

WHAT I WILL NEED FROM YOU by **AUGUST 1, 2026**

- Flight information: Arrival + Departure dates with flight numbers.
- Passport Image
- Visa Image (unless you are doing the 30 day eVisa)
- Phone Number (this will be for a what's app group). What's app is how we will communicate during our time together.
- Emergency Contact
- Any Food Allergies
- Proof of Travel Insurance.
- Any Medical Issues I should know about. This is extremely important to share with me, especially if you are on any medications, or have any medical history I should know about. *Please know that this will be kept with just me!* We will be far from big cities, so it is important that we are very prepared in case of any emergencies.

PAYMENT due AUGUST 1, 2026.

REMINDER - Your deposit is non – refundable.

If you need a payment plan, please send an email dn@deidrenorman.com.

1. If you cancel your trip by September 1, 2026 – you will receive 50% of your money back (this is **not** including your deposit).
2. If you cancel September 2, 2026 or after – you can put your money towards a Deidre Norman future retreat or online courses, minus a \$150 fee (this is **not** including your deposit).

MANDATORY PREPARATION

You will be sent an 11 minute meditation and breathwork exercise to do prior to our trip. This will need to be done daily 4 weeks before our trip. This will prepare you for the high altitude. It will also prepare you for a deeper inward journey as we embark on this Spiritual Pilgrimage.

I will send this out by August 1st, in case you want to begin a bit earlier.

TRAVEL

Our retreat begins on October 5th @ 5pm in Rishikesh at the Divine Resort.

ARRIVAL

It is best to fly in and fly out of the Indira Gandhi International Airport.

I suggest arriving in Delhi on the 4th of October and taking a taxi up to the Divine Resort in Rishikesh on the 5th. There are also flights from Delhi to Dehradun, if you prefer.

Flights: Delhi -> Dehradun. Getting your tickets on Expedia is recommended, sometimes the Indian airlines do not accept international credit cards. If you fly into Dehradun, you can then arrange your own taxi from the Dehradun airport to the Divine Resort. Email reservation@divineresort.com with your flight number and dates. They will inform you of fees, etc.

IMPORTANT TIP If you are flying within India, have a printed copy of your flight information, or download the airline app and have your boarding pass available. You will need this to enter the airport.

Taxi: Delhi -> The Divine Resort. About a 5 hour taxi ride.

IF you come earlier than the 5th or want to be by yourself, you can arrange a taxi with Mahesh. Let Mahesh know you are with Deidre Norman's group and you would like to get a taxi from Delhi to the Divine Resort. The fee is around \$120. (Mahesh Tewari **Whats App** +91 98370 69433).

IF you want to share a taxi with other group members, send me a direct email dn@deidrenorman.com and I will keep track of everyone and I will arrange a group taxi for the morning of the 5th. The cost will vary depending on the number of people. **RECOMMENDED OPTION!**

There is a great little restaurant (Cheetal Grand) on the way, and I will make sure Mahesh tells all taxi drivers to stop here for you.

Hotels in Delhi – I recommend getting in on the 4th and staying in Aerocity for the night.

Some ideas for hotels : Andaz Aerocity – By Hyatt, Novatel, Marriott or The Pullman. *Any hotel in Aerocity will be fine and safe.* There are restaurants, salons and shopping nearby.

Getting to your hotel : When you walk out of the international terminal – you will walk across the street and you can use the **Prepaid Taxi Service** station. The rate is 500 - 700 rupees and they will take you to your hotel. If you do not feel comfortable with this, you can also arrange a taxi with your hotel.

Hotel in Rishikesh – If you come a day early or want to stay a bit extra, the hotel we are staying at is the Divine Resort (www.divineresort.com). There are many other great hotels in and around Rishikesh as well.

Travel plans after the Spiritual Pilgrimage

If you want to make travel plans after our trip, and would like some help, Mahesh Tewari owns a travel company and can help curate a trip for you, and travel plans. What's App : +91 98370 69433.

Leaving Divine Resort on October 21st. Our retreat ends after breakfast on the 21st.

PASSPORT + VISA

Sample eVisa HERE

<https://indianvisaonline.gov.in/evisa/images/SampleForm.pdf>.

Passports and visas are required for travel to India. Passports must be valid for at least six (6) months after your return-from-India date.

TIP: You can now apply for an e-tourist visa more easily than a regular (paper) tourist visa.

Details on how to apply and a sample e-Visa application (<https://indianvisaonline.gov.in/evisa/images/SampleForm.pdf>) can be found on the Government of India website: www.indianvisaonline.gov.in/evisa.

E-tourist visas for US citizens availability: 30-day, 1-year, or 5-year period with multiple entries.

- Applying for a 1-year or 5-year visa allows you to apply and be approved well in advance for your travel.
- The 30-day tourist visa is not recommended as you can only apply for this visa within 30 days of your arrival-in-India date.
- Please use the Government of India website only, www.indianvisaonline.gov.in/ to apply for e-tourist visas or regular (paper) visas.

Information for your visa application:

- Port of entry: New Delhi (or your arrival city)
- Purpose of travel: “tourism” & “sightseeing”
- Duration / length of visa: 1 year, 5 year (or other duration depending on your visa type)
- References in your country, list a reference in your country (a friend or family member not traveling with you).
- **Reference in India use:** Mahesh Tewari. The Rudraksh, Kandikhal, near Aagaan Shiv Temple, Selur, Uttarakhand 249130. (+91 98370 69433).
- Apply for an e-tourist visa making sure the length of visa validity covers your length of stay in India.
- Visas are valid from the date of issue. Please note that visa validity dates are shown numerically in an international format of day / month / year.

PHONE:

There will be wifi in most locations, but if you do want a sim card, you can ask at your hotel in Aerocity and for a small fee they can help you.

We cannot help you with this, this is your responsibility.

IMPORTANT

Flight/Passport/visa/emergency contact information is requested by the Government of India Immigration and police authorities. I will request you send all of this information over to me.

Date to get info into me by AUGUST 1, 2026. Please be prompt.

1. Clear copy of the signature and bio/photo pages of your passport
2. Photo meeting passport picture requirements (*jpeg format)
3. Clear copy of existing Indian visa stamped page in passport OR pdf copy of your ETA (Electronic Travel Authorization) for newly approved e-Tourist visa applications.

Helpful TIPS

- Make two copies of the signature and bio pages of your passport.
- Make two copies of your Indian visa.
- Carry these copies with you as you travel (keep them separate from your passport). These will be needed if you lose your passport. Leave one copy at home with a trusted person as well.
- Have an image on your phone of these as well.
- While traveling, carry your passport/money carrier on you at all times.
- Do not pack valuables or your passport in your checked luggage.
- Carry a couple of extra passport photos with you.

MONEY

Get money out at the airport. You can use the ATM as you walk out of customs or you can get cash out at the money counter. You will need INR to take a taxi and to tip at your hotel.

THIS IS VERY IMPORTANT to get money at the airport.

There is limited ATM's where we will be traveling and it is going to be hard to exchange money once up past Rishikesh.

You will need money for snacks on the road, shops we might come across, laundry, temple tips, etc.

I usually carry about \$500 in \$100 USD bills, just in case I need to exchange. And about \$500 in INR. Everyone spends on different levels, so carry what you think you might need.

International credit cards are not accepted everywhere.

THERE are some ATMs in Aerocity and if you are staying at a nicer hotel you can exchange money there too. This might be a cheaper rate than the airport, but do get some money at the airport.

TIP: You can only take out 10,000 INR at a time from the ATMs in India. You can do a few transactions, but if you try for more at one time, it will deny you. 10,000 INR is around \$100.

HEALTH : Everything is a suggestion.

- Vaccines <https://wwwnc.cdc.gov/travel/>.
- High Altitude Medication *I always carry these, just in case.*
 - Gongotri the town is at 10K feet. There is the option to go up to 14K for one of the day hikes. We will be acclimating along the way!
- Medication. There will be very few pharmacies as we travel up into the mountains.
 - Azithromycin for food poisoning (a prescription from your doctor is needed).
 - Vitamin C to keep your immune system strong.
 - Oregano Oil is great to take daily to keep healthy.
 - Imodium or an anti-diarrhea medication.
 - Activated charcoal in case of an upset stomach.
 - Cold/Flu medication, Ibuprofen, etc.
 - Acetaminophen (Tylenol) is great for headaches at high altitude.
 - First aid kit. (Include an EpiPen if you know you might need one).
 - Personal prescriptions.

It is important to keep me posted of any allergies, health issues or daily medications you take.

If you are in Jackson, I recommend going to see the travel doctor, Dr. Shlim (drshlim108@gmail.com).

NOTE: It is recommended for the month prior to our trip to stay healthy! Eat healthy. I suggest also taking Vitamin C, turmeric and oregano oil every day. Keeping your immune system strong the month before will help as you travel to a new country.

PACKING : The key is to not bring too much.

TREKKING GEAR

- Backpack (60–70 L) with rain cover – 1 (**Porters will carry**)
This is your main backpack for carrying all trekking gear.
- Daypack (25–35 L) – 1 (**Useful for carrying daily essentials**)
- Headlamp with extra batteries – 1
- UV protection sunglasses – 1
- Water bottles / hydration flask (1 L each) – 2
- Sleeping bag (You can bring your own, or have one ordered for you. HERE is the one I am ordering: <https://www.decathlon.in/p/8799901/0-c-trekking-sleeping-bag-mt500>). I will need to know by **AUGUST 1, 2026**.

FOOTWEAR

- Trekking shoes/boots with good grip & ankle support are recommended– 1
- Lightweight sandals– 1 pair

CLOTHING (Layering System)

- Quick-dry trekking pants – 2 pairs
- Full-sleeve quick-dry T-shirts – 2–3
- Warm base layers / fleece layers
- Wool socks – 2 -3 pairs
- Thermals (upper & lower) – 1 set
- Waterproof rain jacket
- Insulated jacket (down) – 1
- Warm gloves – 1 pair
- Warm cap/beanie – 1
- Sun cap/hat – 1
- Neck warmer or scarf - 1

PERSONAL & SAFETY ITEMS

- Toiletry kit
- Quick-dry towel

- Toilet paper/tissues
- Hand sanitizer
- Sunscreen (SPF 50+ recommended)
- Lip balm (SPF recommended)
- Personal first aid kit
- Diamox (High altitude prescriptions by your doctor)
- Electrolytes
- A small first aid kit
- Epi Pen – if needed

OPTIONAL BUT HIGHLY RECOMMENDED

- Trekking poles
- Camera
- Power bank for phone
- Dry fruits, dates, energy bars, chocolates
- Waterproof pouch for phone/documents

IMPORTANT NOTES

- Avoid cotton clothes during trekking.
- Carry all items in waterproof packing or dry bags.

ADD'L PACKING LIST – (for travel that is not hiking)

- Travel Adaptor – Type D
- Hand Sanitizer
- Travel Toilet Paper
- Travel Wipes
- Ear Plugs
- Eye Mask for sleeping
- Journal and Something to write with...
- Yoga Mat – **You can buy in Rishikesh**
- Meditation Cushion – **You can buy in Rishikesh**
- Compression Socks for plane and bus rides
- Extra snacks – Energy Bars, Nuts, High Protein Snacks.

- Small Hip Pack to carry documents, snacks and phone.
- Instant coffee is nice to have if you want to make sure to have coffee in the morning before restaurants are open.

CLOTHING

- Yoga Clothes for our morning classes.
- Lightweight dresses are nice to wear for travel (wearing leggings underneath is recommended).
- For sleeveless tops – have lightweight scarves to cover your shoulders.
- Layers are key, as some places will be warm during the day and cold at night.
- **SHOES:** In addition to your hiking shoes, it is nice to have sandals or shoes that are comfortable to walk in and easy to take on and off. I tend to travel with a pair of flip flops, and a pair of comfy Birkenstocks (ones that allow you to wear socks when cold).

What is NOT included.

- Flight costs to and from India.
- Transportation to and from Rishikesh (The Divine Resort).
- Any snacks, chai or coffee - outside of our daily meal times.
- Spa services.
- Activities done on your own.
- Meals bought on your own.
- Laundry.
- Offering for the temples. We all need to usually to offer about \$1 per temple. So have that extra cash on you when we travel.
- If you change the itinerary during our travels, it is your responsibility to pay for these travel changes.
- Breakfast + lunch on October 5, 2026.
- Lunch + Dinner on October 21, 2026.
- Planning your travels to get to India.
- Planning your travel after our pilgrimage.
- VISA preparation.

What is included.

- 3 meals for each full day we are together. All vegetarian meals.
- Transportation and hotel stays during our time together.
- Tips for the guides for our group activities, priests, drivers, and hotels that support us on our journey.
- A guided journey for the time we are together, including meditation and yoga.

MANTRAS

During our time together, there are two mantras that we will be using on a regular basis. We will learn the pronunciations, their meanings and the intention behind working with these mantras during our time together. I will have them printed for you as well. I wanted to send them now, in case you did want to learn them prior to joining the pilgrimage.

GAYATRI MANTRA

Om bhur bhuvah svah
tat savitur varenyam
bhargo devasya dhimahi
dhiyo yo nah prachodayat

MAHA MRITINJAYA MANTRA

OM. Tryambakam yajamahe
Sugandhim pushti-varadhanam
Urvarukamiva bandhanan
Mrityor mukshiya mamritat

ITINERARY

October 5 | Arrival & Opening — Rishikesh @ Divine Resort

Our pilgrimage begins at the edge of the sacred Ganges. Settle in, breathe it all in, and join us for our Opening Ceremony on the banks of Ma Ganga at 5pm, followed by a group dinner at the Divine Resort at 7pm.

October 6 | Rishikesh @ Divine Resort

We ease into the rhythm of pilgrimage life. Morning meditation and yoga on the banks of Ma Ganga at 6am, followed by breakfast and free time. In the afternoon, we explore Rishikesh together — visiting the beloved Beatles Ashram, shopping the colorful markets, and joining in the sacred Aarti ceremony. Group dinner at 7pm.

October 7 | Rishikesh → Rudraksh Retreat Center

After morning practice and breakfast, we begin our ascent. A four-hour hike carries us up to Kunjapuri Temple, nestled at 1,676 meters in the Himalayas — one of the 52 sacred Shakti Peethas, dedicated to Goddess Durga. Panoramic views of the Garhwal Himalayas await. A packed lunch will be provided; please bring a backpack with snacks and water. From there, we drive up to the Rudraksh Retreat Center, where we settle in and have dinner.

October 8 | Rudraksh Retreat Center

Morning meditation and yoga at 6am, breakfast at 8am, followed by a hike through the surrounding landscape, which includes the local village. Afternoon brings personal time, a workshop, and a visit to the local Shiva Temple. Dinner and personal time in the evening.

October 9 | Rudraksh Retreat Center

We visit the Jai Sem Nagraja Temple, a rare and powerful snake deity temple perched at an altitude of 2,903 meters. Dedicated to Nag Raja — considered the greatest of the Nag Devta — the journey follows the sacred Khamba

Khal–Sem trail, offering both spiritual depth and breathtaking beauty. Dinner and personal time in the evening.

October 10 | Rudraksh Retreat Center

Another day of mountain rhythm — morning practice, breakfast, a village hike, personal time, an afternoon workshop, and a return visit to the Shiva Temple. Rest and restore in the evening.

October 11 | Rudraksh Retreat Center → Barsu

We pack up and make our way deeper into Uttarakhand, stopping to visit the ancient Kashi Vishwanath Temple in Uttarkashi — not to be confused with its sister temple in Varanasi. Seated on the banks of the holy Bhagirathi River and dedicated to Lord Shiva, this temple is among the oldest and most revered in the region. We continue on to Barsu, arriving in time for dinner and rest.

October 12 | Barsu

A gentle day of acclimatization. Morning practice, breakfast, and time to hike and orient us to the altitude. Dinner and personal time in the evening.

October 13 | Barsu → Gangotri

We drive to the sacred town of Gangotri, one of the holiest sites in all of India. Time to explore, absorb the energy of this extraordinary place, and prepare for the trek ahead. Dinner at 7pm.

October 14–17 | Trekking to the Source of the Ganga

Day 1 — We trek 14 kilometers from Gangotri to Bhojbasa, making camp for the night beneath the Himalayan sky. We will have plenty of help setting up camp, cooking and carrying our belongings – if needed.

Day 2 — The heart of our pilgrimage: a hike to Gaumukh, the glacial source of the Ganga. We return to Bhojbasa by evening, carrying the blessing of having touched the river's origin.

Day 3 — An optional 5-kilometer trek to Tapovan at 4,400 meters, for those called to go higher.

Day 4 — We descend to Gangotri and spend the night.

October 18 | Gangotri → Rudraksh Retreat Center

Breakfast at 8am, then we make the drive back to the Rudraksh Retreat Center — a chance to decompress, reflect, and rest after the trek.

October 19 | Rudraksh Retreat Center → Devprayag

Morning practice, breakfast, then we journey to Devprayag — the sacred confluence where the Alaknanda and Bhagirathi rivers meet to give birth to the Ganga. We spend the day exploring this spiritually charged town. Dinner and personal time in the evening.

October 20 | Devprayag → Rishikesh

Our final day of travel. Morning practice and breakfast, then we make our way back to Rishikesh with a stop at Vashishta Cave, where the great sage Vashishta is said to have meditated, located about 25 kilometers outside the city. We arrive back in Rishikesh in the late afternoon, then gather for one more group dinner together.

October 21 | Rishikesh

Pilgrimage Closes. We will practice together in the morning with meditation and yoga on the banks of Ma Ganga. Group breakfast at 8am. At 10am, our Sacred India Pilgrimage comes to a close — transformed, held, and blessed by this ancient land.