



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

India- Cycle Kerala (2025-2026)

13 Days/ 12 Nights

Group Guided



Uncover Kerala's famous backwaters by bike. Take a leisurely tour of the state's must-sees from tea plantations to spice trading routes where the air is thick with cardamom. Learn about Kerala's majestic history visiting palaces and cultural sites. Finally, get to know a slower pace of life passing through sleepy villages and sharing a home with locals.

Why we love this trip

- **Explore fragrant plantations** - Meander through plantations where tea leaves as well as cumin, cardamom, pepper, and other spices are harvested.
- **Float through the backwaters** - Relax on a traditional houseboat and journey through the famous Kerala backwaters.
- **Experience Keralan hospitality** - Immerse yourself in village life with a homestay at a local house.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Day by Day

Day 1 - Join Trip in Kovalam

Our tour of Kerala starts in Kovalam, a small coastal town with palm-backed beaches, a busy fishing harbour and a lighthouse. If you arrive early, you might want to walk along the harbour and watch the fishing boats at work or relax in one of the cafes that overlook the sandy beach. There are no activities planned for today, so you're free to arrive at any time. Our tour leader will meet us in the reception area of the hotel at 2pm for a welcome meeting. If you arrive later, they'll catch you up as soon as possible.

If you'd like an airport transfer, you'll need to arrive into Trivandrum International Airport (TRV), a 30-minute drive from Kovalam.

Accommodation: Comfortable Hotel Single room available Swimming pool available Meals Provided: Breakfast

Day 2 - Morning cycle ride and afternoon free to relax on the Arabian coast

This morning, we'll try out our bikes and make any necessary adjustments before pedalling off for a test ride through some of the local fishing villages. There's the option to extend your ride up to 32kilometres/19.8miles along a beautiful coastal road but the afternoon is free to explore at your own pace. You might like to walk along the sandy beaches and take on the pounding surf of the Arabian Sea. In the evening, there are plenty of beachside cafes to enjoy the vista of fishing boats sailing out for their evening catch. Kerala is also well known for herbal care and there are lots of places to unwind with an Ayurvedic massage.

Our total cycling distance today is 10 kilometres/6.2 miles with a total ascent of 205 metres/673 feet and descent of 175 metres/574.1 feet.

Accommodation: Comfortable Hotel, Single room available Swimming pool available Meals Provided: Breakfast





Day 3 - Drive to Veli Lagoon, visit Anjengo Fort and cycle to Varkala

After breakfast this morning, we'll take the bus to Veli, from where we'll cycle 20kilometres/12.4miles to the estuary. The lagoon is a large lake, separated from the ocean by the narrowest of sand spits, where fishermen can be seen working on their boats and nets or poling across the lake with sand-filled barges.

We'll visit the fishing village of Anjuthengu, where we'll stop by the Anjengo Fort, built by the British East India Company in the 17th century as the first British trading post on the Malabar coast. After our visit, we'll carry on towards Varkala, a temple town renowned throughout the region as a pilgrimage centre for the millions of Hindus who come here to worship at the ancient Janardhana Swamy Temple. These days, Varkala is Kerala's most popular backpacker hangout thanks to its beautiful clifftop setting and relaxed vibe. On arrival, we should have time to relax by the beach or wander amongst the palms and enjoy the sunset before a well-earned dinner at one of the local restaurants.

Our total cycling distance today is 37 kilometres/22.9 miles with a total ascent of 318 metres/1043 feet and descent of 295 metres/967 feet.

Accommodation: Grade: Comfortable Hotel Single room available Swimming pool available Meals Provided: Breakfast



Day 4 - Cycle through Keralan villages to Kollam

This morning's ride takes us alongside palm-fringed shores and beautiful blue lagoons, with the chance to spend a little time on Kollam beach. Kollam is surrounded by coconut palms and cashew tree plantations. Its old wooden houses are typical of the Keralan style and its situation at the southern end of the backwaters makes it an ideal spot to begin exploring the network of canals and lagoons.

Our total cycling distance today is 36 kilometres/22.3 miles with a total ascent of 300 metres/984 feet and descent of 325 metres/1066 feet.

Accommodation: Grade: Comfortable Hotel Single room available Meals Provided: Breakfast

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Day 5 - Boat trip along the backwaters and cycle to Allepey

After a short drive along the highway this morning, we'll get back on our bikes and cycle further south along coastal roads shaded by palm trees. We'll cross the river by ferry before continuing our ride for about 22kilometres/13.6 miles to the Manarasala Snake Temple.

After visiting the temple, we'll rejoin our bus for the short drive to Thotappally, where we'll have lunch. We'll then spend the afternoon exploring Kerala's famous backwaters by motor launch. These boats are a lifeline for the villages, acting as taxis, delivering mail, and even carrying the harvest - it's not unusual to spot pyramids of coconuts or even buffalo being carried in this time-honoured fashion. Once we've disembarked, we'll continue our journey to our hotel in the ancient trading town of Alleppey. This evening, you're free to explore the town.

Our total cycling distance today is 39 kilometres/24.2 miles with a total ascent of 308 metres/1011 feet and descent of 308 metres/1011 feet.

Accommodation: Grade: Comfortable Hotel Single room available Swimming pool available Meals Provided: Breakfast

Day 6 - Morning cycle through the backwaters villages and sunset canoe

After breakfast, we'll drive about half an hour towards the Mancombu area, from where we start cycling. Our route takes us through the villages of these myriad backwaters and there'll be plenty of opportunities to interact with the locals and visit churches and temples. We'll take to the waters in a traditional boat made out of Anjili wood, passing by villagers tending to their animals and gardens. At around 4pm, we'll rejoin our bus to head back to the village for a walk followed by a sunset canoe through the backwaters.

Our total cycling distance today is 35 kilometres/21.7 with a total ascent of 226 metres/742 feet and descent of 235 metres/771 feet.

Accommodation: Grade: Comfortable Hotel Single room available Swimming pool available Meals Provided: Breakfast & Lunch

Day 7 - Drive and cycle to Erattupetta

Leaving the backwaters behind us, we'll hop between bus and bike to reach Erattupetta. This area is famous for its rubber plantations, which date back to the early 19th century. Up in the rolling hills, you'll notice the climate is cooler as we cycle in the shade of the rubber trees. Tonight, we'll stay with a host family, where we can watch them cook up a traditional curry, take a walk through the gardens or go for a swim in some natural rock pools.

Planters Homestay is a spacious and comfortable two-storey family mansion located in a small rural village. All rooms are bright and airy with en-suite facilities, and some (but not all) have air conditioning. The house is surrounded by lush gardens with tropical fruit trees, tall teaks, and lots of bird life.

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Our total cycling distance today is 33 kilometres/20.5 miles with a total ascent of 657 metres/2156 feet and descent of 648 metres/2126 feet.

Accommodation: Grade: Simple Homestay Single room available Meals Provided: Breakfast, Lunch & Dinner

Day 8 - Optional cycle rides

This morning, we'll take a stroll through a local plantation and learn about the numerous fruits and medicinal plants. Depending on the season, we might be able to relax in the rock pools before an optional visit to see Poonjar Palace, the 900-year-old residency of the Maharajah and his family.

Our total cycling distance today is 9 kilometres/5.59 miles with a total ascent of 266 metres/873 feet and descent of 160 metres/525 feet. There's an optional ride of 32 kilometres/19.8 miles if you'd like more of a challenge.

Accommodation: Grade: Simple Homestay Single room available Meals Provided: Breakfast, Lunch & Dinner

Day 9 - Drive and cycle to Thekkady to visit plantations

Taking the meandering roads through the high ranges, today we'll drive the steeper sections of road, before transferring to two wheels to continue our journey to Thekkady.

Our cycle route is through a region called Wagamon, where the cooler climate helps us through the seemingly endless tea plantations and rolling hills. We'll pass rubber plantations, and through varied spice gardens. Further on, we might have the opportunity to meet local tea pickers in the plantations and get a feel for how people live in this beautiful region. Thekkady is the spice hub of Kerala and the town has many spice shops - the aroma in the air lets you know why this region is called the cardamom hills.

Please note the last 10kilometres/6.2 miles of today's ride is on a busy road.

Our total cycling distance today covers 36 kilometres/22.3 miles with a total ascent of 1176 metres/3858 feet and descent of 1506 metres/4941 feet.

Accommodation: Grade: Comfortable Hotel Single room available Meals Provided: Breakfast

Day 10 - Forest walk and explore Thekkady

Today we'll take a well-earned break from our bikes to visit the Periyar Wildlife Sanctuary. Whilst Periyar is known as one of the 16 tiger reserves in India, it's probably better known for its elephants. Just 40 tigers live in the 777sq kilometre/ 300 square miles park and as they are solitary creatures, seeing them is rare. We'll set out on a walk in search of other wildlife such as wild boar, giant Malabar, porcupine and flying squirrels. The park itself hosts a variety of habitats with open grasslands and semi-evergreen and tropical forests. The ecosystem in the jungle is diverse - trees grow up to 40 metres/131 feet high, creating a canopy that blocks the sun, meaning species such as ferns, orchids and airplants flourish.

Accommodation: Grade: Comfortable Hotel Single room available Meals Provided: Breakfast



Day 11 - Cycle descent to Kuttikanam and drive to Kochi

This morning, we'll take the stunning cycling route down the winding roads of Kuttikanam where we can enjoy a freewheel ride of nearly 20 kilometres/12.4 miles. We'll then continue our journey by bus (a 3-hour drive) to bustling Kochi, a port city on India's Malabar Coast. Also known as Cochin, it's been a port since 1341, when it was used by Arab, Chinese and European merchants. Built across several islands with criss-crossing waterways, the city has a relaxed feel that speaks to artists and artisans from across the globe.

Our total cycling distance today is 30 kilometres/18.6 miles with a total ascent of 540 metres/1772 feet and descent of 1524 metres/5000 feet.

Accommodation: Grade: Comfortable Hotel Single room available Meals Provided: Breakfast

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Day 12 - Cycling tour of Kochi and evening boat cruise

Today, we'll cycle through the old town of Fort Cochin. Kochi was founded on trade, originally with the arrival of the Chinese, Arabs, and Phoenicians in the 2 millennium BC. Its links to Europe strengthened in the 16th century, with the arrival of the Portuguese, closely followed by the Dutch and the English. This has produced an eclectic mix of styles and influences. You can find both the oldest European church and the oldest synagogue in India amongst its winding streets and elsewhere Chinese fishing nets vie for space alongside Portuguese houses and Dutch palaces. After spending the day touring the town, we'll take a sunset cruise around the surrounding islands.

Our total cycling distance today is 10 kilometres/6.2 miles.

Accommodation: Grade: Comfortable Hotel Single room available Meals Provided: Breakfast

Day 13 - Tour ends in Kochi

Our tour of Kerala ends at our hotel in Kochi.

There are no activities planned today, so you're free to depart at any time. If your flight leaves later in the day, luggage storage facilities are available at our hotel. If you'd like a hotel transfer, you'll need to depart from Cochin International Airport (COK).

Meals Provided: Breakfast

Notes:

- We've graded the pace of our tour of Kerala as relatively easy, however, we cover a lot of ground to fit in the highlights, so expect a couple of longer drives.
- While you don't need to be a cycling pro to take on this tour (all rides are leisurely) it will help if you have a basic level of fitness and enjoy long stretches on a bike.
- It's worth noting that we have a back - up vehicle to transport you if you're feeling tired or just fancy a break from pedalling.
- Our accommodation is chosen based on location and authenticity - while it brings us closer to local life, standards may not meet those of home.
- You must have travel insurance for this trip

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Route



General cycling information

On this tour we cycle 269 km/167.1 miles over ten days (an average of 27 km/16.7 miles per day) with further optional rides available. We avoid main roads where possible and cycle mainly on tarmac back roads (90%) and some gravel paths (10%). A support vehicle accompanies the rides throughout the tour. We have graded the route as easy.

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Tour Dates and Prices

Price per person in Canadian dollars- all prices subject to confirmation on booking

Date	Double Occupancy	Optional Single Room Supplement
2025		
Oct 11	\$3830	\$660
Oct 25	\$3830	\$660
Nov 8	\$4020	\$660
Nov 22	\$4020	\$660
Dec 20	\$4020	\$660
2026		
Feb 7	\$3830	\$670
Feb 21	\$3830	\$670
Mar 28	\$3830	\$670
Oct 10	\$3930	\$660
Oct 24	\$3930	\$660
Nov 7	\$3930	\$660
Nov 21	\$3930	\$660

Included

- 10 nights comfortable hotel, 2 nights simple homestay
- 13 breakfasts, 3 lunch, 2 dinners
- Tour leader, cycle guide

Bike- Your included bike is either a 24 gear Medirda D20 and D40 Mountain bike, 27 year Trek-3700 Mountain bike or 29 gear Rudley Trail Fire 4 Mountain bike and will be the correct frame size for your height. A 2.5 litre handlebar bag and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet. E-Bikes are not available to hire on this tour.es

This is a partner tour

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