



## Ganges to Goa: Soul & Sea (11 days - 10 nights)

We travel to southern India to discover the serenity of its beaches and the spirituality of yoga and meditation. In Goa, we practice yoga at sunrise, accompanied by the sound of the ocean and the refreshing sea breeze. The vibrant streets reveal a blend of tradition and modernity. In Rishikesh, beside the sacred Ganges River, we deepen our meditation practice, surrounded by lush green mountains. The warmth of the local people and the natural beauty create the perfect atmosphere to disconnect from daily stress and reconnect with the spiritual essence of India. The hospitality of the locals reflects a simple yet fulfilling way of life. Their smiles and gestures make us feel welcome and at home. This journey offers both a physical escape and an inner voyage toward peace and harmony, set within an environment of natural beauty and spirituality.



**Delhi - Agra - Rishikesh - Goa**

Day 01 - Arrival in Delhi

Arrival at Delhi International Airport. After completing immigration formalities and collecting your luggage, you will be met at the Arrivals Terminal and transferred to your hotel.

Hotel check-in upon arrival (standard check-in time: 14:00). Delhi, the capital of India, is the main gateway to the country. Modern Delhi is a bustling metropolis that blends ancient heritage with contemporary life. Amid towering skyscrapers stand historic monuments that silently reflect the region's rich past. The drive from the airport offers a first impression of a garden-like city, surrounded by trees and beautiful parks.

**Overnight:** Delhi **Meals:** Breakfast

Day 02 - New Delhi

Breakfast at the hotel.

Spend the morning discovering **Old Delhi**, passing through **Chandni Chowk**, the bustling and rustic historic quarter. Visit **Raj Ghat**, the memorial dedicated to Mahatma Gandhi. Continue through the **Rashtrapati Bhavan** district, home to major government buildings and the national parliament, and pass **India Gate**, a grand symbol of British-era architecture. Visit the **Salt March Memorial** and **Connaught Place**, the commercial heart of the capital.

**Overnight:** Delhi **Meals:** Breakfast

Day 03 - New Delhi - Agra (236 km)

Breakfast buffet at the hotel.

Drive to **Agra**. Upon arrival, transfer to the hotel. In the afternoon, visit **Mother Teresa's Mission**. **Overnight:** Agra **Meals:** Breakfast

Breakfast buffet at the hotel. Visit the **Taj Mahal** (closed on Fridays), an architectural masterpiece and timeless symbol of love. Built by Emperor Shah Jahan in memory of his beloved wife Mumtaz Mahal, this white-marble monument took 22 years to complete and is one of the Seven Wonders of the World. Afterward, visit **Agra Fort**, also known as the Red Fort of Agra. Located on the banks of the Yamuna River and built of red sandstone in 1565, it was declared a UNESCO World Heritage Site in 1983. Inside, explore palaces and halls constructed by Emperor Akbar and later Mughal rulers. Return to the hotel. **Overnight:** Agra **Meals:** Breakfast

#### Days 05-07 - Agra - Rishikesh (419 km)

After breakfast, depart by road to **Rishikesh**. Upon arrival, check in at the hotel. Activities during your stay include: - Meditation on the banks of the **Ganges River** - Visits to local **ashrams** - Evening **Ganga Aarti** ceremony - Morning **yoga sessions** - Visit to **Ram Jhula** **Overnight:** Rishikesh **Meals:** Breakfast

#### Days 08-10 - Rishikesh - Goa

After a healthy breakfast, transfer to **Dehradun Airport** for your flight to **Goa** (via Delhi). Upon arrival in Goa, meet and transfer to your **beachfront hotel** and check in. Spend the following days relaxing along the seashore. These days in Goa offer a perfect balance of relaxation, introspection, and cultural exploration—allowing you to enjoy the beauty and tranquility of Goa's beaches while continuing your yoga and meditation practices. Optional activities (at extra cost): - Water sports at **Anjuna Beach** - Excursion to **Old Goa** to visit historic churches and monuments **Overnight:** Goa **Meals:** Breakfast

#### Day 11 - Goa - Delhi - Home Country

After breakfast, transfer to the airport for your flight to **Delhi**. Upon arrival in Delhi, proceed to **Terminal 3** for your international connection back home. **Have a Pleasant Journey!**

## PROPOSED HOTELS

**Delhi:** Regent Grand or similar (2 nights) **Agra:**  
Royal Sarovar or similar (2 nights) **Rishikesh:**  
Vasundhara Palace or similar (3 nights) **Goa:**  
Sarovar Portico or similar (3 nights)

## INCLUDED

Airport assistance and transfers Private luxury transportation with driver 10 nights accommodation in double rooms with breakfast Entrance fees as per itinerary Local English guides for excursions (guide not required in Goa) 24/7 Spanish-speaking assistance Unlimited mineral water during the tour One traditional dinner in Agra Rickshaw ride through Old Delhi Yoga and meditation sessions Hindu cooking class Visit with a traditional Hindu family All applicable taxes and tolls

## NOT INCLUDED

Beverages not mentioned in the itinerary Excess baggage charges Porterage and tips Personal expenses Costs arising from cancellations or circumstances beyond the agency's control



## IMPORTANT NOTES

Taj Mahal closed on Fridays Red Fort (Delhi) closed on Mondays Akshardham Temple closed on Mondays Boat rides on the Ganges are subject to river conditions Hotels are subject to availability Hotel classification based on Indian standards Check-in: 14:00 / Check-out: 12:00 Travel times are approximate and not guaranteed

## VISA INFORMATION

1. **Indian Visa:** To be applied 20 days prior to arrival  
<https://indianvisaonline.gov.in/evisa/Registration>