

A dark, textured background featuring intricate, swirling patterns in shades of black and dark grey, resembling stylized waves or floral motifs. The patterns are dense and cover the entire central area of the image.

Varun Voyages



india

is a fascinating and exotic land with great wealth of diversity in history, geography, architecture, culture and religion.

Snow capped mountains, breathtaking valleys, expansive plateaus, extensive deserts, beautiful beaches, backwaters, islands, deltas, rain forests with abundant wild life, soaring temples - its all here. The rich heritage of India can be seen in its innumerable Historic Monuments and exquisite range of local handicrafts, exclusively created by the skillful artisans.

Varun Voyages understands the fact that Indian hospitality is legendary and gracious; here 'the guest is god'. By providing quality products, value for money and a more personal service, we constantly work to deliver the exceptional. Whatever your holiday dream we are here to make it come true

So come and catch the pulse of India.

WELCOME TO VARUN VOYAGES

Established in 1993, Varun Voyages – A Division of Regale Tours Private Limited has grown to be among the region's leading Destination Management Companies and covers all of India, Nepal, Bhutan, Sri Lanka, Tibet,



Bangladesh & Maldives. This region is a special place for travellers and our vast experience in handling clients from all over the world allows us to create the most memorable programs for you. Our goal is to provide quality inbound tourism to the Indian sub-continent with emphasis on leisure travel. With over 20 years in the business, we are one of the leading providers of custom luxury travel services in India. We offer complete range of services associated with holidaying and travelling. The two core areas of destination management and tour operations form the heart of our business. We service a varied client portfolio addressing the business segments viz, individual travel, group travel, incentive travel,

luxury travel, rail journeys, soft adventure, cruise handling, educational tours and wellness holidays. Our strategic business alliance in South Asia region extends into tourism friendly nations like Nepal, Bhutan, Sri Lanka, Tibet, Bangladesh & Maldives. Our endeavour has always been to keep ourselves updated with the times and we make conscious efforts to attend all the major fairs in India and abroad to showcase our itineraries and get feedback from our clients.



Golden Triangle

Day 01: Arrival Delhi A warm welcome on arrival at New Delhi Airport. Assistance and check in at Hotel. Overnight stay at the hotel.

Day 02: Delhi - Agra (210 Kms / 04 hrs drive apx.) Following breakfast at the hotel enjoy a guided city tour of Delhi including Red Fort (Closed on Monday), Jama Masjid, cycle rickshaw ride in the by-lanes of Old Delhi, Raj Ghat, drive past Parliament & Presidential Palace, India Gate, Humayun's Tomb and Qutab Minar. Afternoon drive to Agra and on arrival check in at hotel. Evening free for independent activities. Overnight stay at the hotel.

Day 03: Agra - Fatehpur Sikri - Jaipur (235 Kms 05 hrs drive apx.) Following breakfast at the hotel proceed for a sightseeing of Agra City visiting Taj Mahal (closed on Friday) and Agra Fort. Afternoon check out and drive to Jaipur en-route visiting the deserted city of Fatehpur Sikri. On arrival in Jaipur check in at hotel. Overnight stay at the hotel.

Day 04: Jaipur Following breakfast at the Hotel proceed for a guided excursion to Amber Fort in the morning including elephant ride. Afternoon visit City Palace, Jantar Mantar (Observatory) and drive past Hawa Mahal (Palace of winds). Evening free for independent activities/shopping. Overnight stay at the hotel.

Day 05: Jaipur - Delhi (265 Kms 05 hrs drive apx.) + **Departure** Following breakfast at the hotel checkout and drive to Delhi on arrival free for independent activities / shopping. Late evening departure transfer to airport to board flight for your journey back home.

Extension Kashmir - 03 Nights / 04 Days
Srinagar - Sonmarg - Gulmarg - Srinagar

Day 06: Delhi - Srinagar After breakfast checkout from the hotel and transfer to airport to connect morning flight to Srinagar. Upon arrival meet & transfer to Houseboat. Later proceed for half day sightseeing of Srinagar visiting Mughal Gardens, Shalimar Garden and Nishat garden. Overnight stay at the Houseboat.

04 Nights / 05 Days

Delhi - Agra - Jaipur - Delhi

Day 07: Srinagar - Sonmarg - Srinagar Following breakfast at the Houseboat proceed for a full day excursion to Sonmarg. Evening return back to Srinagar. Dinner and overnight stay at the Houseboat.

Day 08: Srinagar - Gulmarg - Srinagar Following breakfast at the Houseboat proceed for a full day excursion to Gulmarg. Evening return back to Srinagar. Dinner and overnight stay at the Houseboat.

Day 09: Srinagar - Delhi + Depart After breakfast at Houseboat check out and departure transfer to the airport to board the flight for Delhi on arrival in Delhi free for independent activities / shopping. Late evening departure transfer to airport to board flight for your journey back home.

Extension Amritsar
Amritsar - 02 Nights / 03 Days

Day 06: Delhi - Amritsar After breakfast checkout from the hotel and departure transfer to the railway station to board the morning train to Amritsar. Assistance on arrival and check in at hotel. Rest of the day at leisure. Overnight at the hotel.

Day 07: Amritsar Following breakfast at the Hotel proceed for a full day guided sightseeing tour of Amritsar city visiting Golden Temple and Jallianwala Bagh. Afternoon enjoy an excursion to WAGAH BORDER. (Indian Pakistan Border). Overnight at the hotel.

Day 08: Amritsar - Delhi + Depart Following breakfast at the Hotel day free at leisure. Afternoon checkout and departure transfer to railway station to connect train to Delhi.



Royal Rajasthan

Day 01: Arrive Delhi A warm welcome on arrival at New Delhi Airport. Assistance and check in at Hotel. Overnight stay at the hotel.

Day 02: Delhi Following breakfast at the hotel enjoy a full day guided city tour of Delhi including Red Fort, Jama Masjid, cycle rickshaw ride in the by-lanes of Old Delhi, Raj Ghat, drive past Parliament & Presidential Palace, India Gate, Humayun's Tomb and Qutab Minar. Overnight at the hotel.

Day 03: Delhi - Agra (205 kms 04 hrs drive approx) After breakfast checkout from the hotel and drive to Agra on arrival check in at hotel. Afternoon enjoy a guided tour of Agra including visit to Taj Mahal (Closed on Friday) and Agra Fort. Overnight at the hotel in Agra.

Day 04: Agra - Fatehpur Sikri - Jaipur (235 kms 05 hrs drive approx) After breakfast checkout from the hotel and drive to Jaipur en-route visiting the deserted city of Fatehpur Sikri and on arrival in Jaipur check in at hotel. Overnight at the hotel in Jaipur.

Day 05: Jaipur Following breakfast at the Hotel proceed for a guided excursion to Amber Fort in the morning including elephant ride. Afternoon visit City Palace, Jantar Mantar (Observatory) and drive past Hawa Mahal (Palace of winds). Evening free for independent activities/shopping. Overnight stay at the hotel.

Day 06: Jaipur - Udaipur (405 kms 08 hrs drive approx) After breakfast checkout from the hotel and drive to Udaipur the city of lakes. It's also known as the 'Venice of East'. Evening arrive Udaipur and check in to hotel. Overnight at the hotel in Udaipur

Day 07: Udaipur Following breakfast at the hotel enjoy a guided tour of Udaipur visiting Jagdish Temple, City Palace & Sahelion Ki Bari (Garden of Ladies). Afternoon is free for independent activities (optional boat ride in Lake Pichola). Overnight at the Hotel in Udaipur.

Day 08: Udaipur - Ranakpur - Jodhpur (266 kms 05 hrs 30 min drive approx) Following breakfast at the Hotel drive to Jodhpur - the Sun City of

12 Nights / 13 Days

Delhi / Agra / Jaipur / Mandawa /
Bikaner / Jaisalmer / Jodhpur /
Udaipur / Delhi

India en-route visiting the Jain temple complex at Ranakpur. On arrival in Jodhpur, check in at hotel. Rest of the day free. Overnight at the hotel.

Day 09: Jodhpur - Jaisalmer (260 kms 05 hrs 30 min drive approx) Breakfast at the hotel. Morning guided tour of Jodhpur including Mehrangarh fort, Jaswant Thada & Umaid Bhawan Palace. Afternoon drive to Jaisalmer - the Golden City. On arrival check in to hotel. Overnight at the hotel in Jaisalmer.

Day 10: Jaisalmer Following breakfast at the hotel enjoy a guided tour of Jaisalmer including Fort, Patwon ki Haveli & Gadai Sagar lake. Afternoon free for independent activities (optional camel ride in the Thar Desert). Overnight at the hotel in Jaisalmer.

Day 11: Jaisalmer - Bikaner (300 kms 06 hrs drive approx) After breakfast at hotel checkout and drive to Bikaner - situated amidst the Thar Desert. en-route visiting a camel breeding farm. On arrival in Bikaner, check in at hotel. Rest of the day free. Overnight at the hotel in Bikaner.

Day 12: Bikaner - Mandawa (200 kms 04 hrs drive approx) Breakfast at the hotel. Morning guided tour of Bikaner visit Junagarh Fort and Rat temple at Deshnok. Afternoon drive to Mandawa. On arrival at Mandawa check in to hotel. Overnight at the hotel in Mandawa.

Day 13: Mandawa - Delhi + Depart (257 kms 05 hrs drive approx) Breakfast at the hotel. Morning guided tour of Mandawa visit to the various Havelis in and around Mandawa. Afternoon drive to Delhi airport to flight for your journey back home.





Classical India

Day 01: Arrive Delhi A warm welcome on arrival at New Delhi Airport. Assistance and check in at Hotel. Overnight stay at the hotel in Delhi.

Day 02: Delhi Following breakfast at the hotel enjoy a full day guided city tour of Delhi including Red Fort, Jama Masjid, cycle rickshaw ride in the by-lanes of Old Delhi, Raj Ghat, drive past Parliament & Presidential Palace, India Gate, Humayun's Tomb and Qutab Minar. Overnight at the hotel in Delhi.

Day 03: Delhi - Jaipur (265 Kms 05 hrs drive apx.) Breakfast at hotel. Morning checkout and drive to Jaipur –pink city. On arrival at check in to hotel. Evening free for your own activities or local shopping. Overnight stay at the hotel in Jaipur.

Day 04: Jaipur Following breakfast at the Hotel proceed for a guided excursion to Amber Fort in the morning including elephant ride. Afternoon visit City Palace, Jantar Mantar (Observatory) and drive past Hawa Mahal (Palace of winds). Evening free for independent activities/shopping Overnight stay at the hotel.

Day 05: Jaipur - Fatehpur Sikri - Agra (235 Kms 05 hrs drive apx.) After breakfast checkout and drive to Agra , en-route visiting the deserted city of Fatehpur Sikri and on arrival in Agra check in at hotel. Evening free for shopping. Overnight at the hotel in Agra.

Day 06: Agra Following breakfast at the hotel enjoy a guided tour of Agra visiting Taj Mahal and Agra Fort. Overnight at the hotel in Agra.

Day 07: Agra - Jhansi - Orcha - Khajuraho (Train + 180 Kms 04 hrs drive approx). Morning checkout and departure transfer to the railway station to connect train to Jhansi (Ndls Shatabdi Dep. Agra 08:12 / Arr. Jhansi 10:48) On arrival at Jhansi railway station drive to Khajuraho via Orcha - Visit the well- preserved medieval township of Orcha built in the 16th century. Sightseeing includes the Rajmahal with its beautiful murals, the Laxmi Narayan Temple and the Jehangir Mahal built in the 17th century. Continue

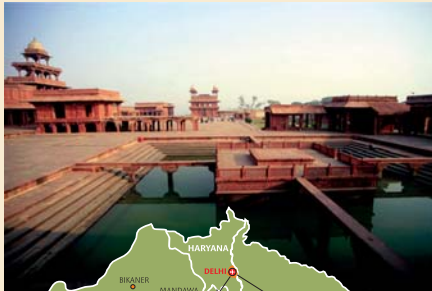
07 Nights / 08 Days

Delhi / Jaipur / Agra / Khajuraho /
Varanasi / Delhi

drive to KhjuraHo. On arrival check in to hotel. Overnight stay at hotel in Khajuraho.

Day 08: Khajuraho - Varanasi By flight Breakfast at hotel. Morning proceed for sightseeing of Khajuraho - The Western Group of temples & The Eastern Group of temples. On time departure transfer to the airport to connect flight for Varanasi. On arrival at Varanasi transfer to hotel. One Rickshaw Ride Evening view "Aarti" ceremony on the Ghats. Overnight stay at hotel in Varanasi.

Day 09: Varanasi - Delhi By flight Morning, cruise in the Ganges to respect the way of life of pilgrims by the Ghat. Back to hotel for breakfast. Later excursion to Samath, 10kms. East of Varanasi, is one of the Buddhism's major centers of India. After attaining enlightenment, the Buddha came to Samath where he gave his first sermon. Visit the deer park and the museum and later back to Varanasi hotel . Afternoon checkout and departure transfer to the airport to connect flight for Delhi on arrival day free for independent activities / shopping. Late evening departure transfer to the airport to board flight for your journey back home.



Scenic Ladakh

Day 01: Arrive Delhi A warm welcome on arrival at New Delhi Airport. Assistance and check in at Hotel. Overnight stay at the Hotel.

Day 02: Delhi - Chandigarh - Manali Drive to Chandigarh and board train for Manali. Assistance on arrival at Manali and check in at Hotel. Overnight at the Hotel at Manali.

Day 03: Manali - Keylong Morning drive to Keylong (115 kms) via Rohtang Pass (3980 mt.). Drive through Marhi, Koksar, Sissu and Tandi villages. Arrive Keylong and check in at the hotel. Visit Keylong town and overnight at the Hotel.

Day 04: Keylong - Sarchu After breakfast drive 137 kms to Sarchu via Baralacha pass (4900 mt.) enjoying stunning views on the way. Arrive Sarchu plains and check in at tented camps for overnight stay.

Day 05: Sarchu - Leh Early breakfast and drive 222 kms to Leh via Tanglang-La (pass) 5300 mt, driving past the great plains of Changthang. Arrive Leh and check in at hotel. Evening free at leisure. Overnight at the Hotel in Leh.

Day 06: Leh Morning free at leisure. Afternoon visit Shanti Stupa, Sankar Monastery, Leh Palace & local market. Overnight stay at the Hotel in Leh.

Day 07: Leh - Nubra Drive to Nubra valley via Khardung-La (pass) (18360 ft). Arrive Nubra and check in at camp / hotel. Later visit Diskit monastery. Overnight at the Camp/Hotel.

Day 08: Nubra - Leh Drive back to Leh, and afternoon free at leisure. Overnight at the Hotel.

Day 09: Leh Morning visit Phyang & Spituk Monasteries. After lunch at the hotel, visit Hall of fame, Tibetan handicrafts center and Leh market. Overnight at the Hotel.

Day 10: Leh - Pangong - Leh Proceed for a day excursion to Pangong Lake, one of the largest and most beautiful natural brackish lakes in the Himalayas. Lunch at Pangong and explore the lake area. Back to Leh by

14 Nights / 15 Days

Delhi / Manali / Keylong /
Sarchu / Leh / Lamayuru / Kargil /
Srinagar / Delhi

evening. Overnight at the Hotel.

Day 11: Leh - Lamayuru Drive to Lamayuru. En route visit Sangam of Indus & Zaskar river, Alchi Murals and Basgo Castle. Arrive Lamayuru and check in at Hotel for overnight stay.

Day 12: Lamayuru - Kargil Morning visit Lunar landscapes and Lamayuru monastery. Later drive to Kargil en route visiting statue of Maitreya Buddha at Mulbekh village. Arrive Kargil by evening and check in at Hotel for overnight stay.

Day 13: Kargil - Srinagar Early morning drive to Srinagar (205 kms.). En route visit Drass, the second coldest place on earth. After driving past Zojila pass and Sonamarg arrive Srinagar and check in at Houseboat / Hotel for overnight stay.

Day 14: Srinagar After breakfast visit Mughal Gardens, Chashmi-e Shahi, Nishat & Shalimar Bagh. Afternoon enjoy a Shikara ride on Dal lake. Overnight at the Houseboat / Hotel.

Day 15: Srinagar - Delhi - Depart Following breakfast at the Hotel checkout transfer to airport to board flight to Delhi and on arrival check in at Hotel for wash and change (lobby use only). Rest of the day free for independent activities / shopping. Late evening transfer to airport to board flight for your journey back home.





Backwaters of Kerala

07 Nights / 08 Days

Cochin - Munnar - Periyar -
Kumarakom - Houseboat - Alleppey -
Marari - Cochin - Depart



Day 01: Arrive Cochin A warm welcome on arrival and transfer to Hotel. Later proceed for a sightseeing tour of Cochin. Visit Jewish Synagogue, Mattanchery Palace (Dutch Palace) and see Chinese Fishing Nets. Also visit Santa Cruz Basilica, a historic church built by the Portuguese and elevated to a Cathedral by Pope Paul IV in 1558. Evening witness a Kathakali dance performance. Overnight stay at Hotel in Cochin.

Day 02: Cochin - Munnar 150 kms 03 hrs drive approx. After breakfast drive to Munnar. On arrival transfer to hotel. Afternoon tour of Munnar Tea gardens spread like a green carpet over hundreds of kilometers. Also enjoy boating in the Lake (optional – Direct by guest) Overnight stay at hotel in Munnar.

Day 03: Munnar - Thekkady (Periyar) 110 kms 02 hrs 30 min drive approx. After breakfast drive to the Thekkady - The name Thekkady is synonymous with wildlife and forests. It is the central point of the tourism zone of the Periyar Tiger Reserve which is one of the best managed tiger reserves in India. On arrival transfer to hotel. Afternoon visiting wildlife sanctuary and boat ride on Lake Periyar. Overnight stay at hotel in Thekkady.

Day 04: Thekkady (Periyar) - Kumarakom 120kms 02 hrs 30 min drive approx. After breakfast drive to Kumarakom. En route visiting spices, tea, coffee and rubber plantation. On arrival transfer to hotel. Afternoon visit to bird sanctuary of Kumarakom. Overnight stay at hotel in Kumarakom.

Day 05: Kumarakom - Alleppey by Houseboat Following breakfast at the hotel, check out and drive to board an overnight houseboat. Check into a traditional Kerala Style Houseboat and go on a leisurely Backwater. Cruise along the lake on a thatched houseboat. The houseboat with all modern comforts lets you discover the countryside at your own pace. Pass through a network of lakes, canals and estuaries. Have lunch, dinner and breakfast in the Houseboat. A ride on the houseboat is a fabulous way to explore the fascinating beauty of the backwaters. Overnight in the Houseboat.

Day 06: Houseboat - Alleppey After breakfast in the Houseboat, disembark at Alleppey and check into a hotel. Rest of the day free for your own activities. Overnight stay at the hotel in Alleppey.

Day 07: Alleppey - Marari 15 kms 30 min drive approx. Breakfast at the hotel. Later checkout and drive to Marari. On arrival check in at hotel. Rest of the day at leisure and browse the place with many beautiful beaches to boast of. Marari is a place where you can experience local charm and



tradition at it's best. Overnight stay at the hotel in Marari.

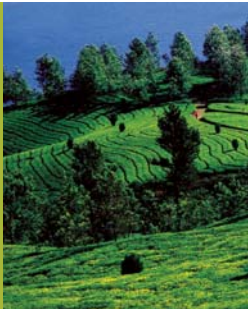
Day 08: Marari - Cochin - Depart Breakfast at the hotel. Morning free at leisure. Afternoon checkout and drive to Cochin airport to connect flight for your onward destinations.



Majestic South

13 Nights / 14 Days

Chennai - Mahabalipuram -
Pondicherry - Chennai - Cochin -
Munnar - Periyar - Kumarakom -
Alleppey - Kovalam - Kanyakumari -
Kovalam - Trivandrum - Depart



Day 01: Arrival Chennai A warm welcome on arrival and transfer to hotel. Later proceed for a sightseeing tour of Chennai including Government Museum, Fort St. George. Fort Museum, St Mary's Church, San Thome Cathedral, Kapaleswara temple, drive past the Marina beach and a bit of shopping. Return back to hotel. Overnight at the hotel.

Day 02: Chennai - Kanchipuram - Mahabalipuram Following breakfast at the hotel proceed for a sightseeing of Kanchipuram - known as the Golden City of a Thousand Temples, is one of the oldest towns in India. Later drive to Mahabalipuram. Witness the breath-taking display of the pagodas or "rathas", the "Penance of Bhagirata," the world's largest bas-relief in stone and the only shore temple, dedicated to both Vishnu and Shiva in its sanctum. Overnight at the hotel.

Day 03: Mahabalipuram - Pondicherry 90 Kms, 2.5 Hrs Drive. After breakfast drive to Pondicherry. Assistance on arrival & check-in at hotel. Afternoon visit Aurobindo Ashram, Auroville, Paper Industry. Government Museum. Overnight at the hotel .

Day 04: Pondicherry - Chennai - Cochin 160 Kms, 4 Hrs drive. Breakfast at the hotel. Morning check out and drive to Chennai airport to connect the flight for Cochin. Assistance on arrival at the airport and check in at hotel. Overnight at the hotel .

Day 05: Cochin Following breakfast at the hotel, proceed for a full day sightseeing of Cochin including St. Francis church, Chinese Fishing Net, Dutch Palace, Jewish Synagogue. Evening witness a Kathakali dance performance. After sightseeing back to hotel. Overnight at the hotel.

Day 06: Cochin - Munnar 130 Kms, 3 Hrs drive approx. Following breakfast at the hotel, drive to Munnar. On arrival check in at hotel. Later proceed for half day guided sightseeing of Munnar visiting Tea plantation, Cheeyappa waterfalls, view point, Devikulam. Overnight at the hotel.

Day 07: Munnar - Periyar. 110 Kms 2.5 Hrs drive approx. Following breakfast at the hotel, drive to Periyar and on arrival check in at Hotel. Later full day at leisure. Overnight at the hotel.

Day 08: Periyar Following breakfast proceed for a boat ride in Lake Periyar. Later visit spice plantations (Coffee & Cardamom) etc. Overnight at the hotel.

Day 09: Periyar - Kumarakom 150 Kms 3.5 Hrs drive approx. Following breakfast check out and drive to Kumarakom. On arrival visit Kumarakom Bird Scantuary. Later check in to hotel. Overnight at the hotel .

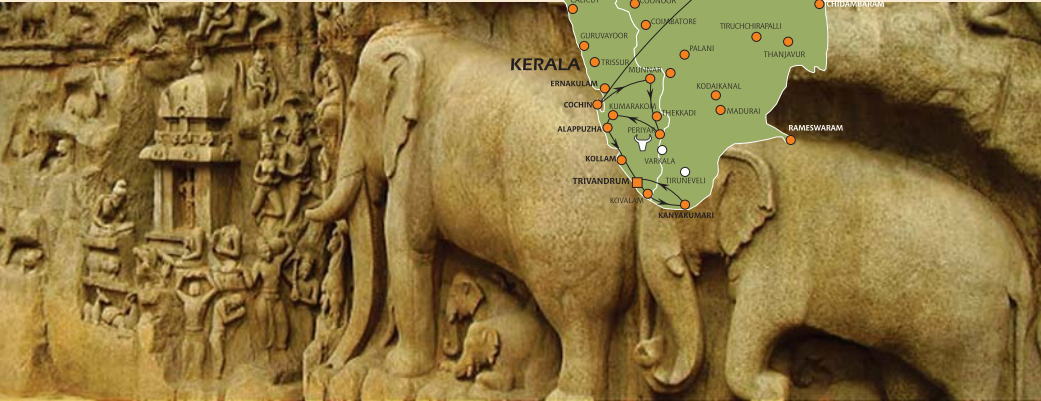
Day 10: Kumarakom - Alleppey by Houseboat Following breakfast at the hotel drive to check in at Houseboat in Kumarakom for cruising through legendary backwaters of Kerala to Alleppey. Witness lives and activities and some mind boggling sceneries. Overnight in the houseboat.

Day 11: Alleppey - Kovalam 160 Kms 3.5 Hrs Drive. Breakfast at the houseboat. Later disembark and proceed for Kovalam. On arrival check in at hotel. Day free at leisure. Overnight at the hotel.

Day 12: Kovalam - Kanyakumari 90 Kms 2 Hrs Drive. Breakfast at hotel. Later check out and drive to Kanyakumari and on arrival check in at Hotel. Sightseeing of Kanyakumari includes Vivekananda Rock, Vivekanandapuram, Thiruvalluvar Statue, Our Lady of Ransom Church and Baywatch. Overnight at the hotel .

Day 13: Kanyakumari - Kovalam 90 Kms 2 Hrs Drive. Breakfast at the hotel. Later check out and drive to Kovalam. On arrival check in to hotel. Rest of the day at leisure. Overnight at the hotel .

Day 14: Kovalam - Trivandrum + Depart Breakfast at the hotel. Early morning transfer to airport to connect the flight for onward destination.





07 Nights / 08 Days

Delhi - Agra - Gwalior - Orchha -
Bhopal - Indore - Dhar
Aurangabad - Mumbai



14 Nights / 15 Days

Mumbai - Goa - Belgaum - Badami -
Alihole - Pattadakal - Hospet -
Hassan - Madikeri - Mysore -
Srirangapatnam - Bangaluru



Day 01: Arrive Delhi A warm welcome on arrival at New Delhi Airport. Assistance and check in at Hotel. Overnight stay at the hotel.

Day 02: Delhi Following breakfast at the hotel enjoy a full day guided city tour of Delhi including Red Fort, Jama Masjid, cycle rickshaw ride in the by-lanes of Old Delhi, Raj Ghat, drive past Parliament & Presidential Palace, India Gate, Humayun's Tomb and Qutab Minar. Overnight at the hotel.

Day 03: Delhi - Agra (205 kms 04 hrs drive approx) After breakfast checkout from the hotel and drive to Agra on arrival check in at hotel. Afternoon enjoy a guided tour of Agra including visit to Taj Mahal (Closed on Friday) and Agra Fort. Overnight at the hotel in Agra.

Day 04: Agra - Gwalior (120 kms 03 hrs drive approx) Following breakfast at the hotel drive to Gwalior city, situated in Madhya Pradesh State of India On arrival check in at hotel. Afternoon enjoy a sightseeing tour of Gwalior visit Gwalior Fort built by Tomar Raja Raja Man Singh, Gujar Mahal, Man Mandir Palace, Teli ka mandir etc. In evening, drive towards Orchha town, situated on the bank of Betwa river. Overnight at the Hotel in Gwalior.

Day 05: Gwalior - Orchha (140 kms 03 hrs drive approx) Following breakfast at the hotel drive to Orchha en-route visiting Sonagiri & Dattia. The 108 Jain temples date back 1500 years all arrange on the steps of a hill. After the visit continue drive to Orchha and on arrival check in at hotel.. Overnight at the Hotel.

Day 06: Orchha - Bhopal Morning after breakfast drive to Bhopal en-route visiting Sanchi, Sanchi abounds in Buddhist architecture dating from 3rd century BC to 12th century AD. Evening arrive Bhopal and check in at Hotel for overnight stay.

Day 07: Bhopal Following breakfast at the hotel excursion to Bhimbetka & Bhojapur. Bhojpur is an 11th century town. The remains of an ancient shiva temple and a Cyclopean dam are points of interest. Bhimbetka, of rocky terrain, dense forest and craggy cliffs, hides over 600 rock shelters with neolithic paintings. Overnight at the Hotel.

Day 08: Bhopal - Ujjain - Indore Following breakfast at the hotel drive to Indore en-route visiting Ujjain. Arrive Indore and check in at Hotel.

Day 09: Indore - Dhar Following breakfast at the Hotel drive to Dhar en-route visiting Omkareshwar and Maheshwar. Overnight at the Hotel.

Day 10: Dhar Following breakfast at the Hotel full day excursion to Mandu, famed for the stories of Baz Bahadur and his consort, Rani Rupmati. See the haunting palaces, baths, pavilions, mosques, tombs, each an architectural gem in the Afghan style. Overnight.

Day 11: Dhar - Aurangabad Following breakfast at the Hotel drive to Aurangabad and on arrival check in at Hotel for overnight stay.

Day 12: Aurangabad Morning full day excursion to 2nd century B.C. Ajanta Caves (closed on Mondays). The rock-hewn caves are adorned with Buddhist sculptures and frescoes. Overnight at the Hotel.

Day 13: Aurangabad Following breakfast at the Hotel proceed for an excursion to the Ellora Caves (closed on Tuesdays), which encompass 34 rock-cut shrines representing Buddhist, Hindu and Jain art dated 4th to 9th century A.D. Overnight. at the Hotel.

Day 14:- Aurangabad - Mumbai Following breakfast at the hotel transfer to Airport to board flight to Mumbai. On arrival check in at hotel. Afternoon enjoy a half day tour visiting to Jain temple, Prince of Wales Museum (closed on Mondays).and the Mumbai city. Overnight at the Hotel.

Day 15: Mumbai - Depart Following breakfast at the Hotel transfer to airport to board flight for your journey back home.



Day 01: Arrive Mumbai A warm welcome on arrival at Mumbai Airport. Assistance and check in at hotel. Overnight stay at the hotel.

Day 02: Mumbai Following breakfast at the hotel proceed for a guided excursion to Elephanta Caves. visiting to Jain temple, Prince of Wales Museum (closed on Mondays).and the Mumbai city. Overnight at the hotel.

Day 03: Mumbai - Goa by flight Breakfast at hotel. Morning check out and departure transfer to the airport to connect flight for Goa On arrival at Goa and check in at hotel. Rest of the day at leisure. Overnight at the Hotel.

Day 04: Goa After breakfast, proceed on a half day sightseeing tour of Goa, visiting Miramar Beach, Basilica of Bom Jesus and the city of Panjim-bustling with shops and tourists. The afternoon is at leisure to relax on the beach. Overnight at the hotel.

Day 05: Goa Following breakfast at the hotel full day relax at beach. Overnight at the hotel.

Day 06: Goa - Belgaon - Badami 275 Kms 6 hrs drive approx. After breakfast drive to Badami en-route visiting Belgaum - a total picture of contrasts. On one side is the old town area and modern on other, in the heart of Belgaum is the Fort. Inside it are most famous Kamala Basti, the Jain Temple & the Jama Masjid. The Kapileshwar Temple, the Ananthashayana. Overnight at the hotel.

Day 07: Badami Following breakfast at the hotel visit Badami-cave temples, Bhutanatha temples, overnight at the hotel.

Day 08: Badami - Alihole - Pattadakal - Hospet by drive Following breakfast at the Hotel drive to Hospet en-route visiting Alihole and Pattadakal (ancient temple complex of Dravidian style) Aihole which is famous as the "cradle of the Indian Architecture". Pattadakal – Situated on the left bank of the Malaprabha river, a world heritage centre, has 10 major temples. Arrive Hospet and check in at hotel. Overnight stay at the hotel.

Day 09: Hospet - Hampi - Hospet by drive Following breakfast, full day excursion to Hampi. A world Heritage site, Hampi is located on the banks of River Tungabhadra, capital of Vijayanagara Kings. Visit the crumbling ruins of

temples, the broken dance of nymph, the impassive resistance of fortifications, worn sculptures of demons, god's soldiers, elephant, snakes, etc. After the visit return back to hotel for overnight stay.

Day 10: Hospet - Hassan by drive. Following breakfast at the hotel drive to Hassan and on arrival check in at Hotel. Afternoon enjoy a guided excursion to Belur & Halebid, a beautiful example of Hoysala architecture. Famous of them is The Chennakesava Temple: which took 103 years to complete. Overnight at the Hotel.

Day 11: Hassan - Madikeri - Mysore by drive Following breakfast at the hotel drive to Mysore en-route visiting Madikeri a place which is called as the "Scotland of India". In Madikeri visit Madikeri Fort, Abbey Falls, Nisargadhama – Known for its calm, serene beauty. Arrive Mysore and check in at hotel for overnight stay.

Day 12: Mysore After breakfast visit Sri Jayachamarajendra Art Gallery - Housed in the Jag Mohan Palace. The Gallery has a collection of exquisite paintings. In the afternoon visit Somnathpur, famous for a 13th century temple well known for its great architectural beauty. Overnight at the hotel.

Day 13: Mysore - Srirangapatnam - Bangaluru By drive Following breakfast at the hotel drive to Bangaluru en-route visiting Srirangapatnam, capital of the warrior - King Hyder Ali & his son Tipu Sultan. Continue drive to Bangaluru. Arrive Bangaluru and check in at Hotel. Rest of the day free at leisure. Overnight at the Hotel.

Day 14: Bangaluru - Depart Following breakfast at the hotel enjoy a sightseeing tour of Bangaluru visiting Bull temple, botanical gardens of Lal Bagh and Vidhan Soudha. Late evening transfer to airport to board flight for your journey back home.



Orissa Tribes

Day 01: Arrive Kolkata A warm welcome on arrival at Kolkata Airport. Assistance and check in at Hotel. Overnight stay at the Hotel.

Day 02: Kolkata - Bhubaneswar (Train) Following breakfast at the Hotel visit the Indian museum with an omate collection of artifacts. Also visit the flower market near the water front. Then passing through the government buildings reach the Jain temple in South Kolkata. Later transfer to railway station to board train to Bhubaneswar. Arrive Bhubaneswar and check in at Hotel. Overnight at the Hotel.

Day 03: Bhubaneswar Following breakfast at the Hotel proceed for a full day excursion to Konark and Puri. At Puri visit the Jagannath temple complex dating back to the 11th century. In Konark see the sun temple dedicated to the sun god. Return to Bhubaneswar via Pipili where you will find people making the and practicing the art of weaving and lycra. Overnight at the Hotel in Bhubaneswar.

Day 04: Bhubaneswar Following breakfast at the Hotel visit Rajarani temple and Lingaraj temple. Afternoon visit Nuapatana (Weaving village) and Sadaibarani (Dokra casting village). Overnight at the Hotel in Bhubaneswar.

Day 05: Bhubaneswar - Gopalpur Following breakfast at the Hotel drive to Gopalpur en route visiting Chilika lake. On arrival in Gopalpur check in at Hotel. Overnight at the Hotel.

Day 06: Gopalpur - Rayagada Orissa boasts of the maximum number of tribe that are found in the country. What is noteworthy about the tribal of Orissa is that one can still find the tribal culture in its unalloyed form on many of the tribes like Bonda and Juang. The 62 odd varieties of Orissa tribal follow their own lifestyle and have their own customs and rituals that they strictly adhere to.

Following breakfast at the Hotel drive towards Rayagada en-

09 Nights / 10 Days

Kolkata / Bhubaneswar / Gopalpur /
Rayagada / Jeypore / Bhubaneswar /
Kolkata

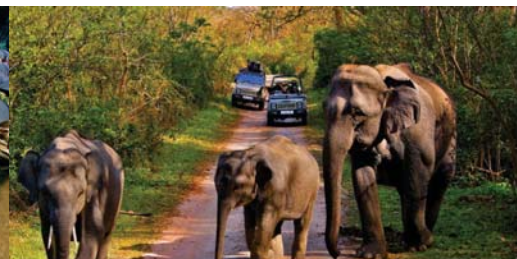
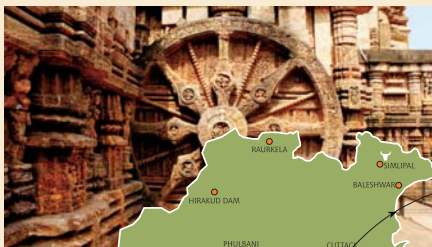
route visiting road side tribal villages - Soura village and Paraja village. On arrival in Rayagada check in at Hotel. Overnight stay at the Hotel.

Day 07: Rayagada - Jeypore Drive to Jeypore visiting Dongariya Kondh tribal market at Chatikona. On arrival in Jeypore check in at Hotel for overnight stay.

Day 08: Jeypore Following breakfast at the Hotel proceed for an excursion to Onukudelli to visit the most colorful Bonda, Gadaba & Didiya tribes and some Gadhaba villages. Overnight at the Hotel in Jeypore.

Day 09: Jeypore - Taptapani - Bhubaneswar Drive to Taptapani enroute visiting the Paraja tribes market (Friday). Continue towards Bhubaneswar and board your overnight train to Kolkata.

Day 10: Arrive Kolkata - Depart Assistance on arrival at Kolkata and transfer to a hotel for wash and change (lobby use). Rest of the day free for independent activities. Do your last minute shopping. Late evening transfer to airport to board flight for your journey back home.



Wild Encounter

Day 01: Arrive Delhi A warm welcome on arrival at New Delhi Airport. Assistance and check in at hotel. Overnight stay at the hotel.

Day 02: Delhi Following breakfast at the hotel enjoy a full day guided city tour of Delhi including Red Fort, Jama Masjid, cycle rickshaw ride in the by-lanes of Old Delhi, Raj Ghat, drive past Parliament & Presidential Palace, India Gate, Humayun's Tomb and Qutab Minar. Overnight at the hotel.

Day 03: Delhi - Jaipur (265 kms 05 hrs 30 min drive approx) After breakfast checkout from the hotel and drive to Jaipur - The pink city on arrival in Jaipur check in at hotel. Evening free for shopping in local market. Overnight at the hotel in Jaipur.

Day 04: Jaipur Following breakfast at the Hotel proceed for a guided excursion to Amber Fort in the morning including elephant ride. Afternoon visit City Palace, Jantar Mantar (Observatory) and drive past Hawa Mahal (Palace of winds). Evening free for independent activities/shopping. Overnight stay at the hotel.

Day 05: Jaipur - Ranthambore 200 kms 04 hrs drive approx Following breakfast at the hotel drive to Ranthambore. Assistance on arrival and check in at hotel. Overnight at the Hotel.

Day 06: Ranthambore Morning & Evening jungle safari. Overnight.

Day 07: Ranthambore - Fatehpur Sikri - Agra 250 kms 05 hrs drive approx. Breakfast at hotel. Morning checkout and drive to Agra, - En route visit Fatehpur Sikri- 37 kms from Agra. The deserted city of sandstone built by the Emperor. The city is rectangular in shape with nine huge gates. Arrive Agra check into the hotel. Overnight at the Hotel.

Day 08: Agra Following breakfast at the hotel proceed for a guided tour of Agra visiting Taj Mahal & Agra Fort. Evening free for shopping. Overnight at the Hotel.

Day 09: Agra - Jhansi - Orchha - Khajuraho Train + 180 Kms 04 hrs drive

14 Nights / 15 Days

Delhi - Jaipur - Ranthambore -
Agra - Khajuraho - Bandhavgarh -
Kanha - Mumbai

approx. Following breakfast at the hotel Morning checkout and transfer to railway station to board train to Jhansi. Assistance on arrival at Jhansi railway station and drive to Khajuraho en-route visit Orchha. Arrive Khajuraho and check-in at hotel. Overnight at the Hotel.

Day 10: Khajuraho - Bandhavgarh 237 Kms 05 hrs drive approx. Following breakfast a guided tour of Khajuraho The Eastern Group of temples & The Western Group of temples. etc. Later drive to Bandhavgarh. Upon arrival, check-in to hotel. Overnight at the Hotel.

Day 11: Bandhavgarh Bandhavgarh is the natural habitat of many wild life animals, the main attraction being the Royal Bengal Tigers. This mostly unexplored and unspoiled region still remain as a haven for birds and animals. Morning & Evening jungle safari. Overnight at the Hotel.

Day 12: Bandhavgarh - Kanha 250 Kms 05 hrs drive approx. Breakfast at hotel. Morning checkout and drive to Kanha. Overnight at the Hotel.

Day 13: Kanha Morning & Evening jungle safari in the Park. Overnight at the Hotel.

Day 14: Kanha - Nagpur - Mumbai 260 Kms 05 hrs drive approx + Flight Following breakfast at the hotel drive to Nagpur airport to board flight to Mumbai. Assistance on arrival and transfer to hotel. Overnight at the Hotel.

Day 15: Mumbai - Depart Following breakfast at the hotel proceed for a guided excursion to Elephanta Caves, visiting to Jain temple, Prince of Wales Museum (closed on Mondays) and the Mumbai city. Morning, transfer to international airport to board flight for your journey back home.





10 Nights / 11 Days

Kolkata / Bagdogra / Kalimpong / Gangtok / Pelling / Darjeeling / Delhi

Eastern Sojourn

Day 01: Arrive Kolkata A warm welcome on arrival and transfer to Hotel. Overnight at the Hotel.

Day 02: Kolkata Following breakfast at the Hotel spend the day exploring this fascinating city, redolent with history, victorian architecture and the city known to have produced some of India's greatest writers. Overnight stay at the hotel.

Day 03: Kolkata - Bagdogra - Kalimpong *Flight + Drive* Enjoy an early morning visit to the beautiful flower markets on the banks of the Hooghly River, later transfer to airport to board morning flight to Bagdogra. Arrive Bagdogra and drive up into the hills to Kalimpong. On arrival, check in at a hotel . Overnight stay at the hotel.,

Day 04: Kalimpong - Gangtok *By Drive* Morning explore Kalimpong's flower nurseries and small market. Afternoon drive to Gangtok, capital of Sikkim and check in at hotel. Overnight stay at the hotel.

Day 05: Gangtok Early morning visit to Tashi view point for magnificent views of Mt. Kanchenjunga. Later proceed to one of India's busiest and most famous monasteries at Phudong. Overnight stay at the hotel.

Day 06: Gangtok - Pelling *By Drive* Early morning drive to small town of Pelling en-route visiting Rumtek monastery. On arrival at Pelling, check in at a Resort. Afternoon visit the local monastery with its staggering mountain views. Overnight stay at the Resort.

Day 07: Pelling Following breakfast at the Resort set out for a short drive to Tashiding and enjoy a beautiful walk up the hill to the secluded monastery. Walk through small villages, surrounded by prayer flags and chortens. Return back to your Resort for overnight stay.

Day 08: Pelling - Darjeeling *By Drive* After a leisurely breakfast, drive south to Darjeeling and on arrival check in a hotel just outside the town at

the delightful Glenburn Tea Estate. Afternoon at leisure. Overnight stay at the hotel .

Day 09: Darjeeling Enjoy an excursion to the sprawling town of Darjeeling. See the Botanical gardens, Ghoom Monastery and visit the Himalayan Mountaineering Institute. Overnight stay at the hotel.

Day 10: Darjeeling Day at leisure walking in the stunning hills. Overnight stay at the hotel.

Day 11: Darjeeling - Bagdogra - Delhi + Departure *Drive + Flight* Following breakfast at the hotel drive to Bagdogra to catch flight to Delhi. On arrival at Delhi free time for shopping evening departure transfer to the airport to board flight for your journey back home.



Footsteps of Buddha

Day 01: Arrive Bodhgaya A warm welcome on arrival at the airport & transfer to hotel. Overnight stay in Bodhgaya.

Day 02: Bodhgaya Full day sightseeing at Bodhgaya, visiting places like Mahabodhi temple, Sujata Village, Niranajana River & monastery. Overnight stay in Bodhgaya.

Day 03: Bodhgaya - Rajgir & Nalanda - Bodhgaya After breakfast drive to Nalanda to visit the famous ancient university of Nalanda, which produced great masters like Guru Padmasambhava and then after a short drive visit Rajgir, where exists the Vulture's Peak or Giridhrakoot. Visit the Japanese Shanti Stupa in Rajgir. Evening back to Bodhgaya. Overnight stay in Bodhgaya.

Day 04: Bodhgaya - Varanasi 250 Kms 05 to 06 hrs drive approx. Breakfast at hotel then drive to Varanasi. On arrival check in to the hotel and then proceed to Samath (14 kms). Visit Dhamekha Stupa and Deer park. Back to Varanasi. Check-in hotel, Overnight in Varanasi.

Day 05: Varanasi - Kushinagar 260 Kms 7 hrs drive approx. Early morning boat ride on Holy River the Ganges with picturesque view of sunrise. Back to hotel for breakfast. After then drive to Kushinagar. On arrival, Kushinagar check in to the hotel. Overnight stay in Kushinagar.

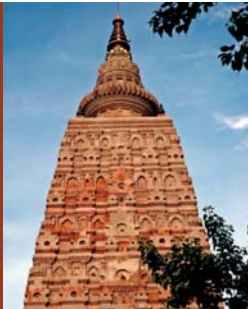
Day 06: Kushinagar - Lumbini 170 kms approx 04 hrs drive Breakfast at hotel, Morning proceed to visit Mahaparinirvana Temple (where Buddha took his last breathe) and Rambhar Stupa (cremation site of lord Buddha). Lunch at hotel. After lunch drive toward Lumbini (in Nepal - Kindly obtain double entry visa for India & single entry visa for Nepal). On arrival, check in at hotel. Overnight stay in Lumbini.

Day 07: Lumbini - Sravasti 200 kms approx 05 hrs drive Breakfast at hotel. Morning proceed to visit Holy Birth place of Lord Buddha. After visit back to hotel. Lunch at hotel, drive to Sravasti . On arrival, transfer to hotel. Dinner & overnight stay in Sravasti.

Day 08: Sravasti - Lucknow - Agra 170 kms approx 04 hrs drive+ Q/N

09 Nights / 10 Days

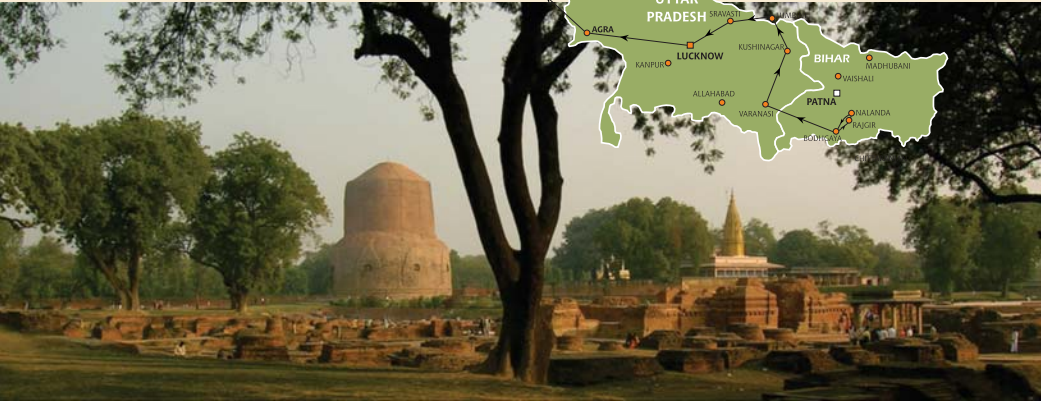
Bodhgaya / Rajgir / Nalanda / Bodhgaya / Varanasi / Kushinagar / Lumbini / Sravasti / Lucknow / Agra / Delhi



Train Breakfast at hotel Morning proceed for visit Saheth (Jetvanaram) & Maheth (AngulimalCaves). Lunch at hotel and then will drive to Lucknow On arrival, transfer to hotel for dinner. After then transfer to railway station to catch the overnight train for Agra. Overnight on Train

Day 09: Arrive Agra Morning arrive Agra Railway station, transfer to hotel for wash & change. After then proceed for half day sightseeing visit Taj Mahal - Wonder of the world (Closed on Friday). & Agra Fort. Evening free time for shopping. Overnight stay in Agra.

Day 10: Agra - Delhi + Departure 205 Kms 04 hrs drive approx. Breakfast at hotel. Morning checkout and drive to Delhi on arrival at Delhi Lunch at Local restaurant. Afternoon city tour of Delhi including Red Fort (Closed on Monday). , Raj Ghat, drive past Parliament & Presidential Palace, India Gate, Evening free for shopping After Dinner drive to Delhi airport to connect flight for onwards destination.





Nepal - Himalayan Kingdom

Day 01: Arrive Kathmandu A spectacularly beautiful country Nepal is best known for its magnificent panoramic mountain views. A most popular trekking destination in the world with the Mt Everest, the world's highest mountain being located in south eastern part of it.

A warm welcome on arrival at Kathmandu Airport. Assistance and check in at Hotel. Overnight stay at the Hotel.

Day 02: Kathmandu Following breakfast at the Hotel proceed for a city tour of Kathmandu city visiting Pashupatinath, Boudhanath and Durbar Square complex of palaces, courtyards and temples. Overnight at the Hotel in Kathmandu.

Day 03: Kathmandu - Nagarkot Following breakfast at the hotel proceed to visit Bungamati & Khokana. After Lunch drive to Nagarkot en-route enjoying a tour of Bhaktapur city. Assistance on arrival at Nagarkot and check in at Hotel.

Nagarkot is a hill resort 32 Km east of Kathmandu. The road passes through terraced fields and strutted houses. This route is also fun for mountain biking too. Nagarkot has developed into a favorite weekend getaway among those seeking mountain views in comfort and quiet. At sunrise, the Himalayan range, stretching from Daulagiri in the west all the way past Everest to Kanchenjunga in the east, emerges from the darkness to greet the happy visitor with its awe - inspiring majesty and beauty. Overnight at the Hotel in Nagarkot.

Day 04: Nagarkot - Kathmandu Following breakfast at the hotel drive back to Kathmandu. Afternoon proceed for a tour our of Patan city and Swayambunath. Rest of the day free at leisure/shopping at Thamel.

Swayambhunath Stupa: It is one of the holiest Buddhist sites in



Nepal and its establishment is linked to the creation of the Kahtmandu Valley out of a primordial lake. Swayambhu is also known as Sengu and is listed as a World heritage site.

Patan City: Like its counterpart in Kathmandu, is an enchanting mélange of palace buildings, artistic courtyard and former Royal palace complex is the center of Patan's religious and social life, and houses a museum containing an array of bronze statues and religious objects. One remarkable monument here is a 16th century temple dedicated to the Hindu god Krishna, built entirely of stone. Overnight at the Hotel in Kathmandu.

Day 05: Kathmandu - Depart Following breakfast at the Hotel transfer to airport to catch the flight for your onward destination.



Bhutan - Dragon Kingdom

Day 01: Arrive Paro - Thimphu (Druk Air flight to Paro) + Drive Assistance on arrival at the airport and transfer to visit the Rinpung Dzong (built in 1645 A.D) and then drive to Thimphu, the modern capital town of Bhutan. Arrive Thimphu and check in at Hotel. later visit Trashichhodzong. Overnight at the Hotel in Thimphu.

Day 02: Thimphu - Wangdiphodrang - Punakha *By Drive* Following breakfast at the Hotel enjoy a sightseeing tour of Thimphu visiting National Library, Traditional Medicine Institute, Textile and Folk Heritage Museum, National Memorial Chorten, Zilukha Nunnery, Traditional paper factory and Takin mini Zoo. Later drive to Punakha en-route Wangdiphodrang. Enjoy view of the eastern Himalayan Mountains. Spend some time photographing the Druk Wangyal Chortens. Then on to Wangduephodrang where the most prominent feature is the Wangdi Dzong sitting on a mountain spurs commanding an archer's view of two rivers. Visit Wangduephodrang dzong and town. Arrive Punakha and check in at Hotel. Overnight at the Hotel.

Day 03: Punakha - Paro *By Drive* Following breakfast at the Hotel drive to north of Punakha for a short excursion to Khamsum Yuelley Namgyel Chorten. Khamsum Yuelley Namgyel Chorten stands majestically on a strategic ridge above the Punakha valley. This chorten is a fine architectural and traditional manifestation whose details of constructional design are drawn from the scriptures and not from the technical books. The Chorten is also an esoteric embodiment of positive forces prevailing over all negative influences in the three forms of existence. According to Lamas, the Chorten is a quintessence of Buddhism and in various ways it will promote the health, happiness of the king and people thereby subjugating all evils. Afternoon visit Punakha Dzong, which lies between two rivers known as Phochu and Mochu, Symbolizing the masculine and the feminine co-existence their currents are of different colours and they unite at this spot. En-route visit Chimi Lhakhang in Lobesa, a temple dedicated to Lama Drukpa Kuenley, who as the famous saint of the Bhutanese people is known affectionately as "Divine Mad Monk". Then drive to Paro which takes about 3.5hrs. Overnight at the Hotel in Paro.

Day 04: Paro - Taktshang Following breakfast at the Hotel drive 13kms



to reach at the foot of the Taktshang cliff from where you will have to climb uphill about 2 hours to appear you before Taktshang monastery perched giddily on a rocky ledge with a sheer drop of 800m alongside a waterfall cascading as if from the blue.

Taktshang means 'Tiger's Nest'. Guru Padmasambhava, known as the Second Buddha, alighted from the flying tigress and meditated at the shrine in the second half of the 8th century. As a result, it is the dream destination for Buddhist pilgrims from the world over. If time permit visit Drukgyel Dzong, a victory fortress of the 17th century. Although in ruins, this Dzong is of great historical importance. It was here that the Bhutanese finally defeated the invading Tibetans and drove them back. Other sights of today are the visit to Kyichu temple which dates back from the 8th century. Kyichu temple is one of the last three surviving temples. In the 8th century 108 such temples were built by a Tibetan King. Till date only three had survived, two in Bhutan and one in Tibet province of China known as the Jokhang in Lhasa. Overnight at the Hotel in Paro.

Day 05: Paro - Depart Following Breakfast at the Hotel transfer to airport to board flight for your onward destination.





SPA

The word spa is derived from Latin "solus per aqua", which means health through water. The spa concept of immersing the body of the person in water to restore and maintain health is considered to be very important to life. Spas are places where a person can get a wide range of health treatments and beauty treatments that are meant to relax and relieve the person from stress and strain.

The special massage at the Spa Tour tends to eject the toxins out of your tissues. During the special massage, certain points of energy blockages, known as Marma points (similar to acupuncture points) are cleared up. In a spa tour, the special massage is followed by a herbal sauna to help increase body purification through perspiration. In some cases, special Ayurvedic poultices and herbal masks are also used to enhance the cleansing process.

As a result Spa Resorts have registered a mushroom growth in India. Amongst the most popular ones are Ananda Spa Resort in Rishikesh; Golden Palms Spa and Resorts and Angsana Spa in Bangalore. Moving a step ahead from an Ayurveda Resort, a Spa Resort provides not only the traditional ambience and treatments but also the contemporary facilities. The aroma of exotic oils like rosemary, lavender, jasmine and frangipani wafts the air in a Spa resort. The soothing music and the magical ambience do wonders to your mind, body and soul.

The range of facilities and services available at the Spa resorts of India usually includes health / fitness assessments, body composition analysis, personal fitness training, physiotherapy, gymnasium with state-of-the-art equipment, exercise studio for all aerobic and workout programs and an outdoor pool.

AYURVEDA

Ayurveda is the art of healthy living that enables you to create harmony in daily life by applying self- knowledge and self-care. The word literally means "Knowledge of Life". Inherent in Ayurvedic principles is the concept that you are capable of taking charge of your own life and healing. Ayurveda may come from ancient texts, but these principles are just as applicable today in our society as they were when they were originally recorded in India. Ayurvedic living occurs when you recognize your basic nature and live according to this true self.

The Ayurvedic approach to life involves listening to and addressing the unique needs of your body, recognizing and balancing your mental and emotional states and deepening your connection with your spirit your essential self. Ayurveda recognizes three main energies that combine to form all things in the universe. These are recognized as being fundamental to all life and are seen in the processes of growth, maintenance, and decay. Their actions are named anabolism, metabolism, and catabolism in the western sciences. Life, light, and love exemplify all these energies and are found in our environments at every moment on every level.

These energies combine in limitless ways to create the unique qualities of each individual. When you become aware of these qualities within yourself, you take the first steps toward creating a healthy life. Ayurveda assists you in identifying these energies in your body and shows you how to more fully experience their gifts and to gain freedom from their limitations. By working with the body's unique nature, you are able to create true health.



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