



Kerala Unwind — Tea, Backwaters, Wildlife & Ayurvedic Reset

Duration: 14 days / 13 nights (flexible)

Route: Cochin (Kochi) → Alleppey (houseboat) → Munnar → Thekkady →) → Kovalam (Ayurvedic resort) → Trivandrum departure

Theme: Slow luxury — tea gardens, private houseboat, spice trails, wildlife, yoga & Ayurveda.

Summary (elevator pitch)

Arrive in historic Cochin and ease into Kerala's rhythms: colonial streets and café culture in Fort Kochi, a private luxury houseboat cruising Alleppey's palm-lined backwaters, misty tea-plantations and sunrise views in Munnar, wildlife and spice walks in Thekkady, then melt into restorative Ayurvedic treatments by the sea in Kovalam. This thoughtfully paced itinerary blends culture, nature, wellness and hands-on experiences — ideal for travelers who want to unwind, explore and come home refreshed.

Detailed itinerary (day-by-day with descriptions)

Day 1 — Arrive Cochin (Kochi) — Welcome to Kerala

Arrival at Cochin International Airport. Private transfer to your hotel in Fort Kochi. Afternoon orientation walk: Dutch Palace (Mattancherry), Jewish Synagogue, and atmospheric lanes of Fort Kochi. Evening — a relaxed welcome dinner with local Kerala flavours.

Highlight: Sunset walk by the Chinese fishing nets; café culture of Princess Street.

Suggested stay: Heritage boutique hotel in Fort Kochi.

Day 2 — Fort Kochi & Mattancherry — Culture & Spice Tales

Morning guided stroll through Fort Kochi's colonial quarter: St. Francis Church, spice shops, and local art galleries. After lunch, optional coir/craft village visit or short Kerala culinary demo (appam & stew). Evening free to enjoy a Kathakali preview (classical dance) or local performance.

Highlight: Hands-on mini cooking demo or private art studio visit.

Day 3 — Transfer to Alleppey — Board your Luxury Houseboat

Short scenic transfer to Alleppey (Alappuzha). Step aboard your **luxury private houseboat** — gourmet chef, private deck and ensuite cabins. Cruise the narrow canals, passing coconut palms, rice paddies and village life. Enjoy a freshly prepared lunch on board, an afternoon village walk at a stopping point and a serene sunset on the water.
Highlight: Private shikara ride at dusk; onboard Kerala seafood or vegetarian tasting menu.
Suggested stay: Private luxury houseboat (overnight on board).

Day 4 — Houseboat disembark / Transfer to Munnar (Tea Country)

Disembark after breakfast. Drive inland to Munnar (approx. 4–5 hours), crossing scenic hill roads and tea estates. Evening relax at a tea estate lodge or boutique resort.
Highlight: First views of rolling tea terraces at dusk.
Suggested stay: Tea-estate bungalow or boutique resort.

Day 5 — Munnar — Tea-plantation Walks & Estate Life

Guided early-morning tea-plucking walk with an estate manager: learn about plucking standards, with a tasting and short workshop at a tea factory (CTC & orthodox teas). Afternoon visit to Eravikulam National Park viewpoint (if open) or local spice garden. Sunset viewpoint for panoramic photos.
Highlight: Tea tasting session and estate-to-cup demo.

Day 6 — Munnar — Nature Trails & Local Experiences

Morning nature walk (shola forests & small lakes) or a guided birding walk. Optional experiences: visit a local honey co-op, Ayurvedic introductory therapy in the hotel, or a short village walk to meet artisan families. Free afternoon for hammock time or spa.
Highlight: Sunrise viewpoint and private picnic in the tea terraces.

Day 7 — Transfer to Thekkady (Periyar) — Spice & Wildlife



Drive to Thekkady / Periyar region (approx. 3–4 hours). Afternoon guided **spice plantation walk** and tasting (cardamom, pepper, cinnamon). Evening: optional village theatre or local cooking demonstration.

Suggested stay: Eco-lodge or plantation resort.

Day 8 — Thekkady — Wildlife & Lake Cruise

Early morning **boat cruise on Periyar Lake** with naturalist guide to watch elephants, gaur, deer and abundant birdlife at the water's edge. Afternoon free for an optional bamboo raft, nature walk or spice-market shopping. Late evening, enjoy a traditional Kerala culinary experience.

Highlight: Periyar boat safari with expert naturalist.

Day 9 Thekkady → Kovalam

Option A — Private drive to Kovalam (approx. 4 to 5 hours with scenic breaks).. Arrive Kovalam and check in to an Ayurvedic beachfront resort. Light afternoon by the sea.

Highlight: Golden-sand beaches and palm-fringed shorelines.

Suggested stay: Beachfront Ayurvedic resort.

Day 9, 10, 11, 12, 13 of Ayurvedic rejuvenation: personalized consultation, daily Panchakarma or tailored therapies (Abhyanga massage, Shirodhara), yoga sessions, and calm beach time. Optional day excursion to **Kanyakumari** (southern tip) or local cultural village visits. Final evening — beachside seafood dinner or private sunset cruise.

Highlights: Tailored Ayurvedic program, yoga & meditation, beach relaxation.

Day 14 — Trivandrum Departure (or extend)

Transfer to Trivandrum (Thiruvananthapuram) airport for onward flight. Option to extend with the Lakshadweep islands or return to Kochi for rail/flight departures. **End of tour.**

Unique touches & curated experiences included

- Private luxury houseboat in Alleppey with onboard chef and ensuite cabins
- Estate-manager tea plucking & factory demo in Munnar with tea tasting
- Guided spice-plantation walk in Thekkady with tastings



- Periyar Lake boat safari with a licensed naturalist
- **5 Nights-6 days of tailored Ayurvedic treatments and yoga in Kovalam not included in the package. Have to choose the treatments.**

Accommodation recommendations

- **Comfort:** Handpicked ★ boutique hotels & luxury stay on Houseboat with all meals
- **Premium:** luxury heritage hotels in Fort Kochi, private deluxe houseboat, tea-estate bungalows in Munnar, plantation resorts in Thekkady, premium Ayurvedic resort in Kovalam
- **Special:** private villa stay in Munnar or a starlit desert-style dinner by the backwaters

CITY NAME	HOTEL NAME
COCHIN	THE OLD COURT HOUSE OR SIMILAR
ALLEPPEY	PREMIUM HOUSEBOAT OR SIMILAR
MUNNAR	THE VALLE MUNNAR OR SIMILAR
THEKKADY	SPICE VILLAGE – CGH EARTH OR SIMILAR
KOVALAM	THE TRAVANCORE HERITAGE OR SIMILAR

Inclusions

- Meet & greet with airport transfer on arrival (Cochin)
- 13 nights' accommodation (as per chosen category) with daily breakfast (houseboat includes B&B & onboard lunch/dinner)
- Private luxury houseboat for 1 night (crew, chef, all meals on board)
- All inter-city private transfers in air-conditioned vehicle (as per itinerary)
- Professional English-speaking local guides for scheduled experiences (tea estate, Periyar, Fort Kochi)
- Activities: Alleppey houseboat cruise, Munnar tea walk & factory demo, Thekkady Periyar boat safari, spice plantation visit,
- Entrance fees, permits & local taxes where applicable



Exclusions

- International flights, visas & travel insurance
 - Gratuities, personal expenses, optional/additional activities not booked in advance, medical or emergency evacuation costs
 - Ayurvedic Treatment in Kovalam is not included
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Best time to travel & climate notes

- **Best overall: October – March** (pleasant, dry & ideal for sightseeing and tea walks)
 - **Ayurveda/Monsoon therapies: June – September** (traditional season for rejuvenation therapies —
 - **Summer:** April–May are warm inland but Kerala’s hill stations (Munnar) are pleasant; Alleppey remains humid.
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Practical tips & packing

- Light breathable clothing, a light fleece for hill mornings in Munnar
 - Good walking shoes for tea walks & nature trails; sun hat and reef-safe sunscreen for beach days
 - Mosquito repellent for backwaters and Thekkady evenings
 - If planning Ayurvedic therapies, bring comfortable natural-fiber clothes and inform us of any medical conditions in advance
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Why this route is special

This itinerary is designed for travelers who want **serene nature, authentic estate-life and real wellness** — not just checkboxes. From a private cook on your Alleppey houseboat and insider tea-factory access in Munnar, to ethical spice walks and an immersive Ayurvedic reset in Kovalam, every stop is chosen to slow the pace, deepen the senses and leave you restored.