

GLOBAL EXCHANGE REALITY TOURS

February 28 – March 11, 2011

Dreams of Kathmandu - An Intimate Visit to the Sacred Valley

Day 1: Arrive KTM and transfer to Hotel; Orientation Meeting Greenwald; Welcome Dinner at Bhojan Griya

Day 2: Visit Indigo Gallery; lecture by a supporter of traditional artists of the Kathmandu Valley on “commercial vs. traditional art”. Bus to Keshar Mahal: Garden of Dreams, with its magnificent renovation of neo-classical garden of the Rana period
Lecture by an architect.

Lunch at Garden of Dreams. Bus to Swaymbhunath revered as a sacred pilgrimage by the Buddhists. (Bipaswi, the first human Buddha, is believed to have thrown a lotus seed into *Nag Hdar* (“snake lake,” now Kathmandu Valley) which blossomed into the flame atop this hill)

Lecture. Oil lamp offering, followed by silent meditation. Return to Hotel. Rest and dinner at Hotel.

Day 3: Bus to the historic city of **Patan**, a World Heritage Site. Tour by a professor. Lunch. Visit Patan Museum and make connection between art, tourism and tradition. Blessing by Patan Kumari. Discuss ethics of Kumari culture with leading women’s activist and lawyer. Dinner at Chez Caroline, window-shopping at Babar Mahal.

Day 4: Early morning guided tour by university professor of Pashuaptinath, a Shiva temple complex filled with Himalayan yogis and where the last death rites are performed by Brahman Priests alongside the funeral ghats. Lunch at Dwarika Hotel, recipient of UNESCO award for art restoration. (*Possible visit to tradition lokta paper factory*) Late afternoon stroll through old Kathmandu: Asontole, Indra Chowk, Bead Market, Hanuman Dhoka. Dinner at Fire & Ice.

Day 5: The Tibetan Side of Town: Dharma, Drama, and Realpolitik – Early wake up call. Bus to Boudha, one of the world’s oldest Buddhist pilgrimage sites. We’ll perform three *koras* (circumambulations) around the stupa with hundreds of Buddhist pilgrims. Audience with a renowned Rinpoche (a reincarnated lama), followed by current status of Tibetan refugees in Nepal lecture at the home of traditional Tibetan doctor, who will read our pulses! Lunch at his home. Return to bus, and visit the Jawalikhel Tibetan refugee camp and carpet-weaving center. Lecture at center. Return to Hotel, dinner at Him Thai.

Day 6: Early morning drive to Thimi Ceramics, then on to Bhaktapur. Tour of medieval kingdom of 200,000 farmers. Drive to Gamcha Gaau village and meet with social justice

/ environmental leaders. Lunch at Gamcha Gaau village. Return to Bhaktapur.

Day 7: wake up early for mythic ambiance of the place. Bus to Nagarkot. Afternoon lecture on Nepal's new republic and its challenges. Overnight at the rustic and lovely Vajra Farmhouse in Nagarkot. Enjoy spectacular views of the Himalayas.

Day 8: Breakfast at Farmhouse. Morning walk to Jasing Powa. ET presentation at school. Walk to Bhoticaur, view farmers at work. Overnight at Vajra Farmhouse.

December 9th – 11th, Chitwan

Day 9: Early morning wake up call, bus to KTM airport. Fly to Bhaktapur, and transfer to Temple Tiger. Cross Rapti River in dugout canoes. Settle into Temple Tiger and enjoy afternoon elephant ride to view Greater One-horned Rhino. Talk about Tigers by Head Naturalist.

Day 10: Nature walk by naturalist guide. Elephant briefing. Canoe ride to view Ghariwal and Maugars (river alligators and crocs). Evening at leisure.

Day 11: Breakfast and transfer to Bharatpur. Flight back to KTM. Shopping at local shops and visit to Fair Trade stores. Visit a fair trade paper cooperative. Visit to one of our Fair Trade supplier. Afternoon visit to a Fair trade botanical company of Wild Earth.

Day 12: Early morning Mountain Flight. Lunch and early afternoon at leisure. Evening to Boudhanath stupa for final kora and candle-lighting. Final wrap-up dinner with Jeff Greenwald and Thomas Kelly at Roadhouse Café.

Day 13: Departure