India

GREAVES TOURS LLC



INDIA

Women Travel Guide

table of

CONTENTS

01 India

02 Discover India with Greaves

03 Why India for Women?

Heritage and History
Art and Culture
Spirituality and Wellness
Culinary
Adventure and Wildlife
Intangible Cultural Heritage
Retail and Shopping
Women Hosts and Curators
Hotels and Palaces



Is there anything one can say about India they haven't said before?

India

It is a rich, colorful, and vibrant platter full of countless unique and numerous experiences. From snowy mountain peaks to unspoiled beaches, from prehistoric ruins to opulent palaces, from gastronomic delights to spiritual ecstasy – India has something to offer every traveler in the world.

And just when you start to think you've unraveled most of what the country has to offer, it reminds you in many uncanny ways that you need many lifetimes to decipher the real essence of this mystical place.



discover India with

GREAVES



What is Greaves?

Greaves offers a unique and expert experience to the modern traveler. We specialize in India and the Indian Subcontinent, offering ultra-luxury, deeply personalized tours that let you explore these beautiful destinations.

Who is Greaves?

Greaves is a family-owned company built over three generations of the Cambata family, who now manage it. Their mission is to showcase their passion and pride for the country through their business. For the family, this goes beyond just a business; it represents family pride in the location and their team. Customers can expect excellent service from the first point of contact through to their last moments in India.

Why Greaves?

The Cambata family has owned Greaves Travel since 1979, and their professional and cultural roots in India date back several generations. Armed with specialist knowledge of the Subcontinent and having taken clients there for over 47 years, Greaves offers a unique and expert experience for travelers.



Indian Woman Celebrating Chhatt Puja

why

INDIA FOR WOMEN?



As a woman traveler, India presents an unparalleled opportunity to immerse oneself in a rich and diverse culture. Known as the Golden Bird, India's natural and material wealth is surpassed only by its vibrant history, which has left indelible marks on the country's art, culture, architecture, and cuisine. India is home to four religions, including Hinduism, Buddhism, Jainism, and Sikhism, while Zoroastrianism, Judaism, Christianity, and Islam arrived in the 1st millennium CE and also shaped the region's diverse culture.

The nonviolent struggle for independence under British rule has contributed greatly to India's glorious heritage. The country's central position in the world, both historically and geographically, makes it an interesting melting pot. Women travelers will find India a safe and welcoming destination with a wealth of experiences to offer, from exploring ancient temples and monuments to indulging in world-renowned cuisine and shopping in bustling markets. A trip to India promises to be a transformative experience for any woman seeking to learn and grow from a different culture.

HERITAGE *and history*

India enjoys a mélange of 2,000-year-old architectural genres, all thanks to the diverse influences of changing dynasties and evolving religions. An abundance of monuments and structures allows us to admire the graceful columns, intricate motifs, and symbolic patterns that trace back to the glorious history of the era. From the Nalanda Mahavihara to the Auroville Dome, there is no shortage of graceful antiquities waiting to narrate their stories.



















1. Taj Mahal, Agra
2. Chhatrapati Shivaji Terminus, Mumbai
3. Namgyal Tsemo Monastery, Leh
4. Shore Temple, Mahabalipuram
5. Hawa Mahal, Jaipur
6. Golden Temple, Amritsar
7. Ajanta & Ellora Caves, Aurangabad
8. Qutub Minar, Delhi

ART *and culture*



A result of myriad cultural influences, the vibrant and diverse Indian artistic legacy echoes in vivid, prominent, and enchanting styles representing many eras. Women have been the creators and preservers of the rich and diverse Indian artistic legacy for centuries. Majorly influenced by the Subcontinent's religious and political matters, folk paintings, dance forms, art forms, craft, music, architecture, textile, and sculptures have evolved throughout the centuries.



Rangoli An art form where colored sand or powder is used to decorate the courtyard as part of **Diwali** celebrations


Kuchipudi


Bharatnatyam


Kathakali


Odissi


Wooden hand blocks for printing

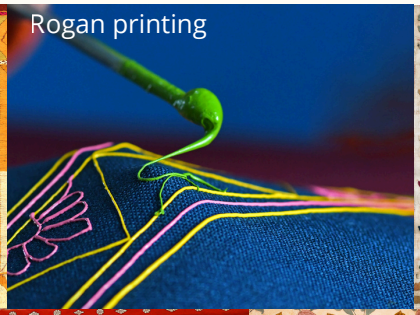

Kashmiri Papier-Mache

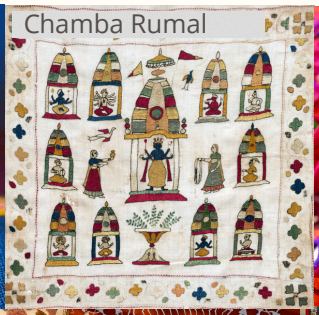

Kolhapuri slippers


Brass bells


Assam Bamboo craft


Phulkari


Rogan printing


Chamba Rumal


Kutch Art Embroidery


Ajrak printing


Kerala Murals


Mughal Art


Warli art


Kalamkari


Miniature Painting

SPIRITUALITY
and wellness

Whether it's the ancient temples, meditating in the serene ashrams, or indulging in the healing therapies of Ayurveda, find a wealth of opportunities to connect with yourself and the divine across the Subcontinent. Inspire yourself and embrace your emotions as you witness the joy, sorrow, love, and compassion of the people. You will feel more alive, grateful, and empowered as you discover the wonders of this incredible country.







Six Senses Barwara

Pilibhit House, Rishikesh







Umaid Bhawan Palace

Brijrama Palace, Varanasi







Six Senses Vana

CULINARY

Indians love their food more than their lives. Every celebration is accompanied by the most tempting fare of delectable dishes and desserts. And - why would it not? India boasts an 8,000-year culinary heritage and a diversity of flavors across its regional cuisines. A rich and diverse ancestry, along with the confluence of cultures during the British and Portuguese invasions, has made India a kaleidoscopic realm of culinary delights.

The Indian palate has a flair for every flavor - sour, sweet, salty, bitter, or savory, and hence, there are always the most enticing aromas in Indian households. Join cooking classes or food tours to learn more about the history and culture behind the dishes you enjoy.





Paani Puri



Jalebi Wheat flour batter fried and soaked in sugar syrup



Samosa



Pakora 1.A vegetable fritter with spices and deep fried.



Idli Ground rice rounds with lentils



Biryani

An aromatic rice dish cooked with several spices, notably saffron, either with vegetables or meat



Momos Similar to dim sum, eaten with hot chutney.



Parantha



Lassi



Gulab Jamun





Fish Curry

Popular Indian Foods

Breakfast

Vada – Lentil or flour batter fried into a doughnut shape eaten with Sambar

Dosa – Crispy flatbread (think crepes) served with a lentil Sambar

Poha – Flat rice breakfast dish cooked with Indian herbs, vegetables, and peanuts.

★ **Lassi** – Yogurt-based drink served chilled and sometimes with added herbs and natural flavors

Lunch/Dinner

Tandoori Chicken – Chicken that has been marinated for hours in yogurt and spices

Rogan Josh – Lamb curry – rich and creamy

Recheado Masala Fish – Fried fish covered in tantalizing spices

Bhindi Masala Fry – Okra stuffed with spices

Bread

Naan – This can be plain, garlic, or stuffed

Rumali Roti – This is large, thin, and folded over many times

♠ **Paratha** – Similar to Tortilla in shape and consistency

Pao – Rectangular in shape mostly, similar to the burger buns

Desserts

✾ **Gulab Jamun** – Small balls of dried milk, slowly cooked in sugar syrup

Jalebi – Wheat flour batter fried and soaked in sugar syrup

Kulfi – India's answer to ice cream, usually made of almonds with pistachios

Street Foods (Safely available in hotels)

Kati Roll – A Paratha of meats, eggs, vegetables

Bhelpuri – Puffed Rice fried with vegetables in a spicy sauce.

Pakora – A vegetable fritter with spices and deep fried.

▲ **Samosas** – Either a vegetarian or meat triangular snack served with chutney

Snack food

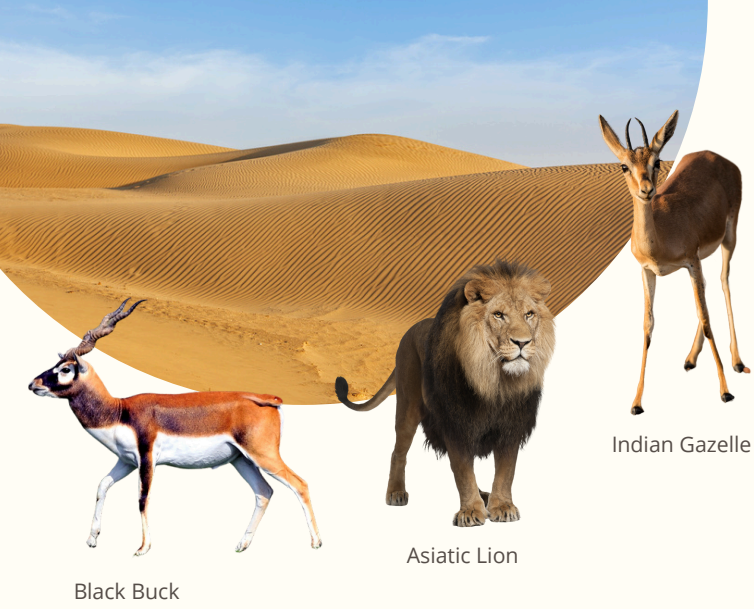
Papri Chaat – Spicy peanuts and dough wafers (usually found in a bar while having a drink)



ADVENTURE
and wildlife

India is home to some of the most beautiful and diverse landscapes on the planet, and there's no better way to experience them than by immersing yourself in the wild. From spotting tigers in their natural habitat and hiking through dense forests to rafting down roaring rivers and camping under the stars, there's never a dull moment on a wildlife and adventure trip in India.

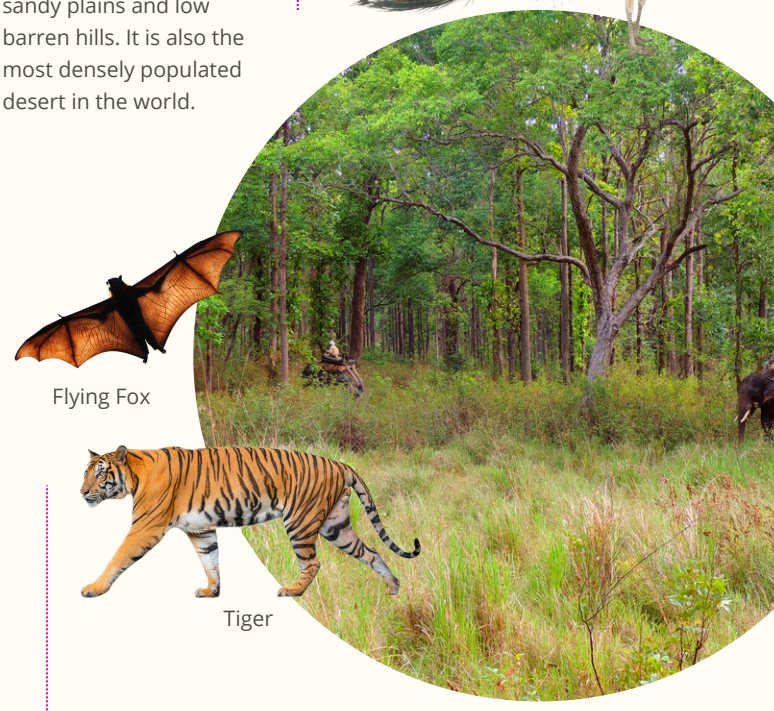




Thar Desert

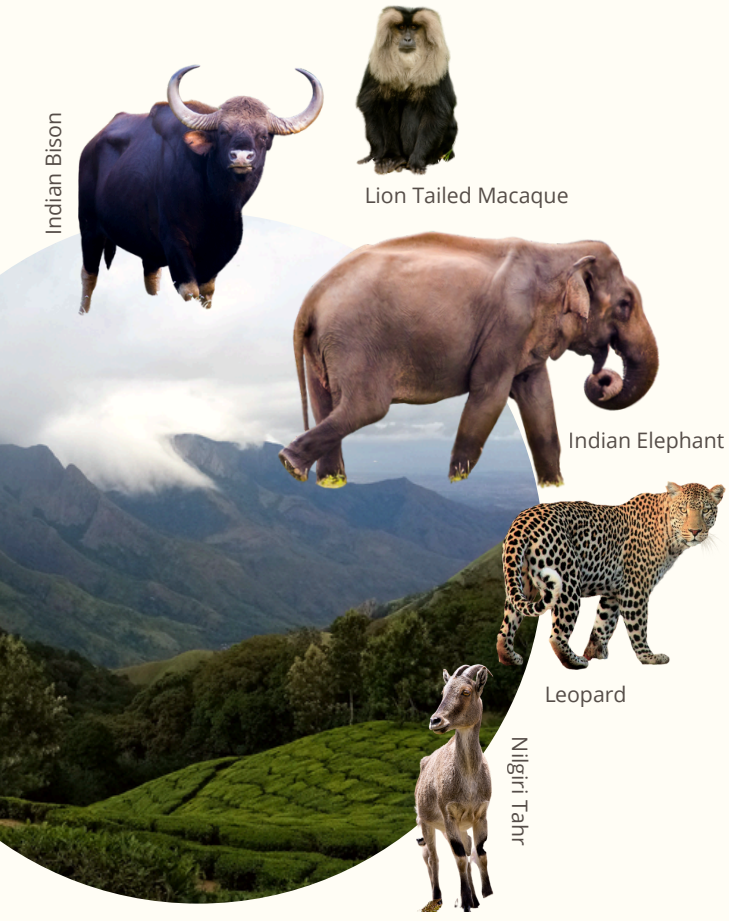
An arid region of rolling sand hills, the Great Indian Desert is a harsh yet mesmerizing landscape with high and low dunes separated by sandy plains and low barren hills. It is also the most densely populated desert in the world.





The Ghats

An impressive range of mountains that extend from West Bengal to Odisha, and passes from Andhra Pradesh to Tamil Nadu via some parts of Karnataka, and a parallel stretch to the east of the western coastline - the eastern and western ghats are one of the top sites of biological diversity in the world.

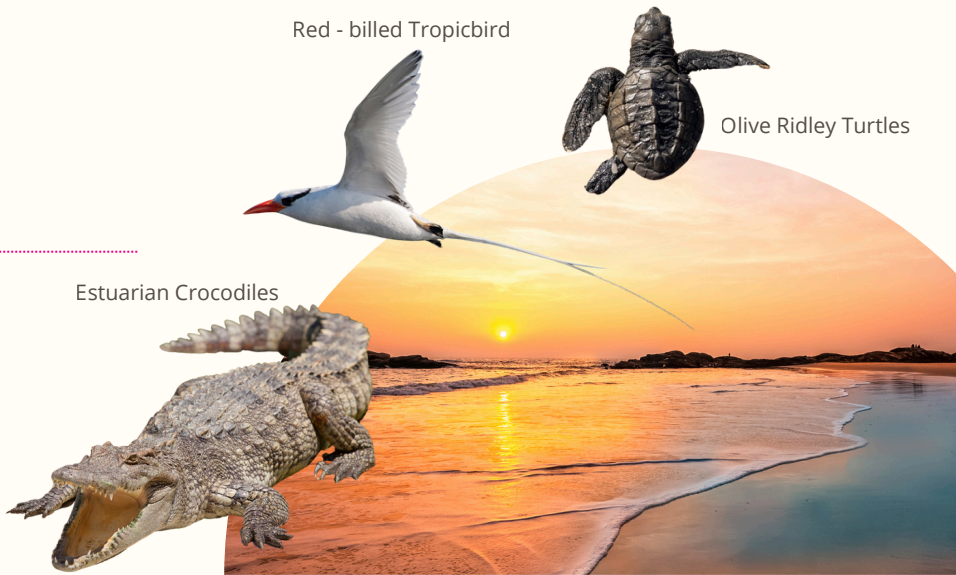


Central Highlands

A vivid landscape spanning 10 states and covering the largest area in India, the central highlands are a biogeographic region formed by the disjunct ranges of the Satpura and Vindhya Hills.

Coastal Plains

A flat, low-lying land running adjacent to The Bay of Bengal in the east and the Arabian Sea in the west, the coastal plains of India stretch from the Rann of Kutch to West Bengal making it the most picturesque landscape of all.





Paragliding in Bir Billing, a scenic town in the Himalayas, where you can soar above the mountains and valleys



Trekking and **Mountaineering** in the Himalayas - the ultimate destination for adventure seekers who want to challenge themselves and witness the majestic beauty of nature.

Skiing in Gulmarg, the paradise of snow sports in India. be amazed by the beauty of the snow-covered mountains, the pine forests, and the alpine meadows





Motorcycle touring in Ladakh, an amazing adventure that every woman traveler should experience at least once in her life.

Kayaking & **windsurfing** in Goa. Explore the scenic coastline, discover hidden coves and islands, and enjoy the thrill of riding the waves.



Rock Climbing in Satpura, a stunning mountain range in central India, with rugged peaks, lush forests, and diverse wildlife.

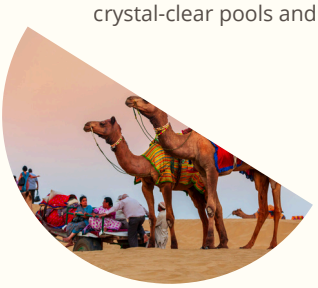


Camel Safari in Jaisalmer, a historic city in Rajasthan, India, famous for its golden fort and havelis. A camel safari will take you through the vast Thar Desert, where you can witness the stunning scenery of sand dunes, oases, and villages



Caving in Meghalaya, a hidden wonder of nature, from majestic stalactites and stalagmites to crystal-clear pools and underground rivers.





Wildlife Safaris in Central India & East India and watch majestic tigers, graceful leopards, elephants, Rhinoceros, colorful birds, and many more.



Scuba Diving in the Andaman Islands, a group of islands in the Indian Ocean, is known for its pristine beaches, rich marine life, and diverse culture.

Parasailing in Goa is a thrilling sport that lets you soar high in the sky with a parachute while being pulled by a speedboat.





Surfing in Kovalam, a coastal town in Kerala, known for its stunning beaches, palm trees, and laid-back vibe.

intangible

CULTURAL heritage

Diwali is a time when people celebrate the victory of light over darkness, good over evil, and knowledge over ignorance with joy and gratitude. **Diwali** means "row of lights" in Sanskrit, and you will see thousands of clay lamps, candles, and lanterns illuminating the streets, homes, and temples. Diwali is also a time for prayer, feasting, fireworks, family gatherings, and charitable giving.



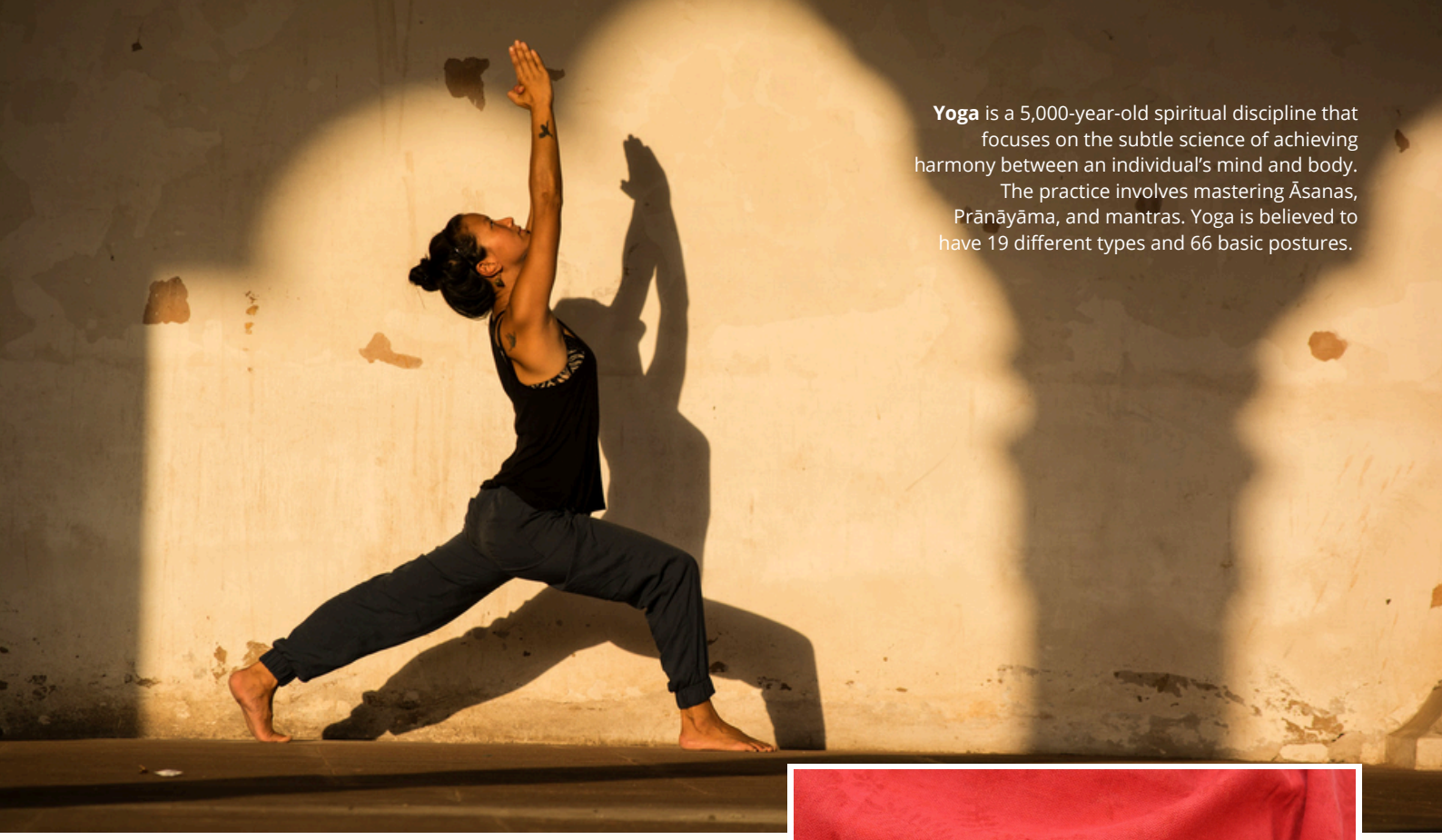
Holi is a colorful and joyous festival that celebrates the arrival of spring in India. It is also known as the festival of love, as people of all ages and backgrounds come together to play with colors, dance, sing, and share sweets.



Kumbh Mela, a unique pilgrimage celebrated during an astronomical conjunction that occurs every 12 years by rotation on the banks of four rivers —the River Ganga at Haridwar, Uttarakhand, the confluence of the River Ganga, the River Yamuna, and the River Sarasvati in Prayagraj, Uttar Pradesh, the River Shipra in Ujjain, Madhya Pradesh, and the River Godavari in Nashik, Maharashtra.



Durga Puja is a religious multiday festival, a celebration of the Goddess Durga and perhaps of life itself. A carnival of devotion, rituals, beliefs, and the spirit of womanhood, it is celebrated in autumn in Kolkata, Orissa, Assam, and the eastern part of the Bay of Bengal. But for the longest time, its origins and history are connected to Kolkata.



Yoga is a 5,000-year-old spiritual discipline that focuses on the subtle science of achieving harmony between an individual's mind and body. The practice involves mastering Āsanas, Prānāyāma, and mantras. Yoga is believed to have 19 different types and 66 basic postures.



Buddhist chanting of Ladakh: chanting of sacred texts representing the spirit, philosophy, and teachings of the Buddha for the spiritual and moral well-being of the people, for purification and peace of mind, to appease the wrath of evil spirits, or to invoke the blessing of various Buddhas, Bodhisattvas, deities, and Rinpoche. Each sect - Nyngma, Kagyud, Shakya, and Geluk has several forms of chanting practiced during the life-cycle rituals and on significant days in the Buddhist and agrarian calendars. The chanting is accompanied by dancing in the monastery courtyards. The monks wear distinct costumes and make mudras representing the divine to the rhythm of instruments such as bells, drums, cymbals, and trumpets





Vedic chanting, or Mantras, are 3,000-year-old repetitive sounds in Vedic Sanskrit, chanted aloud or listened to, used to penetrate the depths of the unconscious mind and adjust the vibrations of all the aspects of your being. Religious schools like Buddhism, Jainism, and Sikhism also incorporate mantras as melodic phrases or mathematical structures and meters for spiritual gain.

Thatheras of Jandiala Guru, **Punjab,** have been using the traditional technique of manufacturing brass and copper utensils for both utility and ceremonial purposes for generations. The combination of copper, brass, and other alloys is skillfully hammered at optimum temperatures and created into multiple vessels. The final utensil is finished by hand, polished with sand and tamarind juice.



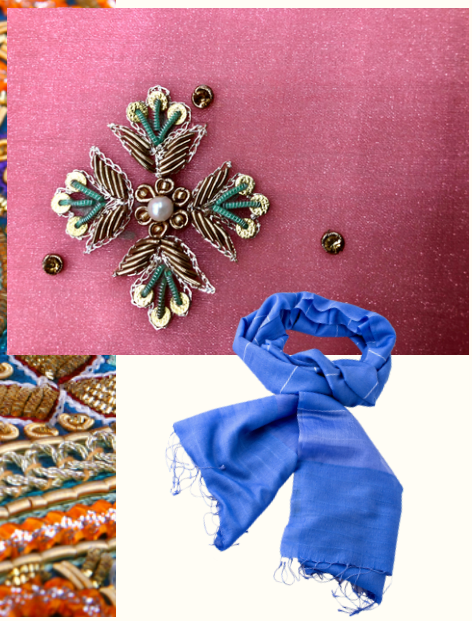
RETAIL *and shopping*

Shopping in India transcends the mere act of purchasing goods. It is an opportunity to engage with the local culture, connect with hospitable sellers, negotiate for optimal prices, and learn the histories of each item. India offers a diverse range of products that reflect its rich heritage, diversity, and innovation. From traditional crafts, ethnic clothing, contemporary fashion, and aromatic spices to distinctive souvenirs, you can find them all in the lively bazaars and malls of India. Shopping in India will stimulate your senses, spark your enthusiasm, and unleash your creativity.





Indian Textile and Fabric





Blue Pottery



Incense



Spices



Leather Footwear



Handmade Art & Paintings



Metal Crafts

Silverware





Gems and Jewellery



Indian Tea



Fragrance



Musical Intruments

WOMEN
hosts and curators

Embark on a journey of exploration and enrichment through India's diverse landscapes and cultures with women who share your zest for travel and adventure. These remarkable local women will introduce you to the best sights, sounds, flavors, and stories of this amazing country. Experience the comfort, support, and empowerment of traveling with like-minded travel companions and hosts as you witness the beauty and richness of India's heritage and traditions.





Mita Kapur is the founder and CEO of Siyahi, a literary consultancy that helps writers and publishers in India. She has written and edited books on food, travel, and memoirs, such as The FWord and Chillies and Porridge: Writing Food. She also contributes to various media outlets on topics like social development, lifestyle, and cuisine. She has been honored with several awards for her journalism and literary work, such as the Femina Women Super Achiever Award (2018), the Maharani Gayatri Devi Award for Woman of Excellence (2014), and the Karamveer Puruskar (2009). She is involved in curating and producing cultural events and initiatives, such as Masala Chowk, a street food court in Jaipur, Mountain Echoes Literary Festival and Woman Up! Summit. She is also a member of the executive council for Jawahar Kala Kendra, a cultural center in Jaipur.

Mallika Sarabhai is an activist and Indian classical dancer and choreographer from Ahmedabad, Gujarat, India. She has performed in various styles of dance, such as Kuchipudi and Bharatanatyam, and has used her art as a medium for social change and transformation. She has also acted in films, theatre, and television, and has written columns and books on various issues. She is the director of Darpana Academy of Performing Arts, a centre for artistic and social innovation.

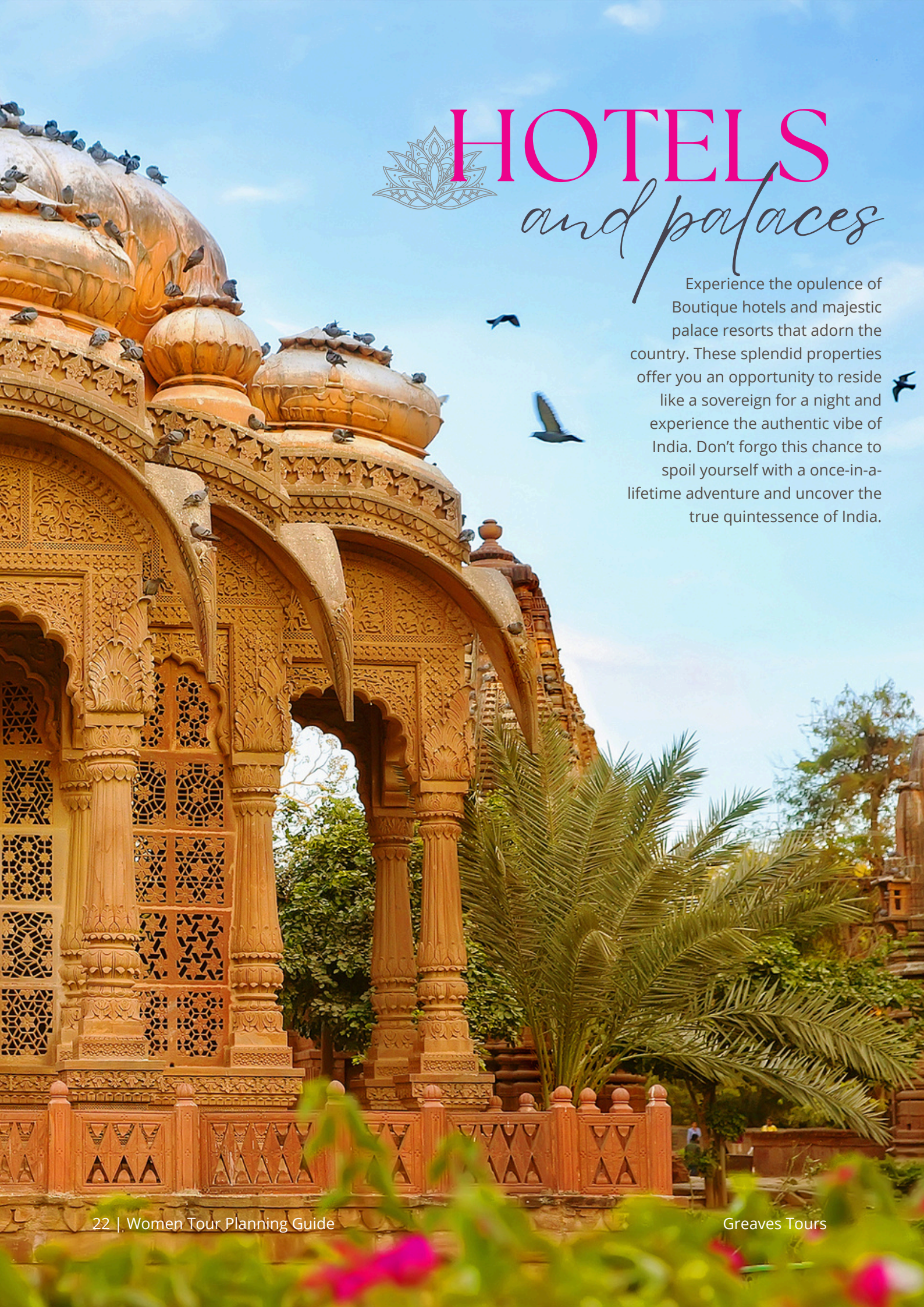




Rachna Dushyant Singh hails from the Himalayan state of Uttarakhand. She has a rich experience of over 20 years in community work, corporate communications and teaching. She has explored India and its diverse resources as she grew up in different parts of the country with her father. A mix of various cultures and identities shaped her as a more conscious human being and helped her acquire certain key skills. Rachna holds an M.Phil degree in Linguistics from the Jawaharlal Nehru University, New Delhi. She went to Hong Kong, to teach at the Baptist College, University of Hong Kong. She writes on cultural and women's issues for travel magazines. She has delivered lectures on Communication Skills at the Ministry of Tourism, Government of India.

Ratna Singh is a pioneer in the field of wildlife conservation and education in India. She is the country's first woman naturalist and has been working with various national parks and wildlife sanctuaries for over three decades. She is also the founder and director of Tiger Trust, a non-profit organization that aims to protect tigers and their habitats through legal advocacy, community engagement, and awareness campaigns. Ratna Singh believes that nature knows no gender and that women can play a vital role in preserving the natural heritage of India.

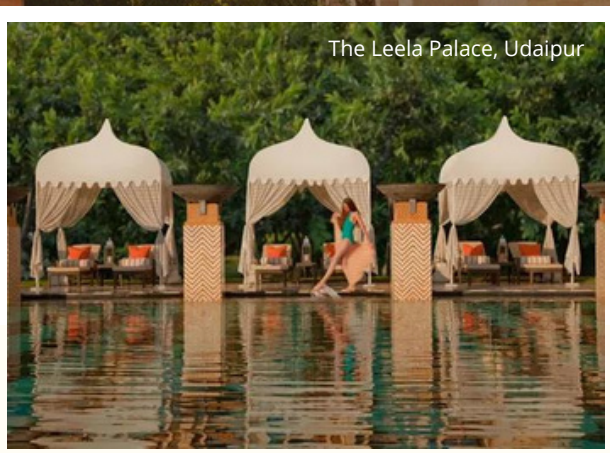




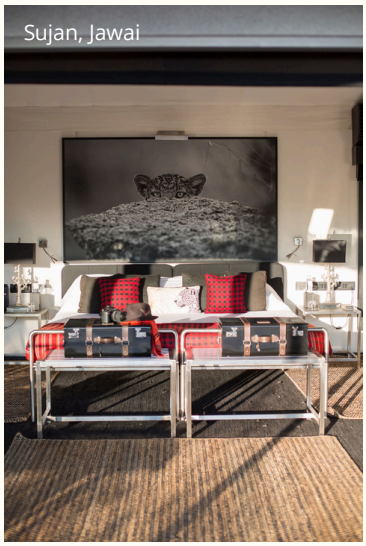
HOTELS *and palaces*

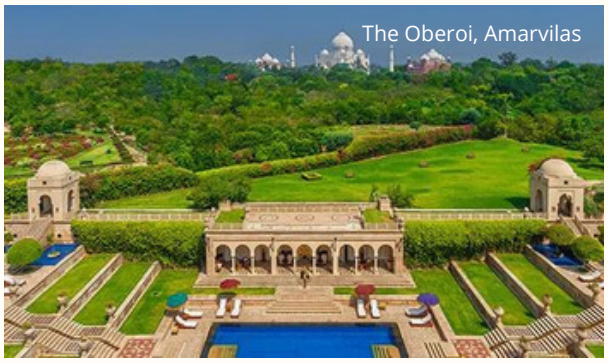
Experience the opulence of Boutique hotels and majestic palace resorts that adorn the country. These splendid properties offer you an opportunity to reside like a sovereign for a night and experience the authentic vibe of India. Don't forgo this chance to spoil yourself with a once-in-a-lifetime adventure and uncover the true quintessence of India.


Amanbagh


The Leela Palace, Udaipur


Mahua Kothi, A Taj Safari

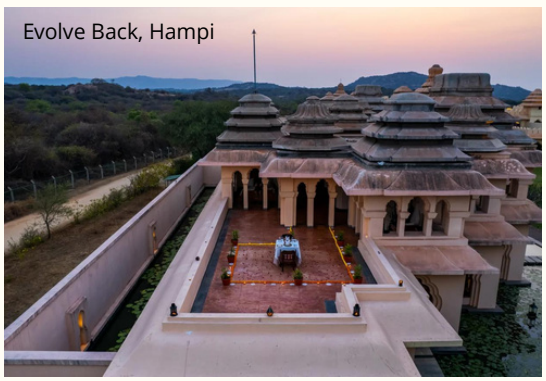

Sujan, Jawai


The Oberoi, Amarvilas


The Malabar House


Chittor Kottaram, CGH Earth


Glenburg Penthouse


Evolve Back, Hampi


The Postcard, Moira


Qayaam Gah, Srinagar


Palais De Mahe


Narendra Bhawan


Mihir Garh


Sinna Dorai's Bungalows


The Lodge at Wah


Prem Kunj


DevShree



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