

ITINERARY:

1	18-Feb-23	Saturday	Agra Pre-Pilgrimage Option: Delhi-Agra-Delhi	Delhi
1	19-Feb-23	Sunday	Orientation and Delhi Sightseeing	Delhi
2	20-Feb-23	Monday	Fly Delhi – Lucknow. Drive to Sravasti	Sravasti
3	21-Feb-23	Tuesday	Sravasti-Lumbini by road	Lumbini
4	22-Feb-23	Wednesday	Lumbini	Lumbini
5	23-Feb-23	Thursday	Lumbini-Kushinagar by road	Kushinagar
6	24-Feb-23	Friday	Kushinagar - Varanasi by road	Varanasi
7	25-Feb-23	Saturday	Sarnath/Varanasi	Sarnath/Varanasi
8	26-Feb-23	Sunday	Varanasi	Varanasi
9	27-Feb-23	Monday	Varanasi - Bodhgaya by road	Bodhgaya
10	28-Feb-23	Tuesday	Bodhgaya	Bodhgaya
11	01-Mar-23	Wednesday	Bodhgaya - Rajgir by road	Rajgir
12	02-Mar-23	Thursday	Rajgir – Nalanda - Rajgir	Rajgir
13	03-Mar-23	Friday	Rajgir - Bodhgaya by road	Bodhgaya
14	04-Mar-23	Saturday	Fly Gaya/Patna - Delhi	Departure/Delhi for Caves
15	05-Mar-23	Sunday	Delhi - Aurangabad by morning flight	Aurangabad
1	06-Mar-23	Monday	Aurangabad	Aurangabad
2	07-Mar-23	Tuesday	Aurangabad - Delhi by air	Departure

**There could be minor changes in the itinerary based on a number of variable factors*

DAILY SCHEDULE & SPECIAL EXCURSIONS

Our retreat schedule will include daily sitting and walking meditation, often starting with a morning meditation at one of the Buddhist sites. This will be followed by breakfast at the hotel, after which we'll visit one of the Buddhist sites listed below in the itinerary. Shantum will offer a detailed talk on that site in the context of the Buddha's life and teachings, and what was happening in the area many centuries ago. Pilgrims will have some time at the site itself, after which we will have lunch. We'll rest after lunch, after which we may visit another site associated with the Buddha or go to a village, school, home and meet with interesting people etc. We return to the hotel by evening in time for dinner. The monastics will lead us in many of the practices.

On the days we travel, the itinerary will vary slightly, and there will be some flexibility depending on the size, needs, and interest of the group.

PILGRIMAGE REGISTRATION INFORMATION & TRAVEL FACTS

Full Pilgrimage: In the Footsteps of the Buddha - Delhi, Lucknow, Sravasti, Lumbini, Kapilavastu, Kushinagar, Varanasi, Rajgir, Nalanda, Bodh Gaya. A pilgrimage retreat led by the Monastics of Plum Village and Dharmacharya Shantum Seth (February 19-March 4, 2023) - US\$ 5950, based on double occupancy. The single room supplement is an additional US\$ 1560.

The tour price includes teachings, meditation and Dharma talks from the Plum Village tradition monastics and Shantum, guide services, transportation, meals, monument entrance fees, bottled water and lodging arrangements for the duration of the pilgrimage.

Part Pilgrimage: In the Footsteps of the Buddha – Varanasi, Sarnath, Rajgir, Nalanda, Bodh Gaya (February 24 – March 4, 2023) - US\$ 4750 based on double occupancy. The single room supplement is an additional US\$ 1100. The tour price includes guide services, transportation, meals, monument entrance fees, bottled water and lodging arrangements for the duration of this option.

Agra – Building Love, the Taj Mahal Option (February 18-19, 2023) US\$ 475 based on double occupancy. The single room supplement is an additional US\$ 135
The tour price includes guide services, transportation, meals, monument entrance fees, bottled water and lodging arrangements for the duration of the Agra option.

The Exquisite Caves of Ajanta & Ellora extension (March 4-March 7, 2023) - US\$ 1495* based on double occupancy. The single room supplement is an additional US\$ 475
The tour price includes guide services, transportation, meals, monument entrance fees, bottled water and lodging arrangements for the duration of the Caves option.

The pilgrimage **price includes**: airport transfers and escort services in New Delhi, teaching and guide services, transportation inside India, monument entrance fees, all meals, bottled water and lodging arrangements for the duration of the pilgrimage. All registration fees are payable in U.S. dollars, Euros or the equivalent in another currency.

Please note that **the cost does not cover**: International airfare to and from New Delhi, visas and other international arrangements, any extra days spent in India beyond the dates of the pilgrimage, excess baggage fees on the flights, laundry and medical and other insurance coverage. It is advisable that participants purchase travel insurance.

**As the good hotels are limited at the Buddhist sites, and sometimes a few groups arrive on the same day, it may be difficult for hotels to provide a single room, and in some places we may even have triple-sharing for rooms. We ask for your understanding if this circumstance should arise.*



Ghats on the river Ganga, Varanasi



Vulture peak, Rajgir



Circumambulating the stupa, Sarnath



Dhamekh Stupa, Sarnath



In Sujata's Village, the girl who offered Buddha some rice-milk



Walking through the fields where the Buddha walked