Integrated Rural Planning & Development Focusing on Community Based Tourism
Early Fall 2009 (August 28-September 22)
UW-Exploration Seminar
5-Credits

Program Director: Manish Chalana, Assistant Professor, Urban Design and Planning and South Asia Center (affiliate). India Cell: 9313444484; Email: Chalana@u.washington.edu

Other Staff:
Shu-Mei Huang, PhD candidate in the Built Environment, shumei.huang@gmail.com
Angie McCarrel, Masters candidate in Urban Planning, angiemcc@hotmail.com
Eric Noll, PhD candidate in the Built Environment, enoll@u.washington.edu

Interpreter:
Amit Ittyerah, amittyerah@gmail.com; Delhi phone: 91-9968134374

Program Website: http://courses.washington.edu/kumaon/

The program officially commences on Friday, 28 August at Noon (IST) at the Blue Triangle YWCA, New Delhi India. Please report there promptly. The program will conclude at Sonapani on Tuesday, 22 September at 8 am (IST).
COURSE DESCRIPTION

Scope
The India-Himalaya class is part of the UW Exploration Seminar that is being offered through the College of Built Environments’ Urban Design and Planning Department. The program was first offered in 2008 when the participants focused on conducting a general reconnaissance of the region focusing primarily on Johar Valley—a mountainous remote region in the state of Uttarakhand (India). This year’s program will continue to build on the work produced and the networks established in 2008. The focus of the 2009 program is integrated community planning and development focusing on a variety of topics including planning and design, ecotourism, health and education among others. The first half of the program will aim to familiarize students with the various institutions and organizations in the lower Himalayan areas to understand a range of approaches used in rural development work. This will be achieved by interacting with communities and the organizations & institutes through day trips/hikes, field seminars and workshops. The second half of the program will be based in a village in the upper Himalaya: Sarmoli. Students will participate in the community based tourism program managed by (predominantly women run) households in the village. Students will have an opportunity to understand the specifics of this program and explore ways in which the current model could be expanded to other villages, and also include microfinance and cultural heritage preservation. Students will engage in a week long hike to remote villages around Sarmoli to assess the portability of the Sarmoli model.
Objectives
The overarching long-term objective of this work is to establish a sustainable development model in the area that includes ecotourism, local heritage and microfinance integrated with livelihood strategies. In the recent years the region is experiencing growing tourism that is emerging as a powerful new force, and promises to bring economic benefits to the communities, but at the same time, threatens existing cultural and ecological patterns of the region.

Students participating in the program can expect to gain:

1) Rural Development: familiarity with rural and mountainous regions in India through the interactions with local experts and institutes/organization
2) Cross Cultural Communication: understanding methods of working in environments with sparse expert data and non (and limited) English speaking populations
3) Community-based Sustainable Development: familiarity with the range of planning and design issues around sustainable development, community based tourism, microfinance and historic preservation.

Methods
The program is flexible by design to meet the needs and interest of a diverse student body. Participants will rely primarily on fieldwork supplemented by some readings on relevant topics. You are encouraged to share with the seminar group research methods from your discipline and to explore topics of interest to you. Given the fact that we will be situated “in the field,” the focus of the work is to frame meaningful issues and questions through reflective and descriptive account. In this regard, the group work will mainly rely on “case study” as a way to incorporate multiple methods including survey, participant observation, unstructured interviews and focus group. As it is defined, a case study is “an empirical inquiry that -investigates a contemporary phenomenon within its real-life context, especially when the boundaries between phenomenon and context are not clearly evident“(Yin, 2003, p13, see the seminar reading list).

COURSE WORK
All students will be responsible for understanding the contents of the readings in the course bibliography prior to arriving in the field. This is important for you to gain an understanding of a region that is geographically and culturally unique. The course readings are organized into topic areas and will be available electronically (one course binder will be on reserve in the Architecture Library).

Assignments and Grades

1) “Think piece” (20%); Due by Aug 20 via email
   In the “think piece” discuss your reaction to (at least) three reading topic areas. Try to reflect on the readings in regard to method, ethics and your own study area of interest. In addition to individual insights, you are encouraged to present questions and challenges of the readings to the anticipated field experience in India. The think piece is not a summary of the readings instead it is meant as a way to get you to think about topics that interest you in the context of the fieldwork. The emphasis is on developing questions and directions to explore based upon your reaction to the reading(s). The think pieces will be compiled and circulated via email. You should review the compiled document before you arrive in Sonapani. There will be a discussion around it in Sonapani where we will use
the document to determine overlapping research interests and approaches. The think piece is expected to be about 500 words in length.

2) **Field Notebook (25%); Due Sep 17**

   A. **Sonapani** During the first week in Sonapani you will have an opportunity to explore the region, participate with local experts and visit different institutions and organizations active in that area. Keep a daily log of events and activities using text, photos, sketches or other materials. Synthesize the information to explain how the approach of each institution or organization in rural development 1) is similar and/or unique, and 2) demonstrate strengths and weaknesses, particularly around a topic of interest to you (ex. education, health and sanitation, architecture, tourism, etc.)

   B. **Homestay-Sarmoli** During the week of homestay in Sarmoli, record your observations of the homestay experience in your Field Notebook. These observations should be from both perspectives as a traveler/participant and as a researcher.

   C. **Trek (Virtual/Visual Diary)** Along the trek, record your observations as a traveler instead of a researcher in your Field Notebook. You can focus on one theme that is of interest to you (ex. the trail, people encountered on the trek, landscape/environment, flora/fauna, etc.) or the overall experience. The emphasis is on your individual/group experience as trekkers. Observations could be made via text (summaries, poetry), sketch, doodling, photographing or filming. When we return to Sarmoli, there will be a discussion session after the hike for people to present their reflections.

   (NOTE: Field Notebook will be turned in at the end of the seminar. This is not a personal journal.)

3) **Homestay Family Profiles; (25%); Due Sep 10**

   With your homestay partner, develop a profile of one homestay family. During the week at Sonapani, the seminar group will develop the specific details of the profile from samples that will be provided. The goal is to have a profile that captures the host family and homestay experience and that may be utilized for promotional activities in the future.

4) **Sarmoli – Focus Area Research (30%); Due Sep 21**

   In small teams, investigate the Sarmoli Homestay Program and broader Sarmoli/Munsyari community context in one of the following focus areas: 1) Built Environment (vernacular architecture, landscape, etc.) 2) (Eco)Tourism (includes specific analysis of homestay program) 3) General Livelihood (could include education, health) and 4) Organizations/Institutions (local government, NGOs, other stakeholders). The final product will be a written report (with graphics, visuals, etc) that draws upon the course readings, experiences during the week at Sonapani, the time in Sarmoli, and the trek. More discussion and details will occur during the week at Sonapani.

**COURSE WEBSITE**

1) The course website, http://courses.washington.edu/kumaon, is to serve as a portal for all course related information including but not limited to health, travel and safety related information.

2) Built Environment Group photos 2008 is to be used as an image database for the seminar at http://www.flickr.com/photos/himalayasimage/.
Pre-Trip Schedule

1) Orientation Classes (Spring 09): Gould Hall, Room 208 J, from 5 – 6:30 pm.
   A. April 17: Introduction and Logistics. Please review the course website and the 2008 Exploration Seminar report.
   B. May 8: Methods (and Logistics): Please review the articles posted in the Methodology folder of the course readings.
   C. May 29: Ethics of Research (and travel): Please read the articles posted in the Ethics of Research folder in the course readings.

2) Pre departure Meeting (Summer 09)
   A pre-departure meeting will be held to review final preparations, logistics, etc. on Aug 15 @ 11am at 1704 26th Ave, Seattle.

COURSE SCHEDULE
The course will begin on Friday, 28 August at Noon at the YWCA Blue Triangle Family Hostel, Ashoka Road, Delhi. All program participants should plan to meet at the YWCA promptly on 28 August in order to assure timely group transfer to Old Delhi Rail Station. The course will end on Tuesday, 22 September. A more detailed daily schedule will be provided to program participants separately.

Program Director: Manish Chalana, chalana@u.washington.edu
2009 India Himalayan Exploration Seminar
Bibliography – Topic Areas

1. Regional Background: Uttarakhand – Johar Valley


Chapter 3 in Ibid [hoon.living_on_the_move.ch3.pdf]

Chapter 9 in Ibid [hoon.living_on_the_move.ch9.pdf]


Uttarakhand Government website: http://www.uttara.in/home_page.html


Uttarakhand Tourism Development Board: http://uttara.in/tourism_board/intro.html


Supplemental

UNESCO Fact Sheet [protected_areas_and_world_heritage.pdf]


2. Methodology – Ethnographic field notes - Architectural Documentation


**Supplemental**


**3. Ethics of Research/Fieldwork – Intercultural Communication – Travel &Tourism Ethics**


**Supplemental**


The Sustainable Tourism Gateway – explore and read definitions: http://www.gdrc.org/uem/eco-tour/st-infosheets.html

The International Ecotourism Society (TIES):

http://www.ecotourism.org/site/c.orLQKXPClMf/b.4832143/k.BD87/Home.htm

**4. Built Environment - Preservation**


Supplemental


The Indian National Trust for Art and Cultural Heritage (Intach): http://www.intach.org/home.htm

5. Microfinance - Social Entrepreneurship - Funding


Khanya-aicdd, (2007). Investigation into the funding of communities: Volume 1 Lessions and Best Practice. (Scan Executive Summary, review Table 1 page v, and pages 20-21) [Funding_communities_Khanya_aicdd_Aug2007.pdf]


Supplemental


6. Tourism – Ecotourism – Homestays


Supplemental


The International Ecotourism Society (TIES): [http://www.ecotourism.org/site/c.orLQKXPCLmF/b.4832143/k.BD87/Home.htm](http://www.ecotourism.org/site/c.orLQKXPCLmF/b.4832143/k.BD87/Home.htm)


**Supplemental**


8. SUPPLEMENTAL Topics: Health Care, Education, Political/Governance


<table>
<thead>
<tr>
<th>DATE</th>
<th>PLACE</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 27, Thu</td>
<td>Delhi</td>
<td>Lodging at YWCA Blue Triangle Family Hostel, Ashoka Road for program participants that requested.</td>
</tr>
</tbody>
</table>
| Aug 28, Fri         | Delhi/Kathgodam            | • **All Program Participants Meet @ Noon** at Delhi YWCA Blue Triangle Family Hostel, Ashoka Road  
• Group transfer to Old Delhi Rail Station for 4 pm departure  
• Arrive and overnight in Kathgodam                                                                 |
| Aug 29 (Sat) to    | Sonapani - Himalayan Village | • Arrive in mid-morning on Aug 29 via vehicle  
• Day trips to nearby towns/villages, NGOs, etc.  
• Course activities/seminars at Sonapani                                                                 |
| Sept 4 (Fri)        |                            |                                                                                                                                                                                                       |
| Sept 5, Sat         | Aavani (NGO)               | • Depart for Sarmoli (drive)  
• Overnight TBD at KMVN or equivalent near Aavani                                                                                              |
| Sept 6 (Sun) to Sept 9 (Wed) | Sarmoli - Sarmoli Homestay Program | Arrive Sarmoli – mid-morning  
• Homestay Program  
• Exploration of Sarmoli and Munsiyari area                                                                                                     |
| Sept 10 (Thu) to Sept 16 (Tues) | Trek                      | Johar Valley Trek – Exact route TBD and is dependent upon trail and weather conditions.                                                                                                             |
| Sept 16 (Wed) to Sept 18 (Fri) | Sarmoli                  | • Arrive in Sarmoli from trek for evening of Sept. 16  
• Sarmoli Homestay Program                                                                                                                       |
| Sept 19, Sat        | Drive to Sonapani          | • Morning departure from Sarmoli  
• Arrive Sonapani in evening                                                                                                                      |
| Sept 20 (Sun) to Sept 21 (Mon) | Sonapani                | • Complete Exploration Seminar  
• Farewell Gathering                                                                                                                           |
| Sept, 22, Tues      | Return to Delhi            | • Early Morning departure to Kathgodam for train to Delhi  
• Arrive Delhi mid-afternoon  
• Departures and/or Hotel                                                                                                                       |

**NOTE:** A detailed daily schedule will be provided upon arrival at Sonapani. The schedule is subject to change due to adverse weather events.
**Emergency Contact Information**
*2009 (Early Fall) Integrated Rural Planning & Development*

<table>
<thead>
<tr>
<th>Telephone Instructions</th>
<th>Country Code</th>
<th>Time Difference to Seattle</th>
<th>Special Dialing Instructions?</th>
</tr>
</thead>
<tbody>
<tr>
<td>91</td>
<td></td>
<td>Seattle is 12.5 hrs behind</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Delhi</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CONTACTS HOST COUNTRY</th>
<th>Name</th>
<th>24-Hour Phone</th>
<th>Email</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Director</td>
<td>Manish Chalana</td>
<td>01191 9313444484 (cell)</td>
<td><a href="mailto:Chalana@u.washington.edu">Chalana@u.washington.edu</a></td>
<td>Himalayan Village, Sonapani Village. P.O. Satoli (via Mukteshwar)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>011 91 11 25138768 (parents’)</td>
<td></td>
<td>District Nainital, Uttarakhand, India 263</td>
</tr>
<tr>
<td>Nearest U.S. Embassy</td>
<td>Regional Security Officer</td>
<td>(011)2419-8000 ext. 4249 / 8562/4040 (830am-530pm)</td>
<td><a href="mailto:acsnd@state.gov">acsnd@state.gov</a></td>
<td>Shanti Path, Chanakya Puri</td>
</tr>
<tr>
<td>or Consulate</td>
<td></td>
<td>(011)2419-8000 after hours request “Duty Officer”</td>
<td></td>
<td>New Delhi 110021</td>
</tr>
<tr>
<td>Local Coordinator</td>
<td>Ashish Arora (Sonapani)</td>
<td>01191 9719005900</td>
<td><a href="mailto:ashish@himalayanvillage.com">ashish@himalayanvillage.com</a></td>
<td>Himalayan Village, Sonapani Village. P.O. Satoli (via Mukteshwar)</td>
</tr>
<tr>
<td></td>
<td>Deepa Arora (Sonapani)</td>
<td>01191 9759005461</td>
<td></td>
<td>District Nainital, Uttarakhand, India 263</td>
</tr>
<tr>
<td></td>
<td>Malika Virdi (Sarmoli)</td>
<td>011919411194041</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Police</td>
<td>Mukteshwar</td>
<td>05942 – 286178</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Local Bus Company</td>
<td>NA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Taxi Company</td>
<td>Parvinder Singh Sethi</td>
<td>9837350931</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Amrit Tour Planners</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Doctor</td>
<td>Mr. Bipin Negi, Village</td>
<td>9411165051</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sitla, P.O. Mukteshwar,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>District Nainital – 263</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>138</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nearest Hospital</td>
<td>Ms. Prajakta, Aarohi</td>
<td>+919758006333</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>hospital, Peora</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nearest Airport /</td>
<td>Indira Gandhi International</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Airline</td>
<td>Airport</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>New Delhi</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Health Care</td>
<td>Aarohi Village Satoli</td>
<td></td>
<td><a href="http://www.aarohi.org">www.aarohi.org</a></td>
<td></td>
</tr>
<tr>
<td>/ Ambulance</td>
<td>P.O. Peora</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dist. Nainital Uttarakhand-263 138</td>
<td>Tel: (0) 94120-45137</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Meeting Spot</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## CONTACTS IN THE U.S.

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone Numbers</th>
<th>Email</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>IPE Assistant Director</td>
<td>Cameron Frisch</td>
<td>(206) 221-7745 (office)</td>
<td><a href="mailto:cfrisch@u.washington.edu">cfrisch@u.washington.edu</a></td>
<td>459 Schmitz Hall, Box 355815, Seattle, WA 98105</td>
</tr>
<tr>
<td>Exploration Seminars Program Director</td>
<td>Max Savishinsky</td>
<td>(206) 543-3314 - office</td>
<td><a href="mailto:explore@u.washington.edu">explore@u.washington.edu</a></td>
<td>459 Schmitz Hall, Box 355815, Seattle, WA 98105</td>
</tr>
<tr>
<td>Exploration Seminars Program Coordinator</td>
<td>Dana Bumpus</td>
<td>(206) 543-3314 - office</td>
<td><a href="mailto:explore@u.washington.edu">explore@u.washington.edu</a></td>
<td>459 Schmitz Hall, Box 355815, Seattle, WA 98105</td>
</tr>
<tr>
<td>Home Department Chair</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UW Police Department</td>
<td></td>
<td>(206) 685-UWPD (8973) *available 24 hours/day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UW Counseling Center</td>
<td></td>
<td>(206) 543-1240</td>
<td></td>
<td></td>
</tr>
<tr>
<td>International S.O.S.</td>
<td></td>
<td>Policy # 11BSGC000078</td>
<td>(215) 942-8226</td>
<td></td>
</tr>
</tbody>
</table>

## US STATE DEPARTMENT

Monday-Friday 8:15 a.m.-10:00 p.m. EST,
Saturday 9:00 a.m.-3:00 p.m.:
Telephone: (202) 647-5225*

**For after-hours emergencies, Sundays and Holidays:**
Telephone: (202) 647-4000 Request the OCS duty officer.
*Overseas Citizens Services has a 24-hours a day hotline at (202) 647-5225 for American Citizens Services (including travel and citizenship information).

## UW International Programs Office

Monday-Friday 10 a.m. to 4 p.m. PDT,
459 Schmitz, Box 355815, Seattle, WA 98195
Telephone: (206) 221-7745 or (206) 221-4404
Email Address: ipe@u.washington.edu

**For after-hours emergencies, Sundays and Holidays:**
Contact UW Police at 206-685-UWPD(8973). In response, UW Police will cont: IPE and/or other Crisis Management Team Members.
The UW Police Department receives calls 24 hours per day, seven days per we
ESSENTIALS CHECKLIST

1. DOCUMENTS
   - Passport (original with Indian visa)
   - 4 copies of passport
   - 4 copies of Indian visa
   - 4 copies of passport photo
   - Travel health insurance info – 2 copies

2. GEAR
   **General**
   - day pack (approx. +/- 35 liters capacity)
   - medium/large duffel bag (approx. 14”x30”, 3-4,000 cubic inches volume – this is to pack all of your things in that will be carried on mules
   - sleeping bag (rated to 0 degrees)
   - sleeping pad (self-inflating or foam)
   - 2 drinking bottles (approximately 1 liter each)
   - pocket knife
   - pack towel
   - headlamp
   - sunglasses
   - sunscreen (high SPF, like 30)
   - lip balm with sunscreen
   - insect repellant (at least 20% DEET)
   - eating dish and silverware
   - headlamp
   - mug for drinking tea/coffee, etc.
   - lighter and/or waterproof matches
   - money belt (optional) or whatever else you prefer to use to secure your money while traveling
   - one special food item – whatever you really like when traveling (eg: box of clif bars, a jar of peanut butter, trail mix, etc.)
   - 1 roll of toilet paper (this is for the trek – you should not need the entire roll – be prepared to use less than normal)
   - hand sanitizer (alcohol based, eg: Purell)

   **Clothing**
   - shorts for day hiking (recommend something lightweight, synthetic, and quick-drying (not cotton)); 1 or 2 pr.
   - lightweight pants for hiking (these will be worn when trekking to villages or in other areas where it is customary to have legs covered)
   - short sleeve shirt for days (same as above); 1 or 2 shirts
   - long sleeve shirt for cool days or nights; 1
   - long pants (for cool nights around camp); 1 pr.
   - rain/wind jacket; 1
fleece (or other insulating like) jacket; 1
base layer (top and bottom) for sleeping in at night; 1 top/1 bottom
cool weather hat (for cool evenings); 1
sun hat (optional)
lightweight hiking boots or trail running shoes
sandals (something to wear around camp or to hike in if you prefer)
socks; 3 pr. (2 pr. for day use, 1 pr. for evening around camp)

Field work supplies
- digital camera (if you have one)
- notebook
- pen and pencil
- sketching pens and pencils (if you draw)

3. TOILETRIES AND PERSONAL MEDICAL SUPPLIES

Toiletries
- toothbrush
- toothpaste
- camp soap (enviro. friendly and something without perfumes in it)

Personal Medical supplies
- Pain reliever (like ibuprofen (Advil) or naproxen sodium (Aleve))
- Moleskin
- Repair kit (safety pins, utility cord, duct tape – you can wrap some around your water bottle, sewing kit)
- Space blanket
- Whistle
- Emergency contact info card (we will provide)
- Anti-itch analgesic gel or other sting relief, or Anti-itch hydrocortisone ointment (optional)
- Exlax
- Pepto or other
- Antihistimine
- Cold and flu tablets, throat lozenges, and nasal decongestant (optional)
- Multivitamins
- Loperamide (Imodium D) or diphenoxylate – blockers for diarrhea (for plane or if on the move – generally better to let the body rid body of toxins asap)
- Azithromycin – diarrhea treatment by prescription antibiotic
- Other antibiotics if recommended by your doctor
- Prochlorperazine or metaclopramide – for nausea and vomiting
- Oral Rehydration mixture
- whatever prescribed in your travel consultation
- Epi pen – if you have a known allergy
- Mosquito net (optional)
Keep blister/cut care easily accessible in a separate baggie:
- Tape
- Moleskin
- Second Skin
- Povidone-iodine
- Bandaids
INDIA INFORMATION

ARRIVAL AT THE INTERNATIONAL AIRPORT

The International Terminal (Terminal 2) is about 5km (3 miles) away from the Domestic Terminal (Terminal 1) at Palam. There is a free transfer shuttle between the terminals. Indian Airlines, Jet Airways and Air India also operate a free shuttle running 24 hours; information counters are situated in the Arrivals areas of both terminals.

As you deplane keep the following ready:

- passport
- Disembarkation Card
- your flight ticket with luggage tags
- pen

When you leave the airplane you arrive at the immigration counter: show your passport with the Disembarkation Card which you have filled in. You have to get an entry date stamp in your passport. You may be asked about the purpose of your trip; say “exploration seminar travel” or “group travel” to Uttranchal.

You move on to the conveyor belts where you luggage will arrive, make sure you take your own luggage and check whether all pieces of luggage have arrived. Take a free trolley and put your luggage on it.

If you have a delayed or a lost baggage you would need to provide a telephone number in Delhi (use my cell# 9313444484). Also get the name of the officer and their telephone number.

- In case all your checked in luggage has not arrived, you have the right to claim compensation from the airline. On the spot they should provide you Rs. 1,000 for expenditure regardless of which airline you flew.
- If your luggage is lost, you are entitled to compensation under the Warsaw Convention of up to US $ 400, but certain airlines have reduced their liability.

After you claim your checked bag, you may want to stop at the duty free shop to buy items for personal use or gifts; your duty free allowance Rs. 4,000 (or about $100). Delhi duty free has some of the best deals in the world!

MONEY AT THE AIRPORT

Although you can use your credit card to buy items at the duty free shop, it would be a good idea to get some INR (Rupees) to pay the taxi or make a call from a pay phone in the arrival hall.

There is a Thomas Cook booth in the arrival hall where you can change money and travelers' checks, but ask someone if you don’t see it as the airport has been undergoing renovations.

OR

You can use one of the ATMs to withdraw money from your bank in the States.

If you want to make a phone call, there are yellow public phone booths on the sides of the arrival hall, but you will need NEW 1 Rupee coins to use them.
With your luggage you proceed to the **Customs** counter where you may be asked to open your luggage for a search. (See list of the duty free allowance elsewhere - every thing else may be taxed). If you’re carrying any gear for the program tells them it is for personal use or for group use, and that you plan to bring it back with you.

**TAXI**

Once you exit the arrival hall you will find the booth for prepaid taxis with a sign "PREPAID TAXI LOCAL". Ask someone in the arrival hall where the prepaid taxis are as things may have shifted around due to the renovation.

At the prepaid taxi booth ask for "ASHOKA ROAD" (Near Gurudwara Bangla Sahib") and pay about Rs. 150 (day tariff) or Rs. 200 (10h30 pm - 5 am). The man will ask you:

- how many pieces of luggage?
- your name? (give a short simple name)

And he will give you a slip of paper with a number on. That number is the number plate of your taxi, which is parked in front of the prepaid taxi booth. ONLY USE THAT TAXI AND DO NOT ACCEPT ANY OTHER OFFER BY TAXI DRIVERS. When you sit in the taxi tell the driver to take you to YWCA's blue triangle family hostel near Gurudwara Bungla Sahib on Ashoka road.

When you arrive in your hotel you should give the driver the slip of paper. DO NOT GIVE THEM ANY MONEY except a tip (Rs 20-30).

**HOTEL**

Your Hotel: YWCA Blue Triangle; it is located on Ashoka Rd, Connaught Place, Delhi 110001

More info on the hotel at: [http://www.ywcaofdelhi.org/?page=blue_triangle_hostel](http://www.ywcaofdelhi.org/?page=blue_triangle_hostel)

Telephone: +91 11 23360133, +91 11 23365014, 91 11 23365441

mail: ywcadel@yahoo.co.in


Open to men and women this well-kept hostel is set in calm grounds and is a popular choice, and justifiably so. This place has a less institutional feel than the other Ys in Delhi and although the rooms aren't going to knock your socks off, they're admirably clean and comfortable.

The Y has a total of 42 private rooms and four dormitories; non-members must pay a temporary membership fee (valid for one month). There are two dormitories with 10 beds and two dormitories with seven beds. The dormitories are commendable, if a tad tightly packed, each with a colour television. The only downside for solo travellers is that a dorm bed cannot be pre-booked: they can only be reserved in advance if you take all the beds in a dorm, otherwise you have to rock up and try your luck on the day. The private rooms are very good and all come with a colour TV; the more expensive ones are larger and have a fridge. On site is a dining hall serving Indian, Mughlai and Chinese food and, for the health conscious, there's a big green lawn area to do morning laps.

**LOCAL CURRENCY:**

Officially you're not supposed to take any Indian currency into or out of India; however carrying up to Rs2000 doesn't seem to be a problem. In cities you can change most major foreign currencies and brands of traveler’s checks. You should consider carrying some American Express traveler’s checks.
Rupee notes come in denominations of 10, 20, 50, 100, 500 and 1000 (the Rs1000.00 note is not as commonly found, especially outside of big cities).

The rupee (Rs) is divided into 100 paise (p). The paise comes in coin denominations of five, 10, 20 (all no longer being issued) 25 and 50. There are also rare rupee coins in denominations of one, two and five.

**CHANGING MONEY IN THE CITY**

It's relatively straightforward changing money, especially in the larger cities. You are supposed to be given an encashment certificate when you change money at a bank or an official moneychanger; you'll need these encashment certificates to change Indian currency back into foreign currency when leaving India (at the international airport), however for exchanges below Rs10000 certificates aren't necessary.

Credit cards are widely accepted in Indian cities and larger towns, particularly American Express, Diners Club, MasterCard and Visa; MasterCard and Visa are the most widely accepted. Credit cards can also be used to get cash advances in rupees at some banks. Nowadays, almost all Indian cities have 24-hour ATMs that may accept Cirrus, Maestro, MasterCard, Plus and Visa. It's wise to check in advance with your home bank whether your card can access banking networks in India and if so, what the charge per transaction is and whether there are schemes to minimize these.

**SAMPLE PRICE GUIDE**

- litre of milk: Rs 25.00
- loaf of bread: Rs 20.00
- litre of bottled water: Rs 15.00
- small packet of potato wafers: Rs. 15-20
- hair cut (men) at a regular barber shop: Rs. 50-100; at a high-end salon: Rs. 1000-2000
- soda can/bottle: Rs. 20
- McLamb Burger (meal): Rs. 100

**TIPPING**

*Baksheesh*, a term which encompasses tipping and a lot more besides, is widespread in India. In mid-range and upper-end restaurants or hotels a service charge (usually 10%)is often added to bills, so tipping is very optional. In smaller places, where a service charge has not been added to the bill, a tip is warmly appreciated - the amount you give depends on how happy you are with the service. Anything upwards of 20.00 is the norm, but exceptional service should be rewarded with at least 50.00.

**EMERGENCY NUMBERS (Delhi)**

- Police: 100
- Ambulance: 102

**IMPORTANT CONTACT INFORMATION IN INDIA**

I am your first point of contact in India; you can call me any time day (or night) as needed. If you can’t reach me on the cell, try my parents’ ground line and leave a message.

In case you need assistance in India before Aug 17 call Ashish Arora (our India coordinator); cell # 9719005900

Starting Aug 18, I will have a cell phone in India (9313444484) you can call. Also you can use my parents’ ground line as back-up (25138768). You can also call Ashish if for some reason you can’t reach me.
YWCA Blue Triangle Family Hostel, Ashoka Rd, Connaught Place (Near Gurdwara Bangla Sahib)
TEL: 23362975, 23743238
DELHI (Dilli)
(Compiled from Wiki travel)

History
Delhi is said to be one of the oldest existing cities in the world, along with Damascus and Varanasi. Legend estimates it to be over 5,000 years old. Over the millennia, Delhi is said to have been built and destroyed 11 times. The oldest alleged incarnation of the city shows up in the Indian mythological epic Mahabharata as Indraprastha. The earliest historically recognized version of the city is Qila Rai Pithora. Other cities of Delhi include: Mehrauli, Siri, Tughlakabad, Firozabad, Shahjehanabad, Lutyens’ New Delhi, and Post Colonial Delhi.

Orientation
Like the rest of the Gangetic Plains, Delhi is flat. The only geographical features of any significance are the river Yamuna, which flows down the eastern side of the city, and the Aravalli Hills, which form a wide but low arc across the west. On the west bank is the crowded and congested Old (Central) Delhi and, to the south, the broad, tree-lined avenues of New Delhi, built by the British to rule their empire. The rest is an endless low-rise sprawl of suburbia and slums, with southern Delhi (nearer to New Delhi) generally somewhat wealthier and the western reaches rather poorer.

From April to October, temperatures can be scorchingly hot (over 40°C is common), and the monsoon rains deluge the city in July and August.

Arrival
Indira Gandhi International Airport (DEL) is the arrival point for many visitors into Delhi. Most terminals have basic facilities like money changing and restaurants. The airport is split into three terminals, with the domestic terminals 1A and 1B commonly known as Palam Airport. All international flights are located in Terminal 2.

Note for the return trip: You should show up at the very least two hours before your flight is scheduled, since Terminal 2 is currently undergoing renovation. In Terminal 2, carry-on is limited to one bag and all held baggage must be X-rayed and sealed before check-in. Note that all lounges and tax-free shops are between immigration and the final security check. Once you pass the final check, there is no way back and nothing to do, so plan accordingly.

The easiest and safest way to get from the airport to the city is to arrange transport ahead of time through your hotel (some hotels provide this service for free). Alternatively, you can pay for a taxi at the prepaid taxi booths in the international terminal (it is advised that you check your change). The number of the taxi assigned to you will be on the receipt. Then, go straight through the airport and turn right immediately outside the front doors and someone will help you find your taxi. There are several options, but the booth operated by the "Delhi Police" is considered the best, with non-A/C taxis to most points in the city Rs.200-300. Some good-humored visitors find that being shortchanged by the police is actually an excellent introduction to what they can expect during the rest of their visit to Delhi. If you don't view it this way, however, try to appear familiar with the currency, carefully count out your payment and your change, and do not use a large bill.

Do not give the receipt to the driver until you get to the destination as this is what they are paid on. Also, ignore the explanation the driver will invariably offer at the destination as to why he requires additional payment. Take your baggage first, then give the driver the receipt and walk away without further discussion. There is a problem with this as there is a checkpoint manned by the traffic police just as your taxi moves away, you will have to give the receipt to the driver who will hand it over to the police who will record the number. Try getting the receipt back from the driver!

It is also possible to take a city bus during the day or a private one that runs 24 hours a day. As everywhere in India, ignore taxi touts!

Note for those of you traveling on your own ahead of the course: Trains come in and out of Delhi at one of three main stations: Delhi Junction, also called Old Delhi or Purani Dilli, the second at New Delhi which
lies in Central Delhi, and one at Hazrat Nizamuddin a few kilometers to the south. Delhi Junction and New Delhi Railway Station are now conveniently connected by Metro Line 2, just minutes apart. It will take about 40 minutes to an hour to travel from the New Delhi Railway Station to the airport by car, depending on traffic.

Our train to Kathgodam is called the Ranikhet Express, and it departs from Old Delhi (Delhi Junction) station.

Both New Delhi and Old Delhi stations are huge and confusing. The platforms are not in linear order. Don't trust the electronic display boards, which often show incorrect information. Instead listen to the announcements and ask multiple people in uniform, including porters (in orange) until you find your train. However, anyone, in uniform or not, who approaches you spontaneously should be ignored.

Getting around

Getting around Delhi is always an adventure. Traffic is, by and large, horribly congested and many drivers will think nothing of quoting ten times the going price to a tourist. Use the prices below as broad guidelines, agree on prices before setting off, and don't get too hot under the collar over a rupee or two — they mean a lot more to the cycle rickshaw-wallah earning Rs. 50 on a good day than they do to you.

By metro

Three lines of the new Delhi Metro [4] are now open and provide a cheap, quick, hassle-free and air-conditioned way of zipping around the city. Unfortunately, the network is still limited and does not cover southern Delhi or neighboring areas like Gurgaon or Noida, but ambitious expansion plans are under way. As of 2008, the following lines are open:

- **Line 1** (Red Line): Dilshad Garden-Kashmere Gate-Rithala
- **Line 2** (Yellow Line): Vishwa Vidyalaya (Delhi University)-Kashmere Gate-Connaught Place-Central Secretariat
- **Line 3** (Blue Line): Indraprastha-Connaught Place-Dwarka Sector 9

Line 2, in particular, is useful for getting to the Old Delhi (Chandni Chowk, Jama Masjid) and New Delhi railway stations, the ISBT bus terminal and the backpacker ghetto of Paharganj. Fares range from Rs. 6 to 22. Take the token until the final destination and change lines if required. If you're planning on sticking around for a while, you can buy a "Smart Card" for 200 Rupees, which is worth 110 Rupees and includes a 100 rupee deposit. There is also a "Tourist Card" allowing unlimited use for Rupees 70/day, but it's highly unlikely that you'll travel enough to make this pay off.

Line 3 is useful for reaching Karol Bagh, a large shopping area. The Karol Bagh metro station is located in the crossing of Pusa Rd and Ajmal Khan Rd. The RK Ashram Marg station is very useful for reaching the western parts of Paharganj (and the station is located on the same side of the railroad tracks, which is not the case with the New Delhi station on line 2). Unfortunately the line 3 stations are not marked on most tourist maps as the line has only recently been opened.

Note that Metro stations all use the new Indianized names, so Connaught Place is "Rajiv Chowk", Old Delhi Railway Station is "Chandni Chowk" and ISBT is "Kashmere Gate".

By taxi

A taxi or hired car (usually with driver) is required to see many of the far-flung sites within and around Delhi. To get a taxi or a hired car, you have to go to a taxi stand. They are not usually flagged from the street. Alternatively, you can call for a cab at 1090. Most Delhi taxis are old but reliable Ambassador in distinctive black-and-yellow livery. While all are equipped with meters and should cost 6 Rupees to start plus 7 Rupees per km, they are often rigged and it's better to agree on the price in advance. Most trips around the city should be 50-100 Rupees, while a trip to the airport would be around 200 Rupees. An eight-hour charter should cost around 500 Rupees, and a tip is expected if the driver is helpful. Note that most Ambassadors are not air-conditioned. The death knell of the Ambassador was rung in December 2006, when a modern radio taxi service was launched. At 15 Rupees per km, they're twice the list price of the competition, but they use modern vehicles with air-conditioning and can be dialed up 24 hours/day at 123 or 1921 or 432434343 or 1920. The fleet starts off with a rather modest 15 vehicles, but this is expected to increase to 10,000 by 2010.
You shouldn't take non-official taxis, sometimes they take you to a wrong hotel, or to a "tourist information center", and try to sell you overpriced things.

By auto rickshaws

Auto rickshaws (also called three-wheeled scooters or simply autos) are good for shorter trips. Always in a distinctive yellow-and-green livery, auto rickshaws are three-wheeled partially enclosed contraptions (no doors!) that run on CNG and can seat three people in the back. In general, they are much cheaper than taxis and can be hailed from the street. Although by law the rickshaw drivers should charge according to the meter in their vehicle (10 Rupees for the first km, 4.50 rupees per km after), they will almost always try to haggle for price. Even the shortest journey will cost around 20 rupees. Always insist on using the meter. This might be hard to accomplish in the tourist/backpacker areas such as Connaught Place and Paherganj but in the rest of the city most drivers will put the meter on for you. The driver will usually quote a price first but just tell him to use the meter. For short distances, less than 2 km, many drivers will not accept use of meter so paying 15-20 rupees for a short distance is acceptable.

In Paharganj you will often be quoted 50 rupees to be taken to Connaught Place. The normal price by meter is about 10 rupees as it is very close.

If you have any trouble with them, go to any of the numerous tourist police stations in the city center and they will give you a complaint slip which will result in a 500 rupee fine for the auto driver. There should also be a telephone number written on the vehicle to call in case of any complaint.

There are a number of "PRE PAID" Auto stands run by the Police. Tell them where you want to go and pay them upfront. The charge will include 5 rupees for the service. You then take the coupon and stand outside where a policeman will direct you to the next available Auto. When your journey is completed you hand the coupon to the wallah and that's it. Nothing more to pay (despite what they may say).

By cycle rickshaws

Cycle rickshaws are three-wheeled, pedal-powered rickshaws with seats in the back to seat passengers and a driver in the front. They are good for short distances, or places which are too far to walk but too short for taking a bus/taxi/auto rickshaw. Cycle rickshaws don't use meters, so establish a price before getting on. Twenty rupees is reasonable for most journeys of a kilometer or two, although many Delhiites will haggle if the driver dares to suggest 10 rupees.

Cycle rickshaws are best to use in Old Delhi to visit the intricate galis (walkways) and to enjoy the smells and sounds of the city.

On foot

Much of Delhi is quite pedestrian-hostile. Distances are long, road signage is poor, and you'll be constantly accosted by beggars and touts. Crossing roads often involves wading across multiple lanes of heavy traffic. Try your best to move in a predictable straight line, so vehicles can weave around you. (Better yet, latch onto a group of locals and cross in their shadow.) If you really want to walk around, these places would be good:

Walk from Rashtrapati Bhavan (President's house) to India Gate on the Rajpath (a walk of close to 3-4 kms).

Walk from Jama Masjid to Red Fort in the Chandni Chowk area.

Far South Delhi go walk about in the forest. Try starting from south of Indian Institute of Technology through Sanjay Van to Qub Minar

South Delhi- Green Park to Hauz Khas Village, then to the Hauz Khas ruined madrasa, offers a newer shopping area, a posh arts village, old ruins, and some quality greenery.

Sights

The staff at the Delhi tourist office is very helpful and the office has a lot of free information: The Government of India Tourist Office 88 Janpath , Connaught Place. Tel:2332 0005, 23320008, 23320109, 23320266. Please note that there are various private 'tourist information' offices around Connaught Place openly claiming to be the official government tourist office. These offices are selling their own travel packages and have nothing to do with The Government of India. The local police can always be reached at 100 (much like the 911 in US) and in case of foreign tourists they do act swiftly!
Select Sites

The Red Fort (Lal Qila) is one of Delhi's top tourist sights. A brilliant red sandstone fort built by the Mughal Emperor Shah Jahan (who also built Agra's Taj Mahal) as his ruling palace. Completed in 1648, the years since have not treated the buildings kindly: the rooms have long since been stripped of all objects, the marble inlays are long gone and quite a few buildings are off limits. Still, the scale remains imposing and the gardens are kept lush and green even in midwinter. The only open entrance is Lahore Gate, on the west side. Security in and around the Fort is very heavy, as it was the scene of a terrorist attack in 2000 that killed three people. Bags are allowed, but they'll be X-rayed and you'll be patted down. Tickets cost 10/100 rupees for Indians/foreigners, photography free, video cameras 25 rupees extra. Open sunrise to sunset daily except Monday. Allow for three to four hours in your schedule in case of long weekends and national holidays as lot of tourists flock around then. The most scenic way of reaching the fort is to take the Metro to Chawri Bazaar and then a cycle-rickshaw through the incredibly packed bazaar to the Fort (price negotiable, aim for 20 rupees). The fort has a light and sound show (50 rupees) in the evenings from 7:30PM-9PM, depending on the season.

Humayun's Tomb in south Delhi, near Hazrat Nizamuddin station, is one of Delhi's three UNESCO World Heritage Sites. Open daily from sunrise to sunset, entry is 10/250 rupees Indians/foreigners. The tomb is located in large, immaculately maintained gardens in the Persian Char Bagh (four corners) style that were thoroughly renovated in 2003 with Aga Khan's help and are consequently probably the best in Delhi. As you enter the complex, the first major structure on your right is the bulbous, octagonal tomb of Iza Khan, a court noble who built it in his own lifetime, some 20 years before Humayun's tomb. As you pass through the first gate, you will glimpse the dome of the tomb and enter a floral path leading to the second (West) gate, which now acts as the entrance to the giant central garden.

This complex in Mehrauli, south Delhi, houses structures dating from the Slave Dynasty (1206-1290) and is designated as a UNESCO World Heritage Site. The gardens are kept in excellent shape, making this a popular relaxation and picnic spot. Open daily from sunrise to sunset, entry is 20/250 rupees Indians/foreigners. Light-and-sound show held most nights after sunset. Qutub Minar – The most famous structure on grounds, this 72.5m minaret was the tallest "skyscraper" in the world when built (1193-1368) on the orders of Qutb-ud-din Aybak. Delicately carved, it has been astonishingly well preserved and is still an awe-inspiring sight today. It's often visible from air when flying into IGI airport! (Sticklers for archaeological truth will, however, note that the top of the tower has twice been rebuilt after an earthquake, and the base has been restored more recently.) While entry into the tower itself is no longer permitted, for 10 rupees per five min you can view the scenery via a little webcam on top.

Select Museums

National Museum, Janpath. The here layout is a labyrinthine and the presentation won't win any awards, but the collection is unparalleled and contains some true masterpieces. The section on the Indus Valley Culture and the one on Buddhist Heritage are most informative. The museum also showcases the arts and handicrafts from different regions of India. Keep an eye out for the 4600-year-old Harappan temple dancer, the Gandhara-era standing Buddha with Greek hair and a Roman toga, the stunning miniature painting gallery, and the giant temple chariot parked outside.

Tibet House, 1 Institutional Area, Lodhi Road. Established by HH Dalai Lama with the aim of preserving the cultural heritage of Tibet. There is a museum, exhibition space and library.

Other

Majnu ka Tilla Tibetan Colony – This is one of the more accessible Tibetan resettlement areas in India, and certainly a nice piece of variety for Delhi. To get there head north along Ring Road just past Majnu ka
Tilla Gurudwara, or take the Metro to Vidhan Sabha station, and a cycle-rickshaw is 15 rupees from there.

**Other things to Do**

Take a walk at **Connaught Place**, the heart of New Delhi. Perhaps the most well planned market in India, it is an experience unmatched. The layout of the market is circular, with an inner circus and an outer circus. It is divided into blocks. The pavement is a pleasure to walk on, and the bookshops selling the latest books for good prices are a unique experience. There is a Metro Station "Rajiv Chowk", a Central Park and an underground market selling inexpensive imported and (possibly) smuggled goods "Palika Bazaar". It is surrounded by tall office buildings on nearly all sides. The pigeons, which are fed with grains in the morning, are also a unique sight. Quite simply the best place to hang out!

Do a heritage walk in **Chandni Chowk**. Start at the beginning of the road near Red Fort and meander through Lala Lajpat Rai market where there are rows of camera repair shops. Then on to Gurdwara Sisganj, past the fountain and the old movie halls, finally, ending at the Fatehpuri mosque. Take detours into Nai Sarak and Chawri bazaar, or stop by at the Parathewali Gali, the jalebiwallah at Dariba Kalan, Annapurna (on the crossroads), or Ghantewallah. Might be a bit heavy on the senses, but a walk you will not forget.

Visit the **International trade fair exhibition centre** at Pragati Maidan.

**Buy**

Delhi is a shopper's haven, but only if you're not afraid to haggle and bump elbows in bazaars. Western-style malls and shopping emporiums are creeping in on the outskirts, but there's little Indian about these sanitized shopping experiences, or the goods in them. Until a few years ago, all shops closed on Sunday. While rules have been relaxed, many districts (eg. Connaught Place) are still mostly shuttered. Saturday is the main shopping day and hence also the most crowded.

Start your shopping tour of Delhi with a visit to **Connaught Place**, a rather unique cross between a European shopping arcade, an Indian bazaar and an upmarket shopping mall. At the intersection of the Yellow and Blue Lines of the **Delhi Metro**, it's easy to get to. With all shops laid out in two circles, it's easy to get around and explore.

**Bazaars**

**Connaught Place** – Many Western-style shops are here that have nice products for Indian prices. Check out "The Bookworm" and "Will's clothing".

**Main Bazaar**, Paharganj – Oriented toward backpackers, this strip of shops sells items such as shawls, tablas, rugs, jewelry, etc.

**Lajpath Nagar III** – Middle-class Indians do their shopping here. Great deals for nice shirts, salwar-kameez, Western clothing (cotton underwear, jeans, pijamas, etc.)

**Khan Market** is where the foreign diplomats and Tibetan lama's go for lunch and to shop for dog supplies, groceries (great choice of vegetables), clothes (upper class Indian style, not expensive) and books (many bookshops).

**Janpath** is a bargain-hunter's dream and just a two minute walk from Connaught place. Think of it as a vast flea market, where you can get all kinds of knick-knacks and clothes. Janpath is not a place for those unwilling or unable to bargain ruthlessly. Also, as in any flea market, quality will vary greatly. There are also some bookshops.

**Palika Bazaar**, Connaught Place – This is a large underground market in the center of Connaught Place. The air here is bad and the quality of products low. One can hunt for DVDs, VCDs and Audio CDs of Hindi, English and a few regional and foreign language films and PC-based games.

**Chandni Chowk**, Metro Yellow Line. The heart of Old Delhi, this is the place to go for the full-on Indian experience of crowded, twisting alleys and tiny shops. The **Fountain** serves as a useful orientation point, and there are great Delhi-style snacks to be found in the vicinity too.

**Handicrafts**
Cottage Emporium, located near Connaught Place, is the main government-run location for selling handicrafts from all over the country. The prices are a little more than what you'd find if you went bargain hunting, but you can shop in air-conditioned comfort and all of the sales people speak English. The quality of items is quite good. You can pay with credit cards.

The state emporium is the state's equivalent of a Cottage. They are all located on Baba Kharak Singh Marg, one of the radial streets coming off of Connaught Place, and each state specializes in certain kinds of crafts. Some are better priced than others, and you can bargain a little. Many of them will take credit cards.

Dilli Haat, located in South Delhi near the All India Institute of Medical Sciences (AIIMS), is a place where crafts fairs happen every few weeks. It is a wonderful place to get crafts from all over the country. What is distinctive here is that the artists themselves come to sell their goods, so your money goes directly to them, rather than to middlemen. Some bargaining may be necessary if you want the best price. Prices are higher than elsewhere, but the modest entry fee keeps out beggars, ripoff artists, and most touts. It also has a section called Foods of India. This has a huge number of restaurants, each showcasing the food of a particular state of India. (Most of them give a mix of Chinese and Indian food, but state delicacies are also included). This section is a must-go for the foodie cum tourist.

Clothing

Connaught Place Shops, shops and more shops. Outlets of almost all international brands available in India are along the inner circle: Bennetton, Allen Solly, Reebok, Nike, Levi’s, Lee Cooper - you name it. Some of the finest restaurants, eateries and bars pop up here too. (Check our Restaurant Guide for further details.) There are some excellent bookshops which you can check out for material on India. Check out Khadi Bhandar (24, Regal Building, CP); Fab India (B-28, Upper Ground Floor, Inner Circle)

Janpath No big shops here, just small kiosks selling all kinds of cotton clothes and curios that you may like to take home. Most of the clothes are export surplus garments and are sold dirt-cheap (you just need the patience to bargain). There’s lots of silver and artificial jewelry studded with semi-precious stones in the small Tibetan shops that abound here. But then you need to know your silver from the fake stuff. Refugees who came after the Partition and Tibetans who came when China invaded Tibet settled here as traders and put up this market. Another must while you are at Janpath is the Central Cottage Industries Emporium. Across the road from Janpath, in Jawahar Vyapar Bhavan, this is the place to go for Indian handicrafts.

Sarojini Nagar Market reputed to be the largest outdoor, pedestrianized shopping area in Delhi. Huge bargains on all sorts of western and Indian wear. It is known by expatriate teens as THE shopping area for affordable current hip fashion trends. If you are lucky you can also get many reputed western brands here (export surplus) Also a great market for fresh fruits, vegetables and household goods!

Khan Market: Khan Market is an upscale and expensive place to shop in Delhi close to India Gate. Visit Anokhi (9 Khan Market) for excellent Indian clothing.

Books

The Indian book industry is huge, producing annually about 15,000 books in English, and obviously far more in Hindi and other native languages. Delhi is the hub of this industry, so small, specialist bookstores abound. Locally produced books can be very inexpensive and many popular Western titles are published and available here for a fraction of their original cost.

Khan Market – This is a shopping area for local diplomats. There are many book shops here that have a wide selection at reasonable prices.

Oxford Bookstore, First floor, Statesman House, Barakhamba Road (near Connaught Place). One of Delhi's largest and most modern bookstores, it has an emphasis on art and culture. The great Chai Bar allows you to read any book from the shelves and relax with a cup of tea. Available in several dozen varieties from 30 rupees up. Priced at regular prices. Open daily.

Mid Land Bookshop, South Extension and Aurbindo Place. Very similar to bookshops in Khan Market, but at better prices.

Galgotia and Sons, Connaught Place. A more disorganized bookstore, but with an excellent variety of books available at excellent prices.

Nai Sarak (near Chawari Bazaar) (use Chawari Bazaar or Chandani Chowk metro stations on yellow line) has narrow gullies where most publishers are based. This is very popular with students, particularly
college students as course books are available here. They carry books in nearly all major languages spoken in India. Don't expect bargaining to work here as shopkeepers are too busy to argue. (The shopkeepers do more business than any proper branded shop, selling at least 5,000 books daily.) There are also many whole sellers. Very few books will be on display and you need to ask for a particular type of book as the variety of books sold is huge. Most books are original and the shopkeepers get very irritated if you question the book's genuineness. You can either take a rickshaw or walk. One of Delhi's oldest shopping complexes, you can find any book there after a day of searching. Also good areas for sightseeing.

**Daryaganj and Asaf Ali Road** – A little better organized, but otherwise very similar to Nai Sarak. Hindi Book Centre on Asaf Ali road is very famous and one can find practically every Hindi book there and they also have a very good website.

---

**Eat**

Delhiites complain about many things in their city, but the **food** will satisfy even the most demanding gourmet. Not only can you find some of the best Indian food on the subcontinent, there is also an increasing number of excellent (if often pricey) international restaurants offering cuisine from around the world. When ordering, do remember that Delhi is about 1000 km from the nearest ocean, so vegetarian, chicken and mutton dishes are the way to go.

Delhi has the best street food in India. It's highly recommended even if you can splurge in expensive restaurants. However, be aware that many westerners suffer diarrhea and major stomach upset from eating from street vendors. Try the samossa and jalebi here. Have Indian chai.

The Golgappas (basically fried wheat hollow balls stuffed with potato and chutney and filled with spiced mint water) is very popular and they are almost the best available here. Make sure you have it from a good, well known place. Locals will recommend their favourite places, so ask.

Try the various sweets. There is an amazing variety of sweets that is unparalleled to anything you have seen. Laddoos, barfis, and doda are available in the Winter.

The paranthas are amazing (stuffed Indian breads slightly fried are available with all kinds of stuffings--with potato, cauliflower and radish being the most popular ones).

**Budget**

The best place to go for chaat is the **Bengali Market** near **Connaught Place** in the center of town. The restaurants are high quality and the food is great. There are ATMs as well. One of the best known restaurants there is **Nathu's**. But for the really good chaat you have to make your way to Old Delhi, and particularly to **Ashok's** near Chawri Bazaar. While connoisseurs insist that the best chaat is prepared on the street, most travellers try to find a comfortable middle ground between hygiene and authenticity.

**Andhra Pradesh Bhavan Canteen**, Ashok Road (near Man Singh Road). Open for lunch and dinner this is a favorite of local Delhi foodies who are looking for an authentic Andhra meal. They serve all you can eat veg/non-veg thalis for 60–120 rupees. For carnivores, you have a variety of non-veg options (chicken/fish/mutton) but the mutton fry is recommended. The service is quick and efficient. Another favorite is the Karnataka Bhavan canteen beside Ansal Plaza near Mool Chand offering all possible South India food.

**Haldiram's**, 1454/2 Chandni Chowk (just west of the Fountain) and other outlets around town,. This is a famous manufacturer of Indian snacks and sweets that has now gone global. This always-packed, two-story outlet in the heart of Chandni Chowk was its first in Delhi and dates back to 1924. The ground floor houses a vast array of sweet and sticky Indian confections, while the first floor has a popular vegetarian restaurant. This is a great place to try authentic and hygienic Delhi chaat and other Indian snack foods. Try the **Raj Kachori**, a mixture of different types of stuffing with sweetened yogurt and chutneys in an oversized hollow dough shell. All chaat is under 50 rupees, or you can get a full daily thali for 90 rupees.

**Tadka**, 4986, Ram Dwara Road (side road off of Main Bazaar), Nehru Bazar, Paharganj. A notably clean restaurant by Paharganj standards. Serves only vegetarian food, a full thali for 60 rupees. Their tea is really good and their most popular dish is Paneer B. Masala.

**Nangarg**, Rajgur Marg Road (side road off of Main Bazaar), Paharganj. A really good hole-in-the-wall restaurant that serves vegetarian and non-vegetarian food for about 60 rupees. The workers there are
genuinely good people, which can be hard to find in this area. You'll have more luck finding a sign that says "Veg-Nonveg" than their actual restaurant sign.

Mid-range

**Club India Cafe**, 4797, Second Floor, 6 Tooti Chowk (next to vegetable market), Paharganj. Don't be put off by the cramped stairway up. This is a clean and bright little haven of peace with birds-eye views of the chaos below. The menu spans the gamut but the thing to try is the Japanese food, prepared under the watchful eye of the Japanese owner. 100-200 rupees.

**Karim's**, Jama Masjid, Gali Kababian, tel. +91-11-23269880,. As you'd expect from a restaurant on Kebab Lane, the name of the game here is Mughal-style meat (mutton and chicken), served up since 1913 and still going strong. Favorites include Badam Pasanda (boneless mutton cooked with yogurt, almonds and spices) and Chicken Noor Jahan, but if you're really hungry, try Tandoori Bakra — an entire stuffed goat (3,500 rupees. Advanced notice and down payment required). Under 200 rupees at the original; more at the branches.

**Moti Mahal Deluxe**, M-30, Greater Kailash Part I, tel # 6412467 (and other outlets). Famous for their tandoori chicken and North Indian food.

**Nirula's**, L-Block, Connaught Place, +91-11-23322419. India's answer to McDonald's, this serves both Indian and Western fare. Has many other branches throughout the country.

**Sagar** Shop No 24, Defence Colony Market, Defence Colony, New Delhi - 110024 +91 11 2433 3815, +91 11 2155 1097 – Considered by many to be the best place for authentic South Indian food, Sagar does justice to the reputation. The menu features dosas, idlis, vadas, uttapams, rasam and thalis. A/C. There's likely to be a queue for seats during peak hours and definitely on Tuesday nights. The upmarket version (quieter, better laid out and more expensive) is at Sagar Ratna, Ashok Hotel, 50-B Chanakyapuri +91 11 2611 0101. Both also have many other branches.

**Saravana Bhavan**, 46 Janpath, +91 11 2331 7755 +91 11 2331 6060. A good South Indian joint located in Janpath very close to Connaught Place. They are a Chennai chain operating in Delhi. If you go at lunch time, prepare to wait a while. The various dosas are recommended, as well as the thalis (meals) and the sweet dishes.

**Sri Balaji Restaurant**, 17A/41, W.E.A. Gurudwara Road, Karol Bagh, serves North and South Indian food for good prices, but offers only veg food.

On tighter budgets, the **Pindi** or **Havemore** are recommended at Pandara Park.

**Khan Chacha**, 75, Middle lane, Khan Market – A Roomali Rolls and Kabab stand serving chicken, mutton and paneer (cottage cheese) kebab rolls. Very popular with Delhites

**Saravana Bhavan Restaurant**, P-15, Near Madras Hotel, Connaught Circus—my fav South Indian restaurant.

Splurge

**Bukhara**, Maurya Sheraton – Regularly tops the charts as India's best restaurant (and certainly among the priciest), the roast lamb and the Bukhara Dal here are legendary. Always make reservations or be ready to stand in a queue (similar to queues at an airport) for about two hours. 2000+ rupees.

**Chor Bizarre**, Hotel Broadway, 4/15A Asaf Ali Rd. Now franchised worldwide, the original restaurant serves Kashmiri food in an eclectic surrounding like a chor bazaar (thieves market). The buffet is laid out inside an old car! 300 rupees for a full meal.

**Naivedhyam**, Hauz Khas Village. Offers quality South Indian meals and service at slightly higher prices.

**Punjabi by Nature**, 11 Basant Lok, Vasant Vihar, tel. 011-5151-6665. One of Delhi's best-known Punjabi restaurants. 500 rupees or so, more if you order seafood.

**Tibetan Food** – Delicious, finger lickin' good Tibetan food is available at The Tibetan Kitchen, near Shivaji Stadium (which actually is a Bus Stand!) Connaught Place. The joint is run by Tibetan refugees.

**Nan King** – Chinnese food which is suprisingly different from the West but very good. Nan King is one of the best spots and offers a private lounge. Good for a party or to wind up a holiday.
**Drink**

Delhi's nightlife scene has undergone a total transformation in the last decade. There are plenty of modern, cosmopolitan joints out to separate you from your rupees. In a desperate attempt to keep the sex ratio vaguely equitable, many lounges and clubs have **couples only** policies (that is, no single men or men-only groups), enforced with varying degrees of strictness. While everything is theoretically to shut down by 1AM things can keep going much longer.

**Coffee/Tea**

For coffee go to **Barista** or **Cafe Coffee Day**, two of the large Indian coffee chains, which have multiple locations around the city. The partly UK-based **Costa Coffee** has also made a recent foray into the market.

**Aapki Pasand Tea Shop**, Sterling House, 15 Netaji Subhash Marg, Daryaganj (Opposite the post office, walking distance from Red Fort). A great place to sample Indian chai and the exotic Darjeeling and Assam teas and purchase the same. Located in an old colonial era building, its teas have been savored by Bill Clinton, Gorbachov, Koizumi and are taken as official state gifts of India.

**Hookah**, Basant Lok (in Priya Cinema complex), Vasant Vihar. Three-level bar-restaurant offering surprisingly good (if pricy) Middle Eastern fare. They offer a wide range of drinks and an even wider range of flavored water pipes. There is no outdoor seating, nor do they offer hot drinks.

**Ziya- The Morockin Cafe**, Ph: +91-9212631306/1/2 – This is a chain of nouveau Middle Eastern cafes that offers a wide range of drinks and food (not to mention the flavored tobacco). The place is really cost effective, at half the cost of the above mentioned.

**Bars/Nightclubs**

**Aqua** - At the Park Hotel

**Aura** - At the Claridges

**IndoChine's Forbidden City** - International restaurant/lounge located in South Delhi.

**Ministry of Sound**, Vasant Kunj. India's first branch of the international supper club. Closes by midnight and security is dodgy. Entry 2500 rupees per couple.

**Orange** - This is a nightclub at the Ashoka Hotel.

**Fbar and lounge (by FashionTv)** – This new hotspot is located in the Hotel Ashok in Chanakyapuri.

**The Other Side**, 81/3 Adchini (basement of Turquoise Cottage), Sri Aurobindo Marg. This smoky brick-walled basement is covered with Western memorabilia. Eclectic music with an emphasis on rock (expect anything from Beatles to AC/DC). It's a good crowd, particularly on Wednesday's media nights. 500 rupees minimum for drinks and food. Couples only.

**Shalom** Cool Mediterranean-themed lounge bar/restaurant with chill-out music. In N-block market, GK-1.

---

**Practicalities**

**Stay healthy**

Delhi is a dusty city. That and the heat in Delhi does reduce visibility in the summers. In April through June, temperatures regularly top 40°C, meaning that proper hydration is a major concern. Use bottled water and avoid any water-related illness. Keep yourself covered in summers to avoid a heat stroke. Drink a lot of water - 3 litres of water a day -, particularly in the summer. Sticking to freshly, well-cooked vegetarian food will lessens your chances on acquiring the 'delhi belly'.

**Stay safe**

Many first time travelers to India find themselves falling victim to scams and touts, and unfortunately Delhi has a lot of both. Be on guard for anybody trying to help you by giving you unsolicited directions or travel advice, and take any advice from taxi and auto drivers with a grain of salt, particularly if they tell you the place you want to go to is closed, dangerous, etc. If this is your first time to India do not admit it, as this will make you a mark for the scam artists.
Delhi is an increasingly unsafe place for women. It is not uncommon to receive lewd remarks or even physical touching. If you are coming into Delhi at night, stay in the airport lounge, or well lit areas until daybreak. Try to avoid walking around alone or hiring cabs alone. Dress conservatively (preferably in Indian clothing so as to blend in). Learn to shout and consider carrying mace/pepper spray. Police vehicles (called PCR vans) are parked on most every major intersection. **Dial 100 in case of emergencies.**

Carry your cash, passport, and cards in a secure money belt, with only enough cash for a few hours at a time in your wallet or other accessible place. Some travelers recommend carrying an expendable wallet with a few ten rupee bills in it in an obvious place such as your hip pocket as a decoy to Delhi's ubiquitous pickpockets.

As a general rule, expect anyone handling your cash in Delhi to attempt to shortchange you. You may be favorably surprised once or twice during your visit. Learn the currency, count out your payment and change carefully, and be insistent in any dispute.

**Power outages** and **water shortages** happen not just every day, but often several times on the same day, with summers being particularly bad. Better places have water tanks and generators to alleviate the pain, but keep a flashlight handy at night and do your part by not wasting too much water. But again, these will impact you only if you stay somewhere in Paharganj. Easier to stay at a slightly better hotel and let money solve these minor problems.

**Laundry service** is offered in most hotels, even budget accommodations. If you would rather save the money and do it yourself, buckets are found in almost all bathrooms - but perhaps wash it out well first.

**Exercising** outdoors is not recommended due to the level of pollution and swimming in rivers is also not recommended. You'll want to look for a hotel with a gym or a pool (many offer day passes). Or a evening/morning walk can be taken in the parks.

**Tourist Agency Warning** Several tourist agencies (specifically Merrygo Travel in Connaught Place, near H Block) have been known to swindle tourists, change their travel plans, and quietly charge them forty-five percent commission. If you do use the services of a travel agency, try to book train tickets. Do not take a personal car. The agency will most likely charge you ridiculous prices, for example, 7 rupees/km of the trip. The driver will most likely take you to sites that you did not request to see in order to pull more money out of your pockets. Try to navigate through the India Rail website and book your own tickets. Otherwise, prepare to spend a good hour sorting through the charges that the tourist agency will rack up, most likely several hundred dollars in convenience charges, or unspecified taxes.

**Contact**


**Public call offices** (PCO) line all major streets in Delhi.

**Internet cafes** are not really hard to find in the city and the most popular Wi-fi hotspots would be the Barista and Cafe Coffee Day coffee chains, both having numerous outlets spread over the city.