

short stay: mararikulam beach

go guide

don't leave home without it



short stay spotlight

what you see

- Mararikulam - palm fringed beach

what you get

- 4 breakfasts
- 4 nights - 3/4★ hotels
- Airport arrival and departure transfer
- Chauffeur driven air conditioned vehicle



on location

Your guide to on the ground...

visa requirements

Visas are required by all visitors to India. It is essential the visa is procured prior to travel. Visa forms are available from us and also supplied upon booking. Please ensure your passport is valid for at least 6 months from your planned date of return from India. Please be advised visa requirements are subject to change. Visa procurement is also the responsibility of the traveller and not of on the go.

climate

India has a three-season year known as the hot, the wet and the cool. The coolest time to visit is late September through April. Temps during this time are ideal for sightseeing. The hot season runs from around April through July. Conditions are hot and dry, especially in Rajasthan. July signals the start of the monsoon or wet season that continues until around end September. Although the weather is humid, the days are punctuated by intermittent rainfall.

time

India is 5 hours 30 mins ahead of GMT.

money

USD\$1 = INR46 (subject to fluctuation). The Indian Rupee is exchangeable only in India. Exchange facilities are available at various bureau de changes and banks. A few ATM machines exist in major towns and cities.

health requirements

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. We recommend vaccinations for Typhoid and Hepatitis A. You are also advised to take anti-Malarial medication. Information can change so please check with your local health care provider.

how much?

- **TIPPING**
INR400 (USD\$8.50) if the day includes local guide & sightseeing
INR200 (USD\$4.50) if the day excludes local guide & sightseeing
- **CAMERA FEES**
Please note that nearly all temples, museums, game parks and sights has a fee for camera use.
- Can of coke (330ml) INR40-50
- Mineral water (local, 500ml or 1L) INR30
- Meal for 2 (entree, main, local beer,) INR1200
- Beer (local brew Kingfisher - 650ml) INR150

things to bring

- Insect repellent to guard against pesky mosquitos
- Spare camera batteries/film so you can go snap happy.
- If you fancy a tipples, take advantage of Duty Free buys.
- Buy some Indian Rupees at the airport on arrival.
- Buy a phrasebook and practice your holiday Hindi.
- A small daypack for your day-to-day needs.
- Keep a supply of small notes for local transactions.
- Keep a photocopy of your passport data pages.

top experiences

- Visit Alleppey and explore the beautiful backwaters on a rice boat
- Rejuvenate yourself with some Ayurvedic treatments
- Watch a performance of a Kathakali dance - an ancient colourful performing art
- Indulge in some traditional mendi henna decoration on your hands. It's non permanent!
- Check out Kochi with it's Jewish, Dutch and Portuguese roots and influences





mararikulam beach: itinerary

day 1 - kochi

Kochi - Mararikulam. Welcome to India and the start of your holiday! Arrive Cochin airport, where you will be met by a representative from on the go. Transfer to Mararikulam, 56 kms south of Kochi (approximately 1 hour drive), near Alleppey. Mararikulam is one among the picturesque fishing villages that dot the coastline of Kerala. This private shallow beach is fringed with unending lines of coconut palms.

The Marari Beach Resort is owned by the Casino Group of Hotels, is a specially created fishing village with 52 thatched air-conditioned villas (400 sq. ft) built to the local village style. A few of the villas have an exclusive private swimming pool in an enclosed garden. Overnight - Mararikulam.

days 2 - 4 - mararikulam

Mararikulam - breakfast. Totally relax and unwind - free days to spend your way. Sun yourself on the idyllic tropical beaches, pamper yourself with some Ayurvedic treatments and perhaps take a trip on a rice boat in the nearby backwaters. Overnight (3) - Mararikulam

day 5 - kochi

Mararikulam - Kochi - breakfast. Drive to Cochin airport to connect your onward flight.

kochi

A visit to Kochi during your stay in a must. Formerly a princely state, Kochi is also fondly referred to as "The Queen of the Arabian Sea". Its beautiful lagoons, lakes and greenery offer a lovely setting if you plan to extend your stay. Long famed in the history books, Kochi (formerly known as Cochin) offered refuge to Jews more than 2,500 years ago. Be on the lookout for the Pardesi Synagogue built in 1568 and street signs indicating Jew Town. (Descendants of those Jews remain in the region). Jew Town is home to a number of craft and antique stores.

The Portuguese founded the first European colony in Kochi in the 16th century, and their influence can still be detected. The Dutch quickly followed and eventually, the British. The cosmopolitan mix of cultures makes the city fascinating. See the tombstone marking the original burial place of Vasco da Gama (his remains were later sent to Portugal) at St. Francis Church, and visit some of the city's other churches, temples and mosques. Two academies teach and give demonstrations of Kalaripayattu, believed to be one of the oldest martial art and you can see these demonstrations daily.

If interested in shopping for rosewood, shell handicrafts or spices, go to Mahatma Gandhi Road. A sunset cruise to see Chinese fishing nets is also highly recommended. At the entrance of Cochin Harbour, Chinese fishing nets are a fascinating sight. Built of teakwood, these nets were erected between 1350 and 1450 AD. They are mainly used at high tide, requiring at least four men to operate their system of counterweights. The nets are lowered into the water by the crane like structure and raised a few minutes later.

ayurveda

After having been practised for centuries by tribes, Ayurvedic medicine is thousands of years old. It is believed to have been practised since the Vedas and the Buddha period was the time when surgical treatments associated with Ayurveda died out and the herbal medicinal side came to the forefront. Ayurveda has two main principles - prevention and cure. There are three main doshas from the basic principles of Ayurveda; Vata - the combination of space and air elements, Pitta - the fire element and Kapha - water and earth elements. Your constitution type is the dominant dosha. Disease is regarded as a symptom of an imbalance of these doshas and its the imbalance that will be treated, not the disease. Ayurveda looks at not just the physical complaint but also the patient's habits, emotional traits and family background when diagnosing.

fabulous food!

India's vast range of climates, cultures and peoples has produced a very diverse culinary repertoire. Curry is the word that springs to mind when people think of India food. Believe it or not, there is no such thing as 'curry' in India. It's an English invention, an all-purpose term to cover the whole gamut of Indian spicing. Although all Indian food is certainly not curry, this is the basis of Indian cuisine. Curry doesn't have to be that hot it'll blow your head, although it can be made that way, if you ask! Rather, for the most part Indian food is very, very aromatic, since the spices used by Indian chefs and cooks in India don't arrive in the cooking pot via a pre-packed tub of spice. Indian chefs and cooks have about 25 spices on their regular list and it is from these that they produce the curry flavour. Normally spices are freshly ground with a pestle and mortar, and blended in certain combinations to produce varying flavours and heat. It is the freshness of the spices that transform the dish. Curries can be vegetable, meat-lamb, mutton or chicken in content, though never beef. The cow is sacred to the Hindu people and India in general, so it is extremely rare to see beef on any menu across the country. Lamb also substitutes beef at McDonalds in India. Ask for a Maharajah Mac!

thalis

Thalis are an all-purpose Indian dish offering a variety of curried vegetable dishes, relishes, poppadams, puris or chapatis and a mountain of rice. Often served on a metal tray with a number of small bowls known as katoris holding each dish or just small indentations moulded into the metal tray, Thalīs are consistently tasty and cheap.

seafood

Many coastal areas offer excellent seafood, including Mumbai where pomfret - sort of a flounder-like fish, is popular. Mumbai is also famous for Bombay duck - a fish dish! Further south, Goa and Cochin are renowned for their excellent fish and prawns. Goan fish curry is particularly good. In the north of India, fish isn't found on menus as often as in the south.

environmental commitment

Preserving the natural state and beauty of the areas we pass through is essential. In helping to preserve the historical and religious legacy of India; it's coastlines and waterways, local cultures, flora and fauna, please read on and see how you can do your bit. Please respect the following;

- Take no relic from historical sites with you, be it a small chunk of fluted marble, stonework or carving.
- Dress appropriately if entering a place of worship such as a Hindu temple. Show respect for the sacred beliefs of others.
- Stick to designated paths. Erosion is a problem on hill and mountainsides, especially at high altitudes.
- Avoid removing or disturbing any plant life that keeps topsoils in place.
- Do not engage in hunting or the purchase of trophies of endangered species. It's illegal in India's parks and sanctuaries, and to import the hide of an endangered species is also illegal into many Western countries.
- Take all personal litter with you.
- Sanitary products should be wrapped and disposed of in a bin, to avoid blocking sometimes temperamental plumbing systems.
- If needing to perform your ablutions beyond the confines of a WC, be sure to bury any waste.

kathakali

The stage drama of the region that dates from the 17th century and is a delight to watch. Singers and musicians tell the story whilst the Kathakali performers portray good and evil, courage and weakness, prosperity and poverty, all part of the classic 30 odd stories that have survived through the years. A real pantomime well worth seeing and there are many venues in Kochi.

The go guide & information contained herein has been compiled with care and in good faith. It is as accurate an illustration as can be given with regard to the proposed itinerary. Circumstances beyond our control such as inclement weather or local conditions could force us to amend the proposed itinerary. This document does not form part of a contract between the client and on the go and their affiliates. Any costs shown may be subject to change but are an accurate reflection of costs at the time of writing this go guide. Please also be advised that visa requirements are subject to change and remain the responsibility of the traveller and not that of on the go.



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