



Enjoy Kerala's culture, history and scenery in 7 days.
Perfect for a short and sweet wellness (Ayurveda) getaway with friends
and/or family!

Day 0: Arrive in Cochin, pickup and drop off at accommodation. The day is yours to relax or explore.

Day 1: After breakfast, travel to the Munnar tea plantations. After lunch by the tea plantation, we will explore and visit the tea museum. We

Day 2: Watch the early morning tea plucking then, travel south to Alappuzha for an overnight houseboat cruise along Kerala's backwaters. Traditional Kerala lunch, afternoon snacks and dinner will be served on board.

Day 3: We will travel further south to Trivandrum, Kerala's capital. We will stop for lunch along the way by the banks of the Ashtamudi lake followed by a visit to a cashew-processing factory. Finally, we will end the day with an Ayurveda massage therapy followed by a light vegetarian dinner.

Day 4: See an early morning session of Kerala's ancient martial arts, Kalari. Afterwards, take a tour of East Fort, Trivandrum - see the Travancore Maharaja's palaces, visit Lord Ganesha's Temple, the famed Padmanabha Swami Temple and a snack/sweet factory. We will lunch at a refurbished palace then go souvenir shopping. To relax, an evening Ayurveda massage followed by a vegetarian dinner.

Day 5: Visit Kottoor Elephant Rehabilitation Centre, see elephants being bathed and fed. After lunch, go shopping (kurta tops/ saris/ Kerala snacks/ cashew nuts/ spices/ coconut oil). End the day with Ayurveda and a vegetarian dinner.

Day 6: Visit Padmanabhapuram, the former capital of Travancore Kingdom, to see the ancient fortress and palace. Lunch on the way. Return to Trivandrum, for Ayurveda and vegetarian dinner.

Day 7: Travel along the coastal highway, see an early British trading fort (17th Century), Angengo, and reach Varkala. You have the option to relax at the beach or enjoy some water sports. Finally, return to Trivandrum for Ayurveda and early vegetarian dinner. Return to the accommodation and then we will see you off at the airport.