

Kerala Adventure Circuit: Trekking, Kayaking & Waterfall Rappelling

Prepared by TourGrids



Destination
Kerala



Duration
5 Nights 6 Days



Starting from
Rs. 23,450 / person

ITINERARY ROUTE

↙ **Munnar · 2N**

↙ **Thekkady · 1N**

↙ **Alleppey · 1N**

↙ **Varkala · 1N**

Overview

A thrilling 5-night, 6-day Kerala Adventure tour package designed for active travelers. Experience the lush Western Ghats with guided treks, adrenaline-pumping waterfall rappelling, serene backwater kayaking and sea kayaking along the coast. This Kerala Adventure package blends rugged mountain trails, spice-scented hills, wildlife sightings, and peaceful backwaters for a compact, action-packed escape.

Highlights:

- Trekking in Munnar (Anamudi & Eravikulam area)
- Waterfall rappelling at a safe, guided waterfall site
- Kayaking on Periyar Lake & Alleppey backwaters
- Houseboat cruise in Alleppey
- Sea kayaking & clifftop sunset at Varkala

Perfect for searchers of adventure – optimized for keywords: Kerala tour package, Kerala Adventure tour package, Kerala Adventure package, 5 and 6 Kerala Adventure tour package.

✓ What's Included

- ✓ Accommodation: 5 nights (as per itinerary) in twin/double rooms including a houseboat night
- ✓ Meals: Daily breakfast + 3 specially mentioned meals (houseboat meals included)
- ✓ Transfers: All inter-destination transfers by private AC vehicle as per itinerary
- ✓ Activities & Guides: Guided treks, waterfall rappelling session with certified instructors, kayaking sessions (Periyar, backwaters, sea), village walk, spice plantation tour
- ✓ Equipment: Rappelling gear, helmets, life jackets, kayaking gear, safety equipment provided
- ✓ Permits & Fees: Entry fees for specified parks/activities, local taxes
- ✓ Support: Local English-speaking adventure guide and support staff
- ✓ This itinerary is crafted as a 5-night, 6-day Kerala Adventure package / Kerala Adventure tour package.

✗ Not Included

- ✗ International/domestic airfare or train fare to/from Kochi
- ✗ Travel insurance and personal accident cover
- ✗ Tips, gratuities, and personal expenses (souvenirs, phone calls)
- ✗ Optional activities not listed in inclusions (cultural shows, private safaris if not included)
- ✗ Any peak-season surcharge, medical expenses, or emergency evacuations
- ✗ Early check-in / late check-out charges unless confirmed
- ✗ Note: A moderate fitness level is recommended for trekking and rappelling. Inform us of medical conditions or pregnancy – some activities may be restricted.

Day-by-Day Itinerary

Day

1

Arrival, Transfer to Munnar & Introductory Trek

Arrive at Cochin (Kochi) airport/station and meet your local guide. Drive to Munnar through scenic tea plantations. On arrival, check into your hotel and rest briefly before a gentle introductory trek to loosen up after travel. Evening spent at leisure – explore the local market or enjoy a tea garden walk.

Activities: short trek, acclimatization, sunset viewpoint.

Tip: Carry a light daypack, water bottle, and trekking shoes for the first walk.

Day

2

Full-day Trekking in Munnar & Waterfall Rappelling Introduction

Today is dedicated to an immersive trek in the Eravikulam/Anamudi foothills (route adjusted to fitness levels). After lunch, transfer to a nearby waterfall for a supervised waterfall rappelling session. All technical gear (harness, helmet, ropes) provided and managed by certified instructors.

Activities: full-day mountain trek, guided waterfall rappelling, nature photography.

Important: Rappelling is conducted with safety briefings. Notify us of any medical conditions in advance.

Day

3

Transfer to Thekkady – Spice Plantation & Periyar Kayaking

Depart Munnar after breakfast and drive to Thekkady (Periyar). Check in and enjoy a guided spice plantation walk in the afternoon. Later, experience a calm kayaking session on Periyar Lake / reservoir or opt for a bamboo raft. Evening wildlife watch or cultural performance (optional).

Activities: spice farm visit, Periyar lake kayaking, optional wildlife boat safari.

Note: Kayaking here is on calm waters – suitable for beginners and intermediate paddlers.

Day

4

Drive to Alleppey – Backwater Houseboat & Kayaking

After breakfast, travel to Alleppey (Alappuzha) – the heart of Kerala backwaters. Board a traditional houseboat and begin a serene cruise through canals, paddy fields and village waterways. Disembark for a guided village walk and enjoy a backwater kayaking session in the afternoon to explore narrow canals.

Activities: houseboat cruise (overnight), backwater kayaking, village exploration.

Tip: Early morning on the backwaters is magical for birdwatching and photography.

Day

5

Drive to Varkala – Sea Kayaking & Clifftop Sunset

Disembark and travel south to Varkala, a coastal town famous for its dramatic cliffs and beaches. Settle in and head out for supervised sea kayaking along the shoreline (weather permitting). Relax on the Varkala Cliff by sunset, with panoramic Arabian Sea views and a chance to sample fresh seafood.

Activities: sea kayaking, beach time, cliffside sunset.

Important: Sea kayaking subject to coastal conditions – safety briefing and life jackets provided.

Day

6

Return to Kochi – Departure

After breakfast, drive back to Kochi. Depending on your flight/train schedule, enjoy a short guided walk in Fort Kochi – visit the Chinese fishing nets, St. Francis Church and local art cafes. Transfer to Kochi airport/station for onward journey.

End of the 5-night, 6-day Kerala Adventure tour 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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