

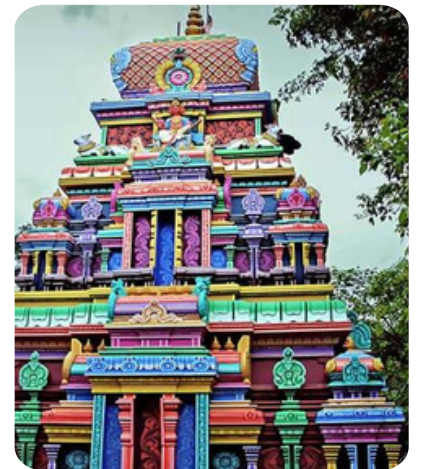
Join Us for 5 Days of Discovery! Soul & Rapids Escape

Day 1

Arrival → Sacred Ganges Experience

- Arrival transfer from Delhi/Haridwar
- Visit Triveni Ghat: Holy dip at confluence of 3 rivers
- Evening Ganga Aarti at Parmarth Niketan (floating lamps & Vedic chants)

Inclusion:

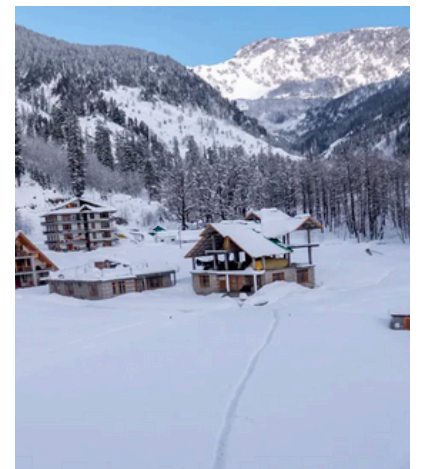


Day 2

Adventure + Spiritual Trail

- White-water rafting
- Explore Laxman Jhula (iconic suspension bridge)
- Visit Beatles Ashram (historic meditation caves)

Inclusion:

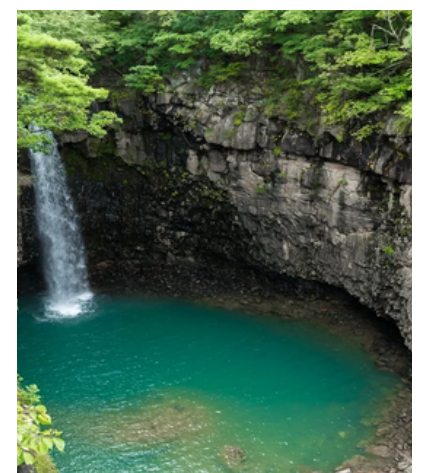


Day 3

Pilgrimage Day Trip to Haridwar

- Mansa Devi Temple (cable car ride with mountain views)
- Har Ki Pauri (evening Ganga Aarti)
- Local market shopping (ayurvedic oils, souvenirs)

Inclusion:

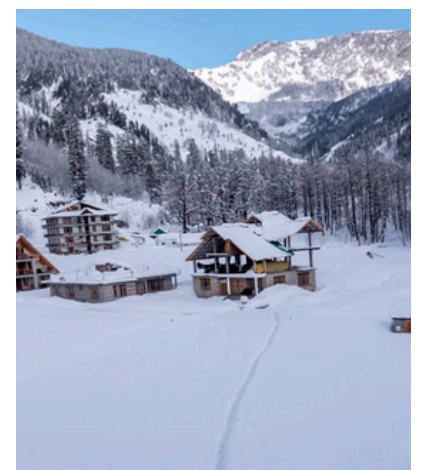


Day 4

Nature & Wellness

- Sunrise trek to Neelkanth Mahadev Temple (jungle trail)
- Ayurvedic spa (Abhyanga massage)
- Free time at Swarg Ashram (serene riverside walks)

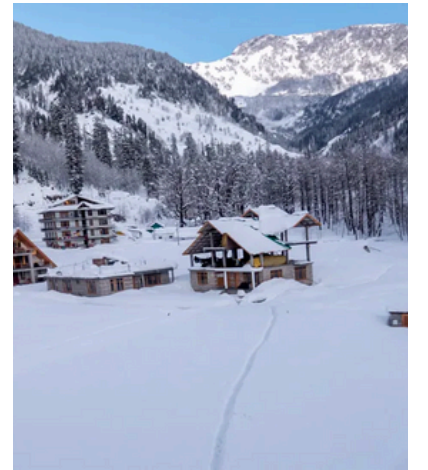
Inclusion:



Day 5

Departure with Blessings

- Sunrise yoga session at Triveni Ghat
- Transfer to Delhi/Haridwar with packed breakfast



Inclusion:



☀️ "Highlight" ☀️

🧘 Spiritual Experiences

✓ **Ganga Aarti at Parmarth Niketan** - Witness the mesmerizing fire ceremony with 100+ lamps

✓ **Triveni Ghat Holy Dip** - Bathe at the sacred confluence of three rivers

✓ **Neelkanth Mahadev Temple Trek** - Scenic hike through Himalayan foothills

🚣 Adventure Thrills

✓ **White-water Rafting** - 14km adrenaline rush through Grade III rapids

✓ **Beatles Ashram Exploration** - Walk through iconic 60s meditation caves

✓ **Mansa Devi Cable Car Ride** - Panoramic views of Haridwar

🧘 Wellness & Relaxation

✓ **Sunrise Yoga Session** - By the banks of River Ganges

✓ **Authentic Ayurvedic Massage** - 60-minute stress-relief treatment

✓ **Riverside Meditation** - Guided session at Swarg Ashram



Transfers
Hotel
Meal



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