

YOGA/ MEDITATION TOUR

7 NIGHTS / 8 DAYS * KUMARAKOM * THEKKADY * COCHIN *



Day 01 – Cochin To Kumarakom: Arrive Cochin. You will be met by our representative. Drive to Kumarakom (2 hrs). Check into backwater resort for 3 nights stay at leisure. Evening spend 1 hr for yoga at the resort. **Overnight at hotel**

Day 02 – Kumarakom: Morning spend 1 hr for yoga at the resort. Rest of the day at leisure. Or visit to nearby poor home/ orphanage (optional). Evening spend 1 hr for yoga at the resort. **Overnight at hotel**

Day 03- Kumarakom: Morning spend 1 hr for yoga at the resort. Rest of the day at leisure. Or visit to nearby poor home/ orphanage (optional). Evening spend 1 hr for yoga at the resort. **Overnight at hotel**

Day 04 – To Thekkady: Morning spend 1 hr for yoga at the resort. Later drive to Thekkady in the Western Ghats mountain range and en-route visit a Rubber plantation where you can see the rubber plants, rubber tapping and the processing of Rubber.

Up-on arrival at Thekkady, check-in to the hotel for a 2-nights stay. Evening spend 1 hr for yoga at the resort. **Overnight at hotel**

Day 05 - Thekkady: Morning spend 1 hr for yoga at the resort. Leave for the guided Jungle walk to see the local flora and fauna (no children below 12 years). Periyar Wild Life Sanctuary is one of the most important and frequently visited in India. In the afternoon proceed for a spice plantation visit with a naturalist, enjoy an elephant ride through the plantation, bathing & feeding of elephants. For your visit to the Spice Plantation, wear closed shoes - it feels like a jungle walk. Spices growing here include vanilla, black pepper, cloves, cardamom, nutmeg and mace, surrounded by coconut palms, bananas and jackfruit. Evening spend 1 hr for yoga at the resort. **Overnight at hotel**



Day 06 - Thekkady: Morning spend 1 hr for yoga at the resort. Evening spend 1 hr for yoga at the resort. **Overnight at hotel**

Day 07 – To Cochin: Morning spend 1 hr for yoga at the resort. After breakfast, drive to Cochin. Arrive Cochin and transfer to hotel. Cochin, one of the oldest port cities of India has very rich cultural past and cosmopolitan association. Also known as the ‘Queen of the Arabian Sea’, Cochin is believed to be the finest natural harbour in the world. Cochin is the oldest European settlement in India and recording a history of visitors who came, saw and stayed for hundreds of years. Layered impressions of Chinese, Arab, Jewish, British, French and Portuguese are contained within its environment.

In the afternoon, leave for the half day tour of Kochi (Cochin) which includes visits to the Dutch Palace, the Jewish Synagogue, St. Francis Church and the Santa Cruz Basilica. See the Chinese fishing nets, which dot the harbour as you drive along the coastline. Walk through the historical Dutch and Portuguese buildings. Also visit Jew Street which is famous for antiques.

In the evening enjoy cultural package including traditional dance forms of Kerala, and martial arts. **Overnight at hotel**

Day 08 - Transfer to airport for your onward flight.

We can offer extension to this Journey in Kovalam or Marari Beach

(It may be necessary to alter / amend the direction of the program to include the extensions suggested to make it more meaningful)

TOUR + KOVALAM | 12 NIGHTS / 13 DAYS * KOVALAM *

Kovalam is an internationally renowned beach with three adjacent crescent beaches. It has been a favourite haunt of tourists, especially Europeans, since the 1930s. A massive rocky promontory on the beach has created a beautiful bay of calm waters ideal for sea bathing. The leisure options at this beach are plenty and diverse-sunbathing, swimming, herbal body toning massages, special cultural programmes, Catamaran cruising etc. Life on the beach begins late in the day and carries on well into the night.

Day 8 - To Kovalam Beach: Drive to Trivandrum. Arrive and transfer to the idyllic Kovalam Beach for a stay of 5 nights.

Day 9–12 – Kovalam Beach: At leisure to relax or take optional excursions.

Day 13 -To Home: Very early morning flight back home.

TOUR + MARARI BEACH | 12 NIGHTS / 13 DAYS * MARARI BEACH *

Marari originates from "Mararikulam", one of the local fishing villages, where life still goes on much as it did a hundred years ago, with the men going out to sea each day to earn a living bringing in the daily catch. Marari Beach is located at 60 kms from Kochi(Kerala, India). The sea can be swum in from the beach and the breakers enjoyed on most days. The beach itself is pure sand without any stones.

Day 8- To Marari: Morning drive to the idyllic Marari Beach Resort for a stay of 5 nights. (B)

Day 9–12- Marari Beach:At leisure to relax or take optional excursions. (B)

Day 13 –To Home: Very early morning flight back home.

**CALL US FOR PRICING AND TO ADD ON INTERNATIONAL FLIGHTS FROM
YOUR CHOSEN DEPARTURE POINT**