

Meditation & Pilgrimage Retreat

Badrinath, Kedarnath, Haridwar & Rishikesh

15th October - 22nd October 2023



Attractions

**BADRINATH , EX. DEHRADUN
(ITINERARY: DEHRADUN- GUPTKASHI-KEDARNATH-
BADRINATH-RUDRAPRAYAG-RISHIKESH -HARIDWAR-
DEHRADUN)**

Attractions: Deoprayag, Gaurikund, Kedarnath Temple, Bhairav Baba Temple, Badrinath Temple, Mana Village (Last Indian Village), Ram Jhula and Laxman Jhula along with Panch Prayags of Garhwal Himalayas: Vishnuprayag (Alaknanda River and Dhauliganga River), Nandprayag (Alaknanda River and Nandakini River), Karnprayag (Alaknanda River, and Pindar River), Rudraprayag (Alaknanda River and Mandakini River) & Devprayag (Alaknanda River and Bhagirathi River).

Itinerary

DAY 01 (15TH Oct): DEHRADUN – RUDRAPRAYAG (175 KM 4 TO 5 HRS)

Arrive Dehradun. ON arrival proceed for via Devprayag (Devprayag is a town and a nagar panchayat in Tehri Garhwal district in the state of Uttarakhand, India, and is one of the Panch Prayag of Alaknanda River where Alaknanda, Saraswati River and Bhagirathi rivers meet and take the name Ganga). Rudraprayag is a small pilgrim town on the holy confluence of river Alaknanda and Mandakini. On arrival check in at hotel. Rest of the day free to explore the Rudraprayag town. Dinner and Overnight stay at hotel.



Itinerary

DAY 02: (16th Oct) RUDRAPRAYAG/BIRAHU – JOSHI-MATH – BADRINATH (152 KM 4 TO 5 HRS)

This morning, check out of the hotel and drive to Badrinath via Joshimath. After driving through some wonderful Ghat road you arrive at Badrinath (Must cross Govindghat before 5:30 pm). On arrival check into the hotel. After some rest and refreshments you are all set to go to Badrinath Temple for darshan in the evening. But first you have to go to Tapt Kund (Hot Spring), take bath and then go to the temple. Dedicated to Lord Vishnu, the temple of Shri Badrinath Ji is 15 meters in height, built in the form of a cone with a small cupola of a gilt bull and spire. Later back to hotel. Dinner and Overnight stay at hotel.

Itinerary

DAY 03: (17th Oct) BADRINATH – GUPTKASHI (203 KM / 7 TO 8 HRS)

This morning, Badrinath darshan after darshan return back to hotel, breakfast at hotel and proceed for Badrinath local sightseeing visit Mana Village and Bheem Pul. Later drive for Guptkashi. On arrival check in at hotel. Rest of the day free to explore the Guptkashi town. Dinner and Overnight stay in Guptkashi hotel.



Itinerary

DAY 04: (18th Oct) GUPTKASHI – SONPRAYAG – KEDARNATH (30 KM + 20 KM TREK)

Early morning after breakfast check out from the hotel. You can take helicopter service from Guptakashi (helicopter booking you have to do personally through website). Those who want to take horse, palki or want to trek will come to Sonprayag. From where you will start your 20 km trek to Kedarnath. You can hire a Doli or a horse, for your trek (Cost Not Included). Mandakini, one of the main tributaries of the Ganges originates at Kedarnath and flows through Gaurikund. On arrival check in at Govt. Camps/Lodges. Overnight at Govt. Camps/Lodges (only basic accommodation is available on sharing basis with only room basis, you can take meal on direct payment basis).



Itinerary

DAY 05: (19th Oct) KEDARNATH – SONPRAYAG – GUPTKASHI/RUDRAPRAYAG (20 KM TREK + 30 KM DRIVE)

Early morning you get up before dawn and after taking bath you are at the temple by 4:45 am for the 'Abhishek' to Kedarnath Shiva. Everyone can go inside Garbha Griha and touch the idol. You can also prostrate with your head touching the deity etc. After darshan and puja you come out of the temple and return to the Govt. Camps / Lodges. Later start the return trek of 20 km from Kedarnath to Sonprayag. The vehicles wait for you in Sonprayag Car Parking and you'll drive to your hotel. Dinner and stay Overnight at Guptkashi/Rudraprayag.

Itinerary

DAY 06: (20th Oct) GUPTKASHI / RUDRAPRAYAG TO RISHIKESH (181 KM 4 TO 5 HRS)

Early morning, after breakfast, you drive downhill to Rishikesh a spiritual city and the Yoga capital of the world. Rishikesh sightseeing visit Ram Jhula and Laxman Jhula. Temples like Mansa Devi Temple, Chandi Devi temple, Maya Devi temple, Daksha Mahadev Temple, Back to Rishikesh. Over night stay in Rishikesh.



Itinerary

Day 07: (21st Oct) RISHIKESH-HARIDWAR-RISHIKESH

After Breakfast ,sightseeing tour to Haridwar. You will visit Temples like Mansa Devi Temple, Chandi Devi temple, Maya Devi temple, Daksha Mahadev Temple, Back to Rishikesh.over night stay in Rishikesh.

DAY 8 (22nd Oct) RISHIKESH TO DEHRADUN (43 KM 1 HRS)

Morning after breakfast check out from hotel and drive to airport to board the flight and return back home.



Fees

Registration fee for 7 nights and 8 days

INR 64000- Double occupancy

Inclusive of pick up and drop from Dehradun airport, stay, meals and visit to the temples and local sightseeing.

Excluding airfare/ train fare and helicopter tickets to Kedarnath.

(T&C Apply)

Cancellation Policy

The Char Dham Sector is open only for the 6 months in a year.

The tour booking had to be done well in advance.

75 Days prior to the departure **30%** of the tour cost will be deducted

60 Days prior to departure **50%** of tour cost will be deducted

30 Days prior to the departure **75%** of the tour cost will be deducted

Less than 30 days of the departure no refund.

At the time of booking full payment needs to be given.

Payment Details

Please ensure all payment is done and confirmation received. Travel plans for the retreat are to be finalized after confirmation of your participation in the program.

Account Details

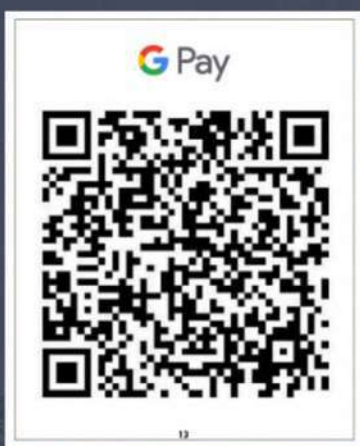
Account No: 502 000 433 609 91

Account Name: Shloka

IFSC / RTGS code: HDFC 0000133

Account type: Current account

Bank: HDFC BANK



Food

Food will be purely Satvik during the Pilgrimage journey
with Fixed menu (Veg Meal).

Helicopter Booking

Helicopter ticket booking on directly basis
<https://heliyatra.irctc.co.in/>

Last & Best Information

Nothing is luxury in this sector as compared to metropolitan cities. Client has to manage with whatever is best available with basic facilities.

We shall try our best, our volunteers will always be present with the group.

One volunteer will accompany for the helicopter trip to Kedarnath and another volunteer will accompany for the trek to Kedarnath.

For further information Contact: +91 63668 52888
www.shlloka.com