

Explore Kerala: nature.heritage.food

Fort Kochi I Thattekkadu I Munnar I Periyar I Kumarakom I Marari



God's Own Country

This curated journey through Kerala blends nature, heritage, cuisine, and wellness with a rare intimacy. From the historic streets of Fort Kochi to the misty highlands of Munnar and the forested edges of Periyar, every moment is guided and personal. You will enjoy immersive Endemic Explorer Experiences: a heritage rickshaw ride through colonial Kochi, cycling in tea gardens, forest birding, a village toddy tasting, a spice walk, cooking with locals, birdwatching, and tailored Ayurvedic spa therapies. Along the way, savour a traditional Kerala Sadya and sweets like Payasam, Kuzhalappam, and Achappam —every detail crafted to connect you with Kerala's authentic soul.



Day 1 – Arrival in Kochi: Coastal Calm & Colonial Charm

Distance from Airport: 45 km | Elevation: Sea level

Arrive at Cochin International Airport and transfer to Fort Kochi, once the epicentre of global spice trade. Your stay is in a boutique heritage hotel reflecting Dutch, Portuguese, and British influences. Spend the afternoon relaxing or exploring the coast where Chinese fishing nets rise like skeletal fans against the sky. This is your first taste of Kerala's layered past and sensory richness. Dinner offers fresh catch and coastal flavours. From antique furniture to sea breeze, your immersion begins.

Overnight: Brunton Boatyard or Similar



Day 2 – Fort Kochi: Where the World Once Docked

Local Touring | Elevation: Sea level

Begin the day with an Endemic Explorer auto-rickshaw heritage ride through Fort Kochi's historic quarters. Visit St. Francis Church, the first European church in India, and the Paradesi Synagogue, the oldest in the Commonwealth, with its hand-

painted tiles and gold pulpit. Explore Mattancherry Palace, gifted by the Portuguese and rebuilt by the Dutch, with its rich murals. The afternoon brings time in antique shops and art galleries. Enjoy a traditional Kerala Sadya on banana leaf, followed by local sweets like Payasam and Kuzhalappam.

Overnight: Brunton Boatyard or Similar



Day 3 – Thattekkad Birding & Journey to Munnar

Distance: Kochi to Thattekkad – 65 km | Thattekkad to Munnar – 75 km | Elevation: Sea level to 1,600 m

Depart by 5:00 AM for Thattekkad Bird Sanctuary, guided by a naturalist. Spot endemic species like the Malabar Grey Hornbill and Sri Lanka Frogmouth. Visit a rubber plantation, then enjoy a traditional Kerala breakfast. Experience Endemic Explorer fishing and toddy tasting with locals before heading to Munnar through lush cardamom hills. Arrive by evening and check into a colonial-style estate surrounded by tea gardens. The cool highland air is a welcome contrast to the coast.

Overnight: Windermere Estate or Similar

Day 4 – Munnar: Tea Trails and Highland Ecology

Local Touring | Elevation: 1,600 m

Start your morning with a visit to Eravikulam National Park, home to the endangered Nilgiri Tahr. Walk misty ridgelines above the clouds. Later, enjoy an Endemic Explorer cycling tour through tea gardens, led by a local guide. Visit a working tea factory that preserves traditional methods. In the afternoon, take part in a gentle spice walk to learn about cardamom, pepper, and cloves growing in the wild. Dinner is highland-inspired with flavours of jackfruit, yam, and cinnamon.

Overnight: Windermere Estate or Similar

Day 5 – Periyar: Spice Valleys and Forest Mystique

Distance: Munnar to Periyar – 95 km | Elevation: 1,600 m to 900 m

After breakfast, travel to Periyar through winding hillsides and spice-growing villages. Arrive at your eco-lodge surrounded by dense forest. In the afternoon, explore the Periyar Tiger Reserve on a guided forest walk, where sightings include sambar deer, langurs, and sometimes elephants. Tigers are elusive but their presence is felt in the hush of the jungle. End the day with a powerful Kalarippayattu martial arts performance—a dramatic expression of Kerala's warrior traditions.

Overnight: Aanavilasam or Spice Village or Similar

Day 6 – Periyar to Kumarakom: Forest to Backwaters

Distance: Periyar to Kumarakom – 140 km | Elevation: 900 m to -1 m (below sea level)

Start your day with a tranquil boat safari on Periyar Lake, where early morning offers the best chance to see wildlife at the water's edge. After breakfast, depart for the backwaters of Kumarakom, arriving in time for a relaxed lakeside lunch. Check into a peaceful waterfront retreat, surrounded by coconut palms and lotus ponds. In the afternoon, enjoy a quiet canoe ride through narrow canals, watching everyday village life unfold on the water. Dinner highlights Kuttanadan cuisine, featuring duck roast, local freshwater fish, and spiced tapioca.



Overnight: Purity at Lake Vembanad or Coconut Lagoon, or Similar Kumarakom

Day 7 – Kumarakom to Marari: Backwater Morning to Coastal Calm

Distance: Kumarakom to Marari – 40 km | Elevation: Sea level After a restful morning and breakfast by the lake, take a short drive to the coastal village of Mararikulam. Arrive at a handpicked beach resort that blends heritage architecture with barefoot luxury. Spend your afternoon walking along quiet stretches of golden sand or relaxing by the pool. A sunset seafood dinner under swaying palms completes your soft landing into Kerala's coastal life.

Overnight: Marari Beach Resort or Carnoustie Ayurveda & Wellness Resort, Mararikulam

Day 8 – Marari: Ayurvedic Wellness by the Sea

Local Touring | Elevation: Sea level



Begin your wellness immersion with a traditional consultation from a certified Ayurvedic doctor. Dressed in Kerala's ceremonial white, you will undergo customised treatments such as abhyanga (herbal oil massage), steam therapy, or shirodhara (oil poured on the forehead). Enjoy a plant-based satvik lunch (optipnal) prepared with local medicinal herbs. Between therapies, you can rest in your private villa, walk along the beach, or take part in optional yoga sessions. Wellness here is not rushed—it flows, as the sea does.

Overnight: Marari Beach Resort or Carnoustie Ayurveda & Wellness Resort, Mararikulam

Day 9 – Departure from Kochi: Rebalanced and Ready

Distance: Marari to Kochi Airport – 75 km | Elevation:

Sea level After a nourishing Ayurvedic breakfast and your final wellness treatment, it is time to say goodbye to Kerala's coast. Your private transfer will take you from Mararikulam to Cochin International Airport, approximately two hours away. Depart refreshed, rebalanced, and full of rich memories—from birding in ancient forests and exploring spice trails, to resting by the sea in body and spirit. This journey will linger in your senses long after your return.

**Endemic Explorer Experiences Featured:**

- Auto-rickshaw heritage ride in Fort Kochi
- Cycling in Munnar's tea gardens
- Spice walk in Munnar
- Cooking session in Periyar
- Fishing and toddy tasting in Thattekkad
- Birdwatching in Thattekkad
- Canoe ride in Kumarakom
- Wellness treatments and traditional attire in Ernakulam
- Kerala Sadya & traditional sweets: Payasam, Kuzhalappam, Bonda, Achappam

Special Note

1. ***This is an indicative itinerary.*** We would love to connect with you to better understand your interests, preferences, and travel style. Based on that, we will recommend a fully curated journey tailored specifically for you and your team.
2. ***Pricing is flexible.*** The final cost will depend on the category of accommodations selected, specific excursions chosen, and the level of customisation you prefer.
3. ***Best time to visit:*** Kerala is most pleasant between October and February, when the weather is cooler and ideal for travel across the state's diverse landscapes.
4. ***Extensions available:*** If you wish to explore more, this trip can be extended to Madurai and other heritage sites in Tamil Nadu, renowned for their magnificent temples. You may also consider a seamless extension to Sri Lanka for a broader cultural and coastal experience.



Endemic Explorer LTD

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