

# EXPLORATIONS

BY NORWEGIAN®

## Onshore Explorations Guide

Exploration from Hong Kong to Tokyo

**EMBARK** Hong Kong 24 March 2027

**DISEMBARK** Tokyo 07 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
Hong Kong	China							Description Pending	
Kaohsiung	Taiwan							Description Pending	
Keelung	Taiwan	KEE-001	Highlights	HIGHLIGHTS OF TAIPEI	\$199	5	MODERATE	Discover fascinating details about Taipei's ancient culture and more recent history by visiting key landmarks, beginning with the prestigious National Palace Museum. Its treasures were originally housed in Beijing's Forbidden City, but they were moved several times starting in 1931 to keep them out of the hands of invading Japanese troops. Inside, you will find the world's largest collection of Chinese art treasures, spanning the country's nearly 5,000-year history. The jade, porcelain and embroidered pieces are particularly spectacular. You will next visit the Chiang Kai-Shek Memorial Hall, a national monument dedicated to the former president of the Republic of China. Its collection includes historical relics of Chiang Kai Shek from his early family life through his presidency. Be sure to notice the monument's colour scheme. Although predominately blue and white, there are splashes of red and together they represent the colours of Taiwan's flag.	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. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. On Mondays the National Palace Museum is closed. It will be replaced with Longshan Temple & DaDaoCheng.
Keelung	Taiwan	KEE-002	Highlights	THE BEST OF TAIPEI	\$309	8	MODERATE	Gain a broad understanding of Taipei's history through the most representative, must-see attractions in Taiwan's dynamic capital. Your first stop will be the renowned National Palace Museum, a repository for an astounding collection of Chinese art. While browsing, you can expect to view extraordinary statuary, calligraphy and lacquerware among the treasures. The Martyrs' Shrine reveals a different aspect of Chinese history, as it is dedicated to the people that lost their lives fighting for the Republic of China. The building is also noteworthy for being an excellent example of classical Ming Dynasty architecture. Dr. Sun Yat-sen, the founder of the Republic of China, is honoured at his namesake memorial hall. While there, you may witness the hourly changing of the guard, which bears an air of stoic formality. Later, you will pause for photos at Taipei 101, once the tallest building in the world. It was designed to look like a giant bamboo stalk.	This tour includes approximately 3.5 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. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. On Mondays the National Palace Museum is closed. It will be replaced with Longshan Temple & DaDaoCheng.
Keelung	Taiwan	KEE-003	Highlights	KEELUNG & THE NATURAL WONDERS OF YELIU	\$189	5	STRENUOUS	Explore the attractions in and around Keelung, a booming seaport that was the base for Japanese pirates in the 16th century. Your tour will start with an enlightening drive through Chung Cheng Park, which features a towering white statue of Kuan Yin, the Buddhist Goddess of Mercy. Being the biggest statue of a goddess in Southeast Asia, it is quite the spectacle, as are the views from the lush park. More outstanding sights await you at Yehliu Geopark, which stretches across a promontory that juts more than a mile into the sea. Erosion from waves, wind and rain have combined to sculpt fantastic natural shapes out of the park's sandstone. You may see mushroom-like pedestals, formations shaped like ice cream cones and sedimentary rocks with names that resemble their odd shapes, such as Queen's Head and Fairy Shoe.	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.
Keelung	Taiwan	KEE-007	Highlights	TAIPEI'S HOT SPRINGS	\$269	8	STRENUOUS	Discover the natural beauty of Taiwan by walking through revered Yangmingshan National Park and then enjoy the relaxing hot springs at a coastal resort. Depending on where you walk in the park, you may see towering bamboo, fruit trees in bloom, placid ponds and steam rising from the numerous volcanic springs. You may also catch sight of a Formosan Blue Magpie, a species of bird only found on Taiwan. Formerly known as Grass Mountain, this area has long attracted nature lovers, but it wasn't until 1985 that the park was officially established. You will then drive to Cal La Young Garden Resort, where you will have a full two hours to enjoy the therapeutic effects of the mineral-rich waters in its hot springs. It will be an immensely relaxing, an experience that has been delighting the Taiwanese for centuries. A traditional afternoon tea will follow.	This tour includes about 1½ hours of moderate to strenuous walking with numerous steps and some inclines. It is not available to wheelchair guests or those with mobility concerns. The hot springs are not recommended for those with high blood pressure, heart conditions or other serious ailments, as the water's high temperature may aggravate those conditions.
Keelung	Taiwan	KEE-008	Highlights	SPIRITUAL NORTH TAIWAN	\$209	8.5	STRENUOUS	Experience the spiritual side of Taiwan by meditating at a renowned Buddhist retreat, followed by an exploration of Taiwanese artistry at the esteemed Juming Museum. Once you settle in at the Dharma Drum Mountain monasteries and educational centre, you will spend an hour or so meditating in a way that encourages spiritual enlightenment. You will also learn about the teachings of the late founder, Master Sheng Yen, who wrote more than 100 books and travelled the world spreading the doctrines of Buddhism in a relevant manner. In time, you will arrive at the Juming Museum, named for the celebrated Taiwanese sculptor Ju Ming. The country's only outdoor sculpture museum, it offers a wonderfully natural, mountainside setting where much of the artist's modern work is displayed. There are also interior spaces devoted to Ju Ming's art. Originally a woodcarver, Ju Ming later applied his skills to media as diverse as stainless steel, ceramics and Styrofoam.	This tour includes about three hours of moderate to strenuous walking with numerous steps and some inclines. It is not available to wheelchair guests or those with mobility concerns. The Juming Museum is closed on Mondays, this stop will be replaced with Yehliu Geopark.
Keelung	Taiwan	KEE-009	Highlights	TAIPEI CITY DRIVE AND FOOT MASSAGE	\$159	5	MODERATE	Tour the modern Chiang Kai-shek Memorial Hall and a revered temple and then enjoy a pampering foot massage that will leave you feeling content and invigorated. Despite Taipei's booming development, the city still reveres its past and former leaders such as Chiang Kai-shek, who you will learn about at his namesake memorial hall. While browsing, you will see statues of Chiang, his personal memorabilia and perhaps the bulletproof Cadillac that he used as an official state car. You will then visit Longshan Temple, which was founded in 1738 and dedicated to the Buddhist Goddess of Mercy. Although rebuilt numerous times in the wake of natural disasters, the temple is still an architectural treasure. Be sure to notice its sweeping roof decorated with mythical creatures. And what better way to end your tour than with a foot massage? After about 45 minutes in the hands of an accomplished masseuse, your feet will be refreshed and ready for the evening.	This tour includes about 1½ hours of easy to moderate walking with some stairs. It is not available to wheelchair guests and not considered suitable for those with walking difficulties. Foot massages are not conducted in private rooms, but rather in one large room and includes a massage of the lower legs.
Keelung	Taiwan	KEE-010	Highlights	SKY LANTERN CEREMONY & SHIFEN WATERFALL	\$79	4.5	STRENUOUS	Behold the natural beauty of Shifen Waterfall on the upper reaches of the Keelung River and then write a personal wish on a paper lantern and watch it rise into the sky to be answered. Known as Little Niagara because of its horseshoe shape, the waterfall cascades into a wide pool at the bottom. Although not the highest of waterfalls, Shifen is certainly one of the most majestic, and you will enjoy a spectacular view of it. Later, at Shifen Station, you will have the opportunity to write your thoughts, wishes or prayers on a sky lantern, a biodegradable rice paper lantern illuminated by a candle in the bottom. Once you release it, the candle-powered lantern should rise for nearly 10 minutes, time enough for the lantern to disappear from sight and your wish hopefully to be answered.	This tour includes about 2½ hours of moderate to strenuous walking with numerous steps, steep inclines and slippery, uneven surfaces to negotiate at Shifen Waterfall. The tour is not available to wheelchair guests or those with mobility concerns. Participants should be in good physical condition.

Keelung	Taiwan	KEE-011	Highlights	TAIPEI'S HOT SPRINGS (W/OUT LUNCH) - SHORT CALLS ONLY	\$249	6	STRENUOUS	Discover the natural beauty of Taiwan by walking through revered Yangmingshan National Park and then enjoy the relaxing hot springs at a coastal resort. Depending on where you walk in the park, you may see towering bamboo, fruit trees in bloom, placid ponds and steam rising from the numerous volcanic springs. You may also catch sight of a Formosan Blue Magpie, a species of bird only found on Taiwan. Formerly known as Grass Mountain, this area has long attracted nature lovers, but it wasn't until 1985 that the park was officially established. You will then drive to Cal La Young Garden Resort, where you will have a full two hours to enjoy the therapeutic effects of the mineral-rich waters in its hot springs. It will be an immensely relaxing, an experience that has been delighting the Taiwanese for centuries. A traditional afternoon tea will follow.	This tour includes approximately 1.5 hours of moderate to strenuous walking that includes numerous steps and some inclines. The tour is not available to wheelchair guests or those with mobility concerns. Casual layered clothing that allows for free movement; sun cap; sunglasses; and flat, comfortable walking shoes are recommended. Those wishing to soak in the hot springs should bring a bathing suit. The hot springs are not recommended for those with high blood pressure, heart conditions or other serious ailments as the high temperature of the water may aggravate their condition.
Keelung	Taiwan	KEE-GL1	Local Discovery	TAIPEI THROUGH THE EYES OF A LOCAL	\$159	7	MODERATE	Spend the day much like a Taipei local by biking along the Keelung River, shopping at a market and visiting a temple. As you pedal along the river, you will surely be among other bikers, as bicycling is a popular and convenient way to get around town. Once you reach the Dongmen Market, you will mingle shoppers as they select ingredients for the day's meals and engage in friendly haggling for the best prices and highest-quality items. The market will present an enlightening cross-section of residents, as will your lunch venue. After dining at a cook shop on local favourites that may include a beef-noodle dish or pork fried rice, you will drop by the 18th-century Longshan Temple, one of the oldest temples in Taiwan. Chances are, locals will be playing board games and conversing on the exterior benches and tables. While inside, you will see others praying to Buddhist and Taoist deities for good health and good fortune.	
Ishigaki	Japan	ISH-001	Highlights	HIGHLIGHTS OF ISHIGAKI	\$209	3.25	MODERATE	Enjoy an introductory tour of the island that reveals some of the most captivating attractions underwater, underground and in a re-created village of traditional houses. The adventure will begin at Kabira Bay, which you will cruise in a glass-bottom boat. You can expect to see brilliantly coloured fish, giant clams and coral reefs in the turquoise waters where black pearls are cultivated primarily for export. You will glimpse a different side of life at Ishigaki Yaima Village, a fascinating destination created to preserve the island's culture. Strolling about, you will see dozens of traditional homes that have been moved here from other parts of Ishigaki and reassembled as an open-air museum. Then it's on to the island's largest limestone cave, an underground world full of oddly shaped stalactites and stalagmites that have been eerily illuminated for added drama. Be sure to look for ancient shells embedded in the walls, proof that the cave was once filled with seawater.	This tour includes about two hours of moderate walking and standing on gravel, sand, earthen and cobblestone surfaces at times. While 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, not all areas visited will be wheelchair accessible. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Please note tour guides are English speaking Japanese natives. Please note entrance fees (when included) are purchased by the guide while on the tour. Foreign currency is not accepted in Japan, guests are recommended to bring local currency. Credit cards are accepted at some places, but not everywhere. A set menu is served, and a limited number of vegetarian meals are available. The order of sites may vary. Heavy traffic at peak times may cause delays, so tour durations may vary.
Ishigaki	Japan	ISH-002	Highlights	HIGHLIGHTS OF IRIOMOTE	\$299	6.25	MODERATE	Discover the gorgeous islands lying just off Ishigaki, which are so undeveloped that the best means to explore them is by ferry, riverboat and oxcart pulled by a water buffalo. A short ferry ride will bring you to Iriomote Island, home to Japan's southernmost national park. You will then transfer to a riverboat and enjoy a leisurely ride up the protected Nakama River, which cuts through a huge swath of mangrove forest. Along the way, you will stop at a specimen tree known as a Looking-glass Mangrove that towers more than 60 feet high. The species' wood is exceptionally hard and valued for boat building. In time, you will switch modes of transportation again; this time riding in a covered oxcart pulled by a water buffalo. Other than wading, there is no other way to get to your next destination of Yubujima Island because the surrounding waters are so shallow. While here, you will explore a small but remarkably diverse botanical garden.	This tour includes about an hour of easy to moderate walking and standing on gravel and earthen surfaces at times. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. There is usually a wait time for the ferry, which can't operate if weather or conditions are poor.

Ishigaki	Japan	ISH-003	Highlights	PANORAMIC ISHIGAKI	\$149	3	EASY	Admire the acclaimed natural beauty of Ishigaki at two of its most panoramic destinations: hilltop Tamatorizaki and pristine Kabira Bay. It won't take long to reach the observation deck atop Tamatorizaki, where you will see the Pacific Ocean on one side of the island and the East China Sea on the other. Wildflowers are typically in bloom year-round, lush palms rim the sugar-white beaches, and mountainous HIRAKUBO peninsula rises in the distance. It is an inspiring setting for photos and to embrace the island's laidback attitude. Continuing on toward the western side of Ishigaki, you will pass several idyllic beach communities before reaching Kabira Bay. Another one of the island's most picturesque and highly photographed spots, the unspoiled bay is dotted with densely forested islets. In all likelihood, you will see glass-bottomed boats in the distance cruising over the coral reefs in the crystal-clear water and perhaps see black pearls being harvested. It will be a breathtaking scene.	This tour is primarily panoramic in nature with limited walking at the optional photo stops. While 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, there is a slope at the Tamatorizaki viewpoint that may make it difficult to negotiate without assistance. Scooters are not permitted. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Please note tour guides are English speaking Japanese natives. Please note the entrance fees (when included) are purchased by the guide while on the tour. Foreign currency is not accepted in Japan, guests are recommended to bring local currency. Credit cards are accepted at some places, but not everywhere. A set menu is served, and a limited number of vegetarian meals are available. The order of sites may vary. Heavy traffic at peak times may cause delays, so tour durations may vary.
Ishigaki	Japan	ISH-004	Highlights	GLASS-BOTTOM BOAT RIDE & TEXTILE FACTORY	\$289	5.25	MODERATE	Behold Ishigaki's brilliant marine life through the glass bottom of a boat and then learn how cotton textiles are woven and dyed for traditional items such as kimono sashes. The attitude throughout the island is laidback and friendly, especially in the countryside on the way to beach-blessed Kabira Bay. Upon arriving, you will board a glass-bottom boat on the beach and begin cruising through the bay. You can expect to see brilliantly coloured fish and giant clams along the coral reefs. Of all the destinations on Ishigaki, Kabira Bay is among the most photographed and with good reason. You will next discover how traditional cotton sashes are woven at the Mineya Minsa textile factory. For hundreds of years, brides-to-be have created patterns on sashes to express their love for their future husbands, and the factory is known for re-creating the most time-honoured ones. During the tour, you may create your own patterned handkerchief using dyes from the island's indigenous plants.	This tour includes about 1½ hours of easy to moderate walking and standing over some sandy surfaces. The tour is not available to wheelchair guests and not recommended for those with mobility concern, as the glass-bottom boat is boarded from a sandy beach not a solid pier. If you wish to make purchases, bring Japanese yen.
Ishigaki	Japan	ISH-005	Highlights	SCENIC DRIVE & SHOPPING	\$159	3.25	MODERATE	Admire the natural beauty of Ishigaki at picture-perfect Kabira Bay and then browse a popular shopping mall in town for an entirely different perspective of the island. One of the island's most picturesque and highly photographed spots, the unspoiled bay is dotted with densely forested islets. In all likelihood, you will see glass-bottomed boats cruising over the coral reefs in the crystal-clear water and perhaps black pearls being harvested. You may even spot majestic Mt. Omoto and HIRAKUBO peninsula, the island's northernmost point. The setting is truly breathtaking. Then, for a complete change of pace, you will visit bustling YUGURENA Mall in central Ishigaki Town. Over the next two hours, you will be free to browse the mall's many stores and shop for merchandise such as clothing, jewellery and handicrafts, much of it made exclusively on the island. If you are hungry for an unusual treat, try sugar cane candy or ice cream made with sea salt.	Walking on this tour is primarily at the guests' discretion during free time at the shopping mall. 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. Those with mobility concerns should evaluate their stamina and ability before joining the tour. Weather appropriate clothing and flat, comfortable walking shoes are suggested. If you wish to make purchases, bring Japanese yen.
Ishigaki	Japan	ISH-006	Highlights	POTTERY FACTORY & KABIRA BAY	\$179	3.5	MODERATE	Marvel at Ishigaki's diversity by visiting natural attractions and one of the finest pottery factories, where iconic Shisa statuettes are produced. The island is a natural paradise of secluded coves and beautiful beaches with Kabira Bay considered the most picturesque. While pausing for photos, you can expect to see black pearls being harvested and regal Mt. Omoto and HIRAKUBO peninsula in the distance. Continuing on, you will visit Yoneko-yaki Pottery to watch the craftsmen create colourful works of art. In particular, they are known for producing Shisa, half-dog half-lion statuettes that are typically sold in pairs. One statuette usually has an open mouth to ward off evil spirits; the other has a closed mouth to keep in good spirits. You will then enjoy free time at Yonehara Beach, where you might bask in the sun, relax in the shade of a palm or simply stroll along the shore watching the snorkelers that typically explore the coral reef.	This tour includes about 30 minutes of easy to moderate walking and standing, plus any additional walking at the guests' discretion during stops. As there are sandy surfaces, the tour is not considered suitable for guests who utilise wheelchair. There are restrooms at the beach, but no showers or changing rooms. Please note tour guides are English speaking Japanese natives. Entrance fees (when included) are purchased by the guide while on the tour. Foreign currency is not accepted in Japan, guests are recommended to bring local currency. Credit cards are accepted at some places, but not everywhere. The order of sites may vary. Heavy traffic at peak times may cause delays, so tour durations may vary.

Ishigaki	Japan	ISH-007	Highlights	BEST OF ISHIGAKI	\$269	5.45	MODERATE	See some of the most quintessential attractions on the island of Ishigaki, all of them revolving around the sea. Although Kabira Bay is revered for its gorgeous beaches and crystal-clear waters, swimming or snorkelling is prohibited so as not to disturb the black pearls being cultivated there. The only way to view the underwater wonders is on a glass-bottom boat, an experience that will present you with an ever-changing parade of marine life that may include giant clams and neon-coloured fish. For an up-close look at the bay's lustrous black pearls, you will drop by Ryukyu Pearl, a store with a collection of exquisite black pearl jewellery not found elsewhere. Following lunch at a nearby restaurant, you will head for the Emerald Sea Observatory, the highest point at Banna Park. The views of Ishigaki city and the sea beyond are spectacularly scenic, especially when seen through the viewfinders on the observation deck.	This tour includes approximately 2 hours of moderate uphill walking/standing; There will be some inclines, steps and cobblestone surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Ishigaki	Japan	ISH-008	Highlights	HISTORICAL ISHIGAKI	\$199	5	MODERATE	Appreciate how the island's culture has been preserved at an open-air architectural museum and browse a limestone cave that hasn't changed much in hundreds of thousands of years. Ishigaki Yaima Village features a collection of well-preserved pre-modern buildings that capture the essence and traditions of the Ryukyu culture that once flourished on the island. While meandering about at your leisure, you can expect to see farmhouses, residences adorned with pairs of guardian Shisa lions and a hand-operated sugar cane press. If you don't spot squirrel monkeys in the trees, you will likely hear them communicating with each other by barking, squawking and even purring. The Ishigaki Stalactite Cave is another fascinating setting that looks much the same as it did in prehistoric times. Its oddly shaped stalactites and stalagmites have been eerily illuminated for added drama. Be sure to look for ancient shells embedded in the walls, proof that the cave was once filled with seawater.	This tour includes approximately 3.5 hours of moderate uphill walking/standing; There will be some inclines, steps and cobblestone surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Ishigaki	Japan	ISH-009	Highlights	ICONIC ISHIGAKI	\$169	4	MODERATE	View a collection of extraordinary ceramics at the Ishigaki-yaki Pottery Studio and browse a bayside shop known for its locally sourced black pearl jewellery. Much of the pottery made at the studio uses the -uncommon Yuteki tenmoku technique of black glazing combined with glass that reflects the shimmering blues and greens of the surrounding seas. As you will see, the products are extraordinary and include porcelain tea bowls, dinnerware and even modern art. Beach-rimmed Kabira Bay is the inspiration for some of the pieces as its water is an enviable shade of turquoise. The sheltered bay is even more renowned for being one of only two places in Japan where black pearls are cultivated. After pausing there for photos, you will follow a short path to Ryugyu Pearl, a shop that carries exquisite jewellery made with black pearls sourced from Kabira Bay. Much of the merchandise can't be found anywhere else.	This tour includes approximately 2 hours of moderate uphill walking/standing; There will be some inclines, steps and cobblestone surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Ishigaki	Japan	ISH-010	Highlights	NATURE OF ISHIGAKI	\$189	4.75	MODERATE	Behold the natural beauty above and below the surface of Kabira Bay and along Ishigaki's westernmost cape from the observation deck of a towering lighthouse. With its white-sand beaches and turquoise waters, the bay is considered to be one of the most gorgeous spots on the island. Swimming and snorkelling is prohibited because black pearls are cultivated there, but you can still observe the marine life in a glass-bottom boat. You can expect to see an incredible variety of colourful fish and perhaps even manta rays and sea turtles. A short walk will bring you to Ryukyu Pearl, a jewellery store that sources its black pearls from the bay. It took nearly 20 years of trial and error to perfect the cultivation technique. It was well worth the effort as black pearls are especially lustrous. From atop Organzaki Lighthouse, you will enjoy another perspective of Ishigaki's magnificent coastline, one you will not soon forget.	This tour includes approximately 2 hours of moderate uphill walking/standing; There will be some inclines, steps and cobblestone surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Ishigaki	Japan	ISH-011	Highlights	GLIMPSE OF ISHIGAKI	\$199	6	MODERATE	Visit some of the most diverse attractions on Ishigaki and come away with a better understanding of the island's vast appeal. One of the finest views of Ishigaki's northernmost peninsula is from the Tamatorizaki Observatory, from which you can gaze out over the East China Sea on one side and the Pacific Ocean on the other. Elsewhere on the northern coast, you will pause to admire the natural beauty of Kabira Bay, one of only two places in Japan where much-coveted black pearls are cultivated. Rare and lustrous, black pearls are featured in the jewellery at Ryukyu Pearl. After browsing the merchandise, you will head for Yoneko-yaki Pottery to watch the artisans create colourful works of art. They are renowned for producing Shisa, half-dog half-lion statuettes often sold in pairs. One statuette has an open mouth to ward off evil spirits; the other has a closed mouth to keep in good spirits.	This tour includes approximately 3 hours of moderate uphill walking/standing; There will be some inclines, steps and cobblestone surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Bring Japanese yen if you wish to purchase anything. The order of sites visited may vary.
Naha	Japan							Description Pending	
Jeju (Jeju Island)	South Korea	CJU-001	Highlights	JEJU CITY HIGHLIGHTS	\$99	4	MODERATE	Enjoy a fascinating look at Jeju's most recognisable landmarks, which include a rock shaped like a dragon's head, a revealing cultural museum and a thriving city market. Although natural elements carved what looks to be a dragon's head in Yongduam Rock, various mystical legends abound about its creation. Regardless of how it was formed, the rock has become a symbol of Jeju. You will learn more about the city at the Folklore and Natural History Museum. While browsing the exhibits, you may learn about Jeju's natural features, endemic animals and plants, and daily rituals. Items such as ancient looms for weaving hemp clothing and chunks of lava are beautifully displayed. Continuing on to Dongmun Market, you will enjoy a close-up look into daily life on the island, as the locals will be shopping for merchandise ranging from abalone to herbs to tangerine-flavoured chocolate. Established in 1945 following Korea's liberation from colonial rule, the market features hundreds of stalls.	This tour includes about two hours of moderate walking and standing. There are about 20 irregular lava stone steps to reach Yongduam Rock, and surfaces at Dongmun Market may be wet and slippery. The tour is not available to wheelchair guests and not considered suitable for guests with walking difficulties. The tour sequence may vary.

Jeju (Jeju Island)	South Korea	CJU-002	Highlights	HALLIM PARK & O'SULLOC TEA MUSEUM	\$109	3.75	MODERATE	<p>Delve deeply into Korean culture at a park devoted to traditional life and natural wonders, and then browse a museum that celebrates tea. While walking about the lushly landscaped grounds at Hallim Park, you might see a 300-year-old bonsai pine tree, peacocks strutting about or historical thatched houses that depict traditional life in Jeju centuries ago. The lava caves at Hallim Park are another highlight, as they were created long ago by the eruption of Mt. Halla and contain an abundance of stalagmites and stalactites, which are rare in lava caves. You will next visit the O'Sulloc Tea Museum, whose exhibits are devoted to every imaginable aspect of tea, including tea cups, tea rooms, tea leaves and the history of tea. Even the building is shaped like a green tea cup. If you venture up to the museum's second-floor observatory, you will be treated to sweeping views of the surrounding plantation with its terraced fields of tea.</p> <p>THE TEA MUSEUM WILL BE SUBSTITUTED WITH THE O'SULLOC TEA PLANTATION DUE TO REMODELING.</p>	<p>This tour includes about two hours of standing and moderate walking over one mile. There will be uneven lava steps in the caves, as well as wet and slippery surfaces. The tour is not available to wheelchair guests and not considered suitable for those with walking difficulties. The tour sequence may vary.</p> <p>THE TEA MUSEUM WILL BE SUBSTITUTED WITH THE O'SULLOC TEA PLANTATION DUE TO REMODELING.</p>
Jeju (Jeju Island)	South Korea	CJU-003	Local Discovery	TEA CULTURE & MARKET	\$139	3.75	MODERATE	<p>Discover the nuances of Korean culture, history and daily life by browsing a museum, participating in a tea ceremony and strolling through a marketplace. While perusing the exhibits at the Folklore and Natural History Museum, you may learn about Jeju's natural features, endemic animals and plants, and daily rituals. Displays include ancient looms for weaving hemp clothing and chunks of lava that reflect the island's volcanic creation. Then, under the guidance of a tea culture master, you will experience the ceremonial rite of preparing and drinking tea. To add to the decorum, you may choose to wear a "hanbok," a traditional Korean costume for special occasions. Through the tea culture, you will discover the nuances of this hallowed art, which is considered a form of meditation that purifies the soul. At Dongmun Market, you can expect to be mesmerised by the sights and sounds, as it is one of the city's most popular and busiest markets.</p>	<p>This tour includes about two hours of moderate walking and standing with some steps and possibly wet slippery surfaces at Dongmun Market. During the tea culture ceremony, participants will sit on the floor. Cushions and stools are limited for those uncomfortable with sitting on the floor. The tour is not available to wheelchair guests and may not be suitable for those with mobility issues who should evaluate their stamina and ability before joining the tour. The tour sequence may vary.</p>
Jeju (Jeju Island)	South Korea	CJU-004	Active	WOMEN DIVERS & SPIRITED GARDEN	\$129	3.75	EASY	<p>Meet the famed women divers of Jeju who descend to staggering depths without oxygen tanks; then stroll the winding paths of the world's largest bonsai garden. The so-called Mermaids of Jeju descend to dizzying depths to gather conch, clams, abalone and other marine life. It's not so much what they do, but how they do it that is so incredible. The women free dive without oxygen tanks and carry only a pair of goggles, a ball-like tube for balance and a basket for their collected items. The work is perilous, and the divers have become symbols of female independence and strength in Jeju. You will next visit the Spirited Garden, a showcase for bonsai trees, many of which are set among black volcanic rocks and marked with plaques that quote Korean poetry. As you stroll the paths, over bridges and past waterfalls, you will surely feel the garden's intent to promote peace of mind and contemplation.</p>	<p>This tour includes about 1½ hours of standing and easy to moderate walking over a half-mile 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 walking difficulties should evaluate their stamina and ability before joining the tour. The divers' demonstration is weather dependent and if conditions are adverse, you will only interview and photograph the divers. The tour sequence may vary.</p>
Jeju (Jeju Island)	South Korea	CJU-005	Active	SANGUMBURI CRATER & MANJANGGUL LAVA CAVE	\$109	4	STRENUOUS	<p>Explore two volcanically formed Korean Natural Monuments: heavily forested Sangumburi Crater and Manjanggul Cave, an ancient lava tunnel filled with usual formations. Unlike most volcanoes, Sangumburi didn't spew much lava and its crater is perfectly shaped like a natural stadium. Sangumburi offers sweeping views of the surrounding forest and because it is intact, you can easily imagine the magnitude of the explosion that formed the crater. Tiny roe deer live in and around the depression, and you may spot one grazing in an open area. Next, you will explore nearby Manjanggul Cave, which rising lava from deep in the ground formed. What was left in its wake is so fascinating that it has been deemed a UNESCO World Heritage site. After descending into the eerily lit cave, which is one of the world's largest lava tubes, you will see stalactites, stalagmites and lava tube tunnels that once served as pathways for the spewing molten rock.</p>	<p>This tour includes over 90 minutes of moderate to strenuous walking that covers approximately 2 1/2 miles. There will be inclines and over 100 steps to reach the caves. The inside of the cave is not well lit and has wet and uneven surfaces that can be slippery in spots. The tour is not available to wheelchair guests or those with walking difficulties or other mobility concerns. Guests should be in good physical condition. Weather appropriate clothing to include a light wind/water-proof jacket; sun cap; sunglasses; and flat, comfortable walking shoes with a non-slip sole are recommended. Manjul Cave closes the 1st Wednesday of each month and you will visit the Jeju World Natural Heritage centre instead.</p>
Jeju (Jeju Island)	South Korea	CJU-006	Local Discovery	SUNRISE PEAK & SEONGEUP FOLK VILLAGE	\$99	3.5	STRENUOUS	<p>Take in the spectacular view from atop crater-shaped Seongsan Sunrise Rock and then visit a traditional village that reveals the rich culture of Jeju Island. The rock is named in part because it lies on the island's easternmost shore and attracts locals that gather to watch the sunrise. Formed millennia ago in a series of underwater volcanic eruptions, the crater looks like a crown because 99 jagged rocks surround its huge circular top. It is so stunning that UNESCO named it a World Heritage site. You may ascend to the jungle-covered bowl at the top or remain below. Both perspectives offer fabulous views. You will next visit Seongeup Folk Village. Created as an expression of traditional Korean life, the re-created village contains several rock-walled thatched-roofed houses. Other highlights include Confucian shrines, fortress ruins and ancient government buildings. Many of the traditions and even the dialect spoken here have been handed down over the generations.</p>	<p>This tour includes about two hours of moderate to strenuous walking that covers about 1½ miles. If you opt to climb to the top of Sunrise Peak, you must negotiate a significant incline and about 550 steps. The tour is not available to wheelchair guests or to those with mobility concerns. Participants should be in good physical condition. The tour sequence may vary. Climbing to the top of Sunrise Peak is closed on the 1st Monday of each month, however photo time at the foot of the peak still available.</p>

Jeju (Jeju Island)	South Korea	CJU-007	Highlights	JEJU'S NATURAL HIGHLIGHTS	\$199	6.5	STRENUOUS	Behold the natural beauty in southern Jeju Island, much of it the result of past volcanic activity. You will likely hear roaring Cheonjiyeon Falls before seeing the cascade, which plummets straight down from a sheer rock cliff. From the viewing platform, the water appears to fall from the heavens, which is appropriate since Cheonjiyeon translates to "sky connected to land." As you look out from the observation deck at Jusangjeolli Cliff, you'll notice its striking hexagonal columns—shaped by volcanic activity long ago. They formed during the Pleistocene Period when molten lava hit the cold ocean water, quickly cooled, fractured and shot high into the air. Yakcheonsa Temple will offer a glimpse into the island's Buddhist culture and scenic beauty. A stream spills into a pond at the base of the temple and pilgrims are often seen drinking from its supposedly medicinal waters. For a close-up look at daily life on Jeju, you will spend free time at a bustling market.	This tour includes approximately 2.5 miles of walking in challenging terrain, including paths with stairs, uneven surfaces, and some moderate inclines. Sturdy and comfortable footwear is recommended. Yakcheonsa Temple is an active place of worship. Guests are requested to respect local customs, maintain silence in designated areas, and dress modestly. Appropriate attire is required for temple/places of worship entry. Please avoid miniskirts, short shorts, bare-back tops, or singlets. Pants or skirts must cover the knees for both men and women. Please remove all hats, caps and shoes before entering the temples. Non-compliance may result in denied entry. Tour sensitive to weather conditions (Rain, wind, and sun). Weather can affect the accessibility and visibility of certain attractions. Please note that weather conditions in Jeju Island can vary throughout the year. The tour also involves walking outdoors, so please be prepared for varying weather conditions depending on the time of year. The order and times of the sites visited may vary. 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. Entrances to sites and
Jeju (Jeju Island)	South Korea	CJU-008	Highlights	JEJU STONE PARK & CRATER	\$259	4.5	MODERATE	View a volcanic crater so spectacular that it has become a Korean Natural Monument and explore a park with eerie stone statues that celebrate Jeju's volcanic heritage. As you approach the extinct Sangumburi Crater, you will notice that its interior is shallow, broad and shaped like a natural stadium. Unlike other such craters, it didn't fill with water after the eruption, which encouraged lush foliage to grow. The guide may point out flora such as red-wood evergreen oaks and mountain strawberry trees, depending on the season. For an introduction to the island's unusual stone culture and mythology, you will browse the enlightening Jeju Stone Museum. In the surrounding park, you will find traditional thatched-roof houses, bizarrely shaped geological formations and dolhareubang statues, which are stone sculptures that symbolise protection and good fortune.	This tour includes approximately 3 miles of walking over natural, uneven terrain, including some uphill and rocky paths. Comfortable walking shoes are highly recommended, and guests should be prepared for moderate physical activity. To reach the crater, guests will enjoy a short, easy walk from the entrance, covering approximately 0.5 miles. When visiting sacred sites, wear conservative attire. Clothing should cover the shoulders and knees. Tour sensitive to weather conditions (Rain, wind, and sun). Please note that weather conditions and seasonal changes may affect visibility. Please note that weather conditions in Jeju Island can vary throughout the year. The tour also involves walking outdoors, so please be prepared for varying weather conditions depending on the time of year. The order and times of the sites visited may vary due to 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. Entrances to sites and venues are not included. Please be advised that on Mondays, due to the closure of Stone Park, the scheduled visits to Sangumburi Crater and Stone Park will be substituted
Incheon (Seoul)	Korea							Description Pending	

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.
Kagoshima	Japan							Description Pending	
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.	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 Senso-ji 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 omikuj, 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 Niju-bashi 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.



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