



# Mountain Valley Tours and Travels

(Registration no : UDYAM-GJ-22-0382578)

## Unnamed Vyara Waterfall

**Duration:** 1 Day

**Price:** 1050.00

### Information

"We will visit the stunning waterfall in the Dang forest. The journey includes a 4-5 km trek through the lush forest, where we will be immersed in nature. Along the way, we'll hear the soothing sounds of birds and rustling trees. This experience promises a peaceful and serene atmosphere, perfect for reconnecting with nature. Join us for a tranquil adventure, surrounded by the natural beauty and calming silence of the Dang forest."

### Schedule

#### 5:45 AM

- Reporting Timing

#### 6:00 AM

- Departure from Surat to Dang

#### 9:00 AM - 10:30 AM

- Visit Mayadevi Temple
- Breakfast served amidst serene surroundings

#### 11:00 PM - 4:00 PM

- Begin trekking adventure
- Explore the natural beauty and enjoy a refreshing waterfall bath

#### 4:00 PM - 6:00 PM

- Return trek to the village
- Immerse yourself in the local culture

### **8:00-9:00 PM**

- Dinner at a local hotel, savoring traditional cuisine

### **10:00 PM**

- Departure back to Surat, reflecting on the day's experiences

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## **Package Itinerary**

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### **Route:**

- Surat
- Bardoli ,
- Vyara ,
- Mayadevi
- Return same route

### **Sightseeing:**

- Mayadevi
- Waterfall visit

### **Meals:**

**Breakfast :** Sev-Khaman, Idra, OR Pauha - Bataka puri & Tea OR Coffee

### **Dinner**

- Panner subji ,
- Other veg subji ,
- Butter roti ,
- Jira Rice ,
- Dal Tadka ,
- Salad, Mix-Aachar ,
- Water

### **Inclusion:**

- Travelling ,
- Breakfast , Dinner

- Guide Fee

### Exclusion:

- Any other services or meals which are not mention in the above " includes "section
  - Expense of personal nature such as water bottle, tips etc.
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## Additional Information

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### Things To Be Carry :

- Monsoon wear ,
- Towel ,
- Personal care ( soap,senitizer, sun screen, cold cream, hair oil,etc...) ,
- Full Sleeve Clothes ( as per your requirements ) ,
- Medicine ( If any you are taking daily ) ,
- Water bottle ,
- Trekking Shoes Or Sport shoes ,
- Slippers ,
- Cap ,
- Light food ( if you require)

## Benefits Of Trekking :

### 1. Physical Fitness:

- **Full-Body Workout:** Trekking engages multiple muscle groups, including legs, core, and upper body. It's a great way to enhance endurance, strength, and balance.
- **Cardiovascular Health:** The varying terrain and elevation changes in trekking provide an excellent cardiovascular workout, improving heart health and stamina.
- **Calorie Burn:** Trekking in the natural environment can help burn significant calories, making it a fun alternative to gym routines.

### 2. Mental Well-Being:

- **Stress Relief:** Being in nature and away from the urban environment helps reduce stress and anxiety. The fresh air and natural surroundings can improve mood and mental clarity.
- **Mindfulness:** Trekking allows participants to be present in the moment, fostering mindfulness and mental peace.

### 3. Social Connection:

- **Team Building:** Trekking in groups encourages teamwork, cooperation, and social bonding, which can enhance community spirit among gym-goers.
- **Shared Experiences:** Overcoming challenges together on a trek creates lasting memories and stronger relationships.

### 4. Adventure and Exploration:

- **Connection with Nature:** Trekking in the Dang forest offers a chance to connect with nature, see wildlife, and enjoy the scenic beauty of Gujarat's landscapes.
- **Adventure Spirit:** For those who love challenges, trekking provides a sense of adventure and achievement that goes beyond the typical gym workout.

### 5. Holistic Health:

- **Improved Sleep:** Physical exertion combined with the calming effect of nature can improve sleep quality.
- **Boosted Immunity:** Exposure to fresh air and nature can strengthen the immune system.

## Picture Gallery

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