



The Manor
— Sports & Wellness Hotel —

EMBARK ON ADVENTURE
Activities



Activities

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Heated Swimming Pool

Dive into relaxation and soak up breathtaking views at our heated pool. This serene oasis offers the perfect setting for unwinding, rejuvenation, and a refreshing swim amidst soothing warmth and stunning surroundings.

Theatre

Experience private cinema like never before in our state-of-the-art Theatre Room. Whether you're planning a movie night or a private screening with friends and family, this cozy yet luxurious space offers plush seating, and immersive sound perfect for unforgettable entertainment moments.



Table Tennis

Enjoy a lively game of table tennis at The Manor Hotel, where sport meets leisure in a vibrant indoor setting. Looking to challenge your skills, the well-maintained table and energetic ambiance make it the perfect spot for friendly competition and active relaxation. Ideal for guests of all ages, it's a great way to add a touch of excitement to your stay.



Activities



Pool Table

Elegance meets recreation. Set in a stylish and relaxed atmosphere, our pool table invites guests to enjoy friendly matches or sharpen their skills in a leisurely setting. It's the perfect way to spend a laid-back afternoon or a fun-filled evening with friends and family.

Board Games

Unwind and connect with loved ones over a selection of classic and modern board games at The Manor Hotel. Whether you choose the relaxed ambiance of the hotel or the comfort of your apartment, it's the perfect way to enjoy quality time, spark friendly competition, and create lasting memories during your stay.



Spa

Offering a range of holistic treatments and therapies, the spa is a sanctuary of relaxation nestled in the heart of nature. Let our skilled therapists melt away your stress as you indulge in soothing massages, facials, and wellness rituals designed to refresh and restore your inner calm.

Activities



Soft Archery

Discover the thrill of focus and precision with Soft Archery at The Manor Hotel. Set against a serene backdrop, this safe and engaging activity is perfect for beginners and enthusiasts alike. Whether you're aiming for fun or testing your skills, it's a unique way to relax, recharge, and enjoy the outdoors.

Air Gun Shooting

Test your aim and steady your focus with Air Gun Shooting at The Manor Hotel. Set in a secure and scenic environment, this activity offers an exciting blend of precision and challenge. Whether you're a first-timer or a hobbyist, it's a fun and safe way to enjoy a bit of friendly competition in the great outdoors.



Trampoline

Bounce into fun with the Trampoline at Boca Mario Lawn, The Manor Hotel. Set against the open skies and lush greenery, it's a joyful escape for kids and the young at heart. Perfect for playtime and carefree laughter, this outdoor activity adds a playful charm to your stay.

Activities



Pickleball

Experience the fast-paced fun of Pickleball at The Manor Hotel. Combining elements of tennis, badminton, and ping pong, this exciting sport is perfect for friendly matches and energetic workouts. Enjoy the vibrant outdoor setting as you rally, compete, and stay active during your stay.

Lawn Tennis

Surrounded by beautiful natural scenery, the pristine Lawn Tennis courts offer the perfect setting for players of all levels to enjoy a match or practice their skills. Whether for casual play or friendly competition, tennis here is a refreshing way to stay active and soak in the serene ambiance.



MTB's Cycling

Perfect for adventure lovers and nature enthusiasts, this thrilling ride lets you experience breathtaking views while getting an energizing workout. Whether you're a beginner or an experienced cyclist, our well-maintained bikes and guided routes promise a memorable outdoor adventure.

Activities



Day Hiking

Immerse yourself in the natural beauty of the surrounding hills and forests. Perfect for nature lovers and adventure seekers, our curated trails offer breathtaking views, fresh mountain air, and a chance to reconnect with the outdoors. Whether you prefer a gentle walk or a more challenging trek, it's an invigorating way to explore the landscape.

Nature Walks

Every step brings you closer to the sights, sounds, and scents of the Himalayas. Surrounded by lush greenery and fresh mountain air, it's a peaceful way to unwind, observe local flora and fauna, and reconnect with the natural world at your own pace.



Yoga Session

Surrounded by tranquil landscapes and fresh mountain air, our yoga sessions are designed to rejuvenate your body, mind, and spirit. Whether you're a beginner or an experienced practitioner, it's the perfect way to start your day with intention and peace.

Activities



Jungle Lunch

A unique dining experience set amidst towering trees and serene wilderness. Enjoy a thoughtfully curated menu featuring fresh, local flavors while surrounded by the sights and sounds of the forest. It's the perfect blend of adventure and indulgence, ideal for a memorable mid-day escape.

Camping & Trekking

Venture through scenic trails that wind through forests and hills, then unwind under the stars with a cozy campsite setup. Whether you're seeking adventure or peaceful solitude, these outdoor escapes offer the perfect blend of exploration, nature, and serenity.



Water Sports

Just a scenic drive away, Tattapani offers thrilling river rafting and other aquatic activities along the Sutlej River. Perfect for adrenaline seekers, this experience combines the rush of the rapids with the beauty of the Himalayan landscape making it a must-do during your visit.

Activities



Paragliding

An unforgettable adventure that lets you glide through the skies and take in panoramic views of the lush valleys and Himalayan peaks. Perfect for thrill-seekers and nature lovers alike, this experience blends adrenaline with awe, offering a bird's-eye perspective of the breathtaking landscape.

Hot Air Balloon

Lift off into the skies with a Hot Air Balloon experience at Tatapani, where serenity meets spectacle. Drift gently above pine forests, rolling hills, and misty valleys as the morning sun paints the landscape in golden hues.



Rope Activity

Set in a safe and scenic outdoor environment, these activities include rope bridges, balance walks, and climbing elements that test your agility and coordination. It's a great way to bond, boost confidence, and enjoy the fresh mountain air.

Activities



Horse Riding

Experience the charm of the hills on horseback with guided Horse Riding. Meander through forest trails and open meadows as you take in the tranquil beauty of the surrounding landscape. Suitable for beginners and seasoned riders alike, it's a serene and memorable way to explore nature at a gentle pace.

Road Trips

Embark on unforgettable road trips from The Manor Hotel to iconic destinations like Leh & Ladakh, Spiti, Kinnaur, and Pabber Valley. Journey through dramatic landscapes, ancient monasteries, and mountain passes—each route offering stunning views, rich culture, and the thrill of high-altitude adventure.



Guided Bike Tour

Set out on a thrilling Guided Bike Tour from The Manor Hotel to Leh & Ladakh, Spiti, Kinnaur, Pabber Valley, and Shimla's scenic outskirts. Ride through rugged terrain and remote mountain routes, soaking in stunning Himalayan views. A perfect blend of adventure, exploration, and natural beauty.



Sightseeing

Explore Himachal's beauty with guided sightseeing tours from The Manor Hotel. From Shimla's colonial charm to scenic outskirts and statewide highlights, each trip offers rich culture, stunning views, and a relaxed pace to soak it all in.

Farm Tour

Experience rustic charm with guided Farm Tours near Auramah, Karsog, and Upper Shimla. Stroll through orchards, interact with local farmers, and discover traditional Himachali farming practices. It's a refreshing, hands-on way to connect with the land, culture, and slow-paced life of the hills.



Jeep Safari

Explore Shimla and its scenic outskirts with an exhilarating Jeep Safari. Traverse rugged trails, lush forests, and panoramic viewpoints while discovering hidden gems off the beaten path. Perfect for adventure seekers and nature lovers looking to experience the hills in a thrilling and immersive way.

Golf Course

Step into a world where sport meets serenity at the Naldehra Golf Course, one of the oldest and most scenic golf courses in India. Nestled at an altitude of 2,200 meters and surrounded by towering deodars, this historic 18-hole course offers a truly unforgettable golfing experience.



Activities

IN HOUSE

ACTIVITY	VENUE	AGE	TIMING	DURATION	PRICE (INR)	REMARK
Heated Swimming Pool	Hotel	8 years & Above	10am - 6pm	1 Hr	Included in Hotel Facilities	Swimming Costume is Mandatory
Theatre	Hotel	For All	10am - 6pm	3 Hrs	3000 For 6 Guests	250/Person Per Show (Contact Reception)
Table Tennis	Hotel	8 years & Above	10am - 6pm	1 Hr	Included in Hotel Facilities	Equipment Included
Pool Table	Hotel	8 years & Above	10am - 6pm	1 Hr	Included in Hotel Facilities	Equipment Included
Board Games	Hotel or Apartments	For All	Anytime	–	Included in Hotel Facilities	–
Spa	Hotel	8 years & Above	10am - 6pm	1 Hr	Based on therapy	Prices Depends on The Therapies
Soft Archery	Boca Mario Lawn	5 years & Above	10am - 6pm	1 Hr	1000 Per Session	Equipment and Instructor Included
Air Gun Shooting	Boca Mario Lawn	8 years & Above	10am - 6pm	1 Hr	1000 Per Session	Equipment and Instructor Included
Trampoline	Boca Mario Lawn	Below 10 years	Anytime	–	Comp	Self Assistance by Guest
Pickleball	Boca Mario Lawn	8 years & Above	8am - 8pm	1 Hr	1000 Per Session	Equipment Included

18% GST Applicable on Above Prices

Activities

IN HOUSE

ACTIVITY	VENUE	AGE	TIMING	DURATION	PRICE (INR)	REMARK
Lawn Tennis	Forest Hill Lawn	8 years & Above	8am - 8pm	1 Hr	1000 Per Session	Equipment Included
MTB's Cycling	Kogi-Jakhlana (Near by Place)	8 years & Above	8am - 6pm	2 Hrs	1000 Per Session Per MTB	MTB Mountain Terrain Bike
Day Hiking	Water Catchment, Shali Tibaa, Naldehra Highest	8 years & Above	8am - 6pm	5 - 6 Hrs	1000 Per Person Per Session	Instructor Included
Nature Walks	Near Auramahand Bit Outskirts of Auramah	8 years & Above	8am - 6pm	2 - 3 Hrs	1000 Per Session	Instructor Included
Yoga Session	Hotel or Apartments or Boca Mario Lawn	8 years & Above	7:30am - 6pm	1 Hr	500 Per Session	Instructor Included
Jungle Lunch	Forest	For All	12pm - 4pm	2 - 3 Hrs	1000 Per Person	Food Charges Additional
Camping & Trekking	Outskirts of Auramah	For All	8am - 10pm	2 Days & 1 Night	5000 Per Session	Food, Stay, Crew and Bonfire Included

18% GST Applicable on Above Prices

Activities

B2B

ACTIVITY	VENUE	AGE	TIMING	DURATION	PRICE (INR)	REMARK
Water Sports	Tatapani	For All	10am - 7pm	3 - 4 Hrs	2000 -5000 Per Person	–
Paragliding	Enroute Tatapani	8 years & Above	10am - 7pm	Per Fly	3500-5500 Per Fly	–
Hot Air Balloon	Enroute Tatapani	5 years & Above	10am - 7pm	Per Fly	6000 Per Fly	–
Rope Activity	Mashobra, Kufri	8 years & Above	10am - 7pm	Per Activity	1000-2000 Per Person Per Activity	–
Horse Riding	Naldehra, Kufri, Boca Mario Lawn	8 years & Above	10am - 6pm	–	1000-2000 Per Horse	–
Road Trips	Leh & Laddakh, Spiti, Kinnaur, Pabber valley	5 years & Above	8am - 6pm	3D-2N 4D-3N 7D-6N	5000 Per Person Per Day	Food, Stay, Transportation, Crew included
Guided Bike Tour	Leh & Laddakh, Spiti, Kinnaur, Pabber Valley, Shimla Outskirts	18 years & Above	8am - 6pm	Per Day	3500 Per Person Per Day Per Bike	Bike and Guide Included
Sightseeing	Local Shimla and Outskirts, All Himachal	For All	8am - 6pm	Per Day	7000 Per Person Per Day Per Tour	Guide and Cab Included
Farm Tour	Near Auramah, Karsog, Upper Shimla	For All	8am - 6pm	Per Day	7000 Per Person Per Day Per Tour	Guide and Cab Included
Jeep Safari	Local Shimla and Outskirts	For All	8am - 6pm	Per Day	7000 Per Person Per Day Per Tour	Guide and Jeep or Gypsy included
Golf Course	Naldehra	12 years & Above	6am - 7pm	3 - 6 Hrs	1000 Per Person	We will Connect You with The Golf Course

Above B2B Activities are Payable at Site

Your Questions

ANSWERED

Questions Answered

HOW DO I BOOK AN ACTIVITY?

You may book directly through the front desk, WhatsApp concierge, or by calling our activities helpline. Advance booking is advised.

CAN I CANCEL OR RESCHEDULE MY SESSION?

Yes, cancellations made at least 24 hours in advance are eligible for a full refund. Rescheduling is allowed once subject to availability.

ARE THE ACTIVITIES SUITABLE FOR CHILDREN?

Yes, many activities are family-friendly. However, for safety reasons, children below 12 must be supervised by an adult.

WHAT IS INCLUDED IN THE ACTIVITY FEE?

The session fee includes equipment use, instructor supervision (where applicable), and safety gear. Food and transport are not included unless specified.

WHAT SHOULD I WEAR OR BRING?

We recommend comfortable clothing and sports shoes for physical activities. For outdoor activities, carry sunscreen, a water bottle, and sunglasses.

ARE THE ACTIVITIES PRIVATE OR GROUP-BASED?

Most sessions are semi-private (shared) unless you request a private session in advance, which may incur additional charges.

WHAT IF THE WEATHER IS BAD?

Outdoor activities may be rescheduled or replaced based on weather conditions. You'll be informed in advance and offered an alternative or credit note.

Questions Answered

IS FOOD INCLUDED IN JUNGLE LUNCHES OR TREKS?

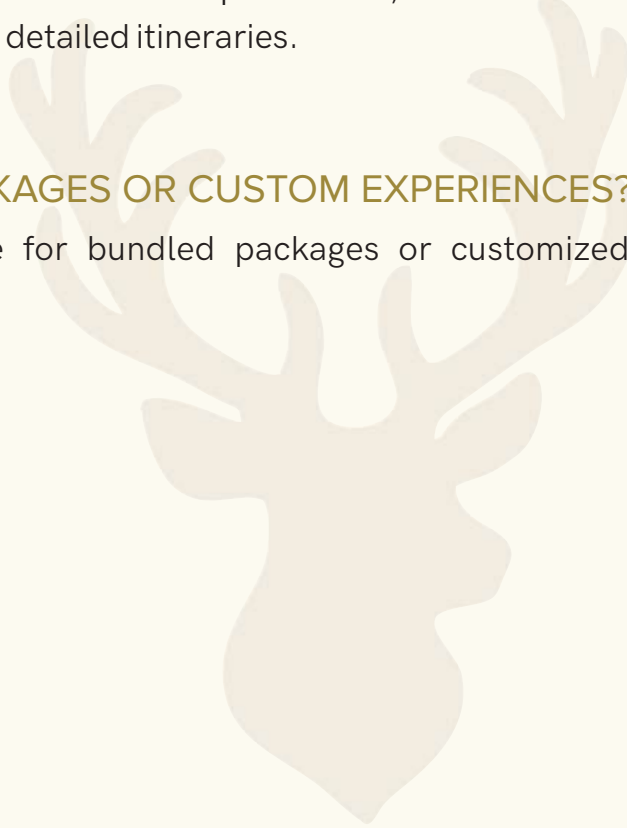
No. Food is charged separately unless part of a curated package. We're happy to organize a picnic basket or meal plan on request.

HOW LONG ARE THE SESSIONS?

Most activities are scheduled for 1 hour per session, unless otherwise mentioned. Multiday or full-day activities include detailed itineraries.

DO YOU OFFER PACKAGES OR CUSTOM EXPERIENCES?

Yes! Ask our concierge for bundled packages or customized itineraries for families, couples, or groups.





TERMS & CONDITIONS

- All activities are subject to availability and prior booking is recommended.
- Rates mentioned are exclusive of taxes.
- Rates are per person or per session, as specified.
- Children below 12 years must be accompanied by an adult during all activities.
- Management reserves the right to cancel or reschedule any activity due to weather, safety concerns, or operational issues.

Bookings & Cancellations

- Advance booking is required for all chargeable activities.
- Full payment must be made at the time of booking.
- Cancellations made 24 hours in advance are eligible for a full refund. No-shows or last-minute cancellations will not be refunded.
- In case of weather disruptions, alternate arrangements or a credit note may be offered at management discretion.

Manor Luxury Hotels & Homes Private Limited

Address: Village Saunthal, Post Office Kiar Koti, Tehsil & District Shimla, Himachal Pradesh - 171007

Call: +91 70 1892 0003 | Email: info@themanorhotel.in | Website: www.themanorhotel.in

Participation Guidelines

- Participants must report 10 minutes before the scheduled session.
- Appropriate attire and footwear must be worn for physical activities.
- The management holds no liability for injuries, accidents, or loss of personal belongings during the activities.
- Any damage to equipment or property will be charged to the guest accordingly.
- Participation in any activity is at the guest's own risk. Medical fitness and consent may be required for certain activities.
- Participants must not be under the influence of Alcohol/Drugs. The Manor shall not be responsible for any mishaps with the participants under the influence of Alcohol/Drugs.

Third-Party (B2B) Activities

- Rates and operations for water sports, paragliding, hot air balloon rides, and other third-party activities are governed by external vendors.
- Bookings for B2B activities are confirmed subject to availability with the vendor.
- The Manor holds no responsibility for changes in pricing, timing, or cancellation policies of third-party vendors.
- Guests must sign a liability waiver form before participating in any adventure or high-risk activity.

By signing below, the host acknowledges that they have read, understood, and agreed to the terms and conditions.

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The Manor

— Sports & Wellness Hotel —

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