

Accommodation & Living Costs in Tapovan, Rishikesh

Tapovan is the yoga district of Rishikesh, located within walking distance of our shala. It offers accommodation for every budget—from simple guesthouses to comfortable serviced apartments.

We recommend booking accommodation at least **2–4 weeks in advance** during the high season (October–April).

Accommodation with Kitchen (Recommended for Long-Term Students)

Ideal for students staying 2 weeks or longer who prefer cooking some of their meals.

Accommodation Type	Average Price
Private room with kitchenette	INR 18,000–25,000/month
Private room only	15,000 - 18000
1-bedroom furnished apartment	INR 25,000–35,000/month
Airbnb apartment	INR 3,500–5,500/night

Typical monthly rates for room-with-kitchen rentals in and around Tapovan commonly fall in the ₹15,000–25,000 range, while furnished apartments are generally ₹22,000+ depending on season and amenities. In the low season the price gets lower than usual.

Examples:

Jungle house (Furnished Apartments)

https://maps.app.goo.gl/XSxJpSiDsh9Pog1d8?g_st=iw

Chandra house (Furnished Apartments)

https://maps.app.goo.gl/oYsTbakLgy3g6uRKA?g_st=com.google.maps.preview.copy

Owner of both properties above is the same person, his name is Keval & contact number is +91 78954 94623

Here are some more accommodations.

Back stays hostel <https://maps.app.goo.gl/swizqw3LC5Jkt9vU8>

Hotel Pride Inn https://maps.app.goo.gl/DLTo6kqfWBF8GtzH8?g_st=ipc

Rudram hotel yoga & ayurveda <https://www.rudramhotel.com/home>

Bhandari home stay https://maps.app.goo.gl/zw4pa7VdgzzDCxhc7?g_st=iw

Athalia guesthouse https://maps.app.goo.gl/p2Gs4Y8jtRa8XxuP7?g_st=iw

Mayank Homestay <https://maps.app.goo.gl/FzntSQR9htSpfBf19>

Gungun Homestay <https://maps.app.goo.gl/yHDvLRDRqWaRnny78>

Geeta Bhawan HomeStay <https://maps.app.goo.gl/x2gvE9f5Pgu4ShwL9>

Rudransh Homestay <https://maps.app.goo.gl/FadyrxwaWawe67rP9>

Average Food Expenses

Tapovan has dozens of vegetarian cafés, restaurants, juice bars, and local Indian eateries.

Budget

Cooking yourself:

- ₹300–500/day

Eating mostly at local cafés:

- ₹500–800/day

Western cafés for every meal:

- ₹900–1,500/day

A typical vegetarian per meal costs approximately:

- Local Indian restaurant: ₹150–300
- Healthy café breakfast: ₹200–400
- Lunch or dinner in a yoga café: ₹250–500
- Coffee: ₹120–220
- Fresh juice or smoothie: ₹150–300

Overall food costs in Rishikesh remain relatively affordable compared with most Western countries.

Estimated Total Monthly Budget

Lifestyle	Accommodation	Food	Total
Budget	₹15,000	₹12,000	₹27,000/month
Comfortable	₹22,000	₹18,000	₹40,000/month
Premium	₹35,000	₹30,000	₹65,000+/month

How to Travel from New Delhi to Tapovan, Rishikesh

Option 1 – Fly (Fastest)

New Delhi Airport → Dehradun (Jolly Grant Airport)

- Flight time: **45–60 minutes**
- Flights operate daily
- Typical airfare:
 - ₹3,500–7,000 (depending on season)

From Dehradun Airport to Tapovan:

- Taxi
- 35–45 minutes
- ₹1000–1,500 depending on vehicle and time of day.

Estimated total cost

₹3,200–8,200

Travel time:
2.5–4 hours (including airport procedures)

Option 2 – Private Taxi (Most Convenient)

New Delhi Airport → Tapovan

- Door-to-door service
- 240 km
- 6–7 hours depending on traffic
- ₹5,000–8,000 per car

This is the easiest option if carrying large luggage or arriving late at night.

Option 3 – Volvo Bus (Best Budget Option)

Airport → Kashmere Gate Bus Station (Delhi)

↓

Volvo Bus

↓

Rishikesh Bus Station

↓

Auto-rickshaw to Tapovan

Volvo ticket:
₹700–1,500

Auto to Tapovan:
₹200–400

Travel time:
7–9 hours

Approximate Arrival Costs

Travel Option	Total Cost
Flight + Taxi	₹3,200–8,200
Private Taxi	₹5,000–8,000
Volvo Bus	₹900–1,900

Our Recommendation

For most international students:

- **Short stays (1–2 weeks):** choose a guesthouse or hotel and enjoy the cafés.
- **Longer stays (3–8 weeks):** book a room or apartment with a kitchen to reduce food costs and enjoy greater flexibility.
- **Best arrival option:** fly from Delhi to Dehradun, then take a taxi directly to Tapovan. It is the fastest and most comfortable way to reach our yoga shala after an international flight or take a Taxi from New Delhi airport to Tapovan.