

# THE HIMALAYAS

## A two centre mountain and Ganges adventure

### Sample Programme

	MORNING	AFTERNOON	EVENING
<b>Day 1</b>			Overnight flight from London to Delhi.
<b>Day 2</b>	Arrive Delhi & transfer to accommodation.	Safety training, followed by sightseeing in New Delhi. May include: India Gate, Gandhi's House & Dilli Haat Craft Market.	Dinner, often at National Arts Centre.
<b>Day 3</b>	Train to Agra.	Visit the Taj Mahal & the Red Fort.	Return to Delhi.
<b>Day 4</b>	After breakfast, further training then to Old Delhi! May include a visit to Fr Ravi's shelter.	Take a rickshaw tour of Chandni Chowk, may include a Jain temple and the spice market	Overnight train from Delhi to Kathgodam.
<b>Day 5</b>	Train arrives at Kathgodam to be met by Sumo Cars. Travel in convoy to Sitlakheth, having breakfast en route.	Arrive Sitlakheth. Introductions on arrival followed by a short trek to local temple & school.	Evening in camp.
<b>Day 6</b>	A day of activities. May include: A visit to a local village school or help at a local far Interview local elders or villagers. Work with villagers, making garments, and decorating saris.		Campfire.
<b>Day 7</b>	A day of activities. May include: Trekking and survival skills' training, for example: building a shelter, cooking, first aid & tracking.		Survival Night training.
<b>Day 8</b>	A day of activities. May include: trekking, camp activities and playing cricket with locals.		Survival Night.
<b>Day 9</b>	Attend worship at a temple.	After lunch transfer to Kathgodam for overnight train to Haridwar.	Overnight train to Haridwar.
<b>Day 10</b>	Arrive Haridwar and transfer by coach to Shivpuri, the river camp.	Arrive Shivpuri camp site on the banks of the Ganges. Afternoon local, supervised water activities.	Evening in camp, around a camp fire.
<b>Day 11</b>	A day of activities including the first White Water Rafting descent.		Evening in camp, around a camp fire.
<b>Day 12</b>	A day of activities which can include a visit to a local secondary school, beach activities and a second White Water Rafting descent.		Visit Rishikesh for the Hindu Aarti ceremony.
<b>Day 13</b>	Option to have a session of Yoga at sunrise on the banks of the ganges. Followed by a day of activities which can include water and beach activities, visits to local towns of Rishikesh and Haridwar or local village treks.		Transfer to Haridwar for the overnight train to Delhi.
<b>Day 14</b>	Arrive Delhi and transfer to accommodation.	Free day in Delhi – you choose where and what you want to do!	Final evening meal in Delhi, often at the Revolving restaurant.
<b>Day 15</b>	Check in at IGI airport.	Return flight to London.	