Himalayan Kingdoms

With Drs. Harvey Fineberg and Mary Wilson

May 31–June 14, 2015
TRAVEL TO THE "ROOFTOP OF THE WORLD" to explore the ancient kingdoms of Tibet, Nepal, and Bhutan. These starkly beautiful countries flourish in the isolation of the Himalayas, offering a richness of religious and cultural traditions and an amazing diversity of art and architecture.

Begin your journey in Beijing, and then continue to Tibet’s colorful capital of Lhasa, alive with spice merchants, pilgrims, and Buddhist monks at prayer in numerous monasteries. On your flight to Tibet from Nepal, view some of the highest peaks in the Himalayas—including Mt. Everest (weather permitting), which rises more than 29,000 feet above sea level. In Nepal, explore the Kathmandu Valley, crossroads of ancient Asian civilizations and home to seven UNESCO World Heritage sites.

Enjoy four full days of exploration in Bhutan—where fascinating dzongs (fortresses), chortens (religious structures), and the incomparable Tiger’s Nest monastery compete with the friendly Bhutanese and astonishingly beautiful scenery for best memories ever and provide a unforgettable cap to this adventure. Your Harvard study leaders will provide insight and context throughout the program.
Harvey V. Fineberg, M.D., Ph.D., is professor emeritus of health policy and management at Harvard. He currently holds a year-long presidential chair at the University of California at San Francisco, where he focuses on global health.

He also chairs the boards of the Hewlett Foundation and the Carnegie Endowment for International Peace, and is chair-elect of the China Medical Board.

Fineberg has devoted most of his academic career to the fields of health care, public health, and decision-making at the individual level and for policy. He served as president of the Institute of Medicine for twelve years, concluding in June 2014, and was dean of the Harvard School of Public Health from 1984 to 1997 and provost of Harvard University from 1997 to 2001.

His potential lecture topics include “U.S. Health in International Perspective: Why Do Americans Not Fare Better?” and “Gross National Happiness: A Big Idea from Tiny Bhutan.”

Mary Elizabeth Wilson, MD, is adjunct associate professor of global health and population at the Harvard School of Public Health. Her academic interests include the ecology of infections and emergence of microbial threats, travel medicine, and vaccines. She has served on the Advisory Committee on Immunization Practices of the CDC, the Academic Advisory Committee for the National Institute of Public Health in Mexico, and on five committees for the Institute of Medicine.

Wilson first visited China in 1975 and has since visited more than a dozen countries in Asia. She has published work about infectious diseases in China and South East Asia and participates in a surveillance network that includes colleagues in Singapore, Vietnam, Thailand, Hong Kong, and Nepal.

Her potential lecture topics include “Emerging infections in Asia: Why So Many?” and “Travel Medicine: Staying Safe in Asia.”
See an intriguing diversity of architectural traditions, from the Nepalese-style stupas adorned with colorful prayer flags in Kathmandu to the Tang Dynasty Jokhang Temple in Lhasa and the pre-modern Chinese lions guarding the Forbidden City in Beijing.
WEDNESDAY, JUNE 10

Punakha
An optional morning hike takes you past farms and fields to the charming village of Neziggang. Continue a gradual climb to Khamsum Yuley Namgay Chorten, built by the royal family, with superb views of Punakha Valley. Then follow the trails along the river to the impressive Punakha Dzong, the winter fortress of Jo Khenpo, chief hierarch of Bhutanese Buddhism. Alternatively, the dzong can be visited directly from the hotel.

Zangtho Pelri Hotel (B,L,D)

THURSDAY–FRIDAY, JUNE 11–12

Paro
On a leisurely drive back to Paro, stop to admire the countryside and observe local village life. See the 17th-century Paro Dzong, the center of civil and religious authority in the valley and popularized by the film The Little Buddha. By special arrangement, visit the iconic Taktsang (“Tiger’s Nest”) Monastery, whose white temples cling to a soaring cliff 10,000 feet above the valley. The monastery is a pilgrimage site that the Bhutanese people aspire to visit at least once in their lives. Zhiwaling Hotel (2B,2L,2D)

SATURDAY, JUNE 13

Paro / Bangkok, Thailand
Fly to Bangkok and transfer to an airport hotel for an evening at leisure. Airport Novotel Suvarnabhumi Hotel (B,L)

FRIDAY, JUNE 14

Bangkok / Home
Depart Bangkok for home, re-crossing the International Date Line and arriving the same day. (B)
GENERAL INFORMATION

TOUR COST INCLUSIONS: All accommodations and meals as specified in the itinerary; On-tour flights (Beijing/Lhasa/Kathmandu/Paro/Bangkok); Wine, beer, and soft drinks with all lunches and dinner; Welcome and farewell receptions; All sightseeing as specified in the itinerary; Professional tour manager; Bottled water on coaches; Full program of briefings, lectures, and presentations; Arrival and departure transfers by motorcoach; Baggage handling; Gratitudes to porters, wait staff, guides, and drivers for all group activities; Entrance fees; $200,000 Emergency Medical Evacuation Insurance.

TOUR COST EXCLUSIONS: U.S. domestic and international airfare; Passport or visa expenses; Medical expenses and immunizations; Airport transfers except as noted above; Travel and trip cancellation insurance; Optional excursions or deviations from the scheduled tour; Excess baggage charges; Meals not specified in the itinerary; Dishes and beverages not part of the included meals; Liquor; Personal items such as e-mail, telephone and fax calls, laundry, and gratuities for non-group services.

RESERVATIONS, DEPOSITS, & FINAL PAYMENT: To reserve a space on this program, a $1,000 deposit is required per person. Please either call us at 800-422-1636 or 617-496 0806, or fill out and mail or fax the registration form found in this brochure. Reservations are acknowledged in order of receipt until the maximum enrollment has been reached. Final payment deadline is January 31, 2015, 120 days prior to departure.

CANCELLATIONS & REFUNDS: Notification of cancellation must be received in writing by HAA from the participant. Cancellations within 14 days of booking; full refund; cancellations received up to 120 days prior to departure will be assessed a cancellation fee of $1,000 per person. Cancellations received within 120 days prior to departure are subject to 100% penalty of all deposits and payments.

ITINERARY CHANGES: The itinerary contained in this brochure is accurate at the time of printing. We reserve the right to change the program or accommodations as conditions warrant.

INSURANCE: We highly recommend the purchase of trip cancellation insurance. An application for insurance will be provided by HAA upon confirmation.

RESPONSIBILITY: Certain other provisions apply regarding limitations of liability and rights of HAA and the tour operator. The statement of responsibility is available at http://alumni.harvard.edu/travel/trips/himalayan-kingdoms-2015. If you are not able to access the internet, please call HAA Travels at 800-422-1636 or 617-496-0806.

DISCLAIMER: Every reasonable effort has been made to ensure the accuracy of information presented in this publication. Neither HAA nor the tour operator is responsible for errors in or damages resulting from use of the information contained herein. Information contained in this brochure is subject to change.

QUESTIONS: Please call HAA Travels at 800-422-1636 or 617-496-0806; email: haatravels@harvard.edu.

California Seller of Travel Program CST #2088800-40
**A SAMPLING OF 2014–2015 HAA TRIPS**

### LAND & RAIL:

**HIDDEN INDIA: LANDS OF THE LOST KINGDOMS ON THE GOLDEN CHARIOT**
*Jan 8–23, 2013*
*AMITABH CHANDRA*

**CENTRAL AMERICA: CROSSING COSTA RICA, NICARAGUA & EL SALVADOR**
*Feb 12–13, 2015*
*DAVID AGUILAR*

**GATEWAY TO ICELAND: THE NORTHERN LIGHTS IN THE LAND OF FIRE & ICE**
*Feb 12–16, 2015*
*DAVID AGUILAR*

**A WEEK IN BUENOS AIRES**
*Mar 13–21, 2015*
*DAVID AGUILAR*

**A HISTORY OF EUROPEAN FASHION LONDON, PARIS: COURTIERS & COURTIERS**
*Mar 13–21, 2015*
*LEO DAMROSH & JOANNE CHLOÉ SOTIRIOU*

**THE ARTS IN AMERICA’S HEARTLAND: CRYSTAL BRIDGES & KANSAS CITY**
*Apr 15–19, 2015*
*ALICE DELANA*

**TURKEY’S TREASURES**
*Apr 14–May 1, 2015*
*THEO DOORE & VICTORIA BESTOR*

**THE ARTS IN AMERICA’S HEARTLAND: CRYSTAL BRIDGES & KANSAS CITY**
*Apr 15–19, 2015*
*ALICE DELANA*

**HOLLAND & BELGIUM**
*May 2–11, 2015*
*CHARLES COGAN*

**TORONTO: THE QUEEN CITY**
*May 6–10, 2015*
*PETER MAISDEN*

**VILLAGE LIFE DORDRECHT**
*May 14–22, 2015*
*MICHAEL SHINAGEL*

**SILK ROAD JOURNEY: ULAANBAATAR TO ISTANBUL**
*May 14–Jun 7, 2015*
*DAVID ROXBURGH*

### CRUISING:

**SOUTH AFRICA BY PRIVATE PLANE**
*May 21–Jun 8, 2015*
*JONATHAN LOGOS*

**HIMALAYAN KINGDOMS**
*May 31–Jun 14, 2015*
*DAVID ROXBURGH & MARY WILSON*

**TRANS-SIBERIAN RAIL JOURNEY FEATURING THE NAADAM FESTIVAL**
*Jun 29–Jul 13, 2015*
*JOYCE CHAPLIN & MARY WILSON*

**SAILING THE PANAMA CANAL: COSTA RICA & PANAMA ON SEA CLOUD II**
*Jun 4–16, 2015*
*JOYCE CHAPLIN & DAVID AGUILAR*

**POLYNESIA ON FRENCH POLYNESIA & TAHITI AND FRENCH POLYNESIA ON MAUNA KEA**
*Feb 12–22, 2015*
*PAUL GAUGUIN CRUISES*

**OPUS MEDITERRANEAN: A MUSICAL JOURNEY FROM MALAGA TO NAPLES ON CORINTHIAN**
*Apr 10–21, 2015*
*THEODORE & VICTORIA BESTOR*

**ATHENS TO NICE ON OCEANIC DISCOVERER**
*Apr 24–May 8, 2015*
*DICK GROSS & JILL MESEROV*

**ENCHANTING GLACIER EXPRESS**
*Jun 26–Jul 6, 2015*
*SUE SCHOFF*

**RIVERS & LAKES: WATERWAYS OF THE TSARS: MOSCOW TO ST. PETERSBURG ON VOLGA DREAM II**
*Jun 11–21, 2015*
*STEPHANIE SANDLER & PIERRE FOLLIES*

**THE GREAT JOURNEY THROUGH EUROPE FEATURING THE GLACIER EXPRESS**
*Jun 26–Jul 6, 2015*
*SUE SCHOFF *

**ENCHANTING DURO RIVER ON AMAVIVA**
*Sep 26–Oct 6, 2015*
*MARY WILSON & PETER MADSEN*

### REGISTRATION FORM

**MACHU PICCHU TO THE GALAPAGOS**
*Jun 9–23, 2015*
*DAVID ROXBURGH & MARY WILSON*

**THE BALTSIC AMBER COAST ON SEA CLOUD II**
*Jul 13–24, 2015*
*CATHY SOTIRIOU & JIM SOTIRIOU*

**CRUISING RUSSIA’S WHITE SEA ON SERENISSIMA**
*Jul 17–27, 2015*
*MARY WILSON & PETER MADSEN*

**ALASKA’S GLACIERS AND THE INSIDE PASSAGE: JUNEAU TO VANCOUVER ON LUSITANIAL JUL 18–25, 2015*
*FRAN ULMER*

**LANDS AND ISLANDS OF MYSTERY: TRANS PACIFIC JOURNEY ON SILVER SHADOW**
*Sep 16–Oct 2, 2015*
*FRAN ULMER*

**FAMILY ADVENTURES & SPRING BREAK:**

**BAJA FAMILY ADVENTURE**
*Dec 26, 2014–Jan 1, 2015*
*JAN & LINDA WILSON*

**FAMILY CHINA: MOUNTAINS AND CLASSICAL HIGHLIGHTS**
*Jun 27–Jul 9, 2015*
*MICHAEL SZONI*

**FAMILY IRELAND**
*Jul 29–Jul 6, 2015*
*CYNTHIA GANSBAUM & JIM GANSBAUM*

**A FAMILY ADVENTURE IN MACHU PICCHU AND THE AMAZON**
*Jul 11–17, 2015*
*JAMES ENGELL & DAVID ROXBURGH*

**THE LANDS OF GODS & HEROES: A FAMILY LEARNING ADVENTURE IN THE MEDITERRANEAN ON ARETHUSA**
*Jul 6–17, 2015*
*JAMES ENGELL & DAVID ROXBURGH*

**TANZANIA FAMILY SAFARI**
*Dec 26, 2015–Jan 6, 2016*
*JAMES ENGELL & DAVID ROXBURGH*

**VOYAGE ON TRANSATLANTIC:**

**THE OUTBACK KIMBERLEY:**
*AUSTRALIA’S GODS & HEROES: A FAMILY ADVENTURE IN THE LANDS OF THE AMAZON & THE AMAZON**
*Jan 6, 2016*
*JAMES ENGELL & DAVID ROXBURGH*

**TO VANCOUVER PASSAGE: JUNEAU TO VANCOUVER ON OCEANIC DISCOVERER**
*Jul 17–27, 2015*
*PETER MADSEN & MARY WILSON*

**THE INSIDE GLACIERS AND ALASKA’S AMBER COAST ON SEA CLOUD II**
*Jun 9–23, 2015*
*DAVID ROXBURGH & MARY WILSON*

**THE LANDS OF THE LOST KINGDOMS ON THE GOLDEN CHARIOT**
*Jan 8–23, 2013*
*AMITABH CHANDRA*

**CENTRAL AMERICA: CROSSING COSTA RICA, NICARAGUA & EL SALVADOR**
*Feb 12–13, 2015*
*DAVID AGUILAR*

**GATEWAY TO ICELAND: THE NORTHERN LIGHTS IN THE LAND OF FIRE & ICE**
*Feb 12–16, 2015*
*DAVID AGUILAR*

**A WEEK IN BUENOS AIRES**
*Mar 13–21, 2015*
*DAVID AGUILAR*

**A HISTORY OF EUROPEAN FASHION LONDON, PARIS: COURTIERS & COURTIERS**
*Mar 13–21, 2015*
*LEO DAMROSH & JOANNE CHLOÉ SOTIRIOU*

**THE ARTS IN AMERICA’S HEARTLAND: CRYSTAL BRIDGES & KANSAS CITY**
*Apr 15–19, 2015*
*ALICE DELANA*

**TURKEY’S TREASURES**
*Apr 14–May 1, 2015*
*THEO DOORE & VICTORIA BESTOR*

**THE ARTS IN AMERICA’S HEARTLAND: CRYSTAL BRIDGES & KANSAS CITY**
*Apr 15–19, 2015*
*ALICE DELANA*

**HOLLAND & BELGIUM**
*May 2–11, 2015*
*CHARLES COGAN*

**TORONTO: THE QUEEN CITY**
*May 6–10, 2015*
*PETER MAISDEN*

**VILLAGE LIFE DORDRECHT**
*May 14–22, 2015*
*MICHAEL SHINAGEL*

**SILK ROAD JOURNEY: ULAANBAATAR TO ISTANBUL**
*May 14–Jun 7, 2015*
*DAVID ROXBURGH*

### LAND & RAIL:

**SOUTHERN AFRICA BY PRIVATE PLANE**
*May 21–Jun 8, 2015*
*JONATHAN LOGOS*

**HIMALAYAN KINGDOMS**
*May 31–Jun 14, 2015*
*DAVID ROXBURGH & MARY WILSON*

**TRANS-SIBERIAN RAIL JOURNEY FEATURING THE NAADAM FESTIVAL**
*Jun 29–Jul 13, 2015*
*JOYCE CHAPLIN & DAVID AGUILAR*
BOOK YOUR NEXT JOURNEY WITH THE HAA TODAY!

CALL 800.422.1636 OR VISIT US AT ALUMNI.HARVARD.EDU/HAA/TRAVEL