



National Trust for Historic Preservation

National Trust Tours

# Japan by Sea

## Land of the Rising Sun

aboard the 90-cabin *Heritage Adventurer*

Featuring special guest speaker Pico Iyer

May 12–23, 2026



# Dear National Trust Traveler,

Join fellow Trust members for two days of sightseeing in Tokyo followed by an eight-night cruise through the Sea of Japan and the Inland Sea aboard the 140-passenger *Heritage Adventurer*.

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 both cutting-edge modern architecture in Tokyo and the ancient traditions of Japan, with visits to sacred temples and shrines, celebrated gardens and castles, and private cultural performances. Delve deeper into the culture during a performance of Kodo drummers on Sado Island, and optionally partake in a traditional tea ceremony in Kanazawa.

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, 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. This program is co-sponsored by several organizations, so 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



The **NATIONAL TRUST FOR HISTORIC PRESERVATION** is a private, nonprofit membership organization dedicated to saving historic places and revitalizing America's communities. For more information, visit the Trust's website at [www.savingplaces.org](http://www.savingplaces.org) or phone (800) 944-6847 or (202) 588-6000.

# Guest Speaker

Special guest speaker **Pico Iyer** is the author of 17 books that have been translated into 23 languages, including the best-sellers *The Open Road*, *The Art of Stillness*, *The Half Known Life*, and *Aflame*. He and Hiroko, his Japanese wife, have been based in Japan for 38 years. He has published three popular books on his adopted home—*The Lady and the Monk*, *Autumn Light*, and *A Beginner's Guide to Japan*. Born in Oxford, England, he was educated at Eton, Oxford, and Harvard and served not long ago as Ferris Professor at Princeton. His five TED talks have received more than 11 million views, and he was delighted, along with Hiroko, to join a similar tour of Japan in 2024.

## Highlights

- ◆ Customize your experience with excursion options in Tokyo and throughout the program.
- ◆ Ride Japan's famed high-speed bullet train from Tokyo to Niigata.
- ◆ Try your hand at *taiko* drumming on remote Sado Island, home of the world famous Kodo drummers.
- ◆ Immerse yourself in local culture during a traditional tea ceremony in Kanazawa or a hands-on *wagashi* sweets workshop.
- ◆ Admire Japan's rich artistic heritage during an optional full-day visit to Naoshima, an island that has become a mecca for cutting-edge art.
- ◆ Spend a day in South Korea featuring a visit to Gyeongju, the ancient capital of the Silla kingdom and a designated UNESCO World Heritage Site.
- ◆ Marvel at Itsukushima Shrine in Miyajima with its iconic red *torii*, a grand wooden gateway that appears to float on the sea at high tide.
- ◆ Take in the spectacular scenery of Japan's Inland Sea from the comfort of one of the many observation decks aboard *Heritage Adventurer*.
- ◆ Walk along the paths of Koraku-en, celebrated as one of Japan's Three Great Gardens.



KENROKU-EN



## Itinerary

Tuesday–Wednesday, May 12–13

### Home/Tokyo, Japan

Depart home on an overnight flight to Tokyo, Japan, arriving on May 13th. Upon arrival, join a group transfer to the hotel. The remainder of the day is free to rest, recover, and explore independently.

THE CAPITOL HOTEL TOKYU

Thursday, May 14

### Tokyo

This morning attend a welcome orientation and lecture, followed by a choice of two excursions. Opt to: 1) Visit the Meiji Shrine complex, located in a 175-acre forest; the Ukiyo-e Ota Memorial Museum of Art; and Tokyo's Aoyama district, notable for its modern architecture; or 2) See some of the vast collection at the Tokyo National Museum, boasting about 120,000 artifacts and pieces of art covering most of the country's long history, then 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.

THE CAPITOL HOTEL TOKYU (B,L,D)

Friday, May 15

### Tokyo/Niigata/Embark

Choose between two morning excursions: 1) Visit the Tsukiji fish market and the Kappabashi culinary district, a street almost

entirely populated by shops catering to the restaurant trade; or 2) 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 upon arrival embark *Heritage Adventurer*.

HERITAGE ADVENTURER (B,D)

Saturday, May 16

### Sado Island

Visit remote Sado Island, the 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. Also explore historic Shukunegi, a picturesque fishing village of wooden houses, narrow alleys, and canals. This evening, attend the captain's welcome reception and dinner aboard the ship.

HERITAGE ADVENTURER (B,L,R,D)

Sunday, May 17

### Kanazawa

Call at the refined artistic center of Kanazawa for a visit to Kenroku-en, considered to be one of Japan's top gardens.

Excursion options include: 1) Participate in a traditional tea ceremony at a classic Japanese teahouse before a visit to the 21st Century Museum of Contemporary Art; or 2) Join a *wagashi* (Japanese sweet) workshop and experience more traditional arts and crafts. Reboard *Heritage Adventurer* for a relaxing evening of cruising as the educational program continues.

HERITAGE ADVENTURER (B,L,D)

Monday, May 18

### Matsue

Today choose from two morning excursion options: 1) Drive through lush countryside to the Adachi Museum of Art to explore its collection of modern Japanese works and exquisite, highly manicured gardens; or 2) Arrive in charming Matsue and visit Matsue Castle, one of the few surviving castles in Japan, built in 1611, followed by free time to stroll through Matsue's historic samurai quarter. Enjoy an afternoon at sea with lectures before dinner on board.

HERITAGE ADVENTURER (B,L,D)

Tuesday, May 19

### Ulsan, South Korea/ Gyeongju

Arrive at the South Korean port of Ulsan, then drive inland to



MIYAJIMA

HIROSHIMA

TOKYO - MEIJI SHRINE

the city of Gyeongju, a UNESCO World Heritage Site and the capital of the Silla 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 with entertainment, explore Bulguksa Temple, another UNESCO World Heritage Site and one of Korea's most beautiful Buddhist temples, known for its intricate paintings and two 6th-century pagodas.

HERITAGE ADVENTURER (B,L,D)

Wednesday, May 20

### Hiroshima, Japan

Following a morning of educational content at sea, call at Hiroshima in the afternoon. 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. The remainder of the day is at leisure for

independent exploration.

HERITAGE ADVENTURER (B,L,D)

Thursday, May 21

### Miyajima

Anchor off the coast of Miyajima Island and take a 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 and stroll through picturesque streets, or ride the gondola up Mount Misen for spectacular 360-degree views. This afternoon, relax and cruise through the scenic Inland Sea, dotted with small islands.

HERITAGE ADVENTURER (B,L,D)

Friday, May 22

### Naoshima or Kurashiki/Okayama

Today opt for one of two excursion choices: 1) Visit captivating Naoshima Island, a mecca for innovative art and contemporary architecture, and tour some of its world-class museums, including the Chichu Art Museum, Benesse House Museum, and the Naoshima New Museum of Art; or 2) Explore the Kurashiki Bikan Historical Quarter in Okayama and wander the spacious Koraku-en Garden,

one of the Three Great Gardens of Japan. Over 300 years old, this landscape garden is unique for its spacious lawns. Gather this evening for a talk by special guest speaker Pico Iyer, followed by the captain's farewell reception and dinner aboard ship.

HERITAGE ADVENTURER (B,L,R,D)

Saturday, May 23

### Osaka/Home

After breakfast, disembark *Heritage Adventurer* and join a group airport transfer for flights home, or begin the optional post-trip extension.

(B)

## Optional Extensions

May 9–13, 2026

### Kamakura and Hakone

Arrive early to visit Zen temples, bathe in natural hot springs, enjoy traditional multi-course meals, and see world-class art.

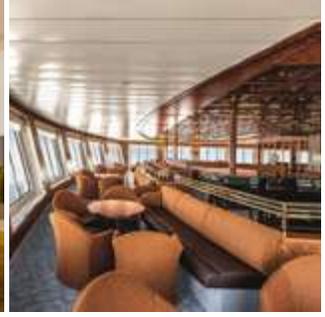
May 23–26, 2026

### Kyoto and Nara

Extend your stay to visit UNESCO World Heritage Sites, iconic bamboo groves, and masterful museums.

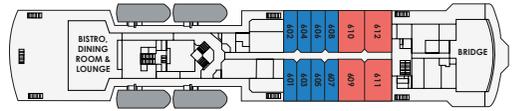
*Further information will be sent to booked participants.*

# Heritage Adventurer



All 90 cabins aboard *Heritage Adventurer* offer living and sleeping areas with a king or two single beds, ample storage, a writing desk, and a modern ensuite 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. Twin guest elevators provide easy access to all levels. Meals are served in the gourmet restaurant and in the indoor/outdoor bistro—both options offer plenty of seating and large picture windows. Additional amenities include an open-air saltwater pool that can be heated or chilled, a hot tub encased in glass for all-weather use, a dry-heat Finnish sauna, a European steam room, a well-equipped gym, and a spa.

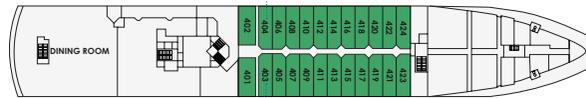
DECK 6



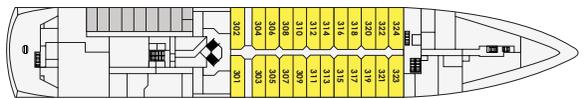
DECK 5



DECK 4



DECK 3



## Program Rates (per person)

CATEGORY		DOUBLE	SINGLE
1	DECK 3 STANDARD CABIN 237 sq ft; twins or king bed; two portholes	\$9,990	\$11,990
2	DECK 4 SUPERIOR CABIN 237 sq ft; twins or king bed; window	\$11,990	\$14,490
3	DECK 5 SUPERIOR CABIN 237 sq ft; twins or king bed; window	\$12,990	\$15,490
4	DECK 6 SUPERIOR CABIN 237 sq ft; twins or king bed; window	\$14,490	—
5	DECK 6 HERITAGE SUITE 475 sq ft; king bed; double windows	\$18,990	—

## 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*** - Comprehensive program of briefings, lectures, and presentations - Transfers for all participants on group arrival and departure dates - **Gratuities to porters, wait staff, guides, drivers, and shipboard personnel for all group activities** - Entrance fees and port charges - Captain's welcome and farewell wine receptions - **House wine, beer, and soft drinks with all group lunches and dinners** - Complete packet of pre-departure information - Professional tour manager throughout the program - Expert local guides

### 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.

### GROUP SIZE

This program can accommodate 129 participants and is co-sponsored by other organizations.

### 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.

**PROGRAM RATES****DO NOT INCLUDE**

U.S. domestic and international airfare · Passport/visa expenses · Medical expenses and immunizations · Travel and trip cancellation insurance · Private transfers or airport transfers outside of group arrival and departure days · 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 internet 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.

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**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 12, 2026. For those who register on or after January 12, 2026,

full payment is due upon registration. Final payment may be made by check, wire transfer or credit card (credit card payments will incur a processing fee of 2%).

**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 of January 12, 2026 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 2025/2026 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 #2068800-40

# Japan by Sea

## Land of the Rising Sun

aboard the 90-cabin *Heritage Adventurer*  
May 12–23, 2026

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.

NAME #1 BIRTHDATE

NAME #2 BIRTHDATE

MAILING ADDRESS

CITY / STATE / ZIP / POSTAL CODE

HOME PHONE MOBILE PHONE

E-MAIL(s)

**PAYMENT**

Please charge the deposit to my credit card (circle one):

VISA MC AMEX

NAME ON CREDIT CARD

CARD # EXP. DATE SECURITY CODE

SIGNATURE AS IT APPEARS ON CREDIT CARD DATE

Enclosed is my check for \$\_\_\_\_\_ (\$1,000 per person, payable to Criterion Travel) to reserve \_\_\_\_\_ place(s) on **Japan by Sea**.

**NATIONAL TRUST MEMBERSHIP**

I am/We are National Trust Members. My/Our membership # is \_\_\_\_\_

I am/We are not National Trust members. Please enroll me/us as members. (\$20 individual; \$30 family)

**SINGLE TRAVELERS**

I prefer to have single accommodations.  
or  I plan to share accommodations with: \_\_\_\_\_

or  I'd like to know about roommates

*I understand that if a roommate cannot be found by the final payment deadline of January 12, 2026, I will pay the single rate.*

**ACCOMMODATIONS**

Cabin category preference:

1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_

Bed Preference (not guaranteed):  One bed  Two beds

*I/We have read the Terms & Conditions section of this brochure and understand and agree with them as stated herein:*

SIGNATURE DATE

SIGNATURE DATE

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May 12–23, 2026



National Trust for Historic Preservation  
**National Trust Tours**

105 Loudoun Street SW, Unit 1  
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[www.nationaltrusttours.com](http://www.nationaltrusttours.com)  
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