

# *The Hearts Center*<sup>®</sup>

October 7, 2008

India Pilgrimage Letter #8

Fellow Pilgrim,

Our departure is one week away! If you have any questions regarding the pilgrimage, please call Paul at: 406-223-5459 or Prashant at: 703-980-0382. Hotel info is on page #2.

## **Mosaic India Tours**

If you would like to learn more about our travel agent in India, go to his web site:  
<http://mosaicindia.com/>

## **Odds and Ends**

**Snacks:** A few nutrition bars, trail mix or the like may come in handy between meals or when your blood sugar is running low. That's both for your flights to and from India and while in the country.

**Water:** Drink only bottled water and use bottled water for brushing your teeth. While in the shower, be careful not to take the local water into you mouth.

**Hand wipes:** It may be advantageous to have hand wipes with you.

**Toilet paper:** public toilets and trains often do not stock toilet paper. It is advisable to take some with you. A few toilet seat covers are also advisable.



## **Clothing**

When visiting temples, knees must be covered. For women that could be a normal skirt (no short skirts) or a pants type garment that covers the knees. For men its long pants. There is no requirement for formal dress on this pilgrimage. Please, no form-fitting clothing, sleeveless shirts, short skirts or high-heeled shoes. When outside, at mid-day, the sun may be quite hot, thus a head covering, Indians wear scarves, is recommended. India tends to be rather dusty and a tennis type shoe with light cotton socks is recommended verses sandals or thongs.

## **Arrival Delhi**

Look for a large hand-held sign saying: "Hearts Center!" All pilgrims with a firm arrival time will be met when coming out of Customs and Immigration.

## **Exchanging currency**

Do not change your money at the airport; wait until our first meeting at our hotel in Delhi.

Blessings,  
Paul

## **Emergency contact numbers while in India**

Our travel agent's cell phone number: 9811020074

Prashant Shah's cell phone number: 9336039288

Give these numbers to your loved ones at home. Should an emergency arise while you're in India, your loved ones can contact you immediately on either on these cell numbers.

## **Hotel names and contact information**

When calling these hotels from the U.S., dial 011 first, and then the number listed. If calling from Sweden or Canada check for your respective international dialing code. Keep in mind that the dates noted for each hotel are based on India time. You will want to adjust them for your local time.

### **New Delhi: New Delhi YMCA Tourist Hostel [October 15, 16, 17]**

Jaisingh Road, New Delhi – 110 001. INDIA

Tel : + 91 – 11 – 23361915 / 23361847

Fax: + 91 – 11 – 23746032

Web site: [www.newdelhiymca.org](http://www.newdelhiymca.org)

### **Agra: Jaypee Palace Hotel [Oct 17, 18]**

Fatehabad Road, Agra 282 003

Tel : + 91 – 562 – 233 0800

Fax: + 91 – 562 – 233 0850

### **Varanasi: Ramada Plaza JHV [Oct 20, 21, 22]**

The Mall, Cantonment

Varanasi, 221002 INDIA

Tel : + 91 – 542 – 251 0000

Fax: + 91 – 542 – 250 0711

### **New Delhi: New Delhi YMCA Tourist Hostel [Oct 23]**

Jaisingh Road, New Delhi – 110 001. INDIA

Tel : + 91 – 11 – 23361915 / 23361847

Fax: + 91 – 11 – 23746032

Web site: [www.newdelhiymca.org](http://www.newdelhiymca.org)

### **Rishikesh: Ganga Kinare [Oct 24, 25, 26]**

16, Virbhadra Road, Rishikesh – 249 201.

Tel : + 91 – 135 – 243 1658 / 243 5243

Fax: + 91 – 135 – 243 1658

### **Haridwar: Country Inn & Suites [Oct 27]**

Motichur, Haripur Kalan , Haridwar Rishikesh Highway,

Haridwar, Uttarakhand – 249205. INDIA

Tel : + 91 – 135 – 248 5900

Fax: + 91 – 135 – 248 5901

### **New Delhi: Hotel Singh Sons [Oct 28]**

7A/10, W.E.A., Channa Market,

Karol Bagh, New Delhi – 110005.

Tel : + 91 – 11 – 2574 9500 upto 08

Fax: + 91 – 11 – 2574 9510