



Set amongst virgin forest in the Himalayan foothills, Ananda Spa is ranked in the top 10 Spa Hotels of the world and offers total rejuvenation in an environment of peace, solitude and luxury.

WHAT YOU SEE AND WHAT YOU GET

Trip Highlights

- The luxury 5 star Ananda Spa
- Himalayan views

What's Included

- Return train from Delhi to Haridwar
- 3 nights 5 star deluxe accommodation including 2 breakfasts
- Chauffeur-driven car transfer to the resort

What's Not Included

- International flights and visas
- Laundry, drinks, items of a personal nature
- Tipping - an entirely personal gesture
- All spa treatments are optional and bookable/payable locally

DETAILED ITINERARY

Day 1 : Delhi - Ananda

Delhi - Ananda (via Haridwar). Early morning transfer to Delhi railway station for the train to Haridwar and transfer to Ananda in the Himalayas.

Set amongst the 100 acres of virgin forest, 3000 feet above the sea level and soaring over the calming aspects of the Ganges, nestles Ananda in the Himalayas, South Asia's first resort and spa. Situated 260 kilometres away from Delhi, it is an experience of total rejuvenation and relaxation of the body, mind and soul with a full range of spa treatments and extensive selection of therapies in the Ayurvedic and Naturopathic Spa.

Once the residence of Maharaja of Tehri-Garhwal, the 21,000 square foot spa also has a range of sport and adventure activities for you to try, from rafting to trekking, golf to squash. **Overnight - Ananda Spa**

Days 2-3 : Ananda Spa in the Himalayas

Enjoy the spectacular scenery and many optional treatments available, such as a Ayurvedic and wellness consultation, Abhyanga treatments and facials and body masks. There are also several optional activities available including Yoga, Pranayama, Meditation, Fitness, and cooking. **Overnight - Ananda Spa**

Day 4 : Ananda - Delhi

Ananda - Delhi. Morning transfer back to Haridwar for the train journey back to Delhi. Upon arrival in Delhi, transfer to the airport for your onward flight.(B)

Secular India

India, despite being a secular state, harbours arguably the world's richest heritage of spirituality and religious experience. India's major religion, Hinduism is practised by more than 80% of the population. In numbers, that translates to in excess of 700 million people.

No definition of Hinduism truly justifies the true meaning and significance of Hinduism. Hinduism has many layers. Hinduism is not just a religion but a complex body of social, cultural, religious beliefs and practises evolved in and largely confined to the Indian subcontinent. Hinduism is marked by a caste system, an outlook tending to view all forms and theories as aspects of one eternal being and truth, and the practice of the way of works, the way of knowledge, or the way of devotion as a means of release from the round of rebirths. It is not based upon a single scripture or the teachings of one prophet. It has no founder, central authority or hierarchy. You can't be converted; to be a Hindu you must be born one. The strictly orthodox maintain only a person born in India of Hindu parents can truly claim to be Hindu.

Hinduism has the largest number of adherents of any religion in Asia. Along with Buddhism, Jainism and Zoroastrianism, it is one of the oldest extant religions with roots extending back to 1000BC. Buddhism and Jainism arose around the same time as one another in the 6th century BC at a time of social and religious discontent. Both were reactions against the strictures of Brahminical Hinduism. Although more recent, Sikhism too has its roots in a protest movement in the late 15th century, the bhakti (devotional tradition) that started in southern India as a reaction against the caste system and Brahmin domination of ritual. It was conceived at a time of great social upheaval and was an attempt to fuse the best of Islam and Hinduism.

Today, there are some 16 million Sikhs in India, mostly from Punjab. The Golden Temple in Amritsar is the holiest shrine of Sikhism. Islam was introduced to the north by invading armies (in the 16th century the Mughal empire controlled much of India) and to the south by Arab traders.

Today, Islam is the largest minority religion in the country with in excess of 100 million adherents. Christianity arrived in southern India not with the first Europeans but with Syrian immigrants in the 4th century. A sect of the Syrian Orthodox church was established and still survives today, along with other eastern Orthodox sects. Catholicism arrived with the Portuguese and Protestantism with the English and Dutch. Today, India has around 18 million Christians, of who around 75% are South Indian.

Ayurvedic Medicine

After having been practised for centuries by tribes, Ayurvedic medicine is thousands of years old. It is believed to have been practised since the Vedas and the Buddha period was the time when surgical treatments associated with Ayurveda died out and the herbal medicinal side came to the forefront. Ayurveda has two main principles - prevention and cure. There are three main doshas from the basic principles of Ayurveda; Vata - the combination of space and air elements, Pitta - the fire element and kapha - water and earth elements.



Your constitution type is the dominant dosha. Disease is regarded as a symptom of an imbalance of these doshas and its the imbalance that will be treated, not the disease. Ayurveda looks at not just the physical complaint but also the patients habits, emotional traits and family background when diagnosing.

Festival India

India is a country of colourful festivals and special events. Two of the biggest festivals in the Hindu calendar are Diwali (Deepavali) and Holi. Meanwhile, the Pushkar Camel festival in Rajasthan brings together one of the most colourful spectacles on earth.

Diwali – the Festival of Light is the happiest festival of the Hindu calendar. At night, countless oil lamps are lit to show Rama the way home from his period of exile. In all the festival lasts 5 days. On day 3, time is spent worshipping Lakshmi – the goddess of fortune. Traditionally, this is the beginning of the new financial year for companies. Diwali has also become the Festival of Sweets. Giving sweets has become as much of a part of the tradition as lighting oil lamps and firecrackers. It is also celebrated by the Jains as their New Years Day. For Diwali dates this year and next, please visit our website.

Holi – the Festival of Colour is one of most exuberant Hindu festivals, with people marking the end of winter by throwing coloured water and powder (gulal) at one another. It gets quite mad! Don't wear good clothes on this day, and prepare to duck! On the night before Holi, bonfires are built to symbolise destruction of the evil demon Holika. It is mainly a northern festival; there is no real winter to end in the south, so it isn't as widespread there. Please visit our website for Holi dates this year and next.

If you are interested in visiting India whilst one of the above or many other festivals are on, head to the India - Unique Adventures section of our website.

KNOW BEFORE YOU GO

Climate

India has a three-season year known as the hot, the wet and the cool. The best time to visit is between late September and April when temperatures are cooler and therefore ideal for sightseeing. In the summer months of May to July it is less crowded and conditions are perfect for sightseeing and photography, although parts of India are extremely hot. July signals the start of the monsoon or wet season that continues until early or mid September. Although the weather is humid, the days are punctuated by intermittent rainfall and the monsoon is India is actually quite spectacular and quite refreshing.

Health Requirements

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and waterborne diseases are more common, so we recommend vaccinations for Typhoid (valid 3 years) and Hepatitis A (validity

varies). You are also advised to take anti-Malarial medication.

Currency

The Indian Rupees (INR) is non-exportable and only available in India. Pounds Sterling, US Dollars and Euros are easily exchanged upon arrival at any major bank or your hotel. ATM's are also available in all major towns and cities.

If planning on using your ATM card whilst in India, please let your bank know of your travel plans prior to departure to avoid your bank assuming that the transaction is fraudulent and blocking your card. Exchange rates are subject to fluctuation.

USD 1 = INR 45

GBP 1 = INR 75

EURO 1 = INR 65

AUD 1 = INR 47

Time

India is 5 hours 30 mins ahead of GMT.

Essential Packing

- A small daypack for your day-to-day needs.
- A photocopy of your passport data pages.
- The voltage in India is 230-240V. Most outlets in India accept round 3 pin plugs (not a UK, European or USA plugs). You should pack a Universal Adaptor and check that it is suitable for India.
- Insect repellent to guard against pesky mosquitoes
- Spare camera batteries/memory card so you can go snap happy.
- Consider packing some pencils, pens or modest educational supplies that can be given to village schools or street children.
- If you fancy a tippie, take advantage of Duty Free buys.
- Buy some Indian Rupees at the airport on arrival.
- Buy a phrasebook and practice your holiday Hindi.
- Keep a supply of small notes for local transactions.

Holiday Money

Funds collected in India for entrance fees and tip kitty (if applicable to your holiday) or optional excursion that you may wish to participate in are payable in local currency (INR).

Pre-Tour Accommodation

If arriving on day 1 of a holiday, that includes an airport arrival transfer (as indicated in the 'What you Get' section of this Go Guide) we will be at the airport, ready to transfer you to your hotel. Further if you are booking pre-tour accommodation with us an airport arrival transfer will also be provided. If arriving prior to 9am on day 1 (essentially on a flight that arrives very, very early in the morning) you will need to purchase a night of pre-tour accommodation to save you waiting until standard hotel check in time, which is generally 2pm.

Arrival Transfers

If your tour or short stay includes an airport arrival transfer (as indicated in the 'What you Get' section of this Go Guide) from Delhi's Indira Gandhi International Airport, our arrival procedure is as follows:

Arrive to Delhi's Indira Gandhi International Airport, where after you have attended to customs and immigration formalities, please proceed to the arrival hall. Please have your tour voucher handy and make it available to our representative who will be waiting for you in the arrivals hall, holding a prominent one of the go tours logo signboard, ready to escort you to our awaiting transportation and onward to your tour start hotel

If, for any reason you have trouble locating our representative (after waiting 20 minutes in the arrival hall) or your flight to India is delayed please call the emergency contact number as stated on your tour voucher and our local office who will then advise on the best course of action.

If travelling on our Captivating Kerala tour (with arrival via Kochi Airport) or one of our 'Short Stays' where an airport arrival transfer is included in your holiday, the procedure for meeting you at the airport is the same as those detailed above.

Visas

All foreign nationals must obtain a visa for a visit to India and it is essential the visa be procured prior to travel. A 6 month single entry visa (valid from the date of issue) is issued for most nationals planning to visit India. If you are planning to visit a neighbouring country such as Nepal, Bhutan or Sri Lanka and return to India you will require a multiple entry visa which must be procured in advance of travel. In order to obtain this, you will need to provide the embassy with a detailed itinerary and full flight information, showing the dates and ports of exit and re-entry to India.

If you are a resident in the UK we offer a visa service to save you the inconvenience of having to queue at the embassy, please visit our website or contact us for further information.

Visa requirements are subject to change and that visa procurement prior to departure is solely the responsibility of the traveller and not of on the go. Please also ensure that your passport is valid for at least 6 months from your planned date of return from India.