



LUXURY SMALL GROUP JOURNEYS

Wellness India: Ancient Traditions & Inspiring Icons 2020

13 days from \$9,995 per person

Limited to 18 guests

Embrace the soul of intoxicating India on a wellness-inspired cultural journey connecting you to the unique spirit and cultures of the Golden Triangle, Rajasthan and Varanasi.

Included With Every Luxury Small Group Journey

- English-Speaking Resident Tour Director® and Local Guides
- Hand-Selected Luxury Accommodations
- Airport Meet and Greet with Private Transfers
- Travelling Bell Boy® Luggage Handling
- Breakfast in Bed on Select Days
- Full Breakfast Daily; Select Lunches and Dinners
- **New!** Your Choice of Activity on Design Your Day®
- Traveller's Valet® Laundry Service
- Internet Access
- Entrance Fees, Taxes and All Gratuities Except Resident Tour Director
- 24/7 A&K On-Call Support
- Guaranteed Departures with Just Two Guests

A&K Advantages

- Discover extraordinary monuments spanning India's rich spiritual heritage, from the temples of Delhi and Udaipur to the breathtaking Taj Mahal, which you visit at both sunrise and sunset
- Enjoy three rejuvenating nights in Udaipur, complete with a guided meditation, bike ride through the countryside and a sunset cruise on Lake Pichola
- Privately consult with an Ayurvedic doctor and learn about the importance of one of the world's oldest holistic healing systems during a stay at Amanbagh, a retreat in the heart of Rajasthan
- Design Your Day in the magical countryside of Rajasthan, with options that include visiting local artisans in their workshops or setting off on a photogenic tour of rural village life at dusk
- Spend two awe-inspiring nights in Varanasi, a city sacred to both Hindus and Buddhists, where you stay along the banks of the Ganges in a former palace and partake in an evening *arti* ceremony

Itinerary

DAY 1 ARRIVE DELHI, INDIA

Arrive in Delhi, a home to diverse cultural and spiritual traditions, where you are met and transferred to your elegant hotel.

The Oberoi, New Delhi

DAY 2 DELHI | SIKH & HINDU TRADITIONS

After breakfast, experience your first foray into India's rich spiritual heritage with guided visits to both a Hindu and Sikh temple. While Hinduism is one of the world's oldest and most varied faiths, Sikhism is among the youngest, stressing honesty, selflessness and service; it is in the massive kitchens of the historic Sikh temple you visit that thousands of free meals are prepared for the community daily. Later, drive past iconic sites, such as the Parliament House and India Gate.

The Oberoi, New Delhi | Meals: Breakfast, Lunch

DAY 3 UDAIPUR | INTRODUCTION TO MEDITATION

Depart Delhi for Udaipur and transfer to your luxurious hotel on the tranquil banks of Lake Pichola. Enjoy the afternoon at leisure. Before dinner, contemplate your intentions with a guided meditation, led by an expert who offers tips for establishing a daily practice. Tonight's dinner is accompanied by local music and traditional dancing.

The Oberoi Udaivilas, Udaipur | Meals: Breakfast, Dinner

DAY 4 UDAIPUR | SUNSET CRUISE & INDIAN HOSPITALITY

Visit the opulent City Palace on Lake Pichola. Fusing Rajasthani and Mughal architectural styles, the site is actually a complex of several palaces and structures linked by expansive courtyards. Then, enjoy a refreshing outing when you bike ride through the surrounding countryside, stopping for a picnic lunch. Come late afternoon, embark on a sunset cruise on Lake Pichola, sailing past its picturesque ghats and palaces, and pausing at the 17th-century water palace of Jag Mandir. View this magnificent monument with its domes, marble pillars and fountains as well as its special approach from the water — a row of marble elephants that seem to be guarding the island. Later, enjoy a cooking demonstration followed by dinner with a local family.

The Oberoi Udaivilas, Udaipur | Meals: Breakfast, Lunch, Dinner

DAY 5 UDAIPUR | TEMPLES OF SHIVA & VISHNU

Choose to rise early for a yoga session before breakfast. After breakfast, take a short drive outside of the city to Delwara and the temple complex of Eklingji and Nagda to explore its more than 100 temples dedicated to Shiva and Lord Vishnu, and take in the tranquil atmosphere of prayer time. Following lunch, choose to partake in a guided heritage walking tour or to relish a relaxing afternoon at leisure.

The Oberoi Udaivilas, Udaipur | Meals: Breakfast, Lunch

DAY 6 JAIPUR & AJABGARH | A GUIDE TO AYURVEDA

Fly to Jaipur and explore Amber Fort, an imposing edifice of red sandstone perched on a hilltop. After lunch, journey two hours to extraordinary Amanbagh, set in the beautiful Rajasthani countryside. Enjoy an introductory talk on the importance of Ayurveda in India and how it impacts all aspects of health and wellness. You also have the opportunity to meet privately with an Ayurvedic doctor, who provides personalized recommendations based on your *dosha* (body type).

Amanbagh | Meals: Breakfast, Lunch

DAY 7 AJABGARH | DESIGN YOUR DAY

Today, enjoy one of these **Design Your Day** activities.

Explore the Remnants of Historic Bhangarh, an abandoned city rumored to be haunted.

Visit the Workshops of Local Craftspeople, including sandal makers, carpet weavers and sculptors.

Take Part in a Photogenic Cow Dust Tour, observing local farmers. Return to your hotel for an evening at leisure.

Amanbagh | Meals: Breakfast

DAY 8 AJABGARH | AYURVEDIC CULINARY LESSON

Relish a restorative day at leisure. Perhaps enjoy your hotel's wellness amenities, such as yoga; schedule your included treatment at its soothing holistic spa; or return to Jaipur for more exploration.

Amanbagh | Meals: Breakfast

DAY 9 AGRA | THE TAJ MAHAL

The "Crown of Palaces," the incomparable Taj Mahal was designed to represent eternal paradise. Today, drive four hours to Agra to visit this immortal gesture of love, viewing it just as the setting sun bathes it in deep hues of pink and orange.

The Oberoi Amarvilas, Agra | Meals: Breakfast

DAY 10 AGRA & VARANASI | HOLY CITY

Rise early to see the Taj Mahal at sunrise, its glowing surface suffused in a gentle morning mist. Return to your hotel for a relaxing afternoon at leisure. This evening, fly to the spiritual heart of India: Varanasi. Settle into your superbly located heritage hotel right on the banks of the Ganges River.



Brijrama Palace | Meals: Breakfast

DAY 11 VARANASI | THE SACRED GANGES

Rise early for a sunrise cruise on the Ganges River to observe life along the *ghats* (stone steps leading down to the river), as locals and pilgrims come to cleanse themselves, literally and spiritually, in the sacred waters. After breakfast, rest at the hotel or pay an optional visit to Sarnath, where the Buddha delivered his first sermon more than 3,000 years ago. Take an evening boat ride and experience the *pitru tarpana*, an ancestor ceremony in which you may light a candle to release in the river in memory of a loved one who has passed on; this is one of the most moving local customs you can experience. End the night witnessing the *aarti* ceremony, when chanted prayers and rhythmic drumming fill the air as lantern-bearing priests bid the gods and goddesses a restful slumber.

Brijrama Palace | Meals: Breakfast

DAY 12 DELHI | AN AFTERNOON TO REFLECT

Fly to Delhi. Your afternoon is free to relax and enjoy the amenities of your hotel.

The Oberoi, Gurgaon | Meals: Breakfast

DAY 13 DEPART DELHI

Transfer to the airport for your flight home.

Dates & Prices

Prices are in USD, per person, based on double occupancy.

Dates	Prices	Single Supplement	Internal Air (From)	Availability
Feb 08 - Feb 20, 2020	\$9,995	\$5,295	\$850	Call for Availability
Mar 07 - Mar 19, 2020	\$9,995	\$5,295	\$850	Call for Availability
Oct 17 - Oct 29, 2020	\$9,995	\$5,295	\$850	Available
Nov 07 - Nov 19, 2020	\$9,995	\$5,295	\$850	Call for Availability

Journey Details

Internal Air: Economy class from \$850
Delhi/Udaipur/Jaipur; Agra/Varanasi/Delhi

This journey contains some active elements.

Minimum age is 10 years.

First group event: welcome briefing at 8:30 a.m. on Day 2.

Last group event: farewell lunch at 2:00 p.m. on Day 12.

Departures are guaranteed to operate with a minimum of 2 guests.

Prices are per person based on double occupancy. Internal and international air not included. See complete terms and conditions [here](#).