

MEKOSHA EXCURSIONS

Do please check with the doctor that the outing will not interfere with your treatment.

VARKALA SUNSET TRIP: Varkala is the only place in southern Kerala where cliffs are found adjacent to the Arabian Sea. These Cenozoic sedimentary formation cliffs are a unique geological feature on the otherwise flat Kerala coast. They are known among geologists as the Varkal formation. The Geological Survey of India declared it a national geographical monument for its protection, maintenance and promotion and to enhance geotourism.

DEPARTURE TIME: 05.00 PM DURATION: 3 HRS
RATE: FREE WITH UNLIMITED AYURVEDA PACKGAE or 1,800 INR.

MUSEUM AND TEMPLE IN TRIVANDRUM: SreePadmanabhaswami Temple is located in Thiruvananthapuram , Kerala , India. The temple is built in an intricate fusion of the indigenous Kerala style and the Tamil style of architecture, featuring high walls and a 16th Century Gopuram. 122 smiling wooden horses await all who visit "Kuthiramalika", which means "Place of Horses". Formally known as the Kuthiramalika Palace Museum or Puthenmalika Palace Museum, it is a pristine two-storied palace near the Padmanabhaswami Temple in Trivandrum.

DEPARTURE TIME: 04.00 PM DURATION: 4.5 TO 5 HRS
RATE: FREE WITH A 14-DAY UNLIMITED AYURVEDA OR 3,000 INR.

ANJUTHENGU FORT: Anjuthengu Fort is forever remembered in the pantheons of history as the location of the first trade settlement of the East India Company in Kerala. Legend has it that the English were given this site by the Queen of Attingal for trade purposes. Anjuthengu was a small stretch of land with five coconut trees at the time and the fort was named after those trees.

DEPARTURE TIME: 04.00 PM DURATION: 2 HRS. INR 1000.

JATAYU EARTH CENTER VISIT : Jatayu Earth's Center or Jatayu Nature Park is a park and tourism centre at Chadayamangalam in the Kollam district of Kerala. It stands at an altitude of 350m above mean sea level. Designed by Rajiv Anchal, this rock-theme nature park is about 38 km away from Kollam.

DEPARTURE TIME: 03.00 PM DURATION: 5 HRS. INR 3000.

BOATING : Caressed by the Anjengo Backwaters, Ponnumthuruthu Island , located near Varkala, is among the most beautiful uninhabited islands in all of Kerala. It also is home to a quaint and charming 100 year old Siva-Parvathy Temple.

DEPARTURE TIME: 11.00 AM DURATION: 4 HRS. INR 5000.

SHOPPING AT ATTINGAL MARKET ROAD: Nearest town for shopping.

DEPARTURE TIME: 04.00 PM DURATION: 4 HRS. INR 1200.