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## Mind, Body and Soul of India

Trivandrum, India

### Descriere Mind, Body and Soul of India, Trivandrum, India

**Route:** *Kochi - Periyar - Kumarakom - Kollam - Trivandrum*

#### Journey description:

**Day 01** - 21st September 2019 (Saturday):

Arrive Kochi

Welcome to the first destination of your tour - Kochi. The welcome dinner at the hotel will help you unwind and prepare for the tour ahead. Enjoy an interactive session with your tour expert, Mini Thapar while she briefs you on the upcoming journey.

**Day 02** - 22nd September 2019 (Sunday):

Kochi

Start your day with a cycling tour along the coastal roads of Kochi. Learn the art of traditional Indian cooking and enjoy an authentic Keralan meal at a local's home. In the evening, watch a traditional Kathakali dance show with an exclusive look at the backstage preparations.

**Day 03** - 23rd September 2019 (Monday):

Kochi / Periyar

Start your day by taking a tour of the city. Later, drive to Periyar, an approx 4-hour drive. Unwind and relax with refreshing sunset restorative yoga.

**Day 04** - 24th September 2019 (Tuesday):

Periyar

Start your day by visiting the famed Periyar sanctuary and spend your afternoon at leisure. In the evening, take a tour of a spice plantation, designed exclusively for you, followed by a relaxing foot massage.

**Day 05** - 25th September 2019 (Wednesday):

Periyar / Kumarakom

Start your day with a guided pranayama session. Drive down to Alleppey, approximately 3 hours away and enjoy a day cruise with lunch onboard a houseboat from Alleppey to Kumarakom. End the day with a soothing therapy-based yoga session.

**Day 06** - 26th September 2019 (Thursday):

Kumarakom / Kollam

Drive to Kollam, an approximately 3.5-hour drive. Check in to Fragrant Nature yogic retreat, set amidst the rural backwaters of Kerala with a touch of the rustic local culture. Start with an interactive session followed by a therapy session with an Ayurveda expert.

**Day 07 - 08** - 27th - 28th September 2019 (Friday - Saturday):

Kollam

Enjoy ayurvedic meals along with a yoga and Ayurveda therapy session, on both days. Relax in the resort while indulging in recreational activities. You can also take a boat ride across the lake on one of the evenings.

*(Note: Yogic meals are usually vegetarian, but other meals can be served on request and consultation.)*

**Day 09** - 29th September 2019 (Sunday):

Kollam / Trivandrum

In the morning, drive to Trivandrum, an approximately 2-hour drive, and enjoy a half-day tour of the city.

**Day 10** - 30th September 2019 (Monday):

Leave Trivandrum

After breakfast, transfer to the airport to board the flight to onward destination.

## Servicii incluse

**What's Included:**

- journey led by an expert resource;
- accommodation based on twin / double sharing basis for 11 nights and 12 days;
- lunch and dinner as per program;
- all transfers, journeys and excursions by appropriate air-conditioned vehicles based on the number of guests;
- all entrance fees at the places of interest based on the program;
- assistance on all arrival, departure and during the journey;
- presents and group photos during the journey;
- visit at the spice plantations at Periyar;
- local cultural immersion and performances;
- cycle tour of Kochi;
- yoga sessions by experts;
- Ayurveda treatment sessions;
- cooking demonstration and dinner with the locals;
- traditional backwater cruise in a houseboat with lunch
- portorage at airport and hotels;
- all currently applicable taxes;

## Servicii neincluse

**What's not included:**

- flight ticket;

- all personal expenses such as beverages, laundry, telephone calls, shopping etc.;
- meals not included and mentioned in the program;
- personal fees for cameras at the places of visit, depends on size of camera and equipment;
- any international airfare or domestic airfare (which is quoted separately);
- all flight schedules and airfare are subject to change till the time of final booking;
- any Visa fee (all nationalities require an entry visa prior to arrival in India).

## **Informatii utile**

### **Booking, Cancellation and Amendment fee:**

#### **Booking:**

1. 25% of Journey cost to be paid at the time of booking;
2. Remaining payment to be paid 70 days prior to Journey;
3. If booking is made within 70 days of the journey, full payment is required to confirm the Journey;
4. Payment can be made by bank transfer;

#### **Cancellation:**

1. Up to 70 days prior to Journey - 10% cancellation fee shall be applicable;
2. Between 69 - 50 days prior to Journey - 25% cancellation fee shall be applicable;
3. Between 49 - 31 days prior to Journey - 50% cancellation fee shall be applicable;
4. Less than 30 days prior to Journey - 100% cancellation fee shall be applicable;

#### **Name Change:**

1. Accommodation: Free of cost up to 72 hours before arrival;
2. Flights: A fee of 55 euro per person, per sector shall be applicable along with any change in the ticket fare;
3. Trains: A fee of 5 euro per person, per sector shall be applicable.

## **Tipuri servicii**

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