Himalayan Kingdoms: Nepal & Bhutan

Daniel Esty '86 JD

Hillhouse Professor of Environmental Law and Policy
Dear Yale Traveler,

I invite you to join me on a special journey to the Himalayan kingdoms of Nepal and Bhutan to discover fabled lands tucked high up in the Himalayas – one steeped in Hindu culture and tradition and the other in Buddhism.

We will begin our tour in Kathmandu, visiting iconic Swayambhunath Temple, an ancient Buddhist complex. We then continue on to culturally rich Patan and enjoy a walk through Patan Durbar Square, a UNESCO site. We’ll share lunch with a Nepalese family and visit the renowned 15th-century Boudhanath, Nepal’s largest, most important Buddhist stupa. Next up is Pashupatinath Temple, Nepal’s holiest Hindu shrine, and Nepal’s former capital, Bhaktapur, a UNESCO site. We’ll have the opportunity to take a scenic drive to hilltop Nagarkot village, commanding a spectacular Himalayan vista. Upon arrival in Bhutan’s capital, Thimphu, we’ll experience Bhutanese culture firsthand, including dinner with a Bhutanese family. At Dochula Pass en route to Punakha, we will raise prayer flags. Once we reach historic Paro, we’ll tour Ta-Dzong, the national museum. To conclude the trip on a high note, we will visit the Tiger’s Nest Monastery hanging from a cliff some 3,000 feet high.

I am pleased to be leading this trip to one of the most remarkable regions of the world. Bhutan and Nepal offer not just spectacular scenery but a chance to see some important environmental and sustainability challenges of the Himalayas – particularly threats from climate change – up close. As a professor in both the Yale Law School and the School of Forestry and Environmental Studies, I will be talking about these issues and leading discussions about how the world can move more broadly toward a sustainable future.

We will be touring as a small group, so space on this trip is limited. I encourage you to visit yaleedtravel.org/bhutan18 to register now. Or contact Yale Educational Travel at (203) 432-1952, or edtravel@yale.edu for more information.

Warm regards,

Daniel Esty ’86 JD
Hillhouse Professor of Environmental Law & Policy

www.yaleedtravel.org/bhutan18
Daniel C. Esty ’86 JD is the Hillhouse Professor of Environmental Law and Policy, with appointments at both the Yale Law School and the Yale School of Forestry & Environmental Studies. He is also the Director of the Yale Center for Environmental Law and Policy, as well as the Center for Business and the Environment at Yale. Professor Esty’s research has focused on "next generation" regulation and the relationships between the environment and trade, competitiveness, governance, and development. He is the author or editor of nine books and numerous articles on environmental policy issues. His recent research interests concentrate on innovation and environment, global administrative law, data-driven environmental decision-making, environmental governance, corporate environmental strategy, and environmental protection in the information age. In 2007–2008, he served as an Obama campaign advisor on energy and environmental issues, as a surrogate speaker and debater, and as a member of the Presidential Transition Team. Professor Esty earned an A.B. from Harvard, an M.A. as a Rhodes Scholar at Oxford, and a J.D. from Yale.

Yale Study Leader

Daniel Esty

Upcoming Trips

Amazon River Expedition featuring Machu Picchu
March 3-16, 2018
Prof. Richard Burger ’72
Anthropology

The Five ‘Stans: Along the Silk Road
May 1-19, 2018
Prof. Valerie Hansen
History

Dynasties of China & Tibet
May 5-19, 2018
Prof. Marian Chertow ’81 MPPM, ’00 PhD
Forestry & Environmental Studies

Book Corner

So Close to Heaven, The Vanishing Buddhist Kingdoms of the Himalayas
Barbara Crossette

Radio Shangri-La
Lisa Napoli
Napoli writes with easy grace of her colleagues at Radio Kuzoo, the culture, and momentous events in Bhutan as it lurches into democracy and the modern world.
ITINERARY
APRIL 24-MAY 8, 2018

WELCOME PHONE CALL
Tuesday, April 10
(date tentative)
Join the group at 4PM EST for a pre-trip welcome call with Professor Esty in order to learn more about what to expect and to ask questions.

DEPART U.S. FOR KATHMANDU, NEPAL
Tuesday, April 24

ARRIVE KATHMANDU
Wednesday, April 25
We reach the Nepalese capital tonight and transfer to our hotel. Dinner is on our own.

KATHMANDU
Thursday, April 26
This morning we meet our fellow travelers and Tour Director for a briefing about the journey ahead. Then we get our first look at this landlocked Himalayan nation in Durbar Square, a jumble of ancient temples, palaces, courtyards, and streets. Next we visit hilltop Swayambhunath, the iconic Buddhist temple dating to about 500 AD. A 365-step climb brings us to the sacred UNESCO stupa, with its white dome, gilded spire, and all-seeing “eyes” of the Buddha. This afternoon we travel through Kathmandu Valley to Patan, known for its rich culture and artistic tradition. On a walking tour through the UNESCO site of Patan Durbar Square, we see some of the city’s many Buddhist monuments and Hindu temples. Late afternoon we return to our hotel, where tonight we enjoy a welcome dinner. (B/D)

KATHMANDU
Friday, April 27
Today we see different aspects of Nepali life up close. First, we travel through the beautiful Kathmandu Valley to hilltop Kopan Monastery, home to 360 monks and lamas. With majestic views of the valley below, the monastery and associated nunnery welcome seekers and visitors to study, meditate, and learn about the Mahayana Buddhism practiced here. After our visit we will enjoy lunch with a local family in their home. Later we visit Shechen Clinic and Hospice, a humanitarian project that provides sustainable medical services to local residents; then tour Boudhanath, one of the holiest Buddhist pilgrimage sites. (B/L/D)

NAGARKOT
Saturday, April 28
Leaving Kathmandu today, we stop at Nepal’s oldest and holiest Hindu shrine, ornate Pashupatinath Temple. Here we see sadhus and sages who, in following the lifestyle of Lord Shiva, wear loincloths and cover themselves with ashes. We also may witness cremation ceremonies along the river banks. We travel on to Bhaktapur, one of 3 royal cities in the Kathmandu Valley. Virtually a living open-air museum with its unspoiled ancient square and warrens of medieval streets, Bhaktapur is known for its fine artisans and many temples. We have time to explore then continue the scenic drive to Nagarkot, a hilltop village commanding a spectacular vista of Nepal’s major Himalayan peaks. (B/L)

THIMPHU
Tuesday, May 1
Today’s excursion begins at a local factory where paper is made by hand in the traditional way, followed by the Textile Museum, housing exquisite weavings from the 16th century. Dine in the home of a local Bhutanese family in Thimphu.

NAGARKOT/KATHMANDU/THIMPHU, BHUTAN
Monday, April 30
This morning we enjoy another chance to see the sun rise over the peaks sacred in both Buddhism and Hinduism. Then we return to Kathmandu for the flight to Bhutan. Upon arrival in the Dragon Kingdom, we travel to the capital of Thimphu and our hotel, where we dine tonight. (B/D)
century to modern times. Later we visit Tashichho Dzong, the historic fortress and monastery that today houses temples and government offices, including those of the king; then Memorial Chorten, one of Bhutan’s best-loved religious landmarks. Tonight we attend a Bhutanese cultural performance then dine in the home of a local family. (B/L/D)

THIMPHU/PUNAKHA

**Wednesday, May 2**
En route to Punakha today, we visit Kunselphodrang, the recently built Buddha Point where the world’s largest sitting Buddha presides over the Thimphu valley. Then we set out for Punakha via Dochula Pass (alt. 10,000 feet), which offers views of snow-topped Himalayan peaks and where we follow the sacred tradition of raising prayer flags in the name of peace and compassion. We eat lunch here then continue on our way, stopping to visit a local rice farming village. Next is an easy amble through rice fields to Chimi Lhakhang, the temple built by the “Divine Madman” in 1499, now a pilgrimage site for couples struggling with infertility. Late afternoon we depart for Paro, nestled in the center of a valley dotted with rice paddies, wheat fields, and scattered settlements. (B/L/D)

PUNAKHA/THIMPHU/PARO

**Friday, May 4**
We set out early to see more of Thimphu, including the National Library, with an immense collection of Buddhist manuscripts; and the Painting School, where students learn traditional Bhutanese arts. Late afternoon we depart for Paro, nestled in the center of a valley dotted with rice paddies, wheat fields, and scattered settlements. (B/L/D)

PARO

**Saturday, May 5**
We begin our tour of this historic town at Ta-Dzong, the national museum showcasing Bhutan’s rich cultural heritage dating from at least 2000 BC to the present day. Built in 1648 as a watchtower, the cylindrical-shaped museum houses a fine collection of Bhutanese art and artifacts. We also visit Rinpung Dzong, a superb example of Bhutanese architecture. After lunch we call on the sacred 7th-century pilgrimage temple of Kyichu Lhakhang, and the ruins of Drukgyel Dzong, a 17th-century victory fortress. (B/L/D)

PARO/TIGER’S NEST MONASTERY

**Sunday, May 6**
Today we embark on a highlight of any trip to Bhutan: a visit to Paro Taktsang, the sacred Tiger’s Nest monastery and temple complex perched on a cliff some 3,000 feet above the upper Paro Valley, itself at an altitude of 10,200 feet. We embark on our scenic uphill hike early this morning (rental horses are available to take visitors about two-thirds of the way). Those not wishing to climb all the way up can enjoy excellent views of Tiger’s Nest from a way-station cafeteria. Late afternoon we return to our hotel, where tonight we celebrate at a farewell dinner. (B/L/D)

PARO/KATHMANDU, NEPAL/DEPART FOR U.S.

**Monday, May 7**
We fly this morning to Kathmandu, where we have day rooms and opportunities for exploring on our own, before our mid-afternoon departure for the airport and our overnight flights to the U.S. (B/L)

ARRIVE U.S.

**Tuesday, May 8**
We arrive in the U.S. and connect with our flights home.

Included meals indicated each day as B/L/D = Breakfast/Lunch/Dinner.

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**What Is Included:**
- Program of lectures and discussions with Yale Professor Daniel Esty
- 12 nights’ accommodations in Deluxe, Superior First Class, and First Class hotels
- Extensive sightseeing as described, including all entrance fees
- 31 meals: 12 breakfasts, 9 lunches, 10 dinners
- Services of a Tour Director
- Welcome & Farewell Dinner (including glasses of domestic wine/beer)
- Gratuities for the tour director, local guides, dining room servers, airport and hotel porters, and all drivers
- Assistance and porterage at the airports
- Bottled water and transportation in air-conditioned vehicle
- Emergency medical evacuation services through UHC Global Assistance

**What Is Not Included:**
- Expenses of a personal nature like laundry, telephone/fax calls, alcoholic beverages, camera/video camera fee at monuments, medical expenses, etc.
- Any insurance
- Any meals or beverages that are not specified in the itinerary
- Airfare when purchasing a Land Only package
- Expenses caused by factors beyond our control like rail and airplane delays, roadblocks, vehicle malfunctions, political disturbances, taxes, lost luggage, etc.

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**www.yaleedtravel.org/bhutan18**
Club Himalaya Nagarkot
Club Himalaya Nagarkot sits at 7,200 feet above sea level and commands spectacular panoramic views of the valley and of the snowcapped Himalayans, particularly at sunrise or sunset. The 280-room hotel offers several restaurants and bar, rooftop observatory, complimentary Wi-Fi internet access, indoor swimming pool, fitness center, spa, and a library.

Hyatt Regency Kathmandu
Featuring traditional Nepalese architectural design, the Hyatt Regency Kathmandu stands amidst 37 acres of gardens in the shadow of the Himalayas. The 280-room hotel offers three restaurants, bar, and lounge; gift shop; fitness center; complimentary Wi-Fi internet access; spa; outdoor pool; beauty salon; and laundry and dry cleaning services.

Khuru Resort
Khuru Resort, near Punakha Dzong, is within reach of the stupas at Dochula and Dechencholing Palace. A restaurant, a bar/lounge, and spa services are available at this hotel. The resort offers free Wi-Fi, a business center, meeting room, and laundry facilities.

Zhiwa Ling
The 45-room Zhiwa Ling hotel, set on 10 acres, combines the sensibilities of a fine Bhutanese guesthouse with the best of modern technology. Envisioned and created by a local Bhutanese company, the hotel’s elaborate hand-carved wooden cornices and masterful stonework coexist beautifully with cutting-edge telecommunications systems and Swedish under-floor heating.

Program Cost
The base cost for this program, per person, based on double occupancy:
$6,995 including air from Boston, New York, Washington, DC
$677 airline taxes and fees additional.

Single Supplement:
$1,095 (limited availability)

Please note: This tour involves considerable walking on uneven and often rocky terrain. You should be in good physical condition to enjoy this tour to the fullest. While elevations are not severe, the relatively high altitude of Nagarkot (7,000 feet) and Thimphu and Paro (both 7,500 feet) could pose problems for travelers with certain health conditions. You should consult your physician if you have concerns.

Reserve Your Trip to Nepal and Bhutan Today
Book online: www.yaleedtravel.org/bhutan18
Himalayan Kingdoms: Nepal & Bhutan

To register, return this form with your deposit of $1,000 per person to YET ($200 is non-refundable due to administrative fees). Final payment is due January 19, 2018.

1) name as on passport

date of birth         yale connection

passport origin   relationship to other guest

2) name as on passport

date of birth         yale connection

passport origin   relationship to other guest

Contact Information

address

city/state/zip

primary phone

secondary phone

e-mail

Payment Options

- pay by check made out to “Odysseys Unlimited, Inc.”

Please charge the deposit of $1,000 per person to:

- Amex  - Visa  - Mastercard  - Discover Card

card number

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Accommodations

- I wish to have a single (limited availability – please call)

- I will share accommodations with:

Travel Options

- I/we confirm that I/we have carefully read the Terms and Conditions and Responsibility section of this brochure and agree to their terms on behalf of myself and the members of my party named above.

signature(s) date

To reserve, return the above form with credit card authorization or check payable to “Odysseys Unlimited, Inc.” to Yale Educational Travel, P.O. Box 209010, New Haven, CT 06520-9010. Phone: (203) 432-1952. Fax: (203) 432-0587.

Terms and Conditions

HEALTH AND MEDICAL ISSUES

We request that you be in good health to participate in this tour. There is a considerable amount of walking, on uneven and often rocky terrain and you must be able to get on and off motorcoaches on your own. We cannot offer individual assistance; in such cases you must be accompanied by a companion who will assist you. Please note that our itineraries cannot accommodate wheelchairs. We reserve the right to remove anyone whose physical or mental condition, in our opinion, compromises the operation of the tour or detracts from the enjoyment or safety of the other passengers. In that event, Odysseys Unlimited, Inc. and Yale Educational Travel (“YET”) assume no financial responsibility for any unused portion of the tour.

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All cancellations must be submitted in writing to Yale Educational Travel. Refunds for cancellations are subject to the following per person charges:

cancel 95 days or more before departure: 50% of tour price;
cancel 64-94 days before departure: 25% of tour price;
cancel 30-63 days before departure: 10% of tour price;
cancel 14-29 days before departure: no refund.

In the event an airline ticket is issued, you will be responsible for charges associated with the ticket’s reissue. Final payment must be received 95 days prior to departure.

RESPONSIBILITY CLAUSE

The passage ticket issued by the carrier is the sole contract between the carrier and the participant. Neither OUI or AYA nor/and/or their agents be responsible for loss, injury, damages, or expenses to persons or property, due to illness, weather, strikes, local laws, hostilities, wars, terrorist acts, acts of nature, or other such causes in connection with The Program or anything beyond their reasonable control. OUI and AYA reserve the right to accept or decline any person as a participant at any time, or to require any participant to withdraw from The Program at their own expense when such an action is determined by OUI or AYA to be in the best interest of the participant’s health and safety, or the general welfare of the other participants.

April 24-May 8, 2018

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Discover two distant and devout lands, different in fact yet similar in spirit.

Enjoy the beauty of surrounding scenery, with the opportunity to watch the sun rise over the fabled Himalayas.