

Heritage Trails of Malabar: Forts, Backwaters & Coastal Cuisine

Prepared by TourGrids

Destination
Kerala

Duration
6 Nights 7 Days

Starting from
Rs. 24,800 / person

ITINERARY ROUTE

↙ **Kozhikode · 2N**

↙ **Kannur · 2N**

↙ **Bekal · 1N**

↙ **Valiyaparamba Backwaters · 1N**

Overview

a carefully curated Kerala tour package ideal for families who want a relaxed yet immersive Kerala Family tour package experience. This 6 nights / 7 days Kerala Family package explores the historic forts of Malabar, serene backwaters, pristine beaches and the world-famous coastal cuisine of northern Kerala. Perfect for travellers seeking culture, cuisine and gentle exploration at a family-friendly pace.

Highlights:

- Bekal Fort sunset visit and beach walk
- Houseboat / Backwater cruise on Valiyaparamba backwaters
- Bepore boat-building and Kozhikode coastal food walk
- St. Angelo's Fort and Muzhappilangad Drive-in Beach in Kannur
- Traditional Malabar cooking demonstration and seafood tasting

This itinerary is designed as a 6 and 7 Kerala Family tour package offering a balance of heritage, nature and culinary experiences.

✓ **What's Included**

- ✓ 6 nights accommodation in family-friendly hotels and 1-night houseboat (as per itinerary)
- ✓ Daily breakfast (6) and selected lunches/dinners as noted
- ✓ All transfers and sightseeing by private air-conditioned vehicle
- ✓ Guided visits and local entrance fees as per itinerary
- ✓ One Malabar cooking demonstration and cultural show (where available)
- ✓ Houseboat cruise on Valiyaparamba backwaters with meals onboard
- ✓ Bottled water during transfers
- ✓ Local taxes (hotel taxes included)
- ✓ Inclusions are designed for a family-friendly Kerala Family Retreat package. Customisation available on request.

✗ **Not Included**

- ✗ International / domestic flights to Kozhikode
- ✗ Travel insurance and personal expenses
- ✗ Additional meals and beverages not specified
- ✗ Tips, portorage and laundry
- ✗ Entrance fees for optional activities or seasonal Theyam unless specified
- ✗ Any government levies introduced after booking
- ✗ Note: Optional experiences (e.g., private Theyam viewing, specialised photography tours) can be added for an extra cost.

Day-by-Day Itinerary

Day

1

Arrival, Kozhikode Orientation & Coastal Evening

Arrive at Kozhikode (Calicut) airport/railway station. Transfer to your hotel and relax. Afternoon city orientation walk including Mananchira Square and the historic lanes of SM Street (Mittayi Theruvu). Evening visit to Kozhikode Beach and sunset by the shore. Dinner features a welcome tasting of Kozhikodan Malabar cuisine – small plates and seafood specialities.

Tip: If you arrive early, opt for a short guided walk to sample local snacks like 'kalathappam' and 'halwa'.

Day

2

Beypore Heritage & Kozhikode Culinary Experience

Morning drive to historic Beypore, famous for traditional dhow (Uru) building. Watch artisans at work and learn about maritime history. Return to Kozhikode for a visit to Kadalundi Bird Sanctuary (seasonal) or a relaxed boat ride. Late afternoon join a Malabar cooking demonstration – learn to prepare coconut-based curries and seafood dishes, followed by a family-style dinner.

Important: Bird sanctuary visits are seasonal – check local timings. The cooking demo is family-friendly and suitable for children.

Day

3

Drive to Kannur – Forts, Culture & Beaches

After breakfast, drive north to Kannur (approx. 2.5–3 hours). On arrival, explore St. Angelo's Fort and enjoy panoramic sea views. Afternoon at Payyambalam Beach for relaxation. In the evening attend a cultural performance – Theyam (seasonal) or a local folk show – offering insights into Malabar's living traditions.

Note: Theyam performances run mainly between October and May; when not available, an alternate folk performance will be arranged.

Day

4

Kannur Exploration & Coastal Villages

Start with Muzhappilangad Drive-in Beach – one of India's longest drive-in stretches. Visit Arakkal Museum to learn about Kerala's only Muslim royal family and the maritime legacy. Afternoon village walk through fishing hamlets, meet local fishermen, and experience traditional fish-drying yards. Evening leisure and optional local shopping for handloom textiles.

Tip: Carry sunscreen and a hat for the beach drive; the drive-in beach is ideal for family photos and gentle drives.

Day

5

Bekal & the Mighty Fort

Drive to Bekal in Kasaragod district (approx. 2–2.5 hours). Spend the day at the imposing Bekal Fort — walk its ramparts, explore ancient tunnels and enjoy the beach below. Take a guided heritage walk to learn about Malabar's coastal defenses and colonial encounters. Enjoy a fresh seafood dinner with local Malabar spices.

Note: Bekal Fort is an excellent spot for sunset photography — plan your visit in the late afternoon for the best light.

Day

6

Valiyaparamba Backwaters — Houseboat Cruise & Village Life

Transfer to Valiyaparamba backwaters for a private houseboat or traditional kettuvallam cruise. Glide through palm-fringed canals, watch village life unfold, and stop at small islands for short walks. Onboard, savour a specially prepared Malabar coastal cuisine lunch and dinner featuring local spices and seafood. Evening fishing with the crew or a relaxed stargazing session.

Important: Houseboats are family-friendly; rooms are comfortable but basic. Inform us in advance for dietary preferences or mobility needs.

Day

7

Return to Kozhikode & Departure

After breakfast aboard the houseboat, transfer back to Kozhikode for your onward journey. If time permits, visit Kappad Beach (Vasco da Gama landing site) on the way for a brief historical stop. Drop-off at Kozhikode airport or railway station. End of the Heritage Trails of Malabar itinerary.

Tip: Allow buffer time for road traffic when planning flights. Ask us about extending the package with Munnar or Kochi add-ons.

🔗 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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