

## Bodhgaya Phowa Course with H.E. Ayang Rinpoche

### Information and Travel Help

---



#### Phowa Course

Registration for the Phowa Course in Bodhgaya is not necessary — the teachings are free. If you wish, you can make personal offerings for the course and to the teacher. Texts and practice CDs will be available to purchase for a nominal fee. Bread and tea are served mid-morning and mid-afternoon at the teachings free of charge.

Water and other snacks are available for sale in the teaching area. A variety of inexpensive meditation cushions and mats are available for purchase at stalls in town. The course is located behind the main stupa complex. Ask at your hotel or look for signs posted around the Mahabodhi stupa.

#### Travel

The nearest airport is Gaya International Airport, which is about 7 km from Bodhgaya. Thai Airways, Sri Lankan, Royal Bhutan Airlines and Air India have direct or connecting flights to Gaya from different cities. If you fly to Gaya you will need to make advance arrangements for a taxi to Bodhgaya, which will cost 400 Rs. A three-wheeler taxi from the airport is approximately 150 Rs. The nearest Railway connection is Gaya Railway Station which is about 15 km to Bodhgaya. It is connected by local and express trains (Rajdhani) from Delhi, Kolkata and other major train stations in India. A three-wheeler taxi from the train station to Bodhgaya costs 70-100 Rs, while a car costs 250-300 Rs. When traveling in India it is a good idea to lock your luggage and keep an eye on it.

#### Hotels and Restaurants

There are many clean and safe budget guest houses, mid-range hotels and luxury hotels in Bodhgaya, but they fill up quickly in December and January. There are also plenty of inexpensive restaurants with a variety of Asian and Western food. Boiled water and tea are safe to drink, but be sure to check that bottled water is well sealed and the bottles are not dented. A small travel electric water boiler (with adapter for Asian outlets and converter for 220V) would be helpful for making tea or coffee in your hotel room.

#### Money

There is an ATM at the State Bank of India and money changers at the larger hotels. You can also change money at the airport or ATMs in Delhi. Be prudent about keeping your travel documents and money in a safe pocket, fanny pack or travel pouch.

## Bodhgaya Phowa Course with H.E. Ayang Rinpoche

### Information and Travel Help

---

#### Weather and Clothing

The weather in Bodhgaya in January is generally clear and free of rain. The temperature ranges from 10-22 deg. C (50-72 deg. F). You will appreciate having a jacket or warm sweater for evening prayers and circumambulating the Stupa and for early morning teachings. Foreigners may dress in Western or Tibetan style clothes.

#### Health

Please contact your own physician or health advisor for recommendations about immunizations, anti-malarial or other travel medicines, and the need for a flu shot prior to coming to India. Because of the crowded conditions and pollution many people easily catch colds, and some people bring or purchase face masks for protection. There are Western, Tibetan, homeopathic and ayurvedic doctors and medicines available in Bodhgaya. It is a good idea to bring a mosquito net for comfortable sleeping.

#### Travel arrangements

For Bodhgaya train bookings or room bookings the following travel agents in Delhi are very helpful. Compare both agents to receive better pricing.

#### **Himalayan Travels**

Mr. Karma Lhundup  
himalayantt@hotmail.com  
Mobile +91 9811148031  
Office +91 11 2381 9520/2381 3488

#### **Senge Travels and Tours Pvt Ltd**

<http://www.sengetravels.com/>  
Mr. Dorji Kyibuk  
[sengetravels@hotmail.com](mailto:sengetravels@hotmail.com)  
Mobile +91 9810235910  
Office +91 11 65975248/65975252/23819209

Prepared by Amitabha Foundation USA  
For questions contact [NY@amitabhafoundation.us](mailto:NY@amitabhafoundation.us)

June 10, 2009