlights	RYUGADO CAVES & KOCHI CASTLE	\$249	5	STRENUOUS	Discover the geological wonders in the Ryugado Caves and then explore Kochi's iconic early 17th-century castle. Designated an official national monument, the limestone caves are full of remarkable, illuminated formations named for figures from Japanese mythology. Artifacts and earthenware found in the caves indicate that they were inhabited about 2,000 years ago. Today, about 100 species of animals live inside, including bats, shrimp and crabs. The Japanese government has also recognised Kochi Castle for its cultural importance, in part because its keep and palace are original, despite being damaged from fires and invasions. Sometimes called the "Hawk Castle" for its curved tile roof, Kochi Castle also features a large Otomon Gate with a watch room where guards could monitor those entering the castle. Kochi is one of the few castles in Japan with spikes embedded in the walls to deter ninjas.	There are nearly 800 steps at the caves and about 200 more at Kochi Castle. This tour is not available to wheelchair guests or those with walking or mobility concerns and is not recommended for guests that suffer from claustrophobia. Photography is prohibited in the cave areas inhabited by bats. Flash photography and the use of tripods is prohibited inside the castle. Guests might be asked to remove their shoes and wear provided slippers in some areas of the castle.
Kochi	Japan	KZC-005	Highlights	KOCHI CASTLE & KATSURAHAMA BEACH	\$139	3.5	MODERATE	Enjoy a spectacular view of Kochi and beyond from its namesake 17th-century castle and then spend free time at nearby beach known for its stunning natural beauty. Kochi Castle sits atop Otakasa Hill and is considered so iconic that it has become a symbol of the city. Even the Japanese government holds the castle dear and has officially recognised its cultural importance. Highlights of the five-story castle include the original keep and palace. You might also notice the spikes embedded in the stone walls, which were added to discourage ninja attacks. An entirely different setting awaits you at Katsurahama, a tranquil beach with shaded walking paths. Although swimming is prohibited because of the strong currents, Katsurahama is still quite popular because of its scenery. The statue of Kochi-born Sakamoto Ryoma, one of the architects of modern Japan, is also worth a look.	There are about 200 steps to negotiate at Kochi Castle. This tour is not available to wheelchair guests or those with walking or mobility concerns. Flash photography and the use of tripods is prohibited inside the castle. Guests might be asked to remove their shoes and wear provided slippers in some areas of the castle.

Kochi	Japan	KZC-006	Highlights	RYUGADO CAVES	\$169	3	STRENUOUS	Walk through one of Japan's largest stalactite caves, a wondrous setting that has been designated a national natural monument. The caves are located within Mount Sampo and are estimated to be at least 175 million years old. While meandering along the caves' narrow paths and steel platforms, you will behold an abundance of unusual formations, many of them named for figures from Japanese mythology. coloured lights illuminate the formations to add drama. About 100 different species of animals inhabit the caves, including marine creatures such as shrimp and crabs that can be seen in the streams that flow throughout the caves. Humans lived here about 2,000 years ago, a fact determined when extremely rare earthenware and charcoal furnaces were uncovered near the caves' entrance. Perhaps the most remarkable relic is God's Vessel, an earthenware vessel encased in a stalactite.	There are nearly 800 steps at the caves This tour is not available to wheelchair guests or those with walking or mobility concerns and is not recommended for guests that suffer from claustrophobia. Photography is prohibited in the cave areas inhabited by bats.
Kochi	Japan	KZC-010	Highlights	KOCHI GOURMET	\$169	4	MODERATE	Sample delicacies while browsing a bustling food market and learn to sear your own fresh fish for another taste of the local cuisine. While meandering among the dozens of stalls in the Hirome Market, you will see a remarkable variety of foods that are traditionally served in the Kochi Prefecture. They may include mackerel sushi, gyoza dumplings and takoyaki, a fried dough ball snack typically stuffed with octopus. Still, the most prevalent item is katsuo – Japanese for "bonito" – a fish caught locally in great numbers. Its deep red meat is leaner than tuna and has an extraordinarily distinct taste. Although the fish may be eaten raw, smoked or steamed, one of the most preferred preparations is to sear the bonito over an open flame. While following the chef's instruction at the restaurant Tosa Tataki Dojo, you can try your hand at searing bonito and then enjoy the result, a dish known as katsuo no tataki.	This tour includes limited walking, mainly at the guest's discretion. This tour is not available to wheelchair guests or those guests with mobility concerns.
Kochi	Japan	KZC-011	Highlights	KOCHI NATURE & OBOKE GORGE CRUISE	\$199	7	MODERATE	Behold the natural beauty of the Iya Valley, culminating with a leisurely cruise through the Oboke Gorge. On the approach to the secluded inland valley, you will notice how the landscape gradually becomes lush and more mountainous. Because the gorges are so precipitous, people traditionally crossed them on bridges that they constructed from natural vines. Only a few of these handmade bridges still remain, one of which you will walk across – an exhilarating experience as you will see the river below through the floor's wooden slats. The nearby Biwa Waterfall, which plummets 150 feet down moss-covered rocks, is equally impressive as is the legend of the defeated Heike clan warriors that played lutes there while mourning their losses. Despite the cascade's beauty, the highlight may well be cruising through the Oboke Gorge near the entrance to the valley. The boat will carry you down the emerald-green Yoshino River past its rocky steep-walled cliffs.	This tour includes moderate walking and/or standing - at times on uneven ground. This tour is not available to wheelchair guests or those guests with mobility concerns. Guests should bring a towel just in case they get wet in the Biwa waterfall and Oboke Pleasure Cruise.



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