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AYURVEDA KI DOR - HAR AUR HARI KI OR

● 5TH TO 9TH OCTOBER 2023 ●



महाद्रिपार्श्वे च तटे रमन्तं सम्पूज्यमानं सततं मुनीन्द्रैः ।
सुरासुरैर्यक्ष महोरगाढ्यैः केदारमीशं शिवमेकमीडे ॥

भू-वैण्ठकृतावासं देवदेवं जगत्पतिम् ।
चतुर्वर्गप्रदातारं श्रीबद्धीशं नमाम्यहम् ॥

+91 90277 21303 | +91 97957 61508

GURU SANIDHYA

● Prof. (Dr) Abhijeet Saraf

MD (Ay), MS (Psychological Counselling)

Ph.D (Samhita)

Founder & President

Agastya Foundation, Nashik

Co-Secretary

Anant Ayurveda Pratishthan, Pune

Professor & HOD, Department Of Samhita

Ayurveda College, Nashik



TREK LEADER



● Miss Reena Rawat

(Pahad Ki Beti)

Co-Founder- High On Himalya

Tilu Rauteli award winner for mountaineering

Instructor at Nation Institute of Mountaineering

Trek leader



ITINERARY



DAY 01

- **Haridwar to Devprayag**
Breakfast at Haridwar and Short Briefing Before Journey
Shree Raghunath Temple and Sangam
- **Devprayag to Srinagar**
Dhari Devi Temple and lunch
- **Srinagar to Augustmuni**
- **Augustmuni to Gaurikund**
Stay and Dinner

Total Journey 9hrs 240 kms



DAY 02

- **Gaurikund to Shree Kedarnath Shrine**
6hrs Trek (Avg.)
- **Samhita Nirupan**
and Camping with Breakfast lunch and dinner

DAY 03

- **Gaurikund to Karnprayag**
Breakfast and Lunch Gaurikund
- **Karnprayag to Joshimath**
Tea Break
Shree Vridh Badri Shrine, Shree Narsingh Temple and Shankracharaya Gaddi

Total Journey 160 kms



DAY 04

- **Joshimath to Baman Badrinath Village**
Breakfast at Joshimath
- **Samhita Nirupan**
Stay Lunch and Dinner

DAY 05

- **Shree Badrinath Shrine to Haridwar**
Pandukeshwara Shrine
Sightseeing

Total 330 kms



Journey to **DHAM**



Badrinath

9



8

Joshimath



7

Karnprayag



6

Kedarnath



5



4

Augustmuni



3

Srinagar



2

Devprayag

1

Haridwar

Trek



REGISTRATION DETAILS



**LIMITED
SEATS**



- ▶ Includes Fooding Lodging Local Sightseeing Camping Trekking.
- ▶ No Additional Mules.
- ▶ No Additional Mules Horses or Any Kind of Travel Expense Will Be Covered Apart From Itinerary.
- ▶ Fooding Will Only Cover Three Time Meals Which Includes Breakfast Lunch and Dinner.

- ▶ Scan the QR code or Enter the Link.
- ▶ Fill the Form Pay and Attach the Screenshot

Form Link

bit.ly/badrikedar

For Query Contact



+91 97957 61508
+91 90277 21303

REGISTRATION FEE
11,999/-
ONLY