



KERALA ARTS BIENNALE & AYURVEDIC RETREAT

18th Feb to 3rd March 2023



We begin our experience in the beautiful Cochin, the port entrance to magnificent Kerala, South India. Our beautiful heritage hotel sits atop all the activities and you can indulge yourself to your hearts content with limitless experiences. Enjoy the international Biennale represented by hundreds of artists from across the world. Munnar is an intensely beautiful tea-growing region of South India and your senses will be indulged. Then superb Ayurveda treatments at our Heritage resort. The word 'Ayurveda' is translated from Sanskrit to mean 'the science of life' and is one of the world's oldest holistic ('whole body') healing systems. It was developed more than 5,000 years ago in India. Ayurveda proponents believe earth, water, fire, air and space make up the universe. Ayurveda philosophy and treatments/medicines are based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit and consists of several disciplines, including aromatherapy, diet, herbal medicine, acupuncture, yoga, massage, meditation and balancing of energies

Program

Kochi

4 nights

18, 19, 20 & 21 Feb

Follow the footprint left centuries ago by Dutch, Portuguese, British, Arab and Chinese and soak up the cultural atmosphere as you stroll along the quaint narrow lanes of Fort Cochin to visit the Dutch Palace, St Francis Church and India's oldest Jewish Synagogue in 'Jew Town'. Later head to the harbour where local fishermen uses the old Chinese fishing nets introduced and erected centuries ago. Additionally, and VERY importantly, the **Kochi-Muziris Biennale** is India's most prolific biennale of international contemporary art.



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It began as a government initiative, when the Department of Cultural Affairs of Government of Kerala approached two artists—Riyas Komu and Bose Krishnamachari—to help organize an international platform for art in India. The Indian art community has been growing rapidly and is emerging onto the world stage, and the international arts community send art and artists to participate.



Hotel

'Deluxe room' of [WelcomHeritage Azora Fort Kochi](#)

Munnar

2 nights

22 & 23 Feb

After breakfast at Ayana, we will head to Munnar in our A/C mini bus, Munnar is a beautiful hill station situated 1600 metres above sea level. The day at leisure for those who desire it. You can stroll around and enjoy the peace and freshness of mountain air along with its breathtaking beauty. The next day, start your exploration of Munnar, the idyllic tourist destination in Kerala. Explore the sprawling tea plantations, pristine valleys and mountains, exotic species of flora and fauna in its wild sanctuaries and forests and enjoy the aroma of spice-scented cool air. Your tea plantation guide is SO informative and interesting, you will be delighted by the experience, PLUS enjoy tastings of white tea, among other varieties.



Hotel

'Deluxe room' of [Fragrant Nature Munnar or similar](#)

Backwater, Allepey

2 nights

24 & 25 Feb

After breakfast drive to Allepey, embark on your exotic houseboat and start your TWO NIGHT cruise along the reputed backwater of Kerala; just relax and lay back while you navigate slowly through the tranquil waterways. It is a wonderful opportunity to discover Kerala's rural lifestyle. You'll see that Kerala is known for its cashew nuts, coir trade, rice, pepper crops & coconuts. If you like, have a refreshing bath in the backwaters on the waters. Your chef on houseboat will prepare delicious Kerala specialties on board, all day, all night...ALL meals are included



Hotel

[Spice Routes \(1st class houseboat\) or similar](#)

***Ayurveda Resort,
Kerala***

5 nights

*26, 27, 28 Feb
& 1, 2 March*

At Travancore Heritage you can select to do as much or as little as you wish. Located on 15 pristine acres in Chowara, on a cliff above the Arabian Sea, the world of relaxation and calm is at your fingertips. Two swimming pools, two restaurants, activities galore and yoga, Pilates and the like, plus the gentleness of the sea will leave you rejuvenated. Ayurveda is one of the world's oldest holistic healing systems and was developed more than 5,000 years ago in India. Ayurveda proponents believe earth, water, fire, air and space make up the universe. Ayurveda philosophy and treatments/medicines are based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit and consists of several disciplines, including aromatherapy, diet, herbal medicine, acupuncture, yoga, massage, meditation and balancing of energies.



Click me

Hotel

[Travancore Heritage Resort](#)

Heritage Home (Private villa)



Arise refreshed after a final farewell dinner and enjoy the sun lazing by the pool or simply whatever 'takes your fancy'. But make sure you have a VERY hearty breakfast and take in all that you have enjoyed at Travancore Heritage Ayurveda Resort. In the afternoon, a vehicle will be waiting to take you to the Trivandrum International Airport bound for Melbourne via Singapore. If you would like a stopover in Singapore, please just check with the Travel Agent noted below about how this can be coordinated for you.

Hosted Tour Experience

AUD \$3,973.00 full experience including accommodation (excluding airfares)

*Price based on per person twin-share, flexibility with dates may be able to be accommodated.

*Luxury 8 to 10 guests private tour, highest quality accommodation, fine cuisine.

Land Only Costs Include

- Accommodation on bed and breakfast basis as per mentioned above hotels or similar
- Early hotel check-in and late check-out, where possible, subject to availability
- All sightseeing, excursions & transfers using A/C Tempo Traveller Mini Coach (8-10 pax) as per program
- Parking, permits, gasoline, border taxes for the vehicle
- Services of accompanied English speaking escort for the entire duration of the program
- All Monument/Temple entrance fees
- English speaking guide in each city visiting

Land Only Costs Exclude

- Any additional activities/unique experience in the program on direct payment basis
- Any item of a personal nature such as drinks, laundry, telephone calls, etc.
- Camera fees (still/video) at any monuments
- Visa fees
- Any meals (unless specified)

Terms and Conditions

Land only prices exclude flights from Melbourne. \$1500 per person non-refundable deposit required at the time of booking. Deposit is only refundable should [DFAT](#) issue a 'Do Not Travel' alert on their website within 30 days of departure. Otherwise, booking is non-refundable & dates are non-changeable once booking is confirmed. Please note above pricing is correct at time of printing. Pricing can change due to fluctuations. For full details on this and other tours, please see www.pillowmenutours.com

You are responsible for all visas, entry, health and other requirements and any documents required by laws, regulations, orders and/or requirements of countries visited. Pillow Menu Tours is not responsible for passport and visa requirements or for any loss you sustain for failing to comply with laws, regulations, orders and/or requirements of countries visited. The health and safety of our guests has always been our priority. Now more than ever it has been essential to revise and upgrade our Health and Safety policy. Effective immediately we will be implementing the below procedures for every guest that travels with us. All our guides have also undertaken a registered Covid-19 health and safety course.

COVID-19 Response

- Proof of COVID vaccination (and booster) required in order to travel with Pillow Menu Tours.
- Antibacterial hand gel, face masks and single use gloves will be available on board.
- The exterior and interior of our vehicle is being thoroughly cleaned at the end of each day.
- All vehicles exterior and interior touch points will be sterilized prior to each individual guest boarding.
- Our friendly and professional guides will warmly welcome guests but will not shake hands. As always however, our guides will open and close the vehicle door. Guides will thoroughly clean their hands using alcohol based liquid gel and wash their hands with soap and water where possible.
- Consideration will be taken in relation to vehicle loads.

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