Lands of the Himalayas

HIGH POINTS OF TIBET, NEPAL AND BHUTAN

September 23 to October 9, 2012
In 1995 I led a group of Stanford travelers to the kingdoms of the Himalaya. It was a trip I will never forget—we felt as though we had stepped back through time, to the days when reincarnated lamas and ancient dynasties ruled these misty mountain realms. While some things have changed since then—the intrusion of cell phones and the internet come to mind—the most memorable things have not: the spiritual nature and devotion of the people; ancient temples and monasteries dedicated to piety and the pursuit of learning; colorful ceremonies conducted by magenta-robed monks; and of course, the breathtaking beauty of the majestic Himalaya, truly the “rooftop of the world.” Join us on an adventure you’ll never forget!

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

Highlights

WANDER the streets of Lhasa, crowded with nomads clad in native dress, monks spinning prayer wheels and merchants selling spices and amulets. VIEW more than 100 awe-inspiring Himalayan peaks, including Everest by air and travel over soaring mountain passes and through lush alpine valleys. VISIT the famous Taktsang Monastery, a place so holy that all Bhutanese try to visit it at least once during their lifetimes.
SUNDAY & MONDAY, SEPTEMBER 23 & 24
DEPART U.S. / BEIJING, CHINA
Depart on an overnight flight to Beijing, crossing the international date line en route. Arrive on Monday and enjoy the remainder of the evening at leisure.

PENINSULA PALACE HOTEL

TUESDAY, SEPTEMBER 25
BEIJING
Visit Tiananmen Square, where Mao Zedong announced the birth of the People’s Republic of China and, 40 years later, a student protest turned into a massacre that made headlines around the world.

Take a guided walk through the Forbidden City to see the majestic Imperial Palace, the largest and best-preserved cluster of ancient buildings in China. Enjoy an afternoon at leisure before our welcome reception.

PENINSULA PALACE HOTEL (B,L)

WEDNESDAY, SEPTEMBER 26
BEIJING / TSEDANG, TIBET
Fly to Lhasa this morning and travel to Tsedang through the historic Yarlung Valley, reputedly the cradle of Tibetan civilization. Visit Yumbu Lakhang, Tibet’s first palace, and watch the sun set over the majestic mountains from our location east of the Yarlung River.

YARLUNG RIVER HOTEL (B,L,D)

THURSDAY, SEPTEMBER 27
TSEDANG / LHASA
Travel to Lhasa, capital of the Tibet Autonomous Region situated at approximately 12,000 feet above sea level. Along the way, stop at Samye Monastery, the oldest monastery in Tibet and considered the birthplace of Tibetan Buddhism. Samye is a unique combination of Chinese, Tibetan and Indian architectural styles whose construction reflects the ideal universe of Buddhism.

LHASA HOTEL (B,L,D)

SATURDAY, SEPTEMBER 29
LHASA
Visit the holy Jokhang Temple, which shelters the Jowo Sakyamuni, Tibet’s most revered image. Join the procession of pilgrims moving in a clockwise circuit around the temple.

LHASA HOTEL (B,L,D)

FRIDAY, SEPTEMBER 28
LHASA
Today take in Lhasa’s colorful sights: traditionally clad nomads, monks holding prayer wheels and vendors selling spices and amulets. Spend the morning at the magnificent Potala, palace of the Dalai Lamas. From its position atop Red Hill, the Potala dominates the landscape in all directions. After lunch, travel west to Drepung Monastery, located in the shadow of an imposing Himalayan peak. Founded in 1416, Drepung was once Tibet’s largest monastery and served as the residence of several incarnations of the Dalai Lama.

LHASA HOTEL (B,L,D)

TUESDAY, SEPTEMBER 25

THURSDAY, SEPTEMBER 27

FRIDAY, SEPTEMBER 28

SATURDAY, SEPTEMBER 29
and continue around the Barkhor, which is the heart of the old city. Visit the Sera Monastery and follow an in-progress religious debate with the help of our translator.

LHASA HOTEL (B,L,D)

SUNDAY, SEPTEMBER 30
LHASA / KATHMANDU, NEPAL
Fly to Nepal’s capital, Kathmandu, set among the world’s highest mountains and just north of the wide plains of India. Vital and complex, the city is an ideal place for understanding Himalayan Buddhism. Visit the giant Buddhist stupa (large dome-shaped reliquary) of Swayambunath with its all-seeing eyes of Buddha, and Kumari Chowk, the palace courtyard of Kathmandu’s “living goddess,” a child worshipped by Nepali Buddhists and Hindus as the manifestation of the goddess Durga.

HYATT HOTEL (B,L)

TUESDAY, OCTOBER 2
KATHMANDU / PARO, BHUTAN / THIMPHU
Enjoy a spectacular flight over the Himalayas to Paro and continue to Thimpu by bus. Along the way visit Simtokha Dzong, an important historical and religious monument that also houses one of Bhutan’s premier learning institutes.

TAJ TASHI HOTEL (B,L,D)

THURSDAY, OCTOBER 4
THIMPHU / PUNAKHA
On our half-day journey to Punakha, stop at scenic Dochula Pass (10,200 feet), site of 108 chortens (Bhutanese for stupas) and which, on a clear day, offers a magnificent view of the Himalayas. Enjoy a picnic lunch before descending 6,000 feet into Punakha Valley. Walk through crop fields and villages to visit

MONDAY, OCTOBER 1
KATHMANDU
Visit Patan, known as a city of the arts and a World Heritage site. Patan has a long Buddhist history and each of the four corners of the city is marked by a stupa. View the city’s Royal Palace and its ornate temples and shrines before continuing to Bodnath, a small town that boasts a World Heritage stupa built by Tibetan Buddhists.

HYATT HOTEL (B,L)

WEDNESDAY, OCTOBER 3
THIMPHU
Today explore the Third King’s Memorial Chorten, full of Buddhist iconography and Thimphu’s primary landmark; the National Library, repository of the nation’s religious literary heritage; and the Folk Heritage Museum with its fascinating overview of traditional Bhutanese life. This evening, meet with Bhutanese intellectuals and public figures for dinner at a local restaurant.

TAJ TASHI HOTEL (B,L,D)
Chimi Lhakhang, a 15th-century pilgrimage fertility shrine.
ZANGTHO PELRI (B,L,D)

FRIDAY, OCTOBER 5
PUNAKHA
An optional morning hike takes us past farms and fields to the charming village of Neziga. Climb gradually to Khamsum Yuley Namgay Chorten, built by the royal family, with superb views of Punakha Valley, then follow a trail along the river to the impressive Punakha Dzong, the winter fortress of Jo Khenpo, chief hierarch of Bhutanese Buddhism. Alternatively, visit the dzong (fortress) directly from the hotel.
ZANGTHO PELRI (B,L,D)

SUNDAY, OCTOBER 7
PARO
By special arrangement, hike to the iconic Taksang (“Tiger’s Nest”) Monastery, whose white temples cling to a soaring cliff 10,000 feet above the valley. Legend claims that Guru Rinpoche, the father of Bhutanese Buddhism, arrived here astride a flying tigress and meditated in a cave for months. The monastery is a pilgrimage site that the Bhutanese people aspire to visit at least once in their lives. Enjoy a farewell reception tonight before dinner.
ZHMALING HOTEL (B,L,D)

MONDAY, OCTOBER 8
PARO / BANGKOK, THAILAND
Fly from Paro to Bangkok and check into our airport hotel.
AIRPORT NOVOTEL
SUVANABHUMI HOTEL (B,L)

TUESDAY, OCTOBER 9
BANGKOK / U.S.
Fly to the U.S., crossing the international date line en route and arriving back home the same day. (B)
Information

**D A T E S**
Sept. 23 to Oct. 9, 2012 (17 days)

**S I Z E**
Limited to 35 participants

**C O S T**
$10,295 per person, double occupancy
$12,195 per person, single occupancy
*Association nonmembers add $200 per person

**I N C L U D E D**
- 15 nights of deluxe and best-available hotel accommodations
- 15 breakfasts, 14 lunches and 10 dinners
- Welcome and farewell receptions
- Bottled water on excursions
- Visa fees
- On-tour airfare: Beijing / Lhasa / Kathmandu / Paro / Bangkok
- Gratuities to porters, guides and drivers for all group activities
- All tours and excursions as described in the itinerary
- Transfers and baggage handling on program arrival and departure days
- Minimal medical, accident and evacuation insurance
- Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information
- Services of our professional tour manager to assist you throughout the program

**N O T I N C L U D E D**
- International and U.S. domestic airfare
- Passport fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Trip-cancellation/interruption and baggage insurance
- Excess-baggage charges
- Personal items such as email, telephone and fax calls, laundry and gratuities for nongroup services

**A I R A R R A N G E M E N T S**
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on United Airlines from San Francisco to Beijing, China, and return from Bangkok, Thailand, is approximately $1,450 as of December 2011 and is subject to change without notice. Information on recommended flight itineraries will be sent by our designated agent.

**W H A T T O E X P E C T**
Although this program is not a trek, we consider it to be strenuous, because we cover rugged terrain, with considerable walking at high altitude. There are also several rigorous travel days with early departures. Daily excursions involve two to four miles of walking, including stairs without handrails, high thresholds and cobbled paths. In addition, long, often bumpy bus rides are sometimes required to reach remote locations. Drive times range from one to five hours on winding mountain roads. You should be prepared to handle your own luggage at customs points in those airports where porters are not permitted. If you are susceptible to altitude sickness, please be aware that Lhasa is 12,000 feet above sea level.

Accommodations are first-class or best-available. Outside of the large cities on this itinerary, lodgings are basic, on a par with accommodations at an American national park lodge. We expect that participants will be a self-selecting group whose interest in the places we visit will far outweigh the need for creature comforts. In many ways, the challenges of this program are part of the learning experience. This region’s tourism industry is still developing, thus patience with local service standards will greatly improve your enjoyment of this trip. Participants must be physically fit, active and in good health. Medical treatment and care are not always available or up to U.S. standards. We welcome travelers 15 years of age and older on this program.

Terms and Conditions

**D E P O S I T A N D F I N A L P A Y M E N T**
A $1,000 deposit is required to hold space for this program. Complete and return the attached reservation form or place your deposit online. 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.

**C A N C E L L A T I O N S A N D R E F U N D S**
Deposits and any payments are fully 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. We recommend trip-cancellation insurance; applications will be sent to you.

**I N S U R A N C E**
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. We strongly recommend that you subscribe to optional baggage and trip-cancellation insurance. A brochure offering such insurance will be mailed with your confirmation about one week after we receive your deposit. The product offered in this brochure includes a special Waiver of Pre-Existing Conditions and coverage for Financial Insolvency and Terrorist Acts if you postmark your insurance payment within 15 days of the date listed on the confirmation letter.

**E L I G I B I L I T Y**
We encourage membership in the Alumni Association as the program cost for nonmembers is $200 more than the members’ price. Parents and their children under 21 may travel on a member’s ticket in connection with the tour. For more information or to purchase a membership, visit alumni.stanford.edu/goto/membership or call (650) 725-0692.

**R E S P O N S I B I L I T Y**
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 other matter in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this 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 January 2012 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

California Seller of Travel Program Registration #2048 523-50

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Faculty Leader

ROSAMOND "ROZ" NAYLOR, PHD '89, Stanford teacher and researcher, explores areas of junction relating to economic development and environmental science. She directs the Center on Food Security and Environment at Stanford, and is involved in field-level research projects throughout the world. Roz teaches courses in the economics department and in the School of Earth Sciences on the world food economy, sustainable agriculture, food and security, and human society and environmental change. When she is not in the field or in the classroom, Roz and her husband, Wally, are avid skiers and climbers and have shared mountain adventures around the world.

During our program, Roz plans to lecture on "The Happiness Index" as a measure of progress in Bhutan, the implications of global climate change for Himalayan communities, the effect of international food price volatility on local markets, and the Dalai Lama's separation of political power from his spiritual leadership.

- At Stanford: professor in the School of Earth Sciences since 2009; associate professor (by courtesy) in the economics department since 2000; and Wrigley senior fellow since 2000
- BA, economics, University of Colorado; MS, economics, London School of Economics; PhD, applied economics, Stanford University

"The other participants on Stanford Travel/Study programs make group travel an experience to be treasured."

MARY HAMPTON,’75, TRAVEL/STUDY TRAVELER

Reservation Form  Lands of the Himalayas

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| ADDRESS |
| CITY / STATE / ZIP |

| PHONE |

| EMAIL ADDRESS |

| SIGNATURE |

| BED PREFERENCE: |
| Twins | Double |

Here is my deposit of $________ ($1,000 per person) for _____ space(s)

- Enclosed is my check (payable to Stanford Alumni Association) OR
- Charge my deposit to my: [ ] Visa [ ] MasterCard [ ] American Express

| CARD # |
| EXPIRATION DATE |
| CARDHOLDER SIGNATURE | DATE |

Mail completed form to address on mail panel or fax to (650) 725-8675 or place your deposit online at alumni.stanford.edu/trip?himalayas2012. Please submit your reservation only once to avoid multiple charges to your account.
“The trip provided views of cultures confronting change with the clash of classical Tibetans and the Han Chinese. The scenery was spectacular.”

ROBERT AND BLANCH BAST, LANDS OF THE HIMALAYAS, 2010