



MANALI

**4 DAYS 3 NIGHTS
MANALI TO GRAHAN
HEALING JOURNEY**



About Us

Doctor Traveler India Holidays – Dr.Traveler – DTI Holidays is more than just a travel company – we are pioneers reshaping the very essence of premium, responsible, and community-driven tourism across India and beyond.

Founded and led by accomplished **Doctors and Visionary Entrepreneurs**, our brand stands firmly on the pillars of Integrity, Professionalism, and Heartfelt Care – values we uphold in every journey we craft for our travelers.



Travel Heals. We Prescribe it Right

Our Mission

- Operate across 5000+ destinations in India and abroad.
- Build a world-class premium resort brand.
- Create transformational travel experiences that connect people, nature, and communities.

Our Philosophy – Travel as Healing

At Dr. Traveler, **we believe that travel is a form of healing.**

Each journey has the power to calm the mind, uplift the spirit, and bring balance to life. Guided by this belief, **we curate every experience with care and purpose, ensuring every moment rejuvenates you from within.**

Our Promise

At Dr.Traveler we go beyond itineraries – we create journeys that transform, connect, and inspire. Every trip becomes a pathway to discovery, balance, and renewal. DTI Holidays – Where Every Journey Heals.

Extraordinary Service, Every Time

Travel is personal, and we treat it that way. Every itinerary is crafted for our selective premium clientele with deep attention to detail, luxury, and comfort.

Personalized & Professional Guidance

Our experienced team of travel professionals and doctors provides personalized planning, on-ground support, and real-time problem-solving for a flawless experience.

Situational Management & Contingency Planning

We don't just rely on Plan A – we always prepare Plan B and Plan C, ensuring peace of mind and smooth travel in every situation.

Medical Assistance Like No Other

As the first travel company to integrate medical expertise, we ensure your safety and wellness throughout your journey.

Research-Driven Experiences

Our dedicated in-house research team studies destinations, hospitality, and culture to deliver journeys that are both authentic and exceptional.

Selective Premium Clientele

We focus on serving a curated group of travelers, not the masses. Our approach is value-driven, not profit-driven – backed by strong, successful businesses across India.

Core Strengths

+91 6282632019 info@drtravelerholiday.com

INCLUSIONS



- 3 Star/ 4 Star Premium Property Accommodation in Manali.
- Rooms on a Quad Sharing Basis (Four Adults in One Room)
- Delhi- Manali - Delhi -Premium Semi-Sleeper Volvo Bus
- 4 Days Sightseeing Cab/Coaches
- 4 Tea, Breakfasts and 3 Dinners (Both Veg & Non-Veg)
- All Parking, Tolls & Taxes
- All Primary Entry Tickets
- One Bottle of Water Per Day During Sightseeing
- Campfire and Music Nights in Manali (Only For Groups > 20)
- 24×7 Hot and Cold Water
- Jogini Waterfall Trek
- Exclusive Hidden Gem Access (Experiences missed by regular tourists)
- Tour Executive and Director Assistance
- 24×7 Helpline and Emergency Assistance
- Basic First Aid.
- Room Heater in Manali (Top Selling -1 Per Room)



PREMIUM UPGRADE OPTIONS

- Stay Upgrade to 4 Star Hotel or Resort
- Premium Transportation (Luxury Tempo Traveler or AC Coach)
- Buffet Breakfast & Dinner with Extended Menu Up to 15 Items
- Early Check-in / Late Check-out (Subject to Availability)
- 24×7 Priority Customer Support Line
- Sajla Waterfall Trek (Only for Groups above 20)
- Doctor on Call - Complimentary Consultation
- Free Emergency Medical Transportation

EXCLUSIONS

- Airfare / Rail Fares
- Snow Vehicle Expenses
- Adventure Activities
- Personal Expenses, Tips, Laundry, Phone Calls, Soft & Hard Drinks
- Additional Vehicles Apart from Those Already on Tour
- Extended Stay Due to Unforeseen Conditions
- Difference / Increase in Amount Due to Tax Rule Change / Fuel Price Increase / Any Other Government Regulations
- Any Cost Arising Due to Natural Calamities Like Landslides, Roadblocks, etc. (To be Borne by the Customer Directly)
- Anything Not Mentioned in Inclusions
- The tour package price includes all the services and benefits mentioned in the itinerary. Any additional services or expenses incurred by the customer during the tour are not included in the price and will be charged separately.

⚠️ COPYRIGHT NOTICE

- All itinerary details, descriptions, and content provided by Doctor Traveler India Holidays LLP are copyright protected.
- Any form of copying, reproduction, or imitation—whether partial or full of this itinerary or its contents without prior written consent will be considered a violation of intellectual property rights.
- Unauthorized use may lead to legal action and appropriate remedies under applicable copyright and trade laws.

DAY 00

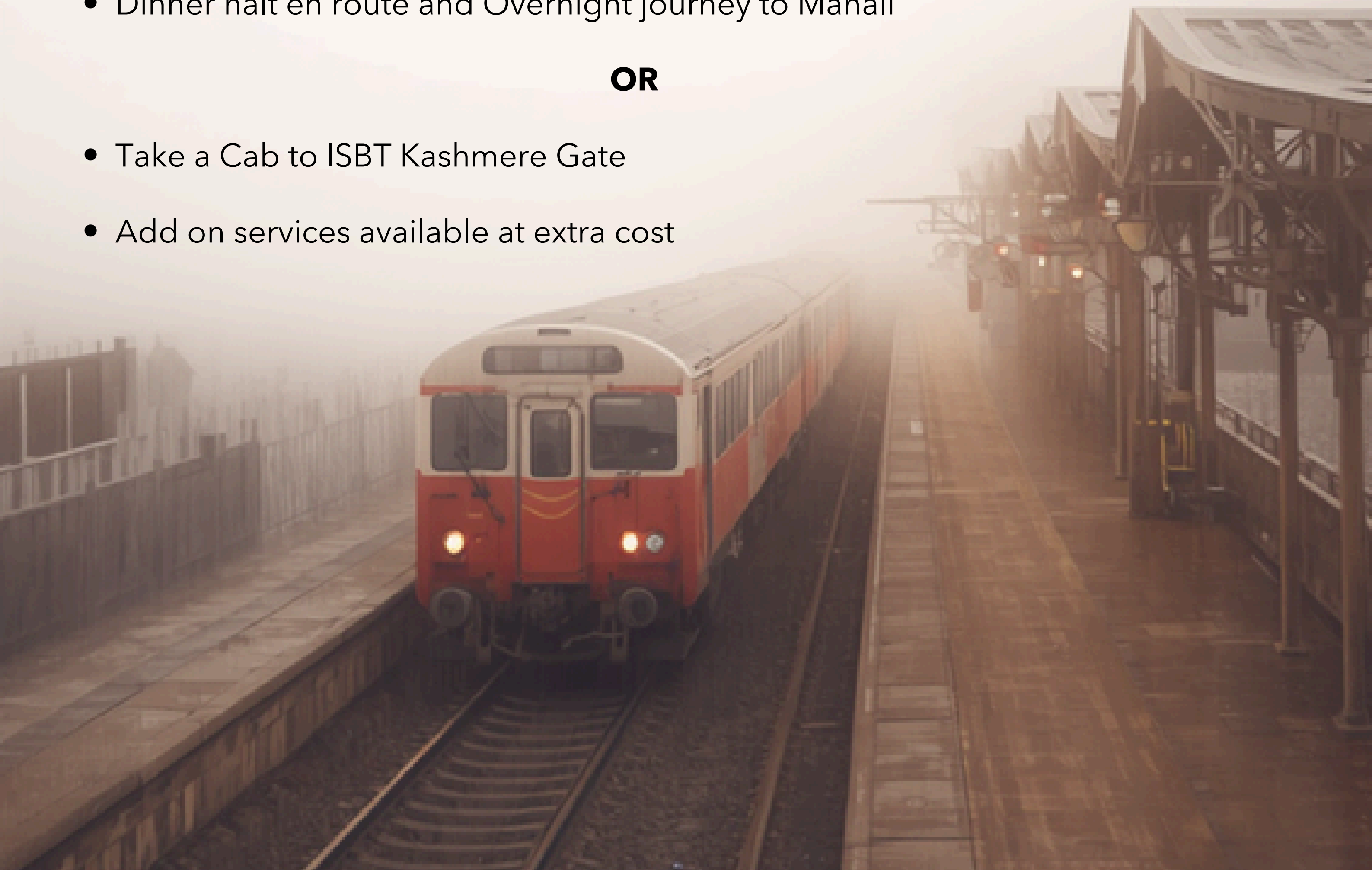
ARRIVAL IN DELHI AND JOURNEY TO MANALI

MEALS: NONE

- 02:00 PM - 05:30 PM: Arrive in Delhi by afternoon and proceed toward the railway station area. This time can be used to relax, freshen up, and prepare for the onward night journey to Manali.
- Freshen up at the IRCTC AC Lounge (maximum 30 minutes), then proceed to **Sarai Kale Khan-Hazrat Nizamuddin Metro Station**.
- Take the metro towards Majlis Park from Platform 1.
- Interchange to the Yellow Line at Dilli Haat-INA Metro Station.
- Continue by metro to ISBT Kashmere Gate from Platform 2 and disembark at **Kashmere Gate Metro Station**.
- Exit through Gate 08 and walk towards the **ISBT Kashmere Gate Volvo stand**.
- 08:00 PM: Board the semi-sleeper Volvo bus to Manali (approximately 14 hours journey).- (Volvo Tickets are included in the package)
- Dinner halt en route and Overnight journey to Manali

OR

- Take a Cab to ISBT Kashmere Gate
- Add on services available at extra cost



DAY 01

LOCAL MANALI CULTURAL IMMERSION

MEALS: BREAKFAST & DINNER

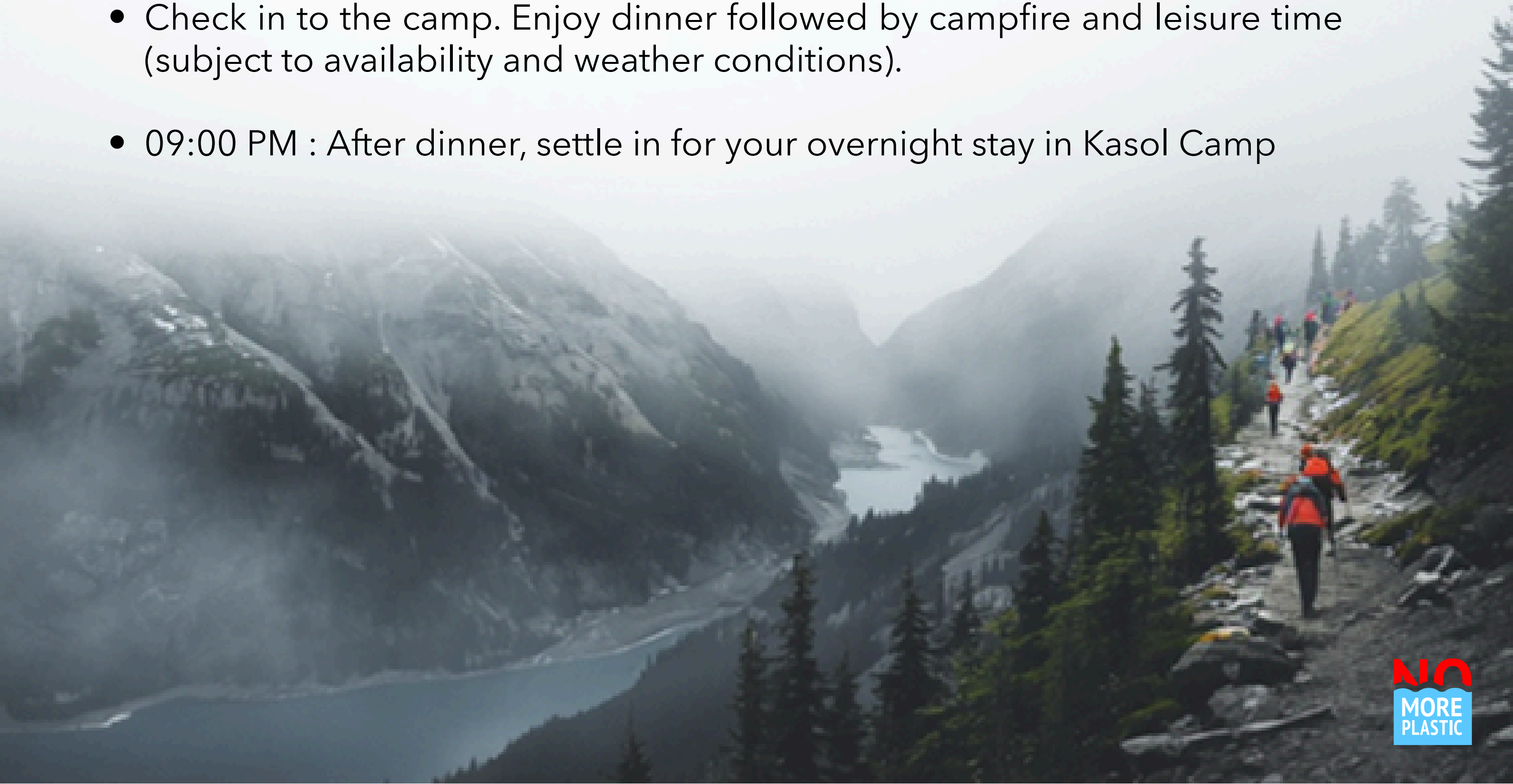
- 08:00 AM: Arrive in Manali, transfer to your hotel, and take some time to rest and adjust to the cool mountain climate and higher altitude.
- 09:00 AM- 01:00 PM: After breakfast, set out for a full-day exploration of Manali's enchanting attractions, where spirituality, culture, and natural beauty come together in perfect harmony.
 - **Hadimba Temple**: Visit the ancient Hadimba Temple, dedicated to Hadimba Devi. A Marvel at its unique pagoda-style architecture, featuring four tiers of wooden roofs and intricate carvings.
 - **Van Vihar** : Stroll through Van Vihar, a picturesque public park located on the banks of the Beas River.
 - **Tibetan Monastery** : Explore the serene Tibetan Monastery, a Buddhist monastery showcasing the culture and art of Tibet. Discover its prayer hall, statue of Lord Buddha, and handicraft shop.
 - **Mall Road**: Take a leisurely walk along Mall Road, the main street in Manali, lined with shops, cafes, and restaurants.
 - **Manu Temple** (Optional) : Dedicated to Sage Manu in Old Manali.
- 02:15 PM - 07:00 PM: Proceed towards Kullu Valley Sightseeing & Adventure Activities.
 - **Kullu Valley** : Drive through the scenic Kullu Valley, popularly known as the "Valley of Gods," featuring lush green hills, river views, and traditional Himachali settlements.
 - **Adventure Activities** at Babeli / Pirdi (Optional | Own Cost)
 - Babeli River Rafting on the Beas River
 - Paragliding at Kullu / Raison for panoramic valley views
 - Other adventure activities like ziplining or rock climbing (subject to availability)
- Visit Kullu Shawl Factory & Local Market in the evening.
- 07:30 PM: Return to hotel for Campfire and DJ Night.(For Group >20)
- 08:00 PM : After dinner, settle in for your overnight stay in Manali.

DAY 02

SOLANG VALLEY, ATAL TUNNEL & KOKSAR EXCURSION

MEALS: BREAKFAST & DINNER

- 07:00 AM - Breakfast at the Hotel
- 07:00 AM - 05:00 PM: After breakfast, embark on a scenic full-day sightseeing tour covering Solang Valley, Atal Tunnel, Sissu Lake, and Sissu Waterfall - a perfect blend of adventure, nature, and Himalayan beauty. Enjoy breathtaking views of snow-capped peaks, glacial streams, and charming mountain landscapes throughout the day.
 - **Solang Valley:** Solang Valley: A valley located between Beas Kund and Solang village. It is known for hosting various adventure sports like paragliding, zorbing, skiing, and ropeway rides. It also offers stunning views of the glaciers and surrounding peaks.
 - **Atal Tunnel :** A high mountain tunnel that connects Manali with the Lahaul and Spiti valleys. It is the world's longest highway tunnel above 10,000 feet, reducing travel time and distance between Manali and Leh by about 4 hours and 46 km respectively.
 - **Koksar:** A quiet Himalayan village after the Atal Tunnel. Known for snowfields, cafés, and panoramic winter scenery.
- 03:30 PM - 07:30 PM: Proceed towards Kasol Camp side. Enjoy the scenic drive through pine forests and river views.
- Check in to the camp. Enjoy dinner followed by campfire and leisure time (subject to availability and weather conditions).
- 09:00 PM : After dinner, settle in for your overnight stay in Kasol Camp



DAY 03

GRAHAN TREK & VILLAGE STAY

MEALS: BREAKFAST & DINNER

- 07:00 AM: Breakfast at the camp.
- 08:00 AM - 02:00 PM: Proceed to the trek base point and begin the Grahan Village Trek, one of the most scenic and peaceful Himalayan trails.
 - **Grahan Trek:** Walk through dense pine and deodar forests along a well-defined mountain trail. The trek takes you across gentle ascents, wooden bridges, river crossings, and refreshing waterfall points. Enjoy panoramic views of the Parvati Valley, listen to the sounds of flowing streams, and experience untouched Himalayan wilderness throughout the trek.
- 03:00 PM: Arrive at Grahan Village, a remote Himalayan hamlet nestled amid forests and mountain slopes. On arrival, check in to the homestay and take some time to rest.
 - **Grahan Village:** A remote and hidden Himalayan hamlet untouched by modern development. Explore the village lanes, traditional wooden houses, and terraced fields. Experience the simple mountain lifestyle, warm local hospitality, and absolute serenity surrounded by forests and mountains.
- 05:30 PM - 07:00 PM: Free time to relax, explore the village surroundings, and enjoy the peaceful evening atmosphere.
- Dinner at the homestay, served with locally prepared cuisine.
- Overnight Stay at Grahan Homestay

DAY 04

GRAHAN DESCENT, KASOL SIGHTSEEING & RETURN

MEALS: BREAKFAST

- 07:00 AM :After breakfast, check out from the homestay and prepare for the descent from the mountains.
- 08:00 AM - 01:00 PM: Descend from Grahan Village to the base point through scenic forest trails and transfer to Kasol. Enjoy the downhill walk through pine forests, wooden bridges, and mountain streams while taking in fresh air and panoramic valley views along the way.
- 02:00 PM - 05:30 PM: Enjoy a full-day sightseeing excursion covering Manikaran, Kasol, and the Parvati Valley.
 - **Kasol Valley** : A serene and laid-back village nestled in the Parvati Valley. Kasol is loved by trekkers and backpackers for its bohemian vibe, pine forests, and riverside cafés.
 - **Kasol Market**: Stroll through the Kasol Market, browsing local shops and cafés offering handicrafts, souvenirs, woollen items, accessories, and popular café treats.
 - **Parvati River Walk**: Enjoy a peaceful walk along the Parvati River.
 - **Manikaran Sahib Gurudwara**- A revered pilgrimage site for both Sikhs and Hindus, located along the banks of the Parvati River. The Manikaran Sahib Gurudwara is known for its peaceful atmosphere, langar (community kitchen), and natural hot springs that flow beside it
 - **Manikaran Hot Springs** - Adjacent to the Gurudwara, the natural hot springs are believed to have medicinal and healing properties.
- Evening: Spend some leisure time shopping in Kasol, known for local handicrafts, souvenirs, and woollen items.
- 06:00 PM--07:00 PM: Transfer to Volvo Bus Stand for your return journey to Delhi (approx. 540 km / 14 hours).

Trip ends with memorable Himalayan experiences.

DAY 00

ARRIVE IN DELHI & RETURN JOURNEY

MEALS: NONE

- 09:00 AM: Arrive at ISBT Kashmere Gate Volvo Stand. Drop point completed. From here, guests can independently proceed by Delhi Metro to New Delhi Railway Station, Hazrat Nizamuddin Railway Station, or the Airport, based on their onward journey.
- 10:00 AM onwards: Sufficient buffer time available before departure. Guests may relax, freshen up, or explore nearby attractions in Delhi before proceeding to their respective departure points.
- Nearby attractions (optional, time permitting):
 - Red Fort (short auto/metro ride)
 - Jama Masjid
 - Chandni Chowk (street food & shopping)
 - Raj Ghat
 - Civil Lines area cafés

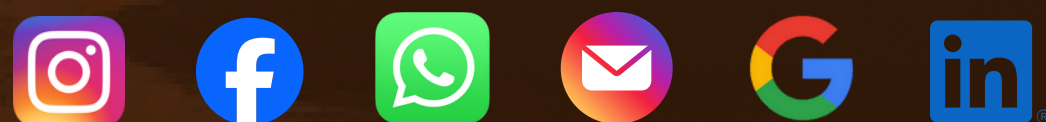
The mountain journey comes to a close, leaving behind beautiful memories.



CANCELLATION POLICY

- 30% cancellation charges if cancelled before 30 days before the tour.
- 45% cancellation charges if cancelled within 20 days before the tour.
- 70% cancellation charges if cancelled within 10 days before the tour.
- No refund for tour starting within 10 days of tour or after starting or middle of the tour.
- No Show 100% of tour cost.
- During High Peak Season period, Hotels Specific Cancellation Policies will be applicable. In these cases, the hotels may not refund any amount if the booking is cancelled after issuance of Hotel Voucher.

Adventure awaits – pack your dreams and let the journey begin.



FOR BOOKINGS & ENQUIRIES:

+91 6282 63 2019

info@drtravelerholiday.com
www.drtravelerholiday.com

 **dr_traveler.in**



Travel Heals. We Prescribe it Right

Thank You for Choosing Dr. Traveler

At Dr. Traveler, we believe every journey should heal, inspire, and change your perspective. We do not just plan trips – we craft transformational experiences that blend comfort, safety, and care. Thank you for trusting us to be part of your travel story. **We wish you an extraordinary travel experience, filled with joy, discovery, and memories that last a lifetime.** Wherever your next adventure takes you, may it continue to heal, inspire, and broaden your horizons.



TRAVEL & MEDICAL GUIDELINES (MUST READ)

- **Acclimatization:** Acclimatization is the process by which your body adjusts to higher altitudes and lower oxygen levels. Acclimatization is important because it helps prevent altitude sickness, which can cause headaches, dizziness, nausea, or fatigue. Move slowly at higher altitudes (Manali, Solang, Atal Tunnel, Sissu). Stay hydrated, avoid running/exertion, and allow the body to adjust. Students with asthma/heart/respiratory issues should consult a doctor before travel.
- **Meals on Mountain Days:** Lunch not included – When it is cold, your body directs more blood to vital organs to maintain core temperature, and away from the digestive system. This slows down how quickly your stomach breaks down food, meaning heavy meals sit longer in your gut. This can lead to nausea, bloating, or even vomiting, making you feel weak and uncomfortable during your adventure. Additionally, Carrying cooked food is discouraged because it cools quickly and unevenly, creating a temperature range where bacteria like Salmonella or E. coli can multiply, increasing the risk of food poisoning. Light snacks (dry fruits, energy bars, biscuits, water) are recommended.
- **Weather Dependency:** Mountain visits are subject to weather. Heavy snowfall or landslides may close roads; entry to Solang, Atal Tunnel, and Sissu will depend on safety clearance. Alternate local sightseeing will be arranged if needed.
- **Medical Precautions:** Carry your personal medicines. A basic first-aid kit will be available during the trip.
- Immediately inform faculty/organizers if you experience severe headache, dizziness, breathlessness, or unusual discomfort.
- You may take basic vitamins or supplements if you wish. Detailed recommendations are provided in your travel guide.

TERMS & CONDITIONS (T&C)

Upon confirmation of the tour, a formal agreement will be executed between the client (1st Party) and Doctor Traveler India Holidays LLP (2nd Party) on Rs. 100/- Bond Paper, duly signed by both parties. This agreement will cover the tour itinerary, inclusions, payment terms, cancellation policy, traveler responsibilities, code of conduct, and safety guidelines, and will be legally binding. Both parties acknowledge and agree to all terms, and any disputes arising shall be addressed as per the laws of India.

Changes in Itinerary:

- The itinerary is subject to change due to factors such as availability, traffic, weather conditions, natural calamities, political unrest, strikes, landslides, or any other unforeseen events.
- Doctor Traveler reserves the right to modify schedules, change vehicles, alter itineraries, or revise travel routes when necessary for the safety, convenience, or overall interest of the group. Travelers are requested to cooperate and adhere to such adjustments.

Important Notes

- Adventure Activities: River rafting, paragliding, trekking, and snow sports are optional and at own risk & cost.

Health & Safety:

- Travelers are responsible for their personal health and fitness for activities like trekking, paragliding, and rafting.
- Doctor Traveler is not liable for accidents during optional/adventure activities.
- All travelers should inform about any pre-existing medical conditions.

Accommodation & Transport:

- Hotels are provided on a quad-sharing basis, unless otherwise specified.
- Transportation will be in AC buses, 5 & 7 vehicles, and trains as per the itinerary, unless otherwise specified.
- Room upgrades, extra nights, or private vehicles can be arranged on request and additional cost.

Liability:

- Doctor Traveler is not responsible for lost, stolen, or damaged personal belongings.
- The company is not liable for delays, cancellations, or missed services arising from circumstances beyond its control.
- Doctor Traveler shall not be held responsible for any injury, accident, or health-related issue that may occur during the journey.

Traveler Conduct & Responsibility

We kindly request all travelers, especially students, to always maintain respectful behaviour and proper decorum, and to treat the following groups:

- Fellow travelers, Hotel and resort staff, as well as tour guides
- Local communities and residents

Kindly ensure your actions positively reflect on the group and Doctor Traveler's reputation.

Unfavourable Behaviour Includes:

- Misbehaviour, bullying, or harassment
- Damage to hotel, transport, or campsite property
- Disrespecting local culture or traditions

Responsibility for Damages & Consequences of Misconduct:

- Any damage or loss caused to hotel rooms, buses, vehicles, or equipment by a traveler will be recovered from the individual/group.
- Students must report damages immediately to the tour representative.
- Travelers engaging in misconduct may be removed from the tour at their own expense.
- Doctor Traveler reserves the right to terminate participation without refund in cases of serious misbehaviour.
- Parents/guardians (for student groups) will be notified immediately in case of severe incidents.

Group Responsibility:

- Group leaders/teachers are responsible for monitoring student behavior and ensuring compliance with tour rules.

At Doctor Traveler India Holidays, we handpick every hotel to ensure comfort, safety, and hygiene for all our guests.

All our partner properties are verified and regularly audited by our team to maintain consistency in quality and service.

3-Star Hotels- International Standard

These hotels are officially rated by the Hotel & Restaurant Approval and Classification Committee (HRACC) under India's Ministry of Tourism.

Typical Features Include:

- Clean, well-maintained rooms with attached bathrooms.
- Air-conditioning, hot water, and 24-hour front desk.
- In-house restaurant or room service for meals.
- Complimentary Wi-Fi in most areas.
- Basic toiletries and daily housekeeping.
- Safety standards with CCTV and front-desk assistance.

4-Star Hotels - International Standard

They cater to travelers who seek enhanced comfort without the extravagance of 5-star luxury.

Typical Features Include:

- Spacious rooms with premium furnishings.
- In-house multi-cuisine restaurants and 24x7 room service.
- Modern amenities – Wi-Fi, minibar, tea/coffee maker, electronic safe, and laundry.
- Swimming pool, gym, or wellness facilities in most properties.
- Enhanced safety, concierge, and travel assistance.
- Professional staff trained in guest relations.

Our Commitment

Whether it's a cozy Himalayan retreat, a city-centre hotel, or a riverside resort, your comfort is our top priority.

We personally verify:

- Location safety & accessibility
- Staff courtesy and hygiene standards
- Quality of bedding, food, and bathrooms
- Consistency of guest reviews

We believe that;

"Travel Heals – and a good night's rest is where healing begins."

Our Transportation Standards

Doctor Traveler India Holidays ensures international-level comfort and safety in every journey. While typical Indian transport standards (even in premium categories) may vary in vehicle maintenance, hygiene, and driver professionalism, Dr Traveler-certified vehicles meet global benchmarks – clean, air-conditioned, GPS-enabled, and regularly serviced. All drivers are trained in safe, courteous driving, equipped with emergency contact numbers, and instructed to assist guests like family.

Our Tour Executives

At Doctor Traveler India Holidays, our tour executives are more than coordinators – they are your travel companions, safety guardians, and story tellers. Each executive is professionally trained, multilingual, and well-versed in both local culture and international service standards. From airport pickup to hotel check-in, sightseeing assistance, and on-ground problem solving, they ensure your journey runs seamlessly. They are available 24×7 on call or WhatsApp for any assistance, making sure you feel supported and cared for throughout your trip.

Our Services

At Doctor Traveler India Holidays, we offer end-to-end premium travel services with no compromise on quality. From curated itineraries, flight and train bookings, and hotel arrangements to guided sightseeing, local transfers, and 24×7 on-trip assistance – every detail is managed with precision and care.

Our services combine international standards of comfort and reliability with the warmth of Indian hospitality, ensuring every traveler experiences a seamless, safe, and memorable journey.

Defamation & Third-Party Services Disclaimer

At Doctor Traveler India Holidays LLP, we partner with carefully selected third-party vendors for transport, accommodation, adventure activities, and other on-ground arrangements to deliver a complete travel experience. While we ensure that all service providers meet our quality and safety standards, certain factors – such as delays, local policies, or third-party conduct – may occasionally be beyond our direct control.

We encourage travelers to report any concern or inconvenience directly to our support team for immediate resolution.

However, any public defamation, negative campaigning, or false allegations against Doctor Traveler for issues arising solely from third-party operations may invite legal action under applicable defamation and cyber laws.

We remain fully committed to assisting our guests professionally and ensuring fair handling of every situation.

Final Note

If anything happens – lost item, missed transport, medical emergency, harassment, or you feel unsafe – contact Dr Traveler immediately:

- Phone / WhatsApp: **+91-62 82 63 2019 / +91-96 331 331 42**
- Email: **drtravelerholiday@gmail.com / legal.drtraveler@gmail.com**

We will guide you, liaise with authorities, and help arrange safe alternatives.