



ATHARV YOGSHALA

Ride to the Sacred Himalayas

9 Days Himalayan Hiking and Motorcycle Retreat



9-Days HIMALAYAN BIKING, HIKING & YOGA RETREAT

A **9-day** journey through the Garhwal Himalayas blending **motorcycle rides**, mountain **hikes**, and daily **yoga** - sunrise practice by the Ganges, temple visits, and summit hikes to Tungnath and Chandrashila.



21-29 MAY 2027



9 DAYS / 8 NIGHTS



EVERYTHING THE RETREAT HOLDS



DAILY YOGA

Sunrise sessions by the Ganges



MOUNTAIN RIDES

Guided motorcycle rides



HIGH HIKES

Tungnath & Chandrashila summit



ANCIENT TEMPLES

Sacred Garhwal shrines



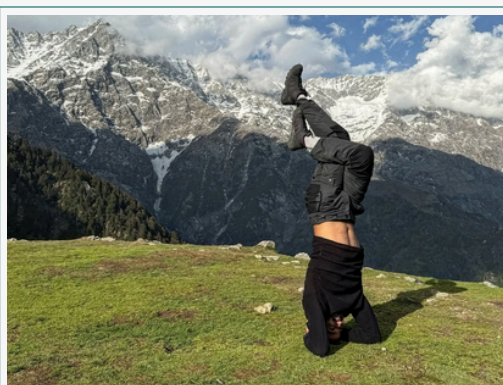
PEACEFUL STAY

Nights under Himalayan stars



SATTVIC MEALS

Wholesome vegetarian thalis



DAY-BY-DAY ITINERARY



Day 1 – Arrival in Rishikesh, settle in

Day 2 – Fire ceremony, bike handover, practice ride, Ganga Aarti

Day 3 – Yoga, riding safety briefing

Day 4 – Ride to Devprayag Sangam & Dhari Devi Temple

Day 5 – Ride , Hike Tungnath Temple (3,470m) & Chandrashila Peak (3,690m)

Day 6 – Hike Deoria Tal lake (2,438m) & Saari Village, night under stars

Day 7 – Hike Kartik Swami Temple (3,050m)

Day 8 – Ride back to Rishikesh

Day 9 – Closing ceremony & departure



RETREAT FEES

THREE WAYS TO TRAVEL THE MOUNTAINS

Choose Motorcycle, Pillion, or Tempo Traveller



MOTORCYCLE / PILLION RIDER

Bikes & gear provided | License + riding experience required | Pillion seats available

- **\$1,200 (Private Room)**
- **\$1,100 (Shared Room)**



TEMPO TRAVELLER

Same itinerary, no riding needed | Travel in comfort

- **\$1,000 (Private Room)**
- **\$900 (Shared Room)**



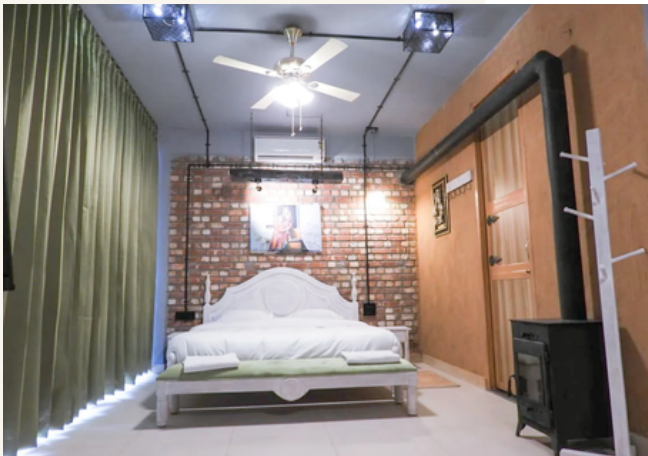
Our Place ABOUT RISHIKESH, UTTARAKHAND and the Weather

Rishikesh is the world-famous Yoga Capital, where the Ganga meets the mountains - your retreat starts and ends here. From there, you head into the **Garhwal Himalayas**, past sacred temples and alpine lakes most travelers never see.

Rishikesh stays warm in late May (24–39°C / 75–102°F), so pack light down here. Up in the mountains near Chopta, Tungnath, and Chandrashila, days are cool and nights can dip near freezing.



**REST WELL. EAT
WELL. RIDE ON.**



COMFORTABLE ROOMS AND SATTVIC MEALS



STAY

- Private & double-sharing rooms available
- Western-style attached bathroom
- 24-hour hot & cold filtered water



FOOD

- 100% vegetarian, 3 meals daily
- Vegan & gluten-free options
- Herbal tea & filtered water always available

Transportation

How to Reach Us

NEAREST AIRPORT

- Jolly Grant Airport, Dehradun (30–40 min drive)
- Alternatively: Delhi International Airport

FROM DELHI TO RISHIKESH

- Best option: Delhi → Dehradun (Jolly Grant) by flight
- Free pickup from Dehradun (Jolly Grant) Airport (share flight details)
- Delhi Airport → Rishikesh taxi available at extra cost: USD 75

ARRIVAL & PICKUP SUPPORT

- Pickup available from airport, bus, or railway station (with prior notice)
- Assistance provided if already in Rishikesh

IF YOU NEED ANY HELP
TO ORGANISE YOUR TRANSPORTATION
FROM THE AIRPORT OR TRAIN STATION,
PLEASE CONTACT KULDEEP JI
WHATAPP NO +91-8077047879



What to Carry

How to Pack



1 **Recommended Clothing**

Please bring light, comfortable clothing for daily practice, and one pair of white clothes for the opening and closing ceremonies (available locally if needed).

2 **Reusable water bottle.**

We follow a zero-waste, plastic-free lifestyle. Refill station (Cold/Hot Water) is available.

3 **Towel not required.**

Towels are provided. Bring your own only if you prefer.

4 **Riding Gear & Practice Clothes**

Full-face helmet (provided, but you may bring your own), riding jacket, gloves, knee guards, sturdy riding shoes, rain gear.

5 **Indian currency & Two passport-size photos**

Carry some Indian currency for your personal needs.

2 passport-size photos Req for administration.

Riding Safety Guidelines

- 1** A **valid motorcycle license** and genuine riding experience are required for self-riders & no license/experience? Join as a pillion or a Tempo Traveller instead.
- 2** **Helmets mandatory at all times, no exceptions:** ride within the convoy, maintain safe distance from lead/sweep riders, and follow guide-set speed limits on curves, narrow roads, and river crossings.
- 3** **Daily pre-ride bike checks** (tyres, brakes, fuel, lights, mirrors) and zero tolerance for riding under the influence.
- 4** **No riding after sunset** - each day's ride is planned to reach the hotel before dark, with weather and road conditions monitored so the guide can pause or reroute if needed.
- 5** **Basic first-aid kit** carried at all times, a support vehicle and mechanic travel with the group, and guests should share any medical conditions with the guide team beforehand.

MEET YOUR HOSTS

The People Leading You
Through the Mountains.



RAHUL

Riding Guide & Host



ABHISHEK

Yoga Teacher & Host



KULDEEP

Mountain Guide & Host

+91- 8938026404

**“ This is more than an adventure - it's an invitation to
explore, move, breathe, and transform. “**

Together, they've thoughtfully designed this retreat to combine the excitement of biking and hiking through the breathtaking Himalayan landscape with the transformative practices of daily yoga, meditation, breathwork, and mindful living. More than just guides, Abhishek, Rahul, and Kuldeep will be your teachers, organizers, and companions throughout the journey - creating a supportive, welcoming space where every participant can reconnect with nature, challenge themselves physically, and experience the true spirit of the Himalayas.

GET IN TOUCH



FOR MORE ABOUT WHAT WE DO, VISIT
ATHARVYOGSHALA.COM

FOR INQUIRIES, CONTACT US AT

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