

SPICE ROADS





CYCLING



SOUTH INDIA HERITAGE BY BICYCLE

Tour Code
IND-DHB

7 DAYS
6 NIGHTS

 Destinations	India
 Tour Meets Tour Ends	Kochi, India Kochi, India
 Fly in to Fly out of	Cochin International Airport (COK) Cochin International Airport (COK)
 Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	180 ^{km} Total cycling distance
30 ^{km} Avg distance / day	459 ^m Avg climbing / day

PRICING



Price	US\$ 1,990
Bike Hire	Included
Single Supplement	US\$ 415

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



24 February - 02 March 2025
29 September - 05 October 2025
24 November - 30 November 2025
23 February - 01 March 2026
28 September - 04 October 2026
23 November - 29 November 2026

TRIP PROFILE

This South India cycling tour covers 212 kilometers in 6 cycling days, enjoying the local culture, color, and easy pace of life in the southern Indian state of Kerala. Daily distances are on average 35 kilometres, on mostly flat and gently undulating terrain through the lush lowlands. There is one day with nearly 700 metres of climbing, but overall the riding is easy and emphasizes cultural and local experiences as much as the riding. Accommodation on the tour is unique and offers cultural experiences ranging from a heritage guesthouse, to a temple stay, to an organic farming homestead, to a specialty cuisine cooking school- all with traditional flair and customary Kerala hospitality.

Be aware that according to local religious customs, a vegetarian diet is the norm, and meat may not be available during all meals. On nights 3 and 5, our accommodation is vegetarian and dry. Rest-assured you won't go hungry on this trip!

Suitability: This cycling trip is ideal for the beginner or recreational rider. While the riding is not too strenuous, heat and humidity in South India can be challenging, so a decent level of fitness will go a long way towards managing each days' ride comfortably.

Biking Conditions: This bike trip is on quiet back roads through farmland and villages in mostly decent condition. However, this is India! There may be sections of rough road and chaotic traffic in and around urban areas. Your local cycling guide will keep you aware of what's ahead, and the air-conditioned support vehicle will ride behind the entire way should you need a rest, a water bottle top-up, or an extra slice of fresh fruit!



Day 1 Cochin - Thodupuzha

Arrive in Kochi. Your cycling tour leader and support team will pick you up from Kochi International Airport or your hotel, and transfer you out of the bustling city to the lush and serene countryside of Southern India, in a small town called Thodupuzha. We'll have the late morning to unwind and explore the surroundings of the first stop on our South India Heritage journey, a charming farmstay where our hosts have maintained a homestead for generations. Then meet your tour leader for a trip briefing and bike fitting followed by a flavorful lunch of traditional farm-to-table dishes. While we digest, we'll take a guided stroll through the property, where Kerala's characteristic lushness is on display in the sheer variety of fruits, vegetables, and herbs are traditionally grown. In the late afternoon, we'll make a short trek to Mundan Mala, a hilltop with views of the surrounding landscape. Along the way, we'll walk through a small village and take tea in the local way, called "chai." In the evening, we'll enjoy another traditional meal at the house and see if we can recognize some of the flavors from our walk through the farm!



River Banks Madapparamabil



Lunch, Dinner

Day 2 Thodupuzha - Paniyeli Poru

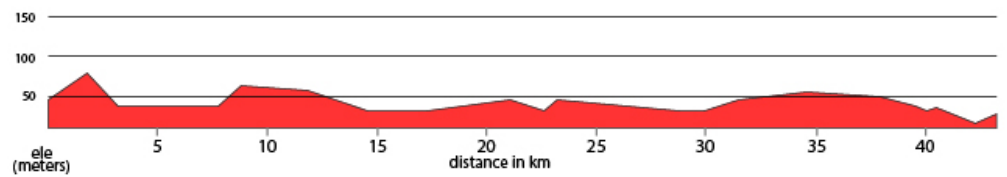
Rise early to pay a visit to the local market and see how the many households of the village do their shopping for the day. The fruits of Kerala are on full display here, in a huge abundance and variety of fruits, vegetables, and herbs. We'll then fuel up for our first bike ride of the trip on a traditional breakfast at the house, before bidding goodbye to our lovely hosts and setting out on two wheels. Our ride takes us through green countryside, along waterways, and across small rivers, through rural villages where we'll get a closer look at local life in Southern India. Along the way, we'll pass through rubber tree plantations and visit a plantation house to learn more about the interesting process by which rubber is made. We'll have an authentic lunch at a local restaurant, before checking into our resort, across the river from the Sholayar Forest Reserve, home to many of India's most well-known and endangered wildlife, such as the tiger and elephant. If we're lucky we'll spot some of the forests' colorful bird species along the edge of the water. Enjoy a free afternoon to escape the heat with a dip in the resort pool or the waters of the nearby Periyar River.



Whispering Waters



Breakfast, Lunch, Dinner



Ride 45km



+519m



-536m

Day 3 Paniyeli - Poru - Chalakudy

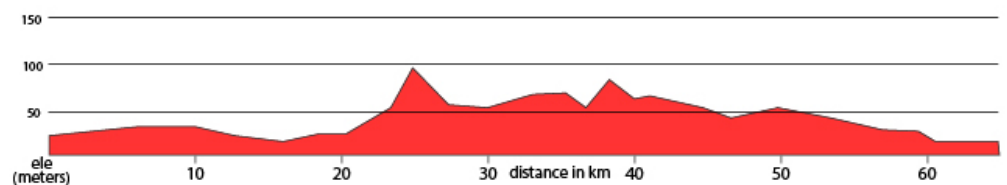
We'll rise early and have breakfast at the hotel before setting off on our bikes for another south India cycling adventure. It's an easy ride for the first 20 kilometers, but we'll have a few hills once we cross the river and ride into more forested terrain. Today's scenery is more natural, as our route takes us along the edge of the Forest Reserve and along one of Kerala's most important waterways, the Chalakudy River. We'll stop to admire the view of the river from a suspension bridge en route to the main attraction- Athirapilly Waterfalls, the largest in Kerala. The falls stand over 20 metres tall, and carry water all the way from the Western Ghats mountain range. While best visited during the monsoon when water levels are at their peak, the falls are nonetheless scenic and have been featured in countless Bollywood movies over the years. After taking in the views of the falls, we'll enjoy a local lunch before transferring by car to our accommodation for the evening, a vegetarian cooking school and wellness resort set among riverside spice groves. The afternoon is free to enjoy the hotel grounds and gardens, or enjoy traditional ayurvedic spa treatments. Dinner tonight is a one-of-a-kind culinary experience, savoring the work of master chefs specializing in the fast-fading art of traditional vegetarian Kerala cuisine.



Rasagurukul



Breakfast, Lunch, Dinner



Ride 45km



+688m



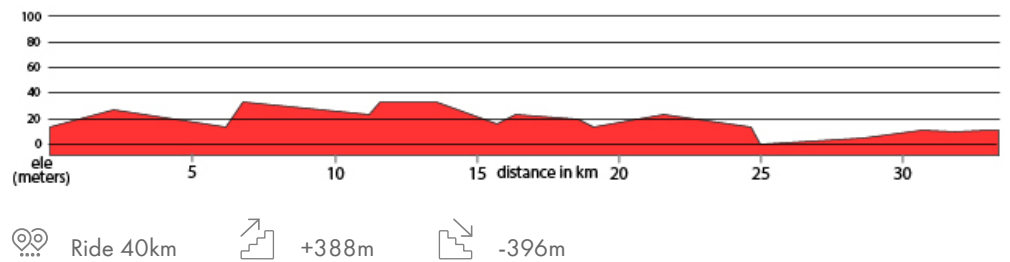
-697m

Day 4 Chalakudy - Thrissur

Enjoy another fantastic meal at Rasagurukul before getting into the saddle for another day of our South India Heritage cycling tour. Today we'll cross into the Thrissur district of Kerala province by bike. Though Kochi is the political capital, and most well-known city in Kerala to tourists, Thrissur is the cultural capital of Kerala province. Our ride is easier than yesterday, with gently undulating terrain as we ride through village backroads towards the town of Thrissur. After our ride, we'll check into our hotel before the day gets too hot and prepare for another show-stopping culinary experience over lunch: traditional Sadhya. Meaning "banquet" in the local language, Sadhya is

a cuisine from Kerala traditionally served on a large banana leaf, and featuring an impressive variety of well-spiced, vegetarian dishes, sometimes more than twenty! After having some time to digest our feast, we'll grab the bikes and head out for a short ride to a local temple and learn more about the unique and important rituals, then take our time back to the resort- this time by canoe!

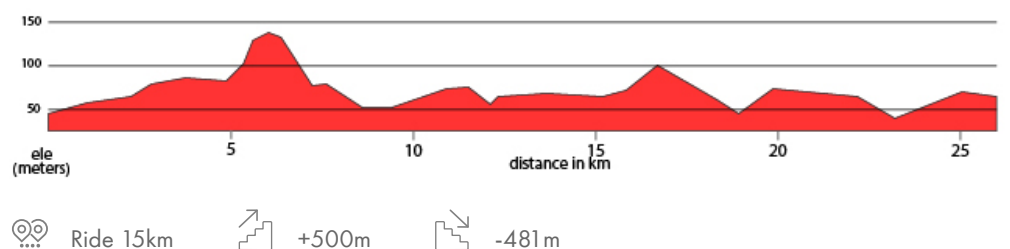
 Neelambari  Breakfast, Lunch, Dinner



Day 5 Thrissur - Vellinezhi

After breakfast, we'll transfer to Cheruthuruthy, a small village about 45 kilometres north of Thrissur town, on the banks of the Chalakudy river. Our destination is the Kerala Kalamandalam, the premier educational center for traditional Kerala art forms, especially dance. We'll visit the school where many of the art forms are taught and watch a performance of traditional temple theater, a truly unique experience, and one seldom seen outside of the South India. We'll take lunch near the school and then begin our ride to our accommodation for the evening- a traditional Hindu homestay, over 300 years old! Though the rooms and facilities are more basic than others along our trip, the cultural significance of our stay is worth it. In the evening, we'll witness another unique and sacred art form, found only in Kerala- Kalamezuthupattu. In characteristically colorful and intricate Kerala style, Hindu deities are drawn on the temple floor with colorful powders derived from natural materials like charcoal, turmeric and lime leaves. While the artist carefully deposits the powder onto the temple floor, the priest recites a specific prayer to imbue the drawing with spiritual significance, and ritual songs are performed once the work is completed. After the full ritual is complete, the drawing is erased in stages and the powders are distributed to temple-goers as a talisman.

 Kalappura Farm House  Breakfast, Dinner



Day 6 Kuthampully - Chendamangalam

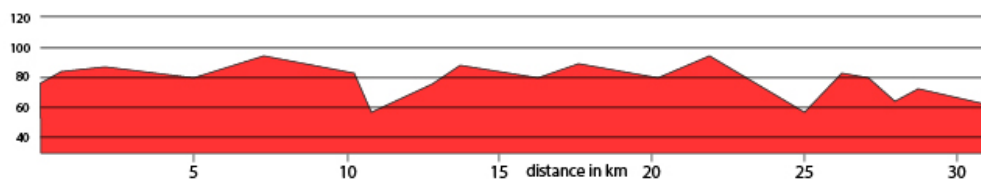
After witnessing the previous evening's spiritual art forms, we'll switch gears again for today's ride: an exploration of local life. The ride begins in the nearby village of Kuthampully as it wakes up to the day. We'll cycle alongside local milkmen making their morning deliveries on ancient Russian-made bicycles laden with canisters of fresh milk. Exchange greetings with children on their way to school, some ecstatic to see foreigners on a bike, others too shy to exchange more than a grin. Take in the colors of local life, made more vibrant by the beautiful sarees of women about town. Many of these beautiful sarees are manufactured in the village itself, and we'll make several stops on our exploration to learn more about the complicated design and weaving process, mastered by many of the local artisans. From there, we'll enjoy a local lunch in Kuthampully, before heading out to another quintessential Indian experience: a train ride. It's a different perspective than being on two-wheels, as we take a seat and watch the countryside go by and the goings-on of the many passengers and hawkers at each stop. Once at our destination, we'll transfer to our hotel for our final night of the trip and a South Indian farewell feast in the perfect setting: a beautiful riverside hotel showcasing Kerala's history and culture.



Sea Lagoon Resort



Breakfast, Lunch, Dinner



Ride 20km



+553m



-563m

Day 7 Chendamangalam - Departure

Today's final breakfast comes with a beautiful view of the morning mist wafting over the river. Once our bags are packed, we'll have a final ride through the nearby town of Chendamangalam, a historic spice port of Kerala. Once a lively port brimming with business on the historic spice trade, today it's a sleepy town on the edges of some of the backwaters. Chendamangalam is unique for the historic synagogue, church, mosque, and Hindu temple all within close proximity of one another, as well as the remnants of Dutch and Portugese architecture during the time when the town was part of the old Cochin State. We'll ride out of the northern edge of the town and across the causeway, visiting historic sites along the way. Then we'll have our final meal at a local restaurant, before transferring to nearby Kochi to your hotel, or to the airport for onward departure.



Breakfast, Lunch



Ride 15km



+104m



-98m

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

We provide well known brand of Mountain bike for this tour.

If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while

riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Please make sure that your passport is still valid for at least six months at the end of the tour. An electronic visa (e-visa) is available for passport holders of 150 countries including Australia, New Zealand, UK, USA and citizens of EU countries, with the application and the fee submitted at least 4 days before date of arrival. Fees vary depending on nationality. The visa is valid up to 60 days from the date of arrival. Visit [here](#) to apply and for the full list of eligible countries. For citizens of countries not specified a visa must be acquired *before* arriving in India. Please contact your local Indian embassy to receive a standard tourist visa. Locations on embassies worldwide are available [here](#).

Health

There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against Typhoid, and Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. Please speak to your doctor/physician for the most recent information.

Weather

As India is such a large country, the climate and weather conditions vary across the vast region. However, the country is divided into six main climatic zones ranging from arid desert in the west, alpine tundra and glaciers in the north, and humid tropical in the southwest and the island territories.

We have tours in the following regions

Rajasthan: weather can be divided into four seasons - summer, monsoon, post-monsoon, and winter. Summer from April to June is the hottest season with temperatures ranging from 32C to 45C. Monsoon extends from July to September with a slight drop in temperature but plenty of rain. The post-monsoon period is from October to November where the lowest temperatures can reach as low as 18C. From December to March is the cold season and the best time to visit Rajasthan. Temperatures range from 15C-18C with little or no humidity.

Kerala: mostly has a tropical wet climate, which can be divided into three seasons. Summer is from February to May and is generally hot and humid. Monsoon season begins in June till around October or November. December to January holds the best weather for travel as it is cooler and the rains have subsided.

Leh/Ladakh has a cold desert like climate with somewhat extreme conditions. Summers bring in harsh direct sunlight at such high altitudes while winters can get as cold as below freezing point. Lowest ever recorded was -23C. May to August is the best time for tourists to enjoy the weather and everything it has to offer.

Sikkim: has a very temperate climate with enjoyable 5 seasons. Depending on the location and altitude, the weather can vary. In Summer, the lowest temperatures reach 13C up to 28°C while in winter Temperature between 0C to 13C. The monsoon season hits around June to September.

Food

Meals are included in the itinerary where B = breakfast, L = lunch, and D = dinner. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water and energy-restoring drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer and alcohol are available, but NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you

up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars a day for incidentals. Included entrance fees are those for the listed sites and national parks that are part of the itinerary. Any other site fees are not included.

Money

The currency is the Indian rupee (Rs) and there are ATMs in major cities and most towns that take international cards. However, we suggest that you withdraw money at the airport at the start of your tour. During the tour, our guide will inform you of the ATM locations in different cities.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from

SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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