HARVARD ALUMNI ASSOCIATION
2018 WORLDWIDE TRAVEL PROGRAM

TRAVELS 2018

HIMALAYAN KINGDOMS
A Journey through Tibet, Nepal & Bhutan
May 27–June 10, 2018
With Ambassador Peter W. Galbraith AB ’73. KSG ’78
TRAVEL TO THE “ROOFTOP OF THE WORLD” to explore the ancient kingdoms of Tibet, Nepal, and Bhutan. These starkly beautiful and isolated 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 combine with the friendly Bhutanese and astonishingly beautiful scenery to provide an unforgettable cap to this adventure. Ambassador Peter W. Galbraith will provide insight and context throughout the program.
Peter W. Galbraith AB ’73, KSG ’78 served as the first U.S. Ambassador to Croatia and has held senior positions in the U.S. government and at the United Nations. Galbraith was actively involved in the Croatia and Bosnia peace processes. Currently, he is the Senior Diplomatic Fellow at the Center for Arms Control and Non-Proliferation, where his work focuses on Iraq, the greater Middle East, and conflict resolution and post-conflict reconstruction, specifically in the Balkans, Indonesia, Iraq, India/Pakistan, and Southeast Asia.

Why travel with the HAA?

• Expert Harvard faculty and study leaders
• Over 80 destinations on all 7 continents
• Choice of land & rail, cruises, rivers & lakes, and family adventures
• Travel with fellow Harvard alumni
• Local culture, history, and cuisine at each stop
• Relationships that last beyond your itinerary

(Below) Marvel at the imposing Bodnath stupa in Kathmandu, one of the largest spherical stupas in Nepal and a UNESCO World Heritage site. (Back cover) Visit Punakha Dzong, a majestic Bhutanese fortress located at the confluence of the Pho Chhu (father) and Mo Chhu (mother) rivers. (Inset) Rice fields in Bhutan’s Punakha Valley form an abstract quilt-like pattern.

For detailed itineraries visit alumni.harvard.edu/travel
SCHEDULE BY DAY

Included meals are designated as B=breakfast, L=lunch, R=reception, D=dinner.

Sunday–Monday, May 27–28

Home / Beijing, China
Depart the U.S. on an overnight flight to Beijing and transfer to your hotel, located in the city center near the Forbidden City and Tiananmen Square. Fairmont Hotel

Tuesday, May 29

Beijing
Visit Tiananmen Square, where Mao Zedong announced the birth of the People’s Republic of China and, 40 years later, a student protest made headlines around the world. During a guided tour of the Forbidden City, which only those on imperial business could enter until the last emperor was overthrown in 1911, see the majestic Imperial Palace, the largest and best-preserved cluster of ancient buildings in China. Also visit the Temple of Heaven, an imperial complex of religious buildings and a UNESCO World Heritage site. Join fellow travelers at this evening’s welcome reception. Fairmont Hotel (B,L,R)

Wednesday, May 30

Beijing / Lhasa, Tibet
Depart for Tibet this morning, flying over some of the most forbidding and remote mountains in the world. After landing at the Lhasa airport, settle into the hotel and enjoy an afternoon at leisure. St. Regis Hotel (B,L,D)

Thursday, May 31

Lhasa
Lhasa, the heart and soul of Tibet, is filled with color and tradition. See nomads in native dress and saffron-robed monks with prayer wheels. Spend time at the imposing Potala Palace, which dominates the city and houses the principal shrines of past Dalai Lamas. At the Drepung Monastery, view important cultural relics such as iconic statues, rare sutras (texts), and lush decorative murals. St. Regis Hotel (B,L,D)

Friday, June 1

Lhasa
Explore Jokhang Temple, the spiritual hub of Tibetan Buddhism in Lhasa, which houses a pure gold statue of the Sakyamuni Buddha. Explore Barkhor, the city’s central square with perhaps the world’s most exotic bazaar. At Sera Monastery, follow a religious debate in progress with the help of a translator. St. Regis Hotel (B,L,D)

Saturday, June 2

Lhasa / Kathmandu, Nepal
Take a morning flight to Nepal’s capital, Kathmandu, nestled high in the Himalayas. Enjoy breathtaking panoramic views of this magnificent mountain range, including Mt. Everest (weather permitting). Upon arrival, visit Bodnath Stupa, a UNESCO World Heritage site built by Tibetan Buddhists. Later, explore the medieval city of Bhaktapur, with its temples, pagodas, palaces, and ancient monuments, some of which date to the 16th century. Dwarika’s Hotel (B,L,D)

Monday, June 4

Thimphu
Spend the day exploring Thimphu. Visit the Memorial Chorten, a prominent landmark with its golden spires and bells. The 15th-century nunnery of Changangkha Lakkhang is a magical place with a superb view over the Thimphu Valley. Continue to the National Library and the Folk Heritage Museum, with its fascinating overview of traditional Bhutanese life, and the School of Arts and Crafts, where students learn 13 traditional handicrafts of Bhutan. This evening, meet with Bhutanese intellectuals and public figures for dinner. Le Meridien Hotel (B,L,D)

Tuesday, June 5

Thimphu / Punakha
Journey through scenic countryside, past wild orchids and rare pines, to Punakha. Stop at Dochula Pass (10,200 feet) to enjoy a picnic lunch with views of the Himalayas. Descend into Punakha Valley and walk through the fields and villages to Chimi-Lakkhang, a 15th-century fertility pilgrimage shrine, before arriving in Punakha. Kunzang Zhing Hotel (B,L,D)

FOR DETAILED ITINERARIES VISIT ALUMNI.HARVARD.EDU/TRAVEL

See an intriguing diversity of architectural traditions, from the Tang Dynasty Jokhang Temple in Lhasa (above left) to the pre-modern Chinese lion (above right), and enjoy a warm welcome from smiling Bhutanese schoolchildren (above center).
WEDNESDAY, JUNE 6

**Punakha**
An optional morning hike takes you past farms and fields to the charming village of Neziggang. Continue a gradual climb to Khamsun 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.

*Kunzang Zhing Hotel (B,L,D)*

THURSDAY–FRIDAY, JUNE 7–8

**Punakha / 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 Taktang (“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 all Bhutanese people aspire to visit at least once in their lives.

*Zhiwaling Hotel (2B,2L,2D)*

SATURDAY, JUNE 9

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

SUNDAY, JUNE 10

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

**DETAILS**
- **Activity level:** Strenuous
- **Group size:** 30 maximum

**PRICING**
- $12,990 per person, double occupancy
- $15,590 per person, single occupancy

**WHAT TO EXPECT**
This is an active program covering rugged terrain, with considerable walking and a number of rigorous travel days including early departures. Daily excursions involve one to three miles of walking, including stairs without handrails, high thresholds, and cobbled uneven paths. The excursion to Taktsang Monastery is a rigorous hike. The coach rides to remote locations are sometimes long and over bumpy roads. If you are susceptible to altitude sickness, please be aware that Lhasa is 11,450 feet above sea level. Participants with medical issues and/or dietary restrictions must make them known to us well before departure, and impairments regarding mobility must be disclosed prior to booking. If you have any questions about the level of activity of this program or your ability to participate, please call HAA at 800-422-1636.

**HIGHLIGHTS**
- Travel with former U.S. Ambassador Peter Galbraith, who will provide insight and context for your journey.
- Visit Lhasa’s Potala Palace, a UNESCO World Heritage site built on the side of “Red Mountain” and fortress-like in appearance.
- View the Himalayas by air, flying above one hundred awe-inspiring peaks, including Mt. Everest.
- Enjoy privileged access to local dignitaries, recently opened temples rarely seen by Westerners, and religious sites closed to outsiders.
- See the famous Taktsang Monastery, which clings to a cliff nearly 10,000 feet above the valley floor and is a holy pilgrimage destination for all Bhutanese.

PHOTO CREDITS (FROM DREAMstime.COM): Tiger’s Nest © Bloopiers; Potala Palace © Steve Allen; Stupa with flags © Alain Lacroux; Jokhang Monastery © Steve Allen; Forbidden City © Chuyu; Mt. Everest © Bbbar; Masked dancer © Dhiman Bose.

(FROM SHUTTERSTOCK.COM): Prayer wheel © Wouter Tolemaars; Rice fields © Fritz16; Bhutanese schoolchildren © Kathie Harvey.
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; Gratuities 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 27, 2018, 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-2018. 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

TO BOOK A TRIP CALL 800-422-1636 OR VISIT ALUMNI.HARVARD.EDU/TRAVEL
A SAMPLING OF 2017 & 2018 HAA TRIPS

LAND & RAIL
IN THE FOOTSTEPS OF ST. JAMES: EL CAMINO DE SANTIAGO
SEP 15–27, 2017
MARY GAYLORD

EXPLORING HAVANA, CUBA
OCT 12–27, 2017
SUSANNA SIEDEL

MYSTERIAL INDIA
OCT 13–31, 2017
ALICE DELANA

SOUTHERN AFRICA ODYSSEY
OCT 19–NOV 5, 2017
JULIE BUCKLER

PUEBLA & OAXACA
NOV 6–12, 2017
BENEDICT GROSS

ARCTIC EXPLORER ABOARD THE GOLDEN EAGLE TRANS-SIBERIAN EXPRESS
PRIVATE TRAIN
DEC 28, 2017–JAN 9, 2018
STEPHEN MITCHELL

JOURNEY THROUGH VIETNAM
JAN 1–16, 2018
MARCUS ELLROY

GATEWAY TO ICELAND
FEB 8–12, 2018
DON PFISTER

GATEWAY TO ICELAND
FEB 15–19, 2018
STEPHEN MITCHELL

SPRING BREAK IN MOROCCO
MAR 9–17, 2018
NINA TUMARKIN

NATIONAL PARKS OF THE SOUTHWEST
APR 30–MAY 10, 2018
FRAN ULMER

THE DESERT KINGDOMS OF PERU
MAR 26–APR 5, 2018
JEFFREY QUILTER

MACHU PICCHU TO KINGDOMS OF PERU
MAY 26–JUN 6, 2018
MARY GAYLORD

THE DESERT
MAY 10, 2018
MARCUS ELLROY

THE SOUTHWEST NATIONAL PARKS OF NEW MEXICO
MAR 9–17, 2018
JACK STEWART

IN MOROCCO SPRING BREAK
APR 30–MAY 10, 2018
SUSAN SULEIMAN

VIETNAM JOURNEY THROUGH
JAN 9, 2018
DEBRA HENRY

PRIVATE TRAIN EXPRESS TRANS-SIBERIAN GOLDEN EAGLE ABOARD THE ARCTIC EXPLORER
NOV 8–12, 2017
ALICE DELANA

ART IN MARFA DESERT: MINIMALIST TREASURES OF THE NORTHERN SOUTHWEST
OCT 11–19, 2017
KATIE BROWN

SOUTHERN AFRICA ODYSSEY
OCT 19–NOV 5, 2017
JULIE BUCKLER

GATEWAY TO ICELAND
FEB 8–12, 2018
DON PFISTER

GATEWAY TO ICELAND
FEB 15–19, 2018
STEPHEN MITCHELL

CRUISES
ON STAR LEGEND & INSIDE PASSAGE ALASKA’S GLACIERS
SUSAN SULEIMAN

THE VIKINGS ON IN THE WAKE OF THE CLINNAN DREAM (MOSCOW TO ST. PETERSBURG)
JUL 10–21, 2018
CATHERINE MCKENNA

SYMPHONY ON THE BLUE DANUBE AMADEUS SILVER II
OCT 19–29, 2017
CATHERINE MCKENNA

Prague to the Swiss Alps (Dambach, Main & Rhine Rivers) on Royal Crown
OCT 12–26, 2017
THOMAS SIMONS

VINEYARDS & CHATEAUX OF BORDEAUX ON AMADEUS SILVER II
OCT 19–26, 2017
CHRISTIE MCDONALD

KOLKATA TO VARANASI: INDIA’S GANGES RIVER ON BELGANG GANGLA
DEC 26, 2017–JAN 10, 2018
LINDA HARTLEY

PRIDE OF SOUTHERN AFRICA ON ZAMBEEZI QUEEN
FEB 17–MAR 15, 2018
JAMES ENGEL

AMAZON RIVER EXPEDITION ON ZAFIRO (PLUS MACHU PICCHU)
MAR 15–16, 2018
MICHAEL SHINAGEL

ENCHANTING DOURO RIVER ON AMAVIVA APR 16–24, 2018
ELBE RIVER ON FREDERICK CHOPIN (PRAGUE TO BERLIN)
MAY 2–13, 2018
HARVEY COX & NINA TUMARKIN

THE GREAT JOURNEY THROUGH EUROPE: THE NETHERLANDS, GERMANY, FRANCE & SWITZERLAND ON AMADEUS SILVER II & THE GLACIER EXPRESS
JUN 11–JUL 2, 2018
JOHN STEWART

FAMILY ADVENTURES
COSTA RICA: A FAMILY HOLIDAY ADVENTURE
DEC 26, 2017–JAN 3, 2018
DANIEL LIEBERMAN

NEW YEAR’S IN HAVANA: A FAMILY PROGRAM IN CUBA
DEC 27, 2017–JAN 1, 2018
TIMOTHY MCCARTHY & C.J. CROWDER

VIETNAM, CAMBODIA & LAOS: A FAMILY PROGRAM
JUN 29–JUL 14, 2018
MARCUS ELLROY

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