HIMALAYAN KINGDOMS

A Journey through Tibet, Nepal & Bhutan

June 8-24, 2012

Featuring PRINCETON PROFESSOR OF GEOSCIENCES, EMERITUS Lincoln Holister
Dear Princetonian,

TAKE AN AMAZING JOURNEY TO THE “ROOFTOP OF THE WORLD” to explore the ancient kingdoms of the mighty Himalayas: Tibet, Nepal and Bhutan. Travel through these starkly beautiful and isolated lands which flourish in the shadow of the world’s highest mountain range, and experience their rich cultures, vibrant traditions and amazing profusion of art and architecture.

Explore Tibet and discover fabled Lhasa, where the Potala Palace, ancestral home of the Dalai Lamas, rises above the high plateau. Meet monks and visit incense-filled monasteries where age-old Buddhist traditions endure. In Nepal, home to eight of the world’s ten highest peaks, visit Kathmandu, its capital, whose unique character is defined by its astounding cultural diversity. Wander through ornate palaces and bustling markets filled with handicrafts and exotic spices. Continue to Bhutan, land of the Thunder Dragon, which was closed to visitors until 1974. This beautiful Buddhist kingdom still carefully limits visitors and retains a pristine natural beauty and ancient culture unlike any other. See the sacred Takstang Monastery, pilgrimage point for the entire Himalayan world, clinging to a cliff at nearly 10,000 feet. Watch classic Bhutanese folk dances and explore the National Museum in Paro, which houses so many religious objects it is considered a temple.

Princeton travelers will be joined on this comprehensive Himalayan journey by those from Smith College. With limited space available, contact the Princeton Journeys team today at (609) 258-8686 or journeys@princeton.edu to reserve your space.

With kind regards,

Leslie J. Rowley S95
Executive Manager, Princeton Journeys
Office of the Alumni Association
Princeton University
**Highlights**

* Wander through the colorful streets of LHASA filled with nomads in native dress, monks with prayer wheels and merchants selling spices.

* View the HIMALAYAS by air with over one hundred awe-inspiring peaks, including Everest.

* Gain a strong understanding of the cultural and religious practices of BUDDHISM in the Himalayan Kingdoms.

* See the famous TAKTSANG MONASTERY, a place so holy that all Bhutanese try to visit it at least once in their lifetimes. The monastery’s white temples dramatically cling to a cliff at nearly 10,000 feet.

* Enjoy privileged access to recently opened TEMPLES rarely seen by Westerners.
Lincoln Hollister, Professor of Geosciences and Princeton faculty member since 1968 has spent most of his career studying the origins of mountains. He is particularly interested in geology of the Coast Mountains of British Columbia and Alaska, and on the Himalayas of Bhutan. After a visit to Bhutan in 1987, Professor Hollister achieved unprecedented access to the Kingdom and led multinational geological expeditions there in 1993, 1996, and 1998. Professor Hollister has previously led Princeton Journeys programs in both Alaska and Bhutan. On this journey, he will help to interpret the earth’s formations evident around you and will also tell stories taken from his years of experiences in the Bhutan, including interactions with several ministers and with the rural Bhutanese people.

Jay Garfield is Doris Silbert Professor in the Humanities, professor of philosophy, and director of the Logic Program and of the Five College Tibetan Studies in India Program. He teaches and pursues research in the philosophy of mind, foundations of cognitive science, logic, philosophy of language and Buddhist philosophy. He recently co-directed, with Smith professor Peter Gregory, a year-long research institute, Trans-Buddhism: Transmission, Translation and Transformation, which investigated the interaction of Buddhist societies with the West. He is also a professor of philosophy at the University of Massachusetts and at Melbourne University, and an adjunct professor of philosophy at the Central Institute of Higher Tibetan Studies. He looks forward to sharing his excitement about the fascinating destinations on the Himalayan Kingdoms program.

Itinerary

FRIDAY, JUNE 8 & SATURDAY, JUNE 9, 2012
U.S. / Beijing, China
Depart on an overnight flight to Beijing, crossing the international date line en route. Arrive on Saturday and enjoy the remainder of the evening at leisure. PENINSULA HOTEL

SUNDAY, JUNE 10
Beijing
While seasoned Beijing visitors explore independently, first time travelers to China begin the day in Tiananmen Square and then explore the Forbidden City to see the majestic Imperial Palace, the largest and best-preserved cluster of ancient buildings in China. All travelers enjoy an afternoon at leisure before joining the full group at this evening’s welcome reception. PENINSULA HOTEL (B,L,R)

MONDAY, JUNE 11
Beijing / Tse dang, Tibet
Depart for Tibet this morning. Upon arrival, travel through the historic Yarlung Valley to Tse dang, reputedly the cradle of Tibetan civilization. Visit Yumbu Lakang, the oldest dwelling in Tibet. Walk the steep path to the castle as the wind carries bits of prayers to the heavens from the thousands of prayer flags that line the route. YARLUNG RIVER HOTEL (B,L,D)
TUESDAY, JUNE 12
Tsedang / Lhasa
Visit magnificent Samye Monastery, built in A.D.761 as a training institute for monks. One of Tibet’s first monasteries, it is the revered birthplace of Tibetan Buddhism. Inside are unusual murals that depict the legends and religious history of Tibet. Arrive in Lhasa (11,400 feet) later today. LHASA HOTEL (B,L,D)

WEDNESDAY, JUNE 13 & THURSDAY, JUNE 14
Lhasa
Lhasa, the heart and soul of Tibet, is filled with colorful sights including nomads in native dress and saffron-robed monks with prayer wheels. Spend time at the imposing Potala Palace, which dominates the city. Explore Jokhang Temple, the spiritual hub of Tibetan Buddhism in Lhasa, which houses a pure gold statue of the Sakyamuni Buddha, one of Buddhism’s most revered images. Visit Barkhor, the city’s central square and perhaps the world’s most exotic bazaar. At the Drepung Monastery, view such important cultural relics as iconic statues, rare sutras, and lush decorative murals. Proceed to the great Sera Monastery, situated in one of Lhasa’s most dramatic mountain settings. A highlight is the beautiful seated Buddha, which rises 30 feet, its head extending into the structure’s second story. LHASA HOTEL (B,L,D)

FRIDAY, JUNE 15 & SATURDAY, JUNE 16
Kathmandu, Nepal
Take an unforgettable morning flight to Nepal’s capital, Kathmandu, nestled high in the Himalayas. The magnificent Himalayan Range – including Mt. Everest – appears in a breathtaking panorama. Upon arrival, drive to nearby Bodnath, a small town that boasts a World Heritage stupa built by Tibetan Buddhists. Later, explore the medieval city of Bhaktapur, with its Buddhist and Hindu temples, pagodas, palaces, and ancient monuments, some of which date to the 16th century. HYATT HOTEL (B,L)

SUNDAY, JUNE 17
Paro / Thimphu, Bhutan
This morning fly over the Himalayas en route to Paro, which has the only airport in this tiny country. After lunch, drive to Thimphu, Bhutan’s capital since 1955. Stop at Simtokha Dzong, an important historical and religious monument, which also houses one of the premier learning institutes. TAJ TASHI HOTEL (B,L,D)

MONDAY, JUNE 18
Thimphu
While in Thimphu, visit a number of important sites, including the Third King’s Memorial Chorten, full of Buddhist iconography. The 15th-century nunnery of Changgangkha Lhakhang has a superb view over the Thimphu Valley. Continue to the outstanding
Folk Heritage Museum, with its fascinating overview of traditional Bhutanese life. Meet with Bhutanese intellectuals and public figures for dinner. TAJ TASHI HOTEL (B,L,D)

TUESDAY, JUNE 19
Thimphu / Punakha

Journeying through the scenic country-side to Punakha, stop at Dochula Pass (10,200 feet) for spectacular views of the Himalayas. Enjoy a picnic lunch and explore the 108 Bhutanese stupas before descending 6,000 feet into Punakha Valley. After settling into the hotel, walk through fields and villages to visit Chimi Lhakhang, a 15th-century fertility pilgrimage shrine. ZANGTHO PELRI (B,L,D)

WEDNESDAY, JUNE 20
Punakha

An optional morning hike meanders past farms and fields to the charming village of Neztagang. The day includes a gradual climb to Khamsun Yuley Namgay Chorten, built by the royal family. From this spot take in the breathtaking 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 (B,L,D)

THURSDAY, JUNE 21 &
FRIDAY, JUNE 22
Paro

On a leisurely drive to Paro, see the 17th-century Paro Dzong, the center of civil and religious authority in the valley. As the key location for the film, The Little Buddha, this particular dzong is one of the most recognizable in the West. 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. 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. ZHIWA LING HOTEL (2B,2L,2D)

SATURDAY, JUNE 23
Paro / Bangkok, Thailand

Fly to Bangkok. Upon arrival in Thailand, transfer to the airport hotel and enjoy the balance of the evening at leisure. NOVOTEL SUVARNABHUMI HOTEL (B,L)

SUNDAY, JUNE 24
Bangkok / U.S.

Re-cross the International Date Line and arrive home this same day. (B)

SPECIAL NOTE: This is a relatively strenuous program covering rugged terrain, with considerable walking and a number of rigorous travel days with early departures. Daily excursions involve one to three miles of walking, including stairs without handrails, high thresholds, and cobbled uneven paths. The coach rides to remote locations are sometimes long and rough. Travelers may desire to arrive early to Beijing to get over jet lag before contending with the high altitudes experienced throughout the remainder of the program.

Participation requires that passengers be in generally good health. It is essential that persons with any medical issues and/or dietary restrictions make them known to us well before departure. Any impairments regarding mobility must be disclosed prior to booking. We can counsel participants on whether this trip is appropriate for them.

PHOTO CREDITS: From istockphoto.com: COVER ©Spannagel Digital; PUNAKHA ©narvikk; PARO ©Keren Su. From dreamstime.com: HANDS ©Dan Bannister; SHELLS ©Jun Mu; RICE FIELD ©oksanaperkins; KATHMANDU ©GG; PRAYER WHEEL ©szefei; MASK ©Elzbieta Sekowska.TREKKING NEPAL: Rocks and Docs in the Annapurna Sanctuary
MAY 5-22, 2012
Princeton Journeys and Outdoor Action are offering a non-technical trek through Nepal led by father-son team Brownie Schoene ’68, a world expert in high altitude physiology and medicine, and Blair Schoene, Assistant Professor Geo-sciences at Princeton. For more information, contact Princeton Journeys at (609) 258-8686 or journeys@princeton.edu.
PRICING
Per person, double occupancy $8,795
Single supplement $1,995

ON-TOUR AIRFARE
Beijing/Lhasa/Kathmandu/Paro/Bangkok airfare $1,700

INCLUDED: All accommodations and meals as specified in the itinerary
All sightseeing as specified in the itinerary
Full program of briefings and lectures
Pre-scheduled arrival transfer
Baggage handling
Gratuities to porters, waiters, guides and drivers
Entrance fees
Welcome and farewell receptions
Bottled water on motorcoaches.

NOT INCLUDED: U.S. domestic and international airfare, on-tour group airfare including Beijing/Lhasa/Kathmandu/Paro/Bangkok ($1,700 per person as of July 2011, to be billed separately)
Passport and visa expenses
Medical expenses and immunizations
Private airport transfers
Baggage/Cancellation insurance
Optional excursions or deviations from the scheduled tour
Excess baggage charges
Meals or additional food/beverages not specified in the itinerary
Liquor or soft drinks
Laundry or dry cleaning
Telephone, email, and fax charges
Other items of a personal nature.

TERMS & CONDITIONS
RESERVATIONS & PAYMENTS: To reserve space, return the completed reservation form with your $1,000 per person deposit to: Princeton Journeys, John Maclean House, P.O. Box 291, Princeton, New Jersey 08542-0291 or fax to (609) 258-5561. Balance of payment is due February 8, 2012. We accept personal checks, payable to Criterion Travel, as well as VISA, MasterCard, and American Express. Reservations will be processed in order of receipt.

CANCELLATIONS & REFUNDS: Upon payment of a deposit, all reservations are subject to the cancellation provisions set forth below and by which the passenger agrees to be bound. Cancellations shall not be effective until they are received in writing and confirmed by Princeton Journeys. Deposits are refundable (less a $250 per person administration fee) if written notice of cancellation is received within 30 days of reservation; after that, deposits are 100% non-refundable. Final payment is due February 8, 2012 (120 days prior to departure). Cancellations within 120 days of departure are 100% non-refundable. For this reason we strongly urge participants to purchase trip cancellation insurance. If the program is cancelled by Princeton Journeys or our tour operator, you will receive a full refund, with further obligation on our part. No refunds will be made for any part of this program on which you choose not to participate. Note: Neither the Office of the Alumni Association of Princeton University automatically provides all travelers basic medical coverage under a group travel insurance policy. It is highly recommended that you supplement this basic protection with your own additional coverage, as well as trip cancellation/interruption or baggage coverage. Information on additional insurance is available and will be mailed upon receipt of your reservation.

INSURANCE: As a service to its travelers, the Office of the Alumni Association of Princeton University automatically provides all travelers basic medical coverage under a group travel insurance policy. It is highly recommended that you supplement this basic protection with your own additional coverage, as well as trip cancellation/interruption or baggage coverage. Information on additional insurance is available and will be mailed upon receipt of your reservation.

DISCLAIMER: Princeton University, through its Office of the Alumni Association and Princeton Journeys, is pleased to provide this service of facilitating travel opportunities for its Alumni and Friends. The Office of the Alumni Association strives to work with the best tour operators to make available interesting and enriching travel opportunities for the Princeton family. Please note that the University does not conduct tours, nor does it act as an agent for guests interested in tours. Princeton Journeys acts as a facilitator with tour operators, with whom tour participants make arrangements for completing travel, and is pleased to act as a liaison with tour operators should you have any questions or concerns that may arise before, during, or after your tour. Princeton Journeys encourages you to familiarize yourself thoroughly with the tour operator’s cancellation and refund policies, and also to investigate available services such as trip cancellation insurance. The University is not responsible for changes to trips or travel arrangements or for losses or additional expenses resulting from travel.

California Seller of Travel Program CST #2088800-40

Reservation Form

Please make your deposit check payable to Criterion Travel and mail to: Princeton Journeys, John Maclean House, P.O. Box 291, Princeton, New Jersey 08542-0291. Or fax credit card information to: (609) 258-5561.

PAYMENT
☐ Enclosed is my check for $ ___________ ($1,000 per person), to reserve __________ place(s) on the Princeton Journeys program Himalayan Kingdoms
OR
☐ Please charge the deposit to my: ☐ VISA ☐ MC ☐ AMEX (check one)

CARD # EXP. DATE

CARDHOLDER SIGNATURE SECURITY CODE

☐ I/We understand that final payment is due February 8, 2012, 120 days prior to departure.

NAME #1 (as on passport) PRINCETON AFFILIATION

NAME #2 (as on passport) PRINCETON AFFILIATION

STREET ADDRESS CITY / STATE / ZIP / POSTAL CODE

HOME PHONE WORK PHONE

FAX E-MAIL

SINGLE TRAVELERS: I understand that there is a supplemental charge for single accommodations. If this is a reservation for one person, please indicate:
☐ I prefer to have single accommodations.
OR ☐ I plan to share accommodations with:
OR ☐ I’d like to know about roommates. I am a ☐ Smoker / ☐ Non-smoker.
I understand that if one cannot be found, I will pay the single rate.

We have read the tour information section of the brochure and agree to the Terms and Conditions stated therein.

SIGNATURE DATE

SIGNATURE DATE

RESERVATION CONTACT
For more information, contact the Princeton Journeys staff at: journeys@princeton.edu
or (609) 258-8686.
HIMALAYAN KINGDOMS
A Journey through Tibet, Nepal & Bhutan
June 8-24, 2012