



Himalayan India Conference

MAIN TOUR

Spiritual India
9-23 September 2019

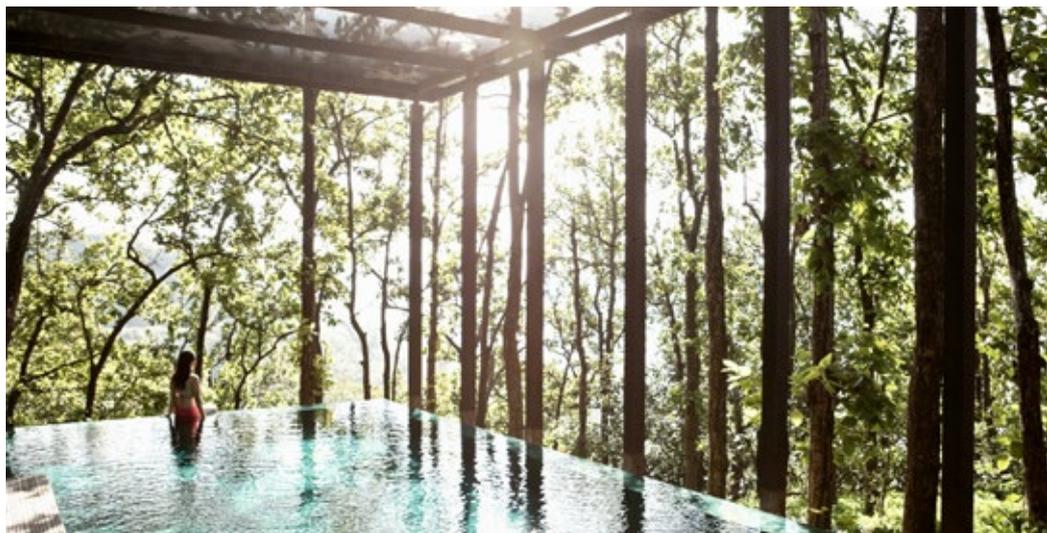
PRE-TOUR

Nepal
1-9 September 2019

POST-TOUR

Luxury Himalayan
Spa Experience
23-26 Sept 2019





MAIN TOUR

Himalayan India Conference

SEPTEMBER 2019

Day 1

Arrival Kolkata

Mon 9 September

We will arrive into Kolkata from Australia and have the rest of the day to relax.

Kolkata, flamboyant former capital of British India, retains a feast of colonial-era architecture contrasting starkly with urban slums and dynamic modern new suburbs.



ACCOMMODATION: ITC Sonar Kolkata
www.itshotels.in/hotels/kolkata/itcsonar.html

DELEGATES ONLY**Morning conference including morning tea****Afternoon Half Day City Tour**

Our tour will include a visit to the sparkling white Victoria Memorial dedicated to Queen Victoria which is nestled amidst lush gardens. It will offer us a deep insight into the history of India. We will also visit the Missionaries of Charity's Mother House, a holy place of pilgrimage and reverence established by Mother Teresa in 1950 with the purpose of selfless service to mankind and where she was laid to rest in a simple tomb, an example of soulful and mindful meditation.

We will have time to stroll past the Victorian buildings on Dalhousie Square and gain a taste of the city's illustrious past.

Evening

We will enjoy a sumptuous welcome dinner at a renowned restaurant in Kolkata.

NON-DELEGATES

Morning at leisure

**ACCOMMODATION:** ITC Sonar Kolkata **B D**

Today we will take a morning flight from Kolkata to Bagdogra and then transfer by road to Darjeeling. A refreshingly cool former hill station, Darjeeling's lush tea plantations are set against a backdrop of snow-capped peaks.

**ACCOMMODATION:** Mayfair Darjeeling Hotel **B L D**
www.mayfairhotels.com/mayfair-darjeeling



Day 4

Darjeeling

Thurs 12 September

Today we will have an early rise to visit Tiger Hill at sunrise. We will reach Tiger Hill, at an altitude of 2,590 metres, by jeep passing through the villages of Chowrasta, Alubari or Jorebangla before climbing to the summit. From there we will have a panoramic view of Mount Everest and Mount Kangchenjunga at sunrise.



On our return we will stop at Ghoom Monastery, one of the oldest Tibetan Buddhist monasteries in the Darjeeling area built in 1850. One of the key attractions inside the monastery is the 5 metre model of the Lord Buddha, created from clay that was brought all the way from Tibet and the huge oil lamps that are kept burning all the year through.

Following a hearty breakfast we will depart on a magical train ride on the Darjeeling Himalayan Toy Train, recognised as a UNESCO World Heritage Site for an outstanding living example of enterprising engineering solutions. This small train runs on historic mountain railway lines built by the British in the late 19th century to provide access to their hill settlements.

After a brief halt at Ghoom station, the highest point at an altitude of 2,500 metres, to visit the DHR Museum, the train will ascend steeply through a number of fascinating reverses and loops. One of the most scenic of these is Batasia Loop, between Ghoom and Darjeeling, which provides a panoramic view of Darjeeling with Mount Kanchenjunga in the background.



Later we will visit Padmaja Naidu Himalayan Zoological Park, the largest high altitude zoo in India, specialising in breeding animals adapted to alpine conditions. It has successfully run captive breeding programs for the snow leopard, the critically endangered Himalayan wolf and the red panda.

Another highlight of our tour will be a visit to the Himalayan Mountaineering Institute, a pilgrimage for climbing enthusiasts. It is well known for its famous Director of Field Training, Tenzing Norgay, the first human to set foot on the highest peak of Mount Everest along with Sir Edmund Hillary.



We will end the day with a visit to the Happy Valley Tea Estate, home to spectacular lush fields, where on our tour of the tea factory we will get a glimpse of the fascinating process of manufacturing tea before discovering the legendary flavour of organic Darjeeling tea at our tea tasting.

ACCOMMODATION: Mayfair Darjeeling Hotel **BLD**



Day 5

Darjeeling

Fri 13 September

Day At Leisure OR

OPTIONAL TOUR - FULL DAY HIKE:

Tukvar Tea Estate

We will begin the hike from our hotel passing through small villages and tea plantations until we reach the beautiful Tukvar Tea Estate established in 1852. On the way we will also visit local community centres and schools in

these remote villages and meet some of the locals for a cup of tea in their homes.

We will enjoy a packed lunch from the estate before driving back to Darjeeling.



ACCOMMODATION: Mayfair Darjeeling Hotel **B**

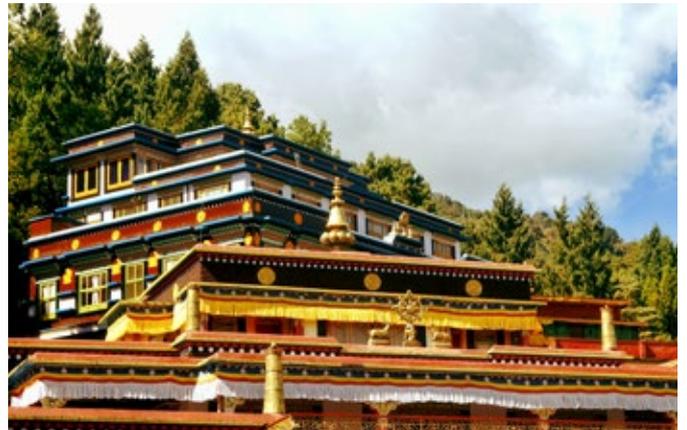


Today we begin our journey to the remote area of Sikkim, one of the most rewarding destinations for mountain scenery. It is a small but incredibly diverse state with a rich Buddhist culture dating back to the 8th century.

We will drive to the beautiful hill town of Gangtok where en route we will visit the Rumtek and Enchey Monasteries.

Rumtek Monastery, one of the oldest in Sikkim built originally in the 16th century, is one of the most important sites for almost every Buddhist. It contains a superb golden stupa and is host to several Tibetan festivals.

Enchey monastery, the "Solitary Monastery" established in 1909 is renowned for its sacredness and the religious significance that is deeply ingrained in every household in Gangtok.



ACCOMMODATION: Mayfair Gangtok Hotel **BLD**
www.mayfairhotels.com/mayfair-gangtok



Day 7

Gangtok

Sun 15 September

Morning At Leisure OR

OPTIONAL TOUR - CHANGU LAKE:

Our tour will be to scenic Changu Lake known for red pandas and numerous rare species of birds. The lake surface reflects different colours with the change of seasons and is held in great reverence by the local Sikkimese people. There will be time to relax, walk and take in the beautiful scenery.

We will also have the opportunity to ride colourfully decorated yaks.



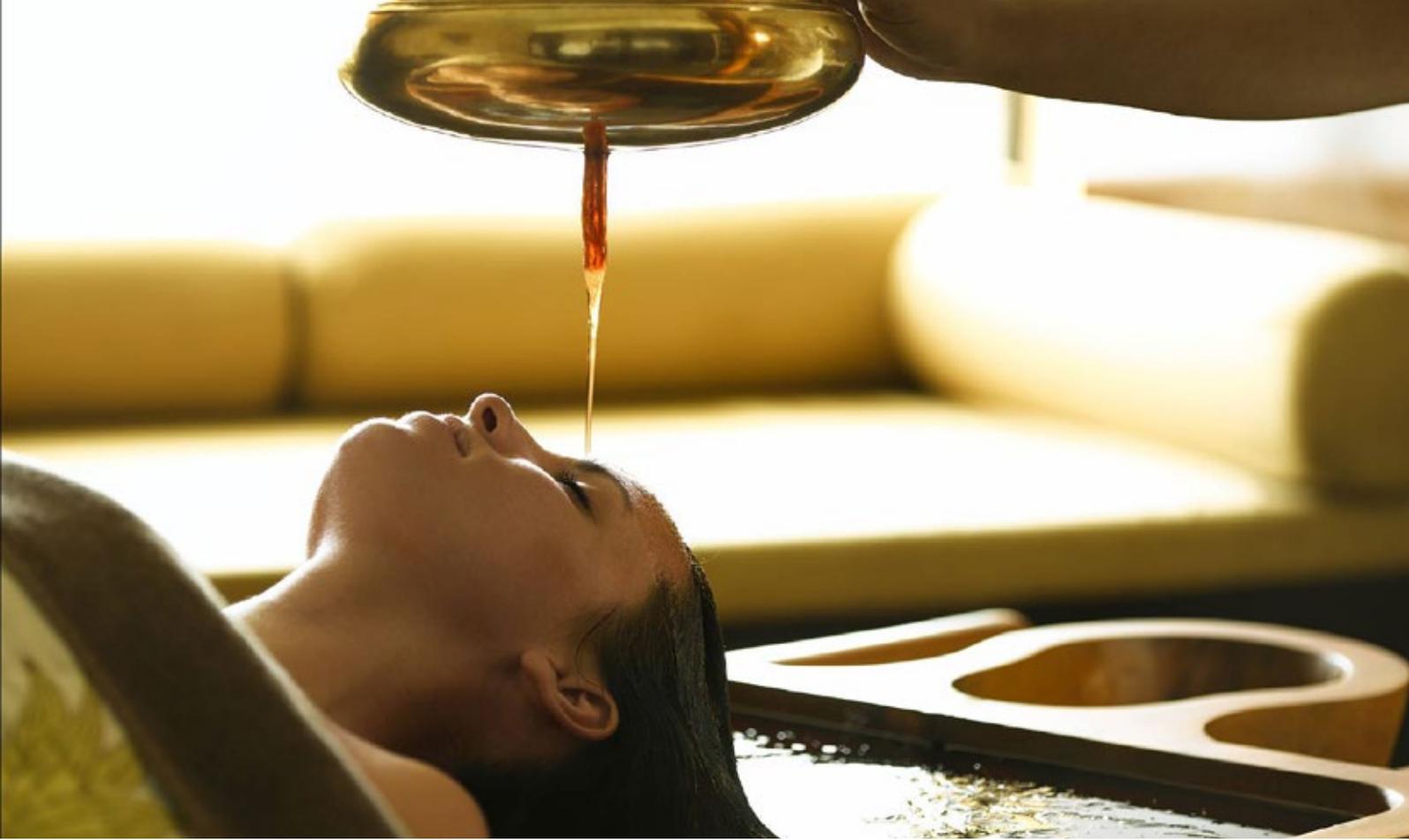
DELEGATES ONLY

Afternoon conference/hospital visit including afternoon tea

NON-DELEGATES

Afternoon at leisure

ACCOMMODATION: Mayfair Gangtok Hotel **B D**



Day 8

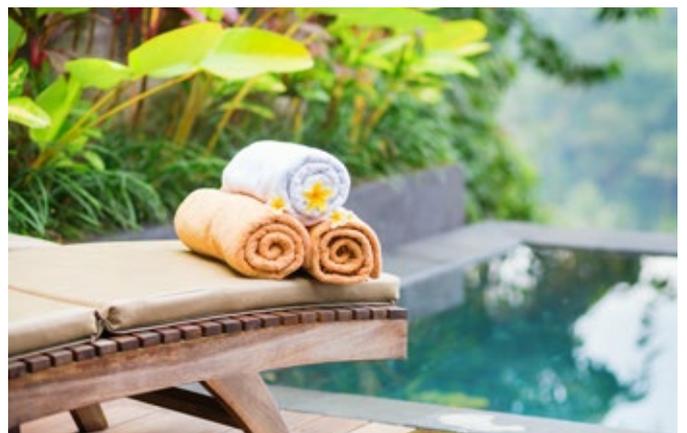
Chandigarh

Mon 16 Sept

This morning we will take a domestic flight to Chandigarh.

Our accommodation here is at the 5 star luxurious Oberoi Resort surrounded by over 8,000 acres of protected natural forest at the foothills of the outer Himalayas.

Harmonising traditional elements of Indian architecture, aesthetically landscaped gardens and beautiful water features the resort has been designed so we can experience Ayurvedic, Eastern, Western and signature Oberoi massage therapies in a relaxing environment.



ACCOMMODATION: Oberoi Sukhvilas Resort & Spa Chandigarh **BLD**
www.oberoihotels.com/hotels-in-chandigarh-sukhvilas-resort

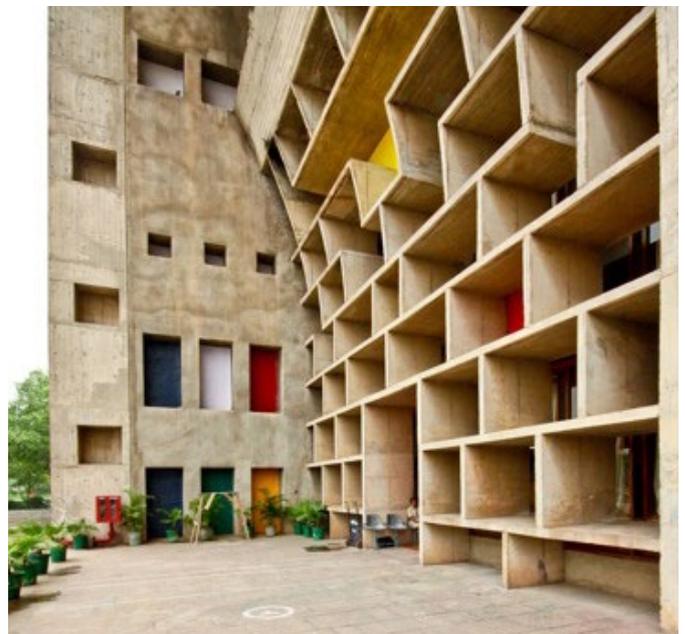


After breakfast we will enjoy a sightseeing tour of Chandigarh focusing on the unique architectural style of the city.

We will visit the Le Corbusier Centre set up at the old sector 19 office of the city's Swiss-French architect while contemplating the city almost 6 decades ago. It displays and exhibits the life and works of Le Corbusier.

We will explore the city and see many of his projects including the Chandigarh Capitol Complex now a UNESCO World Heritage Site.

Another highlight of the day will be the sculpture Rock Garden of Chandigarh. It is an amazing 40 acre site completely built of industrial waste. It consists of man-made interlinked waterfalls and ceramic sculptures.



DELEGATES ONLY

Afternoon conference/hospital visit including afternoon tea

NON-DELEGATES

Afternoon at leisure

ACCOMMODATION: Oberoi Sukhvilas Resort & Spa Chandigarh **BL**



Day 10

Chandigarh - Dharamshala

Wed 18 September

This morning we will have time to relax and enjoy the wonderful spa and yoga activities at the resort.

After our afternoon check-out from this beautiful resort we will travel to Dharamshala, current home of the Dalai Lama and a large community of exiled

Tibetan Buddhists. Surrounded by cedar forests on the edge of the Himalayas, this hillside city is dominated by the sound of chanting monks from the numerous temples, shrines, monasteries and meditation centres which line the streets

ACCOMMODATION: Fortune Park Moksha Resort Dharamshala **BD**
www.fortunehotels.in/mcleod-ganj-fortune-park-moksha.dh.27

**DELEGATES ONLY**

Morning conference including morning tea

Afternoon Tour

We will first visit the Dalai Lama temple complex and enjoy the peaceful ambiance of the surroundings. We will see from the outside the Namgyal monastery, private monastery of His Holiness the Dalai Lama which is only open to the Dalai Lama and his students.

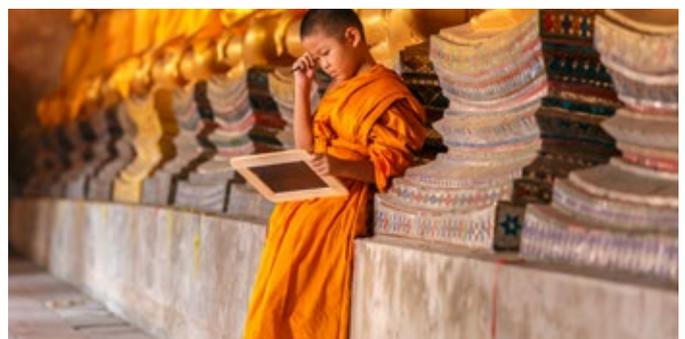
Time will also be spent at Bhagsunath Temple sacred to Hindu devotees and known for its plentiful beautiful pools.

Near the temple is the Bhagsu waterfall considered one of the most beautiful streams in the area.

The end of the day will involve a visit to the Tibetan Medical Institute, whose main mission is to promote the Tibetan system of medicine, astronomy and astrology. It also is known for producing Tibetan medicines in an environmentally sensitive manner.

NON-DELEGATES

Morning at leisure



ACCOMMODATION: Fortune Park Moksha Resort Dharamshala **BLD**



Day 12

Dharamshala - Amritsar

Fri 20 September

This morning we will travel to Amritsar, the most sacred of cities for the world's many million Sikhs.

Early evening we will have a half day excursion to the Wagah border to experience the "Beating Retreat Ceremony".

This ceremony of lowering the flags at the border is a daily military practice that the security forces of India and Pakistan have jointly followed since 1959. The drill is characterised by elaborate and rapid dance-like manoeuvres. It is a symbol of the two countries rivalry as well as brotherhood and cooperation between the nations.

The ceremony, just before sunset, starts with a blustering parade by the soldiers and ends up in the perfectly coordinated lowering of the flags at sunset.



ACCOMMODATION: Hyatt Amritsar **BLD**
www.amritsar.hyatt.com/en/hotel/home/html



Day 13

Amritsar

Sat 21 September

DELEGATES

Morning conference including morning tea

In the afternoon we will visit the spectacular Golden Temple, the most sacred shrine of Sikhism. The temple is awash with people who come to bathe in the holy waters and is at its most seductive in the evening when the Adi Granth, the original holy book is paraded before jostling crowds in the "Putting to Bed" ceremony.

NON-DELEGATES

Morning at leisure



ACCOMMODATION: Hyatt Amritsar **BLD**

MAIN TOUR: Himalayan India Conference



We will take an early flight from Amritsar to Delhi. After lunch we will proceed on a Heritage Walk of Old Delhi. Walking through the charming quarter of Old Delhi we will experience the amazing local bazaar with its colourful and interesting street food and delicacies. We will have time to visit one of the best well maintained Haveli old-style private mansions

and be witness to a demonstration and tasting of traditional home-style Indian vegetarian cooking in the Hindu home of Master Ji Kee Haveli.

In the evening we will end our tour with a farewell dinner in one of Delhi's amazing restaurants highlighting modern Indian and fusion cuisine.

ACCOMMODATION: The Oberoi's Maiden Delhi **BLD**
www.maidenshotel.com

For those not doing the post tour we will connect to our flights back to Australia.

For those doing the post tour we will fly to our Himalayan Spa retreat.

Himalayan India Conference

9-23 SEPTEMBER 2019

Trip Inclusions

- Conference sessions/hospital visits with tea as indicated (delegates only)
- 14 nights at well-appointed accommodation mentioned in the itinerary (or equivalent)
- Meals indicated in the itinerary including welcome and farewell dinner
- Domestic Flights Kolkata-Bagdora, Bagdora-Chandigarh & Amritsar-Delhi
- All group airport-hotel transfers with airfares purchased through Convention Abroad
- All sightseeing, activities and entrance fees as outlined in the itinerary
- Toy train ride in Darjeeling
- Porterage & Tipping
- Bilingual guide
- Convention Abroad escort
- All taxes and handling fees

Trip Exclusions

- International airfares Australia – India
- Meals and drinks not indicated in the itinerary
- Optional tours/activities other than those specified
- Video filming & photographing fees
- Personal expenses (laundry, telephone, mini bar, etc.)
- Travel insurance (compulsory)
- Individual airport-hotel transfers
- Visas (if needed)
- Airport taxes (if applicable)
- Anything not mentioned in the trip inclusions



To receive all costing details

Please proceed to the 'Register Your Interest' page on our website to complete and submit the form.

www.conventionabroad.com.au

For any questions, please contact

Dr Naomi Jacobs 0413 62 62 74

PRE TOUR

Nepal

SEPTEMBER 2019

Day 1

Arrival Kathmandu

Sun 1 Sept



We will arrive into Kathmandu and have time to relax. Kathmandu is an incredibly diverse historic city with breathtaking Newari architecture and centuries old Hindu and Buddhist religious sites.



ACCOMMODATION: The Dwarika's Hotel Kathmandu
www.dwarikas.com



DAY 2

Kathmandu-Pokhara

Mon 2 September

This morning we will take a short flight to the city of Pokhara set amongst the amazing Himalayan mountains and gateway to the Annapurna track.

In the late afternoon we will enjoy a boat trip on Phewa Lake, the 2nd largest lake in Nepal, where we will view the reflections of Mount Annapurna and the Macchapuchare range. Following this we will hike through a forest grove to reach World Peace Pagoda, a shining white shrine which also offers amazing views of the famous Annapurna range.



ACCOMMODATION: Himalayan Pavilion Resort **B**
www.pavilionshotels.com/himalayas/



We will have an early morning excursion to Sarangkot Village to witness the magnificent sunrise and enchanting views of the Himalayan peaks. The village is situated on top of a hillock just north of Phewa Lake.

Later, after breakfast, we will visit Bindebasini Temple, one of the oldest temples in Pokhara and the centre of religious activity in the old bazaar.

Our day will end with a journey to Devil's Falls, an awesome waterfall and the underground Gupteshwor Cave, popular for the different natural limestone forms.



ACCOMMODATION: Himalayan Pavilion Resort **B D**

DELEGATES ONLY

Morning conference at Gandaki Medical College including morning tea

Afternoon at Leisure

NON-DELEGATES

Morning at leisure

ACCOMMODATION: Himalayan Pavilion Resort **B**



Day 5

Pokhara - Chitwan

Thurs 5 September

After breakfast we will proceed to Chitwan National Park, one of the most stunning parts of the Nepal lowlands. The spectacular landscape, covered with lush vegetation, changing river landscapes and the Himalayas as the backdrop makes the park an area of exceptional natural beauty.

One of the last populations of single-horned Asiatic rhinoceros lives in the park which is also the last refuges of the Bengal tiger.

We may also see deer, wild boar, sambar and leopards.

After lunch we will enjoy both an elephant and jeep safari for some game viewing.

Traversing the forests in search of a tiger on the back of an elephant is an unforgettable experience!

We will also visit an elephant breeding farm.

Late evening we will float down the picturesque Rapti River on a sunset cruise taking in beautiful views of the Himalayan foothills and spotting exotic species along the way.



ACCOMMODATION: Barahi Jungle Lodge or Taj Meghali **B D**
www.barahijunglelodge.com or www.taj.tajhotels.com



A nature walk in the early morning will provide us with an excellent opportunity to see more wildlife and to sight different species of birds. This will be followed with a canoe ride to view crocodiles, otters and a variety of water birds.

In the evening we will attend a special Tharu cultural show and dinner.



ACCOMMODATION: Barahi Jungle Lodge or Taj Meghali **BD**



Day 7

Chitwan - Bharatpur - Kathmandu

Sat 7 September

After breakfast we will explore the medieval art and architecture of Bharatpur, perhaps the least changed of all the cities in the Kathmandu Valley, with a distinct medieval feel. Pottery and weaving are still traditional industries here. Architectural wonders abound, including the Palace of Fifty Five Windows, Golden Gate and the magnificent five-storied pagoda-style Nyatapola Temple and Patan Dunbar Square.

After our tour we will take a domestic flight to Kathmandu known to be the capital of temples and historical sites with seven World Heritage Sites.

We will have free time to explore the cultural highlights of this fascinating city.



ACCOMMODATION: The Dwarika's Hotel Kathmandu **B**

PRE-TOUR: Nepal



Day 8

Kathmandu

Sun 8 September

Morning at Leisure OR

OPTIONAL TOUR - MT EVEREST FLIGHT

Take off on an early morning scenic flight over the world's highest mountain range, marveling at the majesty of Mount Everest and other snow-capped Himalayan giants from a unique perspective. Everyone has a guaranteed window seat. A truly memorable experience!!



Afternoon Tour

In the afternoon we will visit Swyambhunath and Bouddhanath. The mammoth white Bouddhanath stupa is the oldest of its kind in Nepal and has numerous shrines and monasteries on its premises. We will be amongst the throngs of pilgrims and worshippers who come to this the most important Tibetan Buddhist temple outside Tibet!

ACCOMMODATION: The Dwarika's Hotel Kathmandu **B**

Day 9

Kathmandu

Mon 9 September

Today we will transfer to the airport for our flight to Kolkata for the start of the main tour **B**

Nepal

01-09 SEPTEMBER 2019

Trip Inclusions

- Conference session/hospital visit with tea as indicated (delegates only)
- 8 nights at well-appointed accommodation mentioned in the itinerary (or equivalent)
- Meals indicated in the itinerary
- Domestic Flights Kathmandu–Pokhara & Bharatpur–Kathmandu
- International airfare Kathmandu–Delhi
- All group airport – hotel transfers with airfares purchased through Convention Abroad
- All sightseeing, activities and entrance fees as outlined in the itinerary
- Porterage
- Bilingual guide
- Convention Abroad escort
- All taxes and handling fees

Trip Exclusions

- International airfares Australia – Nepal
- Meals or drinks not mentioned in the itinerary
- Optional tours/activities other than those specified
- Personal expenses (laundry, telephone, mini bar, room service etc.)
- Tipping
- Visa (if required)
- Travel insurance (compulsory)
- Individual airport-hotel transfers



To receive all costing details

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www.conventionabroad.com.au

For any questions, please contact

Dr Naomi Jacobs 0413 62 62 74

Luxury Himalayan Spa Experience

SEPTEMBER 2019

Day 1

Delhi - Dehradun - Ananda

Mon 23 September

Today we will fly from Delhi to Dehradun then transfer to our luxurious accommodation- Ananda in the Himalayas.

Gloriously relaxed and indulgent, Ananda is a luxurious retreat set in a vast estate. A centre

of well-being, the approach here is holistic, from the wide range of Ayurvedic treatments and yoga classes to the delicious but healthy food in the restaurant.



ACCOMMODATION: Ananda in the Himalayas **D**
www.anandaspa.com



Day 2

Rishikesh

Tues 24 September

Today we will partake in a full day excursion to Rishikesh, one of India's seven holy cities, where the Ganges emerges from the Sivalik Hills. It is renowned as a centre of yoga and meditation.

Some highlights of the day will be the Ram and Lakshman Jhula, iron suspension bridges over the river Ganges which are known as landmarks of Rishikesh.

We will have time to visit Parmarth Niketan Ashram, the largest ashram in Rishikesh, providing the thousands of pilgrims with a clean pure and sacred atmosphere as well as abundant beautiful gardens. A true spiritual haven!

In the suburban alleys of Rishikesh, there is an erstwhile ashram of late Guru Maharishi Mahesh Yogi also known as the Beatles ashram where the fab-four attended a session of transcendental meditation. It was here that the English Band composed over 50 songs during their stay in 1968. We will have time to visit this tranquil place as well.

In the evening we will witness the Ganga Aarti ceremony at Parmarth Ashram, a Hindu ritual of worship in which light from wicks soaked in ghee is offered to deity.



ACCOMMODATION: Ananda in the Himalayas **BL**



Day 3

Ananda in the Himalayas

Wed 25 September

Today we have a free day to enjoy the activities at the hotel, including spa treatments, yoga, mountain biking and forest walks. The Himalayas are renowned for their spiritual presence and are said to be charged with the power and energy of the goddess Parvati.

What a wonderful relaxing environment to end our Himalayan Indian experience!!



ACCOMMODATION: Ananda in the Himalayas **B**

Day 4

Ananda in the Himalayas

Thurs 26 September

We will fly back to Delhi to connect to our return flight back to Australia. **B**

Luxury Himalayan Spa Experience

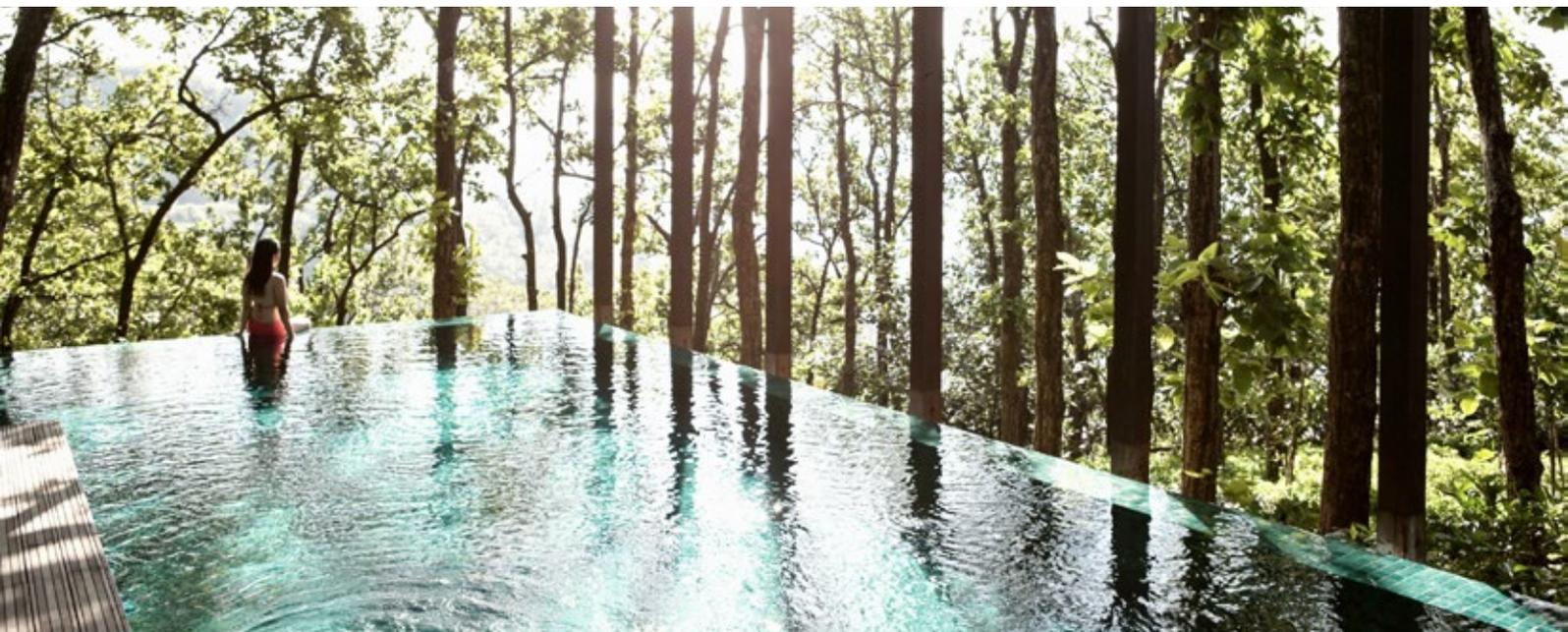
23 - 26 SEPTEMBER 2019

Trip Inclusions

- 3 nights at 5 star accommodation mentioned in the itinerary (or equivalent)
- Meals indicated in the itinerary
- Return domestic flights Delhi- Dehradun
- All group transfers
- All sightseeing, activities and entrance fees as outlined in the itinerary
- Porterage
- Bilingual guide
- Convention Abroad escort
- All taxes and handling fees

Trip Exclusions

- Meals or drinks not mentioned in the itinerary
- Optional tours/activities other than those specified
- Personal expenses (laundry, telephone, mini bar, etc.)
- Travel insurance (compulsory)
- Individual airport-hotel transfers
- Extra night accommodation in Delhi if needed due to flight rescheduling
- Visas (if needed)
- Airport taxes (if applicable)
- Anything not mentioned in the trip inclusions
- Tipping



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