

PREMIUM HERITAGE EXPERIENCE

TREK EDITION PLUS



Agra · Delhi · Manali Kasol · Grahan · Delhi

11 Days & 10 Nights — Taj Mahal · Delhi Heritage · Solang Valley · Grahan Trek · Kasol

★ 4.9 Rated · 1,40,000+ Happy Travellers · Doctor-Led Travel Experts



11

DAYS



10

NIGHTS



14

MEALS



6

MAJOR STOPS

DESTINATIONS & EXPERIENCES

Taj Mahal

Agra Fort

India Gate

Lotus Temple

Red Fort

Qutub Minar

Hadimba Temple

Solang Valley

Atal Tunnel

Koksar

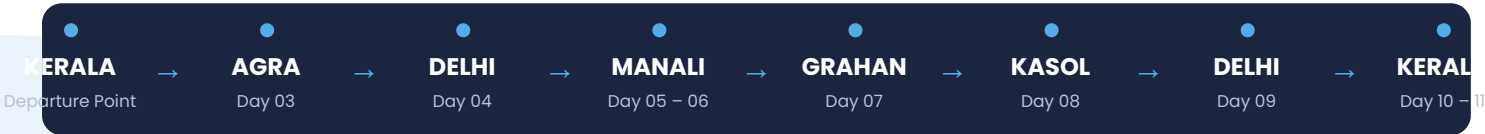
Grahan Village Trek

Kasol & Manikaran

Travel Heals. We Prescribe It Right.

Dr. Traveler India Holidays is founded and led by accomplished doctors and visionary entrepreneurs, standing on the pillars of Integrity, Professionalism and Heartfelt Values. We believe every journey has the power to calm the mind, uplift the spirit and bring balance to life — with complete on-ground assistance, medical expertise and personalised guidance at every step.

JOURNEY ROUTE



JOURNEY OVERVIEW

11 Days / 10 Nights — Himalayan Heritage Experience

Complete day-by-day summary — Agra · Delhi · Manali · Kasol · Grahan

COMPLETE JOURNEY OVERVIEW

01 Board Train & Start Journey Board the Kerala Express or Mangala Lakshadweep Express from Ernakulam at 1:25 PM towards Agra. No meals	02 Continue Journey in Train A relaxed day onboard enjoying scenic North Indian rail routes with your group. No meals
03 Agra Arrival & Overnight Stay Taj Mahal & Agra Fort sightseeing, with an overnight stay in Agra. LUNCH · DINNER	04 Delhi Sightseeing & Journey to Manali India Gate, Lotus Temple & more, then overnight Volvo to Manali. BREAKFAST · LUNCH · DINNER
05 Local Manali Cultural Immersion Hadimba Temple, Van Vihar, Tibetan Monastery, Mall Road & Kullu Valley adventure. BREAKFAST · DINNER	06 Solang Valley, Atal Tunnel & Koksar Full-day excursion, then transfer to Kasol Camp for the night. BREAKFAST · DINNER
07 Grahan Trek & Village Stay Trek through forests to the remote Himalayan hamlet of Grahan for a homestay night. BREAKFAST · DINNER	08 Grahan Descent, Kasol & Manikaran Descend to Kasol, visit Manikaran, then overnight Volvo bus back to Delhi. BREAKFAST
09 Old Delhi Sightseeing & Return Red Fort, Qutub Minar, Jama Masjid, then board the Kerala Express home. BREAKFAST · LUNCH	10 Train Journey Relax onboard as you head back towards Kerala. No meals
11 Arrival in Kerala Train reaches Ernakulam in the evening — journey concludes. No meals	

DID YOU KNOW? — DESTINATION HIGHLIGHTS

AGRA — CITY OF LOVE Home to the Taj Mahal, a UNESCO World Heritage Site and one of the Seven Wonders of the World, built by Shah Jahan.	ATAL TUNNEL — ENGINEERING MARVEL The world's longest highway tunnel above 10,000 feet, cutting travel time between Manali and Leh by nearly 5 hours.	GRAHAN — A HIDDEN HIMALAYAN HAMLET A remote village reachable only on foot, offering untouched wilderness and warm homestay hospitality.
MANIKARAN — SACRED HOT SPRINGS A revered pilgrimage site for Sikhs and Hindus alike, famous for its natural hot springs believed to have healing properties.	DELHI — CAPITAL OF CONTRASTS From the 12th-century Qutub Minar to the lotus-shaped Bahá'í Temple, Delhi blends centuries of heritage.	PERMITS & ASSISTANCE Dr. Traveler India manages tickets, transfers and on-ground coordination so you can focus on the experience.

DAY 01

Board Train & Start Journey to Agra

Onward Rail Journey — Ernakulam to Agra

MEALS *No meals included today*

DAILY SCHEDULE

1:25 PM	Board Your Train Board the Kerala Express or Mangala Lakshadweep Express from Ernakulam and settle in for a smooth 45-hour ride to Agra.
ALL DAY	Onboard Journey Get comfortable, enjoy the changing views along the way, and gear up for your North India adventure ahead.

DAY 01 HIGHLIGHTS

TRANSFER  Kerala Express / Mangala Lakshadweep Express Comfortable AC train from Ernakulam covering the scenic route to Agra.	SCENIC  Changing Landscapes Watch the terrain transform from coastal Kerala to the North Indian plains.	OVERNIGHT  Onboard Rest Settle into your berth for a comfortable overnight leg of the journey.
---	---	--

TRAVEL TIPS — DAY 01

- Carry valid ID proof and ticket copies for the entire train journey.
- Reach Ernakulam Railway Station well ahead of the 1:25 PM departure.
- Pack snacks, water and entertainment for the long ride.

A GLIMPSE OF AGRA AHEAD

 Taj Mahal	 Agra Fort	 India Gate
---	---	---

DAY 02

Continue Journey in Train

Onward Rail Journey — Scenic North Indian Rail Routes

MEALS *No meals included today*

DAILY SCHEDULE

ALL DAY

Onboard the Train

Continue your train journey. Spend the day enjoying the scenic North Indian rail routes, playing games, or engaging in light activities with your group.

SAFETY

Important Safety Guidelines

Do not get down at any station without informing the coordinator. For any assistance, call 139 — RPF will respond within minutes. Any inconvenience can be reported instantly via the Rail Madad portal.

DAY 02 HIGHLIGHTS

ACTIVITY

✦ **Group Bonding**

Enjoy games, conversations and light activities with fellow travellers onboard.

SCENIC

🏞️ **North Indian Rail Routes**

Watch scenic countryside roll by as the train heads towards Agra.

SAFETY

🛡️ **24x7 Onboard Assistance**

RPF helpline 139 and Rail Madad are available throughout the journey.

TRAVEL TIPS — DAY 02

- Do not get down at any station without informing your tour coordinator.
- For any onboard issue, dial 139 to reach RPF instantly.
- File any complaint for instant resolution via the Rail Madad app.

DELHI & THE HIMALAYAS AWAIT



Qutub Minar



Hadimba Temple



Atal Tunnel

DAY 03

Agra Arrival, Sightseeing & Overnight Stay

Agra Sightseeing Tour — City of Love

MEALS

LUNCH

DINNER

DAILY SCHEDULE

10:15 – 11:00 AM	Arrival at Agra Railway Station Arrive at Agra Railway Station and transfer to the hotel for freshen-up.
1:00 PM	Lunch Enjoy lunch at the hotel or a local restaurant.
2:00 – 5:30 PM	Agra Sightseeing Tour Explore the Taj Mahal and Agra Fort, plus the optional Itimad-Ud-Daulah (Baby Taj) and Meena Bazaar.
7:30 PM	Dinner Return to the hotel and enjoy your dinner.
8:00 PM	Overnight Stay in Agra Relax and settle in for a comfortable overnight stay at your Agra hotel.

AGRA — DAY 03 HIGHLIGHTS

HERITAGE  Taj Mahal UNESCO World Heritage Site built by Shah Jahan as a tribute to Mumtaz Mahal. Closes 5:30 PM; closed on Fridays.	HERITAGE  Agra Fort Majestic red sandstone fort representing the might of the Mughal Empire. Closes 5:00 PM.	HERITAGE  Itimad-Ud-Daulah (Optional) The 'Baby Taj' — an elegant mausoleum built by Nur Jahan for her father.
SHOPPING  Meena Bazaar (Optional) One of Agra's oldest markets, known for jewelry, fabrics & handicrafts.	DINING  Lunch & Dinner in Agra Enjoy included meals at your hotel or a local restaurant during your stay.	OVERNIGHT  Overnight Stay in Agra Comfortable overnight stay at your Agra hotel.

TRAVEL TIPS — DAY 03

- Taj Mahal closes at 5:30 PM and is closed on Fridays; Agra Fort closes at 5:00 PM.
- Carry ID proof for hotel check-in and monument entry.
- Keep freshen-up time minimal to maximize sightseeing time.

DAY 04

Delhi Sightseeing & Journey to Manali

Delhi Sightseeing Tour — Then Overnight Volvo to Manali

- MEALS
- BREAKFAST
- LUNCH
- DINNER

DAILY SCHEDULE

8:00 AM	Breakfast at the Hotel Enjoy breakfast before checking out and heading to Delhi.
9:00 AM – 6:00 PM	Delhi Sightseeing Full-day tour covering India Gate, Lotus Temple, Rashtrapati Bhavan & Parliament House (drive past), and the optional Humayun's Tomb.
6:00 PM	Dinner Enjoy dinner at a local restaurant or your hotel.
8:30 PM	Overnight Volvo to Manali Board your overnight Volvo bus to Manali after a memorable day of sightseeing.

DELHI — DAY 04 HIGHLIGHTS

HERITAGE  India Gate & War Memorial A 42-metre sandstone arch honouring 70,000 Indian soldiers, with the Amar Jawan Jyoti eternal flame.	SPIRITUAL  Lotus Temple Stunning lotus-shaped Bahá'í House of Worship with serene gardens, open to all faiths.	HERITAGE  Rashtrapati Bhavan & Parliament House Drive past India's political heart, designed by Edwin Lutyens and Herbert Baker.
HERITAGE  Humayun's Tomb (Optional) 16th-century Persian-style garden tomb, a UNESCO site that inspired the Taj Mahal.	DINING  Dinner in Delhi Enjoy dinner at a local restaurant or your hotel before boarding the overnight Volvo.	OVERNIGHT  Overnight Volvo to Manali Comfortable overnight coach journey towards the Himalayas.

TRAVEL TIPS — DAY 04

- Most monuments and local markets in Delhi remain closed on Mondays; sightseeing will be adjusted based on availability.
- Carry a valid ID for sightseeing and hotel check-out.
- Pack an overnight bag separately for the Volvo journey to Manali.

DAY 05

Local Manali Cultural Immersion

Manali & Kullu Valley Tour — Spirituality, Culture & Adventure

MEALS

BREAKFAST

DINNER

DAILY SCHEDULE	
8:00 AM	Arrival in Manali Transfer to your hotel and take some time to rest and adjust to the cool mountain climate.
9:00 AM – 1:00 PM	Manali Sightseeing Visit Hadimba Temple, Van Vihar, Tibetan Monastery, Mall Road, and the optional Manu Temple.
2:15 PM – 7:00 PM	Kullu Valley & Adventure Activities Drive through the scenic Kullu Valley, with optional river rafting, paragliding and ziplining at Babeli/Pirdi, then visit the Kullu Shawl Factory and local market.
7:30 PM	Campfire & DJ Night Return to the hotel for a campfire evening (for groups above 20).
8:00 PM	Dinner & Overnight Stay After dinner, settle in for your overnight stay in Manali.

MANALI — DAY 05 HIGHLIGHTS		
HERITAGE  Hadimba Temple Ancient pagoda-style temple dedicated to Hadimba Devi, with unique four-tiered wooden architecture.	SCENIC  Van Vihar Picturesque public park on the banks of the Beas River.	CULTURE  Tibetan Monastery Serene Buddhist monastery showcasing Tibetan prayer halls, art and handicrafts.
SCENIC  Kullu Valley The 'Valley of Gods' — lush green hills, river views and traditional Himachali settlements.	ADVENTURE  Babeli / Pirdi Adventure (Optional) River rafting, paragliding and ziplining at your own cost, subject to availability.	ACTIVITY  Campfire & DJ Night Evening bonfire and music for groups above 20.

TRAVEL TIPS — DAY 05		
→ Take it easy on arrival day to acclimatize to the higher altitude.	→ Adventure activities at Babeli/Pirdi are optional and charged at your own cost.	→ Carry a light jacket — evenings in Manali turn cool quickly.

DAY 06

Solang Valley, Atal Tunnel & Koksar Excursion

Full-Day Excursion (Koksar Route) — Adventure, Nature & Himalayan Beauty, Then Kasol

MEALS BREAKFAST DINNER

DAILY SCHEDULE

7:00 AM	Breakfast at the Hotel Start the day with breakfast before setting out.
7:00 AM – 5:00 PM	Full-Day Sightseeing Scenic tour covering Solang Valley, Atal Tunnel, Sissu Lake & Waterfall, and Koksar — snow-capped peaks, glacial streams and mountain landscapes all day.
3:30 PM – 7:30 PM	Transfer to Kasol Camp Scenic drive through pine forests and river views towards Kasol Camp.
EVENING	Check-In & Campfire Check in to the camp, enjoy dinner followed by campfire and leisure time (subject to availability and weather).
9:00 PM	Overnight Stay Settle in for your overnight stay in Kasol Camp.

MANALI TO KASOL — DAY 06 HIGHLIGHTS

ADVENTURE  Solang Valley Adventure hub for paragliding, zorbing, skiing and ropeway rides.	HERITAGE  Atal Tunnel World's longest highway tunnel above 10,000 feet, linking Manali to Lahaul-Spiti.	SCENIC  Koksar A quiet Himalayan village beyond the tunnel, known for snowfields, cafes and panoramic winter scenery.
SCENIC  Sissu Lake & Waterfall Serene glacial lake and majestic waterfall fed by melting glaciers.	SCENIC  Scenic Drive to Kasol Drive through pine forests and river views en route to Kasol Camp.	OVERNIGHT  Camp Dinner & Campfire Dinner followed by campfire and leisure time at Kasol Camp.

TRAVEL TIPS — DAY 06

- Solang Valley & Atal Tunnel are included in every plan; from there, **please choose either the Sissu Route (Lake & Waterfall) or the Koksar Route** with your coordinator, subject to weather and BRO clearance.
- Dress in warm layers — temperatures drop sharply near the tunnel.
- Camp campfire is subject to availability and weather conditions.

DAY 07

Grahan Trek & Village Stay

Himalayan Trekking Day — Forests, Streams & a Remote Mountain Hamlet

MEALS

BREAKFAST

DINNER

DAILY SCHEDULE

7:00 AM	Breakfast at the Camp Start the day with breakfast before heading to the trek base.
8:00 AM – 2:00 PM	Grahan Village Trek Walk through dense pine and deodar forests, crossing wooden bridges, streams and waterfall points, with panoramic views of the Parvati Valley.
3:00 PM	Arrival at Grahan Village Arrive at this remote Himalayan hamlet, check in to the homestay and take time to rest.
5:30 – 7:00 PM	Free Time in the Village Relax, explore the village surroundings, and enjoy the peaceful evening atmosphere.
EVENING	Dinner & Overnight Stay Dinner at the homestay, served with locally prepared cuisine, followed by an overnight stay.

GRAHAN — DAY 07 HIGHLIGHTS

ADVENTURE  Grahan Trek A scenic Himalayan trail through pine and deodar forests, wooden bridges and river crossings.	SCENIC  Parvati Valley Views Panoramic views of the Parvati Valley and the sounds of flowing mountain streams.	HERITAGE  Grahan Village A remote, untouched Himalayan hamlet with traditional wooden houses and terraced fields.
CULTURE  Homestay Experience Experience simple mountain living and warm local hospitality at a village homestay.	SCENIC  Village Surroundings Free time to explore the peaceful lanes and forested surroundings of Grahan.	DINING  Local Cuisine Enjoy locally prepared cuisine for dinner at the homestay.

TRAVEL TIPS — DAY 07

- Wear sturdy trekking shoes — the trail includes river crossings and forest paths.
- Carry water, snacks and warm layers for the trek.
- Grahan is a remote village with limited connectivity; inform family in advance.

DAY 08

Grahan Descent, Kasol Sightseeing & Return

Parvati Valley Tour — Manikaran, Kasol, Then Overnight Volvo to Delhi

MEALS **BREAKFAST**

DAILY SCHEDULE

7:00 AM	Check-Out from Homestay After breakfast, check out from the homestay and prepare for the descent.
8:00 AM – 1:00 PM	Descent to Kasol Descend from Grahan Village through scenic forest trails, wooden bridges and mountain streams, then transfer to Kasol.
2:00 – 5:30 PM	Kasol & Manikaran Sightseeing Full-day excursion covering Kasol Valley, Kasol Market, the Parvati River Walk, and Manikaran Sahib Gurudwara with its natural hot springs.
EVENING	Shopping in Kasol Leisure time shopping in Kasol, known for local handicrafts, souvenirs and woollen items.
6:00 PM – 7:00 PM	Depart for Delhi Transfer to the Volvo Bus Stand for your return journey to Delhi (approx. 540 km / 14 hours).

KASOL & MANIKARAN — DAY 08 HIGHLIGHTS

ADVENTURE  Descent from Grahan Scenic downhill walk through pine forests, wooden bridges and mountain streams.	SCENIC  Kasol Valley Laid-back village with a bohemian vibe, pine forests and riverside cafes.	SHOPPING  Kasol Market Local handicrafts, souvenirs, woollen items and popular cafe treats.
SCENIC  Parvati River Walk A peaceful walk along the banks of the Parvati River.	SPIRITUAL  Manikaran Sahib Gurudwara Revered pilgrimage site with a peaceful langar and natural hot springs.	TRANSFER  Overnight Bus to Delhi Comfortable Volvo journey covering approximately 540 km to Delhi.

TRAVEL TIPS — DAY 08

- Wear comfortable footwear for the descent and the day's sightseeing.
- Respect the sanctity of Manikaran Gurudwara; cover your head inside.
- Lunch and dinner are not included today — carry cash for meals in Kasol.

DAY 09

Old Delhi Sightseeing & Return Journey

Old Delhi Sightseeing Tour — Mughal Empire, Bazaars & Tradition

MEALS **BREAKFAST** LUNCH

DAILY SCHEDULE

8:00 AM	Arrival in Delhi Arrive in Delhi and freshen up at the hotel.
9:00 AM – 6:00 PM	Old Delhi Sightseeing Explore Red Fort, Qutub Minar, Jama Masjid, and the optional Sarojini Market, Raj Ghat and Akshardham Temple.
7:00 PM	Drop at Delhi Railway Station Transfer to Delhi Railway Station for your onward journey.
8:10 PM	Board Kerala Express Board the Kerala Express and settle in for the journey back to Kerala.

OLD DELHI — DAY 09 HIGHLIGHTS

HERITAGE  Red Fort UNESCO World Heritage Site built by Shah Jahan in 1648, showcasing Mughal grandeur.	HERITAGE  Qutub Minar World's tallest brick minaret, built in the 12th century, with the rust-free Iron Pillar nearby.	SPIRITUAL  Jama Masjid One of India's largest mosques, built by Shah Jahan in 1656, holding over 25,000 worshippers.
SHOPPING  Sarojini Market (Optional) Perfect for trendy fashion, accessories and budget-friendly shopping.	HERITAGE  Raj Ghat (Optional) Simple black marble platform marking Mahatma Gandhi's cremation site.	HERITAGE  Akshardham Temple (Optional) Modern architectural marvel built from pink sandstone and white marble.

TRAVEL TIPS — DAY 09

- Some monuments are drive-past / photo stops depending on time availability.
- Carry a valid ID for the railway station drop and boarding.
- Wear comfortable footwear for a full day of walking.

DAY 10

Train Journey

Return Rail Journey — Heading Back to Kerala

MEALS *No meals included today*

DAILY SCHEDULE

ALL DAY

Onboard Journey

Relax and enjoy the train journey at your own comfort as you head back towards Kerala.

DAY 10 HIGHLIGHTS

TRANSFER

 **Homeward Bound**
Comfortable rail journey carrying you back home.

SCENIC

 **Changing Landscapes**
Watch the terrain shift from the plains back to coastal Kerala.

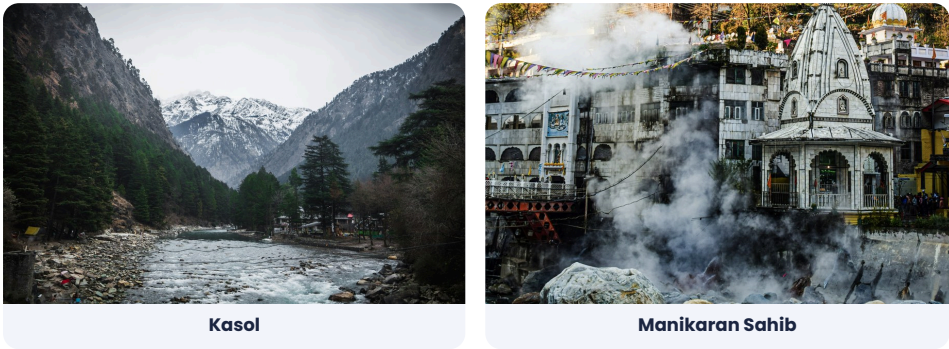
OVERNIGHT

 **Restful Journey**
Unwind onboard and relive memories of the Himalayas.

TRAVEL TIPS — DAY 10

- Keep your ticket and ID handy for TTE checks.
- Charge your devices and power banks in advance.
- Reach out to your coordinator for any onboard assistance.

RELIVE YOUR JOURNEY



DAY 11

Arrival in Kerala & End of Journey

Journey’s End — Ernakulam Arrival

MEALS *No meals included today*

DAILY SCHEDULE

EVENING	Arrival in Ernakulam The train reaches Ernakulam in the evening.
—	Journey Concludes Your journey concludes with beautiful memories and a heart full of experiences.

DAY 11 HIGHLIGHTS

SCENIC Final Farewell Disembark at Ernakulam with unforgettable memories of the Himalayas.	HERITAGE Journey's End Eleven days of heritage, culture and mountain magic come to a close.	SAFETY Safe Return Head home rested and rejuvenated after your Himalayan escape.
--	---	--

TRAVEL TIPS — DAY 11

- Collect all luggage and belongings before disembarking.
- Share your feedback and photos with the Dr. Traveler team.
- We hope the Himalayas treated you well!

PACKAGE DETAILS

Inclusions, Exclusions & Premium Upgrades

What's Included

- ✓ 3/4 Star premium property accommodation in Manali
- ✓ Rooms on a quad-sharing basis (four adults per room)
- ✓ Delhi – Manali – Delhi semi-sleeper bus (Volvo or Scania)
- ✓ 6 breakfasts, 3 lunches & 5 dinners (veg & non-veg)
- ✓ Pick-up & drop from railway station / airport
- ✓ All parking, tolls & taxes
- ✓ All primary entry tickets
- ✓ One bottle of water per day during sightseeing (Agra & Delhi)
- ✓ Campfire & music nights in Manali (for groups above 20)
- ✓ 24×7 hot & cold water
- ✓ Agra, Delhi & Manali sightseeing by pushback coach
- ✓ Tour executive & director assistance
- ✓ 24×7 helpline & emergency assistance
- ✓ Basic first aid & all hotel taxes included

What's Excluded

- ✗ Airfare / rail fares
- ✗ Snow vehicle expenses
- ✗ Room heaters
- ✗ 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
- ✗ Fare/tax increase due to government regulation changes
- ✗ Costs arising from natural calamities (landslides, roadblocks, etc.)
- ✗ Anything not specifically mentioned in inclusions

PREMIUM UPGRADE OPTIONS



4-Star Stay Upgrade

Upgrade your accommodation to a 4-star hotel or resort, subject to availability.



Premium AC Coach

Travel in a premium air-conditioned coach for added comfort throughout.



Extended Buffet Menu

Buffet breakfast & dinner with an extended menu of up to 15 items.



Doctor on Call

Complimentary consultation and free emergency medical transportation.

** All add-on rates and upgrades are indicative and subject to change based on season and availability. The tour price includes only the services mentioned in the inclusions; additional services availed during the tour will be charged separately.*

GOOD TO KNOW

Cancellation Policy

- 30% cancellation charges if cancelled before 30 days of the tour.
- 45% cancellation charges if cancelled within 20 days of the tour.
- 70% cancellation charges if cancelled within 10 days of the tour.
- No refund for cancellations within 10 days, or during/after the tour.
- No-show is charged 100% of the tour cost.
- During high peak season, hotel-specific cancellation policies apply and may be non-refundable once the hotel voucher is issued.

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 without prior written consent will be considered a violation of intellectual property rights. Unauthorized use may lead to legal action under applicable copyright and trade laws.

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. **We wish you an extraordinary travel experience, filled with joy, discovery, and memories that last a lifetime.**

FOR BOOKINGS & ENQUIRIES

+91 62826 32019 · info@drtraveler.in · www.drtraveler.in · [@dr_traveler.in](https://www.instagram.com/dr_traveler.in)

