

Rishikesh – *by the Ganga*

What is it? A group holiday in Rishikesh taking in Yoga, Ashrams, rafting, trekking and a lot of chill out time. Feb 28th – 7th Mar 2010.

The holiday combines the best that Rishikesh has to offer: serene ashrams by the Ganga, world class Yoga teachers, exhilarating short treks, river beach camps and THE white water rapids of Ganga. This year there is added attraction of the Maha Kumbh mela in Haridwar and Rishikesh. We stay in Parmarth ashram, the hub of the International Yoga festival 2010, for the first half of the trip and later in a secluded river camp as we knock off one adventure after another from the list of must-dos.



Rishikesh

As the Ganga leaves the mighty Himalaya and enters the great Indian plains, it passes through the foothills resplendent in all its glory. From the confluence of Bhagirathi and Alaknanda at Devprayag to the holy city of Haridwar, the Ganga flows with such amazing force, grace and energies that you have no doubt left why it enjoys the status it does. On the left bank lies Rishikesh. And there is no better place to feel the Ganga.



About IYF 2010

Every year, the best in Yoga worldwide get together at the Parmarth ashram in Rishikesh for a week and through introductory classes, discussions and discourses try and demystify the various branches of yoga for beginners and serious practitioners. We will participate in the International Yoga festival (IYF) and basically soak in all the gyan we can. Two highlights this year: Rujuta is a guest speaker at the festival and it coincides with the Maha Kumbh mela.. More details [here](#)



The River camps

Before they proliferated like CCD in Mumbai, the river camps were a great place to enjoy the Ganga in solitude. There are still some however, tucked away from the main road on a bend in the river, that lay claim to providing all the quiet you want while enjoying the creature comforts we are so used to. Add to that the various adventure possibilities they offer (water and rock sports alike) and it is quite an experience. To one such camp we will head for the second part of the trip.



Itinerary

Note: You can either come for the entire trip or for the 2nd half i.e. 3rd – 7th Mar.

Date	Activity	Remarks	You have to...
Sun, 28th Feb 2010	Get to Delhi by evening. Take the 10:20 p.m Mussorie Express to Haridwar. (OR Fly into Dehradun on 1 st March directly.)	You can take the train to Delhi also but then have to leave a day earlier.	Book your air/ train tickets from Mum-Delhi- HW. Make sure you are in Delhi latest by 7 p.m.
1st March	Reach Haridwar early morning. Take cab to Rishikesh (40 mins). Check into Parmarth ashram and IYF 09.	Day 1 of the festival is pretty chilled out. Check out the schedule of classes for the week and mark the ones you want to attend. Rujuta will help in choosing.	
2nd – 4th March	Will go around Rishikesh in the free time (and there is going to be plenty). Visit various ashrams, temples, jungle safari, food joints, etc.	Food is provided by the ashram (and its great), but there are some irresistible places which we must try. And the ginger honey lemon tea at the coffee shops is heavenly.	
3rd March	Get to Delhi by evening. Take the 10p.m overnite train to Haridwar.	This is for those who are joining us only for the second half of the trip.	Book your air/ train tickets to Delhi and HW. Make sure you are in Delhi latest by 7 p.m.
4th March	Reach Haridwar early morning. Take cab to Rishikesh (40 mins). Check into the adjacent ashram to Parmarth.	This is the day where the new arrivals will just chill out in Rishikesh. Will go for a special lunch sitting by the Ganga.	Get a prepaid cab from outside the Haridwar station. Fixed charges for Rishikesh.
5th March	Early morning leave for Kunjapuri (30Km). Leave vehicles few kms short of the temple and walk up on the trail (~2 km).	The adventure section begins. This particular trek is selected coz its just the ideal one for first timers. The views from the top are breathtaking and the entire Gangotri range is visible.	
6th March	Drive upstream the Ganga till Shivpuri (30km). Change into the rafting gear and ride the grade III+ rapids. (2 ½ hours). After lunch on the beach, head to the river camp (40km).	You will get to know just what white water rafting is all about. It doesn't get better than this section. And its 100% safe. Rishikesh has the most professional rafting guides anywhere. And then there is cliff jumping (15 feet) into the river.	
Sun, 7th March	After breakfast we take the now untrodden Badrinath paidal marg and walk up to the village of Shimalu. (~4 km). Back to camp for lunch. Drive to HW to catch our train back.	The path passes through dense forest and provides great opportunity to do some bird watching. Other than the occasional villager, we have it to ourselves. Book your flight with atleast a 2 hour gap.	Book your air/train tickets from HW- Delhi- Mumbai.

Cost for the trip: The cost components of the trip are:

IYF 2010 registration fee of Rs 10000/-	Only for those who are attending the festival. Not needed for those who are joining for the second half. This includes stay and food at Parmarth ashram.
Stay and food	2 night stay (not food) in an ashram in Rishikesh (for the second half joinees). 1 night stay and food at the river camp.
Transportation	From Haridwar and back. Food not included while in transit.
Adventure activities	Short treks to Kunjapuri and Shimalu, Rafting session on the Ganga

The cost of the trip = Rs 12000/- per person

(It only includes the components mentioned above. *IYF 2010 registration fee not part of the trip cost.)

Note: The group size for this trip will not exceed 14 and will be on first come first serve basis. Get on the advance list by making a payment of Rs 2500 before 15th Jan. Confirm your place by making the full payment before 1st Feb, 2010.

Payment options:

1. Cheque/ DD:

For 'Connect with Himalaya'.
C-69, Madhuban, J.P Road
Behind Indian Oil Nagar
Andheri (W)
Mumbai -400053

2. Online transfer/ Deposit to:

Account name: Connect with Himalaya
Bank: Axis bank
Branch: Springfield- Lokhandwala, Mumbai
Current A/C #: 415010200003681
IFSC: UTIB0000415, SWIFT: AXISINBB002

What to get along?

This is a great time to be in Rishikesh with just the perfect weather (Temp range: Min 8- Max 20 degree C). Early mornings and late evenings can get windy so carry a windcheater. A warm sweater and/ or a light jacket, a woolen hat and a shawl will suffice otherwise. Carry your swim shorts/ trunks for rafting and swimming. Most of your requirements can be met by the Rishikesh market, including internet connection

Making a contribution:

Rishikesh has a lot to offer. Peace of mind, company of the enlightened, healthy food, picturesque surroundings and blessings of mother Ganga. We will make an effort to give something in return. This is how:

- Cleanse the ghats of Ganga. Spreading awareness is our aim here.
- Spend an afternoon with underprivileged kids at a local ashram.
- Dine at a restaurant run by a NGO which works at preserving local culture and ecosystems.

Get connected:

Gaurav Punj
cwh.now@gmail.com
+91 9833829240
www.connectwithhimalaya.com
Last year's pictures [here](#)

GIFT THIS TRIP

You can chose from gift vouchers starting from Rs 5000.

Write to us with the name of the receiver and the denomination of the voucher.