



Carleton
ALUMNIADVENTURES

Explore the world

Japan by Sea



Miyajima Torii

Land of the Rising Sun

Aboard *Heritage Adventurer*

MAY 12–23, 2026

Featuring Carleton Professor Kathleen Ryor and Guest Speaker Pico Iyer

Dear Carleton College Alumni,

I invite you to **join Carleton Professor Kathleen Ryor** and fellow Carls for **two full days of sightseeing in Tokyo followed by an eight-night cruise** through the Sea of Japan and the Inland Sea **aboard the 82-cabin *Heritage Adventurer***. Venture beyond the major cosmopolitan cities to a fascinating variety of tranquil historic towns, artistic centers, and remote islands.

Discover a Japan that few visitors see, with excursions that highlight both cutting-edge modern architecture in bustling Tokyo and ancient traditions throughout Japan, with visits to **sacred temples and shrines**, celebrated **gardens and castles**, and **private cultural performances**. Special events include a performance of **Kodo drummers on Sado Island**, and a **traditional tea ceremony in Kanazawa**.

Call at **Ulsan, South Korea**, for a day trip to **Gyeongju**, a UNESCO World Heritage Site, and its National Museum as well as the UNESCO World Heritage Site of **Bulguksa Temple**. Returning to Japan, you will make an unforgettable visit to the city of **Hiroshima**, visiting the Peace Memorial Park and Museum. Cruise to the picturesque island of **Miyajima**, with its iconic, 6th-century Itsukushima Shinto Shrine that appears to float on the sea at high tide. 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 capital of Nara**, are also available.

Throughout the program, you will **engage with expert study leaders**, including Carleton's Kathleen Ryor—Tanaka Memorial Professor of International Understanding and Art History—and gain a better appreciation of Japan's historical and cultural significance through a series of **onboard lectures and informal discussions**. In addition, **local Japanese English-speaking guides** will lead excursions and answer questions from travelers.

This program is co-sponsored by several organizations, so I encourage you to reserve your preferred cabin today by calling Alumni Adventures at **(800) 811-7244** or emailing **carleton@studytours.org**. Spring is a wonderful time to cruise around Japan—I hope you will join us!

Sincerely,



Rebecca Ditsch '93
President, Carleton Alumni Council



Sado Island

Study Leaders:



Kathleen Ryor is the Tanaka Memorial Professor of International Understanding and Art History at Carleton College, and her research focuses on Chinese painting and garden history of the premodern period. She is currently writing a book about Chinese botanical painting and its relationship to horticulture and pharmacopeia in the 16th and 17th centuries. At Carleton, Prof. Ryor

teaches courses on East Asian art history and, over the last decade, has regularly offered specialized courses on Chinese and Japanese gardens and the Japanese tea ceremony. In the spring term of 2017, she led a Carleton Study Abroad Seminar on the history and design of Japanese gardens in Kyoto. In preparation for the program, she participated in a two-week workshop on the history and design of traditional Japanese gardens at the Kyoto College of Art and Design. Prof. Ryor is also the chair of the Japanese Garden Advisory Committee, which oversees the stewardship, maintenance, and programming of Carleton's Garden of Quiet Listening. In the past, she has led two Carleton Alumni Adventures programs, one to the Silk Road in China and the other to Vietnam and Cambodia.

Special guest speaker **Pico Iyer** is the author of 17 books, translated into 23 languages, including the best-sellers *The Open Road*, *The Art of Stillness*, *The Half Known Life* and *Aflame*. He has also based himself in Japan, with his Japanese wife Hiroko, for 38 years now, and 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 Kenroku-en, celebrated as one of Japan's top gardens.





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: 1) 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 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 three 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 time for 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 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, 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 original 6th-century pagodas.

Heritage Adventurer (B,L,D)

Wednesday, May 20

Hiroshima, Japan

Following a morning lecture 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

After a lecture and a relaxing morning of cruising, 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. Later 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 its world-class museums, including the Chichu Art Museum and Benesse House Museum, and see a growing body of interactive, unique art installations and outdoor sculptures; or 2) Explore the Kurashiki Bikan Historical Quarter in Okayama and wander the spacious Korakuen 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 take a group transfer to Kansai International Airport (KIX) for flights home, or begin the optional post-trip extension to Kyoto and Nara.

Optional Pre-trip Extension:

Kamakura, Hakone, and Tokyo

With a Two-Night Stay at a Luxury Ryokan

May 9–13, 2026

Take an overnight flight to Tokyo, Japan and, upon arrival on May 10th, transfer to *The Capitol Hotel Tokyu*. Travel to Hakone the next morning, stopping to see the historic center of Kamakura, home to Zen temples and a famous giant bronze statue of Buddha. Arrive at the hot springs resort of Hakone late in the afternoon and take the opportunity to soak in the ryokan's private and communal hot springs and onsen throughout the stay. For dinner, savor a kaiseki meal, a traditional multi-course Japanese dinner showcasing the artistry of the chef. The following morning, explore the Hakone Open-Air Museum, including its Picasso Pavilion and over 120 world-class modern sculptures. Weather permitting, ride a gondola to see the Owakudani crater, with its active sulfur vents, bubbling pools, and hot springs, and marvel at spectacular views of Mt. Fuji. The day concludes with a short pleasure cruise on picturesque Lake Ashinoko. Return to Tokyo for free time to shop in the vibrant Asakusa district and to visit the colorful Senso-ji Temple, the oldest in Tokyo.

The Capitol Hotel Tokyu; Hakone Kowakien Ten-Yu (3B,3L,2D)

Optional Post-trip Extension:

Kyoto and Nara

With a Three-Night Stay in Kyoto and a Visit to the Ancient Capital of Nara

May 23–26, 2026

Upon conclusion of the main program, begin the post-trip extension with a short transfer by coach to the ancient capital of Nara to visit the National Museum and UNESCO World Heritage Site of Todai-ji Temple, one of Japan's most famous and historically significant temples and the home of Daibutsu (the Great Buddha). In Kyoto visit the Zen temple of Tenryu-ji and stroll through the towering 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, designed by I.M. Pei, and its exceptional collection of ancient and traditional art and artifacts. This itinerary allows for ample free time to explore the city's culture and history and to savor regional delicacies.

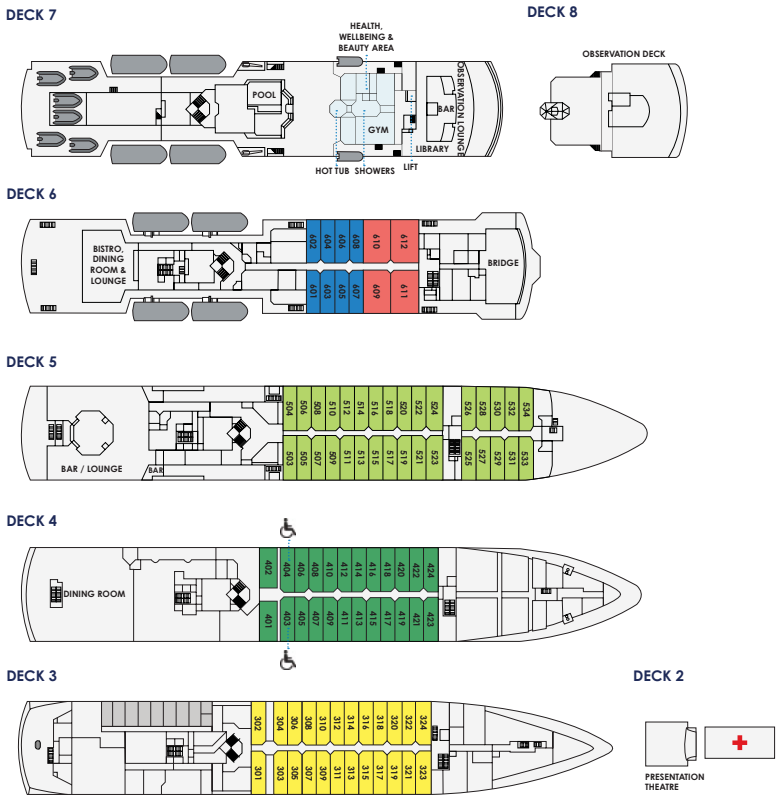
Westin Miyako Kyoto (3B,2L,2D)





Heritage Adventurer

All 82 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. 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.



Program Rates (Per Person):

Category	Description	Double	Single
Category 1	Deck 3 Standard Cabin, two portholes . . .	\$9,990	\$11,990
Category 2	Deck 4 Superior Cabin, window	\$11,990	\$14,490
Category 3	Deck 5 Superior Cabin, window	\$12,990	\$15,490
Category 4	Deck 6 Superior Cabin, window	\$14,490	
Category 5	Deck 6 Heritage Suite, double window . . .	\$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 • 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

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 protocols set forth by Carleton Alumni Adventures or Criterion Travel, our tour operator; local staff; and host country laws. If the tour manager decides that a participant cannot visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply.

GROUP SIZE

This program can accommodate 140 participants and is co-sponsored by other organizations including Carleton Alumni Adventures, Cornell's Adult University, UChicago Alumni Travel, Harvard Alumni Travel, MIT Alumni Travel, National Trust Tours, Santa Barbara Museum of Art, and Yale Alumni Academy.

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 fax charges • Room service • Other items of a personal nature

TRAVEL INSURANCE

Insurance for trip cancellation and interruption, medical problems, baggage loss and delay, etc., is highly recommended. Cancellation policies that apply are included in this brochure. Information about travel insurance will be sent to confirmed participants.

A NOTE ABOUT RATES

Program rates are based upon current fuel prices, taxes, tariffs, and a minimum number of participants. While we will do everything possible to maintain the listed prices, they are subject to change. If there are significant changes, details and costs will be advised prior to departure.

TERMS & CONDITIONS

RESERVATIONS & PAYMENTS

To reserve space, return the completed reservation form with your \$1,000 per person deposit to: Carleton Alumni Adventures, P.O. Box 938, 47 Main St., Suite One, Walpole, NH 03608-0938 or fax to 603-756-2922. Balance of payment is due 120 days prior to departure (January 12, 2026). We accept checks, payable to "Eos CAA-JapanCRI5/26" as well as VISA, MasterCard, and American Express for deposits. Reservations will be processed in order of receipt. Credit cards are NOT accepted for final payment.

PARTICIPANT CANCELLATIONS & REFUNDS

Cancellations must be received in writing by Carleton Alumni Adventures. Deposits are refundable (less a \$250 per person admin fee) if written notice of cancellation is received within 30 days of booking; after that, deposits are 100% nonrefundable. After the January 12, 2026 final payment deadline: All payments are 100% nonrefundable, regardless of booking date. For this reason, we strongly urge participants to purchase trip cancellation insurance. Refunds cannot be made to participants who do not participate in any part of the program, who do not complete the tour for whatever reason, or whose entry into any country and/or hotel or aboard any cruise vessel and/or airline on the itinerary is delayed or denied.

TRIP CANCELLATION & REFUNDS

If the program is cancelled by Carleton Alumni Adventures or Criterion Travel, our tour operator, you will receive a full refund, without further obligation on our part. However, if trip cancellation, itinerary changes, and/or delays are mandated by causes beyond our control, the participant shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by Carleton Alumni Adventures or Criterion Travel, or else receiving a refund of as much of such advance tour expenditures as Carleton Alumni Adventures and Criterion are able to recover on the participant's behalf from carriers, third party tour vendors, etc. Neither Carleton Alumni Adventures nor Criterion shall have any obligation or liability to the participant beyond the foregoing, including airfare and airline fees.

HEALTH

All participants should be in good health and capable of keeping up with an active group of travelers. By forwarding the deposit for participation, the participant certifies that he/she does not have any physical or other condition or disability that would create a hazard for him/herself or other participants.

ITINERARY CHANGES

The itinerary and study leaders presented for this tour are subject to modification and change by Carleton Alumni Adventures 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, Carleton Alumni Adventures 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.

RESPONSIBILITY

By submitting your deposit, you are bound to the terms and conditions delineated throughout this brochure. Due to space limitations these are not Carleton Alumni Adventures' complete Terms & Conditions, which are available upon request, can be viewed on-line at carleton.edu/alumni/adventures, and will be sent to you along with a Release of Liability requiring your signature.

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California Seller of Travel Program CST #2088800-40

Japan by Sea

Land of the Rising Sun

May 12–23, 2026

To reserve your space, please complete this form and send it to: Carleton Alumni Adventures, P.O. Box 938, 47 Main Street, Suite One, Walpole, NH 03608-0938. Deposit checks should be made payable to "Eos CAA-JapanCRI5/26." You may also call Carleton Alumni Adventures at **800-811-7244**. Fax: 603-756-2922. Email: carleton@studytours.org. To view the brochure and/or fill out an online reservation form, visit our website: www.carleton.edu/alumni/adventures.

NAME #1 (as it appears on passport) _____ CARLETON CLASS OF _____

NAME #2 (as it appears on passport) _____ CARLETON CLASS OF _____

MAILING ADDRESS _____

CITY / STATE / ZIP or POSTAL CODE _____

HOME PHONE _____

MOBILE PHONE(S) _____

E-MAIL 1 _____

E-MAIL 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 "Eos CAA-JapanCRI5/26") for _____ place(s) on the **JAPAN BY SEA** cruise.

Please charge my deposit of \$_____ (\$1,000 per person) to my (*circle one*): VISA/MC/AMEX

NAME ON CREDIT CARD _____

CARD # _____ EXP. DATE _____ SEC CODE _____

SIGNATURE AS IT APPEARS ON CREDIT CARD _____ DATE _____

ACCOMMODATIONS (not guaranteed)

Cabin category preference: 1st _____ 2nd _____

Bed Preference: One bed Two beds

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

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

SIGNATURE _____ DATE _____

SIGNATURE _____ DATE _____

Japan by Sea

P.O. Box 938 • 47 Main Street, Suite 1 • Walpole, NH 03608-0938



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ALUMNI ADVENTURES
Explore the world

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Land of the Rising Sun
Aboard Heritage Adventurer

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