

CHAIL, HIMACHAL PRADESH

YOGA, ADVENTURE & BIKE RIDING RETREAT



2ND-4TH OCT 2026 | 2N / 3D



DETAILS

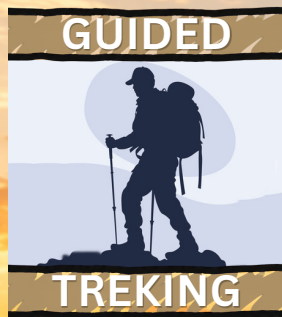


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www.yogantratrails.com



ABOUT RETREAT



Not Riding a Bike? No Problem!

If you're unable to join us on your own bike, you can travel in your own car or by taxi. You may also connect with our participating riders and join as a pillion rider, subject to mutual consent and availability.

Choose your way to travel

The YOGANTRA TRAILS experience is for everyone.

WHY YOGANTRA TRAILS?

Because We Offer More Than Just a Trip.

At YOGANTRA TRAILS, we believe travel should do more than take you to a new destination; it should help you experience more, connect deeply, and return renewed.



Yoga & Meditation (Reconnect with your body and mind) — Guided by Experience

Experience the transformative power of yoga and meditation under the guidance of highly experienced practitioners with over 25 years of expertise. Led by former PGIMER yoga professionals who have organized numerous yoga workshops and International Day of Yoga events, our sessions are rooted in authentic yogic wisdom and mindful practices. Designed to help you release stress, calm the mind, enhance physical and emotional well-being, and reconnect with your inner self, each session offers a truly rejuvenating experience amidst the serene beauty of the Himalayas.

Adventure & Scenic Rides (Experience the freedom of mountain roads) Adventure & Scenic Rides

Feel the freedom of the open road as you ride through breathtaking mountain landscapes, winding Himalayan roads, and peaceful pine forests. Our scenic rides blend adventure, exploration, and the thrill of the journey, creating unforgettable experiences and memories that last long after the ride ends.



Nature Immersion (Walk through forests and disconnect from everyday noise)

Step away from the noise of everyday life and reconnect with nature amidst serene pine forests, fresh mountain air, and breathtaking Himalayan landscapes. Through mindful forest walks and peaceful moments in nature, slow down, breathe deeply, recharge your energy, and rediscover a sense of calm and connection.

Inner & Outer Transformation Adventure outside, reflection within

Challenge yourself on the outside and reconnect with yourself on the inside. Through adventure, scenic rides, yoga, meditation, nature, and meaningful reflection, YOGANTRA TRAILS helps you build confidence, release stress, gain clarity, and return home with renewed energy and a fresh perspective on life.



Meaningful Connections Bonfires, conversations, activities, and shared experiences

Some of the most beautiful journeys are defined by the people we meet along the way. Through shared adventures, bonfire conversations, group activities, and heartfelt moments, YOGANTRA TRAILS brings like-minded people together, creating genuine connections, new friendships, and memories that last long after the journey ends.

Safety & Support Thoughtfully planned experiences with first-aid support and responsible travel practices

Your safety is at the heart of every YOGANTRA TRAILS experience. From carefully planned routes and responsible group travel to first-aid support, emergency preparedness, and on-ground assistance, we strive to create a safe and well-supported environment—so you can focus on enjoying the journey with greater confidence and peace of mind.



Small-Group Experience More personal attention and stronger connections

Flexible Travel Options Join by bike, car, taxi, or as a pillion rider, subject to availability and mutual consent

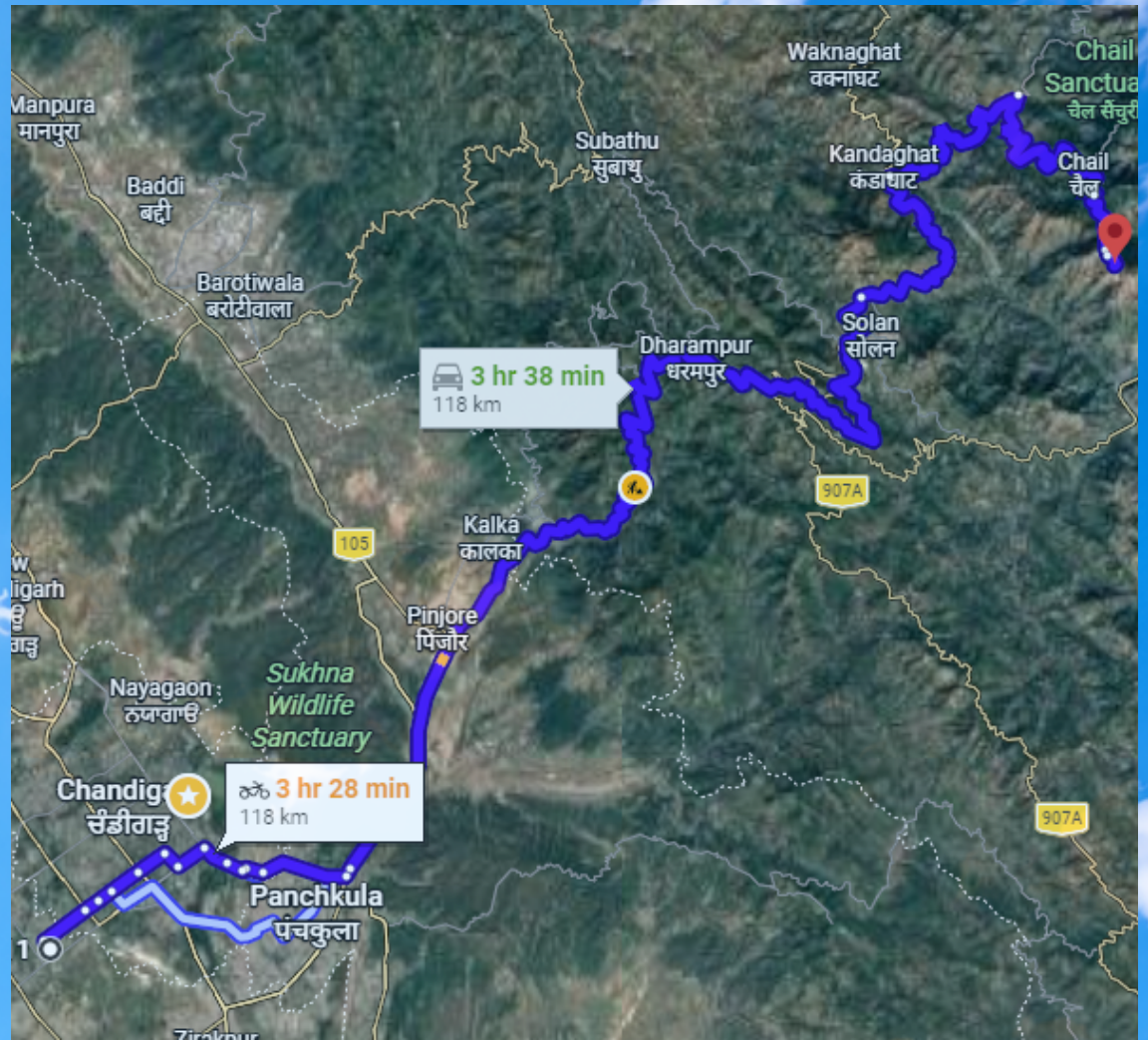
EXPEDITION SHOWSTOPPERS

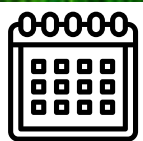
-  Breathtaking Himalayan Scenic Rides
-  Sunrise Yoga Amidst the Mountains
-  Guided Meditation & Transformation Sessions
-  Immersive Walks Through Serene Pine Forests
-  Visit to the Majestic Kali Ka Tibba
-  Soulful Bonfire Evenings & Meaningful Conversations
-  Mesmerising Sunrise & Panoramic Valley Views
-  Meaningful Connections with Like-Minded People
-  Inner & Outer Transformation
-  Unforgettable Moments, Stories & Memories



ROUTE MAP

- Mohali, Punjab
- Pinjore
- Dharampur
- Solan
- Kandaghat
- The Chail
- Kali Ka Tibba Temple
- The Chail
- Kandaghat
- Solan
- Dharampur
- Pinjore
- Mohali, Punjab (End)





FRI, 2ND OCT 2026

DAY 1

ARRIVAL AT THE CHAIL

- **Meet & Greet** – Gather at the designated departure point.
- **Journey Begins** – Start our scenic ride towards Chail.
- **Breakfast Stop** – Enjoy breakfast at Dharampur.
- **Scenic Himalayan Ride** – Ride through beautiful mountain roads and landscapes.
- **Lunch at Sharma Restaurant** – Reach Chail and enjoy a delicious lunch.
- **Check-in & Relax** – Check in to the accommodation, freshen up, and unwind.
- **Nature Immersion** – Explore peaceful pine forests through a guided nature walk.
- **Yoga & Yogic Activities** – Rejuvenate your body and mind with an evening session.
- **Dinner** – Enjoy a wholesome meal together.
- **Bonfire & Connections** – Share stories, laughter, and meaningful conversations.
- **Guided Meditation** – End the day with a calming meditation session.

Highlight of the day

- Briefing & Introduction
- Tracking
- Yoga
- Yogic Games
- Bonfire
- Meditation

Accommodation

- The Chail Palace

Meals

- Breakfast at Dharampur
- Lunch at Chail
- Dinner



SAT, 3RD OCT 2026

DAY 2

EXPLORE • EXPERIENCE • TRANSFORM

- **Morning Yoga** – Begin the day with an energising yoga session amidst the peaceful mountain surroundings.
- **Healthy Breakfast** – Recharge with a wholesome breakfast.
- **Nature Immersion** – Reconnect with nature through a mindful walk amidst serene pine forests.
- **Yogic Games & Activities** – Enjoy fun, interactive activities designed for energy, awareness, and group bonding.
- **Lunch & Relaxation** – Enjoy lunch followed by some time to relax and refresh.
- **Kali Ka Tibba Experience** – Visit the iconic hilltop temple and experience breathtaking panoramic views.
- **Sunset Experience** – Witness a mesmerising Himalayan sunset from the heights of Kali Ka Tibba.
- **Dinner** – Return and enjoy a delicious meal together.
- **Bonfire & Meaningful Connections** – Share stories, heartfelt conversations, letting go ritual, silent fire meditation
- **Guided Meditation** – End the day in stillness with a peaceful guided meditation and inner reflection.

Highlight of the day

- Briefing & Introduction
- Tracking
- Yoga
- Yogic Games
- Bonfire
- Meditation

Accommodation

- The Chail Palace

Meals

- Breakfast
- Lunch
- Dinner



SUN, 4TH OCT 2026

DAY 3

RELEASE • REFLECT • RECONNECT

- **Morning Yoga & Breathwork** – Begin the final morning with gentle yoga, conscious breathing, and mindful awareness.
- **Nature Immersion** – Spend quiet moments in nature through mindful walking and observation.
- **Yogic Games** – Enjoy light, joyful activities that strengthen energy and group connection.
- **Letting Go Ritual** – Reflect on what you wish to release—stress, limiting thoughts, regrets, or emotional burdens—and symbolically let them go.
- **Gratitude & Connection Practice** – Pause to appreciate the journey, nature, yourself, and the people who shared the experience.
- **Letter to My Future Self** – Write a personal message about what you have learned and what you want to carry forward into everyday life.
- **Personal Commitment** – Choose one small positive change you will consciously continue after returning home.
- **Soul Circle** – The Closing Circle – Share reflections, insights, memorable moments, and what this journey has meant to you.
- **Closing Meditation & Sankalpa** – End the retreat with a peaceful meditation and a personal intention for the journey ahead.
- **Farewell & New Beginnings** – Depart not just with photographs, but with meaningful memories, new connections, and a renewed perspective.

Highlight of the day

- Briefing & Introduction
- Tracking
- Yoga
- Yogic Games
- Gratitude
- Rituals, etc.
- Meditation
- Sankalpa
- New Beginnings

Meals

- Breakfast
- Lunch
- Evening Tea at Kandaghat

TRIP COST PER PERSON

INR ₹14999/-

INCLUSIONS:

- 2 Nights Accommodation – Double occupancy basis
- Meals During the Retreat – 3 Lunch at Sharma Dhaba cum Restaurant, 2 Dinner in the Chail Palace, 1 Breakfast at Dharampur, Himachal Pradesh, 2 Breakfast in the Chail Palace, 3 high tea.
- Toll tax at Chail Entry for Bikes, Cars, and Taxis
- Guided Yoga Sessions – Morning and evening practices
- Guided Meditation Sessions
- Nature Immersion & Guided Forest Walks
- Yogic Games & Group Activities
- Bonfire Evenings
- Transformation & Reflection Activities
- Rituals and Practices
- 24-hour Basic First-Aid Support

EXCLUSIONS:

- Bike/Car, Fuel, Vehicle Expenses
- Taxi or Transportation Charges, unless specifically mentioned
- Meals & Beverages Not Mentioned in the Itinerary
- Alcoholic Beverages, Soft Drinks & Personal Refreshments
- Single Occupancy Supplement
- Vehicle Repairs, Breakdown, Towing, or Spare Parts
- Medical Expenses, Medicines, or Hospitalisation
- Travel, Medical, or Personal Accident Insurance
- Entry Fees or Paid Activities, unless specifically included
- Laundry, Room Service, and Other Personal Expenses
- Professional Photography/Videography, unless specifically included
- Additional Costs Due to Weather, Road Closures, Natural Events, or Other Unforeseen Circumstances

- Anything Not Specifically Mentioned Under “Inclusions”
- Brochure line:
- Any service or expense not specifically mentioned under “Your Retreat Experience Includes” will be considered an exclusion.

GRATITUDE & CONNECTION

Take a meaningful moment to pause, reflect, and appreciate the journey—the experiences, the lessons, the beauty of nature, and the people who shared it with you. Through gratitude and heartfelt connection, we celebrate not only the memories created but also the positive energy and relationships we carry forward beyond the retreat.

PROHIBITION

To ensure a safe, respectful, peaceful, and positive experience for everyone, the following are strictly prohibited:

- Illegal drugs or prohibited substances
- Drinking and driving or riding under the influence
- Reckless or dangerous riding/driving
- Weapons or illegal items
- Harassment, abusive behaviour, or disrespect towards any participant
- Damage to nature, property, or littering
- Disturbing other participants or disrupting retreat activities
- Any activity that compromises the safety of the group
- YOGANTRA TRAILS reserves the right to remove any participant whose behaviour threatens the safety, dignity, or well-being of the group, without refund.
- Respect the journey.
- Respect nature.
- Respect each other.
- Non-vegetarian food.

PAYMENT POLICY

- 30% of the trip cost at the time of confirmation
- 70% of the trip cost is due 7 days before the departure date (25th September 2026)
- If failed to pay the second installment 7 days before the departure date, the registration will be cancelled automatically, and no refund will be given.

CANCELLATION POLICY

Cancellation Period	Refund
31 or more than 31 days before departure (1 st September 2026)	100% Refund
30 - 22 days before departure (2 nd - 10 th September 2026)	90% Refund
21 - 16 days before departure (11 th - 16 th September 2026)	75% refund
15 - 8 days before departure (17 th - 24 th September 2026)	50% Refund
7 days or less before departure (25 th September 2026 to Departure Time) / No Show	No Refund

ABOUT US

At YOGANTRA TRAILS, we believe that true travel is not about ticking destinations off a list—it's about discovering a deeper connection with yourself, nature, and the people around you.

Born from a passion for yoga, mindful living, adventure, and the majestic Himalayas, YOGANTRA TRAILS creates experiences that inspire both outer exploration and inner transformation.

Our retreats are thoughtfully designed for people who wish to pause, step away from the noise of everyday life, and reconnect with what truly matters.

Whether you're riding through scenic mountain roads, meditating beneath the open Himalayan sky, walking through peaceful pine forests, or sharing stories around a bonfire, every moment is created with purpose.

We don't simply organize trips. We create experiences that leave lasting memories, meaningful friendships, and a renewed perspective on life.

I have been in the field of Yoga for 25+ years. I visited 15 Countries for yoga, organised the International Day of Yoga, and made a world record. I am an Ex-PGIMER yoga teacher

OUR VISION

To build a global community where travel becomes a path to wellness, self-discovery, and meaningful human connection.

OUR MISSION

To create transformational retreats that combine yoga, adventure, mindfulness, and nature, helping people reduce stress, improve well-being, and return home with greater clarity, balance, and purpose.

THE YOGANTRA TRAILS PROMISE

At YOGANTRA TRAILS, we promise to create more than just a trip. Every journey is thoughtfully designed to bring together adventure, wellness, nature, meaningful connections, and self-discovery. We are committed to providing a safe, supportive, authentic, and memorable experience where you can step away from your routine, reconnect with yourself, and return home with renewed energy, fresh perspectives, and memories that last long after the journey ends.

Our Promise:

Come as you are. Explore freely. Connect deeply. Return renewed.

Travel • Transform • Transcend

WHAT MAKES US DIFFERENT

Yoga with Purpose

Yoga is not just an activity—it's a way to reconnect with your body, mind, and soul.

Adventure with Meaning

Every ride and every trail is designed to inspire freedom, confidence, and self-discovery.

Nature as the Teacher

The forests, mountains, and silence of the Himalayas become an integral part of your transformation.

Community over Crowds

We believe in small groups, meaningful conversations, and genuine human connections.

Transformation Beyond the Retreat

Our goal isn't just to give you two memorable days—it's to help you carry the calm, clarity, and confidence into your everyday life.

LAST DATE

Total seats are 15. When all the seats will book the registration will automatically be stop.

YOGANTRA TRAILS

(Where Yoga Meets Adventure)

Sector 66, Mohali, SAS Nagar, District Mohali, India

Call Us

Vivek Kapoor

Founder – YOGANTRA TRAILS

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“Available: Monday to Sunday | 9:00 AM – 7:00 PM”

Follow Our Journey

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Website: www.yogantratrails.com