

## Trekking Holiday



### Trip Highlights










- Trek through spice plantations & high altitude forests
- Ridge walking at Chaturangapara
- Visit to Worlds Highest Tea Plantation
- Camping in South India's highest campsite



### At a Glance

A 10 day trekking expedition covering the most scenic trail in Kerala. Route covers spice plantations, shola and grassland forest systems, spectacular views, wildlife and unique camping experiences.

### Distance Chart – Trekking

Day 1		12 KM
Day 2		12 KM
Day 3		11 KM
Day 4		12 KM
Day 5		10 KM
Day 6		9 KM
Day 7		10 KM
Day 8		18 KM
Day 9		8 KM
Day 10	Depart	

### Skill Set

		Comfort
		Grade

## Detailed Itinerary

### Day 1: Pushpakandam

We start our trek from Kumbummedu. We will follow the jeep trail to Ramakelmedu, where we have spectacular views of the vast plains of neighbouring Tamilnadu. Massive statues of Kuruvan & Kurathy – two legendary tribal figures - make up the backdrop to the magnificent views below. The route is interspersed with tiny spice growing hamlets where the majority of spices of Kerala are grown. We will continue our walk through these small villages and farmlands until we reach our camp.

### Day 2: Chaturangapara

After breakfast we start our trek through cardamom and pepper plantations. This would make an excellent opportunity as you can see firsthand to learn about how these spices are grown from the local trackers who will be accompanying you.

### Day 3: Shantanpara

We will start today's challenging trek through sholas and cardamom forests that abound here. This is the capital of the world's spice trade, known for centuries as the Cardamom Hills. We will walk from Chaturangapara through thick cardamom forests and isolated spice growing villages. En route we will also be walking through great swathes of grasslands through the spine of the mountains with spectacular views of the plains of Tamilnadu thousands of feet below.

### Day 4: Suryanelli.

The day's trek is mainly around the Mathikettan Shola National Park, home to a wide variety of flora and fauna including the Malabar Giant Squirrel, gaur, sambar and elephants. We will start our descend through tea plantations until we reach the picturesque Anaerangal lake, meaning "The lake Where the Elephants Come Down" - a vast expanse of water is amidst a forest where elephants have come down for millennium for grazing and water. Snaking across a large area, this lake is placid and beautiful and a source of water for farmers downstream. Many tribal colonies have sprung up around it to farm for spices and cardamom which grow abundantly in the salubrious climate here. We will arrive at the lakeside camp by late afternoon.

### Day 5: Kurangini

We will transfer to arrive at the world's highest tea estate – Kolukumalai – and visit the tea factory. After the visit, we will start the trek to Kornagini camp for a well earned rest and to

prepare for the great challenges in the coming days.

### Day 6, 7 –Top Station

An early start to tackle this very challenging day as we ascend from 1000m to over 2200m at Top Station. Top Station, so named after the erstwhile ropeway station for transporting tea to the factories in the plains of Tamilnadu, has a spectacular view of the plains below and of Kodaikanal, the hill station atop the Palani ranges across the hills.

Next day we will head for a full day trek to the Pampadum Shola National park. We will trek through canopied dense Shola forests of Western Ghats in the park. The National park is known for its rich biodiversity of flora & fauna. After the trek we will come back to the camp.

### Day 8 – Rhodo Valley

We start early and walk through some of the more pristine areas of the Western Ghats. This is also one of the highest regions of these mountains. The rugged mountain trails form the backdrop to an exciting trek till we reach our camp at 2200m.

### Day 9– Meesapulimala Trek

The final day of the trek takes us to Meesapulimala, at 2635m - the second highest peak in the Western Ghats. The trek passes through sholas and mountain streams which criss-cross the area. The area is also known for its wildlife – notably elephants, sambar, sloth bear and the Nilgiri tahr. When we reach the top, we stop for a rest and enjoy the panoramic views. At the end of the day's trekking we trek back to Rodo Valley to take a well reserved rest at the camp and also celebrate the long trek through the Cardamom Hills.

### Day 10: Depart.

After an early breakfast, we will walk down to Silent valley from where we depart.

## GENERAL INFORMATION

### VISA

Visitors to India must obtain a Visa before departure. All visa information is subject to change. You should confirm all visa related issues with the nearest Indian Embassy/ High Commission/ Consular Office for the same.

### AIRPORT TAX

Airport or departure taxes are not applicable if you depart from Kochi.

### CURRENCY EXCHANGE

You can exchange your money at most major towns. ATMs are found in most Keralan towns. Credit cards are not accepted during this tour.

### INSURANCE

It's advisable to take personal travel insurance policy to cover against sickness, accident, loss of baggage, unexpected alterations to travel arrangements and travel disruption, cancellations, etc.

### COMMUNICATION

**Internet Access:** If you need to be in touch with your friends & relatives while travelling we recommend email. Email cafes are generally available throughout the region.

**Telephone:** It is possible to make international calls in most phone booths in Kerala towns. Most hotels have facility for international calls.

### CLIMATE

The South Indian subcontinent is tropical - warm, humid and often wet. During the main monsoon, (July to September) there is heavy rain. Best time to visit Kerala is from October-March.

### FOOD

Food is a very important part of these journeys and we have ensured that the Kerala Cuisine is a part of this adventure besides both North Indian & South Indian food - vegetarian and non vegetarian. All meals and bottled mineral water are provided on all days. Any special food requirements could be met if sufficient notice is given.

### SAFETY

Our guides have been adequately trained & qualified in first aid and always carry a comprehensive first-aid kit. In case of any medical emergency we have facilities to transfer you to the nearest hospital immediately, followed by evacuation to the tertiary-care hospital at Kochi (if required).

## Inclusions

- Trekking, camping, guide
- Accommodation in dome tents
- Refreshments
- Mineral water while trekking
- All meals

## Exclusions

- Insurance –please take your own insurance
- Tips
- Beverages
- Laundry
- Telephone bills
- Expenses of a personal nature

## WHAT TO PACK

- Warm sets of clothes (Fleece, Jacket, hat and gloves) are required for trips going through Munnar and other high altitude areas.
- Hiking shorts
- Hiking pants/track pants
- Waterproof jacket.
- Casual Shirts/T-shirts

## OTHERS

- Binocs & Camera (optional)
- Water proof bags for docs & Electronics
- Personal First Aid Kit
- Torch
- Insect repellent
- Sunglasses, cap
- Sun screen of SPF at least 35
- Canteen
- Day pack