

# Lotus Destination Management Company

## 2019–2021 Tour Series



## *A Delicious Journey to Kerala, the Land of Spices*



**Designed as an  
11-day experience,  
this tour includes the  
following:**

- ▶ 2 overnight hotel stays in Cochin followed by 7 nights in various resorts (Munnar, Thekkady, Alleppey, and Marari) and one night on a houseboat (board in Alleppey).
- ▶ Group arrival and departure transfers
- ▶ 3 meals daily (except departure day) and bottled water
- ▶ All transportation and sightseeing/entrance fees
- ▶ English-speaking tour guide throughout the tour and extension
- ▶ Government royalty

### **The Flavors of Southern India**

Traveling across one of India's southernmost states for 12 days, guests will experience tastes and destinations as diverse as the European, Asian, and Middle Eastern influences that have shaped this region. India is commonly known as a nation rich in its tradition of curries and spices. However, the cuisine can differ drastically from one region to another. For example, the North relies heavily on wheat and other grains while the South incorporates rice into many dishes.

Self-proclaimed foodies will enjoy the many opportunities to learn about the region's agriculture, eco-friendly and farm-to-table philosophies, cooking styles, and traditions while staying in some of India's most welcoming nature resorts. From a visit to Cochin's famous fish and spice market to an in-home cooking demonstration to the annual Snake Boat Festival, we have prepared a truly authentic southern India experience.





# “Let food be thy medicine and medicine be thy food.” ~Hippocrates

We invite guests to take a front-row seat for cooking demonstrations, tours through India’s spice country and tea plantations, unique performances, and festival celebrations.

## ■ DAY 1

Guests arrive in **Cochin** and transfer to the hotel. Called the Queen of the Arabian Sea, Cochin was an important spice trading center. With Portuguese, Dutch, and British influences, it offers guests a truly global experience. In the evening, guests will delight in a presentation of the region’s classical dance form, Kathakali.

## ■ DAY 2

In the morning, guests will depart for a guided tour around **Cochin**, including a stop at the Paradesi Synagogue in the Jewish Quarter, colorful Jew Street, one of the earliest Catholic churches in India (St. Francis Church), and the world-famous Chinese fishing nets. Following lunch, enjoy a short guided walk through **Fort Cochin** followed by dinner and a cooking demonstration in the home of a well-known Kerala chef.

## ■ DAY 3

Start the day by departing for a drive through the coconut palms and spice plantations on the way to **Munnar**, the center of Kerala’s tea industry. Along the way, visit the waterfalls of Valara and Cheeyapara. Spend the remainder of the afternoon and evening at leisure.

## ■ DAY 4

Following breakfast, guests will depart for a trek through the region’s tea plantations. Spend the afternoon visiting one of **Munnar’s** 30 tea estates, including tea tasting and a visit to the Tea Museum.

## ■ DAY 5

Early in the day, drive through the Western Ghats on the way to **Thekkady**, the heart of spice country. After lunch, enjoy a walk through spice plantations and Periyar National Park. In the evening, join others for a Kalarippayattu show. Kalarippayattu originated in Kerala and is considered the oldest martial arts form.

## ■ DAY 6

Start the day with a drive to Lake Periyar and a morning cruise around the lake. Stop for a visit at the Tribal Heritage Museum, followed by lunch. In the afternoon, visit Elephant Junction, where guests can feed and assist in bathing these remarkable creatures. Spend the evening enjoying the serene surroundings of the resort.

## ■ DAY 7

Following breakfast, guests depart for **Allepey** where they will board

their houseboat for an overnight cruise through Kerala’s unique ecosystem of backwaters.

## ■ DAY 8

In the morning, depart for the drive to Punnamada Lake, the site of one of the region’s most popular and competitive boat races—the annual Nehru Trophy Snake Boat Race. Enjoy the race and festival activities throughout the day.

## ■ DAYS 9 & 10

Following breakfast, guests will transfer to **Marari** where they will enjoy two days at the beachside Abad Turtle Beach Resort. Activities include sunbathing, yoga, meditation, bicycling, interactive cooking, and Ayurveda.

## ■ DAY 11

Guests transfer to the Cochin airport for their return flights.

Lotus Destinations Pvt. Ltd.

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