




THE NATTIKA BEACH
AYURVEDA RESORT

TRAVEL BOOK





The great novelist Jane Austen wrote, 'To sit in the shade on a fine day, and look upon verdure, is the most perfect refreshment,' and Kerala is one such destination that not only rejuvenates but in a way cleanses one's body, mind and soul. Home to age-old science of Ayurveda; energetic and vibrant dance forms; ever-so scenic backwaters; aromatic spices; pristine beaches; opulent wildlife; flavorsome food; scintillating rivers; and rich history, the southern state of Kerala is a destination in India that truly makes it feel proud. A paradise for both, natives and travelers, this popular place of visit beckons a travel experience unlike any other.

We bring to you a range of exotic destinations in a distance proximity of which could be covered in a day time.

Please contact the reception to make the bookings and allow us to make your trip to this amazing travel destinations an event of a lifetime.



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TRIP ITINERARY FOR THRISSUR

Trip Duration	: Approximately between 4-6 hours
Travelling time from the resort to the destination	: 1 hour
Distance	: 25km (one way)
Places to be visited	: Vadakkunnathan temple, Basilica of Lady Dolores, Mural Painting Museum, Thrissur Shopping Malls & Stores
Trip Package	: Rs. 2750/- for max. 2 pax (Rs. 500 for every additional pax)

Thrissur is well-known for one of the biggest festivals and human gatherings throughout Asia – the Pooram festival during April-May each year – which attracts millions of spectators from all around the world!

Besides, it is the ideal place for all shopping-enthusiasts. You can spend hours in the shopping malls, buy from the various street vendors, visit vegetable and fish markets, jewellery shops who offer gold and silver adornments, textile shops for sarees among other colourful fabrics as well as purchase various artefacts, handicrafts and souvenirs for your loved ones at home. Of course your shopping trip would not be complete without some sightseeing at least. Therefore listed below are some of the highlights we think you should not miss!

BASILICA OF OUR LADY OF DOLORES

Thrissur's first catholic church, which catholic pioneers started constructing in the year 1929 as the most beautiful and decidedly one of the biggest churches in India. It is particularly famous for its gothic style of architecture.

Its two front towers are 45m in height along with the central tower, which is 79m high making it the 3rd tallest church in India as well! The church was built by the architect Ambrose Gounder. The church is open all day from 6 am onwards, mass timings vary and we kindly ask guests who are keen on visiting a mass to come to reception for further information.

Do not miss to go around the church and head up the BIBLE TOWER, which offers a wonderful view of Thrissur City. There is an elevator which takes you up half way, the rest you have to take the steps!





SHAKTHAN THAMPURAN PALACE MUSEUM

MURAL PAINTING MUSEUM, THRISSUR

Mural Painting Museum (Chuvarchitra Kala Museum) houses at Kollengode Palace, built by Vasudeva Raja of Kollengode dynasty in 1904. The house is best example of typical northern Kerala architectural style. It was in 1975, the house in Thrissur was converted to a museum by state archaeological department.

Kollengode was the seat of Vengandu Swaroopam (Kollengode dynasty). Known by the name Vengandu Nambidi's, they were the rulers of eastern side of Palakkad. It was Mysore's king Hyder Ali gave them the title of 'Raja'.

Headquarters of mural paintings section of archaeological department, the museum replicates some of the rarest mural paintings in its purest form. The mural paintings from Mattancherry Palace, Pundarikapuram Temple, Kanjoor Church are some of the collections here. The museum also displays the oldest sketches of the holy places like Badarinath, Rameshwaram, Kasi and Kanyakumari.

The District Heritage Museum of archaeological department also functions here.

Visiting hours: 0900 hrs to 1700 hrs



SHAKTHAN THAMPURAN PALACE MUSEUM

The Palace of Shakthan Thampuran located in the district of Thrissur is a landmark in the annals of the Perumpadappu Swaroopam, the former ruling dynasty of Kochi. The palace located in the heart of Thrissur town is a major attraction, especially for those with a special interest on eminent rulers and dynasties. It is believed that the reign of King Rama Varma Shakthan Thampuran (AD 1790-1805) popularly known as Shakthan as the golden era of Kochi.

The palace, built in the Dutch and Kerala style of architecture belongs to the few structures of this kind in Kerala. The main structure of the palace has a two-storeyed building and a traditional Kerala style Naalukettu. The interiors of the palace, because of its unique construction offer comfortable and pleasant staying conditions irrespective of the prevailing weather conditions.

The Shakthan Palace also houses an elaborate museum. The museum contains some interesting galleries like the Bronze Gallery, Sculpture Gallery and the Epigraphy Gallery showcasing the genesis and evolution of ancient writings.

The final resting place of Shakthan Thampuran is also located inside the palace, besides that of a Zamorin and a ruler of Kochi. The palace also has a very ancient Sarpakaavu or Serpent Grove, which is a place for worshipping the serpents according to Hindu belief, and was once widely practiced in Kerala.

VADAKKUNNATHAN TEMPLE

Constructed in Kerala Style of architecture, the oldest and most famous Shiva temple in Kerala and among the top places to be visited by tourists is the "Vadakkunnathan" Temple. The temple, along with the mural paintings, has been declared as a National Monument by India under the AMASR Act. According to popular local lore, this is the first temple built by Parasurama, the sixth avatar of Vishnu. Thekkinkadu maidan, encircling the Vadakkunnathan Temple, is the main venue of the biggest festival and the largest human gathering in the world- 'Thrissur Pooram'.



In the year 2012 the Archaeological Survey of India (ASI) has recommended 14 sites, including Vadakkunnathan Temple and palaces, from Kerala to include in the list of UNESCO World Heritage Sites. With the many murals and paintings adorning the walls, this complex is frequented by a lot of Hindu believers to worship Lord Shiva and the place has an area of 9 acres to scroll around and watch the Hindus in their colourful dresses going in and out of the temple grounds.

The temple opening timings are from 3 am to 8.30 pm.

Please note that non-Hindus are not allowed to go inside the temple grounds!



SHOBA CITY MALL (optional)

"Shoba City" is the most popular mall around Thrissur offering lots of shopping opportunities on an area of more than 600,000 square feet. Find International food chains, traditional Indian food and various other food courts to please your taste buds or simply have a look around what Kerala cuisine offers for the attentive visitor. There is also a cinema included!



HANDICRAFTS

Surabhi or Kairali: Surabhi Emporium or Kairali are good places to shop for things that are related to the culture and tradition of Kerala. The prices are reasonable and very much affordable here. They have a wide variety of brass metal work, forged brass products, Sandalwood figures, Traditional Keralite crafts from coconut shells etc. There is also a huge range of gold ornaments and figures besides each other products available in beautiful heaven.

BOOK SHOPS

Kairali Book Shop, DC books, H&C Books

FAB INDIA STORE – Fabrics, women sarees and more!

This well-known shop with stores all around India is a MUST-SEE. They offer a wide array of beautiful fabrics, saris for women as well as hand-loomed shirts for men. Most of the products that can be purchased are hand-made and high quality. Take into account that it can be a bit more expensive, however the quality and service standard is top-notch. You do not have to buy anything, just immerse yourself in this world full of colours as bright as a rainbow.

Other Textile Shops include: Kalyan Silks & Pulimootil Silks, Palace Road;

Jewellery Shops: Joy Allukas, Round East or and Palace Road, Kalyan Jewellery, West Palace Road, Josco Jewellery, High Road, Chirayankandath Jewellery, MO Road, Malabar Gold, West Fort, Manjilas Jewellery, High Road, Goodwill, near Pulimootil.

KOCHI METRO





TRIP ITINERARY FOR KOCHI

Trip Duration	:	8 Hours- (Trip starts at 09:00 am)
Travelling Time from the resort to the destination	:	2 hours
Distance	:	72 km (one way)
Places to be visited	:	Kerala folklore museum - Fort Cochin Beach and first European Township in India - Mattancherry- Jewish Synagogue, Dutch palace and Museum, St. Francis Church, Shopping at Lulu Mall (optional)
Trip package	:	Rs. 5000/- For max. 2 pax(Rs. 500 for every additional pax)

Factsheet - Everything you need to know before going to Kochi

Kochi is a vibrant city located in the district of Ernakulam, situated on the south-west coast of the Indian peninsula and considered to be the cultural capital of south Kerala. Kochi is an important spice trading center on the Arabian Sea coast since the 14th century. Besides, it was the site of the first European colonial settlement in India. Throughout the years, it had Arabic, British, Chinese, Dutch and Portuguese influences leading to an enriched history and continuous development. The city has emerged as the commercial and industrial capital of Kerala and is perhaps the second most important city on the west coast of India, after Mumbai. Cochin is famous for its world class port and international airport hub that link it to many major cities around the world

Kochi and Cochin are used interchangeably. While Kochi refers to the city's original name, Cochin is the colonial name still in use too! It is the largest urban agglomeration in Kerala, has outgrown its original boundaries and now encompasses also Fort Kochi, Mattanchery, Ernakulam and several small nearby towns.

Kochi is the ideal starting point for exploring the unfathomable diversity and beauty of Kerala, rated in the top three tourist destinations by the World Travel & Tourism Council and featured in National Geographic Traveler's '50 greatest places of a lifetime'.



CHINESE FISHING NETS





FORT KOCHI

Cuddled amidst green bushes, coconut trees, and tenderly lashing seawaters, Fort Kochi happens to be the favorite destination of everyone. Not only the locals, but also the tourists are found here basking up the serene atmosphere at the seashore. Fort Kochi is known for its picturesque Chinese fishing nets, seafood, beautiful beaches, and above all, its thriving art scene!

Whenever you walk through the streets of Fort Kochi, you will find yourself falling in love again and again with the vibes of the city. Time seems to slow down, and everyone always greets you with a smile. The vibrant graffiti on the walls isn't just art, but a movement, which seamlessly blends into the walls, so much that sometimes, you might just miss it! It isn't just a place that you visit, but one where you can really live and experience.

The city was once a busy port for trade, where ships would dock to trade for Kochi's plethora of spices, including cardamom, cloves, pepper, and cinnamon. Interestingly, the region is called "Fort" Kochi, even though there isn't a single fort in sight. They say that this is because it was once the location of Fort Emmanuel, built by the Portuguese and later destroyed by the Dutch.

Filled with ancient buildings, built by a combination of the Dutch, British, and Portuguese (who at various points in history had control of the city), this is the place where past meets present, the place which has a heartbeat of its own!

However, there's a lot more to the city than meets the eye.

List of Places to visit in Kochi

KERALA FOLKLORE MUSEUM

Kerala Folklore Museum is a cultural center, to promote and preserve the culture & heritage of South India. It needed 7 1/2 years and took 60 skilled traditional carpenters and craftsmen to build it. Its huge cultural wealth of more than 4000 artifacts and architectural objects, accumulated over the past 20 years, amazes its visitors.

CHINESE FISHING NETS

The "Cheenavala" as they are also called, are fixed land installations for fishing, also known as lift nets. It was commonly used in China and Indonesia over the past. In India, it is only seen in Cochin and surrounding coastal areas. The last years it became quite popular by foreign visitors, especially as a famous spot to watch the sunset. Nowadays, it seems like the trademark of tourism in Kochi!



KERALA FOLKLORE MUSEUM

SANTA CRUZ BASILICA



FORT COCHIN BEACH

Roam around the beach in Kochi for a while and enjoy the seaside from another perspective. Watch out for food stalls selling fresh seafood in the near area.

“MATTANCHERI”- THE HERITAGE CENTRE

The Mattancherry Palace was built and presented as a token of appreciation by the Portuguese to the Raja of Kochi, Verra Kerala Varma, in 1555. The Dutch carried out renovations and created extensions in 1663, hence it also called the Dutch Palace. The double storeyed palace has the architectural style of the Portuguese but it follows the design patterns of Kerala temple architecture, which can be seen in the wooden balconies and the sloping roof. Today, the palace serves as an art gallery showcasing some of India's best art murals and paintings, the star attractions being the murals depicting scenes from the Hindu epic Ramayana and other Puranic legends in elaborate detail.

PARADESHI SYNAGOGUE

Paradesi is the Hindi word for 'foreigner' which was applied to the synagogue because it was mostly frequented by exiled Jews from Europe and the Middle East. It was built in 1568 and although somewhat damaged by the Portuguese in 1662, it was rebuilt when the Dutch took over Kochi. The synagogue features a gold pulpit and hand-painted, willow pattern floor tiles imported from China. The synagogue is magnificently illuminated by an exquisite Belgian chandelier and the clock tower was added in 1762. Paradesi Synagogue is a famous tourist attraction and worth every minute spent there.



PARADESHI SYNAGOGUE

SANTA CRUZ BASILICA - ST FRANCIS CHURCH

St. Francis Church in Fort Kochi, originally built in 1503, is the oldest European church in India and has great historical significance as a mute witness to the European colonial struggle on the subcontinent. It is well-known for its beautiful inner architecture and ambience. On his third visit to India, the great Portuguese explorer Vasco Da Gama fell ill and died. St. Francis church was his burial place!

JEW STREET - SHOPPING

Fort Kochi was once home to a large population of Jewish people, and parts of their culture have merged seamlessly into the architecture and the vibes of the city, at Jew Town. Here, you can find several antique stores, handicrafts, and of course, spices!

Jew Town is a great place for shopping. It is famous for antique shops selling items like - carved wooden furniture and vessels, handicraft and garment shops are available here.

SHOPPING AT LULU MALL (OPTIONAL)

This is the largest shopping mall and probably one of the most visited places in Kerala. It encompasses more than 215 outlets, including food courts, restaurants, family entertainment zones, a multiplex cinema, an ice skating rink and a bowling alley. The property is owned and managed by Yusuff Ali M.A. Chairman and Managing Director of Lulu Group International, which has extensive business in retail, hospitality and real estate. One of his residential places is even located in "Nattika" village, not far from our resort grounds.



LULU MALL



ATHIRAPPILLY WATER FALLS

TRIP ITINERARY FOR ATHIRAPALLY AND VAZHACHAL FALLS & THUMBOORMUZHI GARDEN

Trip Duration	: Approximately 6-8 hours (Starts at 10:30 am)
Travelling time from the resort to the destination	: 2 hours 30 min.
Distance	: 75km (one way)
Places to be visited	: Thumboormuzhi Garden, Athirapally Waterfall, Vazhachal Waterfall
Trip package	: Rs. 5000/- for max. 2 pax(Rs. 500/- for every additional pax)

If you are looking for a day to rest on the serene lap of Mother Earth then this trip makes the perfect getaway! Get ready to be soaked in the misty water as you visit this exciting places - Athirapilly and vazhachal. The milky waters cascading down the hills and submerging in the gentle water provides a kaleidoscopic caparison. You will lose yourself in the gentle drops of waterfall as it touches your face as the air drifts towards. The beauty of the waterfall is surely going to free you from all the worries and give you a relaxation.

Also Nuzzled in the Chalakkudy River glade enroute the world-renowned Athirappalli Waterfalls is the Thumboormozhi Dam and Hanging Bridge. Tucked in a mystic forest patch this lesser-known wonder is a treasure of Thrissur district. With a dam, butterfly garden, children's park and hanging bridge- Thumboormozhi has so much to help spice up your holidays. Stroll through the hanging bridge and an amazing view waits your walk. A haven for diverse species of birds, the ideal time to relish this slice of greenery is during the Monsoons when the river and the dam will be overflowing with water bestowing the visitors with breathtaking scenery.

ATHIRAPILLY WATERFALL

"Athirappilly Falls" is the largest waterfall in Kerala, which stands tall at 82 feet and is therefore often nicknamed 'The Niagara of India'. The "Chalakkudy" River, which originates from the upper reaches of the Western Ghats (Tamil Nadu). Upon Arrival there is a path leading to the viewing platform of the falls, which takes less than 10min. If you like, you can also trek downstairs and have a dip or a bath next to the falls and it is also the best opportunity to take a picture. During monsoon season, the falls carry much more water and it is a spectacle to watch.

However one is only allowed to go to the viewing platforms, as the narrow paths down are too slippery and dangerous during rainy months. Before departing, there are many restaurants inviting you to have a refreshing tea, some even with a nice terrace offering waterfall views.

It is also an attractive destination for filmmakers and the location has been featured in various "Malayalam" movies

CHARPA WATER FALLS





VAZHACHAL & CHARPA FALLS

Only 5 km distance from the entrance of “Athirapilly” Falls, you come across the “Vazhachal” falls. The nearby surroundings are home to many endangered and endemic species of flora and fauna. On the way from Athirapilly to Vazhachal Falls, in close proximity to the road you again have the chance to see another waterfall - the “Charpa” Falls.

THUMBOORMUZHI GARDEN VISIT

Our last stop will be the “Thumboormuzhi” Dam and botanical garden, nestled in the Chalakkudy River glade. Situated in a mystic forest patch, this place is lesser known, which makes it a real treasure of the Thrissur district. “Thumboormuzhi” has almost everything to conclude this adventurous trip and make it an unforgettable experience - the dam, a butterfly garden as well as a hanging bridge across the nearby river. Experience Nature and enjoy the view of the river surrounded by forest as well as the beautiful gardens.

As a natural habitat of the butterflies it is believed to consist of almost all the species of butterflies around the world. If you are looking for a time-out and to rest, relax and rejuvenate in the midst of greenery with serene natural surroundings, then it is the ideal place for you.



The park has around 148 species of butterflies which appear even more beautiful if you visit the place early morning. The biggest butterflies visit the park during the monsoon season which is an absolute treat for the eyes. Some of the commonly observed species of butterflies in the park include lemon butterfly, common rose, southern birdwing, dark blue tiger, and light blue tiger. Some of the plants grown in the region are Pagoda flower, flame or fire lily, Mexican heather etc. who serve as nutrition for the residing butterflies.

PEECHI DAM



TRIP ITINERARY FOR MAROTTICAL AND PEECHI DAM

Trip Duration	: 6-8 hours
Travelling time from the resort to the destination	: 2 hours
Distance	: 55km (one way)
Places to be visited	: Marottichal village, Trekking to Waterfall, Peechi Dam
Trip package	: Rs. 4500/- for max 2 pax (Rs. 500 for every additional pax)

Tucked away from eyes of the traveler's lies this village – Marottichal nestled in the bosom of greenery. The serene and exquisite Marottichal Waterfalls is a stunning place which is located 22 km away from the town of Thrissur. The waterfalls not being explored so much till date have made them one of the finest spots for spending some time alone surrounded by nature. The place is full of flora and fauna which also offers some breathtaking views of the dense forest. Here, one gets to witness the beauty of nature around at its best with the waters falling from the cluster of rocks into the gorge below. The presence of the waterfall inside the forest gives it a surreal view. Here, one can take a small 30 minutes trek and reach the top of the hill with numerous streams of water on the way.

Just a kilometer away from the Marottichal village lies the Peechi dam where one can visit to witness the engineering marvel which is known for providing drinking water supply to nearly 5 lakhs people in Kerala. A haven for diverse species of birds, the ideal time to relish this slice of greenery is during the Monsoons when the river and the dam will be overflowing with water bestowing the visitors with breathtaking scenery. Stroll through the dam that links the two banks of the Manali river and an amazing view awaits your walk. The panoramic view that you get from the top of a tower near the dam is surreal.

MAROTTICAL - THE UNIQUE CHESS VILLAGE OF INDIA

The Marottichal village was not well-known in former times. However, here's a short recap of the town's historic story making it worth a visit on your itinerary - The story of

giving up alcohol....FOR CHESS! Due to the villager's serious problem to locally made liquor, so-called "Toddy", and rising addiction in combination with local suffering, the whole community decided to ban and get rid of the alcohol as well as to stop the whole brewing process.

Now that the focus of addiction was removed, they needed to fill the space with another object of devotion. The villagers put their heart into chess. One Indian villager, Mr. Unnikrishnan, always fascinated by chess started to give chess lessons at his local home. As of today, through his passion and continuous effort he has trained thousands of people and 90% of the villagers are devoted chess players now. Roam around the streets and you might be invited for a play of chess with the locals!

MAROTTICAL WATERFALL

Marottichal Waterfalls is a popular tourist attraction located in Puthoor Panchayat, 15 km away from Thrissur district. It's about 2-3 km distance from nearby Marottichal village. There are multiple falls next to each other and the monsoon makes for a wonderful time to visit the place.

PEECHI DAM

Peechi Dam is situated 22 km outside Thrissur in a serene and nature's environment. The dam was constructed as an irrigation project for the nearby local villages. At the same time, it catered for the drinking water needs of Thrissur's population. It still serves as an irrigation dam, reaching out to the paddy fields and farming lands in and around Thrissur. Built across the Manali River, the dam is a vast catchment area of nearly 3,200 acres of land with extensive botanical gardens and cascading fountains.

On return you could make choice for doing shopping at some finest shopping destinations in the Thrissur city!!



MAROTTICAL WATERFALL

KERALA KALAMANDALAM





TRIP ITINERARY FOR KERALA KALAMANDALAM

Trip Duration	: Approximately 6-8 hours (Starts @ 8:00 am)
Travelling distance from the resort to the destination	: 2 hours
Distance	: 55km (one way)
Places to be visited	: Kerala Kalamandalam, Cheruthuruthy.
Trip Package	: Rs. 4000/- for Max. 2 pax. (Rs. 500 for every additional pax); Entry fee- Rs.1000 per head to be paid separately at the venue

KERALA KALAMANDALAM SCHOOL OF PERFORMING ARTS

Founded in 1930 by renowned poet Padmabhooshan Vallathol Narayana Menon along the banks of the river Nila in the Cheruthuruthy village of Thrissur District, Kalamandalam is an immortal name in the cultural map of the world. Kalamandalam is strictly a residential center of learning. Veteran teachers and talented students are its inestimable wealth. For art-recitals, demonstrations and workshops held in Kalamandalam and outside, artiste-teachers and students participate.

Kerala Kalamandalam, situated in the village of Cheruthuruthy in Chelakkara of Thrissur District on the banks of the Bharathapuzha River is a Deemed University of Arts and Culture in Kerala. Established as the only centre for revival and uplifting of traditional performing art forms, especially those with their roots in South India. Visitors can not only look around the place and take in its ethereal natural and man-made beauty but also converse with the masters and students and take snapshots of all the lovely memories.

* It is not allowed to strike up a conversation with a practicing or performing student as it is considered as an insult to the art form.

The structure of Kalamandalam reflects the inherent culture of Kerala and the very rustic environment in which the art forms have their roots. The dance room, or as colloquially called - Natyagriha is mainly made of teak and rosewood. Some of the pillars are built in dark granite and those are inscribed with the one hundred and eight dancing poses of Nataraj. The old campus has the tomb mausoleum of the founder Vallathol Narayana Menon, called Vallathol Samadhi.

Tourists are taken on a half-a-day trip across the entire premises of the university to experience first-hand the rich performing arts culture that God's own country holds. You can witness the masters and the students in the ongoing classes and see the dancers and artists devoted to their art. The staffs of the Kalamandalam, who acts as the guide, will explain to you the history, significance and sometimes the meaning behind the poses or mudras a dancer is performing. All of them have interesting and significant meaning, as these age-old dance forms are known to yield spiritual connection with the body, mind and soul - much like yoga.



The following details may be noted while attending the tour:

- The tour will begin at 0930 hours and end by 1300 hours on all working days.
- Booking for a maximum of 30 members per day will be confirmed. The restriction in number is to ensure that the tour does not disturb the artistic and academic atmosphere.
- The group will be divided into 3 Groups of 10 members each.
- There is no minimum size for a tour.
- The tour will feature Kalamandalam staffs as Guides. The students have been trained in an art form for at least 3 years, they have been given special training for escorting visitors.
- On the latter part of the tour, one or two Gurus (masters) may also join the tour to interact with the visitors.
- It is assumed that the visitors will arrive in their own vehicles by 9.15 a.m and they will travel to the old campus (2 km) in their vehicles. However, there will be arrangements for transporting visitors without own transport.
- All visitors are welcome to take still pictures. There will be no extra charges for cameras. However, care should be taken not to disturb the classes. Photographers should not ask the teachers or students to pose for pictures. Professional photographers have to take permission, and there may be extra charges.
- Umbrellas will be provided on request on a first come, first served basis.
- Some Kalaris may not be functional on some days, for a variety of reasons.
- Visitors may be advised to wear sandals or slippers, for ease of removal, as footwear is not permitted in all kalaris.
- The tour is priced at Rs. 1,000 per head for foreign nationals inclusive of taxes as applicable.
- The tour won't be available on Government holidays and other declared holidays
- Kalamandalam will be closed for examinations and summer holidays from the third week of March and the tour will not be available during the vacation period. Bookings will reopen from the month of June. The school will also be closed for 10 days during Onam holidays in the month of September and 10 days in December for the Christmas holidays.

GURUVAYUR TEMPLE



TRIP ITINERARY FOR VISHNUMAYA TEMPLE, PALAYUR CHURCH, GURUVAYUR TEMPLE, GURUVAYOOR ELEPHANT SANCTUARY (Optional)

Trip Duration	: 4-6 hours
Travelling time from the resort to the destination	: 45 min.
Distance	: 25km (one way)
Places to be visited	: VISHNUMAYA TEMPLE, PALAYUR CHURCH, GURUVAYOOR TEMPLE & GURUVAYOOR ELEPHANT SANCTUARY (Optional)
Trip package	: Rs. 2750/-for max. 2 pax(Rs. 500 for every additional pax)

India's ancient temples are architectural marvels that portray the country's rich past in terms of history, art and culture. Besides being examples of exquisite craftsmanship, the fact that they were built in an era when there was little or no mechanization adds to their mystique. In South India, the most famous temples are built in the Dravidian style, marked by structures in stone, tall towers, sculptures and intricate inscriptions. They often differ in design and style from one era to the next due to the diverse influences of several ruling dynasties.

Kerala is universally known as the land of spiritual awakening and is home to some of the most architecturally brilliant temples and churches. There are uncountable religious centers spread across the state each as beautiful and significant as the other but we have shortlisted the best few which can be conveniently travelled in a day time. Feast your eyes on this spell-bounding piece of architecture while visiting for even the existing magnificent structure reflects the sheer brilliance of the architects and builders involved in its making. We bring to you two finest temples and churches known for its sanctity and architectural brilliance.

VISHNUMAYA TEMPLE

Peringottukara Devasthanam is the biggest Kuttichathan temple in India. Dedicated to Lord Kuttichathan or Lord Sree Vishnumaya, the temple has been attracting devotees from all parts of India and abroad. This popularly known 'Kaliyuga Varada temple' is visited by thousands of devotees to redeem themselves from ethereal sorrows and diseases. There is no caste, religion or colour discrimination. While entering the Chief Priest's math decorated with arts and crafts, one sets one's eyes on Devasthanathipathi who possesses the power to solve problems. Sree Vishnumaya Swami, the divine child of Lord Siva and Parvathy Devi disguised as Koolivaka, who wished to live with the human beings amid the suffering and misery, is the main deity of Peringottukara Devasthanam. It is said that the blessing of Sree Vishnumaya Swami and Sree Buvaneswari Devi will drive away miseries of devotees and will fill the life with divine light of hope and success.



PALAYUR CHURCH - First landmark of Christianity in India

The location is near to Guruvayur and about 45 mins drive from Thrissur. It houses the oldest Christian church in India. The church has undergone renovations and is presently standing with its glory intact. Inscriptions can be found describing its past.

Only one of the seven churches could claim continuous existence in the same location from the time of the Apostle. The church at Palayur is unique in that the present church has a continuous history of two millennia and stands on the same spot where Apostle first established

PUNNATHURKOTTA





it. The first church founded by St. Thomas continued to exist for many centuries and we know that in 1607 the Italian Jesuit Fr. Permission from the ecclesiastical authorities, to construct a more convenient church around the existing old structure for the parish of Palayur.

Adjoining the church is a small museum containing various religious

articles used by Kerala Christians in olden times. Museum also houses various replicas of the life in bygone days and saints. Maintenance can be improved though. The museum also has a small pond in which statue of St. Thomas is placed. Replica of the boat by which he arrived at Palayur is also available. Very near to the church compound there exists another pond where St. Thomas performed miracle.

GURUVAYUR CITY

The City of Guruvayoor is considered as Kerala's spiritual capital and one of the main pilgrimage centers attracting worshippers and tourists alike the whole year round. Experience the ancient and local traditions of Indian worshipping their deity as well as the relevance of the elephants as holy animals in India and how they are used for religious and spiritual purposes

GURUVAYURAPPAN TEMPLE

Guruvayoor is one of the most sacred and important pilgrimage centers of Kerala. Its main attraction is the "Guruvayurappan" Temple dedicated to the Hindu god 'Sree Krishna' who is being worshiped in his child form, also known as GuruvayurUnnikkannan (Guruvayur baby Krishna). Even though the deity is that of four handed Lord Vishnu, the concept of the people is that the deity is the infant form of Lord Krishna. It is believed that the idol of Guruvayurappan was worshipped by Vasudeva and Devaki, the parents of Krishna, and represents the full manifestation of Vishnu, and later was worshipped by Krishna, an Avatar of Vishnu Himself. So this is the reason why baby Krishna is worshipped on a Vishnu deity. The deity is made of a stone called 'Patala Anjanam' or black bismuth and is in the standing pose with four arms, carrying the Panchajanya (shanku or conch), the Sudarshana chakra (chakra or disc), the Koumodaki (gada or mace) and padma (lotus). The historic temple is shrouded in mystery and is famous for

its myriad pujas. According to belief, the temple is the creation of Guru, the preceptor of the Gods, and Vayu, the God of winds. The opening hours are **03.00 am – 01.30 pm & 03:30 pm – 09:00 pm**. In Guruvayur, worship is at the level of the heart filled with devotion, leaving little room for quibbles of scholarship and philosophy

Particularly on Sundays there are some cultural festivities and rituals taking place around the temple grounds in the late afternoon for guests to watch.

Please note that non-Hindus are not allowed inside the temple.

GURUVAYOOR ELEPHANT SANCTUARY (Optional)

The Devaswom maintains a unique elephant sanctuary, the one of its kind in the World. It has around 56 elephants. These jumbos are the offerings of the devotees to the Lord. A large number of pilgrims and tourists visit this fascinating spot every day. In this vast compound, there are road facilities for pilgrims and tourists to go around. Punnathurkotta was once the palace of a local ruler, but the palace grounds are now used to house the elephants belonging to the Guruvayoor temple, and has been renamed Anakkotta (meaning 'Elephant Fort'). There were 86 elephants housed there, but currently there are about 56 elephants. The elephants are ritual offerings made by the devotees of Lord Guruvayurappan. This facility is also used to train the elephants to serve Lord Krishna as well as participate in many festivals that occur throughout the year. The oldest elephant is around 82 years of age and is called 'Ramachandran'. The rituals of Gajapooja (Worshipping Elephants) and Anayoottu (Feast for Elephants) are observed here, as an offering to Lord Ganesha. The legendary elephant 'Guruvayur Keshavan' was housed here. The compound also has a naalukettu, a traditional rectangular home with a central courtyard, which belonged to the Punnathur Raja. It presently houses a training school for Papans (Mahout).

The sanctuary is open from 08.00 am till 06.00 pm.

Please note that it is not allowed to take photos or videos inside the sanctuary!



TRIP ITINERARY FOR BACKWATER

Popular for	: Nature Lovers and Photographers.
Travelling time from the resort to the destination	: 45 mins (starts at 2:15 pm)
Trip Package	: 2500 per person (Group excursion - Minimum 4 guests required. Charges to remain the same for each additional participant regardless of number
Backwater trip duration	: 2 hours
Places to be visited	: Chettuva Lake, Kanolikanal, Vettakkorumakan (Hindu temple), sacred heart forane church, Rajah Island (Ayurveda-Island Resort), Chettuva Fishing harbor

The backwater in Thrissur is an offbeat travel destination for people. In the land of backwaters kerala, there are better places to visit for a backwater experience and allepey is the most popular among them. But this small temple town Thrissur isn't far behind. With its serene beauty and exotic tropical charm it still has much to offer. The backwater in Thrissur is one such place that provide an insight into the local life of the area.

The place with its mangrove vegetation and tropical ambience offers the exact gateway amidst the serenity of nature. It is a near perfect destination for nature lovers and photographers eager to catch a glimpse of nature. The houseboat here is an ideal place to relax and rejuvenate from tiring schedule. The backwater consist of a leisure around the Chettuva and Kanoli Lake. Usually people look for sunset or sunrise cruise as it offers a glistening view of the landscape amidst the scattered rays.

Places which will be visited:

VETTAKKORUMAKAN (HINDU TEMPLE)

VettakkoruMakan is a Hindu deity worshipped in parts of North Kerala and North-Western Tamil Nadu. This deity is alternately referred as Kiratha-Sunu (son of Kirata) in Sanskrit. Vettakkoru makan is believed to be the son of Lord Shiva by his consort Parvathi, born when he assumed the form of a Kirata (hunter) to deliver a weapon known as Pashupathasthra to Arjuna. He is mostly and exclusively worshipped in Malabar region of Kerala.

India a lot of goddesses – estimates speak of several millions – however all are evolving from “Brahman” the very soul of the earth. Goddesses in India are symbol for expression and manifestation of godly properties.

[Sacred heart Forane church, Crows Island, Rajah Island \(Island Resort\)](#)

CHETTUVA FISHING HARBOR

Chettuvai is one of the most important fishing centres in Thrissur District, with rigorous activity. The coastal areas of Thrissur district including Chettuvaare well known as fishing hotspot of Kerala. In this region mud banks are often formed during monsoon season. This attracts fishermen from other areas to migrate to the coastal area as well.

The under mentioned fishes are caught in the river: Lady fish, Mullet, Eel, Blue fin Peravally, Red snapper, Lobster and sometimes Dolphins, occasionally

Things to do:

A leisurely boat ride across the Chettuva Lake and canals. Explore the villages and its people. Enjoy the flora and fauna of the place. Different migratory birds: Vezhambal (Great hornbill), Charamunti (Eastern Grey Heron) and regional exotic birds –Krishna Parunthu (Brahminy Kite) inhabit these small islands. Look out from them and unleash the photographer in you.

Explore the intricate vegetation of the places- walnut, coconut, banana and mangrove trees.

VAIDYARATNAM AYURVEDA MUSEUM



TRIP ITINERARY FOR VAIDYARATNAM AYURVEDA MUSEUM

Trip Duration	: 3-4 Hours (Half Day Trip)
Travelling time from the resort to the destination	: 45 min.
Trip Package	: 1000/- per person (Group excursion - Charges to remain the same for each additional participant regardless of the number)
Distance	: 22 km (one way)

With an antiquity of about 5000 years, Ayurveda remains nature's best remedy for a wide range of health problems. Kerala's traditional wisdom in healthcare to a great extent is based on the principles of Ayurveda. Talking about Ayurveda, in Kerala, interested guests can check out a museum established and maintained by Vaidyaratnam Group of Institutions, one of the leading names in Ayurveda, founded by the Ashtavaidyan Thaikkattu Mooss.

The Vaidyaratnam Ayurveda Museum is situated at Thaikkattussery, near Ollur in Thrissur District of Kerala. Here, visitors would come across the richness, variety and the evolution of Ayurveda in India. The museum was opened to the public by the former president of India, Dr. A P J Abdul Kalam on 27th December '13. The museum is also a memorial of the centenary celebrations of the founder of Vaidyaratnam, Sri. E T Neelakandan Mooss, who himself is a living legend of Ayurveda in India.

Vaidyaratnam Ayurveda Museum is housed in an old traditional spacious two-storey main building. The museum has a Kerala traditional Nalukettu, Saraswathi Mandapam, Smruthi Mandapam and a modern theatre at an elevated two acres of ground. The main museum has separate galleries of diorama presentations about the evolution of Ayurveda heritage in separate room with footnotes. Various branches of Ayurveda such as Kayachikitsa (General medicine), Balachikitsa (Pediatrics), JaraChikitsa (Rejuvenation Therapy) etc. are displayed here in exhaustive detail.

On first floor, 3D gallery of traditional education, treatments, medicine

manufacturing and its present developments, collection of raw herbs used for medicines with descriptions and a library with huge collection of scripts and texts used by Ashtavaidyas (the greats in Ayurveda) are arranged. Also, a multimedia touch screen digital library with large collection of videos of Kerala Ayurvedic treatments and digital palm leaf manuscripts is arranged here. There are exhibits manifesting the facts and myths associated with the history and evolution of Ayurveda.

The various modalities observed during the yesteryears of Ayurveda and the contemporary period spring to life here. But the audio-visual theatre, depicting the origin, growth and development of Ayurveda with a facility to accommodate 40 persons at a time is undoubtedly the show-stopper. More over the museum building itself is a 100 years old, rich architectural heritage of Kerala.

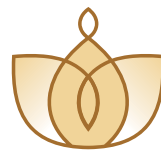
A trip to Vaidyaratnam Ayurveda Museum will definitely be something that helps one to unveil the goodness of nature and the importance Ayurveda in our daily life!



TRIP CHARGES

TRIP	TOTAL Km. COVERAGE	DURATION	GUEST CHARGE
Thrissur Trip	70	4-6 hours (half day trip)	2750/- For max. 2 pax. (Every additional pax will be charged Rs. 500/-)
Cochin Trip	180	6-8 hours (full day trip)	5000/- For max. 2 pax. (Every additional pax will be charged Rs. 500/-)
Athirapally - vazhachal Thumboormozhi Garden	165	6-8 hours (full day trip)	Rs. 5000/- For Max. 2 pax. (Every additional pax will be charged Rs. 500/-)
Marottichal - Peechi & Vazhani Dam	130	6-8 hours (full day trip)	Rs. 4500/- For max. 2 pax. (Every additional pax will be charged Rs. 500/-)
Kalamandalam Trip	115	6-8 hours (full day trip)	Rs. 4000/- For Max. 2 pax. Entry fee- Rs. 1000 per head to be paid separately at the venue. (Every additional pax will be charged Rs.500/-)
Temple tour-Guruvayur & Vishnumaya Trip	70	4-6 hours (half day trip)	2750/- For max. 2 pax. (Every additional pax will be charged Rs. 500/-)
Backwaters	35	45 minutes travelling distance from the resort & 2 hrs boat drive (half day trip)	2500/- Per pax (Group excursion - Min 4 pax required. Charges to stay the same for each additional participant regardless of the number)
Vaidyaratnam Ayurveda Museum Trip	46	45 minutes travelling distance from the resort & 2 hrs exhibition	1000/- per pax. Charges to stay the same for each additional participant regardless of the number)

**All the pricing mentioned above (except for Backwater & Vaidyaratnam) are for total 02 Pax.
Every additional pax will be charged Rs. 500/- Max 04 pax allowed per trip.
The rates are effective from Sept 1st 2018**



THE NATTIKA BEACH

AYURVEDA RESORT

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