

May 8, 2008

Textiles, Temples, and Bazaars of Laos and Vietnam Trip Dates: February 2-18, 2009



KarmaQuest is proud to offer a **17 day customized cultural tour of Laos and Vietnam**, specially designed for Christina Wilson and friends. This is the fifth collaborative tour organized jointly by KarmaQuest, Christina and Terra Nova Travel. More than two years in planning, this one-of-a-kind travel experiences takes you on a journey into Southeast Asia's most vibrant and well-preserved cultural landscapes, including **two UNESCO World Heritage Sites** (Luang Prabang and Halong Bay), to Hanoi with its French colonial charm and lingering history of arts and craftsmanship, and to picturesque northern Vietnam hillside **ethnic villages around Sapa** where ecotourism programs are working to better people's lives in environmentally and culturally appropriate ways.

Interwoven with these cultural highlights are specially arranged visits to villages and centers where **traditional weaving and hand-stitchery** techniques are still practiced and promoted. We'll learn about the region's rich history of textiles from experts, and will see the colorful weavings being worn and sold in **village bazaars** as well as in **boutique outlets** where traditional patterns have been adapted to modern Western tastes.

Throughout the trip, we'll travel by a variety of means, from floating on the Mekong River, to an overnight train ride to Sapa, to a night on a charming 'junk' in Halong Bay. The trip is rated as **moderately adventurous**, requiring the ability to walk on well-maintained village trails on **two 4 km/2.5 mile long day-hikes**; and a sense of openness to different ways of life, with flexible expectations and patience. Travel in Southeast Asia is rich in both anticipated and unanticipated opportunities. Your **safety and comfort** is always our top priority.



Trip leadership is provided by Wendy Brewer Lama, owner of KarmaQuest Ecotourism and Adventure Travel, and **Ecotourism Specialist**. Wendy has worked for the past twenty years in Asia in community-based (eco)tourism development and has led numerous trips throughout Asia. Local sightseeing/tour guides will provide expertise from each country, and resource people will be invited to speak on special-interest topics. In keeping with KarmaQuest's, Terra Nova Travel's and Christina Wilson's travel ethics, we'll visit **social service project** sites where your purchases and donations will help support programs that benefit disadvantaged people, particularly women, and help to support cultural, environmental, and wildlife conservation. An **(optional) group donation** to a selected social service non-profit is encouraged.

ITINERARY

Day 1-2: Arrive in Bangkok Feb 2-3 ,2009 (Monday –Tuesday)

Upon arrival, take a short shuttle bus to Novotel Suvarnabhumi airport hotel for check in. The remainder of the day/night is free to catch up on rest after a long flight.

Meals: None

Accommodation: Novotel Airport/Deluxe room

Day 3: Bangkok –Chiang Rai via TG130 @1415/1535 Feb 4 (Wednesday)

The morning is free time. Later, we'll gather for a group briefing and will transfer to the airport for the short flight to Chiang Rai. Upon arrival in Chiang Rai, we'll transfer to the hotel for check-in. Now is a good chance to take a walk along the river or into town, or perhaps for a massage, a spa treatment or a swim in the hotel's swimming pool.

Meals: Breakfast

Accommodation: The Legend Hotel/Deluxe Room

Day 4: Chiang Rai to Pakbeng on Luang Say Cruise Feb 5 (Thursday)



After a breakfast of fresh Thai fruit and goodies, we'll take the morning shuttle to the pier and after immigration procedures, will cross the river to Hueixay (the Lao side). At 9:00 am, we'll depart on a boat ride down the Mekong River to Pak Beng, Laos. Along we way, we'll stop to visit hill tribe settlements. A delicious buffet lunch will be served on board. The boat will arrive at LuangSay Lodge before sunset for an overnight stop. Dinner is served at the terrace overlooking the Mekong River.

Meals: Breakfast, Lunch, Dinner Accommodation: Luangsay Lodge

Day 5: Pakbeng-Pak Ou-Luang Prabang Feb 6 (Friday)

Full breakfast is served at the lodge. (Optional: walk to Pakbeng market, where people from the surrounding minority villages exchange their goods). At 8:30 a.m., we'll re-board the boat for the second leg of the cruise. A short stop will allow you to discover a H'mong village before having a buffet lunch on board. Continue to Pak-Ou village at the mouth of the Nam Ou River, and then visit Tam Ting "Cave of a Thousand Buddhas". On the way to Luang Prabang a brief stop is made to observe the traditional process of manufacturing local rice alcohol. Arrive at Luang Prabang before sunset.

Meals: Breakfast, Lunch

Accommodation: 3 Nagas/Superior Room

Day 6: Luang Prabang Feb 7 (Saturday)

Our four night stay in Luang Prabang gives ample time to take in the city sights and surroundings. Designated as a UNESCO World Heritage Site in 1995, Luang Prabang is an

outstanding example of the fusion of traditional Laotian architecture and European colonial styles of the 19th and 20th centuries. As part of the UNESCO plan, new buildings have been limited and development must be in keeping with this magical place.



Rise early in the morning to join in the local custom of alms giving: when local people give alms to the Buddhist monks who carry bowls for the collection of their food as they walk through neighborhoods early in the morning. It is a belief that in order to gain merit before they start their day life, people normally go to a Buddhist temple, or, they – and we -- can earn merit in this way.

After witnessing the Alms Bowl giving on the streets, we will be transferred to a quiet monastery - the Wat Ba Pat nestled on the shores of the Mekong River. Here we can make an offering in the local tradition. Return to the hotel for breakfast.

After breakfast, we will set out for Phone Say village. Hidden along the Mekong River, just a few kilometers from the Luang Prabang downtown, Phone Say appears to be one of the most intact traditional Lao villages in the area. Here most women weave textiles while men make fishing traps for fishing on the Mekong River. This charming village cannot be reached by vehicle but just half an hour walking from the main road brings us to another part of the world, with the rattling sound of weavers' looms.

We will stop at one of the most skillful lady weavers in this village, Ms. Ting, who inherited a hand-weaving skill from her mother 30 years ago. After visiting her workshop, we'll enjoy a home-hosted lunch cooked by her younger sister Mrs. Bounkhong, who is teaching cooking at a college in Luang Prabang.

Return to Luang Prabang. In the afternoon, we'll set out to visit National Museum, the former Royal Palace which houses the collection of valuables, including the famous Prabang Buddha statue and gifts received from foreign dignitaries (the US gift is of a bit of moon rock). We'll also visit Wat Visoun, the 16th century temple that served as a small museum for religious artifacts, and Wat Aham, the early 19th century temple whose two guardian figures at the foot of the steps represent two characters from the Ramayana – Hanuman, the Monkey God and a fierce Yaksa. We'll visit Wat Xiengthong, the 16th century temple, which more than any other temple in Luang Prabang, epitomizes all the elegance and grace of Luang Prabang architecture.



Time permitting, we'll visit the Traditional Arts & Ethnology Centre (TAEC) - the first exhibition space and fair trade store dedicated to the collection, preservation, interpretation, and presentation of the traditional arts and lifestyles of Laos. We'll end the day at Phousi Hill -- climbing 328 steps to the summit of Phousi Hill which dominates the sky-line of Luang Prabang providing the finest panoramic view in the whole city!

Meals: Breakfast, Lunch

Accommodation: 3 Nagas/Superior Room

Day 7: Luang Prabang Feb 8 (Sunday)

After breakfast, we'll take a morning drive (15 km/10 mi) outside of Luang Prabang to the Elephant Park Project, located on the banks of the Nam Khan River. Xieng Lom was established in 2003 to protect the Asian elephants in Laos. As the forests disappear, the elephants which used to help with logging can become neglected. The camp's aim is to give these elephants a brighter future. So far six elephants have been freed from logging work and given a new home in the park. Experienced *mahouts* (elephant keepers) and vets help the elephants adapt to their new environment.



This project brings the elephants a more comfortable retirement by providing professional medical care, nutritious food, caring staff, and a natural environment. It also provides jobs to local people and supports the community, as well as helping support rural development in Luang Prabang. Most importantly, the project provides both communities and local businesses with an example of sustainable tourism and how to successfully link conservation with tourism.

As well as protecting the Asian elephant, all tours benefit the communities in the area. Guides, cooks, mahouts and maintenance staff at the Elephant Park come from the surrounding villages. The Elephant Park has also funded construction of the community's water supply. Profits from the project also help fund nearby Xieng Lom School. In the future, the Project plans to convert elephant dung into biogas, fertilizer and even paper.

Afterward, we'll continue to drive (125 km/ 78 mi) to visit Ban Nanyang village, inhabited by the Lu people, a minority tribal people originally from Yunnan, China dating back to the late 18th century. We'll walk (on an easy trail) to the village of 500 inhabitants where they grow their own cotton for weaving. Each household has 2-3 weaving looms underneath the stilt house. This Lu village has its own weaving style, of which they make special table cloths, wall hangings, scarves, etc. We will spend a few hours here visiting from home to home and interacting with local people about their traditions and effort to preserve the traditional craft over the generations.



We'll return to Luang Prabang, and this evening, will enjoy a Barci ceremony at Heritage House. This special ceremony also called Soukhouane is one of the most charming ceremonies in Laos, usually held during Lao New Year festival, but also at any auspicious time, such as for those who will take a long journey or have just returned, and especially for welcoming guests. This is for blessing for good health and happiness.

Meals: Breakfast and Lunch

Accommodation: 3 Nagas/Superior Room

Day 8: Luang Prabang Feb 9 (Monday)

Today will be a full day free at your leisure to explore this pleasant and walkable city on your own, to do shopping, to linger and visit some of the many temples, or to have a

massage and just to rest. Luang Prabang has many lovely small streets to explore, cafes, bookstores, and textile sales shops. Some ideas to choose from:

Kopnoi, is the name of a beautiful boutique-gallery, located in the village of Ban Aphay in Luang Prabang, near **L'Etranger, Books & Tea**, which carries a large selection of books on Southeast Asia. When visitors trade books, they offer cash, or credit on books, food and drinks.

CAMACrafts is a non-profit, self-help project that markets handicrafts made by Lao artisans. Products are entirely handmade using traditional patterns and techniques, such as appliqué, cross stitch, embroidery and batik. This work provides employment for more than 250 women, an estimated 70% of whom are the only cash earners for their families. Money earned from the handicrafts is largely used to send their children to school, and to provide food and medicine for their family.

Tum Tum Cheng Lao Food Restaurant and Cooking School in Luang Prabang gets its name from the early morning sounds of drums and cymbals played by the monks at the nearby Xieng Thong Temple. The cooking school has been open since 2001, and focuses on traditional Lao recipes as well as Lao fusion dishes.

The Luang Prabang night market

Option: Those who wish can take an all day weaving class, an introduction to all dye sources and silk yarns. After lunch an introduction to the loom, and spinning. Weave a placemat featuring a traditional Lao motif. Take home the results.

<http://www.ockpoptok.com/index.php?page=weaving-school>

Meals: Breakfast

Accommodation: 3 Nagas/Superior Room

Day 9: Luang Prabang - Hanoi via VN868 @1515/1605 Feb 10 (Tuesday)

This morning, we'll have free time again until your transfer to the airport for the flight to Hanoi (check out time 1200PM). Upon arrival, meet and transfer to the hotel for check in. Evening at leisure

Meals: Breakfast

Accommodation: Quoc Hoa/Superior Room

Day 10 Hanoi Feb 11 (Wednesday)

Hanoi lies in the mighty Red River Delta and has a turbulent history going back over a thousand years. It is a charming city and graded by many parks and lakes, and the Old Quarter still features some magnificent French colonial architecture. Our first visit is to the Ho Chi Minh Mausoleum (subject to availability). We'll walk via the beautiful Presidential Palace to visit Uncle Ho's simple Stilt House, where he lived off and on between 1958 and 1969 and the lotus-shaped One Pillar Pagoda known as the Temple of Love.



It emerges from the water and rests on a single stone pillar. Then, continue to visit the Temple of Literature, to have an overview of Hanoi culture and history. We'll also visit Quan Thanh temple, established in the 12th century and if desired, Tran Quoc pagoda, one of the oldest Buddhist pagodas in Vietnam.

In the afternoon, we'll visit to the beautiful Museum of Ethnology with its unique presentation of objects and dress from a variety of Vietnam's 54 ethnic groups. We'll stop in at an Art Vietnam gallery and then explore Hanoi's Old Quarter by cyclo and on foot. In the 13th century, Hanoi's 36 guilds established themselves here, each taking a different street, like Silversmith Street or Coffins Street, Fish Street.

In the evening, we'll attend a water puppet show, a uniquely northern Vietnamese art form especially designed for depicting scenes from rural life and many episodes of national history – an opportunity to enjoy interaction with the puppeteers after the show

Meals: Breakfast Accommodation: Quoc Hoa/Superior room



Day 11: Hanoi/ Hanoi – Sapa via Victoria Train Feb 12 (Thursday)

In the morning, leave Hanoi for a day trip to one of the oldest villages surrounding Hanoi, the ancient village of Duong Lam, also known as a museum of laterite homes. Around 300 houses were built three or four centuries ago with lateritic bricks. A journey to Duong Lam village is a trip to trace back the origins of Vietnam's culture and Vietnam's traditions. This is also the great chance explore the architecture of ancient houses while wandering along the village's narrow alleyways, visiting temples dedicated to the two kings born there, and chat with locals living in the ancient houses. Enjoy a home-hosted lunch with one of the local families there.

Return to Hanoi and the remainder of the day is free at leisure until we transfer to the Hanoi Railway for the night train to Sapa.

Late check out at Quoc Hoa till 18:00PM

Meals: Breakfast.

Accommodation: Victoria Train /Superior Cabin (4 persons to a cabin)

Day 12: Lao Cai - Sapa Feb 13 (Friday)

We'll arrive early morning at the Lao Cai station, near the Chinese border. We'll disembark, and take a scenic drive up to the hill station of Sapa. Along the way, enjoy the spectacular views of rice-terraced mountains and *Black H'Mong* and *Red Dao* hill tribe people dressed in their colorful outfits, walking along the roadside. After breakfast at the hotel, we'll drive to Ta Phin, a village of the Red Dzaio hill tribe people, to visit and learn about the community-based tourism project under sponsorship of the Canadian International Development Agency (CIDA). There we'll see Red



Dao women weaving their beautiful brocades and will walk around the village visiting some local houses and even a local cave. Return to Sapa and lunch at a local restaurant. In the afternoon, we'll walk through a Sapa market then slowly downhill to Cat Cat, a village of the Black Hmong hill tribe overlooking the valley. We'll visit a local house and old French built hydro-electricity station en route. Late afternoon, we'll drive back to Sapa. (Note: hiking is rated moderate about 4 km/2.5 miles in all)

Meals: Breakfast, Lunch.

Accommodation: Victoria Sapa Hotel / Superior Room

Early check in today is NOT included and subject to availability.

Day 13: Sapa Feb 14 (Saturday)

Today we'll visit more ethnic hill tribe villages, and walk the scenic countryside. We go by Russian jeep to Su Pan, where we start descending to Ban Ho village. We'll walk through the village and experience the daily life of the Tay minority. We then will cross the suspension bridge and walk through the rice fields up hill until we reach the Red Dao minority village - Nam Toong. We'll start descending and will pass the river before trekking up hill to Nam Keng, while enjoying the spectacular views towards the valley and the Xa Pho village. The guide will prepare a delicious lunch in a local Xa Pho house. After lunch we'll start our journey back to Sa Pa, where we arrive in the afternoon.

Meals: Breakfast, Lunch.

Accommodation: Victoria Sapa Hotel / Superior Room

Day 14: Lao Cai – Hanoi via Victoria Train Feb 15 (Sunday)

Today's outing is a highlight of our visit to Sapa. In the morning, we'll enjoy a 3-hour drive to Bac Ha. On arrival in Bac Ha, 130 km from Sapa, we'll visit the colorful market of hill tribe people such as *Flower H'Mong*, *Phu La* and *Dao Tuyen* who gather here to barter and exchange goods. After a packed lunch, catered by our hotel, we'll drive to Trung Do and trek 4km/2.5 mi to visit its village – inhabited by the *Tay* minority. From the village we go by boat on the river Chay for an hour and a half, where we'll see magnificent caves, and the "raining waterfall." The boat arrives at Bao Nhai from where we'll drive back to Lao Cai to visit the century-old banyan tree, the park of the 12 zodiac-signs, and the China-Vietnam border. Then, we'll transfer to Lao Cai International hotel to freshen up before taking the overnight train back to Hanoi.



Meals: Breakfast, Lunch.

Accommodation: Victoria Sapa Hotel / Superior Cabin (4 persons to a cabin)

Day 15: Lao Cai – Hanoi via Victoria Train-Halong Feb 16 (Monday)

Arriving early morning in Hanoi, we'll transfer to Quoc Hoa Hotel for a quick freshening up and breakfast. After breakfast, we'll drive around 3.5 hours to Halong City with a coffee break en route at a local coffee shop. Arriving by noon at the quayside, we'll board our deluxe junk where a



welcome drink awaits. After a relaxing break, we'll enjoy a delicious seafood lunch while cruising through Bai Tu Long bay recalling the famous Indochine film featuring charming Actress Catherine Deneuve. Later there is an opportunity to go trekking or swimming at Soi Sim Island. Then, we'll continue to visit Hang Doi water tunnel by rowboat. Around 6:30 pm, we'll dock for overnight and will enjoy dinner on board.

Meals: Breakfast, Lunch and Dinner

Accommodation: Halong Jasmine "junk"/Premium Cabin



Day 16: Halong – Hanoi/Hanoi – Bangkok via TG685 @2035/2225 Feb 17 (Tuesday)

We'll rise early to catch the sunrise on the bay and enjoy a Tai Chi demonstration on the sun deck. Relax with a cup of hot coffee or tea. We'll then depart for a visit to the splendid Sung Sot grotto and a quick glimpse of a nearby fishing village. Afterward we'll have a late buffet brunch on board while cruising back through Halong Bay to the pier.

Arriving at the pier around 11:00 am, it's time to say goodbye to the crew. Return to Hanoi with vehicle /guide ready to take us for further sightseeing until our transfer to the airport for the evening flight to Bangkok. Upon arrival, we'll take a short shuttle bus to Novotel Suvarnabhumi airport hotel for check-in.

Meals: Breakfast

Accommodation: Novotel Airport hotel/Deluxe Room

Day 17: Departure Feb 18 (Wednesday)

We'll rest at the hotel until our homeward or onward flights depart (**Check out time: 12:00PM.**)

Meal: Breakfast. End of services.

Price: Cash Price (3.5% added for credit cards) note NO single supplement as we rotate room mates!!

No of person	Rate in US \$ per person	With single room rotation
6-7 passengers	US \$7333.00	yes with 7
8-10 passengers	US \$6792.00	Yes with 9

The price is valid until October 31, 2008. Price expected to increase at least 10–15% for 2009 in addition to any currency fluctuations.

Inclusive of:	Non-inclusive of:
<ul style="list-style-type: none"> • Wendy Lama as Trip Leader • Hotel accommodation on room sharing basis with daily breakfast • Luang Say Cruise package trip as specified in the itinerary • Private transportation on tour • English speaking guides (1 escort guide in Laos and 1 escort guide in Vietnam) • Elephant ride as specified in itinerary. • Entrance fees and boat trips as per program • Meals as specified (meal only, no drinks) • Flights/Coach class: Bangkok to Chiang Rai, Luang Prabang to Hanoi and Hanoi to Bangkok • RT Victoria Train to Sapa • Junk cruise in Halong Bay • Water & cold towel on sightseeing days • All airport transfers included • Tips & gratuities 	<ul style="list-style-type: none"> • US-Bangkok-Bangkok-US airfare • Airport taxes • Travel, medical insurance and emergency evacuation insurance • Personal medical kit • Laos visa fee USD 35 per person • Vietnam visa fee USD 65 per person • Other meals where not mentioned in the itinerary • Drinks at included meals • Hotel early check in / Late check out • Overweight luggage • Personal expenses • Travel insurance • Other services not listed in inclusive column • Weaving class • Extensions (optional)

Normal check in time: 1400 and check out time 1200

AIRFARE:

Approximate nonrefundable coach class airfare from USA is about \$1551.00. Business class available upon request. Mileage ticket coordination available for upgrades or mileage tickets...

Pre/Post Tour extensions

Are available upon request for Thailand and Angkor Wat or wherever you may like to add to this trip.

TRIP PARTICIPANT INFORMATION:

To confirm your participation on this departure, please send* a \$1850 per person nonrefundable deposit check, to Terra Nova Travel, LLC, along with your completed Booking Form and signed Limits of Liability forms. Since space is limited, please send your nonrefundable deposit check and completed forms to Terra Nova Travel, LLC by **June. 27, 2008** to reserve your place.

CONTACT INFORMATION ABOUT GENERAL TRIP INFORMATION:

Christina Wilson
(503) 297-3234
bumpus@pacifier.com

CONTACT INFORMATION ABOUT TOUR LOGICISTICS:

(i.e. flights, itinerary, extensions and other general travel questions)

*TERRA NOVA TRAVEL, LLC:
Nancy Pole-Wilhite
2154 NW Aspen Ave.
Portland OR 97210
Telephone: (800)267-8002 or
(503)296-7913 Fax: (503)292-4314
Email: nancy@terrannotour.com
www.terrannotour.com

Trip Leaders

Christina Wilson

Christina has been interested in traveling her entire life. In 1982 Christina took her first trip to Nepal and India. Since then, she has been going to every exotic place she can find in the world. Her goal is to visit all the interesting places including her own back yard during her lifetime. Christina worked with Outward Bound for many years and it was there, putting women's trips together, that she found her passion. Outward Bound taught her that it was the journey, not the destination that was important. Also, the importance of giving back to the community that she visits. A service project or contribution to local organizations are always included in planning her trips. Christina has led many trips all over the world. Her trips are usually small so that the group travels intimately and easily. For the last twenty years she has led many groups to interesting places, Peru, Bolivia, Ecuador, Asia, Tibet, Italy, England, Bhutan, Thailand, Myanmar, Micronesia, Bali, Indonesia, just to name a few. Her most recent adventure was in January 2007 with a small group who toured Southern India. Christina is a National Tropical Botanical Garden member currently on the Board of Trustees. She will be leading her third trip for NTBG in November 2008 to Madagascar and So Africa.

The Person Organizing Your Trip - Terra Nova Travel, LLC

Nancy Pole-Wilhite

Nancy has worked as a travel consultant since 1978, specializing in exotic destinations. Since 1999 she has been an independent agent/trip designer operating her own company, Terra Nova Travel, LLC. Her keen interest in adventure travel and endangered cultures lead to her connection with Christina Wilson. For the last ten years she and Christina have collaborated on such trips as Baja kayaking, a trek to Macchu Picchu and NTBG Friends' trips to Bhutan in 2002, Thailand/Myanmar in 2004, and the upcoming Madagascar/So Africa Nov 2008 tour. Nancy's most recent visit to South America was the Peru in April 2007. Her expertise also extends to Nepal, Tibet, Bhutan SE Asia, China as well as Africa, Chile, Argentina, Brazil and Ecuador.

Nancy has a BA from the University of California at Berkeley in English Literature and French. Her passion for Renaissance literature and art extends into the music world. For the past fifteen years she has been a member of the liturgical choir, Cantores in Ecclesia. www.cantoresinecclesia.org. Cantores is devoted to the performance of polyphonic music from the Renaissance as well as Gregorian Chant. Nancy also currently serves on the Board of the women's a cappella group, In Mulieribus. (www.inmulieribus.org) She also enjoys cooking French and ethnic food, as well as gardening.

Nancy will serve as your travel resource person in the USA. She will be available to answer your travel questions regarding the "nuts and bolts" of this trip. Please visit our website at www.terranovatour.com.

The Tour Operator & Trip Manager, Wendy Lama, Collaborating with Terra Nova Travel, LLC & Christina Wilson

KarmaQuest Ecotourism and Adventure Travel – An Award Winning Company

KarmaQuest founders Wendy and Karma Lama have been organizing special interest, educational, adventure, eco-, and cultural trips to Asia for more than 20 years.



KarmaQuest's unique and award winning trips draw upon the expertise and relationships Wendy Lama has nurtured as an Ecotourism Specialist, working in mountain regions of Asia since the mid-1980s. Wendy works as an environmental consultant for a number of international organizations, advising government agencies, NGOs, tour operators, and mountain communities in the policies and practicalities of ecotourism and bioconservation.

While living in Nepal from 1984 to 1999, Wendy worked throughout Nepal, Tibet, Sikkim and Bhutan to develop the awareness and local skills to manage the negative impacts of tourism and to promote improved local livelihoods and conservation of natural and cultural resources through community-based ecotourism. Wendy worked with the World Wild Fund for Nature (WWF) in Sichuan, China to develop an ecotourism management plan in support of panda conservation in Wanglang Nature Reserve. She helped develop a tourism master plan for Central Tibet for the United Nations Development Program (UNDP), and trained Tibetans in participatory ecotourism planning. In Kyrgyzstan, Wendy assisted women's groups and tour operators in the beginning stages of a successful Community-Based Tourism (CBT) initiative that is now a standard for Central Asia and beyond. For the past five years, she advised the UNESCO Cultural and Ecotourism in Mountain Regions of Central and South Asia program in Iran, Pakistan, Nepal, Bhutan, India, Tajikistan, Kyrgyzstan and Kazakhstan. Now she has introduced ecotourism to farmers, fisher-people, wineries, nurseries, and Main Street entrepreneurs in her hometown, Half Moon Bay.

Karma Lama grew up in Sikkim, India where his family still resides. He lived in Nepal for much of his adult life where he became an accomplished mountaineer and a successful businessman, organizing treks, expeditions, scientific research and educational programs for American and European companies and universities in the Himalaya since the early 1980s. Karma's family hosts KarmaQuest guests to Sikkim, adding another layer of insight and enjoyment to the trips.

KarmaQuest organizes and operates ecotourism and adventure travel for individual and group travelers as well as organizations and universities. It operates the Stanford University Graduate Business School's Service Learning trips to India and China, accredited university programs for University of Puget Sound, Principia University, Virginia Tech, and in association the National Tropical Botanical Gardens, The Snow Leopard Conservancy and The Mountain Institute. KarmaQuest Ecotourism and Adventure Travel (www.karmaquests.com) is based in Half Moon Bay, California.

BOOKING FORM

Women's Tour of Textiles, Temples, and Bazaars of Laos
and Vietnam

Trip Dates: February 2-18, 2009

NAME(S) OF THOSE TRAVELING: _____

(all names should be shown as they appear on your passport)

FULL ADDRESS: _____

HOME TELEPHONE: _____

WORK TELEPHONE: _____

FAX: _____

EMAIL ADDRESS: _____

TOUR DEPOSIT (*non-refundable*)

\$1850.00 person double occupancy \$ _____

Note we have a room rotation system so no single supplement

Total Amount of Deposit Enclosed \$ _____

*(Checks should be made payable to Terra Nova Travel, LLC
Credit card payment will add a 3.5%-4% merchant fee)*

.....

Please return *BOOKING FORM, SIGNED LIABILITY RELEASE FORM & DEPOSIT* to:

**Nancy Pole-Wilhite
Terra Nova Travel, LLC
2154 NW Aspen Ave
Portland OR 97210**

RELEASE OF LIABILITY AND ASSUMPTION OF RISK

I understand that the tour to which I am a party demands that I be in good health and physical condition. I acknowledge the risk and hazards of travel in remote areas where injury, delay or unanticipated events may occur. I am aware that participating in the **Women’s Tour of Textiles, Temples, and Bazaars of Laos and Vietnam, February 2-18, 2009** under the arrangements of *KarmaQuest* and its representative, Terra Nova Travel LLC, agents, employees, or associates, I may be subjecting myself to dangers and hazards which could result in illness, injury, or death. I recognize that such risks, dangers, and hazards may be present at any time during the trip. I also realize that medical services or facilities may not be readily available or accessible during some or all of the time in which I am participating in the tour.

In consideration, and as part payment for the right to participate in the trip/tour, and the associated activities, services, and food arranged for me by *Karma Quest*. And its representative, Terra Nova Travel, LLC, agents, employees, or associates, I have and do hereby fully assume all risk of illness, injury, or death, and hereby release, hold harmless, and discharge *Karma Quest* and its representative, Terra Nova Travel, LLC, employees, agents, and associates, and from all actions, claims, demands, or lawsuits for any accident, injury, property damage or personal loss to me or to those traveling with me in connection with any accommodation, transportation or other travel service, resulting from, related to, or arising in any manner out of my participation in the tour, as well as from any act of terrorism, defect in vehicle, break down in equipment, strike, theft, delay or cancellation of or changes in itinerary or schedule.

I agree that I will not sue *Karma Quest* or its representative, Terra Nova Travel, LLC, agents, employees, or associates for damages incurred as a consequence of my participation in tour caused by the negligence or other acts of *Karma Quest* or its representative, Terra Nova Travel, LLC, agents, employees, affiliates, or associates, or any employee, agent or contractor thereof.

I agree that if I suffer injury or illness, *Karma Quest* can, at my cost, arrange medical treatment and emergency evacuation service, as *Karma Quest* or its representative, Terra Nova Travel, LLC, agents, employees, affiliates, or associates, or any employee, deems necessary for my safety.

I agree that the foregoing obligation, release, and assumption of risk shall be binding upon me personally, as well as upon my heirs, executors, assigns, and administrators, and for all members of my family, including any minors accompanying me. I have carefully read this agreement and fully understand its contents, terms, and conditions. I am aware that this is a release of liability and contract between me and *Karma Quest* and/or its affiliated organizations or representatives, and I sign it of my own free will.

Dated: _____ Signature: _____

(Name in Block Letters) _____

(Each individual tour member please sign and return their own form to Terra Nova Travel LLC along with your completed Booking Form and deposit check)