

SPICE ROADS

CYCLING



CYCLING KERALA'S BACKROADS

Tour Code
IND-DKE

14 DAYS
13 NIGHTS

	Destinations	India
	Tour Meets Tour Ends	Kochi (formerly known as Cochin) Kochi (formerly known as Cochin)
	Fly in to Fly out of	
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



10
Cycling days

544_{km}
Total cycling distance

54_{km}
Avg distance / day

952_m
Avg climbing / day

PRICING



Price	US\$ 3,300 to US\$ 3,400
Bike Hire (Mountain Bike)	US\$ 350
Single Supplement	US\$ 1,100 to US\$ 1,300

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



18 August - 31 August 2024
17 November - 30 November 2024
15 December - 28 December 2024
12 January - 25 January 2025
09 February - 22 February 2025
23 March - 05 April 2025
17 August - 30 August 2025
16 November - 29 November 2025
14 December - 27 December 2025

TRIP PROFILE

The scenery is ever changing as we start cycling from the outskirts of Kochi and then climb the slopes of the Western Ghats, entering tea and spice country.

We ride 544 km in 10 days of riding, but this tour is entirely on paved roads, so the distances are not too strenuous. We designed the route to take in the best of Kerala's culture, countryside, and wildlife, all while enjoying an active holiday. You'll ride from sea level to an altitude of 9521 m, but this is over many days, and though there will be some steep climbs, the pace is easy. There'll be some exhilarating descents, including one that's 22 km long!

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of cold drinks and fresh fruit.

Suitability: You can expect some climbs with steep gradients for the first five days of this trip, then some undulating terrain towards the end. There are three days of longer distances, but they include major descents. The hills can be tackled by those with a moderate amount of fitness; however, being physically fit will, of course, be a huge asset, but as the tour is fully supported, the van is always close at hand if needed.

Biking Conditions: This trip is on tarmac roads, and there is no technical riding involved. An air-conditioned support bus travels behind the group, so participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.



Day 1 Arrive in Kochi

We arrive in Kochi (formerly known as Cochin), a vibrant seaport town that is the perfect jumping off point for our exploration of Kerala. As the airport is more than an hour's drive from the city centre, we stay near the airport, so we can ride straight from the hotel in the morning.

 Air Link Castle  Dinner

Day 2 Kochi - Thatekkad

After breakfast, we ride into the countryside, passing a temple, crossing the Periyar River, where, if we are lucky, we see elephants from a nearby camp bathing. We are on the slopes of the Western Ghats mountain range heading towards the Thatekkad Bird Sanctuary, home to rare birds like the crimson-throated barbet, black winged Kite, hornbill, ceylon frogmouth, rose-billed

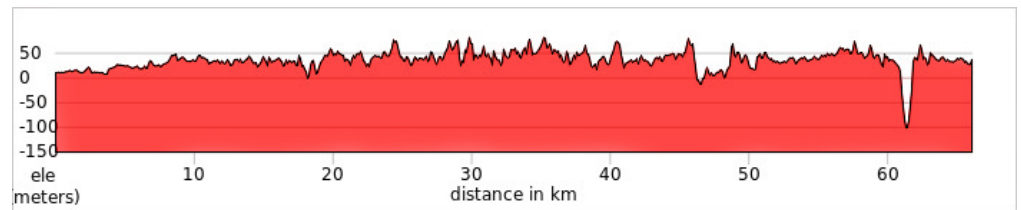
Roller, and blue-winged parakeet, to name but a few. We overnight in unique house tents that have peaceful views of the Periyar River.



Lemon Grass Hotel



Breakfast, Lunch, Dinner



Ride 66km



+1146m



-1123m

Day 3 Thatekkad - Munnar

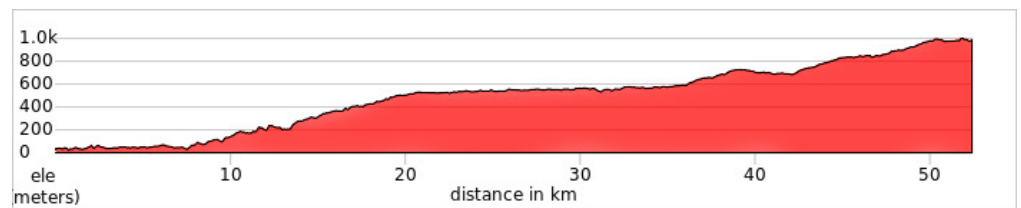
Bird watchers will want to rise early to see how many bird species they can check off before breakfast. Riding from the hotel, we follow the Periyar River. The gradually rising trail winds its way through rubber and pineapple plantations to the Valara forest reserve, passing waterfalls along the way. We continue our gradual climb towards our lunch stop at a local restaurant. The afternoon is still up, as we climb a total of 1314 m into the hills, branching off onto an old estate road to our plantation bungalow nestled amongst cardamom estates, the main crop at this elevation. Those with energy to burn can explore the rest of the valley and then freewheel it back to the bungalow.



Falling Waters



Breakfast, Lunch, Dinner



Ride 52km



+1314m



-368m

Day 4 Munnar Hill Station

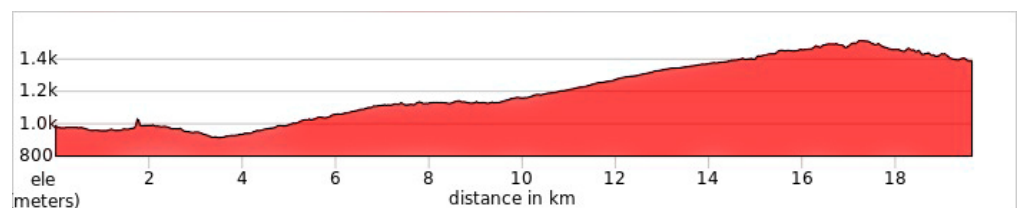
A 31-km morning climb of about 668 m in elevation takes us up to Munnar Hill Station. Located on the slopes of the Western Ghats at about 1,600 m above sea level, Munnar is situated at the confluence of three mountain streams -- Mudrapuzha, Nallathanni, and Kundala. There are lakes, reservoirs, forests, and several tea plantations carpeting the hillsides. After the hard work of climbing, we arrive in the early afternoon with enough free time, perhaps, to cycle 8 km to town if you want to take in the bazaar.



Tall Trees



Breakfast, Lunch, Dinner



Ride 20km



+668m



-260m

Day 5 Munnar Loop to Top Station

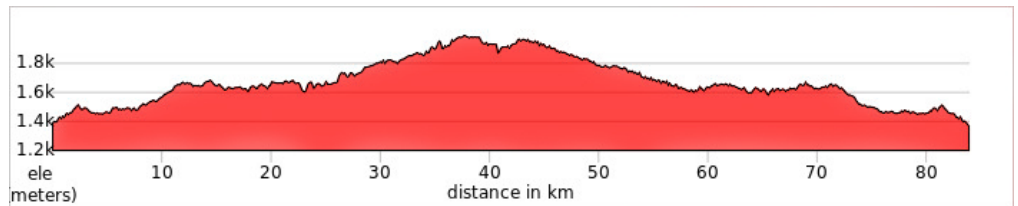
Overlooking the town, Annamali peak at 1980 m is the highest mountain in Kerala and well worth the ride to Top Station (1,950 m) for the fine views over the town and neighbouring Tamil Nadu. The 681 m ascent is gradual with little traffic. The views are worth the effort. After lunch in a restaurant at the summit, there's the reward of the downhill back!



Tall Trees



Breakfast, Lunch, Dinner



Ride 84km



+1791m



-1811m

Day 6 Munnar - Periyar

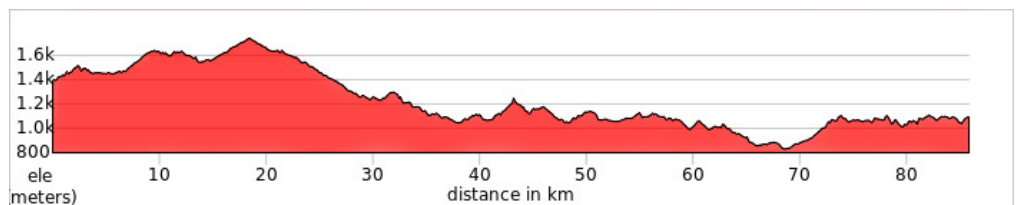
Today's ride is stunning, as we ride out of Munnar on an undulating country road that takes us through small villages with wonderful views of reservoirs and streams to Kattapana town. After lunch, it's just a short ride to our tranquil resort set among a plantation of a wide varieties of spices, such as cardamom, pepper, clove, nutmeg, ginger, and cinnamon. We'll take a guided walk around the grounds to learn about the various spices.



Carmelia Haven



Breakfast, Lunch, Dinner



Ride 86km



+1911m



-2211m

Day 7 Periyar - Thekkady

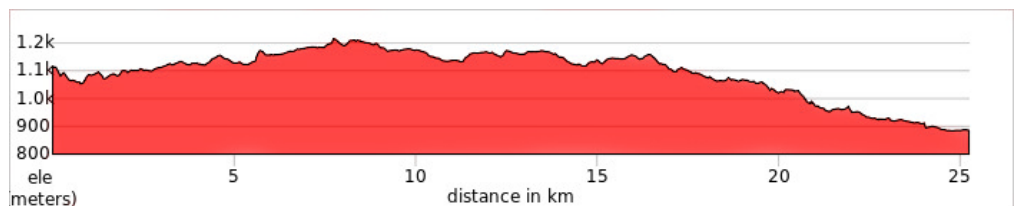
It is an easy morning ride to Periyar National Park. Snuggled in the Western Ghats, it is one of the world's richest bio-diversity spots, a fascinating natural wildlife sanctuary with more than 40 tigers in residence and many elephant herds. We ride on small roads through deciduous forests and try to catch glimpses of some of the native animals on our way to our resort at the edge of the park. For those who like to shop, there are a few curio shops and art galleries in this hip little town.



Greenwoods Resort



Breakfast, Lunch, Dinner



Ride 25km



+343m



-566m

Day 8 Rest Day

For the free day, relax or go on one of trek or boat safaris to Periyar Park (please book in advance with your guide). Centred around a man-made reservoir, it is possible to see wildlife all year round at the park, although the best time is during the dry season, March to May, when herds of elephants come to the lake to graze by the shore. If you are very lucky, you may even see leopards or tigers coming down to quench their thirst. The park is rated as one of the best wildlife sanctuaries in India for wildlife photography and for bird and tiger watching.



Greenwoods Resort



Breakfast

Day 9 Thekkady - Mavady Estate

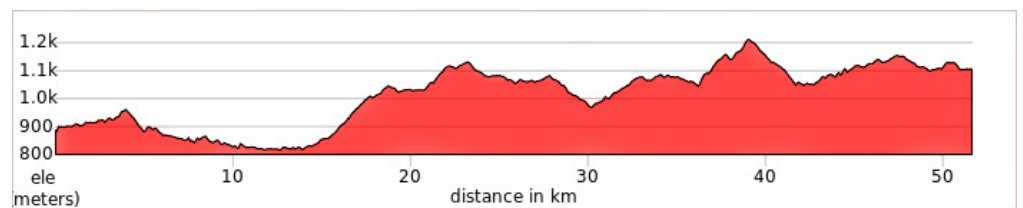
Riding from the hotel, we descend through cardamom and tea estates, stopping to visit the Connemara Tea Factory on the way to Kuttikanam, if tickets are available. This is a very picturesque road, and great views abound. We take a break from the saddle for a traditional lunch at Kuttikanam. After lunch, we continue our undulating ride out of the tea growing area, with a couple of challenging hills, along one of the most scenic roads in Kerala.



Summer Sand Hotel



Breakfast, Lunch, Dinner



Ride 52km



+956m



-740m

Day 10 Mavady Estate- Kottayam

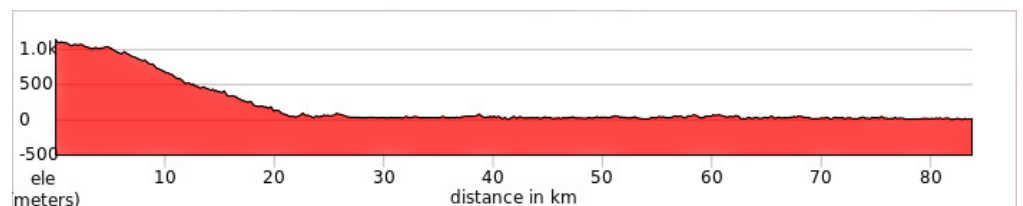
Probably the best ride of the trip, simply stunning views combined with a 22-km descent greet our ride. We travel through rubber and spice plantations as we head to Kottayam, known as the Syrian Christian heartland of Kerala. Here, grand churches dot the landscape, and we break for lunch at Palai to visit St. Thomas Church. Its whitewashed facade and distinct guild ceiling, pre-dates its Portuguese renovation. Relax at our luxury hotel on the shore of India's second largest lake and enjoy the surroundings.



Abad Whispering Palms Resort



Breakfast, Lunch, Dinner



Ride 84km



+954m



-2063m

Day 11 Vembanad Lake Cruise

The morning is free for relaxing and enjoying the lake view or for an optional visit to the nearby Kumarakom bird sanctuary. Mid-morning, we board our houseboat for a splendid backwater cruise. The houseboats, converted rice barges, come with a captain, cook and crew; we just sit back, sip long drinks, and watch the world go by.



Houseboat



Breakfast, Lunch, Dinner

Day 12 Alleppey - Fort Cochin

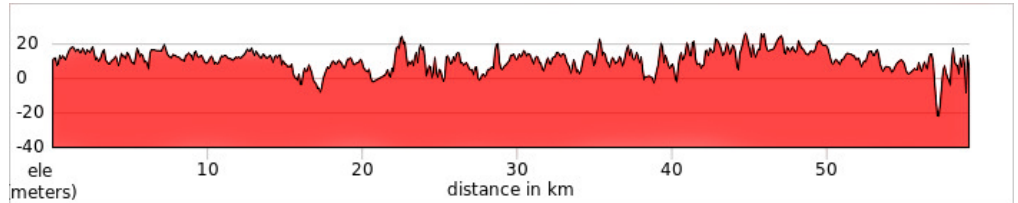
Mid-morning, we disembark at Alleppey, which is nicknamed the “Venice of the East” for its intricate canal network. Riding along the old canal road, we view some historic buildings and see why it remains the centre for Coir carpets, made from coconut husks, and prawn farming. Taking the beach road north, our ride ends at Fort Cochin and our boutique hotel.



Killians Hotel



Breakfast, Lunch, Dinner



Ride 60km



+438m



-440m

Day 13 Fort Cochin

You can choose an optional morning cycle ride around the back streets of old Cochin, taking in all the major sights of Fort Cochin and Jew Town, before ending at Chinese Fishing Nets, a stone's throws from our hotel. With a rich background influenced by the Arabs, British, Chinese, Dutch, and Portuguese, there is much to explore by bike, from the bazaars and the old harbour area of the town to the Dutch Palace, Santa Cruz Basilica, Vasco House, or the synagogue, built in 1568 for the Jewish members of Cochin's trading communities, adorned with hand-painted tiles from China and elegant Belgian chandeliers. The afternoon is free to relax at the hotel, poke around the antique and curio shops, or, if you prefer museums, the Museum of Kerala History, Gallery of Contemporary Art, Hill Palace Museum, or Chaithram Art Gallery. And, of course, there are an abundance of shopping and eating opportunities. But save room for our farewell dinner.



Killians Hotel



Breakfast, Lunch, Dinner



Ride 15km

Day 14 Departure

We go our separate ways for onward travel or to explore more of incredible India.



Breakfast

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

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is 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

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

 twitter.com/spiceroads
 youtube.com/user/spiceroads
 instagram.com/spiceroads
 facebook.com/SpiceRoad