

Tour in the Kulu-Manali and Kangra Valleys India

Sept. 22 to Oct. 5, 2007

Dear Friends,

This fall, in September 2007, we offer a beautiful two weeks journey to the mountainous state of Himachal Pradesh at the foothills of the Indian Himalayas.

A journey through Himachal Pradesh offers a deep and refreshing communion with nature, the different religions and cultures of India.

Our journey starts in Delhi. From there we will fly up into the Kullu-Manali Valley to visit the areas around Nagar, Manali, Vaishist and Solang.



We will take beautiful and gentle walks, spending some nights in a tent camp.

We also plan for a rafting tour on the Beas river.

We will visit different Hindu Temples and Buddhist monasteries. For example the temple of Bijli Mahadev, which is dedicated to Shiva. It has a spectacular location on top of a mountain, overlooking the whole valley.

Then we will leave the Kullu–Manali valley and drive via high mountain roads to our next destination – the Kangra Valley.

Our first stop will be at Rewalsar Lake. This lake is hold sacred by Hindus, Buddhists and Sikhs alike. We will visit the meditation cave of Padmasambhava, whom the Tibetans honor like a ‘second Buddha’ and who lived in this cave on his way from India to Tibet, where he introduced Buddhism. During the early morning hours we can take part in pujas and meditations.

Our final halt will be the little town of McLeod Ganj, near Dharamsala.



McLeod Ganj is beautifully situated on a mountain ridge. It was given to the Tibetans by the Indian government after they had to leave Tibet. Here we will have a chance to immerse in the Tibetan culture, and take great walks.

If the Dalai Lama is at home we can take part in his public meditations.

We will also try and visit the Karmapa, who is the spiritual leader of the Karma Kagyu of Tibetan Buddhism.



From there we will visit different places in Kangra valley:

- Bir, which hosts beautiful Tibetan monasteries and has immense views over the Kangra Valley.
- Andretta, a village of artists and potters

From Kangra Valley we will fly back to Delhi.

The journey starts in Delhi and ends in Delhi.

The number of participants for this tour will be between 6 and 12

The price will be between 80 and 100 Euros per day, depending on the number of participants.

This price includes:

All flights and transport in India.

All accommodations in A-class hotels.

All meals. (Not the drinks.)

All accommodations in tents.

Tour guidance by us and Indian tour operators as well.



Kind regards,

Avesh and Varsha

Telephon till August 22 : 0034 971 85 15 34 (Mallorca)

Skype : aveshvarsha

Email : aveshvideo@yahoo.com