

## JIM CORBETT Health and Fitness Retreat (tentative)

# Hotel Corbett the Grand

<https://www.corbettthegrand.com/>

Day	Date	Night Stay	Hotel	Itinerary
1	Day 1	JIM CORBETT	Hotel Corbett the grand	<b>DAY 1</b> - Departure morning <b>7 am</b> from a pre decided pick up point) -Depart by road to Corbett, a journey about six hours. -On arrival check in at Hotel. - Reach approx by <b>2 PM</b> at <b>Hotel Corbbet the grand</b> - <b>Lunch at the resort</b> - <b>Rest from 3Pm - 5 Pm</b> - <b>5 pm</b> : Light evening tea/fruits - <b>6-7 pm</b> :yoga class with meditation - <b>8 pm</b> : <b>Dinner at the Hotel</b> - Overnight at <b>Hotel Corbbet the grand</b>
2	Day 2	JIM CORBETT	Hotel Corbett the grand	<b>DAY 2</b> <b>6 am</b> : Tea/Coffee <b>7-10 am</b> : Jungle safari by Jeep Or Canter Ride <b>10 am</b> : Breakfast <b>12 pm</b> : Fitness Circuit / Recreational Sports <b>1:30pm</b> : <b>Lunch at the Hotel</b> <b>3-5 Pm</b> : <b>Rest – Afternoon at Leisure</b> <b>5:30 pm</b> : Tea/Coffee <b>6-7</b> : Evening Yoga class <b>7:30-8</b> : Fitness/Health consultation <b>8:30-10</b> : <b>Dinner/Bonfire/Music And Dance</b> -Overnight at <b>Hotel Corbbet the grand</b>
3	Day 3	JIM CORBETT	Hotel Corbett the grand	<b>DAY 3/Sunday</b> <b>530 am</b> : Tea/Coffee/ <b>6 am</b> : Nearby hike trip <b>830-1030</b> : Breakfast <b>1130-12</b> : <b>Departure back to Delhi.</b> - <b>Depart by road to Delhi, A journey about six hours.</b>

### Non inclusions

Meals on the way