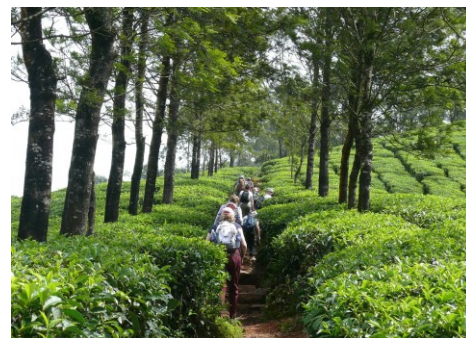


Trek Kerala



Duration: 10 days

Kerala in southern India is renowned for its wonderful palm-fringed beaches and the rich tropical landscape of its interior. Our trek takes in the lush green forests, cardamom-scented hills and photogenic tea plantations of the Western Ghats.

From the hill station of Munnar, we trek over forested hills and open ridges, passing plantations of coffee and mango as well as the famous tea. En route we take in Meesapulimala Peak, the highest accessible point in southern India, where the views over this beautiful area are breath-taking.

The cool mountain air is perfect for trekking these wonderful hills; afterwards we head down to the beautiful lagoons and rice paddies of the coastal backwaters, where we discover the local way of life on a relaxing houseboat cruise.

[Check out our other Indian adventures.](#)

This trip generates around **185 kg of CO₂ per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

DETAILED ITINERARY

Day 1: Depart London for Kochi

Day 2: Arrive Kochi

On arrival we transfer to our hotel. After time to freshen up, we are free to explore this lovely old city, also known

as Cochin. Founded by the Portuguese in 1503, it is India's earliest European settlement. The brightly-painted buildings, narrow streets and food stalls are very atmospheric, and the bazaars and old harbour area are fascinating. In the evening there is an optional visit to see a Kathakali display, a dance unique to Kerala. Night hotel. *(Lunch not included)*

Day 3: Kochi – Munnar

Leaving the coast behind, we drive up into the hills to Munnar (1600m). A beautiful hill station on the Western Ghats, Munnar was the British summer resort of southern India. It is surrounded by tea plantations and still retains its colonial charm. We spend the afternoon exploring the town and its markets, and enjoying the views over the sprawling hills and valleys. Night hotel.

Drive approx. 4-5 hours

Day 4: Munnar Acclimatisation Walk

After an early breakfast we drive out of Munnar to the tiny village of Nagarmundi, where we start our trek. We ascend gradually through the tea plantations, our trail climbing up into the Seven Malai hills. Our surroundings are spectacular, with hill-slopes covered in verdant plantations and forests, sparkling waterfalls, and tiny villages set among the rolling valleys. We pass through cardamom and coffee plantations before reaching the hilltop, where we can soak up the wonderful views over Annamudi Peak, Changulan Lake and back down to Munnar. We descend on the same path, and return to Munnar. Time permitting, you can visit the tea museum if you wish (optional). Night hotel (1600m).

Trek approx 4-5 hours

Day 5: Munnar – Meesapulimala Peak – Camp Malai

After yesterday's taster, we should be raring to go! We drive past tea estates to the Silent Valley plateau, a haven to the rare goat-like nilgiri thar, as well as many bird species. We start our trek from around 2000m, initially on wide jeep tracks which ascend steadily through forest into natural, grassy wilderness with wonderful views down over the tea estates. We continue over rougher grassland to open ridges, our way becoming steeper as we near the top. Meesapulimala Peak (2630m) is the second-highest peak in South India; the highest is in a restricted area. Afternoon cloud often obscures the summit, but when the views are clear they are breath-taking, reaching across Kerala and Tamil Nadu. After time to enjoy the views and the sense of achievement, we descend to our camp. Night camp.

Drive approx 2 hours; trek approx 7-9 hours

Day 6: Camp Malai – Oorkadu

Today's trek takes us through the Shola forest, where we're rewarded with magnificent scenery. We walk through hills thick with red rhododendron and many endemic plants, passing small streams as we go; we may even spot some of the wildlife that lives here, including wild goats, deer, giant squirrel and wild boar. We stop for a picnic lunch midway in a shaded spot. Our route is undulating, as we head towards the foothills of Yellapatty, a

picturesque village. Here we take a short transfer (approx. 30 mins) to a local school, where we camp in the grounds for the night. Night camp.

Trek approx. 6-8 hours

Day 7: Oorkadu – Thekkedy

We descend from camp on undulating trails through small villages, farmers' fields, and eucalyptus and tea plantations. After the past days trekking in the remote hills, enjoying the colourful culture of village life as we walk adds a new dimension to our experience, and it's a fascinating but fairly relaxing end to our trek. Our vehicles will meet us, and we load up for a beautiful drive through the hills to the bustling village of Thekkedy. This area is known for its spice-growing. Night hotel.

Trek approx. 3-4 hours; drive approx. 4-5 hours

Day 8: Thekkedy – Alleppey Houseboats

We say farewell to the beautiful Western Ghats as we wend our way back down to the coast, the temperatures increasing as we leave the hills. Coming to Alleppey, we board our houseboat and can relax as we cruise the serene backwaters, a network of lagoons, rivers and canals, lined with coconut palms and dazzling green rice paddies. Watching the beautiful scenery and villages glide by is a wonderful way to relax and contemplate our achievements! We spend the night on our houseboat.

Drive approx 4-5 hours

Day 9: Alleppey

We leave our houseboat and the tranquillity of the backwaters and transfer to our hotel in Alleppey; here we gather for an evening to celebrate our big achievements. *(Lunch not included)*

Day 10: Fly Kochi – London

Transfer to the airport in time for our flight home.

WHAT'S INCLUDED

- Return flights from London to Kochi
- All known airline taxes
- Transport and transfers as part of itinerary
- All accommodation on twinshare basis (hotels and camping)
- Group camping equipment (including sleeping mat)
- All meals except where specified
- Discover Adventure crew (number dependent on group size)
- Local guides, drivers and cooks
- Local support and back-up equipment

- Entrance to reserves, houseboat cruise and any sites visited as part of the itinerary
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

WHAT'S EXCLUDED

- India entry visa
- Travel insurance
- Any meals specified 'not included' in the itinerary
- Sleeping bag
- Personal spending money, souvenirs, drinks and tips for local guide/support crew
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)



logo aito



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 11 Jul 2025, and the challenge is subject to change.