HIMALAYAN SPLENDOR: TREKKING IN NEPAL

OCTOBER 1–13, 2016

$150 EARLY BOOKING DISCOUNT
(IF RESERVED BY APRIL 30, 2016)
For centuries the Himalayas have captivated the imagination and wonder of travelers who enter this realm. Join professional adventurer Dean Cardinale on this customized luxury trek through Nepal’s UNESCO World Heritage Sites. Dean summited Mt. Everest and many other of the world’s tallest mountains, and is a well-known lecturer and author featured on the History Channel, National Geographic, BBC, CNN and Fox News. Dean and his team of expert mountaineers and sherpas are skilled at trek leaders for adults of moderate fitness levels. Begin your journey in legendary Kathmandu, where you will visit the Monkey Temple, Thanka Painting School and other historic sights.
Then join your sherpa guides and yaks in Phakding, where you will begin a four-day trek through the Sagarmatha National Park—home to Mt. Everest. Your stay in Nepal culminates with a spectacular private helicopter ride through the Khumbu Valley for a great view of Mt. Everest and Everest Base Camp. We encourage guests to join us for an optional five-day tour of the Kingdom of Bhutan, whose scenic majesty and vibrant culture make it a hidden gem. Access here is limited to 120,000 annual visitors and only with a licensed national guide.
DAYS 1 & 2 October 1–2
Depart gateway city* for Kathmandu, Nepal. Depending upon airline routing, some passengers may need to depart on October 1 in order to arrive in Nepal on October 3.

DAY 3 October 3 Kathmandu, Nepal
In the morning, arrive in Kathmandu, Nepal at 6,600’ elevation. Purchase your entry visa and go through customs, then transfer to the hotel. Enjoy an optional afternoon walking tour of Durbar Square, followed by a welcome reception and dinner. (D)

Yak & Yeti Hotel.

DAY 4 October 4 Kathmandu to Nagarkot
After breakfast, enjoy a half-day visit to a local monastery and the Thanka Painting School to see master artists in action. Following lunch in a local restaurant, transfer via motor coach to Nagarkot for an overnight stay before embarking on your trek. (B, L, D)

Nagarkot: 7,100’ elevation. Club Himalaya Resort, Nagarkot.

DAY 5 October 5 Nagarkot to Phakding
This morning, fly via helicopter from Nagarkot to the village of Phakding, a UNESCO World Heritage Site. Enjoy free time in this charming town, followed by a lecture from Dean Cardinale. Share stories over dinner with fellow guests before returning to the hotel for a good night’s rest. (B, L, D)


DAY 6 October 6 Phakding to Monjo
After acclimatizing to the altitude for the past few days, it is time for the first trek, hiking past local villages, numerous Mani stones and prayer wheels, ending at the village of Monjo. Arrive in the early afternoon, leaving time to rest and explore the village before eating dinner in a local restaurant. (B, L, D)

Monjo: 9,100’ elevation. Yeti Mountain Home, Monjo.

DAY 7 October 7 Monjo to Namche
After breakfast, continue trekking to Namche, a village along the Dudh Kosi River, where we officially enter Sagarmatha (Everest) National Park, a UNESCO World Heritage Site. At the end of our trek heading up Namche Hill, weather permitting, view Mt. Everest for the first time. Arriving in the afternoon, take some time to rest and explore Namche. (B, L, D)

Namche: 11,386’ elevation. Hotel Namche.

DAY 8 October 8 Namche Bazaar
Namche is the gateway village to the Himalayas housing a mixture of Tibetan traders, tourists from around the world, expedition climbers, proud sherpas, monks, Nepalese civil servants, local residents in colorful costumes, and too many yaks to count. Spend time in the Namche Bazaar and enjoy an optional visit to the Namche Dental Clinic, a charitable operation supported by World Wide Trekking. (B, L, D)

Hotel Namche.

DAY 9 October 9 Everest View Flight
Experience a private helicopter flight through the scenic Khumbu Valley for a breathtaking view of the world’s tallest mountain, Mt. Everest and Everest Base Camp. Continue on to Lukla via helicopter for an overnight stay. (B, L, D)

Lukla: 9,383’ elevation. Yeti Mountain Home.

DAY 10 October 10 Lukla to Kathmandu
This morning, transfer via domestic flight back to Kathmandu. Upon arrival, drop your luggage at the hotel and join the group for a walking tour of Boudhanath Stupa, the holiest Tibetan Buddhist temple outside of Tibet. Enjoy free time for shopping and optional sightseeing. (B, L, D)

Hyatt Regency Kathmandu.

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DAY 11  October 11  Kathmandu, Nepal
After a hearty buffet breakfast at your hotel, enjoy a cultural tour of Kathmandu with visits to Swayambhunath (the Monkey Temple), Pashupatinath Temple, Boudhanath Stupa, and the Bagmati River. Enjoy a farewell dinner with fellow travelers. (b, l, d)

DAY 12 & 13  October 12–13  Departure
After breakfast, check out of the hotel and transfer to the international airport to board flights,* arriving home on October 13.

**Optional Extension**
Bhutan October 12–18, 2016 | $3,595, Single Supplement $900

**DAY 1  October 12  Bhutan**
For those on the extension, continue to Bhutan and gather documents for the Bhutan visa and transfer to the airport for a flight to Paro, Bhutan. On a clear day, enjoy breathtaking views of the Himalayan Mountains, including the sacred Jumolhari and Jichu Drake peaks within Bhutan. Upon arrival, purchase a visa, clear customs, and meet our representative for a motor coach ride to Bhutan’s capital city of Thimphu. After checking into the hotel in Thimphu, choose to visit local sights, including King Memorial Chorten and a traditional paper factory or Trachichoe Dzong. Enjoy a welcome dinner tonight. (b, l, d)

Lodging in Thimphu TBD.

**DAY 2  October 13  Thimphu to Punakha, Bhutan**
After breakfast, explore Thimphu, visiting the twelfth-century Changangkha Lhakhang, Drupthob Nunnery, and Buddha Park. Then take a scenic drive to Punakha, stopping at the famous Dochula Pass along the way. Upon arrival in Punakha, visit Punakha Dzong, famous for being one of the most beautiful dzongs in Bhutan. (b, l, d)

Lodging in Punakha TBD.

**DAY 3  October 14  Punakha to Paro**
After breakfast, enjoy a four-hour scenic drive to Paro, stopping along the way to eat. Afterward, enjoy a hike to Taktsang Monastery, the most famous of all Bhutanese monasteries. It is said that Guru Rinpoche arrived here on the back of a tigress and meditated; giving it the name, Tiger’s Nest. (b, l, d)

Bhutan Metta Resort and Spa.

**DAY 4  October 15  Paro, Bhutan**
Visit the ruins of the Drukgyel Dzong monastery and a traditional Bhutanese farm house where you will catch a glimpse into the lifestyle of the local people. (b, l, d)

Bhutan Metta Resort and Spa.

**DAY 5  October 16  Paro, Bhutan to Kathmandu, Nepal**
Say farewell to the Kingdom of Bhutan this morning and board the return flight to Kathmandu, Nepal. Enjoy afternoon free time in Kathmandu for last minute shopping or relaxation and then join fellow travelers for a farewell dinner. (b, l, d)

Hyatt Regency Kathmandu.

**DAY 6 & 7  October 17–18  Return Home**
This morning after breakfast, transfer to the airport for your international flight* home, which will arrive on. (b)

*International flights not included in program price

Meals included as listed: b=breakfast buffet; l= lunch; d=dinner

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ABOUT THE ACCOMMODATIONS

Enjoy a variety of accommodations during this tour of Nepal and Bhutan. In Kathmandu, Nepal, guests will stay at the five-star Yak & Yeti Hotel and the five-star Hyatt Regency Kathmandu. During the trek the group will stay in the best available tea houses or hotels.

LECTURER & GUIDE

Dean Cardinale is a professional adventurer, ski patroller, rescuer, mountaineer, humanitarian and public speaker. He is the founder and president of World Wide Trekking, a company that conducts global trekking tours and humanitarian projects.

Following successful summits in Alaska, Africa, Russia, Europe, Asia, and South America, Dean reached the summit of the world’s tallest mountain, Everest 29,035’ in May 2005. He continues to share his passion for mountaineering by leading others to achieve their goals in challenging environments worldwide.

For several years, Dean has conducted safety and rescue workshops and delivered entertaining presentations on his many adventure expeditions. He has been featured in several nationally broadcast television programs on major network affiliates. In February 2015, he published his first book, Inspired, a collection of stories about people pushing themselves to conquer challenging situations.

TRAVEL NOTE

This trip is geared towards adults of moderate fitness levels and has been designed not to be too strenuous and very doable. We will have the opportunity to see extraordinary views that aren’t available from the city.

CONTACT INFORMATION

Cal Discoveries Travel
caldiscoveries@alumni.berkeley.edu | alumni.berkeley.edu/caldiscoveries | 510.900.8222 or 888.225.2586
Like us on Facebook: facebook.com/CalDiscoveriesTravel

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**REGISTRATION INFORMATION**

OCTOBER 1–13, 2016  |  COST PER PERSON: $6,795

Early booking discount: $150 if booked by April 30, 2016

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I request a single room and will pay the supplement of $1500 (limited availability)

**FINAL PAYMENT IS DUE JUNE 17, 2016 AND IS PAYABLE BY CHECK OR CREDIT CARD.**

Enclosed is my/our deposit of $____________ ($800 per person) for __________ person/people on the above tour.

Make check payable to Cal Alumni Association (CAA), or charge my deposit to: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

CARD NUMBER  
EXPIRATION DATE

SIGNATURE  
DATE

Any payment to the Cal Alumni Association constitutes your acceptance of the Terms & Conditions listed herein. Since no exceptions can be made, Cal Discoveries Travel strongly recommends the purchase of travel insurance and further information will be sent to you with your confirmation notice.

**TERMS & CONDITIONS**

**CANCELLATIONS & REFUNDS**  |  All cancellations must be submitted in writing to be valid. Every cancellation, regardless of the reason, will be subject to a $600 per person cancellation fee, if requested in writing 90 days or more prior to departure. Cancellations made 89 to 50 days prior to departure will be subject to a cancellation fee equal to 50% of the trip price. No refunds are granted within 49 days of tour departure or for no-show or early departure from a trip already in progress. The payment of the deposit OR any other partial payment for a reservation on a program constitutes consent by all guests covered by that payment to all provisions of the cancellation policy contained in this information whether the guest has signed the form or not.

**CAA MEMBERSHIP POLICY**  |  Travelers, whether alumni or friends, must be current Cal Alumni Association members to participate in Cal Discoveries travel offerings. For the Cal Alumni Association, $50 for seniors 65 years and over or $60 for those who are 54 years and under establishes a regular or affiliate membership with all other Association benefits. A married couple and their children under 21 may travel on one membership. Memberships are for individuals only and are non-refundable and non-transferable. Please make dues payable to CAA by separate check, or if you prefer, provide an American Express, Discover, Visa, or MasterCard number with expiration date for payment.

**FINAL PAYMENT**  |  Final Payment is due June 17, 2016 and an invoice will be sent to you requesting payment. Final payment may be made by check, American Express, Discover, MasterCard, or Visa.

**AUTHORITY TO USE IMAGES AND AUDIO RECORDINGS**  |  On occasion, CAA obtains, from its staff or from trip participants, photographic or video images of passengers and trip activities. By participating in this travel program, you authorize CAA, without providing compensation to you or obtaining additional approvals from you, to include photographic and video recordings of you, as well as voice recordings with any videos, in CAA’s sales, marketing, advertising, publicity and/or training activities.

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510.900.8222 or 888.225.2586 or fax 510.642.6100  |  CST: 2090031-50

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