

CHINA AND JAPAN



SEVEN SEAS MARINER

SEGMENT 6 HONG KONG TO OSAKA

APRIL 23, 2009

15 DAYS | 14 NIGHTS

DATE	PORT	ARRIVE	DEPART
Apr 23	W Hong Kong, China (overnight)		Embark
24	TH Hong Kong, China		11pm
25	F <i>Cruise the Formosa Strait</i>		
26	S <i>Cruise the East China Sea</i>		
27	SU Shanghai, China (overnight)	8am*	
28	M Shanghai, China (overnight)		
29	T Shanghai, China		1pm*
30	W <i>Cruise the Yellow Sea</i>		
May 1	TH Tianjin (Beijing), China (overnight) <i>Special shore event and hotel overnight</i>	7am	
2	F Tianjin (Beijing), China		6pm
3	S <i>Cruise the Yellow Sea</i>		
4	SU Nagasaki, Japan	1pm	11pm
5	M <i>Transit Van Diemen Strait</i>		
6	T Osaka, Japan (overnight)	8am	
7	W Osaka, Japan		Debark

Discover China – both the old and the new – with multi-day calls in Hong Kong, Shanghai and Tianjin, and with an array of land options including Xian and Guilin. A visit to Beijing with its Imperial Palace and Great Wall is an included complimentary event. Then for a sampling of Japan, there's Nagasaki, home of Madame Butterfly, and Osaka, gateway to Kyoto and Nara, cultural capitals of Classical Japan.

Hong Kong Heritage • HKG-6180

Duration: 4½ Hours

Transport: Air-conditioned Bus



The unique cultural history of Hong Kong is yours to discover during this splendid half-day visit to the city.

Depart the pier with your local guide for a brief glimpse into Hong Kong's unique cultural history. Your first stop will be the Man Mo Temple, dedicated to the God of Literature, or Man, and Martial Arts, or Mo. Built a century ago, the Man Mo Temple serves as the center of worship for the community. During your visit, you will also see the Tai Po Market, which sells all kinds of fresh products, dried herbs and seafood.

Your tour will continue with a visit to the Lam Tsuen Wishing Tree, an unexpected delight outside the Tin Hau Temple in Lam Tsuen. This ancient banyan is festooned with red and gold incense papers, and other offerings that have been thrown into its branches by the faithful and hopeful. Next, you will proceed to the Tsang Chung Ling Ancestral Hall. Built in the early-16th century, this exquisitely decorated, 3-hall building is still used for annual rituals and festival celebrations, and was declared a historic monument in 1997. Just a short ride away you will find Lo Wai Walled Village, also declared a national monument in 1997.

Your tour of Hong Kong will conclude with a visit to Tai Fu Tai, a stately 1865 country mansion that depicts how high-ranking officials once lived.

PLEASE NOTE: This tour involves approximately 2.5 hours of walking, and a few steps. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair. Some sights may be crowded.

Insight Into the Heart of Hong Kong • HKG-001

Duration: 4 Hours

Transport: Air-Conditioned Coach



Explore the many ways in which Hong Kong is still in touch with its age-old traditions of yesterday during this intriguing tour of the city.

Depart the pier for the drive to Hong Kong's Western District. Upon arrival, you will explore its historic past. As you stroll past the dried seafood and Chinese herb shops, you will see old traditions that remain vibrant to this day. From here, you will continue on to the Central District, the bustling financial heart of Hong Kong, where modern landmarks and towers of steel and glass symbolize the city's enormous successes over the years.

On Wing Lok Street, you will pass by specialty shops selling ginseng, and on Des Voeux Road West, abalone, scallops and other exotic dried seafood items can be purchased from street vendors. Strolling down Ko Shing Street, the wholesale center of Hong Kong's thriving herbal medicine trade, a wide selection of herbal medicines and shops can be found. Next, you will see the antique and curio shops on Hollywood Road before visiting the Man Mo Temple. One of Hong Kong's oldest and most famous temples, Man Mo is named after the God of War and God of Literature. Afterward, you will stop by an authentic Hong Kong-style café, a favorite local hangout, for a cup of English tea or local coffee accompanied by a famous egg custard tartlet.

Your tour will conclude with an 8-minute ride aboard the *Star Ferry*. As you ride between the Central District and Tsim Sha Tsui, you will take in panoramic views of both sides of the fabled Victoria Harbor.

PLEASE NOTE: This tour involves a moderate amount of walking, and several steps.

Living Traditions of Hong Kong • HKG-002

Duration: 5 Hours

Transport: Air-Conditioned Coach



Hong Kong has long been known for its unique tastes, traditions and cultures, and this colorful tour of the city will show you why.

Depart the pier for the drive to the Hau Temple, where the local fishing population prays to the Taoist goddess for safety and good catches. This centuries-old temple is a fine example of Chinese architecture, and filled with impressive overhanging incense coils and colorful religious paraphernalia.

Next, you will visit the vibrant Wet Market, where eager neighborhood shoppers converge for an amazing assortment of fresh exotic produce, catches from the South China Sea and more. You will then take a ride aboard Hong Kong's famous tram; the only double-decker tram service in the world, and a favorite among locals and visitors alike. As your tram winds its way through Hong Kong neighborhoods, you will view panoramic vistas of the ever-changing street scenes, pre-war era apartment buildings and eclectic shops. Afterward, a stop will be made at an authentic Hong Kong-style café for a cup of English tea or local coffee accompanied by an egg custard tartlet.

Your tour will conclude with a visit to the historic Western District, the oldest Chinese settlement and trading district in Hong Kong. The shops in this area offer dried seafood, aromatic herbal medicine, traditional wedding dresses, paper lanterns and incense, all of which capture the essence of local Chinese traditions and culture.

Following your visit, you will re-board your coach for the return drive to the pier and ship.

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Tai Chi, Dim Sum and Tea • HKG-4158

Duration: 5½ Hours

Transport: Air-Conditioned Coach



Explore ancient Chinese customs designed to nourish the mind, body, spirit and appetite during this relaxing and informative visit to Hong Kong.

Depart the pier for the drive into Hong Kong. Your tour begins with an insightful look into the graceful art of Tai Chi, an ancient form of martial arts created in the 12th century. Tai Chi has been known to help develop balance, improve muscle tone and breathing, and aid in the digestion process.

Next, you will continue on to sample a traditional Chinese breakfast consisting of *dim sum*. Invented during the Qing Dynasty by the Imperial chef to please the Empress Dowager, these light snacks include a variety of dumplings, buns and pastries containing meat and vegetables, and are traditionally served for breakfast or lunch. Steamed in bamboo baskets, this unique cuisine covers tastes from sweet to savory to spicy.

Having exercised the body and fed the appetite, you will be served a cup of tea, a drink that the Chinese find to be more than just a refreshing beverage. The custom of drinking tea, or *cha*, is a ritual steeped in tradition and deeply ingrained in the people of China. This is probably due to the fact that tea contains vitamins, essential oils and fluoride. It is also used as a cure for many illnesses, and an essential element in Chinese folk medicine.

PLEASE NOTE: *Tai Chi exercises may be conducted after the dim sum breakfast, depending on the schedule of the Tai Chi master. The order of the visits may vary depending on time of week and year the tour is operated.*

Yangtze River Cruise • HKG-P001

Duration: 4 Nights

Transport: Plane, Cruise Boat and Air-Coach



This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

A Yangtze River Cruise is a unique way to experience China, and you will discover it first-hand during this cruise along a beautiful stretch of the world's third-longest river. You can begin your day with Tai-Chi exercises overlooking the mist of the river, then take in a wide array of shore excursions, breathtaking scenery and award-winning dining on-board. You will embark your river cruise vessel near the Three Gorges, an extraordinary natural sculpture carved along the Yangtze River. At the Small Gorges, the Daning River joins the Yangtze, and offers scenic vistas. You may see Mandarin ducks and golden-haired monkeys in their natural habitat at Wushan. You will also visit the Gezhou Dam, the world's largest construction and engineering marvel, then sail toward Chongqing, located at the head of the Yangtze Gorges.

Victoria Cruises is the only U.S. company operating the largest fleet of deluxe river cruise vessels in China. All ships are four-passenger deck vessels. Each Standard Stateroom is approximately 155 square feet and fully air-conditioned, with outside picture windows, lower twin-berths and a private bathroom with shower. Ship amenities include a beauty shop, gift shop, health club, library, game room, safe deposit box, commercial and international satellite fax and phone, business center, clinic, tea room, dining hall, and the Yangtze Club featuring performing arts and cultural shows. Dress code is smart-casual; suits and ties are recommended on formal nights. You can select from among Western-style or traditional Chinese fare. Specific ship name to be advised at time of documentation.

April 23, 2009 –

Hong Kong/Wuhan/Yichang/Embark Victoria Cruise

Upon disembarking the ship, you will be transferred to the airport for your scheduled, Economy Class flight to Wuhan. Upon arrival, you will be met and transferred for lunch, then depart for the 5-hour drive to Yichang. Upon arrival, you will proceed to the pier, and embark your Victoria Cruise boat. Dinner will be served onboard. Overnight in a standard cabin on board.

April 24, 2009 – Victoria Cruise

After breakfast on board, you will visit the Three Gorges Dam site. The Three Gorges Dam is nearly 1.5 miles in length, 607 feet high, 59 feet wide at the top and 426 feet wide at the bottom. The dam will raise the river to a level of 574 feet above sea level, creating a 1,968-foot-long reservoir with a storage capacity of 52.27 billion cubic yards extending from the dam site all the way to Chongqing. As a result, 570,000 acres of farmland and villages in 19 counties and cities will be flooded, causing 1.5 million people to be relocated. After returning to the ship, you will marvel at this engineering wonder as your river cruiser locks through at Three Gorges, and sails through the 41-mile Xiling Gorge;

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the longest and deepest of the Three Gorges. The cliff walls of the Xiling Gorge rise to 4,000 feet. It is actually comprised of seven smaller gorges that were named after ancient legends: Military Books and Precious Sword, Rice Granary, Ox Liver and Horse Lungs, Yellow Ox, Bright Moon, Lantern Shadow, and Yellow Cat. Dinner will be served onboard. Overnight in a standard cabin on board.

April 25, 2009 – Victoria Cruise

After breakfast on board, you will choose a morning excursion to either the Daning River or Shennong Stream. The Daning River winds its way 20 miles through the beautiful Lesser Gorges; at times, birds and monkeys can be observed on both banks. The water is strikingly clear in contrast to the muddy, turgid waters of the Yangtze. The Shennong Stream is a Yangtze tributary accessible by ferryboat. You will dock very close to the head of the reservoir created by the Three Gorges Dam, and switch into smaller wooden boats, or pea-pod boats. You will then be poled up to the shallow, clear areas further upstream. Trackers will take over where the current is strong, and pull the boats about 100 or 200 yards. Later, you will sail back to your awaiting ferry, and return to your Victoria Cruises sailing vessel. Upon embarkation, you will sail through Qutang Gorge, or Outang Xia, and Wu Gorge. At five miles in length and 500 feet in width, Qutang Gorge is the shortest, narrowest and most dramatic gorge. The Red Passage Mountain, or Chijia Shan, and White Salt Mountain, or Baiyan Shan, guard the entrance to this gorge like giant castle doors. Below Wushan is the 25-mile-long Witches Gorge, or Wu Xia, with cliffs so sheer that the sun barely penetrates the precipices. Dinner will be served onboard. Overnight in a standard cabin on board.

April 26, 2009 – Victoria Cruise

After breakfast on board, you will choose an excursion to Wanxian, Fengdu or Shibaozhai. Wanxian, or Wan Zhou, is a small mountainous city known as the Gateway to East Sichan, and an important port and industrial center. Wanxian tangerines, oranges and peaches are renowned throughout China. The city's silkspinning and weaving industries are widely recognized in the Yangtze Gorges region. The region is also home to an acrobatic show, and a free market in town where local produce and crafts are sold. Known as the Ghost City, Fengdu is a very popular tourist site. Two officials from the Imperial court, Wang Fang Ping and Ying Chang Sheng, came to Mt. Minshan outside Fengdu City to practice Taoist teachings. Both of them later became immortal. When combined together, their surnames Yin and Wang sound very much like King of Hell in Chinese. Hence, Fengdu became known as the Ghost City. Here, different punishments would be given to different kinds of sins. The temples built on Mt. Minshan

display punishing instruments and wild demon images that vividly depict the Chinese peoples' images of Hell. Shibaozhai, situated along the banks of the Yangtze River, represents one of the gems of Chinese architecture. From afar, the protruding 720-foot hill on the north bank resembles a jade seal, and is so named. A red pavilion hugs one side of this rock. Its tall yellow entrance gate is decorated with lions and dragons, and etched with an inscription inviting the visitor to ascend into a little fairyland. The temple at the top was built during the reign of the Emperor Qianlong (1736-96). Over the years, more floors have been added. The rising waters of the river will eventually surround the *pagoda*, which will be preserved with a tiny dam of its own, but left on an island. This afternoon, your cruiser will make its way to Chongqing. Dinner will be served onboard. Overnight in a standard cabin on board.

April 27, 2009 –

Chongqing/Disembark Victoria Cruise/Shanghai

After breakfast on board, you will disembark your river cruiser for a brief city tour of Chongqing. You will visit the Great Hall of People and Chongqing Zoo, where you can view a panda and General Stewell's Museum. After lunch, you will be transferred to the airport for your flight to Shanghai. Upon arrival, you will be met, transferred to the pier and embark the ship.

Program Includes:

- Four nights in a Standard Cabin on board the Victoria Cruise
- Scheduled one-way, Coach Class flights Hong Kong/Wuhan and Chongqing/Shanghai
- Three meals daily during cruise
- Non-alcoholic beverages included. Alcoholic beverages will be charged based on consumption
- All transfers, sightseeing and entrance fees as per program
- Transfer from Wuhan airport to Yichang takes five hours by coach
- Tours to and from the Victoria cruise are not exclusive to Regent guests
- Welcome and Farewell dinner onboard the Victoria Cruise – smart casual dress code
- 2009 itinerary of the cruise is subject to change

Luggage Information: Due to limited space on domestic flights and coaches, you should pack one bag for the land program. Check-in baggage allowance is 20 kilograms or 44 pounds in weight and only one piece of hand carry not larger than 22 x 14 x 9 inches is allowed to bring on board the aircraft.

Not Included: All meals and drinks not specified above, tips to drivers and tour director, gratuities, laundry, telephone calls, cancellation insurance, and other personal items.

PLEASE NOTE: A minimum of six guests is required for this program to operate. An individual Chinese visa is required for each guest participating in this program.

HONG KONG, CHINA

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Insight Into the Heart of Hong Kong • HKG-001

Duration: 4 Hours

Transport: Air-Conditioned Coach



See page 238 for description.

Living Traditions of Hong Kong • HKG-002

Duration: 5 Hours

Transport: Air-Conditioned Coach



See page 239 for description.

Macau Old and New • HKG-003

Duration: 9 Hours

Transport: Air-Conditioned Coach



Experience Macao's diverse history, influences and architecture of Macao during a full-day sightseeing tour of this thriving enclave.

Depart the ship via ferry for the 1-hour and 15-minute ride to Macau. Upon arrival, you will board your coach for a scenic ride along the coastline, and see how this former Portuguese colony has evolved into an eclectic blend of Florence, Monte Carlo and ancient China.

Your first stop will be at the Kun lam Statue, a towering structure that has become a popular landmark of the city. It stands on a platform above the Ecumenical Center of Religions, where you will be invited to rest and meditate. From here, you will continue on to see the A-Ma Temple. Macau's most famous and picturesque temple, it consists of four levels of prayer pavilions dedicated to the Taoist Goddess of A-Ma.

Next, a visit will be made to the Ruins of St. Paul, which depict the history of Christianity in Asia. You will see its exquisitely carved, early-17th-century stone facade and grand staircase; the only remnants of the first Church and College of the Jesuits in China after a fire destroyed the structure in 1835. You will then proceed to the former civic hub of Senado Square, which is paved with a wave-patterned stone mosaic that extends all the way to St Paul's, and was specially created by Portuguese artisans.

The highlight of your tour will be a visit to the Macau Tower, the best way to view the Pearl River delta during the day or night. You will ascend the Macau Tower via high-speed glass-fronted lifts. Upon

reaching the Tower's upper limits, unforgettable vistas and a delicious buffet await your arrival. Your tour will conclude with a visit to the ever-popular Sands Casino, one of many in this bustling cosmopolitan city. In addition to baccarat, blackjack, roulette, boule, big and small, and fan-tan, you will see hundreds of glittering slot machines, called hungry tigers by the locals.

Following your tour, you will embark your ferry for the 1-hour and 15-minute return ride to the ship.

PLEASE NOTE: You will be required to carry your passport to participate on this tour. Guests who require an entry visa for Hong Kong and wish to participate on this tour, will need to apply for a double-entry visa. Please allow up to an hour in each direction for immigration. In the event lunch at the Macau Tower is not available, a set Macanese lunch will be served at the Club Militar de Macau, which is located in an historic old building. This tour involves a considerable amount of walking, at times on uneven ground, and approximately 150 steps. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair.

Tai Chi, Dim Sum and Tea • HKG-4158

Duration: 5½ Hours

Transport: Air-Conditioned Coach



See page 240 for description.

Terracotta Warriors and Li River Cruise • HKG-P002

Duration: 3 Nights

Transport: Plane and Air-Conditioned Coach



This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

Discover the beauty and mystery of China's past during this scenic visit to historic Xian and Guilin. After flying from Hong Kong to Xian, you will begin exploring a wealth of ancient treasures. At the Museum of Qin, you will see the spectacular terracotta warriors, a UNESCO World Heritage Site, then proceed for visits to the massive City Wall, Wild Goose Pagoda and Shaanxi Provincial Museum. A special Tang Dynasty dinner and show is included during your visit to Xian. The next day, you will fly to Guilin for visits to Reed Flute Cave, Elephant Trunk

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Hill and Seven Star Park. Your journey will conclude with a picturesque cruise along the majestic Li River and a special tea dinner before your flight to Shanghai, and the ship.

April 24, 2009 – Hong Kong/Xian

Depart the pier for the transfer to the airport in Hong Kong, and your flight to Xian. Upon arrival, you will be met and transferred to your hotel for check-in. Late dinner will be at the hotel. Overnight at the Sofitel Hotel-Xian.

April 25, 2009 – Xian

After breakfast at the hotel, you will depart for the scenic drive to the Museum of Qin, which spans a 150,000 square-foot area, to see one of the most significant archaeological discoveries of the 20th century. In Pit No. 1, you will discover a truly remarkable sight; 6,000 amazing life-sized terra cotta warriors and horses created after Duke Xian's ascended to the throne of the State of Qin in 384 B.C. For centuries, the famous terracotta warriors guarded the tomb of Qin Shihuang Di, first emperor of a united Chinese people. Today, they are a major attraction, and have been designated by UNESCO as a World Cultural Heritage Site.

After a Chinese lunch at the Museum's Friendship Restaurant, you will proceed for a visit to the massive City Wall, the most complete city wall surviving in China, and one of the largest ancient military defense systems in the world. Zhu Yuanzhang, first Emperor of the Ming Dynasty, created the City Wall by enlarging an existing wall originally built during the Tang Dynasty. Since its extension, the 8.5-mile-long Xian City Wall now features 98 ramparts and stands 40 feet tall, up to 46 feet wide and up to 60 feet thick at its base. From here, you will continue on for a visit to the Big Goose Pagoda. Built in 589 A.D., the Big Goose is one of China's most famous Buddhist pagodas. Your tour of Xian concludes with a visit to the Shaanxi Provincial Museum, where you will view displays of precious art treasures and stone carvings of the Han and Tang Dynasties.

Following your tour, you will be transferred back to the hotel for some time to freshen-up before departing for a Tang Dynasty dinner and show at the Tang Palace restaurant. Afterward, you will be transferred back to the hotel. Overnight at the Sofitel Hotel-Xian.

April 26, 2009 – Xian/Guilin

A boxed breakfast will be provided during your early morning transfer to the airport in Xian for your flight to Guilin. Home to some of the world's most awe-inspiring natural beauty, Guilin is situated in the northeast Guangxi Zhuang Region, and features verdant mountains, inviting waters, magnificent crags and fantastic caverns.

Upon arrival, you will be met and depart for a visit to Reed Flute Cave, whose interior walls are home to more than 70 ink inscriptions dating back to 792 A.D. After lunch, you will proceed for a visit to Elephant Trunk Hill. Located on the western bank of the Li River, Elephant Trunk Hill is shaped like a huge elephant drinking from a river, hence its name. You will see the Water Moon Cave, or Shui Yue Cave, a semi-round cave penetrated by water, as well as the cave situated on the hillside. On top of the hill, you will find a charming two-story *pagoda* built in the Ming Dynasty, and surrounded by green trees. You will also see Elephant Trunk Hill Park, which features the Yunfeng Monastery, Love Island, or Aiqing Dao, and more.

Your tour concludes with a visit to Seven Star Park, which takes its name from its seven peaks. Xi Xia, the park's million year-old cave located deep in Putuo Hill, was originally a section of an underground river. The three characters of Xi Xia Cave were carved on stone at the cave's mouth in 509 A.D. during the Sui Dynasty. Following your tour, you will be transferred to your hotel for check-in. Dinner will be at the hotel. Overnight at the Sheraton Hotel-Guilin.

April 27, 2009 – Guilin/Shanghai

After breakfast at the hotel, you will depart for the drive to the picturesque Li River, or Li Jiang, which begins in Guilin and winds its way through the mountains and villages. Upon arrival, you will take a relaxing cruise along this scenic river. A boxed lunch prepared by the Sheraton hotel will be served along the way.

Following your cruise, you will proceed for a visit to a traditional Chinese Hospital to observe a demonstration of Chinese massage and acupuncture, and learn about Chinese herbal remedies. A special tea dinner will be served at a local restaurant before you are transferred to the airport for your flight to Shanghai. You will be met upon arrival, transferred directly to the pier and embark the ship.

Program Includes:

- Two nights at the Sofitel Hotel - Xian
- One night at the Sheraton Hotel - Guilin
- Scheduled one-way, Coach Class flights Hong Kong/Xian/Guilin/Shanghai
- Three breakfasts, three lunches and three dinners (includes choice of two glasses of house wine, local beer, soda, bottled water, tea, or coffee during lunch and dinner)
- Tang Dynasty dinner in Xian
- All transfers and sightseeing as per program

Not Included: All meals and drinks not specified above. Gratuities to drivers and tour director. Gratuities, laundry, telephone calls, cancellation insurance, and other personal items.

PLEASE NOTE: Flights are based on current schedules, and may be subject to change. The order of sites visited may vary to avoid crowds and congestion. A minimum of 10 participants is required to operate this program.

21st Century Shanghai and the Maglev Train • SHA-6691

Duration: 3 Hours

Transport: High Speed Train



Experience the most modern forms of transportation and architecture in Shanghai during a thrilling ride on the Maglev Train, and a scenic visit to Lujiazui.

Made with groundbreaking German technology, the Magnetic Levitation Train, also known as the Maglev Train, is Shanghai's newest, state-of-the-art mode of transportation. The wheel-less Maglev floats on an electromagnetic cushion, and is propelled along a guideway at incredible speeds. Built at a cost of over \$1 billion U.S., the Maglev runs for 20.5 miles from Long Yang Lu Station to the Pudong International Airport. It can reach speeds of up to 200 mph, the fastest ever recorded for any ground-operated mode of transport.

Depart the pier for the drive to the Long Yang Lu Station at New Pudong District, where you will board the Maglev Train for an 8-minute ride to the Pudong Airport. During the ride, you will experience the sensation of flying as the train instantly accelerates to maximum speed. Upon arrival, a brief pause will be made before the ride back to Long Yang Lu Station.

After re-boarding your coach, you will visit the Lujiazui area of the New Pudong District. Developed from farmland only a decade ago and now home to numerous high-rise office buildings, this area has become the financial center of China. From here, you will continue on for a visit to the futuristic Jinmao Building, the most renowned skyscraper in Shanghai. At the Observation Lounge, you will take in spectacular panoramic views and photo opportunities of Shanghai on both sides of the Hangpu River.

Following your tour, you will rejoin your coach for the return drive to the pier and ship.

PLEASE NOTE: *The ride on the Maglev Train is 8 minutes in each direction.*



Ancient Water Town of Zhujiajiao – Shanghai's Venice • SHA-004

Duration: 5½ Hours

Transport: Air-Conditioned Coach and Boat



Discover a touch of Venice during this scenic tour of historic Zhujiajiao.

Depart the pier for the 1.5 hour drive to Zhujiajiao, or Pearl Stream, an ancient town with a history dating back over 1,700 years. Zhujiajiao is the best-preserved among the four ancient towns in Shanghai. Its unique old bridges over bubbling streams, small rivers shaded by willow trees and houses with attached courtyards offer a relaxed, tranquil environment.

Upon arrival, you will take a tour of this fascinating little town, and view the stone and wooden structures known for their simplicity and elegance.

The highlight of this tour is a boat ride through the waters of Zhujiajiao that will enable you to better appreciate its delicate bridges, old residences and peaceful way of life on the water. You will then continue on to Daqingyouju, a post office in the Qing Dynasty, and the only remnant of its kind in East China. Your tour will conclude with a visit to a rice museum, where you will view various types of rice, and the process by which it is prepared for sale.

Afterward, you will rejoin your coach for the return drive to the pier and ship.

PLEASE NOTE: *This tour involves approximately 1 mile of walking and many steps. No snacks or refreshments are included on this tour.*

Chinese Acrobatic Show • SHA-5000

Duration: 2¾ Hours

Transport: Air-Conditioned Coach



Witness the incredible skill and agility of a truly unique group of artists during this unforgettable demonstration of Chinese acrobatics.

Ancient stone carvings, earthen pottery and early written works trace the ancestry of today's Chinese acrobats back to 700 B.C. Confucius' father was an acrobat and strongman of unrivaled strength, and is reputed to have once lifted 1,000-pound city gates to permit an army to storm through.

During the Han Dynasty more than 2,000 years ago, the first Chinese acrobats, magicians and jugglers sprang forth from the annual village harvest celebrations. With relatively little to do over the long winter, Chinese farmers and village craftsmen decided to spend their idle time improving their social position by becoming acrobats. They practiced the art form with items found around the house and farm, using cups, saucers, tables, chairs, plates, and even their own bodies to form human walls and pyramids.

SHANGHAI, CHINA

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Depart the pier for the drive to the Portman Theater to see a spectacular performance of incredible balance and amazing displays of strength by highly-skilled and trained Chinese acrobats. Building on the traditional performances, today's artists have added new techniques and spectacular stunts designed to thrill and amaze audiences all around the globe.

Following the show, you will rejoin your coach for the return drive to the pier and ship.

PLEASE NOTE: *There are steps at the theater to access your seats.*

Jewish Heritage of Shanghai • SHA-4848

Duration: 3½ Hours

Transport: Air-Conditioned Coach



Explore the Jewish history of Old Shanghai during this unique and informative visit to the city's most renowned historic Jewish sites.

Depart the pier for the drive to the Ohel Moishe Synagogue, former site of Jewish haims and ghettos. The Ohel Moishe Synagogue is now open to the public, not for religious practice but as a museum, with many pictures recalling the past of Shanghai's Jewish community. Next, you will continue on to see Houshan Park and the Hongkou area, where thousands of Jews who escaped from Nazi Germany, Austria and Poland came to settle and live during WWII. In Houshan Park, you will find a memorial tablet that is inscribed in Chinese, English and Hebrew. The plaque is dedicated to the approximately 2,000 Jewish survivors who emigrated to this area, and the friendship of the Chinese people who made it possible.

Next, your drive will continue through the former French concession area. En route, you will be able to see the former Jewish Theatre, now the Lyceum Theater, and the Jewish Club, presently the Shanghai Conservatory. You will also visit a former Jewish home that currently serves as the Arts and Crafts Research Institute. Here, you will see a variety of workshops producing silk embroidery, woolen needlepoint work, paper cutting, dough figurine-making, and more. You will also explore the area around Zhoushan Road and Gaoyang Road, formerly the site of Jewish haims and ghettos.

Following your tour, you will re-board your coach for the return drive to the pier and ship.

PLEASE NOTE: *This tour has very limited participation, as there is only one qualified guide in Shanghai for this tour.*

Shanghai by Night and Dinner • SHA-005

Duration: 4½ Hours

Transport: Air-Conditioned Coach



Experience the beauty of a city showered in lights during this nighttime tour and dinner in Shanghai.

Depart the pier for the drive through the tunnel under the Huangpu River, and on to Pudong New District. Upon arrival at the Jinmao Building, the tallest building in China and third-tallest in the world, you will travel by express elevator to the Observation Lounge on the 88th floor. From this vantage point, you will see the skyline of Shanghai all lit up on both sides of the river.

After taking the elevator back down to ground floor, you will re-board your coach for the drive to the Bund, which is located on the other side of the river. As you stroll along the Bund, you will take in breathtaking views and photo opportunities of old European-style buildings and modern skyscrapers along the Huangpu River. Your tour will conclude with a drive through the bustling Nanjinglu shopping area, and on to the Art Deco-styled Xian Qiang Fang restaurant for a Shanghai-style dinner.

Following your meal, you will re-board your coach for the return drive to the pier and ship.

PLEASE NOTE: *When this tour operates in March, the stop at the Bund may be substituted for a scenic drive (weather and temperature dependent). Shanghainese cuisine blends foods and techniques from throughout China. The liberal use of sugar and large doses of local rice wine vinegar often produces sweet-and-sour specialties.*

Shanghai From a Lofty Perspective • SHA-003

Duration: 7 Hours

Transport: Air-Conditioned Coach



Experience Shanghai past and present during this full-day visit to historic locales, gardens and museums, and a sky-high lunch at the Oriental Pearl TV Tower.

Your journey begins with a guided walking tour that explores Shanghai's narrow, centuries-old alleys and cobblestone lanes. The highlight of your tour is a stop at Yu Garden, a classic Ming Dynasty garden featuring more than 30 halls and pavilions. Afterward, you will board your coach for a drive through the former French Concession area. Here, tree-lined boulevards and elegant mansions reflect a bygone era.

Next, you will proceed to Pudong, the New World of Shanghai, via an underground tunnel. Upon arrival, you proceed to the Oriental Pearl TV Tower for a buffet lunch served in its 876-foot high revolving restaurant. The tower is Shanghai's landmark; an architectural marvel that defines the skyline of the city. Inside the restaurant, you will take in spectacular panoramic views overlooking Shanghai.

After lunch, a visit will be made to the Shanghai Historical Museum. Housed in the Oriental Pearl Tower, this fascinating museum features

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a miniature model of the city as it appeared in the 19th and early-20th century. The Museum also features walk-through sections that recreate Shanghai's historic sites and old houses, complete with wax figures. Your tour will conclude with a scenic drive along the Riverside Avenue, and a photo stop at the Riverside Walkway. Located on the opposite bank from the Bund, this paved walkway affords excellent views of the Bund's 19th-century buildings, as well as the modern commercial district at Pudong.

Following your visit, you will re-board your coach for the return drive to the pier.

Shanghai Old and New • SHA-4847

Duration: 4 Hours

Transport: Air-Conditioned Coach



Explore a city of remarkable historic and modern changes and contrasts during this scenic visit to picturesque Shanghai.

Depart the pier for the drive through Shanghai's Bund and former French Concession areas for a glimpse at wonderful European-style mansions built early in the 20th century. Next, a visit will be made to the Shanghai Arts and Crafts Research Institute. Upon arrival, you will observe local artists practicing their centuries-old traditional art forms, including paper cutting, boxwood carving, silk embroidery, woolen needlepoint work, paper cutting, dough figurine-making, and more.

Your tour will continue with a drive through the tunnel under the Huangpu River, then on to the Pudong Economic Zone. Here, you will see the skyscrapers, most of which were built within the last decade, that abound in this modern area of Shanghai. After a photo stop at the Oriental Pearl TV Tower, you will travel to the very top of the Jinmao Building that houses the Grand Hyatt Hotel; currently the tallest building in China. From the 88th floor, you will take in wonderful panoramic views and photo opportunities of the city.

Following your tour, you will rejoin your coach for the return drive to the pier and ship.

The Best of Shanghai • SHA-4808

Duration: 8½ Hours

Transport: Air-Conditioned Coach



Discover why Shanghai is fondly known as the Paris of the East and Queen of the Orient during this full-day orientation tour of the city.

Depart the pier for the scenic drive into Shanghai, where you will explore the many highlights of China's largest city. Your tour will begin with a drive through the Huangpu River Tunnel, then continue on past the skyscrapers in the ultra-modern Pudong Economic Zone. A stop will be made at the Jinmao Building, which houses the Grand Hyatt Hotel; currently the tallest building in China. Upon arrival, you will then ascend to the 88th floor for panoramic views and photo opportunities of the city.

Next, you will proceed back to the other bank of the Huangpu River for a visit to the Shanghai Museum. Upon arrival, you will view a portion of its staggering contents: 110,000 historical objects and 430,000 reference pieces. Its collection of bronzeware from the Shang (1600-1027 B.C.) and Zhou (1027-256 B.C.) Dynasties, along with pottery, porcelain, paintings and calligraphy, garners national and international fame. The Museum's monographic galleries consist of bronze, ceramics, calligraphy, paintings, sculptures, seal, jade, furniture, coins, and artwork. The Museum also houses a special gallery of donated ceramics, and three exhibition halls to display temporary exhibits.

After a Chinese-style lunch at a local hotel, you will tour the Yu Garden and Old Town areas. The 16th-century Yu Garden has more than 40 scenic spots in the inner and outer gardens, and reflects the classic styles of the Ming Dynasty. Small bridges consisting of different shapes, beautiful rocks, clear-water ponds, elegant pavilions and zigzagging, covered corridors are expertly designed and built in this very delicate, yet beautiful garden paradise. At the Old Town, you will see a maze of narrow alleys and cobblestone lanes that served as the center of Shanghai centuries ago.

Your tour of Shanghai will conclude with a visit to the Children's Palace, a comprehensive after-school educational facility where children learn special skills that include music, dance, Chinese calligraphy, painting, computers, and martial arts.

Following your visit, you will re-board your coach for the return drive to the pier.

PLEASE NOTE: This tour involves approximately 4 hours of easy walking and standing. However, there are approximately 50 steps to climb at the Children Palace and Yu Garden.



Art of Shanghai • SHA-4812**Duration:** 4 Hours**Transport:** Air-Conditioned Coach

Discover the uniquely spectacular art and architecture of Shanghai during this half-day tour of the Jade Buddha Temple and the Shanghai Arts and Crafts Research Institute.

Depart the pier for the drive to the Jade Buddha Temple, one of the most renowned Buddhist temples in the entire South of China. Built in 1882 to house two jade Buddha statues brought back from Burma by the monk Huigen, the temple was rebuilt in 1918, and is easily identified by its bright saffron walls. During your inside visit, you will view the 6-foot-tall white jade Buddha that is seated, and encrusted with jewels. Although they are not all on display, artifacts abound here, and some 7,000 Buddhist sutra line the walls.

Next, you will proceed for a visit to the Arts and Crafts Research Institute, located in a lovely former French bourgeois villa situated in what was once the French concession area. Established in 1956, the Institute is the first center in Shanghai to focus on the comprehensive study of traditional Chinese folk arts and crafts. When first opened, the Institute had only twelve veteran craftsmen. Today, five decades later, it is staffed with over 160 skilled artisans. The Institute is active in the comprehensive research of woolen needlepoint work, silk embroidery, knitting, boxwood and lacquer-ware carving, jade and ivory carving, fancy lantern making, and many other art forms.

Following your tour, you will rejoin your coach for the return drive to the pier and ship.

Chinese Acrobatic Show • SHA-5000**Duration:** 2¾ Hours**Transport:** Air-Conditioned Coach

See page 249 for description.

**Essence of Shanghai's Architecture • SHA-5001****Duration:** 9 Hours**Transport:** Air-Conditioned Coach

Explore the architectural past of the world's fifth-largest city during this scenic full-day tour of Shanghai.

Shanghai is one of China's biggest and most cosmopolitan cities. In 5,000 years, it has grown from a tiny fishing village into the world's fifth-largest city. Its architectural diversity is especially evident in the historical European buildings along the Bund, modern high-rise buildings in Pudong, tranquil private gardens of the Old Town and modern architecture of the bustling People Square.

Depart the pier with your guide for the drive into Shanghai. Your tour will begin with a leisurely stroll along the Bund, a renovated promenade adjacent to the Old Town and the former Wall Street of Colonial China. The Bund's architecture reflects the European Art Deco styles of the time. Your next stop is the ancient Yu Garden, whose lovely Chinese garden design features delicate ponds and pavilions, along with splendid rocks and bridges. From here, you will proceed for a drive through the tree-lined avenues of the former French Concession to the Shanghai Arts and Crafts Research Institute. This spectacular mansion is highlighted by French influences, and locally renowned as the Little White House because of its resemblance to the White House in Washington, D.C.

After lunch at the Arc Restaurant on top of Grand Theatre, you will proceed through People Square. Along the way, you will see the Grand Theatre, Shanghai Museum and Shanghai Urban Planning Exhibition Hall. Inside this building, you can see the ambitious plans of Shanghai urban planners, and interesting models foreshadowing the city's

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landscape in a few decades. Next, you will cross under the Huangpu River and through the brand new tunnel to the new area of Pudong. Over the past two decades, a forest of skyscrapers has emerged throughout the city. A visit will be made to the Jin Mao Building, China's 2nd-tallest skyscraper, for panoramic vistas of the city from the 88th-floor Observation Lounge.

Following your visit, you will re-board your coach for the return drive to the pier and ship.

PLEASE NOTE: *This tour involves a considerable amount of walking, mainly over evenly-paved surfaces. Expect uneven walking paths at Yu Gardens.*

Scenic Suzhou • SHA-4810

Duration: 10 Hours

Transport: Air-Conditioned Coach



Explore the lifestyles, traditions and scenic natural beauty that have shaped the lives of Suzhou's people for centuries during a full-day tour of this ancient town.

Depart the pier for the scenic, 2-hour drive through the countryside to Suzhou, a picturesque 5th-century town highlighted by verdant gardens and orchards. Upon arrival, you will proceed for a visit to Suzhou's 10-acre Humble Administrator's Garden, one of the most famous gardens in China. About two-thirds of the garden is comprised of scattered lakes dotted with tiny islands, and offers wonderful views and photo opportunities.

Next, you will embark on a boat ride along the Grand Canal that reveals the charm of Suzhou; whitewashed houses with gray tile roofs, old stone bridges spanning a maze of waterways, women washing clothes in the river and children playing nearby. After lunch at the nearby Bamboo Grove Hotel, you will continue for a visit the Liu Garden. A vast, complex environment, this setting offers lakes, bridges and pavilions, along with specialty gardens and a fruit orchard.

Your visit to Suzhou will conclude with a stop at the Silk Embroidery Research Institute, where you will learn about the region's important contribution to the silk and textile industries.

Following your visit, you will re-board your coach for the return drive to the pier and ship.

PLEASE NOTE: *The drive to and from Suzhou is approximately 2 hours in each direction. This tour involves approximately 2.5 hours of walking, and many steps along the way. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair.*



Shanghai Delight • SHA-4811

Duration: 4 Hours

Transport: Air-Conditioned Coach



Experience some of China's most beautiful and historic venues during this half-day tour of the Shanghai Museum, Yu Garden and Old Town area.

Depart the pier for the drive to the Shanghai Museum. Located in People's Square, the Shanghai Museum is among the finest and most significant museums of its kind in the country. Upon arrival, you will view a portion of its staggering contents: 110,000 historical objects and 430,000 reference pieces. The museum's collection of bronzeware from the Shang (1600-1027 B.C.) and Zhou (1027-256 B.C.) Dynasties, along with pottery, porcelain, paintings and calligraphy, garners national and international fame. During your visit, you will have an opportunity to see its monographic galleries consisting of bronze, ceramics, calligraphy, painting, sculpture, seal, jade, furniture, coins, and artwork. The museum also houses a special gallery of donated ceramics, and three exhibition halls to display temporary exhibits. All exhibits will include English interpretations.

After your visit to the Shanghai Museum, you will proceed to the Yu Garden. The Pan family, wealthy Ming Dynasty officials, had the Yu Garden built for their enjoyment between 1559-1577 A.D. Small bridges consisting of different shapes, beautiful rocks, clear-water ponds, elegant pavilions and zigzagging, covered corridors are expertly designed and built in this very delicate, yet beautiful garden. In the mid-19th century, the garden became the home base for the Society of Small Swords, who were a part of the Taiping rebels.

Your tour will conclude with a visit to the Old Town, whose maze of narrow alleys and cobblestone lanes served as the center of Shanghai centuries ago.

PLEASE NOTE: *This tour involves 2 hours of easy walking and standing.*

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Shanghai From a Lofty Perspective • SHA-003

Duration: 7 Hours

Transport: Air-Conditioned Coach



See page 251 for description.

Shanghai Old and New • SHA-4847

Duration: 4 Hours

Transport: Air-Conditioned Coach



See page 252 for description.

Suzhou in Depth • SHA-5002

Duration: 10½ Hours

Transport: Air-Conditioned Coach



Discover exactly what inspired the famous Chinese proverb, “*In heaven there is paradise; on earth Suzhou and Hangzhou*”, during this memorable full-day tour of the ancient city of Suzhou.

Depart the pier for the scenic drive to the Garden City of Suzhou, founded in the 5th century B.C. Escorted by Li Yande, the deputy chairman of Suzhou Garden Association and your guide, you will commence your tour with a visit to the Garden of Net’s Master. Here, you will learn about the complex techniques of Chinese garden design during a stroll through the meandering alleyway, then past delicate and tranquil ponds, bridges, pavilions and houses. Your tour continues with a visit to the Suzhou No.1 Silk Factory, where you get a first-hand look at how this fabric is produced from a round-shaped cocoon into shiny silk thread.

Next, you will proceed to the Suzhou Sheraton Hotel for lunch accompanied by a demonstration of Suzhou Pingtan, the ancient local performance art of storytelling with music. After lunch, you will explore scenic Suzhou during a boat ride on the Grand Canal. Along the way, you will see whitewashed houses with gray tile roofs, old stone bridges spanning a spider web of waterways, women washing clothes in the river and children playing nearby.

Your tour will conclude with a visit to the Suzhou Museum, designed by the world-famous Chinese architect I.M. Pei. The museum maintains the character of Suzhou-style gardens with its simple geometric form

and exquisite, fully-functioning structural layout. As you stroll through each successive exhibition hall, you will garner a better appreciation of Chinese and Suzhou design styles.

Following your visit, you will rejoin your coach for the return drive to the pier and ship.

PLEASE NOTE: *This tour involves a considerable amount of walking. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair.*

The Best of Shanghai • SHA-4808

Duration: 8½ Hours

Transport: Air-Conditioned Coach



See page 253 for description.



21st Century Shanghai and the Maglev Train • SHA-6691

Duration: 3 Hours

Transport: High Speed Train



See page 248 for description.

Jewish Heritage of Shanghai • SHA-4848

Duration: 3½ Hours

Transport: Air-Conditioned Coach



See page 250 for description.

Panda Encounter –

A Day at the Panda Research Base • SHA-P011

Duration: 2 Nights

Transport: Plane and Air-Conditioned Coach



This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

Experience the stunning natural beauty of Chengdu City and a close encounter with a lovable panda at the Giant Panda Breeding Research Base during this memorable visit to the capital of China's southwest Sichuan Province.

April 29, 2009 – Shanghai/Chengdu

Depart early from the ship for your transfer to Pudong Airport for your flight to Chengdu City, the charming capital of China's southwest Sichuan province. Balmy, often-misty weather keeps Chengdu green and full of flowers the year round, and makes it an ideal natural habitat for the giant panda. Lunch will be served in-flight.

Upon arrival in Chengdu City, you will be met and transferred for a visit to the Martial Marquis Shrine, a monastery commemorated to Zhu Geliang, a military saga during the 3rd century A.D. Next, you will proceed to Jinli Pedestrian Street, a famous shopping area, where some time will be made available for you to browse the local shops at your leisure. Following your visit, you will be transferred to your hotel for check-in. Dinner will be at the hotel. Overnight at the Crowne Plaza Hotel-Chengdu.

April 30, 2009 – Chengdu

After breakfast at your hotel, you will depart for the drive to the Chengdu Research Base of Giant Panda Breeding, where you will have an opportunity to train as a keeper's assistant. Upon arrival, you will register and receive an introduction to the base. You will then be assigned to mini-groups, each of which will be escorted by a keeper and an assistant. After becoming familiarized with the Panda Base and its safety regulations, you will proceed for a tour of the base. Along the way, you will see the panda houses, playgrounds, offices and research area, and the museum. You will also view a documentary on the Giant Panda, and observe the working procedures and daily life of the keepers.

After lunch served at a local restaurant near the Panda Base, you will learn about the observation methods used to study the pandas' activities, and how the information is collected and analyzed. You will then assist your keeper as they feed, clean, and maintain the various feeding and living compounds of the Giant Panda. A photo session with the pandas and keepers will follow, with time for exchanging souvenirs with the staff. Following your tour, you will be transferred back to the hotel. Dinner will be at your leisure. Overnight at the Crowne Plaza Hotel-Chengdu.

May 1, 2009 – Chengdu/Beijing

After breakfast at the hotel, you will be transferred to Chengdu Airport for your morning flight to Beijing. Upon arrival, you will join the complimentary "Capital of China" event.

Program Includes:

- Two nights in a Deluxe Room at the Crowne Plaza Hotel - Chengdu
- Two breakfasts, two lunches and one dinner
(includes choice of two glasses of local beer, wine, soft drinks, bottled water, tea, or coffee with lunch and dinner)
- Scheduled one-way, Coach Class flight Shanghai/Chengdu/Beijing
- All transfers, entrance fees and sightseeing as per program
- Photo session with Panda

Not Included: All meals and drinks not specified above, tips to drivers and tour director, gratuities, laundry, telephone calls, cancellation insurance, and other personal items

PLEASE NOTE: An individual visa for China is required for this program. Flights are based on current schedules, and subject to change without notice. The order of sites visited may vary to avoid crowds and congestion. A minimum of 4 participants is required to operate this program.

SHANGHAI, CHINA

APRIL 29, 2009

Xian and Terracotta Warriors – With Unique Access • SHA-P013

Duration: 2 Nights

Transport: Air-Conditioned Coach



This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

This upgraded program must be purchased in conjunction with Xian and Terracotta Warriors SHA-P012 program and features the following unique accesses:

Xian: Guided by an archaeologist, you will have the chance to walk down to the second level in the pit to get a closer look at the terracotta warriors, and have your picture taken with them in the pit. In Pit No. 1, you will see a truly remarkable sight; 6,000 amazing life-sized terracotta warriors and horses created after Duke Xian ascended to the throne of the State of Qin in 384 B.C. For centuries, the famous terracotta warriors guarded the tomb of Qin Shihuang Di, first emperor of a united Chinese people. Today, the warriors are a major attraction, and have been listed by UNESCO as a World Cultural Heritage Site.

During the visit, you will be guided by an archaeologist and have chance to walk down to the second level in the pit, which is forbidden to public in the museum, to get a closer to the warriors. Each guest will get a picture taken with the Terracotta Warriors from this spot while photograph is highly restricted inside the museum.

To maintain the exclusiveness of this program, the group will be divided into two smaller groups if group size is over 20 guests while inside the museum.

PLEASE NOTE: A minimum of 10 participants is required to operate this program.

Xian and the Terracotta Warriors • SHA-P012

Duration: 2 Nights

Transport: Plane and Air-Conditioned Coach



This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

Watch China's ancient past unfold before your very eyes during this Asian expedition to Xian. After flying to Xian, you will visit the Big Goose Pagoda and other sites of the city before proceeding for a Tang Dynasty dinner and show. The next day, you will explore the spectacular terracotta warriors at the Museum of Qin, a UNESCO World Heritage Site, then proceed for visits to the massive City Wall and Great Mosque, one of the oldest, largest and best-preserved Islamic mosques in China. Your tour concludes with a flight to Beijing, where you will join the complimentary Capital of China event.

April 29, 2009 – Shanghai/Xian

Depart the pier for the transfer to the Shanghai Pudong Airport, and your flight to Xian. Upon arrival, you will embark on a panoramic city tour. Sites to be seen include the Big Goose Pagoda, built in 589 A.D., and one of the most famous Buddhist pagodas in China. Following your tour, you will be transferred to your hotel for check-in. Some time will be made available for you to freshen up before departing for a Tang Dynasty dinner and show at the Tang Palace Restaurant. Afterward, you will be transferred back to the hotel. Overnight at the Sofitel Hotel-Xian.

April 30, 2009 – Xian

After breakfast at the hotel, you will depart for the scenic drive to the Museum of Qin, which spans a 150,000 square-foot area, to see one of the most significant archaeological discoveries of the 20th century. In Pit No. 1, you will discover a truly remarkable sight; 6,000 amazing life-sized terracotta warriors and horses created after Duke Xian's ascended to the throne of the State of Qin in 384 B.C. For centuries, the famous terracotta warriors guarded the tomb of Qin Shihuang Di, first emperor of a united Chinese people. Today, they are a major attraction, and have been designated by UNESCO as a World Cultural Heritage Site.

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After a Chinese set lunch at the Museum's Friendship Restaurant, you will proceed for a visit to the massive City Wall, the most complete city wall surviving in China, and one of the largest ancient military defense systems in the world. Zhu Yuanzhang, first Emperor of the Ming Dynasty, created the City Wall by enlarging an existing wall originally built during the Tang Dynasty. Since its extension, the 8.5-mile-long Xian City Wall now features 98 ramparts and stands 40 feet tall, up to 46 feet wide and up to 60 feet thick at its base. From here, you will continue on for a visit to the Great Mosque, one of the oldest, largest and best-preserved Islamic mosques in China. Built in 742 A.D. during the Tang Dynasty, the Great Mosque offers a wonderful introduction into its centuries-old history, and a unique blend of traditional Muslim and Chinese architectural styles.

Following your tour, you will be transferred back to your hotel. A buffet dinner will be served at the hotel. Overnight at the Sofitel Hotel-Xian.

May 1, 2009 – Xian/Beijing

After breakfast at the hotel, you will be transferred to the airport in Xian for your morning flight to Beijing. Upon arrival, you will join the complimentary "Capital of China" event.

Program Includes:

- Two nights at the Sofitel - Xian
- Scheduled one-way, Coach Class flight Shanghai/Xian/Beijing
- Two breakfasts, two lunches and one dinner (includes choice of two glasses of local beer, wine, soft drinks, bottled water, tea, and coffee with lunch and dinner).
- Tang Dynasty dinner and show.

Not Included: All meals and drinks not specified above, tips to drivers and tour director, gratuities, laundry, telephone calls, cancellation insurance, and other personal items.

PLEASE NOTE: An individual visa for China is required for this program. Flights are based on current schedules, and subject to change without notice. The order of sites visited may vary to avoid crowds and congestion. A minimum of 6 participants is required to operate this program.



TIANJIN [BEIJING], CHINA

MAY 1, 2009

Beijing Capital of China • TSN-6131

Duration: 1 Night

Transport: Air-Conditioned Coach



This exclusive event is included for all guests, compliments of Regent Seven Seas Cruises.

Join us for an overnight stay in Beijing, the capital of the most populated nation in the world. From the sight of the massive ancient Great Wall, to the strict protocol in the Forbidden City and somber memories of Tiananmen Square, this sojourn into Beijing's history and people will be sure to leave a lasting impression on you.

Depart the pier for the drive to Beijing to visit some of the treasures found in the City and surrounding area. The Great Wall, which at one time stretched 7,000 miles, was erected through the efforts of more than a million workers. Construction of the Great Wall lasted from 221 B.C. until the end of the Ming Dynasty in 1644. As you pass through the gates of the Forbidden City, the world of the last Emperor comes to mind. You will find a vast complex of pavilions, gardens and courtyards filled with fine Chinese bronzes, porcelains and paintings that exude an air of oppressive formality and ritual that was so much a part of the royal court.

The Great Hall of the People, History Museum of the Revolution, Mao Zedong's Mausoleum and the Gate of Heavenly Peace surround Tiananmen Square, the center of modern Beijing. Tiananmen Square is also the site of the Monument to People's Heroes, a granite obelisk that in recent years has been the site of many student demonstrations. These are some of the highlights you will see during your overnight stay in this fascinating metropolis.

May 1, 2009

Depart Tianjin for the 3-hour ride to Beijing. A restroom stop will be made en route. You will arrive in time for a Chinese lunch at a local restaurant. After lunch, you will visit the Great Wall, then transfer to your hotel in Beijing for check in. Dinner will be offered at your choice of restaurants in the hotel.

May 2, 2009

After an early buffet breakfast at the hotel, you will depart for a tour of Tiananmen Square and the Forbidden City. Following lunch, you will embark on the journey back to your ship.

Not Included: All meals and drinks not specified above. Gratuities to drivers and tour director. Gratuities, laundry, telephone calls, cancellation insurance, and other personal items.

PLEASE NOTE: It is recommended that you settle your bill for incidentals prior to retiring the evening of May 1.

Beijing's Olympic Highlights • TSN-002

Duration: 1 Hour

Transport: Air-Conditioned Coach



This tour is an optional upgrade to the complimentary 2-day/1-night event in Beijing. The visit to the Olympic Village will take place on the first morning of this 2-day program.

Explore the site of the 2008 Olympic Games in Beijing during this brief yet memorable visit to the Olympic Village.

Depart the pier for the drive to the Olympic Village. The residential area of the village consists of 22 six-story buildings and 20 nine-story buildings, as well as a clinic, restaurants, a library, recreation center, gymnasiums, swimming pools, tennis courts, basketball courts, and jogging tracks. The international area of the village was used for the NOC team-welcoming ceremonies, and other reception activities.

The Olympic Village, which covers a total area of 163 acres, lies at the north end of Beijing's central axis. The Olympic Forest Park is located to the north of the Olympic Village, and the major Olympic venues can be found to its south. Upon arrival, photo stops will be made at fascinating new landmarks that include the 91,000-seat National Stadium, or Bird's Nest, and National Aquatic Center, or Water Cube.

Following your visit to the Olympic Village, transfer to the Longdi Restaurant for lunch and continue with the rest of your 2-day program.



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TIANJIN [BEIJING], CHINA

MAY 1, 2009

Exclusive Access and Imperial Lunch in Forbidden City • TSN-P001

Duration: 1 Night

Transport: Air-Conditioned Coach



This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

This upgraded program may be purchased in conjunction with *Beijing – Capital of China* complementary event.

Take a stroll through Asian history during this scenic sojourn to the ancient Chinese capital of Beijing. Explore the beauty and mystery of the Forbidden City, a World Heritage Site, and the Chinese Imperial Palace, now known as the Palace Museum. During your tour, an exclusive visit will be made to the Jingqi Study in the inner court, and an exclusive lunch will be prepared in your honor by a renowned Chinese chef. Your tour concludes with a visit to Tiananmen Square, the world's largest open-urban square. Upon arrival, you will see the Monument to the People's Heroes, Mausoleum of Mao Zedong, Great Hall of the People, National Museum of China, and Chang'an Avenue before your return drive to Tianjin, and the ship.

May 1, 2009 – Tianjin/Beijing

Same programs as complimentary event *Beijing – Capital of China*.

May 2, 2009 – Beijing/Tianjin

After breakfast at your hotel, you will depart for a tour of the Forbidden City, including an exclusive visit to the Jingqi Study in the inner court. Upon arrival, you will explore the Forbidden City and Chinese Imperial Palace, built during the mid-Ming and Qing Dynasties. Now known as the Palace Museum, the extensive grounds of the Forbidden City span 7.7-million square feet, and include a total of 800 buildings with 8,886 rooms. Listed by UNESCO as the largest collection of preserved ancient wooden structures in the world, the Forbidden City was also

declared a World Heritage Site in 1987 as the Imperial Palace of the Ming and Qing Dynasties.

The Jingqi Study is a quiet and deep courtyard in the Imperial Palace. During your exclusive visit to the Jingqi Study, which is not open to the public but has been specially arranged for RSSC guests, your Research Center guide will help you gain an in-depth appreciation of the Forbidden City. Following your visit, you will proceed for an Imperial lunch, Emperor Qianlong's Family Feast, inside the Forbidden City.

Qianlong was a food connoisseur who paid careful attention to his healthy diet. After ruling the country for 60 years, he died at the age of 89, the longest-lived emperor in Chinese history. Emperor Qianlong's Family Feast originated in the Qing Court, and is based on a combination of food styles that include Manchu, nationality of the Qing royal family, Han and Southern China. Cheng Ruming, a renowned Chinese chef that served Chairman Mao and successive Chinese government leaders, will prepare your exclusive meal.

Next, you will proceed to Tiananmen Square, built in 1417 A.D. during the Ming Dynasty, then renovated and given its present name in 1699 during the early-Qing Dynasty. With a total area spanning over 4.7-million square feet, Tiananmen Square is the largest open-urban square in the world. Located near the center of Beijing, Tiananmen Square was named after the Gate of Heavenly Peace, or Tiananmen, which is situated to the north and separates Tiananmen Square from the Forbidden City. In more recent times, Tiananmen Square has been the site of numerous political events, military displays, mass rallies and turbulent protest movements, the most recent being the Tiananmen Square student protests of 1989. During your visit, you will see the Monument to the People's Heroes, Mausoleum of Mao Zedong, Great Hall of the People, National Museum of China, and Chang'an Avenue, which is used for parades.

Following your visit, you will rejoin your coach for the 2.5-hour return drive to the pier and ship.

PLEASE NOTE: A minimum of 10 participants is required to operate this program.



Grand Tour of Western Japan • NAG-P001**Duration:** 2 Nights**Transport:** Air-Conditioned Coach and Train

This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

Explore historic temples, picturesque landscapes and a moving tribute to those lost in WWII during this memorable tour of Western Japan. Your journey begins with a tour of Nagasaki, and a visit to the picturesque Glover Garden overlooking Nagasaki Port. In Fukuoka, you will board the Shinkansen bullet train to Hiroshima, whose scenic beauty belies the pathos of WWII. Upon arrival, you will take a ferry to Miyajima Island to see the beautiful Itsukushima Shrine and Torii Gate rising majestically from the sea. The next day, you will visit Kurashiki's Ohara Art Museum, Kurashiki Folk Museum and picturesque Koraku-en Garden, one of the three finest landscaped gardens in all of Japan. Following a bullet-train ride to Osaka, you will be transferred to the pier and ship.

May 4, 2009 – Nagasaki/Fukuoka

Depart from Matsugae Port for the scenic drive to Nagasaki. Upon arrival, your sightseeing tour will begin with a visit to the Oura Catholic Church. Completed in 1864, this is the oldest Gothic-style wooden building, oldest church in Japan and only Western artifact designated as a National Treasure. Founder Bernard Petitjean, a French priest, dedicated the church to the martyrdom of the 26 saints in Japan in 1597.

Next, you will proceed for a visit to the Glover Garden. Situated on a picturesque hillside overlooking Nagasaki Port, Glover Garden is comprised of a number of late-19th and early-20th-century Western-style buildings, and is said to have been the setting for the opera *Madame Butterfly*. The former Glover, Ringer and Alt houses were originally located on this hillside, the residential quarter of Western traders in the 19th century. Thomas Glover, Frederick Ringer and William Alt were British merchants in Nagasaki after the port opened to trade in 1859.

Their former houses are early examples of Western architecture in Japan. Other Western-style houses have been relocated to the garden from elsewhere in Nagasaki. The 323,000-square-foot garden, part of which is served by a moving sidewalk, is home to flowers and plants seen only in Southern Japan. In the summer months, the garden is illuminated during the evening hours.

Following your tour, you will be transferred to Nagasaki Station, where you will board the express train for the 2-hour ride along the Ariake Sea to Fukuoka. Upon arriving at Hakata Station, you will be transferred to your hotel for check-in, with time to freshen-up before departing for Japanese-style dinner at a local restaurant. After dinner, you will be transferred back to the hotel. Overnight at the Grand Hyatt Hotel-Fukuoka.

May 5, 2009 – Miyajima/Hiroshima

After breakfast at the hotel, you will be transferred to Hakata Station, and board the bullet train Shinkansen for the one-hour ride to Hiroshima, the first city to experience the tragedy of an atomic bomb. Upon arrival at Hiroshima Station, you will be transferred to the Miyajima-guchi Ferry Terminal. From there, you will take a brief ferry ride to Miyajima Island to see the beautiful Itsukushima Shrine and Torii Gate rising majestically from the sea. Since ancient times, the Island and its Shrine have been regarded as sacred, and Miyajima's breathtaking beauty and quiet atmosphere have earned its recognition as one of Japan's three most beautiful landscapes. After lunch, you will take a brief ferry ride back to Miyajima-guchi, then transfer back to Hiroshima City. Upon arrival, a visit will be made to the Hiroshima Peace Memorial Park and Atomic Bomb Dome, where the Memorial Museum stands as a sobering reminder of the destruction wrought by the atomic bomb dropped on Hiroshima on August 6, 1945.

Following your tour, you will be transferred to your hotel for check-in. Dinner will be at the hotel. Overnight at the Rihga Royal Hotel-Hiroshima.



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May 6, 2009 – Okayama/Kurashiki/Osaka

After breakfast, you will be transferred to Hiroshima Station, where you will board the bullet train for the 1-hour ride to Shin-Kurashiki Station. Upon arrival, you will be met and depart to Kurashiki for sightseeing, followed by a lunch at local restaurant. Afterward, a stop will be made at the Ohara Art Museum, founded by local entrepreneur Magosaburo Ohara in 1931, before continuing on to Kurashiki Folk Museum to view the finest collection of folk craft in Japan. After a 40-minute drive, you will reach Okayama Station. Upon arrival, you will proceed for a sightseeing tour of Okayama, then a visit to Koraku-en Garden, one of the three finest landscaped gardens in all of Japan.

Following your tour, you will be transferred to Okayama Station, where you will board the bullet train to Osaka, the biggest merchant city in Western Japan. During the 45-minute ride, you will travel at speeds between 130 and 186 mph. Upon arrival at Shin-Osaka Station, you will be transferred for the drive along the Hanshin Expressway to Tempozan Port, and embark your ship.

Program Includes:

- One night at the Grand Hyatt Hotel - Fukuoka
- One night at the Rihga Royal Hotel - Hiroshima
- First Class reserved seat on trains
- First Class reserved seat on ferry
- Two breakfasts, two lunches and two dinners (includes choice of two glasses of local beer, wine, soft drinks, bottled water, tea, and coffee with lunch and dinner)
- All transfers, sightseeing and entrance fees as per program

Not Included: All meals and drinks not specified above. Gratuities to drivers and tour director. Gratuities, laundry, telephone calls, cancellation insurance, and other personal items.

PLEASE NOTE: A minimum of 8 participants is required to operate this program.

Nagasaki Highlights and the Peace Park • NAG-4830

Duration: 4 Hours

Transport: Air-Conditioned Coach



Experience the stunning beauty and somber legacy of Nagasaki during this visit to the historic Peace Park and Glover Gardens.

Depart the pier for the brief drive to the beautiful Glover Gardens, featured in Puccini's *Madame Butterfly*. Perched on a hill overlooking the picturesque Nagasaki Port, this garden includes Glover's Mansion and other Western-style residential homes once owned by Westerners in 19th-century Nagasaki.

Next, you will continue on for a panoramic drive across Nagasaki to Peace Park, built to commemorate the exact spot of the atomic explosion at 11:02 a.m. on August 9, 1945. Peace Park contains the Nagasaki International Culture Hall, built in 1955 under the Nagasaki International Culture City Law in 1949. This steel-framed, 6-story ferro-concrete structure features a hall, conference room, data room, restaurant, and the Nagasaki Municipal Museum, which is located in the basement of Peace Hall. During your visit, you will also view the Park's beautiful bronze Peace Statue. This unique male figure is dedicated to peace, measures nearly 33 feet high and rests on a 12-foot-tall pedestal. Numerous photographs and relics of the atomic bombing are preserved in this institution.

Following your tour, you will rejoin your coach for the return drive to the pier and ship.

PLEASE NOTE: Although the Glover Garden features escalators and moving walkways, it also includes approximately 30 minutes of walking, some on inclines and steps. Steps will also be encountered during your visit to the Atomic Bomb Museum.



NAGASAKI, JAPAN

MAY 4, 2009

Nagasaki Museum of History and Culture • NAG-002

Duration: 3 Hours

Transport: Air-Conditioned Coach



Explore Japan's cultural, economic and trading past during this memorable visit to the Nagasaki Museum of History and Culture.

Depart the pier for the drive into Nagasaki. Japan closed international trading during the Edo Period, a period of national isolation that lasted from the 17th to 19th century. Nagasaki became the only port to open its windows to overseas trade in Western Japan.

Upon arrival in Nagasaki, you will proceed for a visit to the Nagasaki Museum of History and Culture. The museum has two sections; History and Culture Exhibition Zone and the Japanese Government of Nagasaki Zone. During your visit, you will learn about the history of foreign trading in Japan, and view many historical arts and crafts during that period. You will also have an opportunity to explore the life, culture and administration during the era of samurai warriors in Nagasaki.

Following your tour, you will re-board your coach for the return drive to the pier.

Panoramic Nagasaki • NAG-001

Duration: 2½ Hours

Transport: Air-Conditioned Coach



Explore Nagasaki's turbulent past and striking beauty during an orientation tour of this panoramic city.

Depart the pier for the scenic drive to Inasayama Hill, and a visit to the Inasayama Natural Park. Inasayama Hill is renowned for its spectacular sunset and nighttime views. Weather permitting, you will take in panoramic views and photo opportunities of Unzen, Amakusa and Gotoh Islands.

You will then continue on to Peace Park, dedicated to world peace. This 376,000 square-foot park features a large fountain, and different statues and sculptures donated by various countries and artists around the world in the name of peace. The main statue is nearly 33 feet tall, and was constructed in Nagasaki City. It depicts a man with one arm raised to the sky to indicate the threat of nuclear destruction, and the other arm held horizontally in a gesture of peace. The man's eyelids are closed in anguished prayer for those who perished in the bombing.

Next, you will proceed for a visit to Urugami Cathedral, formerly the largest cathedral in the East until it was destroyed by the atomic bomb blast. You will view Dejima, an artificial island built in 1636 A.D. in the

Port of Nagasaki to house Japan's Portuguese residents. Today, Dejima is no longer an island, as the surrounding area was reclaimed during the 20th century. However, a number of Dejima's historical structures remain, or are being reconstructed in the area.

Your tour concludes with a drive past Chinatown before returning to the pier and ship.

PLEASE NOTE: This tour has been specially created for our guests who do not wish to walk. The tour includes one photo stop, and one comfort stop; the remainder of the tour will be spent on the coach. Each guest will have a window seat on the coach to maximize the quality of sightseeing.

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Bright Lights of Osaka • OSA-6550

Duration: 4½ Hours

Transport: Air-Conditioned Coach



Spend an evening exploring the bright lights, scenic beauty and storied history of Japan during this orientation tour of Osaka.

Depart the pier for the drive to Osaka, the second-largest city in Japan and biggest merchant-city in Western Japan. The city is divided into two areas; Kita to the north, and Minami to the south. You will find Osaka's bustling streets to be teeming with people, restaurants, businesses and modern high-rise buildings. Along the way, you will pass by Dotonbori. Located on the Southern bank of the Dotonbori Canal, this densely populated area is filled with restaurants and amusement venues that include puppet show theaters or *bunraku*, comic story-telling halls, or *rakugo*, and movie theaters.

After a Shabu Shabu dinner at a local restaurant, you will drive to the flood lit Osaka Castle. Originally intended to be Japan's strongest and most beautiful castle, this monumental old fortification was built over a 3.5-year period by 30,000 to 40,000 daily laborers, and is enclosed by stonewalls 7.5 miles in length. Following a war in 1615 A.D., the castle was subsequently destroyed, then rebuilt, by Tokugawa Ieyasu. In 1665, however, it was struck by lightning and burned to the ground.

You will marvel at Osaka Castle's five-story *donjon*. Constructed from ferro-concrete after the original in 1931, the *donjon* displays items relating to the Toyotomi family, towers 131 feet in height and offers wonderful expansive views and photo opportunities. Other structures, including a two-story tower built in 1620, also remain.

Following your tour of Osaka Castle, you will re-board your coach for the return drive to the pier.

PLEASE NOTE: Your dinner will include 2 glasses of house wine, local beer, soda or water.

City of Osaka • OSA-6573

Duration: 3½ Hours

Transport: Air-Conditioned Coach



Osaka's glorious past is yours to discover during this tour of some of the ancient city's most historic and beautiful sites.

Depart the pier for the drive to Osaka Castle. Originally intended to be Japan's strongest and most beautiful castle, this monumental old fortification was built over a 3.5-year period by 30,000 to 40,000 daily laborers, and is enclosed by stone walls 7.5 miles in length. Following

a war in 1615 A.D., the castle was subsequently destroyed, then rebuilt, by Tokugawa Ieyasu. In 1665, however, it was struck by lightning and burned to the ground.

During your visit, you will marvel at Osaka Castle's five-story *donjon*. Constructed from ferro-concrete after the original in 1931, the *donjon* displays items relating to the Toyotomi family, towers 131 feet in height and offers wonderful expansive views and photo opportunities. Other structures, including a two-story tower built in 1620, also remain.

Next, you will proceed for a visit to Shitennoji Temple. Built in 593 A.D., Shitennoji Temple is believed to be the oldest Buddhist temple in Japan. Upon arrival, you will explore the temple's great southern gate, or *nandaimon*, central gate, or *chumon*, the *pagoda*, main hall, or *kondoh*, and lecture hall, or *kodo*. All are constructed in the straight-line, Shitennoji Cathedral style. During your tour, you will also view six national treasures, along with many other items of cultural importance housed in Shitennoji Temple.

Following this historic tour, you will re-board your coach for the return drive to the pier.

PLEASE NOTE: There is a 100-yard walk from the parking lot to the entrance of the Shitennoji Temple, and a 500-yard walk from the parking lot to the entrance of the Osaka Castle. There is an elevator to ascend to the top of the castle, but only stairs to come back down.

Himeji Castle and Kobe Highlights • OSA-001

Duration: 9½ Hours

Transport: Air-Conditioned Coach and Bullet Train



Discover a wonderful blend of Japanese history, tradition and architecture during this full-day tour that includes visits to Himeji Castle and Kobe.

Depart the pier for the transfer to Shin-Osaka Station, where you will board the JR bullet train, or Shinkansen, for the ride to Himeji. Upon arrival, you will board a coach for the drive to Himeji Castle, also known as White Heron Castle due to the graceful appearance of its white plaster walls. Registered as a UNESCO World Heritage Site in 1993, Himeji Castle represents Japanese castle architecture at its finest. Virtually all of the castle structures are still intact from its original construction in the early-17th century. The castle grounds are divided into inner-and outer-walled zones. Included are gates built around maze-like spaces to confuse enemies, and a double moat for extra protection. The six-story *donjon* stands at the highest point within the inner-walled zone.

From Himeji Castle, you will proceed to Kobe for a Kobe beef *teppanyaki* lunch before continuing on for a scenic visit to Sorakuen Garden. Sorakuen Garden is a Japanese garden created by a former mayor of Kobe City at the end of Meiji Period, and famous for the chrysanthemum exhibition held here each November. The park features a former residence of Great Britain trader Hassam, built in 1902, and a red brick building that was once the barn of the Kodera family, former

owners of this property. Both buildings have been classified as Important Cultural Properties.

Your tour will conclude with a visit to the original Hakutsuru Sake Brewing Co., Ltd., an old sake-brewing house that has been converted into the Hakutsuru Sake Brewery Museum. Inside the museum, you will explore the age-old Japanese tradition of sake brewing.

Following your tour, you will rejoin your coach for the return drive to the pier and ship.

PLEASE NOTE: *This tour involves extensive walking, and includes many steps at the Himeji Castle. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair.*

Kyoto – Japan’s Spiritual Capital • OSA-1557

Duration: 9 Hours

Transport: Air-Conditioned Coach



Experience the breathtaking beauty and historical significance of Japan’s spiritual capital during this scenic, full-day visit to Kyoto.

Kyoto, or Kioto, is located on South Honshu Island about 2 hours from Osaka. The ancient capital of Japan for more than a thousand years, Kyoto is still considered the spiritual capital of Japan. The city is home to more than 2,000 ancient temples and shrines, the Katsura Imperial Villa, Kyoto University, and numerous palaces, gardens and museums that routinely draw large crowds of tourists. Kyoto is also renowned for such fine handicrafts as silk brocades, bronzes, *cloisonné* and *damascene* work, porcelain, and lacquer ware.

Depart the pier for the 2-hour drive to Kyoto. Upon arrival, you will visit the Golden Pavilion, or Kinkakuju, a beautiful, three-story structure covered in gold foil. After lunch at a local restaurant in Kyoto, you will proceed for a visit to the 17th-century Nijo Castle. Here, you will find beautiful gardens, ornate interior and wonderful photo opportunities. The castle also has a unique Japanese security system; the floorboards were designed to make the sound of a nightingale when walked upon.

Next, you will proceed northwest of Nijo Castle for a hillside visit to Kiyomizu Temple, a holy monument dating back to 798 A.D., and subsequently restored in 1633 A.D. Time permitting, a stop will be made at a local handicrafts center for shopping before rejoining your coach for the return drive to the pier and ship.

PLEASE NOTE: *The drive between Kyoto and Osaka is about 2 hours in each direction. Lunch will include 2 glasses of house wine, local beer, soda or water. This tour involves extensive walking; approximately 200 yards from the bus parking area to Kinkakuji Temple, 50 minutes of walking on the temple grounds and 1 hour of walking within the Nijo Castle. An uphill walk of approximately 650 feet*

is required to reach the entrance of the Kiyomizu Temple, with about 30 steps to get inside the grounds. This tour is not recommended for guests with limited mobility and guests who utilize a wheelchair. Shoes must be removed before entering Nijo Castle.

Nara, Kyoto and Traditional Japanese Inn • OSA-P003

Duration: 1 Night

Transport: Air-Conditioned Vehicle



This optional tour must be pre-purchased, and is not included in the regular tour program. If you have not already pre-booked this optional shore excursion, please contact Regent Seven Seas Cruises Reservations at 800-285-1835 to verify the current status of this program. Limited space may be available, and should be booked via reservations. You may also check with The Regent Travel Concierge Manager upon embarkation to verify if this tour is still available. RSSC reserves the right to withdraw this program if minimum participation requirements are not met.

A 100% cancellation penalty applies to overland programs cancelled within 90 days of departure.

Japan is a fascinating island chain rich in culture, history and tradition, and its scenic beauty is among the most inspiring in all of Asia. During your journey to historic Nara and Kyoto, you will explore wonderful temples, palaces and World Heritage Sites. In the ancient capital city of Nara, you will visit the 8th-century Todaiji Temple, Hall of the Great Buddha and Kasuga Taisha Shrine. You will also have a rare opportunity to experience the customs and traditions of daily life in Japan during an overnight stay in a traditional Japanese inn, or *ryokan*. The next day, you will embark on a tour of historic Kyoto that includes visits to a pair of World Heritage Sites, the Temple of the Golden Pavilion and 17th-century Nijo Castle. Following your tour, you will be transferred back to the Port of Osaka, and embark the ship.

May 6, 2009 – Osaka/Nara/Kyoto

Depart from Osaka Tempozan Port to Nara, the oldest capital of Japan (710-784), and cradle of Japanese arts, crafts and literature. Buddhism first flourished here under the strong patronage of successive Emperors. Your tour will begin with a visit to the Todaiji Temple. Completed in 752 A.D., the temple houses one of the largest bronze statues in the world. The temple is approached through an imposing gate supported by eighteen 25-meter-high pillars. The gate was blown down by a typhoon in 962 A.D., and subsequently rebuilt in 1199 A.D. It is a National Treasure, as are two wooden images of the Deva kings in its exterior niches.

Afterward, you will proceed for a visit to the Hall of the Great Buddha, which dates back to 709, and is the world’s largest ancient wooden structure. The Great Buddha, a National Treasure, was cast in bronze

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in eight sections over a period of three years, and completed in 749 A.D. The Great Buddha measures 53 feet high, and is seated on a huge bronze pedestal 70 feet in circumference.

Your tour of Nara continues with a visit to the Kasuga Taisha Shrine. Situated in a forest, the shrine conveys an atmosphere of peace and sanctity. Founded in 710 A.D. by Fujiwara-no-Fuhito, this shrine has been identically reconstructed every 20 years. The vermilion-colored buildings reflect the Kasuga style of architecture. Some 3,000 lanterns line the road east of the second *torii* gate. After a lunch at a local restaurant, you will depart for the 80-minute drive to Kyoto. Upon arrival, some time will be made available for you to stroll through Shinmonzen Street, a favorite among antique enthusiasts.

Following your tour, you will be transferred for an overnight stay at a traditional Japanese hotel, or *ryokan*, featuring traditional Japanese-style accommodations, a Kaiseki dinner and Geisha and Maiko performance. In Japan, there is a proverb: When in a village, do as the villagers do, or *Go ni itte wa go ni shitagae*. In the *ryokan*, you will experience the elements of traditional Japanese culture and customs; stay in a room with flooring made of straw mats, or *tatami*, change into a typical robe, or *yukata*, take a hot-spring bath, or *onsen*, and sleep on a laid out directly on the *tatami* floor. Overnight at the Hiiragiya Ryokan-Kyoto.

May 7, 2009 – Kyoto/Osaka

After breakfast at the *ryokan*, you will depart for a sightseeing tour of Kyoto. Your first stop is the Temple of the Golden Pavilion, or Kinkakuji, a famous structure dating from the Muromachi Period, and a World Heritage Site. At the Deer Park Temple, or Rokuon-ji, a temple dedicated to the Buddhist Goddess of Mercy, you will find the retirement estate of Ashikaga Yoshimitsu, 3rd Shogun of the Ashikaga Dynasty, built in 1398. Following his death in 1419, the grounds were turned into a Buddhist temple for the Rinzaï sect. The Golden Pavilion is the only building of Yoshimitsu's estate to remain standing. The upper stories of this masterpiece are covered in gold leaf, and its roof is topped by a bronze phoenix.

Next, you will continue on to the Ryoanji Temple. Renowned for its rock garden, Ryoanji ranks among the finest work of the Zen-inspired artist Soami (1455-1525), and features perhaps the best dry Japanese garden in existence today. After a Japanese-style barbeque lunch, or *teppanyaki*, served at a local restaurant, you will proceed for a visit to the spectacular Nijo Castle, a World Heritage Site built in 1603 by Ieyasu, 3rd Shogun of the Tokugawa Dynasty. Due to its splendid architecture and magnificent interior décor, the castle's Ninomaru Palace is designated as a National Treasure.

Following your tour, you will be transferred back to the Port of Osaka, and embark the ship.

Program Includes:

- One night at the Hiiragiya Ryokan - Kyoto
- One breakfast, one lunch and one Kaiseki dinner with Geisha and Maiko performance
- Transfers, sightseeing and entrance fees as per program

Not Included: All meals and drinks not specified above. Gratuities to drivers and tour director. Gratuities, laundry, telephone calls, cancellation insurance, and other personal items.

PLEASE NOTE: *Traditional Japanese hotels, or ryokans, are accommodation facilities imbued with the traditional culture of Japan. As a result, it is quite understandable that foreign guests may be perplexed by the local culture and customs associated with their stay at a ryokan. Nevertheless, it is also true that various encounters with the unknown will greatly deepen the impressions and excitement of your journey. During your overnight visit to the ryokan, you will experience the elements of traditional Japanese culture and customs. Stay in a room with flooring made of straw mats, or tatami, change into a typical robe, or yukata, take a hot-spring bath, or onsen, and sleep on a futon. A minimum of 10 participants is required to operate this program.*

Osaka by Night • OSA-002

Duration: 4 Hours

Transport: Air-Conditioned Coach



Embrace the unmistakable beauty, history and flavors of Japan during this picturesque evening tour of bustling Osaka.

Depart the pier for the drive into downtown Osaka. Upon arrival, your tour begins with a visit to Shinsaibashi Street. This 2,500-foot-long covered street is Osaka's biggest, and runs between Shinsaibashi Bridge and Ebisubashi Bridge. Here, a wide variety of shops and specialty stores lines both sides of the street, including some that have been in the same family for generations. You will find certain shops handling specific goods, and others selling more modern products through colorful window displays. Approximately 1 hour of free time will be made available for shopping and sampling local foods on your own.

Next, you will continue on for a visit to the Floating Garden Observatory, a rooftop observation deck on the Umeda Sky Building offering wonderful panoramic views and photo opportunities of Osaka, and Awajima Island and Kobe in the distance. The floating garden was created with a unique bridge construction method that connects the two 40-story skyscrapers comprising the Umeda Sky Building. The Floating Garden is filled with delightful trees and flowers, and is open to the public. In the basement of the building, you will find Takimi Koji. This restaurant mall has recreated, through alleys and signboards, the atmosphere of Osaka from the Taisho Era to the early-Showa Era from about 1915 to 1935.

Following your tour, a brief photo stop will be made near Osaka Castle during the return drive to the pier and ship.