Dynasties of China and Tibet
featuring a Yangtze River Cruise

Mimi Yiengpruksawan
Professor, History of Art
Dear Yale Traveler

The lofty and transcendent peaks of China and Tibet are steeped in centuries-old civilizations; pursuits of enlightenment and deep-seated traditions are still embedded in the daily life of citizens. Here, the people’s reverence for ancestral customs has been passed on and preserved through dynasties and kingdoms, influencing life today while providing an impetus for change and a springboard for the future.

Join us on this exceptional, custom-designed journey encompassing the breadth of China from Tibet’s seldom-visited city of Lhasa, through the dramatic and serene gorges of the Yangtze River. Experience the harmony of ancient culture and modern vitality in Old Shanghai, the imperial dignity of Mandarin Beijing, the dynastic treasures of historic Xi’an and the majestic Tibetan Buddhist “Sun City” of Lhasa.

Ideally located five-star hotels have been carefully selected for our land accommodations, including Shanghai’s Fairmont Peace Hotel and the Peninsula Beijing. Our three-night cruise aboard the deluxe Victoria Jenna travels the Yangtze River from Chongqing to Maoping through captivating landscapes, monumental port cities and the sublime Three Gorges.

Visit eight UNESCO World Heritage sites during specially arranged, included excursions accompanied by experienced, English-speaking guides. Enjoy a private boat tour on the Goddess Stream in the Wu Gorge and visit the engineering marvel of the Three Gorges Dam. Engage with the people and traditions of China and Tibet to understand the true essence of the East—a modern-day earthly paradise.

Register at www.yaleedtravel.org/china19. If you have any questions or need additional information please call 203-432-1952 or email edtravel@yale.edu.

Weili Cheng ’77
Executive Director, Association of Yale Alumni

Highlights

View the amazing UNESCO World Heritage site of the Terra Cotta Warriors in Xi’an, built to guard the tomb of Emperor Qin Shi Huang.

Walk along the Great Wall of China, a UNESCO World Heritage site, and marvel at sweeping views of China’s northern plains and valleys.

Experience the Tibetan Buddhist “Sun City” of Lhasa with its architectural masterpiece, the Potala Palace, a symbol of peace and the historic home of the Dalai Lama.
In Mimi Hall Yiengpruksawan’s research and writing, Yiengpruksawan focuses on Buddhist art and architecture with emphasis on political and social perspectives along with the impact of cross-regional contact and exchange. She is especially interested in Cambodian, Vietnamese, and Javanese elements in Japanese art of the Nara and Heian periods as represented in the visual culture of tantric Buddhism.

Her current book project, under contract with Brill, takes up this theme as part of a larger rethinking of Japan’s role in the ancient and medieval worlds. In the classroom, Yiengpruksawan has taken a similarly global approach by introducing a survey course on Buddhist art and architecture which spans multiple regions and time periods, with particular emphasis on the Southeast Asian sphere. Due to popularity, the course is now taught as one of the core History of Art offerings.

She received her Ph.D. in Japanese Art from the University of California at Los Angeles in 1988. She has taught at Yale University since 1990.

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**Upcoming Trips**

**Costa Rican Family Program**
12/26/2018 – 01/03/2019
Prof. Harvey Goldbatt

**Cuba by Sea**
01/24/2019 – 02/01/2019
Prof. Michael Veal

**Moroccan Discovery**
05/03/2019 – 05/16/2019
Prof. Alan Platus
ITINERARY
MAY 11-25, 2019

WELCOME PHONE CALL
Tuesday, April 9, 2019 (tentative)
Join the group at 3PM EST for a pre-trip welcome call with Professor Yiengpruksawan in order to learn more about what to expect and to ask questions.

U.S.
Saturday, May 11
Depart the U.S. and cross the International Date Line.

BEIJING, CHINA
Sunday to Tuesday, May 12-14

Upon arrival, transfer to the Peninsula Beijing and enjoy the afternoon and evening at leisure.

Monday, walk along the Great Wall of China, a UNESCO World Heritage site and symbol of imperial grandeur since 500 B.C. Constructed over the course of 2,000 years, this fortification once spanned more than 13,000 miles.

Attend the Welcome Reception and Peking Duck dinner in the hotel.

Tuesday, walk through Tiananmen Square, home to the memorial of modern China’s founder, Mao Zedong. Pass through Meridian Gate into the UNESCO World Heritage-designated Forbidden City. Inside, ascend the stone steps of the Hall of Supreme Harmony to explore the Imperial Palace.

Visit the Summer Palace, a UNESCO World Heritage site. Walk through Empress Dowager Cixi’s private apartments, filled with jewel-encrusted furniture, and see her Marble Boat. Cruise by small boat across Kunming Lake, which, along with Longevity Hill, form the key features of the Summer Palace gardens.

This evening, enjoy a traditional dumpling (jiaozi) dinner. (B/D)

XI’AN/LHASA, TIBET
Friday, May 17
Fly to Lhasa, Tibet, one of the world’s highest cities at nearly 12,000 feet. Check into the Shangri-La Hotel. The afternoon and evening are at leisure as you acclimate to the Himalayan altitude. (B)

LHASA
Saturday to Sunday, May 18-19
Visit the UNESCO World Heritage-designated Historic Ensemble of Potala Palace, Norbulingka Palace and Jokhang Temple. Atop Red Mountain, Potala Palace, once the winter residence of the Dalai Lamas, towers above the city. Walk up the stone staircase and see the ceremonial hall of the White Palace. Farther up the mountain, visit the chapels in the Red Palace, where monuments honor previous Dalai Lamas. Visit the 15th-century Sera Monastery that once housed more than 5,000 monks. Observe the style of debate they practice each afternoon in the courtyard of Sera’s largest school. Tour Norbulingka Palace, built on a site of medicinal springs, and visit Lhasa’s only female Buddhist monastery, the Canggu Nunnery. Visit the Jokhang Temple, constructed in A.D. 647 by Emperor Songtsen Gampo, and stroll the lanes around Barkhor Square, where Tibetan monks chant mantras and spin prayer wheels.

Enjoy dinner Sunday evening in the hotel accompanied by Tibetan music. (2B/2L/1D)

This evening, enjoy a traditional dumpling (jiaozi) dinner. (B/D)

Cruise for three days aboard the VICTORIA JENNA amid the natural grandeur of the Three Gorges.

In 1974, farmers digging a well unearthed this archaeological discovery of thousands of terracotta warriors and horses guarding the tomb of Emperor Qin Shi Huang (259-210 B.C.). The tomb itself remains unexcavated, guarded by rows of charioteers, infantry, cavalry, and horses. Each warrior bears his own distinctive, lifelike facial expression.

Walk along Xi’an’s fortified medieval city walls and explore the streets of the Huimin quarter. From Xi’an’s triple-eaved Bell and Drum Towers, watchmen once signaled dawn and dusk with a bell and a drum, respectively.

Yaleedtravel.org/china19

**Unrealized Itinerary**

**East China Sea**

**Yellow Sea**

**South China Sea**

**Yangtze River**

**South China Sea**

**Chongqing**

**Shibaozhai**

**Chongqing**

**Three Gorges**

**Shanghai**

**Yichang**

**Thre**

**The Great Wall at Badaling**

**UNESCO World Heritage Site**

**Cruise Itinerary**

**Air Routing**

**CELLATRAVEL.COM**
LHASA/CHONGQING, CHINA  
Monday, May 20
Fly from Lhasa to Chongqing, China. Visit the Chongqing Zoo to see playful giant pandas—recently removed from the endangered species list—in specially designed garden habitats.

This afternoon, embark the deluxe Victoria Jenna for your three-night cruise on the Yangtze River. (B/L/D)

YANGTZE CRUISE  
Tuesday and Wednesday, May 21-22
Visit Shibaozhai, a rocky promontory on the north bank of the river. Built into its side is the Pearl of Yangtze, a 12-tiered red wooden pagoda rising 184 feet to the top of a towering cliff.

Attend the Welcome Reception on board Tuesday evening.

Wednesday, pass through Kui Gate, the twin peaks that mark the gateway to Qutang, the most dramatic of the Three Gorges. Admire the white-stone cliffs of Wu Gorge, where the Twelve Peaks look down from Wu Mountain, and embark a private boat to float down the Goddess Stream. Cruise through Xiling, the longest gorge, en route to the Three Gorges Dam.

Enjoy the Captain’s Farewell Dinner on board Wednesday evening. (2B/2L/1R/2D)

YANGTZE CRUISE/MAOPIING/THREE GORGES DAM/YICHANG/SHANGHAI  
Thursday, May 23
This morning, disembark the ship in Maoping and visit Three Gorges Dam, the largest water conservancy project undertaken by man and the world’s largest hydroelectric dam.

This afternoon, fly to Shanghai. Upon arrival, check into the Fairmont Peace Hotel. Your evening is at leisure. (B/L)

SHANGHAI  
Friday, May 24
Shanghai’s architectural landmarks along the Bund waterfront include the Customs House and the China Merchants Bank. Across the Huangpu River, see the high-rises and avenues of Pudong, Shanghai’s financial center. Tour the Shanghai Museum, which houses a collection of ancient coins.

The rooftop of the Fairmont Peace Hotel provides the perfect setting for the Farewell Reception this evening, with views of the skyline along the Huangpu. (B/L/R)

SHANGHAI/U.S.  
Saturday, May 25
Transfer to the airport for your return flight to the U.S. (B)

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

What is Included:
• Program of lectures and discussions with Mimi Yiengpruksawan.
• Internal program airfare.
• Accommodations on double occupancy basis as per the itinerary.
• Meals as indicated in the itinerary.
• Tibet travel permit.
• All entrance fees as per the itinerary.
• Services of Travel Director during the tour as per the itinerary.
• Complimentary house wine and beer served with lunch and dinner; complimentary soft drinks, coffee and tea throughout the cruise.
• Welcome & Farewell Receptions.
• Gratuities to ship personnel, river guides, and local guides and drivers on included excursions and transfers.
• Transfers and luggage handling abroad if your arrival(s)/departure(s) coincide with scheduled group transfer(s).
• Port taxes.
• Complimentary bottled water in your cabin and on excursions.
• Emergency medical evacuation services through UHC Global Assistance.

What is Not Included:
• Expenses of a personal nature like laundry, telephone/fax calls, Internet, alcoholic beverages, camera/video camera fee at monuments, medical expenses, airport departure tax, etc.
• Any insurance other than specified above.
• Any meals or beverages that are not specified in the above inclusions.
• International airfares.
• Expenses caused by factors beyond our control like rail and air plane delays, roadblocks, vehicle malfunctions, political disturbances, taxes, lost luggage, etc.
• Any other services not mentioned in the inclusions.

www.yaleedtravel.org/china19
Pricing is per person, based on double occupancy.

**CATEGORY 5**
$6,570
Cabin with two twin beds or one queen bed. *Main Deck, forward and midship.*

**CATEGORY 4**
$7,370
*Single Pricing: $10,870*
Cabin with two twin beds or one queen bed. *Promenade Deck, forward and midship.*

**CATEGORY 3**
$8,070
Cabin with two twin beds or one queen bed. *Bridge Deck, forward and midship.*

**CATEGORY 2**
$9,570
*Single Pricing: $14,370*
Executive Suite with two twin beds or one queen bed, larger sitting area. *Bridge Deck, aft.*

**CATEGORY 1**
$10,070
Executive Suite with two twin beds or one queen bed, larger sitting area. *Observation Deck, aft.*

**DELUXE SUITE**
$11,070
Suite with two twin beds or one queen bed and a larger sitting area with sofa, chairs, and writing desk. *Promenade Deck, forward.* (limited availability)

**SHANGRI LA SUITE**
$11,370
Suite with private veranda having front and side views of passing scenery, including a table with two chairs, one queen bed, Jacuzzi tub with separate shower, and additional living area with sofa, dining table, and chairs. Sleeping and living areas can be separated by a curtain. *Promenade Deck, forward.* (limited availability)

Taxes, gratuities to ship personnel, and internal program air are included for all categories.

Please call Yale Educational Travel for specific cabin availability.

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**Five-Star Hotels**

**THE PENINSULA, BEIJING**
The Peninsula provides luxurious, recently renovated suites in a unique location near the Forbidden City and Tiananmen Square.

**FAIRMONT PEACE HOTEL, SHANGHAI**
The Fairmont Peace Hotel is a beautifully restored, legendary landmark hotel on the Bund and host to the world’s elite for nearly 90 years.

**HILTON, XI’AN**
The Hilton Hotel is ideally located within the ancient city walls, offering contemporary amenities and proximity to the city’s cultural highlights.

**SHANGRI-LA HOTEL, LHASA**
The Shangri-La Hotel was inspired by the mythical paradise of James Hilton’s novel *Lost Horizon* and offers stunning views of the Himalayas and Potala Palace.

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**Reserve Your Trip To China and Tibet Today**
Book online: www.yaleedtravel.org/china19
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May 11-25, 2019
www.yaleedtravel.org/china19

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Dynamic Hong Kong Post-Cruise Option (per person)
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- single $1,995

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DYNAMIC HONG KONG
Post-Program Option - May 25-28
$1,295 per person, double occupancy
$1,995 per person, single occupancy

Experience the exciting contrasts of Hong Kong, a thriving combination of nearly 5,000 years of Chinese history and vibrant modern influence. Visit the ancient temples and gardens of the Tang Dynasty, still alive with tradition, and stroll through colorful markets, where the soul of the city is embodied today. Enjoy a sampan ride through the Aberdeen floating village, marvel at sweeping views from Victoria Peak and explore the Hong Kong Museum of History to see over 400 million years of archaeology, culture, and historical development vividly outlined. Accommodations are for three nights in the Five-Star KOWLOON SHANGRI-LA HOTEL.

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MOBILITY AND FITNESS TO TRAVEL
The right is retained to decline to accept, or to retain any person as a member of this trip who, in the opinion of Yale Educational Travel (“YET”), is unfit for travel or whose physical or mental condition may constitute a danger to themselves or to others on the trip without refund. Passengers requiring special assistance, including without limitation those who permanently or periodically use a wheelchair, must be accompanied by someone who is fit and able to assist them, and who will be totally responsible for providing all required assistance.

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In addition to airline cancellation penalties, all cancellations for any reason whatsoever will be subject to a $500 per person cancellation fee through 91 days prior to departure. Cancellation from 90 days up to the time of departure will result in 100% forfeiture of the entire cost of the trip. All cancellations must be submitted in writing to YET.

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Complete Terms and Conditions will be sent after registration and are available at: www.yaleedtravel.org/faqs

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During a visit to Chongqing Zoo, view their giant pandas in a special garden habitat that simulates their natural environment.