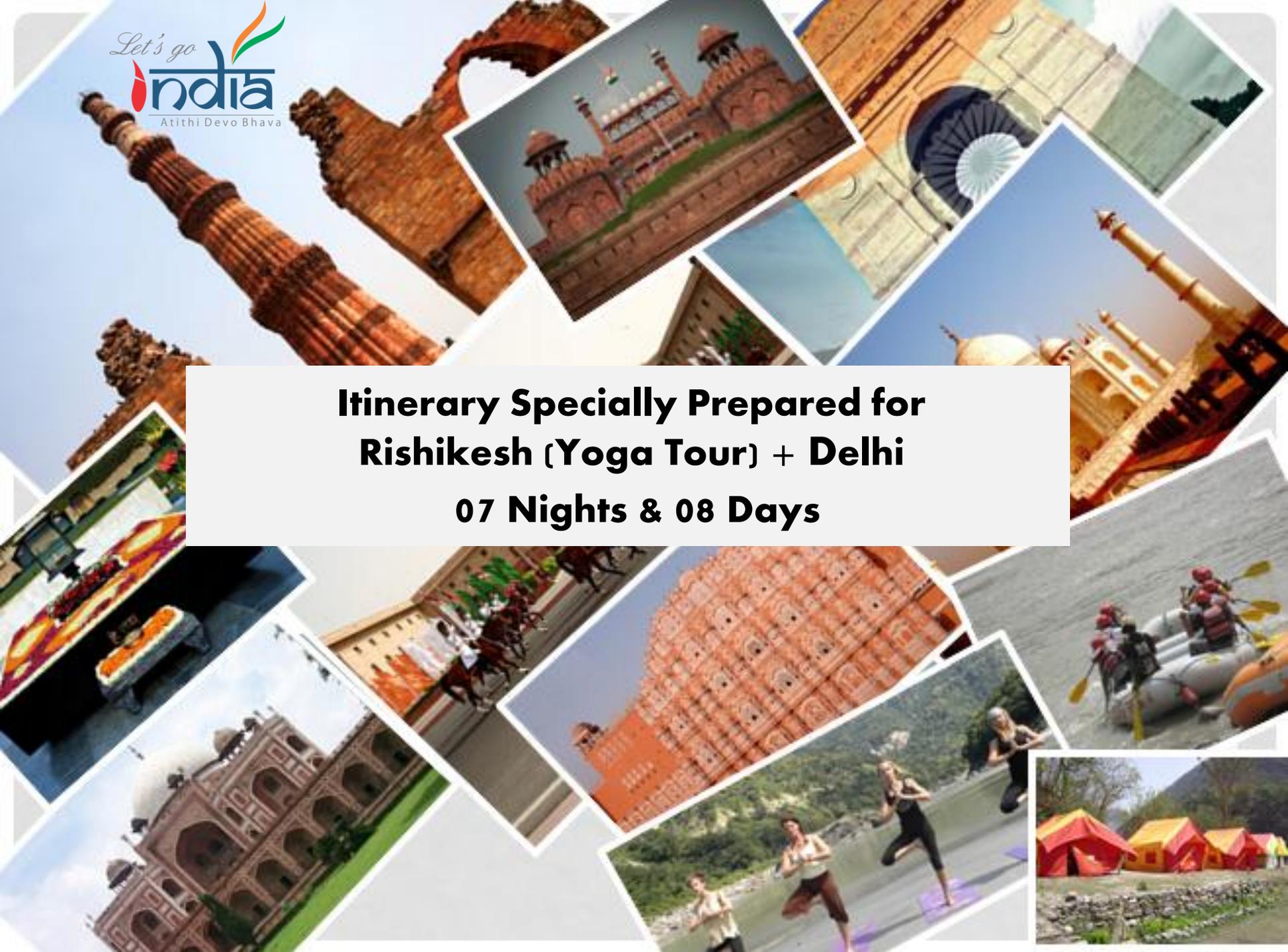


**Itinerary Specially Prepared for
Rishikesh (Yoga Tour) + Delhi
07 Nights & 08 Days**



Day 01: Arrive Delhi

Upon arrival in Delhi, you will be greeted and assisted by Ice travels representative and get transferred to the hotel.

Overnight stay at the hotel in Delhi

Day 02: Delhi- Rishikesh (approx.230 km/6 hrs)

Buffet breakfast at the hotel

After breakfast start a long drive for Rishikesh

The town of Rishikesh lies in the foothills of the Himalayas of the Garhwal region. It is the gateway to the upper Garhwal region and the starting point for the Char Dham pilgrimage (Gangotri, Yamunotri, Badrinath and Kedarnath) and an ideal destination not only for pilgrims but also for the people who are interested in adventure, meditation, yoga and other aspects of Hinduism.

On arrival at Rishikesh transfer to the hotel & relax

Evening visit Rishikesh Ganga Aarti in Parmarth Niketan Ashram

Overnight at the hotel in Rishikesh

Day 03: Rishikesh (Yoga Therapy)

Rishikesh has historically been the cradle of yoga learning and teaching. The great Himalayas and the Holy Ganges inspire higher thinking and meditative reflections to the true seeker.

At 05:00 early morning wake up and get fresh

At 06:00 you will be in yoga hall for 2 hours yoga Therapy (it may be in hotel /outside the hotel)

At 8:30 am you are free for your buffet breakfast at the hotel

Now you are free for your on leisure you can sightseeing around the Rishikesh.

In evening once again there is Meditation Therapy it will be on from 04:00 pm to 06:00 pm

Overnight at the hotel in Rishikesh

Day 04 Rishikesh (Yoga therapy)

At 05:00 early morning wake up and get fresh

At 06:00 you will be in yoga hall for your today's yoga Therapy

Buffet breakfast at the hotel

You are free for leisure you can visit for some adventure activity in around Rishikesh

Evening you will be at 04:00 pm in your hotel for your meditation Class

Overnight stay at the hotel in Rishikesh

Day 05: Rishikesh (Yoga therapy)

At 05:00 early morning wake up and get fresh

At 06:00 you will be in yoga hall for your today's yoga Therapy

Buffet breakfast at the hotel

Now you are free for leisure today you can visit Kempty waterfalls it is approx. 80km/2 hrs from Rishikesh

Evening you will be at 04:00 pm in your hotel for your meditation Class

Overnight stay at the hotel in Rishikesh

Day 06: Rishikesh-Dehradun- Mussoorie(approx.80km/2hrs)

Buffet breakfast at the hotel

Now Start a drive to Dehradun .Dehradun is capital of Uttarakhand. It's an access point to many destinations in the area including Mussoorie, Kanatal,.Half day City tour in Dehradun and further proceed to Mussoorie.

Mussoorie hill station and a popular getaway at 30 kms from Dehradun.On arrival at Mussoorie Take Cable car ride to visit Gun Hill Point or visit Sir George Everest House (Offering Himalayan views). Visit Kempty fall evening Visit mall road for shopping.

After shopping return back to the Rishikesh & Overnight stay at the hotel in Rishikesh

Day 07: Rishikesh – Haridwar – Delhi (230Km/6hrs)

Buffet breakfast at the hotel

After Breakfast drive for Delhi enroute visit Haridwar. Haridwar is a renowned pilgrimage set on holy river Ganga and home to several significant temples such as Mansadevi Temple (A Shaktipeetha temple and accessible via a Ropeway ride).

Latter proceed towards Delhi the capital of India is the largest city in India by land area and population. Delhi has served as a capital of various kingdoms and empires throughout the history thus played major political, cultural and commercial role. Thus one will encounter a fascinating blend of the ancient and the contemporary world. Where government buildings, medieval palaces and bazaars exist beside a modern metropolis

Delhi is a city waiting to be explored....

Overnight stay at the hotel in Delhi

Day 08: Delhi

Buffet breakfast at the hotel

After breakfast check out from the hotel & proceed for a city tour of Delhi

The tour takes you from the old world to the modern city to discover the diversity of Old and New Delhi. You will Visit places like Qutab Minar, Humayun's Tomb, India Gate, Rashtrapati Bhawan, Jama Masjid, Red fort, Raj Ghat...
In the evening enjoy local shopping at Janpath....

TOUR & MONUMENT DETAILS

Qutab Minar the landmark of Delhi, The minar is 73m high with a diameter at the base 14.4m and 2.7m at the top.

Humayun's Tomb built by his wife Haji Begum in the 16th. Century.

Drive through Lutyens Delhi and see India Gate which commemorates the 70,000 Indian soldiers who died in the 1st world war. Photo stop at Rashtrapati Bhawan once the Viceroy's residence is now the official residence of the President of India.

Jama Masjid made of red sandstone and white marble. It is India's largest mosque where more than 20,000 people can kneel in prayer at one time.

Red Fort: the 17th century imposing fortress built in red sandstone is surrounded by a huge 33m high boundary wall. Inside are exquisite palaces and beautiful gardens.

Raj Ghat the memorial of Mahatma Gandhi's (Father of the Indian nation)

Latter get transfer to Delhi international Airport to board a return flight.

***** SEEING IS BELIEVING *****