



shanti  yoga

14 NIGHTS/ 15 DAYS

# KERALA UNVEILED

CULTURE, BACKWATERS & AYURVEDA







# OVERVIEW

This 15-day journey through Kerala offers a seamless blend of culture, landscape, and wellness. Begin in Kochi, where colonial history and spice-laden trade routes shaped a unique coastal heritage. Travel onward to the mist-covered hills of Munnar and the wildlife-rich forests of Thekkady, before slowing down along the tranquil backwaters of Kumarakom with a traditional houseboat cruise. The experience concludes on the palm-fringed shores of Kovalam, where a structured Ayurvedic program, yoga, and personalised treatments provide deep relaxation and renewal. Combining heritage, nature, and holistic healing, this itinerary captures the diverse spirit of South India at an unhurried pace.

# ROUTE & MAP



DATE	CITY	HOTEL	ROOM CATEGORY	GETTING THERE	MEALS
12 JAN'27, TUE	ARRIVE KOCHI	FRAGRANT NATURE	DUKES CHAMBER	FLIGHT TO KOCHI (TBA)	NO MEALS
13 JAN'27, WED	IN KOCHI			-	B
14 JAN'27, THU	KOCHI – MUNNAR	THE PANAROMIC GAETAWAY/ TALL TREES RESORT	DELUXE ROOM/ CINNAMON COTTAGE	DRIVE FROM KOCHI TO MUNNAR (130 KMS , 5 HRS)	B
15 JAN'27, FRI	IN MUNNAR			-	B
16 JAN'27, SAT	MUNNAR – THEKKADY	WGH POETREE THEKKADY	CLUB ROOM	DRIVE FROM MUNNAR TO THEKKADY (90 KMS , 5 HRS)	B
17 JAN'27, SUN	IN THEKKADY			-	B
18 JAN'27, MON	THEKKADY – KUMARAKOM	TAJ KUMARAKOM RESORT & SPA	HERITAGE ROOM	DRIVE FROM THEKKADY TO KUMARAKOM (125 KMS , 4–5 HRS)	B
19 JAN'27, TUE	KUMARAKOM – ALLEPPEY – KOVALAM	THE LEELA KOVALAM, A RAVIZ HOTEL	GARDEN VIEW VILLAS	DRIVE FROM KUMARAKOM TO KOVALAM (175 KMS , 5 HRS)	B, L, D
20 JAN'27, WED	IN KOVALAM			-	B, L, D
21 JAN'27, THU	IN KOVALAM			-	B, L, D
22 JAN'27, FRI	IN KOVALAM			-	B, L, D
23 JAN'27, SAT	IN KOVALAM			-	B, L, D
24 JAN'27, SUN	IN KOVALAM			-	B, L, D
25 JAN'27, MON	IN KOVALAM			-	B, L, D
26 JAN'27, TUE	KOVALAM – TRIVANDRUM DEPARTURE	-	-	DRIVE TO TRIVANDRUM AIRPORT (15 KMS , 20 MINS)	B

### Destination:

India, Asia

### Weather

18°C to 32°C



January is one of the most pleasant months to travel in Kerala, with clear skies, calm backwaters, and ideal beach weather in Kovalam. Light cotton clothing is recommended for the coast, with a light jacket or shawl useful in the evenings in Munnar.

### Emergency Contact Information:

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### Travel Essentials:

- Original Passport
- Indian Visa
- Travel Insurance Details
- Personal Medication
- A Few Local Currency Notes (for small purchases or tips)
- Mosquito Repellents
- Sunscreen Lotion
- Hats & Sunglasses
- Binoculars & Cameras
- Comfortable Walking Shoes
- Layered clothing

### Notes:

# DETAILED ITINERARY

12 Jan'27, Tuesday

Arrive Kochi

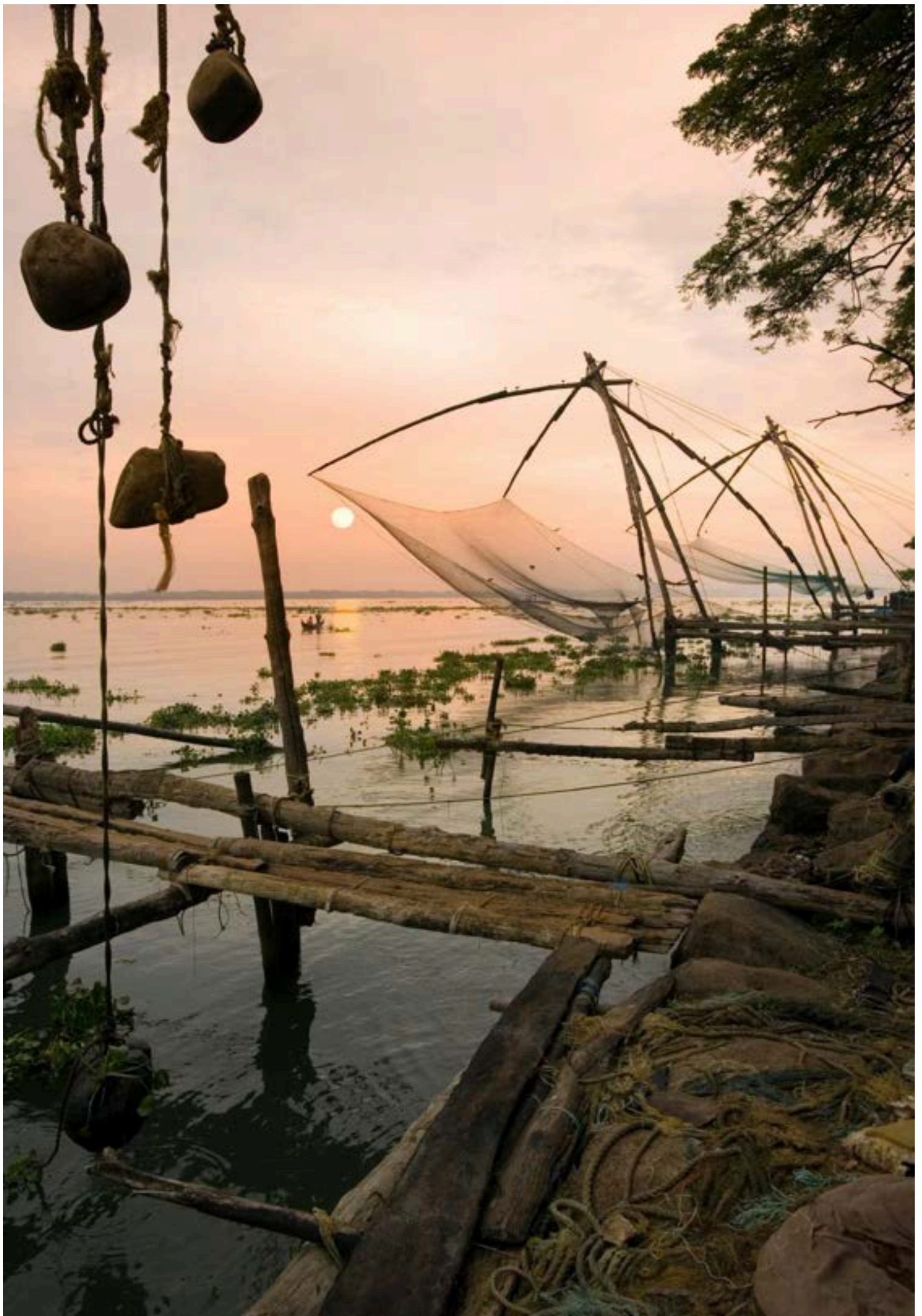
Upon arrival at Kochi International Airport, you will be met by our representative as you exit the arrival terminal, after completing customs, immigration, and baggage formalities. You will then be assisted with your transfer to your hotel for check-in.

Kochi, historically known as Cochin, has long been one of India's most important port cities. For centuries, Arab traders, followed by the Portuguese, Dutch, and British, shaped its culture and architecture. As you drive through the city, you may notice a blend of colonial-era buildings, churches, synagogues, and spice warehouses that reflect this layered past.

The remainder of the day is at leisure to rest after your journey and ease into the relaxed rhythm of Kerala. Depending on your arrival time, you may choose to enjoy the hotel facilities or take a gentle stroll nearby to get your first impressions of the coastal atmosphere.

Overnight: Fragrant Nature, Kochi (Dukes Chamber)

Meals: No Meals



13 Jan'27, Wednesday

In Kochi

After breakfast at 09:00 hours, set out on a half-day guided tour of Kochi, exploring the historic quarters that reflect the city's maritime legacy.

Begin in Fort Kochi, where narrow lanes and colonial-era buildings speak of centuries of trade and cultural exchange. Visit the iconic Chinese Fishing Nets along the waterfront, a distinctive sight believed to have been introduced by Chinese traders in the 14th century. Continue to St. Francis Church, the oldest European church in India, followed by Santa Cruz Basilica, known for its impressive architecture and painted interiors.

Proceed to Mattancherry Palace, also known as the Dutch Palace, which houses murals depicting scenes from Hindu epics and royal history. Nearby, visit the Jewish Synagogue in Jew Town, an area once central to Kerala's Jewish community. Conclude with time to explore the spice markets, where the aroma of cardamom, pepper, cinnamon, and cloves reflects Kochi's historic role in the global spice trade. The afternoon is at leisure. In the evening, you may choose to attend an optional Kathakali dance performance, a traditional art form of Kerala known for its elaborate costumes, expressive gestures, and dramatic storytelling.

Overnight: Fragrant Nature, Kochi (Dukes Chamber)

Meals: Breakfast



14 Jan'27, Thursday

Kochi – Munnar

After breakfast at 09:00 hours, depart by road for Munnar, Kerala's most celebrated hill station. The drive gradually ascends into the Western Ghats, passing rubber plantations, spice gardens, and cascading waterfalls along winding mountain roads.

As you gain elevation, the air becomes cooler and the landscape transforms into rolling hills carpeted with tea plantations. Munnar developed as a summer retreat during the British era, and its expansive tea estates continue to define the region's character.

Upon arrival, check in at your hotel and take time to relax. The remainder of the day is at leisure to enjoy the serene surroundings, take a short walk through the hills, or simply unwind while overlooking the mist-covered valleys.

Overnight: The Panoramic Gaetaway/ Tall Trees Resort, Munnar (Deluxe Room/ Cinnamon Cottage)

Meals: Breakfast

15 Jan'27, Friday

In Munnar

After breakfast at 09:00 hours, set out to explore the scenic beauty of Munnar and its surrounding hills. Begin with a visit to Eravikulam National Park, home to the endangered Nilgiri Tahr. The park's rolling grasslands and shola forests offer sweeping views across the Western Ghats and provide insight into the region's unique high-altitude ecosystem.

Continue to the Tea Museum Munnar, where you will learn about the history of tea cultivation in the region and the process that transforms fresh leaves into the tea enjoyed worldwide.

Later, visit Mattupetty Dam and Echo Point, both known for their scenic settings amid lush hills and tranquil waters. Several viewpoints along the way provide excellent opportunities to take in the layered green landscapes that make Munnar so distinctive.

Return to the hotel in the afternoon. The evening is at leisure to relax in the cool mountain climate.

Overnight: The Panoramic Gaetaway/ Tall Trees Resort, Munnar (Deluxe Room/ Cinnamon Cottage)

Meals: Breakfast



16 Jan'27, Saturday

Munnar – Thekkady

After breakfast at 09:00 hours, depart by road for Thekkady, located near the famed Periyar Wildlife Sanctuary. The scenic drive winds through spice-growing regions and forested hills, offering changing landscapes as you descend from Munnar's high elevations.

Thekkady is known for its lush forests, aromatic spice plantations, and rich wildlife. Upon arrival, check in at your hotel and take time to relax.

In the afternoon, enjoy a boat ride on Periyar Lake, situated within the Periyar Wildlife Sanctuary. As you cruise across the calm waters, you may spot elephants along the shoreline, as well as deer, wild boar, and a variety of bird species.

Overnight: WGH Poetree, Thekkady (Club Room)

Meals: Breakfast

17 Jan'27, Sunday

In Thekkady

After breakfast, visit a local spice plantation to gain insight into Kerala's centuries-old spice trade. Walk through plantations of cardamom, pepper, cinnamon, and cloves while learning about cultivation methods and the role these spices played in shaping global trade routes. The aroma and lush greenery offer a sensory introduction to the region's agricultural heritage.

The remainder of the day is at leisure. Optional activities include a guided nature walk within the Periyar reserve, bamboo rafting on the lake, or a jeep safari through surrounding forest trails, subject to availability. These experiences offer opportunities to observe the region's biodiversity more closely.

Return to the hotel in the afternoon and enjoy a relaxed evening.

Overnight: WGH Poetree, Thekkady (Club Room)

Meals: Breakfast



18 Jan'27, Monday

Thekkady – Kumarakom

After breakfast at 09:00 hours, depart by road for Kumarakom, a tranquil village set along the banks of Vembanad Lake in the heart of Kerala's backwaters. The drive takes you through rubber plantations, small towns, and stretches of countryside that gradually open into waterways and lagoons.

Upon arrival, check in at your lakeside resort. Kumarakom is known for its serene setting, slow pace, and interconnected network of canals and lagoons that define Kerala's backwater region.

The remainder of the day is at leisure to relax and enjoy the peaceful surroundings. You may choose to take a walk along the water's edge, enjoy the resort facilities, or simply unwind as you prepare for tomorrow's backwater cruise experience.

Overnight: Taj Kumarakom Resort & Spa, Kumarakom (Heritage Room)

Meals: Breakfast



19 Jan'27, Tuesday

Kumarakom – Alleppey – Kovalam

After breakfast, transfer to the jetty to board your traditional Kerala houseboat for a day cruise through the tranquil backwaters. These kettuvallams, once used to transport rice and spices, have been carefully restored to offer a comfortable cruising experience while retaining their traditional wooden structure and thatched roofing.

As you glide along narrow canals and open stretches of Vembanad Lake, observe village life unfolding along the banks. Pass coconut groves, paddy fields, small temples, and fishermen casting their nets. The slow pace of the cruise allows you to fully absorb the rhythm of life on the water.

Lunch will be served onboard, featuring regional Kerala cuisine prepared fresh by the crew.

In the afternoon, disembark and depart by road for Kovalam, Kerala's well-known coastal retreat near Trivandrum. The drive takes you south through changing landscapes, from inland waterways and villages to stretches of coconut-lined coastline.

Upon arrival, check in at your Ayurvedic resort. Kovalam is known for its crescent-shaped beaches and long association with wellness traditions. After settling in, you will have a consultation with the in-house Ayurvedic doctor, who will assess your health profile and recommend a personalised program of treatments, therapies, and dietary guidelines for the duration of your stay.

All meals and scheduled Ayurvedic treatments will be provided as per the resort's wellness program.

The remainder of the day is at leisure to relax and begin your rejuvenation journey.

Overnight: The Leela Kovalam, a Raviz Hotel (Garden View Villas)

Meals: Breakfast, Lunch & Dinner



20 Jan'27, Wednesday to 25 Jan'27, Monday

In Kovalam

Begin the day with a guided yoga session, focusing on gentle stretches and breathing techniques designed to complement your Ayurvedic treatments. The calm coastal setting enhances the sense of balance and relaxation.

After breakfast, continue with your prescribed Ayurvedic therapies as recommended by the resort doctor. Treatments may include traditional massages using medicated oils, herbal steam therapies, and restorative practices aimed at detoxification and rejuvenation.

The remainder of the day is at leisure. You may relax by the beach or pool, read, meditate, or simply enjoy the quiet rhythm of the sea.

Overnight: The Leela Kovalam, a Raviz Hotel (Garden View Villas)

Meals: Breakfast, Lunch & Dinner

26 Jan'27, Tuesday

Kovalam – Trivandrum - Depart

After breakfast, you will be assisted with your transfer to Trivandrum International Airport for your onward flight. Our representative will support you with departure formalities. As your journey concludes, you leave with memories of Kerala's layered heritage, mist-covered hills, tranquil backwaters, and days of focused wellness by the Arabian Sea.

END OF OUR SERVICES



## Inclusions

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- 7+ 7 nights' accommodation on Double Occupancy as per the hotels mentioned above
- Accommodation on a bed & breakfast basis plus 1 lunch on board the houseboat
- All transfers, excursions and sightseeing tours will be by air-conditioned Mini Coach vehicle (21–24-seater)
- Entrances in all the monuments (1 visit)
- Road taxes, parking fees, fuel charges & interstate taxes
- Services of an accompanying English-speaking Escort from arrival in Kochi on 12<sup>th</sup> Jan'27 till Alleppey Houseboat drop 19<sup>th</sup> Jan'27, staying in different hotels
- Eastbound Representative for assistance on all arrival and departure transfers at the airport only
- Mineral water will be given to the clients during sightseeing/ long drives.
- Porterage at the hotel during check-in/check-out
- Porterage at the airport
- All currently applicable taxes as on date

## Stay at The Leela Kovalam, a Raviz Hotel, includes:

- All meals (Ayurvedic meals)
- Enjoy in-house yoga sessions from 08:00 hrs to 09:30 hrs. The group is welcome to join our regular sessions.
- There will be 90-minute treatments daily.
- The Leela Kovalam, a Raviz Hotel: Hotel has 11 treatment rooms in the resort.

## Exclusions

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- Expense of personal nature like laundry, and telephone/fax calls, alcoholic or non-alcoholic beverages including mineral water during meals, professional camera/video camera fee at monuments & medical expenses.
- Tipping to driver/helper & escort
- International air ticket / Visa
- No escort/guide on board the houseboat & Kovalam

