

TIME FOR SELF IN KERALA

22 DAYS *

**This trip can be covered in 15 days. The ayurvedic retreat will last 7 days.*

Overview

Day 1: Kochi International Airport

Day 2: Discovering Kochi

Day 3: From Kochi to Munnar

Day 4: A day in the hills and tea plantations in Munnar

Day 5: From Munnar to Periyar National Park

Day 6: A day in the Periyar Nature Reserve

Day 7: From Periyar to Allepey, a cruise on the huge network of lagoons and canals

Day 8 to 21: From Allepey to Varkala, ayurvedic treatment

Day 22: From Varkala to Trivandrum International Airport

Details

Day 1: Welcome to Kerala, Land of Green Magic



Our representative will meet you at Kochi Airport and then escort you to your hotel. Kochi is a colonial city. The influences of the Portuguese, Dutch and British mingle and end in a colonial touch to this cosmopolitan and fascinating city.

At the airport at the hotel: 1h30. Hotel in Kochi.

Day 2: Walking in the streets of Portuguese, Dutch and English

After breakfast, you will discover Fort Kochi. Explore the narrow streets of the Old Town, Mattanchery and Fort Kochi. You will see the footprint, still visible, left by the Europeans, including the houses of merchants and old warehouses along the seaside and narrow streets.

Nous visiterons ensuite la synagogue Paradesi dans le quartier Jew Town, l'église St-François (la plus ancienne église européenne d'Inde), le Dutch Palace, qui date du XVI^e siècle, sans oublier de faire halte auprès des célèbres filets de pêche chinois.

In the evening, a motor boat will make you discover the port of Kochi while you admire the sunset. This two-hour cruise will also allow you to take a close look at fishing nets, the picturesque fishing port of Vypin and the islands that make up Fort Kochi.

Hotel in Kochi.

Day 3: Journey to the beautiful hills of Munnar



Today, you wander through the various tea and spice plantations, lakes and eucalyptus forests, where small hamlets are hidden in the heart of the mountain of western ghats. You visit a region's spice garden, known around the world. Between cinnamon, pepper, cardamom, pepper, vanilla and star anise, all your senses are awake.

Discover the secrets of making the famous Indian Masala that perfumes most Indian dishes. These spices also have many benefits, especially used in Ayurvedic medicine. Fill up on spices for you and your loved ones and join Thekkady, a village on the outskirts of the Periyar Nature Reserve.

From Kochi to Munnar: 4.5 hrs. Hotel in Munnar

Day 4: Walk around Munnar



Today we explore the splendor of Munnar on foot. The day starts early with incredible views of the plains and dense tropical forests.

You will be accompanied by a guide who will tell you all the complexity and wonder of this rare ecosystem.

Hotel in Munnar



Day 5: Through the tea gardens and a spice plantation

After breakfast, departure to Periyar (Thekkady). You wander through the various tea and spice plantations, lakes and eucalyptus forests, where small hamlets are hidden in the heart of the mountain of Western ghats. You visit a region's spice garden, known around the world. Between cinnamon, pepper, cardamom, pepper, vanilla and star anise, all your senses are awake. Discover the secrets of making the famous Indian Masala that perfumes most Indian dishes. These spices also have many benefits, especially used in Ayurvedic medicine. Fill up on spices for you and your loved ones and join Thekkady, a village on the outskirts of the Periyar Nature Reserve.

From Munnar to Periyar: 3.5 hours

Hotel in Periyar

Day 6: Bamboo rafting in the heart of the Periyar fauna and flora



Today, you will practice bamboo rafting in the nature reserve (from 7.30 am to 1 pm). This is one of the most exciting activities in Thekkady and a perfect ecological entertainment for nature lovers who come here.

Each team of ten tourists will be accompanied by an armed forest ranger and four guides. Most of these guides belong to local tribal communities who are familiar with the nooks and crannies of these dense forests.

You will hike through the dense forests, followed by three hours through the district of the Periyar Tiger Reserve on a bamboo raft. It is one of the most biodiverse places of the Western Ghats, from where you can enjoy a panoramic view of the forest-covered hills reflected in the waters of the lake. Elephants, gaurs and sambars can be seen near the shores of the lake.

Hotel in Periyar

Day 7: Direction the backwaters and cruise



After breakfast, you will drive to Alleppey. The houseboat is waiting to take you on a cruise along the backwaters, a beautiful region of canals, lakes and coves. You can sunbathe on the deck or watch the scenery from the cabin. The entire life of the local population takes place on the water. People are sailing, fishing, swimming and bathing here.

Street vendors tend supplies and public transport is on the water. Countless waterfowl are waiting for their opportunity to catch a fish. The cruise passes through a splendid landscape of palm trees, rice paddies and aquatic plants that surround the boat like an emerald green island.

From Periyar to Alleppey: 3.5 hrs.

Night in Alleppey in houseboat. Meals included: breakfast / lunch / dinner

Day 8 to 21: Retreat to an Ayurvedic Treatment Center



Today you will join an Ayurvedic care clinic in Varkala

Developed in the pure land of India about 5000 years ago, Ayurveda, the science of life and longevity, is the world's oldest health system and it blends the deepest thoughts of medicine and the philosophy.

Since then, Ayurveda has symbolized the holistic growth - physical, mental and spiritual - of humanity all over the world. Today, it is a unique and indispensable branch of medicine, a completely naturalistic system that depends on the diagnosis of the moods of your body vata, pitta and kapha to find the right balance.

The human body is designed with various automatic purification systems that release harmful toxins out of our body. Due to a hectic lifestyle, artificially processed food and a high level of stress, our cleaning mechanism no longer performs its functions and toxins accumulate in our body causing various disorders or chronic diseases (diabetes, obesity, hypertension, tumors, migraine, heart disease, kidney and liver disorders, respiratory, dermatological or capillary disorders ...

Just as our car needs constant maintenance, checking the oil level, and being reviewed regularly, our body also needs to be overhauled, oiled and cleaned internally.

Ayurveda has described wonderful purification techniques that eliminate toxins in our tiny channels.

This set of cleansing and detoxification techniques is called "Panchakarma".

The word "Panchakarma" in Sanskrit means five actions (pancha: five / karma: action), thus including 5 therapy groups. Each therapy completes and systematically reinforces the others, which ultimately allows for a deep and lasting cleansing of the body.

You will make a first consultation with the Ayurvedic doctor who will determine with you the care to perform, the specific massages, the specificities of food if necessary and the Ayurvedic medicines to take during your treatment. You will choose the care you want to achieve. During the following days, you will consult regularly to ensure the follow-up and the evolution of your well-being. This regular monitoring ensures the quality and the result of the treatment. You then receive a welcome massage made with essential oils.

From Alleppey to Varkala: 3 hrs

Ayurvedic center and hotel in Varkala

Day 22: Departure for Trivandrum

You will head for Trivandrum Airport to take the return flight back home.

THE PRICE INCLUDES

Accommodation in twin rooms with breakfast

Comfortable air-conditioned transport during the whole trip according to the itinerary

Entrance fees to tourist sites

One night on a houseboat full board

Visit of a spice plantation in Periyar

Rafting in Periyar bamboo raft

14-days Ayurvedic treatment

Local english speaking guides in Kochi

All activities mentioned in the itinerary

PRICE DOES NOT INCLUDE

Air tickets and airport taxes

All personal expenses: drinks, tips, phone calls, etc.

Main meals (Lunches and dinners)

Visa fees

(<https://indianvisaonline.gov.in/evisa/tvoa.html>)

Drinks and personal expenses

Tips

Anything that is not listed in the "price includes" section

→ All quotes are subject to change based on availability and prices may be adjusted based on exchange rate fluctuations and increased government taxes. This can affect the total price. All rates quoted are based on the best price available to date and are subject to change at the time of booking.

OPTION OF POSSIBLE PROGRAM

Calicut

Ooty

Madurai