

India Pilgrimage 2025

Led by Soraya Saraswati & Terry Oldfield

5 - 19th November

An Inner & Outer Journey of the Heart

Your Journey includes 3 meals a day and private room accommodation throughout. All internal travel in India, airport pickup and drop off from Dehradun airport, and entrance to special places, Temples etc.

Flights & Visa: *are not included...*

Fly into Delhi (you can fly direct from Sydney to Delhi) and then to Dehradun (a 1 hour flight from Delhi). Or you may have to fly via Singapore to Delhi with Singapore airlines.

Some attendees choose to stay in a Delhi airport hotel (near the airport) and flying to Dehradun the following day.

Speak to your travel agent and send us details of your flights. If you need a travel agent suggestion ask us please.

*Check your passport is current and the **visa** can be obtained online easily a week or 2 prior to travel. You will need a 30 day entry visa for India*

Link: <https://www.ivisa.com/india/apply-now>

BASIC ITINERARY

5th Nov: Airport car pickup from Dehradun Airport to Rishikesh. 45 mins

5th-8th: Stay in Rishikesh with several outings including:

Sivananda Ashram: during the day and evening Arrati

Niketan Ashram: evening Arrati and Satsang

Sunrise outing to Buddhist Temple

Walking the Ghats - visit Lakshman Jhula area. Shopping

8th Nov - 10th Drive past Devprayag and beyond to **Mountain Huts** overlooking Himalayas. Magnificent views here.

Morning Yoga in the forest. Here it is chilly in the morning and evening.

11th visit Devprayag: the sacred place of merging of two visible heavenly rivers, Alaknanda and Bhagirathi, to form the Holy Mother Ganges.

11th- 17th: Organic Retreat overlooking the Mother Ganga. Includes daily yoga, pranayama, meditation, yoga nidra, mantra singing and TRE. While here we visit meditation caves and spend silent time by the Ganga.

17th & 18th: Back in Rishikesh.

19th: Airport drop off to Dehradun to fly home.

What to Bring:

- November is the best time weather wise in North India.
- The days will be warm 25 degrees C. The evenings once we leave Rishikesh and head into the foothills could be colder at night down to 5-8 degrees C.
- So bring warm clothes and summer clothes.
- Have walking shoes and also slip on shoes, crocs or sandals for easy removal at temples and yoga rooms.
- Crocs are great as they wash easily... lots of cows... dung mishaps.
- Toiletries are basic so bring your own preferred soaps etc.
- Hat - sun care.
- Keep your luggage to a minimum for ease of travel.
- Dress discreetly with awareness of India culture. Respectful dress. Avoid tight fitting yoga pants and brief tops for women.
- Have a meditation shawl and light day shawl to cover arms in some temples.
- We will be walking so be comfortable in your dress.
- Loose fitting cotton clothing or wool is always best.
- Refillable water bottle.
- The shopping is great in Rishikesh so if you forget anything it will be readily available.
- You can take money out at ATMs in Rishikesh.

PLEASE feel free to ask any questions. Prior to our journey in October we will have a **Zoom Connection..**