



Travellers Club & Holidays

APPROVED BY MINISTRY OF TOURISM GOVT OF INDIA & GOVT OF WEST BENGAL

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Ayurveda Tourism in Kerala

Kerala is not just a treat to eyes, but also for the body, mind, and soul. People of Kerala believes that the 5,000-year old healing system of Ayurveda can treat any diseases. And unlike place states of India, this Southern state of India doesn't take it as an alternative but mainstream medicine treatment. The reason behind Keala being the Ayurveda tourism getaway is that it is blessed with equable climate, natural abundance of forests and cool monsoon season, which is just perfect for any treatments. That's perhaps the reason why here one can find many resorts, healing centers, and hotels that cure any disease.

INTERESTING FACTS ABOUT KERALA AYURVEDA

- Kerala is probably the only state in India where Ayurveda is used as a mainstream medicine. Here one can see many Ayurvedic medical colleges and hospitals across the state.
- Kerala Ayurveda is famous for its 5 prolonged treatment, named as Panchakarma. As part of this treatment medicated oil, herbs, milk, and special diet are used to cure all types of ailments.
- A classic text on medicine, the Ashtangahridaya, is the foundation on which Ayurveda is based. Its author, Vagbhata was the disciple of a Buddhist physician and received little recognition in the rest of India. It is believed that a few Nampoothiri (Brahmin) families were the original Ayurvedic physicians and their decedents still carry the honorific title of ashtavaidyan. Nowadays, this holistic science of healing is practiced all over India.
- Ayurveda is the oldest healthcare system in the world.
- Kerala has the largest number of Ayurveda colleges and practitioners in comparison to any other place in the world.

SCHEDULE	TOUR PROGRAMME IN DETAILS	NIGHT STAY
Day 01	Cochin <i>Arrive at Cochin International Airport / Railway Station where our representative meets you and transfer you to hotel for overnight stay.</i>	Cochin
Day 02	Cochin (Cohin sightseeing) <i>After breakfast departure for cohin sightseeing. You visit CHINESE FISHING NET, JEW TOWN, MATTANCHERRY PALACE, ST FRANCIS CHURCH. Evening free for leisure. Night stay at hotel</i>	Cochin
Day 03	Cochin – Alleppey <i>Breakfast at the hotel and drive to Alleppey. Upon arrival, we will check-in the houseboat. You could spend the day in the houseboat enjoying comfortable stay and pristine scenery of the backwaters. Overnight stay in the houseboat.</i>	Alleppey
Day 04	Alleppey <i>After breakfast Alleppey local sightseeing.</i>	Alleppey
Day 05	Alleppey- Munnar <i>Breakfast at the hotel and drive to Munnar. Enjoying the stunning panoramic view of the hills & green carpets of tea plantations enroute. On arrival at Munnar check-in at hotel. Spend the rest of the day at leisure. Overnight stay at Munnar.</i>	Munnar
Day 06	Munnar (local sightseeing) <i>After breakfast, full day sightseeing in and around Munnar. Enjoy panoramic views of Anamudi, the highest peak of South India at 2695 m, is visible from Munnar. Visit the Christ Church and proceed for wildlife watching at Eravikulam National Park (16 km).</i>	Munnar

	<i>Note: Park would be close from 01Jan to 28 Feb every year Continue to Rajamalai Hills lying adjacent to the park and stop by at Madupetty Dam, a famous picnic spot for boating and horse riding en route to Top Station. Evening transfer to hotel. Overnight at hotel.</i>	
Day 07	Munnar - Kovalam <i>After breakfast check out from hotel & departure for KOVALAM. Once arrival at kovalam check in hotel. Today enjoy the Ayurvedic activities. Rejuvenation Therapy (Rasayana Chikitsa): This treatment includes body massage with hand and foot by medicated oil and cream. It includes internal rejuvenative medicines and medicated steam bath. It is good to rejuvenate mind, body and soul, to one up skin, to strengthen all system so as to achieve ideal health and longevity. Overnight stay.</i>	Kovalam
Day 08	Kovalam <i>Day free for Ayurvedic treatment. Overnight stay.</i>	Kovalam
Day 09	Kovalam <i>Day free for Ayurvedic treatment. Overnight stay.</i>	Kovalam
Day 10	Kovalam <i>Day free for Ayurvedic treatment. Overnight stay.</i>	Kovalam
Day 11	Trivandrum Airport Drop <i>After breakfast transfer you to Trivandrum airport to connect flight for onward destination.</i>	

DETAILS	TRAVEL AT 51	TRAVEL AT 69	TRAVEL AT 123
	SILVER PACKAGE	GOLD PACKAGE	DAIMOND PACKAGE

HOTEL STANDARD	2 STAR DELUX TO 3 STAR HOTEL	03 STAR DELUX TO 04 STAR HOTEL	05 STAR HOTEL
PACKAGE INCLUSION	Room with double sharing basis. All transfer and sightseeing in Reserved car as per tour programmed . Room on MAP (Room with breakfast and dinner) . Travel Insurance and India Sim card . Special gift.	Room with double sharing basis. All transfer and sightseeing in Reserved car as per tour programmed . Room on MAP (Room with breakfast and Dinner) . Travel Insurance and India Sim card for International tourist. Special gift.	Room with double sharing basis. All transfer and sightseeing in Reserved car as per tour programmed . Room on CP (Room with breakfast And Dinner) . Travel Insurance and India Sim card and .Special gift.

Tourism in India promotes national integration and international brotherhood. India has fascinated people from all over the world with her secularism and her culture. There are historical monuments, beaches, places of religious interests, hill resorts, etc. that attract tourists. Every region is identified with its handicraft, fairs, folk dances, music and its people. Bounded by the Himalayan ranges in the north and surrounded, on three sides by water (Arabian sea, Bay of Bengal and Indian Ocean), India offers a wide array of places to see and things to do. The enchanting backwaters, hill stations and landscapes make India a beautiful country. Historical monuments, forts etc. add to the grandeur of the country. They attract tourists from all over the world.

PACKAGE INCLUDES:- Room on family basis, with bed and breakfast and Dinner as per tour programmed mention mentioned. Transport like all along the tour Onwards. Vehicle is Non A/C Delux Coach. Tour guide for sightseeing .

PACKAGE NOT INCLUDES:- Any Porter, Beverage, Entrée fees or any guide charges. Portage facility, tips, insurance, liquor, and room, service Mineral water, Camera change, telephone calls, Massage, etc. Entry Fees.

MOBII,E FACILITIES:-Mobile facilities are available facilities

BANK AND ATM OUTLETS:- Available in all the way.

PAYMENT GATEWAY:- TRAVELLERSCLUB & HOLIDAYS, in AXIIS BANK, A/C NO:-
912020007530106, IFSC Code;-UTIB000436

PLEASE CARRY THE FOLLOWINGS:- Woolen cap, full sleeves sweater, jacket/cardigan, Covered shoes, thermo flask, Hot Water Bag, Torch, umbrella, Dry food-(biscuits, sweets, candy etc),Your photo ID proof .

MEDICINE: -Derriphyline ,Paracetamol, Nosiafer MPS.(Indigestion), volene gel/vomerangel,cotton,bandaid,Decolic,Normetrogel, Declofenic tabs, Avomine, coldrine and sun cream lotion.

With Regards

AbhijitChoudhury

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