Sacred Realms of the Himalayas

India, Bhutan & Nepal

Optional prelude in Agra, India
Optional postlude in Lhasa, Tibet

Subhashini Kaligotla
Assistant Professor of Indian and South Asian Art and Architecture

May 10–22, 2020
I invite you to join an adventurous group of Yalies as we explore the heavenly heights of the Himalayas, discovering remote cultures and ancient religious traditions including an opportunity to meet His Holiness, the Dalai Lama. This is an unparalleled chance to experience three countries in one trip, delving into the region’s diverse cultural influences and natural landscapes. Accommodations have been carefully selected in each location to provide a comfortable and luxurious base from which to explore while enjoying the best in local hospitality.

In India, Bhutan, and Nepal, clifftop monasteries, Buddhist temples, and magical palaces soar above snow-fed rivers, windswept valleys, and serene pastures. Amid this natural beauty, we’ll attend private receptions and ceremonies with the spiritual, business, and government officials who are leading these devout societies into the modern era. Among the trip’s highlights, we’ll visit Bhutan, where leaders measure national success in GNH (“Gross National Happiness”), not GDP. We’ll have an opportunity to share a meal with the prime minister followed by a tour of Tashichho Dzong, a vast monastery and home to Bhutan’s throne.

I am particularly excited that our group will be traveling with Yale Assistant Professor of Indian and South Asian Art and Architecture, Subhashini Kaligotla. Her knowledge of sacred architecture, art history, and South Asian aesthetics will provide immeasurable insight into the temple complexes, iconography, and lived traditions we will encounter on this journey. She is an ideal faculty leader for this immersive study of the historical, geographic, and social dynamics that have shaped the lives and worldviews of the people of the Himalayas.

An optional prelude in Agra, the home of the famed Taj Mahal, is available, and those looking to extend their stay in Tibet may choose to join the optional extension in the capital of Lhasa, ancient center of Tibetan Buddhism. To register, please visit yaleedtravel.org/himalayas20. Or contact Yale Educational Travel at (203) 432-1952 or edtravel@yale.edu.

Warmest wishes from Yale,

Lauren Summers
Senior Director for Lifelong Learning and Travel
Yale Alumni Association

www.yaleedtravel.org/himalayas20
Yale Study Leader

Subhashini Kaligotla
Assistant Professor of Indian and South Asian Art and Architecture

Subhashini Kaligotla is an architectural historian of ancient and medieval India extending from the early centuries BCE into the first millennium CE. Specific research interests include Hindu and Buddhist sacred spaces, the role of temple makers and other premodern creators, and the history of writing on South Asian art. Her first book focuses on what it means to make in early medieval India and looks at the material and metaphoric resources available to a range of makers. Her research and writing have been supported by various national and international institutions including the Getty Research Institute, the National Gallery of Art, and the Kunsthistorisches Institut in Florence. At Yale, Kaligotla teaches the broad gamut of the art history of the subcontinent from 2500 BCE to the present. She looks forward to traveling with alumni and exploring the social and cultural worlds that animated the art and architecture of northern India, Nepal, and Bhutan.

Upcoming Trips

Crossroads of Cultures: Canary Islands, Morocco & Iberia Aboard Sea Spirit
4/17/20 - 4/30/20
Paul Freedman, Chester D. Tripp Professor of History

The Pearls of the Po: From Venice to Parma Aboard La Venezia
5/9/20 - 5/17/20
Craig Wright, Professor Emeritus of Music

Celtic Classics on the Irish Sea Aboard Sea Cloud II
8/8/20 - 8/16/20
Katie Trumpener, Professor of Comparative Literature

Yale Educational Travel • Yale Alumni Association
Box 209010, New Haven, CT 06520-9010
Reservations: 203.432.1952 edtravel@yale.edu
WELCOME PHONE CALL
Wednesday, April 29
Please join a pre-trip welcome call with Professor Kaligotla at 4 PM Eastern to meet other travelers, learn more about what to expect, and ask questions.

U.S. DEPARTURE
Sunday, May 10
Depart on an overnight flight to Delhi, India.

DELHI, INDIA
Monday, May 11
Gather in Delhi and check in at the luxurious Taj Palace Hotel, where you will spend the night. Attend a festive welcome dinner at the hotel this evening. (D)

DELHI / DHARAMSHALA
Tuesday, May 12
Fly to Dharamshala, a city on the edge of the Himalayas that is home to the Dalai Lama. Transfer to the Fortune Park Moksha Hotel for check-in. After lunch, visit Namgyal Monastery, which is also known as Dalai Lama Temple. There may be the possibility to meet with His Holiness (subject to availability), followed by a visit to Norbulingka Institute to watch Tibetan artisans at work. (B/L)

DHARAMSHALA
Wednesday, May 13
Enjoy a day trip to see the Masrur Temples, an impressive complex of Hindu temples carved from a monolithic rock. After lunch, continue to Kangra Fort, with its long history dating from the 4th century B.C. (B/L)

DHARAMSHALA / DELHI
Thursday, May 14
After a morning lecture, transfer to the airport. Return to Delhi and the Taj Palace Hotel for dinner and an overnight stay. (B/D)

DELHI / PARO, BHUTAN
Friday, May 15
Fly this morning to Paro, Bhutan, with dazzling views of the Himalayas en route. Check in to the Le Meridien Hotel for a three-night stay. In the afternoon, visit Punakha Lhakhang, one of the oldest temples in Bhutan, and admire the fine architecture of Rinchen Pung Dzong, an administrative office and a monastery of 200 holy men. Time permitting, meet a lama for a blessing ceremony. (B/D)

PARO / THIMPU
Saturday, May 16
Travel to Bhutan’s intriguing capital city, Thimphu, and visit the Great Buddha Dordenma, which overlooks the entry to Thimphu Valley. Inside the 165-foot Buddha, 125,000 miniature Buddha statutes are embedded. Continue to Memorial Chorten, a large Tibetan-style stupa in the heart of the city that is the focus of daily worship for many Bhutanese. Spend the end of the day touring Tashichho Dzong, home of the region’s largest monastery and the throne of the Bhutanese kingdom. The prime minister of Bhutan will be invited to join the group for a meal today, schedule permitting. (B/L/D)

PARO / TAKTSANG (TIGER’S NEST)
Sunday, May 17
At nearby Ramthanka, gather for an optional half-day hike to the legendary Taktsang (Tiger’s Nest), a breathtaking Buddhist monastery perched on a cliff 10,000 feet above the Paro Valley. It is one of the most sacred of all Buddhist sites. A less strenuous option will also be offered to Dzongdrakha Goemba. (B/L/D)

PARO / KATHMANDU, NEPAL
Monday, May 18
Fly to Kathmandu and check in at Dwarika’s Hotel for a four-night stay. Explore the multi-faceted Pashupatinath Temple on the banks of the holy Bagmati River. A UNESCO World Heritage Site, the temple is considered a masterwork of Hindu architecture. (B/D)

KATHMANDU
Tuesday, May 19
After a morning lecture, transfer to Patan Durbar Square and stroll among ancient palaces, pagodas, shrines, and terra-cotta stone carvings. Before lunch, visit the Mahabodhi Temple and the monasteries Uku Baha and Kwa Baha. You will also have the opportunity to meet with a Nepalese businessman.
or newspaper editor to discuss current economic or political issues (pending confirmation). Return to the hotel or spend the evening at the holy stupa of Boudhanath, the largest Buddhist shrine in Nepal. (B/L)

KATHMANDU
Wednesday, May 20
In the morning, drive to Bhaktapur, one of the “royal cities” in the Kathmandu Valley and deemed the cultural gem of Nepal. Called the “City of Devotees,” it is renowned for its elegant art, colorful festivals, and traditional dances. Later, enjoy a drive to the peaceful village of Panauti. (B/L/D)

KATHMANDU
Thursday, May 21
Depart for Swayambhunath, a 2,500-year-old hilltop stupa displaying four sets of painted eyes, representing the all-seeing presence of Buddha. Explore the National Museum and visit the impressive Budhanilkantha Temple, with a tremendous floating statue of a sleeping Vishnu, the Hindu god of preservation. Return to the hotel for free time or opt for a walking tour through the national park. Gather for a farewell dinner tonight. (B/L/D)

KATHMANDU / DELHI / RETURN
Friday, May 22
Today, fly to Delhi to connect to return flights home, arriving home on May 23. Alternatively, you may wish to continue on the optional extension to Lhasa. (B)

Program Cost
$10,999 per person, double rate
$12,599 single rate

What is Included:
• Program of lectures and discussions with Professor Kaligotla
• Eleven nights hotel accommodations as per itinerary
• Meals as indicated in the itinerary; bottled water and coffee/tea with all meals; wine and beer with lunches and dinners
• Internal, economy-class flights between India, Bhutan, and Nepal
• Visa fees for Bhutan and Nepal
• Escorted sightseeing by motor-coach and entrance fees for visits
• Airport/hotel/airport group transfers for those on suggested flights
• Taxes, service, and porterage charges
• Gratuities to guides and drivers
• Emergency medical evacuation services

What is Not Included:
• International airfare
• Passport/visa fees not mentioned above
• Meals and beverages not specified
• Personal items and expenses
• Trip insurance
• Luggage in excess of one suitcase
• Any other items not specifically mentioned as included

www.yaleedtravel.org/himalayas20
OPTIONAL PRELUDE IN Agra, India
May 7-11, 2020

Spend a night in Delhi, then drive to Agra, where accommodations are at the Oberoi Amarvilas, offering stunning views of the Taj Mahal. Discover Agra Fort, one of the most important strongholds of the Mughals, and delight in both sunset and sunrise visits to the iconic Taj Mahal. Also see Itmad-Ud-Daulah’s exquisite tomb and garden complex, and enjoy a short walk to Mehtab Bagh, a lovely Mughal garden.

$1,999 per person, double rate
$2,799 single rate

Prelude Rate Includes: One night at the Taj Palace Hotel in Delhi and two nights at Oberoi Amarvilas in Agra; breakfast daily, one lunch, and two dinners. Sightseeing as noted.

OPTIONAL POSTLUDE IN Lhasa, Tibet
May 22-25, 2020

Stay at the elegant St. Regis Hotel in Lhasa, where highlights include visits to Potala Palace, the former winter retreat of the Dalai Lama, and Jokhang Temple, a UNESCO World Heritage Site with a vast collection of spiritual treasures. Stroll along circular Barkhor Street to the heart of the old Lhasa, with its narrow streets and homes with brightly painted woodwork, and watch worshippers as they walk holding traditional prayer wheels. Discover Sera Monastery, one of the three great monasteries of Tibet, and Drepung Monastery, one of most important monasteries of Tibetan Buddhism.

$1,899 per person, double rate
$2,499 single rate

Postlude Rate Includes: Three nights at the St. Regis Hotel in Lhasa; breakfast daily, two lunches, and two dinners. Sightseeing as noted.

Reserve Your Trip to the Himalayas Today
Book online: www.yaleedtravel.org/himalayas20
To reserve, return this form with your deposit of $1,000 per person. Final payment is due January 12, 2020.

1) name as on passport

date of birth

passport origin

2) name as on passport

date of birth

passport origin

Contact Information

address

city/state/zip

primary phone

secondary phone

e-mail

Accommodations

Hotel room preference

- One bed
- Two beds
- Single

I will share accommodations with:

name

Payment Options

- pay by check made out to Arrangements Abroad

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

- amex
- visa
- mastercard
- discover card

card number

expiration date

security code

Optional Prelude & Postlude

- I/We wish to join the optional prelude in Agra
- I/We wish to join the optional postlude in Lhasa

Hotel room preference

- One bed
- Two beds
- Single

Terms & Conditions

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

signature
date

signature
date

Terms & Conditions

MOBILITY & 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. 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. Cancellation from 120 days to 91 days prior to departure will result in forfeiture of 20% of the entire cost of the trip per person; 90 days to 61 days, 50% of the trip cost per person; cancellation from 60 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 Yale Educational Travel.

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A deposit of $1,000 per person, payable to Arrangements Abroad, of which $500 (see CANCELLATION) is nonrefundable for administrative fees, is required with the reservation application. Final payment, must be received 120 days prior to departure. Mail to: Arrangements Abroad, 1040 Avenue of the Americas, 23rd Floor, New York, NY 10018-3721. Or call: 212-514-8921 or 800-221-1944.

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

Buddhism & the Himalayas

May 10–22, 2020

www.yaledtravel.org/himalayas20

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1) name as on passport

date of birth

passport origin

2) name as on passport

date of birth

passport origin

Contact Information

address

city/state/zip

primary phone

secondary phone

e-mail

Accommodations

Hotel room preference

- One bed
- Two beds
- Single

I will share accommodations with:

name

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- discover card

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expiration date

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Optional Prelude & Postlude

- I/We wish to join the optional prelude in Agra
- I/We wish to join the optional postlude in Lhasa

Hotel room preference

- One bed
- Two beds
- Single

Terms & Conditions

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

signature
date

signature
date

Terms & Conditions

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India, Bhutan & Nepal

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May 10–22, 2020

Experience a visit to Namgyal Monastery, in Dharamshala, with an opportunity for an exclusive meeting with the Dalai Lama (pending availability)

Be among the few travelers permitted to visit Bhutan each year and enjoy a private meal with the Prime Minister

Discover rich spiritual traditions, extraordinary art and architecture, and stunning vistas in remote Himalayan lands