

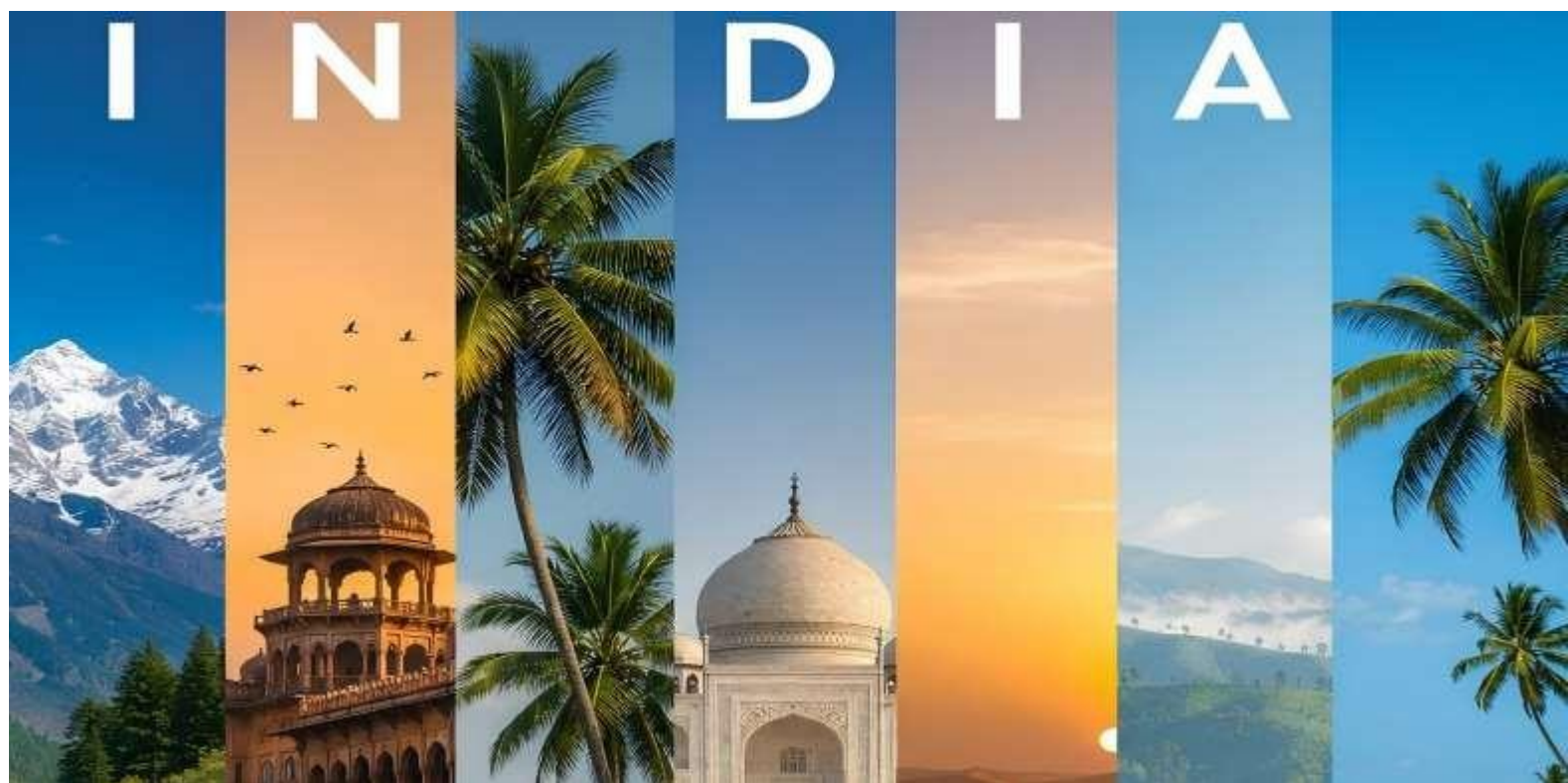
“IDYLLIC INDIA TOURS”

Your Vision - Our Creation Truly Idyllic

Explore Together

**I TAKE GREAT PLEASURE IN WELCOMING YOU TO THE
VIBRANT LAND OF DIVERSITY - INDIA - THROUGH THIS
BOOKLET**

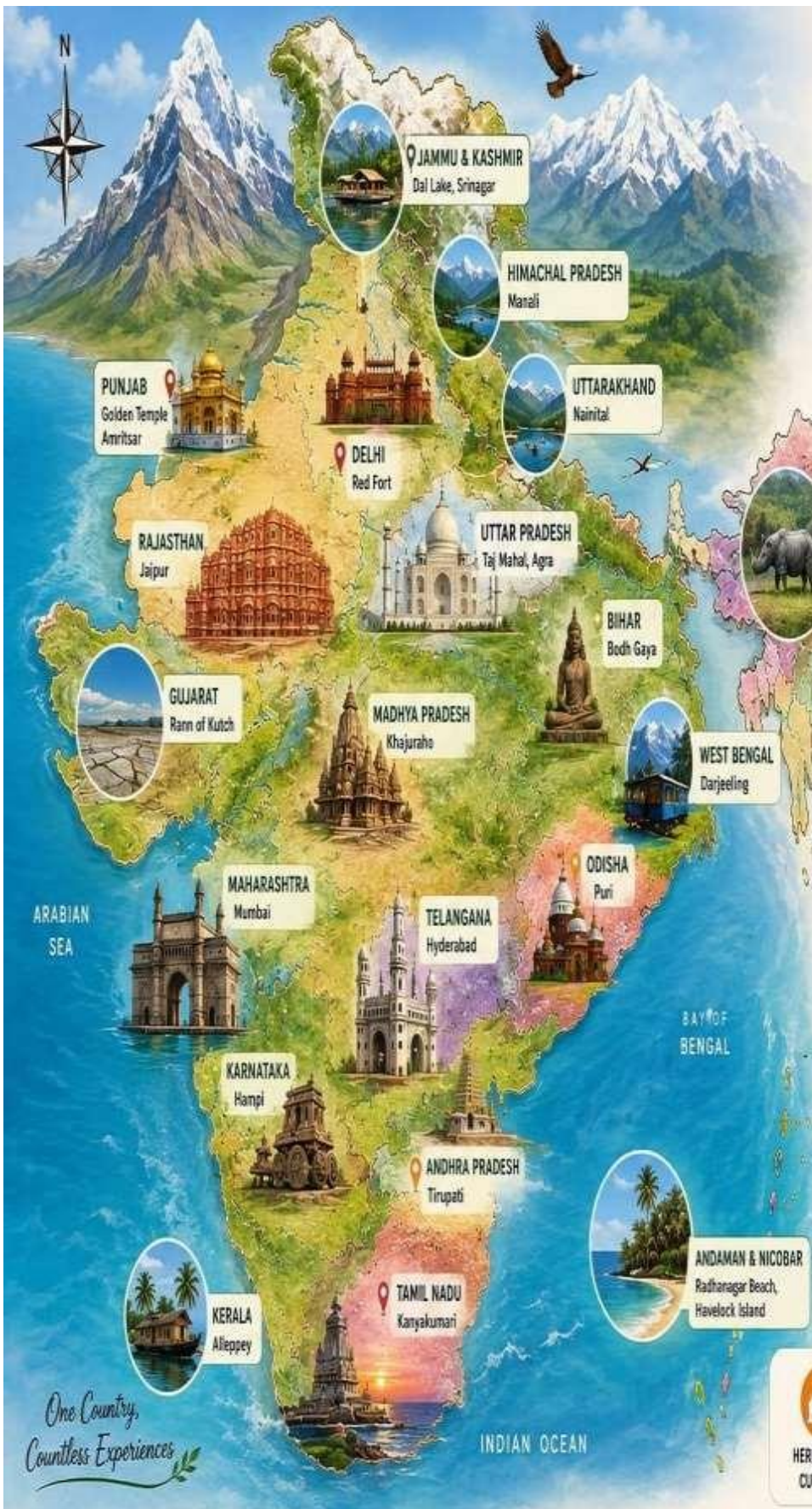




INCREDIBLE
INDIA

— LAND OF MAGNIFICENCE —





Incredible INDIA

BEAUTIFUL DESTINATIONS

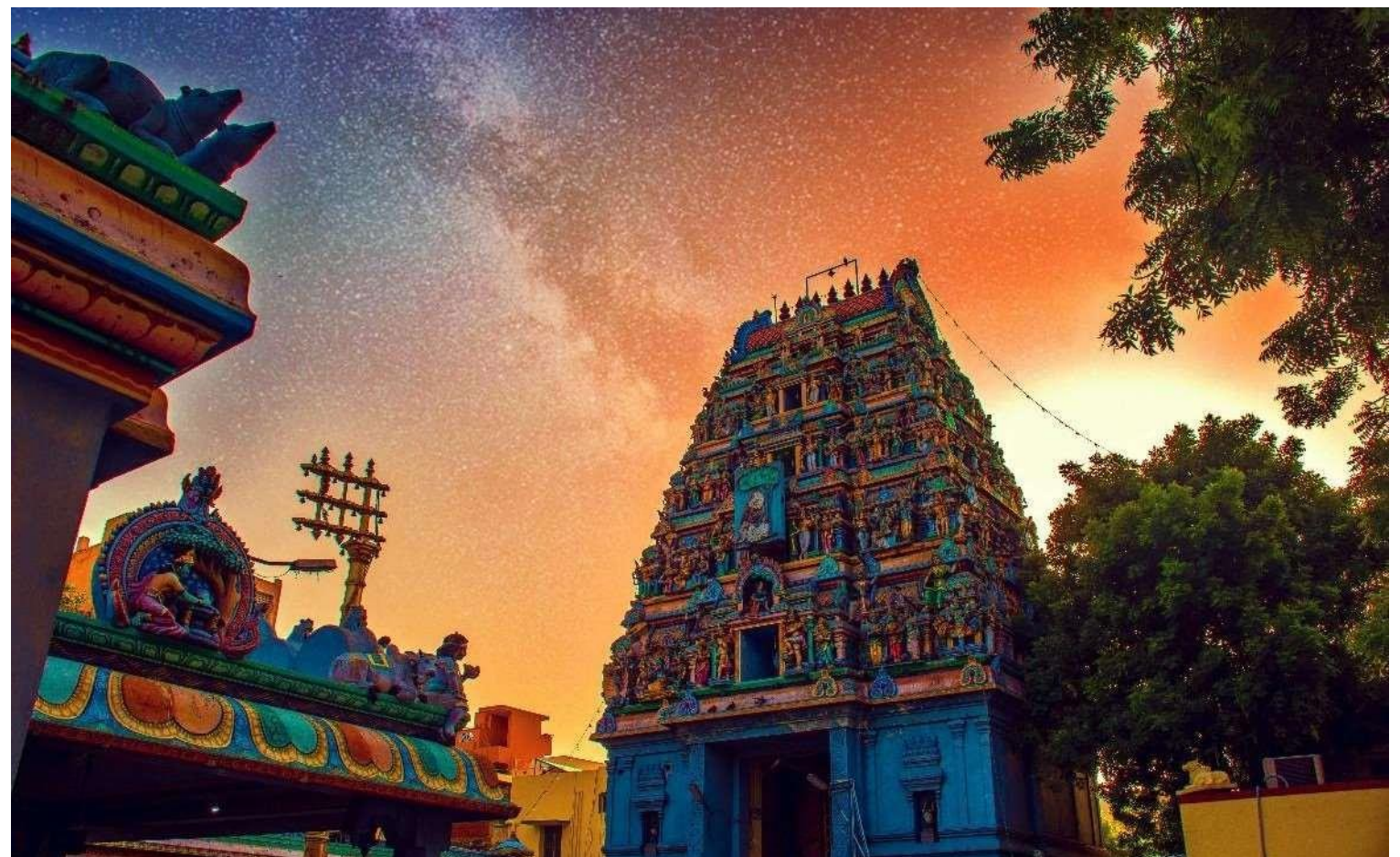
A LAND OF CULTURE, HERITAGE & NATURAL WONDERS

EXPLORE INDIA'S NATURAL BEAUTY

MAJESTIC MOUNTAINS Himalayas, Leh-Ladakh	SERENE LAKES Pangong Lake, Ladakh	LUSH GREEN VALLEYS Valley of Flowers, Uttarakhand
BREATHTAKING WATERFALLS Jog Falls, Karnataka	PRISTINE BEACHES Goa Beaches	THRIVING FORESTS Sunderbans, West Bengal
WILDLIFE SAFARIS Jim Corbett NP, Uttarakhand	DESERT LANDSCAPES Thar Desert, Rajasthan	RIVERS & BACKWATERS Kerala Backwaters

One Country,
Countless Experiences

HERITAGE & CULTURE	NATURAL BEAUTY	SPIRITUAL JOURNEYS	BEACHES & ISLANDS	WILDLIFE & ADVENTURE





MAPPING INDIAN HERITAGE



A JOURNEY THROUGH TIME, A LEGACY FOREVER

India's rich cultural heritage is a timeless treasure spread across diverse landscapes, reflecting centuries of art, architecture, spirituality and tradition.



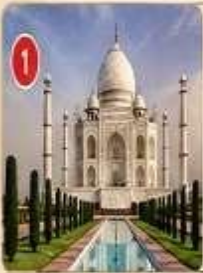
LEGEND

- North India
- West India
- Central India
- East India
- South India
- Coastal / Island

DID YOU KNOW?

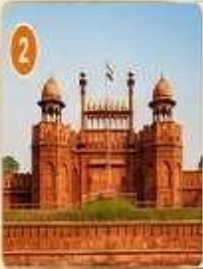


India is home to
42 UNESCO
World Heritage Sites
(As of 2024)



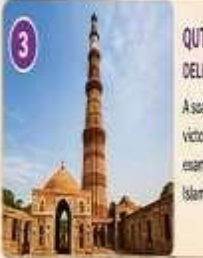
1 TAJ MAHAL UTTAR PRADESH

An eternal symbol of love and one of the New Seven Wonders of the World.



2 RED FORT DELHI

A magnificent Mughal fortress and a UNESCO World Heritage Site.



3 QUTUB MINAR DELHI

A soaring minaret of victory and fine example of Indo-Islamic architecture.



4 RANI KI VAV GUJARAT

An architectural masterpiece and wonder of ancient stepwell engineering.



5 AJANTA CAVES MAHARASHTRA

Ancient rock-cut caves with exquisite Buddhist art and paintings.



6 ELLORA CAVES MAHARASHTRA

A remarkable complex of Buddhist, Hindu and Jain rock-cut temples.



7 KHAJURAHGO GROUP OF MONUMENTS MADHYA PRADESH

Famous for its intricately carved temples and exquisite sculptures.



8 SANCHI MADHYA PRADESH

Ancient Buddhist monuments and stupas of great historic significance.



9 SUN TEMPLE, KONARK ODISHA

A 13th century marvel dedicated to the Sun God and a masterpiece of Kalinga architecture.



10 HAMPI KARNATAKA

The ruins of a glorious Vijayanagara Empire and a UNESCO World Heritage Site.



11 MAHABALIPURAM TAMIL NADU

Ancient shore temples and rock-cut monuments by the Pallavas.



12 CHURCHES AND CONVENTS OF GOA

Beautiful churches that reflect the unique blend of Indian and European architecture.

Our Heritage, Our Pride,
Our Legacy to the Future.

DISCOVER. RESPECT. PRESERVE.

“Heritage Tourism”



India invites you on a journey through thousands of years of history, culture, and living traditions. From magnificent palaces and ancient temples to grand forts and UNESCO World Heritage Sites, every destination reveals a story that has shaped one of the world's oldest civilizations.

Explore architectural masterpieces, vibrant festivals, traditional arts, and spiritual landmarks that continue to inspire visitors from around the globe. Wander through royal cities, discover sacred monuments, and experience the timeless charm of communities where heritage remains a way of life.

Whether you are seeking history, culture, spirituality, or authentic local experiences, India's heritage treasures offer unforgettable memories and meaningful connections.

WE INVITE YOU TO RELISH THE EXPERIENCE OF EXPLORING THE COUNTRY'S ANCIENT RELICS AND ARCHITECTURAL RUINS RISING OVER TEEMING CITIES, STREETS AND ROADS.









WILDLIFE OF INDIA

The Incredible Biodiversity

India is home to a rich variety of wildlife across its diverse habitats.



*Map not to scale. Illustrative purpose only.

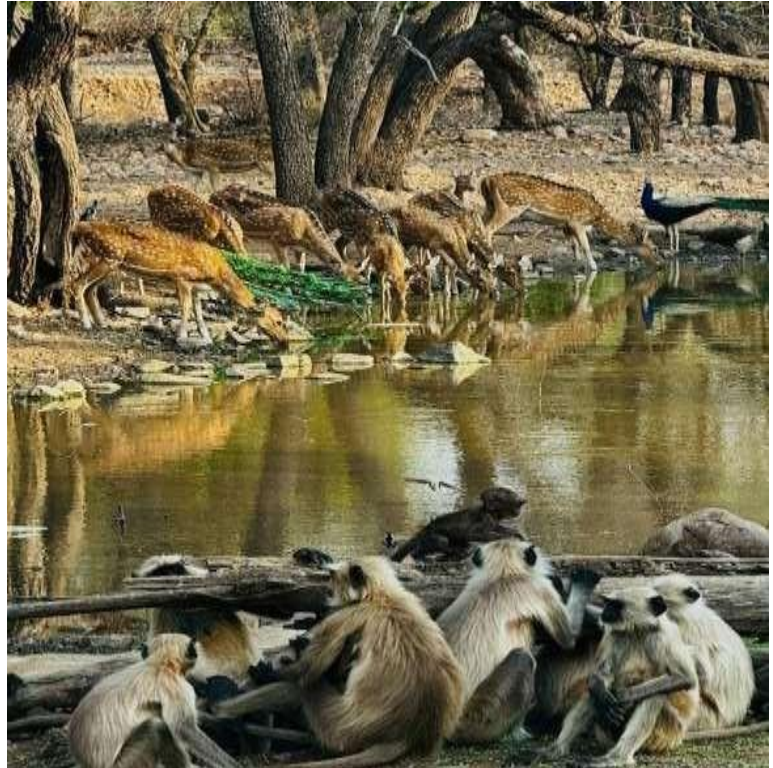
Into India's **UNTAMED WILDERNESS**

WILDLIFE TOURISM



India is a land of incredible wildlife and breathtaking landscapes. From the majestic tiger and the one-horned rhino to graceful deer and vibrant birds, our national parks and sanctuaries offer unforgettable encounters with nature. Explore dense forests, grasslands and wetlands on exciting safaris and guided tours.









KHANGCHENDZONGA NATIONAL PARK IS UNIQUE BECAUSE IT IS INDIA'S FIRST UNESCO MIXED WORLD HERITAGE SITE, RECOGNIZED FOR BOTH ITS NATURAL BEAUTY AND CULTURAL HERITAGE. THE PARK HOLDS GREAT SPIRITUAL IMPORTANCE FOR THE INDIGENOUS LEPCHA PEOPLE AND LOCAL BUDDHIST COMMUNITIES, WHO REGARD MOUNT KHANGCHENDZONGA AND THE SURROUNDING LANDSCAPE AS SACRED.



India - The Land of Ancient Healing

Experience the timeless wisdom of Ayurveda in the serene destinations across India. Rejuvenate your body, mind and soul at our finest Ayurveda resorts and wellness retreats.



AYURVEDA RESORTS INDIA MAP

HEAL • REJUVENATE • REJOURNEY



Beach Wellness,
Yoga & Naturopathy

Ayurveda Capital of the World
Authentic Ayurveda
Treatments,
Panchakarma &
Wellness Resorts

WELLNESS EXPERIENCES



Ayurveda
Treatments



Yoga &
Meditation



Detox &
Rejuvenation



Naturopathy &
Holistic Healing



Spiritual
Wellness



Ancient Wisdom. Natural Healing.
Timeless Wellbeing.



KERALA

The finest Ayurveda resorts, Panchakarma therapies and rejuvenating backwater experiences.



MYSURU, KARNATAKA

A blend of traditional Ayurveda therapies and authentic Ashtanga Yoga practices.



RISHIKESH, UTTARAKHAND

Yoga capital of the world with Ayurveda, meditation and wellness retreats.



HARIDWAR, UTTARAKHAND

Sacred town with Ayurvedic healing, detox programs and spiritual wellness.



VARANASI, UTTAR PRADESH

Spiritual wellness with Yoga, Ayurveda and ancient healing traditions.



GOA

Relax with beach wellness, yoga retreats and holistic healing therapies.



PUDUCHERRY

Peaceful retreats for meditation, yoga and holistic wellness experiences.



AUROVILLE, TAMIL NADU

A global township dedicated to holistic living, wellness and natural healing.



Rejuvenate & Replenish

WELLNESS TOURISM



The ancient sciences of **Ayurveda** and **Yoga** make India an ideal destination for a holistic wellness retreat. The natural healing processes and therapies are a pure blessing for the body, mind and soul.



“Kerala”

This tropical state aptly called the Land of Ayurveda, is home to Ayurveda roots since times immemorial. Its tropical climate fit for growing medicinal plants, qualified practitioners, and serene ambiance promise you a perfect setting for regaining harmony of body, mind & soul. Relax your body with various detoxification therapies, aroma massages, and yoga practices at the many wellness resorts in Kerala. Set amid the emerald backwaters, lush plantations, and misty hills, these lavish resorts help you unwind in a luxurious ambiance.

Commonly referred to as the science of life, the practice of Ayurveda is as old as time itself. It is believed that Ayurveda, which originated in India, was passed down from the gods to the sages. Brahma, who is one-third of the Trinity is believed to have formulated this ancient science. Based on traditional Hindu medicine systems, the idea behind it is to procure a balance in the body systems through yogic breathing, herbal treatments and diets.

The top institute for Ayurveda is located in capital city Delhi. The All India Institute of Ayurveda carries out research and tries to blend modern practices with this branch of ancient wisdom to enhance the benefits.

For Ayurvedic treatments of ailments, one can head to the Ayurvedagram Heritage Wellness Centre spread over a generous seven acre. Around 21 km from the city lies the international headquarters of The Art of Living - the Bangalore Ashram.

In the picturesque hill station of Dehradun in Uttarakhand lies Vana, a wellness retreat that promises to heal with a combination of Ayurveda, Tibetan healing (Sowa Rigpa), yoga and natural therapies along with modern-day spa, fitness and aqua techniques.

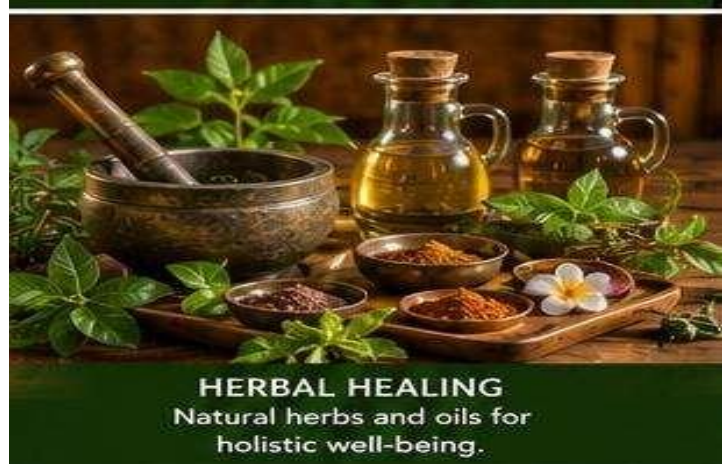
Igatpuri, 45 km from Nashik, is home to the Vipassana International Academy, which teaches meditation for self-purification. In Goa lies Devayaa, The Ayurveda and Nature Cure Center, which offers solutions inspired by Ayurveda and Naturopathy for emotional and mental healing.

Located in the attractive Chamundi Hills, in Mysuru, is the Indus Valley Ayurvedic Centre that offers detox treatments, massages and weight-loss and beauty packages for complete rejuvenation of mind and body. One can also undertake courses in Ayurvedic treatments and cooking here.





HOT SPRINGS
Soak in natural hot springs and
relax your senses.



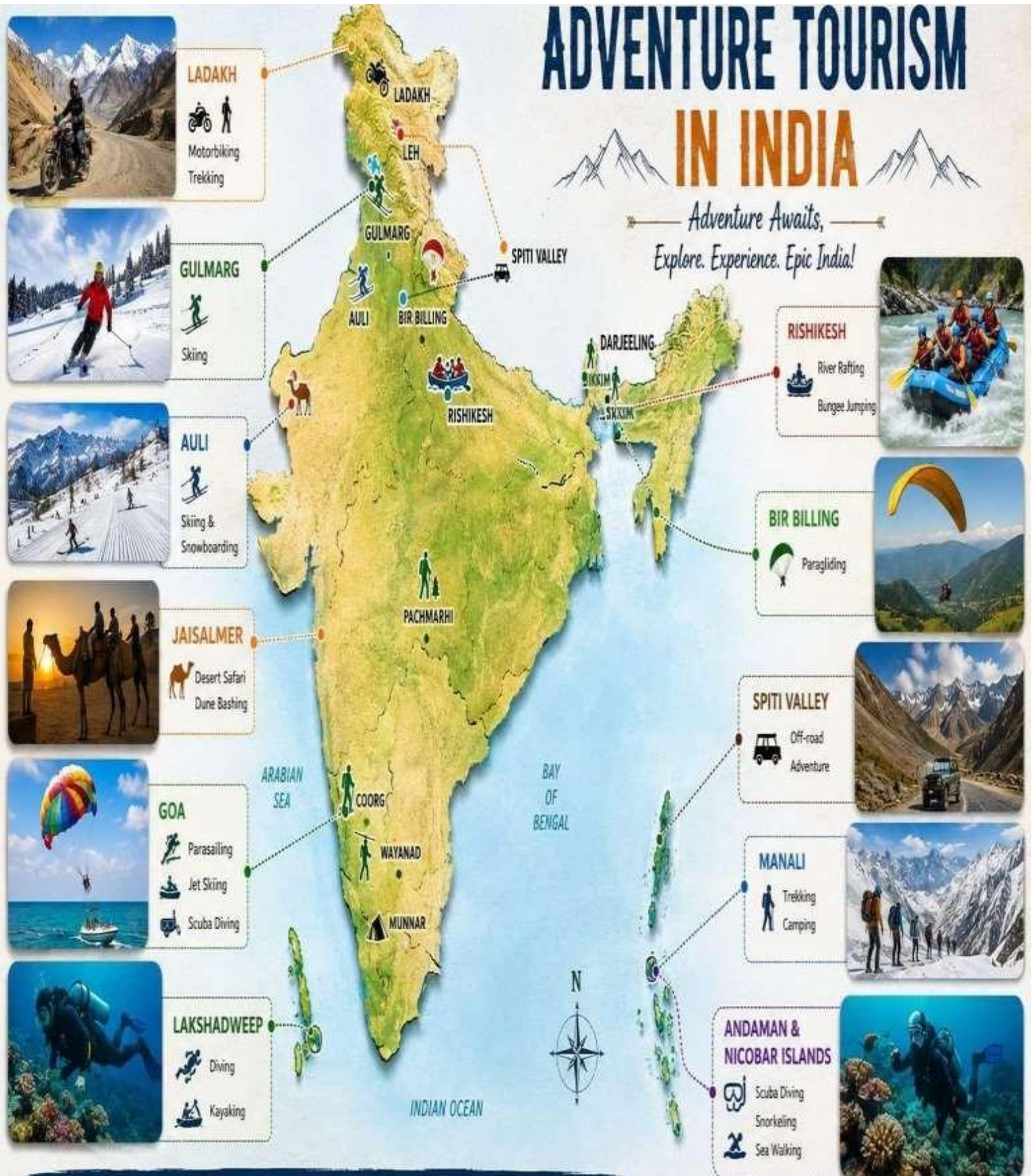
HERBAL HEALING
Natural herbs and oils for
holistic well-being.



TREKKING 	MOUNTAINEERING 	ADVENTURE ACTIVITIES — THRILL. EXPLORE. EXPERIENCE. — ONE DESTINATION, ENDLESS ADVENTURES <i>Push Your Limits Create Your Stories</i>	RIVER RAFTING 	KAYAKING
PARAGLIDING 	SKIING 		BUNGEE JUMPING 	ZIPLINING
MOUNTAIN BIKING 	ROCK CLIMBING 		WHITE WATER KAYAKING 	CAVING
SCUBA DIVING 	SNORKELING 		HOT AIR BALLOONING 	DESERT SAFARI
			SURFING 	

ADVENTURE TOURISM IN INDIA

*Adventure Awaits,
Explore. Experience. Epic India!*



TREKKING



RAFTING



PARAGLIDING



SKIING



SCUBA DIVING



DESERT SAFARI



CAMPING



MOUNTAIN BIKING

THRILL. CHALLENGE. DISCOVER.
INCREDIBLE INDIA!

Highlights;

World-class skiing and snowboarding Heli-skiing for advanced adventurers Scenic Gulmarg Gondola rides.







Best Time to Visit;

Summer Trekking: June - September Chadar Trek: January - February

Discover the spirit of adventure in Ladakh, where every trail leads to breathtaking wonder



“Scuba Diving In The Andaman & Nicobar Islands”

The Andaman & Nicobar Islands are among India's most spectacular marine adventure destinations, offering crystal-clear waters, vibrant coral reefs, and an incredible diversity of marine life. Surrounded by the turquoise waters of the Bay of Bengal, these tropical islands provide some of the finest scuba diving experiences in Asia.

Divers can explore colorful coral gardens, underwater caves, reef walls, and shipwrecks while encountering sea turtles, reef sharks, manta rays, tropical fish, and countless other marine species. Popular diving locations such as Havelock Island, Neil Island, North Bay, and Cinque Island are renowned for their exceptional visibility and rich underwater ecosystems.

Whether you are a beginner taking your first dive or an experienced diver seeking new adventures, the Andaman Islands offer world-class diving opportunities with certified instructors and modern facilities. Beyond diving, visitors can enjoy pristine beaches, island hopping, snorkeling, kayaking, and breathtaking sunsets.







September to November Best season for paragliding.

Excellent visibility and favorable flying conditions. Home to the famous Bir-Billing Paragliding events.

"Fly Above the Himalayas - Experience the Thrill of Bir-Billing"

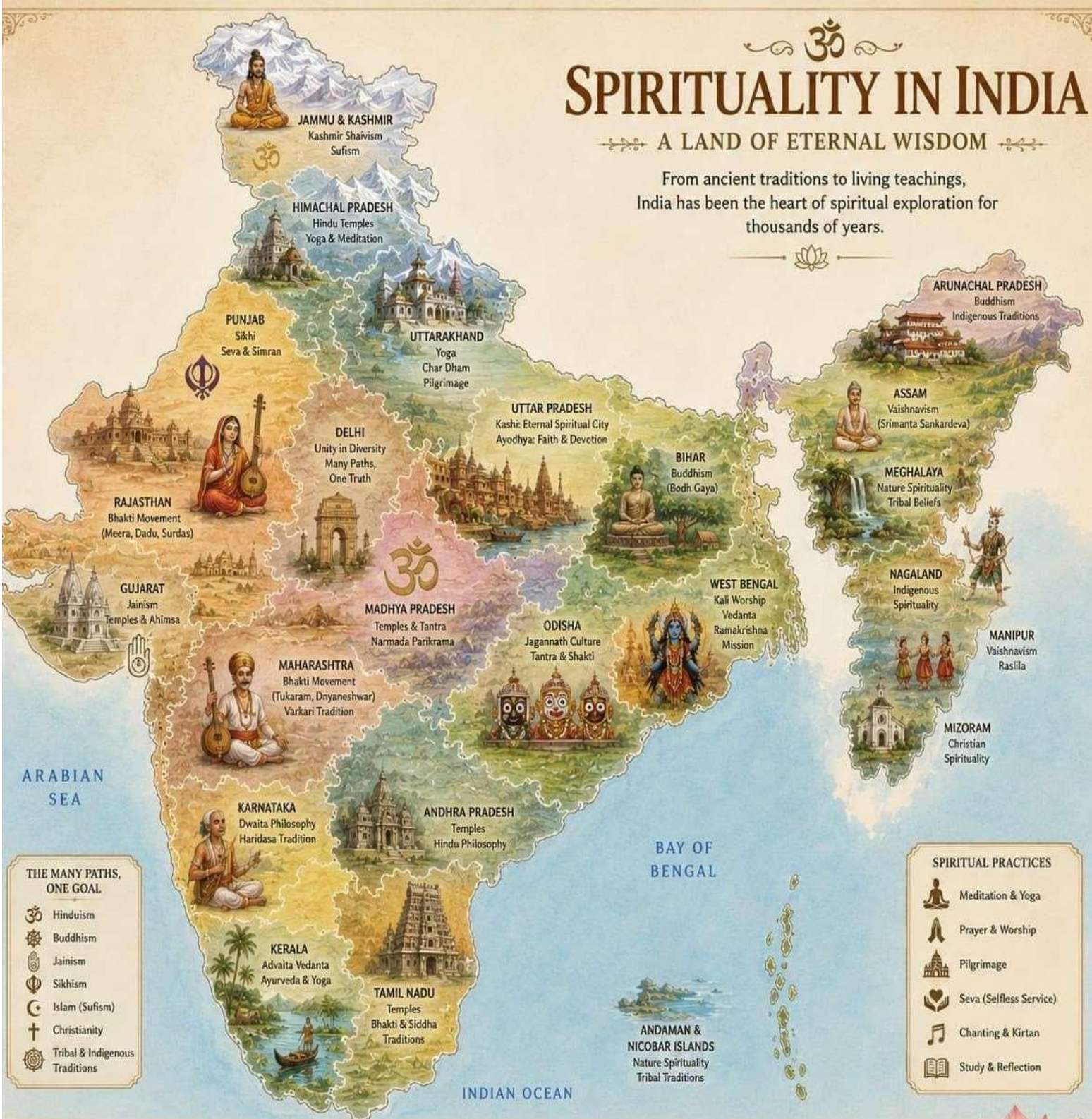


"Spiritual Tourism"

SPiritUALITY IN INDIA

A LAND OF ETERNAL WISDOM

From ancient traditions to living teachings,
India has been the heart of spiritual exploration for
thousands of years.



“An Inner Journey”

An Inner Journey SPIRITUAL TOURISM

DISCOVER YOURSELF. FIND PEACE. LIVE MEANINGFULLY.

A spiritual journey is one when a person travels in search of a new or expanded meaning about oneself, life, nature, or for a higher good. The passage may clear the mind and lead to a personal transformation, after which the pilgrim returns to their daily life. The absence of daily distractions makes way for the vast invisible supreme energy to expand and synergize with the traveller.

Some journeys create new realities, clear the mind and discern what's pending. Pilgrimages frequently involve a journey or search of moral or spiritual significance. It is a journey to a shrine or any other location, which is of importance to the believers.



“Varanasi, Uttar Pradesh”

Known as one of the world's oldest living cities, Varanasi is the spiritual heart of India. Situated on the banks of the sacred River Ganges, the city has been a center of faith, learning, and culture for thousands of years. Pilgrims and travelers from across the globe visit Varanasi to experience its ancient traditions, vibrant rituals, and timeless spiritual atmosphere.

The city's iconic ghats, temples, and narrow winding lanes offer a unique glimpse into India's rich heritage. A sunrise boat ride on the Ganges and the mesmerizing evening Ganga Aarti are unforgettable experiences that reflect the city's deep spiritual significance. Visitors can also explore historic temples, traditional music, yoga centers, and local markets.

For inbound tourists, Varanasi provides an extraordinary journey into India's spiritual and cultural soul, where ancient customs continue to thrive in the modern world.

Highlights;

Sacred River Ganges and historic ghats,

Spectacular Ganga Aarti ceremony,

Ancient temples and spiritual landmarks Sunrise and sunset boat rides,

Traditional music, culture, and local cuisine Rich heritage dating back thousands of years.

Best Time to Visit October to March;

Pleasant weather for sightseeing and cultural exploration Ideal for boat rides and attending religious ceremonies

"Varanasi - Where Spirituality Flows with the Ganges."



“Goa”





“Holi – The Festival Of Colors”





Feed the soul seeker in you at this week-long Yoga festival by the Ganges in Rishikesh. Join us at this little town at the Himalayan foothills and indulge in the wellness of yoga on the banks of the holy river Ganges.





“India Art Fair, New Delhi”

India Art Fair is a leading platform to discover modern and contemporary art from South Asia. This is an annual event that takes place in the months of January or February that brings a large collection of contemporary art practices to the fore.



“Serendipity Arts Festival, Goa”

From its launch in 2016, the Serendipity Arts Festival in Goa has evolved into one of the largest annual interdisciplinary cultural extravaganzas in South Asia. The event is a celebration of the richness and diversity of culture and creativity, showcasing a variety of contemporary and traditional art forms — dance, music, theatre, arts and crafts.







Indian Cuisine

NURTURING THE SENSES

A vibrant celebration of flavors, aromas, colors and traditions. From rich curries to fragrant rice dishes and delicious sweets, every meal is a journey of taste and culture.

SAMOSA

Crispy pastry filled with spiced potatoes and peas.

BIRYANI

Aromatic rice cooked with spices, herbs and your choice of vegetables or meat.

INDIAN THALI

A wholesome meal with a variety of flavors and textures.

BUTTER CHICKEN

Tender chicken in a rich, creamy tomato based gravy.

MASALA DOSA

Crispy rice crepe stuffed with spiced potato filling.

SOUTH INDIAN MEAL

A traditional feast served on a banana leaf, packed with authentic flavors.

MASALA CHAI

A perfect blend of tea, milk and aromatic spices.

INDIAN SWEETS

A delightful finale with traditional sweets like Gulab Jamun.



DIVERSE
REGIONAL
CUISINES



RICH USE OF
AROMATIC
SPICES



VEGETARIAN
& VEGAN
OPTIONS



TRADITIONAL
RECIPES &
TECHNIQUES



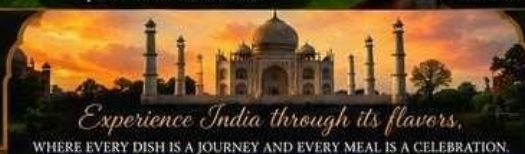
VIBRANT
STREET FOOD
CULTURE

EVERY DISH HAS A STORY. EVERY MEAL IS A CELEBRATION.



BEST TIME TO EXPERIENCE

- October to March – Pleasant weather for food tours and dining.
- Festival Seasons – Special traditional delicacies during Diwali, Holi, Eid and more.
- Year-round – Indian cuisine can be enjoyed all year long!



WHY VISIT?

For international tourists, Indian cuisine is more than food – it's a cultural experience. From royal feasts to humble street eats, discover the rich heritage, warmth and incredible diversity of India.

EXPLORE REGIONAL FLAVORS



NORTH INDIAN

Rich, creamy curries, breads and kebabs.



SOUTH INDIAN

Light, flavorful dishes with rice and lentils.



GUJARATI

Balanced sweet, spicy and savory.



RAJASTHANI

Bold flavors and royal traditional recipes.



BENGALI

Fish, sweets and mild spices.



GOAN

Seafood, coconut and spice blends.



PUNJABI

Hearty, rich and full of flavor.





“Travel Important Information”

DISCOVER THE TIMELESS BEAUTY OF INDIA WITH IDYLLIC INDIA TOURS

EXPERIENCE MAJESTIC PALACES, VIBRANT CULTURES, BREATHTAKING
LANDSCAPES, SPIRITUAL DESTINATIONS, AND UNFORGETTABLE HOSPITALITY.
LET US CREATE YOUR PERFECT INDIAN JOURNEY.

"WHERE EVERY JOURNEY BECOMES A BEAUTIFUL MEMORY."

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IDYLLIC INDIA TOURS

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