

Himachal Wellness & Heritage Tour

📅 7 Nights / 8 Days

Overview

A soulful 8-day blend of rejuvenation and exploration, combining wellness activities like yoga and spa sessions with cultural visits to Shimla Ridge and Old Manali. Enjoy peaceful mornings with yoga, unwind in spa treatments, and discover heritage sites steeped in history and charm. This tour balances mind, body, and culture for travelers seeking a holistic Himalayan experience.

Highlights

- 🧘 Yoga and meditation sessions
- 🛀 Spa rejuvenation
- 🚶 Shimla Ridge heritage walk
- 🏡 Explore Old Manali's charm
- 🍽️ Healthy meals
- 🚗 Comfortable transfers
- 🌿 Peaceful natural surroundings

Detailed Itinerary

Day 1 - Arrival in Shimla and Welcome Wellness Check-in

Arrive in Shimla where our team will receive you and escort you to a tranquil wellness retreat. After check-in, enjoy a light herbal welcome drink followed by a short orientation. Spend your evening unwinding with soft music and a relaxing foot soak.

Day 2 - Yoga Session and Shimla Ridge Heritage Walk

Start your day with an early morning yoga and meditation session led by a certified instructor. After a wholesome breakfast, embark on a guided walk along the Shimla Ridge, visiting Christ Church and colonial-era buildings. Return to the retreat for a healthy dinner and rest.

Day 3 - Scenic Transfer to Manali via Kullu Valley

Enjoy breakfast, then check out and head toward Manali through the scenic Kullu Valley. Stop en route for herbal tea and apple orchard views. Arrive in Manali by evening and settle into a peaceful mountain resort. Dinner and overnight stay in Manali.

Day 4 - Morning Yoga and Old Manali Exploration

Begin with a gentle yoga and breathing session amidst nature. Later, visit Old Manali, stroll through its rustic lanes, quaint cafés, and traditional wooden homes. Engage with local artisans or simply relax near the riverside. Return to the resort for a spa foot massage.

Day 5 - Heritage Sites and Personalized Spa Therapy

Visit heritage spots including Hadimba Temple and the Gadhan Thekchhokling Monastery. After sightseeing, return for a personalized 60-minute spa session focused on detox and muscle relaxation. Evening free to rest or read in the lounge area.

Day 6 - Nature Walk and Ayurvedic Consultation

Start the day with a guided nature walk along forest trails. In the afternoon, attend an Ayurvedic lifestyle consultation to better understand body-mind balance. Enjoy specially curated satvik meals throughout the day.

Day 7 - Mindfulness & Journaling with Himalayan Views

Take part in a sunrise mindfulness session followed by guided journaling or quiet self-reflection. Midday optional leisure or group discussion on wellness. Enjoy your final evening with herbal tea, soft music, and bonfire under the stars.

Day 8 - Departure from Manali

After a light yoga stretch and breakfast, check out from your retreat. You'll be transferred to the bus stand or drop point as per your schedule. Leave with a refreshed body, a peaceful mind, and unforgettable memories of the Himalayas.

Accommodation Used