



TESTIMONIAL FROM SR. VALDA DICKINSON, RSM

I can certainly recommend any tour/pilgrimage where Marie Fonseca is the travel organizer/guide. From my experience Marie has personal, in -depth understanding and knowledge of the places visited on tour. Consequently she is able to help participants get a sense of the history, particular characteristics and specialties of each.

Marie is outgoing and communicative; she is able to help those in the group feel comfortable, secure and at ease with one another and their surroundings. All transport, hotel arrangements and local guides are carefully arranged to facilitate a wonderful experience for participants. My advice is to take any opportunity you can to travel on any tour/pilgrimage Marie has organized and is guiding.



COMMENTS FROM SOME OF OUR CUSTOMERS:

"Our 21 day pilgrimage was extremely well organized and so thoughtfully planned. Marie's connections everywhere we went with hotels, with Distant Frontiers, with guides, with drivers made our journey so much easier." JP, "Abide in my Love" 2017.

"The handling of the tour - excellent. Marie as an organizer was most capable and efficient. The tour was most interesting, informative and quite adventurous. Particularly intelligent and knowledgeable were the local guides in each region. They were respectful, amusing, charming and a mine of information. HMC, "Abide in my Love" 2017.

"The assistance and support provided by Andre and yourself are exemplary. Patience, thoroughness, excellent accommodation, downtime, comfortable bus/cars.... Keep on doing what you do" A & R "Abide in my Love" 2017.

"Excellent arrangements by Spice Odyssey and the choice of Distant Frontiers as on ground handler in India. All a seamless transition from site to site. Drivers had excellent skills in traffic. Marie's leadership was exceptional "nothing a problem"." M & P "Abide in my Love" 2017.

FOR FURTHER INFORMATION AND BOOKINGS CONTACT:

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"Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common." (Acts 4:32).

We will be travelling to India as believers of "one heart and one soul", the Christian soul. We will leave our comfort zones that depend so much on what we take for granted. This can be expected to provide the jolt to body, mind and spirit and that can awaken us to new possibilities. Or as stated in the gospel of Mark, it is a cry for the recovery of an ability to see what I have not yet seen in myself and the world around me.

India is a country to be experienced with the heart. It is not a destination, but an experience. It is a country you need to understand with your soul. Amidst all the chaos that is India, we cannot help but notice that Indians possess a serenity that many in the Western world are yearning for. We all seek inner peace. On this spiritual tour and particularly during the retreat in Goa, we will listen with the ear of the heart and hopefully find peace and serenity.



- **Kolkata • Kohima • Jorhat • Majuli • Kaziranga**
- **Guwahati • Gangtok • Darjeeling • Goa • Mumbai**

DEPARTURE DATE: **February 19, 2018**

RETURN DATE: **March 10, 2018**

LAND CONTENT ONLY BASED ON TWIN SHARE PRICE: **AUD 7500** SINGLE
SUPPLEMENT PER PERSON PRICE: **AUD 2200**

Subject to AUD Currency fluctuations (Terms and Conditions Apply)
INTERNATIONAL AIR FARE AUSTRALIA/INDIA/AUSTRALIA
NOT INCLUDED



SOME OF THE HIGHLIGHTS OF THIS SPIRITUAL TOUR WILL BE:

- ♥ 4 nights spent in prayer, yoga and meditation in Goa led by Fr. Joe Pereira.
- ♥ Another highlight will be the day spent in Kolkata, starting with Mass at Saint Teresa of Kolkata's tomb and visiting some of her homes.
- ♥ Kohima, in Nagaland, the Kaziranga Wildlife Park which is the home of the endangered One Horned Rhino.
- ♥ Hopefully we will be able to see Kanchenjunga, the second highest peak in the Himalayas, in all its glory at sunrise.

A journey through this very diverse land will make us realise why it is called "Incredible India".

DAY 1 – 19 FEB. (MON) ARRIVAL KOLKATA

Met on arrival and transferred to the hotel. Overnight Oberoi Grand.

Kolkata or formerly known as Calcutta, is the capital of West Bengal. It was also India's capital under the British Raj from 1773-1911. Locally it is considered the intellectual and cultural capital of India. It is also home to four Nobel Laureates, Ronald Ross, Rabindranath Tagore, Mother Teresa and Amartya Sen.

DAY 2 – 20 FEB. (TUE) KOLKATA

Breakfast. Post breakfast we will meet for an orientation. In the afternoon, we will proceed on a sightseeing tour of the city. Visit the Kali temple, and the white marble Victoria Memorial designed in Italian Renaissance-Mughal style. Planned by Viceroy Curzon and referred to both as Curzon's Folly and the British Taj Mahal, it is a museum housing Imperial memorabilia. This will be followed by a drive through the city where various sites will be pointed out. Overnight at the hotel. *MEALS: B & D*

DAY 3 – 21 FEB. (WED) KOLKATA

Breakfast. Today a greater part of the day will be spent dedicated to St. Teresa of Kolkata, starting with mass at her tomb. We will then proceed to visit a couple of her homes. In the evening we will visit a home of a local Bengali family, followed by Dinner. The Bengalis are great food lovers and take pride in their cuisine! A meal for the Bengali is a ritual in itself even if it is only boiled rice and lentils with of course a little fish. Overnight at the hotel. *MEALS: B & D*

DAY 4 – 22 FEB. (THU) KOLKATA/DIMAPUR/KOHIMA

After breakfast, we will leave for the Airport to board a flight for Dimapur. On arrival in Dimapur, we drive to Kohima, Nagaland, (approximately 2.30hrs) Kohima is the capital of Nagaland and is situated at an altitude of 1495 mtrs. Overnight at Hotel Vivor. *MEALS B & D.*

DAY 5 – 23 FEB. (FRI)

Breakfast. Our sightseeing starts with a visit to the Kohima War Cemetery, a memorial dedicated to soldiers of the 2nd British Division of the Allied Forces who died in the Second World War at Kohima, in a battle between the British and Japanese in April 1944. Before leaving Kohima the British erected a moving memorial in memory of their fallen comrades: "When you go home, tell them of us, and say: 'For your tomorrow, we gave our today.'"

We will visit the WWII Museum at Kisama; followed by a visit to the tribal village of Khonoma. The village is located 20 kms west of Kohima. It is referred to as "Khwunoria" by the residents. It is surrounded by hills that are as high as 9000ft and is estimated to be around 700 years old. It was here that the Naga warriors made their last stand against the British in 1879. We will partake of a local tribal lunch in the village.

There will be a spiritual program in the evening. Overnight at the hotel. *MEALS: B & L.*

DAY 6 – 24 FEB (SAT) KOHIMA – JORHAT

Breakfast. We will travel for 6 hrs by road to Jorhat, a tea growing area of Upper Assam. Enroute we will have a pre-packed lunch. Overnight at Kaziranga Golf Resort. *MEALS: B & L*

DAY 7 – 25 FEB. (SUN) JORHAT – MAJULI ISLAND (BY FERRY) – JORHAT

After an early breakfast we drive to Neematighat to board a ferry for Majuli Island.

Majuli Island, a World Heritage Site, 20 kms from Jorhat is located in the Brahmaputra River and is the largest inhabited riverine island in the world. The island has long served as a monastic retreat to the Vaishnavite (followers of Lord Vishnu) community and is known for its beautiful rural setting and traditional Assamese and Mishing architecture.

The Mishings: The Mishings belong to the Tibeto-Burman clan of the Mongoloid race. It's not known exactly where they migrated from, but it is believed that they were dwellers of the hills of present day Arunachal Pradesh. Somewhere around the 13th century, they started migrating towards the plains of Assam, most probably in search of fertile land. They continued their practice of living in thatched houses raised on bamboo stilts, known as "chang ghars". It was a protection against flood waters during the rainy season, although the original logic behind raised houses was protection from wild beasts.

We will have lunch with the monks at a Monastery followed by a dance performance. We then return by ferry to Neematighat and continue by road to Kaziranga. Overnight at Iora – The Retreat. *MEALS: B, L & D.*

Kaziranga National Park is a wild life sanctuary established in 1905. It is home to the endangered species of the one horned rhino, elephants, tigers, water buffaloes and swamp deer. It is also home to inhabitant and migrating birds.

DAY 8 – 26 FEB (MON) KAZIRANGA

We start the day with a Jeep Safari. Hopefully we will be able to spot the One-Horned Rhino which the Park is known for. On completion of the safari, we will return to the hotel for breakfast. After lunch, we will proceed on a second Jeep Safari, where we will be able to catch a glimpse of the teeming bird life. Overnight at the hotel. *MEALS: B, L & D.*

DAY 9 – 27 FEB (TUE) KAZIRANGA-GUWAHATI

We will leave for Guwahati by road after breakfast. Enroute we stop at the premises of Designer Anuradha Pegu (Subject to her availability). Designer Anuradha Pegu is inspired by traditional Assamese weaves and has a stunning collection of woven saris and "mekhala chadders" (Assamese national dress) hand woven in cotton-silk using naturally dyed colors and motifs typical of the Mishing

tribe. Anuradha Pegu was awarded the title "Master Craftsperson" for her outstanding contribution to sarees and "mekhala chadders".

The evening will be devoted to a spiritual session. Overnight at Hotel Taj Vivanta. *MEALS: B & D*

DAY 10 – 28 FEB (WED) GUWAHATI-BAGDOGRA (BY AIR)/GANGTOK (BY ROAD)

After breakfast, we proceed to Guwahati Airport to check in for our flight to Bagdogra. On arrival in Bagdogra we will be transferred by road to Gangtok, Sikkim. We will stop along the way for lunch. (Own Cost) Overnight at Mayfair Spa and Resort. *MEALS: B & D.*

DAY 11 – 1 MAR (THU) GANGTOK

After breakfast, start a sightseeing tour of Gangtok. A perfect symbol of the confluence of the past and present is Gangtok - the capital of Sikkim. Built on the flank of a ridge, Gangtok is 5500 feet above sea level. The town derives its unique ambience from the happy blend of tradition and modernity

Rumtek Monastery, the seat of the Karmapa Rinpoche, head of the Karmapa sub-sect of the Kargyudpa order of Tibetan Buddhism. The new four-level gompa was designed as a replica of the Kargyudpa's head monastery of Tolung in Tibet.

Enchey Monastery – an important seat of the Nyingmapa order, the Enchey Monastery is built on the site blessed by Lama Druptok Karpo, a tantrik master known for his power of flying.

Namgyal Institute of Tibetology Amidst a serene surrounding of oak, birch and ash lies the unique organization established in 1958. Built in traditional style, the Namgyal Institute of Tibetology promotes research in Mahayana Buddhism and the language and tradition of Tibet. Dinner is at the Hotel. *MEALS: B & D*

DAY 12 – 2 MAR (FRI) GANGTOK – DARJEELING

We will drive to Darjeeling after breakfast. Darjeeling is located on a ridge at an altitude of 2134 mtrs. It was established as a hill station resort by the British in the mid-1800s. It is surrounded by tea plantations and forested hills. If it is a clear day, one can get a glimpse of Kanchenjunga, the second highest Himalayan peak.

Enroute visit the Ghoom Monastery to see the Yiga-Choling Gompa, a Yellow Hat sect Buddhist monastery. A brief introduction on Buddhism will be given by a monk followed by a short meditation.

In the early evening we will visit a local Nepalese family for High Tea. We will be able to chat with them and learn about local cuisine and customs. Return to the hotel for dinner. Overnight Hotel Mayfair Hill Resort. *MEALS: B, EVENING SNACKS & D.*

DAY 13 – 3 MAR (SAT) DARJEELING

We start with an early morning excursion to Tiger Hill (2590 m) to view the sunrise and its reflection on Kanchenjunga and Mt. Everest. Return to your hotel for breakfast. After breakfast embark on a sightseeing tour. Some of the highlights will be the Tibetan Refugee Centre. This will also include a visit to the Himalayan Mountaineering Institute which houses the collectibles of the legendary Sir Edmund Hillary and the local Sherpa of Darjeeling, Tenzing Norgay. In the evening we will attend the Saturday Vigil Mass. Dinner at Hotel. Overnight at the Hotel. *MEALS: B & D*

DAY 14 – 4 MAR (SUN) DARJEELING – BAGDOGRA – MUMBAI

Breakfast. Board a coach for the airport for a flight for Mumbai. Mumbai was formerly known as Bombay. It comprises of seven islands, ceded to the Portuguese in 1534. The Portuguese never gave "Bom Baim" or "Good Harbour" much importance and left it in charge of the religious orders - the Franciscans and the Jesuits.

Mumbai – the land of opportunity! Millions of people come to this city every year in search of a better future. It is a bustling city and is also the industrial capital of India. Overnight at Hotel Leela. *MEALS: B & D*

DAY 15 – 5 MAR (MON) MUMBAI – GOA

After breakfast, we will leave for the Airport to board a flight for Goa. Goa Dourado (Golden Goa), exotic and beautiful, where time stands still. The earliest historical reference to Goa comes in 300 BC as part of the Mauryan Empire. Goa was conquered by the Portuguese under Alfonso de Albuquerque in 1510 and remained under Portuguese rule until 1960. On arrival in Goa, we will be transferred to Casa Albuquerque, to start our Yoga/ Meditation Retreat with Fr. Joe Pereira. Overnight at Casa Albuquerque. *MEALS: B & D.*

The Retreat will run from the 5th March afternoon to the 9th March morning. We will follow the programme outlined by Fr. Joe. On the 6th March, we will embark on a sightseeing tour of Goa.

DAY 19 – 9 MAR (FRI) GOA – MUMBAI

Breakfast. Embark a coach for the Airport for our onward flight to Mumbai. After check-in at the hotel proceed for a familiarization tour of Mumbai. Return to the hotel for dinner. Overnight at Hotel Trident. *MEALS: B & D*

DAY 20 – 10 MAR (SAT) MUMBAI

Breakfast. Leave for the airport for your international flight back to Australia.

INCLUSIONS: • Accommodation based on Twin Share
• Breakfast daily • Meals as mentioned • Air-conditioned coach/car travel • All domestic air fares • Tips/Porterage/Donations to Religious Institutions • Sightseeing with local guides as mentioned

EXCLUSIONS: • Expenses of a personal nature such as visa fees, insurance, telephone bills, laundry charges, non-alcoholic/alcoholic beverages and medical expenses
• Any services not included in the itinerary

In the event of hotels mentioned above not being available, similar category hotels will be provided. The spiritual programme is subject to change depending on travel restraints.

