Kashmir and Punjab

Featuring Dharamsala—Home of the Dalai Lama

September 6 to 22, 2017

a program of the stanford alumni association
Some of the most memorable adventures take place far off the beaten tourist track, where visitors are rewarded with unspoiled scenery and authentic experiences. Our journey to Kashmir and Punjab, during which we explore Ladakh’s moon-like landscape, visit the Himalayas’ oldest Buddhist monasteries and join Sikh pilgrims in prayer at their most sacred shrine, promises to be just such an adventure. Deepening our understanding of the region is our faculty leader, Buddhism expert Greg Watkins, ’85, PhD ’02. Join our intimate group of intrepid travelers on this unique expedition to India’s magical northern states—so far removed from the rest of the subcontinent they seem to belong to another world altogether.

Highlights

**EXPLORE** the former kingdom of Ladakh, home to the Himalayas’ oldest surviving monastery and distinguished by unique ethnic groups.

**LEARN** about the preservation of Tibetan culture in Dharamsala, current residence of the Dalai Lama and headquarters of his government-in-exile.

**VISIT** the Golden Temple, or Sri Harimandir Sahib, the holiest place of worship in Sikhism, located in the Punjabi city of Amritsar.
Faculty Leader

GREG WATKINS, ’85, PHD ’02, is the associate director of Stanford’s Structured Liberal Education (SLE) program and a resident fellow in East Florence Moore Hall. A filmmaker himself, Greg focuses his research on the intersection of film and religion, and, more generally, of art and religion. His interest in Buddhism started in graduate school when he was a teaching assistant for Stanford’s course on Zen Buddhism. Since then, Greg has taught multiple times at Stanford’s Sophomore College and the Bing Overseas Seminars, which included trips to Bhutan, Mongolia, Vietnam, Cambodia, Thailand, Laos and Burma. His lectures for this trip will focus on the Tibetan Buddhism practiced in Ladakh and Dharamsala, not as a set of beliefs (which tends to be the way religion is understood in the West) but as a kind of culture in a broader sense.

— Associate director, Stanford Structured Liberal Education program (SLE)
— Co-director, virtual Mandala project, Stanford Humanities Lab
— Instructor, Continuing Studies program
— Co-instructor, Stanford Sophomore College and Stanford Overseas Seminars to Bhutan and Mongolia
— BA, social theory, 1985, and a dual PhD, religious studies and humanities, 2002—all Stanford University

“Greg Watkins’ lectures were thought-provoking, relevant and very informative.”

BRUCE ROBBINS, ’75, VIETNAM, LAOS AND CAMBODIA, 2015

STANFORD TRAVEL/STUDY

SIGN UP ONLINE: alumni.stanford.edu/trip?kashmir2017
OR BY PHONE: (650) 725-1093
WednesdaY & Thursday, September 6 & 7
U.S. / Delhi, India
Depart the U.S. on overnight flights, arriving in Delhi on Thursday. Transfer to our five-star hotel in the heart of New Delhi.
Taj Mahal New Delhi

Friday, September 8
Delhi
After a welcome orientation, visit the Mughal Emperor Humayun’s Tomb, the architecture of which was the first of its kind in India, setting a precedent for future Mughal royal mausolea, culminating in the Taj Mahal. Gather this evening for a welcome reception and dinner.
Taj Mahal New Delhi (B, L, D)

Saturday, September 9
Delhi / Leh
Spend the day exploring sites in and around Leh. Drive to Hemis Gompa (Monastery), Ladakh’s most important Buddhist religious center. This 17th-century monastery, located in a hidden gorge surrounded by dramatic mountains, contains a sacred thanka (Buddhist scroll painting) so large it is unfurled once only every 12 years. Visit the 15th-century Thiksey Gompa, built high atop a hill overlooking the Indus Valley and considered the most beautiful of all Ladakh’s monasteries. Stop at Shey Palace, the 500-year-old summer home of the old kings of Leh. This evening, enjoy a traditional Ladakhi dance performance at our hotel.
Grand Dragon Ladakh (B, L, D)

Monday, September 11
Leh / Alchi
Drive along the Indus Valley, past the picturesque villages of Spitok and Nimo, admiring spectacular scenery en route to the remote village of Alchi, famous as the site of the oldest-surviving monastery in the Himalayas. Visit the monastery with its splendid murals painted by Kashmiri artists in the 10th and 11th centuries, and stroll through the colorful local bazaar. Uley Ethnic Resort (B, L, D)

Tuesday, September 12
Alchi / Lamayuru / Alchi
Drive to Lamayuru Gompa, one of the largest and oldest monasteries in Ladakh, with a population of 150 resident monks. With its scenic moonscape-like backdrop of wind-swept high desert, Lamayuru is a stunning testament to the endurance of its faithful builders and residents. Also visit Chulichan (Chomoling) Nunnery. Uley Ethnic Resort (B, L, D)

Wednesday, September 13
Alchi / Likir / Leh
Journey today from Alchi to Leh, stopping en route to visit Likir Gompa, an isolated 11th-century monastery situated in a beautiful setting on a small hill in a valley. Likir Gompa is the seat of the Ngari Rinpoche, the present incarnation of a man who happens to be the younger brother of the Dalai Lama. Grand Dragon Ladakh (B, L, D)

Thursday, September 14
Leh / Chandigarh
Fly to Chandigarh, capital of...
the state of Punjab and ranked as the wealthiest, cleanest and happiest city in India. This afternoon visit its extraordinary Rock Garden, a 40-acre sculpture garden created from recycled materials. The complex is widely regarded as one of the modern wonders of the world.

**TJ CHANDIGARH (B,L,D)**

**FRIDAY, SEPTEMBER 15**

**CHANDIGARH**

Spend today exploring Chandigarh, whose layout was planned by the famous Swiss-French architect Le Corbusier and is internationally renowned for its architecture and urban design. Enjoy a specially arranged walking tour of Le Corbusier’s Capitol Complex, declared a World Heritage site in 2016. This afternoon explore the Government Museum and Art Gallery, whose unique collection of paintings, sculptures and decorative arts was housed in the Central Museum in Lahore (present-day Pakistan) until Partition in 1948.

**TJ CHANDIGARH (B,L,D)**

**SATURDAY, SEPTEMBER 16**

**CHANDIGARH / AMRITSAR**

Drive through the plains of Punjab, one of India’s most fertile regions and often referred to as its “bread basket” for the proliferation of wheat that is cultivated there. Arrive in Amritsar late this afternoon and check in to our hotel. Tonight visit the stunning Sri Harmandir Sahib, or Golden Temple, the holiest gurdwara (Sikh place of worship) in the world. Attend the Palki Sahib ceremony, during which the holy scriptures are moved out of the temple for the night.

**RADISON BLU AMRITSAR (B,L,D)**

**MONDAY, SEPTEMBER 18**

**AMRITSAR / PALAMPUR**

Drive through the Kangra Valley to the verdant hill station of Palampur in the state of Himachal Pradesh. Formerly a powerful capital, Palampur is today famous for its mountain scenery and picturesque tea gardens. Check in to our stately hotel, still in the hands of the royal family of Jammu and Kashmir.

**WELCOMHERITAGE TARAGARH PALACE (B,L,D)**

**TUESDAY, SEPTEMBER 19**

**PALAMPUR / UPPER DHARAMSALA / PALAMPUR**

Explore Upper Dharamsala, also known as McLeod Ganj or “Little Lhasa,” being that it’s the current home of the Dalai Lama and his thousands of Tibetan Buddhist followers who sought refuge here in 1960 after being exiled from Tibet. Visit a 19th-century church; Tsuglagkhang Complex, the official home of the 14th Dalai Lama; and the Tsechokling Monastery. Also visit the excellent Tibet Museum whose mission is to document and preserve Tibet’s history and culture.

**WELCOMHERITAGE TARAGARH PALACE (B,L,D)**

**WEDNESDAY, SEPTEMBER 20**

**PALAMPUR / DHARAMSALA / PALAMPUR**

Tour the offices of the Tibetan government-in-exile, including the Library of Tibetan Works and Archives. Also visit the...
Tibetan Children’s Village, an educational community for exiled Tibetan children. Continue to the Noralingka Institute to learn about the center’s mission to preserve the artistic and cultural traditions of ancient Tibet. Stop at the Dolmaaling Nunnery and Institute of Buddhist Dialectics before attending a special tara puja, or lamp-lighting, ceremony. Celebrate the culmination of our adventure with a farewell reception and dinner this evening.

WHAT TO EXPECT
We consider this to be a fairly strenuous program that is often physically demanding and busy. The itinerary involves spending time at high altitudes, which reach elevations of 12,000 feet. Daily excursions involve one to three miles of walking, including negotiating steep staircases without handrails, cobbled paths and rocky terrain. In many instances, guided tours require standing in one place for up to one hour, with tours lasting as long as four hours. Few sites have elevators and many do not allow buses to pull up in front, thus requiring a walk of several minutes, sometimes uphill, to reach the entrance. Travel in this region can be time-consuming and unpredictable, requiring unexpected changes to our schedule. During our program we travel between destinations by van, four-wheel-drive vehicle, coach and commercial aircraft. Many days require early-morning starts and long coach rides of up to seven hours. Roads in the Himalayas are narrow and unpaved. All of our accommodations are clean and comfortable but it is important to note that Kashmir’s tourism infrastructure in particular is at times basic. We expect that participants will be a self-selecting group whose interest in the places we visit far outweighs the need for creature comforts. We welcome travelers 15 years of age and older on this program.

THURSDAY, SEPTEMBER 21
PALAMPUR / DELHI
Fly from Palampur to Delhi and check in to our airport hotel.
RADISSON BLU PLAZA DAY ROOMS (B,L,D)

FRIDAY, SEPTEMBER 22
DELHI / U.S.
Transfer to the airport for return flights to the U.S. (B)
Trip Information

DATES
September 6 to 22, 2017 (17 days)

SIZE
22 participants (single accommodations limited—please call for availability)

COST*
$10,995 per person, double occupancy
$12,900 per person, single occupancy
*Association nonmembers add $300 per person

INCLUDED
14 nights and 1 day room in deluxe hotel accommodations • 15 breakfasts, 14 lunches and 14 dinners • Welcome and farewell cocktail receptions • Gratuities to guides, drivers and porters for all group activities • All tours as described in the itinerary • Transfers and baggage handling between the Delhi Airport and our group hotels on arrival and departure days • Flights from Delhi to Leh, from Leh to Chandigarh and from Palampur to Delhi. • Minimal medical, accident and evacuation insurance • Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information • 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

AER ARTANGEMENTS
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on Etihad Airways between San Francisco and Delhi is approximately $800 as of October 2016 and is subject to change without notice. Information on recommended flight itineraries will be sent with confirmation materials.

Terms & Conditions

Deposit & Final Payment
A $1,000-per-person deposit is required to hold your space on this program. Sign up online at alumni.stanford.edu/trip/kashmir2017 or call the Travel/Study office at (650) 725-1093. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

Cancellations & Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

Insurance
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information offering such insurance will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the members’ price. A person traveling as a guest paid for by a current member will not be charged the nonmember fee. For more information or to purchase a membership, visit alumni.stanford.edu/goto/membership or call (650) 725-0692.

Responsibility
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motor coach, launch or other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not onboard their planes or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in October 2016 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.
“We continue to take Stanford trips because of the opportunities for learning and access to people in the country we’re visiting.”

LINDA ASHCRAFT, ’72, MONGOLIA, 2016