



## **2012 Tricycle “In the Footsteps of the Buddha” Pilgrimage**

Thank you for inquiring about Tricycle’s pilgrimage to India, *In the Footsteps of the Buddha* (February 15 through March 4, 2012). This will be Tricycle’s sixth journey to India, co-led this year by John Peacocke and Justin Kelley.

This classical pilgrimage will take us to the places in north India where Siddhattha Gotama, the historical Buddha, lived and taught in the 5th century BCE. We will begin the journey in Sarnath, near Benares, where the Buddha delivered his first sermon, then proceed to Bodhgaya, the site of his awakening, Nalanda, Rajgir, Vaishali, Kushinagar, the site of his death, Lumbini, the birthplace of the Buddha, Kapilavastu, where he was raised as a young man, and Sravasti, where he spent 24 rain retreats. As we navigate across northern India, through modern day Uttar Pradesh, Bihar and southern Nepal, we will deeply investigate both the historical world that the Buddha existed in as well as our inner terrain, through periods of intensive practice, discourse and engagement.

### **Teacher Bio:**

John Peacocke, Ph.D. is a native of the United Kingdom, and has been practicing Buddhism since 1970. His Buddhist education took place in the Tibetan monasteries in South India and in Sri Lanka. In the 1980s he began work on a degree in philosophy and went on to complete a Ph.D. in Buddhist Studies. Since then, he has taught Buddhist and Hindu studies at a number of universities and currently works as part-time lecturer at the University of Bristol in southwestern England. He has served as director of the Sharpham Centre for Buddhist studies and is on the teaching council of Gaia House, an unaffiliated retreat center that offers teachings and meditation instruction in a variety of traditions. John’s main interest, in both his academic work and his dharma teaching, is the thought and practice of early Buddhism.

### **Guide Bio:**

Justin Kelley has been living in India and Nepal since 2005. He has closely studied under a variety of masters in both the Tibetan and Theravadan traditions. At present he has taken monastic ordination with Yongey Mingyur Rinpoche, with whom he has practiced with since 2007. He has designed south Asian travel programs 2007, creating excellent environments to explore both inner and outer terrains. He speaks proficient Tibetan and conversational Hindi and sits on the Tergar International Translation Committee.

### **Daily schedule:**

Our standard schedule will include daily sitting and walking meditation, often starting with a morning meditation at one of the Buddhist sites or in a temple. This will be followed by breakfast at the hotel, after which we’ll visit one of the Buddhist sites listed in the itinerary. Our guides 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 2,500 years ago. Pilgrims will have some time at the site itself, after which we will go to lunch. We’ll rest after lunch or we may visit another site, go to a village, school, visit a teacher or institute, etc. We return to the hotel by evening in time for dinner and usually end with a group discussion on the day.

**Retreat days:**

There will be three retreat periods during the pilgrimage: two full days and one half day. During these times, the group will join in a schedule of contemplation and meditation. The focus will be on relevant teachings of the Buddha that accord with the places we are visiting. Each of these periods will commence and culminate with sessions at the local places of significance. The days will be broken into periods of silent sitting, dharma teachings and experiential discussion.

**Guests:**

In addition to the program teacher and guide, we will have the opportunity to work with a variety of individuals with a range of expertise. They will help to enhance our connections with the local areas and allow us additional perspectives on these diverse locations. In addition to those listed below, we will visit with numerous local spiritual masters, in a variety of traditions.

**Gyalwang Karmapa:** The spiritual head of the Karma Kagyu lineage of Tibetan Buddhism.  
(Tentative)

**Fulbright professor, Delhi:** We will be joined by a Delhi Fulbright professor at Raj Ghat, Gandhi Smitri, etc. who will highlight important historical Indian figures and places of interest in Delhi.

**Rana Singh, Varanasi:** Professor Emeritus at Banares Hindu University. Rana specializes in pilgrimage in both the Hindu and Buddhist traditions in Northern India. He has published on numerous topics in India and abroad.

**Valentino Giacomani-** Founder and director of the Alice Project. Valentino has worked for over 20 years in India, designing and implementing educational programs based on Buddhist dharma in schools in the greater Varanasi/Bodhgaya area.

**Deepak Anand, Rajgir:** Coordinator for the Rajgir-Nalanda revitalization project. Expert in the greater Rajgir/Nalanda area.

**Sayadaw U Vivekananda, Lumbini:** The senior disciple of Sayadaw U Pandita and resident teacher at Panditarama, Lumbini. Sayadaw has been ordained for well over thirty years in the Burmese tradition and teaches annually in the US and Europe. He also is integrally involved in the preservation and protection of greater Lumbini.

**Itinerary:**

Day	Travel	Lodging	Guests and activities
2/15	Delhi		Fulbright professor; visit important sites of Delhi
2/16	Delhi-Varanasi	Surya	Dhamekha Stupa
2/17	Varanasi	Surya	Rana Singh, Karmapa; Sarnath monasteries; Ganges river
2/18	Varanasi-Bodhgaya	Sujata	Valentine Giacomani; Alice Project school
2/19	Bodhgaya	Sujata	Mahabodhi temple, half day retreat
2/20	Bodhgaya	Sujata	Dungasiri Mountain (Mahakala cave), Sujata tree
2/21	Bodhgaya- Rajgir	Indo Hokke	Mahabodhi temple, Vultures peak

2/22	Rajgir/Nalanda	Indo Hokke	Deepak Anand; Nalanda University
2/23	Rajgir- Patna	TBD	Deepak Anand; Indrasaila Guha
2/24	Patna- Vaishali- Kushinagar	Lotus Nikko	Licchavi Stupa, Kutagarasala Vihara
2/25	Kushinagar	Lotus Nikko	Retreat day
2/26	Kushinagar	Lotus Nikko	Paranibanna Stupa, Dispute tree
2/27	Kushinagar- Lumbini	Garden Maya	Travel
2/28	Lumbini	Garden Maya	Mayadevi temple, Shanti Stupa
2/29	Lumbini/Kapilavastu	Garden Maya	Sayadaw U Vivekananda, Eastern gate
3/1	Lumbini-Sravasti	Lotus Nikko	Travel
3/2	Sravasti	Lotus Nikko	Jetavana grove, old Jetavana
3/3	Sravasti	Lotus Nikko	Retreat day
3/4	Sravasti- Lucknow- Delhi	N/A	Travel

We reserve the right to make changes to this itinerary based on a variety of considerations, including logistics, interests of the tour group, or other reasons, and will make every effort to ensure that any changes conform with the nature of the tour.

### **Pilgrimage Registration and Travel Facts**

The cost for the pilgrimage is \$3,900 U.S. based on double occupancy. Please note that \$1,000 of this fee represents a tax-deductible contribution to The Tricycle Foundation. The single room supplement is an additional \$800 U.S. The tour price includes: Guide services, transportation inside India, tips, meals, bottled water and lodging arrangements for the duration of the pilgrimage. All registration fees are payable in U.S. dollars only.

Please note that **the cost does not cover:**

International airfare to and from New Delhi, visas and other international arrangements, offerings for spiritual teachers/centers, any extra days spent in India beyond the dates of the pilgrimage, excess baggage fees on the flights, phone calls and faxes during the pilgrimage, laundry during the pilgrimage, or medical and other insurance coverage such as travel insurance. Tricycle strongly recommends that all participants purchase travel insurance.

For assistance with flight booking, travel insurance, or further travel plans within India, please feel free to consult:

Michael Yampolsky  
 Battery Travel  
 Independent Travel Consultant  
 1270 Avenue of the Americas, 15th Floor  
 New York, NY 10020  
 T 212 897 5188  
 F 212 416 7637  
 E michael@altour.com  
[www.altouronline.com](http://www.altouronline.com)

\*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 very exceptional circumstances, even a twin-sharing basis is unavailable. We ask for your understanding if this circumstance should arise.

**Registration information:**

A non-refundable deposit of \$500 U.S. per person is required at the time of booking. The remainder of the cost of the pilgrimage is due by November 15, 2011. Reservations made on or after November 15<sup>th</sup> must be paid in full at the time of booking. The number of pilgrims is limited to 24, with slots available on a first-come, first-served basis. To register, you may complete the form at the end of this document and mail it in with your check, or call Tricycle at 212-645-1143, ext. 206, and speak with Monty McKeever or Sharon Fischman. If registering by telephone, the form at the end of this document must still be completed and signed, and the required deposit received by Tricycle within 14 days for your space to be held.

**Travel documents required for this trip:**

You will need a valid passport and visas for India. Please ensure that the Indian visa you are applying for is a "multiple entry" (tourist) visa. Normally the visa is valid for 6 months from date of issue. The visa should be obtained before travel.

*Visa Information*

For US citizens, please visit: <https://indiavisa.travisaoutsourcing.com/homepage>.

For UK citizens, please visit: <http://in.vfsglobal.co.uk/>

For all other countries, please contact the Indian Embassy or Consulate that handles your individual countries affairs"

\*Please bring 4 passport size photographs of yourself for passes and permits. It is also recommended you bring a photocopy of your passport and visa info to be kept separate from their actual passport.

**Important Deadlines:**

**By November 15, 2011 (or if registration is made after November 15, as soon as possible thereafter)**, each participant must provide the following details in order to reserve train, air and hotels: Name, gender, date of birth, passport number, date of issue of passport, date of expiry of passport, place of issue of passport, and emergency contact information. In addition, registrants must provide the visa number, date of issue, date of expiry and place of issue as soon as the visa for travel to India has been issued.

**Currency exchange & acceptance of credit cards:**

As stated above, hotels, food, transportation within India, and guide services are all covered by the tour fees. It is suggested that travelers carry local currency for expenses like gifts or souvenirs as it is difficult to change money at the sites we visit during the pilgrimage. This can be obtained by exchanging US Dollars, Travellers checks or other major international currencies in India, as well as, through the use of ATM's. We recommend carrying a couple different forms of money, ie. US Dollars and an ATM card, as no form is universally best. Travelers will also need money if they are planning to extend their stay in India before or after the pilgrimage. Credit cards such as VISA or American Express are accepted in some of the hotels and large shops in Delhi or Varanasi, but not in the other places we visit. There are ATM machines in some places where one can access cash, but their presence is not universal as it is in the U.S. As of May 10, 2011, one U.S. dollar approximates 45 Indian Rupees.

We recommend that you convert some cash at the airport when you arrive in New Delhi. There is no need to exchange it in the U.S. — it is best to do so in India. There are a couple of banks with a standard exchange rate at the airport both before and after you clear customs. ATM machines are also an easy method of exchanging currency into rupees. Please keep your bank receipts carefully in case you need to change the money into dollars when you return home.

If you arrive before the start of the pilgrimage or stay after it concludes, the general rule is as follows: tipping someone who has carried your luggage is common and we would suggest Rs.50. Depending on how heavy your luggage is and how many pieces there are, Rs.50 is a reasonable amount for three pieces of baggage. In restaurants, one normally leaves a tip of 10% of the entire bill. It is not necessary to tip taxi drivers; however if you have hired a car for the day and you are happy with the driver, a tip of Rs.100 is fine.

### **Hotel/Housing:**

In each location, we will be staying in comfortable, clean hotels and guest houses. Many of these will be the best available at each site. Accommodation is based on shared, twin-bedded rooms with a private bath or shower and toilet. If you prefer a single-room, the additional fee will be \$800.

### **Weather and Clothing:**

The weather in northern India in February and March will be warm (Days- 80s; Evenings-60s) It is very important to dress modestly. Generally, for both men and women, it is expected to wear long pants and shirts that cover your shoulders, regardless of temperature. A light sweater and shawl and great ways to remain comfortable as the temperature changes throughout the day. There is no need for formal clothing.

Generally, the weather is dry with a small possibility of light rain in some places. It is handy to have an umbrella that can double as a sunshade if it gets too sunny or even be used as a walking stick. Please bring comfortable sneakers or sandals (which you can wear with socks if it gets cold). We do not go on treks, but one or two of the (optional) walks are long. We also visit a number of temples where you will need to remove your shoes, so it is helpful to bring a pair of slip-on shoes. It is always useful to have a hat or cap to protect you from the sun. We are allowed 20 kilos (44 lbs.) on Indian airplanes, 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 and well-being:**

We stay in clean, safe places, and the food in the places we stay will be clean, fresh and prepared to suit a delicate digestive system. You will be provided mineral water for drinking. If you are coming from Africa or some parts of Latin America, a certificate of yellow fever inoculation is required by the Indian authorities. For all medical questions, please consult your physician. We do carry an extensive first-aid kit with us, but many people prefer to bring their own supply of medicines. We would recommend you get an insect/mosquito repellent and also a stomach medicine for both diarrhea and constipation as one's stomach has its own way of adjusting to different foods.

### **Disclaimer:**

The Tricycle Foundation and all those contracted by the Tricycle Foundation, while undertaking tours, transportation, hotel accommodation and other services only act on the clear understanding that they shall not be in any way responsible or liable for any accident, damage, loss, delay or inconvenience caused in connection with travel and other facilities arranged by the company, their employees or agents. All bookings are accepted and executed with utmost care, yet no responsibility is taken for any

change or deviation on account of factors beyond their control.

The Tricycle Foundation shall not be responsible or liable in any way or to any extent, and participants release The Tricycle Foundation from any and all responsibility or liability, for death, injury, damage, loss, delay, inconvenience, accident, or additional expenses resulting therefrom, over the course of this tour or via any conveyance to or from the tour, regardless of cause, including but not limited to accident, sickness, weather, unrest, delays or changes in air service, and delay or loss of baggage. Participants are responsible for checking with their physician if they have any questions about their health in relation to travel overseas or the physical requirements of the tour. Participants are responsible for making the necessary preparations for the tour as detailed in this document, including making arrangements for travel to and from the tour's point of departure, purchasing travel insurance, obtaining visas, and packing appropriate clothing.

By making a deposit for the tour, participants acknowledge that they have read and understood this document in its entirety, and have consented to all conditions herein, including the Disclaimer and Release of Liability. For participants under age 18, their parent or legal guardian shall sign on their behalf and the same Disclaimer and Release shall apply.

Tricycle reserves the right to decline registration from any individual as a participant in the tour or to retain any individual as a member of the tour.

## REGISTRATION FORM

Each pilgrim must complete this form in full, and return it with a **non-refundable** deposit of \$500 per pilgrim to:

Monty McKeever, Assistant to the Editor & Publisher  
Tricycle: The Buddhist Review Phone: 212-645-1143 x206  
92 Vandam Street, 3rd Floor Fax: 212-645-1493  
New York, NY 10013 Email: pilgrimage@tricycle.com

### All information is required:

Name \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_ Cell \_\_\_\_\_

Date of Birth \_\_\_\_\_ Nationality \_\_\_\_\_

Passport number \_\_\_\_\_ Place of Issue \_\_\_\_\_

Date of Issue \_\_\_\_\_ Expiration Date \_\_\_\_\_

Emergency contact — Name \_\_\_\_\_

Relationship \_\_\_\_\_ Telephone \_\_\_\_\_

Note: Visa information will also be required.

### *In the Footsteps of the Buddha Pilgrimage*

February 15 — March 4, 2012 (# of persons \_\_\_ x \$3,900) \$ \_\_\_\_\_

Single room supplement (# of persons \_\_\_ x \$800) \$ \_\_\_\_\_

Total: \_\_\_\_\_

### DEPOSIT & PAYMENT

A non-refundable deposit of \$500 per pilgrim must be paid to register. The remaining amount must be received on or before November 15, 2011. Checks should be made payable to Tricycle or enter credit card information below:

MasterCard Visa American Express Amount Enclosed: \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ V-Code (from back of card) \_\_\_\_\_

I understand and agree to all terms and conditions of the pilgrimage as detailed in the attached Information Packet, including the Cancellation Policy and Disclaimer and Release of Liability.

Signature \_\_\_\_\_ Date \_\_\_\_\_