

UCLA

Alumni
Travel

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Journey further. Connect. Enrich your world.

AHI Travel's mission is to deliver inspirational, educational and cultural programs that delight travelers.

With AHI you can rely on:

- Experienced Travel Directors who attend to every detail of your journey.
- An exceptional travel value.
- Unique access to local sites.
- Flexibility and customization.
- Safety and security.



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AHI Travel

UCLA

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Travel



Adventures
for the **Active Traveler**

2024



Costa Rica pg. 6



Peru pg. 14



Dear UCLA Alumni & Friends,

It's our pleasure to share this 2024 book of Further journeys for the active traveler. You'll find active itineraries based in Peru, Costa Rica, Thailand and the Galápagos Islands that are specially crafted to enrich, inspire and help you discover the world via foot, bike, paddle and more.

Wherever you go with Further, you can expect a flexible, well-balanced itinerary that includes group excursions that connect you with local cultures and nature, the freedom to explore on your own and active discoveries that keep you on the move. You could zip-line through a Costa Rican cloud forest, cycle through Thailand's ancient capital city, trek by storied ruins on your way to Machu Picchu or trace Darwin's footsteps on a Galápagos beach.

We take care of every detail, from transportation to accommodations and some meals. Plus, our expert Travel Directors and locally based guides help you discover each destination fully and authentically. And, our small groups — limited to 20 guests — allow you to connect with like-minded travelers.

Let's strike off together and explore the world! We look forward to welcoming you to the Further experience!

Regards from Westwood,

Christel Aragon
Director, Alumni Travel



Galápagos pg. 10





AHI further

From the beginning of your travel experience to the very end, you'll be treated with kindness, competency and respect and will be provided nothing less than excellence.

We promise you personal attention, innovative itineraries and stress-less travel that educates, inspires and adds another great chapter to the rich story of your life.



Introducing *Further*, a new and sophisticated travel opportunity for active travelers.

Further small group programs are crafted to "connect you to the people, places and cultures of the world" and are finessed with an ideal mix of one-of-a-kind moments, time to recharge and active pursuits, such as swimming in waterfalls, snorkeling with reef sharks, crossing treetop hanging bridges and exploring Indigenous sites.

Our team also curates unique events that take you into the heart of each destination, from hands-on interactions with locals to food tours to wildlife encounters so you will come away with immersive and memorable experiences.

Trips are expertly led by a multilingual Travel Director who manages all the details so that you can simply relax and soak up the ambience. In the care of this seasoned travel professional who is attuned to your personal safety, you'll enjoy a seamless, unforgettable travel experience.

And, where you lay your head during your journey may not define the trip, but it certainly contributes to a fantastic travel experience! As travelers ourselves, we value comfortable, ideally located accommodations imbued with local charm and style.

Featured Adventures:

Costa Rica | 9 Days

Galápagos | 11 Days

Peru | 11 Days

Thailand | 10 Days

Top photo: Thailand
Cover photo: Costa Rica
Mail panel photos: Peru | Galápagos

AHI Travel Expertise

Travel Coordinator

Helps with everything from arranging flights to fulfilling special requests.

Travel Director

Locally based guide who knows the area like the back of their well-traveled hand.

Travel Information

Prepares you fully for your journey.

Local Specialists

Provide friendly, knowledgeable service and share their expertise and passion for their country.

Let us arrange your flights!

AHI Further FlexAir

Our personalized air program offers incredible advantages:

- price guarantee
- 24-hour service for any day-of issues
- assistance with changes or delays
- flight insurance

Included Features

- Small Groups sized just right at maximum of 16-20 travelers
- Departures guaranteed to operate with just 8 travelers
- Comfortable accommodations
- Active Discovery Adventures connect you to the local community and culture via foot, boat, bike and more; all led by resident guides and experts
- Expert-led Enrichment talks enhance your insight into the region
- Welcome Reception to mingle
- Flexibility for free time to pursue your interests and book optional adventures
- Tipping of guides and drivers
- **AHI Sustainability Promise:**
We strive to make a positive impact by directly benefiting the communities we visit





Manuel Antonio National Park

Explore Costa Rica



Sloth



Red-eyed tree frog



San José
La Fortuna
Monteverde
Manuel Antonio

FEBRUARY 10-18

MARCH 23-31

APRIL 27 – MAY 5

JULY 6-14

AUGUST 10-18

NOVEMBER 2-10

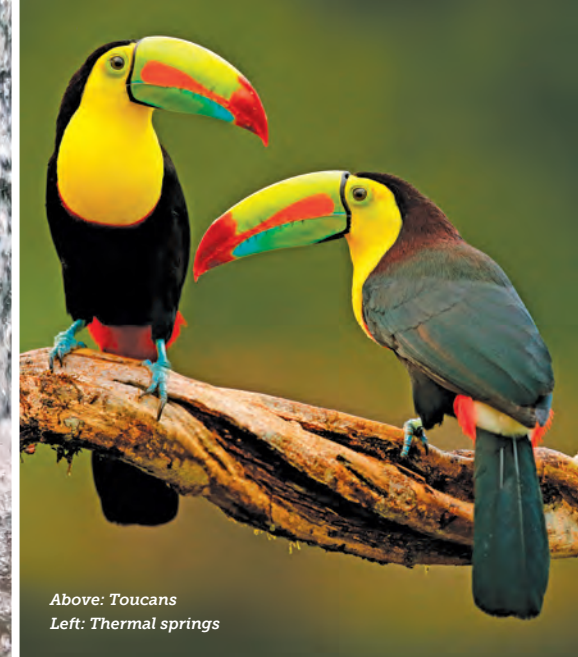
DECEMBER 7-15

Discover paradise in its purest form!

- ▶ Encounter Costa Rica's volcanoes, wildlife, rainforests and more on this **action-packed adventure**.
- ▶ Visit a **coffee co-op** to see where your morning cup of joe comes from, plus taste freshly roasted coffee.
- ▶ Hone your culinary skills as you **learn to make traditional pastries** in a family's home.
- ▶ Soak your muscles and relax in the **mineral-rich, soothing thermal springs** at the foot of Arenal Volcano.
- ▶ Be on the lookout for charming critters as you explore the winding trails and hanging bridges of a **misty cloud forest**.
- ▶ Search for unique creatures, from howler monkeys to sloths and toucans, in **Manuel Antonio National Park**.



Monteverde



Above: Toucans
Left: Thermal springs

Discovery Adventures & Enrichment

Coffee Co-Op

Tour a local coffee co-op to meet the people who work the land, plus indulge in a caffeinated pick-me-up.

La Fortuna Discovery & Beyond

Visit a rural community and engage with the residents. Learn how to make a local pastry and enjoy a forest hike.

Thermal Springs

Unwind under the night sky and treat your muscles in soothing thermal pools.

Cloud Forest Trek

Amble across Monteverde's treetop hanging bridges, searching for flora and fauna.

Zip-lining Adventure

Hold on tight for a thrilling and scenic glide through the forest canopy!

Manuel Antonio National Park

Search for exotic animals along this park's forest trails and beaches. After your hike, relax, play or explore on the beautiful white-sand beach.

Accommodations


- 1 night in San José, Costa Rica
- 3 nights in La Fortuna
- 2 nights in Monteverde
- 2 nights in Manuel Antonio

Transfers & Meals

- Private vehicle transfers in the Land Program
- 8 breakfasts, 4 lunches, 5 dinners, including Welcome & Farewell Dinners

Itinerary

Day 1

Touch down in San José,  to the hotel and head out to discover this culture-filled city on your own.

Day 2

After breakfast, depart for the adventure capital of La Fortuna. Along the way, visit a coffee co-op for a tour. Learn about the making of coffee, from bean to cup, and sample some freshly roasted and brewed coffee.

Following a typical Costa Rican lunch, lace up your hiking boots for a picturesque hike to a nearby waterfall.

Day 3

Visit a rural community dedicated to natural forest preservation and agriculture. Join your naturalist guide for a walk along the beautiful rainforest trails. Keep your eyes to both the trees and the ground as you search for monkeys, tropical birds and insects, and learn about the conservation efforts of the area. Learn to make *enyucados*, a local pastry, followed by a traditional lunch.

Tonight, relax in the therapeutic waters of a heavenly spa heated with the area's geothermal activity. Settle in the mineral-rich waters and marvel at the mystic surroundings.

Day 4

A free day allows you to book thrilling adventures! Paddleboarding? Check. Horseback riding? Check! Rappelling? The choice is yours!

Day 5

Travel to Monteverde via coach and boat. Upon arrival, head out to trek across the swaying suspension bridges of a cloud forest. From your perch in the mist and clouds, look high and low for exotic wildlife. Along the way, your guide shares insights into the area's remarkable biodiversity.

Fun Facts about Costa Rica

1. "Pura vida," or "pure life," is commonly heard in Costa Rica. It is often used as a greeting instead of "hello" and "goodbye."
2. Costa Rica is one of the world's most eco-minded countries; 25 percent of the land is protected.
3. The sun rises and sets at the same time every day in Costa Rica — 365 days a year!

Day 6

Your memories will certainly be adrenaline-filled today! Buckle up and fly through the forest canopy on a zip-line. Look for toucans or colorful orchids while zooming through the emerald vegetation.

Later, book optional activities during leisure time.

Day 7

Journey to the impressive Pacific coast today. With stunning white-sand beaches, dense forests and the many storybook animals that call this area home, this tropical oasis will surely be a favorite!

Day 8

Discover the lush tropical forests and sprawling beaches of Manuel Antonio National Park. Costa Rica's smallest national park — and one of its most spectacular — boasts sensational beaches and a rainforest teeming with wildlife! Your guide leads the way as you scout for howler and white-faced monkeys, sloths, toucans and iguanas as well as smaller creatures like lizards, spiders, butterflies and buzzing insects.

Spend the remainder of the day at the beach, swimming, sunbathing or gazing at swaying palm trees during your last day in Costa Rica.

Cap off the day with a Farewell Reception.

Day 9

After breakfast, transfer  to the San José airport for your return flight home! 

Flights  and transfers  provided for AHI Further FlexAir participants.



COSTA RICA | 9 DAYS

Full Price

\$2,895

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Single accommodations are an additional \$795 (limited availability)

Program-specific terms and conditions are available at <https://uclafrahitravel.com/destinations/1845A?schoolId=683>. You can also request a copy from our travel experts.



Explore Galápagos Islands



Blue-footed boobies



Quito
Santa Cruz
Isabela &
Floreana Islands



APRIL 14-24

JUNE 9-19

AUGUST 11-21

SEPTEMBER 1-11

OCTOBER 13-23

DECEMBER 1-11

The untouched world of the Galápagos Islands is at your fingertips!

- ▶ Hike, snorkel and explore your way through one of the **world's most unique environments, discovering extraordinary Galápagos wildlife.**
- ▶ Enjoy **up-close wildlife viewing of notable Galápagos residents**, including sea lions, birds, manta rays, sea turtles, blue-footed boobies and giant tortoises.
- ▶ Roam through **lava tunnels**, walk with **giant tortoises** and hike up the **Sierra Negra Volcano to gaze at magnificent views.**
- ▶ Connect with the origins of evolution at the celebrated **Charles Darwin Research Station.**
- ▶ Uncover **Floreana's rich, mysterious history** of buccaneers, convicts, whalers and colonists.
- ▶ Experience the colorful and diverse underwater world while **snorkeling with tame reef sharks, turtles and stingrays.**



Galápagos Islands



Sally Lightfoot crab



Sea lions



Quito

Discovery Adventures & Enrichment

Unique Quito & Beyond

Visit the Middle of the World and the Equator line. Enjoy an insider's look at Quito's beautiful UNESCO-listed historic center.

Galápagos Highlands

Explore lava tunnels and search for giant tortoises.

Tortuga Bay & Turtle Conservation

Discover the endemic animal life of Tortuga Bay and tour the Charles Darwin Research Station.

Las Tintoreras

Enjoy the vibrant underwater world of this world-class snorkeling destination.

Volcano Hike & Tortoise Center

Hike up the Sierra Negra Volcano and visit the giant tortoise breeding center.

Floreana Island & Highlands

Visit a white-sand beach for swimming and snorkeling. Your guide shares the intriguing history of the Floreana highlands.

Beach & Swimming Holes

Swim at a beach and splash in local swimming holes, featuring crystal-clear water.

Accommodations

- 3 nights in Quito, Ecuador
- 3 nights on Santa Cruz Island
- 3 nights on Isabela Island
- 1 night on Floreana Island

Transfers & Meals

- Private vehicle transfers in the Land Program
- 10 breakfasts, 4 lunches, 6 dinners, including Welcome & Farewell Dinners

Itinerary

Day 1

Touch down in Quito, transfer to the hotel and head out to explore the Ecuadorian capital. Later, meet up with your new travel buddies.

Day 2

Set foot on the imaginary Equator line at Mitad del Mundo. After, tour Quito's historic center, rich with colonial heritage and architectural gems.

Day 3

Board a morning flight for Baltra in the Galápagos Islands. Upon arrival, cross the Itabaca Channel and journey up to the Santa Cruz highlands. At El Reserva el Chato, watch majestic giant tortoises amble through their natural habitat. Then descend into fascinating lava tunnels and enjoy exploring and crawling through these geological wonders!

Day 4

Travel to exquisite Tortuga Bay, host to diverse marine and bird life. Enjoy an enriching tour of the Charles Darwin Research Station, home to turtles old and young. Later, encounter the lively social scene of Puerto Ayora while indulging in a traditional dinner at some bustling food kiosks.

Day 5

Depart via speed boat for Isabela Island. After lunch, enjoy a wildlife boat excursion to the islet of Las Tintoreras. Look for manta rays and white-tip reef sharks that swim in the channels between the rocks and view darling pelicans, frigate birds and diving blue-footed boobies. Feeling active? Don your mask and slip into the inviting water to swim with peaceful sea turtles and playful sea lions.

Day 6

Prepare for a heart-pumping trek up the famous Sierra Negra Volcano. At the top, marvel at the world's second-largest volcanic caldera and take in views stretching to the horizon. Visit a tortoise

Charles Darwin & the Galápagos Islands

On September 15, 1835, the HMS Beagle, commanded by Captain Robert Fitzroy, arrived in the Galápagos Islands. Charles Darwin, who was 26 at the time, was part of the expedition. It was during this historic encounter with the archipelago that Darwin recovered groundbreaking research and data that would lead to great scientific changes.

breeding center, which has been instrumental in bringing the tortoise back from the brink of extinction, and see varieties of tortoises found on the islands, from adolescents to adults.

Day 7

Enjoy a free day to book optional activities, such as snorkeling, kayaking or scuba diving.

Day 8

Embark on a speedboat ride to nearby Floreana, a small, isolated island. Walk across a black beach on your way to La Lobería beach, a gorgeous beach sprinkled with black lava rocks. This soft beach is named for the large number of sea lions found resting on the sand and rocks. Enjoy the chance to swim and snorkel with the sea lions as well as marine iguanas, turtles, yellow warblers, frigates, finches and other animals. Hike into the highlands as your guide shares the fascinating and sometimes sinister history of the island.

Day 9

Return to Santa Cruz and visit a local beach and swimming holes. Take time to swim, splash and sunbathe! Spend the afternoon at leisure.

Day 10

Fly back to Quito and gather tonight to celebrate and raise a toast at a Farewell Dinner.

Day 11

After breakfast, transfer to the Quito airport for your return flight home!

Flights and transfers provided for AHI Further FlexAir participants.



GALÁPAGOS | 11 DAYS

Full Price

\$3,495

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Single accommodations are an additional \$895 (limited availability)

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Explore Peru



Maras Salt ponds



Lima
Sacred Valley
Cusco
Machu Picchu

APRIL 21 – MAY 1
MAY 19-29
JUNE 16-26
JUNE 21 – JULY 1
JULY 18-28
SEPTEMBER 8-18

Uncover a cradle of ancient empires in Peru!

- ▶ Unravel **captivating Peru**, from the artsy capital of Lima to colonial Cusco and breathtaking Machu Picchu, surrounded by misty Andean peaks.
- ▶ Savor an insightful and tasty **culinary experience** and enjoy a tour of Lima's celebrated **Larco Museum**.
- ▶ Gaze at **incredible Andean mountainscapes** during a picnic at a lagoon in El Valle Sagrado, the Sacred Valley.
- ▶ Discover the **Sacred Valley's mind-boggling landscapes, Inca ruins and timeless indigenous traditions**.
- ▶ Wander through the awe-inspiring grounds of the ancient and sacred **Machu Picchu**.
- ▶ Visit a **community arts project** in Lima and learn about its inspiring story of urban transformation.



UNESCO World Heritage

Historic Sanctuary of Machu Picchu

Embedded within a dramatic landscape at the meeting point between the Peruvian Andes and the Amazon Basin, the Historic Sanctuary of Machu Picchu is among the greatest artistic, architectural and land use achievements anywhere and the most significant tangible legacy of the Inca civilization.

A land of ancient empires awaits! This 11-day Peruvian journey unveils Lima, the Sacred Valley and lofty Machu Picchu. Embrace cultures past and present, encounter manmade wonders and towering monuments and mingle with locals.

Choose your pace: Select a 4-day or 1-day hike to Machu Picchu or journey to the citadel by train!



Travel at Your Own Pace
with 3 Adventure Options!

Peru | 11 DAYS

Adventure Option 1

Be immersed in the cultural and archeological treasures of Cusco and beyond. Includes 2 nights in Cusco and 1 night in Aguas Calientes with visits to Maras, Moray and Sacsaywaman.

(Mildly ACTIVE)

Adventure Option 2

Enjoy all of the excursions of Adventure Option 1, plus add a fun, heart-pumping 1-day Inca Trail hike up to Machu Picchu's Sun Gate.

(Moderately ACTIVE)

Adventure Option 3

Up for a life-changing challenge? Conquer the Inca Trail on an unforgettable 4-day hike. Depart on Day 5 to follow the path of the ancient Incas high into the Andean mountains to reach the exclusive Sun Gate, gatehouse to the Lost City.

(Extremely ACTIVE)

Full Price

\$3,295

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Single accommodations are an additional \$395 (limited availability)

Program-specific terms and conditions are available at <https://uclafr.ahitravel.com/destinations/1847A?-schoolId=683>. You can also request a copy from our travel experts.

Elective Extension | 4 Nights

Amazon Rainforest Discovery

Travel into the heart of the Amazon Rainforest! Fly to Puerto Maldonado. Stay in an eco-lodge in the wildlife-rich Tambopata region and discover one of the world's most biodiverse places.

- Includes 4 nights accommodation and flights between Lima and Puerto Maldonado
- 4 breakfasts, 3 lunches, 3 dinners
- All transport between destinations and included wildlife-viewing excursions and activities

Peru | Adventure Option 1

Cusco Stay



Lima



Itinerary

Day 1

Touch down in Lima, transfer to the hotel and discover this city of colonial wealth!

Days 2-4

Uncover the sights of Lima, including a culinary tour and a visit to the Larco Museum. Fly to Cusco and head into the Sacred Valley. Enjoy a picnic at Piuray Lagoon and visit a family-run ceramics shop. The following day, discover the region's archaeological sights while exploring the Sacred Valley, including Pisac and Ollantaytambo.

Days 5-6

Discover more gems of the Sacred Valley, from the terraced salt pans of Maras to the incredible Inca site of Moray. Explore Cusco's historic center and Sacsaywaman, made of massive stones.

Day 7

Travel to Ollantaytambo to begin the scenic train journey to Aguas Calientes. As you travel through the Sacred Valley, settle in and take in the breathtaking landscape. Upon arrival, spend free time in Aguas Calientes, perched high in the mountains.

Day 8

Rise early for a memorable guided tour of the Lost City of the Incas. At 7,970 feet above sea level, these great ruins are indeed a sky-high wonder! As you tour this mind-boggling landscape with an expert guide, learn about the amazing engineering of Machu Picchu and soak up the energy of this remarkable site. Return to Cusco in the afternoon.

Days 9-10

Spend a free day exploring Cusco and enjoy a performance by local musicians. In the morning, fly back to Lima and explore the bohemian Callao district. Celebrate with a Farewell Dinner!

Day 11

After breakfast, transfer to the Lima airport for your return flight home!

Flights and transfers provided for AHI Further FlexAir participants.

Discovery Adventures & Enrichment

Lima's Highlights

Enjoy a culinary tour, a visit to a local market and an enriching tour of the Larco Museum.

Piuray Lagoon & Local Art

Delight in a lagoon picnic beside shimmering waters and visit a family-run ceramics shop.

Sacred Valley

Encounter the Incan ruins of Pisac and the fortress of Ollantaytambo.

Maras & Moray

Discover the Maras Salt Mines and the Inca archaeological site of Moray.

Cusco & Beyond

Explore the capital of the Inca Empire and the legendary site of Sacsaywaman.

Machu Picchu

A tour unravels the sights and mystery of these remote Inca ruins, high atop a mountain.

Local Music

Clap along during a lively performance by local musicians.

Callao District

Get to know this artsy community district in Lima.

Accommodations

- 3 nights in Lima, Peru
- 2 nights in the Sacred Valley
- 4 nights in Cusco
- 1 night in Aguas Calientes

Transfers & Meals

- Private vehicle transfers in the Land Program
- 10 breakfasts, 7 lunches, 6 dinners, including Welcome & Farewell Dinners



Itinerary

Day 1

Touch down in Lima, transfer to the hotel and discover this city of colonial wealth!

Days 2-4

Uncover the sights of Lima, including a culinary tour and a visit to the Larco Museum. Fly to Cusco and head into the Sacred Valley. Enjoy a picnic at Piuray Lagoon and visit a family-run ceramics shop. The following day, discover the region's archaeological sights while exploring the Sacred Valley, including Pisac and Ollantaytambo.

Days 5-6

Discover more gems of the Sacred Valley, from the terraced salt pans of Maras to the incredible Inca site of Moray. Explore Cusco's historic center and Sacsaywaman, made of massive stones.

Day 7

Travel by train to km 104, where you'll disembark to start a rewarding one-day hike up to Machu Picchu. Trek for approximately 6-7 hours through marvelous scenery on your way to the Sun Gate. At the day's end, travel down to Aguas Calientes, a village nestled in the mountains.

Day 8

Rise early for a memorable guided tour of the Lost City of the Incas. At 7,970 feet above sea level, these great ruins are indeed a sky-high wonder! As you tour this mind-boggling landscape with an expert guide, learn about the amazing engineering of Machu Picchu. Return to Cusco in the afternoon.

Days 9-10

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Discovery Adventures & Enrichment

Lima's Highlights

Enjoy a culinary tour, a visit to a local market and an enriching tour of the Larco Museum.

Piuray Lagoon & Local Art

Delight in a lagoon picnic beside shimmering waters and visit a family-run ceramics shop.

Sacred Valley

Encounter the Incan ruins of Pisac and the fortress of Ollantaytambo.

Maras & Moray

Discover the Maras Salt Mines and the Inca archaeological site of Moray.

Cusco & Beyond

Explore the capital of the Inca Empire and the legendary site of Sacsaywaman.

1-Day Inca Trail Hike

Trek along the path of the Incas to the Sun Gate.

Machu Picchu

A tour unravels the sights and mystery of these remote Inca ruins, high atop a mountain.

Local Music

Clap along during a lively performance.

Callao District

Get to know this artsy community district in Lima.

Accommodations

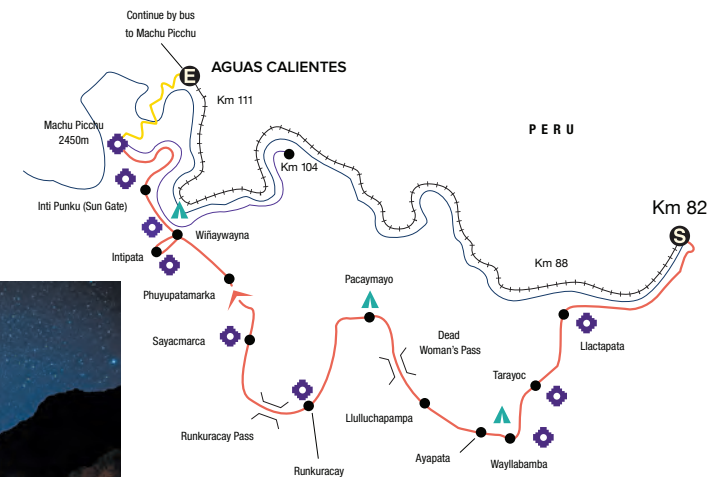
- 3 nights in Lima, Peru
- 2 nights in the Sacred Valley
- 4 nights in Cusco
- 1 night in Aguas Calientes

Transfers & Meals

- Private vehicle transfers in the Land Program
- 10 breakfasts, 7 lunches, 6 dinners, including Welcome & Farewell Dinners

THE INCA TRAIL

- Start / End points
- The Inca Trail - 45 km (28 mi)
- Camping site
- Archaeological site
- Railway line
- One day Inca Trail



Discovery Adventures & Enrichment

Lima's Highlights

Enjoy a culinary tour, a visit to a local market and an enriching tour of the Larco Museum.

Piuray Lagoon & Local Art

Delight in a lagoon picnic beside shimmering waters and visit a family-run ceramics shop.

Sacred Valley

Encounter the Incan ruins of Pisac and the fortress of Ollantaytambo.

4-Day Inca Trail Hike

Challenge yourself on this 4-day hike along the historic Inca Trail. Pass through surreal landscapes, forests and abandoned ruins up to the celebrated Inca citadel.

Machu Picchu

A tour unravels the sights and mystery of these remote Inca ruins, high atop a mountain.

Local Music

Clap along during a lively performance.

Callao District

Get to know this artsy community district in Lima.

Accommodations

- 3 nights in Lima, Peru
- 2 nights in the Sacred Valley
- 3 nights camping on the Inca Trail
- 2 nights in Cusco

Transfers & Meals

- Private vehicle transfers in the Land Program
- 10 breakfasts, 8 lunches, 8 dinners, including Welcome & Farewell Dinners

Itinerary

Day 1

Touch down in Lima, transfer to the hotel and discover this city of colonial wealth!

Days 2-4

Uncover the sights of Lima, including a culinary tour and a visit to the Larco Museum. Fly to Cusco and head into the Sacred Valley. Enjoy a picnic at Piuray Lagoon and visit a family-run ceramics shop. The following day, discover the region's archaeological sights while exploring the Sacred Valley, including Pisac and Ollantaytambo.

Days 5-8

Travel by van to km 82, where your unforgettable Inca Trail hike begins! Lace up your boots to begin hiking this ancient path. For the next four days, trek through some of the world's most dramatic and awe-inspiring terrain on your way to the Sun Gate. Enjoy stunning views of the Sacred Valley as you make your way up the rugged terrain, passing Llactapata, Dead Woman's Pass, the misty Inca ruins of Phuyupatamarca and other highlights.

On your final day, set off before dawn to reach the Sun Gate at sunrise and marvel at the astounding ruins from this vantage point. Hike down to explore the Lost City of the Incas. At 7,970 feet above sea level, these great ruins are indeed a sky-high wonder! As you tour this mind-boggling landscape with an expert guide, learn about the amazing engineering of Machu Picchu. Return to Cusco in the afternoon.

Days 9-10

Spend a free day exploring Cusco and enjoy a performance by local musicians. In the morning, fly back to Lima and explore the bohemian Callao district. Celebrate with a Farewell Dinner!

Day 11

After breakfast, transfer to the Lima airport for your return flight home!

Flights and transfers provided for AHI Further FlexAir participants.



Explore Thailand



Bamboo rafting



Bangkok



Bangkok
Kanchanaburi
Chiang Mai

JANUARY 11-22

JANUARY 15-26

MARCH 7-18

OCTOBER 17-28

NOVEMBER 7-18

DECEMBER 5-16

Ready for a bona fide Thai experience?

- ▶ Get an intimate look at **authentic Thai life**, from bustling Bangkok to storied Kanchanaburi and local villages in the north.
- ▶ Taste mouthwatering **street food in Bangkok's Chinatown** and peruse stalls at Chiang Mai's memorable night bazaar.
- ▶ Cycle through **Ayutthaya park**, witnessing stone stupas, crumbling palaces and ruins entwined in banyan trees.
- ▶ **Visit with the welcoming residents of Thai villages** and learn about their lives, cultures and traditions.
- ▶ Rise early to **witness an inspiring alms-giving ceremony**, a long-standing and sacred Buddhist ritual.
- ▶ Try your hand at planting rice the traditional way and **learn how to perfect classic Thai dishes with a local chef**.
- ▶ Listen to chanting monks at a gilded **Chiang Mai temple**.



Erawan Falls



Left: Kanchanaburi
Below: Ayutthaya

Discovery Adventures & Enrichment

Bangkok's Highlights

Uncover Bangkok's sights, cruise the canals and taste the local cuisine.

Ayutthaya Park

Cycle through this archaeological miracle, dating back to 1350.

Kanchanaburi Discovery

Journey through WWII history and splash in Erawan Falls.

Chiang Mai & Beyond

Engage with a village family and explore their herb garden.

Buddhist Ceremony & Temple

Witness a traditional Buddhist ceremony and explore a beautiful, elaborate Chiang Mai temple.

Rice Planting & Cooking Lesson

Learn to plant rice and enjoy a culinary demo.

Bamboo Rafting

Float along the river to visit a traditional Lahu tribe and learn about their life. Visit a local nonprofit cafe to support the local community.

Morning Yoga & Meditation

Rise with the sun for a morning stretch.

Chao Phraya River Cruise

Celebrate your trip aboard a converted rice barge.

Accommodations

- 4 nights in Bangkok, Thailand
- 2 nights in Kanchanaburi
- 3 nights in Chiang Mai

Transfers & Meals

- Private vehicle transfers in the Land Program
- 9 breakfasts, 6 lunches, 6 dinners, including Welcome & Farewell Dinners

Itinerary

Days 1-2

Travel to Bangkok, Thailand. ☪
Cross the International Date Line.

Day 3

Arrive in Bangkok, transfer ☪ to the hotel and start exploring this vivacious capital city.

Day 4

Hop aboard a tuk-tuk for a ride to the Grand Palace, followed by a walk around the grounds. Witness the Emerald Buddha temple and Wat Pho, then cruise through the canals in a traditional longtail boat. Tonight, join a foodie guide to taste popular street-kitchen treats in Chinatown.

Day 5

Travel to Ayutthaya to see the fascinating ruins via bike. As you pedal through this ancient city, gaze at magnificent palaces and Buddhist monasteries. Dig into a feast of flavors at a local restaurant.

Day 6

In Kanchanaburi, board a train and cross the bridge made famous by the 1957 film "The Bridge on the River Kwai." Continue to the Thailand-Burma Railway Centre. On a guided tour, learn about the dark history of the Burma Railway, constructed by imperial Japanese forces to connect Bangkok and Burma.

Day 7

Visit the stunning Erawan Falls for a refreshing splash and swim. If you wish, explore the surrounding environs and search for animals. Book optional activities during free time today.

Day 8

Fly to Chiang Mai. Travel to a local village to visit with a Lanna family. Tour a family's herb and spice garden and learn to make a Thai herbal compress.

Fun Facts about Thailand:

1. Thailand boasts the world's largest water fight! Locals use water guns, water balloons and buckets to celebrate Songkran Festival, the Thai New Year.
2. Thailand's national anthem is played publicly twice a day across radio and television stations as well as in schools, train stations, shopping malls and markets.

After a short massage, sit down to a traditional kantoke-style dinner. Local dishes may include sticky rice, curries and crispy pork with chili paste.

Day 9

Rise early for an alms-giving ceremony. Watch as saffron-robed monks walk through town and gather alms from locals, a time-honored ritual. Explore Chiang Mai's Wat Phra That Doi Suthep, a golden Buddhist temple. Back at the hotel, try your hand at planting rice the traditional way and join a chef who demonstrates how to make a variety of local dishes.

Cap off the day at the city's colorful night bazaar! You may find authentic gifts to bring home.

Day 10

A bamboo raft glides along the river, delivering you to a traditional village to visit with the Lahu tribe. Gain insight into their unique lifestyle while engaging with members of the community.

Enjoy lunch at a nonprofit cafe that offers training for Thai people living with disabilities.

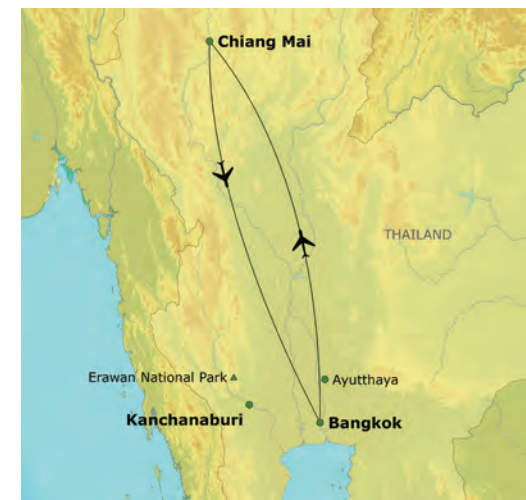
Day 11

Stretch during a revitalizing yoga session, followed by a flight back to Bangkok. Tonight, toast to your trip during a cruise on the Chao Phraya River.

Day 12

After breakfast, transfer ☪ to the Bangkok airport for your return flight home! ☪

Flights ☪ and transfers ☪ provided for AHI Further FlexAir participants.



THAILAND | 10 DAYS

Full Price

\$2,795

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Single accommodations are an additional \$545 (limited availability)

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