

Adventure in India's Tribal Heartland

Hiking - Cycling - Camping - Culture

Invest 3N4D and take memories for a lifetime

A fortuitous encounter with the indigenous people of the Indian heartland. Located in 1500 ft deep valley are a group of 12 villages where forest dwelling tribes have been living for over 500 years. Steeped in mythology and ancient folklore, learn about their rituals and culture by trekking to a remote village. Meet traditional healers and learn how they have been able to cure ailments without modern medicine. Visit the erstwhile cantonment of the British Army where the troops recovered from long-term illnesses. Cycle through the town and visit a WWII cemetery, a museum, and stunning caves. Cycle through the town and visit a WWII cemetery, a museum, and stunning caves.

Trip Highlights

- **Half-day hike to meet a tribal community with a meal at a village home.**
- **Meet a *Bhumka* or tribal doctor and learn about ancient healing practices.**
- **Learn to cook a tribal dish and enjoy a yoga session.**
- **Cycle through town to visit the naturally formed '*Jutta Shankar*' Caves.**
- **Visit an old church with a WWII cemetery and a silk production unit.**



Day-by-Day Itinerary and Description



Day 1: Nagpur/Bhopal –Tamia

On arrival we will drive to Tamia 113/130 miles in approximately 4/5 hours.

Tamia is a picturesque forest destination that offers scenic and breathtaking views of dense forests and mountains. Untouched and unexplored, Tamia is the perfect location to disconnect from the world and experience absolute tranquility. A few houses on the hill top offer panoramic views of the steep hills, vast greenery and deep valleys. Inaccessible for a very long time.

We reach our destination Youreka Camp by lunch time. After lunch and relaxation. We will take a short walk to visit some local villagers. This will be followed by tea and refreshments. In the evening a cooking class will be arranged where you can learn and savor authentic tribal cuisine with a session on history of the area around the bonfire and some singing and dancing. Enthusiasts will be provided with guitars. Overnight at Youreka Camps on full board.

Services Include:

**Nagpur; Airport to Youreka Camps Tamia transfer
Tamia; Overnight at Youreka Camps on full board Tamia;
Local excursions and services of a guide.
Tamia; English speaking escort to accompany**

Accommodation Name: Youreka Camp

Accommodation Type: The stay is in tents with comfortable cots. The washrooms are in a separate toilet block with running water. Hot water is available on request.

Meals: Youreka Camp

Day 2: In Tamia

After a hearty breakfast begin the day with a half-day trek to a tribal village which even today is the best way to gain access into the deepest recesses of these untamed labyrinths. The trek will take approximately 4-5 hours with elevation levels reaching 950mtrs. Located in Patalkot which literally means 'Very Deep'. It is home to the forest dwelling *Bharias* or *Bharia-Bhumias* and *Gond* tribes who for centuries have lived in isolation until recently. On arrival we will spend time learning about their culture and traditions and meet a tribal healer. We will then visit one of the village houses for a home cooked meal and head back to our camp by road. Evening free to explore the



campsite and surrounding areas. Overnight at Youreka Camps on full board. Read more on Patalkot at: <https://en.wikipedia.org/wiki/Patalkot, India>

Activity: Hiking

Duration: 5 Hours

Distance: 5 Km/3 Miles

Elevation Loss: 950 meters/ 800 meters

Elevation Gain: 800 meters/ 900 meters

Difficulty Rating: Moderate – 3/5

Accommodation Name: Youreka Camp

Accommodation Type: The stay is in tents with comfortable cots. The washrooms are in a separate toilet block with running water. Hot water is available on request.

Meals: Youreka Camp (B, D). Village Home (L)

Day 3: Tamia to Pachmarhi

Begin your day early with a yoga class. In the backdrop the rising sun – learn the sun salutation asana. This will be followed by a sumptuous and relaxed breakfast and the onward journey by road to arrive in Pachmarhi driving about 50 miles in 1.5 hours. On arrival check into Champak Bungalow a premium hotel with an old-world charm. After a quick freshening up, we cycle 4.5 miles through the town to the *Jutta Shankar* caves enroute we will stop at the Bison Horn Museum and an old British church and its adjoining WWII cemetery. The track is well laid out and avoids most traffic. The elevation is even at 500 metres. After exploring the shrine and caves we return to the hotel by car in time for lunch. In the evening a enjoy a cultural program followed by dinner. Overnight at Champak Bungalow on full board.

Services Include:

Tamia; Yoga class

Tamia; Breakfast and Packed snack

Tamia- Pachmarhi; Transfer using Dedicated air-conditioned vehicles with drivers

Pachmarhi; Cycles for the ride and cycling leader

Pachmarhi; Local excursions with guide

Pachmarhi; English speaking escort to accompany

Pachmarhi; Overnight at Champak Bungalow on full board.

Activity: Cycling

Duration: 5 Hours



Distance: 7 Km/4.5 Miles

Elevation:500 meters

Difficulty Rating: Easy Active – 2/5

Accommodation Name: Champak Bungalow

Accommodation Type: Hotel (Heritage)

Meals: Youreka Camp (B). Champak Bungalow (L, D)

Refreshments during cycling.

Day 4: Pachmarhi to Bhopal / Nagpur

After an early breakfast walk a short distance to visit a local silk production outlet and witness the process of harvesting silk. Later drive to Bhopal covering 129 miles in 5 hours. Enroute stop for lunch at a restaurant. Arrival in Bhopal by 4:00 pm

Services Include:

Pachmarhi; Visit to the sericulture center and guide

Pachmarhi; English speaking escort to accompany

Pachmarhi to Bhopal / Nagpur; Transfer using dedicated air-conditioned vehicles with driver

Activity: Walking

Duration: 1 Hours

Distance: 1 Km/0.6 Miles

Difficulty Rating: Relaxed Social – 1/5

Group Size: 12

Accommodation Name: Bhopal

Accommodation Type: Hotel

Meals: Champak Bungalow (B), Restaurant Enroute (L), Bhopal (D)

Packed snack for journey.

Costings

Package	02 Adults	04 Adults	06 Adults	08 Adults
3***	Rs.40000	Rs.30000	Rs.27000	Rs.25000



This Includes

- Airport transfers.
- Transportation as per the Itinerary by A/C car
- 3 nights' accommodation in Sailani, Maheshwar and Indore on twin sharing basis.
- All meals from Day 1 lunch to Day 4 Breakfast as specified in the Itinerary
- All permits for the monuments mentioned
- Guide

This Excludes

- Airfare.
- Optional activities.
- Travel Insurance.
- Meals not specified above.
- Visa fees.
- Drinks and personal expenses.
- Tips and gratuities.

TOUR ENDS

In general, the weather will be cool and pleasant – with cold nights. There is some likelihood of early morning fog, and occasional overcast with nominal rain. Please look at the chart below for details

Place	Elevation	Temp Range	Average Rainfall in month
Delhi	216m	15-28C	6.6mm
Nagpur	310m	16-31C	7mm
Tamia	1148m	14-29C	6mm
Pachmarhi	1067m	7-23C	8mm

Bhopal	500m	11-26C	11mm
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Packing/Gear List

You will need woolen wear, with parka or warm outer jacket

<ul style="list-style-type: none"> ● Footwear <ul style="list-style-type: none"> ○ Trekking/ walking or running shoes (trainers) ○ Camp shoes or thongs (flip-flops) ○ Socks wool or polypropylene ● Clothing <ul style="list-style-type: none"> ○ Sweater ○ Coat Parka / heavy jacket ○ Hiking shorts or skirts ○ Light Waterproof jacket / poncho or Umbrella ○ Hiking pants ○ T-shirts or Blouses ○ Underwear including woolen or thermal for evenings in mountains ○ Sun hat (wide brim preferable) ○ Swimwear (optional) 	<ul style="list-style-type: none"> ● Other items <ul style="list-style-type: none"> ○ Items ○ Toilet articles ○ Sunblock (SPF-15 plus) ○ Hand Towels for day use (Will be provided at each night halt) ○ Laundry soap ○ Personal medical kit ○ Pre-moistened towelettes ○ Sewing kit ○ Bandana / sweatband ○ Sun glasses ○ Personal items ● Optional <ul style="list-style-type: none"> ○ Global positioning system ○ GPS ○ Thermometer ○ Compass ○
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<ul style="list-style-type: none"> ● Equipment <ul style="list-style-type: none"> ○ Day Pack ○ Water bottle (2) ○ Headlamp with spare batteries and bulb 	<ul style="list-style-type: none"> ○ Notebook for recording reflections etc.
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