15D KERALA AYURVEDA & SPA

Day 01 : Kuala Lumpur – Cochin – Trivandrum

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(BLD)

Arrive **Trivandrum**, after a traditional **'Swagat'** (Welcome) our representative will assist you and transfer you to hotel for check-in. **Thiruvananthapuram**, formerly known as **Trivandrum**, is the capital of the Indian state of Kerala. It is located on the west coast of India near the extreme south of the mainland. The city is characterized by its undulating terrain of low coastal hills with narrow winding lanes and busy commercial alleys. Thiruvananthapuram literally means Ananthapuri, "the city of Ananthan", the Thiru (Great/Lord) Ananthan's Puram (City). The name derives from the main deity of a Hindu temple at the centre of the city. Ananthan is the serpent Sesha on whom Padmanabhan or Vishnu reclines. The temple of Anantha, the Sri Padmanabhaswamy temple is the most recognizable icon of the city. **Overnight Hotel – Trivandrum**

Day 02 : Trivandrum – Alleppey (155 kms. - Approx 4 hrs.) Alleppey - Kumarakom (Houseboat)

Morning visit the **Padmanabha Swami Temple**, dedicated to Lord Vishnu is held sacred by the Hindus from antiquity. The temple has a large complex with a huge Gopuram. It has a tank beside it for ritual bathing. Next we visit **Napier Museum:** This 19th century structure displays a rare collection of archaeological artifacts, bronze idols, ancient ornaments, a temple chariot and ivory carvings. The Indo-Saracenic structure boasts of a natural airconditioning system that bears testimony to the technological progress of that period. **Sri Chitra Art Gallery**, an excellent collection of Indian art with examples from early to modern schools. Paintings by Raja Ravi Varma & works from Mughal & Rajput miniature paintings & Tanjore paintings embellished with semi- precious stones are displayed. Also visit the beautiful **Palace**.

Afterwards transfer to the jetty. On arrival board the **houseboat**, locally called **Kettuvallam**, and cruise around cruise around beautiful **Vembanad lake**, This lake offers an enchanting experience to the tourists. The lake is the best picnic spot, where you can relax your mind and body. While the water gives the place a cooling effect, trees and shrubs act as a respite to the parched eyes. The lake is an excellent family-picnic destination too. While seniors can laze around the lake reading a book or talking, youngsters can opt for fishing and boating. Later proceed to **Alleppy** through backwaters to observe and experience the daily life of the villagers along the backwaters. **Overnight - Houseboat.**

Day 03 : Arrive Kumarakom

(B)

Today morning we disembark houseboat & transferred to resort for check-in. **Kumarakom**, the famous backwater tourist destination in Kerala is located in the district of Kottayam. This place can be reached through a voyage from Alappuzha. Kumarakom is undoubtedly the most invigorating, fascinating paradise in Kerala, God's own country. This rich green, sleepy little village of Kumarkom is located on the Vembanad lake amidst mangrove forests and coconut groves. Kumarakom is an enchanting picnic spot and provides boating, fishing and sightseeing experiences that are truly exhilarating. The slender coconut palms standing here, there and everywhere, its never ending paddy fields, meandering lagoons and backwaters, mangroves nesting birds of a hundred varieties can peacefully calm and invigorate your mind. On the scenic Vembanad lake you will come across plenty of traditional country crafts or houseboats, boats and canoes. The fresh water of the lake runs into the mainland making a labyrinth of lagoons, brooks, canals and waterways. The backwater houses a variety of species of both fauna and flora and marine life.

Later explore **Kumarakom Bird Sanctuary**. There are two seasons for birds: between October and February there are cormorants, teals, and other ducks and from February to July there are darters (snake birds), night herons, egrets, and Siberian storks. It also has golden backed woodpecker, crow pheasant, white-breasted water hen, tree pie etc. **Overnight Hotel – Kumarakom.**

Day 04 : Kumarakom – Periyar (135 kms. - Approx 4 hrs.)

(B)

Today we explore one of the finest wildlife sanctuaries in India, the **Periyar Wildlife Reserve**. Set on an attractive lakeside, it is South India's most popular Wildlife Sanctuary. Periyar is a place to cruise on the lake & gives an opportunity to see wildlife. It is home to tigers, leopards, elephants, bison, antelopes, sambhar, wild boar, monkey, a wide variety of birds. Next we explore the sanctuary to experience the beauty & ecological pattern. Upon arrival transferred to hotel for check-in. **Evening Spice Plantation & Boat Ride Overnight Hotel – Periyar.**

Day 05 : Periyar - Munnar (160 km - 04 hr)

(B)

Morning, we will take you for an **Elephant safari** in Periyar and Later driven to Munnar. Upon arrival transfer to hotel for check-in. **Munnar**, most popular hill stations in South India, situated at the confluence of three mountain streams Mudrapuzha, Nallathanni & Kundala. It was once the summer resort of the erstwhile British officers in South India. Sprawling tea plantations, picture book town, winding lanes, trekking & holiday facilities make Munnar a unique experience. **Overnight Hotel – Munnar**.

Day 06: Munnar

(B)

Today we take a tour of Munnar, visiting the **world's highest tea estates** spread like a green carpet over a large area. Later we visit **Eravikulam National Park** (Closed - January & February), the best place to see the rare **Nilgiri Tahr** (mountain goat). This sanctuary was set up for the preservation of the endangered Nilgiri Tahr. **Overnight Hotel – Munnar.**

Day 07 : Munnar - Cochin (175 km / 4 hr)

(B)

Today we will drive to **Cochin** always had a very popular & historical sea trade connection with Middle East, Mediterranean Europe & Dutch. It has one of the finest natural harbors on the Arabian coastline. Its cosmopolitan character is reflected in the buildings & structures representing different regions of the world. Evening see Kerala's most popular traditional classical dance **Kathakali**. **Overnight Hotel – Cochin**.

Day 08 : Cochin - Trivandrum (By Train Jan Shatabdi 1725 / 2055) Half-day tour

(B)

After breakfast proceed for half-day city sightseeing tour of Cochin visit **St. Francis' Church**, built in the year 1503 by Portuguese Franciscan Friars & known to be the oldest European church in India. It was restored in the year 1779 by the protestant Dutch, converted to an Anglican Church by the British in 1795. Vasco da Gama's remains were buried here in 1524 & later moved to Lisbon, Portugal. We also visit Dutch Palace, originally built by the Portuguese. Later in 17th century they modified it & presented it to the Raja (King) of *Kochi* (Cochin). The Palace has a fine collection of mural paintings depicting scenes from Hindu epics, Mahabharata & Ramayana. Later we visit **Jew Town**, synagogue, built in the year 1568, is magnificently decorated by Chinese tiles & Belgian chandeliers. Giant scrolls of the Old Testament can be found here. Also visit the spice market, where the air is filled with the pungent smell of spices & history that brought the world to its doorstep. **Chinese fishing nets**, (*Cheenavala*) are distinctly unique to Cochin. It is believed that traders from the court of the Chinese ruler Kublai Khan introduced these nets here. Later transfer you to Railway station to board your train to Trivandrum and upon arrival at Traivandrum transferred to Hotel at Kovalam for check-in **Overnight Hotel – Kovalam**.

Day 09 : Kovalam

(B)

Walk down to the nearest beach and spend your full day at leisure on the beach or get yourself engage in any Ayurveda massage. **Overnight Hotel – Kovalam (B)**

Day 10 : Kovalam

(B)

Walk down to the nearest beach and spend your full day at leisure on the beach or get yourself engage in any Ayurveda massage. **Overnight Hotel – Kovalam (B)**

Day 11 : Kovalam

(B)

Walk down to the nearest beach and spend your full day at leisure on the beach or get yourself engage in any Ayurveda massage. **Overnight Hotel – Kovalam (B)**

Day 12 : Kovalam

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Walk down to the nearest beach and spend your full day at leisure on the beach or get yourself engage in any Ayurveda massage. **Overnight Hotel – Kovalam (B)**

Day 13 : Kovalam (B)

Walk down to the nearest beach and spend your full day at leisure on the beach or get yourself engage in any Ayurveda massage. **Overnight Hotel – Kovalam**

Day 14 : Kovalam (B)

Walk down to the nearest beach and spend your full day at leisure on the beach or get yourself engage in any Ayurveda massage. **Overnight Hotel – Kovalam**

Day 15: Kovalam - Trivandrum - Cochin(35 kms. - Approx 45 min.)

Today day would be at your leisure later transfer to International Airport to board your flight to onward destination.