

# Practical Information

Below is some information that will make your stay in Mumbai easier and more enjoyable, composed more or less out of personal experience. It is organised into small self-contained sections so that you don't need to read through everything in one go. You can also access the map, the TIFR bus schedule and canteen timings from the workshop website.

## Disclaimer

Even though great effort has been made to try and remember where everything is and what it exactly involves, some of the information give below and positions of places on the map might not be 100% accurate. You should be able to find what you are looking for within a small deviation of the advertised location. Restaurant prices are indicative of an average meal. Vegetarian food is in general much cheaper than non-vegetarian, which in turn is cheaper than lobster thermidor. If you think that there is some serious mistake in the information provided, please contact us so that we can amend things as soon as possible.

## General

It is very important to know whom to ask when you have a problem. Each non- Indian visitor has been pre-assigned a student who will be available to answer queries on anything, at any point of the day or night. For very important enquiries you can also directly contact Shiraz or Rajesh. Also, don't hesitate to ask around. People around Mumbai are extremely friendly and will be genuinely happy to help you find your way or in case of emergency. Keep in mind that the "Tata Institute of Fundamental Research" is known simply as "TIFR" in South Mumbai. Any attempts to talk about the "Tata Institute" will draw blank looks.

For getting around Bombay, a few words of Hindi are useful:

|       |                                   |
|-------|-----------------------------------|
| kitna | how much/how many                 |
| bas   | enough (or stop to a taxi driver) |
| hai   | is there                          |
| lakh  | 10 <sup>5</sup>                   |
| crore | 10 <sup>7</sup>                   |
| haan  | yes                               |
| nahin | no                                |
| nai   | no                                |
| acha  | I see                             |
| pani  | water                             |

Your experience could also be greatly enhanced by buying a pocket guide to Mumbai. Both the 'Lonely Planet' and the 'Rough Guide' are good and can be found at most bookshops and magazine-selling street stalls. The 'LP' is especially compact, light and cheap.

## Money

There are myriads of ATMs sprinkled around the city accepting foreign credit and debit cards. The same holds for most upmarket restaurants and shops. TIFR has an ATM on site, but as of yet it

doesn't allow withdrawals from non-Indian bank accounts. There also exist foreign exchange offices like Thomas Cook. Some of the above are marked on the map.

The ATM nearest to the Institute is the 'ICICI' bank booth (there are two of them next to each other) inside the Indian Railway Reservation Centre, about 100m from the Institute and TIFR Housing Colony gates (towards Bombay) and opposite the BEST bus depot.

### **Phone-calls**

Making phone-calls in India is extremely easy and cheap. Simply pay as you go at one of the many telephone 'booths' with the signs "STD/ISD/PCO". There's practically one at every corner (or more). You can also buy calling cards that will allow you to make calls, both abroad and in India, from any ordinary land-line at reduced rates. There are several companies to choose from. The Indian Telecom version (MTNL) comes in various denominations and a number of them (20 at the moment of writing) have been purchased and are stocked at the Department of Theoretical Physics office (Office A301). Depending on demand more will be acquired. For other options ask around.

The international calling code for India is 91 and the area code for Mumbai is 22.

### **Food and water**

It is quite important that you are careful about drinking water if your stay is only for a couple of weeks. Tap water is out of the question unless it has been filtered but even that is usually of questionable quality. TIFR is safe but it is recommended that you stick to bottled water outside campus premises. The price is clearly indicated on the side or the top of the bottle and should be around Rs 13 for 1lt to Rs 24 for 2lts. Check every time to make sure that the top is really sealed and that the bottle has not just been re-filled by some entrepreneur.

Food in India is one of the main things to enjoy but can, very occasionally prove hazardous because of the different tropical bugs or simply the amount of spices used. Use common sense and go for places with a quick turnover. Sometimes unfrequented upmarket places can prove more fatal than a seemingly shabby stall with hundreds of customers, by an order of magnitude. That doesn't mean that it is recommended you go for roadside kebabs the minute you get off the plane. Remember that the locals have a stomach of steel. The TIFR Canteens and the restaurants included in this sheet are reliable.

In the unlucky event that you experience a bout of "Delhi-belly" drink plenty of water to prevent dehydration or even better buy and take some Oral Rehydration Salts (ORS) from any chemist's for around Rs 12 per sachet. If it feels like it's not going to go away on its own accord, you can as an emergency buy and take one Ciprofloxacin 500mg (around Rs 70 over the counter at any chemist's for a card of ten; in the UK they cost £2 for one!). This is usually enough to knock it on the head. From experience it works wonders and improvement is visible within hours. If the unwellness persists, the student who has been assigned to you will help in seeking medical assistance. There are two medical doctors on location at the Institute (Block B, Office B108).

### **TIFR Canteens**

There are two canteens on site, the 'West Canteen' with more western influences in the kind of food offered and a nice view of the grounds and the 'East Canteen' which serves more traditional fare.

They are the standard option for breakfast, lunch, morning and afternoon tea at TIFR. The 'East Canteen' is also open for supper. Timings can be found at the end of this sheet. The food at the canteens is subsidised and costs around Rs 20 (or less!) for vegetarian or around Rs 40 for non-vegetarian meals.

## Taxis

Taxi is arguably the most comfortable means of transport in South Mumbai (where auto-rickshaws are not permitted). In order to arrive to TIFR tell the driver you want to go to "Navy Nagar" (pronounced like 'cigar') and once in the Navy Nagar military area ask around for "Homi Bhabha Road" first and then for "TIFR". Everybody will be able to help you direct the driver. A fact of life is that most taxi drivers are immigrants from really poor parts of India, basically living in their cars and sending money to their families back home. Some of them will therefore, unsurprisingly, try to overcharge for the fare. **Every taxi in Mumbai carries a metre and is obliged to use it** (and 99% of them do). If a driver refuses to do so, just start walking away. That usually does the trick and they change their mind very quickly, especially when you approach the next driver in line.

Another thorny issue is the **reading of the metre**. Because the industry is not keeping up with inflation, one needs to multiply the displayed price by a factor of 14 to get the correct fare. If you can quickly perform the multiplication in your head you'll get a rough idea of what you should be charged. **Every driver is also obliged to carry a conversion chart**, (and they usually have it, even though they might be reluctant to show it) which will give you the exact price. After midnight there is a 25% surcharge (the red column on the chart). Fake charts are not unheard of so the 'times 14' guideline should be the rule of thumb. In case you encounter some extremely pushy person with an attitude, who refuses to yield (even though you are sure you are being overcharged), the guards either at the Institute or at the Housing Colony gates will be happy to help.

## Buses

The TIFR bus is a great way to move to and from the Institute. It is free, leaves on time (if not a couple of minutes early) and stops only at certain places. If you ask, the driver might let you get off at other points too. Note that if nobody makes a move towards the bus door as you are approaching a stop the driver will most probably simply drive on. Do show your intent earlier rather than later. A timetable is attached and the map is showing the loop that the bus performs from TIFR to 'Chatrapati Shivaji Terminus' (CST), previously known as 'Victoria Terminus' (VT).

The state run "B.E.S.T." buses are also a very good option with a more local flavour. They are extremely frequent. Numbers 3, 137, 22, 125, '11 limited' start/terminate from/at the Navy Nagar bus depot, about 100-200m metres from the TIFR gate and towards town. All of the above go either directly through Colaba Causeway (including very near the YWCA Guesthouse; 'Regal' stop) or to the bottom of the Oval Maidan. Tickets can be purchased once you have got on and should cost around Rs 5 depending on the distance that you are going to cover. From anywhere in town, when going towards TIFR ask the ticket collector for "Navy Nagar". In the opposite direction, useful landmarks corresponding to different price bands are "Colaba Post Office", "Colaba Market", "Electric House" (middle of Colaba Causeway) and "Regal" (the cinema at the very top of the Causeway). From Residency towards TIFR you can take the 125 or the 11 Ltd just outside the hotel. On the way back, the 125 drops you off on the other side of the road but the 11 Ltd follows a slightly different route and you should get off on 'Mahatma Gandhi Rd' at the stop situated a few hundred metres to the East of the hotel (the approximate position is shown on the map).

Buses display the destination and number in Devanagari (Hindi script) at the front but in English on the side. Note that there exist a few special bus services numbered as above, which terminate before Navy Nagar, so always check with the label on the side. In principle there are bus stops (they all display panels with the numbers of buses stopping there, in Devanagari on one side and English on the other) but you can get on or off at any point if you can make it. Watch out for the traffic!

### **'Maratha Store'**

There is a very well stocked fixed-price shop inside the TIFR Housing Colony, the 'Maratha Store'. As you enter through the main gate take a right and walk on the road for 100m or so, passing two veg stalls (where you can also buy veg). On your left you will see a big building (named "Bhaskara") perpendicular to the road you are walking on. About 5m from the corner where building and road intersect there are some stairs leading down and a small sign signposting the shop.

### **Shopping**

**Colaba Causeway** is the most central (and touristic) part of South Mumbai and filled with shops and restaurants of every kind. It runs from the 'Colaba Post Office', all the way to 'Regal Cinema' (even though on the map this extension is named "Shahid Bhagat Singh Road" I have never heard anybody calling it that). You should find everything you need here from toothpaste to someone who is going to mend your watch. Over the monsoon months the number of tourists is minimal and the professional beggars have gone but if you still feel hassled, a good technique is to walk on the side of the road as opposed to going on the pavement. That's not uncommon and the Indians do so.

Supermarkets exist but they are few and far between. However, small shops are surprisingly well stocked to make up for it. Just ask for what you need and don't be surprised if a boy is seen running out of the shop, returning 5' later with said item.

As far as clothes/souvenirs go, the usual tourist-frequented options are (all plus more on the map) 'Fab India' and the 'Bombay Store', the latter of which is very smart looking but with price-tags to match. There are also some government-run, fixed price emporia on "Dr Dadabhai Naoroji Road" (known as "DN road"; the road on which Residency Hotel is situated), where you have to look harder but can find good bargains. In non-fixed price situations get ready to haggle hard, starting from 1/2-2/3 of the initial price and going up incrementally until you reach an agreement, while not losing your humour!

### **Restaurants**

A short list of restaurants has been compiled to offer some tried and tested options for your first few days in Mumbai. The food in the city is extremely versatile covering many different cuisines from North Indian to South Indian to Chinese to 'Chindian' (this is the Indian interpretation of Chinese concepts, which usually has nothing to do with the original recipe but could still be great). This information is given along with their map-location towards the end of this sheet.

In case you don't feel like going out, take-out options are also available, depending on where you are staying; some of them are also listed in the main part of the restaurant list:

"Pronto": Decent pizzas, salads and pasta. Pizzas are around Rs 230 for a 12" one. (Tel: 2287 2007)

"McDonalds": McDonalds (Tel: 3956 8979)

"Dominos": Pizza (Tel: 2202 4888/ 4455/ 3328/ 3299/ 3272/ 3269/ 3519/ 7673/ 7682)

"Bademiya": Kebabs (Tel: 2285 1619)

"Delhi Darbar": North Indian (Tel: 2202 5656)

"Cafe Baghdadi": Iranian (Tel: 2202 8027)

"Subway": Sandwiches (Tel: 2285 0055)

"Mr Chow's": Chinese (Tel: 2216 0074/ 0075/ 0076 - 9920 996537)

"Bombay Blue Express": International/Indian (Tel: 2207 5853)

#### YWCA or Residency ONLY

"Cafe Olympia": Indian (Tel: 2202 0143 / 2204 5220)

"Garcia's Pizza": Pizza (Tel: 2283 0538)

"Sizzling China": Chinese (Tel: 2636 5037)

"Ling's Pavillion": (Tel: 2285 0024)

#### Useful Numbers

Department of Theoretical Physics Office: 2278 2244 / 2278 2156

Shiraz: 9867 050908

Sandip: 9867 222878

Gautam: 9869 020182

**TIFR BUS SCHEDULE**  
(Bus Leaves TIFR at)

|                                   |     |      |                 |
|-----------------------------------|-----|------|-----------------|
| 0630                              | RT  | 1535 | RT              |
| 0705                              | RT  | 1617 | CST & CG        |
| 0720                              | RT  | 1647 | CST & CG        |
| 0745                              | CST | 1717 | CST, RT & CG    |
| 0750 & 0755<br>0800 & 0805        | CST | 1732 | CST & CG        |
| 0815                              | CST | 1817 | CST, RT & CG    |
| 0820 to 0845<br>(Shuttle Service) | CST | 1835 | RT              |
| 0900                              | CST | 1900 | RT              |
| 0910 to 0925<br>(Shuttle Service) | CST | 1930 | RT              |
| 0935 & 0945                       | CST | 2000 | RT              |
| 1145                              | RT  | 2100 | RT              |
| 1245                              | RT  | 2200 | RT              |
| 1350                              | RT  | 2240 | RT              |
| 1420                              | RT  | 2315 | RT (Jeep)       |
| 1515                              | RT  | 2400 | (on prior req.) |

*(After 2000 - 2400 hrs. all buses will stop near "Zunka Bhakar" instead of regular CST stop)*

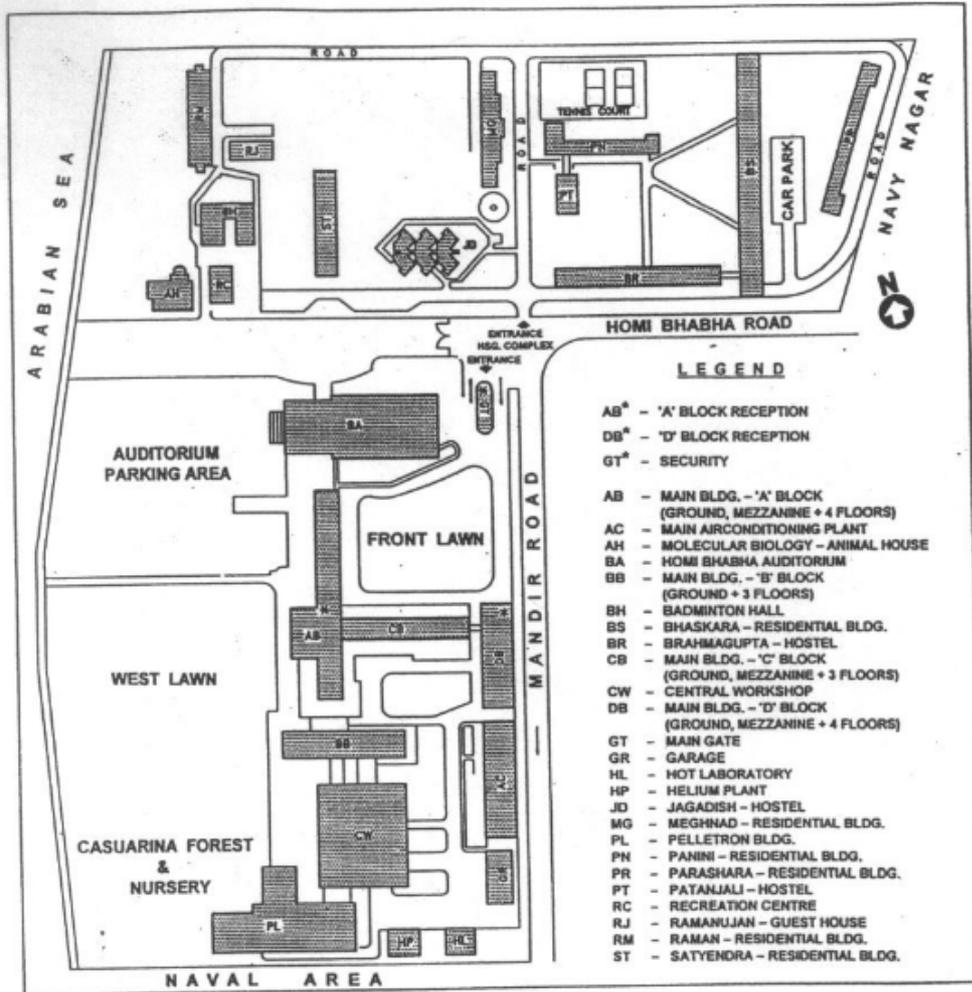
**SAT, SUN & Holidays RT BUS Leaves TIFR at**

|      |      |             |           |
|------|------|-------------|-----------|
| 0640 | 0720 | 0800        | 0900      |
| 1000 | 1100 | 1200        | 1300      |
| 1420 | 1515 | 1620        | 1705      |
| 1800 | 1900 | 2000        | 2100      |
| 2200 | 2240 | 2315 (Jeep) | 2400 req. |

**TIFR CANTEEN TIMINGS**

| <b>FROM MONDAY TO FRIDAY</b> |                          |                          |
|------------------------------|--------------------------|--------------------------|
|                              | <b>WEST CANTEEN</b>      | <b>EAST CANTEEN</b>      |
| Early Morning Tea            | -                        | 07.30 hrs. to 08.00 hrs  |
| Breakfast                    | 08.15 hrs. to 09.30 hrs. | -                        |
| Morning Tea                  | 10.00 hrs. to 11.30 hrs. | 09.30 hrs. to 10.00 hrs. |
| Lunch                        | 12.30 hrs. to 14.15 hrs. | 12.00 hrs. to 14.00 hrs. |
| Evening Tea                  | 15.30 hrs. to 18.00 hrs. | 15.30 hrs. to 16.15 hrs. |
| Dinner                       | -                        | 19.00 hrs. to 20.30 hrs. |
| Late Night Tea               | -                        | 21.45 hrs. to 22.30 hrs. |
| <b>SATURDAYS</b>             |                          |                          |
| Breakfast                    | -                        | 09.30 hrs. to 10.15 hrs. |
| Morning Tea                  | -                        | 10.45 hrs. to 11.30 hrs. |
| Lunch                        | 13.00 hrs to 14.00 hrs.  | 12.30 hrs. to 13.30 hrs. |
| Evening Tea                  | -                        | 15.30 hrs. to 16.30 hrs. |
| Dinner                       | -                        | 19.00 hrs. to 20.15 hrs. |
| <b>SUNDAYS AND HOLIDAYS</b>  |                          |                          |
| Breakfast                    | -                        | 09.30 hrs. to 10.15 hrs. |
| Morning Tea                  | -                        | 10.45 hrs. to 11.30 hrs. |
| Lunch                        | -                        | 12.45 hrs. to 14.00 hrs. |
| Evening Tea                  | -                        | 15.30 hrs. to 16.30 hrs. |

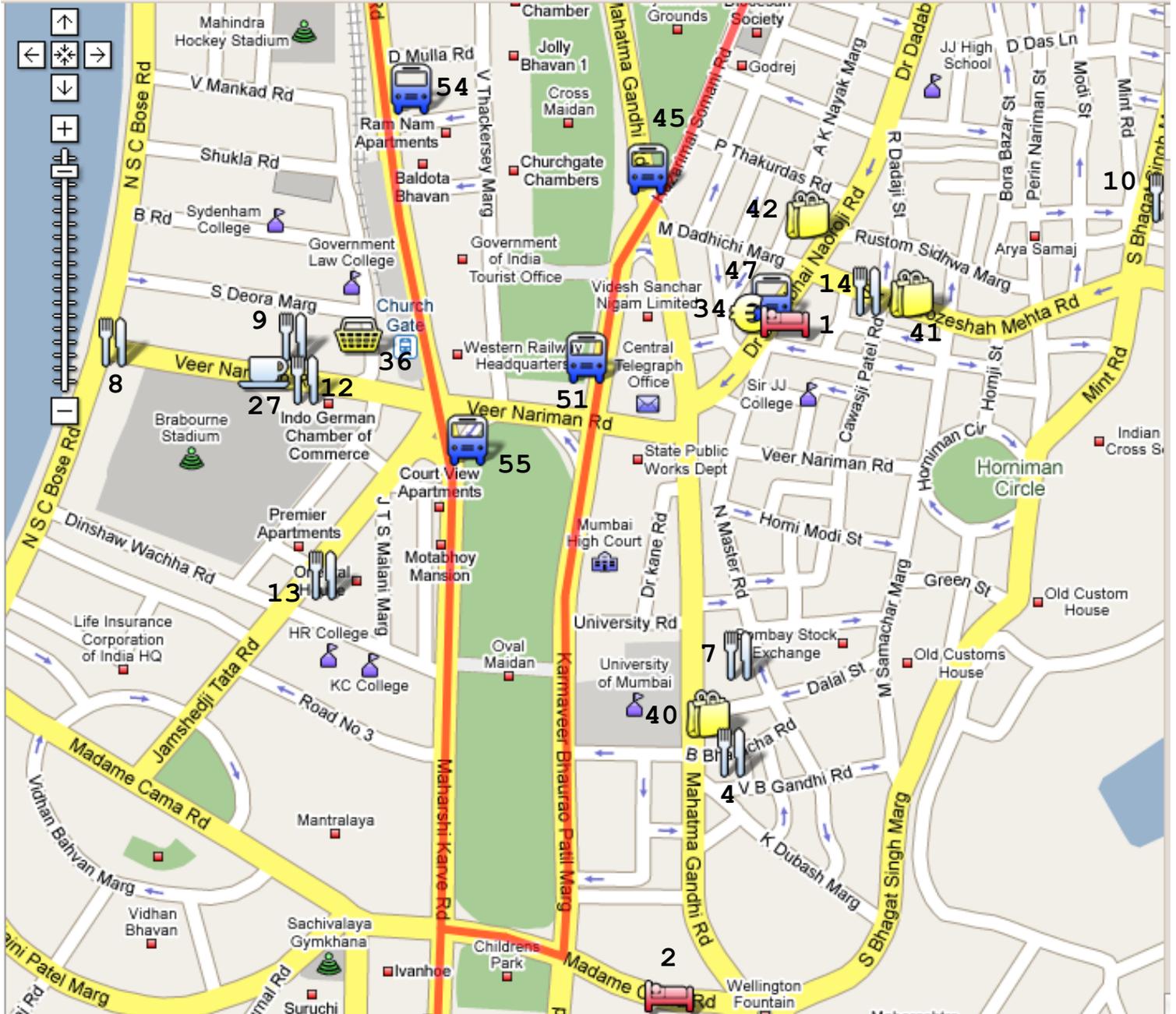
# LAYOUT PLAN OF TIFR



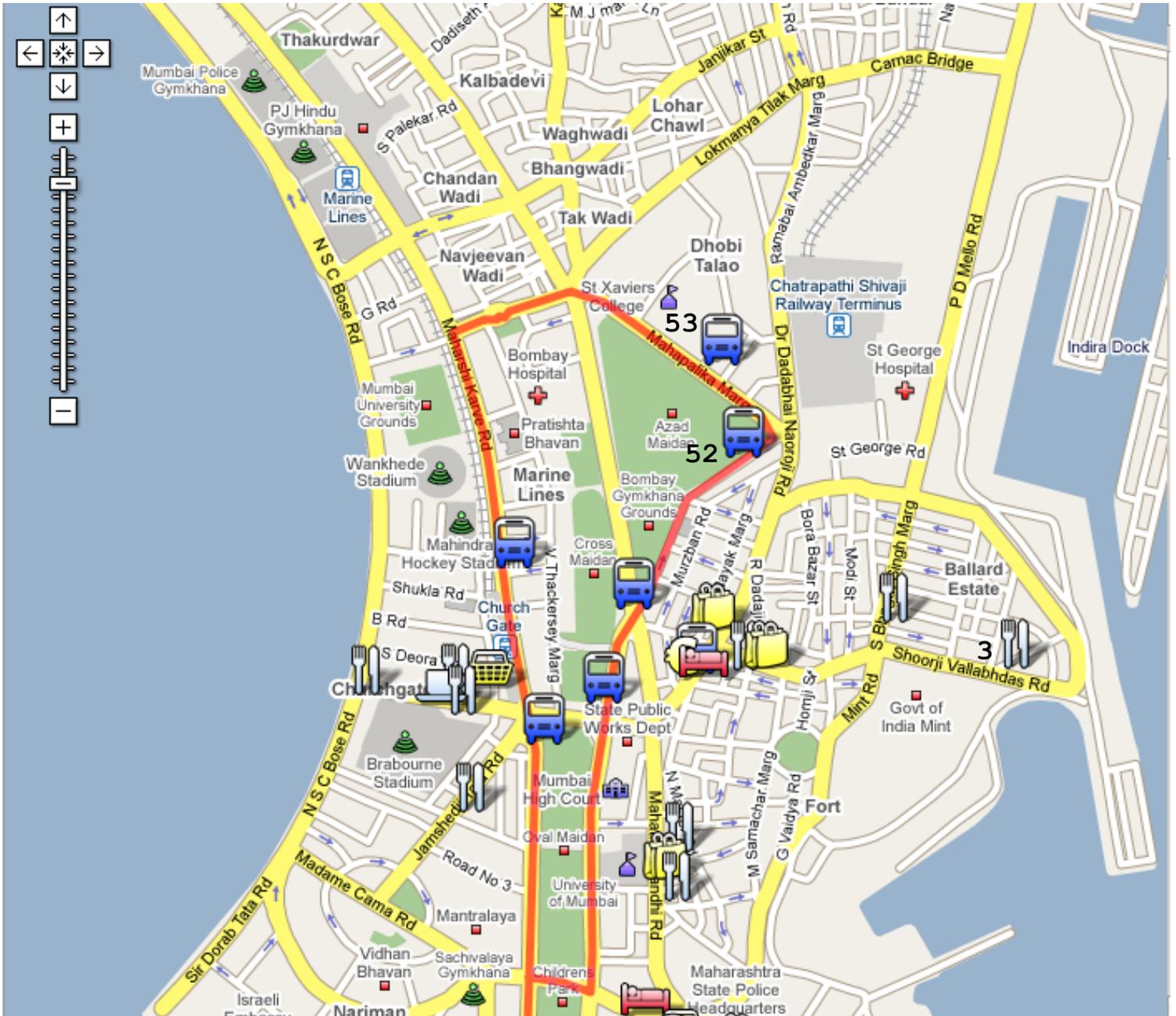
# MAP 1



# MAP 2



### MAP 3



Note: Only placemarks that don't appear in map 2 are included

# MAP 4



**NOTE:** Only placemarks that don't appear in map 1 are included

# MAP 5



- 1  [Residency Hotel](#)
- 2  [YWCA](#)
- 3  [Britannia and Co](#)

Fantastic Parsi restaurant. Open only for lunch and not on Sundays. Try the amazing "chicken berry pilau", the "fish patra" or the "sali chicken". For desserts the "mishti doi" is a must. Around Rs 300.

Directions: Ask taxi driver for Ballard Estate.
- 4  [Khyber](#)

Upmarket restaurant with great variety of North Indian cuisine. Evening reservations recommended. Around Rs 800

Tel: 22673227
- 5  [Leopold cafe](#)

Frequented by foreign tourists, with cold beer and chips available as well as more Indian options. Around Rs 350.
- 6  [Cafe Olympia](#)

Popular, cheap Muslim eatery with great "chicken biryani" and "paneer kofta". It can get a bit crowded over lunchtime. Around Rs 80.
- 7  [Trishna](#)

Excellent seafood. Try the "baby shark Hyderabad" and "butter garlic crab". Evening reservations essential. Around Rs 700.

Tel: 22614991
- 8  [Pizzeria](#)

Western style pizzeria by Marine drive.
- 9  [Indian Summer](#)

Good North Indian food in orange surroundings. Around Rs 450
- 10  [Bharat Excellence](#)

Great Mangalorean cuisine. Go upstairs for great eccentric décor. The prawn or fish "gassi" is highly recommended, accompanied by some "neer dosa". If your cholesterol levels can take it ask for the "konkani sungta", a coconut and butter prawn pilau which is not on the menu.
- 11  [Indigo Deli](#)

If you can't face another curry you can get cheese, bread and a variety of continental dishes in this super-smart delicatessen. Rather pricey though, around Rs 1000
- 12  [Pizza Express](#)

Self explanatory.
- 13  [Samrat](#)

Great vegetarian Gujarati restaurant. Try the unlimited "thali" and see how much

you can eat. Around Rs 250.

- 14  [Mahesh Lunch Home](#)  
More Mangalorean cuisine (seafood, crabs, etc.). Around Rs 600.
- 15  [Cafe Churchill](#)  
Sandwiches/pasta/salads and desserts. Around Rs 150-200.
- 16  [Bademiya](#)  
Kebabs of any sort and amazing quality. Around Rs 150
- 17  [Ling's Pavillion](#)  
Good Chinese food in posh surroundings. Around Rs 400
- 18  [Kamat](#)  
South Indian vegetarian food. Around Rs 100
- 19  [Cafe Baghdadi](#)  
Iranian-style food. Less than Rs 100
- 20  [Delhi Darbar](#)  
Serves a variety of Mughlai (North Indian) dishes. Around Rs 200
- 21  [Moshe's](#)  
Somewhere here is this really good Mediterranean restaurant (look for the faerie lights). Try the "gnochetti" and the "zucchini roulade". The selection of continental desserts is excellent too.  
  
This is also a great place to have a coffee.
- 22  [Natural Ice Creams](#)  
Delicious Indian ice creams. Especially the watermelon is a must try. Rs 26/scoop!
- 23  [Theobroma](#)  
Sandwiches, coffee and an amazing chocolate brownie. Rs 200
- 24  [Cafe Barista](#)  
Real coffee.
- 25  [Cafe Barista](#)  
Real Coffee.
- 26  [Barista](#)  
Real coffee.
- 27  [Cafe Coffee Day](#)  
Real coffee.
- 28  [Cafe Coffe Day](#)  
Real coffee.

- 29  [Gokul](#)  
Doesn't score very high on ambience or hygiene but it's still the TIFR favourite for beer and "tandoori chicken"
- 30  [Cafe Marina](#)  
Located at the compound of the Sea Palace hotel, this is a nice quiet place to have a coffee or a beer close to the sea. They also do food. Around Rs 400
- 31  [Bank of Baroda ATM](#)
- 32  [ICICI ATM](#)  
The two ICICI ATMs are located inside the little courtyard of the Indian Railway Reservation Centre. As you are walking westwards from TIFR the latter is on your right.
- 33  [Citibank ATM](#)  
Go downstairs just on the right of the Sahakari Bandar main entrance.
- 34  [Thomas Cook](#)  
Foreign currency exchange
- 35  [Bank of India ATM](#)
- 36  [Supermarket](#)  
Well-stocked, fixed price supermarket
- 37  [Sahakari Bandar](#)  
Fixed Price supermarket where you'll find most of the things you might need. They also have an associated chemist's down the stairs to the left of the main entrance.
- 38  [Colaba market](#)  
Fruit and vegetable market. No fixed price. Prepare to haggle. Hard.
- 39  [Maratha Store](#)
- 40  [Fab India](#)  
Clothes, soaps, saris, gifts, furniture...
- 41  [The Bombay Store](#)  
Lots of gifts and bits, from clothes to carpets.
- 42  [Khadi & Village Industries Emporium](#)  
Government-run emporium specialising on fabric/textiles.
- 43  [CCIE](#)  
Government-run emporium with a variety of produce from all over India
- 44  [BEST bus Depot](#)  
This is where the numbers 3,6,11,125,137 depart from.
- 45  [BEST bus stop](#)  
This is where the 11 Ltd stops on the way back from TIFR. The placement on the

map is approximate.

- 46  [BEST bus stop](#)  
Stop for bus nos. 3, 6, 11, 137,125 etc to Navy Nagar. Allow 20 minutes for the trip. Look for the destination name on the side of the bus. Get off at the final stop on Homi Bhabha Road and walk westward, ie, in the direction of the bus, to the end of the road.

Caution Some buses on these routes terminate before Navy Nagar. Either before getting on, or after, check whether the bus goes all the way to Navy Nagar.

Tickets must be bought on the bus.

- 47  [BEST bus stop](#)  
On the way to TIFR both the "11 Limited" and the 125 stop outside the hotel.

On the way from TIFR the 125 stops on the other side of the road while the 11 Ltd a couple of blocks East, also marked on the map.

 [TIFR Bus route](#)

- 48  [TIFR Bus Starting point](#)

- 49  [TIFR Bus stop 1](#)

- 50  [TIFR Bus stop 2](#)

- 51  [TIFR Bus stop 3](#)

- 52  [TIFR Bus stop 4](#)

- 53  [TIFR Bus stop 5](#)

- 54  [TIFR Bus stop 6](#)

- 55  [TIFR Bus stop 7](#)

- 56  [Colaba Post Office](#)