India and Sri Lanka

FROM CHENNAI TO MUMBAI
ABOARD THE ISLAND SKY

March 24 to April 7, 2017

a program of the stanford alumni association
When one thinks of India, images of colorful silks, ornate temples, exotic animals, dilapidated palaces, and gold and spices fill the mind. Our visit to India and its no-less-compelling island neighbor Sri Lanka does not disappoint in this regard. We’ll see temples ancient and modern, observe unique flora and fauna, attend traditional music and dance performances, and learn about each country’s complex history. And, while aboard the Island Sky, we’ll also hear about India and Sri Lanka’s particular security challenges from faculty leader Martha Crenshaw, whose primary area of research is political conflict and terrorism. Join us for both a classic exploration of and a unique modern take on the endlessly fascinating, profoundly beautiful and supremely complicated reality of this incredible part of the world.

EXPLORE the Portuguese-built, Dutch-fortified Galle Fort, a walled town of colonial-style houses and historic churches.

VISIT the Temple of the Sacred Tooth Relic, Sri Lanka’s most important Buddhist temple that houses the relic of the tooth of the Buddha.

VIEW the elaborately decorated Padmanabha-swamy Temple in Trivandrum—known as the most-treasure-endowed Hindu temple in the world.

CRUISE through Kerala’s “backwaters,” a network of canals and lagoons, on a traditional houseboat for a peek at rural southern Indian life.
Martha Crenshaw joined the Stanford faculty in 2007 and is a senior fellow at the Center for International Security and Cooperation and the Freeman Spogli Institute for International Studies. Her primary areas of interest are international conflict and political violence. Since 2005, Dr. Crenshaw has been a lead investigator with the National Consortium for the Study of Terrorism and the Response to Terrorism under the aegis of the Department of Homeland Security at the University of Maryland and a speaker for the U.S. State Department. Speaking about this program, she notes, “We will visit ancient civilizations beset by modern problems. Sri Lanka, a land torn by civil strife since the early 1980s, has returned to peace, and India, a large, majestic country, is a rising world power.” Her lectures will address the conflict between Tamils and Sinhalese in Sri Lanka, as well as India’s place in the world.

— Professor of political science by courtesy, School of Humanities and Sciences, Stanford University, since 2007
— Wesleyan University Award for Teaching Excellence, 1995
— International Studies Association Distinguished Scholar Award, 2016
— Corresponding fellow, British Academy
— Author of *Revolutionary Terrorism: The FLN in Algeria, 1954–1962* and *Explaining Terrorism: Causes, Processes, and Consequences*
— BA, political science, 1967, Newcomb College of Tulane University
— PhD, government and foreign affairs, 1973, University of Virginia

Although Martha’s area of expertise is a bit intimidating, she was phenomenal, both in her lectures and her accessibility.

S A S H A  G I F F O R D, 
VOYAGE ALONG 
THE NORTH AFRICA 
COAST, 2014

SIGN UP ONLINE: alumni.stanford.edu/trip?srilanka2017
OR BY PHONE: (650) 725-1093
TUESDAY, MARCH 28
TRINCOMALEE, SRI LANKA / POLONNARUWA
Arriving in Sri Lanka, explore the 12th-century ruins of what was once the walled capital of Polonnaruwa. A World Heritage site, Sri Lanka’s magnificent medieval capital is surrounded by huge manmade reservoirs and lush greenery that provide habitat for monkeys and many species of birds. ISLAND SKY (B.L.D)

WEDNESDAY, MARCH 29
HAMBATOTA / BUNDALA NATIONAL PARK
Explore Bundala National Park, an important wintering ground for migratory water birds, including the greater flamingo, which migrates in large flocks. Started as a wildlife sanctuary in 1969, Bundala was reclassified as a national park in 1993 and designated a UNESCO Man and Biosphere Reserve in 2005. In addition to abundant birdlife, park residents include the Asian elephant, langur, jackal, leopard, mongoose, wild boar and spotted deer. ISLAND SKY (B.L.D)

THURSDAY, MARCH 30
GALLE
Delve into Galle’s colonial past at the Galle Fort, built by the Portuguese in 1588 and extensively fortified by the Dutch in the 17th century. A World Heritage site, the fort resembles a walled town complete with a rectangular grid of streets, Dutch colonial-style houses adorned with gables and verandas, and historic churches as well as mosques and government buildings. ISLAND SKY (B.L.D)

FRIDAY, MARCH 31
COLOMBO / KANDY (OPTIONAL)
Dock in Colombo, Sri Lanka’s largest city and its commercial capital. Explore Colombo or take a full-day trip to Kandy, the last capital of the Sri Lankan kings. Visit the town’s most important site: the Temple of the Tooth. Originally built as part of the Royal Palace complex, the temple is one of the holiest places of worship and pilgrimage for Buddhists around the world as it is said to house a tooth of Lord Buddha. Also visit the Pinnawala Elephant Orphanage, where the largest herd of captive Asian elephants in the world is nurtured and protected. ISLAND SKY (B.L.D)

SUNDAY, APRIL 2
KOCHE (formerly Cochin) was an important spice trading center on the west coast of India as early as the 14th century and the main seat of Portuguese India until 1530. Visit the Portuguese/Dutch Mattancherry Palace, which has a series of remarkable murals painted on its wooden walls. Cruise through the maze of Kerala “backwaters” and small lakes on a traditional houseboat, watching as locals bring their laundry to the water’s edge and farmers tend to their fields. In the evening enjoy a Kathakali dance performance onboard. ISLAND SKY (B.L.D)

MONDAY, APRIL 3
KOCHI
Admire the cantilevered Chinese fishing nets that grace Kochi’s waterways, and visit the Anglican
St. Francis Church, India’s oldest European church and the original resting place of Portuguese explorer Vasco da Gama. Continue to the Paradesi Synagogue, built in 1568 and the oldest synagogue in the commonwealth. Spend time walking through the Jewish quarter of Kochi before returning to our ship. \textsc{Island Sky (B,L,D)}

**TUESDAY, APRIL 4**

**MANGALORE / MOODABIDRI / KARKALA**

At Soans Farm 25 miles outside of Mangalore, learn about innovative agricultural techniques and sample some of the pineapples and other produce grown here. Continue to Moodabidri to see the 15th-century, thousand-pillared Jain temple, and in Karkala visit the enormous monolithic statue of Bahubali, a much-revered figure to adherents of the Jain religion. \textsc{Island Sky (B,L,D)}

**WEDNESDAY, APRIL 5**

**GOA**

Explore Goa, the capital of Portugal’s eastern empire for 400 years and a city that retained Portuguese overseas province status until 1974. In Old Goa, visit the Basilica of Bom Jesus, which contains the silver casket of St. Francis Xavier, and explore the State Archaeological Museum, housed in the church of St. Francis of Assisi. Its collections of portraits, wooden sculptures and architectural fragments illustrate the significance of the Portuguese in Goa. Celebrate our journey tonight at a farewell reception before dinner. \textsc{Island Sky (B,L,D)}

**THURSDAY, APRIL 6**

**MUMBAI**

Disembark in Mumbai (formerly Bombay) and travel past the Gateway of India to Marine Drive, an esplanade popular with Mumbaikars (residents of Mumbai). See the amazing dabbawallahs, lunch-box carriers whose job it is to collect lunch from office workers’ homes in the suburbs and return via train to Mumbai where the lunches are sorted by other dabbawallahs and delivered to the workers’ offices. Also observe the dhobi wallahs (washermen) at the Dhobi Ghat, touted as the world’s largest open-air laundromat. Visit Mani Bhavan, Gandhi’s headquarters for 17 years and now a museum dedicated to his memory, and Chhatrapati Shivaji (formerly Prince of Wales) Museum with its collection of fine arts and artifacts. Check in to individual day rooms at our airport hotel for pre-flight check-in. \textsc{Island Sky (B,L,D)}

**FRIDAY, APRIL 7**

**MUMBAI / U.S.**

Arrive back in the U.S. after our overnight flight from Mumbai.

**Optional Pre-trip Extension**

**MARCH 22 TO 25**

(4 ADDITIONAL DAYS)

**MADRAS**

Visit Madurai, home to a massive Hindu temple complex dedicated to Meenakshi, the “fish-eyed goddess.” Its 14 soaring pyramidal towers are covered with a bewildering combination of deities, mythical creatures and monsters—all painted in vividly bright colors. Inside priests perform rituals at multiple shrines as worshipers pay their respects. The activity spills out into the surrounding streets, where vendors sell offerings and other religious paraphernalia. Also visit the 17th-century Thirumalai Nayak Palace, a classic fusion of Rajput and Dravidian styles.

**Optional Post-trip Extension**

**APRIL 6 TO 10**

(5 ADDITIONAL DAYS)

**AJANTA AND ELLORA**

Journey to Aurangabad, once a place of great importance due to its location on the Silk Road and today the gateway to the rock-hewn caves of Ajanta and Ellora, both World Heritage sites. Carved from volcanic lava cliffs by Buddhist monks, the Ajanta caves are adorned with sculptures and frescoes dating back to the 2nd century B.C.E. Paintings include depictions of royal court settings, family life, street scenes and the story of the Buddha, and are considered masterpieces of Buddhist art. Ellora comprises an impressive complex of Hindu, Buddhist and Jain shrines. Cut into a hillside, the caves date from the 6th to the 10th centuries.

Details and pricing for both extensions will be provided to confirmed participants.
Island Sky

Originally built in 1992 and refurbished and redecorated in 2013, the Island Sky accommodates all guests in 57 outside suites, each affording sea views and elegantly furnished with a sitting area, flat-screen TV, safe, mini-refrigerator, and an en suite bathroom with robes, slippers, hair dryer and toiletries. Several suites have private balconies. Spacious and finely decorated public areas include a large lounge, an elegant bar and a library. The dining room accommodates all guests in a single seating where house wine, beer and soft drinks are included at lunch and dinner. Wi-Fi access is available throughout the vessel (at additional cost and dependent upon satellite reception). The ship also offers a hairdresser, onboard clinic and doctor, elevator serving all passenger decks and two sun decks, one with a bar. The Island Sky is served by 75 experienced officers and crew.

Program Cost*

Rates are per person, based on double or single occupancy, as specified.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DOUBLE RATE</th>
<th>SINGLE RATE**</th>
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<tbody>
<tr>
<td>A: Magellan Deck</td>
<td></td>
<td></td>
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<tr>
<td>226 sq. ft. with portholes</td>
<td>$11,995</td>
<td>$17,995</td>
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<tr>
<td>B: Magellan Deck</td>
<td></td>
<td></td>
</tr>
<tr>
<td>230 sq. ft. with portholes</td>
<td>$12,995</td>
<td>$19,495</td>
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<tr>
<td>C: Columbus Deck</td>
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<tr>
<td>avg. 235 sq. ft. with window</td>
<td>$14,495</td>
<td>$21,745</td>
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<tr>
<td>D: Marco Polo Deck</td>
<td></td>
<td></td>
</tr>
<tr>
<td>225 sq. ft. with window</td>
<td>$14,995</td>
<td>—</td>
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<tr>
<td>E: Marco Polo Deck</td>
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<td></td>
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<tr>
<td>242 sq. ft. with forward and side windows</td>
<td>$16,495</td>
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<td>F: Erikson Deck</td>
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<tr>
<td>225 sq. ft. with sliding glass door and private balcony</td>
<td>$17,995</td>
<td>—</td>
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<tr>
<td>G: Explorer Deck</td>
<td></td>
<td></td>
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<tr>
<td>237 sq. ft. with sliding glass door and private balcony</td>
<td>$18,995</td>
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*Association nonmembers add $300 per person.

**Single accommodations may be limited to as few as 2 cabins.

Flag: Bahamas / Length: 297 ft. / Beam: 50 ft. / Draft: 12 ft.
INCLUDED
1 night of deluxe hotel accommodations, plus 1 day room ■
11-night cruise aboard the Island Sky ■ 12 breakfasts,
12 lunches, 11 dinners ■ Welcome and farewell receptions
Gratuities to guides, drivers and ship crew for all group activities
■ All tours and shore excursions as described in the itinerary ■
Transfers and baggage handling on program arrival and departur
days ■ Port fees and embarkation taxes ■ Minimal medici-
al, accident and evacuation insurance ■ Educational program
with lecture series and pre-departure materials, including recom-
ended reading list, a selected book, map and travel informa-
tion ■ Services of our professional tour manager to assist you
throughout the program

NOT INCLUDED
International and U.S. domestic airfare ■ Passport and visa fees
■ Immunization costs ■ Meals and beverages other than those
specified as included ■ Independent and private transfers ■
Trip-cancellation/interruption and baggage insurance ■ Excess-
baggage charges ■ Personal items such as internet access,
telephone and fax calls, laundry and gratuities for nongroup
services

AIR ARRANGEMENTS
International and U.S. domestic airfare is not included in the
program cost. Round-trip, economy-class airfare on Emirates
from San Francisco to Chennai, India, and return from Mumbai,
India, is approximately $1,200 as of April 2016 and is subject
to change without notice.

WHAT TO EXPECT
We consider this to be a moderately strenuous program that
is at times physically demanding and busy, with a few early-
morning departures and long days. Participants should be able
to walk unassisted on extended excursions (typically lasting
two to three hours) over uneven, unpaved surfaces and up
and down steep, narrow staircases, often without handrails, in
conditions of high heat and humidity. In many instances, such
as at temples, forts and archaeological ruins, there is no seating
available and you must be able to stand for long periods of time.
Shoes must be removed before entering many sites. Although
our hotels and buses, as well as the ship, are air-conditioned,
most of the museums, temples and sites we visit are not. Par-tici-
pants must be physically fit, able to keep up with an active group
of travelers and in good health. We welcome travelers 15 years
of age and older on this program.
"The Stanford leader, the guide, the accommodations, the food and the experiences were of the highest quality."

DAVID WILSON, MBA ’76, CLASSIC INDIA, 2014