



## RISHIKESH

### TURBO TREKKERZ

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## ABOUT THE PLACE

**Rishikesh** is town in the Dehradun District of Uttarakhand state in India. Total population of Rishikesh is 75,020 (53% male and 47 % female) as of 2001. Rishikesh is situated at 409 meters above sea level in the foothills of Garhwal Himalayan Range and surrounded by the Shivalik range. Rishikesh is 35 kms far from Haridwar, 90 Kms from Mussoorie, 25 Kms far from Jollygrant airport Dehradun, and 240 kms far from New Delhi.

**Rishikesh** has spectacular view of jungle-clad hills. Rishikesh has also confluence of River Ganges and Chandrabhaga. The glorious attraction of Rishikesh is none other than the great river Ganges herself, running rapidly throughout the city. In the ancient time and still so many yogis, rishis, sages and sannyasis attracted to Rishikesh to practice yoga in this peaceful location. Since then, Rishikesh has known as an abode of sages. Rishikesh is a holy town with so many Ashrams and it is famous for the yoga world wide. Rishikesh is now world famous as a Yoga Capital of the world. Every year during the March month one week long International Yoga festival is hosted by Rishikesh.

Rishikesh is also known as gateway to the Char Dham. Char Dham is four popular holy temples on the hills (Kedarnath, Badrinath, Gangotri, and Yamunotri) Thousands of people attracted every year to Rishikesh for spiritual relief, peace, learn yoga, adventure and to take a dip for salvation. The famous among them were Beatles, Kate Winslet and many more others celebrities. It is believed that by meditation in Rishikesh one can get "Moksha" (liberation from the cycle of death and rebirth) as well as holy dip in the river Ganga.

Apart from spirituality now **Rishikesh Tourism** is also hub for the adventure activities such as rafting, camping, trekking and bungee jumping. Rishikesh is full of tourist every time. There are also big ashrams, Centre for Yoga, Meditation , Ayurvedic Massage and astrology are here. Rishikesh is also known as the White water rafting capital of India.

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## ATTRACTION IN RISHIKESH

### 1. Triveni Ghat :-

Triveni Ghat is biggest bathing ghat in Rishikesh. Situated near the main market this ghat has mesmerizing view of mountain and river. The reason for the name is it is believed that this is conference of 03 rivers Ganges, Yamuna and legendary Saraswati. Due to the conference this ghat is great place to take a bath. Ghat is structure of steps where people can access river for holy bath. Everyday Ganges ceremony (Ganga Aarti) is organized at ghat in evening. (5 PM in winter and 6 PM in Summer) This is beautiful place to sit right on the bank of the river and view the mountain and river with the company of cool river breeze. Triveni Ghat is situated just 100 meter far from the main market. Small Shani Mandir is also located near Triveni Ghat.

### 2. Lakshman Jhula :-

Big iron suspension bridge on the river Ganges which is 4.5 kms far from Rishikesh. It is believed that Lakshman (Brother of lord Ram) crossed the river here by jute rope. Current bridge is built in 1929 in when the old bridge (1989 built) was damaged in flood. Laskman Jhula is popular in tourist for shopping and other activites such as rafting. Both side of the bridge has so many different shops with interesting things to buy. Lakshman temple and Tera Manzil Temple is also situated here. From the bridge you can have spectacular view of river and the city. Lakshman Jhula is pedestrian bridge but it is also used for bikes.

### 3. Ram Jhula:-

Suspension bridge similar to the Lakshman Jhula between Sivananda Ashram and Swarg Ashram is known as Ram Jhula or Sivananda Jhula. Boat is also available here on sharing basis to cross the river. So many shops are available on the both side of bridge for shopping. Sivananda Ashram, Yog Niketan Ashram and Omkarnanda Ashram is located at one end of the brindge and the other end has Swarg Ashram, Gita Bhawan and Parmarth Niketan Ashram. Ram Jhula is pedestrian bridge but it is also used for bikes.

### 4. Parmarth Niketan :-

Parmarth Niketan Ashram is located in the Swarg Ashram area. The Ashram has so many rooms for devotees as well as tourist. Ashram has many religious statues inside. Parmarth Niketan is also host for the Internationa Yoga Festival every year. Ashram is popular among the tourist for Yoga. Every day Ganga Aarti ceremony is organized at the Ghat of the Ashram in Evening.(5 PM in winter and 6 PM in Summer. The aarti is widely visited by the tourists.

## **5. Neelkanth Mahadev Temple:-**

This temple is situated at 1325 meters height and 31 kms far from Rishikesh. Neelkant Mahadev is Temple of Lord Shiva. According to legends Lord Shiva came here for meditation when he consumed poison during the sea churning. Lord Shiva's throat became blue colored due to the poison so he is known as a NeelKanth (Blue throated) here. Thousand of tourist visit this temple during Shivratri and Kanwar Mela. Temple is also accessible by trekking route and by road from Swarg Ashram. Temple Timings: 05 AM to 01 PM and 04 PM to 09 PM.

## **6. Swarg Ashram :-**

Swarg Ashram is area between Lakshman Jhula and Rishikesh. This place is well known for various famous ashrams, beautiful surroundings, healthy and divine living. So many shops are also here for shopping. Place is accessible via Ram Jhula bridge by walk or by road via Beraj. Parmarth Niketan, Gita Bhawan, Bhootnath Temple and many other interesting places are part of the Swarga Ashram area.

## ITINARARY

### DAY – 1 :- BEGIN YOUR TRIP ON A SPIRITUAL NOTE!



- **Lakshman Jhula-** Believed to be built by Lord Lakshman for his brother Lord Rama and sister-in-law Sita to cross the River Ganga at the very spot where today's Lakshman Jhula is standing. It is 450 feet long at 70 feet height from the river and one of the top attractions in Rishikesh.
- **Lakshman Mandir** - Located at only 5 mins from Lakshman Jhula at the banks of river Ganga, this is an ancient temple dedicated to Lord Rama's younger brother Lord Lakshman. Built a couple of centuries back by a king of Kashmir, the temple still stands perfectly.
- **Tera manzil Mandir** - Tera Mazil mandir, literally translating to 13 floors temple is a holy multistory temple on the banks of the river Ganga, built next to Lakshman Jhula. Every floor of the temple holds a series of mini-temples dedicated to all the gods and goddess with eye-catching murals and statues dedicated to the deities.
- **Ganga Aarti at Triveni Ghat** - Ganga Aarti at Triveni Ghat is one of the most beautiful Ganga Aartis you will ever see. With devotees and tourists sitting on the staircases, facing the majestic Ganga river and setting sun with all the pandits prepping for evening aarti is a view to behold. But as the Aarti starts, the vibes of this ghat is something only to be experienced.

#### Day Include :-

- Arrival
- Lunch
- SightSeeing
- Dinner
- Night Stay



## DAY – 2 :- JUMP FROM THE HIGHEST BUNGEE IN INDIA



- **Morning Yoga at Ganga Ghat** - There are many centres and ashrams teaching Yoga, and you can enrol for one-day yoga session which you can practice at the banks of the river Ganga. Early mornings of Rishikesh are very peaceful, and the view of the town is amazing!
- **Bungee Jumping** - Indulge yourself in some action pack afternoon! Rishikesh is known for its spirituality, but it is also known as the "Adventure Capital of India" offering ultimate adventurous activities. Bungee Jumping is one of the most popular adventure sports as at 83m height, it is the highest bungee in the country.
- **Neelkanth Mahadev Temple** - Located at the altitude of 4363 ft, Neelkanth Mahadev temple is dedicated to Lord Shiva. It is believed that venom that came out during Samudra Manthan, this is where Lord Shiva consumed it. After consuming the venom, his throat turned blue, called as Neelkanth in Hindi, hence the name of the temple.

**Warning:- Do Not Perform Bungee Jumping if you have any heart problem, and**

**Other diseases. But Still You jump and anything happens we are not responsible for it.**

**\*Do It At Your Own Risk\***

## Day Include:-

- Breakfast
- SightSeeing
- Lunch
- Dinner
- Night Stay

## DAY – 3 :- TRAVERSE THROUGH THE ROARING GANGA





- **Vashishta Gufa** - Vashishta Gufa is a sacred cave where Sage Vashishta, one of the seven great sages of ancient India, stayed and meditated. It is said that after all his children died, he tried ending his life by drowning in the River Ganga, but Goddess Ganga refused his plea. Upon that wife of Vashishta, Arundhati decided to stay in a cave for its pleasant location, and they stayed there for quite a long period of time. In 1930, Swami Purushottamand maintained this cave which is managed by Swami Purushottamananda Trust.
- **Neer Garh Waterfall** - A peaceful hike to the nearby Neer Garh Waterfalls has to be one of the top things to do in Rishikesh. A series of three breathtaking waterfalls make Neer Garh Waterfalls. Falling from a 25 feet high cliff, the hike is untouched by civilization offering the most stunning nature for you to experience.
- **River Rafting** - Ganga rafting is yet another most loved adventure sport in Rishikesh. Rafting is available for all types of people, from the easiest to the most daring currents!
- **Camping at Shivpuri** - Shivpuri is a tiny village located only 18 km from Rishikesh. There are many camps available offering amazing scenic views of the region. Camping at Shivpuri offers the soothing sound of water gushing down the Ganga river, birds chirping in the morning and many other outdoor activities.

#### **Day Include:-**

- **Breakfast**
- **SightSeeing**
- **Lunch**
- **Dinner**
- **Night Stay**

**\*Do River Rafting if you don't have any Problems related to your Heart\***



## DAY – 4 :- WALK INTO THE COLOURFUL RUINS OF CHAURASI KUTIA



- **Ram Jhula** - Another famous landmark in Rishikesh city is Ram Jhula, an iron suspension bridge connecting Shivananda Ashram with Swargashram. A bit smaller and less crowded than Lakshman Jhula, Ram Jhula is the perfect spot to dip your feet in the river and relax while absorbing the bustling beauty of the city.
- **Beatles Ashram** - Also known as Chaurasi Kutia, Beatles Ashram was known as International Academy of Meditation in the 1960s and 1970s. A hub for students of Maharishi Mahesh Yogi, who invented Transcendental meditation technique, was also visited by the famous rock band The Beatles which attracted a lot of global attention. But in 1990s, the entire site was abandoned and converted into the local forestry department and now home to some of the most beautiful graffiti.
- **Evening Ganga Aarti at Parmarth Niketan Ashram** - Head to Parmarth Niketan Ashram to witness the Ganga aarti every evening. Aarti is performed by the students studying Vedas with a huge Lord Shiva Statue right in front of you. The evening rituals start with bhajans, prayers and then Aarti, you will end your day perfectly with an energetic evening at the Ashram.

### Day Include:-

- Breakfast
- SightSeeing
- Lunch
- Dinner
- Night Stay

## DAY – 5 :- WITNESS THE BREATHTAKING SUNSETS IN RISHIKESH



- **Muni ki Reti** - Translated as "SAnd of the Sages", Muni ki Reti is believed to be the gateway for the Char Dham Yatra. Muni ki Reti has also been mentioned in Mahabharata, where King Bharat did his penance. Now home to several temples, ashrams and yoga centres, It has to be on your list!
- **Walk on Astha Path** - Aastha path, also known as Marine Drive, is a 3km long pathway, running along the shores of Ganga river. Astha means Belief and Path define Way; hence a Way of Belief is built to offer the most spiritual experience. The Path is around 6m wide and starts from Triveni Ghat to Barrage and soon to be extended up to Ram Jhula.
- **Sunset at the Ganga Beach** - End your trip by witnessing one of the mesmerizing sunsets near Ram Jhula. Ganga beach is an extended shore with access to the river is one of the cleanest and most beautiful beaches you will ever see! White Sand, turquoise Ganga river flowing with chants of Ganga Aarti and Ram Jhula twinkling in the background as the sun goes down is hands down the most amazing evening you will spend in Rishikesh.

### Day Include:-

- **Breakfast**
- **SightSeeing**
- **Lunch**
- **Dinner**
- **Night Stay**

## COST PER PERSON

Type	Fees	Days / Nights	Age Group
Ahemadabd - Rishikesh	Rs. 11,999/-	5 Days 6 night	15 - 35

## INCLUSIONS

- Transport
- Food
- Stays

## TERMS AND CONDITIONS

**Payment Terms & Methods :** Some Advance Percentage of total booking amount \* Airfare/Transport fare to be paid full at one time in advance.

**Cancellation & Refund Policy :** Upon cancellation, refund will be made after deducting the Retention Amount. Retention Amount varies as per the number of days left before your package start date.