

Luxury Himalayan Wellness 8 Nights: Spa, Yoga & Organic Cuisine

Prepared by TourGrids

Destination
Himachal

Duration
8 Nights 9 Days

Starting from
Rs. 82,000 / person

ITINERARY ROUTE

↙ Shimla · 2N

↙ Manali · 4N

↙ Dharamshala · 2N

<https://tourgrids.com/packages/himachal/himachal-8-nights-9-days-package-111>

Overview

A premium Himachal tour package crafted for couples and wellness seekers. This Himachal Honeymoon tour package blends therapeutic spa treatments, daily yoga sessions, and farm-to-table organic cuisine across the serene hill stations of Shimla, Manali, and Dharamshala. Perfect for those searching for an 8 and 9 Himachal Honeymoon tour package that emphasizes relaxation, rejuvenation, and intimate experiences in the Himalayas.

✓ **What's Included**

- ✓ 8 nights luxury accommodation (boutique resorts & wellness lodges)
- ✓ Daily organic breakfast + 5 specially curated organic dinners
- ✓ 6 guided yoga sessions (sunrise & restorative sessions)
- ✓ 4 spa treatments per person (mix of Himalayan aromatherapy, Ayurvedic and hydrotherapy treatments)
- ✓ All intercity private transfers and local sightseeing in a private vehicle
- ✓ Entrance fees & local guide for listed attractions
- ✓ Organic farm visit with cooking demo and tea estate tour with tasting
- ✓ Welcome wellness kit, personalized wellness plan, and taxes

✗ **Not Included**

- ✗ Air / train fare to/from Himachal
- ✗ Rohtang Pass permit and associated fees (seasonal)
- ✗ Optional adventure activities (paragliding, skiing, snow activities)
- ✗ Meals not mentioned in inclusions and personal expenses
- ✗ Travel insurance, gratuities and portorage
- ✗ Any items of a personal nature or services not specified

Day-by-Day Itinerary

Day

1

Arrival, Transfer to Shimla & Evening Wellness Orientation

Arrive at Chandigarh or Shimla (by road/flight/train). Private transfer to Shimla. Check in to your luxury hill resort and enjoy a welcome herbal infusion. Evening introductory yoga & breathing session followed by a light organic dinner prepared with local produce.

Highlights: Airport/train pickup, welcome spa kit, gentle yoga flow to unwind.

Day

2

Shimla: Spa Rituals & Heritage Walk

Begin the day with a guided sunrise yoga session on the terrace overlooking the Himalayan ridges. Breakfast features organic yogurts and local fruits. Mid-morning indulgent aromatic Himalayan spa therapy (60–90 minutes) focusing on relaxation and detox. Afternoon guided walk on The Mall and visit to Christ Church. Evening private organic candlelight dinner with regional Himachali specialties.

Tip: Dress in layers; mornings and evenings can be chilly.

Day

3

Scenic Drive to Manali via Kullu Valley — Sunset Relaxation

After breakfast, scenic drive to Manali through the scenic Kullu Valley. Enjoy stops for photos and a short visit to a local apple orchard. Arrival and check-in at an upscale mountain lodge. Evening restorative chakras & pranayama session and a short head-and-shoulders aromatherapy massage to ease travel fatigue.

Note: Travel time ~7–8 hours with stops; roads can be winding — travel at leisure.

Day

4

Manali: Yoga Retreat & Organic Farm Lunch

Morning 75-minute guided Hatha & restorative yoga session followed by an organic breakfast. Midday visit to a nearby organic farm for a farm-to-table cooking demo and lunch showcasing local vegetables, millets, and herbal infusions. Afternoon free for leisure or optional river-side meditation. Evening spa: traditional Kangra massage.

Highlight: Hands-on cooking demo ideal for couples who enjoy culinary experiences.

Day

5

Solang Valley / Rohtang Excursion & Adventure-Free Option

Optional early morning excursion to Solang Valley (or Rohtang Pass when accessible) for panoramic views and optional activities (paragliding, cable ride, or gentle snow-walks seasonally). Return to Manali for a leisurely spa hydrotherapy session and an evening guided sound-bath / crystal meditation.

Important: Rohtang Pass access is seasonal and requires permits; snow availability varies by time of year.

Day

6

Cultural Manali, Hadimba Temple & Couple's Wellness Ritual

Late morning visit to Hadimba Temple and stroll through Old Manali with time at artisan cafes and boutiques. Afternoon dedicated Couple's Ayurvedic ritual – synchronized massages followed by a herbal tea ceremony. Evening private stargazing on the lodge terrace.

Tip: Carry small change for roadside crafts and souvenirs.

Day

7

Drive to Dharamshala – Tea Estate Visit

After breakfast, drive to Dharamshala / McLeod Ganj. En route visit a scenic tea estate for a guided tour and tasting of local Kangra tea and a light organic lunch at the estate. Arrival and check-in at a boutique wellness retreat in McLeod Ganj. Evening Tibetan meditation session with a local practitioner.

Note: Travel time ~6–7 hours with stops; roads may be steep and scenic.

Day

8

Dharamshala: Mindfulness, Local Culture & Spa

Morning mindfulness and gentle yoga overlooking the Dhauladhar range. Guided cultural walk in McLeod Ganj visiting Tsuglagkhang Complex (Dalai Lama Temple) and Bhagsu Falls. Afternoon spa focusing on Himalayan herbal therapies and a private couple's consultation on wellness practices to take home.

Highlight: Blend of Tibetan spiritual culture and Himalayan healing traditions.

Day

9

Departure: Farewell Brunch & Transfer

Leisurely farewell yoga nidra session followed by a nutritious organic brunch. Check out and private transfer to Chandigarh/Amritsar/nearest transport hub for onward journey. Receive a curated wellness kit and a personalized plan for continuing yoga and mindful eating at home.

Note: Transfers can be arranged to your preferred onward city (Chandigarh/Amritsar/Delhi) with additional charges depending on distance.

🔍 Frequently Asked Questions

🔍 What are the top tourist destinations in Himachal Pradesh?

Top tourist destinations in Himachal Pradesh include Shimla, known for its colonial architecture; Manali, a hub for adventure sports; Dharamshala, home to the Dalai Lama; and Kasol, famous for its picturesque landscapes. Don't miss the stunning landscapes of Spiti Valley and the tranquility of Dalhousie!

🔍 What is the best time to visit Himachal for tourism?

The best time to visit Himachal Pradesh for tourism is from March to June and September to November. During these months, the weather is pleasant, ideal for exploring scenic landscapes, temples, and adventure activities. Summer offers a respite from the heat, while autumn showcases stunning foliage.

🔍 What are some adventure activities available in Himachal Pradesh?

Himachal Pradesh offers a plethora of adventure activities for thrill-seekers. You can indulge in trekking, paragliding in Bir Billing, river rafting in Kullu, skiing in Manali, mountain biking, rock climbing, and camping amidst stunning landscapes. Explore the breathtaking trails and experience the ultimate adrenaline rush!

🔍 How to reach Himachal Pradesh from major cities in India?

Himachal Pradesh is well-connected by road, rail, and air. From Delhi, take a bus or hire a taxi for a scenic drive (about 10-12 hours). The nearest airport is in Bhuntar (Kullu) with flights from Delhi. By train, you can reach Joginder Nagar or Pathankot, followed by a road trip to popular destinations.

🔍 Are there any travel restrictions in Himachal Pradesh due to COVID-19?

As of October 2023, Himachal Pradesh has relaxed most COVID-19 travel restrictions. However, it's advisable to check for any specific guidelines or requirements before traveling, such as health protocols or mask mandates in crowded places. Enjoy the scenic beauty and adventure activities safely!

🔍 What are the best trekking routes in Himachal?

Himachal Pradesh offers stunning trekking routes like Triund Trek, Hampta Pass, and Kinnaur Kailash Trek. Explore the picturesque landscapes, lush green valleys, and breathtaking views. Other popular options include Beas Kund and the Great Himalayan National Park trails, catering to both beginners and experienced trekkers.

🔗 What cultural experiences can visitors have in Himachal Pradesh?

Visitors to Himachal Pradesh can immerse themselves in vibrant local culture through traditional festivals like Kullu Dussehra, explore ancient temples, and participate in folk dances. The region offers authentic Himachali cuisine, handicraft shopping, and opportunities to interact with local communities, enhancing the travel experience.

★ Traveller Reviews



Nidhi Mehta

★★★★★ 5/5

A Journey to Remember

This tour was truly a journey to remember, filled with laughter, beautiful landscapes, and countless memories. Thank you, Himachal!



Pankaj Singh

★★★★★ 5/5

Historical Wonders

Loved exploring the historical wonders of Himachal. Each site had a story to tell and added to our adventure.



Nishant Kohli

★★★★☆ 4/5

Peaceful Lakes

Visiting the beautiful lakes in Himachal was a highlight. Kayaking in the tranquil waters was an experience like no other.



Seema Joshi

★★★★★ 5/5

Delicious Local Cuisine

The local food was delicious! Each meal was a delightful experience, showcasing Himachal's rich culinary heritage.



Deepak Yadav

★★★★★ 5/5

Adorable Hill Stations

Each hill station we visited had its unique charm. The ride through the hills was exhilarating! Loved every minute of it.

⚡ Why Choose TourGrids?

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