



Pilgrimage and Study Tour to India 2019

2019 印度參學朝聖團

2019年 3月 8-18日

Organised by The Centre of Mindfulness

正念禪修中心主辦

Tour operator 協辦旅行社: Rover Travel Service Ltd.

(Licence No. 354329)



印度參學朝聖團由 法護尊者帶領參加者禮佛參學，
主要行程如下：

兩整天於 **菩提迦耶 (Bodhgaya)** – 包括一全天禪修/禮佛修習、拜訪聖佛寺 (Maha Bodhi Temple)

瓦拉納西 (Varanasi) – 鹿野苑、喬堪祇塔 (五比丘迎佛塔)、克佛塔 (初轉法輪塔)、恆河

舍衛國 (Srawasti) – 切納寺 (世尊度過 24 個結夏)、祈樹給孤獨塔、央掘魔羅塔 (誤入歧途殺了 999 人，改過後出家證悟成阿羅漢)

拘尸那迦 (Kushinagar) – 佛陀涅槃處

王舍城 (Rajgir) – 竹林精舍、靈鷲山

Highlights of Itinerary 行程簡介

8/3 HKG – BKK – Gaya – Bodhgaya 香港 – 曼谷 – 伽耶 – 菩提迦耶 (L, D)

THAI AIRWAYS 泰國航空 TG 603 G 08MAR 5 HKGBKK 0750 0935

THAI AIRWAYS 泰國航空 TG 2327 G 08MAR 5 BKKGAY 1220 1400

Flight from via Bangkok to Gaya airport. Visit Mahabodhi Mahavihara, Vajrashan
經曼谷飛迦耶國際機場,入住酒店后前往鑽石索恩神聖寺廟

Hotel 酒店 Bodhgaya Regency



9/3 Bodhgaya 菩提迦耶 (B, L, D)

Dhungeshwari Cave (Prince Siddhartha training site of 6 years before enlightenment)
敦傑司瓦利洞 (釋達多太子修行 6 年之地)

Sujata Village (Sujata lady offered rice milk just before Buddha' s enlightenment)
牧羊女村 (世尊覺悟前接受米奶供養之地)

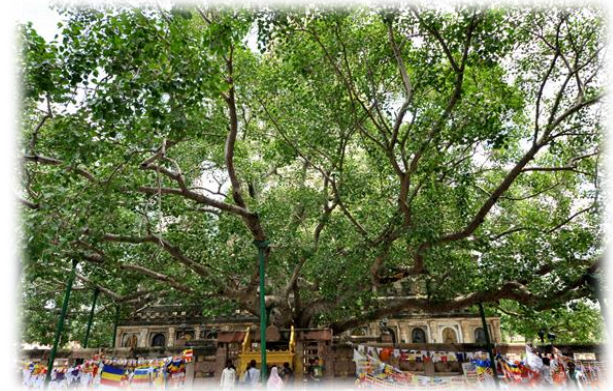
Visit international temples 參訪各國際寺院

Hotel 酒店 Bodhgaya Regency

10/3 Bodhgaya 菩提迦耶 (B, L, D)

Full day retreat and meditation 全日禪修活動

Hotel 酒店 Bodhgaya Regency



11/3 Bodhgaya – Varanasi 菩提迦耶 - 瓦拉納西 (B, L, D)

AIR INDIA DOMESTIC FLIGHT 印度航空 AI 433 11MAR GAYVNS 1415/1450

Domestic flight. Sightseeing at Ganges River Aarti ceremony
國內航班、恆河觀賞阿蒂儀式

Hotel 酒店 Hindustan

12/3 Varanasi 瓦拉納西 (B, L, D)

Sunrise at Ganges River (boating optional) 恆河觀賞日出 (可選乘船)

Sarnath, Choukhandi Stupa (Buddha met first 5 disciples), Dhamek Stupa (first sermon), Archaeological museum
鹿野苑、喬堪祇塔 (五比丘迎佛塔)、克佛塔 (初轉法輪塔)、考古博物館

Hotel 酒店 Hindustan

13/3 Varanasi – Srawasti 瓦拉納西 – 舍衛國 (B, L, D)

From Varanasi to Srawasti. All day in transit. 由瓦拉納西到舍衛國. 全日車程中.

Hotel 酒店 Srawasti Residency

14/3 Srawasti – Kushinagar 舍衛國 – 拘尸那迦 (B, L, D)

Chetwana Temple (24 rain retreat) 切納寺 (世尊度過 24 個結夏)

Anathpindak Stupa 祈樹給孤獨塔

Angulimala Stupa 央掘魔羅塔 (誤入歧途而殺人 999，後出家成阿羅漢)

Hotel 酒店 Om Residency

15/3 Kushinagar – Kesharia – Vaishali – Patna 拘尸那迦 – 克莎莉亞 – 吠舍離 (B, L, D)

Kesharia Stupa (Prince Siddharta gone forth from princehood)

克沙里亞塔 (釋達多太子剃度及穿出家服)

Ashokan Pillar and Relic Stupa 阿育王塔和遺跡舍利塔

Hotel 酒店 The Panache



16/3 Patna – Nalanda – Rajgir – Bodhgaya 巴特那 – 那爛陀 – 王舍城 - 菩提迦耶 (B,L D)

Ruins of Nalanda University (World' s first university)
那蘭陀大學 (世界第一所大學)

Venuvan Bamboo Grove 竹林精舍

Gridhakuta Hill 靈鷲山

Hotel 酒店 Bodhgaya Regency

17/3 Bodhgaya – BKK 菩提迦耶 – 曼谷 (B,L, dinner on plane)

Flight from Gaya to Bangkok. Stay overnight in Bangkok

迦耶飛曼谷在曼谷住一晚

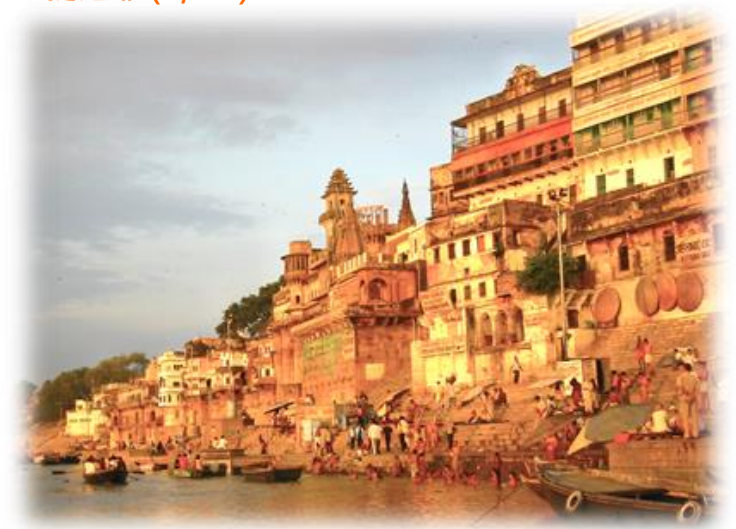
THAI AIRWAYS 泰國航空 TG2328 G 17MAR 7 GAYBKK HK24 1445 2145

Novotel Bangkok Suvarnabhumi Airport Hotel.

18/3 Bangkok – Hong Kong 曼谷 – 香港 (B,L)

Royal grand palace temple / Wat Arun temple (By Boat Chaophaya river) / Wat Po 拜訪曼谷寺院

THAI AIRWAYS 泰國航空 TG 602 G 18MAR 1 BKKHKG HK24 1530 1845



Remarks 備註 : B = Breakfast 早餐 L= Lunch 午餐 D = Dinner 晚餐

Cost of Pilgrimage Tour 朝聖團費用

Tour Cost 行程費用: HKD 港幣\$ 18,500 (shared twin room 雙人房佔半房住宿)

A. Tour cost include 行程費用包括:

1. Transportation 全程交通

- a. Thai Airways (International flights) 泰國航空 (國際航班)
- b. Air India (Gaya-Varanasi) 印度航空 (國內航班)
- c. Coach 旅遊巴士

2. Hotel 酒店住宿

Single room supplement add HK\$6,500 單人房附加費港幣6,500

3. Visa to India & related handling costs 旅遊簽證、代辦費

4. All entrance fees to pilgrimage sights 所有景點入場費

5. Meals as indicated in itinerary (indicated as B,L,D) 行程內所列的早午晚餐 (列為B,L,D).

Meals are buffet including vegetarian dishes. 包含素食自助餐.

B. Tour cost does not include 行程費用不包括:

1. Personal expenses 個人消費

2. Luggage-related tips 機場及出酒店行李搬運小費

3. Personal travel insurance (\$200/person) 旅遊個人保險 (\$200/位)

Application and enquires for the Pilgrimage and Study Tour to India

- For enquires please send via WhatsApp to The Centre of Mindfulness at WhatsApp no. 5116 1287
- For application to the Tour please send in your name as on your travel document, citing 'Application for Pilgrimage and study Tour to India 2019' in your message to The Centre of Mindfulness at WhatsApp no. 5116 1287
- As seats are limited The Centre of Mindfulness will advise you whether seats are available after receiving your WhatsApp message; after which you will receive information on procedure regarding payment of the Tour as confirmation to your application and securing the air tickets.

印度參學朝聖團報名及查詢

- 查詢請WhatsApp 到正念禪修中心, WhatsApp 號碼5116 1287.
- 如欲報名參加者,請提供你旅遊證件上的名字,以及標明' 2019印度參學朝聖團報名' ,WhatsApp 到中心號碼5116 1287 以便中心跟進. 正念禪修中心會在WhatsApp 統一收集報名.
- 因名額有限, 中心在WhatsApp收到報名資訊後, 會跟報名者聯絡通知是否有位, 如到時有位會請參加者付團費以確認參加並確認機位.

Ehipassiko
Come and See
請自來，體驗，證明

The Centre of Mindfulness 正念禪修中心

WhatsApp: 5116 1287

<http://www.facebook.com/CentreofMindfulness>

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