

NORTH INDIA

Ashram and Spiritual Journey



TOUCH OF
SPIRIT
TOURS



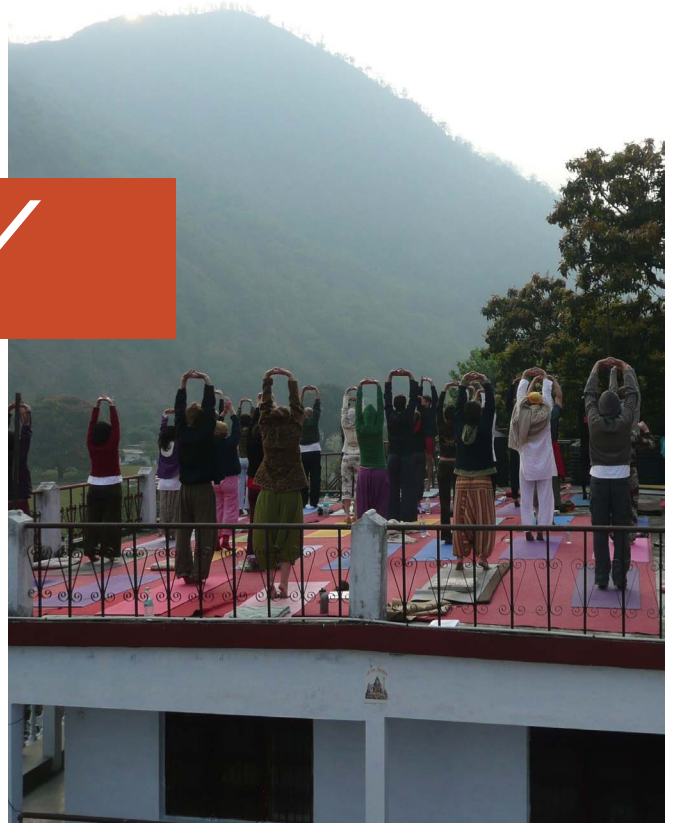
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Ashram and Spiritual Journey

Discover North India's spiritual richness, diverse culture and breathtaking beauty on this wonderful 17-day journey commencing from Delhi.

Experience life in an ashram on the banks of the holy river Ganges in picturesque Rishikesh. Marvel at the chaotic atmosphere of Varanasi where you will wander through the narrow alleyways of the old city and enjoy boat rides on the Ganges. Witness the sunset aarti on the banks of the Ganges at both Rishikesh and Varanasi. Other highlights include a guided tour of the amazingly-jeweled Taj Mahal and the fascinating ghost city of Fatehpur Sikri and a cycle rickshaw ride around the peaceful, UNESCO-listed bird sanctuary at Bharatpur. The tour also takes you to fabulous historical and sacred sites in Mathura and Vrindavan, birth place of Lord Krishna. Along the way, you will enjoy authentic experiences and delicious cuisine. This wonderful tour takes you off the well-worn tourist path to discover the ancient sacred treasures of India as well as practical spiritual gems to apply to your life. It will inspire and delight you.



ITINERARY

Day 1

On arrival in Delhi, you will be welcomed and transferred to your hotel. Overnight Delhi.

Day 2

Travel to Rishikesh and settle into the ashram. Experience a Shiva puja at the ashram temple followed by Bhajan chanting. Overnight Rishikesh.



Day 3

Enjoy a morning scenic walk along the sacred river Ganges in the ashram area. After lunch we take a short drive to Laxman Jhoola to commence a walking tour of beautiful Rishikesh. At sunset, witness a special prayer ceremony, called 'aarti' on the banks on the Ganges at Parmath Ghat. Overnight Rishikesh.

Day 4 to Day 10

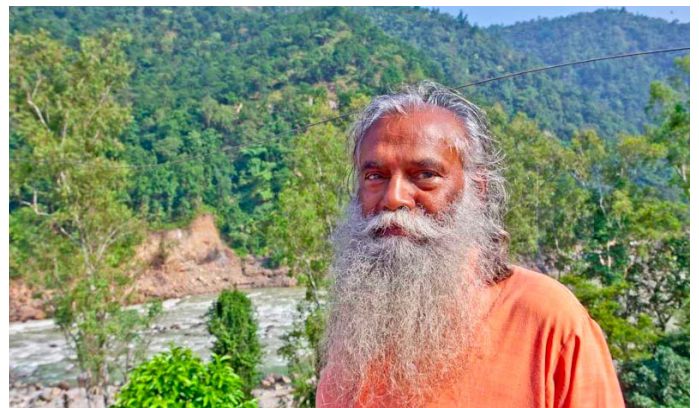
Enjoy the ashram program which includes: yoga, pranayama (breathing techniques), meditation, meditative walks, mantra chanting, some silent time, talks and discussion on vedic philosophy and how to apply this to daily life. We will also visit the ashram where the Beatles spent time with their guru in the sixties, visit Muni-ki-Reti or the "sands of the sages" and experience the aarti at Triveni Ghat. On the last day of the program, enjoy the wonderful closing 'fire ceremony' before we travel back to Delhi.

Day 11

This Morning we have a short flight to Varanasi, one of the world's oldest, continually-inhabited cities & described as the beating heart of the Hindu universe. Enjoy some free time in the afternoon to explore this amazing place. At sunset, enjoy a boat ride on the Ganges and experience the beautiful aarti ceremony, honouring 'Mother Ganga.' Overnight Varanasi

Day 12

Witness the early morning Hindu Prayer rituals as you take a boat ride on the Ganges. Return to the





hotel for breakfast and a rest. Gain insight into life in this ancient place as you take a walking tour of the winding alleyways of Varanasi's old city. You will also visit some other interesting sites. There is some free time in the afternoon. At sunset, attend the aarti ceremony at the Ghats. Also called 'Fire Puja', the ceremony is a dedication to the River Ganges, the Sun, Lord Shiva, Fire and the whole universe. Overnight Varanasi.

Day 13

Today we drive to Sarnath, where Buddha gave his first sermon. Marvel at the ancient stupas, the Buddhist temple and archaeological museum before we transfer to the railway station to board a train to Agra.

Day 14

After an early breakfast we have a guided tour of the world-famous Taj Mahal, described as the most extravagant monument ever built in the name of love. We also visit the colourfully decorated 'Baby Taj' and Fatehpur Sikri, a magnificent ghost city built in 1571 by the Moguls, before a short drive to Bharatpur for overnight.

Day 15

Experience an early cycle rickshaw ride in the amazing Keoladeo Ghana National Park, host to approximately 380 bird species from across the globe. We then have a short drive to Mathura, famed as the birth place of Lord Krishna. This place is closely linked with many episodes in the early life of Krishna. Here we visit Shri Krishna Janmabhoomi and Dwarkadish Temple before continuing on to Vrindavan for overnight.

Day 16

Today we explore some of the temples and sights of Vrindavan including the very interesting old city and a walk around the parikrama path. Drive to Delhi for overnight.

Day 17

After breakfast, transfer to the airport for flights home.

ADDITIONAL INFO

Your 17-day experience includes all land transport, all accommodation, ashram program, internal flight, all tours, entrance fees, local guides, guide tips, many meals.

For booking information contact:

1300 722 932

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Please note: The itinerary may be subject to change depending on altered circumstances.

