HIMALAYAN KINGDOMS: NEPAL & BHUTAN

15 days from $5,872 total price from Boston, New York, Wash, DC ($5,195 air & land inclusive plus $677 airline taxes and fees)

On this exhilarating journey, we discover two distant and devout lands, different in fact yet similar in spirit. Hinduism in Nepal and Buddhism in Bhutan suffice all aspects of life; in both, tradition and belief abide – and surrounding Himalayan scenery casts a truly awe-inspiring spell.

Your Small Group Tour Highlights
Opportunity to visit two Himalayan countries • Kathmandu touring • Kathmandu Valley excursion • Visit to Buddhist monastery • Lunch with a Nepalese family in their home • Patan’s traditional arts and handcrafts • Hindu shrine at Pashupatinath Temple • Thimphu touring • Dinner with a Bhutanese family • Raising prayer flags at Dochula Pass • Punakha river rafting trip • Beautiful Punakha Dzong • Historic Paro • Tiger’s Nest Monastery excursion

Day 1: Depart U.S. for Kathmandu, Nepal

Day 2: Arrive Kathmandu We reach the Nepalese capital tonight and transfer to our hotel.

Day 3: Kathmandu This morning we meet our fellow travelers and Odysseys 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 CE. 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.

Day 4: Kathmandu 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 enjoy a small group highlight as we share 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.

Day 5: Kathmandu/Nagarkot 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 loin cloths and cover themselves with ashes. We also may witness cremation ceremonies along the river banks; displaying appropriate respect to the mourners is requested of all visitors. We travel on to Bhaktapur, the least developed of the valley’s three cities. 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.

Day 6: Nagarkot Early this morning we have an opportunity for an unforgettable experience: watching
the sun rise over the fabled Himalaya from the hotel’s rooftop observatory. Later, we embark on an easy walk around the village, where we have the chance to meet local people. The remainder of the day is at leisure amid the stunning Himalayan scenery. B,D

Day 7: Nagarkot/Kathmandu/Thimphu, Bhutan We have 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

Day 8: Thimphu 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 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

Day 9: Thimphu/Punakha En route to Punakha today, we visit Kunselpodrang, 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: 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 this afternoon we reach Punakha, which sits at the confluence where the rivers meet. B,L,D

Day 10: Punakha We embark this morning on an exhilarating rafting trip on the Mo Chu River. This afternoon we visit Punakha Dzong, winter home of the central monastic community and one of the country’s most attractive fortress monasteries, set on a spit of land where the rivers meet. B,L,D

Day 11: Punakha/Thimphu/Paro 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

Day 12: Paro 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 BCE 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

Day 13: Paro/Tiger’s Nest Monastery 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

Day 14: Paro/Kathmandu, Nepal/Depart for U.S. 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

Day 15: Arrive U.S. We arrive in the U.S. and connect with our flights home.

Tour membership limited to 18 Duke alumni and friends

“IT IS BETTER TO TRAVEL WELL THAN TO ARRIVE.”
– GALTAMA BUDDHA

Your Tour Price Includes

- Round-trip air transportation from listed cities; all flights within itinerary
- 12 nights’ accommodations in Deluxe, Superior First Class, and First Class hotels
- 31 meals: 12 breakfasts, 9 lunches, 10 dinners
- Extensive sightseeing as described
- Services of Odysseys Unlimited Tour Directors
- Private motorcoach transportation throughout your trip
- Luggage handling for one bag per person
- Gratuities for local guides, dining room servers, airport and hotel porters, and all drivers
- $100 frequent traveler credit towards your next Duke/Odysseys Unlimited tour ($200 after three tours; $300 after 10 tours)

Tour Departs: October 30, 2018

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<th>City</th>
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<tr>
<td>Washington, DC</td>
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<td>Seattle, Tampa</td>
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<td>San Francisco, Seattle</td>
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<tr>
<td>Land Only (transfers not included)</td>
<td>$4,695</td>
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Please call if your city is not listed. Prices are per person based on double occupancy and include airline taxes, surcharges, and fees of $677, which are subject to change until final payment has been made. Single travelers please add $1,095. All 2018 tour prices above (excluding airline taxes, surcharges, and fees) are guaranteed. Depending on flight schedules, certain U.S. departure cities may require an overnight stay at the gateway city airport at your expense. Business Class upgrade on round-trip Trans-Atlantic flight: $5,595 per person in addition to the above costs. Upgrade is subject to availability and pricing is subject to change. Please note: This trip involves considerable walking uphill and on uneven terrain. You should be in good physical condition to enjoy the 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.

For reservations, call Duke Alumni Travels at (800) FOR-DUKE or (919) 684-2988
Tour Prices
Tour prices quoted are guaranteed through December 31, 2019, and include accommodations based on double occupancy; airfare from your departure city; airline taxes, surcharges, and fees, and port charges and cruise line fees (where applicable), which are subject to change until final payment has been made; internal air, rail, and motorcoach transportation; meals, sightseeing, and transfers as described; hotel taxes; entrance fees for included sightseeing; the services of an Odysseys Unlimited Tour Director; luggage handling for one bag per person; and all gratuities as described below. Please note that the cost of air upgrades is subject to change.

Gratuities
Tour prices include all gratuities for local guides, dining room servers, airport and hotel porters, and all drivers on base tours and on optional extensions when accompanied by an Odysseys Unlimited representative. Please note that gratuities for the Odysseys Unlimited Tour Director and shipboard personnel (if a cruise is included in your tour) are not included unless otherwise specified. These tips are optional and should be extended on a voluntary basis. Gratuities are not included on “On Your Own” optional extensions.

Not Included in Your Tour Price
Airfare from your hometown to your departure city; costs of passports and visas; personal expenses such as beverages, laundry, room service, and meals not specified; communications charges; airport transfers when purchasing a land-only package; gratuities to your Odysseys Unlimited Tour Director and shipboard personnel (if a cruise is included in your tour) unless otherwise specified, which are at your discretion (suggested gratuities $10-$15 per guest, per day); and a Travel Protection Plan. Additional baggage fees levied directly by the airline(s) may apply and are subject to change at any time. You should confirm directly with your airline(s) prior to departure.

Registration and Payment
A deposit of $500 per person confirms your reservation. Full payment is due at least 95 days prior to departure and may be made by personal check or credit card. Odysseys Unlimited reserves the right to cancel any reservations that are not paid in full at any time after final payment is due. If you make your reservation after the final payment date, payment in full will be required upon reservation.
Cancellations and Refunds
If you must cancel your tour, the effective date of cancellation will be upon our receipt of your written notification. Refunds for cancellations are subject to the following per person charges:

For all tours (except as noted)

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<th>Prior to departure</th>
<th>Charge</th>
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<td>95 days or more</td>
<td>$200</td>
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<td>94-65 days</td>
<td>25% of tour price</td>
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<td>64-45 days</td>
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<tr>
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<td>75% of tour price</td>
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<td>29-0 days</td>
<td>No refund</td>
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For Egypt & the Eternal Nile, Journey through Vietnam, Patagonian Frontiers

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Please note that we will not refund the cost of any unused portion of your tour package. If due to unforeseen circumstances Odysseys Unlimited cancels your tour, you will receive a complete refund of all payments you have made to us.

Pre-Departure
After reserving your tour, you will receive pre-departure mailings that include a detailed itinerary, visa requirements, and reading list. We will send your final tour documents, including airline itineraries (with e-ticket numbers) two to three weeks before departure.

Single Travelers
We welcome single travelers, and offer a limited number of single accommodations on each tour. Because hotel and cruise rates are priced by the room or cabin, the per person cost for accommodations occupied by one person is higher than that shared by two people. We will endeavor to keep single supplements at a reasonable cost. Please note that single rooms in many foreign hotels may be smaller than those to which you are accustomed.

Changes to Your Reservation
We will not charge a fee for any changes made to your reservation outside of 95 days before departure. From 94 to 30 days before departure, if you make any changes to your reservation, a $100 per person administrative fee will apply, in addition to any fees or penalties imposed by airlines, hotels, or other third parties. Changes are subject to availability and cannot be guaranteed. If your reservation changes from double occupancy to single occupancy for any reason, you will be charged the single supplement. No changes to your reservation can be made within 30 days of departure.

Required Information
Upon reservation, we will need to obtain from you passport information including the following, in accordance with the Transportation Security Administration’s (TSA) Secure Flight program, as well as by our international travel partners: your full name as it appears on your passport, date of birth, and gender (for further information, please visit tsa.gov). In the event an airline ticket is issued with incorrect information you have provided, or if you use a different passport than originally cited, you will be responsible for charges associated with the ticket’s reissue.

Travel Documents
A passport valid for at least six months after the completion of your tour is required for U.S. citizens on all tours in this catalog. If your tour requires a visa(s), we strongly recommend that you have at least six blank visa pages available; for tours not requiring a visa(s), we recommend that your passport have at least three blank visa pages. We will send you specific visa and entry requirements after you make a reservation. You are responsible for obtaining these documents. If you are not a U.S. citizen, please contact your embassy or
consulate to ensure you obtain the proper documentation.

**Smoking**
For the convenience of the majority of our travelers, Odysseys Unlimited has a No Smoking policy on all tour buses. We will arrange sufficient rest stops so those who wish to smoke may do so.

**Health and Medical Issues**
We welcome all travelers, but request that you be in good health to participate in an Odysseys Unlimited tour. All of our tours involve a reasonable amount of walking (typically two to three miles per day), often uphill or on uneven or cobblestone streets. **You must be able to get on and off motorcoaches and boats on your own.** We regret that we cannot provide individual assistance; in such cases you must be accompanied by a companion who will assist you. Please note that many of our itineraries, for reasons beyond our control, do not accommodate wheelchairs. Please call or email us to inquire, and we will do our best to answer any questions you may have. We reserve the right to remove anyone whose physical condition or behavior, in our opinion, compromises the operation of the tour or detracts from the enjoyment or safety of the other tour members. In that event, the Duke Alumni Association and Odysseys Unlimited assume no financial responsibility for any unused portion of the tour.

**Air Transportation**
Odysseys Unlimited, Inc. includes in its tour price round trip economy air from designated gateway cities as shown and contracts with those airlines they feel provide the level of service, routings, and value necessary for your entire trip. While another airline may offer a more direct connection, it may be at a price unavailable at the lower group rates. You will receive your preliminary air schedule approximately 2½ months prior to departure. **Please note that seat assignments on your international flight are usually done at airport check-in. Odysseys Unlimited is unable to guarantee any seat assignments.** Due to the nature of tour operator tickets, other restrictions apply, including but not limited to, frequent flyer mileage accrual, stopovers, alternate travel dates, upgrades, and airline taxes and departure fees. If you prefer to make your own travel arrangements, booking the tour “Land Only” is available on most tours. Since international and domestic air schedules are subject to change at any time, we recommend that if you choose to make your own airline reservations, you do not purchase non-refundable tickets or those with high penalties for changes. If you choose to make your own air arrangements, Odysseys Unlimited, Inc. shall not have any liability for any loss resulting from cancellation of this tour or changes in this tour.

**Responsibility**
The liability of Duke Alumni Association, as sponsor, and Odysseys Unlimited Inc., as tour operator, is strictly limited. Odysseys Unlimited, Inc. purchases transportation, hotel accommodations, restaurant and other services from independent suppliers not under our control. We serve only as agents for these suppliers in securing tour arrangements, and therefore will not accept responsibility for wrongful, negligent, or arbitrary acts or omissions of these independent contractors, their employees, agents, servants or representatives. Duke Alumni Association and Odysseys Unlimited, Inc. are not liable for injury, damage, loss, accident, or delay that may be caused by events not within our control, including without limitation, acts of terrorism, war, strikes, the defect of any vehicle, or the negligence or default of any third party. All coupons, receipts, and tickets issued are subject to the terms and conditions specified by the air carriers, cruise line, and other independent suppliers.

We will make every effort to operate our tours as planned, but we reserve the right to make itinerary changes as necessary. If unforeseen circumstances require us to change a hotel, we will select alternative accommodations of the same or better quality. Cruise itineraries may change due to factors such as government regulations, water levels, or weather conditions.
**THE DUKE ALUMNI ASSOCIATION RESERVATION FORM**

Enclosed is my/our deposit for $______($500 per person) for ____ person/people on the tour listed below. I/we understand the final payment is due at least 95 days prior to departure. Payment may be made by American Express, Discover, MasterCard, or VISA or by personal check. Please make check payable to Odysseys Unlimited, Inc. and mail deposit check to: Duke Alumni Travels, Box 90572, Durham, NC 27708. Or you may fax this form securely to (919) 660-0148. For more information, please call Duke Alumni Association at (919) 684-2988. For trip information only, please contact Odysseys Unlimited, Inc., at (888) 370–6765.

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**Tour Name**

**Departure Date**

**Pre- or Post-Tour Extension (as described on tour page): Please sign me/us up □**

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Full Passport Name________________________________________ Date of Birth __________ Gender _____

Full Passport Name________________________________________ Date of Birth __________ Gender _____

Address ____________________________________________________________

City __________________________ State _______ ZIP ________________

Home Ph. (_____ ) ___________________ Alternate Ph. (_____ ) ______________________

E-mail ___________________________ Badge name(s) ____________________________

Please book my/our air from ______________ I/we request an air upgrade to ____________

I will share a room with __________________________ I request a single room (limited availability) □

I/we request an upgrade to a cabin category ____________ (for Patagonian Frontiers only, subject to availability)

**Please Note:** The undersigned has read the schedule of activities for the above-referenced tour, and agrees that their signature below represents their acceptance of the General Terms and Conditions.

Signature(s) __________________________________________________________________________ Date __________

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**Method of Payment**

- □ Check
- □ American Express
- □ Discover
- □ MasterCard
- □ VISA

Account # ___________________________ Security Code __________ Exp. Date __________

Name of Cardholder ________________________________________________________________

Signature ____________________________________________________________

Final invoicing will be sent by our tour operator, Odysseys Unlimited, Inc. The balance of the program price must be paid to Odysseys Unlimited, Inc. Final payment is due 95 days prior to departure and can be paid by check or credit card.