

Gokarna- Karnataka

Gokarna is a small temple town on the western coast of India in the state of Karnataka. Gokarna literally means “cow’s ear”. It is an important tourist destination for temples and rocky beaches. Gokarna is situated around 140kms from Goa and is known for its peaceful beach holidays and as one of the seven important Hindu pilgrimage centers.



ACTIVITIES



1. **Mahabaleshwara Temple** is a famous Shiva Temple. The deity in this temple is 1500 years old and according to the legend, the Shiva Linga is said to bestow immense blessings to devotees who even glimpse it. While you are here you can also visit a few other temples such as Adi Gokarneshwara temple, Ganapati temple and the Koti Teertha and learn about the fascinating story of the Atma Linga and its journey.



2. The five main **beaches** are Gokarna beach, Kudle beach, Om beach, Half-moon beach and Paradise beach. Om Beach is one of the popular beaches among locals and tourists who come here to unwind. It gets its name from its shape that resembles the religious symbol ‘Om’. You can also do a beach trek to visit all of the five beaches as well as try your hand at surfing.

3. **Hub for Yoga:** Yoga is practiced and taught at various centers in India. Gokarna too is a hub for yoga and you will find many classes and retreats around the town. Many resorts in Gokarna offer yoga classes for their patrons that are set in a natural environment overlooking the beach or lush greenery of the town.



ACCOMMODATION AND FOOD



One of the highly recommended centers for yoga is SwaSwara that is known for its wellness and yoga classes. Located near Om Beach, it is surrounded by green lawns, hills, gardens and the beach. Those looking for a rejuvenating, quiet vacation can book a stay at this resort. It boasts of cottages, a swimming pool and a meditation hall.

Being a coastal town, Gokarna offers great seafood but that’s not all. Almost all the restaurants in resorts are multi-cuisine and offer a variety of food choice. You can pick from varied options of Mexican, Israeli, English breakfast, Indian and more.

