

## Destination: India

### Tour: Cave Temples and Heartlands of India with Dr. Robert DeCaroli



India has so many incredible experiences that it is no exaggeration to call it one of the world's richest cultural travel destinations. India is a land of dreams and romance, of fabulous wealth and poverty, of splendour and rags. India is a country of contrasts and paradoxes, of powerful flavours, of spectacular images, and extreme patterns of behaviour. That is what makes this journey so irresistible and powerful. In addition, Indian people are in general openhearted, friendly, and will welcome you to share their country.

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#### Is this tour is right for you? It is if you:

- have an interest in historical architecture
- love piecing together how ancient societies lived
- are curious about how their past has shaped the present
- like to see how material cultures shape societies
- enjoy off-beaten track destinations

In fact, we wager you'll fall in love with this relatively undiscovered corner of India and plan to return before you head back home.

#### This tour may not be the best fit if you:

- get overwhelmed by significantly different cultural norms than in the west

- insist on five-star luxury and comfort when you travel (\*please see below for accommodations and transportation)

We'd be happy to customize a private tour to your exact liking. Please [write us!](#)

### How strenuous is this tour?

**IMPORTANT** A good level of fitness is essential. Unless you enjoy unimpaired mobility, can cope with everyday walking and stair-climbing without difficulty, and are reliably sure-footed, this tour may not be for you.

You must be able to walk comfortably and without assistance at a moderate pace for one hour stretches. A moderate pace of walking is defined as 100 steps per minute. Visits to historical monuments and even some modern ones include stairs, as do some hotels. The ground may be uneven in older cities. There are some steep walks. Unruly traffic and the busy streets of larger cities require some vigilance. This tour involves private bus transfers on crowded urban roads. The longest transfer on this tour is 6hrs with 2-3 breaks.

Most sites have some shade, but the sun can be strong, even in the cooler seasons.

Secondly, our tours are group events. The presence of even one person who is not fit enough to cope can spoil the experience for everyone else, and stress group leaders and guides.

Please assess your fitness level as objectively as possible. Should you decide to join the tour and later develop immobility, please let us know immediately. The earlier we know,

the better we can recoup \$ for you.

### Arrival/departure: where do I fly to/from?

Tour starts Jan 7, 2024, at 10 a.m. in Mumbai. International flights booked into/out of Mumbai (BOM). Or Delhi (DEL) requiring an internal flight DEL-BOM.

Tour ends April 20, 2024 in Goa. Flight GOA-BOM is included. Several daily flights are available to suit your international connection.

Good international routes are offered by all major carriers: Air Canada with partners, Delta, American, United; European and Mid-east carriers.

Internal flights are easily booked online or can be arranged by us (\$). We can also arrange transfers and additional overnight stays (\$). For any questions about best flights, routes, timings, don't hesitate to contact us!

### What is the comfort level of this tour?

**On a scale of 0-5, where 5 = decadent luxury and 0 = basic camping, this tour is rated a 3-4.** We go into villages and markets. Sometimes we invite you off the bus to traipse through fields to see how cotton grows or how fudge is made the old-fashioned way. Such activities invariably add to your overall experience and are designed with your comfort and safety in mind. At all times, the choice is yours.

### Do I need a visa for India?

Unless you have OCI (Overseas Citizen of India) status, you will need a visa.

## **Canada and USA:**

E-visas are now available for Canadian nationals, apply [here](#).

Evisa for US nationals, click [here](#).

Application can be made anytime within one year to date of arrival. Passport validity of at least 6 months required.

Past group members report difficulty navigating and uploading photos; sessions time-out; payments do not go through right away. But perseverance does pay off.

**Please note it is your sole responsibility to possess a valid passport and visa prior to this tour.**

NOTE: While applying for a visa including an e-visa, you will be asked to supply an address in India. You may use our office address in Delhi:

**Mr Subroto DasGupta**  
**E.Y.H.O. Tours/Country Tours**  
**ADDRESS: H- 1585, CHITTARANJAN PARK**  
**NEW DELHI-110019**  
**Tel.+91-11-40518398**

## **Other FAQs**

**I hear only 5\* hotels are good enough for travel in India. Correct?**

Incorrect. We select accommodations for cultural relevance, comfort, safety, and personal service. All accommodations have private bathrooms and western-style toilets. We will travel an untrampled part of India in search of unique rural experiences. 5\* is not necessarily available or desirable.

## **What is the Time Zone in India?**

India is 10 1/2 hours ahead of the Eastern Standard Time.

## **What is the weather like in January?**

January is the perfect travel month for India, and generally pleasant for international visitors. Expect average max daytime temps around 30.0°C (87°F) and min. temps. 20°C (65°F). Rural areas may be cooler depending on proximity to large bodies of water, and/or green cover. October is a dry month with an average of 11mm (0.4in) rain. In a nutshell, clear skies, gentle breezes, warm days, and bearable nights.

However, climate change is making weather predictions difficult. Please prepare accordingly.

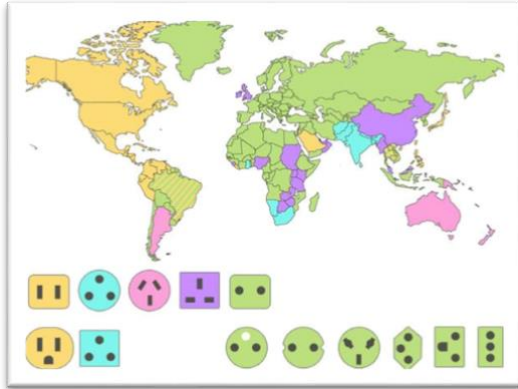
## **What about clothes and valuables?**

A comprehensive packing list will be supplied approximately 2 months prior. Consider layering clothes. Pack a light windbreaker, as well as warm socks in case of inclement weather. Comfortable closed-toed walking shoes are recommended. Dresses below the knees, and trousers and sleeveless dresses are acceptable. Remember, you will be in a relatively inexpensive shopper's paradise! We have never had a theft, but best leave all expensive jewelry and valuables at home.

Please note: climate change is scrambling weather patterns the world over. Be prepared for variations.

## **What is the voltage in India?**

The voltage in India is 220 AC with either 2- or 3-pin round plugs. See below. Some hotels carry adaptors.



### I'm flying two long haul flights. What do I carry with me on the plane?

Carry all valuables with you: your passport (keep the photocopy in another bag), travelers' checks, cash, camera and memory cards, phone, and prescription medication. In case of baggage delay, a change of clothes along with chargers, shaving supplies, deodorant, toothbrush and toothpaste, medicines and tissues. All amenities, including toilet paper, are readily available in major urban areas of Mumbai.

### What the deal with bathrooms in India?

We stay in the best available heritage/boutique hotels that would equate to a North American 4-5\*. Some locations require community-run accommodations built in local living styles. All have western style bathrooms. However, on road transfers, toilet paper may not be available, and toilets may be basic squat style.

### How can I call home from India?

India uses LTE, 4G, 3G and GSM frequency bands 900/1800. Your phone will work with a local SIM card (check the frequency band your phone uses for compatibility in India). Local pay-as-you-go data and voice packages are inexpensive. Or ask your service provider

to allow International roaming. Note: it can take up to 3 business days to activate a local SIM card.

### My big fear is getting sick in India

Two main reasons why travelers get sick in India are pre-departure stress and eating unwisely. Before you fly, be sure to get plenty of rest and be extra vigilant about contracting colds/flu viruses. The food in India is delicious and generally well prepared. But because local Indian fare can include a plethora of well-spiced—but not necessarily “hot” dishes—it’s advisable to ease western digestive tracts into the cuisine. If in doubt, eat rice and packaged yoghurt until your stomach acclimatizes. **\*\*Only eat foods that have been cooked, and are piping hot upon serving, and eat fruit that can be peeled\*\***

Safe bottled water is readily available all over India. Most dining establishments have reverse osmosis filtered water which is safe for drinking. Ask for “RO” water and unless made from filtered water, decline ice cubes in drinks.

### Will drinking water be provided while travelling?

We provide unlimited bottled drinking water while on the road. In interests of reducing plastic waste, please consider bringing your own refillable water bottle. In hotels, normally 2 bottles per room per day are supplied free of charge.

### What about the currency?

The “Rupee” is the unit of currency, as in 100 cents = 1 dollar; 100 paise = 1 rupee. The current exchange rate is about 80 rupees = 1 U.S. Dollar. The rupee is a closed currency

meaning you cannot bring in above a certain amount (currently Rs 10,000 per person). USD is freely exchangeable. Taking Indian rupees out of India is a punishable offence.

Travelers' checks are not recommended. ATMs are readily available in major urban areas. Carry smaller denomination bills to use at trip-end so you don't have to change more than you need. Upon arrival, change equivalent of \$100 to rupees for when you may not access an ATM during the first couple of days. Credit cards are widely accepted in urban areas.

### How much cash should I carry? In what currency?

You should be able to use a credit card except in markets and with smaller artisans. How much cash to carry depends on your individual needs/shopping capacity. Most meals are included; the ones not included will cost roughly \$15 without alcohol. As a general rule, incidentals might cost you \$200-300. All major currencies can be exchanged; the easiest is USD and GBP.

### What about tipping?

We run a \$150 pp tipping kitty for drivers and guides. Supplement as you wish. Any unused amounts at the end will be democratically disposed of.

### And shopping . . . ?

India is a shopper's paradise. From clothes to jewelry in gold and silver; artifacts, carpets, rugs, embroidery . . . the list goes on. Quality and the price vary widely. Be sure to check the quality of what you buy. Bargaining is expected unless shopping at nonprofit co-ops or directly from artisans.

### What are the luggage requirements?

Most flights within India observe a strictly-enforced rule of 15 kg of checked luggage and 7kg of carry-on. Excess baggage fees runs \$5-6 per kilo. Or you can pay beforehand for excess luggage at a slightly lower cost. You may wish to carry a collapsible bag for extra shopping. We will try to provide shipping-home options at Ahmedabad and Jaipur.

### Do I need any vaccinations?

No vaccinations are mandatory in order to enter India. At all times, follow recommendations of your travel health clinic.

In addition, we recommend shots for hepatitis A/B, typhoid and Tetanus, Diphtheria, and Polio. You may want to bring Tylenol, Immodium and/or Pepto Bismol, in addition to prescription medications. Keep a list of your medications with their pharmaceutical names and dosage, as most medicines are available in India under other names.

### What about malaria?

In post-monsoon in a dry part of India, malaria is not a threat. The best prevention is to wear protective clothing and insect repellent. A travel health practitioner is the best judge of your individual requirements.

### Cave Temples are fascinating! Where can I find out more?

See our Dr DeCaroli-recommended [Reading List](#) !

Questions? We have answers  
[shila@eyhotours.com](mailto:shila@eyhotours.com)

### Covid-related regulations and protocol

The situation and government guidelines are subject to change, so we cannot predict what may happen at tour start date. Here is latest (May 2023) information.

#### What are Covid-related entry requirements to India?

Entry is open to vaccinated visitors. No PCR tests, quarantine, or masking is required.

<https://www.ca.kayak.com/travel-restrictions/india>

Upon return home, travelers are subject to rules of their countries of residence.

#### What we recommend/will do in the event of a case of Covid within the group

- We recommend full vaccination i.e. 3 shots of all our travellers.
- We recommend travel medical insurance. Travel repatriation insurance is optional but recommended. We do not endorse any insurance companies. However, here is advice culled from past travellers' experience: [Last page of T&C](#)
- Since covid is now classified by the WHO as seasonal influenza, **we do NOT require mandatory exit from the tour.** However, depending on the risk posed to other group members particularly the immune-compromised, we may ask you to self-isolate for 5 days at your cost, and socially distance where possible.

- We will attempt to provide separate rooms and transportation at your cost.
- We will attempt to provide access to health facilities such as clinics or hospitals at your cost.
- PCR tests are available in all urban areas. For additional peace of mind, please carry your own Rapid Antigen tests.

**Please note that E.Y.H.O. Tours is not responsible for arranging or covering the cost of any curtailment to the tour, missed transport arrangements, additional accommodation, expenses for testing and treatment, or any other costs incurred by the traveller/s. Travellers MUST ensure that they have travel insurance that covers these costs.**

**Further, E.Y.H.O. Tours is not responsible for dealing with your insurance company. We may provide insurance statements as a goodwill gesture. An admin charge may apply.**