



Pilgrimage to the Sacred Places of the Buddha

Special Pilgrimage to India: Nov 25th - Dec 13th, 2011

Journey to Bhutan: Dec 13th - Dec 18th, 2011

Led by Light of Buddhadharma Foundation International

Message from the Directors, Light of Buddhadharma Foundation International

Dear Friend,

March 22, 2011

We are delighted this year to offer an intimate pilgrimage tour to Bodh Gaya the seat of 'Buddha's enlightenment' and the surrounding sacred places where the Buddha spent time. This extraordinary journey will take you on an ancient tour of Rajgir, Nalanda, Kushinigar, Lumbini, Varnasi, Sarnath and finally Bodhgaya. This journey of a lifetime will be centered around the auspicious gathering of the 7th International Tipitaka Chanting ceremony where our offerings will be made. This pilgrimage will be led by Nelson Chamma, director of Light of Buddhadharma Foundation International as well as an experienced tour guide from Buddhapath, a reputed organization serving the holy places of the Buddha since 1988.

One pilgrim from our intimate group remarked of her journey:

"I would like to place on record the great emotion that was to be in Tipitaka 2010! The trip was well planned down to the minimal details. The tours, visits to the temples and sacred sites for crossings were beautiful and unforgettable moments! I still have the images and sensations in my memory. A strong energy exchange. The emotions were very intense! I felt in those days in India, Nalanda was the site that moved me most, the grandeur of the place to study enlightenment. I felt so grateful to be able to attend this event and appreciate the wonderful opportunity to everyone I met there! I recommend for everybody who can go, to do it. It makes a very deep change within us. My thanks to Nelson for your care."

- Claudia Levinsohn (Brazilian Pilgrim)

In order to support the meritorious work of the Foundation, we have asked each pilgrim to share in their generosity while we are making this pilgrimage. Your donation will be directly handed over for either a) food for the Sangha during the ceremony, b) offering of new robes to the Sangha c) or towards the beautification of gardens in the Nalanda and Rajgir.

In case, you should be inspired to make a larger offering, we will be building a permanent kitchen and dining hall for the people of Bodhgaya.

Please direct enquiries at lbd fio@lbd fio.org or nelsonchamma@hotmail.com to learn more about this extraordinary opportunity. We would also request that final commitments be made by August in writing to secure your place on this extraordinary experience.

With our very best wishes,

Wangmo and Nelson

Directors of Light of Buddhadharma Foundation International

Sharing in your Generosity while on Pilgrimage

Suggested Donation to the Foundation: US\$1,500-\$10,000

Each of you will be personally making these offerings to the sangha while you are in Bodhgaya

Areas of Sponsorship:

Food

60 monks for ten days/breakfast and lunch = \$1,500

400 monks for ten days/breakfast and lunch = \$10,000

Robes

60 robes = \$1,500

400 robes = \$10,000



Plants for the Sujata Garden

Sujata Garden is one of our initiatives to make Bodhgaya beautiful. For more information please visit our new website www.beautifulbodhgaya.com



Construction of a Permanent Kitchen & a Dining-hall

Presently we use a temporary tent that is erected at Kalachakra ground in Bodhgaya during the Tipitaka chanting ceremony.





Light of Buddhadharma Foundation International

Special Pilgrimage to India: November 25th-December 13th, 2011

and

Journey to Bhutan: December 13-December 18, 2011

About Light of Buddhadharma Foundation International

Light of Buddhadharma Foundation International (LBDFI) was inspired and established by Venerable Tarthang Tulku, founder and Head Lama of the Tibetan Nyingma Meditation Center in California, USA. Venerable Tarthang Tulku was born in eastern Tibet, where he studied with many of the greatest Tibetan Buddhist masters of the twentieth century. After leaving Tibet, he taught from 1962 to 1968 at Sanskrit University in Varanasi, India, where he also established one of the first printing presses to print sacred Tibetan texts. Since 1969 he has lived and worked in America. There he has actualized a long-range vision of preserving ancient teachings of the Buddha and transmitting them to the modern world.

LBDFI was founded by Venerable Tarthang Tulku in 2002 with the aim of revitalizing the Buddhist community and teachings in the holy land of India. Currently LBDFI acts as the primary sponsor of the International Tipitaka Chanting Ceremony, an annual gathering of the international sangha of the Theravadin school of Buddhism. Thousands of bhikkhus attend this ceremony coming from nine countries to join the Indian Bhikkhu Sangha in the place of enlightenment. LBDFI is also fully registered charity in India, Thailand and USA.

This year we will be working to establish a permanent kitchen and dining hall for all pilgrims to use in the place of Buddha's enlightenment. Nowhere in Bodh Gaya does such a place exist for all Buddhist groups to use. In addition, we are developing a beautiful meditation park for pilgrims to enjoy behind the main temple. As a pilgrim, you will be able to join us in making this meritorious offering.

Further information about LBDFI can be found on its web site at www.lbdfi.org.



In the Footsteps of the Buddha and other journeys

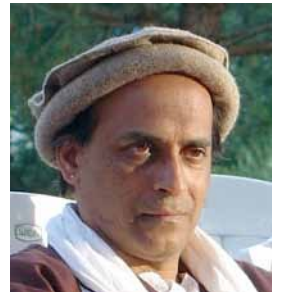
About Buddhapath

Buddhapath has been organising highly acclaimed pilgrimage 'In the Footsteps of the Buddha' led by Dharmacharya Shantum Seth since 1988. Further information about Buddhapath can be found at www.buddhapath.com.

TEACHER/LEADER BIOGRAPHY

Shantum Seth

Dharmacharya Shantum Seth, an ordained dharma teacher, has been leading pilgrimages "In the Footsteps of the Buddha" since 1988, when he organized the pilgrimage for his teacher, Vietnamese Zen Master, Thich Nhat Hanh. Shantum lives in India and has been an advisor to the United Nations on volunteering, peace, and social development issues for more than 15 years. He has co-authored books such as *Walking with the Buddha* and been a consultant for films like BBC-Discovery's *Life of the Buddha* and BBC-PBS's *The Story of India*.



At each pilgrimage site along the way, Shantum will tell stories of the Buddha's life and give teachings to help us understand the Buddha as a human being, the drama of his life and the significance of what he taught. We will schedule time for daily sitting and walking meditation, regular discussions, and contemplative time for ourselves. The creation of a traveling sangha will be an important aspect of this trip, giving the journey a greater cohesiveness and building a sense of support for those seeking to deepen their practice.

Manish Shavoren

Manish Shavoren was born and raised in Gaya, Bihar, just a few miles from the site where Buddha attained enlightenment some 2,500 years ago. From an early age he has been fascinated by Buddhism and the many layers of its history that exist in his hometown. At 20 he began working as a guide to finance his studies at university, where he studied Indian history, and then at the Nagarjuna Training Institute, a centre for socially-engaged Buddhism in Nagpur, Maharashtra. Here he became well-versed in the various schools of Buddhist philosophy and also began to practice meditation.

Manish finished his training at Nagarjuna in 2004-05 and then decided to study Pali (an ancient Indian language related to Sanskrit) to pursue his study of Buddhism and he eventually hopes to become a professor at the New Nalanda University in Bihar. Along with his studies, Manish freelances as a tourist guide. Manish has travelled to other Buddhist sites in India and Thailand, which has helped him to explore different Buddhist practices. At 26 Manish has decided to walk in the footsteps of the Buddha and put Dharma in the centre of his life as work and practice.

The price does not include travel insurance.

Special Pilgrimage to India: November 25 - December 13, 2011

US\$ 6650 (based on twin-sharing accommodation)

Single Supplement US\$ 2900

Day 1: November 25

ARRIVE BANGKOK

Upon arrival in Bangkok, after passing through Immigration, collecting your luggage, and going through Customs, please make your way to the Novotel Suvarnabhumi Airport Hotel. The hotel's convenient shuttle departs every 10 minutes outside Exit 4 of the Arrivals area. It is a quick 10-minute ride to the hotel. You are confirmed for one night at the Novotel.

Novotel Suvarnabhumi Airport Hotel

Day 2: November 26

BANGKOK TO BODHGAYA

This morning you will be met in the lobby of the hotel at 9:15. Please look for our representative carrying a Buddhapath/LBDFI sign. Our representative will transfer you from the hotel to the airport for your flight to Gaya.

Your flight, Thai Airways TG 8820, departs Bangkok at 12:10 hours and arrives in Gaya at 14:00 hours. Upon arrival in Gaya, you will be met by our representative carrying a Buddhapath/LBDFI sign and transferred to your hotel.

Nelson Chamma will already be in Gaya when you arrive, and you will meet him this afternoon.

Royal Residency, Bodhgaya (Lunch, Dinner)

Day 3: November 27

BODHGAYA- PATNA, VAISHALI

We will leave early in the morning for Patna, among the world's oldest capital cities. In the 5th century BC, Ajatashatru shifted his capital from Rajgir to Patna and for the next 1,000 years the city flourished under the patronage of powerful emperors. Today Patna mostly functions as a major transport hub and base for visiting the surrounding Buddhist sites.

We will drive on to Vaishali where the first nuns were ordained by the Buddha, where his relics were found, and the site of the first republic in the world.

The Vaishali Residency (B, L, D)

Day 4: November 28

KESARIYA, AND KUSHINAGAR KUSHINAGAR TO LUMBINI

From Vaishali we continue another two hours or so to Kesariya. With a 1,400 foot circumference the Kesaria Stupa is the largest Buddhist stupa in the world. Rediscovered just over a decade ago, the stupa is believed to have been built between 200 and 750 AD. The stupa was built on the spot where Lord Buddha sent his devoted followers back to Vaisali before setting out on his final journey to Kushinagar.

We retrace Lord Buddha's journey by road today, continuing another three hours or so on to Kushinagar, where we spend the night.

It is here in Kushinagar where Lord Buddha spent his final days. A temple dedicated to the event, the Mahaparinirvana Temple, today stands as a serene memorial and a site of quiet contemplation. We explore the temple and its reclining Buddha statue, as well as various stupas that have been erected by Buddhists from throughout the world.

Royal Residency, Kushinagar (B, L, D)

Day 5: November 29

KUSHINAGAR-LUMBINI

We leave the site of the Buddha's Mahaparinirvana (great passing away) and drive for 170 kms to his birthplace across the border in Lumbini, Nepal. Both destinations are included in the four holiest places to visit, as was mentioned in the Mahaparinirvana Sutra by the Buddha.

Lumbini Hokke Hotel, Lumbini (B, L, D)

Day 6: November 30

LUMBINI-VARANASI

We leave Lumbini and drive across to Varanasi, one of the most ancient and holy cities in the world. Stretching along the banks of the Ganges River, Varanasi's waterfront is dominated by long flights of stone steps known as ghats, where thousands of pilgrims come to perform daily rituals and prayers. Life and death are deeply intertwined in Varanasi. On the ghats, smoke from nearby cremation grounds curls into the sky, signaling the passing of a life. It is said that anyone who dies on the banks of the river in Varanasi attains instant Nirvana. This evening we witness a Hindu aarti ceremony at the Ghats. The aarti is a mesmerizing candlelight prayer ceremony held at Dasashvamedha Ghat,

Taj Ganges Hotel (B, L, D)

Day 7: December 1

VARANASI TO BODHGAYA

We rise early for a sunrise boat ride on the Ganges River, where the bathing platforms are teeming with people performing morning rituals—priests and worshippers praying, making offerings, and taking dips in the holy river.

From the old town we travel on to Sarnath, another of the holiest sites in the Buddhist world. This is where Lord Buddha gave his first teachings of the Dharma, and where the first sangha was formed. We will visit Dhamekh stupa, constructed by King Ashoka in 249 BC to mark the spot where Buddha gave his first teaching after attaining enlightenment.

Then we will make the return drive, approximately six hours, to Gaya.

Royal Residency, Bodhgaya (B, L, D)

Day 8: December 2

BODHGAYA

The focus of our trip is to experience the International Tipitaka Chanting Ceremony, which draws pilgrims from much of the Buddhist world. After a break of 700 years, the Tipitaka is being chanted again under the

Sacred Bodhi Tree. Since 2006 and each year since, the Light of Buddhadharma Foundation has been the principal sponsor for the ceremony, which now draws thousands of monks, dignitaries, and laypeople from throughout the world.

Sustained throughout the day by the inspiring chanting of the monks, we will also make morning offerings to the monks and participate in evening Dharma talks presented by prominent teachers from throughout the Buddhist world. There will also be opportunities to read and reflect on the texts being chanted.

Each day during the Chanting Ceremony we will have the honor of offering lunch to the Maha Sangha—the greater community of monks—and hearing the chanting and evening talks. Those who are interested can also participate in the all-night meditation sessions, guided by a senior master. How much of the Ceremony and which daytime excursions you take part in are up to you.

When we're not experiencing the International Tipitaka Chanting Ceremony, we will visit some of the area's wonderful and historically significant sites around the main temple.

Today all pilgrims will be able to sit on each side of the Mahabodhi Temple to enjoy the precious teachings of the Buddha from nine different countries. You may sit with the Thai Sangha, Cambodian Sangha, Laos Sangha, Bangladesh Sangha, Indian Sangha, Myanmar Sangha, Vietnam Sangha, Sri Lanka Sangha, and finally the Nepalese Sangha. Each is chanting in Pali but they sound respectively unique. We'll be able to participate in prayer with a Romanized copy of the chant book, and we'll hear a special dharma talk under the Sacred Bodhi Tree in the evening. For the serious meditator, a special all night meditation will take place, giving us the extra privilege of staying inside the historical main temple all night.

Royal Residency, Bodhgaya (B, L, D)

Day 9: December 3

BODHGAYA

International Tipitaka Chanting Ceremony continues.

Today we begin our explorations of Bodhgaya. The focal point of Bodhgaya and one of the most revered sites in Buddhism is the Mahabodhi Mahavihara, built on the site where Buddha gained enlightenment over 2,500 years ago, now honored as a UNESCO World Heritage Site. From October through March tens of thousands of pilgrims visit here.

Royal Residency, Bodhgaya (B, L, D)

Day 10: December 4

BODHGAYA

Following breakfast at Royal Residency we have the honor of making offerings to the Mahasangha in the main kitchen. We then return to the main temple to listen to the chanting ceremony and hear the evening dharma talk. We also invite pilgrims to participate in the presentation of gifts to the great Sangha on behalf of the Light of Buddhadharma Foundation International.

Royal Residency, Bodhgaya (B, L, D)

Day 11: December 5

BODHGAYA

We will visit a nearby village and interact with the local villagers, we can return to the festival, participate in the evening's rituals, and perhaps attend a dharma talk.

Royal Residency, Bodhgaya (B, L, D)

Day 12: December 6**BODHGAYA**

Today we make a trip to the Mahakala Caves, located just a few miles outside the center of Bodhgaya. Here Prince Gautama realized that fasting and mortifying the flesh would not lead to enlightenment. Another name for the caves is Dungeshwari caves or Pragma Bodhi caves. We can access the caves either by jeep or by a two-and-a-half-hour walk across the dry river bed and fields, in the same way the Buddha would have travelled and have the jeeps go empty, one way and then return by jeep to our hotel. Of course if anybody prefers to go by jeep both ways, that option is always available.

Royal Residency, Bodhgaya (B, L, D)

Day 13: December 7**BODHGAYA**

Besides our Tipitaka Chanting and temple visits, we will visit the Museum in Bodhgaya

Royal Residency, Bodhgaya (B, L, D)

Day 14: December 8**CHANTING AND INTERNATIONAL TEMPLES**

We will also visit a local school and interact with local students

Royal Residency, Bodhgaya (B, L, D)

Day 15: December 9**RAJGIR AND NALANDA UNIVERSITY**

This morning we drive approximately three hours to explore Rajgir, a lush green valley surrounded by craggy hills dotted with temples, shrines, and ancient caves. Rajgir, meaning “Home of Royalty,” was the first capital of the kingdom of Magadha, which predated the Mauryan Empire. It is an important Buddhist pilgrimage site since the Buddha spent a long time here. He delivered several famous teachings at Rajgir, including those known as the Perfection of Wisdom. Rajgir was also the site of the First Buddhist Council, which convened the year following the Buddha’s death. The city is also an important place for Jains, as the Mahavira spent time here and the hills are topped with Digambara shrines. We will have the chance to visit the World Peace Bell and ring it along with chanting a few suttas.

From Rajgir we continue on a few miles to Nalanda, one of the first and most significant universities in the world. Established 2,000 years ago, it remained in use until the late 12th century. At its height, Nalanda was a flourishing Buddhist center of learning with over 10,000 students and 2,000 teachers. Students from all four corners of Asia came here, and the preeminent Mahayana Buddhist scholars of the time all taught here. Many of the traditions that comprise Mahayana and Vajrayana Buddhism first flourished in the temples and classrooms at Nalanda. We will visit the World Peace Bell of Nalanda and see where the next sacred garden will be created as part of LBDFI’s “Sacred Places of the Buddha” project.

We will wander with a local scholar through the ruins of this sprawling complex, replete with numerous monasteries, temples, libraries, parks, and lakes. The original site is still being excavated and the digs have revealed ruins that span 37 acres.

We drive back in the evening to Bodhgaya.

Royal Residency, Bodhgaya (B, L, D)

Day 16: December 10

BODHGAYA

Temple visits and chanting. We will also visit temples built in Bodhgaya by pilgrims from the Theravada communities of Bangladesh, Cambodia, India, Myanmar, and Thailand. Each temple reflects the distinctive architectural style of its builders.

Royal Residency, Bodhgaya (B, L, D)

Day 17: December 11

BODHGAYA

Temple visits and chanting

Royal Residency, Bodhgaya (B, L, D)

Day 18: December 12

BODHGAYA

On our final day in India, we attend the closing ceremony of the International Tipitaka Chanting Ceremony Festival, where a great candlelight procession marks the end of this historic occasion.

We will be making final offerings to the Mahasangha and taking a group photo which will be sent to each group member upon our arrival home.

Royal Residency, Bodhgaya (B, L, D)

Day 19: December 13

BODHGAYA TO BANGKOK

Today you say goodbye to the group and to India. This afternoon, you will be transferred to the airport for your flight to Bangkok. Your flight, Thai Airways flight 8821, departs Gaya at 14:45 and arrives in Bangkok at 21:15.

This ends our services. If you need a night at Bangkok, we will be happy to book it for you as extras.

Bhutan Journey: December 13 - December 18, 2011

US\$ 4950 (based on twin-sharing accommodation)

Single Supplement US\$ 2950

BODHGAYA

Please contact LBDFI escort Nelson Chamma at the Royal Residency, Bodhgaya, in order to finalize a meeting time for the morning of December 13.

Day 1: December 13

BODHGAYA TO KOLKATA

Please make your way to the Royal Residency Hotel this morning. Buddhapath services begin once you arrive at the hotel. If you need help getting to Royal Residency, please contact Buddhapath office.

Today we will be transferred to Patna for our flight to Kolkata. Jet Airways flight 9W 2853 is scheduled to depart Patna at 12:45 and arrive in Kolkata at 14:05.

Upon arrival in Kolkata, we will be transferred to the Taj Bengal Hotel, where we have one night before flying the following day to Bhutan.

Taj Bengal Hotel (B, D)

Day 2: December 14

FLY KOLKATA TO PARO, BHUTAN (7,300 feet)

This morning we will be transferred to the airport for our flight to Bhutan. Druk Air flight KB 211 is scheduled to depart Kolkata at 08:40 and arrive in Bhutan at 10:20. As we near Bhutan (and if the weather is clear), we can see the massive peaks of the eastern Himalaya, including Kanchenchunga (third highest mountain in the world) and Bhutan's holy mountain, Chomolhari. On arrival, proceed through customs and meet our Bhutanese guide and driver in the arrival hall.

After lunch we head out to explore Paro. Our first stop is the Ta Dzong, a circular fortress that once protected this valley from Tibetan invasion. The impressive watchtower can be seen above Paro Rimpung Dzong, and it commands sweeping views of the valley below. Bhutan's dzongs originally served three functions: they were fortresses, administrative centers for local government, and a residence and focus for the monks' religious activity.

A short walk takes us to the base of the dzong and across a traditional, cantilevered, covered bridge. We then pass Ugyen Pelri, a small jewel-like palace that belongs to the Royal Family of Bhutan. Designed after the celestial paradise of Padmasambhava, the building was completed in the late 1800s. No alterations have been made to the structure or the beautiful carvings and paintings within the palace. A short distance farther is one of the innumerable archery grounds. Archery is the national sport of Bhutan, and most men grow up learning it. If we are lucky, we may catch a match in action.

Next, we visit Kyichu Lhakhang (lhakhang means "temple"). Kyichu is one of the two oldest temples in Bhutan (the other being Jambey Lhakhang in Bumthang) built circa 750 by King Songtsen Gampo of Tibet. The king pledged to build 108 temples to the Buddha during his lifetime. Kyichu Lhakhang is believed to be holding down the left foot of an ogre whose body is so large it covers Bhutan and most of eastern Tibet.

Zhiwa Ling Hotel (B, L, D)

Day 3: December 15

PARO TO THIMPHU (7,900 feet)

This morning we drive about an hour and a half to Thimphu. The winding road follows the Paro Chu downstream to its confluence with the Wang Chu before heading up-valley to Thimphu. As we enter the Thimphu Valley we pass by Simtoka, a dzong built in 1629 by Shabdrung Ngawang Namgyal, the man attributed with unifying Bhutan. The word dzong loosely translates as “fortress.” In Bhutan, the dzong is a joint house of administrative and monastic life; it maintains the offices of local government as well as a resident monk body. In days of yore – during Tibetan invasion or wars between the valleys – the dzong also served as a stronghold, protecting the inhabitants of its valley.

Thimphu is Bhutan’s capital and largest city with a population of roughly 70,000. It is home to the Royal Government, Royal Family, and the main offices of international aid organizations in the country. Influenced by the presence of international entities, Thimphu culture has become a mix of Himalayan and Western sensibilities, including ample numbers of internet cafés and discos. On arrival in Thimphu we check into the Taj Tashi hotel, located in the heart of town. After freshening up we head out to enjoy some of the city sights.

Taj Tashi Hotel (B, L, D)

Day 4: December 16

EXPLORING THIMPHU

We have a full day today to enjoy the hustle and bustle of Thimphu. While it may not seem such a big place to Westerners, compared to the rest of Bhutan it is truly the “Big Apple” of Bhutan.

There is plenty to see and do. Depending on hours and availability, we might explore the local shops selling traditional Bhutanese weavings, Tibetan and Bhutanese silverwork, coral and turquoise beads, prayer flags and numerous other fascinating items. Time permitting we may visit the Handicraft Emporium or the traditional handicrafts school.

We will also tour the colorful market, held beyond the parade ground north of Changlimithang stadium. Each week, villagers from the outlying areas cart their wares and produce to Thimphu and the market provides a wonderful opportunity to mingle with the Bhutanese. The variety of foodstuffs is astounding, consisting primarily of vegetables and grain produced in the nearby valleys but also including some of the more exotic tropical fruits from the steamy lowlands. At the northern end of the market, one can often find locally produced handicrafts including religious objects, textiles and hata. Although generally for local consumption, vendors are more than happy to sell to foreigners.

Later in the afternoon, if the monk body is not present, we visit Tashichho Dzong. This vast building, constructed totally by hand and without a single nail, is home to government offices, the king’s audience chambers, the Je Khempo (the head of Drukpa Kagyupa sect of Mahayana Buddhism in Bhutan), the national assembly, a multitude of temples and many, many monks.

Depending on the interests of the group members, we may also visit one or two other sights, such as the Textile Museum, a paper factory, Drubthob Gompa Nunnery, local archery grounds, and a game enclosure above the town that is home to those curious animals called takins.

Taj Tashi Hotel (B, L, D)

Day 5: December 17

RETURN TO PARO FOR TAKTSANG LHAKHANG PILGRIMAGE

Our adventure draws to a close with a stunning excursion. Today we make a pilgrimage to one of the most important religious sites in the entire Himalaya: Taktsang Lhakhang (also known as “Tiger’s Nest”). This magical monastery clings to a vertical granite cliff 2,000 feet above the valley floor.

The legend of Taktsang dates to 747 A.D., when Guru Rinpoche, in the wrathful form of Guru Dorji Dro-loe, arrived at this site on the back of a tiger and subdued the evil spirits of the region. The Guru then meditated in the holy cave, the present-day site of the Pelphug Lhakhang. According to Tantric Buddhist mythology, the vanquished local deities became protectors of the dharma and one, Singye Samdrup, is recognized as the guardian deity of Taktsang.

Guru Rinpoche is also believed to have concealed among the rocks of Taktsang various forms of Dharma treasures (terma), to be discovered later by tertons (those who discover the terma and spread Guru Rinpoche’s teachings), like the illustrious Pemalingpa.

We drive to the trailhead and begin our hike up the mountain for a closer view of the temple. It takes us about one hour to reach a small teahouse, which offers wonderful views of Taktsang. It is possible to get a closer view by hiking another hour up to a small chorten directly across from the temple.

Not all group members are required to make the hike to Taktsang. Some may wish to wait in the valley below, admiring the monastery from afar, while others may hike half way to a teahouse, which has stunning views. Upon our return to Paro this evening, we will have a farewell dinner with our local staff and drivers. *Zhiwa Ling Hotel* (B, L, D)

Day 6: December 18

DEPART BHUTAN

This morning we bid farewell to the Dragon Kingdom and fly to Bangkok. We will be transferred to the airport in time to board Druk Air flight KB 130, departing Paro at 11:35 and arriving in Bangkok at 16:30 (after a short layover in Bagdogra). Buddhapath group services end on your departure from Paro.

You may be able to connect this evening to your onward flight out of Bangkok. If not, please note that we have not made any arrangements for you in Bangkok. If you require an overnight at a hotel in Bangkok, or any other arrangements there, please contact Buddhapath (info@buddhapath.com) so that we may set these up for you.

GENERAL NOTES:

The price includes: all escort services, transportation (including local air travel) monument entrance fees, guide services, food, bottled mineral water, and lodging arrangements for the duration of the pilgrimage/journey.

The price does not cover: International airfare, India visa and other international arrangements, any extra days spent prior to or beyond the dates of the journey, excess baggage on the flights, tips, phone calls and faxes, laundry, medical and insurance coverage.

TRAVEL ARRANGEMENTS:

Travel documents required for this trip: You will need a valid passport and visas for India and Bhutan.

Your visa for **Bhutan** is stamped on arrival but visa clearance is required (before your Paro air tickets are booked) which Buddhapath will help you obtain.

Please ensure that your visa for **India** is either a **DOUBLE ENTRY VISA** or that you get permission to **re-enter India from Nepal on the tour**. The visa for India should be obtained before travel.

For more details please also visit the website: <https://indiavisa.travisaoutsourcing.com/homepage>

You may need to submit this information about your tour operator:

Company Name: Seth Consultants Pvt. Ltd. (Government-Approved Tour Operators)

Registered Address: 50/8 First Floor, Tolstoy Lane, Janpath, New Delhi 110001, INDIA

Tel: +91-120-2511633, +91-120-4334284

Fax: +91-120-2512162

Email: info@buddhapath.com

Hotels:

We choose the best available accommodation available at the sacred sites based on sharing twin-bed rooms with a private bath or shower and toilet.

In Bhutan we will use *Taj Tashi* and *Ziwa Ling*, both top end hotels.

Weather and clothing needs:

India: There is quite a variation in weather in December in India. Temperatures are pleasant and can vary from 7 to 25 degrees C, with warm days and cool early mornings and nights. We recommend that you bring a mix of clothes: some cotton clothing, a couple of warm cardigans, maybe a shawl for meditation in the mornings.

Bhutan: Temperatures range from a maximum of 12 degrees Celsius to a minimum of -2 degrees Celsius. A thick overcoat and some thermal wear is recommended.

It is important to be comfortable and modestly dressed. There is no need to bring any formal clothes. It is mostly dry with a possibility of some light rain. It is handy to have an umbrella, which can double as a sunshade if it gets too sunny or even as a walking stick.

Please bring comfortable sneakers or sandals (which you can wear with socks if it gets cold). We will not go for treks, but one or two of the (optional) walks are long. We also visit a number of temples where you will need to remove footwear, so it is helpful to bring shoes/sandals that you can take on and off easily, and a pair of socks which you could wear especially in the temples (the airline slip-ons are very convenient). It is always useful to have a hat or cap to protect you from the sun.

We are allowed checked in baggage of 20 kilos per person on Indian airliners and a carry-on bag of 10 kilos, so we recommend that you travel light.

Laundry facilities are available at all the places we stay, and laundry is returned within 24 hours.

Health concerns: We stay in clean, safe places, and the food in the places where we stay will be clean, fresh and prepared to suit a delicate digestive system. You will be provided bottled mineral water for drinking. We are very careful and err on the side of caution when it comes to health concerns.

If you are coming from Africa or some parts of Latin America, a certificate of a yellow fever inoculation is required by the Indian authorities. There is no other medical restriction upon your entry into India/Bhutan.

To be cautious, we normally recommend Hepatitis A and Typhoid inoculations, and some precaution against malaria. If you would like further advice, please speak to your physician. We will carry a first-aid kit with us, but many people prefer to bring their own supply of medicines. We would recommend that you bring an insect/mosquito repellent as well as stomach medicine for both diarrhea and constipation as one's stomach has its own way of adjusting to different foods. Please remember to bring your own medications for any health conditions you are being treated for.

so we recommend that you travel light.

Laundry facilities are available at all the places we stay, and laundry is returned within 24 hours.

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Buddhapath

Seth Consultants Pvt. Ltd. (Government-Approved Tour Operators)
Regd. Office: 50/8, 1st Floor, Tolstoy Lane, Janpath, New Delhi 110001, India
Tel: +91-120-2511633; 4334284 Tel/Fax: +91-120-2512162 Email: info@buddhapath.com
www.buddhapath.com

REGISTRATION FORM

Name as on your Passport:.....

Gender:.....

Address:.....

.....

Email:.....

Telephone:..... Fax:.....

Date of Birth:..... Nationality:.....

Passport Number:..... Place of issue:.....

Date of Issue:..... Date of Expiry:.....

I AM REGISTERING FOR	COST	PAY BY DATE
<input type="checkbox"/> 19-day LBDFI Pilgrimage in India <i>November 25-December 13, 2011</i>	US\$ 6650* (\$2900 single room supplement)	October 15, 2011
<input type="checkbox"/> 6-day LBDFI Bhutan Journey <i>December 13-December 18, 2011</i>	US\$ 3600* (\$2750 single room supplement)	November 1, 2011

* does not include international flights

US\$ 500 has to be paid to register for any of the journeys. The remaining amount and optional extras have to be paid before the "pay by date"

I have authorized a telex transfer of

Account Name and Address: SETH CONSULTANTS PVT. LTD. 309-B, Sector 15A, Noida 201301, India

Bank: Standard Chartered Bank, Chanakyapuri, New Delhi 110021 INDIA

Bank Account Number: EEFC Account No. 52505015206

Swift Code: S C B L I N B B DEL

IFSC (Indian Financial System Code): SCBL0036001

I am enclosing a cashier's check/banker's draft offor registration cost/full cost of the pilgrimage to: SETH CONSULTANTS PVT. LTD

I understand and agree to all the terms and conditions as detailed in www.buddhapath.com

Signature:..... Date:.....



In the Footsteps of the Buddha

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RELEASE and ASSUMPTION of RISK - Please sign and return

I am aware that the pilgrimage in which I am participating includes an opportunity to spend time travelling with others and alone. I am aware that these activities could involve certain dangers and risks including but not limited to: * forces of nature; * injuries that may be associated with exposure to the elements; * injuries that may be associated with travelling to and from the pilgrimage sites either by land or air; * disease associated with international travel.

With this awareness, affirming that my participation in any activity is my own choice, I do hereby assume full responsibility for such dangers and risks, and I do expressly release and hold harmless LBDFI (Light of Buddhadharma Foundation International), Shantum Seth and/or Seth Consultants Pvt. Ltd., their employees and agents, from any and all liability, actions, causes of actions, debts, claims, or demands of every kind and nature whatsoever. I agree to hold harmless Shantum Seth and/or Seth Consultants Pvt. Ltd. for all special expenses incurred by it in connection with any injury or danger suffered by me. The terms hereof shall constitute a release and assumption of risk by me and by all members of my family and shall be binding on my heirs, executors, and administrators and on those of my family.

I have read and agreed to all the above conditions.

Name (Print):

Signature:

Date:

In case of any emergency I would like the following person to be contacted.

Name:

Address:

Tel:

Fax:

MAILING ADDRESS: 309-B, SECTOR 15-A, GAUTAM BUDDHA NAGAR, NOIDA- 201301, INDIA

Dedicated to Reviving the Buddhadharma in India



www.lbdfi.org

LIGHT OF BUDDHADHARMA FOUNDATION INTERNATIONAL