An Exclusive Small Group Tour for Alumnae/i & Friends of Bryn Mawr College

Featuring Marc Schulz, the Rachel C. Hale Chair in the Sciences and Mathematics

HIMALAYAN KINGDOMS: NEPAL & BHUTAN

November 27-December 11, 2018

15 days from $6,072 total price from Boston, New York, Wash, DC
($5,395 air & land inclusive plus $677 airline taxes and fees)

This tour is provided by Odysseys Unlimited, six-time honoree Travel & Leisure’s World’s Best Tour Operators award.
Dear Bryn Mawr Alumnae/i, Family, and Friends,

We invite you to join us on an exclusive 15-day small group journey to the distant and devout Himalayan kingdoms of Nepal and Bhutan.

Our tour begins in Kathmandu, where we visit iconic Swayambhunath, then we tour Patan Durbar Square, a UNESCO site. Traveling through the beautiful Kathmandu Valley – home to seven UNESCO sites – we enjoy a small group highlight: lunch in a local family’s home. Revered Boudhanath and Pashupatinath Temple are next. After touring ancient Bhaktapur, travel to hilltop Nagarkot, a village commanding a spectacular Himalayan vista. Next is Thimphu, Bhutan, where we tour the city and enjoy a home-hosted dinner. We raise prayer flags at Dochula Pass, take an exhilarating river rafting trip, and tour historic Paro. Our tour concludes with a final highlight: a visit to the sacred cliffside Tiger’s Nest Monastery.

Space on this exclusive, air-inclusive tour for Bryn Mawr is limited to just 18 guests, and the tour will be accompanied by Professor Marc Schulz, the Rachel C. Hale Chair in the Sciences and Mathematics and the Chair of the Department of Psychology at Bryn Mawr College. We anticipate that space will fill quickly; your early reservations are encouraged.

Warm regards,

Saskia Subramanian ’88
President, Bryn Mawr College Alumnae Association

---

**BRYN MAWR TRAVEL RESERVATION FORM – HIMALAYAN KINGDOMS: NEPAL & BHUTAN**

Enclosed is my/our deposit for $______ ($500 per person) for ____ person(s) on Himalayan Kingdoms: Nepal & Bhutan departing November 27, 2018. I/We understand the final payment is due at least 95 days prior to departure. Payment may be made by American Express, Discover, MasterCard, VISA, or by personal check. Please make check payable to Odysseys Unlimited, Inc., and send, with completed reservation form, to: Odysseys Unlimited, Inc., Attn: Special Interest Groups, One Newton Place, 275 Washington Street, Suite 300, Newton, MA 02458. You may also fax your reservation to 617-454-9199. For more information, please call Odysseys Unlimited, Inc. toll-free at 888-370-6765.

Full Passport Name ____________________________________________ Date of Birth ____________ Gender _____
Full Passport Name ____________________________________________ Date of Birth ____________ Gender _____
Address ___________________________________________________________________________________________
City ____________________________________________________________ State ________ ZIP _________________
Home Phone (______)_______________________ Cell Phone (______)________________________________
E-mail(s) ____________________________________________ Badge Name(s) ___________________________________
Please book my/our air from ____________________________________ I/We request a Business Class upgrade ☐
I will share a room with ______________________________________________________________________________

Please Note: The undersigned has read the schedule of activities for Himalayan Kingdoms: Nepal & Bhutan, November 27–December 11, 2018, and agrees that their signature below represents their acceptance of the General Terms and Conditions.

Signature(s) ________________________________________________________________ Date __________________

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 by August 24, 2018, and is payable by check or credit card.
HIMALAYAN KINGDOMS: NEPAL & BHUTAN

15 days from $6,072 total price from Boston, New York, Wash, DC ($5,395 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 suffuse all aspects of life; in both, tradition and belief abide – and surrounding Himalayan scenery casts a truly awe-inspiring spell.

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

Day 2: Arrive Kathmandu  Today we reach Kathmandu, Nepal’s capital and largest city. After meeting our tour director, we transfer to our hotel. As guests’ arrival times may vary, we have no group activities or meals planned.

Day 3: Kathmandu  This morning we meet our fellow travelers and tour director for a briefing about the journey ahead. Nestled high in the storied Himalayas, Nepal contains eight of the world’s ten highest mountains, including majestic Everest. 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 BCE. 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, Nepal’s third largest city 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. B,D

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 nunneries 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 we tour Boudhanath, a UNESCO site and Nepal’s largest and most important Buddhist stupa. With its massive mandala and huge white dome, 15th-century Boudhanath draws millions of religious devotees, seekers, and tourists. Tonight we enjoy dinner at a local restaurant. B,L,D

Cover photo: The devout in the Himalayas hang prayer flags to promote peace and compassion.

Tour membership limited to 18 alumnae/i and friends of Bryn Mawr College
Day 5: Kathmandu/Nagarkot  Leaving Kathmandu today, we stop at Nepal’s oldest and holiest Hindu shrine, ornate Pashupatinath Temple. At this UNESCO site we see sadhus and sages who, in following the lifestyle of Lord Shiva, wear loincloths 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. Traveling on, we reach Bhaktapur, another UNESCO site and 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. B,L

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. When Kathmandu Valley below is obscured by cloud cover, Nagarkot feels like an island amid an ocean of clouds. 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 Kunselphodrang, 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: 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 of the Mo Chu (“Mother”) and Pho Chu (“Father”) rivers in a sub-tropical valley. 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; then Rinpung Dzong, a superb example of Bhutanese architecture. After lunch we visit 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 (rental horses are available to take visitors about two-thirds of the way). We embark on our scenic uphill hike early this morning. Those not wishing to climb all the way up can enjoy excellent views of Tiger’s Nest from a waystation 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.

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
- Services of Odysseys Unlimited Tour Directors
- Extensive sightseeing as described
- 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

Tour Departs: November 27, 2018

<table>
<thead>
<tr>
<th>City</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston, New York</td>
<td>$6,072</td>
</tr>
<tr>
<td>Washington, DC</td>
<td>$6,372</td>
</tr>
<tr>
<td>Baltimore, Dallas</td>
<td>$6,472</td>
</tr>
<tr>
<td>Orlando, Philadelphia</td>
<td>$6,572</td>
</tr>
<tr>
<td>Atlanta, Charlotte, Chicago</td>
<td>$6,472</td>
</tr>
<tr>
<td>Cincinnati, Cleveland, Detroit</td>
<td>$6,472</td>
</tr>
<tr>
<td>Miami, Minneapolis, Tampa</td>
<td>$6,572</td>
</tr>
<tr>
<td>Denver, Houston, Los Angeles</td>
<td>$6,572</td>
</tr>
<tr>
<td>Phoenix, Portland (OR)</td>
<td>$6,572</td>
</tr>
<tr>
<td>San Francisco, Seattle</td>
<td>$6,572</td>
</tr>
</tbody>
</table>

Land Only (transfers not included) $4,895

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 is made.

Single travelers please add $1,095. (Please note: single spaces are on request only. Inquire about availability.)

All 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 the 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 and information, please call Odysseys Unlimited, Inc. toll-free at 888-370-6765

Monday–Friday, 9:00 AM–7:00 PM, Eastern Time

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

Marc Schulz is the Rachel C. Hale Chair in the Sciences and Mathematics and the Chair of the Department of Psychology at Bryn Mawr College. He is also the Director of Bryn Mawr’s Clinical Developmental Psychology Ph.D. Program. A clinical psychologist, he studies emotion and health processes, close relationships, and change across time in individuals and families. He is the Associate Director for the Study of Adult Development, a longitudinal study of individuals and families based at Harvard University. He received his Ph.D. from the University of California at Berkeley and completed a clinical internship and research postdocs at Harvard Medical School. At Bryn Mawr he regularly teaches a class on the Psychology of Mindfulness and has organized and participated in three interdisciplinary 360 clusters focused on contemplative practices and traditions.
GENERAL TERMS AND CONDITIONS

Please read this information carefully, as payment of a $500 deposit per person represents your acceptance of the following Terms and Conditions.

Not Included in Tour Price
Airfare when purchasing a Land Only package; costs of passports and visas; personal expenses such as beverages, laundry, room service, and meals not specified; airport transfers when purchasing a Land Only package; communication charges; optional sightseeing; gratuities to your Odysseys Unlimited Tour Director, which are at your discretion (suggested gratuities $10-$15 per traveler, per day); and travel protection insurance. Additional baggage fees may apply and are subject to change at any time. You should confirm directly with your airline(s) prior to departure.

Cancellations, Refunds, and Changes
If you must cancel your trip, the effective date of cancellation will be upon Odysseys Unlimited, Inc.'s receipt of your written notification. Refunds for cancellations are subject to the following per person charges:
- cancel 95 days or more before departure: $200 charge; cancel 94-65 days before departure: 25% of tour price; cancel 64-45 days before departure: 50% of tour price; cancel 44-30 days before departure: 75% of tour price; cancel 29-0 days before departure: no refund. If you make any changes to your reservation from 94 to 30 days prior to departure, Odysseys Unlimited, Inc. will apply a $100 per person administrative fee, in addition to any fees or penalties imposed by 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 are allowed within 30 days of departure. Upon reservation, you must provide your full legal name as it appears on your passport, as well as your date of birth and gender. In the event an airline ticket is issued with incorrect information you have provided, you will be responsible for charges associated with the ticket's reissue.

Responsibility
The liability of Bryn Mawr College, as sponsor, and Odysseys Unlimited, Inc., as tour operator, is strictly limited. Odysseys Unlimited, Inc. purchases transportation, hotel accommodations, and 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, or of their employees, agents, servants, or representatives. Bryn Mawr College 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 lines, 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.

Health and Medical Issues
We request that you be in good health to participate in this Odysseys Unlimited, Inc. tour. There is a considerable amount of walking, and you must be able to get on and off motorcoaches and rafts on your own. We regret that we cannot offer individual assistance; in such cases you must be accompanied by a companion who will assist you. Please note that many of our tour itineraries, for reasons beyond our control, do not accommodate wheelchairs. Please call or e-mail 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 or mental condition in our opinion, compromises the operation of the tour or detracts from the enjoyment or safety of the other passengers. In that event, Bryn Mawr College and Odysseys Unlimited, Inc. assume no financial responsibility for any unused portion of the tour.

Air Transportation – Important Information
Odysseys Unlimited, Inc. includes in its tour price round-trip economy air from designated gateway cities as shown, and contracts with those airlines the company feels 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 assignment on your international flight is usually done at airport check-in. Odysseys Unlimited, Inc. is unable to guarantee any seat assignments. Due to the nature of four operator tickets, other restrictions apply, including, but not limited to: frequent flyer mileage accrual, stopovers, alternate travel dates, upgrades, and airline taxes and fees. If you prefer to make your own travel arrangements, 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.