

Day Trips from Bangalore



Day Trip: Bangalore → Adiyogi Statue & Isha Yoga Center → Bangalore

Highlights:

- Darshan of the 112-ft Adiyogi Statue.
- Meditation at Dhyanalinga (peaceful spiritual experience).
- Optional short visit to Nandi Hills for scenic views.

6:30 AM – Depart from Bangalore

- 70 km from Bangalore (1.5–2 hrs by road)

8:00 AM – Arrive at Isha Foundation (Chikkaballapur)

- Beautiful spiritual campus in the Nandi Hills region.

8:15 AM – Visit Adiyogi Statue (112 ft)

- Iconic black Shiva statue.
- Photography & peaceful meditation spots.



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9:00 AM – Dhyanalinga & Yogeshwar Linga

- Participate in meditation inside the energy-filled dome.
- Experience Nada Aradhana (sound & meditation session).

10:30 AM – Explore the Campus

- Walk around the serene gardens & pathways.
- Optional guided meditation or short yoga session (book in advance).

12:00 PM – Drive to Nandi Hills

- Just 25–30 mins from Isha.
- Scenic hilltop views, Tipu's Drop & temples.

3:00 PM – Relaxed Return Journey

- Stop at a vineyard café or coffee shop on the way back.

4:30 PM – Drive Back to Bangalore.

