

THE FIRST LIGHT
Praagaash

प्रागाश
ਪ੍ਰਾਗਾਸ਼

**The First Global KP Heritage Tour
(June 6- June 12, 2026)**

**Global KP Conclave (June 13- June 14, 2026)
at SKICC, Srinagar**

www.kpheritagetour.org



7 - Days Pilgrimage Itinerary

(June 6 - June 12, 2026)

Kashmir - (South Central North)

Introduction Kashmir, the land of snow-clad mountains, lush valleys, and ancient temples, has long been a sacred abode for devotees seeking spiritual solace. This 6-day pilgrimage itinerary has been thoughtfully designed to take yatris through the holy teerth sthans, Shakti Peeths, historic mandirs, and spiritual ashrams of South, Central, and North Kashmir. The journey begins with the revered shrines of Mata Vitasta and Martand Surya Mandir in Anantnag, ascends through the scenic



valleys of Pahalgam, and continues to the spiritually significant sites of Srinagar, Gulmarg, Varmula (Baramula) and Kupwara. It culminates at the border tirtha of Sharda Peeth in Teetwal, a site of immense historical and religious importance.

This pilgrimage is not merely a journey across landscapes but a journey of the soul connecting the devotee with centuries of devotion, divine energy, and the rich spiritual heritage of Kashmir. Along the way, participants will have the opportunity to engage with local Kashmir Pandit communities, witness traditional rituals, and partake in shared experiences that foster devotion, learning, and unity.

May this yatra inspire inner peace, reinforce faith, and leave all participants enriched by the eternal blessings of the divine presiding deities of the Valley.



SOUTH KASHMIR

Day 1 - South Kashmir (Anantnag Belt)

Morning

1. 2. 3. Departure for Mata Vitasta and Omah Mandir Visit Teerath Raj Sidh Lakshmi Peeth - Lok Bhawan Darshan at Mata Shiava Bhagwati - Akingam Proceed to Mata Uma Devi - Brariangan, Salia . Visit Mata Tripur Sundari Temple .Arrive at SRMA-VK Nagdandi Lunch break

PostLunch

4. 5. 6. Visit Logripora and Martand Surya Mandir Interaction with PM Package Employees & KP community at Martand Colony
7. Night halt either at Nagdandi Ashram or return to Srinagar

Day 2 - Pahalgam / South Kashmir Continued

Morning

1. Travel Srinagar Pahalgam Sightseeing: Chandanwari - Baisaran - Betaab Valley - Mamleshwar Temple

2. Lunch at Pahalgam

Evening

3. Interaction with PM Package Employees & KP Community at Vessu Colony
4. Return to Srinagar



CENTRAL KASHMIR

Day 3 - Central Kashmir Teerth Yatra

Morning 1.

Visit Bhairava Caves, Vasuki Naag, Hushar, Baidpura and Raiythan Teerth Sthans Lunch at a convenient Teerth Sthan

2. Evening

3. Interaction with PM Package Employees & KP community at Sheikhpura
- Proceed to Gulmarg (Darshan / Sightseeing)
4. 5. Return to Srinagar

Day 4 - Spiritual Srinagar Circuit

Morning

1. Darshan at Shankaracharya Mandir, Mata Zeashta Devi Mandir, Mata Sharika Hari Parbhat, and then Swami Laxman Joo Ashram

Post-Lunch

2. Visit Ramchandra Mandir, Raghunath Mandir, Ganpatyar Mandir
3. Evening: Sandhya Aarti at Swami Gopinath Ji Ashram
4. Interaction with PM Package Employees & KP Sangat (Srinagar)
5. Return to Srinagar



NORTH KASHMIR

Day 5 - Ganderbal → Kupwara/Varmula Belt

Early Morning 1.2.

Visit Mata Kheer Bhawani Mandir, Ganderbal

Visit Mata Roop Bhawani Waskura Mandir &

Nandkeshiwar Mandir - Sumbal

(Travel Sumbal --- Hamray via Naidkhai)

Mid-Day 3. 4. 5.

Visit Nandkeshwar Mandir - Seer Jagir

Lunch at Mata Kheer Bhawani Mandir - Tikker

Visit Sharda Mata Mandir - Gushi and

Mata Bhadrakali Mandir - Handwara

Evening

6. Interaction with PM Package Employees & KP Community - Kupwara
7. Night stay at Mata Kheer Bhawani Mandir - Tikkar, Kupwara (Dinner here)

Day 6 - Teetwal Sharda Peeth Route

Morning

1. Travel to Mata Sharda Mandir - Teetwal (Enroute Darshan at Sharda Mandir - Gugloosa)
2. Lunch at Mata Sharda Mandir - Teetwal



NORTH KASHMIR

Day 6 - Teetwal Sharda Peeth Route

Post-Lunch

3. Visit Mata Shailputri Mandir, Koti Tirth & Venkara Mandir - Varmula (Baramula)
4. Interaction with PM Package Employees & KP Community - Varmula
5. Departure back to Srinagar

Day 7 - is a free day for all delegates



About the Shrines/ Places

Mata Vitasta Mandir, Verinag, Anantnag is the divine personification of the Jhelum River in Kashmir, revered by Kashmiri Hindus as an incarnation of the goddess Parvati. According to the Nilamata Purana, Mata Vitasta was created when Lord Shiva struck the earth with his trident, allowing Goddess Parvati to emerge as a river to purify the people of the valley. The name Vitasta comes from the measurement of the ditch made by Shiva's trident, which was one vitasti (the distance between an outstretched thumb and little finger).

Omah Mandir (or Omoh Temple), Verinag, Anantnag is an ancient Shiva temple, a powerful pilgrimage destination, where a Swayambhu (self manifested) Shiva Lingam is worshipped. The temple was rebuilt by Maharaja Ranbir Singh in the 19th century. According to legend, a Shiva Lingam was being transported from Jammu to Srinagar for a temple when it became immovably fixed at this spot near Verinag.

Teerath Raj Lok Bhawan, Doru, Anantnag is an ancient pilgrimage center in the Anantnag district also known as Sidh Lakshmi Peeth. It is located on the Dooru-Verinag road and features a temple dedicated to Mata Sidh Lakshmi, the Waman Ganga and Saraswati Kund springs, and a shrine to the deity Bhariava on a nearby hill. Historically, it was also known as Lok-Punya named after Maharaja Lok Punya, and the village is mentioned in Kalhana's Rajtarangni.



Mata Shiva Bhagwati Mandir, Akingam, Anantnag is the temple honoured at the Mata Shiva Bhagwati, which is a significant spiritual site in the Kashmir Valley. The temple is dedicated to Jagad Amba Shri Shiva Bhagwati and is located at the top of the village near a forest, according. "Mata Shiva Bhagwati" is a powerful form of the Mother Goddess (Shakti), depicted as a divine force that defeats demons and evil to restore dharma.

Shrine of Mata Uma Devi at Uma Nagri, (Brariangan), Uttersoo, Anantnag. The Mata Uma Devi Temple, also known as Brariangan, is dedicated to Uma Bhagavati, a form of Goddess Parvati. There are many legends associated with this abode of Mata Uma Devi. One legend traces its history to the Yegya of Daksh Prajapati. Another version is that once Mata Uma during her BRAHMAN (visit) stayed here and one another is that Mata stayed here in penance to get Lord Shiva. It was constructed by Swami Syam Anandji and is renowned for incorporating 5 springs that form the celestial 'Omkara'. Legend holds that two springs merge here, symbolizing the spiritual union of Lord Shiva and Goddess Parvati.

SRMA-VK Nagdandi, Achbal, Anantnag is the "Shri Ramkrishna Mahasammelan Ashram" operated by the "Vivekananda Kendra" in Nagdandi, Kashmir. This ashram is a center for promoting Sanatan Dharma and serving the community, particularly the displaced youth, through various activities like spiritual retreats, yoga workshops, and cultural events, with the overarching goals of "man making and nation building". Swami Ashokanand Ji Maharaj founded SRMA-VK in 1937 to Teach, Preach, Propagate and Preserve "Sanatan Dharma", Inspire and



The Bhairava Caves in Beerwa, Budgam are historically significant, associated with the 10th-century philosopher Acharya Abhinavagupta, and believed to have been entered by 1,200 disciples. The cave is a sacred site for Lord Bhairava's worship and is undergoing development for tourism.

The Vasuki Naag Shrine in Budgam is a well-known temple dedicated to the snake god Vasuki Nag, associated with Lord Shiva.

Hushar Mandir in Budgam refers to the Sharada Bhawani Temple in Ichkoot village and was recently reopened after 35 years. **Baidpura & Raiythan Mandir in Budgam**, also known as Regenya Mata Asthapan, are ancient Hindu temples significant for Kashmiri Pandits. **Gulmarg, Baramulla**, in the Pir Panjal range of J&K, is known as the "Meadow of Flowers". Key places include the Maharani Temple, Gulmarg Gondola, Apharwat Peak, Alpather Lake, and the Gulmarg Biosphere Reserve. The Gulmarg Gondola is one of the highest and longest cable car rides in the world.



Shri Shankaracharya Mandir, Srinagar is a Hindu temple dedicated to Lord Shiva, located atop Shankaracharya Hill in Srinagar. It is one of the oldest shrines in the Kashmir valley, offering panoramic views of the city, including Dal Lake. While the exact date of construction is unknown, it is believed to have been built around 200 BC. Historian Kalhana refers to the hill in his work *Rajtarangni*. The temple is named after the 9th-century Hindu philosopher and theologian Adi Shankaracharya, who is said to have visited the site to revive Sanatana Dharma.

Mata Zeashta Devi Mandir, Srinagar also known as the Zeashta Devi Shrine, is a revered Hindu temple located in the Zaethyar area of Srinagar. The shrine is particularly significant to Kashmiri Pandits and is dedicated to Goddess Zeashta, a powerful form of Shakti. The site's history traces back to antiquity. According to British archaeologist M.A. Stein, the shrine was originally built by King Gopaditya as the Jyeshtarudra Temple, dedicated to Lord Shiva. Over time, it evolved into a center for the worship of Shakti.

Mata Sharika Mandir, Hari Parbat, Srinagar is a popular temple in Srinagar and is commonly known as Shri Jagat Amba Sharika Bhagwati as well as the Maha Tripura Sundari. She is considered the presiding deity of Srinagar, and the temple houses an eighteen-armed idol of the goddess seated on a Sri Chakra. The Goddess has been exemplified by a Swyambhu Shrichakra (Mahamaha Shrichakra), also called the Maha Shri Yantra, which is extremely significant in terms of religious importance among the followers of the Goddess. The Hari Parbat hill is considered extremely holy due to the Kashmiri Pandits.





Swami Laxman Joo Ashram, Srinagar also known as Ishwar Ashram, is a spiritual center in Srinagar, Kashmir, founded by Shaivacharya Swami Lakshmanjoo. It is a sanctuary for the study and practice of Kashmir Shaivism and was built in 1962. The ashram is situated near the Mughal Gardens of Nishat and the village of Ishber, at the foothills of the Zaberwan Mountain range.

Ramchandra Mandir, Srinagar is a temple dedicated to Lord Rama and is situated at Sathu Bar Bar Shah is on a raised Platform. This temple is about 1 Km from Lal chowk and proximal to backside Gate of Sri Partap College, Srinagar.

Raghunath Mandir, Srinagar is a Hindu temple located in Srinagar in the union territory of Jammu and Kashmir. The construction of the temple started under Maharaja Gulab Singh in 1835 and was completed in 1860 by Maharaja Ranbir Singh. **Ganpatyar Mandir, Srinagar** is a historic Hindu shrine in Srinagar, dedicated to Lord Ganesha, and is particularly significant for the Kashmiri Pandit community. Located in the downtown area of Habba Kadal, the temple has stood for over 200 years and is considered the most prominent Ganesha temple in the Kashmir Valley.

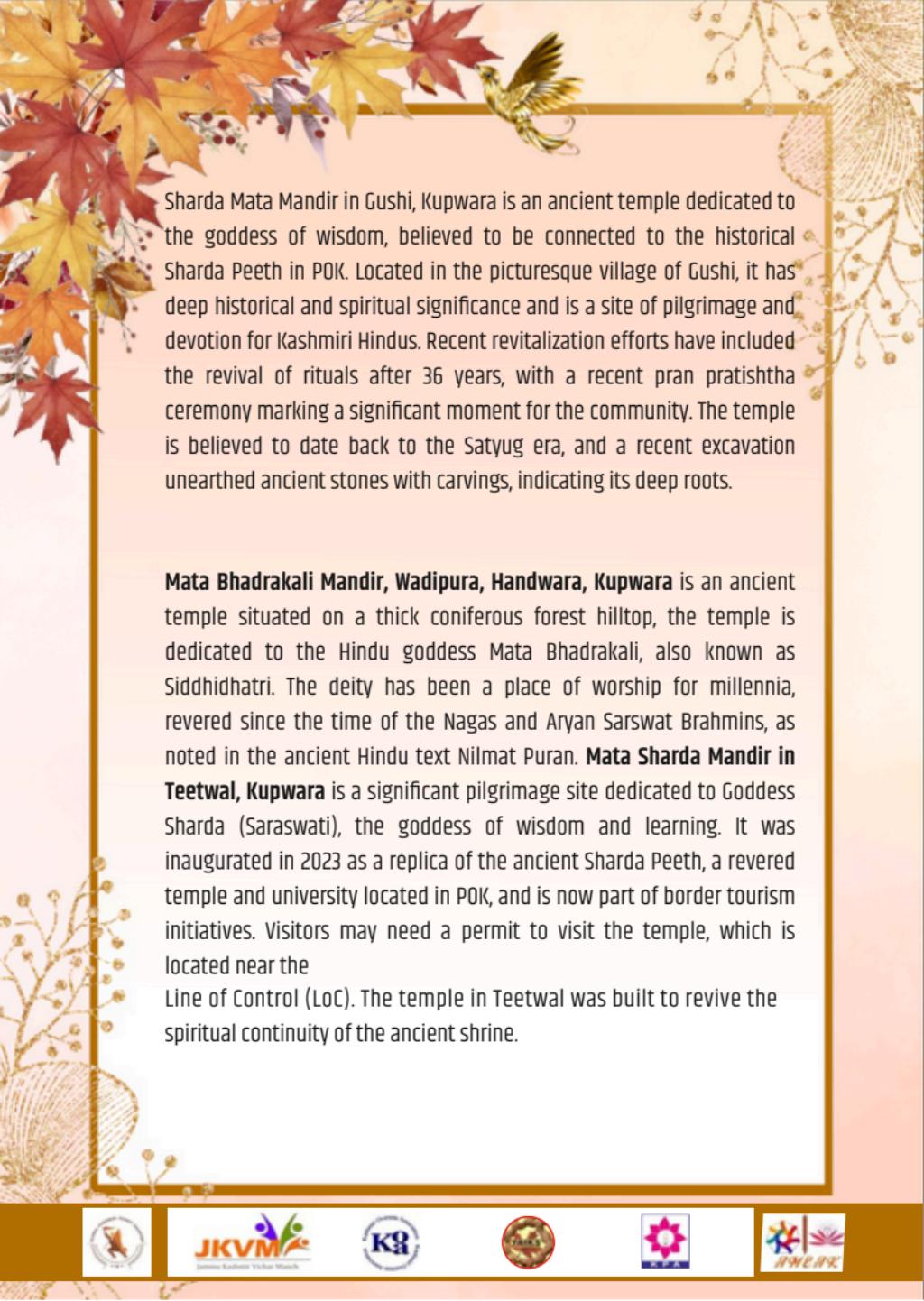
Swami Gopinath Ji Ashram, Srinagar is located in the Kharyar area and is also referred to as the Bhagwan Gopinath Ji Ashram. It is dedicated to the Kashmiri saint Bhagwan Gopinath ji and houses a marble statue of him, with the ashram managed by the Bhagwan Gopinathji Trust.



Mata Kheer Bhawani Mandir, Tulumula, Ganderbal is a sacred Hindu temple dedicated to the goddess Ragnya Devi (a form of Durga), situated over a sacred spring. It is located in Tulumulla village, about 25 kilometres from Srinagar and is a very important pilgrimage site for Kashmiri Pandits. The most unique feature of this temple is that the colour of the water in its holy spring changes according to the season and it is believed that it turns black before any disaster.

Mata Roop Bhawani Waskura Mandir, Ganderbal refers to the Mata Shree Roop Bhawani Tapasya Sthal, a shrine dedicated to the mystic saint Mata Shree Roop Bhawani where she meditated for 12.5 years. **Nandikeshwar Mandir at Sumbal Bandipura & Seer** Jagir, Sopore, Baramulla also known as Nandikeshwar Asthapan are both Bhairava Mandir. As per local legend, the sage Silada performed a yajna (ritual sacrifice) to obtain an immortal son. A young boy, resembling Lord Shiva, appeared from the inner part of his house and was named Nandkishor, the temples are dedicated to him. **Mata Kheer Bhawani Mandir, Tikkar, Kupwara** is a temple dedicated to Goddess Kheer Bhawani (Ragnya Bagwati) is constructed over a sacred spring. The holy spring is known to change it colours with various hues of red, pink, orange, green, blue, white etc. A black shade of the water is believed to be inauspicious. The premises have many mandir for Mata Sharda, Shree Bairv Nath, Ganesh, etc. The village Tikkar was used as base Camp by Sharda pilgrims who used to visit Sharda Mata (Now in Muzaffarabad in POK).





Sharda Mata Mandir in Gushi, Kupwara is an ancient temple dedicated to the goddess of wisdom, believed to be connected to the historical Sharda Peeth in POK. Located in the picturesque village of Gushi, it has deep historical and spiritual significance and is a site of pilgrimage and devotion for Kashmiri Hindus. Recent revitalization efforts have included the revival of rituals after 36 years, with a recent pran pratishtha ceremony marking a significant moment for the community. The temple is believed to date back to the Satyug era, and a recent excavation unearthed ancient stones with carvings, indicating its deep roots.

Mata Bhadrakali Mandir, Wadipura, Handwara, Kupwara is an ancient temple situated on a thick coniferous forest hilltop, the temple is dedicated to the Hindu goddess Mata Bhadrakali, also known as Siddhidhatri. The deity has been a place of worship for millennia, revered since the time of the Nagas and Aryan Sarswat Brahmins, as noted in the ancient Hindu text Nilmata Puran. **Mata Sharda Mandir in Teetwal, Kupwara** is a significant pilgrimage site dedicated to Goddess Sharda (Saraswati), the goddess of wisdom and learning. It was inaugurated in 2023 as a replica of the ancient Sharda Peeth, a revered temple and university located in POK, and is now part of border tourism initiatives. Visitors may need a permit to visit the temple, which is located near the Line of Control (LoC). The temple in Teetwal was built to revive the spiritual continuity of the ancient shrine.



Mata Shailputri Mandir (Prachin Shailputri Temple), Varmula (Baramulla) is an ancient Hindu pilgrimage site dedicated to Goddess Shailputri, an incarnation of Maa Durga. Located on the banks of the River Vitasta (Jhelum), the temple holds centuries of history believed to be nearly 1,000 years old and is a beacon of spiritual and cultural heritage. The temple is dedicated to Goddess Shailputri, the daughter of Himavat (the Himalayas) and the first of the nine forms of Navdurga. The name Shailputri means "daughter of the mountain". According to local legend, the goddess manifested from a sacred rock on which the temple was built. The temple complex is built around a holy spring, with a marble idol of Maa Shailputri within.

Koti Tirth, Varmula (Baramulla) is a significant pilgrimage site known for both a historic Hindu shrine and a prominent Sikh Gurdwara. The Hindu shrine, dedicated to Lord Shiva, features a unique five-foot-tall Ek Mukhi Shivlingam, and the area is believed to hold ancient religious importance, with a holy spring and other temples. The location also became the Gurdwara Chhevin Patshahi, built on the spot where Guru Hargobind stayed in 1620. There is a holy spring with cold water in the summer and warm water in the winter, known as Ganga Nour.

Venkura Mandir, Baramulla also known as **Ganga Mata** Asthapan is a revered Hindu pilgrimage site located in the village of Venkura in the Baramulla district. It is officially known as Swami Kral Bub Ashram, Ganga Mata Asthapan, Venkura Baramulla as Swami Kral Bub Ji Mahraj has done tapasya at this place.



Jai Maa Sharda – Jai Maa Sharika – Om Namha Shivay When this sacred yatra comes to a close, each pilgrim carries back not only memories of the divine shrines visited, but also the timeless spiritual essence of Kashmir – the Tapobhoomi of Rishis, saints, and enlightened souls.

Through every temple, every prayer, every sacred step, the journey will be one of inner purification, remembrance, and reconnection with our spiritual roots.

May the blessings of Mata Sharika, Mata Sharda, Shiva-Parvati, and all the presiding deities of this holy land continue to guide our thoughts, strengthen our resolve, and illuminate our lives with wisdom and peace.

This pilgrimage will not be an end, but a homecoming of the soul, a reminder that Kashmir is not merely a destination, but a living heritage of faith, devotion, and divine consciousness. With folded hands and grateful hearts, we pray that the bond between the yatri and this sacred landscape remains forever alive.

**Sarve Bhavantu Sukhinah,
Sarve Santu Niramaya**

May all be blessed, may all be protected, may all walk in the light of Dharma.



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