

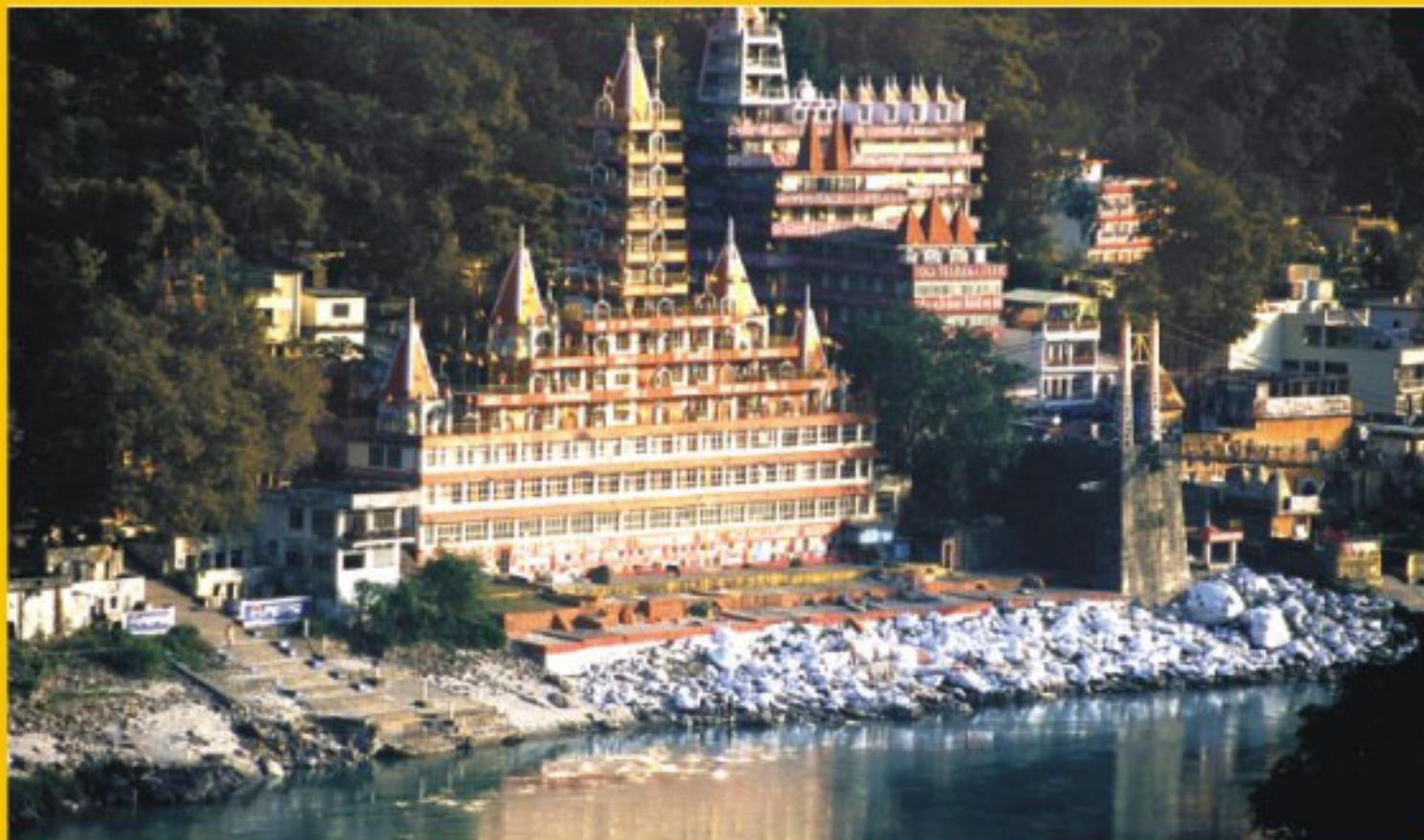
Uttarakhand

*Rishikesh*  
The Yoga Capital of India



Uttarakhand  
Tourism

[www.ua.nic.in/uttarakhandtourism](http://www.ua.nic.in/uttarakhandtourism)  
[www.uttara.in](http://www.uttara.in)



*Uttarakhand... Simply Heaven!*



# Rishikesh

Holy Ganga at Rishikesh

At the foothills of the Himalayas along the banks of the sacred river Ganges, lies the town of Rishikesh. The first town this holy river reaches on its descent from the mountains, Rishikesh is town of many ashrams and hermitages. Popularly adored for its scenic beauty dotted besides the holy Ganges, Rishikesh is traditionally known as the spiritual capital of the globe. Most of the temples and ashrams are on the banks of the Ganges at Rishikesh.

From the music legends like "The Beatles" to new age celebrities -everyone wants to come down to this city of Yogi's and Temples. During the mid-1960s, The Beatles (visited the now closed Maharishi Mahesh Yogi's ashram) and several other artists, including Mike Love of The Beach Boys, Donovan and Gyp Mills, visited the site to contemplate and meditate. It seems modern Rishikesh experiences little shortage of people traveling from all over the globe in pursuit of enlightenment and spiritual bliss .

The city attracts thousands of pilgrims and tourists every year, from every corner of India, as well as from around the world. It is also becoming a hot spot for white water rafting enthusiasts, both from Indian and foreign tourists, as it offers medium to rough rapids in the course of river Ganga.

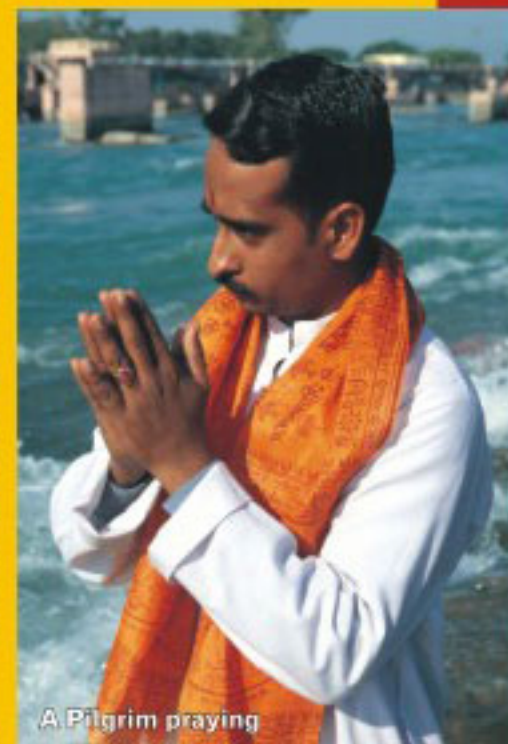
Rishikesh is also the Gateway to the Himalayas. The Char Dham Yatra (Four Shrines Sacred Journey) ideally begins from Rishikesh.

Rishikesh represents the Gateway to the Himalayas in the Garhwal region of Uttarakhand. It abounds in natural

splendour which treasures the memories for a long time. The spectacle of the Ganga rushing through the Himalayan foothills is an awesome sight. Located at a height of about 1360 feet above sea level, it is believed that through the ages, the yogis and sages lived and practised penance here and it represents the site where Vishnu vanquished the demon Madhu Kaitav!

The river, the Himalayas, the divine mornings, the starry evenings, the faint strains of Shastriya Sangeet (classical Indian music) in the air, the smell of incense - Rishikesh is all this and more changing its hues with the season. Unlike Varanasi, however, Rishikesh is subtle, careful not to show off the devotion and reverence it commands. And though the signs are everywhere - sadhus taking holy dip in the river, foreigners roaming around in purple robes chanting from scripture, singing 'Hare Rama Hare Krishna', in a chorus the constant chime of temple bells are overwhelming.

Unlike most other holy Indian cities, Rishikesh is a unique destination for the mind, body and soul. It's a city where ancient, religious traditions exist happily together with youthful, adventurous sports. While on the one hand it offers a profound, spiritual



A Pilgrim praying

expedition, it also tempts you with heady, bodily diversions- white-water rafting and challenging treks. In essence, Rishikesh, split by the Ganga into two, is a microcosm of India untruly and down to earth, sombre and soothing. What better antidote to the city blues than a weekend break in this beautiful Dev Bhoomi - the land of the gods!

### **The Divine Town**

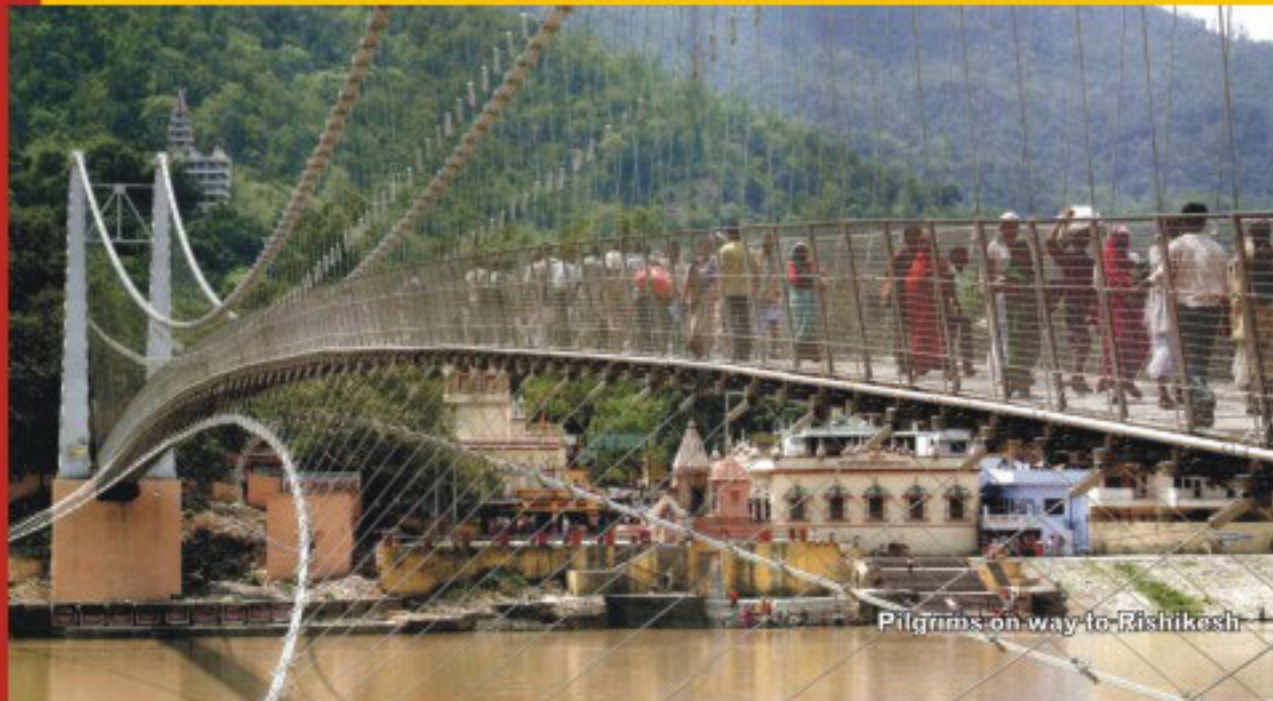
The holy town is 228 km northeast of Delhi and 24 km north of Haridwar and spreads on the right banks of the holy river Ganga, at its confluence with the Chandrabhaga stream. It is surrounded by hills on three sides and is perched at an altitude of 356 meters above sea level. The name Rishikesh is loosely applied to an association of five distinct sections

encompassing not only the town but also hamlets and settlements on both sides of the river. These include Rishikesh itself, the commercial and communication hub; the sprawling suburban Muni-ki-Reti or the "sands of the sages"; Shivananda Nagar, north of Rishikesh; the temple section of Lakshman Jhoola, a little further north; and the assorted ashrams around Swarg Ashram on the east bank. One can reach the famous Neelkantha Maha Deva Temple from here.

All over the year, Rishikesh greets devout Hindus and roving sadhus (saints) alike. Many come to take a holy dip in the sanctified waters of the Ganges, as Hindus believe this can remove them of sins and bad Karma. This hub of peaceful ashrams and meditation centres is certainly one of the more religiously charged places in India. As the sun rises from

behind the mountains, and cuts through the fog, locals take holy dips in the river. The resonance of temple chanting and the bells sets the tone. Beginning around 4 am, the chants float across the water until well after dark. The city remains calm though crowded, throughout the day, only to wake up in the evening. The evening rituals begin in the temples. The Ganga Aarti performed at dusk at the Triveni Ghat is a spectacular sight not to be missed by visitors. The offerings of thousands of camphor flame leaf boats float picturesquely on the river.

The commercial centre in Rishikesh is more typical of India. But you will hardly require to visit it as the



Pilgrims on way to Rishikesh

ashram centre, located on either side of a footbridge over the river, has great book shops, good restaurants and cyber cafes. As a holy city, Rishikesh is fully vegetarian. No meat, no fish, no egg, no liquor ! The city hosts an International Yoga Festival, which is held every year in the first week of March, to become a major international attraction.

### **The Yoga Capital**

Rishikesh is internationally termed as capital of Meditation and Yoga .The town is famous for its yoga sessions that are taught here by many yoga experts. The city has several yoga centres that attract domestic as well as foreign tourists. It is believed that meditation at the bank of the river Ganga in Rishikesh brings one closer to attainment of salvation, or moksha, as does a dip in the holy river that flows through it. Rishikesh is home to many ashrams, and most major Ashrams, including Vivekananda, Sivananda, Osho, Bihar school of yoga, having their yoga centres. It is a good place to experience classical Indian yoga. Class instruction may leave a few gaps for students used to the precision of western classes, but with its slow and spiritual atmosphere, it's an



Idol of Lord Shiva



The holy offering



The Spiritual Rishikesh

enjoyable place to begin discovering what India has to offer.

The ancient art of Indian Yoga is very special, physical, breathing and spiritual exercises, to get perfect balance and harmony between the physical, physiological and spiritual health. Yoga includes many types, including Hatha-yoga, Raj-yoga, Karma-yoga, Bhakti-yoga, Mantra-yoga, Kriya Yoga and Laya Yoga. Ashrams in Rishikesh have all the required facilities for Yoga.

An annual International Yoga Week Festival is organised in Rishikesh, usually during the months of March. Leading spiritual leaders, Yoga teachers, Meditation teachers, Naturopath doctors and thousands of devotees participate in the festival.

### **Major Yoga Learning Centres**

Some of the major ashrams in Rishikesh are:

- Paramarth Niketan
- Sivanand Ashram
- Yoga Niketan
- Omkaranand Ashram
- Vanprastha Ashram
- Ved Niketan Dayanand
- Vedanta Ashram
- Vanmali Gita Yogashram



### **Sivananda Ashram**

A part of the famous Divine Life Society, the ashram is near the footbridge on the west - city- side of the river. It's different to the Sivananda Yoga Vedanta Ashrams and Centres found around the world. Chidananda ji is the main guru of this ashram. Although no regular yoga classes are conducted here, it is possible to attend the lectures on philosophical subjects, and studies of classical texts like the Bhagavad Gita and the Upanishads. To stay on the ashram it is necessary to request it in writing ahead of time, and explain your reasons for the stay.

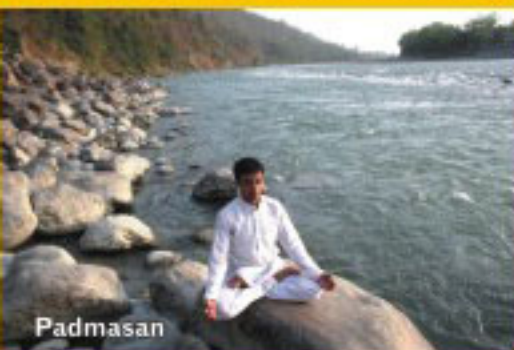
### **Yoga Niketan Ashram**

Located just south of the Sivananda Ashram, classes are taught in a traditional Indian teaching style. Asanas and Pranayams taught are the classical postures with variations or adjustments. A steep walk up from the main road, taking you towards river views and away from the bustle. To stay on the ashram you need to commit to 15 days or more and attendance at the morning and evening yoga and meditation classes is compulsory. Those not staying on the ashram are welcome to attend classes and can also use the library.

### **The Yoga Study Centre,**

One of the best and most dedicated ashram to Hatha Yoga. Bramacharya Rudra Dev, a senior Iyengar teacher, conducts lessons here. His students are a mix of locals and Westerners. You should be concerned about cleanliness here and you must be sincere about the Yoga science. As with most Indian yoga schools, women should dress modestly. There are

classes daily at the centre. Twenty day intensives are held three times a year during February, April and September. The centre is closed from mid-December to mid-January and



Padmasan

for March, May and June.

### **Sri Ved Niketan Ashram**

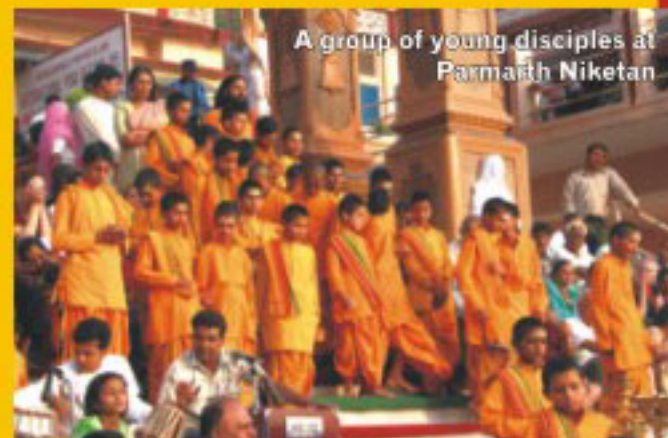
Across the river on the Eastern side of the Ganges, turn right after the footbridge and it's a five minute walk. The classes offer the yoga style similar to the Bihar School of Yoga and classes cover gentle warm ups , asanas and pranayama. Meditation classes are offered too. Classes are held morning and evening in the big central hall. One month courses held seven times a year, and cover asana, pranayama, yoga and Hindu philosophy. The Govt is planning to have its First Yoga Academy in India, in the Ashram.

### **Swami Dayananda ashram**

The Ashram runs residential Iyengar yoga courses. Offers delicious Sattvic food and single accommodation for one week in April.



Bhujangasan



A group of young disciples at Parmarth Niketan

## WHEN TO VISIT

In Rishikesh, the winters last from November to March, when temperatures fall below 5-6°C. The monsoons are generally experienced in the months of July and August. With introduction of river rafting on Ganges, adventure tours and people increasing interest in traditional Indian activities like yoga, meditation and Ayurveda has made Rishikesh the destination of round the year.

Depending on the activity, Rishikesh can be visited best in the months of:

### **March - April:**

River Rafting /Yoga Meditation/ Low altitude easier treks in the Himalayas



Kayaking

### **May - June :**

Long & high altitude treks in the Himalayas/ Pilgrimage to Yamnotri, Gangotri, Kedarnath and Badrinath. Water skiing in Asan Barrage.

### **July - September:**

Valley of Flowers and Hemkund trek/ Pilgrimage to

Chardham as well.

### **October-15th November:**

River Rafting and Camping on the beaches along the river/ Pilgrimage/Yoga and meditation

### **15th November to February:**

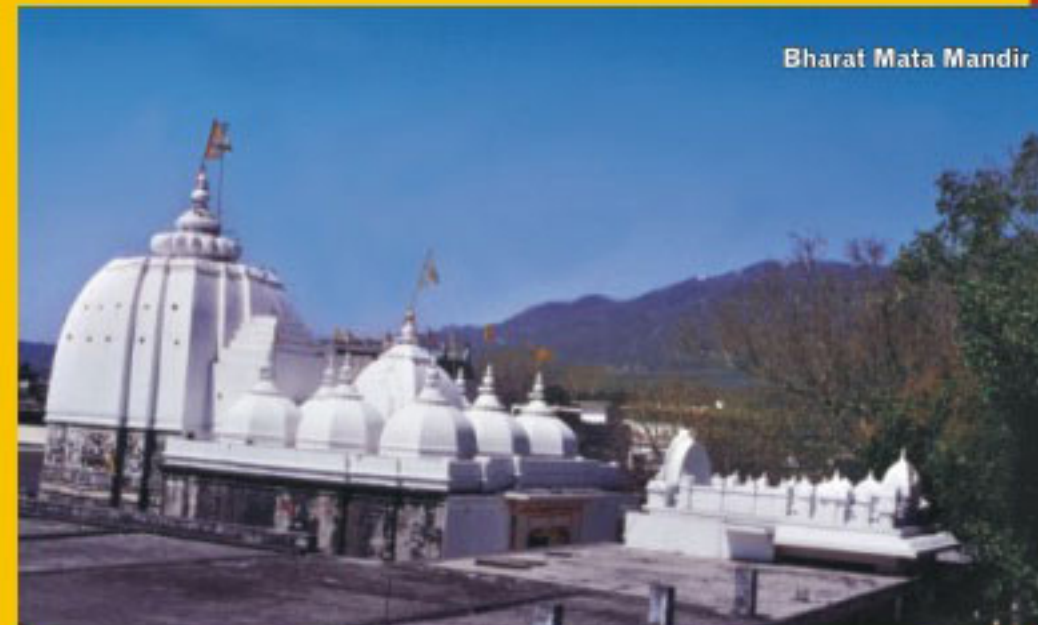
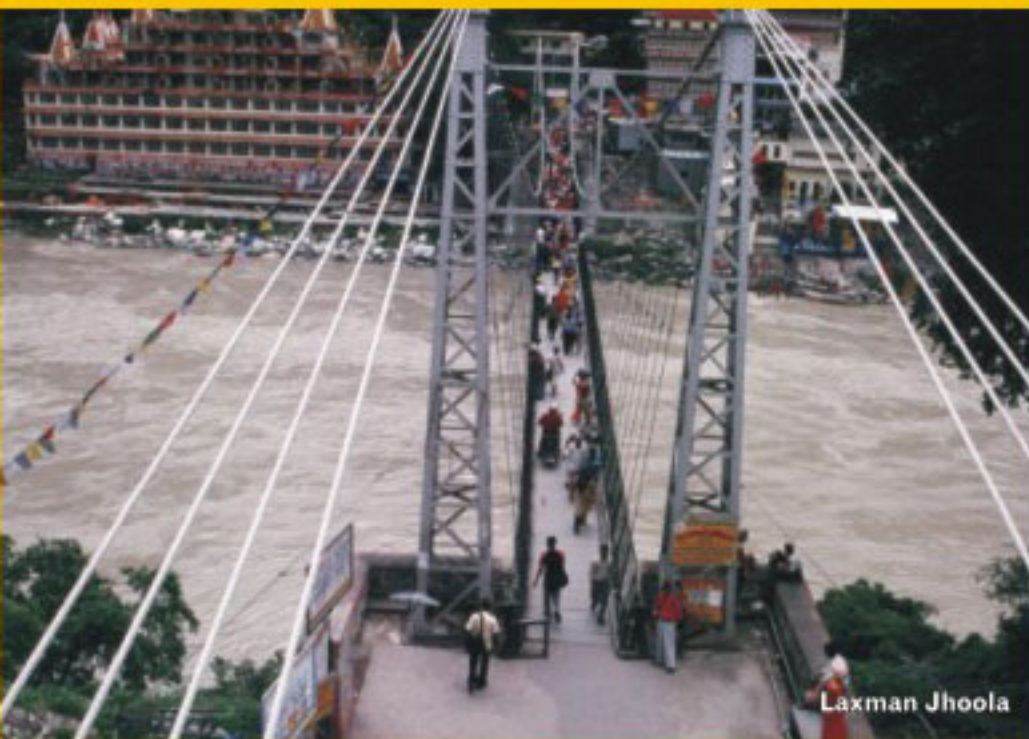
Wild life Safaris in Rajaji & Corbett National park / River Rafting/ Skiing in Auli.

## WHAT TO SEE

### **Ram and Laxman Jhoola**

As you drive into Rishikesh from Haridwar, you will first pass by the impressive Ram Jhula, a suspension bridge swaying above the swirling Ganga waters. A very moving experience is to stand in the centre of Ram Jhula and look down at the river. On a good day, you'll see fish through the clear water. On an average day, you'll be struck by the power - physical and metaphysical - the Ganga commands over all who have visited her banks and those who haven't. Eternal icon of India and her people, she is loved, revered and, now, sought to be tamed by adventurers who ride her rapids around Rishikesh. Ram Jhoola connects Sivanand Ashram on the west bank with Swargashram on the east, and hence gets its more popular name - Shivanand Jhoola.

Further upstream is the point where Lord Ram's brother Laxman is believed to have crossed the Ganga on a jute rope. Today, Laxman Jhoola, another suspension bridge very similar to Ram Jhoola, affords an easier crossing. If Ram Jhoola is associated with earnest worship with its cluster of ashrams, Laxman Jhoola is the centre for good times with its bazaars and crowded cafés. The view from the cafés overlooking the jhula - temples, bathing ghats, prayer flags and strips of clean, sandy beaches lining the river - is inspiring.



On crossing the bridge, you will find two colourful and imposing 13-storey temples, Swarg Niwas and Shri Tryambakeshwar.

#### **Bharat Mata Mandir**

Built by Adi Shankrachrya around 12th century, Bharat Mata Mandir is situated in the heart of the old town on the Banks of the Ganges. Detailed account of this oldest temple of Rishikesh are available in ancient record of Kedarkhand. The Inner sanctum of the temple has the idol of lord Vishnu, carved out of a single Saligram. In the inner canopy above the idol is shree yantra installed by Adi Shankarcharya. The original temple was destroyed by Taimur lang in 1398 A.D. Lot of old statues, coins, pots and other things of historical importance were found in recent excavations in the premises of the temple.

Rishikund close to Trivenighat is the most ancient place. Ancient records relate this to Kubz Saint , who was blessed by the Goddess Yamuna by saturating this pond by its water. The pond reflects the temple of Raghunath, dedicated to lord Rama and his wife.

### **Triveni Ghat**

The main ghat in the town area where most of the pilgrims take holy dip. Triveni Ghat is the main bathing ghat, where the three rivers Ganga, Yamuna and Saraswati flow together. The dusk Aarti on the ghat is most impressive and is a real sight to behold. Devotees release flower-filled leaf boats carrying tiny oil lamps and let them float out on the river, which is a ceremony of worship, remembrance and hope.

### **Geeta Bhawan**

One of the oldest temple complex in the area. The famous Indian epic Ramayana and Mahabharata are described here on the walls.

### **Parmarth Niketan**

One of the most renowned temple complex and ashram in the area. Known for its substantial work on hinduism, there is a school run on traditional Indian Patterns. The ashram organises excellent Ganga Arti and Hawan on the Parmarth Ghat every evening.

### **Swarga Ashram**

One can find numerous temples here. This place has the eating joints and shops where one can do shopping. The beautiful statues in the area mesmerise the visitors. This

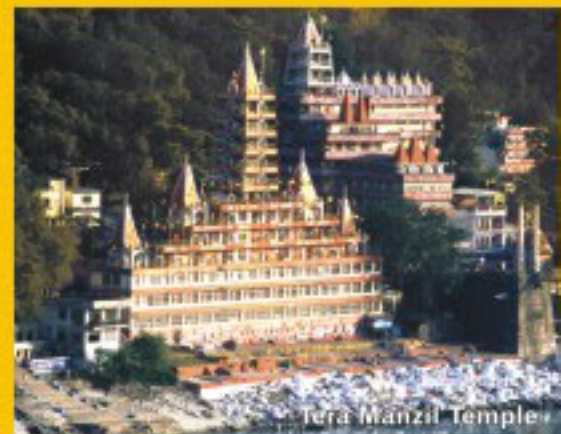


Parmarth Niketan

place is full of ashrams and temples. Plenty of kiosks and restaurants are found around here. It is one of the oldest ashram in Rishikesh. Its founder Swami Vishudhanand was also known as the Kali Kamli Wala (one with the black blanket). Today Kali Kamli Wala kshetra is a mammoth organisation embracing many activities.

### **Tera Manzil Temple**

A multi-story temple complex of idols of hindu Gods, and Goddesses. Very popular among the domestic pilgrims. One can have an excellent view of the entire area from the top floor of the temple complex. Sunset view from this place in winters is a excellent option.



Tera Manzil Temple

## **BEYOND**

## **RISHIKESH**

### **Neer Garh Water Fall**

Neer Garh is a water fall very close to Lakshman Jhoola. By car it's just a 10 minutes drive. The walk from the road side up to the falls takes about 30 minutes. It is a very pleasant walk with

lovely nature and smaller falls.

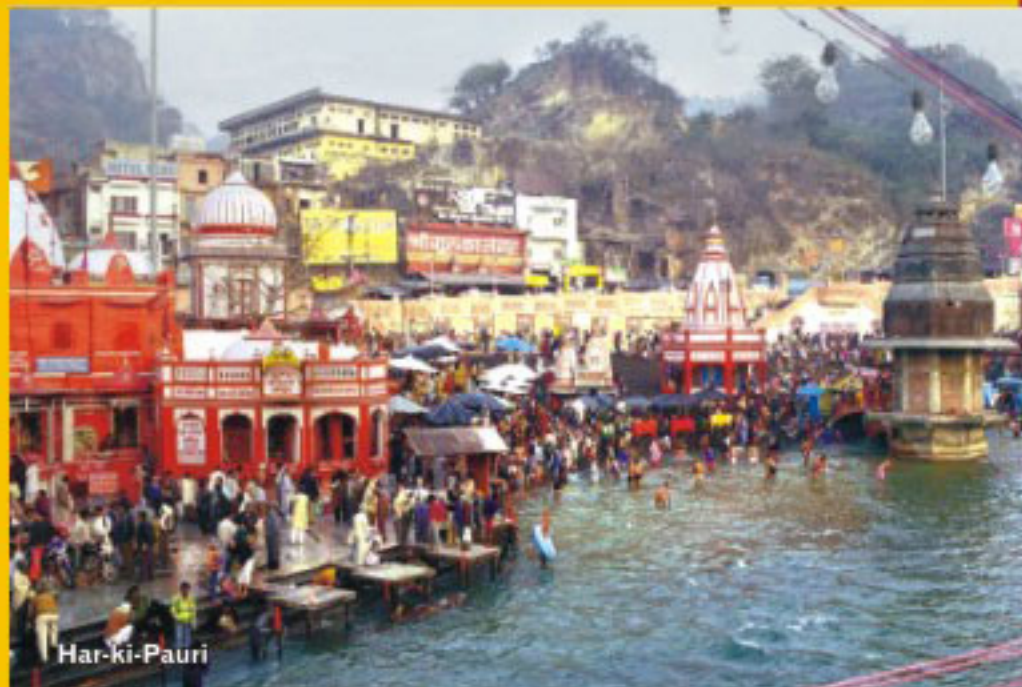
The road or path as some would call it is also the way to the small village of Neer. There are no boards to help visitors navigate but when you get to the stairs and small bridge you are there. Five to ten minutes further up you will find a small pond which is a perfect place for a pick nick. There you can dip your feet or even take a shower in the water fall.

### **Kunjapuri Temple**

Drive to Kunja Puri, one of the thirteen most important Goddesses of Shivalik range, the lower Himalayas. One can witness excellent sunrise or sun set on the Greater Hiamalayan Peaks and the vast Indo Gangetic plains. One can see almost all the peaks of Garhwal Himalayas from here e.g



Kunjapuri Temple



Har-ki-Pauri

Bandar Poonchh (6316 Mts), Swarga Rohini (6252 Mts), Gangotri (6672 mts), Chaukhamba (7138 mts) etc.

### **Vashisht Gufa (Cave) & Shin Shiva Land, Sirasu**

One hour drive from Rishikesh up river is situated Vasishtha Gufa, where famous Saint Vasishtha meditated on the banks of the Ganges. The cave is very peaceful and is a perfect place for meditation & other side of holy river Ganga a land of spirituality. Shin Shiva land is situated in village Sirasu. For stay - Anand Lok Hotel & Resort, Ph: 01378-269213.

### **Haridwar**

Haridwar, literally means 'The gateway to the Gods'. It's the place where the river Ganga descends to the plain. A Gateway

to the four pilgrimage of Uttarakhand, Haridwar is variously mentioned as Mayapuri, Gangadwar, Mokhsadwar in the ancient Hindu scriptures and epics. A major Shaktipeeth from time immemorial, the place is believed to have both sanctified by the powerful trinity of Hindu mythology - Brahma, Vishnu and Mahesh. This is why the place has been an ever-refreshing mystic venue for the purification of the mind, body and soul.



Ropeway at Mussoorie

### **Mussoorie**

Mussoorie has rightly earned for itself the epithet of, Queen of Hill Stations as it oozes with the true resplendence of nature that any other place would die to be called as, among the rest of the Hill Stations in India. Cascading waterfalls, the woods in the neighborhood and grassy slopes, all add up to the beauty of Mussoorie as a must visit Hill Station in India. Places of interest are, Kempty falls, Lal Tibba

coupled with the activities of the genre of Dehradun-Mussoorie Trekking and Gun Hill Trekking which is the second most highest place of this Hill Station in India, add up to the beauty of Mussoorie.

### **Chila**

It is just 20 kms from Rishikesh. The whole place is covered with forests and provides very pleasant environment. Government has declared Chila a sanctuary. A canal from Ganga feeds the reservoir where one can spot many animals with a good elephant population. The animals include wild boar, nilgai, sambhar, spotted deer etc. One can stay at the forest tourist lodge and enjoy the peaceful scenic surroundings.

### **Narendra Nagar**

15 kms on the Rishikesh Chamba road is located the historical town of Narendra Nagar. This town is of archaeological importance. The town was built by the King of Tehri Narendra Singh. Narendra Nagar has recorded many events which have left their impact on the town. The Royal Palace is worth seeing and the huge magnificent Nandi bull cannot escape your attention. Today Narendra Nagar is known for 'The Ananda' the Spa and Super Luxury Hotel, only one of its kind in the Himalayas.

### **Shivpuri & Kaudiyala**

The Ganga comes rushing down from the mountains, passing through Kaudiyala (40 km) and Shivpuri (19 km), before it reaches Rishikesh. Here, it slows down, before bursting into whitewater rapids as it descends into the plains. Rafting in the Ganges has plenty of rapids with telling names - Roller Coaster, Three Blind

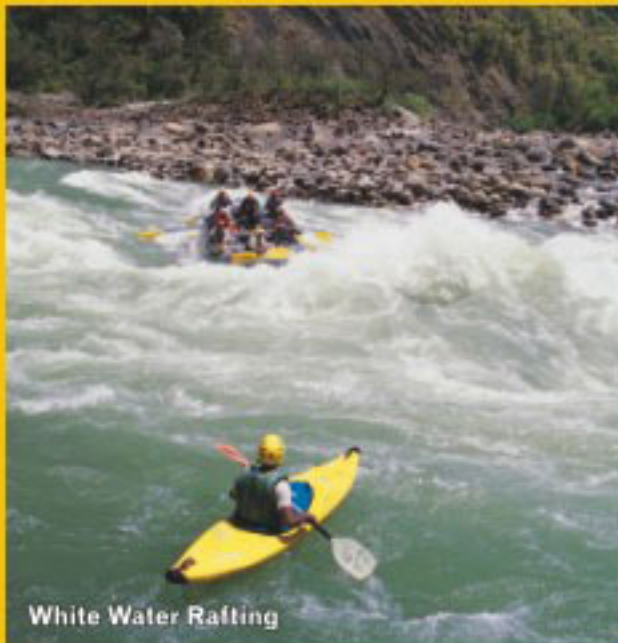
Mice, Daniel's Dip and Black Money. All these have made Shivpuri, Kaudiyala and Rishikesh favoured venues for rafting. Several adventure sport agencies offer packages for white-water rafting and treks to the Char Dhams, Har-ki-Dun and the Valley of Flowers. All rafting operators have riverside camps with tents for overnight stay, and all the necessary equipment is part of the package.

## WHAT TO DO

### DO

#### White Water Rafting

Rishikesh has established itself as one of the places in India for white water rafting. There are many camps which start just after Rishikesh and go up to Kaudiyala and



Shivpuri providing both the accommodation along the white sand beaches of Ganges and also white water rafting.

#### Trekking

Rishikesh can be made as a base for treks into the Garhwal Himalayas offering religious, scenic, botanical to adventure ones. There are guides available in the city if needed. Two interesting treks around Rishikesh are to Neelkanth and Kunjapuri temple.

#### Rock climbing

Places around Rishikesh like Kaudiyala, Tapovan and Thekla provide ample opportunities for rock climbing and rappelling.



## WHAT TO EAT

### Where to Eat

Non-vegetarian food is strictly prohibited in the city. North and south Indian food is widely available, and there's no shortage of multi-cuisine backpacker cafes, especially in Lakshman Jhoola. What excites many foreigners is the delicious Ayurvedic and health food restaurants, perfect for an after-yoga meal. Many of the main lanes are lined with 'rehris' (wooden-push-carts) selling in-season fruit, veggies, popcorn, nuts, warm cookies and lots else, and you'll usually be quoted a fair price. The papayas here are particularly delicious.

Just sitting around in dhabas and cafes is pleasant experience here. In addition to masala chai and lassis you can find a nice range of Ayurvedic teas. Some restaurants make up their own tonics to treat anything that may be ailing you. Alcohol is banned and inappropriate, as Rishikesh is a holy city.

## WHERE TO BUY

The main shopping centres in the city are at :

- Dehradun Road • Haridwar Road • Ghat Road

- Railway Road • Kshetra Road

The city centre also has some State Emporiums.

Rishikesh is also a good place to pick up a rudraksha mala, the strings of beads used in Puja (offerings) made from the nuts of Rudraksh Tree. Price range begins around at Rs.75, with beads of smaller nuts commanding higher prices.

On the eastern side of the river, in the Swarg Ashram area, one comes across dozens of stalls selling devotional accoutrements such as prasad, scriptural booklets, and cassettes as well as shawls and ayurvedic medicines made from herbs collected from the Himalaya at the Mahesh Yogi Ayurvedic Centre, on Lakshman Jhoola Road, opposite the pathway up to Yoga Niketan Ashram.

The Main Bazaar in Rishikesh toward the river from the post office, has various knick-knacks. There is didgeridoo shop near the main State Bank Of India branch. Laxman Jhoola is the place for video and audio. Hare Krishna audio tapes and small ceramic linga ashtray, while Ram Jhoola is the place for books on yoga and religion and for ayurvedic medicine.

### Distance

Nearby Cities of Rishikesh

- |                      |   |                       |
|----------------------|---|-----------------------|
| • Delhi - 228 Kms.   | • | Uttrakashi - 172 kms. |
| • Dehradun - 43 kms. | • | Kedarnath - 228 kms.  |
| • Haridwar - 24 kms. | • | Mussoorie - 77 kms.   |

## HOW TO REACH

### Transport Guiding Units

1. Garhwal Mandal Vikas Nigam Ltd.,  
Shail Vihar, Haridwar Bypass Road,  
Rishikesh (Uttarakhand), Ph: 2431793, 2431783
2. Uttarakhand State Road Transport, Ph: 2430066
3. G.M.O.U. Pvt. Ltd., Ph: 2430076
4. T.G.M.O.U. Pvt. Ltd., Ph: 2430008
5. Shri Badrinath Kedarnath  
Mandir Committee, Ph: 2430261, 2432788
6. Taxi Stand Ph: 2430413
7. Tourists Information Centre,  
Uttarakhand Tourism, Shail Vihar  
Haridwar By-pass, Rishikesh 2430209

## WHERE TO STAY

(STD Code - 0135)

### Government Guest Houses

1. P.W.D. Inspection House (Haridwar Road) 2430660
2. T.H.D.C. Guest House  
(Bypass Marg, Rishikesh) 2431462
3. Irrigation Department Guest House  
(Pashulok) 2456167

4. Door Sanchar Guest House 2435209
5. I.D.P.L. Guest House  
(Veerbhadra, Rishikesh) 2457752
6. Forest Rest House (Muni-ki-Reti) 2442052

### Hotels

#### Laxman Jhoola

1. Jaipur Inn 2440221
2. Hotel Divya 2435998
3. Hotel Surya 2433211
4. Shiva Cottage 2436880
5. Hotel Dharam  
Yatri Niwas 2433169
6. Hotel Om 2433272
7. Krishana Lodge -
8. Garhwal Resorts -
9. RanaLodge -
10. Gurudev Hotel -
11. Negi Lodge -
12. Gangotri Plaza 2432917
13. Kamal Guest House 2436055
14. Hotel Laxman Jholla  
Divine Resort 2442128
15. Lok Nirman Vibagh  
Nirakshan Bhawan -
16. Sheila Mohan Palace -
17. Hotel Ganga View 2440320/28
18. Lucky Hotel 2433223

19. Dev Ganga Guest House	2434922
20. Hotel Om Shanti	0-9927067192
21. Tapovan Resort	2442091 / 93
22. Hotel Ganga Beach Resort	2442018
23. Narayan Palace	2442290
24. Green Hills	2434798
25. Tourist Home	2431006
26. Hari Har Tourist Guest House (Shishamjhari)	
27. Tourist Guest House Shishamjhari	2438651

#### **Swarag Ashram**

28. Green Hotel	2431242
29. Green View	2434948
30. Ganga Guest House	2440063
31. Raj Palace Hotel	2440079
32. Brijwasi Palace	2440091
33. Rama Hotel	2434417
34. Pink Guest House	2430417
35. Himalaya Guest House	2435507
36. Shiva Resorts	2440094
37. Ganga Sai Guest House	2433208
38. Rajdeep Hotel	2440040
39. Krishna Cottage	2440193
40. Sudesh Guest House	-
41. Vaim Mitra Guest House	0-9897123308
42. Rain Basera Atithi Grah	0-9410154121

#### **Ashram's**

1. Vanprasth Ashram	2430811
2. Parmarth Niketan	2434301
3. Ved Niketan	2430279
4. Geeta Ashram	2431998
5. Geeta Bhawan	2430122
6. Swarg Ashram	2433452

#### **Rishikesh**

1. Hotel Surya (Roadways Bus stand)	2431971
2. Hotel Gaurav (Roadways Bus stand)	2435355
3. Hotel Digvijay (Yatra Bus stand)	2431528
4. Hotel Gangaur (Ghat Road)	2430464
5. Country Inn (Spa & Gym) Motichur	2485900
6. Hotel Shivlok (Chandrabaga)	2431055
7. Madharam Hotel (Laxman Jhoola Marg)	-
8. Nigah Tourist Resort (Laxman Jhoola Marg)	2434801
9. Ishan Hotel (Laxman Jhoola Marg)	2431534
10. Rana House (Laxman Jhoola Marg)	
11. Bombay Guest House (Laxman Jhoola Marg)	-
12. Rain Basera (Muni-ki-Reti)	0-9411713064
13. Tourist Guest House (Muni-ki-Reti)	2430373
14. Hotel Great Ganga ((Muni-ki-Reti)	2442243
15. New Bhandari Swiss Cottage (Tapovan)	2435322
16. Hotel Shikhar (Tapovan)	2442056
17. High Bank Peasant Cottage (Tapovan)	2431167
18. Neeraj Bhawan (Railway Road)	2439100
19. Hotel Ganga Kinare	2435243
20. Suruchi (Yatra Bus Stand)	2432602

21. Hotel Menka(Roadways Bus Stand)	2430285
22. Hotel Adarsh(Yatra Bus Stand)	2431235
23. Hotel NeelKanth(Ghat Road)	2430644
24. G.M.O.U Lodge(Sudama Road)	2430076
25. Rain Basera(Yatra Bus Stand)	9412032279
26. Uppal Plaza (Haridwar Road)	2437273
27. Surya Lodge(Yatra Bus Stand)	-
28. Hotel Vasundhara Kailash Gate	2442345
29. Hotel Basera (Railway Road)	2430720
30. Hotel Indralok (Railway Road)	2430555
31. Midway Resort, Raiwala	2484208
32. Hotel Ashoka	2430715
33. Tourist Guest House (Bypass Road)	2433002
34. Hotel Deepmay (Dehradun Road)	2430496
35. Hotel Ganga View (Haridwar Road)	2430781
36. Akash Ganga (Haridwar Road)	2430870
37. Kothari Lodge (Dehradun Road)	2430693
38. Swiss Cottage (Sheesham Jhadi)	2435012
39. Hotel Natraj (Dehradun Road)	2431262/2431099
40. Hotel Hari (Dehradun Road)	2430874
41. Hotel Himalaya (Dehradun Road)	2434990

#### **Dharamshala**

1. Gurudwara hemkund Sahib (Muni-ki-Reti)	2430229
2. Bhajan Ashram (Ghat Road)	2430059
3. Bharat Mandir (Purana Bazaar)	2430053
4. Baba Kali Kamli Wala (Kshetra Road)	2430006
5. Punjab Sindh Shetra (Kshetra Road)	2430847
6. Manbhari Ashram (Sabzi Mandi)	0-9719722128

7. Gujarati Dharamshala (Ghat Road)	2437879
8. Asha Mai Dharamshala (Haridwar Road)	2432388
9. Dilli Wali Dharamshala	2436715
10. Sindhi Dharamshala (Ghat Road)	2430398
11. Aggarwal Dharamshala (Railway Road)	2431604
12. Bhagwan Ashram (Haridwar Road)	2431930

#### **Cloakroom Facilities**

1. Tourist Rest House (Muni-ki-reti, GMVN Ltd.)	2430373
2. Tourist Rest House (Bypass Marg, Rishikesh)	2433002
3. All India Creative Institute (Bus Stand, Rishikesh)	
4. Tourist Rest House (Shisham Jhadi, Rishikesh)	2438651

#### **Restaurant**

1. Koel Grand (Koel Ghati, Rishikesh)	2437635
2. Neelkanth Swargashram	2436754
3. Neelam Restaurant (Laxman Jhoola Marg, Rishikesh)	2433098
4. Chotiwalla Restaurant (Swargashram)	2430070/2970
5. Anjali Restaurant (Railway Road)	2431779
6. Madras Café (Shivanand Nagar)	2434000
7. Midway Resort & Restaurant (Raiwala)	2484208
8. Vishal Vaishnav Bhojnalaya (Haridwar Marg)	2430631
9. Bikaner Mishthan Bhandar (Mukherjee Chowk)	2430916
10. Brunch - Kailash Gate	3250040

## Yoga Centres

### 1. Parmarth Niketan

P.O. Swargashram, Rishikesh-249304  
Tel.: 0135-2434301, 2440088, Fax: 2434399  
E-mail: swamiji333@aol.com  
Website: www.parmarth.com

### 2. Ved Niketan

Swargashram, Rishikesh-249304  
Tel: 0135-2430279  
E-mail: viswaguru@vsnl.net.in  
Website: www.sriviswaguru.com

### 3. Yoga Niketan Trust

P.O. Shivanand Nagar, Muni-ki-reti,  
Rishikesh-249192  
Tel: 0135-2430227, 2435072, Fax: 2442332  
E-mail: info@yogniketanashram.org,  
Website: yogniketanashram.org

### 4. Divine Life Society

Shivanand Ashram, Shivanandnagar,  
Munikireti, Rishikesh-249192  
Tel: 0135-2430040, Fax: 2442046  
E-mail: dlshq@sancharnet.in,  
Website: www.divinelifesociety.org

### 5. Akhand yog Dham Trust

Mangal Yoga and Nature Medicine Centre,  
Crossing Point of Tehri Rd., Near Ram Jhula,  
Munikireti, Rishikesh-249192  
Telefax: 0135-2435432, (M)-9837073279  
E-mail: aydtnt@yahoo.co.in  
Website: www.mangalyoga.com

### 6. Omkaranand Patanjali Yoga Kendra

Ganga Sadan, P.O. Shivanand Nagar,  
Munikireti, Rishikesh  
Tel: 0135-2430193, 2430910, 2430911, Fax: 2431531  
E-mail: omkara@vsnl.com  
Website: www.iyengaryoga.in

### 7. Sadhna Mandir Trust

Ramnagar, PO Pashulok, Rishikesh  
Tel: 0135-2431693, 2431485, Mobile: 9412055413  
E-mail: sadhnamandir@vsnl.com

### 8. Ayushman Ayurvedalaya

P.O. Tapovan, Munikireti, Tehri Garhwal  
Tel: 0135-2435554  
E-mail: nandlalkothari@yahoo.com

### 9. Vithal Ashram

Laxmanjhula By Pass Road, Muni-ki-reti, Rishikesh  
Tel: 0135-2430193, 2432636  
E-mail: shreevithalashram@hotmail.com  
Website: www.shreevithalashram.org

### 10. Kriya Yoga Ashram

Tapovan, Muni-ki-reti  
Tel: 0135-2435222, 2436248  
E-mail: shankaranand@hotmail.com  
Website: www.kriya/yoga.com

### 11. Yog Sadhna /Ashram Trust

Railway Road, Rishikesh  
Tel: 0135-2436697

### 12. Yoga Study Centre

Ganga Vihar, Haridwar Road, Rishikesh  
Tel: 0135-2433837

### 13. Bharat Heritage Services

Haridwar Road  
Tel: 2433179, (M) 9837089079

#### Hospitals

1. Gita Bhawan Ayurvedic Chikitsalaya  
(Swargashram, Rishikesh) 2430122
2. Parmarth Niketan Yog Natural Medicine Centre  
(Swargashram, Rishikesh) 2434305
3. Public Hospital  
(Dehradun Road, Rishikesh) 2430402
4. Nirmal Ashram Hospital  
(Maya Kund, Rishikesh) 2430015, 2430942
5. Himalayan Institute & Hospital, Joly Grant 2412081/83
6. Shivanand Ashram Hospital,  
Shivanand Nagar, Muni-ki-reti 2430740

#### Police Station

1. Thana Rishikesh 2430100
2. Police Station (Muni-ki-Reti) 2430041
3. Police Station (Laxman Jhoola) 2430228

#### Important Telephone Numbers

1. Deputy Magistrate, Rishikesh 2430421
2. Taxi Stand 2430413, 2434857
3. Ankur Gas Agency 2430844
4. Rishi Gas Agency 2431004
5. Fire Station 2430101
6. Municipal Corporation 2430015
7. G.M.V.N. Yatra Office 2431783, 2431793

8. Assistant Transport Officer 2430623
9. Forest Conservation Officer 2431159
10. Forest Officer 2442052
11. PWD 2430305, 2430660
12. Development Authority 2431646
13. Managing Director I.D.P.L. 2430175
14. THDC 2431517, 2431522

#### Trekking & River Rafting Agencies

1. Trekking & Mountaineering Division  
(GMVNC, Muni-ki-Reti) 2480799
2. Garhwal Himalayan  
Exploration Pvt. Ltd. 2438728, 2433478
3. Mahamaya Travels (Dehradun Road, Rishikesh) 2432968
4. Triveni Travels  
(Haridwar Road, Rishikesh) 2430389, 2430989
5. Kumar Travels (Haridwar Road, Rishikesh) 2431908
6. Venture Himalayas  
5 Kailash Gate, Muni-ki-reti 0135-2434091
7. Glacier Tour  
Kailash Gate Muni-ki-reti 0135-2433162, 2437263
8. Step Himalayan Advetntures  
G.P.O. Box No. 44  
Kailash Gate Muni-ki-reti 0135-2432581
9. Dream Life Adventure  
Kailash Gate Muni-ki-reti 0135-2434080
10. The Adventure Journey  
Opp. Great Ganga Hotel,  
Muni-ki-reti 0135-2453007  
Mob: 09837087976

- |   |              |
|---|--------------|
| 11. Adven Tours Tapovan<br>(Sarai), Laxmanjhula                         | 0135-2434921 |
| 12. Red Chilli Adventure Sports P. Ltd.<br>Tapovan (Sarai), Laxmanjhula | 0135-2434021 |
| 13. Himalaya Touch Tour<br>273, haridwar Road                           | 2433179      |

Package Tours (May to November): Garhwal Mandal Vikas Nigam Ltd., under the Uttarakhand Govt. offers deluxe coaches for package tour to 'Char Dham'. Tour guides are also made available for these packages. The booking is accepted on full advance payment, covering the cost of tickets through a **bank draft drawn in favour of 'Garhwal Nigam Limited', payable at Rishikesh/ PRO Office or by cash payment in the office/ cash counter, on 'first come first serve' basis.**

#### **ONLINE RESERVATION:**

1. Tourist/ Pilgrims can avail the reservation facility through online at [www.gmvnl.com](http://www.gmvnl.com)
2. The facility for advance reservation is also available at GMVN offices in many cities across the country.

#### **Bank**

- |   |                  |
|---|------------------|
| 1. State Bank of India<br>(Railway Road, Rishikesh)       | 2430114, 2432906 |
| 2. State Bank of India<br>(Laxman Jhoola Road, Rishikesh) | 2430036          |
| 3. State Bank of India<br>(Swargashram, Rishikesh)        | 2430365          |
| 4. Bank of Baroda<br>(Dehradun Marg, Rishikesh)           | 2430653, 2431479 |

- |   |                  |
|---|------------------|
| 5. Punjab National Bank<br>(Haridwar Road, Rishikesh)       | 2430441, 2430213 |
| 6. Punjab National Bank<br>(Ram Jhoola, Rishikesh)          | 2432906          |
| 7. Punjab National Bank<br>(Laxman Jhoola, Rishikesh)       | 2430361          |
| 8. Punjab & Sind Bank (Ghat Road, Rishikesh)                | 2430449          |
| 9. State Bank of Patiala<br>(Dehradun Marg, Rishikesh)      | 2432941          |
| 10. Union Bank of India<br>(Dehradun Marg, Rishikesh)       | 2430073          |
| 11. UTI Bank (Dehradun Marg, Rishikesh)                     | 2436187          |
| 12. Oriental Bank of Commerce<br>(Dehradun Marg, Rishikesh) | 2431913          |
| 13. Indian Overseas Bank<br>(Muni-ki-Reti, Rishikesh)       | 2435617          |
| 14. Bank of India (Tapovan)                                 | 2431591          |
| 15. Canara Bank (Dehradun Marg, Rishikesh)                  | 2435624          |
| 16. District Cooperative Bank<br>(Dehradun Marg, Rishikesh) | 2431781          |

#### **ATM's**

1. State Bank of India  
Railway Road Rishikesh/Swargashram
2. Bank of Baroda  
Dehradun Road, Rishikesh
3. Indian Overseas Bank  
Munikireti
4. Punjab National Bank  
Ghat Road/Seema Dental Hospital, Rishikesh

5. UTI Bank  
Swargashram/Rishikesh/Muni-ki-reti

#### **Petrol Pumps**

- |  |         |
|--|---------|
| 1. Agarwal Filling Station,<br>BY Pass Rd. Rishikesh | 2430582 |
| 2. Airwing Service Station, Shyampur.                | 2452338 |
| 3. Bhagirathi Petroleaum Co. Dhalwala                | 2434299 |
| 4. Bhagwat Prasad Atma Prakash,<br>Haridwar Rd.      | 2430092 |
| 5. Birendra Dutt Hari Ram,<br>Laxmanjhulla           | 2430785 |
| 6. Garhwal Gasoline Station,<br>Laxmanjhulla Rd.     | 2430351 |
| 7. G.M.O.U Filling Station, L.J. Rd.                 | 2437864 |
| 8. Rajkumar Sharad Kumar,<br>Dehradun Rd.            | 2430496 |
| 9. Shyamlal Bala Prasad, Shyampur,                   | 2431250 |
| 10. Raja Transport Pvt Ltd., Dehradun Rd.            | 2433258 |
| 11. Sohan Singh & Sons. L.J Rd.                      | 2430052 |
| 12. Uttaranchal Diesel Service,<br>Dehradun Rd.      | 2433910 |
| 13. Yatayat Filling Station, L.J. Rd.                | 2430511 |

#### **SOME IMPORTANT INFORMATION**

**Please make it sure that you have kept following documents with you before proceeding on hill journey:-**

- Registration Certificate of vehicle
- Vehicle permit if it is being used for commercial purpose

- Insurance Certificate of the vehicle
- Legal driving license certificate of the driver
- Tax payment certificate of the vehicle
- Conductor's license (if applicable)

The collection of above documents on a paper is called Green Card which is essential to be with driver during journey.

Vehicle owners are advised to send competent and experienced drivers.

No vehicles will be allowed to proceed on hill before 5.00 A.M. and after 7 P.M. in case of a vehicle going on pilgrimage and before 4.00 AM and after 8 PM in case of local service. However the vehicles from Haridwar will be allowed proceed on hill journey at or after 4.00 AM.

The pilgrims are advised to travel in the buses specified for pilgrimage and not in the local service buses. Both type of buses will be having name plates on front side of the bus, clearly indicating yatra or local service.

The facilities of registration and additional insurance of the pilgrims has been provided by the Municipal Board at Haridwar and Rishikesh.

The bus owner will have to furnish a list of pilgrims with their addresses and other particulars and to keep it secured.

There would be speed limits for vehicles i.e. 25 to 30 km/hour while running on hill roads.

The driver should not perform duty more than 8 hours a day in order to avoid accidents.

### **Other general information regarding transport during journey:-**

1. Drivers should not be under the influence of alcohol while driving.
2. Use horn on road bends.
3. Do not play tape recorders, radio inside the running vehicles.
4. Drivers should not wear chappals while driving.
5. Vehicles should not be overloaded.
6. The descending vehicle on the slope should give way to ascending vehicle.
7. There should be a First Aid Box inside the vehicle.
8. Do not overtake without taking pass from the vehicle in front. Never overtake an overtaking vehicle.
9. If any driver is found driving in a drunk condition, it should be reported to the nearest Police Station or Transport Authority.
10. Do not allow any unauthorized or minor person to drive the vehicle.
11. Give way to vehicles going uphill.
12. Do not drive fast on hills.



### **PLEASE OBSERVE THE FOLLOWING**

#### **Do's**

Limit deforestation, make no open fires and discourage others from doing so. Choose accommodation that uses kerosene or fuel efficient wood stoves. Use of fire wood should be minimized. Carry away all non-degradable litter and burn or bury paper before leaving any spot. Extinguish any burning cigarette butts and dispose off glass bottles properly, they should not be left lying in the open but should be covered or buried.

Avoid using polythene, if you do, do not throw it away, but collect it separate. Take permission before taking photographs and respect privacy. Observe the rules and regulations while visiting holy sites. Propagate and pursue conservation in co-operation with fellow tourist, guides and porters.

#### **Donts.**

Avoid using pollutants such as detergents, in streams or springs. Abstain from graffiti and contribute in keeping environment clean. Allow the flora to flourish in its natural environment. Taking away plant cuttings, seeds and roots is illegal in many parts of the Himalayas.

# RISHIKESH Tourist Map

Not to scale



## LEGEND

1. Diveshwar Mandir
2. Swarg Niwas Mandir
3. Rameshwar Mandir
4. State Bank of India
5. Post & Telegraph Office
6. Punjab and Sindh Bank
7. Kali Kamli Wali Dharamshala
8. Hanuman Mandir
9. Raghunath Mandir
10. Punjab National Bank
11. PWD Inspection House
12. Bus Stand

### Disclaimer:

Every effort is made to make this folder and map upto date. However, factual information is liable to change. Tourists are advised to consult their Travel Agent and nearest Tourist Information Office for up to date information. List of hotels, restaurants, dharamshalas and restaurants in this publication are not exhaustive nor does their inclusion herein necessarily signify official approval or recognition of the establishment of the Deptt. of Tourism.

**For further detail contact: Uttarakhand Tourism Development Board**

3/3 Industrial Area, Patel Nagar, Dehradun 248001 (Uttarakhand), India. Tel.: 91-135-2624147, 2722323; Fax: 91-135-2627405

E-mail: ddtourism@ua.nic.in, Website: www.ua.nic.in/uttaranchaltourism

**Garhwal Mandal Vikas Nigam Limited**

74/1 Rajpur Road, Dehradun 248001 (Uttarakhand), India. Tel.: 91-135-2740896, 2746817, 2749308, 2748478; Fax: 91-135-2746847

E-mail: gmvn@gmvnl.com, Website: www.gmvnl.com

**Uttarakhand Tourism, New Delhi**

Room No. 1, Ground Floor, Hotel Janpath, New Delhi-110001, India. Tel.: 91-11-23364177, 23746431; Fax: 91-11-23746433

**Kumaon Mandal Vikas Nigam Limited**

Oak Park House, Nainital 263001 (Uttarakhand), India. Tel.: 91-5942-236356, 236374, 236209, 235700; Fax: 91-5942-236897, 236374

E-mail: kmvn@yahoo.com, Website: www.kmvn.org

**Tourist Offices (Contact nos.)**

Nainital: 05942-235337, 9412998513

Kathgodam: 05946-266638

Kausani: 05962-258067

Dehradun: 0135-2653217, 9412998506

Rishikesh: 0135-2430209

Rudraprayag: 01364-233995

Joshimath: 01389-222181

Adventure Tourism Information, Almora: 05962-237760

Adventure Tourism Information, Uttarkashi: 01374-274761, 9412998511

Tourist Information Centre Railway Station, Haridwar 01334-265305

Almora: 05962-230180-81, 9412998512

Bageshwar: 05963-221562, 9412998517

Ranikhet: 05966-220227

Mussoorie: 0135-2632863

Uttarkashi: 01374-274667, 9412998518

Gopeshwar: 01372-253185, 9412998509

New Tehri: 9412998508, 01376-232240

Pithoragarh: 05964-225527, 9412998515

Champawat: 05965-230866, 9412998517

Kotdwar: 01382-224162

Haridwar: 01334-265304/ 5, 9412998507

Pauri Garhwal: 01368-222241

Srinagar (Garhwal): 01346-250065

Udham Singh Nagar: 05944-239219



www.ua.nic.in/uttaranchaltourism  
www.uttara.in

## UTTARAKHAND TOURISM DEVELOPMENT BOARD

For further information, online reservations, travel packages & hotel bookings, please contact your travel agent or contact:

**Uttarakhand Tourism Development Board:** 3/3, Industrial Area, Patel Nagar, Saharanpur Road, Dehradun - 248001 (Uttarakhand), India. Tel : 91-135-2624147, 2722323, Fax: 91-135-2627405, E-mail: ddtourism@ua.nic.in **Other Offices:** Ahmedabad Ph.: 079-26564245/26421214, Bangalore Ph.: 080-22356489/22249378, Chandigarh Ph.: 0172-2707649, Chennai Ph.: 044-25363524/25362300, Delhi Ph.: 011-23364177, 23326620, 23712246, Jaipur Ph.: 0141-5124036/2378892, Kolkata Ph.: 033-22315554/22827295, Lucknow Ph.: 0522-2615866/2207844, Mumbai Ph.: 022-22843197/26304880

Online reservations also available on: [www.kmvn.org](http://www.kmvn.org)/[www.gmvnl.com](http://www.gmvnl.com)