

# Kerala Cycling Tour

11 Days+ Ayurvedic Wellness Extension



# Kerala Cycling Journey with Endemic Explorer

## A Soft Adventure through Nature, Heritage, and Rural Charm

### Overview

This is a curated 11-day leisure cycling journey through the diverse landscapes of Kerala, combining soft adventure with immersive experiences in nature, heritage, and local culture. Spin your way through Kerala's most evocative settings—from the serene backwaters and lush paddy fields to tea-clad hills and vibrant colonial towns. This route weaves through verdant lowlands along the Malabar coast, climbs into the tea-scented hills of Munnar, skirts tranquil canals in Kumarakom, and ends with the atmospheric charm of Fort Kochi. As you move from coast to highland and back again, each kilometre tells a story—of spice gardens and elephant trails, of fishing villages and ancient trade routes. Along the way, enjoy comfortable stays in scenic locations and savour fresh local cuisine, all while pedalling through some of the most captivating settings in the Indian subcontinent



### Day 01 – Cochin International Airport to Fort Kochi (Elevation: Sea Level)

Your adventure begins with a warm welcome at Cochin International Airport, where a Planet Asia Expeditions representative will greet you and escort you to your hotel in Fort Kochi. That afternoon, set out with a knowledgeable local guide to explore the city's layered history—walk past Chinese fishing nets swaying in the sea breeze, step into the Jewish Synagogue, and admire Portuguese and Dutch architecture that still stands as a testament to colonial times. In the evening, witness a performance of Kalarippayattu, Kerala's traditional martial art, offering a glimpse into an ancient discipline that combines athleticism and grace.

### Day 02 – Fort Kochi to Thattekkad (Elevation: 35 m)

After an early breakfast, you will be transferred out of the urban sprawl to a quieter countryside starting point. Your ride begins along canal-side roads flanked by rural villages, rice paddies, and spice gardens. This tranquil path winds its way through pineapple fields and fish farms, gradually guiding you to the foothills of the Western Ghats. Your destination is Thattekkad, a biodiversity hotspot nestled by the Periyar River. Settle into your riverside camp and, later in the day, choose between a sunset cycle around the countryside or a kayaking trip along the serene waters.



Cycling distance: 50 km

**Day 03 – Thattekkad to Munnar (Elevation: 1,500 m)**

The day's ride transitions from the lower elevations of the Western Ghats to the rolling green hills of Munnar. You will cycle past shaded plantations and hill-flanked villages, the air gradually cooling as you ascend. The final stretch presents a physical challenge as you climb to 1500 metres above sea level. Arriving in Munnar, explore its lively market and pick up local tea or handicrafts before retiring to your hilltop hotel.

Cycling distance: 95 km

**Day 04 – Exploring Munnar (Elevation: 1,500 m)**

Spend the day riding a scenic 20 km journey through emerald tea plantations, misty hamlets. Along the route, you may encounter endemic wildlife such as the Nilgiri Langur and Malabar Giant Squirrel, with expansive views and quiet trails offering endless photographic moments. This gentle ride gives you time to connect with the land and reflect on the landscape's extraordinary natural rhythm.

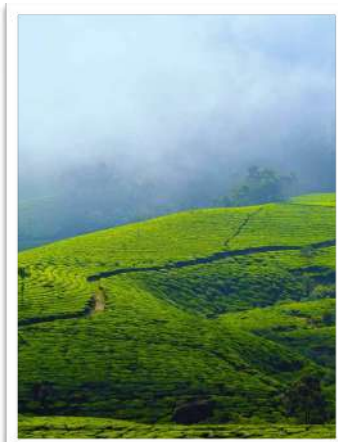


Cycling distance: 20 km

**Day 05 – Munnar to Periyar (Elevation: 950 m)**

Today's journey leads you through one of Kerala's most scenic routes. Pedal past the magnificent Anaerangal Lake in the Suryanelli Valley, framed by grasslands and tea-covered slopes. You may see elephant herds in the distance as you cycle through the Cardamom Hills, eventually reaching Periyar—home to the renowned Periyar Tiger Reserve. The blend of natural grandeur and raw wilderness makes this one of the most memorable days of the tour.

Cycling distance: 100 km

**Day 06 – Exploring Periyar (Elevation: 950 m)**

Venture into the heart of the Periyar Tiger Reserve for a morning hike led by forest guides. This is one of the few reserves where sightings of elephants and other wildlife are possible on foot. Later in the day, cruise the calm waters of Periyar Lake by boat, observing wildlife along the banks and spotting bird species such as the Great Indian Hornbill and the White-bellied Treepie. The dual perspective—from trail and from water—offers a complete immersion in this vibrant ecosystem.

Activities: Guided Hike & Boat Safari



**Day 07 – Periyar to Vagamon (Elevation: 1,100 m)**

After breakfast, pedal into the hills once more as you ascend toward Vagamon, a tranquil hamlet known for its pine forests and undulating meadows. The road curves through quiet landscapes, with far-reaching views that shift with every bend. Vagamon is also Kerala's only paragliding destination and a favourite among nature lovers seeking peace and elevation. As the day winds down, rest amidst its cool breezes and tranquil surroundings.

Cycling distance: 60 km

**Day 08 – Vagamon to Kumarakom (Elevation: 0–10 m)**

The descent into the plains begins today. With a thrilling 16 km downhill ride, you leave the highlands behind and approach the tropical plains of Kumarakom. The route is diverse—passing through rubber estates, quiet riverside paths, and rural settlements before reaching the lush paddy fields and coconut groves of Kumarakom. In the evening or following morning, a traditional canoe ride with a local expert will take you through the backwater canals, where daily life unfolds in rhythm with the waterways.

Cycling distance: 80 km

Meals: Breakfast, Lunch, Dinner

Accommodation: Lake Song or similar



**Day 09 – Kumarakom to Alleppey (Elevation: Sea Level)**

Ride into the heart of Kerala's backwater country. This 30 km stretch is rich with impressions—gleaming canals, sleepy villages, and verdant rice fields. Upon reaching Alleppey, you will board a private houseboat and drift through one of the most iconic landscapes in India. Lunch and dinner will be served onboard as the boat moves past fishing settlements and gently swaying palms. In the evening, relax on deck as the boat anchors and the sun dips into the water.

Cycling distance: 30 km

**Day 10 – Alleppey to Fort Kochi (Elevation: Sea Level)**

The final leg of your journey takes you along Kerala's coastline. After disembarking from the houseboat, you will begin cycling from Alleppey Beach. The sea breeze follows you as you pass through traditional fishing villages and coconut-lined trails. Along the way, stop for fresh coconut water or a local snack before arriving once again in Fort Kochi, bringing your cycling adventure full circle.

Cycling distance: 40 km

**Day 11 – Departure**

After breakfast, a comfortable transfer will take you to Cochin International Airport, bringing your journey through Kerala's hills, forests, and waterways to a graceful close.

**Wellness Extention**

For those wishing to extend their stay, we offer the opportunity to spend two or three additional days experiencing authentic Ayurvedic wellness treatments, renowned for their restorative benefits. Alternatively, you may opt for a full-body health check-up at one of Asia's finest medical facilities, or schedule a dental consultation and cleaning with a trusted local clinic. This extension allows you to leave not only inspired by Kerala's natural beauty, but also feeling refreshed, rebalanced, and well cared for.





## Tour Highlights

- 1. Leisurely Ride Through Kerala's Lush Landscapes**  
Cycle across a handpicked route that meanders through paddy fields, tea plantations, spice gardens, backwaters, and coastal villages—offering ever-changing scenery with every turn of the wheel.
- 2. Immersive Heritage Walk in Fort Kochi**  
Wander through the colonial quarters of Fort Kochi with a local historian—visiting the Jewish Synagogue, Chinese fishing nets, Dutch palaces, and centuries-old churches that reveal Kerala's global past.



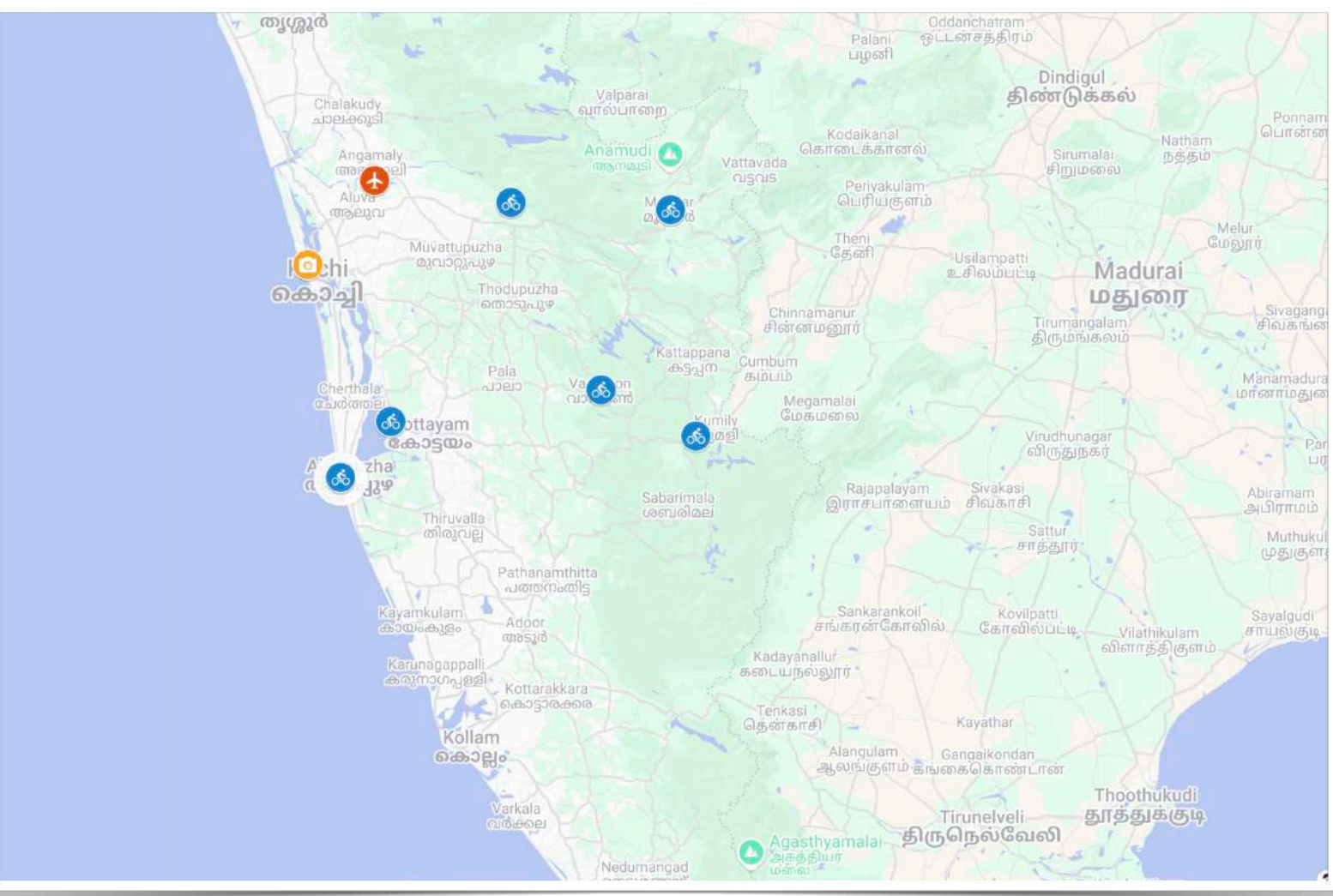
- 3. Birding and Sunset Cycling in Thattekkad**  
Explore Thattekkad's rich biodiversity with optional kayaking and evening cycling in the countryside, where tropical birds and village life provide a quiet rhythm to the day.

- 4. Hill Climb to Munnar's Tea Country**  
Challenge yourself with a rewarding ascent into the Western Ghats, ending in Munnar's misty hills—home to panoramic tea estates, rare wildlife, and cool mountain air.

- 5. Wildlife Encounters in Periyar Tiger Reserve**  
Trek with expert forest guides and enjoy a serene boat safari across Periyar Lake, with chances to spot elephants, deer, and exotic birdlife in their natural habitat.
- 6. Scenic Cycling Along Anaerangal Lake and the Cardamom Hills**  
Ride through one of Kerala's most breathtaking routes, past grassland valleys and glistening mountain lakes, where spice-scented breezes accompany your journey.
- 7. Village-to-Village Ride Through Rural Kerala**  
Experience authentic rural life as you cycle through rubber plantations, canals, and farmsteads—stopping for tender coconut water or a chat with friendly locals.



8. Cultural Performance of Kalarippayattu Martial Art  
Witness the athletic grace of Kalarippayattu, one of the world's oldest martial arts, performed in a traditional setting—a window into Kerala's living heritage.
9. Optional Wellness & Health Extension  
Conclude your journey with an optional Ayurvedic wellness retreat, a comprehensive health check-up, or dental consultation—ensuring you return home rejuvenated in both body and spirit.
10. Savour the Finest of Kerala Cuisine  
Enjoy a rich culinary journey shaped over 2,000 years by the diverse influences of Roman traders, Jewish settlers, Portuguese explorers, Dutch merchants, and British colonials. From coastal seafood delicacies to spice-laden vegetarian fare, each dish tells a story of Kerala's multicultural past—served with warmth and tradition in every bite.





### **Tour Manager, Guides and Supporting Team**

A dedicated team, including experienced cycling guides, road marshals, and a tour manager, will accompany you throughout the journey. They are supported by a skilled crew of facilitators, such as bicycle mechanics and on-call medical professionals, ensuring comfort, safety, and a seamless travel experience.

**Cost:** Dependence on the hotels and extra excursions you choose. Please get in touch with us to enable us to understand your needs, wishes and expectations



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