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## KERALA DELIGHTS

9 days / 8 nights

Kerala – known as God’s own country, is a perfect place for a relaxing break, either as an add-on to perhaps a tour of Rajasthan or other parts of India, or as a holiday on its own. Enjoy some Ayurveda for which Kerala is famous – energise your body, stimulate your mind, and calm your soul.

Sun-kissed beaches; Kettuvallam houseboats on peaceful back-waters (canals) fringed by palm grove and paddy fields and offering a striking spectacle of the rustic life; exotic hill-stations, suspended in time amidst sprawling tea plantations; picture-book towns with winding lanes and an intriguing mix of cultures; wildlife reserves; trekking and cruising facilities; all combine to make this a most enjoyable itinerary.

The heart of the land is composed of intensely green paddy fields and a unique network of rivers and lagoons. Upland Kerala, relatively little visited, comprises hills thickly wooded with teak and rubber. It is here that Kerala’s most precious spices are grown in carefully nurtured plantations – cardamom, pepper, cinnamon, ginger, vanilla and nutmeg.

## ITINERARY

### Day 1 Cochin (Kochi)

Reception and welcome at Kochi airport followed by transfer to your hotel.

### Day 2 Cochin

After a leisurely morning proceed on a guided sightseeing tour of the city.

### Day 3 Cochin-Munnar 110kms – 3hrs

Drive to Munnar, the summer resort of the British in South India visiting the Cardamom research centre on the way.

### Day 4 Munnar-Periyar 100kms – 2½hrs

Proceed to Periyar this morning. Afternoon watch from a boat as herds of elephants and other wildlife. Enjoy the cool waters of the lake.

### Day 5 Periyar

A free day to relax and enjoy your thatched cottage set in the heart of the Cardamom hills.

### Day 6 Periyar-Kumarakom 170kms – 3½hrs

En route to Kumarakom stop at a rubber plantation to see how rubber is taped and processed.

### Day 7 Kumarakom

Enjoy some Ayurveda for which Kerala is famous – energise your body, stimulate your mind, and calm your soul.

**Day 8**

**Kumarakom-Ketuvalam Rice Boat**

Enjoy a peaceful day and night on board a Kettuvallam houseboat, exploring the peaceful back-waters (canals).

**Day 9**

**Alleppey-Cochin**

Disembark in Alleppey, where you will be met and driven to Cochin airport for your onward flight.