100% VEG TOURS

Heena TOURS & TRAVELS
DOMESTIC & INTERNATIONAL

uttar pradesh

UP-01

Lucknow · Ayodhya · Prayagraj · Varanasi

8 Nights | 9 Days | All Meals | Pure Veg | Heena's Kitchen



What our Guests say about *Uttar Pradesh*

★★★★★



“Served delicious food cooked by their own cooking team’

Our 9 days religious tour of Uttar Pradesh with Heena Tours & Travels as the tour operators. Majority of us were senior citizens. Heena’s managers & staff gave us excellent service & served delicious food cooked by their own cooking team. One more nice experience with Heena.

Man Shah
Mumbai · January 2026



“Heena staff was very caring and on the toes, all the times”

Me & my family had wonderful experience in our Sikkim tour. Excellent food, excellent service, excellent staff especially our tour manager Mr. Bhagavati who had been very supportive, loving, graceful, talkative through out the tour. They have taken extra care for me as I don't eat Sugar & Jaggery but Manager managed to get all food items for me without Sugar. I had lovely time. So kudos to team Heena. Keep it up...

Nandini Shah
Surat · January 2026



“Since last 15 years we always prefer to travel’

Thank you Heena Tours & Travels🙏 Last week we took the 8 days Uttar Pradesh tour Ty for amazing tour we had lots of fun with spiritual experience. Ty for making our stay so comfortable and memorable. Your thoughtfulness and attention to details are truly appreciated. Nice travel package, travel budget, travel management.👍 We feel our UP tour was tourist support friendly. Since last 15 years we always prefer to travel with Heena tour and travels for domestic & international destinations... Thank you Heena staff 😊 very nice and co operative. Delicious food, Gracious hospitality, Staff take good care of all members...👍 It was Remarkable tour...👍 Lots of blessings for all of you 🙏 Shirish Mehta...na Jay shree Krishna... jay shree Ram

Shirsh Mehta
Ahmedabad · February 2026

🌿WHY CHOOSE HEENA FOR UTTAR PRADESH?

100% Vegetarian
100% Of the time

Since 1986, every Heena tour has served pure vegetarian food - no exceptions, no negotiations with hotels, completely separate menu designed for our guests.
Just delicious, home-style food from Leh to Kerala.

- 🍴 **All meals guaranteed**
  Pure veg at every hotel, every stop, every day
- 👨‍🍳 **Heena Maharaj on Board**
  Our own cooks travel with groups
- 🏨 **Trusted Hotels**
  Kitchens inspected for cross-contamination
- 👍 **Jain Food available**
  No onion/garlic options on every departure

"Finally, a tour operator where I didn't have to worry about food for a single meal."
— Kokilaben M, Surat

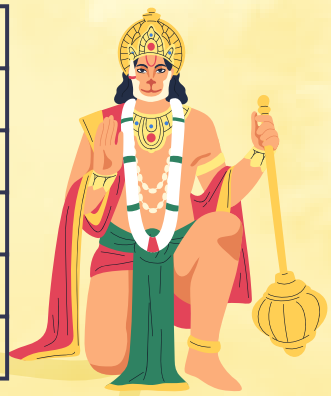
We are very pleased with the great kitchen staff who provided us with a fresh variety of vegetarian food for breakfast, lunch, and dinner. The kitchen staff constantly offered food at our table
— Varsha Shah – Mumbai

UP-01

Tour Dates



October 2026	3, 10, 17, 24, 31
November 2026	4, 8, 10, 14, 21, 28
December 2026	5, 12, 19, 24, 26
January 2027	2, 9, 16, 23, 30
February 2027	6 ,13, 20, 27
March 2027	6 ,13, 20, 27



Tour Highlights

Lucknow 2 nights

- Ambedkar Park
- Janeshwar Mishra Park
- Naimisaranya
  - Naimisaranya Temple

Varanasi 2 nights

- Ganga Arti at Dashashwamedh Ghat
- Kal Bhairav
- Old Shri Kashi Vishwanath Temple
- Annapurna Temple
- Banaras Hindu University (BHU)
- New Shri Vishwanath Temple
- Durga Temple
- Tulsi Manas Mandir
- Sankat Mochan Temple







Ayodhya 2 nights

Chhapaiya
- Swaminarayan Birthplace
- Narayan Sarovar Lake
- Ghanshyam Bhavan

- Ram Mandir
- Hanuman Garhi
- Dashrath Mahal
- Kanak Bhavan
- Ram Ki Paidi
- Aarti at Sarayu River



Prayagraj 2 nights

- Nandigram (Bharat Hanuman Milan Stal)
- Triveni Sangam
- Bada Hanuman Mandir
- Alop Shankar (Shakti Peeth).
- Chitrakoot
  - Ramghat Kamadgiri
  - Bharat Milap
  - Janaki Kund Hanuman Dhara
  - Gupt Godavari

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Tour Rates with group vehicle

EX. LUCKNOW

Per Couple	₹1,35,000
Extra Adult	₹52,000
Per Child (5-11 yrs) with Mattress	₹48,000
Per Child (5-11 yrs) without Mattress	₹38,000
Per Child Below 5 yrs with Seat	₹25,000
Per Child Below 5 yrs without Seat	₹10,000

Tour Rates with private vehicle

EX. LUCKNOW

Per Couple	₹1,23,000
Extra Adult	₹46,000
Per Child (5-11 yrs) with Mattress	₹42,000
Per Child (5-11 yrs) without Mattress	₹32,000
Per Child Below 5 yrs	₹10,000
Extra for Sedan	₹36,500
Extra for Innova Crysta	₹48,500

Hotels

DESTINATION (8 NIGHTS)	HOTELS
Lucknow (2N)	The Piccaadily / Similar
Ayodhya (2N)	Hotel Panchsheel / Similar
Prayagraj (2N)	Rama Continental / Similar
Varanasi (2N)	Costa Riviera Hotel / Hindustan International / Similar



Chhapaiya - Swaminarayan Temple



Guests at the hotel

DAY 1 ARRIVE LUCKNOW



Warm greetings for your Uttar Pradesh tour! Upon your arrival in Lucknow, you'll be picked up and transferred to your hotel (check-in at 2:00pm). Enjoy your lunch then in evening we will explore the land of the Nawabs, which includes visit to **Ambedkar Park & Janeshwar Mishra Park**. Dinner & Night Halt at Lucknow. 🍽 Lunch & Dinner



Guest at Ambedkar Park



Ambedkar Park

DAY 2 LUCKNOW: DAY VISIT TO NAIMISARANYA

95 KMS / 2 HOURS - ONE WAY



After breakfast we will leave for **Naimisaranya**. Naimisaranya temple holds significant importance as a pilgrimage center. It is believed that Naimisaranya is a sacred forest where Vyasa Muni and Suka Muni discussed on the great stories of India. This forest is admired as a manifestation of Vishnu and is held in high regard for worship. It is said that the forest was once home to 88,000 sages. Upon returning to Lucknow, you will have some free time for shopping. Enjoy exploring the local markets. Conclude the day dinner and spend the night in Lucknow.

🍽 Breakfast, Lunch & Dinner

DAY 3 LUCKNOW – AYODHYA

140 kms / 3hrs Approx



After breakfast proceed to **Ayodhya**. After reaching we will have lunch and later proceed to **Chhapaiya**. In Chhapaiya, visit the **Swaminarayan Birthplace, Narayan Sarovar Lake** and **Ghanshyam Bhavan**. Conclude the day with dinner and overnight Stay in Ayodhya.

🍽 Breakfast, Lunch & Dinner



Chhapaiya - Swaminarayan Temple



Lucknow - Memorial Park

DAY 4 AYODHYA

After breakfast, begin your day by visiting **Ram Mandir**, located at the site of Ram Janmabhoomi, the birthplace of Lord Rama. Continue your exploration with visits to **Hanuman Garhi, Dashrath Mahal** and **Kanak Bhavan**. After lunch visit witness a beautiful **Aarti at Sarayu River**, also known as Lower Ghaghara ***You have the option to enjoy a boat ride on the river [not included in cost]***, and in the evening stroll around **Ram Ki Paidi** for amazing photography. Conclude the day with dinner and an overnight stay in Ayodhya

🍽 Breakfast, Lunch & Dinner



Guest at Ram Mandir



Ram Mandir

DAY 5 AYODHYA – PRAYAGRAJ

167 kms / 4.5hrs

After breakfast, continue your journey to **Prayagraj**, enroute visit **Nandigram** (Bharat Hanuman Milan Stal). Prayagraj a captivating city located at the confluence of the Ganga, Yamuna, and Saraswati rivers. Reach Prayagraj and transfer to the hotel. After lunch, visit :

- **Triveni Sangam:** You have the option to enjoy a boat ride on the river (not included in the cost). This is the confluence of the Ganga, Yamuna and Saraswati River. Triveni Sangam is located in Prayag, an area of Prayagraj near the confluence. For this reason, the confluence is also sometimes referred to as Prayag.
- **Bada Hanuman Mandir**
- **Alop Shankar (Shakti Peeth)**.

🍽 Breakfast, Lunch & Dinner

DAY 6 PRAYAGRAJ: DAY VISIT TO CHITRAKOOT

130 KMS / 03 HRS APPROX - ONE WAY

After early breakfast, embark on a full day of exploring the local attractions of **Chitrakoot**. Begin your visits with **Ramghat Kamadgiri** (boating not included in the cost) & **Bharat Milap.** Continue your journey to **Janaki Kund Hanuman Dhara**, lastly visit **Gupt Godavari**, a hidden cave known for its natural formations and underground streams. After a day full of exploration, enjoy dinner and spend the night in Prayagraj.

🍽 Breakfast, Lunch & Dinner



Guest at Chitrakoot Kedarnath Temple



Chitrakoot

DAY 7 PRAYAGRAJ - VARANASI

120 Kms / 3 Hrs Approx

After breakfast, check out from your hotel and proceed to **Varanasi**. The land of Varanasi (Kashi) has been the ultimate pilgrimage spot for Hindus for ages they believe that one who is graced to die on the land of Varanasi will attain salvation and freedom from the cycle of birth and rebirth.
In the evening, attend the **Ganga Arti at Dashashwamedh Ghat** while enjoying a boat ride [not included in cost] a beautiful and spiritually uplifting experience. Conclude the day with Dinner and an Overnight stay in Varanasi

🍽 Breakfast, Lunch & Dinner

DAY 8 VARANASI



Early this morning, we will begin our sightseeing tour of Varanasi, which includes visits to:

- **Kal Bhairav**
- **Old Shri Kashi Vishwanath Temple**: Home to the Jyotirlinga of Vishwanath.
- **Annapurna Temple**
- **Banaras Hindu University** (BHU): This prestigious institution in Varanasi is home to the **New Shri Vishwanath Temple**, also known as the BHU Vishwanath Temple. The temple is dedicated to Lord Shiva and is a grand modern temple inspired by Kashi Vishwanath.
- **Durga Temple, Tulsi Manas Mandir, Sankat Mochan Temple**.

Evening is free for shopping for famous local varanasi silk. Conclude the day with dinner and an overnight stay in Varanasi.

🍽 Breakfast, Lunch & Dinner



Kashi Vishwanath Temple



Kashi Vishwanath Ghat Darshan

DAY 9 VARANASI DROP



After breakfast, check out from your hotel with your luggage and transfer to Varanasi Airport. (Please ensure **return tickets are booked for after 12 noon**).

🍽 Breakfast

We hope you had a memorable experience during the tour conducted by Heena Tours & Travels. Safe travels and have a wonderful journey ahead!

THIS TOUR STARTS WITH LUNCH ON DAY - 01 & CONCLUDES WITH BREAKFAST ON DAY - 09

Inclusions

- 8 Nights / 9 Days Hotel Accommodation
- All Meals with 'Heena Style' Exclusive services. (PURE VEG)
- All Transfers & Sightseeing by AC Bus/ AC Tempo Traveler Subject to Group Size to the area till our vehicle is feasible.
- All Entry fees during sightseeing.
- Service of Caring Tour Manager.
- Mineral water during travelling.

Exclusions

- Air / Train Fares
- Auto Rickshaw & Cycle.
- Any Kind Of Personal Expenses like tips, rides, laundry, room heaters, insurance, etc.
- Anything not specified in inclusions
- **5% GST (Tax subject to change as per Govt. Regulations)**
- **Christmas & New Year Surcharge**

***HEENA TOURS & TRAVELS WILL NOT BE RESPONSIBLE IF THE FLIGHTS GETS DELAYED OR CANCELLED.**

ALL TRANSFERS & SIGHT SEEING BY AC BUS / AC TEMPO TRAVELER TO THE AREA TILL OUR VEHICLE IS FEASIBLE REST THE CLIENT HAS TO BEAR THE COST OF LOCAL VEHICLE (I.E. AUTO RICKSHAW OR CYCLE RICKSHAW OR VIP DHARSHAN).

Travel Tips for Uttar Pradesh

- Carry Valid Photo Id (Aadhar Card/Driving License/Voter Id/Passport).
- In case of any riots/political situation during tour please follow Managers instructions.
- Carry your Regular Basic medicines & Basic First Aid Kit with you.
- Wear descent dresses while visiting religious places.
- Spend your money wisely.
- Buy items that depict the true essence of Uttar Pradesh and are not available elsewhere.
- Do not give any offensive comment about any religion; it could be controversial.
- Beware of Thugs and Pickpockets and don't venture out alone in the dead night. Keep these things in mind and go through the travel tips; we promise you an enthralling experience.

Climate

Uttar Pradesh has a temperate climate, which means very hot in daytime during the summers but as the night falls, typical of the temperate, the temperature cools down a bit. In winters, nights are chilly and even the day witnesses unreasonable cold and cold wave. Mornings are very foggy and you will witness a thick layer of smog over the industrial cities. Therefore the clothes must comply by the weather condition prevailing at the time of the visit.

Terms & Conditions

Our Food:
During the tour we will provide delicious, pure vegetarian / Jain / Swami Narayan Food specially prepared for you according to “Heena Style’ (We provide Breakfast, Lunch, Evening Tea/Coffee with light cookies and dinner with dry munching during travel) prepared/cooked by our own expert Cooks.

Important note
To operate this tour with our full Kitchen Facilities/Maharaj Food, we require minimum 8 to 10 Passengers travelling on that particular date, If we receive fewer passengers than the minimum required, you will need to choose one of the following options:
01 – You may switch to any other sector as per your choice of date
02 – You may opt for Customized Package (FIT) with hotel food (Breakfast & Dinner) with some additional amount if applicable.
We are not responsible for any flight or train cancellation charges applicable to you.

Transportation:
Seat numbers in the bus are provided on first come first serve basis, as per the booking date and the seat numbers remain fixed throughout the tour, still the passengers may interchange their seats with their co-passengers on mutual consent. Once reaching destination, all the road travel will by NON-AC Vehicles as per group size. Due to unavoidable circumstances, if there is any road block, or traffic jam, you will have to co-operate with the tour manager. In case of accident, please follow the instructions of the tour manager to reach the next destination, in such cases we are not responsible for the damage to your luggage or any injury to the passenger.

Hotels:
Though we have made blocking of rooms [base category rooms if not mentioned otherwise] in all the above hotels in advance as per our tour dates, but due to some unavoidable circumstances, if we forced to change the hotels, we have full rights to change without prior notice to the guest. If we have to provide alternative/similar accommodation, for which no refund shall be allowed. The rooms shall be allotted as per the check-in time of the hotels and they shall have to be vacated as per the hotels check-out time. In some hotels the rooms may be twin bedded. Non AC Rooms will be provided in Hill Stations.

Luggage:
During the entire tour our staff will be at your service to carry your luggage, but at the same time we are not responsible for the theft or damage to your luggage. No claims to be entertained.

Tour Manager:
We advise you to co-operate with our tour manager in all respect to make your tour really enjoyable. Allotment of rooms, selection of the daily food menu, is the duty of the tour manager and passengers should not interfere in these matters. Passengers indulging in unwanted hindrance, in the smooth operation of the tour, or quarrelling with the manager or other passengers, shall be asked to leave the tour at that spot immediately and shall not be given any refund for the same.

Terms & Conditions

Unavoidable Circumstances:
If due to reasons beyond our control like riots, floods, political unrest, band's, accidents, traffic jam or any other natural or manmade calamities, the program of the tour has to be changed or extended, the additional expenditure for the same will have to be borne by the passengers. If any passengers has to leave the tour mid-way, due to any reasons like death of relative / illness / any other reasons, there shall be no refund for the remaining portion of the tour. And the expenses for returning back to your destination also shall be borne by the passengers.

Suggestions / Complaints during the Tour:
If the passengers have any suggestions/complaints regarding our services like hotel, bus, food etc. are advised to inform to your sector in-charge and then our office immediately by whatsapp to your sales executive and co-operate with the tour manager, so that the same can be readdressed as early as possible. No complaints or refund for the same be entertained after completion of the tour.

Booking & Cancellations:
You can confirm your booking by paying a deposit of 25% of the total tour cost or ₹10,000 per person whichever is higher. (Non Refundable).

The balance payment shall be paid 21 Days before tour departure date. If anybody fails to pay the balance amount before 21 Days, then your rooms will be auto released and no refund will be provided.

If we are forced to cancel the tour due to the unavoidable circumstances like natural calamities - floods, riots, bands, strikes or any political reasons etc. then we shall give you an option of date change or credit note after deducting 10% of the total tour cost as our service charge for making the necessary arrangements for your tour.

Cancellation policy:
Before 21 days of tour departure Rs.10,000/- per person
Between 10 to 21 days 50% of the tour cost.
Between 05 to 10 days 75% of the tour cost.
Within 05 days 100% of the tour cost (NO REFUND).

Current Date →			Tour Departure Date
₹10,000/person	50%	75%	No Refund
21+ Days Before	10 to 21 Days	5 to 10 days	Under 5 Days

We hope that you have read all our above terms and conditions before confirming your tour with us.



INDIA'S PIONEER IN
PURE VEG & JAIN FOOD TOURS
SINCE 40 YEARS

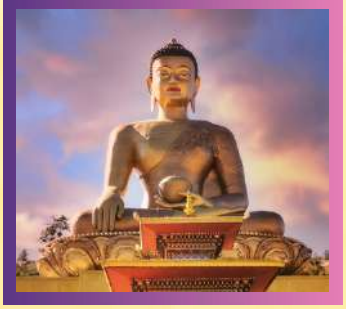
Assam / Meghalaya



Auli / Chopta



Bhutan



Chardham



Himachal



Kashmir



Kerala



Leh Ladakh



Nepal



Rajasthan



Sikkim



South India [Ooty/Coorg]



Spiti



Uttar Pradesh



Uttarakhand



Andaman



Heena TOURS & TRAVELS
DOMESTIC & INTERNATIONAL
#PehleApnaDeshDekho

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+022 6159 6900

More info:
www.heenatours.in

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