

# CHRONICLES

NEWS AND INFORMATION FOR ALL ONBOARD EVENTS

## SATURDAY, 20 APRIL 2024

TOKYO, JAPAN  
Arrival: 8:00 p.m.  
Overnight

## DRESS CODE: CASUAL

For Ladies: DRESSES OR BLOUSES AND PANTS  
For Gentlemen: SPORT SHIRTS AND SLACKS  
No shorts or flip flop type footwear after 6:00 P.M.  
in indoor venues

## TODAY'S WEATHER

Overcast  
High: 72°F 22°C  
Low: 63°F 17°C



## TOKYO, JAPAN

*Aboard Silver Shadow*

# PLAN AHEAD

## Upcoming ports



DAY	PORT	ARRIVE	DEPART
21 Apr	Tokyo, Japan	Overnight	7:00 p.m.
22 Apr	Shimizu, Japan	7:45 a.m.	6:00 p.m.
23 Apr	Day at Sea	-	-

## YOUR EXPERIENCES ASHORE

### TOKYO, JAPAN

#### LAST SPACES AVAILABLE - BOOK TODAY!

Don't miss the chance to make the most of your time ashore. We still have spaces available for the following tours:

#### TYO-M - TOKYO BY NIGHT WITH TEPPANYAKI STYLE DINNER 3¼ Hours | \$399 Activity Level Minimal

At a local restaurant enjoy a Japanese Meal "Teppanyaki". Teppanyaki is a modern style of Japanese cuisine based around an open iron cooktop, where the food is grilled right in front of you. You will enjoy Japanese Kuroge Wagyu beef with seasonal vegetables accompanied by local wine.

#### A FOND FAREWELL FROM YOUR SHORE CONCIERGE TEAM TO ALL GUESTS DISEMBARKING IN TOKYO, JAPAN

We hope that you enjoyed your time on board the *Silver Shadow* and we wish you a safe onward journey may it be home or to new adventures. Until we meet again...

Sincerely Your Shore Concierge Team,  
Maria, Mirjana, Jasmin and Luisa

DECK 5 EXT. 858  
OPENING HOURS:  
9:00 A.M. - 12:00NOON | 4:00 P.M. - 7:00 P.M.



## TOKYO, JAPAN

### A SEEMINGLY UNLIMITED CHOICE OF SHOPPING, ENTERTAINMENT, CULTURE & DINING

Dense and delightful, there's nowhere else like Japan's kinetic capital - a city where ancient traditions blend seamlessly with a relentless pursuit for the future's sharpest edge. See the city from above, as elevators rocket you up to towering viewing platforms, from which you can survey a vast urban ocean, interspersed with sky-scraping needles.

Look out as far as the distant loom of Mount Fuji's cone on clear days. Futuristic - second-accurate - transport seamlessly links Tokyo's 14 districts, while the glow of flashing advertisement boards, clanks of arcade machines, and waves of humanity flowing along its streets, adds to the sense of mesmerising, dizzying and glorious sensory overload. One of Tokyo's most iconic sights, don't miss the flood of people scrambling to cross Shibuya's famous intersection.

Join the choreographed dance, as crowds of briefcase-carrying commuters are given the green light to cross at the same time - bathed in the light of massive neon advertisements. The culture is immensely rich and deep, with 7th-century, lantern-decorated temples, stunning palaces and tranquil scarlet shrines waiting below cloaks of incense and nestling between soaring skyscrapers.

Restaurants serve up precisely prepared sushi, and wafer-thin seafood slivers, offering a unique taste of the country's refined cuisine. Settle into traditional teahouses, to witness intricate ceremonies, or join the locals as they fill out karaoke bars to sing the night away. In the spring, cherry blossom paints a delicate pink sheen over the city's innumerable parks and gardens.

### SIGHTS

- Sensō-ji Temple
- Tokyo Skytree
- Meiji Jingu Shrine
- Tokyo Tower
- Shinjuku Gyoen National Garden
- Shibuya Scramble Crossing

### IMPERIAL PALACE

The Imperial Palace has served as the residential place of the successive Emperors since 1868. It contains the Imperial Residence and the Imperial Palace Complex, where His Majesty the Emperor undertakes official duties. Various ceremonies and public activities are held there too.

The East Gardens of the Imperial Palace are located on the eastern part of the palace grounds and opened to the public.

# YOUR FEEDBACK IS IMPORTANT

PLEASE CHECK YOUR ITV MESSAGES FOR THE QR CODE

As your voyage comes to an end, we invite you to share your thoughts on your experience with us through our Digital Voyage Experience Questionnaire. Your participation is highly encouraged to ensure its success and to help shape our product to provide the perfect experience for your next journey with us. Should you need assistance in this process, please contact your Butler or the Reception team.



# THE ART OF GIFTING

BOUTIQUES AT SILVERSEA

THE BOUTIQUE, DECK 5

Our onboard Boutiques offer a lovely selection of jewellery, watches, fashions, perfumes and Silversea logo items, perfect as gifts for friends and loved ones (or for yourself!). Our sales professionals are eager to help you find the perfect gift for anyone.

Today is your last chance to make purchases in the Boutique on Deck 5, remember that our prices are all tax free. Come and see us, we will be delighted to help you find the perfect memento of your travels.



# THE PERFECT DAY SPECIAL

THE ZÀGARA BEAUTY SPA SPECIAL

THE ZÀGARA BEAUTY SPA, DECK 10

Indulge mind, body and soul for 75 glorious minutes with all of these treatments. Receive a special discount today only!

- Full Body Massage
- ELEMIS Touch Facial
- Scalp Massage
- Invigorating Skin Brushing
- Foot and Ankle Massage

Call the Zàgara Beauty Spa on 5011 or visit us to book your appointment.



# THE POWER OF CORE

TONIGHT'S LOCAL SHOW

AT 9:30 P.M.  
THE SHOW LOUNGE, DECK 6

CORE is Japan's first drum performance group using marching drums, formed in Yokohama, Kanagawa Prefecture, the birthplace of marching bands in Japan. At that time, drum line entertainment only existed in the United States, the home of marching bands. It did not exist in Japan, and CORE could not even find marching instruments in Japan.

CORE creates performances derived from traditional US marching drum line shows combined with the expression and style that is uniquely Japanese. The core of CORE performances include:

*"A powerful performance with the entire stage", "The Art of Stick Control", "The stage and the audience are one".*

Our performances surprise and inspire audiences and as a pioneer of the first drum performance group in Japan, The CORE will continue to provide smiles, hopes, dreams, and impressions to all people in the world sharing their exciting and unique drum performances.



# SUITE UPGRADE

ON A WIDE SELECTION OF OCEAN-GOING AND EXPEDITION VOYAGES

In selected categories, enjoy a two-categories suite upgrade on Ocean-going voyages – or a one-category suite upgrade on Expedition cruises – a \$1,000 shipboard credit per suite (\$500 per guest), and 15% reduced deposit. Our limited-time Suite Upgrades offer applies to a global collection of itineraries departing May 2024 through 2026.

Book by May 31, 2024 with our unmatched Door-to-Door and Port-to-Port All-Inclusive fares. What's more, apply your Shipboard Credits for Spa treatments, optional shore excursions – including curated S.A.L.T. experiences – laundry services, and more, and discover the world's authentic beauty in supreme comfort.



For more information, please contact your Future Cruise Manager Gui on Deck 5 or extension 854.

# DISCOVER SILVERSEA TRAVEL BLOG

TRANSPORTING YOU INTO THE AUTHENTIC BEAUTY OF THE WORLD



Featuring in-depth stories and striking original micro-documentaries on everything from the allure of the Atacama Desert to the peculiar dance of blue-footed boobies, *Discover* enables travellers to journey deeper, transporting readers into the authentic beauty of the world. *Discover* reflects the features that enrich Silversea voyages to over 1,000 destinations in all seven of the world's continents.

Leveraging the knowledge and experience of its industry-leading Expedition Team, Silversea will provide authoritative insight on ornithology, botany, marine biology, glaciology, and various other fascinating subjects.

Silversea's travel blog: [discover.silversea.com](https://discover.silversea.com)



## ALL DAY DINING

### BREAKFAST

THE RESTAURANT (DECK 4)

À la Carte 8:00 a.m. – Last Seating 9:30 a.m.

LA TERRAZZA (DECK 7)

Buffet 7:30 a.m. – Last Seating 10:00 a.m.

### LUNCH

THE RESTAURANT (DECK 4)

À la Carte 12:00noon – Last Seating 1:30 p.m.

LA TERRAZZA (DECK 7)

Buffet 12:00noon – Last Seating 2:00 p.m.

THE GRILL (DECK 8) \*

À la Carte 12:00noon – Last Seating 3:30 p.m.

### OPEN ALL DAY

THE ATRIUM BAR (DECK 5)

Light Snacks 6:30 a.m. – 10:00 p.m.

### DINNER

As a courtesy to your fellow guests please respect the times of your dinner reservation.

THE RESTAURANT (DECK 4)

À la Carte 7:00 p.m. – Last Seating 9:30 p.m.

LA TERRAZZA (DECK 7) \*\*

À la Carte 7:00 p.m. – Last Seating 9:30 p.m.

THE GRILL (DECK 8) \*/\*\*

À la Carte 7:00 p.m. – Last Seating 10:00 p.m.

LA DAME (DECK 7) \*\*

À la Carte 7:00 p.m. – Last Seating 9:30 p.m.

*Gentlemen: Jacket required*

*A dining fee per person applies*

Should you wish to cancel your reservation at La Dame, please note that you must do so by latest 2:00pm on the day of the reservation, otherwise the full cover fee per person will be billed to your Guest Account.

\* *Weather permitting*

\*\* *Reservations required*

### IN SUITE DINING

24-hour

The menu is available on the TV.

To place your order please contact your butler or call extension 815. All In Suite Dining is also available in other public areas when our dining venues are not open for service.

### BAR HOURS

9:00 a.m. – 10:00 p.m. Pool Bar \* [ DECK 8 ]

10:00 a.m. – until late Panorama Lounge [ DECK 8 ]

6:00 p.m. – until late The Bar [ DECK 5 ]

9:00 p.m. – until late Connoisseur's Corner [ DECK 8 ]

### LET'S CELEBRATE NATIONAL & INTERNATIONAL FOOD & BEVERAGE DAYS

TODAY: International Lima Bean Respect Day + Pineapple Upside Down Cake Day (USA)

*At Silversea Cruises, we take maximum food precautionary measures to ensure the safest quality product is offered to our guests; Worldwide Public Health Services advise that consuming raw or undercooked meats, seafood, shellfish, eggs, milk, or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.*

### VIEW YOUR EXPENSES

Kindly note that your on board expenses can be reviewed anytime on the interactive TV system in your suite. A printed copy of the final statement will be delivered to your suite on the morning of your disembarkation.

## SERVICES

ZAGARA SPA | DECK 10  
BEAUTY SALON AND BARBER SHOP

Dial 5011 for appointments.  
8:00 a.m. – 8:00 p.m.

*Later appointments until 10:00pm  
available on request.*

SAUNA & STEAM ROOM | DECK 10

8:00 a.m. – 8:00 p.m.

FITNESS CENTRE | DECK 10

6:30 a.m. – 8:00 p.m.

*Limited spaces available for classes.*

*Age restriction: over 18 to use the  
facilities. 16–18 allowed in with guardian.*

POOL & JACUZZI | DECK 8

Open today from 7:00 a.m. – 7:00 p.m.

FUTURE CRUISE MANAGER | DECK 5

9:00 a.m. – 12:00noon | 5:30 p.m. – 7:30 p.m.

*Please dial 854 to arrange a private  
appointment or consult your suite  
ITV to request an appointment.*

BOUTIQUES | DECK 5

Dial 5503 for assistance.

9:30 a.m. – 12:00noon

*Toiletries and other essential items  
are available for purchase upon request  
through your Butler.*

CASINO\* | DECK 8

CLOSED

Due to Customs Regulations

\*Age restriction: over 18 to use  
the facilities.

SHORE CONCIERGE DESK | DECK 5

Dial 858 for assistance.

during daily opening hours.

9:00 a.m. – 12:00noon | 4:00 p.m. – 7:00 p.m.

GUEST RELATIONS MANAGER

DECK 5

Dial 800 for assistance.

8:00 a.m. – 12:00noon | 4:00 p.m. – 7:00 p.m.

MEDICAL CENTRE | DECK 3

Dial 931 during clinic hours.

8:00 a.m. – 9:00 a.m. | 5:00 p.m. – 6:00 p.m.

Medical assistance is also  
available by appointment.

Dial 800 (Reception) after hours.

Emergency service is  
available 24 hours a day.

*Please use the midship elevator  
or midship stairs to reach the clinic.*

*Kindly ask about charges  
prior to consultation.*

**IN THE EVENT OF AN  
EMERGENCY PLEASE DIAL 911**

# SATURDAY, 20 APRIL 2024

SUNRISE 5:10 A.M. • SUNSET 6:18 P.M.

## JAPAN - ANIMAL/QUARANTINE REGULATION

Please note, that due to the Animal/Quarantine regulation in Japan, the following items are **prohibited to carry with you when leaving the ship:**  
**Meat / Fruits / Vegetables / Eggs / Dairy products / Nuts / Plants / Seeds.** Thank you for your cooperation.

## GOOD MORNING

7:00	Morning Walk with Personal Trainer Riesa	Jogging Track (10)
8:00	Pure Form Pilates with Personal Trainer Riesa	Aerobics Room (10)
9:00	Board Games are available	Card Room (7)
9:00	Shuffleboard Available (until 7:00 p.m.)	Shuffleboard Court (10)
9:00	Knitting Group with your fellow guests	Panorama Lounge (8)
9:00	Today's Silver Quiz, Crossword Puzzle, and Sudoku are available (return the Silver Quiz to Reception by 3:00 p.m. - prize points for the most accurate quiz that is returned earliest)	The Atrium (5)
9:30	Ukulele Classes with Polly	The Bar (5)
10:00	Bridge Lesson: Advanced Beginners with Bridge Instructors Rose Anne and Jerry	Conference Room (7)
10:00	<b>Enrichment Lecture with Mark Stanton: Top 20 Useless Inventions in the World</b> Everyone thinks that they have an idea for the best invention in the world. Everyone is going to need one and it will make him or her a fortune. The truth is far from this utopian idea. The British are famous for having had more patents issued than any other nation on Earth, but not all of them have been the roaring success that their inventors hoped for. What were some of the more useless inventions that have been granted a patent?	The Show Lounge (6)
10:00	Table Tennis Available	Lobby (3)
10:00	Coffee Chat with your Entertainment Team	Panorama Lounge (8)
10:00	Complimentary Collagen Eye Treatments with your Zagara Spa Team (until 1:00 p.m.)	Zagara Spa Reception (10)
10:00	Silversea Logo Souvenir Collection - Take a keepsake home to friends and family from your memorable cruise vacation	The Boutique (5)
10:30	Italian Class for Advanced Beginners with International Hostess Denise	Panorama Lounge (8)
11:00	Complimentary foot and posture analysis with Posture Specialist Riesa	Aerobics Room (10)
11:00	<b>In Conversation and Q&amp;A with Forensic Anthropologist Kathy Reichs</b> hosted by Cruise Director Moss We all watch TV crime shows, and hear about criminal investigations on the news. Our forensic expert Kathy, separates the facts from the fiction, and then she will answer your questions in the Q&A session. Join us for this fascinating insight into the world of forensic evidence and crime investigation	Panorama Lounge (8)
11:00	Bridge Lesson: Intermediate with Bridge Instructors Rose Anne and Jerry	Conference Room (7)
11:30	Mileage Pool - Guess how many miles <i>Silver Shadow</i> has sailed since leaving Osaka	Panorama Lounge / Pool Deck (8)

## GOOD AFTERNOON

12:00	Nautical and weather information from the Bridge	Public Address System & In-suite TV Bridge Cam Channel
12:00	Foot and Posture Analysis: how your feet and posture affect your body and how to fix hip, lower back, and knee pain	Aerobics Room (10)
1:00	Mahjong get together (unhosted)	Observation Lounge (10)
1:45	Duplicate Bridge with Bridge Instructors Rose Anne and Jerry	Conference Room (7)
2:00	Odyssey Art: "Beaded Earrings" Create a unique pair of earrings with glass beads in dramatic colors with Creative Arts Instructor Chris Brayton	Card Room (7)
2:00	Dance Class with your Gentlemen Hosts Lyle and Geoff	Panorama Lounge (8)
2:30	<b>Games Arcade:</b> Have lots of fun with indoor games, and win prize points Now that we are sailing in colder areas, we invite you indoors to join our entertainment team for some fun games of skill	Panorama Lounge (8)
2:30	Water Volleyball with the Entertainment Team (weather permitting)	Pool (8)
3:00	<b>Enrichment Lecture with Michael DiSpezio: Christopher Columbus - The Science and History of Encountering a New World</b> Discover the incredible backstory of Columbus and his journey to uncover a shorter route to the Indies. Plus, discover the real story of why sailors use nautical miles	The Show Lounge (6)
3:30	Table Tennis Tournament with the Entertainment Team	Lobby (3)
3:30	The 5min make-over with California Sun Glow	Zagara Spa Reception (10)
4:00	Golf Putting Challenge with the Entertainment Team. Prize points to be won!	Lobby (4)

## GOOD EVENING - DRESS CODE: CASUAL

6:00	Piano Vocalist Remon performs while you enjoy a pre-dinner cocktail	The Bar (5)
6:00	The <i>Silversea</i> Trio and Guitarist Javier alternate to play while you enjoy a pre-dinner cocktail	Panorama Lounge (8)
6:45	Solo Travellers Meet and Greet with your Gentlemen Hosts Lyle and Geoff	Panorama Lounge (8)
8:00	<b>Silver Shadow is scheduled to dock in Tokyo, Japan</b> Once the vessel has been cleared by local authorities, your Cruise Director Moss will give weather and gangway information To hear announcements in your suite please set the TV to the Bridge Cam Channel	
9:00	The <i>Silversea</i> Trio plays for your musical entertainment	Panorama Lounge (8)
9:00	Piano Vocalist Remon and Guitarist Javier alternate to perform for your musical entertainment	The Bar (5)
9:30	<b>Showtime! Silversea proudly presents the local show "The Power of CORE"</b> CORE is Japan's first drum performance group using marching drums, formed in Yokohama, the birthplace of marching bands in Japan. CORE creates performances derived from traditional US marching drum line shows combined with the expression and style that is uniquely Japanese	The Show Lounge (6)
10:30	Dance the night away with DJ Gabor	Panorama Lounge (8)

# GOING ASHORE IN

## TOKYO, JAPAN

### EXCURSIONS

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All excursions depart at the times listed below from the **PIER**. As a courtesy to your fellow guests and to allow the punctual departure of your excursion, we ask all participants to proceed ashore **10 minutes** prior to your departure time. If you are late, unfortunately the transportation will not wait.

Shore Concierge staff will be available shoreside to assist you.

**Please do not forget to bring your tickets.**

TYO-M TOKYO BY NIGHT WITH TEPPANYAKI STYLE DINNER ..... 8:00 P.M.

### HOSPITALITY DESK

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A local Hospitality Desk will be available shoreside. The local Representatives will be able to answer detailed questions and direct guests to their favoured locations. Complimentary maps might be available.

### DESTINATION AND ENRICHMENT LECTURES

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Destination and Enrichment lectures by our Guest Lecturers are available on demand from the in-suite TV system the day after the live presentation:

Select - Entertainment / Silversea Videos / Destination Lectures or Enrichment Lectures

Our Guest lecturer biographies are located on your in-suite TV:

Select - Your Stay / Guest Compendium

### HAND WASHING & HAND SANITIZING

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Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands.

### SHIP PROCEDURES

An announcement will be made when the ship has been cleared by local authorities for guests to proceed ashore. You are kindly requested to remain clear of the gangway area until then.

Please remember to carry your **Suite Key Card and Original Passport** whenever going ashore as this is your only valid identification for reboarding the vessel.

### PIER INFORMATION

*Silver Shadow* is scheduled to dock in Tokyo, Japan at Tokyo International Cruise Terminal, Chisaki, Aomi No.2, Koto-Ku, Tokyo.

### IMPORTANT NOTICE

Silversea charges in United States Dollars for all shipboard transactions. We would like you to be aware that your credit card company may charge a foreign transaction fee. Silversea processes shipboard credit card transactions through the United Kingdom. Should you wish to register a different credit card to settle your account, please see our Reception Staff on Deck 5.

### CURRENCY EXCHANGE

The local currency is the Japanese Yen (JPY). Guests going ashore can expect the following rates of exchange:

1 USD = 153 JPY approx.

1 EUR = 163 JPY approx.

1 GBP = 191 JPY approx.

### SHIP'S AGENT

(for use in emergencies only)

Blue Ocean Agency

12F Daiwa BLDG, 74-1, Yamashita-cho,

Naka-ku, Yokohama, Japan

Phone: +81 80 4757 0056

Email: [cruise@relife-blueocean.com](mailto:cruise@relife-blueocean.com)

## OVERNIGHT

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Please note this useful information when going ashore.

SILVER SHADOW SATELLITE PHONE NUMBER: +1-786-322-5796