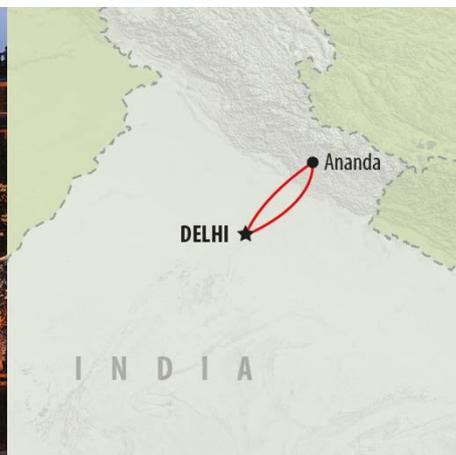
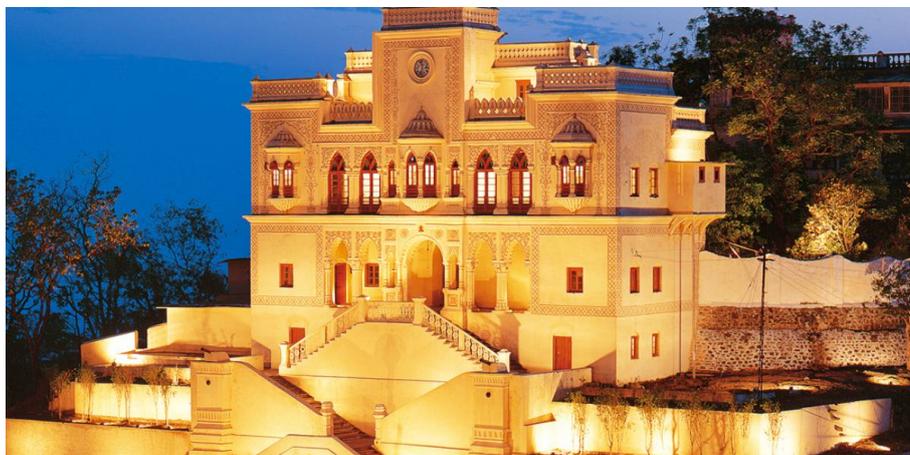


Ananda Spa

4 days | Starts/Ends: Delhi



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.

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- The luxury 5 star Ananda Spa
- Himalayan views

What's Included

- Return train from Delhi to Haridwar
- 3 nights 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 (B:2)

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

Ananda Spa - 4 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Ananda Spa

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.

Ananda Spa - 4 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

updated on 16-02-2020 10:50:33

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.