



Tourist Guide

**Welcome all Delegates
and Visitors**

**13th Federal Congress of FNPO
& 26th All India Conference of
National Association of Postal
Employees Group 'C'**

At Lovely Professional University Jalandhar

06th June 2026 to 09th June 2026



Discover Jalandhar & Around!



Devi Talab Mandir JALANDHAR

Ancient Durga Temple & Sacred Pond


- ♥ Location: Tanda Road, Jalandhar
- 🕒 Best Time: Morning & Evening — Aarti



- ♥ One of the oldest temples in Punjab (200+ years)
- ♥ Dedicated to Goddess Durga
- ♥ Sacred pond (Talab) inside the temple
- ♥ Replica of Mata Vaishno Devi cave
- ♥ Grand Navratri celebrations
- ♥ Peaceful spiritual environment

- ♥ Location: Tanda Road, Jalandhar
- 🕒 Best Time: Morning & Evening Aarti


Pushpa Gujral Science City NEAR JALANDHAR

- 
- Spread over 72 acres on Kapurthala Road
 - IMAX Dome Theatre & 3D Shows
 - Dinosaur Park attraction
 - Space, Robotics & Energy galleries
 - Interactive science exhibits for students
 - Perfect for educational tours & family visits
 - ♥ Location: Kapurthala Road (15 km from Jalandhar) Best Time: Daytime visit



Jang-e-Azadi Memorial KARTARPUR

- ♥ Dedicated to India's freedom struggle
- ♥ Modern architectural design
- ♥ Historical galleries & audio-visual shows
- ♥ Large National Flag & beautiful campus
- ♥ Location: Kartarpur (15 km from Jalandhar)
- 🕒 Best Time: Evening visit for lighting view

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- ♥ Location: Kartarpur (15 km from Jalandhar)
 - 🕒 Best Time: Daytime visit

Explore the Best of Punjab!



Discover Amritsar from Jalandhar!



Golden Temple (SRI HARMANDIR SAHIB)

The holiest shrine of Sikhism, covered in real gold

- Covered with real gold plating
- Sacred Amrit Sarovar (holy water tank)
- Guru Granth Sahib Ji darshan
- World's largest free community kitchen (Langar)
- Beautiful illumination at night

📍 **Location:** Amritsar, Punjab

🚗 **Distance from Jalandhar** Approx. 80 km

🕒 **Travel Time:** Around 1.5-2 hours by road

📍 **Location:** Near Golden Temple, Amritsar

🕒 **Best Time:** Around 1.5-2 hours by road

★ **Best Time:** Early morning or night visit

Jallianwala Bagh AMRITSAR

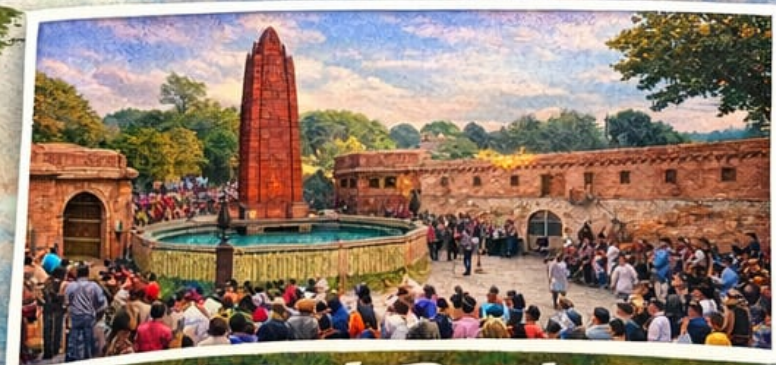
Historic site of the 1919 massacre during British rule.

- Preserved bullet marks on walls
- Martyrs' Well
- Memorial flame
- Light & sound show
- Museum and galleries

📍 **Location:** Near Golden Temple, Amritsar

🕒 **Best Time:** Around 1.5-2 hours

★ **Best Time:** Daytime visit



Wagah Border ATTARI (NEAR AMRITSAR)

- International border with Pakistan, famous for the *Beating Retreat Ceremony*
- High-energy parade by BSF soldiers
- Patriotic atmosphere
- Flag lowering ceremony
- Large national flags on both sides

Plan an Exciting Amritsar Trip
from Jalandhar!



Himachal Trip from Jalandhar!

Devotional & Hill Station Adventure!



1 Mata Chintpurni Temple Himachal Pradesh

- Famous Shakti Peeth
- Located in scenic Shivalik hills
- Navratri fairs attract thousands
- Spiritual and peaceful atmosphere

📍 **Location:** Una District, Himachal Pradesh: Approx. 75 km

🚗 **Travel Time:** 2 hours

★ **Suggested Time:** Early morning / Navratri

Approx. 110 km

2 Mata Jwala Ji Temple Himachal Pradesh

- One of the major Shakti Peethas
- Natural eternal flame coming from rocks
- Beautiful temple architecture
- Devotional atmosphere.

📍 **Location:** Kangra Dist, Himachal Pradesh

🚗 **Travel Time:** Around 3 hours

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3 Dharamshala Himachal Pradesh

- Famous for scenic Dhauladhar mountain range
- HPCA International Cricket Stadium
- Dalai Lama Temple (Tsonglagkhang Complex)
- Tea Gardens & peaceful environment
- Pleasant weather throughout summer

Approx. 150 km

📍 **Location:** Beautiful Hill Station in Kangra Valley

🚗 **Travel Time:** Around 4 hours by road

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4 McLeodganj Himachal Pradesh

- Known as "Little Lhasa", home of His Holiness the Dalai Lama
- Namgyal Monastery
- Bhagsu Waterfall
- Triund Trek
- Tibetan markets & cafes

📍 **Distance From Jalandhar:** Approx 155 km

★ **Travel Time:** Around 4-4.5 hours

Suggested Trip Plan

DAY 1: Mata Chintpurni – Mata Jwala Ji

DAY 2: Dharamshala – McLeodganj

★ **Best Time to Visit:**
March-June & September-November.

Plan an Exciting Himachal Pilgrimage +
Hill Station Trip from Jalandhar!



Discover Dalhousie & Khajjiar from Jalandhar!

Hill Station Adventure!



1 Dalhousie Himachal Pradesh

Approx. 180 km

- 📍 Location: Chamba Dist., Himachal Pradesh
- 📏 Distance from Jalandhar: Approx. 180 km
- ⌚ Travel Time: 5–6 hours by road
- 📅 Best Time to Visit: March–June & September–November
- ❄️ Winter (Dec–Feb) for snowfall lovers

1 Dalhousie Himachal Pradesh

- Scenic views of snow-capped mountains
- Pleasant weather throughout summer
- St, John's Church (British-era architecture)
- Panchpula waterfall
- Subhash Baaill
- Mall Road & local markets



Approx. 22 km



2 Khajjiar Mini Switzerland of India

Approx. 180 km

- Lillianess a small scenic meadow
- Sunound by dense deodar forests
- Khajji Nag Temple (12th century)
- Perfect picnic & photography spot
- Peaceful and romantic destination

- 📍 Location: Chamba Dist., Himachal Pradesh
- 📏 Distance from Jalandhar: Approx. 195 km
- ⌚ Travel Time: 6–7 hours by road
- 📅 Best Time to visit: April–June & September–November
- 📏 Distance from Dalhousie: About 22 km

Suggested 2–3 Day Trip Plan

- DAY 1: Jalandhar – Dalhousie (local sightseeing & stay)
- DAY 2: Dalhousie – Khajjiar – Back to Dalhousie
- 🕒 Best Time to Jalandhar



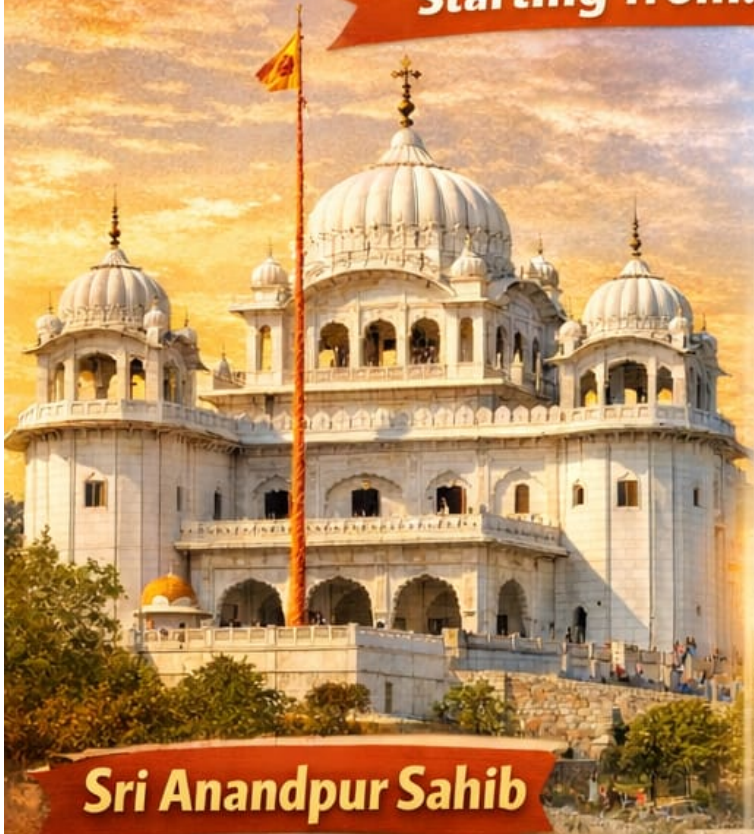
Plan a Scenic Hill Station Getaway from Jalandhar!



• TRIP TO •

Sri ANANDPUR SAHIB & MANALI

Starting from: Jalandhar



Sri Anandpur Sahib

Approx. 100 km

- Takht Sri Keshgarh Sahib
- Birthplace of Khalsa



Manali

Approx. 340 km

- Snowy Mountains
- Solang Valley



Spiritual Journey to Sri Anandpur Sahib & Scenic Adventure in Manali



SHIMLA HILL STATION TRIP

Via Chandigarh
Starting from Jalandhar

ROUTE MAP



Total Distance: 280 KM (One Way)

CHANDIGARH TOURIST PLACES



Rock Garden



Sukhna Lake



Rose Garden



* Capitol Complex



* Sector 17 Market

SHIMLA TOURIST PLACES



* Mall Road & Ridge



* Christ Church



* Jakhu Temple



* Kufri (16 KM)



* Christ Church



* Naldehra



* Munirki



* Indian Institute of Advanced Study

IDEAL TRIP DURATION

- ▶ 3 Days / 2 Nights
- ▶ 4 Days / 3 Nights

BEST TIME TO VISIT

- ☀️ March - June Pleasant Weather
- ❄️ Dec - Feb Snowfall Season