

# Yoga Trip to Spiritual Himalayas

## (Yoga & Soft Trek in Garhwal Himalaya)

### Day 01: Delhi – Haridwar - Rishikesh

In the morning take an AC Train for Haridwar at 06:55 hrs. Arrival at Haridwar by 11:25 hrs. On arrival met our representative and then transfer to Rishikesh and check in to hotel. Evening free to explore the nearby area by your own. Overnight stay at hotel.

### Day 02: Rishikesh

Early morning walk to the yoga centre for yoga class followed by relaxation of body & mind. After relaxation learn about breath awareness exercise & stretching exercise. Evening in-house yoga & traditional meditation class with visiting instructor. Late evening visit the Ghats for Aarti, dedicated to Goddesses Ganga. Overnight at hotel.

### Day 03: Rishikesh

Today we'll get training for PRANAVAM (advance breathing), Dynamic yoga and advance yoga postures. After breakfast drive up to Vashisht Gufa. The entire drive is along the river Ganges towards the source for about an hour. Arrive and explore Vashisht Gufa (cave), where famous saint Vashisht, meditated. A perfect place for transcendental meditation. Late afternoon drive back to resort. Evening meditation & lecture. Overnight at the Hotel

### Day 04: Rishikesh – Guptkashi (185 kms/8 hrs approx)

The drive along the river Ganges is admiring as you drive past the famous Prayags (Confluence) of historic and religious significance. i.e. Devprayag & Rudraprayag. The pristine of the Prayags is Devprayag as Bhagirathi & Alaknanda join together to form most revered “Ganges”. The drive for the day is 185 kms and takes approximately 8 hrs. Guptkashi is one of the commercial centers as well as a historic town. Overnight at the hotel.

### Day 05: Guptkashi – Triyuginarayan – Kalimath – Guptkashi

The drive from Guptkashi is marked with Himalayan aroma which continues further up the valley. It's a drive of 35 kms (1.5 hrs approx) which brings you to yet other destinations of spiritual sanctity. The temple is believed where lord Shiva and Parvati got married and flames are still till date. The temple on its own presents brilliant architecture of Hinduism of that age. Later we will drive towards Kalimath another place of sanctity. It's a 2 hours drive to Kalimath which is the temple devoted to Maa Kali (Mother Kali). It has been a happening venue for Sadhus and saints to perform Yoga & meditation for ages. Evening drive to the hotel. Overnight at hotel.

### Day 06: Guptkashi – Sari Village – Deorital

Today's drive takes you through religious town of Ukhimath and remote settlements of the valley. Ukhimath, the winter seat of Sri Kedarnath Ji is not only a place of religious interest but also serves as a supply hub for the local inhabitants. It's a drive of another 18 kms from Ukhimath to the village of Sari. We will see the pony men here and commence our trek to Deorital. The trail initially passes through the village houses displaying colorful life of the locals, which continues further through dense forest of Rhodendron with series of switch backs to the ridge. From here merely a short descend brings you to the lake of Deorital. It's hard to resist oneself from exploration in the vicinity with

stunning Himalayas all around apart from realizing tiredness. It's a place hard to describe on papers. Overnight in the tents.

#### **Day 07: Deoriatal – Sari Village – Chopta**

What a morning? It can't be better than this. The greater Himalayas towering in front of you providing their shadow in the tranquil lake. The photography in the vicinity becomes a process of life as close as to respiration. In the later part of the morning you start reverse trek down to Sari village and continue the spirit with commencing the drive towards Chopta. It's a beautiful drive through dense forest and meadows with nature displaying its colours unmatched. Arrive Chopta and camp. Chopta is a high altitude meadow with fabulous view of Himalayas and gorgeous flora. These carpet meadows are of fame through out of the globe. Overnight in the tent.

#### **Day 08: Chopta – Exploration nearby area**

The hike for the day is optional not mandatory. Another great morning starts with a beautiful hike through the forest of Rhododendron and then to the carpeted meadows. The trail is well paved and meanders through the meadow to reach temple of Tungnath. The highest Shiva abode in the world. The location and the architecture of Tungnath temple are adorable. The energy of place is so high that it invites rather encourages Sadhus and saints to continue with their practice of meditation and Yoga. Later start reverse trek to Chopta which is a fun walk as well providing equally gorgeous views down the valley. Arrive Chopta and enjoy a cup of tea that is really worth it. Overnight in the tents.

#### **Day 09: Chopta – Rishikesh (210 kms/8 hrs approx)**

The return drive to Rishikesh will keep you engaged as there are several places to have short term photography. Arrive Rishikesh and check in to hotel. Overnight at the hotel.

#### **Day 10: Rishikesh – Haridwar - Delhi**

Early in the morning transfer to Haridwar railway station to catch a train for Delhi. Arrival at Delhi by afternoon.

**Trip & Services Ends Here**

#### **COST OF THE TRIP**

**USD 885 per person\*** (For a minimum of 2-4 people)

**INR 39000 per person\*** (For a minimum of 2-4 people)

\*4.9 % service tax extra

#### **COST INCLUDES**

- **Train:** AC train from Delhi to Haridwar & back
- **Transport** All road transfer by Toyota Innova/Qualis car from Haridwar to Haridwar h
- **Accommodation:** Hotel at Rishikesh & Guptkashi on DBL/Twin sharing basis. While on the trek accommodation will be provided in tents. Our tents are 4 season dome tents (Keltay) with lots of space for personal luggage. We will be putting up a dining tent and a toilet tent to make your camping comfortable.
- **Meals:** Meal according to your mail.
- **Professional and experienced** Local trekking guide who knows the area very well

- **Cook and porters** to carry camping equipments, ration and some amount of clients personal gear (not more than 13 kgs)
- **All necessary Permits and camping fee**

**COST DOES NOT INCLUDE**

- Air fare
- Enroute meal
- Any charges for carrying still/video cameras etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Travel insurance