



AHL3900
The Philosophies & Religions of India
Contemplative Studies Option,
University of Ottawa
ITINERARY

— **15-MAY. DEPARTURE FROM CANADA**

D1 - 16-May Arrive Delhi

Met on arrival in Delhi at the airport. Estimated time of arrival of group is in the evening. Transfer to hotel. No Meals.

D2-17 May Delhi

Breakfast at hotel and then leave for a full day visit of old Delhi for an introduction to Indian Religions by visits to Gurudwara Sis Ganj (Sikhism), Jama Masjid (Islam) & Jain Temple (Jainism). In the afternoon visit Parsi Anjuman (Zohrashtrian) and the Nizamuddin Aulia (Sufi Islam). Return to hotel. (Breakfast & dinner).

D3- 18-May Delhi - McLeodganj

After breakfast, go for a drive-by of New Delhi and visit Akshardham Temple (Hinduism). Late evening transfer to bus station to board overnight bus (departure 6:00pm to McLeodganj (Dharamsala). (Breakfast & packed dinner)

D4-19-May McLeodganj

7:00am - Arrive in McLeodganj. Walk to your hotel from the bus stop and rest till afternoon. In the afternoon walk to the Namgyal monastery for an in-depth lecture on Buddhism. (Breakfast & dinner)

D5- 20-May McLeodganj

Full day visit to Tsuglagkhang Temple Complex (the official monastery of the Dalai Lama) and Norbulingka Institute. (Breakfast & dinner)

D6-21-May McLeodganj

Day at McLeodganj to pursue individual activities. (Breakfast & dinner)

D7-22-May McLeodganj - Amritsar

Board morning bus for Amritsar. Arrive by mid-afternoon and later on visit Durgiana Temple & the Golden Temple. This evening at the Golden Temple there will be an in-depth lecture on the tenets of Sikhism. (Breakfast & dinner)

D8-23-May Amritsar - Delhi

Morning visit the Golden Temple again and later in the afternoon board train for Delhi. Arrive in Delhi in late evening around 9:00pm. Dinner on board train. Overnight at hotel.

D9- 24-May Delhi - Leh

Early breakfast and leave for airport for flight at 8:35am to Leh. Arrive in Leh around 9:55am. Met at Leh airport and transfer to hotel. Rest to acclimatize to high altitude. In the evening walk to the main bazaar. Return to hotel for dinner & overnight. (Breakfast & dinner)

D10- 25-May Leh

Begin your Ladakh tour with an early morning visit to the Thikse monastery for the morning prayer ceremony at this monastery. We will arrange for a learned Lama to explain the importance of Lamaism in Tibetan Buddhism. After the introduction and a question and answer session, the group will visit the complete monastery including the living quarters of the Lamas. Return to Leh and on the way visit the Institute of Tibetan studies for an in-depth lecture of Tibetan Buddhism and a visit to the Stok Palace museum (Breakfast & dinner)

D11- 26-May Leh

Half day in-depth study of various forms of Buddhism by a re-knowned scholar. Afternoon group discussion on various religions encountered during the trip within India. (Breakfast & dinner)

D12-27-May Leh - Alchi

Leave for overnight trip to Alchi & Lamayuru monasteries. These two monasteries are important repositories of Buddhist culture and history and a visit is recommended highly as they are one of the oldest monasteries built by Lotsava Richen Zhangpo and scholar Naropa. Overnight in the small village of Alchi - on the banks of Indus river (All meals)

D13-28-May Alchi - Leh

Visit monastery for an introduction to Bodhisatva Avlokiteswara and his teachings. Later drive back to Leh. Enroute visit the Spitok monastery to understand the concept of Mahakaal - an incarnation of Goddess Kali. (Breakfast & dinner)

D14 - 29-May Leh

Day at Leh to pursue individual activities. (Breakfast & dinner)

D15-30-May Leh - Delhi - Rishikesh

6:50am flight to Delhi early morning and met at the airport. In the afternoon leave Delhi for Dehradun by train (departure at 3:20pm). Met on arrival at 9:10pm at Dehradun Railway Station at and drive to Rishikesh (45 minutes to 1 hour driving time). (Breakfast in Leh & packed dinner on train.)

D16- 31-May Rishikesh

Day in Rishikesh and visit the Ashrams. This introduces the Hindu concept of Aesthetics and purity of lifestyle (Breakfast & dinner)

D17-01-Jun Rishikesh

After breakfast, spend the day in Rishikesh for Yoga initiation and spiritual discussions on Hinduism. (Breakfast & dinner)

D18-02-Jun Rishikesh - Dehradun - Flight to Varanasi

Morning drive to Dehradun for flight to Delhi & then connect onto Varanasi. Arrive in Varanasi around 6:00pm. Met at airport and transfer to hotel. (Breakfast & dinner)

D19- 03-Jun Varanasi

Early morning visit to the Ghats and boat ride on Ganges river. Later walk through the oldest part of Benares and visit the famous temples of Kashi Vishwanath and Sankat Mochan. You would be accompanied by scholars for detailed explanation on living Hinduism. Attend the Aarti ceremony on the Ganges. (Breakfast & dinner)

D20-04-Jun Varanasi

Half day visit to Sarnath and understand the importance of life of Gautam Buddha. Return to Varanasi in the afternoon and a detailed discussion of the Vedas, the Upanishads and the Puranas. Return to Ghats for a final Aarti ceremony. (Breakfast & dinner)

D21-05-Jun Varanasi

Day in Varanasi to pursue individual activities. (Breakfast & dinner)

D22-06-Jun Varanasi - Flight to Delhi and onwards to home

Mid-afternoon flight from Varanasi to Delhi and connect onto flight back home. (Breakfast only). (No transport in Delhi.)

COST \$3900 USD (tentative price)

All inclusive.

Includes international flight to India (from Canada) + travel within India.

TWIN SHARING ROOM:

DELHI YMCA Parsi Anjuman

MCLEODGANJ Gandhi Residency

AMRITSAR Ritz Plaza

DELHI YMCA Parsi Anjuman

LEH Nalanda Hotel Guesthouse

ALCHI Alchi Resort/ Zimkhang

LEH Nalanda Hotel Guesthouse

RISHIKESH Green One Yog Vashisth

VARANASI Madin Meraden

Tour Cost Inclusions:

- 20 nights' accommodation based on Twin sharing basis
- 1 night on board on bus from Delhi to McLeodganj
- Accommodation with meals as specified on fixed menu basis (21 Breakfast, 1 lunch & 20 dinners). Please do note that as specified places we may be required to give packed breakfast and dinners and these may be limited to some basic eats like sandwiches, etc.
- In places like Rishikesh and Amritsar, dinner will be on vegetarian basis.
- Transport as detailed in the programme by air-conditioned coach except for Ladakh where it not be air-conditioned.
- **All Domestic Flights:**
 - Delhi - Leh
 - Leh-Delhi
 - Dehradun- Delhi
 - Delhi-Varanasi
 - Varanasi -Delhi
- Guide/ scholar services will be provided at the cities indicated:
 - Delhi - two days
 - Dharamsala/ McLeodganj - two days
 - Amritsar - two days
 - Leh - four days
 - Rishikesh - one day

- Varanasi - three days
- Luxury overnight bus from Delhi to McLeodganj
- Train from Amritsar to Delhi and Delhi to Dehradun (by AC Chair Car)
- Two boat rides in Varanasi on Ganges river
- Airport transfer for arrival for all the group members in Delhi (Please note there will be only one airport transfer)
- Cost of 1 overseas manager using a single room and other cost elements (apart from flights and any meals not specified in programme)
- Services of Tour Manager from our office for the entire journey
- GST at 5%

THE COST DOES NOT INCLUDE:

- Visa & other charges
- Any meals apart from those included in Tour Cost inclusions above
- Meals for the Professors and Tour Leader other than what is included in the programme above.
- Any flights for Professors and Tour Leader
- Entry to any places of sightseeing
- Camera & video permits
- Any expenses of a personal nature
- Tips & Portages
- Any increase in the input costs like taxes, hotel or transportation rates, etc.
- Any travel insurance
- Any charges not clearly defined in cost includes column

BOOKING CONDITIONS:

- **By 31st October, 2019 a list of tour participants with a deposit of \$500 per person would be required towards the Tour costs.**
- By 31st October, 2019 we must book space on flights. Exact fare will be determined after receiving firm names - only as all fares are dynamic and instant purchase. Fares given above are indicative only and in case you wish to freeze it, we will have to book and issue tickets immediately. We would require full fare money upfront. This is over & above the tour booking amount. Cancellation of booked tickets will result in cancellation charges - which is determined by the airlines.
- By 31st December, 2019, deposit equivalent to 50% of the total Tour Cost less already paid deposit, will be required.
- Balance 50% of the Tour Cost will be required 2.5 months prior to start of tour - by 1st March 2020.
- All Tour Costs are net of any bank charges.

CANCELLATIONS:

- Flights once booked and ticketed are subject to cancellation charges levied by the airlines. Please do note that fares are dynamic and subject to change at any given time unless ticketed. Name changes in domestic flights are not accepted after tickets are issued.
- First two deposit are not refundable
- Last installment is refundable 50% prior 30 days departure.
- After this time no refund.



