

Tourism & Wildlife

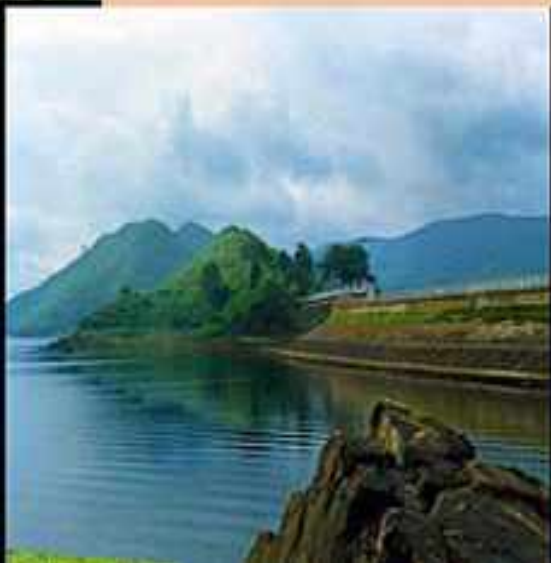
APRIL - JUNE 2020

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Maithon, derived its name from “Mai Ka Sthan”, meaning the place for the Hindu Goddess Maa Kalyaneshwar i. It is located on the banks of river Barakar.

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CONTENTS



6

These higher budget range hotels in Goa



10

(Kanchendzonga National Park (KNP))



11

best adventure opportunities to
its tourists. From river rafting,



12

Chambal is haven for countless wildlife!



13

Bihar is truly a splendid home for wildlife



14

Hot water Spring in Rajgir is
a major tourist attraction

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16

Kenya, a plethora of wildlife, culture and infinite magical surprises



17

Samburu National Park has Zebras



18

The "Land of Smiles" is one of the jewels of Southeast Asia.



22

Udupi is the land of breathtaking beauty



28

JODHPUR A DELIGHTFUL BLEND OF THE MODERN AND THE TRADITIONAL



29



34

What is Ayurveda tourism in kerla ?



35

APRIL. -JUNE. 2020

5



Geeta Bisht

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a



Founder Editor
Late G.C. Verma

flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 metre distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- fever.
- dry cough.
- tiredness.

Less common symptoms:

- aches and pains.
- sore throat.
- diarrhoea.
- conjunctivitis.
- headache.
- loss of taste or smell.
- a rash on skin, or discolouration of fingers or toes.

Serious symptoms:

- difficulty breathing or shortness of breath.
- chest pain or pressure.
- loss of speech or movement.

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility. People with mild symptoms who are otherwise healthy should manage their symptoms at home.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Pulari Gardens Tourist Resort VARKALA

Varkala is also Known as the DaKshin kasi and the fastest growing tourist destination in southern kerala. The pocket beaches with adjacent spectacular cliffs at the banks of the Arabian sea gives you an unforgettable feeling . The perennial unrealized natural springs attracts the country men as well as the tourist . Varkala offers century old temples, historical and

Bar. Library, Dining/conference room Alternate power supply Free WIFI, Internet / E-mail Leisure games etc. Services : Packages tours,



Tailor made tours, House boat trips, Sight seeing trips Elephant ride, Backwater cruise, 24 hour room service, Laundry service, Doctor on call, Money exchange, Airport/Railway station pick up and drop Complementary Breakfast , Complementary Tea/coffee . Pulari Gardens Tourist Resort Kairali Nagar opp Government Guest house Varkala , India

educational places for visitors. Also varkala is nature's bounty Surrounded by backwaters ,lakes and coconut groves. Amenities :- Well furnished spacious double bedded deluxe A/c and non A/c rooms with kitchen, fridge and attached Modern bath rooms. Hot and cold water. Complimentary Breakfast, TV with satellite channels ,Coffee



Goa State of India

Goa is a state in western India with coastlines stretching along the Arabian Sea. Its long history as a Portuguese colony prior to 1961 is evident in its preserved 17th-century churches and the area's tropical spice plantations. Goa is also known for its beaches, ranging from popular stretches at Baga and Palolem to those in laid-back fishing villages such as Agonda.

Land area: 3,702 km²

Population: 18.2 lakhs (2012)

Description

Staying in Goa

Accommodation in Goa is plentiful with a variety of hotels, resorts and guest houses to suit every budget and every taste. There are simple and bare rooms available for the thriftiest of back-packers and five-star deluxe luxury suites for those that want to indulge their fancies. Almost all round the year, travellers are usually assured of finding a room – if not in a hotel, then at least in a private house. However, come the peak season of December and January, you are likely to experience problems, unless you book your rooms well in advance.

Just around Christmas until the dawn of the new year, Goa is in festive mood and plays host to hundreds and thousands of visitors from all over India and around the world. So accommodation is at a premium everywhere.

Most accommodation in Goa can be categorised in the following typical types:

BUDGET HOTELS:



This type of accommodation is suitable for the budget-minded traveller and especially the backpacking tourist. This can range from simple, bare rooms in regular guesthouses to cosy well furnished rooms in family-run guesthouses.

This kind of accommodation is costlier in the city and popular coastal belt areas and cheaper if you go off the beaten track in the rural areas. A decent double room

with a fan, attached bath and toilet typically costs around Rs. 200/-. The prices usually double in the peak season period. It is always a good idea to check the state of the bathroom and toilet confirming your reservation with money.

If you want to get a taste of the typical rural Goa, try accommodation in a family house with mud-floored rooms. The water supply is usually the common village well and baths/toilets are in small outhouses.

MID-RANGE HOTELS:



The next step up is the budget mid-range hotels which are to be found all over Goa and form the major portion of the available accommodation. These have proper reception areas, well appointed rooms, room service and usually a restaurant.

Off season, these hotels are the best bet for your stay. But, most of these hotels are fully booked with hordes of Charter tourists from Europe during the peak season, so finding a room might be a little difficult. However there are still rooms to be found for the walk-in tourist although at a slightly higher tariff. The tariffs for rooms at such hotels range between Rs 400/- to Rs 800/- for a good-sized room with a fan, en-suite bath/toilet, a balcony and hot and cold running water. There are optionals such as cable TV and air conditioning also

available. Most 1-star and uncategorised hotels fall in this category.



UPMARKET HOTELS:

These higher budget range hotels in Goa can be classified into two categories: the slick modern 2-star and 3-star hotels which can be found in all the major towns as well as all the popular coastal belt and the high-priced international standard 5-star luxury resorts which cater to the rich and the famous. The luxury resorts are all located in the coastal areas within easy walking distance of a beach.

Resorts in this category typically have their own restaurants with different cuisines, coffee shops, large swimming pools, sports and gym facilities along with shops selling everything from books to carpets. The luxury rooms at these type of establishments range typically from Rs 2000/- to Rs 10000/- per night and it is often best to stay at these hotels on one of their special packages available at a much lesser rate.

LONG-TERM RENTALS:



A number of travellers, especially foreigners, prefer to spend a fairly longer period of time from a month to as many as six months at the leisurely pace of life in Goa. For such a stay, it is best to rent houses or rooms by the month, or season. Rents usually vary from area to area and even village to village, but you can expect to get accommodation for around Rs 3500/- to Rs 5000/- a month depending upon the season and the facilities included in the cost.

It is also worth considering sharing such long stay accommodation with two or three people so as to bring down the costs. Most importantly, reserve such long-term accommodation well in advance to get a good bargain as most such houses and rooms are rented by visitors who return to the same house year after year and as such get first preference. Such rentals are mostly to be found in the small villages around the beach areas and are owned by the local villagers. The more deposit you pay upfront and the longer you intend to stay, the less the accommodation cost.

Mahabaleshwar

Description

Mahabaleshwar is a hill station in India's forested Western Ghats range, south of Mumbai. It features several elevated viewing points, such as Arthur's Seat. West of here is centuries-old Pratapgad Fort, perched atop a mountain spur. East, Lingmala Waterfall tumbles off a sheer cliff. Colorful boats dot Venna Lake, while 5 rivers meet at Panch Ganga Temple to the north.

Elevation: 1,353 m

Area: 137.2 km²

Weather: 18 °C, Wind W at 10 km/h, 100% Humidity



for Hindus as the Krishna river originates from here. Once a summer capital of the British, the hill station of Mahabaleshwar comprises of ancient temples, boarding schools, manicured and lush green dense forest, waterfalls, hills, valleys.

It is often used as a base to visit the magnificent Pratapgad Fort, located an hour away.

Malcolm Peth, Old KshetraMahabaleshwar and a region of the Shindola village are the three villages that make up Mahabaleshwar. It is located about 120km south-west of Pune and 285km from Mumbai.

District: Satara District

Sex ratio: 90 females/ 100 males ♀/♂

Population: 12,737 (2011)

Local time: Tuesday, 8:03 am

Mahabaleshwar is a hill station located in the Western Ghats, in Satara district of Maharashtra. Apart from its strawberries, Mahabaleshwar is also well known for its numerous rivers, magnificent cascades and majestic peaks. It is among the most sought after weekend getaways from Mumbai.

Mahabaleshwar is also a sacred pilgrimage place



APRIL. -JUNE. 2020

11

Wild Life Sanctuaries (Kanchendzonga National Park (KNP))

Kanchendzonga National Park (KNP)

KNP encompasses an area covering 1784 sq km. It is bounded in the north by the Tent Peak and the ridge of the Zemu glacier. The eastern boundary of this park comprises of the ridge of the Mountain Lamaongden. The southern boundary includes Mount Narsing and Mount Pandim. The western boundary comprises of the mighty Kanchendzonga which presides over its namesake park and the Nepal Peak. Being bounded by such formidable features, it is no wonder that the park has remained ecologically untouched and therefore has provided a natural protection to the flora and fauna it shelters. The fauna includes the Snow leopard, Himalayan Black Bear, Red Panda, Barking deer and many other species. The KNP is surrounded by biosphere which combines nature conservation with scientific research, environmental training, environmental education monitoring and demonstration. Many places in this park have perhaps never been trod by man and it is very likely that new species may be discovered here.



other animals of the temperate forest.

Singba Rhododendron Sanctuary

It is located near Yumthang in north Sikkim and contains a vast variety of rhododendrons. When in blossom the rhododendrons provide a riot of colour to this small 33 hectare park.

Kyongnosla Alpine Sanctuary



It is situated around the area adjoining the Changulake and covers an area of about 400 hectares.

Varsey Rhododendron Sanctuary

This Rhododendron Sanctuary lies in the West corner of Sikkim.



FambongLho Wildlife Sanctuary

This is located about 20 kilometres from Gangtok and covers an area of about 5200 hectares above the road between Singtam and Dikchu with the highest point at a place called Tinjure where a wooden observation tower of the Forest Department exists. The Sanctuary is the home of Himalayan Black Bear, Red Panda, Civet cat and many varieties of birds and butterflies.

Maenam Wildlife Sanctuary

It is located in South Sikkim above the town of Rabongla and covers an area of about 3500 hectares with its highest point being at Maenam at 10,600 ft. It shelters the Red Panda, Leopard cat, civet cat, blood pheasant, black eagles and

Madhya Pradesh - The best state to experience Adventure Tourism

Madhya Pradesh has recently won the award for the 'Best State for Adventure Tourism' along with Uttarakhand. The heart of incredible India offers the best adventure opportunities to its tourists. From river rafting, mountaineering, jungle safari, heritage walk to food walk, there is something for everyone.



If you as a tourist, really got bored of those regular travels then trying out adventure activities will fill you with joy. Gear up to discover some really thrilling and soft adventure in Madhya Pradesh.

Here is a list of most thrilling adventure activities that you can experience in Madhya Pradesh:

Tiger Safari in Madhya Pradesh

Encounter tigers and other animals in their territories by taking a wildlife safari tour at the six tiger reserves in Madhya Pradesh namely Kanha, Bandhavgarh, Satpura, Pench, Panna, and Sanjay-Dubri. Jeep safari is the best way to explore the wildlife in Madhya Pradesh.

River Rafting in Orchha

River Rafting is another thrilling sport that adventure enthusiasts can try out in Betwa River, Orchha. The activity will not only give the taste of thrill but provide you a fine view of regal Orchha Chattris which are nestled near the river. The best time to do river rafting in Orchha is during August to February.

Zip Lining in Kerwa Dam, Bhopal

Kerwa Dam in Bhopal is known for its wide-ranging activities. The most popular of all is the zip lining at Flying Fox. The zip lines here are one of the longest twin zip lines in India. So why wait? Experience the thrill.

Cable Car Ride in Bhedaghat

Gazing the marble rocks and Dhuandhar falls of Bhedaghat through Cable Ride is the most rewarding experience for any

tourists. Other than the cable ride, you can also choose to sail through the marble rocks to catch a closer view. The sail becomes even more memorable on full moon as you get to witness the soaring rocks sparkling naturally at night.

Kayaking and boating in Bhopal Lake

The best way to unwind yourself is to do boating amidst nature. Explore the options of boating and cruising at Boat Club in Bhopal. Kayaking is another exciting water sport that requires a lot of technique to perform. If you are fond of aqua activities then give kayaking a shot in the lakes of Bhopal.

Cycle safari at Van Vihar National Park and Indira Gandhi Rashtriya Manav Sangrahalaya

Madhya Pradesh is endowed with the densest forest and rich wildlife. Cycle safari at Bhopal's **Van Vihar National Park** will give you a chance to witness the rich biodiversity of the state. Surrounded with the opulent forest of Van Vihar, situated is the **Indira Gandhi Rashtriya Manav Sangrahalaya**, a mankind museum that



also gives you the opportunity to do cycling through its wide landscape of 200 acres.

Parasailing, Paragliding, Rock Climbing in the Hills of Pachmarhi

Pachmarhi is the only hill station of Madhya Pradesh that boasts of exciting aerial activities. Parasailing and Paragliding are the exhilarating sports that will give you an adrenaline rush. Other activities that suit the landscape of Pachmarhi are Rock Climbing and Trekking. So, this was a small sneak peek of the activities that can be discovered in Madhya Pradesh. Being the best state to experience adventure tourism, you can satisfy your hunger for adventure with several other soft and thrilling activities too!

National Chambal Sanctuary - Truly a pristine paradise

The cleanest of all, Chambal is haven for countless wildlife!

The legend has it that the River Chambal originated from the blood of thousands of cows sacrificed by a ruthless king wanting supreme powers. It is said that the dark history of this place is the reason why no industrial town has been established near the river, making it one of the cleanest rivers in India.

Away from all the industrial pollution, the National Chambal Sanctuary is sheltering a wide array of avian, aquatic, and other wildlife with its pristine air, water, and



landscape. It is also known as the Chambal Gharial Sanctuary for the rich population of Gharials found here. In the 1970s, the government of India realised that poaching and fishing have brought down the population of Gharials, this is when the Chambal River Valley was identified as one of the areas where a good number of gharials and crocodiles were released in the river under a confined breeding programme. Today, the place said to have the highest population of Gharials in India.

Types of wildlife to explore in National Chambal Sanctuary

There is a huge variety of wildlife and some of them are exclusive to the Chambal Sanctuary. Have a look below.

Aquatic animals in National Chambal Sanctuary

The river is abode to smooth-coated otters, eight types of tortoises, over 30 kinds of fishes, marsh crocodiles and critically endangered Gangetic dolphin which also happens to be the National Aquatic Animal.

Avian life in National Chambal Sanctuary

The park boasts of famous Indian skimmers which breed here in great numbers. During winter, it turns into a birding paradise with over 300 species of resident and migratory birds to sight. Other birds such as common teal, northern pintail, sarus crane, and black-bellied tern and red-crested pochard can also be seen here. Therefore, this wetland makes the best place to do bird-watching.

Other wildlife

Besides the rich avian contingent, there is rich wildlife to spot such as golden jackal, chinkara, wild boar, Indian wolf etc.

The best way to explore the sanctuary is by a boat safari which will let you discover many birds and aquatic animals. A boat ride in itself is a worthy experience that gives you a great opportunity to do wildlife tour and photography in a different way.

Rajgir Wildlife Sanctuary and Valmiki Wildlife Sanctuary are the most famous of all the sanctuaries in Bihar.

True Gifts of Nature

Bihar is truly a splendid home for wildlife. There are a total of 21 wildlife sanctuaries and 2 national parks in Bihar that makes it the best in the country for witnessing the wonders of the nature. The area covered by each of them is quite huge which gives ample space for the creatures to thrive in natural habitats. The state has taken special initiatives to take care of the animals and maintain the fragile ecosystem. The wildlife sanctuaries here are also renowned because they are home to some endangered species whose number has increased over the last few years. Rajgir Wildlife Sanctuary and Valmiki Wildlife Sanctuary are the most famous of all the sanctuaries in Bihar.

These sanctuaries are also a great place for all the bird watchers as they are home to some magnificent and rare species of avi fauna. Apart from hundreds of species of resident birds, there are similar number of migratory birds coming every year during winters.

Rajgir Wildlife Sanctuary

Rajgir Wildlife holds in its belly spectacles of numerous kind. The splendid sanctuary covers an area of around 34 sq km. It is definitely less than most of the sanctuaries in India, but this also makes it the most interesting as well because the number of animals is equal to any other sanctuary. Leopards, Nilgai, Barking deer, and Hyena are the most commonly seen. There are many more sanctuaries in close proximity like the Gautam Buddha Sanctuary in Gaya and Koderma Wildlife Sanctuary.

Bhimbandh Sanctuary

Situated close to Bhagalpur, the Bhimbandh Sanctuary covers an area of 682 sq km. It is more famous for the splendid bird life than land animals. There are approximately 106 varieties of resident birds. And the number of birds shoots up during the migration season (Winters) that sees birds coming from Central Asia and nesting here. Tigers, panthers, wild boars, sambar, chitals and nilgai are the most commonly seen land animals in Bhimbandh



Sanctuary.

Valmikinagar Wildlife Sanctuary

The Valmiki National Park is situated inside the Valmiki Sanctuary situated in the West Champaran district of Bihar. The eastern Himalayas form the backdrop of the sanctuary making it exceptionally beautiful destination to visit. So even if you are not able to see any wildlife, you will not return disappointed. Flora here contains extensive savannah lands and marshy lands. Tigers are the main attraction of the park. Other animals that you will see here are Sambars, leopards, nilgai, hyenas, civets and jungle cats and many more. Right adjacent to the sanctuary is the famous Valmiki Ashram.

Palamau Tiger Reserve

Spread over an area of nearly 1026 sq km, Palamau Tiger reserve is among the most interesting and rewarding sanctuaries in Bihar, and perhaps in entire India. Palamau reserve is cut across by Koel River and many of its tributaries. However most of the animals here depend on man made water resources for survival. This makes it quite easy for tourists to sight some magnificent animals. Tigers, leopards, elephants, the Indian wolf, gaur and many more are regular visitors to the shores of these man made lakes. It is nearly 180 Km from Ranchi, the capital of Jharkhand state. The nearest airport too is in Ranchi.

Hot Water Spring Rajgir(Bihar)

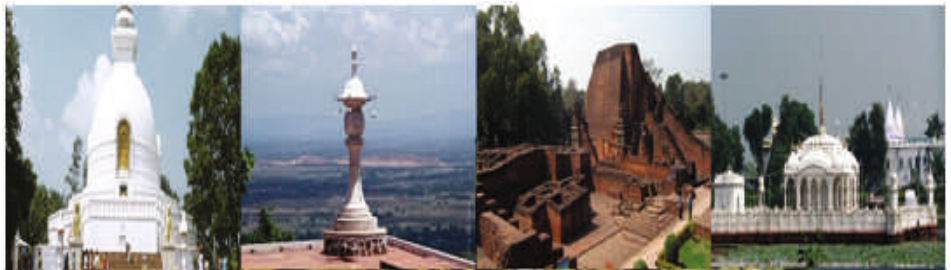


Hot water Spring in Rajgir is a major tourist attraction due to its religious significance as well as medicinal properties. Flows through the latent channels down the sacred vaibhavgiri hills, It appears in seven different streams just above the foothills in a premise. Also known as Brahma kund or GaramPanikaJharna or GaramKund, Hot water spring is a must visit place in rajgir. A Pilgrimage for hindu devotees who come here to bathe and get rid of their evils and attainment of moksha after death. Apart from this, it is believed that it has miraculously healing properties for muscular and joint pains. Brahmkund is basically a square shaped tank with a depth of approximately 4 feet which holds the hot water coming down from the spring. An artificial stair descends to the take where devotees or tourists can take a dip. Despite winter months from October to

march, it remains crowded, it's the best time to visit.

History of Nalanda

Nalanda was an acclaimed Mahavihara, a large Buddhist monastery in the ancient kingdom of Magadha (modern-day Bihar) in India. The site is located about 95 kilometres southeast of Patna near the town of Bihar Sharif, and was a centre of learning from the fifth century CE to 1200 CE. It is a UNESCO World Heritage Site.



The highly formalized methods of Vedic learning helped inspire the establishment of large teaching institutions such as Taxila, Nalanda, and Vikramashila which are often characterised as India's early universities. Nalanda flourished under the patronage of the Gupta Empire in the 5th and 6th centuries and

later under Harsha, the emperor of Kannauj. The liberal cultural traditions inherited from the Gupta age resulted in a period of growth and prosperity until the ninth century. The subsequent centuries were a time of gradual decline, a period during which the tantric developments of Buddhism became most pronounced in eastern India under the Pala Empire.

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Kenya, a plethora of wildlife, culture and infinite magical surprises



A true Kenya tours safari starts and ends in astonishing wonder, and assimilation of various life changing experiences. Bundled within immeasurable extensive conservations and natural surroundings are serene, tranquil and peaceful reserves and parks, teeming with a range of birds and wildlife species, which includes the Big 5. All our Kenya tour packages serve people with the most advanced safari infrastructure within East Africa.

Numerous tourists visit this paradise throughout the year, to eyewitness and experience the reputable world class safari. Winner of the year 2008 World Travel Fair for the finest Leisure Destination, Kenya has gained endless international acknowledgment for her leading silhouette in the world of tourism.

Within the array of tour options offered, a Kenya safari from India, demonstrates an enormous alternative for a collection of more than 40 wildlife destinations, visits to historical, natural landmarks and coastal retreats. Some of the major national parks are the Amboseli, Lake Nakuru, Aberdare, Tsavo, Meru, Nairobi and Mt. Kenya. Game reserves are comprehensive of Samburu, Masai Mara safari, Laikipia and many smaller conservancies.

The Amboseli national reserve situated in the Rift Valley is in a widespread area of 395sq.km, all the Kenya tour packages include luxury safari. From the outstanding view of Mount Kilimanjaro, to the remarkable wildlife display of wildcats, wildebeest, lions, zebras, caracals, varieties of gazelles, warthogs, hyenas, waterbuck, black rhino and others, are inclusive of nearly 500 small to large bird



species.

Lake Nakuru national wildlife park can be explored as a day trip from Nairobi through the dry season. One of the most important, attractions is the lake, an alkaline soda alongside fresh water spread. An ornithologist's paradise, it shows stunning views of thousands of migratory flamingos, fascinated to the lake's plentiful algae, and other bird species.

Aberdare national wildlife park is ensconced within the innermost highlands, west of Mount Kenya, and it is in an area of about 770sq.km. The park reclines towards a segment of the Aberdare Mountain range. That is affluent in equatorial botanical plants, numerous streams, exuberant alpines, cascading waterfalls, rivers and wildlife.

A UNESCO Heritage site since the year 1997, the Mount Kenya national wildlife park measures nearly about 700sq.km and comprises of bare rock as well as forests. The park is residence to the Big 5 and other unique

species like, white and black colobus monkeys, the Sykes, bushbucks, buffalo, olive baboons, bongo skins, hyenas, moles, shrews, high-altitude elands, zebras and 130 species of bird.

Tsavo national wildlife park is separated into two parts the eastern and western sectors along with close proximity to the coastal town of Mombasa; it's possible to merge a family Kenya safari from India with a beach holiday. Because, it will cover an expanse of more than 21,000sq.km, making it the biggest park in Kenya which is suitable for visits throughout the year. The Tsavo Park holds the largest elephant flock in Kenya, with huge number of zebra's, gerenuk, rhinos, lions, leopards, dik-dik, waterbucks, cheetahs and 500 species of bird.



Samburu National Reserve has Buffalo springs and Shaba national reserve serves you with unique sceneries of rugged, rounded hills alongside undulating savanna. They are located in an area of 104sq.km, 131sq.km and 145sq.km, respectfully. A blend of swamps, wood and riverine forests, grassland, they are habitat to outsized varieties of big and small mammals, which includes the Big 5, and an assortment of bird species.

Shadowed by Mount Kenya is the Laikipia game sanctuary with 800,000 hectare plains fed by the Ewaso Narok and Ewaso Nyiro rivers. It has an immense population of the Big 5, several crocodiles, hippos, small mammals, alongside hooved plain animals. This part of Kenya Safari includes activities like camel treks, canoeing, mountain climbing, abseiling, rafting, rock climbing and game viewing.

The Masai Mara safari is one of the most popular and exceedingly booked tour destinations in Kenya. The immeasurable terrain that stretches inside a land mass of 1,520sq.km has countryside variations of savanna, hill ranges, mountain, and acacia trees. Deep inside the park, is the Mara River, which is an all year water supply stipulation for the teeming mixture of wildlife. The yearly wildebeest, gazelle and zebra movement is a journey that starts deep within Tanzania's Serengeti. All the animals reach out to the Mara plains in the latter half of June, accompanied along with the host of predators and scavengers. The authentic spectacle of the journey is an unmatched presentation phenomenon. Apart from this

itinerant migratory journey, game viewing is exceptional during the year, warthogs, hippos, for the Big 5, ostriches, buffaloes, zebras, gazelles, crocodiles, hartebeests, antelopes, tortoises and many others. Here activities range from guided walks, balloon safaris and game drives.

The Kenyan coastal band that stretches 480kms is rated amongst the best family beach holiday destinations, and the finest in deep sea marine fishing, all across the world. The fascinating coral reefs broaden from the North to the south, provide underwater exploration in the deep blue creeks and lagoons coupled up with the humid clear waters of the Indian Ocean, this beach is suitable for travelling all year round. With luxurious hotels available within the town's beach front, Malindi and Watamu have a prominent diversity of beautiful aquatic life. Apart from the exquisite luxurious resorts alongside entertainment spots, the towns stay virtually unaffected. Gede ruins, which is situated a few kilometres away from Malindi, denotes the very old Islamic village life and culture.

Discover Kenya, an enlivening paradise of natural wildlife, white sandy beaches, rivers, lakes and friendly citizens. Travel through the enormous tea and coffee estates; discovering the outstanding Rift Valley escarpment. Mount a variety of ranges and mountains, relax in the wonderful state of the art lodges as well as hotels, and be thrilled with the tickling African gourmet cuisine dishes.

Tourist Attractions in Thailand

The "Land of Smiles" is one of the jewels of Southeast Asia. Thanks to a thriving tourism industry, Thailand is well-developed and provides all kinds of modern comforts—yet it's also still wild enough to offer off-the-beaten-path adventure and once-in-a-lifetime travel experiences. Whether you are here for the world-class beaches in the south or the mountain villages in the north, Thailand will not disappoint.

Cities like Bangkok and Chiang Mai are bustling hives of activity and commerce, but you haven't really seen the country until you've trekked in the mountains or enjoyed some face-time with elephants or the bold monkeys always ready to steal your lunch (or your camera, if you're not careful). Thailand's attractions are diverse, and each provides a rewarding and memorable experience in its own way.

Koh Phi Phi

The Phi Phi Islands are one of Thailand's most popular resort areas for a reason—the clear blue waters, the soft sand, the breathtaking views that go on forever.

You can reach Phi Phi Don—the largest of the islands and the only one permanently inhabited—on a rented kayak or by hiring a small wooden boat to take you here.

Perhaps one of the most fun spots on Koh Phi Phi is Monkey Beach, where you'll come face to face, literally, with plenty of macaques ready to steal your



lunch.

Long Beach is another nice spot on the island; while not a secluded place where you can hope for privacy, it's great for watching the sunset. If you're lucky and the tide is out, it's a beautiful walk back towards the main part of the island.

Tour operators offer packages for snorkeling and diving trips to the islands, as well as excursions to the famous Maya Bay, where the Leonardo DiCaprio movie *The Beach* was filmed. Because Koh Phi Phi draws so many tourists, there are plenty of tour companies arranging tickets to other beach destinations, such as Phuket, Koh Chang, and Koh Lanta.

Phi Phi Don was one of the areas hit hard by the 2004 tsunami—but since then, guesthouses, restaurants, and markets have been rebuilt, and crowds still come in droves to the resort island. There is a small, somber memorial park to honor those who died in the tragedy, but the resort areas are otherwise revived and looking as beautiful as ever.

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Udupi is the land of breathtaking beauty

At a distance of 65 km from Mangalore, 102 km from Murudeshwar, 147 km from Shimoga, 309 km from Mysore and 403 km from Bangalore, Udupi is a famous temple town and headquarters of the Udupi District. It is also the source of Udupi cuisine which is famous across the world. It is also one of the most famous tourist places to visit in Karnataka, mainly for its pilgrimage importance and beautiful beaches.

The name of this city was originated from Odipu. According to local legend, the 27 stars of the Hindu astrology were married to the Moon and soon after,



the Moon lost its luster. As Lord Shiva is the last resort for everyone, the Moon and the stars created a Lingam and offered puja. Udu means Lord and Pa means Stars in Sanskrit.

Udupi is the land of breathtaking beauty, located between the verdant mountains of the Western Ghats and the Arabian Sea. Udupi is famous for Sri Krishna Temple. The Udupi Krishna Math was established in the 13th century by the great philosopher, Madhavacharya. The temple attracts pilgrims from all over India and is also a center for the Dvaita philosophy. This temple has a fascinating idol of Lord Krishna that is richly adorned with jewels. Famous Hindu saints such as Chaitanya, Purandaradasa and Kanakadasa visited this temple for the darshan of Lord Krishna. Another attraction of Sri Krishna Temple is the KanakanaKindi, a small window through which Lord Krishna is believed to have given darshan to his devotee, Kanakadasa.

There is also another temple dedicated to Lord Shiva, believed to be more than 1000 years old, located near

Yellur. Udupi is also famous for the wonderful beaches including Malpe Beach, Kaup Beach & St. Mary's Island. Being part of the Tulu Nadu, Tulu is the main language spoken in this region

Udupi is synonymous with the world-famous Udupi cuisine, which is served all over India in the efficiently-run Udupi restaurants, famous for dosas, idlis and other snacks. The tradition of this cuisine started in the great kitchens of the Krishna Temple which serve meals in the form of prasada to the thousands of devotees who come to pray at the holy shrine.

The most popular festivals include the Paryaya festival held every alternate year; the last being held in 2014. The festival is organized on January 18 and attracts large number of devotees. The roads are flooded with chariots with processions that display cultural shows such as folk dances and religious hymns. Holi, Ramanavami, Rathasaptami, Krishna Janmastami, Dusshera and Diwali are the other festivals that are celebrated with great enthusiasm.

Mangalore Airport is the nearest airport, which is 62 km from Udupi. Udupi Railway Station is well connected by trains to cities like Trivandrum, Bangalore, Mangalore, Kochi, Bikaner, Madgoan, Mumbai, Tirunelveli, New Delhi and Goa. Buses regularly ply from Udupi to major cities like Bangalore, Mangalore, Goa, Shimoga, Mysore, Karwar, Pune and Mumbai.

The best time to visit Udupi is from October to March while the peak Season is from November to February. Usually it takes 2 days to visit places in and around Udupi.

Thusharagiri - A Trekker's Delight

Nuzzled in the folds of the majestic Western Ghats in the picturesque Thusharagiri is a pretty little secret- a set of alluring cascades forming the Thusharagiri Waterfalls whose desperate dash across the rocks is one spectacular sight which can warm the cockles of your heart. Lying 50 km from Kozhikode, the Thusharagiri Waterfalls comprises Erattumukku, Mazhavil Chattom, and Thumbithullum Para which can be reached through trekking.

The journey to track down the waterfalls is in itself a scenic adventure. Hike up the trekking trail in Thusharagiri, an exciting stretch which winds its way through lush greenery. The trail feathers out to a hanging bridge. As you traverse this bridge, treat yourself to your first waterfall- Erattumukku waterfalls. Stop, breathe and feast your eyes on the grand view of this waterfall spilling down the rocky face.

Along the trail, one will encounter the Thanni Muthassi (Grandmother Thanni), a Thanni tree (Bedda Nut Tree) which is believed to be 400 years old. Ever wanted to sneak into a tree? Well, snuggle into the womb of this grandma tree, feel

her might and listen to her whisper to you jungle lore. Hollow inside, Thanni Muthassi can



accommodate 3 persons at a time.

From Erattumukku one can trek up 400 meters further and you will reach the roaring Mazhavil Chattam (Rainbow Falls). This alluring waterfall gets its name owing to the streaks of rainbow that gets splashed across the rocks as sunlight scatters through the waterfalls. 500m away from here is the third waterfall- the mighty 'Thumbithullum Para'.

Mist capped mountains, gushing streams, roaring waterfalls, dramatic backdrops of lush woods-this tangle of nature needs to be experienced atleast once in a lifetime. Nature enthusiasts will be in their element here. Come and feel the romance of this captivating place. You will never be the same again.

Getting there:

"Meghalaya's dew drop"

Cherrapunji Tourism

Earlier the wettest place on the Earth, Cherrapunji in Meghalaya, also known as Sohra, is known for its double-decker living root bridge. Located around 50 Kms from Shillong, this sub-divisional town is famous for its rich flora and natural attractions. Although Mawsynram is now the wettest place on earth, Cherrapunji still holds the record for the highest recorded rainfall in a calendar year. Apart from the famous living root bridge, other natural attractions include cave



formations such as the Mawsmi Caves and KremPhyllut. Asia's cleanest village, Mawlyngnong is another famous tourist spot here, where visitors can live and experience the food and culture of the village. The misty valleys and the waterfalls in the region make a long drive through Cherrapunji ideal for those who love road trips. The breathtaking panoramic views of the valley and waterfalls such as the famous Nohkalikai

Waterfalls are wonderful experiences to be had during the sunny winter days. For those with a bit of time on their hands, the town of Dawki at the border with Bangladesh offers a wonderful clearwater boating experience in the winter season.



"The French Riviera of the East"

Pondicherry Tourism

Pondicherry, officially known as Puducherry, and commonly referred to as just Pondy, is one of the seven Union Territories of India. This former French colony is a perfect amalgamation of the traditional Indian sensibilities and French architecture, making it a dreamy escape that offers the best of both worlds.

The streets of the French Quarter of Pondicherry, also known as White Town, are dotted with charming mustard-yellow colonial structures with bougainvillea laden walls. These are interspersed with cosy cafes and chic boutiques that offer delectable French cuisine and beverages. Simply strolling down these streets, can give the traveller an insight into the fairytale charm



beach.

Topped with authentic French bakeries, bohemian stores and cobble-stoned paths that are delightful for a leisurely stroll or bicycle ride, Pondicherry has a lot to offer. So head on down to this dream town of the Indian Coast and chug a few beers (at the Union Territory prices; bid adieu to state taxes) or just read a book in one of the quaint cafes.



of Pondicherry.

Come explore the boulevards and rues (the French word for streets) of the Pondicherry that will ultimately take you down to the gorgeous seaside promenade, where the Bay of Bengal playfully splashes the shores of the famous Rock



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LAUNCH OF MULTILINGUAL INCREDIBLE INDIA WEBSITE BY MINISTRY OF TOURISM

Incredible India website, the flagship project launched by Ministry of Tourism, is a promotional website with an aim to project India as a 'must-visit' destination across the globe. Ministry of Tourism has revamped the multilingual Incredible India website design, with an aim to provide more information about India's tourist destinations, attractions, experiences, and where our value lies. Ministry of Tourism's, Incredible India 2.0 website aims towards showcasing the varied tourism products of India at a global arena by providing visitors with relevant, personalized and contextual digital experience escalating tourism awareness, attraction and opportunities.

2. The website now comprises of a plethora of information around 165 Destinations, 2700+ Pages, 28 states + 9 UTs along with multiple attractions. The website which is currently hosted in English and Hindi is now being launched in Chinese, Arabic and Spanish with primary objective to effectively engage the visitors across web and social media platforms thereby providing an exciting experience to the travellers visiting the website from countries from where we witness major tourist footfall.



3. The Hon'ble Minister of Tourism and Culture will be unveiling the multilingual Incredible India website at The Ashok Hotel on 2nd March 2020 at 7 p.m. The launch event will witness participation by key stakeholders of tourism industry, foreign ambassadors, foreign correspondents, major associations, etc. and will be an important milestone in attracting a wide variety of global audience.

4. The website will be dynamic and constantly evolving, with new design and theme, periodically. Going forward, the website will be available in other major international languages.



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JODHPUR A DELIGHTFUL BLEND OF THE MODERN AND THE TRADITIONAL

Jodhpur, the second largest city in Rajasthan is popularly known as the Blue City. The name is clearly befitting as most of the architecture – forts, palaces, temples, havelis and even houses are built in vivid shades of blue. The strapping forts that tower this magnificent city sum up to a spectacle you would not want to miss. The mammoth, imposing fortress of Mehrangarh has a landscape dominating a rocky ridge with the eight gates leading out of the fortress. The new city is located outside the structure. Jodhpur is also known for the rare breed of horses known as Marwari or Malani, which are only found here. Jodhpur marks its origin back to the year of 1459 AD. The history of this prosperous city revolves around the Rathore clan. Rao Jodha, the chief of Rathore Clan is credited with the origin of Jodhpur in India. The city is known to be built in place of the ancient capital, Mandore of the state of Manwar. Hence, the people of Jodhpur and surrounding areas are commonly known as Marwaris. Also, it is believed that the relics of Mandore can still be witnessed in the Mandore Gardens.

ATTRACTIONS & PLACES TO VISIT AND EXPLORE IN JODHPUR

Come explore the wonders and sites that Jodhpur has to offer you. There's always something to see in Rajasthan.



MEHRANGARH FORT

Rising perpendicular and impregnable from a hill which is 125 metres above Jodhpur's skyline is the Mehrangarh Fort. This historic fort is one of the most famous in India and is packed with history and legends. Mehrangarh Fort still bears the imprints of cannonball attacks courtesy the armies of Jaipur on its second gate. Chiselled and sturdy, the fort is known for its exquisite latticed windows, carved panels, intricately decorated windows and walls of Moti Mahal, Phool Mahal and Sheesh Mahal.



UMAID BHAWAN PALACE

Umaid Bhawan Palace was built by Maharaja Umaid Singh in 1929 to counter a famine which had hit the state at the time. It was also known as the Chittar Palace while being constructed thanks to the use of stones drawn from the Chittar hill. The palace was designed by HV Lanchester, a renowned British architect, and was completed in 16 years. Built with sandstone and marble, the architecture of the palace is described as a blend of Indo-Saracenic, Classical Revival and Western Art Deco styles. It is recognised as one of the largest private homes in the world and also one of the more spectacular buildings. It is the only palace built in the 20th century.



Situated within the compound of Mehrangarh Fort is the glass palace of Jodhpur, popularly known as Sheesh Mahal. This magnificent piece of architecture is adorned with walls of mirror work that stretch across ceilings and to the floors. It is superimposed by the mirror work of brightly painted religious figures cast in plaster.



CHAMUNDA MATAJI TEMPLE

Chamunda Mataji was Rao Jodha's favourite goddess and so her idol was bought to the Mehrangarh Fort. Thus, the fort became a place of worship and was turned into a temple. Since then, locals have followed the culture of worshipping Chamunda Mata. In fact, till date, the goddess remains the Isht Devi (the adopted goddess) of Maharajas and the royal family.

JODHPUR GOVERNMENT MUSEUM



The government museum, located in Umaid Garden, houses a rich collection of relics including armoury, textiles, local art and crafts, miniature paintings, portraits of rulers, manuscripts and images of the Jain Tirthankaras. Wildlife lovers can also visit the zoo, which is located close by.



GHANTA GHAR

Ghanta Ghar, also known as the clock tower of Rajasthan, is situated in one of the busiest areas of Jodhpur, the Sadar Bazaar. It was constructed by Shri Sardar Singh Ji of Jodhpur. The Sadar Market is quite popular among tourists, who throng the streets to purchase Rajasthani textiles, clay figurines, miniature camels and elephants, marble inlay work and classic silver jewellery.



MANDALESHWAR MAHADEV

The Mandaleshwar Mahadev was built by Mandal Nath in AD 923. It is believed to be one of the oldest shrines in the city. The walls of the temple have some beautiful paintings of Lord Shiva and Goddess Parvati.



MASURIA HILLS

Masuria garden is one of the three most beautiful and famous gardens of Rajasthan. Located on top of the Masuria hill in the middle of Jodhpur, it is popular among devotees because of the centuries-old temple dedicated to a local deity, Baba Ramdev. There is a restaurant located here which offers a stunning panoramic view of the city.



MANDORE

Towards the north of Jodhpur is the ancient capital of Marwar, Mandore. This area is of major historical importance and you will find the dewals or cenotaphs of Jodhpur's former rulers. Unlike the original chhatri-shaped cenotaphs that are typical patterns of Rajasthan architecture, these are built along the lines of Hindu temples.



MACHIYA SAFARI PARK

This park is situated on the way to Jaisalmer, about 1 kilometre from Kailana Lake. It offers a bird watching point for visitors and is also home to several animals such as deer, desert foxes, monitor lizards, blue bulls, hare, wild cats, mongoose, monkeys, etc. The park also offers spectacular views of sunset and should not be missed.



BALSAMAND LAKE

Balsamand Lake is about 5 kilometres from Jodhpur on the Jodhpur-Mandore Road. Built in 1159 AD, it was planned as a water reservoir to cater to Mandore. The Balsamand Lake Palace was built on its shore later as a summer palace. It is

surrounded by lush green gardens that house groves of trees such as mango, papaya, pomegranate, guava and plum. Animals and birds like the jackal and peacock also call this place home. This lake is now a popular picnic spot with tourists and locals.



MEHRANGARH FORT AND MUSEUM

Mehrangarh, the fort of Jodhpur, crowns a rocky hill that rises 400 feet above the surrounding plain and appears both to command and to meld with the landscape. One of the largest forts in Rajasthan, it contains fine palaces and preserves in its museum many priceless relics of Indian courtly life. Jodhpur is named after its founder Rao Jodha, a fifteenth-century chief of the Rathore clan. In 1459, Rao Jodha (r. 1438-89) began to build a new fort six miles to the south of Mandore, his then capital. A strategic location was chosen for the new fort: an isolated rock providing high elevation and good natural defenses.

The fort was named Mehrangarh, meaning 'fort of the sun' – a reference to the clan's mythical descent from the Sun god 'Surya'. Over five hundred yards long, the fort wall is seventy feet wide and rises in places to a height of one hundred and twenty feet.

Today Mehrangarh Museum has a unique importance as a repository of the artistic and cultural history of the large areas of Central Rajasthan and Marwar-Jodhpur. The museum boasts exemplary examples of 17th, 18th and 19th-century collections for the fields of Miniature Paintings, Arms and Armours, Textiles, Decorative Arts and Furniture. The Museum has also participated in many international exhibitions all over the world, displaying and sharing the rich heritage of Marwar, and interacting with prestigious institutions in the field. Contd.....



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Amazing Tourist Attractions And Places To Visit In Gujarat

There are many reasons to visit Gujarat, the coastal state located in the western part of India. Its home to the Asiatic Lion, witnessed in all their glory at Gir National Park. With a history dating back thousands of years, it's dotted with temples, mosques and other historical monuments that transport you back in time and shed light on its glorious heritage. Gujarat is also home to several natural wonders like the Rann of Kutch, the largest salt desert in the world.

If the remnants from the past leave you captivated, wait till you see the wildlife of Gujarat. The roar of the Asiatic Lion rings through your ears, while the sight of the feisty Blackbuck is a sheer delight. One also witnesses various eras of history, whether at the excavations at Lothal and Dholavira or at Sabarmati Ashram from where Mahatma Gandhi planned several national movements. If you haven't yet visited Gujarat, you are missing out on an incredible experience. Here are some of the amazing tourist attractions and places to visit in Gujarat.

Somnath Temple



Somnath Temple, located in the district of Junagadh, is considered to be one of the 12 Jyotirlingas of Lord Shiva. The fabulous wealth of Somnath Temple attracted various invaders who attacked and plundered it ruthlessly. However, every invasion was followed by its reconstruction which restored it to its former glory.

Architecturally, the temple displays magnificence. Built in the Chalukya style of architecture, it boasts a shikhara almost 50m tall. The temple impresses visitors with its intricate carvings, silver doors, the famous Nandi idol and the prime attraction, the Shivlinga. Its enormous courtyard houses the mandapa (hall) and the main shrine. From the temple, you can also enjoy incredible views of the Arabian Sea. Another exciting time to be here is during the Kartik Purnima Fair, held over a period of four days.



Gir National Park

Gir National Park is the only place in the world where one can spot the majestic Asiatic lion.

Nowhere else will you get a chance to spot them as close as Gir National Park. Spread across an area of almost 1,412 sq. km of land, it's the only national park in India where a tribal community have perfected the art of harmonious co-existence with wildlife.

Gir National Park is among the topmost places to visit in Gujarat mostly due to the Asiatic Lion. However, the park also boasts the largest dry deciduous forest in Western India. Apart from the Asiatic Lion, the park is also home to around 300 species of birds and a variety of other animals. The best way of enjoy sightseeing in Gir National Park is through a jeep safari

Rani Ki VavPatan



Rani kiVavPatan, a UNESCO World Heritage Site, is another of the tourist places in Gujarat, is a fine example of the kind of water conservation practiced in India during the ancient times. The building of Rani kiVavPatan was commissioned by Rani (Queen) Udayamati in 1603 in the loving memory of her husband King Bhimdev 1 of the Solanki dynasty. It's interesting to note, however, that the "vavs" of Gujarat weren't just used for collecting water and socializing, they possess great spiritual significance too.

The construction of the stepwell was quite simple in the initial years, but became more intricate as the years went by. Rani kiVavPatan consists of more than 800 elaborate sculptures among seven galleries. The central theme of the stepwell is Dasavataras, or the ten incarnations of Lord Vishnu, including Lord Buddha. A special attraction awaits you at the water level where you come across a carving of Sheshashayi-Vishnu, where Vishnu is depicted reclining on the thousand-hooded serpent Shesha.

Champaner-Pavagadh Archaeological Park



Today, the deserted city of Champaner provides a glimpse of the kind of prosperity which must have existed at one point of time.

Located in the foothills of Pavagadh, it's a UNESCO World Heritage Site that rests on a rocky hilltop and is dotted with mosques, forts, temples and palaces. The architecture of many old mosques reflect a blend of Islamic and Jain tradition. You also come across various heritage monuments belonging to the 16th century including mosques, temples, fortresses and palaces, among others.

Some of the famous attractions worth checking out on your visit to Champaner-Pavagadh Archaeological Park are Jama Masjid, Lila Gumbajki Masjid, Lakulisa Temple, Pavagadh Fort and Helica step-well, among the others.

Lothal



Surely, you must have heard of Indus Valley and Harappan civilizations, and been fascinated with them. Lothal, which means, "Mount of the Dead," is the most extensively excavated site in India. Upon a visit to Lothal, one of the best sightseeing places in Gujarat, your mind recreates the scenes which these remains must have been witness to at one point of time, a civilization far advanced than the time it existed in.

According to archaeological findings, Lothal was established by the people of the Indus Valley Civilization, initially by the sea-faring merchants and later by the smiths, masons and potters, among others. Its worth mentioning that Lothal soon grew to become an industrial center and an extremely important port of the empire. Explore the ruins and visit the museum during your visit to Lothal

What is Ayurveda tourism in Kerala ?



In between Kerala travel mart over media journalist from Italy, Russia, U.K, Mumbai, Uttarakhand, Delhi team visit 20 Ayurveda health centers, hospitals, colleges, resorts that sprouted in the pristine land of India some 5000 years ago. Ayurveda, the science of life and longevity, is the oldest healthcare system in the world and it combines the profound thoughts of medicine and philosophy. Since then Ayurveda has stood for the wholesome physical, mental and spiritual growth of humanity around the world.

Kerala possesses an unbroken tradition of Ayurveda that has surpassed the many invasions and intrusions both foreign and native. For hundreds of years the Ayurveda Vaidyas (traditional practitioners of Ayurveda) were almost the only access for people seeking healing from every kind of disease in Kerala.

Unlike the other Indian states, the status of Ayurveda in Kerala is not alternative but mainstream. In fact today Kerala is the only state in India which practices Ayurveda in an authentic way with absolute dedication.

The word "Ayurveda" is a Sanskrit term derived from two words "ayu"-life and "veda"-knowledge or science. Thus Ayurveda means knowledge of life or the science of life. According to ancient Ayurvedic scholar Charaka, Ayu comprises of the mind, body and soul.

Ayurveda can be defined as a system which uses the inherent principles of nature to maintain health in a person by keeping the individual's body, mind and soul in perfect equilibrium with nature. The Aim of Ayurveda

- To protect health and prolong life
- To cure the diseases and maintain the balance of body functions

Universe is made up of five elements i.e air, fire, water, earth and space. These elements are represented in humans by three doshas or energies Vata, Pitta and Kapha. When any of the doshas accumulate in the body beyond the desirable limit, the body loses its balance. Every individual has a distinct balance. Our health and well being depend on getting a right balance of three doshas. Ayurveda suggests specific lifestyle and nutritional guidelines to help individuals to maintain balance between the doshas

Tripods of Ayurveda

In Ayurveda, Food, Sleep and Healthy Sex life are regarded as the tripods of healthy living. It is important for our body to be adjusted to timely intake of good quality and proper food, regular sleeping habits and controlled indulgence in sex because as all this ensures long and healthy life.

Diet

We are what we eat. So, it is essential to know what to eat, when to eat, how much to eat and how to eat. Though there are concepts of generalized diets, which are applicable to one and all, Ayurveda says that it is the individual who knows best what suits his body and mind and he should thus, act accordingly. The popping of all the vitamin pills in the world is not going to make you healthy - for all you know your body might just reject them. Timely and moderate eating habits will serve you well.

Sleep

Give your body sufficient rest and find out what a different person you are!. When you give your overheated car time to cool off, can't you give your over used body time to recover from the stress and strain? Happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, knowledge and ignorance, life and its cessation - all depends on sleep.

Celibacy

Ayurveda highlights that celibacy is necessary for good health, as it increases memory, intellect and will power, in addition to maintaining a healthy body. Overindulgence, suppression or overuse of our basic life energy damages the fundamental connection to live and enjoy life. Sexual promiscuity leads to various diseases. Sex, according to Ayurveda, is a divine process that is responsible for the very existence of human race on the face of earth. It is therefore very important to take care of your sexual health apart from other factors like diet and sleep.

Doshas

Vatha, Pitha and Kapha are together called as three humours or thridosha. Trihumoral theory is the core of Ayurveda, there is a reason for this. In the living, there are only three fundamental mechanisms happening at all times. One mechanism known as catabolism, breakdown the food or tissue to provide energy. The other mechanism which is called anabolism utilizes this energy to facilitate growth and repair. The third mechanism is an entity which strives to maintain a balance between these two.

In Ayurveda all catabolic factors are represented by a conceptual humour called Pitha which is predominantly fire existent. Another humour called Kapha which is a combination of earth and water existents represents anabolism. The third humour called Vatha is the balancing entity in the body Vatha is blend of air and space existents. It is in control of Pitha and Kapha, prevents them from going rogue. Vatha may be compared to the neuro-hormonal mechanism of the body. Each of these humours is assigned a set of qualities.

Vatha

Vata is said to be the most dominant energy which sustains all other organs in normal state. It is mainly constituted of air and space. Vatha is attributed to Neuro muscular co-ordination and Blood circulation and Lymphatic circulation. It plays an important role in all kinds of movements and mental activities. Generally people with a predominance of Vata, tend to be thin, have dry skin, intolerance towards cold, move and speak quickly. Emotionally they are unstable with greater amount of anxiety and fear.

Pitha

Pitha is mainly constitutes fire and water. It invokes desires such as hunger, thirst, joy, happiness. All biochemical and hormonal functions taking place in over body are related to pitha. Pitta predominant individuals feel warm and sweats more. They are moderate and reasonably steady in their weight, and very expressive in emotions like anger, resentment and jealousy.



Kapha

Earth and water are the main entities of Kapha. Kapha renders nourishment, stability and forbearance—the capacity to with hold emotions. It acts as a medium for absorption of nutrients. Usually Kapha dominant person tend to be stocky, have thicker, denser bones, oily skin, and thick hair. They are relaxed, more stable and slow in movements.

Ayurveda for your every day life

The system of Ayurveda is not only to enhance your overall wellbeing and good health, but also works on improving your holistic wellness. Ayurveda offers a framework within which can rework our lifestyles in order to optimise our bodily functions. This age-old healing tradition utilises natural herbs and oils, all of which have immense medicinal value. The systems created go back to over 5000 years of knowledge that has been passed down through the Vedas.

The instructions laid out in these texts speak of illnesses with a range of therapies that include massages, herbal medicines, a controlled diet and the right kind of exercise. All of these are very valid in the modern world and current lifestyles.

Ayurveda is a system of treatment that helps you age



Places to Visit in Kerala

Kerala, a surreal destination where the morning brings in the mist and magic. Fondly called the “Gods Own Country”, this is the place where the backwaters hold everyone captive with their alluring silence. Yes, it's the **'Spice Capital of India'** where the evening wishes adieu with some of the enchanting melodies played by Mother Nature. Yes, such is the beauty and appeal of Kerala! Let loose the wanderlust in you and plan a trip to this prismatic land; there are an array of **places to visit in Kerala**. Make sure you make it to all these destinations and curate some of the most pleasing memories out of your trip. And in case, you are finding it tough to decide the destinations to cover, here is a sorted list of **tourist places** that will fill your travelogue with fun, frolic and excitement:

1. Alleppey (Alappuzha):



Situated at an astounding height of 700-2,100m, this stunning hill station is all about fantasy, untouched nature, unforgettable moments, and merriment!

Adding more to 'Wayanads enchanting beauty, visitors can also revisit and unfold history while visiting this hilly retreat. Yes, the lush and pristine forests in Wayanad are said to be inhabited more than 3,000 years ago.

You may also like : Most Popular Hill Stations in Kerala

Best Time to Visit:

Year-round Destination

Tourist Attractions:

Wayanad Wildlife Sanctuary, Banasura Sagar Dam, Chembra Peak, Soochipara Falls,

There is the whole of Kerala in one side, and then there is this heavenly tourist destination called Alappuzha or Alleppey! Esteemed as the 'Backwater Capital of India' or the 'Venice of the East', Alleppey is known for its silent backwaters and bountiful beauty!

Seated on the banks of the azure Vembanad Lake, it is in fact one of the most popular backwater destinations in Kerala and one of the highest sought-after tourist places in Kerala. Visit this paradise; enjoy houseboat cruise and stay, village walks, Ayurvedic therapies and lot more!

Best Time to Visit:

Year-round destination

Tourist Attractions:

Vembanad Lake, Alleppey Beach, Marari Beach, Krishnapuram Palace, Pathiramanal, Kuttanad Backwaters, Arthunkal Church, Ambalapuzha Temple, Mannarshala Temple, Karumadikuttan Statue, St. Mary Rorane Church

Nearest Railway Station:

Alleppey Railway Station

Weather:

Summer (April – June), Winter (October – Mid March),

Monsoon (July – September)



Sentinel Rock Falls, Kanthanpara Waterfalls, Kuruva Island, Pookode Lake, Lakkidi, Muthanga Wildlife Sanctuary, Pakshipathalam, Edakkal Caves, SulthanBthery, Chain Tree

Nearest Airport:

Calicut International Airport (98km)

Nearest Railway Station:

Nilambur Railway Station (92km / 3 Hours)

Weather:

Summer (March - May), Winter (December - February),

Monsoon (June - September)

Contd.....

2. Wayanad:

Cradled in the lap of the Western Ghats, Wayanad truly deserves a top rank in the list of **places to visit in Kerala**.

Imagine large tracts of grasslands on the foothills at Odisha

Imagine large tracts of grasslands on the foothills of undulating hills with herds of graceful Spotted Deer's, Bison's or Blackbucks ambling around, Muggers basking on sandbars, Dolphins and Flamingos or Skimmers frolicking around, that's what Odisha with its unique topography offers. With 480 KMs of coastline on eastern side and the Eastern Ghats on the other side together with the meandering rivers crisscrossing the state, creates a medley of landscape ranging from pine forests to wetland, to waterfalls, lakes and mangroves that shelters a wide range of flora & fauna.



With nineteen Wildlife Sanctuaries, one National Park and two Tiger Reserves, the state offers varied experience to its visitors along with a host of activities ranging from trekking, birding, jungle safari and camping in spacious tents in the midst of forest beneath the star lit skies.

From the Chilika lagoon which hosts a congregation of million birds to the Mahanadi Gorge of Satkosia, the mountain musings of Similipal or hundreds of Crocodiles basking at Bhitarkanika, a trip to various Ecotourism destinations (Nature Camps) in the allows you to reconnect with nature and is a revelation for your senses.

Best of Odisha Bhitarkanika National Park (Bhitarkanika Nature Camps)

"Mini Amazon" of India and also the 2nd largest mangrove ecosystem in India, only Marine Sanctuary of Odisha and one among the five in India. Hundreds of Saltwater Crocodiles (up to length 23 Ft) can be seen basking on mangrove creeks. A Bird's Paradise of India with the Largest Heronry.

Chilika Lagoon (Chilika Nature Camps)

Chilika is the largest wintering ground for migratory birds (in Millions) of Indian-subcontinent, only home for Irrawaddy Dolphins in India, Asia's largest brackish water lagoon with beautiful Islands, and

biodiversity Hotspot of country, Wetland of International importance and a RAMSAR Site. It is 90 KMs from the Capital of Odisha-Bhubaneswar

Similipal Tiger Reserve (Similipal Nature Camps)

A National Park, Biosphere Reserve, Elephant Reserve and Sanctuary of Tiger, Elephant, Sambar, Bison, Spotted Deer, Leopard etc. with small animals and Birds. Specialty is large tracts of Sal Forests with wildlife.

Debrigarh Sanctuary (Debrigarh Nature Camp)

On bank of Hirakud reservoir (largest artificial lake of Asia and longest Earthen Dam of World). Easy sighting of wildlife- Bison, Sambar, Spotted deer, Wild boar, different small mammals and variety of resident & migratory birds.

Satkosia Tiger Reserve (Satkosia Nature Camps & Satkosia Sands Resort)

River Mahanadi (Longest River of Odisha) bifurcates the Tiger Reserve and also forms 22 KMs long Satkosia Gorge (one of the largest and deepest Gorges of Asia). The Tiger Reserve sits on confluence zone of Eastern Ghats and Deccan Plateau. Muger (crocodiles) and Indian Skimmers basking on sandbars is a common sight. It is the southernmost limit for endangered Gharials in India and the only place in Odisha where both Muger and Gharials can be sighted.

Rushikulya Rookery (Ganjam)

The Odisha Coast is the largest mass nesting ground for Olive Ridges in the world. Millions of Olive Ridges nest every year here from October to March.

"The skiing destination of India"

Auli Tourism

Dotted with the apple orchards, old oaks and pine trees there is no dearth of natural beauty in Auli. Apart from skiing you can also go for numerous treks in the hills of Garhwal Himalayas and enjoy the spellbinding views of the snow-draped mountains.

Auli is a popular hill resort in the Himalayan range dating back to 8th Century AD.



Dotted with apple orchards, oaks and deodars, Auli is a popular hill town with numerous ski resorts situated amidst the Himalayan range. Located at 2800 meters above sea levels, it is home to mountain ranges of Nanda Devi, Mana Parvat and Kamat Kamet. Many religious destinations are also scattered around Auli. It is believed that Shankracharya had

Auli is a popular skiing destination in India because of its glittering slopes and clean environment.

blessed Auli with his visit.



"An Epitome of the Mughal Dynasty"

Agra Fort, Agra Overview THE GREAT ATTRACTIONS UTTAR PRADESH

An architectural masterpiece, The Red Fort of Agra or Agra Fort was built by Emperor Akbar in 1573. It is located on the right bank of the River Yamuna and



architecture, built purely out of red sandstone.

Within the premises of Agra Fort lie the most exquisite structures like the Pearl Mosque, Diwan-i I Khas, Diwan-i I Aam, Moti Masjid and Jahangiri Mahal. Some part of the Agra Fort is used by the Indian Army is off-limit to public access. View of Yamuna River and Taj Mahal from the fort's pavilions is mind-stirring.

is made entirely of red sandstone. The historical fort was once the erstwhile residence of the Mughals until 1638. One of the UNESCO World Heritage Sites, it lies 2.5 kilometres from Taj Mahal. Also known as Lal –Qila, Fort Rouge or Qila-i-Akbari, Agra Fort is a symbol of Agra and is so massive that it is often referred to as a walled city.

It is the perfect example of Mughal art and



National Parks In Chhattisgarh

Chhattisgarh, located in central India, is among the states which has the maximum land under forest area, encompassing an area of nearly 1,35,133 sq. kms. 44 per cent of the total area of Chhattisgarh comes under forests, which contributes to the 12 per cent of the of India's total forests. The state has immense possibility for wildlife and eco-tourism because of its rich bio-diversity. Chhattisgarh is blessed with some of the most endangered and rare wildlife species. For wildlife enthusiasts and nature lovers Chhattisgarh is a perfect destination. The State has two National Parks, Three tiger reserves, 8 wildlife Sanctuaries, 1 Bio-sphere reserve.

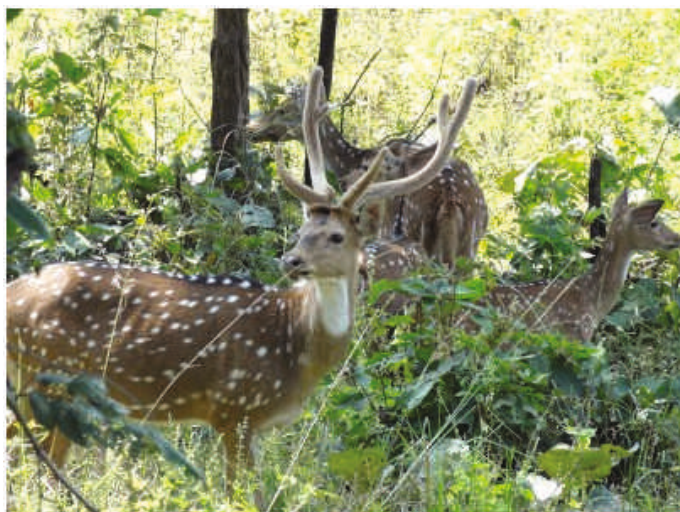


GURU GHASIDAS NATIONAL PARK

Guru Ghasidas National Park Guru Ghasidas (Sanjay) National park is a beautiful place, located in the Koriya district of the state of Chhattisgarh. Total area of lie park is about 1440.71 km². It was declared as a National park in the year of 1981. The park has been renamed after the Satnami reformist hero, Guru Ghasidas.

KANGER VALLEY NATIONAL PARK

Located amidst 34 kms of long and scenic kanger valley, a biosphere reserve, Kanger Valley National Park is one of the most beautiful and picturesque national parks of India. Known



for its scenic beauty and the rich biodiversity, Kanger Valley attained the status of a national in 1982. Besides wildlife and plants, there are many tourist attractions inside the park such as the Kotumsar Caves, Kailash Caves, Dandak Caves and Tiratgarh Waterfalls.

Wildlife In Chhattisgarh

The Pamed Wildlife Sanctuary is an important wildlife reserve in Chhattisgarh. With an area of 262 sq km, it is placed in the Dantewada district in southern part of Chhattisgarh and the Sanctuary is close to the state border with Andhra Pradesh. Pamed Wildlife Sanctuary has some precious trees like Sal and teak. There are mixed forests creating a different aura about the place. The travellers who visit the place are fortunate to get a feel to the dense forests which create an enchanting atmosphere. In Pameda wildlife sanctuary deer can be easily sighted. Here you find the chital or the spotted deer, India Gazelle and the chinkara. Those who are interested in wildlife will never forget the images of the deer running all around the sanctuary like carefree creatures of nature.

PAMED SANCTUARY

The Pamed Wildlife Sanctuary is an important wildlife reserve placed in Dantewada spread over an area of 262 sq km. Pamed Wildlife Sanctuary has some precious trees like Sal and teak. There are mixed forests creating a different aura about the place. Here you find the chital or the spotted deer, Indian Gazelle and the chinkara. Those who are interested in wildlife will never forget the images of the deer running all around the sanctuary.

ANGKOR WAT -funerary temple for King Suryavarman II



Angkor Wat was built in the first half of the 12th century (113-5BC). Estimated construction time of the temple is 30 years by King Suryavarman II, dedicated to Vishnu (Hindu), replica of Angkor Thom style of art.

It is generally accepted that Angkor Wat was a funerary temple for King Suryavarman II and oriented to the west to conform to the symbolism between the setting sun and death. The bas-reliefs, designed for viewing from left to right in the order of Hindu funereal ritual, support this function.

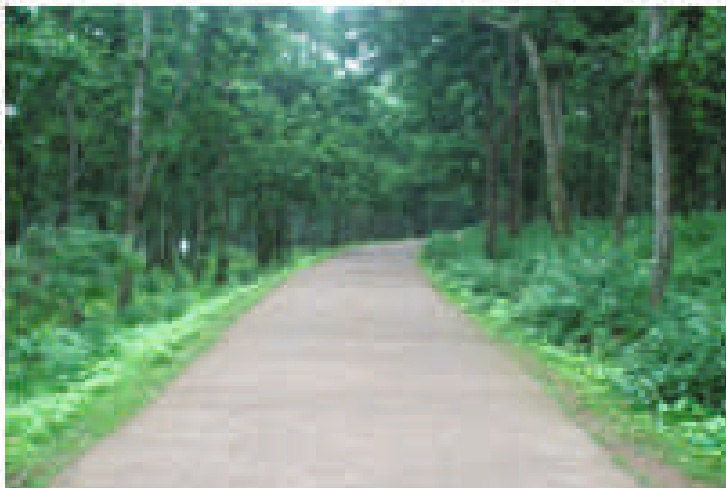
BACKGROUND

Angkor Wat is the best preserved and largest monument of the Angkor group, truly an architectural masterpiece. It's perfection in composition, balance, proportions, relief's and sculpture make it one of the finest monuments in the world.

ARCHITECTURAL PLAN

The plan of Angkor Wat is difficult to grasp while walking through the monument due to its vastness. From a distance Angkor Wat appears to be a colossal mass of stone on one level with a long causeway leading to the center but close up it is a series of elevated towers, covered galleries, chambers, porches and courtyards on different levels linked by stairways. A huge rectangular reservoir surrounds Angkor Wat which rises up through a series of three rectangular terraces to the central shrine and tower at a height of 213 meters (699 feet). This arrangement reflects the traditional Khmer idea of the temple mountain, in which the temple represent Mount Meru, the home of the gods in Hinduism. The height of Angkor Wat from the ground to the top of the central tower is greater than it might appear: 213 meters (699 feet), achieved with three rectangular or square levels (1-3) Each one is progressively smaller and higher than the one below starting from the outer limits of the temple.

"Queen of Chotanagpur Plateau"



Netarhat Tourism

Falling in the Latehar district of Jharkhand, Netarhat is the highest point of Chotanagpur plateau, popularly known as Queen of Chotanagpur. It is best known for the sunrise and sunset views it offers, especially during summers. When travelling by road from Ranchi to Netarhat, you will cross seven hills on your way and a little more than 96 miles.

Netarhat comes under the tag of lesser-known tourist places. Netarhat is around 156 km to the west of Ranchi and 210 km from Daltonganj. It is also notable for the renowned Netarhat Residential School which was started in the year 1954. Essentials like medicines are a must-carry as there is a low probability of chemist shops being present nearby.



Sunrise Point, Netarhat

This is the place where your heart dons wings... as a bird set free from the urban dungeons, it soars over hills and vales, tapping the rhythm of the wild hilly rivulets. It leaps way ahead of your head transporting you along on its flights of fancy. Needless to say, the Netarhat Plateau on the upper was, "Near to the Heart" of the erstwhile British soldiers too, that reminded them of their Scottish moors back home. Dense forests, serpentine roads, cool bracing breeze, nights may have probably prevailed upon the English to christen the place as Nature's heart or Netarhat. However, some argue that the place has been named after 'NeturHaat which means a marketplace for bamboo in the local language. Located at about 3622 feet high in Latehar District about 156 kms West of Ranchi, it was once the summer retreat of the British Governor. Satpura range from Central India, meets the Chotanagpur plateau on the eastern side, at Netarhat is also the home of various primitive tribes, who had been residing in its hills for generations, in close harmony with nature

Sunrise Point



While in Netarhat, if you want to enjoy the most spectacular view of the rising sun, it has to be the sunrise point in front of the tourist bungalow, Hotel PrabhatVihar.

It located at a distance of half kilometer to one km from the Netarhat bus stand. As you wait in anticipation for that memorable rendezvous with the sun, you suddenly observe the hills and trees appearing as dark silhouettes against the clearing horizon. And lo and behold! The nature around you is gradually steeped in a reddish hue... then as you watch spellbound the passing shades of vibrant scarlet and orange.... From behind the hills in front the crimson ball suddenly appears in its full flamboyance and glory to greet you. Even the moonrise seen on full moon nights from here is a long cherished experience.

We're moments

TravelBiz Monitor | May 01-15, 2012 | 31



We're timeless



We're Egypt



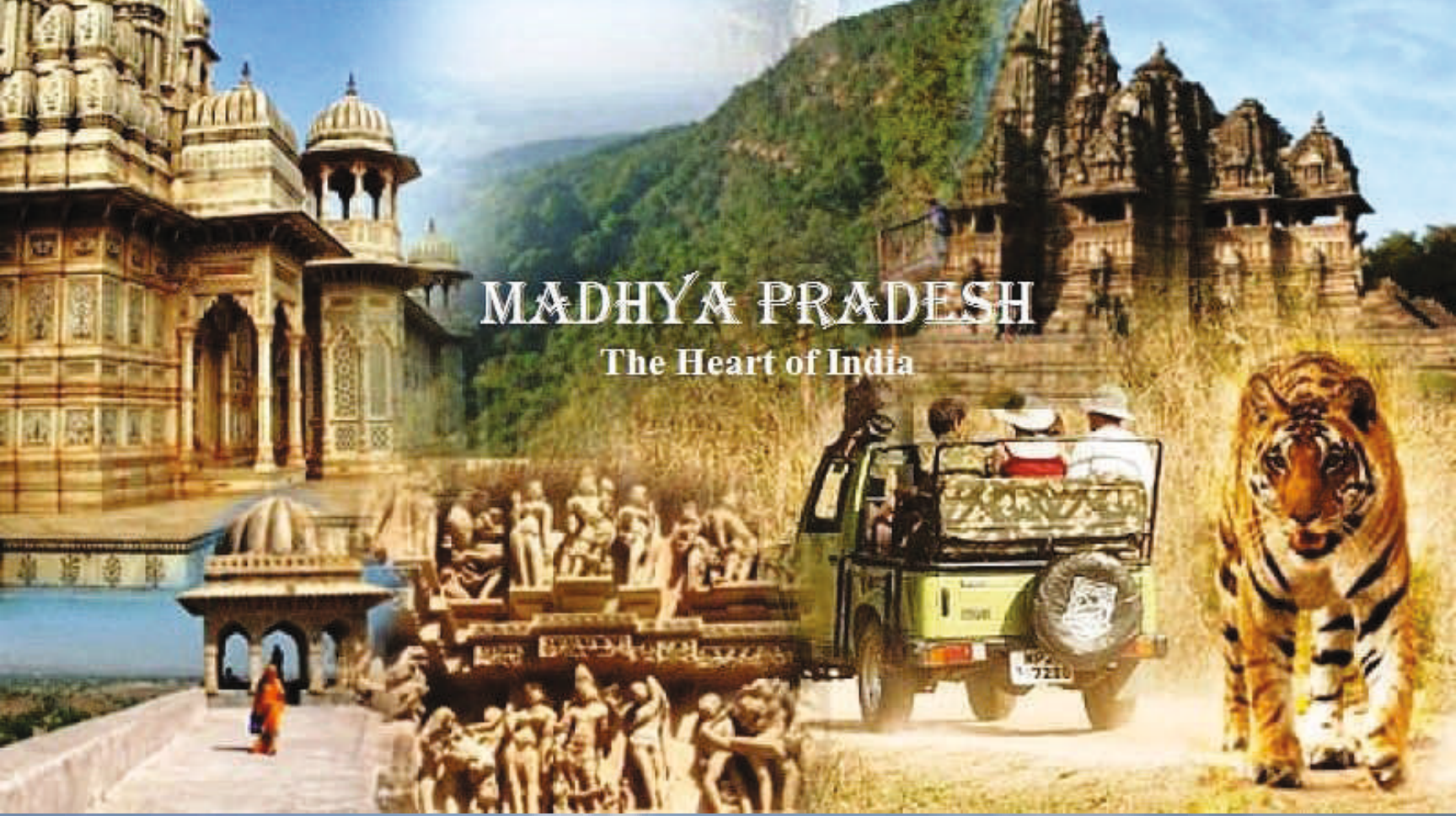
Hello,
I'll never forget the look of awe on my wife's face when we took our first Nile cruise thirty years ago. Special moments like that made this one of our favourite trips. It's like you're time travelling as you go through different historical dynasties on the Nile's banks.
Now, my granddaughter is back from the pool. She wants me to tell her stories about our ancient kings and the Karnak Temple... for the fifth time!
Join us.

Omar

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MADHYA PRADESH
The Heart of India

