



ANCIENT KINGDOMS OF CHINA & TIBET

PLAYFUL PANDAS, SACRED MOUNTAINS
& MYSTICAL MONKS



Dartmouth
Alumni Travel

Featuring **Sienna Craig**, Assistant Professor of Anthropology

May 15–25, 2016

CHENGDU • LHASA • CHENGDU



PICTURESQUE CHINA

Experience the Delights of a Well-Crafted Tour



Dear Alumni, Family, and Friends of Dartmouth,

Join **Professor Sienna Craig**, fellow alumni, family, and friends in experiencing a most amazing tour to Southwest China and Tibet. Explore the incomparable traditions that have flourished here over the millennia.

In Chengdu, meet one of the world's most enigmatic beings, the giant panda. The Chengdu Giant Panda Research Base is home to approximately 80 giant pandas. This summer, a record-breaking number of eight panda twins were born here. In May of 2016, the cubs will be nine months old, a most playful and adorable age. Revel in the incomparable experience of being in the presence of so many snowball-like cubs chasing each other, wrestling, rolling around like acrobats, climbing up and sliding down the trees while their moms stay nearby, keeping a loving eye on them. People laugh so hard that they burst into tears of joy. Time flies by when you are with nature's super-stars and when time comes to leave, you will want to stay.

Delve deeper into the historical significance of Sichuan Province and sample some of the regions famous cuisine. Drive through the lush Sichuan countryside and arrive at the beautiful Taoist mountain, Qingchengshan, in the suburbs of Chengdu. Temples were built on the hillside leading up to the summit of Qingchengshan. Learn about the mountain's significance in the spread of Taoism throughout China.

Fly deep into the Himalayas to Lhasa and discover the heartland of Tibetan Buddhism. For over a thousand years, Buddhism has developed its exotic spiritual life in the highest and most remote region of the world. Watch a traditional debate of monks in the monastery courtyard as well as visit a Tibetan village with an intimate experience of how locals live in today's world.

Pre- and post-tour extensions are available to customize your China experience and make your stay even more enjoyable.

Please join us on this exploration of Chinese and Tibetan wonders. Your guides will prove resourceful travel companions, with insightful commentary that gives context to what you will see. These enchanting regions will create memories for a lifetime.



Warm Regards,

Robin Albing

Robin Albing T'81
Director
Alumni Lifelong Learning and Travel
Dartmouth College

Mary Ann Hunt

Mary Ann Hunt A'14
Assistant Director
Alumni Lifelong Learning and Travel
Dartmouth College



TOUR HIGHLIGHTS

So much is new in China and Tibet that it's hard to keep up. This unique itinerary features sites, cultural venues, events, and activities that most Americans miss.

- Be delighted by the playful giant panda cubs along with their enigmatic adult relatives at Chengdu's famous breeding and conservation center.
- Trace the footsteps of the Taoist sage, Zhang Daoling atop Qingchengshan.
- Learn about the ancient innovation required to build the irrigation system at Dujiangyan, famous throughout China.
- Attend a Sichuan Opera performance where the colorful costumes and amazing mask changes known as bianlian will astound you.
- Walk with Tibetan pilgrims in the Barkhor circumambulations and meet the faithful pilgrims who have been traveling for months across the Tibetan plain to finally arrive at their holy center.
- Marvel at awe-inspiring architecture of Potala Palace, the abiding symbol of Tibetan Buddhism.
- Witness hundreds of monks debating in the temple ground, a traditional ritual to consolidate the dharma learning for young monks.
- Visit Braille Without Borders, where blind Tibetan children gain access to education resources and assistance with integration into local life.



DARTMOUTH FACULTY LEADER

PROFESSOR SIENNA CRAIG

Professor Craig came to Dartmouth in 2006 after completing her MA and Ph.D. in Cultural and Medical Anthropology at Cornell. A former Fulbright Fellow in Nepal (1995-96), she has been conducting anthropological research in Nepal, Tibetan areas of China, and among Nepali and Tibetan communities in the United States since 1993. Her initial fieldwork in the remote kingdom of Mustang, Nepal resulted in an ethnographic memoir, *Horses Like Lightning: A Story of Passage through the Himalayas* (2008). As a cultural anthropologist, the major focus of her research, writing, and teaching is the social study of medicine. She has conducted collaborative research with practitioners of Tibetan medicine in Nepal for more than 20 years, and has worked on projects related to maternal and child health in Tibet and Nepal since 2002. Professor Craig conducted her PhD research in Lhasa, Tibet, where she lived from 2002–2004, during which time she also collaborated with One Heart World-Wide, an NGO dedicated to improving the lives of women and newborns, and she was a research coordinator on an NIH-Gates Foundation-funded project through which the first clinical trial of a traditional Tibetan formula was conducted. She has led experiential education trips across High Asia for high school and college students, as well travel programs for adults.



CUSTOMIZE YOUR OWN CHINA EXPERIENCE

PRE-TOUR EXTENSIONS

Come to China Early

CHENGDE IMPERIAL RESORT

May 11–16, 2016*

*dates include 2 days of international travel

Experience the grandeur of the Qing Imperial Resort at Chengde, a two-hour drive north of Beijing.

A UNESCO World Heritage Site with a history of more than 300 years, Chengde is one of the great cultural landmarks in all of China.

The garden complex includes imperial halls, southern-style lake gardens, Mongolian yurts, and a wooded hillside with numerous pavilions. Beyond the palace many Buddhist temples were built, each one architecturally unique, of which five remain. Let us take you on a journey to the place where Qing imperial power and minority politics played out, discover the amazing world of the Chengde Imperial Resort.

Travel Dates for Chengde Extension

- May 12 • Depart the U.S. for Beijing
- May 13 • Arrive Beijing
- May 14 • Beijing to Chengde
- May 15 • Chengde
- May 16 • Chengde to Chengdu
(main tour participants arrive today)

*You will receive a detailed itinerary upon enrollment

Accommodations: Park Plaza Wangfujing Beijing (1 night), Qiwanlou Hotel Chengde (2 nights).



BEIJING & XIAN WITH THE TERRACOTTA WARRIORS

May 12–16, 2016*

*dates include 2 days of international travel

See some of imperial China's most magnificent sites on the Beijing & Xian extension. Marvel at the architecture and the dynastic culture of the Ming and Qing emperors in Beijing, and learn why China remains the world's oldest continuous civilization. Traverse rugged mountains on the serpentine course of the Great Wall, the most enduring symbol of China.

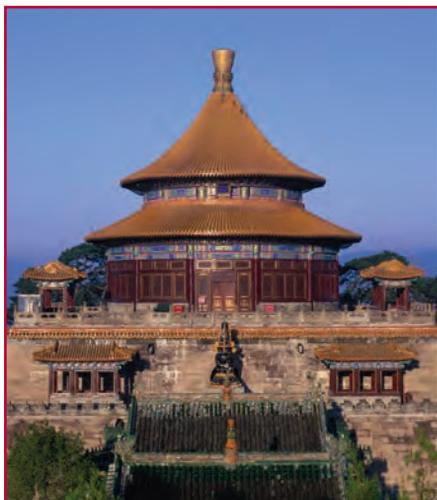
In the city of Xian see the Qin dynasty come alive through the extraordinary 2,300-year-old life size terracotta warriors in the tomb of China's first emperor.

Travel Dates for the Beijing & Xian Extension

- May 12 • Depart the U.S. for Beijing
- May 13 • Arrive Beijing
- May 14 • Beijing
- May 15 • Beijing to Xian
- May 16 • Xian to Chengdu
(main tour participants arrive today)

*You will receive a detailed itinerary upon enrollment

Accommodations: Park Plaza Wangfujing Beijing (2 nightw), Gran Melia Xian (1 night).





Giant Panda Cub

ANCIENT KINGDOMS OF CHINA & TIBET

ITINERARY

May 15–16 • **U.S.–Chengdu**

Depart the U.S. for Chengdu. Arrive the next day and transfer to the hotel. (meals aloft)

• *Accommodations at Dorsett Grand Hotel (4 nights)*

May 17 • **Chengdu**

In the morning, wander People's Park where throngs of locals gather to practice Taiji, fly kites, or do synchronized dance. Visit the lovely Bonsai Garden in the park with beautiful tropical and native plants cultivated and cared for over decades in large ceramic pots.

Enjoy lunch at Baguobuyi Restaurant for your first sample of the world-famous Sichuan cuisine. Try some local specialties, like heavenly tender braised beef spiced with chili peppers and cucumber, or the steamed corn muffins.

Visit Kuanzhaixianzi, a traditional district with restored courtyard houses from the Qing dynasty. Lining the old alleyway, beautiful teahouses, art galleries, bookstores, boutique shops, and restaurants make this area a popular destination for locals.

Head to the nearby Wuhou Shrine dedicated to the Shu Kingdom's military strategist Zhuge Liang and Emperor Liu Bei, who ruled in the 3rd century during the Three Kingdoms period.

This evening is free and dinner is on your own. You may wish to explore Lan

Kwai Fong, a popular, modern entertainment district offering an array of Sichuan and international restaurants. (b,l)

May 18 • **Chengdu**

This morning, visit The Chengdu Panda Breeding Center, beautifully landscaped with lush plants, hills and lakes. Meet with the nearly 80 pandas and their caregivers. The highlight is to see the panda cubs at the kindergarten where they play with each other, climbing up and down trees, rolling and pushing and kicking like kung fu masters. In 2010, the Atlanta Zoo's panda girl was returned to China and has lived here since. Also, visit the Small Red Panda Center with 40 small pandas in residence who roam freely.

Lunch is at Kuanxi Restaurant nearby. In the afternoon, explore the Wenshu Temple and wander through the maze-like garden, which gives way to the impressive Manjushri Bell Tower enveloped by cherry and bonsai trees. See monks worshipping or engaging in community activities, like ping pong. Explore the surrounding area and delve into the traditional shops and local activities. Drop by a teahouse, enter a traditional Chinese medicine shop, and watch locals playing mahjongg on the streets and eating Sichuan snacks.

For dinner, enjoy Sichuan hotpot at Tanyutou Hotpot Restaurant on the old

market street. Afterwards, watch a most entertaining Sichuan opera performance. (b,l,d)

May 19 • **Qingchengshan & Dujiangyan**
Drive through the lush Sichuan countryside and arrive at Qingchengshan, the beautiful Taoist mountain in the suburbs of Chengdu. Nearly 2,000 years ago the sage Zhang Daoling began teaching Taoism here and it has flourished ever since. Temples were built on the hillside leading up to the summit. Mystical clouds hang over the lush valleys. After a cable car ride and a 30 minute walk to the summit you will find the grand Taoist temple, Sanqinggong. A huge 2,000 year old Gingko tree was planted by the old Taoist master near Tianqian Cave.

In the afternoon, tour the famous ancient Dujiangyan irrigation site. Dujiangyan is the oldest and only surviving no-dam irrigation system in the world, and a wonder in ancient scientific development. The project consists of three important systems designed with great ingenuity. The water flow is automatically controlled from the mountains to the lower plains throughout the year.

In China, Chengdu is praised as “Nature's Storehouse”. Over 2,200 years ago, the area was plagued by the frequent floods of the Minjiang River (a tributary of the Yangzi River). Li Bing, a local official and his son, decided to construct an irrigation system to prevent flooding. After a lengthy study and

a lot of hard work involving hundreds of thousands of locals, the great Dujiangyan Irrigation Project was completed. Since then, the Chengdu Plain has been free of flooding and the people have enjoyed the abundance of nature. Today the project is honored as the “Treasure of Sichuan” and still plays a crucial role in draining off floodwater, irrigating farms and providing water resources for more than 50 cities in the province.

Explore a charming Bonsai Garden hidden in the park, it is rarely visited by tourists. For centuries, the locals carry on the tradition of growing trees in the pots. The tender roots are shaped and guided in the most exotic forms over decades of training and care.

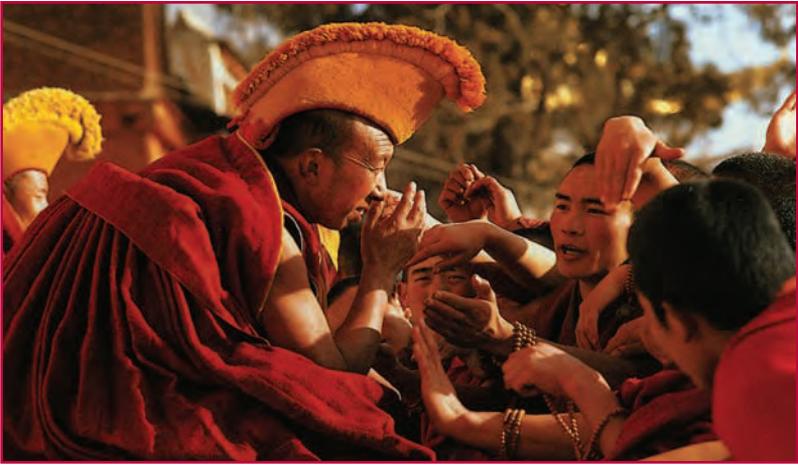
Return to Chengdu in late afternoon. Evening is free with dinner on own. (b,l)

May 20 • **Chengdu–Lhasa**
Today fly to Gongga Airport in Tibet. Upon arrival, meet your Tibetan guide and transfer to the hotel.

After adjusting to the altitude, enjoy an optional walk around Barkhor Street, the marketplace of old Lhasa and still amazingly evocative of old Tibet. The Barkhor is a pilgrim circuit where hundreds of pilgrims on any given day make their ritual circumambulations. It is also a thriving market, and traditional stone-block architecture forms the backdrop for the sale of prayer flags, prayer wheels, thanghas paintings, classic sutras, jewelry,



Heming Tea House in People's Park, Chengdu



Tibetan Monks, Lhasa

& Tibetan knives. (b,l,d)

• *Accommodations at the Four Points by Sheraton Lhasa* (4 nights)

May 21 • **Lhasa**

A full day of sightseeing includes the Potala Palace, once the seat of government and the winter residence of the Dalai Lama. It remains the abiding symbol of Tibetan Buddhism. The complex comprises the White and Red Palaces, and situated in the center of Lhasa Valley at an altitude of 3,700 meters. It rises over 13 stories and holds thousands of rooms.

Take a short drive to Norbulingka, the Dalai Lama's former summer residence. Constructed in the 18th century, it is a masterpiece of Tibetan architecture and contains several palaces and chapels.

Visit Jokhang Temple, Tibet's holiest shrine, filled with altars, halls, and galleries. The finest Tibetan art treasures are found here, though some originals were destroyed during the Cultural Revolution. (b,l,d)

May 22 • **Lhasa**

This morning, visit Braille Without Borders, providing blind Tibetan children access to education and integration into local life. The program has dramatically changed the lives of many, offering an opportunity to engage in the community and even secure jobs.

Traveling outside Lhasa, we visit Sera Monastery, one of the three great monasteries of the Gelugpa sect and founded in 1416 by a disciple of Tsongkhapa. The great ceremonial hall

holds thousands of Tibetan sutras in cubicles along the wall. Witness hundreds of monks debating in the temple ground, a traditional ritual to consolidate the dharma learning for young monks.

Stop by a traditional Tibetan hospital and observe the treatment of patients with a combination of herbs and Tibetan Buddhist meditative techniques. (b,l,d)

May 23 • **Yamdruk Lake**

Today, tour the holy Yamdruk Lake, about a 1.5-hour drive through the Tibetan countryside. As the largest freshwater lake at the south foot of the Himalayas, Yamdruk Lake has an area of 246 square miles (81 miles long and 43 miles wide), and average depth of 100 feet, and is 14,570 feet above the sea level.

On the lake sits several small islands with fertile grasses and wild birds. Embraced by the snow-capped mountain under the clear blue sky, this is Tibetans' holy water.

Return to Lhasa in the late afternoon. Enjoy a farewell dinner at a local restaurant. (b,l,d)

May 24 • **Lhasa–Chengdu**

In the morning fly back to Chengdu. The rest of the day is free for personal exploration and last minute shopping. (b)
• *Accommodations at the Dorsett Grand Hotel* (1 night)

May 25 • **Chengdu–U.S.**

After breakfast, depart for the airport and your return flight. Arrive in the U.S. the same day. (b, meals aloft)

CUSTOMIZE YOUR OWN CHINA EXPERIENCE

POST-TOUR EXTENSIONS

Stay in China Awhile Longer



GUILIN, LONGSHENG & THE SUBLIME LI RIVER

May 25–29, 2016

Immerse yourself in the sublime beauty of Guilin, Longsheng, and the famous Li River. Explore the evocative world of Longsheng, where traditional Zhuang and Yao people have sculpted rice terraces into precipitous hillsides since the Song dynasty.

View the spectacular karst formations of Guilin, vertical mountains thrust up from the seabed 300 million years ago. Cruise the Li River, winding past ancient villages and walk the agricultural paradise at Yangshuo.

Depart directly from Shanghai.

Accommodations: Li An Lodge (1 night), Guilin Grand Bravo (2 nights), Radisson Blu Hotel Shanghai New World (1 night)

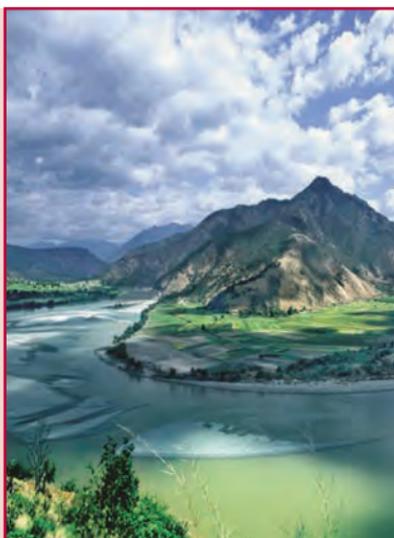
THREE GORGES & THE MIGHTY YANGZI RIVER

May 25–29, 2016

Fly to Chongqing, the great city of interior China, with a visit to the Chongqing Zoo to see the giant pandas. Board a Victoria Cruises ship for the journey down the beautiful Yangzi River, taking an intimate look at life on the Yangzi and the extraordinary Three Gorges. Enjoy special daily excursions, including a tour of the Three Gorges Dam construction site at Sandouping.

Depart directly from Shanghai.

Accommodations: Victoria Cruises (3 nights), Radisson Blu Hotel Shanghai New World (1 night)



DELIGHT OF HONG KONG HARBOR

May 25–28, 2016

The Hong Kong extension combines captivating sightseeing with ample free time for personal exploration to create the perfect finish to your China tour.

From Victoria Peak to Hollywood Road, there is no end to the fascination of this self-styled world city. Take advantage of the museums, night life, extraordinary cuisine, and endless shopping that sets Hong Kong apart—life here is like no other.

Depart directly from Hong Kong.

Accommodations: Sheraton Kowloon (3 nights)



Tour Cost

• Rates are per person and do not include international air:

Main Tour, Adult, Double Occupancy			\$4,595
Single Supplement			\$1,590
Chengde Pre-Extension	\$1,590	Single Supplement	\$550
Beijing & Xian Pre-Extension	\$1,950	Single Supplement	\$750
Guilin Post-Extension	\$2,190	Single Supplement	\$850
Yangzi River Post-Extension	\$1,790	Single Supplement	\$950
Hong Kong Post-Extension	\$2,290	Single Supplement	\$950

Roundtrip International Air available through Airtreks. For pricing, please contact Airtreks directly at 415.977.7136 or at china-advocates@airtreks.com.

Private Airport Transfers upon arrival and departure in Chengdu are recommended and available through China Advocates. Call 888.333.2585

Main Tour Includes: • Double occupancy accommodations • All meals listed in itinerary • All sightseeing, entertainment, and cultural activities listed in itinerary • Chinese airport taxes • All group air and ground transportation within China • English-speaking Chinese local tour guides • Dartmouth Faculty Leader (with a minimum of 15 participants) • China Advocates' national tour director (with a minimum of 10 participants) • Gratuities to local guides and drivers on main tour • Preparatory materials

Not Included: • Domestic U.S. and international airfare • Gratuities to national tour director • Gratuities on extensions • Airport transfers and portage • Visa processing • Meals not included in the tour • Excess baggage charges • Travel insurance • Items of a personal nature

For more information, please contact China Advocates at 888.333.2585 or 415.334.4505 or email travel@china-advocates.com

Tour Reservation Form

Dartmouth Alumni Travel: *Ancient Kingdoms of China & Tibet*

May 15–25, 2016

Enclosed is a deposit for \$ _____ (\$700 per person) to hold _____ place(s). Please make checks payable to **China Advocates**. Final payment is due February 15, 2016.

Name (1) _____
please print your name as it appears on your passport Class/Year Date of Birth

Name (2) _____
please print your name as it appears on your passport Class/Year Date of Birth

Address _____ City _____

State _____ Zip _____ Phone: _____

Alt. Phone: _____ E-mail: _____

Optional Extensions: Chengde Pre-Tour Beijing & Xian Pre-Tour
 Guilin/Longsheng Post-Tour Yangzi Cruise Post-Tour Hong Kong Post-Tour

Accommodations: Double Single I need assistance in securing a roommate.
(I understand that if a roommate cannot be secured for me, I agree to pay the single supplement fee(s).)

Bed Request: One Bed Two Beds Non-Smoker Smoker (based on availability)

***All rooms will be requested as non-smoking unless otherwise advised.

I/We understand that by placing a deposit I/we acknowledge and agree to accept and be bound by the Terms & Conditions listed in this brochure.

Signature _____ Date _____

Signature _____ Date _____

Credit Card Payment : (Deposit and/or Membership fee only)

Card Number: _____ Exp. Date _____ CVV Code _____
(Final Balance must be paid by check, payable to China Advocates) (Visa/MC 3 digits on back, Amex 4 digits on front)

Signature _____ Date _____

Mail, fax, or email reservation form with deposit to

China Advocates • 3843 Brickway Blvd. Suite 210 • Santa Rosa, CA • 95403
fax: 415.841.1790 • email: travel@china-advocates.com

TERMS & CONDITIONS

RESERVATIONS: Bookings are subject to the terms and conditions mentioned in these sections. By placing a deposit you agree to the terms and conditions listed herein. To confirm your reservation, a deposit of \$700 per person is required. Credit card payment is accepted for the deposit only; **final balance must be paid by check.**

Air: Air cancellations and penalties are based on each carrier and ticket. Be sure to review these policies before purchasing air via Airtreks. China Advocates, Inc., Dartmouth Alumni Association and Dartmouth are not responsible for any penalties incurred due to air changes or cancellations.

CANCELLATIONS: *No cancellation is valid until it is received in writing by the office of China Advocates.* Cancellation penalties are based on the date of receipt of written notice and are as follows: **91 or more days prior to departure, a cancellation fee of \$500 per person is retained; 90-46 days prior to departure, \$1,500 per person; 45-31 days prior to departure, \$2,500 per person; 30-0 days prior to departure, no refund is made.**

Cancellation penalties for additional hotel nights, hotel and cruise ship room upgrades, tour extensions, and any special arrangements, are as follows: **50-31 days prior to departure, 25% of cost is retained; 30-0 days prior to departure, no refund is made.**

RESPONSIBILITIES: China Advocates, Inc., Dartmouth Alumni Association and Dartmouth act only as agents for the various carriers for which tickets are provided and assumes no responsibility or liability in connection with the service of any train, vessel, carriage, aircraft, motor vehicle or other conveyance which may be used either wholly or in part, in the performance of their duty to the passenger. Neither will they be responsible for any act, error, or omission or for any injury, loss, accident, delay or irregularity which may be occasioned by a reason of any defect in any vehicles, or through neglect or default of any company or person engaged in conveying the passenger, or for any hotel proprietor, hotel service or restaurant, or for any other person engaged in carrying out the purpose for which tickets or coupons are issued. In the event it becomes necessary or advisable for the comfort or well being of the passengers, or for any reason whatsoever, to alter itinerary or arrangements, such alterations may be made without penalty to the operators. The right is reserved to withdraw any or all tours should conditions warrant, also to decline

to accept or retain any passengers as members for the tours. In such instances, there may be no refund for unused portions of the tour. Refunds for unused carrier tickets may be only in accordance with the regulations of the carrier. CST 2064278-40. Registration as a seller of travel does not constitute approval by the State of California. All legal questions will be settled within the jurisdiction of the County of San Francisco, California.

VISA: To obtain a Chinese visa, a passport is required that is valid for at least six months beyond the duration of the tour. Travelers are responsible for their own visas.

Trip cancellation insurance is highly recommended and available. You will receive travel insurance information once you are confirmed on the program.

Itinerary is subject to modification.

Prices are subject to change without notice.

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