



Mystic Mountains Tour November 2025



Photo Credit: Essence of India Tours

Tour Name: Mystic Mountains November 2025

Dates: Sunday, 2nd November – Sunday, 16th November 2025

Destinations: Delhi – Rishikesh - Varanasi – Kathmandu

Nights: 14 Nights / 15 Days

Tour Overview

Join Jacqui and Shimon on this extraordinary journey, where every moment is an invitation to connect with the soul of the Himalayas, its holy cities and discover the cultural tapestries and timeless wonders of India and the former Kingdom of Nepal.

We'll immerse ourselves in the spiritual heritage of India, visiting the foothills of the Himalayas to the birthplace of yoga, the holy city of Rishikesh. This journey we explore traditions, meditate in a sacred cave on the banks of the pristine Ganges and take in a sunrise on a temple top mount in the Ganges hills. We explore the markets, bazaars and devotional practices in this mountain enclave.

Our next leg of the journey is to the sacred city of Varanasi, we will take boat rides to experience the devotion of India's most sacred city. Explore bustling markets, holy shrines of the old city and see orange-robed sadhus, whilst we watch the melting pot of humanity, where the cycle of life and death merge and the prayers of millions is imbued in the air.

We then venture into the mountain valleys of Nepal and its blend of cosmopolitan and ancient culture. We begin our journey in Kathmandu, in the bustling markets of Thamel, the timeless treasures of Patan, and the medieval charm of Bhaktapur await, offering a captivating glimpse into Nepal's rich heritage and culinary delights.



Our journey culminates nestled amidst the rolling hills of the Kathmandu Valley, taking in the breathtaking views overlooking the former three kingdom valleys and rejuvenating in this serene forrest mountain setting. We complete our Himalayan journey with a Farewell dinner, weaving together the mystic mountains, culture and spirituality of India and Nepal into a tapestry of memories, before boarding your late evening international flight home or onward journey.

Woven throughout this tour is a unique blend of yoga, meditation and mindfulness personally facilitated by Jacqui and Shimon.

Highlights of the Tour

- Morning guided walking tour of Rishikesh.
- Step back in time with the artwork and essence of the Beatles Ashram.
- Wander the local markets & bazaars to shop for hand-crafted artisans' wares in Rishikesh.
- Experience sunrise Meditation at a Sacred Devi Temple on a Mountain top in the hills of Rishikesh.
- Enjoy the serenity of a Sacred Cave and Meditation on the banks of the River Ganges.
- Witness a Sacred Aarti on the Ganges in Rishikesh.
- Immerse in an evening of Music & Chanting in Rishikesh.
- Discover the Ancient City of Varanasi on a guided walking tour winding through alley ways, ghats and temples.
- Evening Sunset Cruise and Spectacular Sacred Aarti on the Ganges, Varanasi.
- Dine on a Rooftop Terrace on the banks of the Ganges, Varanasi.
- Witness the sun rise on an early morning boat ride on the Sacred Ganges. Varanasi.
- Explore the Nepalese culture with a heritage walk of Patan, then wander local bazaars of the Durbar Square.
- Experience one of the largest spiritual Buddhist Stupas in the world, Boudhanath.
- Immerse in the vibrant bustling markets of Thamel, Kathmandu.
- Witness the devotion and spirituality of the Pashupatinath Temple Aarati on the banks of the Bagmati River.
- Indulge in a 6 Course Ethnic Nepali & Newari gastronomic experience at Kathmandu's finest Heritage Hotel.
- Discover the ancient temples of Bhaktapur Square & hands on immersive experience of Pottery Making.
- Witness local artisans on our morning walk through Bhaktapur on a Culinary Food Tour and Chef's traditional Nepali Lunch.
- Immerse in our Boutique Mountain Resort, a Himalayan sanctuary nestled amidst the rolling hills of the Kathmandu Valley.
- Breathe in the pristine mountain air & explore nature on our guided forrest walk.
- Unwind and enjoy a Sundowner where we witness the changing colours of the light as it descends through the valley, whilst enjoying Chai, soft drinks and locally inspired snacks.
- Day use at a premium property before your late evening international flight home.
- Yoga and meditation with **Jacqui and Shimon** complete the experience to these vast and beautiful lands of India & Nepal.



Tour Inclusions

- 14 Nights Premium, Heritage, or Deluxe Accommodation or similar.
- 14 Daily Breakfasts at Premium, Heritage, or Deluxe Accommodation.
- 03 Lunches at Speciality Restaurants.
- 09 Dinners including Welcome and Farewell Dinners.
- 2 Domestic Flights from Delhi to Rishikesh, Rishikesh to Varanasi.
- 1 International Flight from Varanasi to Kathmandu.
- All sightseeing as per the program with Private Driver & Air-Conditioned Coach.
- English Speaking Local Guides in Rishikesh, Varanasi & Kathmandu.
- Entrance fee to the monuments as per the program & applicable taxes.
- Group Airport transfers within the included package dates.

Note: The holy city of Rishikesh is vegetarian and alcohol free.

Tour Exclusions

- International Airfares.
- Applicable Visas.
- Expenses of personal nature such as gratuities, drinks, phone calls, camera fees, laundry, or any other items.
- Comprehensive Travel Insurance which is mandatory for this tour.

Pricing Options	Per person
Price per person occupying a Twin Room or Double Room	\$ 7,295.00 pp
Price per person occupying a Single Room: Single Supplement: \$ 1,700.00	\$ 8,995.00

Prices are quoted in \$AUD and correct at time of issue and are subject to change without notice including but not limited to variations in exchange rates, fuel costs and taxes.

Customer Installment Plan: Will be available for this tour and booking conditions apply.

For Tour Enquires: Contact Jacqui and Shimon on **0477 641 067** or info@stretchyourlife.com.au

For Payments, International Flight Options, Visa & Insurance: Contact Paula Kent - paula@essenceofindiatours.com.au

