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Sorry! There are no remaining departures for "Wellness India" (AHDEW), [but here are some similar trips](#).



## **Wellness India**

11 days, Delhi to Delhi

Trip code AHDEW

## What's included

- Your G for Good Moment: Women With Wheels Transfer, Indira Gandhi International Airport
- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Morning Yoga at Lodi Gardens, Delhi
- Your Wellness Moment: Ashram Experience, Rishikesh
- Your Wellness Moment: Yoga at an Ashram, Rishikesh
- Your Wellness Moment: Aarti ceremony, Rishikesh
- Your Wellness Moment: Meditation Rishikesh Ashram, Rishikesh
- Your Wellness Moment: Nālāgarh Fort Yoga, Nālāgarh
- Your Wellness Moment: Dharamshala Yoga, Dharamshala
- Rishikesh walking tour and visit to Bharat Mandir Temple
- Nalagarh Fort and Village Walk
- Visit Dalai Lama Temple, Norbulingka Institute and Bhagsunath Temple
- Masrur Temples Excursion
- Wagah Border Ceremony and visit to the Golden Temple
- Visit Jallianwala Bagh
- All transport between destinations and to/from included activities

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**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing June 22nd, 2018 and onwards

# Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Delhi

Arrive at any time. Arrival transfer included through the G Adventures-supported Women With Wheels project.

Throughout this trip we will practice various types of yoga, keeping in mind that the beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda and "Yoga" is a Sanskrit word derived from the Sanskrit root "yuj" which means to connect, join or balance.

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### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### ACTIVITY

Transfer by a G Adventures-supported project, Women With Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for local women who once lacked financial opportunities.

This morning, enjoy a yoga session in the lush lodi gardens, amongst the backdrop of the ancient monuments. After depart for Rishikesh on the banks of the holy Ganges and check into our ashram, home for the next 3 nights.

In Lodi Gardens you may encounter a local laughter club – just laugh your lungs out as they say, “Laughter is the best medicine.”

Rishikesh lies in the foothills of the lower Himalayas on the holy river Ganges. The views are breathtaking and the atmosphere serene and lush. The city is renowned as a centre for studying yoga and meditation. Temples and ashrams (centers for spiritual studies) line the eastern bank around Swarg Ashram, a traffic-free, alcohol-free and vegetarian-only area.

3 nights are spent in an authentic Ashram (simple but comfortable rooms that will have ensuite) which has very strict rules of conduct and silence is expected between 10pm-6am. The following are strictly prohibited at the ashram: smoking, drinking intoxicants, using drugs, eating egg or other non-vegetarian foods, playing cards, watching television, playing music on speakers and yelling or loud noises.



## **Meals included**

Breakfast



## Today's Activities

### ACTIVITY

Enjoy a session of yoga in the lush lodi gardens with a backdrop of the ancient monuments of the lodi dynasty.

Private Vehicle

Delhi - Rishikesh

6h30m-7h

225km

Settle in and scan the scenery from the convenience of a private vehicle.

### ACTIVITY

In addition to the pursuit of health and wellness, staying at an ashram is a spiritual experience and pilgrims are drawn here from all over the world. It is a place to reconnect with yourself, nature and The Divine and let go of the stress of daily life. The facilities are a perfect blend of modern and traditional amenities, and spiritual simplicity, surrounded by the power of nature and the Holy river Ganges.

Rise early for a yoga session at the Ashram. After, explore Rishikesh on a walking tour including a visit to Bharat Mandir, the oldest and most sacred Temple in the region. This evening, join locals and pilgrims for an aarti ceremony on the banks of the holy Ganges.

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## Meals included

Breakfast | Dinner

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## Today's Activities

### ACTIVITY

Enjoy a yoga session at our ashram.

Rishikesh Walking tour

Rishikesh

Enjoy a walking tour of Rishikesh, where the roads of the city are lined with bustling markets selling ethnic arts and handicrafts, fresh produce, as well as holy shrines and orange-robed sadhus. Included is a stop at Lakshman Jhula an iron suspension bridge over holy river Ganga offering views of Rishikesh city, the river and temples.

Bharat Mandir Temple Visit

Rishikesh

Visit Bharat Mandir, an ancient temple dedicated to Lord Hrishikesh Narayan, an incarnation of Lord Vishnu in Kaliyuga. The temple houses a stunning idol of Lord Vishnu, carved from a single black stone, known as Saligram. Legend claims that the idol of the temple was reinstalled in 789 AD and since then, Saligram is taken out for a bath in Mayakund, and for grand processions through the streets.

Be sure to visit the sacred tree which is actually a combination of three different trees whose roots are entwined. It is believed that, these trees represent Brahma the creator, Vishnu, the preserver and Mahesh the destroyer

### ACTIVITY

Witness this fascinating Hindu religious ritual in which lamps with wicks soaked in ghee (purified butter) or camphor are offered to one or more deities.

Start the morning with an invigorating yoga session. The day is then free to relax and reflect or opt to have ayurvedic treatments or visit the famed Beatles Ashram. This evening join a calming meditation session.

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## Meals included

Breakfast | Lunch

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## Today's Activities

### ACTIVITY

Enjoy a yoga session at our ashram.

Free Time

Rishikesh

Relax at the ashram, opt to take additional treatments or visit more temples or sites in the area.

### ACTIVITY

Practiced for thousands of years in various spiritual beliefs, meditation is the practice of focusing the breath and mind to achieve calm, relaxation and mental clarity. Meditation is helpful in reducing stress and anxiety, and improves disposition and overall general health and wellbeing.

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## Optional Activities - Day 4

Beatles Ashram

Rishikesh

Visit Chaurasi Kutia (known as The Beatles Ashram) inside Rajaji National Park. In 1968 the band learned Transcendental Meditation here under the spiritual guidance of Guru Maharishi Mahesh Yogi. So inspired by the experience, they wrote up to 40 songs here and the site is also noted for its fantastic Graffiti artwork.

Ayurvedic Treatments in Rishikesh

Rishikesh

Ayurveda, is the 5,000 year old science of healing, which finds its routes in Southern India. Treatments vary and focus on prevention and life style through the use of natural herbs, oils, diet and massage.

Day 5

## Rishikesh/Nālāgarh

After morning yoga, settle in for the drive to Nalagarh in the foothills of the mighty Himalayas. Here we take a walk through the Village and stay the night in a heritage hotel at the Nalagarh Fort which was built in 1421.



### Meals included

Breakfast | Dinner



### Today's Activities

#### ACTIVITY

Enjoy a yoga session at our ashram.

Private Vehicle

Rishikesh - Nālāgarh

6h30m-7h

250km

Settle in and scan the scenery from the convenience of a private vehicle.

Nalagarh Fort and Village Walk

Nālāgarh

Take a walk through Nalagarh Village and explore the Fort which was built in 1421 during the reign of Raja Bikram Chand. Enjoy sweeping panoramic views of the Shivalik hills and the Sirsa river.

Rise early for yoga before the scenic drive to Dharamshala, home to the Dalai Lama. Take a walking tour around this vibrant city in the foothills of the Himalayas.

"Dharamshala" translates to "a spiritual dwelling" or loosely, shelter or resting place for pilgrims and travellers. It is a beautiful former British hill station situated in the snow-capped mountains of Himachal Pradesh, in the foothills of the Dhauladar ranges. The city is divided into lower and upper Dharamshala according to the altitude. A popular pilgrimage site, the town is filled with temples, markets, galleries and gathering places.



## Meals included

Breakfast | Lunch



## Today's Activities

### ACTIVITY

Rise early for morning yoga at the Fort.

Private Vehicle

Nālāgarh - Dharamshala

6h-6h30m

200km

Settle in and scan the scenery from the convenience of a private vehicle.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Take a morning yoga class then spend the day visiting key sites including The Dalai Lama Temple complex, Norbulingka Institute and hike to Bhagsunath Temple. A perfect way to explore the varied spiritual beliefs in northern India.

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## Meals included

Breakfast

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## Today's Activities

### ACTIVITY

Rise early for morning yoga.

Dalai Lama Temple

Dharamshala

The Dalai Lama Temple Complex (also known as Tsuglakhang Temple) is a beautiful and peaceful place located in Upper Dharamshala. Decorated with the colourful prayer flags, prayer wheels and art works, it's perfect for long serene walks, reflection or meditation with chanting monks.

Norbulingka Institute Visit

Dharamshala

Explore a treasure trove of Tibetan culture in exile at the Norbulingka Institute. Many books, precious statues, and monasteries in Tibet were destroyed following the Chinese invasion in 1950, making the Norbulingka Institute one of the best places to learn about Tibetan culture and art anywhere in the world.

Bhagsunath Temple Excursion

Dharamshala

Hike to Bhagsunag temple, a sacred place for Hindus and the Gorkha community where worshippers pray to Shiva, the Hindu god of destruction. There are two pools in the temple complex that are believed to have healing properties. This ancient Shiva Temple is connected to a mythological legend and is believed to have been built by King Bhagsu.

Enjoy morning yoga, then opt to relax or take meditation or healing therapies. Later, take an excursion to the ancient Masroor rock-cut Temples.

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## Meals included

Breakfast

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## Today's Activities

Masroor Rock Temples Excursion

Dharamshala

Still a mystery, as to their origins, the Masroor Temples, also referred to as Masroor Temples or Rock-cut Temples are an early 8th-century complex of rock-cut Hindu temples in the Kangra Valley. The main shrines contain the stone idols of Rama-Laxman and Sita. and it is claimed that all 15 temples are carved out of a single rock. Initially, there were 19 structures, and now only 15, plus the reservoir. Enjoy a tour of this enigmatic and mysterious place.

Free Time

Dharamshala

Enjoy your morning at leisure, opt to take meditation or Tibetan healing therapies.

### ACTIVITY

Rise early for morning yoga.

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## Optional Activities - Day 8

Tibetan Healing Centre

Dharamshala

Enjoy therapies and sessions at a Tibetan healing centre. Options available can include; Tibetan medicine, singing bowl healing, reiki, chakra healing and massage.

Tushita Meditation Centre

Dharamshala

There are various types of meditation in Tibetan Buddhism, and drop-in sessions are open to visitors. The emphasis is on stilling the body & mind and relieving stress..

After a morning yoga session, travel to Amritsar and visit the India-Pakistan border to witness the pomp and pageantry of the border ceremony performed by both nation's border guards. Later visit the stunning Golden Temple, an important pilgrimage site for Sikhs.

Amritsar which literally translates as "his pool of nectar", is a flourishing city and religious centre in the state of Punjab. Important from a religious point of view to the Sikh religion, with many pilgrims coming to have a divine bath in the pool of nectar at the Golden Temple. Also an important political city where in 1947 the separation of India and Pakistan created a long white line known as the Wagah Border between the two neighbours.



## Meals included

Breakfast | Dinner



## Today's Activities

Golden Temple Visit

Amritsar

1h-2h

1km

Enjoy a visit to this gorgeous temple, the most sacred shrine in the Sikh religion. Sitting in the center of a sacred lake, and accessible by a marble causeway, it is absolutely stunning. Watch the nightly ritual of moving the Guru Granth Sahib (holy book) from the temple to the neighboring Akal Takht building in a gold palki (palanquin) preceded by the spectacular fanfare of religious leaders blowing long horns or beating drums. As the procession moves, people chanting wait for their chance to shoulder the sacred palki.

The Golden Temple kitchen serves a free meal called a "langar" to more than 40,000 visitors daily, and no matter how old or young, whether rich or poor, everyone eats together while sitting on the floor.

Wagah Border Ceremony

Amritsar

2h

Every evening, hundreds of people gather to watch the famous parade and the ceremonial lowering of their national flags by the Indian and Pakistani armies at sunset. Witness this event in the stands and cheer on as the two countries showcase their cooperation.

Private Vehicle

Dharamshala - Amritsar

6h-6h30m

230km

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Rise early for morning yoga.

Day 10

## Amritsar/Delhi

Visit the Jallianwala Bagh gardens and memorial before catching a flight to Delhi. Opt to join the CEO for a farewell dinner.

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### Meals included

Breakfast

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### Today's Activities

Jallianwala Bagh Visit

Amritsar

Jallianwala Bagh is a public garden in Amritsar and houses a memorial to the pilgrims and locals who lost their lives during the notorious 20th-century massacre.

Plane

Amritsar - Delhi

1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Depart at any time.

With extra time, you can book our 'Agra Extension,' including accommodation, transport, and a guided visit to India's most famous sight, the Taj Mahal.



## Meals included

Breakfast



## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

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## What are the main highlights of this trip?

Stay in an Ashram on the banks of the Holy Ganges River, Participate in a Hindu Aarti ceremony, Learn about Tibetan culture and the Dalai Lama, Taste traditional Indian cuisine, Zone out with optional meditation sessions

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## Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

# What important notes should I be aware of before the trip?

## 1. CULTURE

India is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special. Pollution, poverty and the crowds can result in initial culture shock but should be seen as an exciting new challenge. During our time here we have come to love this large and wonderfully different country but we know that we should always expect to encounter some difficulties along the way.

In India there are very different attitudes to time keeping, public cleanliness, privacy and service. Trains will sometimes be late, plumbing can sometimes be temperamental and power will often just vanish. Optimistic menus turn out to have only one dish available and everyone, just everyone, will want to know your name. If you are able to travel with a lot of patience and a healthy sense of humour, then we know that you - like all of us - will be captivated by what India has to offer.

In India English is widely spoken and transportation and infrastructure is good, but please remember that this is India - expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

## 2. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

# What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

# How large will the group be?

Max 15, avg 12

# What meals are included in this trip?

10 breakfasts, 2 lunches, 3 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Vegetarians will be able to find a huge range of different foods - India is vegetarian heaven. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## What are the modes of transportation on my trip?

Private bus/van, plane, walking.

## What transportation will we take on this trip?

### ROAD

Traveling by road in India is certainly not what people are use to in Western countries. Rules are not always followed, drivers appear to speed, do not stay in their lanes, overtake in seemingly dangerous situations, rarely use their mirrors or driving lights at night time. The horn however is used very frequently and can range from the latest Bollywood tune to Britney Spears! In India, although the government is investing large sums of money improving the road infrastructure, there is a lot more to be done. As a result, in India, some of the roads are poorly maintained, pot holed and uneven. This gets even more pronounced particularly during and after the monsoon. Travel time covering relatively short distances is very long in comparison to Western countries.

## Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Where will we stay during the trip?

Hotel (7nts), ashram (3nts)

## Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## **What kind of accommodation can I expect on this trip?**

A variety of styles of hotels/guest houses are used in India. These can vary in terms of service, efficiency and cleanliness. In many instances they might not be like what you are used to back home. Power cuts are a regular occurrence in many places, especially throughout North and Central India. Although a number of hotels have generators there may be times when these won't work. It is also recommended when you are in your room to lock the door, as staff will sometimes enter without reason.

## **What is the joining hotel?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## **What are the joining instructions?**

Your arrival transfer will be provided by our G Adventures-supported project Women With Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for a local woman from a resource poor community. You will be greeted by a trained driver from the project with a G Adventures sign with your name on it. The drivers mostly wait outside exit Gate number 6. Please check carefully once you exit the baggage hall as there will be hundreds of people waiting outside in the arrival area. If you have any questions, please feel free to call our transfer representatives in Delhi. Our airport representatives can be reached at the Sakha Call Centre at +91 92787-08888

Be aware also, of touts at the airports, even at hotel-reservation counters. They may try to trick you into booking a hotel room by claiming that your prior reservation is invalid. Ignore them.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## **What happens if I experience problems when arriving?**

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

# Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

## AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:

New Delhi Airport:

Sakha Call Center

From outside India: +91 9278708888

From within Delhi: 9278708888

From outside Delhi: 09278708888

Airport Representative

From outside India: +919599193260 or +919599051397

From within Delhi: 9599193260 or 9599051397

From outside Delhi: 09599193260 or 09599051397

## EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Sorab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## **What should I take on my trip?**

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack, small to medium soft rolling bag or whatever you find easiest to carry, plus a small daypack. Remember that luggage space on public transport is limited. You must be prepared to carry your own bags and be comfortable carrying them between transport and hotels, hopping on and off trains and public transportation, and up and down stairs.

# What should be on my packing list?

## Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

**Essentials:**

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Smart Dress:**

- Smart outfit (For evenings out)

### **Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

### **Wellness:**

- Flip flops or comfortable shoes (required)
- Yoga clothes or comfortable clothing (required)
- Journal
- Small travel towel (required)
- Yoga mat (required)
- Water Bottle
- Face towel
- Yoga props

## **When can I do my laundry on this trip?**

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## **What the visas and entry requirements for my trip?**

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

All travellers must have a valid Indian visa prior to the start of their tour. Please note that visas for India are the responsibility of the individual traveller.

To obtain a visa for India, you may either apply for an e-Visa using the link below, or alternately visit the Indian embassy or consulate nearest you to apply for a physical visa on your passport.

India is now offering e-Visas for some nationalities. Please visit this link for further information, and to check if your nationality is eligible for an e-Visa: <https://indianvisaonline.gov.in/visa/tvoa.html>

As there are many fake websites, please only use the link above to apply for your e-Visa and for any additional information.

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

## **How much spending money do I need for my trip?**

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

## **How much emergency money should I bring on this trip?**

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Do I need to pay a departure tax?**

All departure taxes should be included in your international flight ticket.

## **Should I be tipping on my trip?**

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

## What activities are optional on this trip?

### Rishikesh

- Beatles Ashram
- Ayurvedic Treatments in Rishikesh

### Dharamshala

- Tibetan Healing Centre
- Tushita Meditation Centre

## Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry. In Pakistan we recommend a head scarf for women while walking around. In northern India between middle of December to end of February, night time temperatures can be low, so bring a set of warmer clothes. Thermal underclothes, being small and light, can be very useful.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.