

Ananda in the Himalayas – Getaway
5 days – 4 nights
Essence of Ananda, Himalayan Bliss & Couples Connect

Ananda in the Himalayas

Located in the tranquil Himalayan foothills, close to the mythological cities of Haridwar and Rishikesh, surrounded by graceful Sal forests, overlooking the peaceful Ganga as it meanders into the distance. Ananda is the spiritual pathway to the ultimate, discovered through the union of body, mind and soul. It is not just a retreat that will leave you breathless with the enchantment of its surroundings, but assists in redefining lifestyles to include the well-known traditional Indian wellness regimes of Ayurveda, Yoga and Vedanta combined with best of International Wellness Experiences.

Day 1: Delhi

Upon arrival you'll be met and assisted on your transfer to the hotel. Overnight at hotel.

Day 2: Delhi, Dehradun, Ananda

Morning: transfer to Delhi airport to board the flight of Dehradun. Upon arrival at Dehradun you will be transferred by our representative to **Ananda** in the Himalayas (58 Kms / 01 Hrs approximately). Overnight at Hotel. [B/L/D]

Day 3: Ananda

Breakfast at hotel. After breakfast enjoy the different activities in the hotel. Overnight at Hotel. [B/L/D]

Day 4: Ananda

Breakfast at hotel. After breakfast enjoy the different activities in the hotel. Evening Visit the Ganga Ghat to witness evening ceremony. Return back to hotel. Overnight at Hotel. [B/L/D]

Day 5: Ananda, Dehradun, Delhi, USA

Breakfast at Hotel. After breakfast transfer you to Dehradun airport to board the flight of Delhi. (58 Kms / 01 Hrs approximately). Upon arrival in Delhi you will be transferred to Delhi International Airport to board your flight back home. [B]

[B] = Breakfast | [B/L/D] = Breakfast, Lunch and Dinner

Your Package includes:

- All arrival / departure transfers by air condition car
- Total 06 night's accommodation
- Accommodation in Delhi on bed and breakfast basis
- Accommodation in Ananda is on full board basis
- Sightseeing/Excursion by an air-conditioned car.
- All local tax and service tax, as applicable at present.

Price does not include:

- International or Domestic airfares
- Any taxes and surcharges relating to airfares
- Travel insurance
- Wi-Fi at hotels
- Camera fees at the monuments (if applicable)
- All alcoholic and non-alcoholic drinks
- Other meals not mentioned in the itinerary
- Extras and gratuities
- Early check-in, late check-out
- Expenses of personal nature
- Telephone calls.
- Any other service, which has not been specified as "included"

Your treatment Packages:

1. Getaway packages include:

- Transfers from the Haridwar Railway Station or Dehradun Airport
- Every morning Wake Up signature tea and fresh fruit bowl
- Daily breakfast & Dinner served in The Restaurant
- Spa experiences as per the package selected along with a pre-spa briefing
- Daily use of the Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath and Heated
- Lap Pool.
- Scheduled Spa Lifestyle and Wellness activities: Yoga, Pranayama, Meditation, Vedanta, Fitness, Cooking demonstrations Lectures, Workshops and Excursions.
- Scheduled trek to Kunjapuri temple on the mountaintop with fabulous views of snow covered Himalayan peaks
- Exclusive to Couples Connect package – One ‘Special Dinner’ with a bottle of house wine (Candlelit dinner with a customized menu - at Tree Top Deck or other venue as per availability)
- Ananda Getaways also provide a great introduction to the unique combination of spa experiences and activities on offer at Ananda

2. Essence of Ananda

The package is for a minimum of 3 nights stay and includes Room, Meals of half board (breakfast and dinner) and a choice of Spa experiences form the following range of international and ayurvedic treatments. Each treatment lasts 55 minutes. In this package · 3 nights stay – choice of 4 spa treatments

| International Treatments | Ayurvedic Treatments |
|-------------------------------|----------------------|
| Swedish massage | Abhyanga |
| Reflexology | Choornaswedana |
| Ananda Fusion | Tan Lepa |
| Himalayan Honey & Rose facial | Mukh Lepa |

3. Himalayan Bliss

This package starting at 3 nights is inclusive of Room, Meals (breakfast & dinner) and spa experiences is an excellent introduction to the unique blend of Ananda’s world class spa with a wide menu of integrated ancient and contemporary therapies and treatments, exhilarating activities in and around the resort and the delectable cuisine of Ananda and is a perfect getaway. It also includes the treatments in the table.

| | Includes | Minutes | Sessions per stay |
|-------------------------------|----------|---------|-------------------|
| Wild Rose Salt Scrub | | 45 | 1 |
| Swedish Massage | | 85 | 1 |
| Himalayan Honey & Rose Facial | | 55 | 1 |
| Yoga Nidra (per room) | | 45 | 1 |

4. Couples Connect

Take time to connect at a different level in the most romantic ambience. Ananda's nurturing 3-night Couples Connect package includes spa experiences within your very own couple's spa suite, which awakens positive emotions and provides the ultimate in relaxation. This package also includes:

| Includes | Minutes | Sessions per stay |
|--|---------|-------------------|
| Ananda Touch | 30 | 1 |
| S Ananda Fusion | 55 | 1 |
| Aroma Cocoon (OR) Aromatherapy Massage | 85 | 1 |
| Himalayan Honey & Rose Facial | 55 | 1 |

Hotels in your Package:

| City | Hotel Name | Room Category | Tripadvisor |
|----------------|-------------------------|----------------------|-------------|
| Delhi | JW Marriott Aero City | Deluxe Room | 4.5 |
| Narendra Nagar | Ananda In the Himalayas | Palace / Garden View | 4.8 |

Hotels will be confirmed at time of booking

Domestic flights:

| From | to | Airline | Departure | Arrival | Cost |
|----------|----------|-------------|-----------|----------|-------|
| Delhi | Dehradun | Indigo | 11:20 am | 12:05 pm | \$213 |
| Dehradun | Delhi | Jet airways | 4:30 pm | 5:30 pm | |

Domestic flights may be cheaper if part of the international itinerary. Please check with your travel agent or with HWDT to find out the best option

Package Cost:

| Season | Double | Single | |
|------------------------|---------|---------|------------|
| | | Alone | With Party |
| 2017 Departures | | | |
| Aug-Sep | \$4,475 | \$5,679 | \$5,555 |
| Oct-Dec | \$7,145 | \$9,329 | \$9,265 |
| 2018 Departures | | | |
| Jan-Apr 15 | \$5,785 | \$7,425 | \$7,335 |
| Apr 16-Sep | \$4,905 | \$6,219 | \$6,119 |
| Christmas Eve Dinner | \$335 | | |
| New Year Eve Dinner | \$415 | | |

Prices are per person and may change without notice

Special Gala Christmas Eve/ New Year Dinner organized by the hotel will be charged extra if guest would like to be part of the same.

Tour Code: IN09ANA17IT



