



## ACTIVITIES AND EXPERIENCES



*The Oberoi*  
SUKHVILĀS RESORT & SPA  
SISWAN FOREST RANGE  
NEW CHANDIGARH





Spread across twenty five verdant acres at the foothills of the outer Himalayas, The Oberoi Sukhvilās Resort & Spa, Siswan Forest, New Chandigarh offers a range of specially-curated wellness, outdoor, cultural and spa experiences for a truly unforgettable stay.



## Flavours of Punjab

Treat someone special to an unforgettable dining experience. Take a seat at a candlelit table for two at Kaanan restaurant. Savour the rich flavours of traditional Punjabi dishes, and take a journey through its delectable cuisine with a four course menu specially curated by our masterchefs and served by a private butler.

## Champagne Under the Stars

A delightful way to end the day. Guests will be amazed at the clear night skies over the foothills of the Himalayas and the visibility of the constellations. From our beautiful poolside deck, guests can raise a champagne toast to a perfect evening while enjoying gourmet cheese, canapés and admiring the stars overhead and reflected in the waters.

Note: Timings and visibility of different constellations and planets is seasonal and weather permitting.





## The Ridgeline Trail

This challenging trail traverses hilltops and spurs across the breadth of the Siswan Forest. Guided by our in-house naturalist through dense and untouched forests, guests will be rewarded by spectacular views and chance encounters with the local fauna. The trail ends close to the Siswan Reservoir, from where guests can either walk or drive back to The Oberoi Sukhvilās.

Note: Return transport is chargeable.

**Duration: 3 hours**

Distance: 4.5 km

Grade: Challenging. Guests below 18 years of age should be accompanied by an adult.

## The Wild Acacia Trail

This gentle walk provides an excellent introduction to the natural habitat of the Siswan Forest. Guided by our in-house naturalist, guests can try spotting wild animals amongst the Acacia trees and enjoy panoramic views at the end of the trail. This walk is best experienced at dawn or dusk, when the chances of spotting the resident fauna are the highest.

**Duration: 1 hour**

Distance: 2.5 km

Grade: Easy. Guests below 18 years of age should be accompanied by an adult.





## Mountain Biking

An exciting opportunity for guests to explore verdant paths and challenging trails on our multi-gear mountain bikes. Trails can be chosen according to the levels of ability; from rural paths that meander through fields and villages, to challenging off-road excursions. All mountain biking experiences are accompanied by an expert guide.

Note: Helmets, knee guards and elbow guards are provided. Suitable for guests aged 15 years and above.

**Duration: 45-60 minutes**

## E-Cycling

Guests can jump on to one of our electric cycles and pedal along the smooth, flat paths around The Oberoi Sukhvilās, taking in views of our landscaped gardens, the Siswan Forest and the surrounding villages and countryside.

Note: Helmets, knee guards and elbow guards are provided. Suitable for guests aged 15 years and above.

**Duration: 30 minutes**





## Bird Watching

The Siswan Forest Range plays host to a diverse and vibrant range of bird species, both native and migratory. Observing them in their natural habitat and listening to the music of their calls is one of the most exhilarating as well as enriching wildlife experiences. Guided by a naturalist from the resort, discover the myriad bird life of Siswan Forest through a specialised birding walk.

Note: Suitable for guests aged 10 years and above.

**Duration: 1 hour**

## Archery

Guests can try their hand at this ancient sport in a guided archery session at The Oberoi Sukhvilās. A private archery session in our grounds can be a lot of fun and learning, topped off with an exciting shoot-out contest.

Note: Suitable for guests aged 10 years and above.

**Duration: 30 minutes**





## Yoga

Our private yoga sessions can be tailored to suit guests of all ages, with any level of experience. According to individual needs, our expert instructors teach breathing and meditation techniques, stretching and yoga postures that help rejuvenate the body and mind.

Note: Suitable for guests aged 10 years and above.

**Duration: 1 hour**

## Forest Bathing

Known as Shinrin-yoku in Japanese, forest bathing is also known as the medicine of being in the forest, and can be literally translated as “taking in the forest atmosphere”. Set within 8,000 acres of protected natural forest, The Oberoi Sukhvilās is the perfect place to experience this calming, neurologically refreshing therapy. Step inside the Siswan Forest, breathe deeply, allow yourself to switch off from the world and feel the benefits. Forest bathing is said to boost the immune system, reduce blood pressure and stress, lift the mood, increase energy levels, improve sleep and much more.

**Duration: 1 hour**







## Virasat-e-Khalsa Excursion

Founded in 2011, Virasat-e-Khalsa celebrates over 500 years of Sikh history and Khalsa “pure” Sikhs. It is located next door to Anandpur Sahib Gurudwara and nearby Keshgarh Sahib Gurudwara, which is one of the Five Takhts (seats of authority) of Sikhism. Virasat-e-Khalsa was designed by the world famous architect Moshe Safdie, who aimed to convey the grandeur of the Sikh faith through the finest aesthetics. Virasat-e-Khalsa is a must visit for those interested in the culture, religion and history of India.

Note: Photography is prohibited inside the building.

**Timings:** Depart from The Oberoi Sukhvilās at 9.30a.m. Return by 5.00 p.m.

## Visit to Amritsar

Amritsar is home to the magnificent Golden Temple, a site of Sikh pilgrimage that glows in the sunlight and seems to float on a lake of holy water (Amrit). Located just 25 kms from the border between India and Pakistan, the city also showcases the world’s first Partition Museum and offers an easy drive to the Wagah Border; the only open border officially accessible by India and Pakistan, where visitors can witness the remarkable Beating Retreat ceremony. Amritsar is also widely known as a food-lover’s paradise and a wide range of authentic local delicacies can be sampled along the way.

Note: The Partition Museum is closed on Mondays.





## Golfing in Chandigarh

Home to many of India's top professional golfers, Chandigarh Golf Course is known for its lush, tight fairways, lined by mature native trees that demand pin-point accuracy on each of its eighteen holes. The 7,202-yard, par-72 course also has one of the longest par-5s in India; the seventh hole measures 613 yards.

Chandigarh is the only golf club in Northern India with a floodlit 9 hole course and a floodlit driving range.

Note: Golfing in Chandigarh is available every day except Mondays.

**Duration: 4 hours**

## City Heritage Tour

One of the most captivating cities in India, Chandigarh, 'the City beautiful', boasts a rich history and vibrant blend of cultures. Our city heritage tours can be customised to suit individual preferences. All tours are accompanied by an expert guide and can include Capitol Complex, Le Corbusier Centre, Gandhi Bhavan, the Rock Garden, the Rose Garden and Sukhna Lake.

**Duration: 4 hours**





## Chandigarh Gardens Tour

This relaxing half day guided tour takes in four of Chandigarh's most spectacular gardens. Romantics will fall in love with the Rose Garden. Spread across 30 acres, it is filled with the perfumes of more than 1,600 different types of rose. The Botanical Gardens of Punjab University are home to cacti and succulents, evergreens, exotic plants and beautiful lotus flowers, while the botanical gardens near Sukhna Lake feature rare plants and charming lily ponds. Leisure Valley was designed by Le Corbusier with the aim of nurturing the spirit of the city of Chandigarh. It is comprised of a series of gardens laid out in linear fashion, that stretch over 8km from the north to the south of the city.

**Duration: 4 hours**

## Insight into the Heritage Trees of Chandigarh

Chandigarh is host to more than 1,000 types of tree, some of which are as old as 250 years. On a guided tour with our in-house naturalist, nature lovers can learn about the flora and fauna of this verdant city. From the Peepal to the Banyan, Bombax, Silver Oak, Gulmohar and Jacaranda. Each season offers something different.

**Duration: 4 hours**





## Junior Chef

Little chefs will delight in learning how to make delicious cookies, chocolates or pizza in a fun culinary session with our talented chefs. Junior chefs will be shown how to make classic combinations, as well as being encouraged to experiment with exciting mixtures of their own.

**Duration: 90 minutes**

## Table Etiquette

Prepare your little ones to sit down to a meal with the grown-ups, with a table etiquette experience at The Oberoi Sukhvilās Resort & Spa. A member of our housekeeping team will guide them through essential table manners, teach them how to use different cutlery and give them the confidence to participate in a meal with their relatives and family friends.

**Duration: 90 minutes**





## Children's Play Area

Our dedicated indoor and outdoor children's play areas are perfect for our young guests' entertainment. While you are enjoying yourself at the spa, cycling, walking or with a culinary experience, your little ones will be having the time of their lives with outdoor games, arts and crafts, PlayStation, discover learning activities, swimming and more, in a safe, secure, supervised environment.

**Timings: 9.00 a.m. to 6.00 p.m.**

## Swimming Lessons

Have fun in our beautiful temperature controlled pool and learn how to swim with one of our expert instructors. We will provide floats, water wings and patient, personalised lessons that will help you take to the water with confidence.

Swimming lessons are suitable for up to three adults and/or children above the age of 8 years.

**Summers (April - September) 8.30 a.m. to 9.30 a.m. and winters (October - March) 11.30 a.m. to 12.30 p.m.**

**Duration: 1 hour per lesson**

Note: Swimming lessons are available with prior reservations only





## Farm to Fork Dining

Harvest fresh vegetables and herbs from our kitchen farm and embark on a fascinating culinary journey led by our masterchefs. Discover the secrets of herbs and spices used in Indian cuisine. Learn how to recreate authentic dishes or simply sit back and enjoy the chefs' creations. We will be delighted to share the recipes from our kitchen.

### DRESS CODE FOR OUTDOOR ACTIVITIES

- It is advisable to wear suitable outdoor attire before commencing any Walks & treks, E-cycling, Mountain Biking, Bird watching, Forest bathing and all outdoor activities.
- Sports attire/ track suits and sports shoes/ trekking boots are allowed for Walks and treks. Flip-flops/ sandals/ slippers are not suitable due to terrain conditions.
- It is advisable to carry your cap/hat/sunglasses/sunscreen etc. during the activity.
- Trousers, T-shirts, shorts, cycling shorts and sports shoes are advisable for cycling. Guests should avoid wearing loose clothing such as kurtas pyjamas, sarees, ladies-suits or skirts.
- For Mountain Biking & E-Cycling, it is compulsory to wear helmet and arm guards at all times riding the cycle. For dirt/ gravel/ off-road trails, knee guards are also recommended. These equipment are provided by the resort for usage during the activity.