





## Mysore to Goa Ride Trip Notes

 **Ways to Travel:** Guided Group, Tailormade Adventures

 **Destinations:** India

 **Programmes:** Cycling

Trip Code:

**MIG**



**14 Days** Flight Inclusive

**13 Days** Land only

**16 Min** age

### Trip Overview

A fascinating journey through the great kingdoms and civilisations of southern India. From the stunning palace of Mysore to the sandy beaches of Goa, this trip offers the chance to cycle on rural roads through colourful villages, where rural life has remained little-changed for centuries. We explore ancient ruins, elaborate temples and fortified cities, allowing time to explore the sites and sample delicious food along the way.

### At a Glance

- 11 nights hotels and 1 night lodge
- 10 days cycling, plus 1 optional ride, with 100% vehicle support
- Group normally 4 to 14, plus local cycling leader and driver. Min. age 16 yrs

### Trip Highlights

- Cycle through villages and lively market towns
- Sample delicious south Indian cuisine such as dosa
- Marvel at the stunning Mysore Palace
- A full day to explore the ruins of Hampi
- Time to relax on the sandy beaches of Goa

### Is This Trip for You?

Activity Level: 3 (Moderate)

This trip is classified 'Road'

No. of days cycling: 10, plus 1 optional ride

Vehicle support: 100%

Average daily distance: 56km/day (34 miles)

Terrain and route: mostly surfaced roads including plenty of quiet backroads with low levels of traffic, but this does increase when approaching towns. Indian roads can be busy so it helps if you are confident and cycled in traffic before. Leaders will brief clients on the rules of the road and we ask that you please listen to them carefully and follow their instructions. Goa is not flat, with generally undulating roads and there are long sustained climbs on 6 and 9 (climbing 10km and gaining 300m), but this is not a steep climb. The support vehicle is available at all times if required. The cycling consists of mostly half-day rides, allowing time to explore the sights and relax at your hotel.

Road surfaces can be rough in some places, with potholes. Please bear this in mind if you are bringing your own pedals and clip-in shoes. For those on the group flight, please note that there is a 3.5hr transfer to Mysore upon arrival at Bangalore. Rooms may not be ready immediately once we reach our hotel (check-in is usually noon). Once at the hotel, you are free to relax before some sightseeing in the afternoon.

This itinerary is great for a first time bike trip or your first visit to India, but there is also plenty of interest for those who have done bike trips with us before in India and want to see a different part of the country.

Please note that the Archaeological Survey of India (ASI) are responsible for the conservation of many monuments in India and very occasionally this may mean that work is taking place at sites visited on this trip. The ASI's schedule is never published so it is not possible to forewarn our clients of when work will be taking place.

## Group

Our Indian team of leaders have proved very popular with their incredible knowledge, passion and hospitality adding greatly to the experience. There is no better way to experience Indian culture than letting an Indian guide show you around their country.

**Adult min age:** 16

**Min group size:** 4

**Max group size:** 14

## Itinerary



### Land Only

**Start City:** Mysore

**End City:** Goa

### Flight Inclusive

**Start City:** London

**End City:** London

## Land Only Itinerary

### Day 1

#### **Start Mysore; thali lunch and explore the main bazaar**

Those on the group flight arrive in Bangalore early in the morning and transfer by coach to our hotel in Mysore (3.5 hr drive). Please note that we may have to wait until around noon if rooms are not ready. Those travelling independently should meet us in Mysore. Our hotel is a charming place to relax, in the city of Mysore. After checking in at the hotel, we'll have a short tuk tuk drive to the city centre for a traditional southern Indian thali lunch; a selection of small dishes served on one plate. A short walk from here is the main bazaar of Mysore, a fascinating old market area. After exploring this area, we'll return to the hotel for our bike fitting. For those who wish to do so, we can go and see the Mysore Palace lit up at night.

#### **Comfortable Hotel**

**Meals included:** Lunch

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## Day 2

### Mysore Palace; afternoon leisurely ride to Srirangapatna

Today we start with a guided tour around Mysore Palace (also known as the Amba Vilas Palace), the official residence of the Wodeyars - the former royal family of Mysore, which ruled the state of Mysore for over seven centuries. The Wodeyar kings first built a palace in Mysore in the 14th Century but it was demolished and constructed multiple times. The current palace construction was commissioned in 1897 and completed in 1912. It was later expanded around 1940. The décor is simply stunning if a little bit over the top and the former maharaja is still living in his private quarters. We then return to our hotel and check-out. From the hotel, we ride through the backstreets of Mysore and into the surrounding countryside, passing fields of dahl and sugar cane, the main crops associated with Mysore. Traditional oxen and cart usually line up outside the villages, which are used to transport the harvested crops. Our leisurely ride continues to Srirangapatna, the ruins of Tippu Sultan's capital. Srirangapatna was destroyed by the British in 1799 during their final battle to secure control of southern India, which consequently led to the death of Tippu Sultan (also known as 'the tiger of Mysore'). The island fortress stands in the middle of the Kaveri River and is held sacred as one of the abodes of Lord Vishnu. We cycle over the bridge to the ruins and explore the old ramparts. We also visit Tippu Sultan's Mosque and the Hindu Ranganathaswamy Temple, which is considered one of the most important Vishnu temples in southern India. After cycling around the ruins, we continue for another 20km to Brindavan Gardens. Our hotel, the Royal Orchid Brindavan Garden Palace & Spa, overlooks the gardens and is a charming place to relax or enjoy an evening stroll around the gardens.

#### Comfortable Hotel

**Meals included:** Breakfast

**Distance covered:** 37 km / 23 miles

**Altitude gain (m):** 366

**Altitude loss (m):** 351

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## Day 3

### Ride to Shravanabelagola; transfer to Hassan

This morning we cycle from our hotel along quiet backroads to Shravanabelagola, a Jain shrine famous for its giant 57ft stone statue of Gommateshwara Bahubali, the spiritual leader of Jainism. The shrine is perched on top of a hill and depicts the spiritual leader standing in a meditation pose, which he maintained for a whole year, hence the vines growing around his legs. The statue is thought to be the largest in the world and was built in 981AD by his followers. It is reached by climbing 614 steps from the small bustling town nestled at the bottom of the hill, which has a lively spiritual atmosphere due to the numerous Jain pilgrims. Every 12 years a spectacular purification ceremony takes place, where the statue is anointed with water and turmeric before being garlanded with flowers. For lunch, we try roasted Bajra Methi Poori, a local bread made of millet flour and fenugreek leaves. We then transfer 70km to Hassan. If you still have the energy, there is the option to ride this part.

#### Comfortable Hotel

**Meals included:** Breakfast, Dinner

**Distance covered:** 61 km / 37 miles

**Altitude gain (m):** 715

**Altitude loss (m):** 620

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## Day 4

### Cycle from Hassan to Belur (Karagada).

After breakfast, we get on our bikes and cycle 31km towards Halbeedu, the 12th Century capital of the Hoysala Kingdom. We explore the ornate Hoysaleswara temple, with carvings of Hindu mythology and two shrines dedicated to Lord Shiva. We spend time exploring the temple before riding another 17km to the old capital of Belur, arriving in time for lunch. The afternoon is free to explore the old city before we ride another 9km to our hotel.

#### Comfortable Hotel

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 58 km / 36 miles

**Altitude gain (m):** 648

**Altitude loss (m):** 602

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## Day 5

### Cycle to Chickmangalore.

Today we cycle on village roads towards Chickmangalore, the centre of India's coffee growing region. As we cycle, we'll see that the lower forested hills of the Mullayanagiri mountain range are covered with coffee plantations. Introduced in 1670, Sufi priests used coffee as a medicinal drink before the local population caught on to its revitalising properties. Arriving at our hotel for lunch, the afternoon is free to relax or explore the town. Those interested in coffee can either ride or drive to the coffee museum situated on the outskirts of town, to learn more about the history of the coffee bean in India. The town's cinema is a great place to experience a Bollywood movie, and later enjoying some street food at the town canteen.

#### Comfortable Hotel

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 42 km / 26 miles

**Altitude gain (m):** 479

**Altitude loss (m):** 370

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## Day 6

### Descend and leave to Western Ghats and cycle to Hampi.

Riding from our hotel we'll gradually climb for the first 7km before winding our way along forested roads to a small coffee estate for a break. The estate is surrounded by natural beauty, with over 150 bird species recorded in the area. From here we begin a stunning roller-coaster descent out of the Western Ghats with a final drop of 500m to the drier plains below. Ending our ride with some roadside snacks, followed by a 225km transfer to Hampi (5 hrs drive). Hampi is a renowned UNESCO World Heritage Site and the 2nd largest after Rome and one of the largest cities from the ancient world and capital of the Vijayanagara Kingdom 1500AD. We stay here for two nights to explore this incredible city cut out from rock city.

#### Comfortable Hotel

**Meals included:** Breakfast, Dinner

**Distance covered:** 57 km / 36 miles

**Altitude gain (m):** 685

**Altitude loss (m):** 1125

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## Day 7

### Explore Hampi by bike

Today we explore Hampi by bike. Starting at the Talhari Gatta Gate, we enter the outer city and ride along the old streets, which are lined with thousands of stone pillars. They'll lead us to the Vitthala temple, one of the most iconic temples in India. The famous stone chariot carved from a large rock is found here. We then head to the Courtesan Street and Hampi Bazaar, passing more stone pavilions and temples en route. We can leave our bikes with one of the tea stall vendors, taking time to walk inside the buildings. We then move on towards the river, passing trinket sellers, food stallholders and small dwellings made of brick and boulder.

In the afternoon we explore the Moghul Quarters. The Vijayanagara Kingdom was defeated in 1565 during a power struggle with the Expanding Moghul Empire, who then controlled the region and built a new city. The Mohammedan Palaces and the military building are still standing today. After a busy day exploring Hampi, we'll eat some delicious street food in the modern part of the town.

#### Comfortable Hotel

**Meals included:** Breakfast

**Distance covered:** 27 km / 16 miles

**Altitude gain (m):** 290

**Altitude loss (m):** 290

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## Day 8

### Train ride and cycle to Dandeli.

This morning we begin with a train transfer to Huballi, a busy market town. In India, there is a lot of activity to be experienced at railway stations. People carrying all sorts of goods on their heads, and a constant flow of food and smiles. Re-joining our vehicle, it's a short drive to the outskirts of town and our local restaurant for lunch. Early afternoon we set off cycling on village roads towards Dandeli (some may want to skip the first climb and more or less decent 42km to Dandeli). Dandeli is a small hill station retreat on the banks of the Kali River, and it's also a recognised wildlife sanctuary. The rest of the afternoon is free to either relax, explore the town, enjoy a nature walk or an optional white water rafting trip along the river.

#### Standard Hotel

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 65 km / 40 miles

**Altitude gain (m):** 568

**Altitude loss (m):** 1125

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## Day 9

### Cycle from Dandeli to Mollem.

Leaving our forest resort, we enjoy the scenery as we cycle along teak plantation roads towards Castlerock, a village close to Bhagwan Mahaveer National Park. The area is beautiful, with little or no traffic. There are a couple of long but gradual 300m climbs, followed by an undulating section. We are rewarded with a tea and dosa stop at Castlerock, with time to wander around the village. With one more regroup at the highest point it is then a lovely 500m long descent to the state of Goa, crossing the state border to Mollem. We spend the night at an adventure camp on the Goan side of Bhagwan Mahaveer National Park. The resort can arrange a jeep safari inside the park to Dudhasagar Waterfalls, which cascades 310m down a rocky cliff. The jeep ride takes approx 2-3hrs.

#### Standard Hotel

**Meals included:** Breakfast, Lunch, Dinner

**Distance covered:** 73 km / 45 miles

**Altitude gain (m):** 1242

**Altitude loss (m):** 1811

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## Day 10

### Ride to Varca Beach, Goa

Today we cycle all the way to the coast on mostly quiet backroads (there are some unavoidable busy roads), as we pass through lively market towns. Stopping for tea at an old Portuguese villa built in 1789, the owner happy to give you a tour of his house and gardens with drinks on the veranda. The last part of the ride down narrow country lanes, with large white churches and the Portuguese mansions before ending at Varca Beach, where we'll stay for the next two nights.

#### Comfortable Hotel

**Meals included:** Breakfast

**Distance covered:** 57 km / 36 miles

**Altitude gain (m):** 590

**Altitude loss (m):** 670

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## Day 11

### Free morning to relax; optional afternoon ride to explore the coast.

Today is free to relax and enjoy what Varca Beach has to offer; local shops, a swim in the sea or the hotel's swimming pool. There is an optional 32km bike ride in the afternoon, exploring some of the other coves south of Varca Beach. We'll return in time for sundown drinks before dinner. The Goan vindaloo curry is certainly worth a try!

#### Comfortable Hotel

**Meals included:** Breakfast

**Distance covered:** 32 km / 20 miles

**Altitude gain (m):** 104

**Altitude loss (m):** 104

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## Day 12

### Ride to Panjim, the capital of Goa. Afternoon free to explore.

In the morning we cycle to Panjim, the capital of Goa. We pass old Portuguese villas before heading inland to avoid busy roads ending the ride at the old ferry point and transfer the last 15 km to town. Our hotel is located in the heart of the old quarter of Panjim, where the Portuguese influence is strong. Narrow streets are lined with yellow houses and restored mansions, with wrought iron balconies and terracotta roofs. The afternoon is free to wander around Panjim and enjoy the sites, such as the Church of Our Lady of the Immaculate Conception, built in 1619 and was once frequently visited by the sailors from Lisbon. Whilst wandering around Panjim, you'll find that colonial-era buildings and old bookshops stand side by side with modern shopping malls and backstreet bars.

#### Standard Hotel

**Meals included:** Breakfast

**Distance covered:** 30 km / 19 miles

**Altitude gain (m):** 175

**Altitude loss (m):** 175

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## Day 13

### Transfer to Goa Airport; fly to London.

Those on the group flight will be transferred to Goa Airport for your flight. Land Only clients finish the tour after checking out from the hotel.

**Meals included:** Breakfast

## Accommodation

### Hotels and Lodge

11 nights hotels, 1 night lodge. The majority of the hotels we use are of a comfortable standard (4-star) with en suite facilities, whilst the lodge brings a different flavour to the trip. In Dandeli, we stay in a comfortable forest lodge surrounded by wilderness. In Molem we stay in a rustic nature retreat, which is equipped with an outdoor swimming pool, spa and wellness centre.

Single supplement from £680.00

## Food & Transport

### Eating & Drinking

All breakfasts, 5 lunches and 6 dinners included.

Generally you can eat out very cheaply in India. South India is an ideal destination if you are a vegetarian. Lunches on riding days are usually taken in local roadside cafes, allowing us to try typical south Indian dishes such as poori (deep fried bread served with curry), dosa (thin pancake made with fermented rice and lentil batter) and Goan vindaloo curry (milder than the UK version). Tea and soft drinks are very cheap, and there'll be plenty of tea stops so that you can enjoy a cold can, a cup of chai or refreshing coconut water. A (large!) bottle of beer is approximately £3 (approx. US\$5). You should allow approximately £10 (approx. US\$16.00) per day for lunch and dinner.

## Transportation

All your luggage and personal belongings will be carried by the support vehicle. Transfer sections are done in the support vehicle or a separate vehicle depending on the group size. The support vehicle will follow the riders at all times, allowing you to cycle as much or as little as you like (there is plenty of space - the whole group can be accommodated).

On day 8 we have a short train transfer, which usually takes no more than 2 hrs.

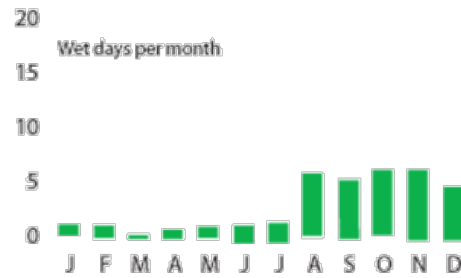
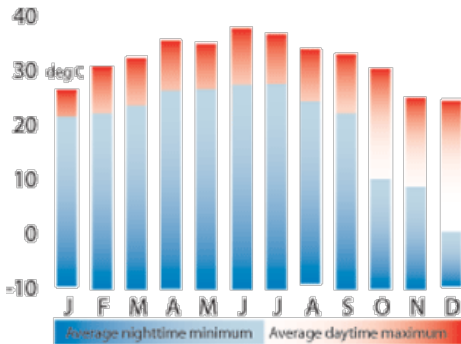
## Weather & Seasonality

### When to go

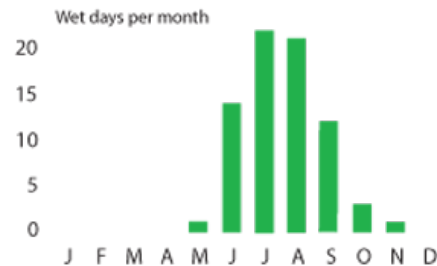
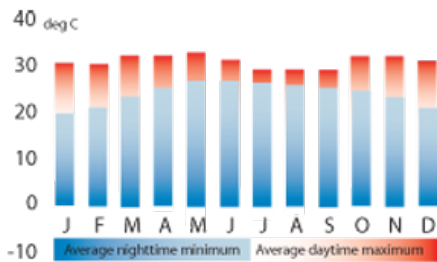
The most important feature of the Indian climate is the monsoon. The main monsoon strikes the south western coast in late May and sweeps its way northward over the next month or so. The ideal time to visit this area of India is during the dry season (from October to March), but monsoons have been known to be late, so there can still be rain in November. We therefore ask you to note that rain can be expected on November departures. However, it is usually of a short duration and the sun normally comes out fairly quickly afterwards. Days will be hot and the nights warm: the average range of maximum daytime temperatures being between 21°C and 35°C and from 6°C to 20°C at night. Temperatures can be considerably cooler in the hills and you can expect temperatures to drop to a few degrees above zero at night.

## Weather Charts

### Mysore, India



### Goa, India



## Joining Instructions

Travelling flight inclusive from London: 14 days

The group flight from London is an overnight flight departing the day before Day 1 of the itinerary.

### Flights from London

We normally use the scheduled services of Jet Airways (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

### Travelling land only: 13 days starting Mysore and ending Panjim

Your trip normally starts at our accommodation in Mysore in the afternoon of Day 1 of the itinerary. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

Accommodation check-in times are normally from around 12 noon.

### Regional Flights

The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. **Please ask about flights from local or regional airports. (/regionaldepartures)**

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check-in time) of 1 hour at Gatwick, and 1.5 hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

### Transfers Details

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus has booked it.

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

The start hotel is in the city of Mysore, which is 4hrs drive from the airport. If you do choose to take a local taxi to the hotel then the cost will be approximately £70. There are also public busses and train services available to Mysore.

**Location start:** Mysore

**Location end:** Panjim

## What to Take

### Essential Equipment

High factor sun-cream

Lip salve

Sunglasses/eye protection

Mosquito repellent

Warmer layers for the evenings in the hills

Cotton trousers

Swimwear and towel

Favourite energy snacks

Sandals/Flip-flops

Cycling helmet (compulsory on this trip)

A water bottle - this should be a standard size to fit into a normal water bottle cage on the bike

### Optional Equipment

A first aid kit is carried on each trip, but we recommend that you bring your own painkillers, rehydration sachets, plasters and a blister treatment kit.

### Equipment Hire

**Local Bike Details:** 21 Montra Blues 1.2 or Specialized Cross Trail hybrid bikes with front suspension.

**Discount for bringing your own bike:** £150.

A quality local hire bike is now included in the overall price of our cycling holidays. At the time of booking we will take your height in order to reserve equipment. There may on occasions be insufficient bikes available in the correct size; we will endeavour to find suitable alternative equipment but this cannot be guaranteed. We will tell you before you book whether suitably sized bikes are available.

Conditions

1. The equipment remains the property of the supplier and you may not sell, hire out or part possession with the equipment.
2. You must not misuse the equipment and must return it in the same condition as when received (ordinary wear and tear excepted). The supplier is entitled to charge for any damage caused to the equipment during the period of hire.
3. You must ensure that the equipment is adequately secured when not in use. In the event of the equipment being lost or stolen, you may be liable for the replacement value of the equipment
4. You must not use the equipment whilst under the influence of drink or drugs and should immediately notify the Supplier in the event of breakdown or loss.

#### Extra Bike Bits

You may like to bring your own pedals and saddle (excluding the seat post) or gel saddle cover to fit to the hire bikes. We encourage this, if it is your preference. However, please note that you are responsible for your own equipment, and removing your saddle/pedals at the end of the trip. We cannot guarantee the return of any bike parts left behind.

#### Exodus Policy on Cycling Helmets

Wearing a helmet is mandatory for anyone taking part in any guided Exodus cycling holiday. Group members must bring their own helmets, as they are not available for hire, even if they are hiring a bike from Exodus.

For self-guided cycling holidays wearing a helmet is highly recommended. Customers who choose to ignore our advice do so entirely at their own risk and on the understanding that it may affect the validity of their travel insurance. It should also be noted that in some countries we travel to wearing a helmet is already a legal requirement.

Cycling of all kinds has its dangers and accidents can happen from time to time. Please ensure that you are properly prepared for the riding you are going to undertake.

#### Recommended Cycling Clothing

Padded cycling shorts (with loose 'over-shorts' where recommended), breathable clothing, and a lightweight waterproof/windproof top. Shoes with relatively stiff soles are better for biking, but are not essential unless you are cycling long distances. Most people want to carry certain items with them during the day while cycling, for this we recommend a large bum-bag or small close-fitting daysack.

Please be aware that you will be passing through some remote villages where the locals are unaccustomed to seeing people in tight lycra - we recommend you wear baggy shorts or loose 'over shorts' so as not to cause offence.

### Reading List

A Fine Balance by Rohinton Mistry, 1995

Nine Lives by William Dalrymple, 2009

Midnight's Children by Salman Rushdie, 1981

The White Tiger by Aravind Adiga, 2008

Shantaram by Gregory David Roberts, 2003

A concise History of India by Francis Watson (Thames & Hudson, 1974)



## Practical Information

### Passport

#### India

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Visa

#### India

Visas are required if you are British and for most other nationalities. For UK residents full details of the visa process can be found [here](#).

(/sites/exod/files/visa\_sheet\_india\_aug\_18.pdf?t=1FSvz0) Other nationalities should check with their travel agent or the relevant embassies.



If your trip visits Ladakh, in the very north of India, or Sikkim in the northeast, do not mention this on your Indian visa application. This can sometimes slow down or even cause the embassy to reject your visa.

When you reach immigration, you are required to pick up an immigration form. If you have an e-visa, ensure you stand in the correct queue - please follow the signs to the e-visa booth (in Delhi this is at the back of the immigration hall). You will need to fill out an additional form at the booth - please make sure that you have the details of your start hotel ready (these details can be found on your Final Joining Instructions).

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

## Vaccination

### India

There are no mandatory vaccination requirements. Recommended vaccinations are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A. The risk of malaria is slight but you may wish to consult your GP or travel health clinic for further advice. Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Some of our India trips spend time at altitude. In regions over approx. 2000m, there is low to no risk of mosquito-borne diseases. For trips going to altitudes of over 3000m there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected. Please see the TRIP NOTES for further information.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: <https://travelhealthpro.org.uk/countries> (<https://travelhealthpro.org.uk/countries>)

The risk of malaria on this trip is slight, but you may wish to consult your GP or travel health clinic for further advice.

Dengue fever and/or Chikungunya are known risks in places visited on this trip. Both are tropical viral diseases spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for either, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

### Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the UK we strongly recommend the **Exodus travel insurance policy (/insurance)**, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

## Local Time

**India's Timezone:** Asia/Kolkata IST (GMT +05:30)

## Electricity

**India's Electricity:** 230/240 volts AC, 50 Hz.

The electricity supply is not 100% reliable but it is usually only off for short periods of time.

## Money

### India's Currency

The national currency of India is the Indian Rupee (INR), with an exchange rate at the time of publication of approximately 85 to the UK£ and 65 to the US\$.

Exchange rates are correct at the time of publication.

It is illegal to import or export rupees. Do not accept torn or (very) dirty Indian banknotes from banks or in change as they will almost certainly not be accepted as legal tender in India. Please ask for low denomination notes of 100 and 500 Rupees as the new 2000 Rupee notes can be difficult to use out of Delhi. You can change money back from Rupees into Pounds or Dollars at Delhi airport (before going through security), but you must produce an exchange receipt showing that you changed money in India.

### ATM Availability

ATM machines are widely available in India (Visa and MasterCard are best) but you should not rely on these 100% of the time, so please take some cash with you as well. Please inform your bank before departure that you are travelling to India and carry the relevant telephone number with you in case they put a block on your card. You can pay with credit cards in bigger shops and hotels all over India. Well-known brands of travellers cheques can be exchanged but this can take time and banks are not always open when you need them. You can bring Sterling, Euros or US Dollars. It is illegal to import or export rupees. Do not accept torn or (very) dirty Indian banknotes from banks or in change as they will almost certainly not be accepted as legal tender in India. Please ask for low denomination notes of 100 Rupees, as higher notes will be more difficult to use. You can change money back from Rupees to your chosen currency on departure from India, before you go through security and immigration, but you must produce an exchange receipt showing that you changed money in India.

### Tipping

Tipping is very much part of the culture in India and is usually expected. Tipping can often be an awkward affair, especially when in an unfamiliar country where you are not sure when or how much to tip. As such, your tour leader will offer to arrange and look after a group tipping kitty which will be used for cold drinks and to tip hotel staff and local sightseeing guides. Your leader will suggest how much to contribute, depending on group size, but it is usually in the region of 4000-5000 INR (approx. £47-59 or US\$59-74) per person. At any time during the trip your leader will be happy to show you an account of how the kitty is being distributed. Please note that the kitty does not include tips for the mechanic and bus driver used throughout your trip and is at your own discretion.

If you wish to show your appreciation a tip of around £2-£3 (US\$3-4.50) per person per day would be appreciated. By definition, gratuities are not something that can be included in the tour price.



## Responsible Tourism

At Exodus we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage. To learn more about what Responsible Travel means to Exodus [click here \(/responsible-travel\)](#)...

## Exodus Community

### Join the Exodus online community

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the **Community (/community)** you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

## Important Information

### On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 16 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

### On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Exodus office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the **essential information (/about-exodus/essential-information)** in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

#### **TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD**

The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://travelaware.campaign.gov.uk/> (<https://travelaware.campaign.gov.uk/>)

Keep informed of current travel health news by visiting <https://travelhealthpro.org.uk/> (<https://travelhealthpro.org.uk/>)

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our [Travel Safety Advice \(/travel-safety-advice\)](#) page.



## **How to Book**

### **1. Check availability**

Go online to check availability, or contact us by phone or email.

### **2. Secure your place**

You can provisionally hold a place on this trip, usually for between three and seven days.

### **3. Complete your booking and payment**

When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) (/homepage) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque. Book with confidence: Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

#### **TRIP NOTE VALIDITY**

These Trip Notes are valid from the "Current as" date on page one. They will occasionally be updated post booking and pre-departure; if there are any updates that significantly impact the inclusions or itinerary bookers will be written to separately. All customers will also receive a link to the most up-to-date version of the Trip Notes with their Final Joining Instructions pre-travel.

Version 1