

Journey to INDIA 2017 **tentative itinerary, final one will be available Oct. 2016

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| Fri, Feb. 24 | Depart Canada or the USA to Cochin, India |
| Sun, Feb. 26 | Arrive in Cochin, Ben's Homestay on Kothad Island, meals and rest and enjoy the property www.benshomestay.com |
| Mon, Feb. 27 | Visit the Old Fort of Cochin, Jewish Synagogue, St. Francis Church, Chinese fishing boats, spice market, Jain Temple, and visit Ashram and have a chat with Sri. Narayani at the Ashram in Cochin about Yoga and the Spiritual Path in India. www.cochin.org |
| Tues, Feb. 28 | Visit to Guruvayoor Temple and Elephant Sanctuary www.guruvayurdevaswom.nic.in/elephants |
| Wed, Mar. 1 | Morning visit to the Senior's Centre on the Island, bring a small project for them. Share some songs and conversation. Depart for afternoon on the Houseboat on the Kerala Backwaters. (google this to see the boats) Evening Kathakali dance presentation. |
| Thurs, Mar. 2 | Depart Ben's Homestay, stop at Amma's Ashram for an Ashram Tour, drive to Varkala Beach and settle in at Akhil Resort. www.amritapuri.org www.akhilbeachresort.com |
| Fri, Mar. 3 | Day at the Beach and Ayurvedic treatments |
| Sat, Mar. 4 | Depart Varkala by van to Trivandrum Airport, flight from Trivandrum to Jaipur via Dehli, arrive in Jaipur, settle in at Hotel www.shahpura.com/shahpurahouse |
| Sun, Mar. 5 | Day in Jaipur: Visit Jaipur's most distinctive landmark, the Hawa Mahal is an extraordinary, fairy-tale, pink sandstone, delicately honeycombed hive that rises a dizzying five storeys. It was constructed in 1799. Visit the Amber Fort and the Water Palace. Visit Jantar Mantar, astronomical observation site. |
| Mon, Mar. 6 | Another day in Jaipur: walk in the old city with temple visits, time for shopping. Evening visit to the Birla Temple with ceremonies. |
| Tues, Mar. 7 | Breakfast and early departure to Dehli by van. Arrival in Dehli and rest. Evening walk and dinner. www.hotel-citystar.com |
| Wed, Mar. 8 | Day in Dehli: visit to some of the sites....tba.... |
| Thurs, Mar. 9 | Early Flight to Dharamasala. You will be met and greeted by local guide Vikas Kumar in Dharamshala Airport . Guided walk through McLeod Ganj to acclimatize yourself to the sights, sounds and culture and altitude! Visit the temple of the Dalai Lama and Tibet Museum and absorbing Tibetan culture. Overnight Him View Hotel, McLeod Ganj www.8aushimview.com |
| Fri, Mar. 10 | Today is Tibetan national uprising day. After breakfast we visit the Temple of His Holiness the Dalai Lama (Namgyal Monastery) and join the Tibetan community for peaceful march around McLeod Ganj. Afternoon guided walk out in the local surrounds and have late afternoon tea with Vikas' family. |
| Sat, Mar. 11 | After breakfast we take a short morning visit to the picturesque Village of Naddi. This will be followed by a visit the Tibetan Children's village. The Village is a thriving, educational community for Tibetan Children in |

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| | Exile. After visit Norbulingka Institute with a guided tour of the workshops to see traditional Tibetan art and the preservation of Tibetan culture. Evening dinner with special guest – a Tibetan Monk who will speak about his experience as a monk in an exiled Tibet. |
| Sun, Mar. 12 | Morning –visit Men Tee Khang – centre for Tibetan Traditional Medicine for a guided tour and consultation (if required) and the Central Tibetan Administration to learn about its role and function. And also visit to Library of Tibetan Archives. Free time in the afternoon. Dinner together for closing celebration for the trip. |
| Mon, Mar. 13 | Flight to Dehli and Flights Home from Dehli or the journey continues on your own in India... |