



WELLNESS IN INDIA

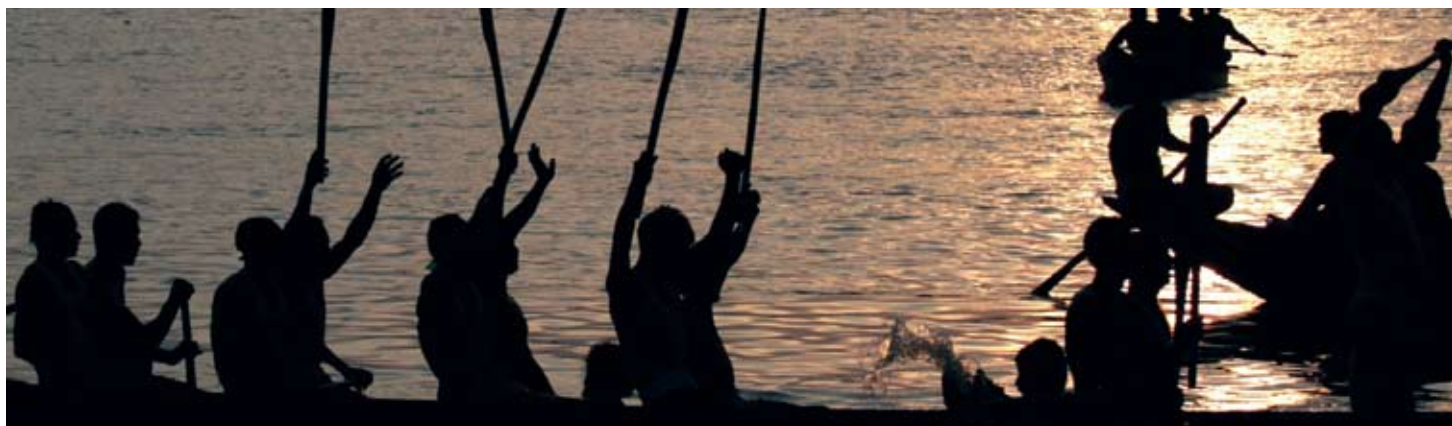
Tour Route: Bangalore (3) – Mysore (1) – Ooty (1) – Kochi (3) – Periyar (1) – Kumarakom (2) – Kovalam (3)

Tour Duration: 14 nights / 15 days

India is home to a wonderful collection of Yoga retreats, Ayurveda (a vedic science known as 'the Science of Life') and Spa resorts.

This tour allows you to experience wellbeing in the serene surrounds of Bangalore, the harbour of Kochi, amidst spice plantations in Periyar, along the backwaters of Kumarakom and in the beach haven of Kovalam. For a complete rejuvenation package, pamper yourself at these exotic wellness retreats of south India.



**Day 1: Bangalore (D)**

Arrival in Bangalore. After clearing airport formalities, meet your local guide and transfer to your hotel for overnight stay.

Day 2: Day in Bangalore (B / L / D)

Start your day with a refreshing yoga session. Today, take a city tour of Bangalore visiting the Government museum, one of the oldest museums of India; Vidhan Soudha, the state legislative chambers, and the beautiful botanical gardens called 'Lal Bagh Gardens'. Enjoy an evening at leisure in this garden city of India.

Day 3: Day in Bangalore (B / L / D)

Enjoy a morning yoga session at your resort. Spend the day exploring the various spa therapies, ayurveda treatments, massage and beauty treatments, meditation sessions at your resort.

Day 4: Bangalore to Mysore (B / L / D)

After your morning yoga session and breakfast, drive to Mysore, en-route visiting Srirangapatnam, the island fortress that was once the capital of the warrior-kings. This afternoon, enjoy a city tour of Mysore visiting the Maharaja's Palace, one of the biggest palaces in India; St Philomena's Church; and Sri Jayachamarajendra Art Gallery in the Jag Mohan Palace, which has a collection of exquisite paintings. In the evening visit the Chamundi hill and Bull temple to see the daily prayers and rituals being performed by priests.

Day 5: Mysore to Ooty (B / L / D)

This morning enjoy a scenic drive to Ooty. Known as the Queen of the Blue Mountains, Ooty is famous for its rolling hills covered in pine and eucalyptus, sparkling waterfalls and its coffee and tea plantations. This afternoon, enjoy a tea plantation and factory tour and learn the secrets to a perfect brew. Evening at leisure in Ooty

Day 6: Ooty to Kochi (B / L / D)

After breakfast, drive to Kochi, the commercial capital and the most cosmopolitan city of Kerala. Kochi, also known as the Queen of the Arabian Sea, has one of the finest natural harbours in the world and is an important spice trading centre.

This evening, watch a spectacular performance of Kathakali, one of the oldest theatre forms in India, displaying a spectacular combination of drama, dance, music and ritual.

Day 7: Day in Kochi (B / L / D)

Start your day with a morning yoga session. Today, enjoy a city tour of Kochi, visiting the Dutch Palace, Jewish Synagogue, Fort Cochin, St. Francis Church and Chinese fishing nets. Enjoy an evening at leisure in Kochi.

Day 8: Day in Kochi (B / L / D)

Start your day with an exhilarating yoga session.

Spend the day indulging in some of the finest Ayurveda treatments offered by your hotel. Kerala is the hub of Ayurveda in India, so it is certainly worth experiencing Ayurvedic treatments in Kerala.

Day 9: Kochi to Periyar (B / L / D)

After your morning yoga session and breakfast, drive to Periyar (Thekkady), the wildlife and spice plantation hub of Kerala. This afternoon enjoy a spice plantation tour. Various kinds of spices are cultivated in Thekkady region, such as pepper, cinnamon, clove, nutmeg, ginger, turmeric and curry leaves. You also get the opportunity to shop for fragrant spices at a local market.

Day 10: Periyar to Kumarakom (B / L / D)

Enjoy an early morning visit to the Periyar Wildlife sanctuary, one of the finest elephant reserves of south India. Take a boat cruise on Lake Periyar, spotting migratory birds and local wildlife around the lake.

After breakfast, drive to Kumarakom, a coastal town in the backwaters of Kerala. This afternoon, take a motor boat cruise in Kerala backwaters. Kerala backwaters consist of a complex network of lagoons, lakes, & canals and are best experienced while slowly cruising down the labyrinth of canals, observing local village life on the banks of the backwaters.

Day 11: Day in Kumarakom (B / L / D)

Start your day with an exhilarating yoga session. Relax amidst the serenity of Kumarakom and enjoy some of the refreshing wellness treatments offered by your hotel.

Day 12: Kumarakom to Kovalam (B / L / D)

Enjoy your morning yoga ritual at your hotel in Kumarakom. After breakfast, embark on a scenic drive to Kovalam, the beach paradise of Kerala. Enjoy the rest of the day at leisure relaxing and unwinding in the tranquillity of Kovalam beach.

Day 13: Day in Kovalam (B / L / D)

Enjoy your morning yoga ritual in the serene surrounds of Kovalam. Spend the day rejuvenating with the

various Spa and Ayurveda treatments offered by your hotel in Kovalam.

Day 14: Day in Kovalam (B / L / D)

Enjoy your morning yoga ritual in the serene surrounds of Kovalam. Spend the day rejuvenating with the various Spa and Ayurveda treatments offered by your hotel in Kovalam.

Day 15: Kovalam / Trivandrum to Australia (B / L / D)

After your morning yoga ritual and breakfast, drive to Trivandrum. Take a brief city tour of Trivandrum and indulge in some last minute shopping before boarding your flight back home.

PRICE INCLUSIONS

- Accommodation on twin sharing basis at 4*/ heritage hotels or best available hotel in the region.
- All meals included (i.e. breakfast, lunch and dinner)
- All monument entrance fees included.
- Meeting and assistance on arrival and departures.
- Morning Yoga sessions, as mentioned in itinerary.
- Local English Speaking Guide for sightseeing tours. English speaking escort to accompany the group for minimum group size of 8 passengers.
- Chauffeured air-conditioned vehicles for all transfers, excursions and sightseeing tours ; All currently applicable taxes.
- Kathakali Cultural dance performance in Kochi.
- Boat cruise at Lake Periyar.
- Motor boat cruise in Kumarakom back waters.

PRICE EXCLUSIONS

- Expenses of personal nature like laundry, telephone, fax, internet, beverages, camera / video camera fee at monuments, medical expenses.
- Local payments in domestic currency, such as tips and gratuities.
- Domestic / International air fare.
- Indian Visa Fees and departure tax.
- Any other services not mentioned in Price Inclusions above.

DEPARTURES**Wellness in India**

The special interest tour is quoted on minimum of 4 passengers or above (Land only).		
Traveling period	Twin share price	Singleroom supplement
01 Oct 2009 - 15 Apr 2010	A\$ 3,400	A\$ 1,520
16 Apr 2010 - 15 Sep 2010	A\$ 3,000	A\$ 1,130
01 Nov 2010 - 30 Apr 2011	A\$ 3,740	A\$ 1,670

Closure days of main monuments:

Monuments closed	Days Closed
Dutch palace, Kochi	Friday
Jewish Synagogue, Kochi	Saturday

*The first arrival day to Bangalore should avoid Saturday and Sunday due to some closure days.