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AYURVEDA

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Ayurveda



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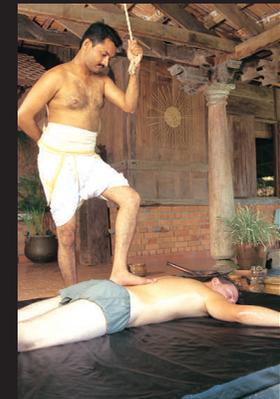
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Kerala is perhaps the only place on earth where Ayurveda is practiced with absolute authenticity and dedication. The most trusted and time tested natural way to good health and longevity, this 3000-year-old holistic system of medicine has rejuvenative as well as ailment-specific therapeutic regimens. Oil massages, medicated baths, herbal diets, meditation, yoga and so on revitalise your body, mind and soul. Ancient tests state that Ayurvedic regimens have maximum efficacy during the monsoon, which arrives in Kerala every June.

BACK

Backwaters



BW-01



BW-02



BW-07



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BW-11



BW-12

The emerald waters of forty-four spectacular rivers crisscross the length and breadth of the State. A journey down the backwaters of Kerala is a fascinating experience. One that is best enjoyed by checking into a houseboat and drifting from one destination to the next, watching the mesmerizing sights and sounds of rustic Kerala. Smiling faces, quaint villages, paddy fields, exotic birds, Chinese fishing nets... A journey from Kollam to Alappuzha, and then to Fort Kochi will take you through Kuttanad, 'the rice bowl of Kerala', and the Bird Sanctuary at Kumarakom.

Kettuvallam: The traditional houseboat comes with a living room, one or two bath-attached bedrooms, a kitchenette and an open deck. Of course, one or two oarsmen, a cook and if required, a guide will travel along.

← BACK

Beaches



BE-01



BE-02



BE-07



BE-08



BE-03



BE-04



BE-09



BE-10



BE-05



BE-06



BE-11



BE-12

With the Arabian Sea flanking the western side of the State, Kerala has some of the finest beaches of the world that are serene and secluded. The internationally renowned Kovalam Beach (Thiruvananthapuram), the Varkala Beach with its mineral springs, the historic Kappad Beach (Kozhikode) where Vasco da Gama landed in 1498, the Pallikere beach which borders the 300 year old, lofty Bekal Fort at Kasaragod... The list goes on.

Hillstations



HS-01



HS-02



HS-07



HS-08



HS-03



HS-04



HS-09



HS-10



HS-05



HS-06



HS-11



HS-12

A range of luxuriant and mist-clad mountains marked by breathtaking waterfalls is a sight that is typical of the windward side of the Western Ghats in Kerala. Some of the well-known cascades include the Palaruvi falls in Kollam and the falls at Athirapally and Vazhachal near Thrissur.

The hill station at Ponmudi, about 50 kilometres from Thiruvananthapuram, offers a variety of rare mountain flowers, exotic butterflies and springs. Munnar, in Idukki is a honeymooners' paradise and a world of tea plantations, national parks and breathtaking natural splendours. Munnar is also famous for adventure sports like trekking, cycling, and paragliding. Wayanad, fast emerging as an eco-tourism destination, is enveloped by dense forests and is home to some of the oldest tribes and endless spice plantations.

Wildlife



WL-01



WL-02



WL-07



WL-08



WL-03



WL-04



WL-09



WL-10



WL-05



WL-06



WL-11



WL-12

In the lush green forests of Kerala are twelve wildlife sanctuaries and two national parks that house some of the rarest species of flora and fauna. From the Nilgiri Tahr to the Lion Tailed Macaque. From the Atlas Moth to the Travancore Evening Brown, one of the rarest butterflies in the world. From the Neelakurinji, that blooms once every twelve years to Podocarpus Wallichianus, the only South Indian conifer.

Monuments



MO-01



MO-02



MO-07



MO-08



MO-03



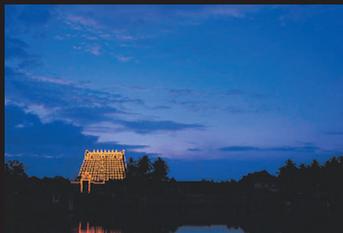
MO-04



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MO-11



MO-12

Kerala's historic past is tinged by the presence of various other cultures. Each of which bequeathed timeless treasures to this land. The Arabs, Dutch, Portuguese, English, French and Danish, who came here at different points of time, left indelible marks in the history of Kerala which is evident in its monuments.

Festivals



FE-01



FE-02



FE-07



FE-08



FE-03



FE-04



FE-09



FE-10



FE-05



FE-06



FE-11



FE-12

The festivals of Kerala transcend the level of mere entertainment. They are inherited from an age-old tradition that exudes the essence of Kerala. Years ago, when Kerala was a small clique of agrarian villages, there used to be an imperial god or goddess who, it was believed, protected them. Therefore, they performed many rituals to propitiate the gods when they came down to the earth, supposedly to accept offerings. Festivities were social events in those days when social life revolved round temples.

Artforms



AF-01



AF-02



AF-07



AF-08



AF-03



AF-04



AF-09



AF-10



AF-05



AF-06



AF-11



AF-12

Kerala, rich in cultural heritage, has its own artforms that reflect the way of living and outlook of its people. Ranging from the classical art form Kathakali, recognised the world over, to folk dances in which can be found the unsophisticated imagination and rhythmic impulses of a sensitive people.



People



PE-01



PE-02



PE-07



PE-08



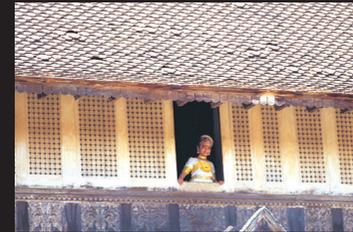
PE-03



PE-04



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PE-05



PE-06



PE-11



PE-12

The people of Kerala are full of zeal and energy. And they are excellent hosts too. Their congenial smile and willingness to share will surely win you over. Communication is never a hassle in this hundred percent literate State, where English is widely spoken. Unlike the rest of Asia, in Kerala, women outnumber men and are equal participants in decision-making.



Resorts



RE-01



RE-02



RE-07



RE-08



RE-03



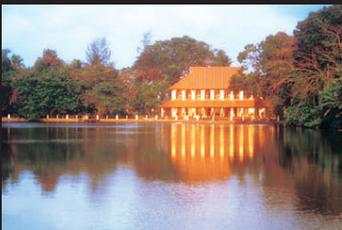
RE-04



RE-09



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RE-05



RE-06



RE-11



RE-12

The resorts in Kerala are the destinations themselves. They are unique in themselves, capturing the essential characteristics of the place they are situated in. There are beach resorts, jungle resorts, hill resorts, lake resorts and backwater resorts. Each of them introduces you to the attractions of Kerala in its own unique way.





AY-01 - General body massage *using medicated or herbal oils, one of the best rejuvenative regimens of Ayurveda.*





AY-02 - Njavarakizhi

External application of medicated rice packs in the form of boluses tied in muslin bags.





AY-03 - Yoga by the beach





AY-04 - General body massage





AY-05 - Arrival of the monsoon - June





AY-06 - Dense green jungles
Treasure-troves of medicinal plants and herbs used in Ayurveda.





AY-07 - Sirovasti

Therapeutic regimen recommended for ailments as varied as headaches and facial paralysis.

← BACK



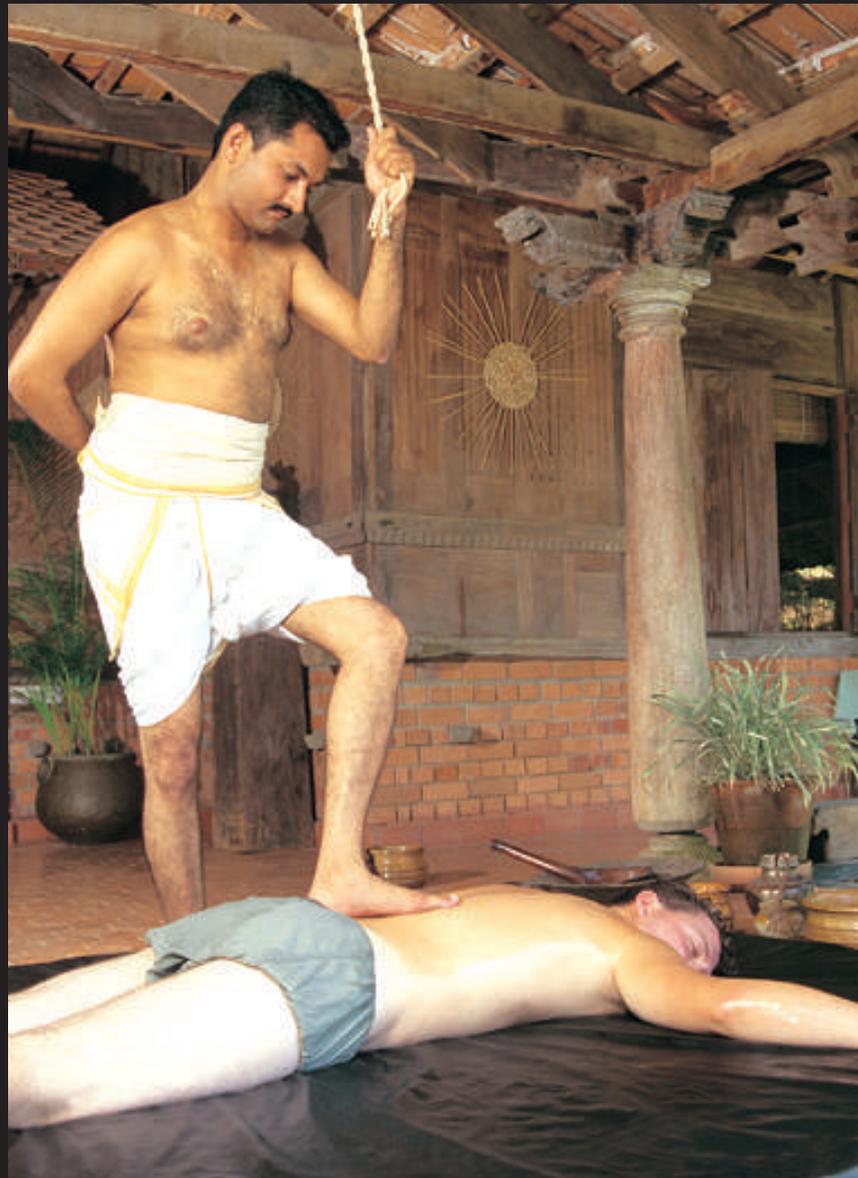
AY-08 - Dhara

Cure for mental tension, chronic headaches and insomnia, where herbal oils, medicated milk/buttermilk and decoctions are poured in a gentle stream on to the forehead/whole body.

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AY-09 - Head massage



AY-10 – Chavittithirumal

Foot massage with medicated oil. Students of Kathakali (renowned dance drama of Kerala) and Kalaripayattu (martial art said to be the predecessor of Kung Fu) are given this massage to make their bodies supple and flexible.

← BACK



BW-01 - Houseboat on Vembanad Lake - Kumarakom





BW-02 - Palm-fringed backwaters - Pozhiyoor, Thiruvananthapuram





BW-03 - Backwaters - Alappuzha





BW-04 - Backwaters - Alappuzha





BW-05 - Early morning on Vembanad Lake - Kumarakom





BW-06 - Chinese fishing nets - Kochi





BW-07 - Cruise through the Punnamada Kayal - Alappuzha





BW-08 - Rustic life on backwaters - Alappuzha





BW-09 - Rowing through the Ashtamudi Kayal - Kollam





BW-10 - Houseboat - Kumarakom





BW-11 - Houseboat - Alappuzha





BW-12 - The houseboat experience - Alappuzha





BE-01 - Pulinkudi beach, near Kovalam





BE-02 - Fisherman on the beach – Vizhinjam, near Kovalam



BE-03 - View of the beach from Bekal Fort - Kasaragod



BE-04 - Lighthouse beach - Kovalam





BE-05 - View of the Pulinkudi beach - Vizhinjam, near Kovalam





BE-06 - Chowara beach, near Kovalam





BE-07 - Varkala beach





BE-08 - Bekal fort and beach - Kasaragod



BE-09 - Sun-drenched Kovalam





BE-10 - Muzhappilangad beach - Kannur





BE-11 - Kappad beach - Kozhikode



BE-12 - Chowara beach - Near Kovalam





HS-01 - Tea Gardens at Devikulam - Munnar





HS-02 - Tea Gardens at Periyakanal - Munnar



HS-03 - Tea Gardens at Thalayar - Munnar





HS-04 - Mattupetty - Munnar





HS-05 - Munnar





HS-06 - Nelliampathy - Palakkad





HS-07 - Athirapally, Thrissur





HS-08 - Athirapally, Thrissur





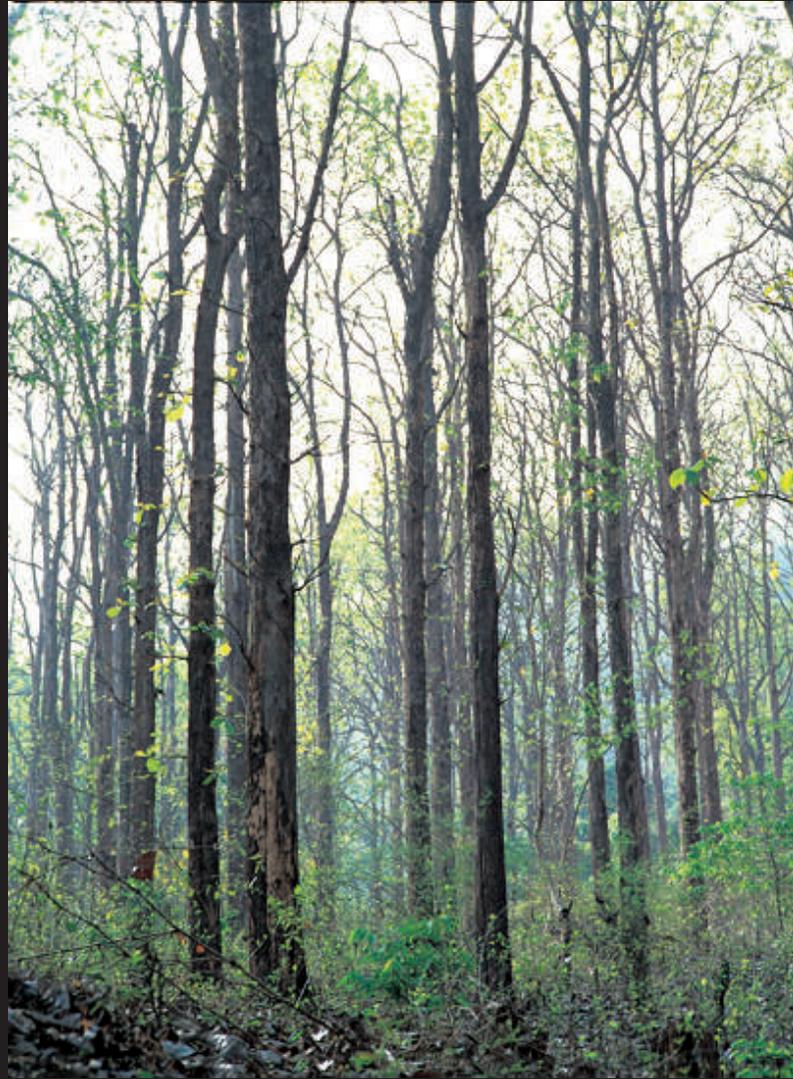
HS-09 - Periyar Lake - Thekkady





HS-10 - Periyar Lake - Thekkady





HS-11 - Teak plantation at Nilambur - Malappuram





HS-12 - Rubber plantation – Idukki



WL-01 - Nilgiri Tahr - Eravikulam National Park, Munnar





WL-02 - Elephants - Periyar Tiger Reserve, Thekkady





WL-03 - Cattle Egrets - Kumarakom Bird Sanctuary, Kottayam





WL-04 - Sambar Deer - Parambikulam Wildlife Sanctuary, Palakkad





WL-05 - Gaur - Wayanad Wildlife Sanctuary, Wayanad





WL-06 - Hanuman Langur - Chinnar Wildlife Sanctuary, Idukki





WL-07 - Elephants - Thekkady





WL-08 - Brown Fish Owl - Thattekad Bird Sanctuary, Ernakulam



WL-09 - Malabar Giant Squirrel - Peppara Wildlife Sanctuary, Thiruvananthapuram





WL-10 - Tiger - Wayanad Wildlife Sanctuary, Wayanad





WL-11 - Butterfly - Agasthyamala Bio Reserve, Thiruvananthapuram





WL-12 - Egrets - Kumarakom Bird Sanctuary, Kottayam





MO-01 - Napier Museum - Thiruvananthapuram

Built in the 19th century, this Indo - Saracenic structure displays bronze idols, ancient ornaments, a temple chariot and ivory carvings.



MO-02 - Tipu's Fort - Palakkad

Built by Hyder Ali of Mysore in 1766 AD, the fort was captured by the Zamorins and later renovated by the British in 1790.



MO-03 - St. Angelo Fort - Kannur

Built by the Portuguese in 1505 AD, this fort was later rebuilt by the British in 1790.

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MO-04 - Synagogue - Kochi

Destroyed during the Portuguese raid in 1662, this oldest synagogue in the Commonwealth, constructed in 1568, is known for its mid 18th century hand-painted, willow patterned floor tiles from Canton in China, stone slabs with Hebrew inscriptions, great scrolls of the Old Testament, ancient scripts on copper plates and a clock tower.



MO-05 - Padmanabha Swami Temple - Thiruvananthapuram
Dedicated to Lord Vishnu, the temple is a blend of the Kerala and Dravidian styles of architecture. It is known for its mural paintings and stone carvings.



MO-06 - Madhur Temple - Kasaragod

This temple is famous for its rich architecture and copper plate roofing.

←
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MO-07 - Ananthapuram Lake Temple - Kasaragod

This 9th century temple is the only lake temple in Kerala and is the original abode of Ananthapadmanabha, the deity of Sree Padmanabha Swamy Temple, Thiruvananthapuram.



MO-08 - Bekal Fort - Kasaragod

This 300 year old fort, one of the largest and best preserved forts in Kerala, is an imposing circular structure of laterite rising 130 ft. above sea level and stands on a 35 acre headland that runs into the Arabian Sea.



MO-09 - Guruvayoor Temple - Thrissur
One of the most sacred and important Hindu pilgrim centres of Kerala.



MO-10 - Saint Thomas Memorial - Kodungalloor, Thrissur
St. Thomas is believed to have landed in Kodungalloor in 52 AD.



MO-11 - Padmanabhapuram Palace - Kanyakumari

This palace of the Rajas of Travancore (1550 to 1750 AD) is renowned for its magnificent and elegantly designed edifices built in the Kerala style of architecture.



MO-12 - Cheraman Juma Masjid - Thrissur



FE-01 - Aranmula Boat Race - Pathanamthitta
Held during Onam (August/September), the harvest festival of Kerala.



FE-02 - Nehru Trophy Boat Race - Alappuzha



FE-03 - Chinakattur Pooram - Palakkad
Featuring 33 tuskers, Chinakattur Pooram is marked by the Tholpavakoothu or puppet show.



FE-04 - Temple Festival - Malabar



FE-05 - Poomam - Thrissur

The world famous pageant of extravagantly decorated tuskers. Accompanied by the reverberating music of the Panchavadyam, a fusion of five musical instruments.



FE-06 - Neerattupuram Boat Race - Pathanamthitta



FE-07 - Pulikali

Also known as Kaduvakali. Performers painted like tigers dance to the loud beats of percussion instruments. Can be seen during festive seasons.



FE-08 - Fireworks





FE-09 - Thiruvathirakali

A dance form where the women dance elegantly around the ceremonial lamp or floral decoration.



FE-10 - Sarpamkalam, Nagaraja Temple, Alappuzha
Pooja for the Serpent God.



FE-11 - Ox race - Palakkad
Conducted in harvested paddy fields.



FE-12 - Arattupuzha Pooram - Thrissur
Features over 60 elephants carrying images of 23 temple deities.



AF-01 - Kathakali: This spectacular 500-year-old classical dance drama of Kerala synthesizes all that is best in the fields of drama, dance and music





AF-02 - Theyyam: This ritualistic art form of Kerala has its origin in the northern parts of the State. The Theyyam (a form or shape) represents a mythological, divine or heroic character.





AF-03 - Mohiniyattom

Also called the dance of the enchantress, Mohiniyattom is an extremely graceful and elegant dance form.

← BACK



AF-04 - Velakali: A spectacular martial folk art of Kerala.



AF-05 - Kalaripayattu: This comprehensive system of martial art is regarded as one of the oldest and most scientific in the world.





AF-06 - Theyyam performance



AF-07 – Pancharimelam - A musical concert.



AF-08 - Padayani: Literally, a column of army, this colourful ritual art symbolises the victory of goddess Kali over the demon Darika.



AF-09 - Koodiyattam: The only surviving form of the ancient Sanskrit drama, it was recently selected by UNESCO as one of the nineteen 'Masterpieces of the Oral and Intangible Heritage of Humanity.'





AF-10 - Krishnanattam





AF-11 - Oppana: A Muslim bridal group dance.





AF-12 - Kathakali dancer





PE-01 – Velichappadu - Oracle whose possessed utterances are given due importance in daily worship.





PE-02 - Toddy tapper





PE-03 - Vegetable vendor



PE-04 - Children walking on dykes





PE-05 - Fishermen





PE-06 - Toddy tapper at work



PE-07 - Native women





PE-08 - Oarsman with his boat





PE-09 - Children with their catch





PE-10 - Mohiniyattom dancer at Kuthiramalika,
an ancient palace in Thiruvananthapuram.





PE-11 - Muslim bride



PE-12 – Fishing





RE-01 - Poovar Island Resort - Poovar, Thiruvananthapuram





RE-02 - Ashok Beach Resort - Kovalam





RE-03 - Taj Malabar - Kochi





RE-04 - Aquaserene - South Paravoor, Kollam





RE-05 - Taj Garden Retreat - Kumarakom





RE-06 - Samudra - Kovalam





RE-07 - Tea County - Munnar





RE-08 - Le Meridien - Kochi





RE-09 - International Convention Centre - Kochi





RE-10 - Karimeen (Pearl spot) fry – A backwater delicacy





RE-11 - Lobster





RE-12 – Sadya
The typical Kerala feast served on a plantain leaf.