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## Deluxe Vegetarian Culinary Tour: 09 Nights and 10 Days

The cuisine of any region is a reflection of its culture, its traditions and its past. This becomes all the more true in Kerala where the delights are just as diverse as the regions many highlights. The mouth-watering cuisine is varied and you can see the many historical and social influences of its past inhabitants.

We are proud to bring to you an exclusive culinary tour which will give you the opportunity of not only relishing the many culinary delights but also the opportunity to delight and relax in Kerala's beauty. This tour is not just about spending time in the kitchens and learning to cook the local dishes but also about exploring the spirit of the region and its people - with a range of captivating excursions that will both inspire and relax you in equal measure. Cooking in Kerala is all about spices, aromas and colours and offers several opportunities to learn to those willing to experiment with it. All the recipes of the food prepared during the classes will be provided, and we will help you create detailed flow charts outlining the cooking processes. Bon Appétit!

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### Detailed Itinerary:

#### Day ONE

- DAY 01: Arrival Cochin

Welcomed by a Kerala Travel Centre representative at the airport and transferred to your hotel. An ancient port town, Cochin, also known as the Queen of the Arabian Sea, has attracted traders and invaders from the world over. Needless to say, Cochin offers you some fascinating snippets of history and culture. Relax and unwind at the hotel. In the evening you could go for a relaxing sunset cruise.

Overnight at Brunton Boatyard with a vehicle at your disposal.

## Day TWO

- DAY 02: Cochin

Spend a day at the home of Nimmy and Paul, who belong to the traditional Syrian Christian community in Kerala. Nimmy has been a professional cooking instructor for more than 20 years and, in keeping with family traditions, is very passionate about serving great Kerala food to guests. There will be one cooking session in the afternoon with a traditional vegetarian meal. It offers an opportunity to participate and learn the typical Travancore vegetarian food. In the evening, visit the Pai Thattukada, named after the Pai brothers who popularised the concept of Thattus, or small shops, that offer cheaper and quicker alternative to restaurant food. Some of the Thattus serve over 70 varieties of Dosas' or rice pancakes.

Overnight at the Brunton Boatyard with a vehicle at your disposal.

## Day THREE

- DAY 03: Cochin – Kothamangalam (60 km / 1.5 hrs)

Drive to Kothamangalam, a beautiful and tranquil tropical Eden surrounded by misty mountains with the river Periyar flowing right through it. The landscape is dotted with lush green vegetation and palm-fringed paddy fields. Spend the afternoon relaxing in a century-old estate bungalow set in over 100 acres of multi-crop plantation. Apart from exploring the estate, you could also visit the local Dr Salim Ali bird sanctuary. At the sanctuary, you can spot the rare Mottled Wood Owl, Spot-bellied Eagle Owl, Malayan Night Heron, Sri Lanka Frogmouth, Rusty-tailed Flycatcher, Grey-headed Bulbul and the Nilgiri Wood Pigeon.

Overnight at the Mundackal Estate Bungalow with full board and a vehicle at your disposal.

## Day FOUR

- DAY 04: Kothamangalam

Participate in cooking demonstrations involving authentic Kerala cuisine. Daisy Jose, a specialist in Kerala-style cooking and your instructor for the day, will teach you methods of preparing Kerala cuisine through an interactive session. All the recipes that Daisy uses have been passed down from her parents who hailed from an aristocratic Christian family. Spend the rest of the day relaxing and exploring the area.

Overnight at the Mundackal Estate Bungalow with full board and a vehicle at your disposal.

## Day FIVE

- DAY 05: Kothamangalam – Periyar (175 km / 4 hrs)

Drive to Periyar, an area known for its undulating hills, spice plantations and elephant sightings. One of the 27 tiger reserves in India, the Periyar valley in Thekkady is the oldest. Check into your hotel, and go on a spice plantation tour, where you will be enticed by the aroma of spices like cinnamon, cardamom, pepper and nutmeg and learn how they are grown, harvested and processed before they reach the supermarkets. The pepper grown in Kerala is considered to be amongst the finest in the world.

Overnight at the Spice Village with a vehicle at your disposal.

## Day SIX

- DAY 06: Periyar

This morning you could go for an escorted three hours jungle trek for offering excellent opportunities to watch birds, butterflies and other wildlife. In the evening you will participate in another cookery demonstration at your resort. You could also try your hand at making your own variations of Kerala dishes.

Overnight at the Spice Village. (Vehicle at disposal).

## Day SEVEN

- DAY 07: Periyar – Houseboat (135 km / 3.5 hrs)

Drive to Kumarakom, an area full of canals, lakes and coves, where you will board your houseboat. Your houseboats, or kettuvalloms, are luxurious boats with well-appointed bedrooms and ensuite bathrooms. You can sunbathe on the deck or observe the palm-fringed landscape from your cabins. Apart from the mesmerizing surroundings, it's the life along the coast that adds a touch of exotica to this experience. The locals travel in canoes, and you will find vegetable sellers, fishermen and other traders bringing household goods door-to-door in small, wooden boats. As you cruise along the backwaters, you can ask your captain to stop at villages, paddy fields and other places, enroute.

Overnight on board with full board with a vehicle at your disposal.

## Day EIGHT

- DAY 08: Alleppey – Marari (20 km/ 45 min)

Disembark from your boat at Alleppey and drive to the picturesque fishermen's village of Mararikulam to check into your resort. Tucked away inside quiet and lush coconut groves, the resort is set on a pristine white sand beach and offers you astoundingly beautiful settings. Spend the day relaxing on the beach. For lunch, you will relish the delicious vegetarian Thali meal at the resort. In the evening, you could take a relaxing full-body Ayurveda massage.

Overnight at the Marari Beach Resort with a vehicle provided for your transfer.

## Day NINE

- DAY 09: Marari

Today you will visit the small, organic farm at the Marari resort. Most of the greens, fruits and vegetables for the restaurants come from this vegetable patch. The farm practices water harvesting and is a chemical-free zone where only natural oils and local remedies are used for pest control. Vermiculture and composting keep the soil fertile, both in the vegetable patch and on the grounds of the resort.

Overnight at the Marari Beach Resort.

## Day TEN

- DAY 10: Marari – Cochin – Departure (75 km / 2 hrs)

Departure transfer to the Cochin International airport for your return flight with a vehicle provided for your transfer.