

FREQUENTLY ASKED QUESTIONS: India Spiritual Pilgrimage 2023

1. Do we need a visa and do you help with getting our visas?

Yes, you do need a visa. I recommend taking care of this early. I do not help with this, but you can find out information here: <https://indianvisaonline.gov.in/evisa/tvoa.html>.

If you do want help, I recommend using a company like Travisa (<https://www.travisa.com>).

2. Do we need a Covid Vaccine to get into India?

As of 2022, you did not, but you did need proof of not having COVID. The requirements may keep changing, so please check for up-to-date information here: <https://in.usembassy.gov/covid-19-information/>.

3. Do we need a Covid Vaccine to come on the pilgrimage?

No. All are welcome.

4. Which airport do you recommend flying into?

I recommend flying into the New Delhi airport, but any of the main airports will work great! Once you book your ticket to India, you will need to buy a separate one-way ticket to Varanasi. I recommend using Expedia, or some sort of travel site, as it is hard to use non-Indian credit cards on the local Indian airline websites. You will then book a return ticket from Dehradun to your main airport.

5. What are the hotels and accommodations like?

The accommodations are very nice. We will be staying in a few different places, and each hotel is very different. Our final 5 days together will be in more of a retreat center atmosphere, so a bit more rustic. Here are links to 3 of the places. I do not have links to the hotel in Badrinath yet, but it will be a very nice place.

4 nights Varanasi : <https://www.amritara.co.in/hotel-in-varanasi.html>

2 nights Rishikesh : <https://www.divineresort.com>

4 nights at Anand Lok (Located on Ma Ganga) : <https://www.anandlok.info>

6. What if we have food sensitivities and allergies?

All meals are vegetarian and, for the most part, gluten free and dairy free. If they are not GF or DF, there will always be those options. For other allergies, please let us know and we can most likely accommodate your requests.

7. What if we want to do something on our own, and do not want to do what the group is doing on one of the days?

No problem. Everything is optional.

8. How much hiking will there be?

There will be about 3 to 4 days where we will have group hikes. The longest one is about 10

miles. These are all optional and are intermediate level hikes.

9. How much walking will there be?

We will be doing a good amount of walking, but you can always take a tuk tuk or opt out of any of the walking we are doing.

10. What will the yoga be like?

There will be an early morning meditation for 30 minutes each morning. We will then practice yoga asana (postures) most of the days, except on big travel days. These classes are all levels and will be in the morning. Classes will be a mix of pranayama, kriya and asana.

11. What should I pack?

Once you sign up, a detailed list will be sent out to you.

12. Do you recommend we come early or stay late? And if so, do you have a guide you would recommend?

If you can take the time, I would come a day or two early to get used to the time difference and relax after traveling. This is not necessary though. There is so much to see in India, so if you can stay after, I would recommend that as well. I have a lot of contacts in India, and will be able to get you in touch with a guide! There is a really great event called the Sattva Summit that is happening the week after our pilgrimage. If you stay for this week, I do have a discount code you can use. Learn more about the Summit here: <https://sattvasummit.com>.

13. What if we get sick? Is it likely to get food poisoning or Delhi belly?

As in any country, food poisoning is a definite possibility. For this reason, travel insurance is recommended. If you do get sick, there are pharmacies and hospitals we can take you to ~ and you can also bring medication to help. Carrying activated charcoal is highly recommended. I will send out a list of other medications you could have on hand once you sign up. I also recommend that you do your best to build up your immune system a couple of months prior to our journey.

14. Are any other vaccines required?

I recommend setting up a meeting with your primary doctor before heading to India to discuss what is best for you.