

## The Ananda Active Package

### 16<sup>th</sup> October 2009 – 30<sup>th</sup> April 2010

The Ananda Active package offers a combination of beautiful treks in the area surrounding Ananda, at the foothills of the Himalayas. Our guide will personally identify the trek best suited to both your physical condition and the type of landscape and experience you would wish. There are a number of local treks of varying distances and difficulties, all accompanied by our Ananda guide. Treatments have been carefully chosen to offer relief from any aches or stiffness following a trek, and to tidy those well worn trekkers feet.

#### **Active Options:**

**Option1 - Trek to Ranichouri:** Ranichouri is known for its agriculture institute and for picnic spots with spectacular views of the snow capped Himalayas Mountains such as Choukhamba, Neelkanth, and Goumukh and surrounded by pine, rosadentend, mimosa, jacaranda and cedar trees. During this 3 hour, 10km trek, you will climb from 5000ft to 7000ft, passing through Sabli, a village where one can see old Garhwali houses.

**Option 2 - Trek to Kashmouli:** Kashmouli is a small farming village known for ginger and pea production. Their farming of these popular items provides their only source of income. This 2.5 hour, 8km trek, ascends from 3600ft to 5000ft during which one can see variety of Himalayan birds such as barbells, babblers, dorgos, magpies, bulbuls and golden eagles. The trekking route is surrounded by small hills and green pastures, passing curry leaves, stinging nettles, and mustard plants.

**Option 3 - Trek from Rishikesh to Kunjapuri:** The Rishikesh to Kunjapuri trek (4 hours, 11km) is good for those who wish a longer climb with higher ascents. Walking upstream of a small river for close to an hour, you reach a beautiful secluded picnic spot by the side of a waterfall. The trek passes several local villages such as Badkot where one can witness the typical hillside village life. There are stunning views of Rishikesh and the Holy Ganga along the route with glimpses of wildlife such as deer, wild peacock and wild boar.

**Option 4 - White water rafting on the Ganga:** The Ganga originates from Gaumukh in the Garhwal region of the Himalayas and is a superb river for white water rafting. Rapids range from Grade 1 to 3 with some Grade 4 rapids. Thrilling but safe, these are ideal for beginners as well as seasoned thrill seekers

Package Includes	Minutes	5 Nights	7 Nights
Wellness Consultation	30	1 session	1 session
Personalised Yoga per room	60	1 sessions	2 sessions
Personalised Treks with guide	120-240	3 session	4 sessions
Abhyanga Massage	55	1 session	1 sessions
Deep Tissue Massage	55	1 session	1 session
Reflexology	55	1 session	2 sessions
Ananda Fusion	55	-	1 session
Trekkers pedicure	75	1 session	1 session

## **Package Pricing**

Room Type	5 nights (USD)		7 nights (USD)	
	Single	Double	Single	Double
Palace View	2930	3870	3770	4910
Valley View	3230	4170	4150	5330
Deluxe Suite	4160	5110	5490	6600
The Ananda Suite	5220	6180	6830	7940
Vice-Regal Suite	6040	7010	7890	9060
One Bedroom Villa with Pool	6040	7010	7890	9060

**Please add 7% Government tax to the above-mentioned tariffs. The taxes are subject to change.**

### *Offer Includes:*

- Transfers from airport or railway station to 'Ananda' and return
- All meals (breakfast, lunch & dinner), excluding any beverages
- Spa treatments listed in Table above for 5 nights and 7 nights respectively
- One Guided visit to the 'Ganga Aarti' at the renowned Parmarth Ashram

### **Other standard inclusions:**

- Morning Wake Up signature tea
- Complimentary seasonal whole fruits available daily upon request
- Daily use of the Hydrotherapy facilities:  
*Jacuzzi, Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath and Heated Lap Pool*
- Opportunity to participate in scheduled Spa Lifestyle and Wellness activities  
*Yoga and Pranayama sessions, Meditation, Vedanta lectures, Nature walks, treks and Cooking demonstrations*

### **Please note the following:**

- All applicable Government Taxes extra
- These rates valid for non-resident of India
- In order to preserve the tranquility of the Destination Spa, Children below the age of 14 years are not permitted at Ananda - in the Himalayas. Use of the spa facilities like Sauna, Steam and Jacuzzi and the spa therapies are available to guests who are of the age of 18 years and above.
- However, those under 18 years can take part in other scheduled activities like yoga, meditation, treks and use of the swimming pool

### **Christmas & New year Supplements**

There will be mandatory supplementary charges of US \$75 per person for the Christmas Eve Dinner. For the New years eve dinner the supplementary charges would be US \$125. The above rates are inclusive of all currently applicable Government taxes.