

YOGA & MEDITATION TOUR

06 Nights / 07 Days



GET RID OF 21st CENTURY STRESS STAND FOR 5000 Years

Stand on your head.
Breathe in deep.
And let
50 centuries of science, spirituality and civilization
cleanse your stress away.
Get a dose of Yoga.
It's as amazing as
the land that invented it.
Incredible India



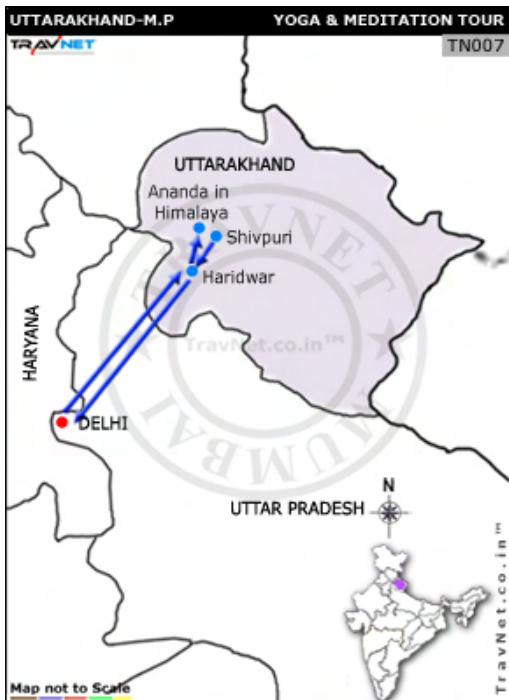
Delhi - 200 Km's - Haridwar - 242 Km's - Ananda In The Himalayas - 20 Km's - Shivpuri - 45 Km's - Haridwar - 200 Km's - Delhi

TOUR DETAILS

Package ID : TN007
Routing : Delhi - Haridwar - Ananda in the Himalayas - Shivpuri - Haridwar - Delhi
Starting Point : Delhi
Ending Point : Delhi
Duration : 06 Nights / 07 Days

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MAP



States Covered

DELHI - (New Delhi)
 UTTARANCHAL - (Haridwar, Ananda, Shivpuri)

Distance Covered

- Day 01:** 25 Km's - Arrival
- Day 02:** 80 Km's - (Delhi Sightseen)
- Day 03:** 206 Km's /4 Hours (Delhi - Agra)
- Day 04:** 221 Km's / 5 Hours (Agra - Fatehpur Sikri - Jaipur)
- Day 05:** 80 Km's -Jaipur Sightseen
- Day 06:** 256 Km's / 5 hours

Average - 900 Km's

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ITINERARY

Day **Arrive Delhi**

01

On arrival you will be met by our representative and transferred to hotel, where we will be holding the rooms on ready occupancy basis. Overnight at hotel.



Jama Masjid - Delhi

Day **Delhi**

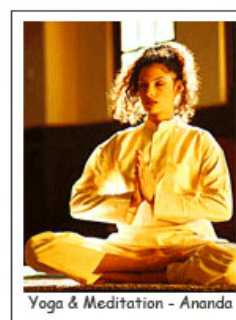
02

Morning city tour of New Delhi covering Laxmi Narayan Temple, India Gate, Parliament House. Afternoon city tour Old Delhi covering Jama Masjid, Red Fort, Gandhi memorial. Also enjoy the sound & light show in the evening. Overnight at hotel.

Day **Delhi - Haridwar (By Deluxe Train) Haridwar - Ananda In The Himalayas (By Surface)**

03

Morning transfer to station to connect train to Haridwar. On arrival you would be picked up and transferred to the Mountain Resort - Ananda in The Himalayas. Within the verdant haven of well being, at the elevated ascent of the Himalayas, soothe your senses with serene silences. Attain sanctuary of the mind and body, and discover the luxury of true wellness. Neighbouring the town of Rishikesh, the spritual birth place of Yoga, Meditation and Ayurveda, "ANANDA" was once the abode of Maharaja of Tehri Garwal. Overnight stay at the Resort.



Yoga & Meditation - Ananda

Day **Ananda In The Himalayas - Shivpuri - Ananda (By Surface)**

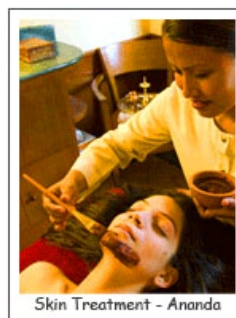
04

Early morning wake up for a Yoga class followed by relaxation of body and mind. After yogic breakfast drive to Byasi, briefing on safety, Raft maneuvering, and river discipline. Today we exercise team work and hit the most exciting rapids on Ganges. Lunch at nature camp resort. Free time for own activity. Evening return back to Resort for overnight stay.

Day **Ananda In The Himalayas - Shivpuri - Ananda (By Surface)**

05

Early morning advances yoga class with question answer session helping in assessment of change in personality during the course. After breakfast we raft down from Shivpuri to Rishikesh assessing leadership qualities, team spirit and training for rescue. Lunch at Brahampuri. Today we will hit the most exciting rapids on Ganga i.e. return to sender, roller - coaster, golf course, club-house and many more. Return back to Resort overnight stay.



Skin Treatment - Ananda

Day **Ananda In The Himalayas - Haridwar (By Surface) Haridwar - Delhi (By Deluxe Train)**

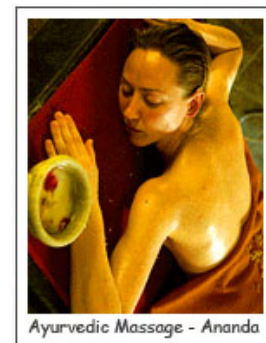
06

Pick up from Ananda, and after a city tour of Rishikesh drive back to Haridwar. Board the evening train to reach Delhi before Dinner. On arrival check in into hotel. Overnight stay at the hotel.

Day **Final Departure**

07

Morning transfer to International airport to catch flight for onward destination. Tours ends with sweet memories to take home...



Ayurvedic Massage - Ananda

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TOUR COST



TN007	Single Occupancy (01 Pax in a Room)		Twin Sharing (02 Pax in a Room)		Triple Occupancy (03 Pax in a Room)		MEAL PLAN
	INR	US \$	INR	US \$	INR	US \$	
Standard	39500	845	20300	435	15500	330	CP
First Class	94000	2000	49300	1050	39950	850	CP
Deluxe	105000	2235	54300	1160	43650	930	CP

Validity 01st October 2009 - 31st March 2010

Notes

* Above rates are for independent tours (F.I.T.). These tours can be further customized as per your requirement.

*** All the package rates are per person and include Accommodation, Daily Breakfast, Private Chauffer Driven Air-conditioned Car as per itinerary, Local Guides, Elephant Rides, Camel / Jeep Safaries & Boat Rides, Services of our local offices / representatives across India, All applicable local taxes.**

* Above Rates exclude international airfares, visa charges, insurance, tips & gratuities, porter charges, meals / drinks other then breakfast, Domestic airfares, Xmas / New Year period surcharge (Applicable between 22 Dec to 05 Jan).

INR = Indian Rupees

US Dollar rates are indicative and exchange rates are subject to change.

All Rates & Bookings Subject to Availability.

TRAVNET™ Confidential

CHOICE OF HOTELS



* Click on the following Hotel names to view the detailed information & photo gallery of the given hotel *

TN007

CITY	No. Of Nights	STANDARD	FIRST CLASS	DELUXE
Delhi	3	Regent Continental Suncourt Yatri	The Connaught Avalon Courtyard	The Park Le Meridien
Hardiwar	3	Haveli Hariganga	Ananda In The Himalayas	Ananda In The Himalayas