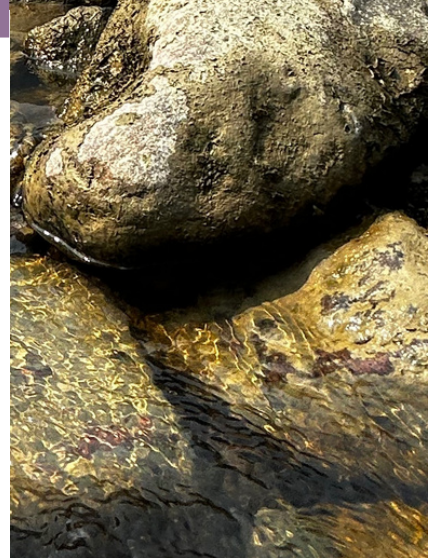




THE HIMALAYAN CHAR DHAM YATRA

**FOLLOWED BY BHAKTI TOUR
OF THE SACRED CITY OF
VARANASI**



WITH TINA PASHUMATI | MAY 11 - MAY 29, 2024

ABOUT

A pilgrimage is an exercise in willpower, humility and faith.



Uttarakhand is known as Dev Bhoomi (*Land of Gods*), as it is the land of great pilgrimages, sacred temples and places, which attracts millions of pilgrims and spiritual seekers to get enlightenment. The pilgrimage of 4 Dhams located in Garhwal region are considered the most sacred places in India: Badrinath, Kedarnath, Gangotri and Yamunotri.

These four ancient temples also mark the spiritual source of four sacred rivers as well: River Yamuna (Yamunotri), River Ganga or Ganges (Gangotri), River Mandakini (Kedarnath) and River Alaknanda (Badrinath).

Why Char Dhams?

Char Dhams are the famous four holy places of Hindu Pilgrimages, which are nestled among the lofty peaks of Himalayas in Uttarakhand. This hindu pilgrimage Char Dham circuit consists of four sites: Yamunotri, Gangotri, Kedarnath and Badrinath. All these locations are believed to be highly sacred by the Hindu religion. It is the ultimate desire of every Hindu to visit the holy shrines at least once in lifetime to attain salvation (Moksha).

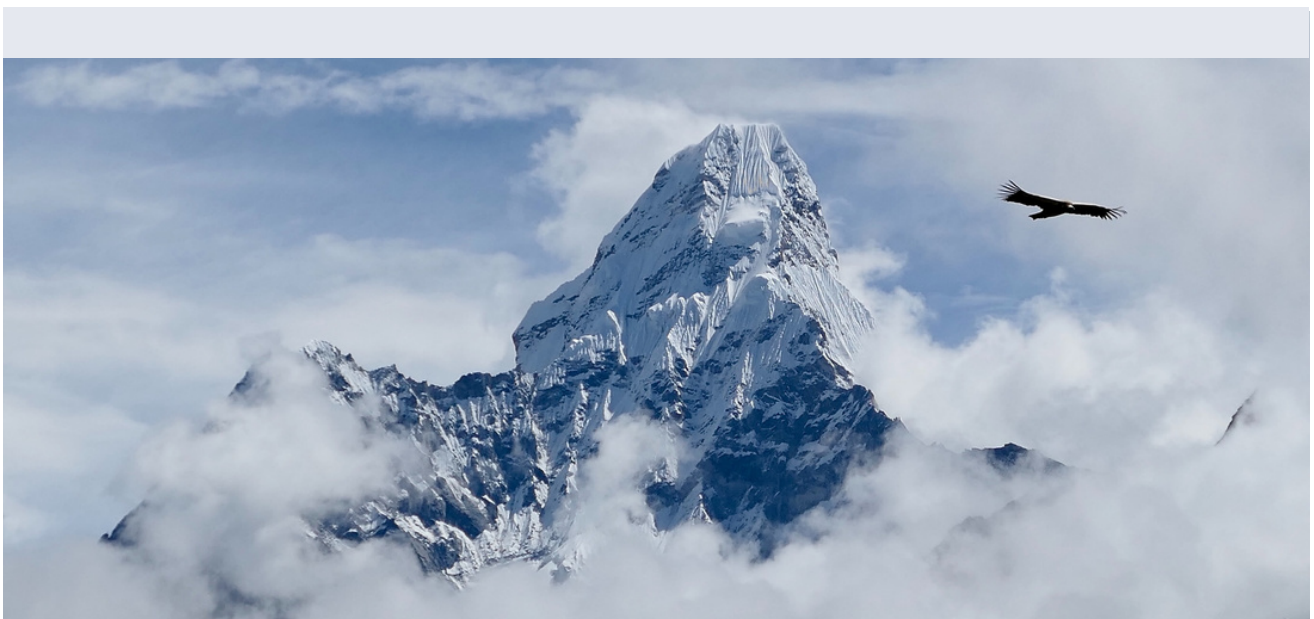
Why should one do Sacred Pilgrimage Yatras?

According to Hinduism the Pilgrimage tirthayatra (Teerth Yatra), is one of the five duties of every Hindu, along with Dharma, Worship, Sanskaras and Observing religious festivals. A pilgrimage is an exercise in willpower, humility and faith. When the devotee travels to often difficult locations, leaving his problems at the feet of the Deity and forgetting everything but the divine.

THE HIMALAYAS ARE CALLING TO OUR SOULS AND HEARTS

MAY 11th - MAY 29th, 2024

With Tina Pashumati James as your host & teacher guiding our Bhakti mantras, meditations and breathwork. Along side Tina we have our guides for the Himalayas: Radha Kunda & Vivek and our guide for Varanasi - Pradeep.



WHAT'S INCLUDED

- Accommodation for 18 nights as per itinerary
- 3 meals (breakfast, lunch, and dinner per day, vegan and vegetarian. *Begins with breakfast on Sunday May 12th and ends with breakfast on May 29th.*)
- Local travel by AC buses. (*NO AC BUS in mountain terrain beyond Rishikesh*).
- Guided -Tina will be your guide, along with her Indian guides.
- Meditations, pranayama and mantra daily by Tina Pashumati

NOT INCLUDED

- Cost of visa application.
- Airfare to India from your origin country - plus helicopter flights, and flights to Varanasi are not included.
- Travel Insurance - Covering Medical Evacuation, Hospitalization, Air Evacuation, Baggage Insurance and Trip Cancellation.
- **Hotel accommodation for night of departure (May 30th, 2024).**
- Fees from use of mini-bar in the hotel rooms (wherever applicable).
- Any optional trips other than specified in the program.
- Any en-route or personal expenses - such as alcoholic and non-alcoholic beverages, telephone calls, tips & gratuities, laundry, etc.
- Personal equipment like clothes, shoes, daypacks, personal medical kit, etc.
- Any exigency expenses due to reasons beyond our normal control any other item not specified above.

POSSIBLE EXTRA COSTS (*not included*)

VIP Darshan (Kedarnath ji @Rs.2500/-, Badrinath ji @Rs.2500/-)

For Yamunotri- Pony@Rs.1500/Palki-Rs.4500

Helicopter charges for Kedarnath (\$150)

WHAT YOU NEED

- **CHECK YOUR NATIONALITY STATUS FOR ENTRANCE TO INDIA AND GET YOUR VISA!**
- Students are responsible for checking their own country's regulations for entry to India including any health requirements.
- Please apply for a **TOURIST VISA** (*NOT A YOGA OR EDUCATION VISA*) as this is a Pilgrimage with meditation and Kirtan.

This is official e-visa website:

<https://indianvisaonline.gov.in/evisa/tvoa.html>

The address to list for your visa application is:

MVT Rishikesh Guesthouse, Balaknath Road, Upper Tapovan, Tapovan, Rishikesh 249192. Uttarakhand, India

Mobile Contact: MVT Rishikesh: +91 9997798666

Radha Kunda is our contact

THIS IS AN OPPORTUNITY TO EXPLORE OUR MOST SACRED SHRINES OF HINDUS FOR A JOURNEY IN SPIRITUALISM LEADING TO SALVATION - COMFORTABLY.

TOUR SCHEDULE

Day 1: Delhi - Haridwar (242 kms/5 hrs)

Greeted by our representative, pick up from New Delhi Hotel and drive to Haridwar Hotel. Take a rest and in the evening we will drive to visit Har ki Pauri to attend Ganga Arti.

Day 2: Haridwar – Barkot (200 Kms/7 hrs)

Morning after breakfast drive to Barkot. Barkot is a place of great scenic beauty with spectacular views of snow-capped mountains all around. A magnificent view of the eternal snow peaks of Bandar Poonch can be seen from here. Overnight Stay at Barkot.

Day 3: Barkot – Yamunotri – Barkot (38Kms/2hrs, 6 Kms/3hrs trek one side)

After early breakfast, we will proceed to Jankichatti via Syanachatti . From Jankichatti we begin our trek to Yamunotri (6 km/3 hrs) to visit the temple of Goddess Yamuna, situated on the bank of the river Yamuna. You can take a holy dip in the nearby tank filled by hot springs and cook rice in the Surya Kund water, the common rituals performed by the devotees. We return to Barkot in the evening.

Overnight stay at Barkot.

Today Sightseeing:

Surya Kund

Yamunotri Temple

Divyashila

Taptkund (Hot Water spring)

Kharsali, Winter seat Yamunotri & Shani Temple

Day 4: Barkot – Uttarkashi (80kms/3hrs)

After breakfast at 7.30 am, we will proceed to Uttarkashi – one of the most beautiful view Bandar Poonch mountains. En-route we will stop at Lord Shiva cave & Kashi Vishwanath darshan. Overnight stay at Uttarkashi.

Today Sightseeing:

Kashi Vishwanath Temple, Uttarkashi
Lord Shiva-cave

Day 5: Uttarkashi - Gangotri – Uttarkashi (100kms/4-5hrs one way)

Early morning 5:00am, we proceed to Gangotri (100Kms/4-5 hrs one way) with a packed breakfast. On arrival take a holy dip in the Sacred River, The Ganges, also called Bhagirathi at its origin. Perform pooja and then on our return journey, visit Gangnani for a hot water springs bath. Travel to Uttarkashi for an overnight stay.

Today Sightseeing:

Gangotri Temple
Surya Kund
Bhagirath Shila

Day 6: Uttarkashi – Guptkashi (198kms/7-8hrs)

After early breakfast, we will proceed to Guptkashi. On arrival check in to the hotel and overnight at Guptkashi.

Today Sightseeing:

Chourangi Nath Temple
August Muni Temple
Ardhnareshwar (Kashi Vishwanath Temple) Guptakashi.

Day 7: Guptkashi – Kedarnath (38 Kms drive- 1 hr / 19Kms Trek / 9 hrs)

After breakfast, we will drive to Sonprayag and further to Gaurikund (Sonprayag to Gaurikund by govt jeeps) which the the base point of Kedarnath. On arrival at Kedarnath, perform Darshan and take holy blessings of Baba Kedar. Overnight stay at Kedarnath.

Day 8: Kedarnath - Guptkashi trek down via Gaurikund and Sonprayag
After breakfast, we will trek down to Guptkashi, overnight stay at Guptkashi.

Day 9: Guptkashi - Joshimath (158kms/5-6hrs)

After breakfast, we will drive to Rudraprayag, Nandaprayag and Karnaprayag .
On arrival, rest of the day is free at your leisure. Overnight stay at Joshimath.

Day 10: Joshimath - Badrinath (40 Kms / 3 Hrs one way)

Early morning at 6.00 am, visit Joshimath Temple for Abhishek of Lord Narsimhadeva. After breakfast, drive to Badrinath. On the way visit Vishnuprayag, Pandukeswar, Govind Ghat, Hanuman Chatti. Perform holy darshan of Shri Badri Vishal. Pancha Shila, Brahma Kapal etc. Overnight stay at Badrinath.

Today Sightseeing:

Govind Ghat
Pandukeshwar
Vishnuprayag

Day 11: Badrinath Local

After morning darshan, have your breakfast, then we will visit Mana Village and Keshav Prayag. Later I returned to the hotel. Overnight stay at Badrinath.

Day 12: Badrinath - Rudraprayag (155 kms/5-6hrs)

After early breakfast, drive to Rudraprayag enroute Rudranath Temple. Day is free for you to explore on your own. Overnight stay at Rudraprayag.

Day 13: Rudraprayag to Rishikesh Dropping

After breakfast, you will be transferred to Rishikesh enroute Devprayag Sangam.

TOUR CONCLUDES HERE

ACCOMMODATIONS

Accommodations	Nights	Super Dlx Hotels
Haridwar	1	Riverdale
Barkot/Jankichatti	2	Durga Resort/Camp Adhvanta
Uttarkashi/Barsu	2	Dayra Resort/similar
Guptakashi	2	Sun Inn/Kedar camp
Kedarnath	1	Punjab Sindh/similar
Joshimath	1	Uday Palace/similar
Badrinath	2	Narayan Palace
Rudraprayag/Kirtinagar	1	Chahat Hotel
Rishikesh drop		

2nd part

VARANASI

THE PLACES WE WILL VISIT

1. Ganges River
2. Sarnath
3. Dasaswamedha Ghat
4. Banaras Ghats
5. Assi Ghat
6. Ruchika Art Gallery
7. Shri Kashi Viswanath Temple (Golden Temple)
8. Manikarnika Ghat
9. Sunrise Yoga
10. Ganga Aarti by boat
11. Sankat Mochan Hanuman
12. Banaras Hindu University



TRAVEL TIPS & WHAT TO BRING

Communication:

All the places to make any S.T.D/I.S.D calls and please carry if you have any BSNL Mob. Number, it works the whole trip, Kedarnath & Badrinath have very good connectivity Reliance mobile numbers. Sometimes, please be informed that it may be difficult at times to get the connection. If any urgent messages have to be sent to any of the participants, then please contact us at Haridwar numbers.

Responsibility:

All arrangements within Chardham Yatra, reserves the right to change itineraries without prior notice, depending on the weather and road condition.

Please start to get in shape NOW!!!

A good 15 minutes' walk, jogging daily, stretching and regular exercise should put you in the right shape (Concentrate on your heart & legs - Aerobics). Porters will be carrying the bulk of your equipment, but it is recommended that you bring a good day pack and are fit enough to carry snacks, filled water bottle/small scissors and knife, waterproof matches, safety pins, Thermometer, Lighter, Dehydration salt (Electoral) packets, Neoprene Powder and cream. Heat balm for muscles/joints, Vicks inhaler / vapour rub, Chopsticks. Dry Fruits/snacks, camera, Film, Map, Jumper, Sun Hat, First Aid Kit, Lightweight Rain Gear, Extra Cloth etc.

Altitude sickness:

This is an environment related condition that can affect anyone who ascends too rapidly to high elevations without acclimatizing properly. Suggested to read any book on trekking, which has a chapter on this, and also consult your doctor

Anti-Inflammatories + other suggestions:

Advil, Brufen or Motrin. Aspirin/Tylenol or general painkillers. Strong sunscreen oil, skin antibiotic cream/ Antifungal Ointment. Lozenges / Strepsils (plenty).

Clothings:

- Clothings for both extremes of climate and temperature. While driving to ChardhamYatra, it will be warm inside the vehicle and light clothing will be required, but as soon as you step out of the vehicle, warm clothing will be required to keep off the cold winds of the Himalayas. Evening will be generally cold and warm clothing will be required We recommend that you bring along the following clothings and accessories with you:
- Down Jacket fake not real feathers there are many out there ahimsa - one
- Warm thick pullover - One
- Warm thin pullover - One
- Warm pants - Two
- Light loose cotton pants - Two
- Warm windproof jacket - One
- Cotton full sleeve T-Shirts - Four
- Thermal under pants/long - Two
- Thermal vest / warm full T-Shirts - Two
- Raincoat with hood/ Poncho (should be roomy) – One
- "Broken - in" pair of ankle high walking boots & one extra shoe laces.
- Light tennis shoes & light rubber sandals.
- Warm woolen socks-4
- Large cotton or silk scarf-One
- Warm gloves.
- Soft paper tissue and handkerchiefs - Plenty
- Monkey cap and Sun heat - one each
- Towels (one big, one small)
- Washing kit.
- For varanasi temple - clothing and shawl

Insurance:

We recommend that you insure yourself against sickness, EMERGENCY RESCUE, accident hospitalization, etc.. We are not liable and responsible for any damages or extra expenses that may arise from mishaps and the loss of their belongings during the pilgrimage.

TERMS & CONDITIONS

All Prices are in US Dollars/Canadian Dollars.

All tours are subject to terms and conditions mentioned on the booking of loka yoga.

Tour prices are valid for Foreigners.

Booking Confirmation is subject to receipt of full advance amount from the guest/ their representative travel agent or tour operator at our Office only.

Tariffs for Foreign Nationals/ NRIS are on request.

The Applicable Tariff, packages are subject to change without prior intimation.

Taxes as per Government notification.

In case of non-availability of the rooms at our respective hotels for reasons, The Hotel would be arranging alternative/ similar accommodation.

All jurisdictions are subject to Nainital District only.

Confirmation is subject to a force majeure clause

Booking Confirmation is subject to receipt of full advance payment.

IMPORTANT REGISTRATION DATES & DEADLINES

REGISTRATION BEGINS - 30% deposit holds your spot (<u>nonrefundable</u>)	AUGUST 2023
Refunds/cancellation on PAY IN FULL option (minus \$1500 admin/transaction fees)	<u>Until</u> FEBRUARY 11, 2024
Refunds/cancellation on other options (30% deposit + balance or 30% deposit + 5 payments) (not including 30% deposit + \$1500 admin/transaction fees)	<u>Until</u> FEBRUARY 11, 2024
All payment are strictly non-refundable and non-transferable, non-negotiable	<u>After</u> FEBRUARY 11, 2024
Balance Due, Registration Closes	MARCH 1, 2024



HAVE ANY QUESTIONS?

email: tinalokayoga@gmail.com