

OUR TRIP ITINERARY



DAY 1

- ARRIVAL AT THE HOTEL
- REST
- TEA CEREMONY & INTRODUCTIONS
- RIVER AARTI
- INTRODUCTION TO THE INDIAN CUISIN



RISHIKESH



TEA CEREMONY



DIVINE RESORTS & SPA

- Your arrival destination is The Divine Resort, our boutique wellness hotel, facing the holy river Ganga in Rishikesh with stunning views.
- We'll gather together at 4 pm for tea and a presentation of the program and introductions in detail; afterward, we'll go for a Ganga River walk and witness the daily evening ritual of Ganga Aarti. Aarti is a pleasant ritual of worshipping the Ganga and happens at a very picturesque place on the banks of Ganga.
- Following the Aarti ritual, we'll enjoy a buffet spread to introduce us to Indian cuisine from various states of India.



DAY 02

- INTO THE DEEP HIMALAYAN HOMESTAY
- MARKET VISIT & DISCOVERY
- VISIT GOPINATH TEMPLE & PRIEST QUATERS OF BYGONE
- TIMES



RISHIKESH

136 MS



GOPESHWAR



WELCOME DRINK

LUNCH

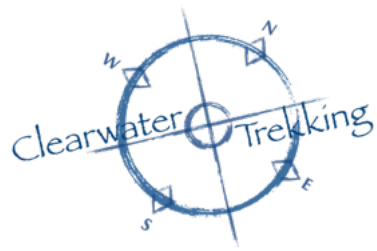
TEA CEREMONY

DINNER



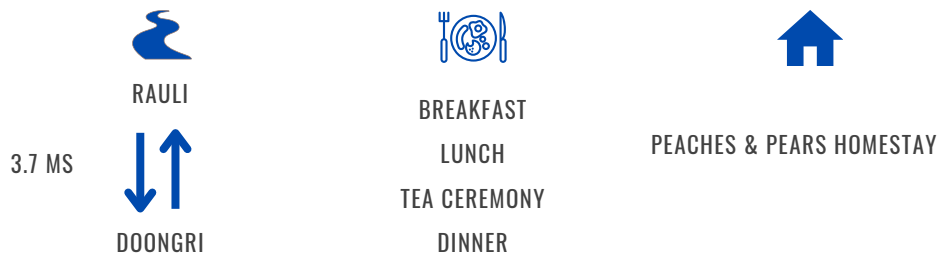
PEACHES & PEARS HOMESTAY

- Early morning, we start our journey in private taxis and drive deep into the Himalayas, away from the crowded settlement to the isolated villages in the deeper mountain range - a breath taking drive of 5-6 hours.
- During the drive, we'll stop at various Prayags (confluence of rivers - pilgrim spots for Hindus) while taking a pit-stop for breakfast to enjoy the local cuisine.
- The second stop in the journey is our Homestay in a little town where we'll have a traditional welcome and lunch.
- After the rest and the tea ceremony, we drive to Gopeshwar (a quaint and beautiful town in the deep reaches of the Himalayas) to discover a stunning Gopinath temple - made between 9-11 century AD and a beautiful ashram behind the temple where temple priests reside.
- During a visit a to the typical colorful mountain town market, we buy our kurtas here- an Indian attire to wear. This is done as a little gesture of respect towards the tradition and locals when we visit the villages.
- We then return back to our homestay to enjoy a bonfire along with our dinner and our first fire council together.



DAY 03

- YOGA
- TO THE ORIGIN
- VILLAGE LUNCH
- REST



- On this journey, our days will begin with an invitation to Yoga and meditation and end with a Fire Council for reflection.
- Day 3 will begin with a visit to Doongri where our project started. We will discover beautiful old architecture and get an opportunity to understand how this project was born.
- Next, we'll visit a local school to see the simple education system.
- We'll do lunch with a young widowed lady and her family supported by our empowerment project. Sunita will be serving food which she grows herself in her farm.
- Following lunch, we'll take a walk through the local village and farm.
- We then return back to our retreat to rest and get ready for our tea ceremony.
- We then have dinner and retire for the day.

DAY 04

- YOGA
- HANDCRAFTERS VILLAGE
- TRADITIONAL HOME LUNCH
- RELAX



RAULI

4.3 MS



NAINI



BREAKFAST

LUNCH

TEA CEREMONY

DINNER



PEACHES & PEARS HOMESTAY



- Today, we'll visit "untouchable" tribal villages. We'll meet the artisans and participate in making the handicraft, learn the heritage of the handicraft plus buy the products directly from the artisans. We are working to revive and preserve this handicraft because it is in danger of extinction in our area.
- We'll have lunch at a beautiful, old traditional house.
- In the evening, we'll sit around our fire enjoying our dinner with our host family and listening to the local legends.
- We will retire for the evening after our Fire Council.



DAY 05

- YOGA
- WELCOME CEREMONY
- RIVER VILLAGE WALK
- LOCAL SNACKS TASTING



RISHIKESH

136 MS



KOTESHWAR, CHAMOLI



WELCOME DRINK

LUNCH

TEA CEREMONY +
LOCAL SNACKS

DINNER



HIMALAYAN RIVER GARDEN
- BOUTIQUE FARM RETREAT



- Our third stop will be a boutique retreat at a permaculture farm stay. Here, we'll experience a traditional welcome by the local community with music, garlands and a local ceremony. Our farm-retreat is looked after by local women and youth as a part of our empowerment project.
- A quick tour of the retreat will show us the different retreat spaces and how they are utilized.
- After a rest we will go for our river village hike. This hike will go through some quaint villages. We will reach a secret homestay camp where we will have our tea ceremony and local freshly made snacks. This place is run by a young couple who took this leap of faith during the pandemic.
- We'll hike back to our retreat from a different route and enjoy a light dinner followed by our Fire Council.

DAY 06

- YOGA
- ANCIENT GODDESS TEMPLE
- VILLAGE LUNCH
- WATERFALL TREK
- CLEAN RUN



KOTESHWAR



8 MS

ANUSUYA



BREAKFAST

LUNCH

TEA CEREMONY

DINNER

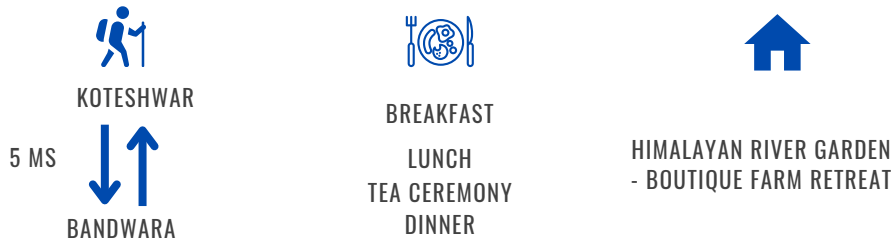


HIMALAYAN RIVER GARDEN
- BOUTIQUE FARM RETREAT



- After breakfast, we'll drive a short distance to Mandal, a picturesque location to launch the hike to the Anasuya temple. To get to this centuries-old goddess shrine, we trek 3 miles through a beautiful forest. Anasuya is a lovely historic village that is encircled by forest.
- Lunch will be served to us in a local traditional home. Anasuya is a ghost town that suffers from migration; it is a settlement of priests. Only two families reside in this village.
- After lunch, we take a lovely route through a dense forest to the Atrimuni cave and a breathtaking waterfall, which is 1.5 miles from the temple. Atrimuni used this sacred cave shrine, which is hidden behind the waterfall, as a place of meditation
- On our descent we stop for a tea break at a small tea stall on the river bank.
- We return to our hideaway to recuperate before the dinner.

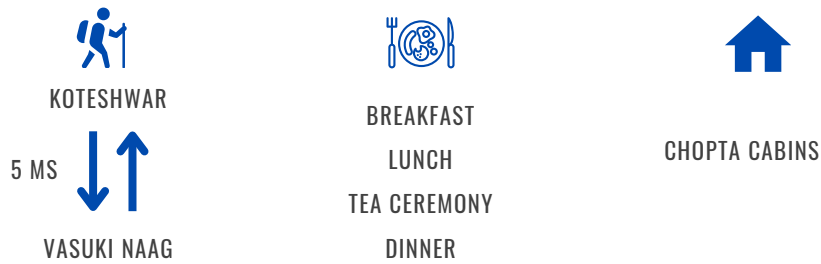
DAY 07 • YOGA & FOREST BATHING • VILLAGE SOJOURN



- After breakfast, we hike to a beautiful forest to conduct Shirin Yoko or forest bathing. We motivate each traveler to experience this magical meditation through a step-by-step and a carefully designed process. Each traveler will feel the calming spirit of this raw forest beauty and the abundance of birds in this forest. Years of study and testing have resulted in the development of the unique three-step Himalayan forest bathing which we practice.
- A visit to the village school to meet the children and see the simple education system. Children are happy to get little gifts from your country.
- We continue their immersion in Himalayan village life by visiting the village of Bandwara with local women where we learn about the village's lovely historic architecture and how local women are employed. It's an opportunity to interact with the locals directly and get a glimpse into their way of life.
- We eat a home-grown organic lunch before continuing our visit to learn more about the local culture.
- Relax back at our retreat before dinner.

DAY 8

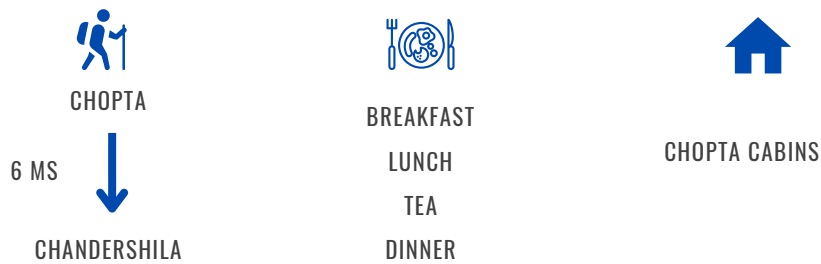
- NATURE DRIVE IN THE SANCTUARY
- FOREST TEMPLE VISIT
- COOKING IN THE WILD LIFE SANCTUARY
- VISITING ANCIENT TREE GARDEN



- After breakfast, we head to the middle of the Kedarnath Wildlife Sanctuary, a 2.5 mile hike through lush forests to this ancient nag temple. This temple is a peaceful place emanating energy, and only locals know about this hidden temple. We will gather wood, which we will use for starting the fire to cook here with the locals.
- We'll visit a hidden, enchanting area with ancient trees. This is a place with undeniable energy where we will enjoy meditation and Forest Bathing.
- After lunch, we continue towards our cottages at Chopta - a stunning location at the height of 9,186 feet.
- We will enjoy our meal and have a good night sleep surrounded by wilderness.

DAY 9

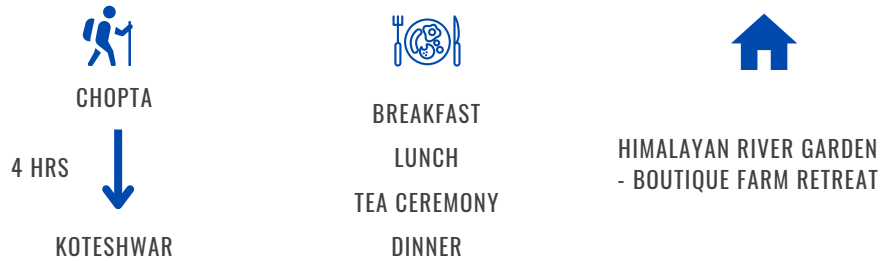
- TREK TO THE HIGHEST SHIVA TEMPLE
- VISITING CHANDERSHILA
- CLEAN DRIVE



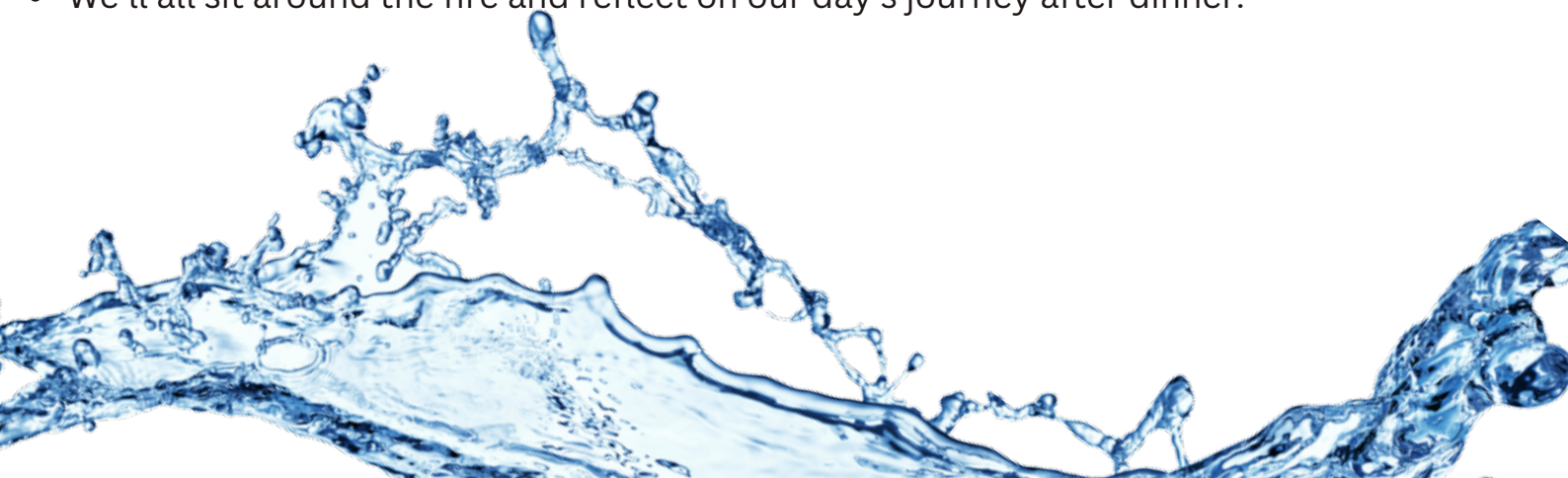
- After Breakfast, we'll climb up to Tungnath temple - the highest Shiva temple in the world with spectacular views of the snowy peaks. The steep trek to Tungnath at an altitude of 11,975 feet is a mere 2.1 miles. Tungnath means 'lord of the peaks,' is more than 1,000 years old, and is an example of magnificent architecture and artistic structure. This place takes you back to a different era, a feeling of a place long ago. *(This trek is optional.)*
- After lunch, we continue to the Chandershila- moonstone. The Chandrashila peak at 13,123 feet beckons 1 mile further, where the majestic 360-degree view of the Himalayas awaits. In Hinduism, it is believed to be the gateway to heaven. We'll have magnificent views of Himalayan snow peaks, including Trishula 23,360ft, Nanda Devi 25,643ft (highest peak of India), and Chaukhamba 23,418ft.
- While descending to our cozy cabins, we also take part in a clean drive, a practice in turning our journey into a gift.
- We stop for a quick tea break where the tree line starts before returning to our cabins for a rest and then dinner.

DAY 10

- HIKE THROUGH THE WILDLIFE SANCTUARY FILLED WITH FLORA & FAUNA
- LUNCH AT FOREST HOME



- Today, we start our 4 hr hike down through the Kedarnath Wildlife Sanctuary. On our way down, we will witness loads of wildlife, orchids, waterfalls, fantastic flora, and stunning views.
- We'll have breakfast in the sanctuary at a simple forest home run by a youth of Khala village. We continue the hike to a village lady's house for a delicious late lunch.
- We'll rest upon reaching our retreat.
- We'll all sit around the fire and reflect on our day's journey after dinner.



DAY 11

- ANCIENT HIMALAYAN PRACTICE
- COOKING LESSON
- FAREWELL DINNER
- CELEBRATIONS



KOTESHWAR



BREAKFAST

LUNCH

TEA CEREMONY

DINNER



HIMALAYAN RIVER GARDEN
- BOUTIQUE FARM RETREAT



- On our last day today in the heart of the Himalayas, we will learn some ancient Himalayan rituals.
- We begin our day with forest bathing and on our way back we stop at the river for a cleansing dip. Here we practice an old-age method of washing our hair with native tree bark.
- We reach our retreat where we will have a cooking course with the locals ladies.
- We have time to recuperate before our evening festivities following the cooking lesson and dinner.
- Our farewell celebrations will include an opportunity to learn regional dance from our local women around the fire. We'll enjoy a lavish dinner while enjoying the regional music and dance.

DAY 12

- BACK TO THE FOOTHILLS
- RISHIKESH DISCOVERY



KOTESHWAR

136 MS



RISHIKESH



BREAKFAST

DINNER



DIVINE RESORT & SPA



- After breakfast we say goodbye to our host and drive back to Rishikesh.
- We'll have a lunch stop along the way before arriving at our boutique hotel in Rishikesh.
- We'll have a chance to visit the Beatles Ashram, shop with the locals, and enjoy an afternoon Ganga River walk.



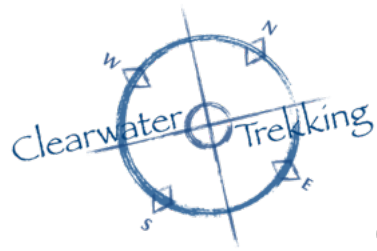
DAY 13

- YOGA
- END OF OUR PROGRAM



- Our final day together begins with one more invitation to Yoga and meditation before breakfast.
- Check out is at 11am, but the journey isn't over!
- We will support each other on the 4th Path of Transformation, the path of Service, with 3 virtual, monthly fire councils as we learn to bring home the gift of new possibilities and live them out in service to our families and communities.





Group Leaders & Story Tellers



Poonam initiated this impact-driven project after becoming aware of the plight of young widows who are unable to marry and victims of domestic violence. Today her project has been recognized and awarded internationally.

Poonam is a consultant for the CBT, adventure, responsible & regenerative tourism designing, development, and execution while positively impacting the communities and environment. Poonam has a deep understanding of the community, women's hardship, permaculture, and Himalayan flora & fauna.

She has a strong passion for adventure, people, nature, spirituality, culture, and permaculture. She is on the committee of the board of directors in various prestigious organizations and is a volunteer firefighter in Germany. She is a certified permaculturist, natural builder, Transformational Travel designer and an ATTA ambassador. She believes in the the power of travel and travel being the force for good.

Poonam Rawat-Hanhe
Founder

Todd is a mentor, guide, and fellow pilgrim on the journey of transformation. Working with men in prison and at-risk youth in wilderness therapy taught him the vital role transformational experiences rooted in community have in our ability to realize the inner change we are seeking.

Drawing on his own experience with international pilgrimage, vision questing, guiding wilderness-based rites of passage, and community development, Todd created Clearwater Transformational Trekking, a community of seekers supporting each other on the journey of transformation. From casual hiking and backpacking trips to soul-searching Discovery Treks and Transformational Journeys, we Explore the wilds without to Discover the sacred within and Transform our way of being.



Todd Holcomb
Clearwater Trekking



Shveta is a spiritual healer and a yoga teacher and the founder of Ahaana Holistic Healing Centre, where Ahaana means "The Light Within". She has an expertise in various energy healing modalities and have handled thousands of cases for more than 9 years in physical and emotional traumas, addictions, relationship therapies, fears and phobias, etc.

She's been with Fernweh since the beginning and considers this region of the Himalayas to be her second home. She has a keen interest in local culture, wildlife, and natural healing energies, which she enjoys sharing with the guests. She believes travel heals you.

Shveta Sharma
Spiritual & Trip Leader



GOOD YOU DO WHILE TRAVELING WITH US



- This trip will positively impact 557 people out of which 507 are women.
- Supporting widows and victims of domestic violence by participating in cultural experiences as the guide, village hostess, and women village groups provide these experiences. (a visit from a group of 8 guests our village hostess can sustain herself for 3 months)
- Supporting the local youth by staying in the off-grid forest cabins while experiencing adventure sports.



- Supporting women and youth empowerment through our eco-retreat farm stay.
- Sustaining the local farmers as food is sourced by our farm and local farmers practicing organic farming.



- Reviving local handicrafts by providing livelihood to the grass-root untouchable handicraft tribes
- Training women in our community center Lingru in various handmade products for eg. Organic Soaps, Chutneys, Candles, Juices etc.



- Cleaning Himalayan Drives are held regularly, an initiative aimed to raise awareness about waste management & segregation in the region
- Teaching locals about waste management and afforestation



- Supporting local schools by providing financial and educational programs for the village children



INCLUSIONS

- English Speaking guide
- (12) nights' accommodation – Boutique Spa (3) Forest Cabins (2) and Boutique Farm Retreat (7)
- All meals as mentioned & plus evening tea ceremonies, Lunches, Dinners & Breakfasts
- Entrance fee to all monuments and national park
- All Experiences mentioned
- Cooking course
- Forest bathing & guided meditations
- All transport in Uttrakhand (Rishikesh to Rishikesh)– private taxi and driver
- Flight Dehradun - Delhi
- Welcome gift



EXCLUSIONS

- Visa
- Beverages(extra)
- Tips
- Emergency evacuation insurance

ESSENTIALS - OUR RECOMMENDATION



CLOTHING

- Casual cargo pants in quick dry fabric X2
- Light weight Fleece jacket
- Warm jacket
- Rain coat/poncho
- Full sleeves t-shirt x2
- Short sleeves t-shirt /top x2
- Sun hat
- Woollen hat, gloves and scarf
- Bandana / light Scarf
- Shorts and t-shirt to swim
- 2- 3 casual outfit (full length pants / skirts / dress)
- Marino wool base layer



FOOTWEAR

- 1 Pair of lightweight hiking boots/shoes: should be well broken in and comfortable
- 1 Pair of comfortable sandals/flip flop
- 3-4 pairs of socks



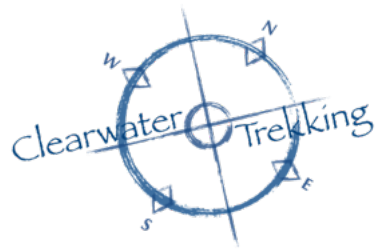
GEAR

- Day Pack
- Ruck sack
- Rain cover for the ruck sack and day pack
- Head Torch
- Quick dry towel
- Sunglasses
- Sun block
- Water bottle
- Face wipes
- Personal first aid
- Mosquito spray
- Personal toiletries (small amount)
- Power bank
- Camera
- Journal
- Walking stick
- Sleeping bag

Optional:

- Little gifts for school children and hosts (ex- sweets, pen, pencil etc)
- Tipping is really appreciated in India. (will provide a tipping chart)
- Binoculars (wild life watching)

Journey without to seek the
clear waters within



TO DO OR NOT TO DO



DO'S

- Wear loose clothing with legs & shoulders covered
- Eating with right hand
- Feel free to give tips
- Please follow instructions given by guide in villages
- When giving someone something, please use right hand

DONT'S

- Dress in "revealing" attire
- No handshake with the opposite sex
- No shoes in people's homes and kitchen
- No public display of affection or kissing
- Beware of pickpockets in large cities

Note:

* In case you are unsure of what to do in any context or situation, please feel free to speak with us, your local group leader. We are here to help.

