

Rishikesh Adventure & Yoga Fusion: Rafting, Camping & Ashram Stay

Prepared by TourGrids



Destination
Uttarakhand



Duration
4 Nights 5 Days



Starting from
Rs. 11,300 / person

ITINERARY ROUTE

↗ **Rishikesh · 4N**

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Overview

a curated 4 nights / 5 days Uttarakhand tour package that blends high-adrenaline river rafting, riverside camping, and authentic ashram yoga experiences. Ideal for travelers seeking an Uttarakhand Adventure tour package that mixes spiritual rejuvenation with outdoor thrills.

Highlights:

- White-water Rafting on the Ganges (Shivpuri 'Rishikesh stretch)
- Riverside Camping & Bonfire at Shivpuri
- Ashram stay with daily Yoga & Meditation sessions
- Visit to Laxman Jhula & Beatles Ashram (Chaurasi Kutia)
- Optional adventure add-ons: Zipline, Cliff Jumping, High Ropes

This 4 and 5 Uttarakhand Adventure tour package is perfect for solo travelers, couples, and groups who want a compact but immersive experience of Rishikesh – Uttarakhand's adventure and yoga capital.

✓ What's Included

- ✓ Accommodation: 3 nights in an ashram-style stay + 1 night riverside camping (twin/double sharing).
- ✓ Meals: Daily vegetarian breakfast, 3 lunches, 4 dinners (special dietary requests accommodated with prior notice).
- ✓ Activities: Shivpuri 'Rishikesh rafting with safety gear and trained guides, campsite facilities, 4 guided yoga/meditation sessions, one wellness workshop.
- ✓ Transfers: Arrival and departure transfers from Dehradun Airport / Haridwar Railway Station / Rishikesh Railway Station (within specified pick-up/drop windows).
- ✓ Adventure equipment: Life jackets, helmets, certified rafting boats, camping mattresses & blankets.
- ✓ Local permits & taxes, basic first aid kit, and experienced local guides/instructors.
- ✓ All activities are subject to weather and river conditions; alternate activities will be provided if canceled.

✗ Not Included

- ✗ Travel to/from Dehradun / Haridwar (flights, trains) unless specified.
- ✗ Travel insurance (strongly recommended).
- ✗ Personal expenses, alcoholic drinks, and tips/gratuities.
- ✗ Optional add-ons (Neelkanth visit transfer, Ayurvedic massages, photography packages) unless specified.
- ✗ Any applicable GST or local service taxes beyond the package pricing.
- ✗ Participants must carry government ID for permits; minors require parental consent.

Day-by-Day Itinerary

Day

1

Arrival & Gentle Yoga Introduction

Arrive at Rishikesh (from Dehradun airport / Haridwar / Rishikesh railway station). Transfer to your ashram-style accommodation. After check-in, enjoy a relaxed welcome tea and an introductory yoga and pranayama session led by a certified instructor. In the evening, attend the serene Ganga Aarti at Triveni Ghat. Leisurely walk around Laxman Jhula and experience the riverside cafes and markets.

Tip: Aim to arrive by early afternoon to settle in and join the evening aarti.

Day

2

White-water Rafting & Riverside Picnic

After an energizing morning yoga session and breakfast, head out for the signature Shivpuri 'Rishikesh Ganges rafting stretch (Grade II-III/IV options available). Safety briefing, full rafting gear, and experienced instructors included. Post-raft, enjoy a riverside picnic lunch followed by optional activities such as cliff jumping or a short nature hike.

Evening: return to the ashram for a restorative yoga/stretch session and a vegetarian dinner.

Important: Rafting grade can be adjusted based on group preference and river conditions. Pregnant guests and those with serious medical conditions should avoid rafting.

Day

3

Adventure Day & Riverside Camping

Check out from the ashram and transfer to a riverside campsite at Shivpuri. Today's itinerary includes a mix of adventure sports — zipline, high rope course, and guided forest walks inside Rajaji foothills. In the late afternoon, set up camp, take a dip in designated safe areas of the Ganges, and join a riverside bonfire with acoustic music.

Overnight in comfortable tents with bedding and hot dinner served at the campsite.

Note: Camps are eco-friendly and follow leave-no-trace principles. Carry a light daypack for the activities.

Day

4

Ashram Rejuvenation — Yoga, Meditation & Local Sights

Return to the ashram after breakfast. Spend the day in gentle yoga, guided meditation, and a wellness workshop (breathwork or Ayurveda basics). Post-lunch, visit the Beatles Ashram (Chaurasi Kutia) — explore the graffiti-filled ruins and spiritual artwork. Late afternoon free time for shopping at Laxman Jhula market or getting a traditional Ayurvedic foot massage.

Evening: participate in satsang or a guided chanting session (if available).

Tip: Wear comfortable, modest clothing for ashram visits and temples.

Day

5

Morning Meditation & Departure

Early morning sunrise meditation on the Ganga ghats and a final restorative yoga class. After breakfast, check out and transfer to Dehradun airport / Haridwar / Rishikesh station for your onward journey. If time permits, opt for a short visit to Neelkanth Mahadev Temple (extra transfer time required).

Note: Standard check-out time is 10:00–11:00 AM; early or late check-outs can be arranged on request.

? Frequently Asked Questions

? What are the top tourist attractions in Uttarakhand?

Uttarakhand boasts stunning tourist attractions like Nainital's serene lakes, Mussoorie's hill vistas, the sacred Ganges in Rishikesh, and the tranquil valleys of Auli and Joshimath. Don't miss the majestic Jim Corbett National Park, and the spiritual allure of Haridwar and Kedarnath, perfect for nature and adventure lovers.

? How can I reach Uttarakhand by train?

Uttarakhand is well-connected by rail, with major stations like Dehradun, Haridwar, and Kathgodam. You can take trains from major cities like Delhi, Mumbai, and Kolkata. Once you arrive, local transport options like taxis and buses can help you explore the beautiful landscapes and attractions.

❓ When is the best time to visit Uttarakhand?

The best time to visit Uttarakhand is from March to June and September to November. These months offer pleasant weather, making it ideal for trekking, sightseeing, and enjoying the serene landscapes. Winter months (December to February) attract snow lovers but can be chilly.

❓ What activities can I do in Uttarakhand?

In Uttarakhand, you can indulge in a variety of activities like trekking in the picturesque hills of Nainital and Auli, river rafting in Rishikesh, wildlife safaris in Jim Corbett National Park, and exploring ancient temples in Haridwar and Kedarnath. Don't miss the serene beauty of the Valley of Flowers!

❓ What are the accommodation options in Uttarakhand?

Uttarakhand offers a range of accommodation options for tourists, including luxury hotels, charming resorts, guesthouses, and budget-friendly homestays. Popular destinations like Rishikesh, Nainital, and Mussoorie feature a variety of choices to suit every traveler's preference and budget.

❓ Are there any adventure sports available in Uttarakhand?

Yes, Uttarakhand is a hub for adventure sports! You can enjoy white-water rafting in Rishikesh, trekking to the stunning Valley of Flowers, paragliding in Nainital, and skiing in Auli. The state's beautiful landscape offers thrilling experiences for adventure enthusiasts.

❓ What are the popular hill stations in Uttarakhand?

Uttarakhand boasts several popular hill stations, including Nainital, known for its beautiful lake; Mussoorie, the "Queen of the Hills"; and Auli, famous for skiing. Other notable spots are Ranikhet, Kausani, and Dhanaulti, each offering stunning views and a serene atmosphere for tourists.

★ Traveller Reviews



Siddharth Jain

★★★★★ 5/5

Much Needed Digital Detox

I disconnected from technology during this tour and it was rejuvenating! The serene locations provided the perfect escape from the digital world.



Akanksha Roy

★★★★★ 5/5

Fun and Memorable Trip

The trip was filled with fun activities and unforgettable memories with friends. The Uttarakhand tour package exceeded our expectations!



Vineet Agarwal

★★★★★ 5/5

Perfect Honeymoon Getaway

This package was perfect for our honeymoon. We enjoyed romantic spots and beautiful sunsets. It was a dreamy experience!



Nandita Joshi

★★★★★ 5/5

Very Relaxing and Fun

This tour package strikes a perfect balance between relaxation and fun! The wellness activities were just what I needed for rejuvenation.



Subha Ganesh

★★★★★ 5/5

A Photographer's Dream

As a photographer, I found Uttarakhand to be a dream destination! Every corner had a perfect shot waiting to be captured!

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