

# *Kerala Karma*

*13 nuits - 15 jours*



## **Day 01: Arrive Cochin**

Arrive by International flight, after traditional Indian style 'Swagat' (Welcome) by Exceptional Escapes representative, he would assist you at the airport & transfer to hotel for check in.

**Cochin** always had a very popular & historical sea trade connection with Middle East, Mediterranean Europe & Dutch. It has one of the finest natural harbours on the Arabian coastline. Its cosmopolitan character is reflected in the buildings & structures representing different regions of the world.

*In the evening, we take you to view a Kathakali dance performance (time for photography of a lifetime) Enjoy and observe the elaborate pre dance make up ritual.*

**Rest of the day at leisure to explore the FORT area & Shopping.**



## Overnight Hotel – Cochin

## Day 02: Cochin

### Post breakfast guided visit of Cochin:

**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.

**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.



*A private cooking class (approx. 90 Minutes) to explore both vegetarian & non vegetarian south Indian cuisine this cooking session will acquaint you with the typical culinary delights of Southern India. The authentic delicacies cooked with traditional exotic spices will definitely give you a gastronomical bliss."*

### Overnight Hotel – Cochin (D)

## Day 03: Cochin – Alleppey (A/C Houseboat) (Drive 52 Kms / 1 Hrs)

Post breakfast drive to **Alleppey, Alappuzha**, also known as **Alleppey**, is a town in Kerala. A town with picturesque canals, backwaters & lagoons, it was described as the Venice of the East. It has a wonderful past, it owes its existence to the sagacious Diwan Raja Kesavadas in the second half of 18<sup>th</sup> century. Kuttanad, the rice bowl of Kerala with the unending stretch of paddy fields, small streams & canals with lush green coconut palms, was well known even from the early periods of the Sangam age. History says Alappuzha had trade relations with ancient Greece & Rome in BC & in the middle Ages. Alleppey now is the hub for backwaters tourism in Kerala.



On arrival we board the houseboat, locally called Kettuvallam, cruise around backwaters of Kumarakom – Alleppey to observe & experience the daily life of the villagers along the backwaters.

### Overnight Houseboat (B, L, D)

## Day 04: Kumarakom – Kovalam (Drive 178 Kms – 5-6 Hrs)

Post breakfast drive to Kovalam en-route visiting the **Padmanabha Swami Temple (IMP: Foreign Citizens are not allowed)**, 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 It is situated north of the city, at Museum road & 400m east of Indian airlines. It displays an eclectic assortment of historical & contemporary ornaments, temple carts, ivory carvings & life-size figures of Kathakali dances in full costume. It has a famous collection of 8th-18th century south Indian bronze.



**Sri Chittira 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.

**Rest of the day is FREE for relax at Ayurveda Resort and follow the "Ayurveda Panchakarma Body Purification Therapy"**

### Overnight Ayurveda Resort – Kovalam (B)



## Day 05: Kovalam

### Follow the “Ayurveda Panchakarma Body Purification Therapy”

*This Treatment includes body massage with hand and foot by two masseurs with medicated oil and cream, internal rejuvenative medicines and medicated steam bath. This therapy is for 90 minutes to 2 hours per day. This therapy is to rejuvenate the mind, body and soul, to tone up skin, to strengthen all systems so as to achieve ideal health and longevity.*

#### **Please Note:**

- *Duration of the treatments may vary according to the direction of the doctor and process may change depending upon the patient’s body condition.*
- *Final decision of the programme will be taken by the consulting doctor.*

#### **Packages includes the following services for the duration of stay**

- *Daily Ayurvedic treatments*
- *Ayurvedic vegetarian full board meal*
- *Initial, daily and final consultation by the doctor*
- *Free medicines during the treatment period*
- *Composition of an individual Ayurveda diet menu*
- *Daily Yoga classes*

## Overnight Hotel – Kovalam (B)

## Day 06: Kovalam

### Follow the “Ayurveda Panchakarma Body Purification Therapy”

#### Overnight Hotel – Kovalam (B)

## Day 07: Kovalam

### Follow the “Ayurveda Panchakarma Body Purification Therapy”

#### Overnight Hotel – Kovalam (B)

## Day 08: Kovalam

### Follow the “Ayurveda Panchakarma Body Purification Therapy”

#### Overnight Hotel – Kovalam (B)

## Day 09: Kovalam

### Follow the “Ayurveda Panchakarma Body Purification Therapy”

#### Overnight Hotel – Kovalam (B)

## Day 10: Kovalam

### Follow the “Ayurveda Panchakarma Body Purification Therapy”



Overnight Hotel – Kovalam (B)

Day 11: Kovalam

Follow the “Ayurveda Panchakarma Body Purification Therapy”

Overnight Hotel – Kovalam (B)

Day 12: Kovalam

Follow the “Ayurveda Panchakarma Body Purification Therapy”

Overnight Hotel – Kovalam (B)

Day 13: Kovalam

Follow the “Ayurveda Panchakarma Body Purification Therapy”

Overnight Hotel – Kovalam (B)



Day 14: Kovalam–Trivandrum (30 Minutes’ Drive)  
Trivandrum Departure

Transfer to airport to board the flight for home country taking back wonderful memory of Kerala Karma Tour.

**Get yourself pampered on India wellness tour**  
**A partir de 2765,00 Euros**



**Highlights & Inclusions::**

1. Tried and Tested stylish hotel accommodation for 13 Nights.
2. *Complimentary Breakfast at all the hotels.*
2. *All meals at Houseboat & Ayurveda resort.*
3. *Welcome soft drink on arrival at the hotel.*
4. *All airport transfers by private Ac Transportation with friendly chauffeur.*
5. *Kathakali dance in Cochin.*
6. *Cooking demonstration in Cochin.*
7. Daily Ayurvedic treatments
8. Ayurvedic vegetarian full board meal
9. Initial, daily and final consultation by the doctor
10. Free medicines during the treatment period
11. Composition of an individual Ayurveda diet menu
12. Daily Yoga classes
13. 5% IGST (Integrated Goods & Service Tax)
14. *A 24x7 Customer care representative at your disposal throughout your stay in India.*

**Package does not include::** Any Monument entry fee & camera fee, Any International or Domestic airfare, Any optional service, Any expense of personal nature such as hard/soft drinks, laundry, one/fax calls, tips etc, Any other expense not mentioned in the "Package includes".

**Hotels to be used:-**

Places	Deluxe Hotel / 5*	Standard Hotels/4*
<b>Cochin</b>	The Brunton Boatyard	Radisson Blu
<b>Alleppey</b>	Evergreen Luxury Houseboat	Rainbow Cruises
<b>Kovalam</b>	Manaltheeram "Standard Room"	Soma Plam Shore Sea Facing A/c Cottage

**Above or similar hotels to be used**