



# Mountain Tea Trails

*Disengage. Immerse. Explore.*

*From Source to the Cup*





DAY 1

Arrive at Blossoms Village Resort, in Dharamsala around 4 pm. If you have arrived earlier, you can use that time to explore the resort, meet with your hosts and other members and even explore the creative options at the resort. Tea / snacks should be quick. We should use this time to get to know each other and the first round of introductions. Some rest thereafter.

Post freshening up gather as a group and meet with Anamika Singh, our Tea Sommelier on board, for a first round of tea conversations. Anamika will host a Tea and Food Pairing session at the resort for all the members.



DAY 2

Meditation and early morning Tea session with Anamika Singh up in the mountains at 6.30 am. We leave from Blossoms for the same at 6 am. We arrive back for breakfast at Blossoms by 8 am. Post breakfast we leave for the Tea Estate to enjoy a walk and tea plucking experience. This will be followed by a Tea – Cheese pairing workshop curated by Anamika. We arrive back at Blossoms for lunch and unwind amongst Tea conversations whilst Anamika Singh creates magic with some of her Tea recipes. Post Lunch and a short break, we head to Norbulingka Institute. A guided tour of the Tibetan institute is then followed by a traditional Tibetan dinner at the institute..



DAY 3

We start early with breakfast at 7:30 am and head out to the Tea Factory to understand the production and processing of Tea wherein we follow the steps of manufacturing of tea leaves. Lunch will be served at the factory premises. Post lunch you are invited for a tea tasting session and then we proceed to the Council of Scientific & Industrial Research - Institute of Himalayan Bio-resource Technology where we meet the scientists behind Tea research and testing. We arrive back at Blossoms by 6:30 pm and relax. Dinner shall be early post which the floor is open for Tea Conversations.



DAY 4

We start early to catch the beautiful morning sun's rays at the estate where we focus on Yoga and Mindfulness amidst nature followed by a picnic breakfast at the estate itself. After breakfast, guests are free to spend day in activity they prefer. Individuals can visit Mcleodgunj, the Dalai Lama Monastery or do an activity course in Norbulingka institute. We meet at 6:30 pm to head to The Ballu, a 118 year old mud house to savor some Himachali local food as we sit around the bonfire with some local music and conversation.



DAY 5

Tea conversations over breakfast at hotel post which the group can Explore the valley further or head back home with memories of their Journey with the sunshine in a cup



A vertical blue bar with the text "CONTACT US" written in white, uppercase letters, oriented vertically.

To know more in detail about the tea trails, write to Ms. Anamika Singh at [anamika.teatrail@gmail.com](mailto:anamika.teatrail@gmail.com)

OR

For reservations please contact:

Mr. Mayank Gupta at [mayank@mountaintrail.com](mailto:mayank@mountaintrail.com)

A vertical orange bar with the text "THINGS TO BRING" written in white, uppercase letters, oriented vertically.

Sun hat/baseball cap to protect from sun when in the tea estate or village walks. Effective Mosquito Repellant for use. We are close to nature and it is advisable to keep bug repellant on you at all times.

- Well Worn Sports Shoes (advisable to keep a 2<sup>nd</sup> pair)
- Personal Medication
- Sun Glasses & Sun Block Cream
- Rain gear if travelling from July to September.
- Knapsack/ Daypack (to carry water, camera)
- Camera/Binoculars

A vertical green bar with the text "COMFORT & DINNING" written in white, uppercase letters, oriented vertically.

Put your mind to rest, we offer the best in comfort.

All meals can be buffet spread. Other than curated tables, meals will be a healthy combination of Indian and Continental food. You could put in a special request regarding vegetarian/ non vegetarian, or spicy/ non spicy, or any allergies. We would request you to please let us know well in advance. Water served will be mineral water.

A vertical red bar with the text "MUST REMEMBER" written in white, uppercase letters, oriented vertically.

Doctor on Call, Mobile / laptop charging points. You will need to carry your own adaptor incase of Flat – pin.

Cell connectivity could be weak in some areas. BSNL provider usually has a good connectivity. Airtel, Vodafone, Reliance also work sporadically in most places. Connectivity may vary from location to location.

A vertical yellow bar with the text "WEATHER" written in white, uppercase letters, oriented vertically.

Weather varies according to the season and there is a large gap in the day time temperature and night temperature.

Spring, we mostly experience pleasant days and mildly cold nights.

Summer, days are warm and nights are pleasant.

Autumn, Days are pleasant while nights become cold

Winter, Days are sunny but temperatures are low and nights are cold requiring warm overalls.

