



TOUR TRIPS INDIA HOLIDAYS · DETAILED ITINERARY

Adventure India — Himalayan Trekking & Rafting

12 days of adrenalin — Ganges rafting, Triund trek, Manali paragliding.

Duration	12 Days · 11 Nights
Country	India
Locations	Delhi, Rishikesh, Dharamshala, Manali
From (USD)	\$1265 per person
Difficulty	Challenging
Max group	12

Overview

For active travellers. Includes Grade III-IV rafting on the Ganges at Rishikesh, a 3-day moderate trek to Triund (3,000 m) above McLeod Ganj for Dhauladhar views, and paragliding above the Beas Valley at Manali.

Highlights

- 3 days Ganges rafting (Grade III-IV)
- Triund 3-day moderate trek (Dhauladhar views)
- Paragliding at Solang Valley, Manali
- Dalai Lama's monastery at McLeod Ganj

- Beas River trout fishing

Day-by-Day Itinerary

Day 1 — Arrive Delhi

Welcome briefing — gear check.

Stay: Boutique Delhi hotel | **Meals:** Welcome dinner | **Transfer:** Airport pickup | **Distance:** —

Day 2 — Delhi → Rishikesh

Drive to rafting camp.

Stay: Aloha on Ganges / Atali | **Meals:** Breakfast, camp dinner | **Transfer:** AC sedan | **Distance:** 240 km

Day 3 — Rishikesh — rafting Day 1

Brahmapuri to Rishikesh (16 km, Grade III).

Stay: Camp | **Meals:** All meals | **Transfer:** Raft | **Distance:** —

Day 4 — Rafting Day 2

Kaudiyala to Rishikesh (36 km, Grade IV).

Stay: Camp | **Meals:** All meals | **Transfer:** Raft | **Distance:** —

Day 5 — Rishikesh → Dharamshala

Long drive to McLeod Ganj.

Stay: Mantra Boutique Hotel | **Meals:** Breakfast | **Transfer:** AC sedan | **Distance:** 320 km · 8 hrs

Day 6 — McLeod Ganj + start trek

Visit Dalai Lama temple. Trek 4 km to Galu Devi Temple.

Stay: Triund Camp (basic) | **Meals:** Breakfast, packed lunch, tent dinner | **Transfer:** Hike | **Distance:** 4 km · 600 m gain

Day 7 — Galu → Triund summit

Continue trek 5 km to Triund top (2,975 m). Dhauladhar panorama.

Stay: Triund Camp | **Meals:** All meals at camp | **Transfer:** Hike | **Distance:** 5 km

Day 8 — Triund descent → Dharamshala

Trek down + drive to McLeod.

Stay: Mantra Boutique | **Meals:** Breakfast, lunch | **Transfer:** Hike + sedan | **Distance:** 9 km descent

Day 9 — Dharamshala → Manali

Scenic drive.

Stay: Span Resort Manali | **Meals:** Breakfast | **Transfer:** AC sedan | **Distance:** Dharamshala → Manali · 240 km · 7 hrs

Day 10 — Manali — paragliding

Solang Valley paragliding (15 min tandem). Beas river walk.

Stay: Span Resort | **Meals:** Breakfast | **Transfer:** AC vehicle | **Distance:** —

Day 11 — Manali → Delhi

Long drive back.

Stay: Delhi airport hotel | **Meals:** Breakfast | **Transfer:** AC sedan | **Distance:** Manali → Delhi · 540 km · 12 hrs

Day 12 — Departure

Transfer to airport.

Stay: — | **Meals:** Breakfast | **Transfer:** AC sedan | **Distance:** —

Inclusions

- ✓ Hotels + 2 nights tented camps
- ✓ All adventure equipment + guides
- ✓ Rafting permits, paragliding tandem (1)
- ✓ All meals at camps + breakfasts elsewhere
- ✓ AC vehicle throughout

Exclusions

- ✗ Flights international
- ✗ Visa
- ✗ Travel insurance (MANDATORY — adventure cover)
- ✗ Tips