



Carleton
ALUMNI ADVENTURES

Explore the world

Maximum
of 20
participants

Northern India & Bhutan: Outer Travels, Inner Explorations

October 7-26, 2018 (20 days) with Carleton Professor Emeritus Roger Jackson

"The lodgings were lovely, the food very good. It was a quality tour...top notch!" - Diane, Florida



Dear Carleton College Alumni and Friends,

I invite you to **join Roger Jackson, Carleton Professor of Asian Studies and Religion, Emeritus, on this unique and multifaceted adventure** to two of the most captivating regions in all of South Asia: the Gangetic heartland of northern India and the Himalayan Kingdom of Bhutan.

This custom-designed itinerary combines immersion in three ancient, artistically significant, and vibrant pilgrimage sites on the north Indian plain (one Hindu and two Buddhist) with the experience of a life in the towns, temples, and monasteries of the world's last remaining Buddhist kingdom, Bhutan, set amidst verdant valleys deep in the Himalayas. Roger's lectures and discussions will focus on South Asian religions, including Hinduism and Islam, but will place special emphasis on Buddhism as it developed in the subcontinent and is practiced in Bhutan—which has strong cultural ties to Tibet. To deepen the experience of visiting these extraordinary places, Roger also will lead **optional Buddhist meditation sessions**.

Professional local guides will enhance your understanding of each site and, where possible, additional meetings with **on-site experts** will be arranged. A **trip manager** will meticulously handle all of the logistical details so that you can relax. **All meals and excursions are included**, and you will enjoy **comfortable accommodations, first-class cuisine, deluxe motorcoaches**, and more.

Highlights in **India** include:

- The rich collection of Delhi's **National Museum**, the World Heritage site of **Humayun's Tomb** (a prototype of the Taj Mahal), and **Tibet House** (a museum and library founded in 1965 by His Holiness the Dalai Lama);
- **Varanasi**, one of the oldest continually inhabited cities in the world, with a vast array of shrines, temples, mosques, and palaces rising in tiers above the Ganges River;
- A **sunrise boat ride on the Ganges** and the beautiful twilight **Ganga Aarti ritual** (image right), when hundreds of lamps are set afloat on the river;
- A visit to **Benares Hindu University** and the temples nearby, which are among the most captivating in Varanasi;
- The 2,400-year-old site of **Sarnath**, where the Buddha taught his first five disciples, with its extensive ruins, peerless archaeological museum, and thriving Tibetan University;
- Sites in and around **Bodhgaya**, including one of the four holiest places in Buddhism, the **Mahabodhi Temple**, a World Heritage site that marks the spot where Buddha attained enlightenment;
- The evocative and extensive ruins of the **ancient Buddhist University of Nalanda**, also a World Heritage site;
- Schedule permitting, meeting the program director and students on **Carleton's Buddhist Studies program** in Bodhgaya.



Highlights in **Bhutan** include:

- Experiencing the world's **last remaining Buddhist kingdom**, where the Tibetan-influenced culture and the unhurried pace of life give the country a timeless, ethereal quality;
- A flight from Paro to Bumthang that takes us far into **Bhutan's remote central region**;
- Learning about Buddhist practice and viewing splendid artwork at **spectacular Buddhist temples and dzongs** (monastery-fortresses);
- **Remote villages that inform us about ancient traditions and modern culture**, including a visit to a farmhouse to sample local buttertea and wine;
- **Exquisite shrines and temples**, such as the world famous Paro Taktsang (**Tiger's Nest**) hermitage, built into a sheer cliff face 2,700 feet above Paro Valley; and **Chimi Lhakhang**, a 15th-century fertility temple set atop a picturesque hill;
- The capital city of **Thimphu**, including visits to the scenic **Cheri Monastery** and **Royal Thimphu College**, Bhutan's only private college;
- **Breathtaking views of world's highest mountain range**, with many peaks soaring well over 20,000 feet (although at no time will we be staying at an altitude above 8,000 feet).

There is **only one departure and it is limited to just 20 participants**, so I urge you to contact the Alumni Adventures office today to reserve your space.

Sincerely,

Sarah Ladner Maris '85

President, Carleton College Alumni Association

CARLETON COLLEGE FACULTY LEADER



Roger Jackson is John W. Nason Professor of Asian Studies and Religion, Emeritus, at Carleton College, where for nearly thirty years he taught courses on Hinduism, Buddhism, and Islam, as well as mysticism and religious poetry. He has a B.A. in Religion from Wesleyan, and an M.A. in South Asian Studies and a Ph.D. in Buddhist Studies from the University of Wisconsin. Roger has published widely on Indian Buddhism and the Tibetan Buddhist traditions prevalent in Bhutan, and has served as editor of two international Buddhist studies journals. He has traveled, studied, and lived in North India and the Himalayas multiple times. A long-time practitioner of Tibetan Buddhism, Roger teaches regularly at Gyutö Monastery in Minneapolis and Maitripa College in Portland, Oregon, and is a frequent guest speaker at Buddhist centers in the upper midwest and elsewhere. He also leads biweekly meditation sessions for students in the Carleton chapel.

Itinerary

(B)= Breakfast, (L)= Lunch, (D)= Dinner

Sunday, October 7, 2018: Depart Home

Depart the U.S. on independent flights to Delhi.

Monday, October 8: Arrive Delhi, INDIA

Upon arrival in Delhi, you will be met at the airport and transferred to our hotel. Our faculty leader, Carleton Professor Emeritus Roger Jackson, hosts a **welcome meeting and cocktail reception** at the hotel. Dinner is on your own tonight. *Overnight at the Vivanta by Taj Ambassador for two nights. (R)*

Tuesday, October 9: Delhi

After breakfast, explore the **National Museum**, which contains over 200,000 works of art, both of Indian and foreign origin, covering more than 5,000 years of cultural heritage: archaeology, sculpture, paintings, decorative arts, jewelry, manuscripts, armor, Central Asian antiquities, and more. Then visit the World Heritage site of **Humayun's Tomb** (known as "the predecessor of the Taj Mahal"), the first garden-tomb on the Indian subcontinent. After lunch, visit **Tibet House** with its Museum of Tibetan art and artifacts, as well as its Library with nearly 5,000 manuscripts and books. Then stop by **Raj Ghat**, a memorial to Mahatma Gandhi. Return to our hotel and gather for a lecture, followed by dinner. (B,L,D)

"It's a bit difficult to choose one thing that I enjoyed most, so I'll just take the easy way out and say everything... To summarize, I saw a lot of incredible things, met some wonderful people, and learned a lot. This is a trip that I'll still be talking about when I'm 80!" - Jasmine, Minneapolis

Wednesday, October 10: Delhi | Varanasi

After a morning meditation session and breakfast, transfer to the airport for our **group flight to Varanasi**. Sprawling along the left bank of the River Ganges, Varanasi is one of the oldest continually inhabited cities in the world and the holiest city for millions of Hindus. A vast array of shrines, temples, mosques, and palaces rise in several tiers (ghats) along the water's edge. After lunch, explore the area around the bustling **Dasavamedh Ghat** and the great cremation site, **Manikarnika Ghat**. Witness the beautiful **Ganga Aarti ritual** after sunset, when hundreds of small lamps are set afloat on the river. *Overnight at the Radisson Hotel Varanasi for three nights. (B,L,D)*

Thursday, October 11: Varanasi | Sarnath | Varanasi

During a **sunrise boat ride on the Ganges**, observe the Hindu way of life along the banks of this sacred river, to which pilgrims flock in order to take a dip in its holy water, which is believed to absolve one from all sins. After breakfast we visit **Sarnath**, where Buddha gave his first sermon after attaining enlightenment in Bodhgaya. Explore the



Below, the Dancing Balakrishna at the National Museum, Delhi. Bottom left, Humayun's Tomb, Delhi. Bottom right, morning bathers in the Ganges River at Varanasi.



ruins of its monasteries, built more than 2,000 years ago; the massive Dhamek stupa; the Dharmarajika stupa; and the main shrine. After lunch, we visit Sarnath's **Archaeological Museum**, with antiquities dating from the 3rd century B.C. to the 12th century A.D., including several masterpieces of Buddhist art; as well as the **Central University for Tibetan Studies**, where (availability permitting) we will meet with one of the resident monk-professors. (B,L,D)

Friday, October 12: Varanasi

Attend a morning meditation session and/or enjoy the **morning at leisure**. After lunch, explore the area around **Asi Ghat**, including the **Tulsi Manas and Durga Temples**—dedicated to the god Rama and the great goddess, respectively—as well as one of the great centers of learning in India, **Benares Hindu University**. (B,L,D)

Saturday, October 13: Varanasi | Bodhgaya

After a morning meditation session and breakfast, set out for a **six-hour drive** by deluxe, air-conditioned motorcoach to **Bodhgaya**, observing life along the busy roads and stopping for lunch en route. Professor Jackson will offer an informal lecture during the drive. Upon arrival at Bodhgaya, we check in to our hotel. Make a late afternoon visit to one of the four holiest places in Buddhism, the **Mahabodhi Temple** (a World Heritage site), which features the fig tree that is said to be a direct descendant of the original tree under which Buddha sat, meditated, and achieved enlightenment. *Overnight at The Royal Residency for three nights.* (B,L,D)

"[The highlight of the tour was] coming to better understand the complex interplay of the different religions and histories in India." - Catherine, Washington D.C.

Sunday, October 14: Bodhgaya | Rajgir | Nalanda | Bodhgaya

After a morning meditation session and breakfast, we drive two hours to visit **Rajgir**, capital of the Magadhan Kingdom during Buddha's time, which was the site of many of his discourses; and the **University of Nalanda**, established in A.D. 450 and considered an architectural masterpiece. Nalanda had eight separate compounds, a library in a nine-story building, ten temples, and many meditation halls and classrooms. One of the oldest universities in the world, Nalanda attracted students and scholars from Korea, Japan, China, Tibet, Indonesia, Persia, and Turkey. Return to Bodhgaya, where we have dinner. (B,L,D)

Monday, October 15: Bodhgaya

Attend a morning meditation session and/or enjoy the **morning at leisure**. After lunch, visit selected sights in and near Bodhgaya, such as the **Bhutanese and Japanese Temples**, the **Great Buddha Statue**, the **Mahakala and Pragbodhi Caves**, and the **Sugata Stupa**. Later (time and availability permitting), **meet with Carleton's Buddhist Studies program director**, Arthur McKeown, **and students**. (B,L,D)

Tuesday, October 16: Bodhgaya | Patna | Kolkata

After a morning meditation session and breakfast, we drive four hours to Patna Airport for a 1¼-hour **group flight to Kolkata**, which will serve as our gateway to the kingdom of Bhutan. Upon arrival in Kolkata we transfer to our hotel to check in, relax, and gather for dinner. *Overnight at the Swissôtel Kolkata.* (B,L,D)

Wednesday, October 17: Kolkata | Paro, BHUTAN | Thimphu

Return very early this morning to the Kolkata airport for our short **group flight to Bhutan**. After breakfast in Paro we drive to Thimphu, stopping to see masked dancers at the **Ji Goempa festival**. Continuing on to Thimphu, we check in to our hotel and gather for a lecture, followed by dinner. *Overnight at the Hotel Druk for two nights.* (B,L,D)

Thursday, October 18: Thimphu

After a morning meditation session and breakfast, take a **one-hour hike up to Cheri Monastery**, a monastic school and retreat built in the 15th century. The inner courtyard is beautifully painted in bright colors, with lovely views stretching across the Thimphu Valley. Descend by vehicle and drive to the Bagan Bridge, from where we take a fairly level **walk through a beautiful, riverside village**. Drive back to Thimphu and visit **Royal Thimphu College**, Bhutan's first (and only) private college, which Carleton's own Jim Fisher (John W. Nason Professor of Asian Studies and Anthropology, Emeritus) helped found. View the outside of the **National Memorial Chorten**, featuring elaborate mandalas, statues, and a shrine dedicated to the third king of Bhutan, who died in 1972; and the **Changangkha Lhakhang**, a temple and monastic school that was established in the 12th century. Return to our hotel for dinner. (B,L,D)



Above, Buddha sculpture at the Sarnath Museum, India. Below, Sadhu (holy person) in Varanasi. Bottom, prayer wheels, Thimphu.



Friday, October 19: Thimphu | Paro | Bumthang

Time permitting, visit the **National Institute for Zorig Chusum** (Thirteen Arts and Crafts of Bhutan) to see students at work on painting, carpentry, carving, sculpture, and embroidery. Then drive to Paro in time for a **group flight to Bumthang** (time to be determined). This afternoon we will stretch our legs with a walk to **Jambay** and **Kurje**, the two oldest monasteries in the region; as well as to **Tamshing Monastery**. *Overnight at the Gongkhhar Lodge for two nights.* (B,L,D)

Saturday, October 20: Bumthang

After a morning meditation session and breakfast, we continue our explorations in and around Bumthang, including a morning drive to the Tang Valley to visit the **Tang Ogyen Choling Estate Museum**, which has re-created traditional living quarters, store rooms, and other spaces to provide insight into the lives of religious nobility in the 19th and 20th centuries. In the afternoon, **visit a farmhouse** to see how local cheese and wine are made, and at another farmhouse we have the opportunity to **taste local specialties** such as buckwheat noodles, wine, and butter tea. (B,L,D)

"It was all wonderful! Bhutan is a place I have always wanted to go and I wasn't disappointed!" - Paula '64, Minneapolis

Sunday, October 21: Bumthang | Trongsa | Punakha

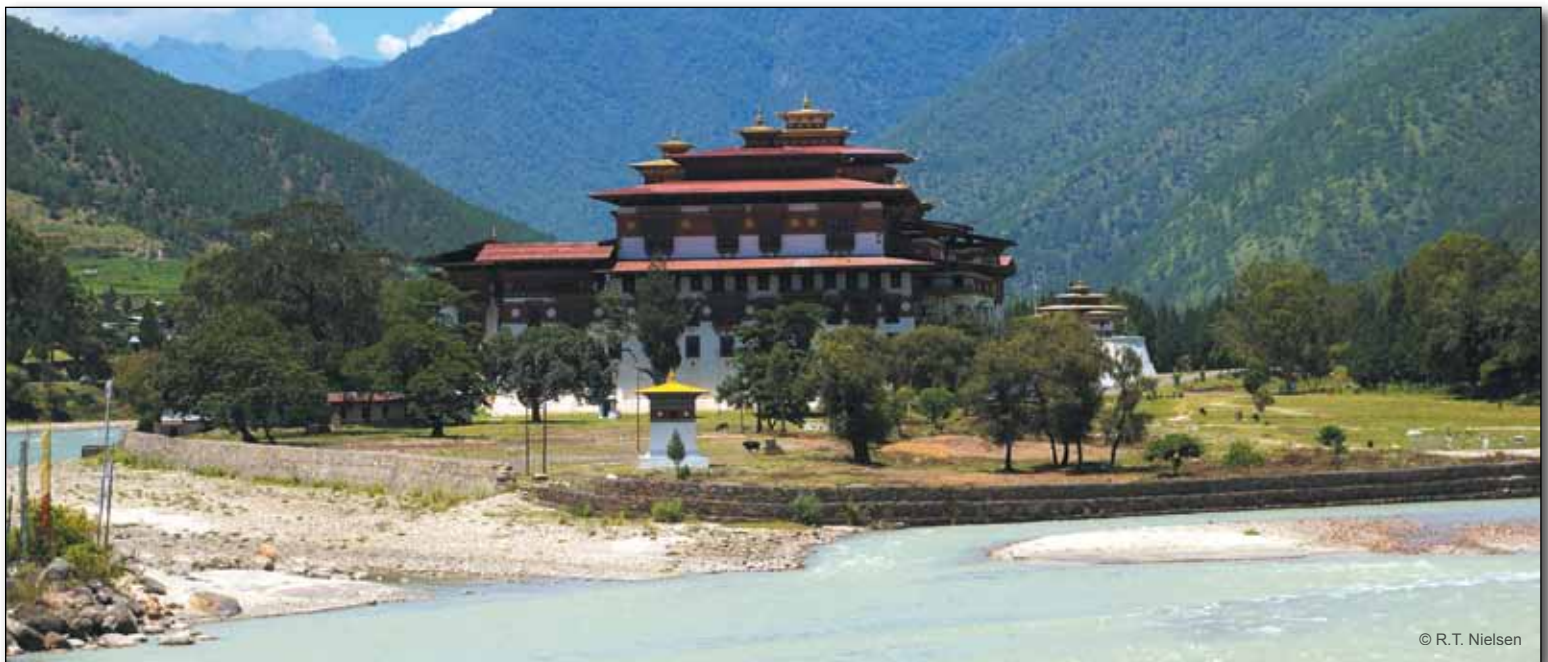
Depart Bumthang early this morning for a long day of driving punctuated by some interesting stops and an informal lecture by Professor Jackson along the way. We drive approximately 3½ hours to Trongsa, stopping en route to visit the **Yathra Weaving Center** at Zukney. Upon arrival in Trongsa, visit the 16th-century **Trongsa Dzong**, considered Bhutan's most impressive dzong (monastery-fortress), due to its size, design, and location. After lunch, continue driving for 4½ hours through the Wangdi area to the 17th-century **Wangdu Phodrang Dzong**, perched high above the confluence of the Dang-chu and Punatsang-chu Rivers, and on to Punakha. *Overnight at Zhingkham Resort, Khuru Resort, or similar for two nights.* (B,L,D)

Monday, October 22: Punakha

After a morning meditation session and breakfast, we drive to the village of Nezigang to take a **walk through cultivated fields and hamlets** and visit an elaborate shrine recently built by the royal family, the **Khamsum Yuley Namgay Chorten**, which has superb views of the Punakha Valley. The walk to the shrine takes about 2½ hours along a broad but uphill trail. Descend and **follow ancient riverside trails amid whitewashed farmhouses** (this is about an hour's walk back to the motorcoach). Later, visit the massive, 17th-century **Punakha Dzong**, built at the confluence of the Mo Chu and Pho Chu (Mother and Father Rivers). This vast, labyrinthine dzong played a pivotal role in Bhutan's history, and today it serves as the winter home of Je Khenpo, the head abbot of Bhutan, who resides there with a retinue of 1,000 monks. (B,L,D)



Above, an art school in Thimphu, Bhutan. Below, a thangka painting in Punakha. Bottom, the Punakha Dzong.



Tuesday, October 23: Punakha | Paro

After a morning meditation session and breakfast, drive to the village of Lobesa from where we **take a half-hour walk** through mustard fields to **Chimi Lhakhang**, a 15th-century temple of fertility. Flanked by nearly one hundred tall prayer flags, this temple sits atop a picturesque hill and has long been a pilgrimage site for childless couples. Walk back to Lobesa and drive through small villages and forests to **Dochula Pass (10,200 ft.)**, containing 108 stupas and countless, fluttering prayer flags. If the weather is clear, we will admire magnificent views of the Himalayas. After lunch we continue driving to Paro, and visit the 17th-century **Paro Dzong**, which also houses the National Museum (which we will visit tomorrow). *Overnight at Zhiwa Ling Hotel for two nights.* (B,L,D)

“Our tour manager ensured that everything ran smoothly and that we didn’t miss a thing. Any problems were handled with patience and a calm manner. The local guides were also excellent!” - John, Chicago

Wednesday, October 24: Paro

Paro, located in one of the country’s most picturesque valleys, is dotted with shrines and willow trees along the edge of the Paro River. The Paro Valley is where Buddhism first arrived in Bhutan, an event commemorated at the **twin temples of Kyichu and Taktsang (“Tiger’s Nest”)**, a splendid hermitage-monastery built into the sheer cliff face. After a morning meditation session and breakfast, those who are interested may hike up to (or ride a horse up and hike down from) this monastery and enjoy lunch at its teahouse. Others may prefer to simply explore Paro or relax at the hotel. This afternoon, we gather to visit the **National Museum**, with its fascinating collection of Buddhist tapestries, artifacts, and historical displays. Celebrate the culmination of our journey at a **farewell reception and dinner** this evening. (B,L,R,D)

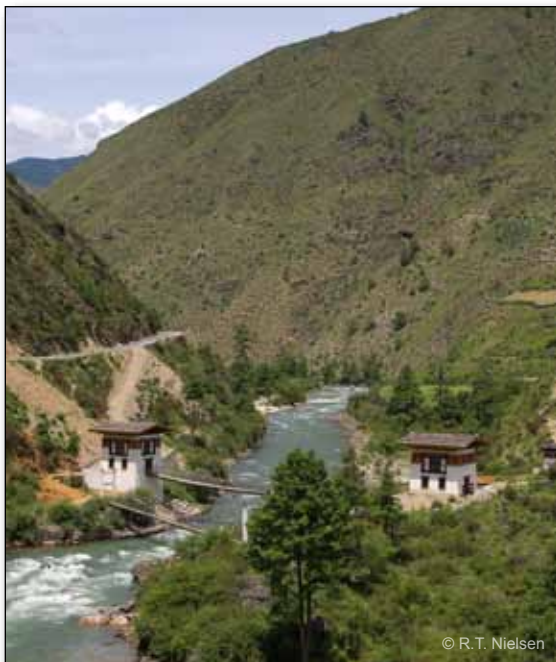
Thursday & Friday, October 25 & 26: Paro | Delhi, INDIA | Fly Home

Take a morning **group flight from Paro to Delhi**, India, and transfer to a hotel near the airport, where day rooms are reserved until 10:00 pm. Transfer to the airport in time for your independent homeward flights, departing either very late on October 25th or very early on October 26th. (B,L,D)

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Above, the Buddhist thangka painting “The Wheel of Life,” Punakha. Below and bottom right, Buddhist traditions and monasteries are active throughout Bhutan. Bottom left, traditional bridge still in use.





What to Expect:

You must be able to walk long distances, unassisted, over uneven terrain and up and down steps. **Participants who are not able to walk unassisted for extended periods are kindly advised not to join this tour unless accompanied by a companion who will be available to assist you at all times.** All participants are expected to be physically active and not be an impediment to others on excursions, to enjoy traveling as part of a group, and to be ready to experience cultural differences. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand and discuss whether or not this program is appropriate for you. **Hotels** have been chosen for their location and generous comfort; many are quite luxurious, while others are clean but rather simple. There will be **a few long drives** of several hours, as indicated in the itinerary. Average October **temperatures** in Varanasi, India, range from 65° to 90°. In Thimpu, Bhutan, they range from 40° to 65°. Complete pre-departure details will be sent to participants.

Air Arrangements & Transfers:

Five flights during the program **are** included (Delhi/Varanasi, Oct. 10th; Patna/Kolkata, Oct. 16th; Kolkata/Paro, Bhutan, Oct. 17th; Paro/Bumthang, Oct. 19th; Paro/Delhi, India, Oct. 25th). These flights will be purchased by our office and must be booked for the entire group. International airfare from/to home is **not** included. Transfers in India and Bhutan on arrival and departure **are** included. Several carriers offer flights to India. **Please check with our office before booking non-refundable airline tickets.** We do not accept liability for cancellation penalties related to domestic or international airline tickets.

NOTE: Prices, itinerary, and leader are subject to change. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason.

Rates are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Due to space limitations, this is abbreviated information.

Complete terms and conditions will be sent upon confirmation or upon request, and can be viewed online at <https://apps.carleton.edu/alumni/adventures>.

For questions and reservations, please contact us:



800-811-7244

Fax: 603-756-2922 Toll: 603-756-4844

Email: carleton@studytours.org

Website: go.carleton.edu/adventures

P.O. Box 938, 47 Main Street, Suite One, Walpole, NH 03608

Tour Prices Per Person (17-Nights)

DOUBLE Occupancy (16 to 20 participants).....	\$8,890
DOUBLE Occupancy (10 to 15 participants).....	\$9,240
SINGLE Supplement.....	\$1,945

Single room supplement will be charged when requested or required (limited availability).

With fewer than 10 participants, a small group surcharge may be added.

PRICES INCLUDE:

- **Seventeen (17) nights' accommodations plus one dayroom** in six deluxe and two comfortable (best available) hotels;
- **All meals** throughout the trip with mineral water, coffee or tea, including welcome and farewell dinners with Indian brand cocktails;
- **Five flights:** Delhi/Varanasi, Patna/Kolkata, Kolkata/Paro, Paro/Bumthang, Paro/Delhi);
- Carleton **Professor Emeritus Roger Jackson**, including morning **mediation sessions**;
- **Professional Tour Manager plus, English-speaking Indian and Bhutanese guides**;
- **All excursions** and entrance fees as per itinerary, with bottled water provided;
- Surface transportation by **deluxe, air-conditioned motor coach**;
- Exclusive **sunrise boat ride** on the Ganges;
- **Individual arrival and departure** transfers and portorage at the airports;
- **All tips and gratuities** to porters, drivers, guides, and Tour Manager;
- Still camera fees;
- Local taxes and service charges;
- Comprehensive pre-departure information, including a suggested reading guide, travel guide, and packing list.

PRICES DO NOT INCLUDE: International airfare to/from India; passport and visa fees; inoculation fees; all airport fees and departure taxes; cost of personal, trip cancellation and baggage insurance; transportation of excess baggage; personal tips; items of a personal nature, such as laundry; alcoholic or other beverages (except as noted above); taxi, telephone, and fax charges; video camera fees; optional excursions or deviations from scheduled tour.

CANCELLATION POLICY: All requests by passengers for cancellations must be received in writing. Cancellations received at least ninety (90) days prior to departure are fully refunded less an administrative fee of three hundred dollars (\$300) per person. Cancellations received between eighty nine (89) and sixty (60) days prior to departure are fully refunded less an administrative fee of one thousand dollars (\$1,000) per person. Cancellations received within fifty nine (59) days of departure are subject to a penalty of 100% of the tour cost. **Trip cancellation insurance is strongly recommended.** (An application will be sent with confirmation of receipt of your deposit.)

PAYMENTS: A deposit of \$1,000 per person is required to reserve your space on the tour and is payable by Visa, MasterCard, American Express, or check made payable to EOS-Passenger Account-CAA Bhutan10/18. Final payment is due 90 days prior to departure and must be by personal check only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure or elsewhere published.

