

BUDDHIST PILGRIMAGE MEDITATION TOUR

佛教朝圣修行团 15 天 13 夜

(13NIGHTS / 15 DAYS)

DAY 1 (12 Jan): SINGAPORE-DELHI – AGRA (L/ D)

Arrive at New Delhi Indira Gandhi International Airport, meet and assist by our Representative and Drive to Agra. Check-in at hotel. After lunch, visit the world famous **Taj Mahal** built by Shah Jahan in 1630 for his queen Mumtaz Mahal to enshrine her mortal remains. (Taj Mahal is closed on Friday). Also visit the **Agra Fort** containing the halls of private and public audience and other palaces. Dinner and Overnight stay at Hotel in Agra. **O/n Hotel Jaypee Palace / Similar.**



第 1 天：新加坡-德里- 阿格拉

午餐/晚餐

抵达德里机场代表人接机后早专车前往阿格拉。抵达后入住酒店，午餐后参观-蒙兀兒皇帝 Shah Jahan 妻子 Mumtaz Mahal 的陵墓。以大理石建造，花了 22 年、20,000 名工人才完成。文字無法完全描述泰姬瑪哈，你必須要親自去看看那些細膩之美。其中最讓人失神的，就是那裏的顏色隨一天時間的變化。后参观阿格拉红堡晚餐于酒店/休息。 **住宿：阿格拉 Hotel Jaypee Palace / Similar.**

DAY 2 (13 Jan): AGRA – SANKASIA - LUCKNOW

B/L/D

After breakfast, drive to Lucknow. En-route lunch at Sankasia. After lunch, visit **Sankasia Stupa**. Later drive to Lucknow. Dinner & Overnight Stay At Hotel in Lucknow. **O/n Hotel Piccadily / Similar.**

第 2 天：阿格拉-桑卡西亚-勒克脑

早.中晚餐



早餐后专车前往勒克脑，沿途朝礼桑卡西亚（曲女城），参观佛陀上忉利天说法回到人间的遗址。然后乘车前往勒克脑。晚餐后入住酒店。 **住宿 勒克脑 Hotel Piccadily / Similar.**

DAY 3 (14 Jan): LUCKNOW –VARANASI

B/L/D

After breakfast drive to Varanasi. On arrival, check-in at Hotel. After lunch, visit Sarnath along with **Dhammachakka Sutra at Mulgandhkuti Vihar** and **Sarnath Museum**. It's about 10 kms from the holy city of Varanasi – is the blessed city where more than 2500 years ago Buddha selected to deliver his first sermon. Dinner and Overnight stay at Hotel in Varanasi. **O/n Hotel Clarks / Similar.**

第 3 天: 勒克脑- 瓦拉那西

早/中/晚餐



早餐后乘车前往瓦拉那西。到达后用午餐，午餐后朝礼**鹿野苑**-是释迦牟尼成佛后初转法轮处，当年佛祖释迦牟尼在这里第一次为骄陈如等五个弟子讲道说法。佛教的最初僧团也在此成立。鹿野苑是佛教在古印度的四大圣地之一。7 世纪唐僧玄奘来此，鹿野伽蓝如日中天，成为重要的佛教中心之一。参观**答枚克佛塔**，**阿育王石柱**等。。晚餐后休息。**住宿: 瓦拉那西 Hotel Clarks / Similar.**

DAY 4 (15 Jan): VARANASI - SRAVASTI

B/L/D



Early morning **boat ride on River Ganges** to see the Sunrise, Ghats and Temples on the bank of river Ganges. Back to the hotel for breakfast. After breakfast take Journey to Sravasti. **Hotel Pawan Palace / Similar.**

第 4 天: 瓦拉那西- 舍卫国

早/午餐

清早乘船观赏恒河沐浴场，观看恒河日出。后回酒店用早餐。早餐后，乘车赴**舍卫国**。舍卫城是古印度重要的思想交汇发源地。古印度恒河中游北岸拘萨罗国（Kosala）都城，舍卫城是古印度重要的思想交汇发源地。。楞严经中的**波斯匿王**就是这里的国君，也是释迦牟尼佛**结夏安居降伏外道处**，据说，佛陀在舍卫城度过了二十四个雨季，是著名的**祇树给孤独园精舍**所在地，是佛教八大圣地之一，在这里诞生了殊胜的《**金刚经**》《**楞严经**》，且阿含部之诸经、贤劫经、弥勒下生经、弥勒上生经、大宝积经郁伽长者会等诸会，**阿弥陀经**、**文殊般若经**等皆于此处说。午餐后参观**祇园精舍**，参观须达长者塔，扬雀摩罗塔。晚餐后于酒店休息。**住宿: 舍卫国 Hotel Pawan Palace / Similar.**

DAY 5 (16 Jan): SRAVASTI – KAPILAVASTU – LUMBINI

B/L/D

After breakfast, drive to Lumbini - Birth Place of Lord Buddha, Complete your immigration / customs formalities at India & Nepal Borders (Ensure Double Entry Visa for India). En-route visit **Kapilavastu**. Upon arrival, check-in at hotel. Dinner and Overnight stay at Hotel in Lumbini. **O/n Hotel Buddhamaya Gardens / Similar.**

第 5 天: 舍卫国-迦毗罗卫城-兰毗尼园

早/中/晚餐

早餐后乘车前往**蓝毗尼**，在边界办理出入境手续。沿途参观**迦毗罗卫城**，到达蓝毗尼后入住酒店，晚餐于酒店/休息。**住宿: Hotel Buddhamaya Gardens / Similar.**

DAY 6 (17 Jan): LUMBINI

B/L/D

Visit Summer Palace and Kakusandha Buddha & Kanogama Buddha at Niglisagar

第 6 天：兰毗尼园

早中晚餐

今天去拜访第一佛和第二佛古迹。

DAY 7 (18 Jan): LUMBINI – KUSHINAGAR

B/L/D

After Breakfast, visit **Maya Devi Temple and Ashoka Pillar**. Later drive to Kushinagar – Lord Buddha is reputed to have breathed his last words "Decay is inherent in all components things" and expired at Kushinagar. On arrival, check-in at Hotel. Dinner and Overnight stay at Hotel in Kushinagar. **O/n Hotel The Imperial / Similar.**



第 7 天：兰毗尼园 - 拘尸那伽（175 公里 .3-4 小时）（早中晚餐）

早餐后朝礼佛诞生地**蓝毗尼**。参观**摩耶夫人庙**、令佛教徒震撼与渴望一见的佛祖诞生地点-**砖房遗迹**，圣园中的重要遗迹孔雀王朝阿育王为纪念佛祖诞生所竖立的**石柱**。后专车前往印度-拘尸那伽（佛祖涅槃地），据【大般若镍盘经】记载佛祖在阿利罗跋提河的两颗婆罗树间圆寂，此地曾是许多大佛和僧房，目前已经完全遭到破坏，遗迹中发掘的佛像现在存于缅甸人所建的大里十寺中。到达后用晚餐入住酒店。住宿：**拘尸那伽 Hotel The Imperial / Similar**

DAY 8 (19 Jan): KUSHINAGAR – VAISHALI

B/L/D



After breakfast, visit **Mahaparinirvana Temple** (where Buddha took his last breathe), **Rambhar Stupa** (cremation site of Lord Buddha). Later drive to Vaishali - where the Second Buddhist Council was held after 100 years of Buddha's Parinirvana. At Kothua, Lord Buddha delivered his last sermon. Later, Emperor Ashoka erected a huge Pillar to commemorate the spot of the last sermon. Dinner and Overnight stay at Hotel in Vaishali. **O/n Hotel Vaishali Residency.**

第 8 天：拘尸那罗-吠舍离

早/中/晚餐

早餐后朝礼佛陀涅槃圣地和火花圣地（**Rambhar 塔**）。后专车前往**吠舍离**-为释迦牟尼时代著名的大城市，曾经是跋耆国首都。佛陀在此城预言自己即将入灭。著名的维摩诘居士就是居住在这个地方，是佛教八大圣地之一。在佛陀灭度后百年，耶舍比丘召集了七百名上座部长老，在此城中进行了第二次经典结集（又称七百集结、毗舍离集结），造成上座部与大众部的分裂，开始了佛教部派佛教时期。佛陀教授维摩诘经、药师经、楞严经的说法圣地。也是佛陀宣布将在三个月后圆寂之地。更重要的是，这里是第一次有比丘尼的地方，是佛陀允许其姨母一大爱道比丘尼及其妻子等眷属出家的地方。晚餐后于酒店休息。住宿：**吠舍离 Hotel The Vaishali Residency.**

DAY 9 (20 Jan): VAISHALI – NALANDA – RAJGIR

B/L/D

After breakfast, visit **Ananda Stupa, Ashoka Pillar and Relics**. Later after lunch, drive to Rajgir, which is 155 Kms from Vaishali. Rajgir is the site of great Sanctity and significance for Buddhist. En-route visit **Nalanda** - it was one of the oldest Universities of the world & International Center for Buddhist Studies. (Ancient Buddhist University ruins). Dinner and Overnight stay at Hotel in Rajgir. **O/n Hotel Rajgir Residency.**



第 9 天： 吠舍离 -那烂陀大 -王舍城

早/中/晚餐

早餐后朝礼吠舍离-阿难舍利塔遗迹，阿育王石柱，佛陀舍利塔。午餐后专车前往王舍城 155 公里远于吠舍离。沿途参观世界第一所佛教大学-那烂陀大学。那兰陀的意思是莲花盛开的地方，那兰陀大学处古印度摩揭陀国境内，是印度佛教史上最大的寺院，也是世界上历史悠久的大学之一，拥有上万名学生，2 千名教师和 9 百万卷藏书，在 5-12 世纪曾为学问研究的中心地。晚餐后入住酒店休息。住宿：**Hotel The Rajgir Residency.**

DAY 10 (21 Jan): RAJGIR – BODHGAYA

B/L/D



After breakfast, visit **Gridhakuta Hills, World Peace Stupa, Bamboo's Garden, Bimbisara Jail**. After lunch, drive to Bodhgaya - which is the most important Buddhist pilgrimage centre where Lord Buddha attained Enlightenment. On arrival, check-in at Hotel. Dinner and Overnight stay at Bodhgaya. **O/n Hotel Bodhgaya Regency / Similar.**

第 10 天： 王舍城-菩提伽耶

早/中/晚餐

早餐后 朝礼灵鹫山讲法台，佛陀在这里宣讲了《妙法莲花经》，《摩诃般若波罗蜜多心经》，《大集经》，《观无量寿经》，《无量寿经》，《金光明胜王经》，《仁王经》等经。参观和平塔，参观竹林精舍迦兰陀池，是频婆娑罗王第一次供养给佛陀的精舍。频婆沙罗王监狱。午餐后专车前佛陀成道圣地-菩提伽耶。晚餐后入住酒店。住宿：**Hotel Bodhgaya Regency / Similar.**

DAY 11 (22 Jan): BODHGAYA

B/L/D

After Breakfast, visit **Mahabodhi Temple** and the **Bodhi tree** which marks the site where the Buddha overcame the forces of Evil and Temptation and attained blissful Nirvana. Late afternoon, visit **Niranjana River, Sujata Temple** - which is across the Niranjana River. Dinner and Overnight stay at Hotel in Bodhgaya. **O/n Hotel Bodhgaya Regency / Similar.**

第 11 天：菩提伽耶



早/中/晚餐

早餐后朝礼证觉大塔，在摩诃菩提寺寺院园内，共有 7 处佛陀圣迹—金剛座和菩提树、阿尼弥萨罗遮那塔、佛陀经行处、七宝座、禅定榕树、龙王池。午餐后专车前往参观牧羊女塔（佛陀成道前接受牧羊女供养的乳米，经过尼连禅河回到菩提伽耶。晚餐于酒店。住宿：**Hotel Bodhgaya Regency / Similar.**

第 12-14 天：菩提伽耶

早/中/晚餐

在格西带领下在菩提树下开始两天的打坐禅修。

DAY 12-14 (23-25 Jan): BODHGAYA

B/L/D

Geshe Yonten will lead us on a Two-day meditation practice under the Bodhi Tree

DAY 15 (26 Jan): BODHGAYA –DELHI –SINGAPORE

B/L

After lunch, on time, transfer to airport to connect a flight for Delhi. On arrival Delhi, transfer to the airport to connect a flight for onward Journey.

第 15 天：伽耶- 德里 –新加坡

早/午餐

午餐后退房前往机场搭乘德里航班。抵达德里后前往国际机场 搭乘晚班飞国。



..... END OF THE TOUR

行程结束

Total Tour fare: S\$ 2380

Package Includes:

1. Accommodation on Twin Sharing Basis
2. All meals
3. All Transfers, Sight seeings and excursion by air-con Vehicle
4. All Monuments Entrance Fees
5. English /Chinese Speaking Guide Services
6. 2 Bottle of Mineral water Per Person per Day
7. Airfare Singapore – Delhi // Delhi –Singapore // Varanasi- Delhi
8. India //Nepal Visa fees

费用包含：

- **住宿:** 行程觀光大飯店双人标间房
- **餐飲:** 全程包餐，每日三餐（早，餐，晚餐）。
- **遊覽:** 豪华旅游大巴，行程內容活動專車

- 中英文导游和领队全成陪伴。
- 行程所列景點之門票
- 每日1天2瓶礦泉
- 来回国际航班和一趟内陆航班。
- 印度-尼泊尔签证费

Package does not include :

1. Expenses Of Personal Nature like table drinks, telephone calls, laundry, tips to guides, porters, and restaurants in Hotels etc
2. Any other expenses or services not mentioned above
3. Tips for Tour Guide, Bus Driver.

费用不包含在内:

小费: 司机/导游/护卫/餐厅/等小费 餐飲: 以上指定以外, 相机费, 洗衣, 多余的矿泉水, 电话费等任何项目或服务不包含在内。

Payment terms:

1. Deposit of S\$500 will pay to TBC by 21th Nov 2015.
2. Full payment by 15th Dec'15. By cheque mail to TBC address or bank transfer to Tbc Uob Account
3. 50% refund if cancellation before 31th Dec'15
4. 0% refund if cancellation after 1st Jan'16