**Hindu Pilgrimage**



A Pilgrimage is a special journey to a place of religious importance. People go on pilgrimages for different reasons, such as to say sorry to their god (penance), as part of their teachings or because they are ill.

In the Hindu religion the River Ganges (their sacred river) is where many Hindus visit on pilgrimage. In Varanasi (one of the most holy cities in India) visitors may bring the bodies of their dead relatives to be cremated by the Ganges. The visitors may want to bathe in the river for purification – washing away of sins.

* Please see the attached PowerPoint slides: Hindu pilgrimage.
* Watch this video: <https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-my-life-my-religion-hinduism-pilgrimage-hinduism/z4ghf4j#:~:text=The%20most%20famous%20Hindu%20pilgrimage,Hindus%20to%20go%20on%20pilgrimage>.
* See also the Hindu legend of how the Ganges fell to earth:

**The legend of the River Ganges**

King Sagara had many disobedient and unruly sons. The gods complained to the holy man, Kapioa, about them. King Sagara decided to make a special sacrifice to appease the gods. The sacrificial goat ran away! His sons chased it and ran straight into Kapioa! He used his power of sacred flame to reduce them to ashes. King Sagara was heartbroken, now his sons' souls would not go to heaven without prayers & holy water. Kapioa felt sorry for the King and relented. He said he would allow the sons' souls into heaven if the god Ganga came down to earth. She was not keen, but Vishnu pushed her with his toe. Ganga angrily headed for earth as a furious wave. Shiva feared the earth would be destroyed, so caught the wave in his hand. It flowed gently, as a river, from the Himalayas into India.

* Please create an information sheet on Hindu pilgrimage to the River Ganges, including information on why the Ganges is sacred to Hindus.