



# Southwest China & Tibet

## June 21 – July 7, 2009



Experience the magnificent mountains, the mild climate, and the mysterious beauty of Yunnan Province and the Tibetan Plateau of China, a land that has long had a hold on the imagination of the world as "Shangri La," or "The Roof of the World." Learn about a part of China that has one third of all the ethnic minorities, more than half of the country's plant and animal species, and is also a World Heritage area as the source of the three great rivers of Asia, including the Yangtze and Mekong. You will meet and learn about the Tibetan and Naxi people, visit the former home of Joseph Rock, the Austro-American botanist and ethnologist, and see the Pandas in Chengdu. Extended time in Lijiang and in Tibet will enable you to more fully experience and learn about the history, people, food, and culture of this remote part of the world that was connected by the ancient Tea-Horse old road.



### Escorted by Arlette Poland:

Your escort for this program is Arlette Poland, Professor of World Religions, Science and Religion and Introduction to Judaism at the University of Redlands, is also a Palm Desert Osher professor in the areas of Taoism, Confucianism, Buddhism, and Indigenous Spiritual Pathways. Her experience and training as a student and professor of various world religions gives her a broad range of information to draw from as we learn from her insightful and enthusiastic presentations how each of these three complicated spiritual pathways fit into the history, development and modern Chinese culture.

As Lhasa, Tibet is over 11,000 ft above sea level this program itinerary was specially designed to gradually acclimate yourself to the effects of high altitude. You will be going to progressively higher altitudes from Kunming at almost 6,000 ft to Zhongdian at 7,000 ft above sea level in Yunnan Province over a seven day period of time before flying to Tibet. This will help to assure that you more fully enjoy your Tibetan experience by not feeling the ill effects of high altitude.

**Sample Lectures:** "What is Tibetan Buddhism and Why/How Is It Different from Any Other Buddhism?," "A Monastery Here, A Monastery There: What Tibet's Monasteries Mean to Tibet," "Who is the Panchen Lama and Why Should I Care?," "Dragons, Gates and Temples: Taoism in China," "What Color Dragon? Dragon Lore and Meaning in Chinese Taoism."

**UNESCO World Heritage Sites:** South China Karst (Shilin Stone Forests), Old Town of Lijiang, Three Parallel Rivers of Yunnan (Yangtze, Mekong, Saiween), Historic Ensemble of the Potala Palace, Lhasa

### Food: An Insight Into Culture

Celebrating food as another way to gain an understanding of a culture, you will visit local food markets, enjoy meals in select authentic local restaurants, and hear Chefs talk about some of their favorite dishes.



**Osher Lifelong Learning Institute**  
**37-500 Cook Street**  
**Palm Desert, CA 92211**  
**(760) 341-2883, ext. 14428**  
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**Day 1 - June 21st - Sunday**  
**USA/International Date Line**  
Depart from the U.S.

**Day 2 - June 22nd - Monday**  
**Arrive in Shanghai**  
Arrival and overnight in Shanghai.  
Rainbow Hotel

**Day 3 - June 23rd - Tuesday (B, L, D)**  
**Shanghai/Kunming**  
Early morning flight to Kunming, the capital city of Yunnan Province and known as the "City of Eternal Spring" because of its year-around mild weather and flower blossoms. Visit the Western Hills and view Huating Temple with its fine statues and excellent gardens. Continue up to the summit and visit two famous Taoist Temples before reaching the Dragon Gate Grotto overlooking Lake Dian below.  
Harbour Plaza Hotel

**Day 4 - June 24th - Wednesday (B, L, D)**  
**Kunming**  
Excursion to the legendary Shilin Stone Forest, a geologic wonder consisting of 30 million year old karst formations that are the highest single-body limestone structures in the world. When seen from a distance, the vast area of jagged stones dotted with green trees and colorful flowers presents the look of a unique forest. Viewed up close, the oddly shaped rocks seem to take on a life of its own and you get a sense of "Time" as the world's greatest sculptor. Tour Sani Minority Village and explore the "Yi" ethnic minority's colorful customs and unique life styles. Enjoy a specially arranged dinner of special local dishes including fabled Cross-bridge Noodles and Steam-pot Chicken. Harbour Plaza Hotel

**Day 5 - June 25th - Thursday (B, L, D)**  
**Kunming/Dali**  
Early morning flight to Dali, a small city with cobble stone streets and traditional stone architecture on the western edge of Erhai Lake at an altitude of 6,000 ft with mountains rising over 12,000 ft behind the town. Learn about the main inhabitants of Dali at the Bai Ethnic Minority State Museum and stroll through the bustling local bazaar. Visit the South Gate in the Old Town and make a photographic stop at the legendary Three Pagodas. Enjoy a boat cruise on scenic Erhai Lake and visit a functioning Catholic Church complete with Chinese decorations. Asia Star Hotel

**Day 6 - June 26th - Friday (B, L, D)**  
**Dali/Lijiang**  
Explore the Xizhou Ethnic Minority Village and a "Bai" minority's bazaar. Observe a "Three Course Tea" show and "Bai" people's song and dance. Shop on your own for the famous wax print articles and other ethnic handicrafts. Take a scenic ride through lush grassland, dense forest, and mountains to Lijiang, the "Venice of

the Orient." With a history of more than 800 years, Lijiang Old Town lies on the high plateau in Northwestern Yunnan Province. To the north of town is Jade Dragon Snow Mountain which remains snow-capped all year round and provides the constant flow of water through the arteries of crystal clear canals running in front of and through the compounds of black-tiled and white-walled houses with square courtyards throughout this first World Heritage City of China. Grand Hotel (Ideally located at the entrance to the Old Town)

**Day 7 - June 27th - Saturday (B, L, D)**  
**Lijiang**  
Visit the spectacular snowcapped Jade Dragon Snow Mountain. Take a cable car to the yak meadow of Yunshanping and visit Yufeng Temple which commands a magnificent view of green grasslands, tall firs, and the glittering snows of the mountain. Visit the home of Joseph Rock, an Austro-American who lived a good part of his life in Lijiang devoted to researching Naxi culture and collecting the flora of the region He also wrote for National Geographic Magazine in the early 1900's. Explore the Baisha Naxi Village and learn how the Naxi people used written records and pictographs to preserve their culture from generation to generation. Also view the Baisha Murals that are a reflection of various religious influences. Enjoy a home visit with the Naxi and a meal at one of Lijiang's small Naxi family restaurants. Dinner is followed by a rare chance to hear Chinese music, as it must have sounded in classical China. Listen to faithful renditions of music from the Song and Tang Dynasties played on original instruments by the traditional Naxi Folk Music Orchestra.  
Grand Hotel

**Day 8 - June 28th - Sunday (B, L, D)**  
**Lijiang**  
A free day to explore Lijiang on your own. The streets and lanes of the Old Town are paved with cobble stones and together with streams and bridges provide hours of leisurely walking to enjoy the simplicity of architecture and the customs and life of the people. You will marvel at the great variety of national costumes, ornaments, and languages of the people walking in the streets and in the varied shops including numerous Teahouses and coffee shops. This ancient town has always been noted for its numerous craftsmen and the arts and crafts stores of the town attract tourists with their glistening displays of paintings, batik garments, wood and stone carvings and ceramics.  
Grand Hotel

**Day 9 - June 29th - Monday (B, L, D)**  
**Lijiang/Shangri La (Zhongdian)**  
A scenic coach ride takes you through beautiful highlands and mountains on the great Yunnan/Tibet Highway. View the upper reaches of the mighty Yangtze River (here called Jinsha

Jiang) and stop at the giant bend of the river at Shigu town or "Town of Stone" which channeled the river to the northeast and ultimately to its mouth near Shanghai. Also visit Tiger Leaping Gorge and experience the "thundering might" of the river as it drops nearly 1,000 ft over a 12 mile stretch in a series of 34 rapids through a narrow cleft with near vertical cliffs soaring directly up from either side of the stream for 7,000 ft. Travel to the grasslands of Shangri-la (Zhongdian). This is the exact place commonly believed to have been depicted as the mythical Shangri-la in James Hilton's novel "The Lost Horizon" (The Presidential hideaway Camp David in Maryland was once named Shangri-La by President Franklin D. Roosevelt.)  
Paradise Hotel

**Day 10 - June 30th - Tuesday (B, L, D)  
Shangri La (Zhongdian)/Lhasa, Tibet**

A late morning flight to Lhasa (in Tibetan, "The Land of the Gods"), the heart and soul of Tibet and capital since 1642..Check in at the VIP section of the centrally located superior first-class Tibet Hotel. Time to relax and acclimate to local topography and the weather.  
Tibet Hotel (VIP Section of hotel)

**Day 11 - July 1st - Wednesday (B, L, D)  
Lhasa/Yamdrok/Gyantze/Shigatze**

Travel to beautiful Yamdrok Yumtso Lake, one of three holy lakes in Tibet. Enjoy a picnic lunch on the side of this tranquil lake at the south foot of the Himalaya mountains and then continue on to Gyantze to visit Baiju Monastery famous for its Wanfo Tower (10,000 Buddhas). It is a monastery that embraces all sects of Buddhism, which is rare in Tibet. Built in 1414, its walls are filled with tens of thousands of strikingly beautiful murals and scriptures combining Tibetan, Indian and other traditional art. Continue to Shigatze, (in Tibetan, "The Estate that Fulfills One's Wishes") the biggest city in southern Tibet and the seat of the Panchen Lama, a reincarnation of Amitabha (Buddha of Infinite Light), who ranks close to the Dalai Lama. Shigatze Hotel

**Day 12 - July 2nd - Thursday (B, L, D)  
Shigatze/Lhasa**

Visit the well-known Tashilunpo Monastery, located on the slopes of Nesei Mountains. It is once the home of Panchen Lama, one of the three most powerful Living Buddhas in Tibet. Built in 1444 by a nephew of Tsong Khapa, the monastery once housed over 4000 monks, but now there are only about 600. In the Grand Scripture Hall, a sitting Buddha statue is enshrined with 6,700 ounces of gold and 115,000 kilograms of copper. It is the biggest copper statue in the world. The monastery is also famed for its Great Hall with the opulent tomb (containing 85 kg of gold and masses of jewels) of the 4th Panchen Lama. Travel through vast and

scenic mountain terrain on your way back to Lhasa. Tibet Hotel

**Day 13 - July 3rd - Friday (B, L, D)  
Lhasa**

Explore the magnificent Potala Palace, once the center of Tibetan government and the winter residence of the Dalai Lama. One of the architectural wonders of the world, this immense construction has thousands of rooms, shrines, and statues, holding relics of previous generations of Dalai Lama. Visit the Red Palace where religious functions were held and also the White Palace, which were the living quarters of the Dalai Lama. Visit the holy Jokhang Temple and take in the magnificent interior carvings & paintings. Stroll the bustling Bakhor Street, where the traditional way of life still endures. You will find pilgrims dressed in colorful traditional Tibetan robes, chanting and circling the holy site with their prayer wheel in hand. You can also view the striking variety of Tibetan arts and crafts in the local stores. Tibet Hotel

**Day 14 - July 4th - Saturday (B, L, D)  
Lhasa**

Take an excursion to Deprung Temple and Sara Monastery, two of the most sacred grounds in Tibet - both were once home to over ten thousand Lamas and were regarded as the senior religious education body. Observe the rarely seen ritual of Monk debate - hundreds of monks debate on Buddhist articles and philosophy, using unique forms of body and arm movements to present their points. Also explore the famed Norbulinka - Dalai Lama's exquisite summer palace with its beautiful architecture and serene garden settings. Take in the amazing wall paintings in his living quarter, where all furniture was kept exactly the same from the very moment his holiness left Tibet. The clock on the wall was stopped. The radio was set at the last station his holiness listened the night before he left. Also visit a local Tibetan family and learn firsthand about Tibetan local life. Tibet Hotel

**Day 15 - July 5th - Sunday (B, L, D)  
Lhasa/Chengdu**

Morning flight to Chengdu, the capital of Sichuan Province and the largest and most populated province of China. Visit China's biggest Panda Propagation Center, which houses quite a number of giant pandas. Over the years, dozens of pandas were born through artificial breeding. Here you will have chance to take pictures with the pandas or even the cubs at your own cost. Enjoy a special Sichuan Cuisine Banquet Farewell Dinner. Yinhe Dynasty Hotel

**Day 16 - July 6th - Monday (B, L)  
Chengdu/Shanghai**

Visit the Bamboo Garden where you can mingle with the locals and enjoy a cup of tea while watching people passing by before taking a flight back to Shanghai. Rainbow Hotel

**Day 17 - July 7th - Tuesday (B)**

**Shanghai/USA**

Transfer to the airport for your flight back to the USA.

## **OPTIONAL HONG KONG EXTENSION**

**Day 16 - July 6th - Monday (B)**

**Chengdu/Hong Kong**

Visit the Bamboo Garden where you can mingle with the locals and enjoy a cup of tea while watching people passing by before taking a flight to Hong Kong and transfer to your hotel. Grand Metropark Hotel on Hong Kong Island

**Day 17 - July 7th - Tuesday (B)**

**Hong Kong**

A comprehensive half-day tour of the major sites in Hong Kong, including Victoria Peak, Aberdeen floating village, Stanley Market and Repulse Bay. Enjoy rest of the day at leisure to explore on your own.

Grand Metropark Hotel on Hong Kong Island

**Day 18 - July 8th - Wednesday (B)**

**Hong Kong/USA**

Enjoy free morning at leisure to further explore Hong Kong and transfer to the airport for a flight back home.

**B - Breakfast**

**L - Lunch**

**D - Dinner**

**Drinks are not included.**

## **SOUTHWEST CHINA & TIBET PROGRAM PRICE**

**\$3,895** per person double occupancy

Land Only - Plus Airfare

(does not include international airfare, giving you the flexibility to use frequent flyer miles or search the internet for the best airfares available.)

**\$795** single-room supplement

Visas are required for all U.S. citizens.

Information will be mailed upon registration.

## **OPTIONAL HONG KONG EXTENSION PRICE**

**\$525** p. p. double occupancy Land Only

**\$195** single-room supplement

## **PROGRAM FEATURES**

\* All air and land transfers with assistance. Airport departure taxes throughout the programs are not included. All specially arranged lecture/seminars and field experiences as indicated in the itinerary.

\* Deluxe, first-class and best available accommodations throughout the program as indicated in the itinerary. Three meals daily within China.

\* All professional English-speaking guides are personally selected for you from firsthand experience by our China coordinator.

\* Please note that this program is more adventurous and good physical health is required.

# TERMS AND CONDITIONS

## RESERVATIONS & DEPOSITS

Early reservations are essential. A deposit of \$500.00 per person is required at the time of registration. Balance is due 60 days prior to departure with an additional deposit due 90 days prior to departure. All pricing is in \$US dollars.

## SINGLE TRAVELERS

Accommodations are based on double occupancy. Single accommodations are sometimes difficult to obtain but should a request be made, TravelLearn, Inc. will do its best to secure these accommodations.

## AIR FARE / FLIGHT ITINERARY

We can assist you with getting airfare. There is a \$50 per person air ticket fee for this service. Tickets are express mailed to you with your final documents approximately two weeks prior to your departure.

## BAGGAGE

Airline baggage restrictions vary greatly from airline to airline. The most common, on regularly scheduled flights to and from the U.S. is two checked piece, the total dimensions (Width+Height+Length) of which do not exceed 107 inches provided neither piece exceeds 62 inches. One unchecked piece of carry-on luggage, the total dimensions of which do not exceed 45 inches. Please note that some destinations have not approved the piece count rules, and the international weight rule of a maximum of 44 lbs. still applies.

## ELIGIBILITY / HEALTH

Information on health requirements for this program will be mailed to you upon registration. We recommend that all travelers check with their personal physician about medications and inoculations. Any physical condition requiring special attention, diet, or treatment must be reported in writing when the reservation is made. By forwarding a signed registration form and trip deposit, you certify that you do not knowingly have any physical or other conditions of disability that would create a risk for you or other trip participants. We assume no responsibility for medical care or for special dietary requirements. Hospital facilities for serious problems are often unavailable and evacuation can be prolonged, difficult, and expensive. A parent or guardian for the entire journey must accompany individuals under the age of 18. There is no maximum age limit, but all participants must be in good health and physically fit. The Educational Institution and TravelLearn, Inc. reserves the right to decline to accept any person as a member of a program or to require any participant to withdraw from a program at any time when such action is determined to be in the best interests of the health, safety, and general welfare of the group or individual.

## NOT INCLUDED IN TOUR COST

Cost of obtaining passport or visa; expenses on the U.S. mainland; personal expenses such as beverages; laundry; phone calls; faxes; cables; travel insurance; excess baggage fees; items not on regular menus; expenses of guides, buses, or cars for sightseeing not included in the itinerary; gratuities to guides; airport taxes and other items not mentioned as being included. Transfers to / from the airport unless schedule is sent to TravelLearn.

## CANCELLATION / INSURANCE

TravelLearn, Inc. is required to make various deposits to reserve accommodations, transportation arrangements, tickets, etc. in organizing these Learning Vacations. Therefore, if you must withdraw from the program, irrespective of reason after your date of registration you will forfeit whatever portion of the deposits that cannot be retrieved from various airlines and land operators plus a \$100 cancellation penalty per person. The expected cancellation penalties are as follow: From the date of registration to 90 days prior to departure - \$100; 89 to 60 days prior - 30% of total program price; 59 to 30 days prior - 60% of price; less than 29 days prior to departure - refund, if any, will be only the amount recovered by TravelLearn, Inc. Cancellation penalties vary with different types of airfares. No refund will be made for unused portions of the trip and all cancellation/ withdrawal notifications MUST be received in writing. The date the WRITTEN cancellation is received by

TravelLearn, Inc. will determine the cancellation date. If final payments are not made by the designated date it will be assumed that the participant has withdrawn from the travel program and cancellation fees will be charged accordingly. Cost increases may occur unexpectedly. Rates are based on group tariffs; if the trip does not have sufficient registration, a small party supplement may have to be charged. The Educational Institution and TravelLearn, Inc. may be compelled to amend prices, and we reserve the right to do so without prior notice. An increase in trip prices shall not be sufficient grounds for any refund of funds paid for the trip other than our normal cancellation policy terms. Trip cancellation insurance is strongly recommended. Insurance is a personal matter, the Educational Institution and TravelLearn, Inc. encourages each participant to consider the purchase of trip cancellation, baggage, and all other forms of travel insurance to provide the level of protection deemed necessary. TravelLearn, Inc. will provide information on insurance options for this program after the receipt of your registration. The right is reserved to cancel any trip prior to departure, in which case full refund of the paid trip funds to the Educational Institution and TravelLearn, Inc. will be given, but the Educational Institution and TravelLearn, Inc. are not responsible for any other trip preparation expenses, such as penalized or non-refundable air tickets, insurance fees, visa fees, and medical expenses.

## DOCUMENTS / RESPONSIBILITY

Most destinations require a current passport, which has at least 6 months validity left from your intended return date. It is the responsibility of the passenger to ensure that he is in possession of a valid passport and travel documents, visas, and health certificates as required by countries visited. Any delays or cancellations created by clients doing their own visa processing is the sole responsibility of the client. Final documents will be express mailed to you approximately two weeks prior to your departure. Services in connection with this itinerary are rendered by suppliers acting as independent contractors and not as agents or employees of the Educational Institution and TravelLearn, Inc. TravelLearn, Inc., its Owners, Outfitters, Agents, and Employees give notice that they act only as the agent for the owners, contractors, and suppliers providing means of transportation and/or all other related travel services and assume no responsibility whatsoever caused by injury, loss or damage to person or property in connection with any service resulting directly from: acts of God, detention, annoyance, delays, expenses arising from quarantine, strikes, thefts, pillage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, terrorism, government restrictions or regulations, and discrepancies or changes in transit or hotel services over which it has no control. Costs for each Learning Vacation were based on air fares and international exchange rates as of June 2008. The Educational Institution and TravelLearn, Inc. has tried to prevent any additional charges and they do not anticipate that any increase will need to be made on the ground portion of these programs. The Educational Institution and TravelLearn, Inc. reserves the right to make changes or substitutions in the dates, itinerary, speakers/lecturers, or costs as it becomes necessary or desirable without liability to itself or its co-sponsoring or affiliated associations and organizations or their agents. In the event of the tour being cancelled by the operator, we shall have no responsibility other than the refund of all deposits and monies paid to him by tour participants. No refund will be made for the unused portion of the tour unless arrangements are made in sufficient time to avoid penalties. All cooperating airlines and steamship companies are not to be held responsible for any act, omission, or event during the time passengers are on board; the limit of their liability is that of a common carrier and the passage contract in use by such carriers, when issued, shall constitute the sole contract between companies and the purchaser of this tour and/or passenger. Acceptance of the services of TravelLearn, Inc. by institutions and/or travelers constitutes acceptance by them of all of the above noted terms and conditions. The aforementioned conditions apply equally to the institutions cosponsoring this tour that assume no responsibility for any loss, injury, or damage to participants or their property in connection with any aspect of this tour.

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# Learning Vacation



## Southwest China & Tibet June 21 – July 7, 2009

**TO REGISTER:** Please mail this completed registration form with your **\$500 per person** deposit check made payable to **TravelLearn Escrow Account** to:

**Osher Lifelong Learning Institute  
37-500 Cook Street  
Palm Desert, CA 92211**

For those who wish to pay by credit card please provide the information requested below:

\_\_\_\_\_ MasterCard \_\_\_\_\_ VISA \_\_\_\_\_ Discover Card \_\_\_\_\_ AMEX

Full Name of Card Holder \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature \_\_\_\_\_ Digits on back of card \_\_\_\_\_

An additional deposit will be due **90 days prior** to departure. Full payment must be made **60 days prior** to departure. Enrollments received after this date must be accompanied by full payment.

ENCLOSED IS MY (OUR) PAYMENT TO RESERVE \_\_\_\_\_ SPACE(S) FOR THIS PROGRAM:

(Dr/Mr/Mrs/Ms) \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M / F  
NAME (Participant #1) month / day / year

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

(\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

WORK PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_ FAX \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

NAME AS IT APPEARS ON YOUR PASSPORT \_\_\_\_\_ OCCUPATION \_\_\_\_\_

(Dr/Mr/Mrs/Ms) \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M / F  
NAME (Participant #2) month / day / year

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

(\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

WORK PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_ FAX \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

NAME AS IT APPEARS ON YOUR PASSPORT \_\_\_\_\_ OCCUPATION \_\_\_\_\_

PLEASE CHECK OR FILL IN ALL THAT APPLY:

\_\_\_\_\_ I/We would like to take the Optional Extension to Hong Kong

I will share a double room with \_\_\_\_\_

\_\_\_\_\_ I would like TravelLearn to find me a roommate (Smoking / Non-smoking).

\_\_\_\_\_ I am requesting a single room supplement.

\_\_\_\_\_ I/We would like TravelLearn to assist with my air arrangements.

\_\_\_\_\_ I/We plan to make our own air arrangements (Land Only Price).

AGREEMENT OF UNDERSTANDING: I have examined the conditions under which enrollment is completed, along with program descriptions, costs, terms and conditions, and find them acceptable.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_