

YOGA AND ADVENTURES IN HIMALAYAS

DAY 1 Delhi – Dehradun -Rishikesh

Fly into Dehradun airport. Pick up by Atali and drive one hour up the valley to Atali. Arrive by noon. Check in into Atali Ganga, trip briefing by trip leader. Lunch at Atali Ganga. Groups can choose from kayaking on the Ganga, wall climbing and hiking. Evening Snacks post activity at Atali Ganga.

Dinner at 1900 hrs at Atali Ganga.

DAY 2 Rishikesh

Morning yoga at Atali. Early start with 0600 hrs tea and cookies at Atali Ganga followed by breakfast at Atali Ganga at 0730 hrs. activities from the activity schedule. Return to Atali for lunch. Lunch at Atali. Leave for evening session of wall climbing, kayaking or a hike. Evening Snacks post activity at Atali Ganga.

Dinner at 1900 hrs at Atali Ganga.

DAY 3 Rishikesh

Early start with 0600 hrs tea and cookies at Atali Ganga. Do a hike-bike-paddle combination in a very special part of the Ganga valley. Return late afternoon to relax by the pool. Overnight Atali.

DAY 4 Rishikesh

After breakfast, transfer to Dehradun airport for the flight home.