

# 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)*

## ITINERARY: MMTCP November-December 2025

No.	Date	Week Day	Travel	Night Stay
1	30-Nov-25	Sunday	Pilgrimage begins in Delhi at 12 noon	Delhi
2	01-Dec-25	Monday	Fly Delhi - Varanasi	Varanasi
3	02-Dec-25	Tuesday	Varanasi	Varanasi
4	03-Dec-25	Wednesday	Varanasi - Bodhgaya	Bodh Gaya
5	04-Dec-25	Thursday	Bodhgaya	Bodh Gaya
6	05-Dec-25	Friday	Bodhgaya - Rajgir	Rajgir
7	06-Dec-25	Saturday	Rajgir - Nalanda - Rajgir	Rajgir
8	07-Dec-25	Sunday	Rajgir - Vaishali	Vaishali
9	08-Dec-25	Monday	Vaishali - Kesariya - Kushinagar	Kushinagar
10	09-Dec-25	Tuesday	Kushinagar - Lumbini	Lumbini
11	10-Dec-25	Wednesday	Lumbini	Lumbini
12	11-Dec-25	Thursday	Lumbini - Kapilavastu - Sravasti	Sravasti
13	12-Dec-25	Friday	Sravasti - Lucknow by road.	Lucknow
14	13-Dec-25	Saturday	Fly to Delhi/ <i>drive to Agra for Extension</i>	Departure/ <i>Agra</i>

## AGRA OPTION

No.	Date	Day	Travel	Night's stay
1	13-Dec-25	Saturday	<i>Lucknow-Agra by road</i>	<i>Agra</i>
2	14-Dec-25	<i>Sunday</i>	<i>Agra-Delhi by road in the evening. Departure.</i>	<i>Departure</i>

## THE EXQUISITE CAVES OPTION

No.	Date	Day	Travel	Night's stay
1	14-Dec-25	Sunday	Agra to Delhi by road (if taking Agra option)	Delhi
2	15-Dec-25	Monday	Fly Delhi-Aurangabad	Aurangabad
3	16-Dec-25	Tuesday	Aurangabad. Visit Ajanta	Aurangabad
4	17-Dec-25	Wednesday	Visit Ellora. Fly Aurangabad - Delhi	Departure

*There could be changes to this itinerary based on a variety of considerations.*

*(Please note that Shantum Seth will only lead the pilgrimage if there is a minimum of 8 registrants.)*