



## India Pilgrimage - Temple of the Heart

17-29 November

(++ extra days before if including Taj Mahal)

**New Delhi, Varanasi, Rishikesh, Sattva Retreat (Taj Mahal option)**

**\$5690 Double Share** (with partner of choice, or we will allocate)

**\$7000 Single Room** (note: you will be sharing a room in Varanasi, as rooms are limited. Single option possible - subject to availability - for additional charge)

\*Would you like to add **Taj Mahal** trip? See option at the end of this document.

## Itinerary

### 17 Nov (Sun) Arrive New Delhi

Arrive at Delhi's International airport.

Upon arrival you will be met and transferred to Novotel Hotel, Aerocity, New Delhi.

*A history which encompasses all the various kings and emperors who fixed their royal citadels here-- Indraprastha, Lal Kot, Quila Rai Pithora, Siri, Jahanpanah, Tughlakabad, Ferozabad, Dinpanah, Delhi Sher Shahi or then Shahjahanabad. but, combined and integrated into one, these 'new cities' have always been called Delhi and howsoever many names it may have acquired, Delhi has always been intrinsically identified with power and imperial sway.*

## 18 Nov (Mon) Delhi – Varanasi (by flight)



Breakfast at our Delhi hotel, then flight to Varanasi.

We'll be staying at the incredible Brij Rama Palace Hotel (Heritage). Later you will enjoy the evening aarti ceremony on the banks of River Ganges.

<https://www.brijhotels.com/brijrama-palace-hotel-in-varanasi/>

*Varanasi or Banaras is one of the oldest cities of India. This city has found place in the Buddhist scriptures as well the epic of Mahabharata. In Pali language Varanasi was called Banarasi hence it got the name 'Banaras'. Varanasi is also called 'Kashi' or the city of spiritual light. Kashi is the place where Shiva and Parvati stood when the "time started ticking.*

## 19 Nov (Tue) In Varanasi

Morning city tour of Varanasi. - Visit the Bharat Mata temple with a big relief map of India in Marble, Durga temple, Tulsi Manas Mandir, Benaras Hindu University which has an art gallery & the mosque of Moghul Emperor Aurangzeb.

Later, an excursion to Sarnath - the buried Buddhist city where Buddha preached his first sermon. After attaining enlightenment at Bodh Gaya the Buddha went to Sarnath; and it was here that he preached his first discourse in the deer park to set in motion the 'Wheel of the Dharma'. It is one of the most holy sites as in this place the stream of the Buddha's teaching first flowed. Sarnath was a renowned school of learning from 16<sup>th</sup> century B C to 12<sup>th</sup> century AD. Visit the ruins, the stupa, the Buddhist temple & the museum. At the museum is the Ashok Pillar with its four guardian lions, used as independent Indias' national emblem.

### **20 Nov (Wed) In Varanasi**

Early morning, leave for a boat ride on the Ganges to see the bathing Ghats (river bank) & cremation site. Sunrise on the riverfront, as seen from a boat, can be a spiritually uplifting sight. The life on the Ghats bound in an endless string of rituals, ever-changing aspects of the river & the wide landscape across have fascinated visitors from all over the world.

Return to the hotel for breakfast.

Rest of the day is at leisure. There is lots to see in Varanasi!

### **21 Nov (Thu) Varanasi – Delhi (by flight)**

Breakfast at the Brij Palace hotel before flying to Delhi.

### **21- 23 Nov: Explore Delhi!**

We'll be staying at the lovely Ambassador Hotel (5 Star) in New Delhi.

[https://www.guestreservations.com/ambassador-new-delhi-ihcl-seleqtions/booking?gad\\_source=1&gclid=CjwKCAjwh4-wBhB3EiwAeJsppCo8dyePtxDBGiqJGLBjPx-Es94jJC EsdR9GTgXNkT1p-rfYV\\_tKwhoCFYEQAvD\\_BwE](https://www.guestreservations.com/ambassador-new-delhi-ihcl-seleqtions/booking?gad_source=1&gclid=CjwKCAjwh4-wBhB3EiwAeJsppCo8dyePtxDBGiqJGLBjPx-Es94jJC EsdR9GTgXNkT1p-rfYV_tKwhoCFYEQAvD_BwE)



### **22 Nov (Fri) In New Delhi**

Breakfast at the Ambassador hotel.

Today you will enjoy tour of Old Delhi and New Delhi.

Old Delhi - Visit the former centre of Moghul Power, Old Delhi offers ancient monuments, narrow streets and bustling bazaars. Drive past the vast Red Fort, built in

1648, visit the Jama Masjid, the greatest mosque in India and completed in 1658 by Shah Jahan who also built the Taj Mahal, and the Raj Ghat, the simple memorial to Mahatma Gandhi.

New Delhi - drive past the stately government buildings of the British Era designed by Lutyen's, including the India Gate & the Presidential Palace. Continue onto the beautiful Humayun's tomb of the Mughal era & predecessor of the world famous Taj Mahal. End the tour at the towering minaret of Qutub Minar.

***Group Dinner at the fabulous & fun restaurant - giant naan! (meal cost included) (Naan Bukhara Resturant)***

### **23 Nov (Sat) Delhi – Rishikesh (Approx. 250 Kms / 05 hours' drive)**

Breakfast at the Ambassador hotel.

Drive to Rishikesh. Upon arrival you will check in at Terracotta Hotel.

Shopping & exploring time.

Evening Aarti at Paramath Niketan on the Ganga

**Rishikeshi** is situated on the right bank of the Ganges River, in the lower Himalayas. A pilgrimage town for Hindus, with ancient sages and saints meditating here in search of higher knowledge. There are numerous temples and ashrams built along the banks of the river. It is known as the "*Gateway to the Himalayas*" and "*The birthplace of Yoga*".

### **24 Nov (Sun) to 28 Nov**

Breakfast at the hotel.

Drive to Sattva Retreat

During our time at Sattva we will participate in morning Puja, Meditation, Journey's & wisdom talks with Anand Ji.

Plus:

- Visit to sacred site, Vasishta's cave.
- Visit 'The Beatles' Ashram
- Hikes in the mountains.

(All meals included whilst at Sattva)

## **28 Nov (Thu) Rishikesh – Delhi (Approx. 250 Kms / 05 hours' drive)**

Morning leave Sattva and drive to Delhi

Stay overnight Novotel Hotel in New Delhi.

[https://all.accor.com/hotel/7560/index.en.shtml?utm\\_campaign=seo+maps&utm\\_medium=seo+maps&utm\\_source=google+Maps](https://all.accor.com/hotel/7560/index.en.shtml?utm_campaign=seo+maps&utm_medium=seo+maps&utm_source=google+Maps)

## **29 Nov (Fri) Depart New Delhi**

Breakfast at the hotel.

You will be transferred to Delhi airport to connect your onward flight for next destination.

Note: Check out from the hotel is 12pm

### **Inclusions:**

All Breakfasts  
1 x Dinner in Delhi  
All meals during our time at Sattva Retreat  
All Transfers, domestic flights  
Accommodation  
Practice & Knowledge Talks throughout the trip  
All excursions as outlined in the itinerary

### **Exclusions:**

Participants arrange their own flights to India, New Delhi.  
Meals & snacks other than outlined above  
Tips

**Optional Extra - Taj Mahal visit in Agra...**  
**See next page**

## Optional Extra - Taj Mahal visit in Agra...



If you would like to add the experience of Taj Mahal, we recommend this at the beginning of the trip.

### **Overnight Option (add two nights to the standard trip)**

**Double Share: \$1550**

**Single Share: \$2360**

15 Nov: Arrive in Delhi - stay the night at Novotel Aerocity Hotel

16 Nov: Next day, see the Taj in style!: Stay the night at the magnificent Oberoi, 5 Star - In the world's top 50 hotel list, 2023.

<https://www.oberoihotels.com/hotels-in-agra-amarvilas-resort/>

Includes breakfast at the Oberoi hotel.

Transportation, Visit to Taj Mahal and Agra Fort with Local English Speaking Guide.

17 Nov: Meet group back at Novotel Aerocity Hotel for start of the planned trip...

### **Daytrip to Taj Option: \$500pp**

16 Nov: Arrive in Delhi - stay the night at Novotel Aerocity Hotel

Transportation to & from Delhi to Agra,  
Visit to Taj Mahal and Agra Fort with Local English Speaking Guide.

17 Nov: Meet group back at Novotel Aerocity Hotel for start of the planned trip...