



# 14 Night / 15 Day Ayurveda Holiday



Ayurveda is a Sanskrit word meaning Knowledge of Life. It is a holistic system which emphasises the importance of routine, diet and meditation alongside herbal, massage and exercise therapies. Although a real Ayurveda treatment lasts several weeks and depends on the person carrying on the principles in the long term, benefit can be gained from a relaxing regime of treatments and diet in a peaceful resort of your choice. The Ayurveda therapies offered in the hotels on our packages are delivered by fully registered practitioners.

**Combine a 7 night Ayurvedic treatment at a beach or Lake resort, followed by visits to the other unique places in Kerala. Relax on a houseboat cruise on the backwaters, visit the tea plantations and the spice estates in the high mountains, and the heritage centre of Cochin. All of the hotels are 4 or 5 star, and combine luxury accommodation with stunning surroundings.**

Day 1 to 7: Begin your holiday with Ayurvedic treatment, and a full vegetarian diet at the beautiful resort of Travancore Heritage, Kovalam Beach, or Isola di Cocco on the beach near Kovalam, or at Kayaloram lake Resort, near Alleppey.

Day 8: From Kovalam, make an early start for the drive to your houseboat, or take the short drive to Alleppey. Board your A/C houseboat, for an overnight cruise with all meals, and a crew of 3.

Day 9: Drive up the spectacular Western Ghats to the wildlife sanctuary at Thekkady. (4 hrs)

Day 10: Take the early morning boat trip on the lake at Periyar, where you have the chance to see elephant, wild pig, bison, deer and otters, trek through the reserve with a guide, or shop for spices in Kumily

Day 11: Drive through the mountains to the tea plantations at Munnar.

Day 12: At leisure in Munnar. Visit the Tata tea factory, the nature reserves and waterfalls of this area.

Day 13: Drive down to Cochin, via some spectacular waterfalls. In the evening see the Kathakali show.

Day 14: The port city of Cochin affords the traveler tantalizing glimpses of its long history through the spice warehouses, the synagogue, palaces and Portuguese and Dutch churches.

Day 15: Transfer to airport for flight back to UK



**Selected Hotels for Ayurveda Mysore**  
Isola di Cocco  
Travancore Heritage  
**Periyar**  
Spice Village  
**Munnar**  
Tea County  
**Cochin**  
Old Harbour