

Itinerary specially prepared for Yoga groups in the lap of Himalayas
(Validity April – May – June – September – October 2017)

***Delhi - Rishikesh - Rudraprayag - Chopta - Tungnath/ Chandershila - Ukhimath - Chopta – Haridwar
– Delhi Departure***

Day 1: Arrive in Delhi, capital of India

Arrival in Delhi at the International Airport. After completing the immigration and customs formalities we welcome you in traditional Indian style with garlands and transfer to Hotel.

Hotel check in 12 Noon. Later proceed for half day sightseeing of Delhi visiting India gate, President's house followed by visit to Qutab Minar.

Dinner & Overnight at hotel

Day 2: Delhi - Rishikesh

After breakfast drive to Rishikesh (about 6 hours), on arrival check in at hotel for overnight

Rishikesh is located in northern India in the state of Uttarakhand. Rishikesh is known as the gateway to the Himalayas and a famous pilgrimage city for yogis and Hindus. The city annually attracts thousands of pilgrims and tourists, both from India and from the Western countries. It is home to many yoga centers, which can partly look back on a long tradition. Rishikesh therefore has the reputation of being the yoga capital of the world to be and is also a host of International Yoga week held annually from 01 – 07th March every year.

Here you will be briefed about Yoga & evening session of Yoga will be organized

Overnight at hotel (2 nights, meals: breakfast / dinner)



Day 3: Rishikesh

Morning experience Yoga session.



Later after breakfast proceed for visit to Rishikesh visiting the Sivananda Ashram, located on the banks of the Ganges, which was founded by Swami Sivananda in 1932 here. In 1936 he founded the Divine

Life Society and in 1948 the Yoga Vedanta Forest Academy was created with the aim to spread spiritual knowledge and train people in yoga and meditation.

Many charitable and spiritual activities are carried out under the auspices of the ashram. They also include the Yoga Vedanta Forest Academy, the Sivananda Eye Hospital and the Sivananda Ayurvedic Pharmacy. Yoga classes daily for the public out in the ashram.

Visit Laksham Jhula, a long and mighty bridge over the Ganges, which was built in 1939th They visit several temples in the city and in the evening enjoy the Arati ceremony on the banks of the Ganges.

Overnight at hotel (breakfast / dinner)

Day 4: Rishikesh- Rudraparyag (145 kms / 4-5 hrs)

Morning proceed for Yoga session.

Luxe Holidays Pvt. Ltd.

P-9, First Floor, Pandav Nagar, Mayur Vihar -I, Delhi - 110091 (India)

Tel: +91 11 43513763, +91 9811680083

Email: inbound@luxeholidays.co.in Weblink: www.luxeholidays.co.in

After breakfast drive to Rudraprayag via Devprayag (Alaknanda Bhagirathi unnd two rivers flow together). Just from here flows Ganges continue in the country. On arrival check in Hotel.

Rest of day at leisure.

Evening enjoy yoga session.

Overnight at hotel (breakfast / dinner)

Day 5: Rudraprayag- Chopta

Morning enjoy Yoga session.

After breakfast (60 kms drive). Chopta is an area of natural beauty, vast forests, large meadows and fantastic views of the snow-capped Himalayan peaks. Streams and waterfalls sing their own symphony. Not for nothing one speaks of this area by the "mini-Switzerland" of India. If you are a nature lover or birders or also want an encounter with wild animals, this is the place for you.



Magpie camps provide a pleasant, perfect and ideal location and place for yoga activities in the great hills of Indian Himalayas. Beautiful moderate and alpine meadows surrounded by oak, pine and birch tree forest and scenic beauty of greater Himalaya, tranquility around, all these things create a healthful and inspiring atmosphere which for yogic, (meditational) exercises. We conduct yoga exercises and training programmes and invite yoga willing people from all around the world in Uttarakhand Himalaya to

Luxe Holidays Pvt. Ltd.

P-9, First Floor, Pandav Nagar, Mayur Vihar -I, Delhi - 110091 (India)

Tel: +91 11 43513763, +91 9811680083

Email: inbound@luxeholidays.co.in Weblink: www.luxeholidays.co.in

rejuvenate their mind, body and soul. In the lap of nature in Uttarakhand Himalaya, soul pleasant chirping of birds and wild animal calls add an ingredient to be rejuvenated



Evening enjoy yoga session.

Overnight in camp (lunch / dinner)

Day 6: Chopta - Trekking to Tungnath and Chandrashilla - Chopta

Morning enjoy Yoga session.

Later after breakfast the trek starts after Tungnath, from where you can enjoy a magnificent 360 degree view of the mountains of the Himalayas from Chandrashilla summit. Tungnath situated at an altitude of 3660 m. The more than 1000 year old temple of Tungnath situated at an altitude of 3680 m and is dedicated to Lord Shiva. Chandrashilla is a peak overlooking the Temple of Tungnath, the highest of all the temples in the Himalayas. It is a short but strenuous climb, from where one has the best view of the Nandadevi, Trishul, Kedar, Peak and Chaukhamba summit.

Evening enjoy yoga session.

Overnight in camp (breakfast / lunch / dinner)

Luxe Holidays Pvt. Ltd.

P-9, First Floor, Pandav Nagar, Mayur Vihar -I, Delhi - 110091 (India)

Tel: +91 11 43513763, +91 9811680083

Email: inbound@luxeholidays.co.in Weblink: www.luxeholidays.co.in

Day 7: Chopta – Okhimath - Chopta



Morning enjoy Yoga session.

After breakfast drive to Okhimath (about 1 hour)

Ukhimath situated at an altitude of 1370 m and is open from Guptkashi a relatively short steep walk by foot, or to achieve a much longer way across the road.

Ukhimath in winter is the winter home of the priest of Kedarnath. After the Temple closes in Kedarnath, a moving image is brought from there in procession to Ukhimath, where it remains until the temple reopens next year in Kedarnath.

Evening enjoy yoga session.

Overnight in camp (breakfast / lunch / dinner)

Day 8: Chopta

Today is the last day in the lap of nature ... Himalayas.

After the yoga practice, meditation you are free for personal activities

Overnight in camp (breakfast / lunch / dinner)

Day 9: Chopta - Haridwar

Morning enjoy yoga practice, meditation

After breakfast drive to Haridwar (about 7 hours), upon arrival check-in at the hotel for the night

Move small photo breaks and lunch hour.
Arrival and check-in in Hotel

Evening if time permits witness famous Ganga aarti at Har Ki Pauri.



Luxe Holidays Pvt. Ltd.

P-9, First Floor, Pandav Nagar, Mayur Vihar -I, Delhi - 110091 (India)

Tel: +91 11 43513763, +91 9811680083

Email: inbound@luxeholidays.co.in Weblink: www.luxeholidays.co.in

Overnight at hotel (breakfast / dinner)

Day 10: Haridwar - Delhi

After breakfast at the hotel drive to Delhi (about 6 hours), upon arrival check in at hotel for overnight

Delhi, India's modern capital, is an ancient city with many traditions and legends. There are hundreds of sites and a more than thousand-year history in stone. From here ruled various Hindu and Muslim dynasties including the Mughals. And when the British administration was transferred here, Delhi became the capital of India

Overnight at hotel (breakfast / dinner)

Day 11: Delhi Departure

Morning after early breakfast in time transfer to airport to board flight for onward destination.

***** END OF TOUR *****

Hotel Envisaged:

CITY	NIGHTS	Hotels- MAP / AP
Delhi	1	Golden Tulip Vasundhara MAP
Rishikesh	2	Hotel Divine Resort MAP
Rudraprayag	1	Hotel Monal Resort, MAP
Chopta	4	Magpie Camps/Guest House, AP
Haridwar	1	Park Prime/ Clarks Brinjal MAP
Delhi	1	Golden Tulip Vasundhara MAP

Luxe Holidays Pvt. Ltd.

P-9, First Floor, Pandav Nagar, Mayur Vihar -I, Delhi - 110091 (India)

Tel: +91 11 43513763, +91 9811680083

Email: inbound@luxeholidays.co.in Weblink: www.luxeholidays.co.in



Package inclusions:

- *10 Nights accommodation sharing twin room*
- *Daily buffet breakfast & Dinner at all places except in Chopta where all meals included in cost*
- *All transfers & tours using AC vehicle in planes & non AC during hill drive*
- *Entrance fees at monuments in Delhi*
- *Pony ride during excursion in Chopta*
- *Boat ride in Rishikesh*
- *Rikshaw ride in Delhi*
- *Elephant ride in Jaipur*
- *Spiritual lecture & Yoga class will be performed by skilled Yoga Guru during stay in Rishikesh*
- *Supplement of Yoga instructor & Spanish speaking escort mentioned separately.*
-

Cost does not include:

- International and Domestic flights.
- Visa Fee for India & Airport taxes.
- Expense of personal nature like laundry, telephone calls, fax services, beverages (even during meals), camera fee and video charges at monuments.
- Tips or Gratuities to Guides, Drivers or at the Restaurants. Porterage (for baggage handling) at the hotels, airports & railway stations.
We have prepared some Tipping Guidelines for our clients & which may be requested anytime
- Insurances of any kind relating to Trip (Delay or Cancellation), Baggage (Lost or Damaged) and Medical (Medication, Consultation or Hospitalisation).
- All services which are not mentioned in the “Trip Inclusions”

Luxe Holidays Pvt. Ltd.

P-9, First Floor, Pandav Nagar, Mayur Vihar -I, Delhi - 110091 (India)

Tel: +91 11 43513763, +91 9811680083

Email: inbound@luxeholidays.co.in Weblink: www.luxeholidays.co.in