



# Studies Abroad for Global Education & Know India Travel

## Himalayan Cultures in India

*\*Please note that itinerary is subject to change*

Date	Activity	Evening Location
June 22	Depart Home city for Delhi via Chicago/Newark	Overnight flight
June 23	Arrive New Delhi, American/Continental Airlines Driver will meet you at Indira Gandhi International Airport and take you to Likir House, a Tibetan guesthouse owned by Dalai Lama's sister-in-law.	Likir House, New Delhi
June 24	<b>Morning:</b> Breakfast between 7:30 and 9:00 a.m. Orientation to India. Tour begins at 10:00 a.m. Visit Jama Masjid, Red Fort, and Raj Ghat, the place of Gandhi's memorial. <b>Afternoon:</b> Presentation / discussion on Indian religions. <b>Evening:</b> Indian Dance performance.	Likir House New Delhi
June 25	<b>Morning</b> train to Pathankot/Chakki Bank via Malwa Express, 5:20 am. <b>Afternoon:</b> bus to Dharamsala / McLeod Ganj. McLeod Ganj serves as the residence of His Holiness, The 14th Dalai Lama - Tenzin Gyatso, and the Tibetan Government in exile. At a height of 1700 m, McLeod Ganj is an important learning center for Tibetan Buddhism. The whole area displays Tibetan culture and crafts at their finest. <b>Evening:</b> Drive up to Namgyal Monastery, residence of the Dalai Lama, explore Lingkor, visit shops around McLeod Ganj.	Kashmir Cottage, Dharamsala
June 26	<b>Morning:</b> Presentation / discussion on Tibetan culture. <b>Afternoon:</b> Tour Dharamsala temples and monasteries, including Suglag Khang, the Dalai Lama's temple complex. <b>Evening:</b> Free to explore.	Kashmir Cottage, Dharamsala
June 27	<b>Morning:</b> Visit Dolma Ling Nunnery. <b>Afternoon:</b> Visit Tibetan Children's Village (TVC), and place of the Tibetan Government in Exile. <b>Evening:</b> Presentation / discussion on British in India.	Kashmir Cottage, Dharamsala
June 28	<b>Morning:</b> Visit the Norbulingka Institute Tibetan Cultural Museum. <b>Afternoon:</b> Free to walk in the countryside or in town. <b>Evening</b> Bus to Chakki Bank to connect with Hemkunt Express train to Rishikesh at 8:30 pm.	Overnight on train
June 29	<b>Morning:</b> Arrive in Rishikesh 8:00 a.m. Transfer to hotel for breakfast and rest. <b>Afternoon:</b> Temple tour of Rishikesh. Rishikesh means the 'Plaits of the sage.' It is a place of many temples and ashrams where solace seekers come to spend their time in serenity. Rishikesh has been nick-named "the world-capital of Yoga." <b>Evening:</b> Free to rest or explore on your own.	Great Ganga Hotel, Rishikesh
June 30	<b>Morning:</b> Yoga and lecture on Yogic tradition in India. <b>Afternoon:</b> Bus to Haridwar for temple tour. <b>Evening:</b> Watch the spectacular "aarti" (ceremony of lights) along the Ganges River	Great Ganga Hotel, Rishikesh

<b>July 1</b>	<p><b>Morning:</b> Yoga and free time in Rishikesh</p> <p><b>Afternoon:</b> Presentation / discussion on Hinduism. Visit famous Shiva temple.</p> <p><b>Evening:</b> Shatabdi Express train to New Delhi 6:13 pm. Arrive Delhi 10:45 pm transfer to hotel</p>	Crest Inn New Delhi
<b>July 2</b>	<p><b>Morning:</b> Flight from Delhi to Bagdogra 11:25 am</p> <p><b>Afternoon:</b> Bus from Bagdogra to Darjeeling</p> <p><b>Evening:</b> Free to explore Darjeeling markets</p>	Hotel Dekeling, Darjeeling
<b>July 3</b>	<p><b>Morning:</b> If weather is good, early morning trip to Tiger Hill to see the sunrise. Lecture on Buddhism in India, Dr. Arvind Singh</p> <p><b>Afternoon:</b> See the Buddhist monasteries of Bhutia Busty, Thupten Sangag Choling (Dali) and Yiga - Choling (Ghoom)</p> <p><b>Evening:</b> Free to rest or explore on your own.</p>	Hotel Dekeling, Darjeeling
<b>July 4</b>	<p><b>Morning</b> Visit the Padmaja Naidu Himalayan Zoological Park home to the Siberian tiger, Himalayan black bear, red panda, snow leopard and many other animal and bird species.</p> <p><b>Afternoon:</b> Visit the snow leopard breeding center and the Himalayan Mountaineering Institute, the Natural History Museum, with its fine display of Himalayan wildlife.</p> <p><b>Evening:</b> Free to rest or explore on your own.</p>	Hotel Dekeling, Darjeeling
<b>July 5</b>	<p><b>Morning:</b> Bus to Bagdogra</p> <p><b>Afternoon:</b> Flight to New Delhi 2:05. Arrive in Delhi 5:55.</p> <p><b>Evening:</b> Visit Dili Hat if time permits</p>	Likir House New Delhi
<b>July 6</b>	<p><b>Morning:</b> Visit Humayun's Tomb and Qutab Minar.</p> <p><b>Afternoon:</b> Visit Bangla Sahib the largest Sikh Gurudwara in Delhi.</p> <p><b>Evening:</b> Transfer to airport for departure from New Delhi by American or Continental Airlines flight</p>	Overnight flight
<b>July 7</b>	<p><b>Morning:</b> Arrive Chicago/Newark</p> <p>Onward flight to Home city</p>	Home!
<b>Optional Add-on</b>		
<b>July 7</b>	<p><b>Early Morning:</b> Train to Agra</p> <p><b>Morning:</b> Visit to the Taj Mahal</p> <p><b>Afternoon:</b> Visit to Fatehpur Sikri</p> <p><b>Evening:</b> Train to New Delhi</p>	Likir House, New Delhi
<b>July 8</b>	<p><b>Morning /Afternoon:</b> free to explore; last minute gift shopping and preparations to return for home.</p> <p><b>Evening</b> transfer to airport for departure from New Delhi by American or Continental Airlines flight</p>	Overnight flight
<b>July 9</b>	<p><b>Morning:</b> Arrive Chicago/Newark</p> <p>Onward flight to Home city</p>	Home