

Spiritual & Cultural Trekking Group Tour – North India

Theme: Trekking • Spirituality • Culture • Yoga

Trekking Level: Easy to Moderate

Focus: Heritage + Nature + Spiritual Treks

Accommodation: 3-Star & Heritage Hotels / Ashrams

Inclusions: Breakfast, Road-trip Lunches, Yoga Classes, All Entry Fees, Guided Treks, Transport

Exclusions: Lunch & Dinner during city stays

Day 1: Arrival in Delhi

- Airport pickup & transfer to the Heritage Hotel
- Optional evening cultural walk or rest

Overnight: Delhi

Meals: None

Day 2: Delhi – Walking Heritage Tour

- Morning walking tour of Old Delhi: Jama Masjid, Chandni Chowk (with rickshaw/metro)
- Visit Raj Ghat & India Gate
- Qutub Minar or Akshardham visit

Overnight: Delhi

Meals: Breakfast

Day 3: Delhi – Chandigarh

- Private drive to Chandigarh (5–6 hrs), lunch en route
- Visit the Rock Garden, Sukhna Lake

Overnight: 3-Star Hotel

Meals: Breakfast, Lunch

Day 4: Chandigarh – Amritsar

- Drive to Amritsar (4-5 hrs), lunch en route
- Visit the Wagah Border ceremony
- Night visit to Golden Temple

Overnight: Heritage Hotel

Meals: Breakfast, Lunch

Day 5: Amritsar – Dharamshala

- Morning visit to the Golden Temple
- Drive to Dharamshala (6-7 hrs), lunch en route

Overnight: Dharamshala

Meals: Breakfast, Lunch

Day 6: Dharamshala – Trekking Day 1: Bhagsu to Triund Trek

Full-day trek from Bhagsu Nag to Triund Hill (9 km one way)

- Beautiful trail through oak & rhododendron forests
- Panoramic views of the Dhauladhar Range
- Packed lunch/snack during the trek
- Return by evening (or overnight camp option if the group prefers)

Overnight: Dharamshala

Meals: Breakfast

Day 7: Dharamshala – Manali

- Scenic drive to Manali (7–8 hrs), lunch en route
- Relaxation evening at the riverside hotel

Overnight: 3-Star

Meals: Breakfast, Lunch

Day 8: Manali – Trekking Day 2: Jogini Falls Nature Trek

- Guided trek to Jogini Waterfall through apple orchards and forest (easy-moderate)
- Visit to Hadimba Temple, Tibetan Monastery
- An optional hot spring bath in Vashisht

Overnight: Manali

Meals: Breakfast

Day 9: Manali – Shimla

- Drive to Shimla via scenic mountain roads (7 hrs), lunch en route
- Stop at the Himalayan viewpoints

Overnight: Shimla

Meals: Breakfast, Lunch

Day 10: Shimla – Trekking Day 3: Chadwick Falls + Jakhoo Temple

- Morning forest trek to Chadwick Falls (offbeat, peaceful trail)
- Afternoon trek or ropeway to Jakhoo Temple on top of Shimla Ridge

Overnight: Shimla

Meals: Breakfast

Day 11: Shimla – Rishikesh (via Dehradun)

- Early transfer by road/train to Rishikesh (7–8 hrs), lunch en route
- Evening Ganga Aarti at Triveni Ghat

Overnight: Rishikesh Ashram/Resort

Meals: Breakfast, Lunch

Day 12: Rishikesh – Trekking Day 4: Neer Garh Waterfall & Forest Trail + Yoga

- Morning Yoga & meditation class
- Late morning guided trek to Neer Garh Waterfall and nearby forest paths
- Visit the Beatles Ashram and Laxman Jhula

Overnight: Rishikesh

Meals: Breakfast

Day 13: Rishikesh – Trekking Day 5: Sunrise Trek to Kunjapuri Temple

- Pre-dawn sunrise trek to Kunjapuri Devi Temple (short transfer + 3–4 km trek)
- Breathtaking Himalayan sunrise views
- The rest of the day is free for yoga, Ganga walks, or optional rafting

Overnight: Rishikesh

Meals: Breakfast

Day 14: Rishikesh – Yoga & Reflection

- Morning final yoga session
- Leisure day for Ayurvedic massage, local shopping, or river meditation (Optional)
- Group reflection/closing circle

Overnight: Rishikesh

Meals: Breakfast

Day 15: Rishikesh to Delhi – Departure

- After breakfast, drive to Delhi (6–7 hrs)
- Drop off at the airport/hotel

Tour Highlights

- Five guided trekking experiences in the Himalayas
- Spiritual immersion at the Golden Temple and Rishikesh Ashrams
- Cultural exploration in Old Delhi, Amritsar, Dharamshala, and Shimla
- Daily yoga & meditation in Rishikesh
- Local experiences: rickshaw rides, walking tours, spiritual ceremonies

INCLUSIONS

- Accommodation: 14 nights in 3-star, boutique, or heritage hotels & ashrams
- Meals: Daily breakfast and lunch only during intercity road transfers (Days 3, 4, 5, 7, 9, 11)
- Transport: Private air-conditioned coach/car for all long-distance transfers, Local transportation in Delhi (metro, rickshaws, tuk-tuks)
- Trekking: 5 professionally guided treks in Dharamshala, Manali, Shimla, and Rishikesh, all trekking permits and local guide fees included
- Yoga & Spiritual: Daily yoga & meditation classes during Rishikesh stay (Days 11–14), Ganga Aarti experience
- Activities & Entry Fees: Entry to all monuments, parks, ashrams & spiritual centers per itinerary
- Guides: Certified English-speaking cultural guides, Local guides for all treks and cultural sites
- Others: Filtered drinking water on road trips, Airport pickup (Day 1), & Delhi drop-off (Day 15)

EXCLUSIONS

- Lunch & dinner during city stays (except road trip lunches)
- Domestic or international airfare
- Personal expenses (laundry, tips, telephone, shopping, spa, etc.)
- Insurance (health, travel, or trekking-specific)
- Beverages (unless provided by the hotel)
- Optional activities not mentioned in the itinerary
- Visa fees (if applicable for international guests)