



National Trust *for* Historic Preservation

**National Trust Tours**

# **JAPAN BY SEA**

**LAND OF THE RISING SUN**

**ABOARD THE  
HERITAGE ADVENTURER**

**MAY 14-25, 2024**



**DEAR NATIONAL  
TRUST TRAVELER,**

Join us for two full days of sightseeing in Tokyo followed by an eight-night cruise through the Inland Sea and the Sea of Japan aboard the 140-passenger *Heritage Adventurer*. Venture beyond the major cosmopolitan cities to a fascinating variety of historic towns, artistic centers, and remote islands.

Discover a Japan that few visitors see—from the bustle of Tokyo to the tranquil historic quarters of Kanazawa and the island worlds of Miyajima and Sado. Excursions highlight modern art and architecture as well as the ancient traditions of Japan, with visits to sacred temples and shrines, celebrated gardens and castles, and cultural performances.

Engage with expert study leaders throughout this unique educational program and gain a better appreciation of Japan’s historical and cultural significance through onboard lectures and informal discussions. In addition, four local Japanese English-speaking guides will accompany the group throughout the journey, to lead tours and answer questions from travelers.

An optional pre-trip extension to Kamakura and the hot springs resort of Hakone, and an optional post-trip extension to Kyoto and the ancient city of Nara, are also available. we encourage you to reserve your space by calling our office at (888) 484-8785 today!

With kind regards,



Meg Annacone-Poretz  
Director, National Trust Tours





## STUDY LEADERS



### Elena Naumova

is Professor and Chair of the Division of Data Sciences of the Friedman School of Nutrition Science and Policy

at Tufts University. Dr. Naumova earned her doctorate from Novosibirsk State Technical University, Russia and completed her postdoctoral training in artificial intelligence systems at the Baumann State Technical University in Moscow. Dr. Naumova is studying the effects of climate change, extreme weather and disasters on vulnerable communities, and her international work and travels have taken her to several countries, including Ecuador, Japan, India, and Indonesia. On this trip, Elena plans on talking about the beauty of ikebana, the famous art of Japanese flower arrangement, and how its rules help to teach data analytics, guide research, and discover patterns in public health applications.

This trip is co-sponsored by five organizations, and Study Leaders from Harvard and Yale will also be giving lectures throughout the program.

- The Study Leader from Harvard is Erez Manela, Professor of History at Harvard University, where he teaches international history and the history of the United States in the world.
- Yale University's Study Leader is TBD.
- Four local Japanese English-speaking guides will also accompany the group throughout the journey.



## HIGHLIGHTS

- Customize your experience with **excursion options** in Tokyo.
- Try your hand at **taiko drumming** on the remote Sado Island, home of the world-famous Kodo drummers.
- Experience a **traditional tea ceremony** in Kanazawa and enjoy **free time** to explore the **samurai quarter** in Matsue.
- Visit scenic Naoshima, an island that has become a mecca for **cutting-edge art** and contemporary architecture, including the Chichu Art Museum, Benesse Museum, and Art House Projects.
- Take in the spectacular scenery of **Japan's Inland Sea**.
- Learn about the Japanese art of **woodblock printing** at the **Ukiyo-e Ota Museum**.
- View modern and contemporary Japanese paintings at **Adachi Museum of Art** and admire its spectacular and immaculately maintained gardens.



# ITINERARY

TUESDAY-WEDNESDAY, MAY 14-15

## HOME/TOKYO, JAPAN

Depart the U.S. on an overnight flight to Tokyo, Japan. Upon arrival, transfer to the Hotel New Otani nestled within a 10-acre Japanese garden in the heart of the city. The remainder of the day is free to rest, recover, and explore independently.

HOTEL NEW OTANI

THURSDAY, MAY 16

## TOKYO

Attend a welcome orientation and lecture followed by a choice of two excursions: Opt to visit the Meiji Shrine Complex, located in a 175-acre forest; the Ukiyo-e Ota Memorial Museum of Art; and the modern architecture of Tokyo's Aoyama district. Or stroll through the Hamarikyu Gardens, a public garden park with tidal ponds; cruise along the Sumida River; and visit Shunkaen Bonsai Gardens and Museum to learn about the ancient art of bonsai. Gather this evening for a festive welcome dinner featuring local entertainment.

HOTEL NEW OTANI (B,L,D)

FRIDAY, MAY 17

## TOKYO/NIIGATA (EMBARK)

Choose between two morning excursions: Either visit the Tsukiji fish market and the Kappabashi culinary district, a street almost entirely populated by shops catering to the restaurant trade; or enjoy a guided tour through the Ginza district, Tokyo's most glamorous shopping district, including a visit to the iconic 12-story Ginza Mitsukoshi department store. This afternoon board the Shinkansen, Japan's high-speed bullet train, for Niigata and embark on *Heritage Adventurer*, our home for the next eight nights.

HERITAGE ADVENTURER (B,D)

SATURDAY, MAY 18

## SADO ISLAND

Visit remote Sado Island, home base for the famous taiko drumming group, Kodo (meaning "heartbeat"). Experience a private performance by some of the resident drummers, along with an interactive lesson and lecture on this ancient art form. Explore historic Shukunegi, a picturesque

fishing village of wooden houses, narrow alleys, and canals. Tour the renowned Hokusetsu Sake Brewery to learn how Japanese rice wine is made and sample different types. This evening attend the Captain's welcome reception and dinner aboard ship.

HERITAGE ADVENTURER (B,L,R, D)

SUNDAY, MAY 19

## KANAZAWA

Call at the refined artistic center of Kanazawa for a morning visit to Kenroku-en, considered by many to be one of Japan's finest landscape gardens. Participate in a traditional tea ceremony at a classic Japanese teahouse with time afterward to explore Kanazawa's historic neighborhoods. Reboard for a relaxing afternoon of cruising with time for lectures.

HERITAGE ADVENTURER (B,L,D)

MONDAY, MAY 20

## MATSUE

Drive through lush countryside to the Adachi Museum of Art to explore its collection of modern Japanese works, set in exquisite, highly manicured gardens. Continue to charming Matsue and visit one of the few surviving castles in Japan, built in 1611. Enjoy free time to stroll through Matsue's historic samurai quarter.

HERITAGE ADVENTURER (B,L,D)

TUESDAY, MAY 21

## ULSAN, SOUTH KOREA

From the South Korean port of Ulsan, drive inland to the city of Gyeongju, a UNESCO World Heritage site and the capital of the Shilla kingdom that ruled for 1,000 years. See the famous Flying Horse Tomb, one of the royal burial mounds, and enjoy a guided tour of the National Museum's highlights. After a traditional Korean lunch, explore Bulguksa Temple, another UNESCO World Heritage Site and one of Korea's most beautiful Buddhist temples, known for its intricate paintings and two original 6th-century pagodas.

HERITAGE ADVENTURER (B,L,D)

WEDNESDAY, MAY 22

## MIYAJIMA

After a relaxing morning of cruising, anchor off the coast of Miyajima Island and Zodiac ashore. Visit the 6th-century Itsukushima Shinto Shrine, a national



treasure and UNESCO World Heritage Site, with its iconic brilliant red torii, a grand wooden gateway that appears to float on the sea at high tide. Enjoy free time to visit tiny temples, stroll through the picturesque streets, and ride the gondola up Mount Meisen for spectacular 360-degree views of Japan's Inland Sea.

HERITAGE ADVENTURER (B,L,D)

THURSDAY, MAY 23

## HIROSHIMA

This morning call at Hiroshima. Visit the Peace Memorial Park and Museum, a place of remembrance, reflection, and education. Begin with a walk through the museum, a poignant tribute to the devastating impact of the atomic bombing during World War II and the subsequent efforts toward peace and nuclear disarmament. See the Atomic Bomb Dome, the only building left standing after the explosion, and present paper cranes at the Children's Peace Monument. Later this afternoon, relax and admire the scenery as we cruise through Japan's Inland Sea, dotted with small islands.

HERITAGE ADVENTURER (B,L,D)

FRIDAY, MAY 24

## NAOSHIMA

Visit captivating Naoshima Island, a mecca for innovative art and contemporary architecture, and tour its two world-class museums, Chichu Art Museum and Benesse House Museum, both designed by renowned Japanese architect Tadao Ando. Also visit a growing body of interactive, unique art installations and outdoor sculptures known as the Art House Project. Gather this evening for the captain's farewell dinner aboard ship.

HERITAGE ADVENTURER (B,L,R,D)

SATURDAY, MAY 25

## OSAKA (DISEMBARK)/HOME

Disembark *Heritage Adventurer* in Osaka and take a group transfer to Kansai International Airport (KIX) for flights home or begin the optional post-trip extension. (B)

# OPTIONAL EXTENSIONS

MAY 11-15, 2024

## KAMAKURA AND HAKONE

WITH A TWO-NIGHT STAY AT A LUXURY RYOKAN

Take an overnight flight to Tokyo, Japan, and transfer to the centrally-located Hotel New Otani. On the morning of May 13, travel to the hot springs resort of Hakone for a two-night stay at a luxurious ryokan, (traditional Japanese inn), with a private open-air hot springs tub on your balcony overlooking the mountains or valley and 2 large communal onsen baths, offering mineral-rich waters and epic views. En route to Hakone, visit the historic center of Kamakura, home to Zen temples and a famous giant bronze statue of Buddha, Daibutsu. Explore the Hakone Open-Air Museum, including its Picasso Pavilion and over 120 world-class modern sculptures, and then enjoy a short pleasure cruise on picturesque Lake Ashinoko. Weather permitting, take a gondola to the summit of Mt. Komagatake for spectacular views of Mt. Fuji and to see the geothermal crater there with its active sulfur vents, bubbling pools, and hot springs. Return to Tokyo and admire panoramic views of the city from the observation decks of the Tokyo Skytree tower and enjoy free time to explore and shop in the vibrant and historic Asakusa district. Don't miss the iconic Senso-ji Temple, one of Tokyo's most colorful and popular temples (and its oldest).

HOTEL NEW OTANI, HAKONE KOWAKIEN TEN-YU (3B/3L/2D)

MAY 25-28, 2024

## KYOTO AND NARA

WITH A THREE-NIGHT STAY IN KYOTO AND A VISIT TO THE ANCIENT CAPITAL OF NARA

Spend three additional nights based out of Kyoto, a picturesque city renowned for its rich cultural heritage and historical significance. After disembarking, begin the post-tour extension with an exploration of Osaka Aquarium Kaiyukan, one of the largest aquariums in the world, featuring the vast array of marine life found in the Pacific Rim. It is organized into 15 zones, including a massive central tank that is home to several whale sharks! Continue to the ancient capital of Nara for a visit to the National Museum and UNESCO World Heritage Site, Todai-ji, one of Japan's most famous and historically significant temples and home of Daibutsu (the Great Buddha). Spend the remainder of the extension in Kyoto. Explore the historic and charming alley called Pontocho, known for its lively nightlife. At the Zen Temple of Tenryu-ji, stroll through the serene Arashiyama Bamboo Grove. Marvel at the Shinto shrine of Fushimi Inari Taisha, with its thousands of red torii gates, and visit the iconic UNESCO World Heritage-designated Kinkaku-ji, or Golden Pavilion. Tour the Miho Museum, known for its stunning architectural design by I.M. Pei and its exceptional collection of ancient and traditional art and artifacts. Finally, explore the vibrant and bustling Nishiki Market, with its diverse mix of food stalls and shops. This itinerary allows for ample free time to explore the city's culture and history and to savor regional delicacies. The Farewell Dinner will be in Gion, Kyoto's most famous geisha district.

KYOTO HOTEL OKURA (2B/2L/2D)

*Further information will be sent to confirmed participants.*





# HERITAGE ADVENTURER

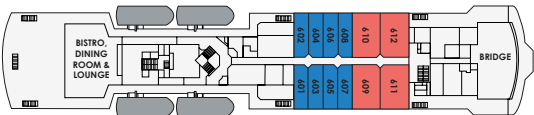
Originally designed to accommodate 184 guests, *Heritage Adventurer* now welcomes just 140 passengers in her spacious and stylish interior. All cabins offer living and sleeping areas with a king or two single beds, flat screen entertainment system, ample storage, a writing desk, and a modern en-suite bathroom. Public spaces and open decks abound, including two separate bar and lounge areas featuring 180-degree views and the open-topped Observation Deck for 360-degree views. Delectable meals are served in the gourmet restaurant on Deck 4 and in the indoor/outdoor bistro on Deck 6, with both dining options offering plenty of seating and large picture windows. On Deck 7, enjoy the open-air saltwater pool that can be heated or chilled and is surrounded by sun loungers, a hot tub encased in glass for all-weather use, a dry-heat Finnish sauna, a European steam room, and a well-equipped gym. Other onboard facilities include a gift shop, well-stocked library, and a wellness center offering facials and massages.

## PROGRAM RATES

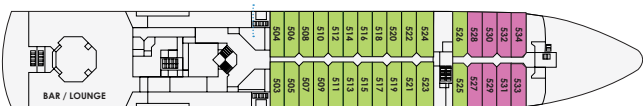
CATEGORY		DOUBLE
<b>B</b>	DECK 4, SUPERIOR Per Person, Sharing	\$9,990
<b>D</b>	DECK 5, SUPERIOR Per Person, Sharing	\$10,990
<b>E</b>	DECK 6, SUPERIOR Per Person, Sharing	\$12,990
<b>F</b>	DECK 6, HERITAGE SUITE Per Person, Sharing	\$16,990

CATEGORY		SINGLE
<b>A</b>	DECK 3, STANDARD Single	\$11,490
<b>C</b>	DECK 5, SUPERIOR Single	\$14,490

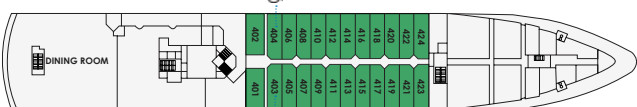
DECK 6



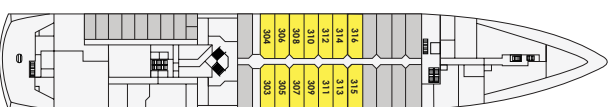
DECK 5



DECK 4



DECK 3



## GENERAL INFORMATION

**PROGRAM RATES INCLUDE**  
All accommodations, meals, and excursions as specified in the itinerary, including **two hotel nights and eight nights aboard *Heritage Adventurer*** • Tokyo/Niigata bullet train • Comprehensive program of briefings, lectures and presentations • Group transfers for all participants on group arrival and departure dates • Baggage handling • Gratuities to porters, waitstaff, guides and drivers • Gratuities to shipboard personnel • Port charges • Entrance fees • House wine, beer, and soft drinks with welcome dinner and open bar (non-premium), including regional beer and wine, aboard *Heritage Adventurer* • Filtered water for water bottles on motorcoaches • Professional tour manager throughout the program • Wi-fi aboard *Heritage Adventurer*.

**AIR ARRANGEMENTS**  
U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc., can help with airline arrangements for this trip and can be reached at 877-376-1754. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice. Further information about making flight arrangements will be sent to confirmed participants.

**WHAT TO EXPECT**  
This a moderately strenuous program that is, at times, physically demanding and busy. Daily excursions involve up to one mile of walking at a time, often on uneven terrain. In some instances, elevators are unavailable, and stairs may not have handrails. You will be required to remove your shoes while visiting temples, shrines, and a number of other sites. You will need to climb into and out of Zodiacs for an onshore excursion (there will be staff and crew members on hand to assist). Participants must be physically fit, active, and in good health. All participants will be required to follow safety/sanitization protocols set forth by National Trust Tours or Criterion Travel; local staff; and host country laws.

**GROUP SIZE**  
This program can accommodate 125 participants including travelers from Harvard Alumni Travel, Yale Alumni Academy, Santa Barbara Museum of Art, Commonwealth Club of California, Tufts Travel-Learn, and National Trust Tours.

**PROGRAM RATES DO NOT INCLUDE**  
U.S. domestic and international airfare • Passport/visa expenses

- Medical expenses and immunizations, if required at the time of travel
- Private airport transfers or airport transfers outside of group arrival and departure days
- Travel and trip cancellation insurance
- Excursions that deviate from the scheduled tour options
- Airline baggage charges
- Meals not specified in the itinerary; dishes and beverages not part of the included meals; liquor or soft drinks except as noted
- Laundry or dry cleaning
- Telephone and fax charges
- Room service
- Other items of a personal nature

TRAVEL INSURANCE

National Trust Tours strongly recommends the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to covered illness or accident. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement. USI Travel Insurance Services offers a plan designed specifically for National Trust Tours travelers, providing coverage for Trip Cancellation, Trip Interruption, Emergency Medical, and more. Plus, you can upgrade your plan with Cancel For Any Reason (CFAR) coverage for the utmost flexibility. CFAR allows you to cancel your trip for ANY reason at all and be reimbursed up to 75% of your pre-paid, non-refundable trip costs (conditions apply, see plan for details). To purchase travel insurance today, call: (800) 937-1387. For additional information, please contact National Trust Tours at (888) 484-8785. Complete Terms and Conditions including a Statement of Responsibility will be made available at time of registration, or in advance upon request. A signed “Terms & Conditions, Release from Liability, Assumption of Risk and Binding Arbitration Clause” is required from each applicant prior to participation on the tour.

RESERVATIONS & PAYMENTS

A deposit of \$1,000 per person is required to reserve space on this program. If you have questions, or to register using a credit card (preferred method), please call (888) 484-8785 or email info@nationaltrusttours.com. Final payment deadline is January 15, 2024. For those who register on or after January 15, 2024, full payment is due upon registration. Final payment must be made by check or bank transfer.

CANCELLATIONS & REFUNDS

Upon payment of the \$1,000 per person deposit, all reservations are subject to the cancellation provisions set forth below and by which the passenger agrees to be bound.

Cancellations shall not be in effect until they are received in writing and confirmed by the National Trust for Historic Preservation. Deposits are refundable (less a \$250 per person administration fee) if written notice of cancellation is received within 30 days of reservation; after that, deposits are 100% nonrefundable. After final payment deadline on January 15, 2024, all payments are 100% nonrefundable, regardless of booking date. Trip cancellation insurance is strongly recommended. NOTE: Neither the National Trust for Historic Preservation nor Criterion Travel, the tour operator, accepts liability for any airline cancellation penalties incurred with the purchase of non-refundable tickets.

ITINERARY CHANGES

The itinerary presented for this tour is subject to modification and change by the National Trust for Historic Preservation and Criterion Travel. Every reasonable effort will be made to operate the program as planned; however, should unforeseen world events and conditions require the itinerary to be altered, the National Trust for Historic Preservation and the tour operator reserve the right to do so for the safety and best interest of the group. Any extra expenses incurred in this situation are the responsibility of the participant.

ELIGIBILITY

National Trust for Historic Preservation tours are open to members only. Membership dues for 2023/2024 are \$30 for family and \$20 for individual membership. The minimum age limit for the program is 14. Children must pay the full price, and those under 18 must be accompanied by a parent or guardian. There is no maximum age limit. PLEASE NOTE: Participants must be in excellent health and able to participate in tour activities. Any physical condition that may require special medical attention must be reported at the time of your reservation. If you have any doubt about your ability to participate fully due to health conditions or disabilities, contact the National Trust at (888) 484- 8785 or (202) 588-6300. The National Trust for Historic Preservation and Criterion Travel reserve the right to decline to accept or retain any person as a member of this tour at any time. In such case, the refund will be limited to the recoverable cost of unused tour services.

California Seller of Travel  
Program CST #2088800-40



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RESERVATION FORM

For more information or to register by phone (preferred method of registration), please **call National Trust Tours at (888) 484-8785**.

Or, return this form with your deposit of \$1,000 per person, **payable to Criterion Travel**. Mail to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005.

CONTACT INFORMATION (please print)

NAME #1		BIRTHDATE
NAME #2		BIRTHDATE
MAILING ADDRESS		
CITY / STATE / POSTAL CODE		
HOME PHONE	MOBILE PHONE	
EMAIL #1		
EMAIL #2		

Are you traveling with any other parties on this program?

☐ Yes, \_\_\_\_\_

PAYMENT INFORMATION

- ☐ Enclosed is my check for \$ \_\_\_\_\_ (\$1,000 per person), payable to payable to Criterion Travel, for \_\_\_\_\_ place(s) on *Japan by Sea*.
- ☐ Please charge my deposit of \$ \_\_\_\_\_ (\$1,000 per person) to my
- ☐ VISA   ☐ MasterCard   ☐ American Express

NAME ON CREDIT CARD		
CREDIT CARD NUMBER	EXP. DATE	SECURITY CODE
CARDHOLDER SIGNATURE		

ACCOMMODATIONS (not guaranteed)

Cabin Category Preference: 1st \_\_\_\_\_ 2nd \_\_\_\_\_

Bed Preference   ☐ King/Queen   ☐ Twins

SINGLE TRAVELERS (choose one)

- ☐ I prefer to have single accommodations. (limited availability)
- ☐ I plan to share accommodations with: \_\_\_\_\_
- ☐ I'd like to know about roommates.
- I am a   ☐ non-smoker   ☐ smoker

I understand that if a roommate cannot be found by the final payment deadline of *January 15, 2024* I will pay the single rate.

I/We have read the tour information section of the brochure and agree to the Terms and Conditions stated therein.

SIGNATURE #1	DATE
SIGNATURE #2	DATE

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1155 15th Street, NW, Suite 300 Washington, DC 20005

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