Dynasties of China and Tibet

The Himalayas and the Yangtze

Special Guest Lecturer
John E. Wills, Jr., Distinguished Scholar of Chinese History

October 22 to November 5, 2016
Dear Alabama Traveler:

Mysterious China and enchanting Tibet—two lands whose stunning beauty form the backdrop of centuries-old civilizations steeped in legend and tradition. Here, the people’s reverence for ancestral customs has been passed on through dynasties and kingdoms and preserved from one generation to the next, influencing life today as well as providing an impetus for change and a springboard for the future.

We invite you to join fellow alumni on this exceptional, custom-designed and comprehensive journey encompassing the breadth of China from the Himalayan “Rooftop of the World,” with two nights in the spectacular and seldom-visited city of Lhasa, through the dramatic gorges of the Yangtze River and to the historic neighborhoods of Old Shanghai for an in-depth appreciation of the juxtaposition of ancient culture with modern advancements. Experience the imperial dignity of Mandarin Beijing, the dynastic treasures of historic Xi’an and the Tibetan Buddhist “Sun City” of Lhasa with its architectural masterpiece, the Potala Palace, a symbol of peace and the historic home of the Dalai Lama.

Ideally located Five-Star hotels have been carefully selected for our land accommodations, including Shanghai’s legendary FAIRMONT PEACE HOTEL and Lhasa’s renowned SHANGRI-LA HOTEL. Our three-night cruise travels the fabled Yangtze River from Chongqing to Yichang through captivating landscapes, historic port cities and resplendent gorges aboard the deluxe M.V. VICTORIA JENNA, newly relaunched in 2016 after an extensive refurbishment. Cruise the magnificent Three Gorges, enjoy a private boat tour on the spectacular Goddess Stream in the Wu Gorge and visit the extraordinary engineering marvel of the Three Gorges Dam.

Visit six UNESCO World Heritage sites during specially arranged included excursions accompanied by experienced, knowledgeable, English-speaking guides. Enjoy meeting the fascinating people of China and the friendly people of Tibet, who will welcome you to their modern-day earthly paradise—a true Shangri-La that is newly opening up to Western travelers.

This small group program is an extraordinary, once-in-a-lifetime travel opportunity and an excellent value, so we encourage you to book now while Early Booking Savings and space are available.

Sincerely,

Ashley Olive
Alumni Tour Coordinator
University of Alabama National Alumni Association

Special Guest Lecturer
John E. Wills, Jr., Jack to all his friends and colleagues, was born in 1936 in Urbana, Illinois. He studied at the University of Illinois and took his M.A. and Ph.D. at Harvard University under the direction of John K. Fairbank and Yang Liansheng. From 1965 to retirement in 2004 he taught Chinese history and the history of the early modern world at the University of Southern California. His research into the history of maritime China and its foreign connections, 1500–1800, has led him to archives from Beijing to Madras to Lisbon and led to the sense of an interconnected world expressed in 1688: A Global History and The World from 1450 to 1700. He is the author of a survey of Chinese history, Mountain of Fame: Portraits in Chinese History (1994, updated printing 2012); two monographs on early Qing relations with Europeans; and three edited volumes and two chapters of the Cambridge History of China. He and his wife, Connie, live in Pasadena, California. They have five grown children, seven grandchildren and three great-grandchildren.
Beijing, China
The former imperial city of the Mongol, Ming and Manchu emperors, Beijing is one of China’s oldest citadels. Rich in historical sites and cultural relics, this dynamic city of more than 12 million people is the cultural and spiritual heart of the country and the ideal place from which to begin tracing back the fascinating narrative of ancient China.

Visit the magnificent Great Wall of China, a UNESCO World Heritage site and symbol of imperial grandeur since 500 B.C. Constructed over the course of 2000 years, this imposing fortification once spanned more than 13000 miles. Walk along this historic border and marvel at sweeping views of China’s northern plains and valleys.

Walk through historic Tiananmen Square, the world’s largest public square and site of the memorial of modern China’s founder, Mao Zedong. Then, pass through the imposing Meridian Gate into the mystical Forbidden City, residence of Ming and Qing dynasty emperors for almost 500 years and a UNESCO World Heritage site. Inside, ascend the stone steps of the magnificent Hall of Supreme Harmony to explore the ceremonial halls, royal apartments, gardens and temples of the Imperial Palace.

The beautifully landscaped Summer Palace, a UNESCO World Heritage site, was the retreat of 19th-century Empress Dowager Cixi. Walk through Cixi’s private apartments, filled with jewel-encrusted furniture, and see her ornate Marble Boat. Then, enjoy a small boat cruise across Kunming Lake’s tranquil waters.

Tour another extraordinary UNESCO World Heritage site, the Temple of Heaven, a magnificent complex of religious buildings symbolizing the relationship between heaven and Earth.

Cover photo: Clay was individually applied to the visages of each figure in Emperor Qin Shihuang’s Terra Cotta Army to create distinct facial features.

Day
1  Depart the U.S./Cross the International Date Line
2  Beijing, China
3  Beijing
4  Beijing
5  Beijing/Fly to Xi’an
6  Xi’an
7  Xi’an/Fly to Lhasa, Tibet
8  Lhasa
9  Lhasa
10 Lhasa/Fly to Chongqing, China/Embark M.V. Victoria Jenna
11 Cruising the Yangtze River/Shibaozhai
12 Three Gorges/Cruising the Goddess Stream and Three Lesser Gorges/Cruising Three Gorges Dam locks
13 Sandouping for Three Gorges Dam visit/Yichang/Disembark ship/Fly to Shanghai
14 Shanghai
15 Shanghai/Cross the International Date Line/Return to the U.S.

Photo this page: Walk along the Great Wall of China, dotted with thousands of beacon towers and fortresses, and feel the mystery and allure of one of the world’s oldest civilizations.

Xi’an
Modern Xi’an was China’s thriving capital of emperors, courtiers, monks, merchants and soldiers for 11 dynasties; a place where many of the world’s great religions coexisted; and the fabled launching point of the Silk Road, where camel caravans introduced Chinese influence to the world and distributed goods from the Eurasian continent. From Xi’an’s distinctive, triple-eaved Bell and Drum Towers, watchmen once signaled dawn and dusk with a bell and a drum.

Tour the exquisite Yangling Imperial Tomb, where thousands of captivating figurines excavated from the 2100-year-old tomb of Emperor Liu Qi capture the essence of daily life during the Han dynasty, a high point in Chinese history, when culture and the arts flourished as never before.
Visit the amazing UNESCO World Heritage site of the famous life-size Terra Cotta Warriors, no two alike. In 1974, farmers digging a well unearthed this incredible archaeological discovery—one of the most extraordinary finds of the 20th century—an army of thousands of terra cotta warriors and horses maintaining a silent vigil over the tomb of Emperor Qin Shihuang (259-210 B.C.). This visionary monarch, the first ruler of a unified China, introduced a standardized writing system, reformed the legal code and commenced the building of the Great Wall of China, the greatest public works project of its era. The emperor, as large a figure in death as he was in life, lies buried in a mausoleum that took 36 years to construct and required the efforts of 700,000 laborers. The tomb itself remains unexcavated, guarded by row upon row of charioteers, infantry, cavalry and horses. The face of each warrior has a distinctive, lifelike expression and bears trappings denoting his rank within the imperial army—general, senior officer, junior officer or common soldier.

Then, walk along Xi’an’s medieval city walls, the best-preserved remaining fortified city walls in China, and explore the lively streets of the Huimin quarter, infused with a rich heritage influenced by merchants who traveled the Silk Road 1300 years ago.

Dumplings, called jiaozi in China, are said to have been introduced to Chinese cuisine 1800 years ago. Enjoy a traditional dumpling dinner in one of Xi’an’s most famous restaurants.

Lhasa, Tibet
One of the world’s highest cities at an elevation of 11,800 feet, Lhasa has been a center of Tibetan Buddhism since the religion was introduced here in the seventh century. Today in this captivating city, one can see devout pilgrims, prostrating monks, colorful neighborhood quarters and medieval monasteries.

Atop rocky Red Mountain, the magnificent 1000-room, 384-foot-tall Potala Palace, a UNESCO World Heritage site and once the winter residence of the Dalai Lamas, towers above the city. Walk up the central stone staircase to this 13-story masterpiece of Tibetan architecture and see the ornately carved and painted ceremonial hall of the White Palace, where Tibet’s rulers ascended to the throne. Further up the mountain, visit the stunning chapels in the Red Palace; here, opulent, jewel-laden monuments honor previous Dalai Lamas.

Just outside the city, the 15th-century Sera Monastery, one of the great educational centers of Gelugpa, or Yellow Hat—the most widespread order of Tibetan Buddhism—once housed more than 5000 monks. Observe the animated style of debate they practice each afternoon in the courtyard of Sera’s largest school, a fascinating Tibetan tradition.

Cruise the scenic waterway carved by the Yangtze River through the heart of China, an exotic landscape of verdant mountains and sheer cliffs.
**Five-Star Hotels**

Stay in Shanghai’s historic Fairmont Peace Hotel, whose pyramid-shaped roof is a landmark of the Bund skyline.

These distinctive and centrally located Five-Star hotels—a rarity in China—where you can actually walk to the major sites of Beijing, Xi’an, Lhasa and Shanghai, have been specially selected to enhance your individual exploration of each city.

**Regent, Beijing**, provides luxury accommodations in an unrivaled location, within walking distance of the Forbidden City and Tiananmen Square.

**Fairmont Peace Hotel, Shanghai**, is a recently restored, legendary landmark hotel on the Bund and host to the world’s elite for over 80 years.

**The Hilton, Xi’an**, is ideally located within the ancient city walls, offering contemporary amenities and proximity to the city’s cultural highlights.

**Shangri-La, Lhasa**, was inspired by the mythical paradise of James Hilton’s novel, Lost Horizon, and offers stunning views of the Himalayas and Potala Palace.

The UNESCO World Heritage-designated 18th-century Norbulingka Palace was built by the seventh Dalai Lama on a site of medicinal springs; the lush grounds of this “Jeweled Park” today constitute the largest garden in Tibet.

The elaborate Jokhang Temple, a UNESCO World Heritage site and the most sacred building in Tibet, was constructed in A.D. 647 in the heart of the city’s Old Town by Emperor Songtsen Gampo to honor his two Buddhist wives. Outside the temple complex, stroll along the winding lanes around bustling Barkhor Square, where Tibetan monks chant mantras and spin prayer wheels, fragrant incense wafts through the air and the brilliant colors of silk robes and turquoise jewelry line the alleys. Lhasa’s only female Buddhist monastery, the Canggu Nunnery, is an oasis amid the activity of Barkhor; here, the residents welcome visitors to wander the brightly hued courtyards and listen to their rhythmic recitations.

Chongqing, China

This picturesque mountain city, located at the confluence of the Yangtze and Jialing Rivers, is known for its traditional teahouse culture and spicy Szechuan cuisine. Visit Chongqing’s zoo, one of the largest of its kind in China, to see playful giant pandas, an endangered species, in specially designed garden habitats that emulate their natural environment.

Ming and Qing emperors offered sacrifices and prayed for bountiful harvests in Beijing’s dignified Temple of Heaven, founded in the early 15th century.
M.V. VICTORIA JENNA

The deluxe M.V. VICTORIA JENNA provides modern cruise comfort on the Yangtze River. Designed by a U.S. architectural firm and custom-built to conform to Western standards, the ship underwent a complete renovation in 2016.

There are only 189 spacious, river-view Suites and Cabins, decorated in contemporary Chinese and Western styles. Each features floor-to-ceiling sliding glass doors that open onto a private balcony, from which guests can view the stunning scenery of the Three Gorges and the Yangtze River. Each air-conditioned Suite and Cabin has a private bathroom with bathtub/shower, telephone and satellite television with English and international channels.

Breakfast, lunch and dinner are served in single, unassigned seatings in the Dynasty Dining Room. Chinese and Western cuisine feature local ingredients. Complimentary house wine and beer are included with lunch and dinner. Coffee, tea and soft drinks are served throughout the cruise.

There are two lounges and three bars, an Observation Deck, library, wireless hotspots for Internet access, gift shop, beauty salon and fitness center. Shipboard entertainment and exercise programs feature traditional Chinese culture. A physician is on board. Laundry service is available.

The M.V. VICTORIA JENNA has a highly trained, English-speaking crew that provides personalized, amiable service.

Yangtze Cruise
Three Gorges/Three Lesser Gorges/Three Gorges Dam

This compelling three-day cruise aboard the M.V. VICTORIA JENNA stops in fascinating, historic ports and showcases the grandeur of one of China's greatest natural wonders, the Three Gorges.

Visit Shibaozhai, literally “Stone Treasure Fortress,” a rocky promontory on the north bank of the river. Built into its side is the Pearl of Yangtze, a graceful, 12-tiered wooden pagoda rising 184 feet to the top of a towering cliff.

Pass through Kui Gate, the soaring twin peaks that mark the gateway to Qutang, the most dramatic of the Three Gorges. Admire the quiet beauty and sheer white-stone cliffs of stunning Wu Gorge, where the legendary Twelve Peaks look down from misty Wu Mountain, and embark a private boat to cruise down the picturesque Goddess Stream. Cruise through spectacular Xiling, the longest gorge, en route to the Three Gorges Dam locks.

Visit the massive Three Gorges Dam, the largest water conservancy project ever undertaken by man. Considered a key to China's modernization, it is the world's largest hydroelectric dam, 1.3 miles wide and 606 feet high.

Shanghai

The exhilarating metropolis of Shanghai was the first of China's cities to be influenced by the West in the 19th century. Today, its outstanding architectural landmarks along the famous Bund waterfront include the neoclassical Customs House and the China Merchants Bank building. Across the fabled Huangpu River, see the bold high-rises and broad avenues of Pudong, Shanghai's pulsing financial center. Tour the renowned Shanghai Museum, which houses an important collection of ancient coins, including rare pieces from the central Asian kingdoms along the Silk Road. The rooftop of the Five-Star FAIRMONT PEACE HOTEL provides the perfect setting for the Farewell Reception, with breathtaking views of the city skyline along the Huangpu.
Included Features

In Beijing, China
◆ Three nights in the Five-Star Regent Beijing Hotel, centrally-located within walking distance of the Forbidden City. Full Western breakfast each morning.
◆ Visit to the extensive and magnificent Great Wall of China, a UNESCO World Heritage site. Lunch is included en route.
◆ Walking tour of the mysterious Forbidden City, a UNESCO World Heritage site, and a visit to Tiananmen Square.
◆ Visit to the towering Summer Palace, a UNESCO World Heritage site.

In Xi’an
◆ Two nights in the Five-Star Hilton Hotel, located within the ancient city walls. Full Western breakfast each morning.
◆ Visit to the Yangling Imperial Tombs, a unique discovery.
◆ Excursion to the vast complex of the legendary Xi’an Terra Cotta Warriors, a UNESCO World Heritage site.
◆ Tour of old Xi’an, including the city’s inner walls, and the Muslim Quarter.
◆ Traditional Chinese dumpling (jiaozi) dinner in one of Xi’an’s most famous restaurants.

In Lhasa, Tibet
◆ Three nights in the Five-Star Shangri-La Hotel, with full Western breakfast each morning, one dinner featuring traditional Tibetan music and one lunch.
◆ Visits to the UNESCO World Heritage-designated Potala Palace, Norbulingka Palace, and Jokhang Temple (including Barkhor Square).
◆ Excursion to the 15th-century Sera Monastery, including lunch.
◆ Visit to the serene Canggu Nunnery.

In Chongqing, China
◆ Lunch in the Five-Star InterContinental Hotel.
◆ Visit to the Chongqing Zoo to observe giant pandas, an endangered species.

On board the M.V. Victoria Jenna
◆ Three-night Yangtze River cruise from Chongqing to Yichang, with port calls at Shibaozhai and Sandouping for the Three Gorges Dam.
◆ River-view Suite or Cabin with a private balcony and private bathroom.
◆ Welcome Reception and Farewell Dinner Banquet.
◆ Breakfast, lunch and dinner each day.
◆ Complimentary house wine and beer are served with lunch and dinner; complimentary soft drinks, coffee and tea are available throughout the day.
◆ Complimentary Executive Lounge access, including Internet usage, Wi-Fi, and beer, wine and spirits one hour before dinner.
◆ T’ai chi exercise sessions during the cruise.
◆ Excursion to Shibaozhai to see its impressive wooden pagoda.
◆ Private boat cruise on the Goddess Stream in Wu Gorge.
◆ Transit and tour of the Three Gorges Dam, the world’s largest hydroelectric dam complex.

In Shanghai
◆ Two nights in the historic Five-Star Fairmont Peace Hotel, located on the famous Bund waterfront, with full Western breakfast each morning.
◆ Farewell Reception.
◆ Panoramic tours of the famed Bund and Pudong districts.
◆ Visit to the renowned Shanghai Museum.

Enhanced Travel Services
◆ Transfers and luggage handling aboard for participants whose arrival(s)/departure(s) coincide with the scheduled group transfer(s).
◆ All excursions and visits, as outlined above, with experienced, English-speaking local guides.
◆ Gratuities to local guides and drivers on included excursions and transfers.
◆ Tibet travel permit.
◆ Hospitality desk in the hotels and aboard ship.
◆ The services of experienced Gohagan & Company Travel Directors throughout the program.
◆ Travel document wallet, name badge and pre-departure information.
◆ Complimentary use of a state-of-the-art headset for each participant during guided excursions.
◆ Automatic $250,000 flight insurance policy for each participant ticketed on flights by Gohagan & Company.
Chinese civilization originated along the Yellow and Yangtze Rivers during the Neolithic era, and for centuries its culture, literature and philosophy flourished, with each dynasty and kingdom adding to its collective knowledge and heritage. Similarly, Tibet possesses a long and storied history of deep cultural tradition that formed along the Yarlung River Valley in the seventh century. Historic home of the Dalai Lama, Tibet’s remote location among the foothills of the Himalayan mountains holds an intriguing allure. The peaks of the Himalayans are sacred to Buddhism, the religion that serves as a powerful bridge between the physical and spiritual relationship of China and Tibet. Its teachings have played an influential role in the politics, economics, technology and art among Tibetans, Chinese and their neighbors through the present day. Yet, for hundreds of years, China and Tibet were insular countries, allowing only glimpses of their cultural richness to the outside world via the Silk Road, which stoked the European’s imagination of exotic lands in the East. A mysterious land, one which Napoleon referred to as “a sleeping giant that would change the world when awoken,” China finally lifted its shroud in 1972. The reopening of China, and Tibet several years later, and the introduction of their ancient traditions to the Western world, vaulted the country into its current progressive nation status, which has been and continues to be a spectacular transformation of the most populous, perhaps most culturally unique place on earth.

A Buddhist stupa lies below Ama Dablam, one of the steepest mountains in the Himalayan Range bordering the Tibetan Plateau.
<table>
<thead>
<tr>
<th>Cabin Category*</th>
<th>Description</th>
<th>Early Booking Price through April 15, 2016</th>
<th>Regular Price after April 15, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>5 Cabin with two twin beds or one queen bed. Main Deck.</td>
<td>$4895</td>
<td>$5895</td>
</tr>
<tr>
<td>4</td>
<td>4 Cabin with two twin beds or one queen bed. Promenade Deck, forward and aft.</td>
<td>$5295</td>
<td>$6295</td>
</tr>
<tr>
<td>3</td>
<td>3 Cabin with two twin beds or one queen bed. Bridge Deck.</td>
<td>$5995</td>
<td>$6995</td>
</tr>
<tr>
<td>2</td>
<td>2 Executive Suite with two twin beds that convert to one queen bed, larger sitting area. Bridge Deck.</td>
<td>$7495</td>
<td>$8495</td>
</tr>
<tr>
<td>1</td>
<td>1 Executive Suite with two twin beds that convert to one queen bed, larger sitting area. Observation Deck.</td>
<td>$7995</td>
<td>$8995</td>
</tr>
<tr>
<td>Deluxe Suite</td>
<td>Suite with two twin beds that convert to one queen bed and a larger sitting area with sofa, chairs and writing desk. Promenade Deck. (limited availability)</td>
<td>$8995</td>
<td>$9995</td>
</tr>
<tr>
<td>Shangri La Suite</td>
<td>Suite with extra large private veranda having front and side views of passing scenery, including a table with two chairs, one queen bed, jacuzzi tub with separate shower and additional living area with sofa, dining table and chairs. Sleeping and living areas can be separated by a curtain. Promenade Deck. (limited availability)</td>
<td>$9295</td>
<td>$10295</td>
</tr>
</tbody>
</table>

◆ Singles are available in category 4 at $8495 and in category 2 at $11995 on or before April 15, 2016. Add $1000 for reservations made after April 15, 2016.
◆ Airfare Beijing/Xi’an, Xi’an/Lhasa, Lhasa/Chongqing and Yichang/Shanghai (internal program air) is $1295 per person additional and subject to change.

*M.V. VICTORIA JENNA has been specially contracted for this tour, and the applicable deck plan is available on request from Gohagan & Company and reflects the only valid cabin categorization of the vessel.

**Dynasties of China and Tibet Reservation Form**

Send to: Attn: Ashley Olive
Alabama Alumni Association
P.O. Box 861928
Tuscaloosa, AL 35486-0017
Phone: (205) 348-1547
Fax: (205) 348-5958
Email: aolive@alumni.ua.edu

For more information, please call Gohagan & Company at (800) 922-3088.

Please make my/our reservation(s) in Cabin Category:
1st Choice _____ 2nd Choice _____

- Double occupancy (two twin beds).
- Double occupancy (one queen bed).
- Single accommodations.
- I am reserving as a single but prefer to share accommodations and will allow you to select my roommate (shares cannot be guaranteed).

- I/We want you to book my/our air from (fill in departure city)
- I/We will make my/our own air arrangements.

Dynasties of China and Tibet (Limited availability)

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CANCELLATIONS: Cancellations for all or any part of the trip including Pre/Post Program(s) reservation(s) will not be effective until received in writing in the offices of Gohagan. Should you have to cancel, the following terms will apply: reservation cancellation(s) are subject to a $200 per person administrative fee from the time of booking through 180 days prior to departure; from 120 through 179 days prior to departure, $800 per person; from 95 through 119 days prior to departure, 50% of the published full regular tariffs; from 60 through 94 days prior to departure, 70% of the published full regular tariffs; cancellations 59 or less prior to departure, a no-show, and early return from the trip will result in forfeiture of 100% of the published full regular tariffs. In addition, any applicable airline cancellation fees, optional excursion cancellation fees and administrative fees may apply.

TRIP INSURANCE: Because our cancellation policies are strictly enforced, we strongly recommend that you purchase trip cancellation insurance. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement. Trip cancellation insurance is available for comprehensive coverage of such expenses in conjunction with cancellation due to illness or accident, and damaged or lost luggage. We will send you an application upon request for trip reservation.

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REGISTRATION: CST#: 2031868-40, WST#: 601 767 666, OT#: 001.

BINDING ARBITRATION: Any controversy or claim arising out of or relating in any way to this Release of Liability, Assumption of Risk and Binding Arbitration Agreement, the brochure, or any other information relating in any way to the trip, or to the trip itself, shall be settled solely and exclusively by binding arbitration in Chicago, Illinois, in accordance with the commercial rules of the American Arbitration Association then existent. In any such proceeding, the substantive, but not procedural law of Illinois will apply. The arbitrator and not any federal, state, or local court or agency shall have exclusive authority to resolve any dispute relating to the interpretation, applicability, enforceability, conscionability, or formation of this contract, including but not limited to any claim that all or any part of this contract is void or voidable.

ACCEPTANCE OF CONTRACT: By forwarding of deposit, the participant certifies that he/she does not have any mental, physical or other condition of disability that would create a hazard for him/herself or other participants and accepts the terms contained in this Release of Liability, Assumption of Risk and Binding Arbitration Agreement.

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