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in conjunction with
Thosamling International Institute
for Buddhist Women

NIRVANA TOUR

Pilgrimage to Ladakh, India
25 June – 10 July 2009

Ekno Experience Tours & Travel Pty Ltd ABN 51 121 148 427

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Thosamling Institute



His Holiness the Dalai Lama with members of Thosamling at his residence Dharamsala, July 2007

His Holiness the Dalai Lama, granted in an audience in October 2000, two nuns Jampa Lhatso and Tenzin Sangmo. During this meeting, His Holiness expressed his understanding of the problems facing Western nuns and strongly emphasized the importance and great benefit of this project. He gave the name Thösamling for this new project. This started was to become Thosamling Institute.

Since then **Thosamling Institute** through a lot of hard work, has offered Buddhist nuns and lay women the opportunity to live and practice as part of a spiritual community. Western nuns who have chosen to move to India exhibit a strong desire to transform their lives according to the teachings of the Buddha. They have forsaken the material world of the West for an environment that will support them in their spiritual practice as Buddhists. Most Western nuns in India live alone, renting small rooms in guesthouses and are away from the mainstream of daily spiritual support that is of such benefit for those who have chosen the monastic path.

Thosamling Institute, a Rime, non-sectarian Nunnery and Institute offers to fill this gap of providing accommodation, support and educational programs – including a five year Dharma Study Program of Philosophy classes and a Tibetan Language Program. Monks and lay men are also welcome to participate in the various programs without living on the premises.

Thosamling receives very little financial support and needs to continue this important work. By joining us on a 16 day pilgrimage you will be not only gaining a wealth of personal experience and knowledge but gaining immeasurable merit by helping to meet the ongoing costs of running Thosamling Institute. See www.thosamling.net



Nirvana Tour 2009 Itinerary 16 days - 15 nights

Day 01 Thursday 25 June 09: Delhi Transfer Pickup from International / Domestic Airport to hotel in Delhi. **Overnight Delhi.**

Day 2 Friday 26 June 09: Delhi Today we see the sites of both Old and New Delhi and shopping at one of Delhi's many markets. **Overnight Delhi.**

Day 3 Saturday 27 June 09: Leh Morning flight to Leh. Upon arrival we take a walking tour of Leh Bazaar and take the rest of the day to relax and acclimatize. Late afternoon Dharma talk with Ven Sangmo. **Overnight Leh.**

Day 4 Sunday 28 July 09: Leh Morning meditation and yoga. Breakfast and pick up from Hotel, visit Gompa Soma and Moti Market. Lunch together. Then rest until 3 pm. By jeep up to Tsemo, walk (optional also drive) down to Samkhar Gompa and afterwards drive to Shanti Stupa. Late afternoon: Dharma talk with Ven Sangmo **Overnight Leh.**

Day 5 Monday 29 June 09: Lamayuru: Morning meditation and yoga. Drive to Lamayuru, visit Basgo and Ridzong Monasteries along the way. View the magnificent Indus and Zaskar Rivers as they meet. Late afternoon Dharma talk with Ven Sangmo **Overnight Lamayuru**

Day 6 Tuesday 30 June 09: Lamayuru – Morning meditation and yoga. Visit to the local monastery and gompa and climb to the high point overlooking the town. Afternoon is at leisure. Late afternoon Dharma talk with Ven Sangmo. **Overnight Lamayuru**

Day 7 Wednesday 01 July 08: Lamayuru to Alchi and Leh Morning meditation and yoga. We follow the Indus river westwards to Alchi village and visit the historical Alchi Gompa. Drive back to Leh. **Overnight Leh**

Day 8 Thursday 02 July 08: Hemis Morning meditation and yoga . We leave early to visit monasteries of Shey and Thikse and attend the famous Hemis Festival. Here you will experience the annual festival of Lama Dancing to honour the anniversary of Guru Padmasambava's birth, drive back to Leh late afternoon. Last minute shopping in Leh. **Overnight Leh**

Day 9 Friday 3 July 09: Leh to Sarchu Morning meditation and yoga . We drive to Sarchu crossing the 5.328m Taglang La along the way. This will be a long day of driving, but with spectacular scenery. Tonight we stay at a tented camp, especially erected to cater for travellers along this seasonal highway. **Overnight Sarchu.**

Day 10 Saturday 4 July 09: Sarchu to Manali Today we drive through magnificent scenery of the high plains and the valleys of Laval and Spite with the Himalayas as your backdrop. Cross Rothang Pass at 3,987 metres and onto Manali. **Overnight Manali**

Day 11 Sunday 5 July 09: Manali to Sidhpur Morning meditation and yoga . Today we descend into the Kullu Valley and the picturesque towns of Kullu, Mandi and finally Sidhpur. **Overnight Thosamling Nunnery.**

Day 12-14 Monday-Wednesday 6-8 July 09 Around Dharamsala. Local sightseeing and visit to local monasteries. **Overnight Thosamling Nunnery.** **Day 14 : Take train to Delhi Overnight Train.**

Day 15 Thursday 9 July 09: Delhi Last minute shopping in the main Bazaar around town. **Overnight Delhi.**

Day 16 Friday 10 July 09 Flight Home Arrangements end upon arrival in Delhi .

COST

A\$3,500 USD 3,250 Euros 2,100

Includes

- Met and returned to Delhi Airport by your Western guide or his/her representative
- Airfare from Delhi to Leh
- All transfers and travel by A/C train and private vehicles
- Services of knowledgeable Western nuns and supplemented English speaking guides
- All attractions and entrance fees as per itinerary
- Breakfast and dinner
- Dharma talks with Ven Sangmo
- Mediations and Yoga

Excludes

- Airfares to and from India *
- Indian visas *
- Travel Insurance (compulsory) *
- Occasional optional items not identified in itinerary description
- Tipping and personal expenses
- Bottled water and other beverages not included with meals

* These arrangements can be made through our partner travel agent in Australia Worldwide Tours & Travel in Brisbane. Contact us for details.

*** Please note that that HH Dalai Lama will be giving the following teaching in Kaza, H.P., India from July 10 to 12 2009 : His Holiness will give three-day teachings at the request of the Sakya Monastery in Kaza. On July 10 His Holiness will give a Buddhist teaching (topic yet to be decided). On July 11 and 12 His Holiness will confer the *Avalakotieshvera Initiation (chenresig wangchen)*

Kaza is in the remote Spiti Valley (near Manali). If there are enough participants on the tour who are interested we will make a separate tour of 7 days to add the teachings. Please indicate if you would be interested in this once of a lifetime opportunity.

Group Leaders

Ani Tenzin Sangmo, a Dutch Buddhist nun, founder and abbess of Thosmaling spent some years in Ladakh and ranks it as one of her most favourite places. In 1997 she became ordained by His Holiness the Dalai Lama.



Ven Sangmo & Sharon – Ridzong Monastery, Ladakh

Prior to that Sangmo was active in several NGO's and worked several years in a Social Lawyers Office back in the Netherlands. After visiting Nicaragua and Nepal her life changed dramatically. In Nepal she met Tibetan refugees who encouraged and inspired her to start learning about Tibetan Buddhism. Back home in the Netherlands she started a Tibet Support Group in her hometown. She changed her job, wanting to have a job that would give her more contact with people. She began studies in nursing at the age of 32 and received her final degree at 36. With this profession she was more able to work abroad in "far away countries". And that was one of her wishes, to live in other parts of the world. Throughout all of these years she was developing a greater interest in Buddhism.

She has lived and worked in India ever since.

Sharon Thrupp, Ekno Experience Director. She has lived and worked running a hotel, restaurant and travel business in Dharamsala, India for the past 5 years.

While living in Australia, she spent most of her holidays travelling to far flung places travelling and trekking. She has also spent time living and working in the UK, Japan and Nepal and spent most of her spare time getting to know those countries by travelling independently and in groups.

Sharon is passionate about India and the Himalaya region and has spent a lot of time trekking at high altitudes in the mountains of Nepal, Tibet and India.

She has an interest in Responsible and Sustainable Tourism and is involved in local projects with NGO's in both Nepal and India.

Sharon is also a Buddhist.

Nirvana Tour 08 –Ladakh India 6 – 21 July 2008



Stok Palace, near Leh

Participants:

Australia: Catherine,
Beverley,
Demi, Doria,
Ven Khandro
& Sharon
(Leader)

Holland: Ans & Ven
Sangmo
(Leader)

USA: Libby

Britain: Lea

3 July 08 *Excitement* was mounting as Ven Sangmo, Ven Khandro, Lea and I left Dharamsala for Delhi to meet our tour arrivals. They would be flying in from Australia, Europe and USA over the next few days. We left early to get in a spot of shopping, eating and generally take in the bright lights of Delhi after many months of serenity (and rain) in Dharamsala. Delhi offers all that and more but most of all it offers heat (and noise) and lots of it.

So we settled in for a couple of days and wait for our tour participants to arrive.

First to arrive was Doria from Australia, she had beaten us and was there to welcome us at our hotel in Delhi. She had spent half the morning in the airport as her bag had gone missing; apparently it had gone onto Rome. All she had left were the clothes she had flown in (not a good start). The ending was happy however, and the bag turned up a few days later.

Sunday 6 July 08: Delhi Demi and Catherine had flown in the night before and were up bright eyed and bushy tailed for the official start to the tour. The rest of the party was flying in various times of the day and the next. There were sights to see, money to change and places to go including Indira Gandhi's museum and India Gate.

Early evening, we met up with other friends from Dharamsala and set off on mass to the Habitat Centre to catch a Thangka exhibition. Our next destination was the Tibetan Film Festival to see a move about the Dalai Lama . To top off the evening we sample fine food at North India's best restaurant "Gulati".

Monday 7 July 08: Delhi Libby and Ans had flown in the night before and we had plans to take in the sights of Old and New Delhi including the houses of Parliament, Hyumayun's Tomb and the Red Fort. With the sights over with it was time to do a spot of serious shopping at Khan Market to experience the joy of buying colour for your wardrobe. Tonight is early dinner as tomorrow is a big day with our flight to Leh schedule at 5 am.

Tuesday 8 July 08: Delhi to Leh. Today is D day, up at 2.30am and departure at 3.00am for the airport. Our taxi is waiting and Libby, Doria and I climb aboard. It is our lucky day as we have a rally driver on our hands. When he heard the words "jaldi, jaldi", little did we realize we were taking our lives in our own hands. Through back streets of New Delhi at break taking speeds, we reached Delhi Domestic airport in 14 minutes (record time) from our hotel in Paharganj. It has taken me anywhere from one to 3 hours in the past. To

top it all off another taxi with part of our group broke down on the way...but our fearless driver took off in a roar to collect them, within 20 minutes he was back with plenty of time to spare...

Our flight to Leh was delayed due to bad weather, it was raining in Leh so my contact in Leh had called and told me. After a couple of hours of sitting in the airport waiting, waiting, we were off and up in the air only to be told by the Captain he was looking for a break in the clouds to land otherwise we could be returning to Delhi. Catherine bravely asked me, did I have a contingency plan...oh no but it was time I thought of one and a little prayer to help us. Suddenly the gods (or Buddha) had answered and we started to descend....the genius of some people and all the foreigners in the plane clapped the pilot who touched down brilliantly.



Welcome to Delhi



Our welcome breakfast at Hotel - Leh



Shanker Gumpa – Leh



I'm free (for now), Beverley – Leh



View from Stok Palace - Leh

Leh at 3,650 metres is a stunningly beautiful place. Set in a lush green valley surrounded by high, jagged mountains you are aware of the timelessness of this place. We are all a little hazy with the lack of oxygen. We spend the rest of the day is spent acclimatizing by taking it easy. Ven Sangmo and Khandro are on hand in the afternoon to answer any questions we may have.

Wednesday 9 July 08: Leh We started our day with a gentle meditation on the roof of the hotel. This is expertly guided by Ven Khandro who gave us tips on how to meditate.

The rest of the day of is a sightseeing tour is planned but some people are still feeling the effects being in high altitude so we scale it back to half a day. We set off mid morning to drive to the outskirts of Leh to Shankar Gumpa and the ruined 17th century palace and climb up the small hill beside the Gumpa. We then drive across the river to see the Stok Palace then take in the views of Leh from Shanti Stupa, the Japanese temple. **Overnight Leh.**

Thursday 10 July 08: Leh to Lamayuru Our daily meditation continues early on the roof of the guest house. How beautiful it is with Shanker Gumpa as our backdrop early in the morning. Libby, one of our participants, takes us through some basic yoga positions to revive our bodies in preparation of the rest of the trip.

We set off in our taxis and head towards Lamayuru and witness some of the most beautiful scenery in Ladakh. We follow the Indus River along till the junction of the Zaskar River. Most of the day the scenery is consumed by deep gorges and high rugged mountains. Indiana Jones eat your heart out! We arrive at Lamayuru and check into a quaint guesthouse. The owner, a little Ladakhi woman with 5 sons, grows the hotel's vegetables in the front yard. She also has a stuffed Yak to add to the décor. We visit the famous Lamayuru Gumpa and sample days gone by with ancient Gumpa architecture. After trolling over the Gumpa and its surrounds, Lea, Khandro and I climbed to the high point of the town to witness yet more spectacular scenery. To top it off we were treated to a superb dinner with home grown vegetables by the owner. **Overnight Lamayuru.**

Friday 11 July 08: Lamayuru to Alchi. Khandro begins our day by leading our morning's mediation followed by Libby's Yoga workout. Our visit to Lamayuru is all too short and we have to leave to drive to Alchi. Again we retrace our steps over the magnificent scenery out of Lamayuru. On the way we stop in a Ridzong Monastery. This is an isolated working monastery set high in the mountains and one of the most impressive sights we have visited. This was not to be outdone by a visit to the nearby Julichen Nunnery. The nuns made us particularly welcome with cups of tea and gave us lessons on the life of as a nun in these remote parts.

Alchi proved to be a quaint town, famous for its apricots. We found a restaurant that served good western food in amongst a garden full of apricot trees (the apricots were not yet ripe). After lunch we visit the Likir Gumpa about 30 minutes drive from Alchi. A chilly wind was blowing during our visit and while chatting to one of the monks told us it had been a very cold winter last, and the temperature had fallen to -35 degrees Celsius. One can only imagine that degree of cold without the comfort of heating.

Late in the afternoon we get to visit the famous historical Alchi Gumpa inside the town. How wondrous it is to see ancient Gumpa founded in the 11th century. While these fine monuments stand the test of time, it was a crying



Beautiful Lamayuru



A rainbow Gompa – Alchi



'Fashionable' Monks & Demi - Lamayuru



Now which way is home..



Ridzong Monastery

shame to see the beautiful thankgas on walls of the Gompa blackened from ever burning butter lamps over the centuries. **Overnight Alchi**

Saturday 12 July 08: Alchi Today is a driving day to visit the Gompas of Shey, Tikse and Thatuk. Shey was the former summer palace of the kings of Ladakh and is still being used. Tikse Gompa is part of the Gelukpa has an important collection of Tibetan books and is also a working monastery. These Gompas are set with beautiful backdrops of the surrounding rugged mountains. **Overnight Alchi**

Sunday 13 July 08: We started the day early as we had a long drive to Hemis to attend the famous Hemis Festival. We had heard that there were lines of cars snaking up the hill from the previous day and we wanted to beat the rush. Hemis is an annual festival to honour the anniversary of Guru Padmasambhava's birth and draws large crowds of people mainly from overseas. We arrived early at the festival, secured ourselves great seats only to wait for the 3 hours for the dancing to begin. Why 3 hours you ask? The proceedings were held up by the Official Guest who was running on his own Indian time. The dances finally began about midday and worth the wait with all the pomp, ceremony and colour. After about an hour the rain started which got steadily heavier over time. This put a dampener on the proceedings and only after 2 hours of dancing, the Lama Dancing for 2008 had ended. It was time to head back to the dazzling lights and shopping of Leh. **Overnight Leh**

Monday 14 July 08: Leh to Sarchu With meditation and yoga to start our day and many of Leh's Gompa's under our belt, it is time to leave Leh. Our destination is Sarchu just across into the Himachal Pradesh border. This road was only opened to foreigners just under 20 years ago. The journey of 485 kms is a two day journey and only half of the distance is paved and have heard it promises to be fairly rough. By now, we have confidence in our drivers so feel that we are in good hands as they are taking us all the way to Manali. Our journey starts out heading south crossing familiar type terrain but as we plunged deeper into the southward journey the scenery becomes more spectacular. The adjectives such as fantastic, sensational, superb, and magnificent to describe the scenery roll off our tongues. The sighting of real live Yaks grazing in the open fields caused much excitement, time for a quick photo stop.

We learned the road we were on was the world's second highest motorable road and as we crossed Tagland La Pass at 5,328 metres. Sangmo and Khandro hung Tibetan Prayer flags as mark of respect for our journey. Further along at Lachlung La at 5,060 metres they also hung prayer flags. The only inhabitants we came across were some nomad camps far into the distance, many tar-covered road workers and the odd bored policeman at checkpoints. We stop often as Doria and Demi aren't weathering so well with the effects of the high altitude.

As this long day of driving was drawing to a close everyone was starting to fantasize about our 'tented' accommodation and its many nonexistent luxuries. Sarchu is a town made up of small compounds with tented accommodation for weary travellers. We were relieved to find that the tents were real with real beds and were moderately comfortable with sheets and plenty of blankets to ward off the cold night. The food was surprising good and hot after a diet of fruit and biscuits all day. **Overnight Sarchu.**

Tuesday 15 July 08: Sarchu to Manali After such a long day driving, we could look forward to the same today as it is destination Manali. Libby gave us a particularly good Yoga workout with lots of stretching and movement in



Ven Khandro and ancient prayer wheels, Lamayuru



Nothing more to say...



Lama Dancing – Hemis Festival



Lama Dancing – Hemis Festival

the backdrop of the mountains. Both Demi and Doria are much better as we head off for another day of serious driving.

We witness the magnificence of the Lahaul and Spiti Valleys surrounded by rugged mountains and those old adjectives started to come out again. The Baralacha La Pass at 4,883 metres is easy as compared to yesterday. Everyone seems to have recovered well after being at such high altitude the previous day. Passing Keylong early afternoon, we saw the clouds gathering thick over the mountains losing our magnificent scenery around the Rohtang Pass at 3,987 metres. This seems to be an event after the fact as the Pass was completely shrouded in cloud. We missed the spectacle of Indian honeymooners dressed in hired, dirty fur coats posing for photos on Yaks. There's always next year! Destination Manali is looming and civilization. Coming into Manali we spot an elephant sauntering along the road. Libby leapt out the car like a flash with money in her hand determined to get a photo. Much to her surprise the elephant took the money daintily from her.

Ahh, Manali, a nice hotel with a garden, hot showers and fresh clothes after our long journey. How we all scrubbed up as good food and bright lights were the last agenda for this long day. After dinner we sampled Manali's night life with a stroll down the mall and a quick fling of trance music at the local disco.....what were we thinking! **Overnight Manali**

Wednesday 16 July 08: Manali to Sidhpur After another meditation class, an invigorating yoga class and a great breakfast, it was a change of drivers and off for our final destination, Thosamling Nunnery. Today is a short drive compared to the previous couple of days. Kullu was the first destination then onto the Kullu Valley for picturesque views of the Bias River, through to Mandi and arriving at Sidhpur late afternoon. **Overnight Thosamling Nunnery.**

Thursday 17 July 08 Dharamsala. Libby continues to whip us into shape with her yoga and it has become a great start to the day. After breakfast we get glamed up to visit McLeod Ganj for a spot of more sightseeing and shopping. Firstly Palden, our monk guide meets us for our tour of the Namgyal Temple and the Tibetan Museum. He is a mind of information giving us the rundown on the Tibet and the current situation and we take a peek at the home of the Dalai Lama. Lunch, at the local café, consists of Pizzas which I have been dreaming and imagining about since we started this journey finally gets to be a reality. Oh the taste sensation! A stroll around the town for a yet more shopping follows until the late afternoon. **Overnight Thosamling Nunnery.**

Friday 18 July 08 Dharamsala. Today we all head to McLeod Ganj for rest and relaxation having booked into massages, followed by eating and shopping in the local shops. As this is the last day of our tour that we will all be together we meet for an early dinner at Mai Thai Restaurant. It is hard to imagine that we only know each other just on 13 days and how well we all know each other. From the group meditations and yoga to sharing our experiences of getting a bargain, being ripped off, being sick to the sheer joy at seeing such wonderful scenery, it seems that a lifetime has passed instead of 13 short and long driving days. **Overnight Thosamling Nunnery.**

Saturday 19 July 08 Dharamsala. Our morning yoga continues and after breakfast we head to Norbulingka. This Tibetan complex was established to teach and preserve traditional Tibetan art, such as woodcarving, thangka painting and embroidery. In the afternoon we receive a teaching and a blessing from the 17th Karmapa in Gyuto Monastery. It is also time for us to



More Lama Dancing- Hemis



Eager onlookers at Hemis



Sangmo- Tagland Pass at 5328m



The weary travelers – somewhere between high passes

Photos – courtesy of Demi – our elected trip photographer, Thanks

leave Dharamsala and take the overnight train to Delhi. We leave in typical monsoon heavy monsoon rain. **Overnight Train**

Sunday 20 July 08 Delhi. We arrive in Delhi refreshed after having experienced our only train journey in India. We take up where we left off from when we arrived and go to the Red Fort and experience parts of old Delhi. Old Delhi is a busy, bustling hub of teeming humanity and pleased to only brush the edges of it. In the afternoon we get to empty our purses once and for all on last minute souvenirs and presents for family back home.

Sunday 20 July 08: Delhi The time has come to leave for the journey homewards. Thanks to Catherine, Beverley, Ans, Libby, Lea, Demi and Doria for being such great participants of Nirvana Tour 08. Thanks to Ven Sangmo and Khandro for their time at Dharma Question and Answer times also again to Ven Khandro for her morning meditations and Libby for Yoga Sessions. To use Demi's words you were an 'AWESOME' group of people.

Roll on next year!

Sharon (Leader of Nirvana 08)

Testimonials – Nirvana 08

'I got to travel with a great group of people in a fabulous part of the world and not have to worry about making any travel arrangements!'

What would be your overall rating of the trip (between 1– 10, 10 being the highest – be honest)? 9 (I took one off for not reaching Nirvana)' – Catherine, Adelaide, Australia

'I wanted to thank you again for everything you did. I had a lovely time in India and it was truly memorable, delightful, all those lovely adjectives to say, AWESOME! So thank you for an awesome Ekno Experience and I look forward to catching up with you next time.' – Demi, Brisbane, Australia

'Thanks for such an amazing experience. The monk who showed us the temple in Dharamsala was a great guide, and the Karmapa was pretty special too. And the food was great and I will be recommending it.' – Beverley, Brisbane, Australia

Booking Form ~ Nirvana Tour

25 June - 10 July 2009

Please complete one form per person. If you do not have a passport, complete this form as if you were applying for one. WE REQUIRE ALL DETAILS AS PER YOUR PASSPORT

PASSENGER INFORMATION (full names as per passport)

Family Name:

Title:

Given Names:

Gender:

Date of Birth:

Telephone (Home):

Telephone (Business):

Mobile:

Email Address:

Address (Home):

Nationality:

Passport No:

Expiry Date:

Special dietary requirements:

Single supplement required:

Room Type: Twin

Share with:

Accommodation requests: (eg. Smoking or non-smoking)

Emergency contact details

Name:

Telephone:

Relationship to passenger:

DECLARATION I have read, understood and agree to abide by the booking conditions as listed on the reverse of this form.

Signature:

Date:

TERMS AND CONDITIONS

The acceptance of all reservations are subject to these booking conditions which form a contractual relationship between Ekno Experience Tours & Travels Pty Ltd (Ekno Experience) ABN 51 121 148 427 and its clients. It is important that clients understand these booking conditions before making a booking.

RESERVATIONS & PAYMENTS

To make a booking Ekno Experience requires names in full (as per passports) of all passengers, and a pre-departure contact phone number and a non-refundable deposit of Euros 300, USD375 or AUD500 per person is due to Ekno Experience within 7 days. The balance is due 60 days prior to departure. Failure to pay by the due date may result in cancellation of the booking. For bookings made within 60 days of departure, payment in full is due immediately upon confirmation.

TRAVEL INSURANCE

We strongly recommend that a comprehensive travel insurance policy be purchased at the time of booking your tour. Contact Ekno Experience for details.

CANCELLATIONS & AMENDMENTS

Amendments to confirmed bookings will be subject to a fee of Euros 37.50, USD40 or AUD50 per change. Within 60 days of departure and once documentation has been issued, amendments may also be subject to cancellation fees. Should you need to cancel a booking, notification in writing must be made to Ekno Experience. The following cancellation fees will apply:

- More than 60 days before departure: Deposit
- 60 to 30 days before departure: deposit plus 20% of the cost
- Less than 30 days before departure- 100% of all monies paid

No refund will be given for unused or cancelled services once travel has commenced.

PRICES

All prices are in Euros, United States dollars and Australian dollars, and are based on tariffs and exchange rates current as at 01 January 2008 . Whilst considerable care has been taken in pricing the travel arrangements, circumstances may change to necessitate changes in itineraries and cost. Any increase must be borne by the client, notwithstanding that deposits or full monies may have already been paid.

GROUP DEPARTURES

Group departures are subject to minimum passenger numbers and Ekno Experience have the right to cancel, amend, offer alternative tours, or refunds to clients should the minimum number not be attained.

PASSPORT AND VISA

A valid passport is required for all international travel. A visa is required to enter India. Ekno Experience will not accept responsibility for passengers who fail to obtain correct travel documents.

GENERAL HEALTH REQUIREMENTS

International touring can involve a considerable amount of walking on uneven surfaces and stair climbing.

To take full advantage of the itinerary it is important that all tour participants have a level of physical fitness that allows them to take part in all activities, without the need of assistance from others. In addition, we recommend that travelers seek advice from a medical practitioner regarding current health requirements, if any, for the countries to be visited.

CONSULAR ADVICE

Please consult the official travel advice issued by the Foreign Affairs Department of your country. We recommend that you review this information both prior to making a booking and again prior to departure.

NOT INCLUDED IN TOUR PRICE

The tour price does not include travel insurance, passport and visa fees, excess baggage charges, gratuities, laundry, phone calls and other communication costs, drinks, meals not listed in the itinerary, and all items of a personal nature.

TRAVEL AND ACCOMMODATION

All forms of transportation and accommodation are provided by independent third parties, and standards and conditions may vary from what has been quoted. Ekno Experience has no control over such changes and makes no guarantee regarding this. Should any independent third party, service provider, hotelier or carrier cancel services or provide different services to those expressly mentioned by Ekno Experience, the client agrees to have no claim or cause of action whatsoever against Ekno Experience. All vouchers and tickets are issued subject to the terms and conditions specified by the suppliers and all services are subject to the laws of the country where the services are provided.

SERVICE GUARANTEE

Ekno Experience guarantees that the client obtains the travel, accommodation and other associated services contracted by the client. When presented with clear evidence that services paid for were not provided to the client that resulted in subsequent changes, delays, loss of services later in the planned itinerary, and it is proven that such altered services were due to negligence or willful mismanagement by Ekno Experience employees, then Ekno Experience, at its sole discretion, will determine the appropriate recovery action and/or compensation to be paid to the client. This will vary upon the circumstances but will be no less than the minimum cost required to recover from an element of failed service (paid to the client direct or to the ground operator responsible for correcting the situation) through to, but not exceeding, a full repayment to the client of the full cost paid by the client in the event of major disruption to contracted services whereupon it was impossible for the clients to continue with the contracted arrangements at all.

DISCLAIMER

Notwithstanding the Service Guarantee above, Ekno Experience and the client(s) understand the Booking Conditions described herein have been read and accepted by the client(s). Ekno Experience accepts no responsibility for any accident, damage, loss, injury, sickness, death, cancellation, delay, detention, deviation, substitutions or other unforeseen event unless caused expressly by the negligent or willful act of itself or its employees. Every endeavour has been made by Ekno Experience to ensure that all services are accurate at the time of final payment and Ekno Experience shall not be under any obligation or be liable to

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