

Adventure Kerala: White Water Rafting, Trek & Waterfalls in Idukki

Prepared by TourGrids

Destination
Kerala

Duration
6 Nights 7 Days

Starting from
Rs. 28,900 / person

ITINERARY ROUTE

↗ **Munnar · 2N**

↗ **Thommankuthu / Thodupuzha · 2N**

↗ **Idukki / Adimaly · 2N**

Overview

Adventure Kerala: White Water Rafting, Trek & Waterfalls in Idukki is a 6 nights / 7 days Kerala tour package designed for thrill-seekers and nature lovers. This Kerala Adventure tour package combines white water rafting, guided treks to scenic viewpoints, and explorations of pristine waterfalls in the Idukki district and surrounding high ranges. Perfect for travelers searching for a Kerala Adventure package or a 6 and 7 Kerala Adventure tour package, this itinerary balances adrenaline activities with relaxed houseboat-style calm and scenic stays.

Highlights:

- White Water Rafting (seasonal) on nearby rapids
- Trek to Kolukkumalai & Anamudi viewpoints
- Thommankuthu Waterfalls multi-tier trek and natural pools
- Munnar tea gardens and Mattupetty viewpoints
- Idukki Arch Dam & reservoir experiences

Note: White water rafting is seasonal and subject to river water levels and operator availability. Activities may be swapped or rescheduled in case of adverse weather.

✓ **What's Included**

- ✓ 6 nights accommodation in well-located hotels (twin/double sharing)
- ✓ Daily breakfast (6) and 5 meals as per itinerary
- ✓ All transfers & sightseeing by air-conditioned vehicle
- ✓ Guided white water rafting session with safety gear (subject to seasonal availability)
- ✓ Guided treks to Kolukkumalai and Thommankuthu with local guides
- ✓ Boat ride on Idukki reservoir / dam area
- ✓ All applicable permits and entry fees included where required
- ✓ Experienced local English-speaking guide for adventure activities
- ✓ Taxes and service charges

✗ **Not Included**

- ✗ Airfare / train fare to/from Kerala
- ✗ Personal expenses, tips, laundry, phone calls
- ✗ Meals not specified in inclusions
- ✗ Insurance (recommended)
- ✗ Additional activities or extensions not mentioned in the itinerary
- ✗ Anything not explicitly mentioned in 'Inclusions'
- ✗ Important: White water rafting and certain outdoor activities are seasonal and dependent on water levels and weather. In case of cancellations due to safety concerns, alternative activities will be offered.

Day-by-Day Itinerary

Day

1

Arrival, Transfer to Munnar & Evening at Leisure

Arrive at Cochin International Airport or Ernakulam Railway Station and begin the scenic drive to Munnar (approx. 4–5 hours). Check in at your hotel and relax. In the evening, explore local tea gardens and the small town market.

Activities: Light acclimatisation, short walks through tea estates, photography.

Day

2

Munnar Sightseeing: Mattupetty, Echo Point & Tea Museum

Full-day exploration of Munnar's highlights. Visit Mattupetty Dam (boat ride optional), Echo Point, and the Tea Museum to understand tea processing. Short nature walks amid rolling tea plantations and panoramic viewpoints.

Tip: Carry a light jacket — temperatures are cooler in the hills.

Day

3

Kolukkumalai Sunrise Trek & Transfer to Thommankuthu

Very early morning transfer to the base for the Kolukkumalai Sunrise Trek — one of the highest tea estates in the world. Enjoy sunrise views over the Western Ghats and the misty valleys. After breakfast, drive towards Thommankuthu. On arrival, check in and prepare for a short introductory trek to nearby cascades.

Kolukkumalai trek includes steep trails; sturdy footwear recommended.

Day

4

Thommankuthu Waterfalls Trek & Waterfall Exploration

Full day dedicated to the Thommankuthu Waterfalls — a multi-tier waterfall system offering guided trekking through forest trails, rock-hopping, and natural pools for cooling off. Enjoy a picnic lunch near the falls and learn about the local flora and fauna from your guide.

Note: Carry swimwear, quick-dry clothes, and change of garments. Trek difficulty: moderate.

Day

5

Transfer to Idukki / Adimaly & White Water Rafting Adventure

Drive to the Idukki / Adimaly area. Today's highlight is white water rafting on nearby rapids arranged with a licensed operator (seasonal). After a safety briefing by experienced guides, enjoy an adrenaline-filled rafting stretch suitable for beginners and intermediate rafters. In the evening, visit the Idukki Arch Dam or enjoy a sunset viewpoint over the reservoir.

Important: White water rafting is seasonal and will be confirmed based on water levels and safety. Swimming ability recommended but not mandatory; lifejackets provided.

Day

6

Adventure & Village Walk: Reservoir Boat Ride and Jeep Safari

Start with a relaxed boat/raft ride on the Idukki reservoir to appreciate the landscape and birdlife. Later, opt for a guided jeep safari deeper into the hills or a cultural village walk to meet local communities and learn about traditional livelihoods.

Optional: Additional activities such as bamboo rafting, birdwatching, or spice plantation visits can be arranged.

Day

7

Return to Kochi & Departure

After breakfast, check out and drive back towards Cochin. En route you may stop at a spice plantation or scenic viewpoint for final photos and shopping. Arrive at Cochin for your onward flight or train.

End of the 6 nights / 7 days Adventure Kerala package. Safe travels!

🔗 Frequently Asked Questions

🔗 What are the top tourist destinations in Kerala?

Kerala offers stunning tourist destinations like Munnar's tea plantations, Alleppey's backwaters, Kochi's vibrant culture, and Wayanad's lush hills. Don't miss the stunning beaches of Varkala and Kovalam, as well as the tranquil landscapes of Thekkady and Kumarakom. Each offers unique experiences for every traveler.

🔗 What is the best time to visit Kerala?

The best time to visit Kerala is from October to March. During these months, the weather is pleasantly cool and dry, making it ideal for exploring the lush backwaters, hill stations, and vibrant culture. Remember to experience the festivals and local events that take place during this peak tourist season!

❓ **How can I travel around Kerala?**

Traveling around Kerala is easy thanks to its extensive transport options. You can use private taxis, auto-rickshaws, and public buses. For scenic routes, consider hiring a houseboat, especially in the backwaters of Alleppey. Trains and domestic flights connect major cities, making exploration seamless.

❓ **What are the famous cuisines to try in Kerala?**

Kerala is renowned for its delicious cuisine, featuring dishes like Sambar, Appam, and Puttu. Don't miss the spicy Kerala fish curry and the delectable dosa. For a unique experience, try traditional Sadya, a vegetarian feast served on a banana leaf, highlighting the region's rich flavors and diverse culinary traditions.

❓ **What activities can I enjoy in Kerala's backwaters?**

In Kerala's backwaters, you can enjoy serene houseboat cruises, kayaking through lush mangroves, and bird watching. Experience local cuisine on board, visit traditional villages, and partake in unique cultural performances. Don't miss the opportunity for peaceful sunsets and picturesque landscapes!

❓ **Is Kerala suitable for family vacations?**

Yes, Kerala is ideal for family vacations! With its serene backwaters, lush hill stations, wildlife sanctuaries, and beautiful beaches, it offers a variety of activities for all ages. Families can enjoy houseboat rides, explore spice plantations, and visit cultural sites, making it a memorable destination.

❓ **What are the important festivals celebrated in Kerala?**

Kerala is home to vibrant festivals like Onam, celebrated with colorful festivities and the traditional feast; Vishu, marking the New Year with family gatherings; and Thrissur Pooram, showcasing grand temple processions and spectacular fireworks. These events reflect the rich culture and heritage, making Kerala a unique tourist destination.

★ **Traveller Reviews**



Aditi Rao

★★★★★ 5/5

Everlasting Impressions of Kerala

From the stunning scenery to rich traditions, this tour made lasting impressions. I can't help but reminisce about the experiences. Highly recommend!



Kunal Kaur

★★★★★ 5/5

A Well-Rounded Experience

This Kerala tour provided a perfect blend of relaxation and activities. We got to unwind in the backwaters and explore beautiful hill stations. A great balance!



Vani Dubey

★★★★★ 5/5

Heavenly Kerala Escape

Kerala felt like heaven on earth! The combination of nature, culture, and warm hospitality made it a trip to remember. I left a piece of my heart there!



Kiran Menon

★★★★☆ 4/5

An Immersive Eco-Tour

The eco-tour experience was unique and educational. We learned about sustainable practices while enjoying the nature-rich surroundings. Very well organized!



Rajesh Iyer

★★★★★ 5/5

Charming Village Tours

Exploring local villages was a highlight. Interacting with locals and understanding their lifestyle was eye-opening. Very enriching experience!

⚡ Why Choose TourGrids?

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