

## TOUR PROGRAM - Travel in INDIA - 2019 - October 7 to 20

### Day 1. ( 07th October 2019) :

Delhi - Haridwar : Early morning travel by Tempo Traveller (mini bus) heading north, for two of the most revered pilgrimage centres in India, Haridwar and Rishikesh. This is where the holy Ganga leaves the mountains to begin its journey through the northern plains. There is time to explore these hill towns with their ashrams, offering lessons in yoga and meditation, and to join the pilgrims and holy men as they conduct their rituals in the river Ganges.

After arriving, settling into your hotel. Rest a while due to jetlag.

Introduction with Sanjeev Mehta before lunch along with a little briefing about the tour. Post lunch, we take a leisure walk along the Ganga river. Walking along the ghats having a spectacular view of the Haridwar cities Heritage houses along the river. Overnight in hotel. (L.D)

### Day 2. ( 08th October 2019) :

Haridwar : After breakfast we visit Mansa Devi – a hill top temple via cable car, for darshan of the Goddess of Wishes & for a bird's eye view of the city and its beautiful surrounding Landscape. Also, visit the ancient Swayambhunath Shiva temple (Only two of its kind in the World, in Kathmandu in Nepal & in Haridwar). Later, return back to hotel for rest. Post lunch, visit the old part of Haridwar... visiting the Daksha Temple (Shiva's father in Laws temple), Maa Ananda Mayee temple (Samadhi temple). Also we visit, Hari Har Ashram (Mercury Shivalingam temple). In the evening visit Harki Pauri for the famous Ganga Aarti where oil lamps are set on the water to drift downstream as priests perform elaborate rituals – an unforgettable sight. Next, we'll visit Moti Bazaar, a traditional colourful market selling spiritual items, beads, malas of precious, semi precious gem stones & rudraksh apart from brassware utensels (very interesting). Post dinner, we return to hotel via cycle rickshaw. (B.L.D)

### Day 3. ( 09th October 2019) :

Haridwar : After breakfast visit Shanti kunj (a self sufficient ashram), Jain Temple (Jaisalmer, carved sand stone), Pawan Dham (glass temple). Post lunch, visit the area where hundreds of Sadhus eat together & meditate along side the holy Ganges river & sing Bhajans. Overnight at Hotel. (B.L.D)

### Day 4. ( 10th October 2019) :

Rajaji National Park : This day we travel to Rajaji National Park travelling by our transport to the outlying areas of the forest, riding parallel to the Ganga canal which overlooks the Ganga river below and the mighty Himalayan peaks. We'll visit the Gauri Temple, to meditate along the Ganga or under the 500 years old Banyan tree. Return to Haridwar for Lunch. Evening time visit Bilkeshwar temple for Shivlingam aarti. A powerful experience. Overnight at Hotel. (B.L.D)

### Day 5. ( 11th October 2019) :

Rajaji National Park : We have a leisure morning start this day. And proceed to a Gujjar Tribal village. The Gujjar people live a simple life tending to buffalos in the forest. They are one of the few tribes that have resisted changes enforced by the twentieth Century. It is a great opportunity to experience Gujjar tribal lifestyle, who still live in simple clay huts. We enjoy a delicious lunch prepared by the Tribal women. Guests can also participate in the cooking or learn how they prepare their food or Chai (tea) followed by a lunch at the village. Later, we proceed to the Sree Ram orphanage to spend sometime with the children there. A beautiful heart touching experience. After, return back to hotel for over night stay. (B.L.D)

### Day 6. ( 12th October 2019) :

Rajaji National Park : We travel in an open jeep to Rajaji National Park where we drive through the outlying areas of the National Park, riding parallel to the Ganga canal which overlooks the forest, the Ganga river below and the mighty Himalayas. We take a mountain drive in an open jeep via thick saal forest and viewing many of the centuries old Banyan trees. During this breath taking mountain drive we have the birds eye view of the Rajaji National Park. On reaching the remote mountain Ramjiwala village located on the foothills of the Himalayas. We take a hike through the traditional hill village & their organic terraced fields. Interacting with

local families and even having a picnic lunch prepared by a local family there. We relax at the proposed land for the Spiritual Retreat & Healing centre. On a clear day we can see many of the snow covered Himalayan peaks from here.

Post lunch, we enjoy a nice masala tea made at a road side tea shop. We continue drive down the hill into the beautiful valley. Here, we walk through the huge valley looking for birds, crossing many fresh water streams to reach a remote area, where all get an opportunity to see a water flour Mill. We hike up the small hill to visit the Vindhyavasani Temple for Yoga / Meditation. Back to hotel for overnight stay. (B.L.D)

**Day 7. ( 13th October 2019) :**

Haridwar - Rishikesh : After breakfast we travel by car to Rishikesh. The town is nestled around the Ganga as it runs swiftly through the last hills of the Himalayas. Maharishi Mahesh Yogi had his ashram here and captured the imagination and attention of the Beatles in the late sixties. Today Rishikesh is a peaceful centre for spiritual learning and there are several ashrams here that offer yoga and meditation courses. Enjoy a day walking in and around Rishikesh. There are two suspension bridges Lakshman Jhula and Ram Jhula and the area in between is very picturesque with great views. In the evening, enjoy the beautiful Ganga Aarti. Overnight at hotel in Rishikesh. (B.L.D)

**Day 8. ( 14th October 2019) :**

Rishikesh – Kunjapuri - Rishikesh : Leave very early before sunrise for a breathtaking hill drive into the foothills of the Himalayas to reach Narendra Nagar to reach once the abode of the Maharaja of Tehri Garhwal, "Ananda" is now the chosen destination of the leisure, lifestyle and business traveler. It is the spiritual birthplace of Yoga, Meditation & Ayurveda. After a photograph outside the SPA we continue our hill drive visit to Kunjapuri Temple (1670 mtrs). A great place to meditate with very strong energy & to view (on a clear morning) a 200 kms. stretch of Himalayan range's snow covered peaks. Drive down to reach your hotel for late breakfast at hotel. Later, we visit Rishikesh township for a Holy dip in the Ganga, Yoga on the silver sand beach of Ganga river. Later in the evening we visit to some places of interest. Overnight at Rishikesh. (B.L.D)

**Day 9. ( 15th October 2019) :**

Rishikesh - Dehradun - Haridwar : Morning we drive to Dehradun, the capitol of Uttarakhand State, through the beautiful forest roads for an excursion to Tchechen Choling Gompa Buddhist Monastery, to visit the Highest Buddhist Stupa in Asia. After visit the Sakya Buddhist Monastery we enjoy a Tibetan lunch in Dehradun. Post Lunch, proceed to the famous Tapkeshwar Shiva temple. Later, drive back to Rishikesh for overnight stay at our hotel. (B.L.D)

**Day 10. ( 16th October 2019) :**

Rishikesh - Caves meditation & waterfall visit - Rishikesh : After breakfast we drive along side the Ganga river, we visit Vashisht Cave and spend time along the Ganga river and proceed for another cave uphill into a remote area for a very powerful Cave, where Sanjeev spends days meditating during full moon for his Spiritual practices. After meditation & spending time there we drive back towards Rishikesh. Where we do a short trek to the waterfalls. Another beautiful spot to relax & take a dip in the freshwater springs. Later, return back to Rishikesh for overnight stay at hotel. (B.L.D)

**Day 11. ( 17th October 2019) :**

Rishikesh - Deoprayag : After breakfast leave for a breathtaking hill drive along side the Ganga river, we proceed our drive to Deoprayag (68 kms drive one side from Rishikesh), where two rivers Alakananda (female) & Bhagirathi (male) meet together to be called Ganga from here. Enjoy photographing above the meeting point to view the two different shades of the holy river. At Deoprayag we walk down to the ghats at the sangam (place of Confluence) for a small puja & meditation. Later, return back to our place of stay in Deoprayag overnight. (B.L.D)

**Day 12. ( 18th October 2019) :**

Deoprayag : This day we do yoga / meditation / read books / complete your daily diary or just relax and think about the last few days that we spend in India.

**Day 13. ( 19th October 2019) : Deoprayag - Haridwar :**

After a leisure breakfast, we have your cars waiting to drive you at leisure to Haridwar. We have time for last minute shopping or walking through the market at Rishikesh / Haridwar. Overnight stay in Haridwar hotel. (B)

**Day 14. ( 20th October 2019) :**

Haridwar – by mini coach / tempo traveler to Delhi : After early breakfast we board our vehicle to drive you to Delhi, Visit India Gate and proceed to the airport for your flight back home. (B)

**Costing** : 1800 euros per person. (+ plane ticket France - India round trip + Visa costs)

**Cost inclusive :**

Road transport as per requirement through the tour (Delhi airport to airport), All meals as mentioned (B,L,D,,), Sight - seeing, guide service, Lodging on twin sharing as per mentioned in the itinerary (lodging in Hotel / Ashram ), Forest entry fee, cable car charges. Parking & toll tax.

**Cost does not include :**

Phone calls, laundry, items of personal nature & things not mentioned in the inclusions.

**Contacts & Info:**

**Mohan's Adventure Tours,**  
Chitra Cinema,  
Haridwar – 249401  
(U.K.) INDIA.  
mob: +91 9837100215 / 9412022966  
<http://www.mohansadventure.com>  
<http://www.chitragrand.com>  
skype : sanjeev.mehta007  
Instagram : sanjeevmehta1  
mohansindia@gmail.com

**Lilou/Sylvie Bastide association Yogananda Events**

2 rue Molière, 34340 Marseillan  
portable: 0685777935  
yogananda.lilou@gmail.com  
yogananda-lilou.com