

Each time my feet touched the earth I knew my mother was there with me. I knew this body was not mine, but a living continuation of my mother and all my ancestors. These feet I saw as 'my feet' were actually 'our' feet. Together, my mother and I were leaving footprints on damp soil...

-Parts of a Zen discourse



MPT Parsili Resort is located by the bank of river Banas with magnificent natural surroundings, sand dunes and perennial water stream hemmed with undisturbed dense forest and a natural play ground for exotic birds both common and rare species. Many a times animals stroll around this resort.
Tel: 07694860497, E-mail: parsuli@mptourism.com

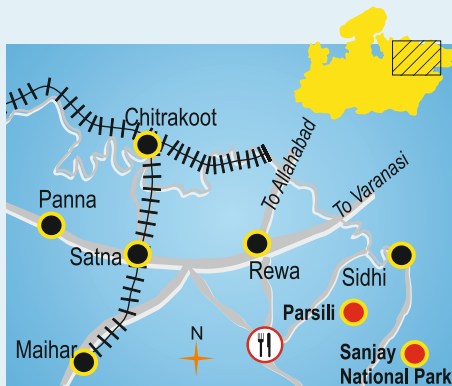
How to reach

By Air : Nearest airport is Jabalpur (JLR) 350 km.

By Train : The nearest rail head is Biohari (25km) on Howrah-Singrauli-Katni-Jabalpur line.

By Road : May hire a cab from Rewa, Bandhavgarh, Shahdol, Beohari, Sidhi, Umaria, Tala and Bhanpur.

Wayside Amenities



MADHYA PRADESH STATE TOURISM DEVELOPMENT CORPORATION LTD.

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 Tel: 0771-4048810, Telefax : 0771-4049115, E-mail: raipur@mptourism.com

RAJKOT - 122, First Floor, Cosmo Complex, Near Mahila College Chowk, Kalawad Road, Rajkot-360001. Tel: 0281-2927966, Mob. : 09429197990, E-mail: rajkot@mptourism.com

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 E-mail: bhopal@mptourism.com, **City Booking Office:** Palash Residency Tel: 0755-2550588 E-mail: ctohbhopal@mptourism.com, **Airport Counter Bhopal** Tel: 0755-2646667, E-mail: bhojairport@mptourism.com, **Tourist Office:** Railway Station, Bhopal, Tel: 0755-2746827 E-mail: tobhopal@mptourism.com,

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Jabalpur - Rani Durgavati "Paryatan Bhawan" Paryatan Tiraha, Near Collectorate North Civil Lines, Jabalpur, Tel: 0761-2677290, Telefax: 0761-2677590, E-mail: jabalpur@mptourism.com
Tourist Information Counter: Khatia (Kanha National Park) Tel: 07649-27242, E-mail: khatia@mptourism.com

Jhansi - Railway Station, Jhansi. Tel: 0510-2442622, E-mail: tojhansi@mptourism.com

Khajuraho - Tourist Interpretation & Facilitation Centre, Near Circuit House, Khajuraho
 Tel: 07686-274051, Fax: 07686-272330, E-mail: khajuraho@mptourism.com **Airport Counter,** Khajuraho, Tel: 07686-274648, **Tourist Information Counter,** Railway Station, Khajuraho

Pachmarhi - Amaltas Complex, Near Tehsil, Pachmarhi, Tel: 07578-252100, Fax: 07578-252102, E-mail: pachmarhi@mptourism.com, **Tourist Office :** Bus Stand, Pachmarhi, Tel : 07578-252029,

Ujjain - Tourist Office : Near Mahakaleshwar Temple, Ujjain, Tel : 0734-2552263, E-mail: toujjain@mptourism.com

For more information, log on to www.mptourism.com



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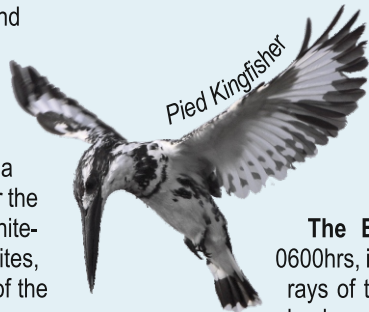
PARSILI
Naturally Beautiful





Parsili is an idyllic place in Sidhi district and offers more than eye can see. Situated on the bank of river Banas, this unspoilt destination is 10 km away from Sanjay-Dubri National Park where your passion for wildlife can be coupled with a leisurely break. Parsili is an exotic paradise for the bird lovers. Birds like Herons, Egrets, White-Necked Stork, White Ibis, Whistling teal, Kites, Eagles, Harrier, King fishers, Oriole are part of the rich avifauna.

Be ready with your binoculars to catch the glimpse of a elusive bird as several varieties of migratory birds come here.



Pied Kingfisher

breeze. The pure oxygen rejuvenates your body and the acupressure on the soles of your feet by the fine sand energizes you overall. You will find yourself connected to the *panch tatvas*- the five elements of nature (Earth, Water, Air, Space and Fire).

The Barefoot Trek : The Walk starts at morning 0600hrs, in a magnificent green surroundings in the mellow rays of the rising sun and is led by a naturalist. A small backpack containing water bottle, fruits and sandwiches is provided by the Parsili Resort, for an en-route breakfast at

What to do

'Earthing' or walking barefoot on soil, earth or grass is an ultimate way of feeling the caressing touch of mother Earth.

A unique Bare-Foot 4 km trek on the soft and moist sand bed of the river Banas, is an out of the world experience. Trekking bare foot on a gentle turf of fine wet sand gradually turns into wading in a broad water stream with a depth of 6 to 12 inches, offering binding intimacy with Nature.

It is a de-stressing, refreshing, exciting walk surrounded by chirping birds and fresh



Lesser Adjutant

your diligent pace, learning the surrounding flora and avifauna.

The entire topography is set with sand dunes, lush and green vegetation, spectacular sun shine defused through hillocks, clouds and trees, making you reach for your camera repeatedly. The 4 km trek takes 2 to 3 hours ending at rustic Kathbungalow- an old wooden haveli with sprawling garden and mango trees bordering the river. After spending some time at this charming place you may either trek back or take a vehicle to the resort.

What to wear : Tourists may don a comfortable bottom/pant or easily waded in water. Must bring cap, binoculars.



Sanjay-Dubri National Park : The park is only 10 km away from this place and if you are lucky you may spot a Chital, Jackal or a Peacock. The core comprises of Dubri Sanctuary and Sanjay National Park and Gurughasidas National Park forms the southern boundary of the Reserve. These luxuriant forests dominated by *Sal*, *Dhawda*, *Semal* trees, to name a few, merge into the forests of Bandhavgarh National Park. Sanjay Dubri National Park, houses the watershed formed by the Son river and its tributaries which is a home to many species of water birds. Spread over Sidhi and Singrauli districts, these forests have birds of approx 300 varieties. *Gopad Darshan*, *Ram Daha Kund*, *Giddha Pahad*, *Barchar Dam* are the places inside the National Park which deserve a visit. Natural and cycling trails are other interesting activities to be explored.