

tropical goa

go guide

don't leave home without it



short stay spotlight

what you see

Independently explore Goa. Sights of interest include:

- Sun-kissed beaches and the Arabian Sea
- The Portuguese Catholic Church of Old Goa
- St. Anne's Church
- Basilica of Bom Jesus
- Braganza Palace
- Local markets

what you get

- Breakfast daily
- 4 nights 3★ hotels
- Airport arrival and departure transfer
- Chauffeur driven air conditioned vehicle



on location

visa requirements

Visas are required by all visitors to India. It is essential the visa is procured prior to travel. If you are a resident in the UK visa forms are available from us and also supplied upon booking. Please ensure your passport is valid for at least 6 months from your planned date of return from India. Please be advised visa requirements are subject to change. Visa procurement is the responsibility of the traveller and not of **on the go**.

climate

India has a three-season year known as the hot, the wet and the cool. The coolest time to visit is late September through to April. Temperatures during this time are ideal for sightseeing. The hot season runs from around April through to July, when it's dry and temperatures are very high, especially in Rajasthan. July signals the start of the monsoon or wet season which continues until late September. Although the weather is humid, the days are punctuated by intermittent rainfall.

time

India is 5 hours 30 mins ahead of GMT.

money

USD\$1 = INR46 (subject to fluctuation). The Indian Rupee is exchangeable only in India. Exchange facilities are available at various bureau de changes and banks. A few ATM machines exist in major towns and cities.

health requirements

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and waterborne diseases are more common, so we recommend vaccinations for Typhoid (valid 3 years) and Hepatitis A (validity varies). You may also require anti-Malarial medication. Please check with your local health care provider before travel.

how much?

- **TIPPING**
INR400 (USD\$8.50) if the day includes local guide & sightseeing
INR200 (USD\$4.50) if the day excludes local guide & sightseeing
- **CAMERA FEES**
Please note that nearly all temples, museums, game parks and sights has a fee for camera use.
- Can of coke (330ml) INR50-80
- Mineral water (local, 500ml or 1L) INR30
- Meal for 2 (entree, main, local beer,) INR1200
- Beer (local brew Kingfisher - 650ml) INR200

things to bring

- Insect repellent to guard against pesky mosquitos
- Spare camera batteries/film so you can go snap happy.
- If you fancy a tipples, take advantage of Duty Free buys.
- Buy some Indian Rupees at the airport on arrival.
- Buy a phrasebook and practice your holiday Hindi.
- A small daypack for your day-to-day needs.
- Keep a supply of small notes for local transactions.
- Keep a photocopy of your passport data pages.

top experiences

- Haggle for souvenirs at the local markets
- Rejuvenate yourself with some Ayurvedic treatments
- Try the juice of an un-ripened coconut - sweet!
- Indulge in some traditional mendi henna decoration on your hands. It's non permanent!
- Watch the fisherman catching your dinner
- Relax and soak up the sun on the palm fringed beaches





tropical goa: itinerary

day 1 - goa

Upon arrival at Goa airport you will be met by a representative from the go and transferred to your hotel. Casa De Goa in Calangute or similar - please contact us for hotel details. Overnight - Goa

days 2 to 4 - explore & relax!

Goa - breakfast. Thanks to its picturesque location on the Mandovi River, between the Western Ghats and the Arabian Sea, Goa is one of India's prime destinations. The Portuguese, who claimed Goa as the seat of the Catholic Church in the East in the 1500s, controlled the area until 1961, when India invaded to liberate it. The state's Portuguese past is most apparent in its plazas, cathedrals and architecture, and a few Portuguese insist that Goa retains more old world heritage than most of Portugal.

A fun way to explore Goa is by renting a bike or scooter. They are easily available, but you must have an International Drivers License, and provide passport details. Although best known for its massive stretch of magnificent, palm tree-lined beaches along the Arabian Sea coast, Goa offers other attractions, for example; the Portuguese Catholic Church of Old Goa, St. Anne's Church (an ornate marvel from the 1600s) and the Basilica of Bom Jesus. The surrounding countryside is dotted with luxurious old estates built by wealthy Indians (many of whom converted to Catholicism), including Braganza Palace, which is open to the public.

In Calangute, spend your day relaxing on the beach, swimming in the sea and simply relaxing. The food is delicious and very good value for money. Be sure to sample the seafood and particularly the prawns - a Goa speciality! They're so fresh, you can even watch the village fishermen catch your supper before you eat it! For a spot of shopping, browse around the local markets and be sure to visit the Church of St. Alex, it has a two towers and a magnificent white dome and ornate altars. Another local attraction is the Kerkar Art gallery. It displays works of art and craft of local artists. Overnight (3) - Goa

day 5 - goa

Goa - breakfast. After breakfast and hotel check out drive to Goa airport for your onward flight.

ayurveda

India offers a spectrum of wellness treatments, holistic therapies and Ayurveda. After having been practised for centuries by tribes, Ayurvedic medicine is thousands of years old. It is believed to have been practised since the Vedas and the Buddha period was the time when surgical treatments associated with Ayurveda died out and the herbal medicinal side came to the forefront. Ayurveda has two main principles - prevention and cure. There are three main doshas from the basic principles of Ayurveda; Vata - the combination of space and air elements, Pitta - the fire element and Kapha - water and earth elements. Your constitution type is the dominant dosha. Disease is regarded as a symptom of an imbalance of these doshas and its the imbalance that will be treated, not the disease. Ayurveda looks at not just the physical complaint but also the patient's habits, emotional traits and family background when diagnosing. Ayurvedic spa treatments are a great way to relax and unwind whilst on holiday.

festivals in india

India is a country of colourful festivals and special events. Two of the biggest festivals in the Hindu calendar are Diwali (Deepavali) and Holi. Meanwhile, the Pushkar Camel festival in Rajasthan brings together one of the most colourful spectacles on earth. on the go offer tour dates that coincide with both of these vibrant festivals.

Diwali - the Festival of Light is the happiest festival of the Hindu calendar. At night, countless oil lamps are lit to show Rama the way home from his period of exile. In all the festival lasts 5 days. On day 3, time is spent worshipping Lakshmi - the goddess of fortune. Traditionally, this is the beginning of the new financial year for companies. Diwali has also become the Festival of Sweets. Giving sweets has become as much of a part of the tradition as lighting oil lamps and firecrackers. It is also celebrated by the Jains as their New Years Day. Diwali dates - **05 November 2010, 26 October 2011**

Holi - the Festival of Colour is one of most exuberant Hindu festivals, with people marking the end of winter by throwing coloured water and powder (gulal) at one another. It gets quite mad! Don't wear good clothes on this day, and prepare to duck! On the night before Holi, bonfires are built to symbolise destruction of the evil demon Holika. It is mainly a northern festival; there is no real winter to end in the south, so it isn't as widespread there. Holi dates - **28th Feb - 01 Mar 2010, 19th Mar - 20th Mar 2011**

fabulous food!

India's vast range of climates, cultures and peoples has produced a very diverse culinary repertoire. Curry is the word that springs to mind when people think of India food. Believe it or not, there is no such thing as 'curry' in India. It's an English invention, an all-purpose term to cover the whole gamut of Indian spicing. Although all Indian food is certainly not curry, this is the basis of Indian cuisine. Curry doesn't have to be that hot it'll blow your head, although it can be made that way, if you ask! Rather, for the most part Indian food is very, very aromatic, since the spices used by Indian chefs and cooks in India don't arrive in the cooking pot via a pre-packed tub of spice. Indian chefs and cooks have about 25 spices on their regular list and it is from these that they produce the curry flavour. Normally spices are freshly ground with a pestle and mortar, and blended in certain combinations to produce varying flavours and heat. It is the freshness of the spices that transform the dish. Curries can be vegetable, meat-lamb, mutton or chicken in content, though never beef. The cow is sacred to the Hindu people and India in general, so it is extremely rare to see beef on any menu across the country. Lamb also substitutes beef at McDonalds in India. Ask for a Maharajah Mac!

thalis

Thalis are an all-purpose Indian dish offering a variety of curried vegetable dishes, relishes, poppadams, puris or chapatis and a mountain of rice. Often served on a metal tray with a number of small bowls known as katoris holding each dish or just small indentations moulded into the metal tray, Thalis are consistently tasty and cheap.

The go guide & information contained herein has been compiled with care and in good faith. It is as accurate an illustration as can be given with regard to the proposed itinerary. Circumstances beyond our control such as inclement weather or local conditions could force us to amend the proposed itinerary. This document does not form part of a contract between the client and on the go and their affiliates. Any costs shown may be subject to change but are an accurate reflection of costs at the time of writing this go guide. Please also be advised that visa requirements are subject to change and remain the responsibility of the traveller and not that of on the go.



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