



हर हर महादेव

2ND KEDAR

द्वितीय केदार

MadhyaMaheshwar

मध्यमहेश्वर

**Witness the black-stone lingam
—the silent heartbeat of creation
in his naval form.**

Mountains.

Mantras.

Meditation.

This isn't a trek, it's a return
to the soul retreat.

4th – 8th September

Rishikesh to Rishikesh

EARLY BIRD SPECIAL

₹10,499

TrekWithYogis

@himaalayan_yogi

@guy.form.haridwar

TrekWithYogis

We trek with you — not send you.
Real seekers. Real mountains. Real connection. 🌿

You've probably seen him lighting up your feed — the OG Rishikesh Pandit who went viral with his energy, simplicity, and mountain wisdom.

But he is so much more than just reels.

Born in the Garhwal Himalayas, Gautam is a certified yoga teacher who has guided over 5000 students through asana, pranayama, and deep meditation. A true meditation guide, storyteller, and soul-anchor, he carries years of trekking experience across sacred Himalayan trails.

From sacred mantras under pine trees to the hidden lore of forgotten shrines — with Gautam, every trek becomes a yatra, and every silence becomes a teaching.



Gautam (@himaalayan_yogi)



Rohit (@guy.from.haridwar)

An adventurer, a seeker, a world-walker.

With 50+ treks across India and abroad under his belt, Rohit has explored trails that test the body — and elevate the soul. From the Everest Base Camp in Nepal to the wild beauty of Georgia's Gergetti Glacier and Poland's Morskie Oko peak, his journey is a blend of grit and grace.

He's traveled through 17 countries, learning from diverse spiritual traditions, practicing yoga, breathwork, and meditation in some of the most serene and sacred places on earth.

Rohit brings the wanderer's heart, the yogi's mind, and a grounded presence to every trek. With him, the trail is not just a path — it's a practice.

Brief Itinerary

Day 1: Rishikesh → Ransi

Scenic drive through Garhwal's heart. Overnight stay in Ransi.

Evening meditation session under village skies.

Day 2: Ransi → Madhyamaheshwar (MM)

Trek 18 km | 6–8 hrs

Cross rivers, forests, and sacred silence.

Overnight stay at MM Temple.

Day 3: Budha Madhyamaheshwar Hike

Early morning hike to BMM for sunrise over Chaukhamba.

Return to MM via Bhairav Temple & evening ārtī.

Overnight stay at MM.

Day 4: MM → Ransi

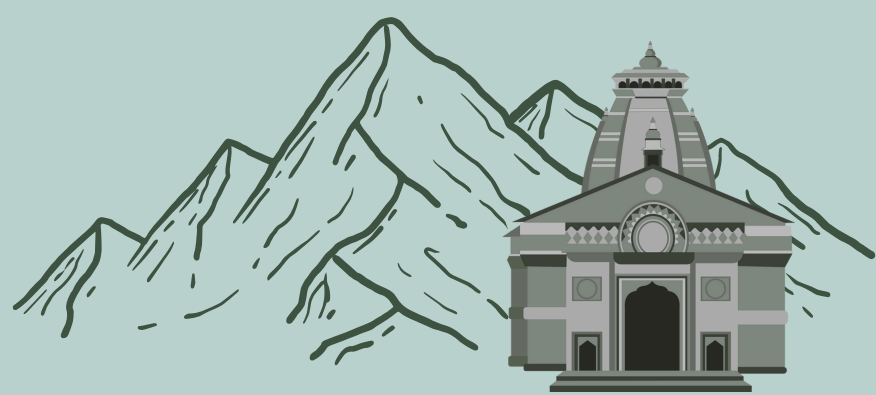
Trek down through whispering woods.

Overnight stay in Ransi.

Day 5: Ransi → Rishikesh

Return with blessings, stillness & stories.

Back to the Rishikesh - Around 3PM.



Day 1 - Rishikesh to Ransi

Sacred Journey & Inner Stillness

6:00AM Depart Rishikesh

Roll out at 6 AM sharp—about 6 hrs of winding Himalayan road.

Breakfast stop - at Teen Dhara

Devprayag Sangam

Not just a photo-stop—descend the stone steps, cup the meeting waters of Bhagirathi & Alaknanda, and truly feel the birth of Ganga Maa.

Dhari Devi Temple

The valley's guardian goddess awaits—pause for darshan & seek her protective blessing before trek.

Witnessing Rudraprayag Sangam

Lunch Break

4:30-5:30PM Arrive Ransi Village



Day 1 - Evening at Ransi

Village Walk (30 - 45 min)

- Wander narrow lanes—greet villagers, watch goats, breathe crisp pine-scented air.

Yoga + Meditation (45 min)

- **15 min** - gentle asanas to ease travel stiffness
- **30 min** guided stillness—mantra & breath to root your awareness

Dinner

- Satvik, home-cooked local cuisine at the homestay

Overnight

- Ransi homestay



Day 2

Trek, Nature Connection & Aarti at MM

Start Early:

- Depart by 5:00 AM (earlier as possible)
- Total Trek Duration: 6 to 10 hours (depending on group fitness & pace)

Trek Overview:

- Distance: ~16-18 km (approx.)
- Difficulty: Moderate to Challenging (steep in parts, consistent climb)

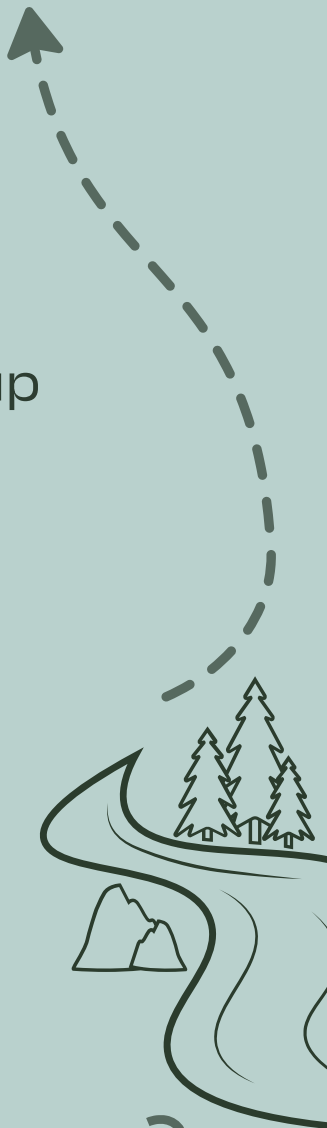
Midway Spiritual Stop: Gaundhar

Connect with nature session:

A short pause here — feel the water element, sit beside the river and go with the flow

Arrival at Madhyamaheshwar Temple:

- Between 5:00 PM - 6:00 PM





Day 3

Early morning trek to Budha MM to absorb the energy of the 5 elements and get to Witness the Sunrise over Chaukhamba Massif.

Mantra Chanting

Group chanting of the Mahamrityunjaya Mantra for healing and inner strength.

Visit Bahirav Temple on the way back to MM.

Reach MM by midday and enjoy a nourishing brunch.

Lunch & Yog Nidra

Post-lunch, dive into a deep Yoga Nidra session for restoration.

Evening Aarti

Attend the evening aarti at the Madhyamaheshwar temple. Followed by a dhyan session.

Day 4



Trek Down from MM to Ransi after Morning Aarti

The temple opens at 6:00 AM, followed by the morning aarti — a final offering of gratitude in the divine presence of Lord Shiva.

Begin Descent to Ransi

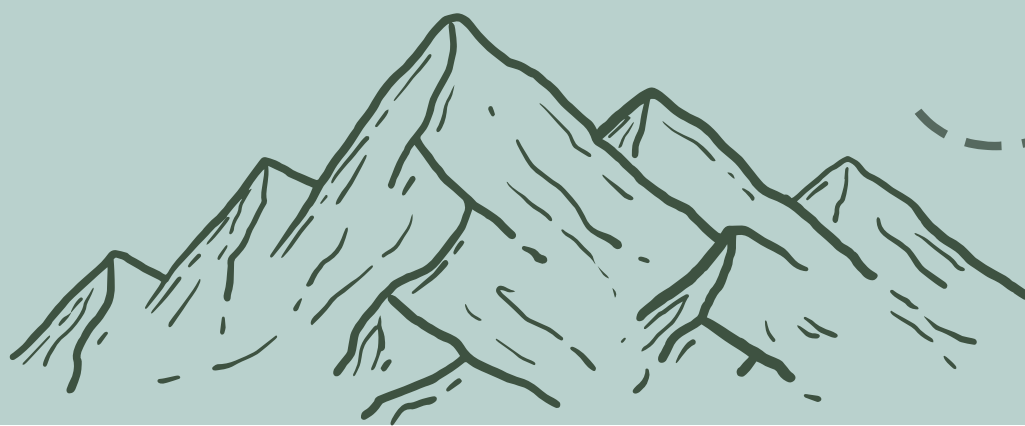
After the aarti, we start our trek back down from Madhyamaheshwar.

Brunch at Gaundhar

We pause mid-way at Gaundhar for a simple, energising local lunch, reconnecting with the community and landscape one last time.

Arrival & Sharing Circle in Ransi

Once we reach Ransi, we gather as a group for a sharing circle — a space to speak from the heart, reflect on the journey, and listen deeply.



Day 5

Morning Visit to Omkareshwar Temple, Ukhimath

We begin our return journey with a visit to the sacred Omkareshwar Temple in Ukhimath — the winter seat of Lord Kedarnath.

Drive Back to Rishikesh

Ganga Aarti at Shatrughan Ghat

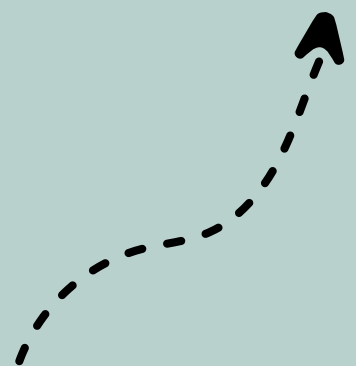
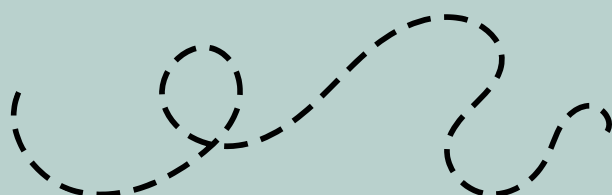
Upon reaching Rishikesh, we'll visit Shatrughan Ghat for a serene and less crowded Ganga Aarti — the perfect way to close our spiritual journey with Maa Ganga's blessings.

And with that, our sacred journey comes to an end.

May everyone return:

- With hearts full of memories,
- Mobiles full of photos,
- And souls touched by calm, connection, and clarity.

Let this not be a goodbye — but a return to self.



Inclusions

1. End-to-End Comfort
2. All meals & accommodation from Ransi → MM → Ransi
3. Cozy village homestays & mountain guesthouses
4. On-Trail Essentials
5. Guided meditative sessions in Ransi & at MM
6. Basic first-aid kit & common medications (altitude, pain relief, antiseptics)
7. Local Flavor
8. Traditional Garhwali meals
9. Cultural walk in Ransi village

Exclusions

- ✈ Travel to/from Rishikesh (book your own flight/train/bus)
- 🎒 Personal trekking gear (boots, backpack, rain jacket)
- 🛡 Travel insurance & emergency evacuation
- 💵 Tips & donations to porters, guides, temples
- 📱 Mobile calls/data (signal is spotty—disconnect & unwind!)

Pack light. Walk deep. Wake up renewed.

— Your spiritual journey awaits!

ॐ नमः शिवाय

FAQs

Packing & Preparation

Q: What should I pack?

- Clothing: Layered system (base-layer, fleece, waterproof shell), warm hat/gloves
- Footwear: Sturdy trekking boots + gaiters (monsoon)
- Gear: Day-pack (25 L), headlamp, water bottle (2 L), solar charger/power bank. **PACK LIGHT.**
- Health: Sunscreen, sunglasses, personal meds, altitude tablets (optional)
- Extras: Trekking poles, Yoga mat, energy bars, small padlock, cash (no ATMs past Rudraprayag)


Q: Altitude sickness—how to mitigate?

- Stay hydrated, ascend slowly (Day 2 early start), rest if headache/dizziness appear.
- Carry Diamox or other prescribed meds; inform guides of any symptoms.

Spiritual & Cultural

Q: What spiritual activities are included?

- Guided meditations in Ransi & by MM temple and Connect with Elements Experiences at BMM and Gandhur Village.
- Puja at MM & Bhairav shrines (Donations not included)
- Attendance at morning & evening ārtī (6 AM & ~6:30 PM)
- Bhakti chanting, Mahamritunjya Mantra chanting.

 Still have questions? Feel free to ask—we're here to ensure your spiritual journey is as seamless and soul-nourishing as possible!