

Trekking & Yoga Holiday in Northern Kerala, India

December 10th – 20th 2011

Or Christmas and New Year 24th – 3rd January 2012

**10 Wonderful fun filled days packed with sightseeing,
Exploring, trekking, swimming, complete relaxation and yoga
Experienced guides and yoga teacher**



Enjoy the peace and tranquility of Kerala's Beautiful Malabar coastline

ITINERARY

DAY 1

Arrival in Cochin airport early morning, our tour guide will accompany you to our home stay for rest and refreshments. We will then visit Cherai beach to relax and swim, before a sightseeing tour taking in the wonders of Cochin. Dinner will be at a local beach.

DAY 2

Today we will visit the spectacular Athirappilly and Vazhachal waterfalls and then travel on to visit the famous Guruvayar Elephant sanctuary. This evening we will stay at a hotel in the temple city of Guruvayar.

DAY 3

Early morning yoga

We will continue to make our way north to Malabar cove and our accommodation at the beach houses. On the way we will visit Thrissur the cultural capital of Kerala and the ancient Vaddakkumnathan Temple. The Kerala kalamandum performing arts centre, Kadalundy bird sanctuary and the beaches of Beypore and Kappad.

DAY 4

Yoga

A day to rest, relax and acclimatize and take in the natural beauty of the local area, to visit the local town and beaches to swim.

This evening we will visit a local temple to watch an authentic Theyam performance .

DAY 5

Yoga

Rock climbing (to Ezhara beach depending on tide)/Swimming/walking

Buffet Lunch at Ezhara beach and a boat trip round Dharmadam Island, where we will be able to look back to shore taking in the beauty of the stunningly natural coastline.

This evening we will have a Kalari performance.

DAY 6

Early morning departure for Waynard and trekking, today we will climb Chembra Peak and we will stay overnight in Kalpetta at the Ayurvedic Centre. There will be opportunities for Ayurvedic consultations and treatments. An Ayurvedic massage is welcoming at the end of a trek.

Day 7

Early morning yoga at the Ayurvedic Centre followed by trekking at Tolphatty, Pakshipatalam. Ayurvedic consultations and treatments



Day 8

Yoga at Ayurveda Centre.

Jeep safari followed by a visit to the beautiful Soochipara waterfalls and local wildlife area.

Return to beach houses.

DAY 9

After an early breakfast we depart for trekking at Arlam Wildlife centre, and an adventurous Jeep safari to the waterfalls there.

DAY 10

Early morning yoga.

After breakfast we depart for trekking at Pythal Mala, on our return journey we will visit the Muthappan temple.

This evening we will have a Yoga class and display by a local Indian Yogi.

DAY 11

Transfer to railway station for onward journey, or extend your stay at Malabar Cove.

Guests can return to cochin or travel on to other parts of India, Goa is easily accessible by train. Train tickets can be arranged at the office in Malabar cove, guests can be accompanied anywhere in India by arrangement.

ADDITIONAL INFORMATION

Yoga will be suitable for all levels, complete beginners are welcome.

The trekking distances range from 7K to 14k and although some trekking in Waynard can be a little challenging, it is manageable by most people.....and along with stunning, awe inspiring scenery tremendous fun!



WHAT IS INCLUDED

- 10 nights accommodation with breakfast in en-suite shared rooms
- Tea, Coffee and Herbal Water, available any time at Edakkad Guest House
- All yoga classes
- Transfers from Cochin airport
- Travel and all tours with the services of our guide where stated

WHAT IS NOT INCLUDED

- Flights and unspecified travel arrangements
- Lunch and dinner (allow about £7.00 a day)
- Entrance/activity fees (usually no more than a couple of pounds)
- Ayurvedic treatments

COST PER PERSON

£445

£100 deposit payable by 31st August 2011