

Multi Activity Holiday



Trip Highlights

- Trek through High Altitude Shola Forests
- Cycling through Spice Plantations
- Opportunity to interact with local villagers
- Explore rural Kerala



At a Glance

This holiday combines walks through the highest regions of the ecologically sensitive Western Ghats and cycling through the spice growing villages of the Cardamom hills, the people friendly villages and vast stretches of forests.

Distance Chart – Cycling

Day 1	Trekking	-
Day 2	Trekking	-
Day 3	Trekking	-
Day 4		70 Kms
Day 5		40 Kms
Day 6	Trekking	-
Day 7	Trekking	-
Day 8	Depart	

Detailed Itinerary

Day 1: Sholas and grasslands

We will start the trek from an altitude of 1500m gradually go up to over 2600m, passing through sholas (high altitude rain forests) and grasslands which are typical to the higher areas of the Western Ghats. Overnight, we will be camping in the wilderness.

Day 2: Kolukumalai

Early start as we head along paths over the undulating mountain grasslands and mountain streams which criss-cross the area. Walk through the world's highest tea estate Kolukumalai. Descend and continue trekking through grasslands and high altitude rainforest to the Anaerangal Camp at Suryanelli.

Day 3: Anaerangal Lake

We will start our trek from the Anaerangal camp and move through forests towards the edge of the Anaerangal Lake and meet up with the indigenous tribal's in their village.

Day 4: Tea estates

At dawn we will start cycling. The trail passes through the tea estates, dense forests where spices are grown and small hamlets. Stay at a spice plantation home stay or resort.

Day 5: Periyar Tiger Reserve.

Our destination today is Periyar Tiger Reserve as we pass through forests, tea gardens and spice plantations.

Day 6, 7: Gavi

We will once again start our walking adventure with a trek through lush tropical rain forests. This is the home range of the rare and endangered Lion Tailed Macaques, besides an excellent spot for birds & rare butterflies, as well as large herds of elephants and gaurs. Stay in forest eco lodge in the middle of the rain forest.

Day 8: Depart

Drop to Kumily.

Inclusions

- Cycles
- Guide
- Accompanying vehicle
- Refreshments & mineral water during activities
- Accommodation and most meals



Bikes: Trek/ Giant/ Merida

Bike Hire: Free. You may bring your own bikes, but in this case let us know in advance.

Other equipment provided: Pedals, bar ends, helmets - however it is recommended that you bring your own helmets and camelbaks.

Bike Specifications

Bike type: Trek/ Giant/ Merida

Number of gears: 21-24

Brakes: V-Brakes

Suspension: Front

Pedals: Standard

frame range: 13.5" - 19.5"

Bike bag provided: Yes

Water bottle holder provided: Yes

Water bottle provided: No

Adjustable handlebars: No

Female saddles provided: No

Gel saddles provided: No

Option to fit own saddle: Yes

Option to fit own pedal: Yes

Bar ends: Yes (on request)

Kayaks: Prijon Capri I & II (Single & Tandem)

Kayaking Gear: Paddles and life jackets will be provided

Things to carry on a Cycling Trip

- Casual Shirts / T-shirts
- Shorts
- Sunglass
- Sunscreen lotion (SPF minimum 35)
- Gloves
- Camera (optional)
- Warm clothes
- Waterproof jacket (during Monsoons)

General Info**Visas**

Visitors to India must obtain a Visa before departure.

For details and an application form please contact the local Indian Embassy or High Commission.

Airport taxes

There are no airport taxes if you depart from Kochi International Airport. However, in some airports departure taxes are applicable - please check with your ticketing agent for more details.

Currency Exchange

You can exchange your money at most major towns. ATMs are found in most towns. Credit cards are accepted only at major cities en-route during this tour.

Telephone and Internet Access

You would have access to telephone and internet at most of the hotels. In case there are no internet access at the hotel, you would be able access it in the nearest town.

Climate

The weather in South India is tropical - warm, humid and often wet. During the main monsoon, (July to October) there is heavy rain.

Safety

You would be accompanied by a guide throughout the trip. The guides are experienced, trained in First Aid and fully qualified for the purpose of the tour. They would handle all concerns with regards to your safety and well being.

Insurance

We recommended that you take your insurance that covers illnesses and accidents abroad.