



THE HEART OF TIBET IN EXILE IMPORTANT INFORMATION

\$3,885.00 (Includes room and board and round trip airfare from Newark to Delhi)

\$2,885.00 (Price without airfare)

The Price Includes: All lodging (double occupancy), some private rooms will be available on a limited basis for an extra charge; all meals in Delhi and Dharamsala; specific donations made by the group; and entrance fees to the monuments and historic sites on the itinerary.

The Price Does NOT Include: Visa fees, airport taxes, miscellaneous transportation other than what is scheduled for the group, spending money, emergency evacuation insurance (required), travel insurance (recommended), expenses for meals that participants choose to purchase outside the scheduled meals, medicine, immunizations, personal tips, extra luggage fees, hotel laundry service, personal offerings at temples and monasteries, extended stay beyond the scheduled trip dates, changes to or extensions of air ticket, express mail delivery of air tickets.

Cancellation Policy: In the event that a participant cancels their tour and requests a refund, the Namgyal Heart of Tibet Committee will consider a full or partial refund (less the \$500 deposit) on an individual case-by-case basis. **The \$500.00 deposit is non-refundable.**

Please read the following information carefully: All participants are advised to check with their health insurance carrier as to coverage abroad and for precautionary medical treatment for travel in India. Namgyal Monastery requires that all participants have both **health coverage** and **emergency evacuation insurance** for the duration of the trip. **Travel insurance** is also highly recommended.

Although this program is designed to accommodate people of varying ages, please note that there will be periods of **aerobic walking (usually uphill)** and **stair climbing** due to the design of some temples and the steep topography of certain areas. Also we **arrive in Delhi during the hot season when temperatures are between 80F-110 F. We will be there one night and will stay in air-conditioned rooms. The bulk of our experience will be in Dharamsala, a hill station at 6000 feet, where the temperature will range from 65F-90F.** All participants are advised to see their health care provider well in advance to ensure that they are in good health at the onset of the trip. We also require that you inform both Namgyal Monastery and the program instructors of any chronic or acute health problems that might impact your travel in India.

Namgyal Monastery and the program instructors will take the utmost care and precaution in all stages of the planning and executing this program, but there is always the potential for physical dangers. **Please be advised that we cannot always guarantee your safety**, but we can assure you that your safety, comfort, and the quality of your experience are of paramount importance to us. **Namgyal Monastery Institute of Buddhist Studies cannot be held accountable for any unforeseen occurrence that should happen while the tour is underway in India.**

Travel in India always has its challenges, but it can be an exciting and enriching experience that can change your life. Please join us for this unique spiritual adventure, and experience for yourself the rich beauty and extraordinary wonders of **The Heart of Tibet in Exile.**