

Short Trip/Adventure

YOGA AND THE WILDERNESS

Destination: Rishikesh, Rajaji National Park

Duration: 3 nights, 4 days

Distance: Approx 500 km (From Delhi and return)

For family & Group (activities for kids above 12 years)

Experiences: White water rafting, trekking, wilderness knowhow, jungle safari

Budget: Approx INR 40,000 (for 2 people)

Start

Day 01 PATNA WATERFALL

Arrive at Rishikesh by lunch and check into your preferred accommodation. Post lunch, you can go for a small hike to the Patna waterfall on the Neelkanth Road. In the evening, rest and sleep early as you need to leave the next morning for various adventures.

Car: The town Rishikesh has a very good road network that connects it with different cities of India. The road from Delhi to Rishikesh is scenic and the drive is pleasant. Start from Delhi as early as possible to avoid city traffic. Patna waterfall is about 12 km away from Rishikesh and the drive of 30 minutes is very scenic.

Train: Rishikesh has a railway station and there are several trains that connect it with rest of the country..

Airport: The closest domestic airport is 35 km away, at Dehradun.

Day 02 SHIVPURI RAFTING

Wake up early go for a bird watching session with an expert naturalist. Surrounded by forests, Rishikesh is a perfect destination for bird-watching. While the outer periphery of the Rajaji National Park is home to several species of indigenous birds, on the northern side of Rishikesh falls the Narendra Nagar Forest Division, which is also a passage for birds. River Ganga too attracts various types of birds.

After breakfast, go for an exciting session of white water rafting. Rafting begins from Shivpuri and the stretch ends at Laxman Jhula. The 16-km section covers some of the most exciting rapids. It is open from mid-October till June. In the evening, you can go for an easy trek to Bindwasini temple that offers a panoramic view of the Ganga. Or, you can enjoy the Ganga aarti (a divine ritual with lamps) at Parmarth Niketan Ashram, which is mostly held between 6 and 7 pm.

Car: Shivpuri is around 18 km from Rishikesh and it takes about 40 minutes by car. The guides will await your arrival at Shivpuri with the gear required for rafting. The same car can pick you up from Laxman Jhula after your rafting is over.

Day 03 RAJAJI NATIONAL PARK

Wake up at leisure and post breakfast, you can explore Rishikesh. After lunch, go for an exciting session of jungle safari to the famous Rajaji National Park. It will be dark by the time you return.

Car: Rajaji National Park is about 17 km from Rishikesh via Cheela Dam, and the 40-minute drive drive takes you through dense forests and rolling hills.

Day 04 YOGA BY THE GANGA

Wake up early and go for a refreshing yoga session on the banks of the mighty Ganga with splendid views of the Garhwal Himalayas. Most of the yoga classes take place between Ram and Laxman Jhula, bridges, barely 2 km away from each other. This is where a majority of the ashrams are also located. Come back, have your breakfast and pack your memories to return to Delhi or towards your onward destination.