

MMTCP Nov-Dec 2025 Pilgrimage



In the Footsteps of the Buddha: A Pilgrimage to the Source of Mindfulness
For the MMTCP Alumni Community

with Dharmacharya Shantum Seth
and supporting MMTCP teacher Anne Cushman
Sponsored by the MMTCP Alumni Association

November 30 - December 13, 2025
December 13 - 14, 2025 (Agra Option)
December 14-17, 2025 (Caves Option)

PILGRIMAGE INFORMATION & TRAVEL FACTS

Travel Insurance: We encourage people to take travel insurance. The range of coverage can vary significantly from policy to policy, and travelers are encouraged to speak with a travel agency to identify a policy that suits their needs. Things to consider are travel delays, trip cancellation or interruption, medical coverage, and baggage loss or delay. Before purchasing insurance, you may wish to check with your health insurance carrier to see if your policy includes medical care overseas. Please note that many insurance carriers require that insurance be purchased at the time a deposit or final payment is made; check with your carrier for details.

ARRIVAL

Arrival and departure are to and from New Delhi (Delhi), India. Participants are responsible for making their own round-trip flight arrangements from their point of origin to New Delhi, India and back. For international flights, tickets should be booked as early as possible. Flights to and from India frequently fill up as this pilgrimage takes place during the pleasant weather season. Many international flights arrive at night.. You may check with us before you confirm your flight bookings.

We will arrange a **complimentary airport transfer** on arrival.
The pilgrimage will begin at 12.00 noon on November 30, 2025.

DEPARTURE

We will do a **complimentary airport transfer** for your departure.
The pilgrimage will end at 12 pm (noon) on December 13, 2025 in New Delhi. You should book your departure for a late-evening flight.

The Agra Taj Mahal journey will end in the evening of December 14, 2025. You should book your departure flight for a late-night flight on December 14, 2025.

The Exquisite Caves of Ajanta & Ellora journey will begin on the evening of December 14, 2025 and will end in the evening on 17 December 2025. You should book your departure flight for a late-night flight on December 17 or early hours of the morning of December 18, 2025.

EXTRA NIGHTS

For those wishing an extra day or two to recover from air travel before the pilgrimage begins, or who wish to stay longer after the pilgrimage ends, we would be happy to book the extra nights and guides or provide a list of hotels in Delhi. Please make your hotel bookings for New Delhi well in advance, as November is a peak travel month.

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SINGLE ROOM

Single rooms are available and there is a single room supplement.

For single travelers who do NOT want to opt for a single room, we will undertake to room them with someone suitable.

TRAVEL DOCUMENTS REQUIRED FOR THIS TRIP

You will need a valid passport and visas for both India and Nepal. Normally the visa is valid for 6 months from date of issue.

The **visa for Nepal can be obtained on arrival**. It costs US\$ 30, in cash (please bring new notes) at the Indo-Nepal border while on the pilgrimage. Please ensure you have an empty page on your passport and one passport-sized photograph.

India Visa Information

TRAVEL DOCUMENTS REQUIRED FOR THIS TRIP

You will need a valid passport and visa for India.

The visa for India should be obtained before travel and should be a **Double Entry or Multiple Entry**. The visa should be obtained before travel. Please make sure that the visa covers the dates of your travel.

An Electronic Travel Authorization (ETA) as e-Tourist Visa on Arrival (eTVA) is available for some countries.

The Link for e-Tourist Visa

<https://indianvisaonline.gov.in/evisa/tvoa.html>

Home Page

<https://indianvisaonline.gov.in/>

If there are payment issues on the e-visa portal, please try and use PayPal along with your Debit card if you fail to do so by Credit card.

You may need to submit the following information about the tour company:

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

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

Tel: +91-120-4334284

Email: info@buddhapath.com

Please carry a copy of your international flight return ticket, as your ticket may be checked before you are allowed to enter Indian airports (Digital version is ok).

IMPORTANT INFORMATION TO BE SUBMITTED

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.

Please send us the visa details after you have obtained them.

CURRENCY EXCHANGE, ACCEPTANCE OF CREDIT CARDS & TIPPING

As stated above, hotels, food, transportation within India, and guide services are all covered by the tour fees. It is suggested that travelers carry adequate cash for expenses like gifts or souvenirs, as it is difficult to change money at the sites we visit during the pilgrimage. 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 only in some of the hotels and large shops in Delhi or Varanasi, but not in all the places we visit. There are ATM machines in most places where one can access cash, but their presence is not universal as it is in the U.S. or other countries. One US Dollar approximates 80 Indian Rupees as of November 2024. We recommend that you convert some cash at the airport when you arrive in New Delhi. There is no need to exchange it in your country — 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. Please keep your bank receipts carefully in case you need to change the money into dollars when you return home.

Travelers often have questions about tipping. In the last few years, we have developed a system where a kitty is collected at the beginning, and the tips are distributed from it (contributing is optional). Thus far, this has worked well. It usually works out to \$10 to \$15 per day, but this figure could vary. It would be a good idea to set aside \$200 for tips.

US\$ 500 in cash currency is a suggested amount to carry to India.

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.100. In restaurants, one normally leaves a tip of between 5% to 10% of the entire bill, unless a service charge has already been levied. 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 around Rs.500 is fine.

HOTELS/HOUSING

We choose the best available accommodations in the vicinity of the sites (which are normally five-star hotels, heritage hotels and Japanese guest houses) based on shared, twin-bedded rooms with a private bath or shower and toilet. The accommodations are clean and comfortable — in some cases monastic-style, and in some cases rather luxurious. If you prefer a single room (where available), there is a price supplement.

ELECTRICITY

India uses 220 volts, 50 cycles AC. Plugs/sockets are sometimes an issue. Plug types C, D and M work in India (the electrical sockets in India have round holes, not flat ones.)). . It's best to travel with a universal plug adaptor.

WEATHER & CLOTHING NEEDS

Given that there can be a high variation between the daytime and evening temperatures (the general range is from 10 degrees to 25 degrees Celsius, (60 to 80 degrees Fahrenheit) layering is a practical approach. It's important to be comfortable and modestly dressed. We recommend that you bring one jacket and a light sweater for the evening; perhaps a shawl if you want to meditate in the morning. For the warmer part of the day, cotton shirts, T-shirts and cotton trousers will work well. There is no need to bring 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 can be up to 5 miles. We also visit a number of temples where you will need to remove your shoes, so it is helpful to bring a pair of socks (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 15 kilos (33 lbs.) check in baggage and 7kgs (15 lbs) as cabin baggage on Indian airplanes, so we recommend that you travel light. You can carry extra baggage, at an additional cost. Laundry facilities are available at all the places we stay, and laundry is returned within 24 hours.

[Please bring your meditation cushion. If you are unable to sit on a cushion, a folding camp stool is a good substitute.](#)

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 bottled 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. If you are coming from Kenya, you have to take the OPV (Oral Polio Vaccine) before you travel.

There is no other medical restriction upon your entry into India. We recommend a Hepatitis-A inoculation and a Tetanus shot. If you prefer to be more careful, then please speak to your physician. We do carry a 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.

If you have any special diet needs or medical needs, please do let us know.

SIM CARD, IPHONE ETC.

It is quite easy and inexpensive to get a local SIM card for your mobile phone at the Delhi airport. The counter after you leave customs, but before you exit the airport, will make a copy of your passport and visa. If you have an iPhone, you may need to 'unlock' it before you come to India.

Mobile telephony in India is inexpensive, however it is not easy to get a SIM card outside the airport counter.

Internet and wi-fi is available at most of the hotels we use.

ADDITIONAL TRAVEL SERVICES (e.g. shuttle buses, taxis)

We provide airport transfers both ways and all the transport services during the pilgrimage, including having you met on arrival in New Delhi. There is no extra charge for meeting you at the airport. For those who want to make your own arrangements, the Delhi Airport has cabs lined up and you can register with them.

DISCLAIMER AND RELEASE OF LIABILITY

Seth Consultants Pvt. Ltd. (BuddhaPath) and Shantum Seth 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.

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 18 years of age, their parent or legal guardian shall sign on their behalf and the same Disclaimer and Release shall apply.