Yunnan and Tibet
CHINA’S WESTERN FRONTIER
September 1 to 20, 2016

a program of the stanford alumni association
Many Chinese will tell you (and some will dispute) that James Hilton’s mythical utopia, “Shangri-La,” is located in the northern corner of Yunnan Province. You can decide for yourself while exploring this and other spectacular and diverse regions during this program. As we travel southwest from Shanghai to Yunnan and then ever higher to Tibet, visiting Lhasa, Gyantse and Shigatse, we’ll meet many of China’s ethnic minorities, some of whose traditions are in danger of fading away. We’ll experience the rich complexity of Buddhism and local culture in Tibet, as well as confront the competing claims of Chinese authorities and Tibetan exiles. Along the way, enjoy the stark beauty of this remote land, from the rugged mountains to the scenic lakes and glaciers that make up the heartland of the Tibetan Plateau. Join us on this most thrilling and incredible adventure!

BRETT S. THOMPSON, ’83, DIRECTOR, STANFORD TRAVEL/STUDY

**Highlights**

**DISCOVER** the extraordinary diversity of colorful Dali in Yunnan Province, home to some 25 of China’s 56 officially designated ethnic groups.

**MARVEL** at Tiger Leaping Gorge, hewn over the millennia by the Yangtze River that flows hundreds of feet below the gorge’s rim.

**VIEW** the Himalayas as we fly to Lhasa, where we tour the iconic Potala Palace, visit Jokhang Temple and explore the Barkhor Market.
DEBRA SATZ, the Marta Sutton Weeks Professor of Ethics in Society and professor of philosophy, is the senior associate dean for the humanities and arts at Stanford. She earned a doctorate in philosophy from the Massachusetts Institute of Technology and joined the faculty at Stanford in 1988. A widely published author, she conducts research on the ethical limits of markets, the place of equality in a just society and human rights. In 2004, Satz received the Walter J. Gores Award, Stanford’s highest teaching honor. Professor Satz has traveled to China to give talks to academic audiences on such issues as China’s increasing role in our globalizing world and the compatibility of non-western values and human rights. Given her long-standing interests in such matters as national sovereignty and multiculturalism she is “extremely excited to visit Tibet, which raises issues of national self-determination and ethnic and religious conflict in a particularly pointed way.” During our program she will provide a mix of historical lectures about the region and lectures on contemporary problems and possibilities.

“...from our trip to China with strong impressions and valuable insights into this critically important country.”

SCOTT KILNER, ’74, ALONG THE SILK ROAD, 2015
THURSDAY & FRIDAY, SEPTEMBER 1 & 2
DEPART U.S. / SHANGHAI, CHINA
Depart on flights to Shanghai, crossing the international date line in flight. Upon arrival on Friday, transfer to our luxury hotel, situated on the banks of the Huangpu River and overlooking the historic Bund waterfront lined with Victorian and art deco buildings from the European colonial era of the late 19th and early 20th centuries.

HYATT ON THE BUND

SATURDAY, SEPTEMBER 3
SHANGHAI
The bustling metropolis and seaport of Shanghai is China’s most vibrant city and home to some 18 million people. This morning enjoy a walking tour of the classical Yu Gardens located in Shanghai’s old town area. After lunch, head to People’s Square and view the city’s dramatic new civic center. Then visit the Shanghai Museum with its cultural relics and classical art treasures spanning more than 5,000 years. This evening, join fellow travelers for a welcome reception and a performance by the Shanghai Acrobatics Troupe.

HYATT ON THE BUND

SUNDAY, SEPTEMBER 4
SHANGHAI / DALI
Depart Shanghai this morning for Kunming from where we fly to Yunnan Province, which shares borders with Burma, Laos and Vietnam in southwestern China. We arrive in Dali, capital of the Dali Bai Autonomous Region, in the late afternoon. At an elevation of 6,232 feet, Dali sits tucked between the 12,000-foot-high Cangshan mountain range and Erhai Lake.

HYATT HOTEL

MONDAY, SEPTEMBER 5
DALI
Early today visit the Bai villages of Xizhou and Zhoucheng to view their traditional houses and explore their lively local markets. In the afternoon stop at the multi-roofed San Ta Pagodas, a Dali landmark and among southwest China’s oldest structures. Explore Dali’s ancient historic quarter by foot; its quaint stone houses and narrow streets offer a rare look into the China of centuries past.

HYATT HOTEL

TUESDAY, SEPTEMBER 6
DALI / LIJIANG
This morning enjoy a scenic boat ride on Erhai Lake, catching sight of the fishing junks that ply these broad, shallow waters. Then explore a Bai fishing village. This afternoon drive to Lijiang, capital of the Naxi Autonomous Prefecture. Named a UNESCO World Heritage site in 1997, 7,872-foot-high Lijiang boasts a charming old town district made up of cobblestone streets, canals and stone bridges dating from the Ming Dynasty.

HYATT HOTEL

WEDNESDAY, SEPTEMBER 7
LIJIANG
Begin our exploration of Lijiang with visits to the Black Dragon Pool, the Naxi Cultural Museum, the Mu mansion and Lijiang’s town square. After lunch, ascend by cable car to Spruce Meadow on the Yunshan Plateau from where we can view towering mountains with age-old glaciers tucked in their creases.

HYATT HOTEL

THURSDAY, SEPTEMBER 8
LIJIANG
Visit Ngulukou Village to view the former home of the eccentric Austrian-American
naturalist, Joseph Rock. Enjoy a free afternoon of independent exploration and this evening take in a performance of traditional Naxi music and dance. HYATT HOTEL (B,L,D)

FRIDAY, SEPTEMBER 9
LIJIANG / ZHONGDIAN
Head north this morning through picturesque countryside on our way to the Tibetan plateau, enjoying views of Jade Dragon Snow Mountain and stopping at Stone Drum Village, Tiger Leaping Gorge and other points of interest along the upper reaches of the great Yangtze River. Late today arrive at the town of Zhongdian at an altitude of 10,000 feet; its county was renamed Shangri-La in 2001. SONGTSAM RETREAT (B,L,D)

SATURDAY, SEPTEMBER 10
ZHONGDIAN
Set on a high plain, Zhongdian is home to the Tibetans of the Kham region of Yunnan Province, noted for their fierce character and superb horsemanship. This morning tour the spectacular Ganden Sumtseling Monastery where more than 800 monks live and practice. In the afternoon walk around Shudu Lake, crossing wildflower meadows where yaks and horses graze among the rhododendrons. SONGTSAM RETREAT (B,L,D)

SUNDAY, SEPTEMBER 11
ZHONGDIAN / LHASA
Fly over some of the most forbidding and remote mountain territory in the world to Lhasa, capital of the Tibet Autonomous Region, with an elevation of about 13,000 feet. This afternoon visit the Tibet Museum, which displays an extensive collection of Tibetan scrolls and the gold seal of the fifth Dalai Lama. SHANGRI-LA HOTEL (B,L,D)

MONDAY, SEPTEMBER 12
LHASA
Continue our exploration of this Tibetan "Holy City" at its hallmark structure: the immense Potala Palace. Thirteen stories high and purportedly comprised of more than 1,000 rooms, the palace contains the Dalai Lama’s former residences, immense tombs, numerous prayer halls and storage areas. This afternoon, visit the heart of Lhasa and its most important pilgrimage site, the Jokhang Temple, founded in 642 and now a World Heritage site. Explore the Barkhor, a vibrant and exotic market/bazaar that surrounds the Jokhang Temple. SHANGRI-LA HOTEL (B,L,D)

TUESDAY, SEPTEMBER 13
LHASA
Another full day in Lhasa allows us the opportunity to visit the great Drepung Monastery, where approximately 800 monks reside. Continue to Sera Monastery in the
afternoon to watch the monks’ lively debating sessions and conclude our day at the Norbulingka Summer Palace.

SHANGRILA HOTEL (B,L,D)

WEDNESDAY, SEPTEMBER 14
LHASA / GYANTSE

Embark on an overland drive this morning, crossing the Ganba-la Pass en route to a picnic lunch at Yamdrok Lake tucked amongst the mountains of the Tibetan Plateau. Today’s stunning drive affords many dramatic views of the harsh mountain landscape, studded with alpine lakes and immense melting glaciers, as we make our way to our hotel in Gyantse.

GYANTSE HOTEL (B,L,D)

THURSDAY, SEPTEMBER 15
GYANTSE / SHIGATSE / LHASA

Begin the day in Gyantse with a visit to Pelkor Chode Monastery, which includes the Kumbun Chorten complex, one of Tibet’s great pilgrimage sites. Kumbun Chorten houses 108 chapels, each of which is elaborately decorated with historic frescoes. A scenic drive brings us to Shigatse, the spiritual home of the Panchen Lama, second only to the Dali Lama in the hierarchy of the Gelugpa “Yellow Hat” sect, the largest and most influential of Tibetan Buddhist denominations. Explore the impressive complex of temples, prayer halls and residences at the Tashilumpo Monastery, where the 86-foot-tall Maitreya Buddha figure sits covered with over 600 pounds of pure gold, gems and precious stones. Return to Lhasa by train this evening.

SHANGRI-LA HOTEL (B,L,D)

FRIDAY, SEPTEMBER 16
LHASA

Revisit the Barkhor Market area today and take advantage of an entire free afternoon to explore one of the world’s most enigmatic and ancient cities.

SHANGRI-LA HOTEL (B,L,D)

SATURDAY, SEPTEMBER 17
LHASA / EMBARK TRAIN

Early this morning, board the Lhasa–Beijing train for an overnight ride to Lanzhou. Crest the Tanggula Pass and journey across the awe-inspiring Tibetan Plateau through Tibet and Qinghai provinces.

LHASA-BEIJING TRAIN (B,L,D)

SUNDAY, SEPTEMBER 18
LANZHOU / DISEMBARK TRAIN / BEIJING

Travel through Xining, the largest city on the Tibetan Plateau, then disembark in Lanzhou. Enjoy lunch at a local restaurant and visit the Gansu Provincial Museum. This evening fly from Lanzhou to Beijing. Transfer to our hotel and check in.

GRAND HYATT HOTEL (B,L)

MONDAY, SEPTEMBER 19
BEIJING

Today enjoy a tour of Beijing’s most famous landmarks: the ancient Forbidden City, the world’s largest palace complex; Tiananmen Square; and the Lama Temple of Tibetan Buddhism, formerly an imperial residence. This evening, join fellow travelers for a farewell reception and dinner at our hotel.

GRAND HYATT HOTEL (B,L,D)

TUESDAY, SEPTEMBER 20
BEIJING / U.S.

Transfer this morning to Beijing’s acclaimed international airport terminal for our outbound flights. Cross the international date line en route and arrive in the U.S. the same day.
Trip Information

DATES
September 1 to 20, 2016 (20 days)

SIZE
34 participants (single accommodations limited—please call for availability)

COST* $9,995 per person, double occupancy

INCLUDED
17 nights of best-available hotel accommodations, 1 night aboard
18 breakfasts, 17 lunches and 15 dinners
Welcome and farewell cocktail receptions
Services of our professional tour manager to assist you throughout

NOT INCLUDED
International and U.S. domestic airfare
Passport fees
Immunization costs
Meals and beverages other than those specified as included
Transfers and baggage handling for those not arriving or departing on program arrival and departure days
Trip-cancellation/interruption and baggage insurance
Excess-baggage charges
Personal items such as internet access, telephone and fax calls, laundry and gratuities for nongroup services

AIR ARRANGEMENTS
International and U.S. domestic airfare is not included in the program cost.

AIR ARRANGEMENTS
Round-trip, economy-class airfare on United Airlines from San Francisco to Shanghai with return from Beijing is approximately $2,280 as of November 2015 and is subject to change.

WHAT TO EXPECT
We consider this program to be fast-paced and strenuous. Participants must be physically fit, active and in good health. While we do not do any serious trekking, this program includes hikes at high altitudes and is otherwise physically demanding at times and often very busy. The itinerary involves spending time at high altitudes, which reach a maximum of 16,000 feet, including sustained stays at 13,000 feet while in Lhasa. Daily excursions involve one to three miles of walking, including negotiating stairs, high thresholds and cobbled paths without handrails. Many days have long coach rides of up to 6 hours over very rough terrain.

Accommodations are the best-available at each destination. It is important to note that China’s tourism infrastructure is at times basic and is not to be compared with western standards. Accommodations in Shanghai, Lijiang, Zhongdian and Lhasa are four- and five-star properties, and the hotels in Dali and Gyantse are three-star properties. Acceptance of the unexpected is part of the excitement of traveling in China, and we ask that you be prepared for changes or delays in scheduled activities. We welcome travelers 15 years of age and older on this program.

Deposit & Final Payment
A $1,000-per-person deposit is required to hold your space. Sign up online at alumni.stanford.edu/trip/tibet2016 or call the Travel/Study office at (650) 725-1093. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

Cancellations & Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

Insurance
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the members’ price. Families and trip companions may travel on one membership. For more information or to purchase a membership, visit alumni.stanford/golo/membership or call (650) 725-0692.

Responsibility
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in November 2015 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

Terms & Conditions

California Seller of Travel Program Registration #2048 S23-50
“Planning and execution were outstanding. Staff were tuned in to all nuances and could not have been better.”

MONTE BRICKER, JD ’63, YUNNAN AND TIBET, 2014