



Yoga Trek to the Source of the Ganges (16 days)

DAY 1 - Fly London to Delhi. Overnight Flight.

DAY 2 - Arrive Delhi. Check in to Hotel. Afternoon sightseeing tour of Delhi, followed by welcome dinner.

DAY 3 - Early morning transfer to railway station to get the Shatabdi Express Train to Haridwar. On arrival in Haridwar (6am), met and driven to Rishikesh. Check-in to Glasshouse on the Ganges Hotel for two nights. Evening Return to Haridwar to see Arti ceremony. Return to Rishikesh for overnight.

DAY 4 - Full-day in Rishikesh. Morning session Yoga and meditation. Optional white water rafting. Evening yoga and meditation.

DAY 5 - Early morning yoga asanas. Drive from Rishikesh to Uttarkashi. Lunch en-route. Check in Guest House. Evening Yoga session.

DAY 6 - Continue by Jeep takes about 7hrs to the holy shrines at Gangotri. We will be camping overnight in our own tents. Morning and Yoga evening sessions.

DAY 7 - Full day in Gangotri acclimatising and walking in the mountains. Overnight in our tents.

DAY 8 - Commence trek to Chirbasa at 3,600 m where we will camp. This is a nine km Trek and will take us about 5 hours.

DAY 9 - Continue via Bhujbasa to Gaumukh where the river spills out of the glacier. This is the source of the river known as the cow's mouth. Camp here overnight. The day's trek is 10 kms long and will take us 6 hours. We will walk through the beautiful alpine plateau of Bhujbasa (3792 m) towards the source of the Bhagirathi River. We camp by the source at 3892 m.

DAY 10 - We will continue trekking to Tapovan. This is a 6h trek covering around 10 kms. Today we will enjoy sensational views over the great Himalayan Range with the mighty peaks of Bandrinath (7139m) Nilkanth (7068 m) and Kamet (7756 m). This is the famous Garwal Himalayan Range. Camp at Tapovan, a

lush green valley surrounded by the aforementioned peaks.

DAY 11 - Trek about 8hrs from Tapovan to Nandanvan. Another wonderful days trekking but over more difficult terrain, beside the spectacular Gangotri glacier. We camp at Nandanvan, another beautiful meadow with views over the Garwal Himalayas its altitude is 14,600 ft.

DAY 12 - Today we will walk back to Gaumukh by an alternative route and camp there overnight (8h walk).

DAY 13 - We will walk back to Gangotri (3 hours) where we will be met by our jeeps and driven down to Uttarkashi. Overnight in lodgings at Uttarkashi.

DAY 14 - Continue to Rishikesh and Haridwar and catch the Shatabdi express train back to Delhi from Haridwar. Overnight Imperial Hotel Delhi.

DAY 15 - Depart for Agra by road to see the Taj Mahal, in the afternoon return to Delhi. Arrive and transfer to Hotel Orchid (5 star, near International airport) just for wash & change only. Later transfer to the International airport.

DAY 16 - Delhi – London early morning departure.

Included - i) Hotel accommodation in Delhi, Rishikesh with breakfast only. ii) All guest house and tenting accommodation on Full board basis (breakfast, lunch & dinner) only. iii) All arrival / departure transfers, sightseeing and overland journey by Car/Coach/Jeep. iv) All trekking arrangements on full board basis. v) Sleeping tent, kitchen tent, dining tent, stools, tables, mattresses, kitchen equipments etc. vi) Trek guide, cook and helper while trekking. vii) Porters for luggage only on trek. viii) Entrance fee to the monuments in Delhi & Agra. ix) Trek permit charges x) Accompanied English speaking guide. xi) Air-conditioned Chair Class train fare (Delhi-Haridwar-Delhi). xii) Assistance on all arrival / departure transfers.

Not included: - Main meals (lunch & dinner) in Delhi & Rishikesh, International airfare, travel insurance, tips, laundries, bar bills, beverages, phone calls, Riding ponies, personal expenses or anything that is not included above.