

short stay: rishikesh

go guide

don't leave home without it



short stay spotlight

what you see

Rishikesh - gateway to the Garhwal Himalayas
The holy Varanasi river

what you get

- 3 breakfasts
- 3 nights - 3/4* hotels
- Airport arrival and departure transfer
- Chauffeur driven vehicle



on location

Your guide to on the ground...

visa requirements

Visas are required by all visitors to India. It is essential the visa is procured prior to travel. Visa forms are available from us and also supplied upon booking. Please ensure your passport is valid for at least 6 months from your planned date of return from India. Please be advised visa requirements are subject to change. Visa procurement is also the responsibility of the traveller and not of on the go.

climate

India has a three-season year known as the hot, the wet and the cool. The coolest time to visit is late September through April. Temps during this time are ideal for sightseeing. The hot season runs from around April through July. Conditions are hot and dry, especially in Rajasthan. July signals the start of the monsoon or wet season that continues until around end September. Although the weather is humid, the days are punctuated by intermittent rainfall.

time

India is 5 hours 30 mins ahead of GMT.

money

USD\$1 = INR46 (subject to fluctuation). The Indian Rupee is exchangeable only in India. Exchange facilities are available at various bureau de changes and banks. A few ATM machines exist in major towns and cities.

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. We recommend vaccinations for Typhoid and Hepatitis A. You are also advised to take anti-Malarial medication. Information can change so please check with your local health care provider.

how much?

- **TIPPING**
INR400 (USD\$8.50) if the day includes local guide & sightseeing
INR200 (USD\$4.50) if the day excludes local guide & sightseeing
- **CAMERA FEES**
Please note that nearly all temples, museums, game parks and sights has a fee for camera use.
- Can of coke (330ml) INR40-50
- Mineral water (local, 500ml or 1L) INR30
- Meal for 2 (entree, main, local beer,) INR1200
- Beer (local brew Kingfisher - 650ml) INR150

things to bring

- Insect repellent to guard against pesky mosquitos
- Spare camera batteries/film so you can go snap happy.
- 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.
- A small daypack for your day-to-day needs.
- Keep a supply of small notes for local transactions.
- Keep a photocopy of your passport data pages.

top experiences

- Explore the Yoga Capital of the World
- Snap the temples on the banks of the river Ganges at sunset or sunrise
- Try your hand at meditating!
- Indulge in some traditional mendi henna decoration on your hands. It's non permanent!
- Visit Triveni Ghat to watch pilgrims participate in the daily worship ritual known as Aarti





rishikesh: itinerary

day 1

Delhi - Rishikesh. Drive to Rishikesh (approximately 5-6 hours) and check into the small boutique hotel. Overnight - Rishikesh

days 2 & 3

Rishikesh - breakfast. Days at leisure - explore or just relax, the choice is yours. Overnight (2) - Rishikesh

day 4

Rishikesh - Delhi - breakfast. A free morning to soak up some final sights or perhaps enjoy a spot of shopping, then drive to Delhi and transfer to the airport for your onward flight.

what to see in rishikesh

The gateway to the Garhwal Himalaya and one of the holiest towns in India, Rishikesh has attracted poets, artists and mystics for thousands of years. Hindus regard it as highly as Muslims regard Mecca. Meat and alcohol are forbidden, and the inhabitants display a public air of sanctimony. The Beatles famously went to Rishikesh in the late 1960s and visited Maharishi Mahesh Yogi's ashram which is now closed. At Maharishi's ashram they composed over 40 songs including one titled 'The Happy Rishikesh Song'.

Pilgrims clad in loin cloths tread the town's dusty streets or pitch camp on the banks of the sacred Ganges, which sweeps majestically through the town and out onto the great Indian plains. Head for Triveni Ghat to watch pilgrims participate in the daily worship ritual known as Aarti.

Apart from being a popular pilgrimage destination Rishikesh is equally popular with those who enjoy adventure activities. There are many scenic trekking trails to be found in surrounding Himalayas and great opportunities for white water rafting, kayaking and horse riding. Rishikesh is also the International capital of Yoga & Meditation. During your stay why not try out Yoga at the local Ashram and afterwards relax with an Ayurvedic massage.

namaste

Rishikesh is home to many ashrams, particularly Hatha but also including Vivekenanda, Sivananda, Osho and Bihar school of yoga. It is a different style of yoga to that of the West but the slow and spiritual atmosphere is well suited to the Indian style of yoga. Rishikesh hosts an International Yoga Festival, which is held every year in the first week of February.

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. **on the go** offer tour dates that coincide with both of these vibrant festivals.

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. Diwali dates -

• 05 November 2010

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. Holi dates -

• 20 March 2011

etiquette

Wherever the compass points in India, the people, their customs, creed and language are different from one region to the next. India is as vast as it is crowded, and as opulent as it is squalid. India is exciting, intense and diverse-an all embracing experience, a veritable assault on the senses.

Sometimes the poverty will get you down, Indian bureaucracy can take even the most patient amongst us to the limit and back and sometimes facing another traffic jam will seem almost too much to bear. Yet, it's all worth it. India is far from the easiest country in the world to travel around, but **on the go** will take the sting out of it. Our tours and arrangements combine comfortable transportation, comprehensive sightseeing and good hotels, allowing you to concentrate on getting the most out of your stay. Despite some of the inevitable 'ups and downs'

of travelling in India, you will generally be accorded great respect. In return, please demonstrate sensitivity and respect for local customs.

- To ascend the Taj Mahal you must remove your shoes.
- Dress conservatively and ensure limbs are covered if visiting places of religious importance. This applies to men and women.
- Don't enter temples and mosques that forbid non-Hindus or non-Muslims.
- Never touch a carving or statue of a deity within a temple.
- Don't touch locals on the head or point the soles of your feet at a person, religious shrine or image of a deity. This is very disrespectful.
- Nudity is completely unacceptable. A swimsuit must be worn.
- Don't be shocked by India's contradictions. There are areas where tobacco use, sex districts and other activities exist in close proximity to orthodoxy and extreme conservatism.
- Don't be surprised if you are the centre of attention when travelling in India. Staring unabashedly is not a social taboo.
- Do carry toilet paper with you. Don't throw it down the WC without checking for a basket to put it in (narrow pipes clog).
- Don't be surprised to see men defecating or urinating in public when restrooms are not readily available.
- Do be open and friendly in conversations with locals. Indians can be quite talkative, asking strangers questions (about marital status, salary, etc.) that might be interpreted as overly personal in other cultures.

'The go guide & information contained herein has been compiled with care and in good faith. It is as accurate an illustration as can be given with regard to the proposed itinerary. Circumstances beyond our control such as inclement weather or local conditions could force us to amend the proposed itinerary. This document does not form part of a contract between the client and on the go and their affiliates. Any costs shown may be subject to change but are an accurate reflection of costs at the time of writing this go guide. Please also be advised that visa requirements are subject to change and remain the responsibility of the traveller and not that of on the go.'



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